

AMERICAN SURVIVOR

SURVIVAL INFORMATION FOR THE NEW AMERICAN

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IN THIS ISSUE: Food and Water Storage, Cold and Hungry, Book Reviews, Home Safety Checklist, Live Free Chapters, Live Free Volunteers, Training Events, and more

FOOD & WATER STORAGE Avoiding Common Pitfalls

by John Boch

Emergencies never happen at convenient times. Be it a tornado, power outage, winter storm or a health emergency, they seldom happen with meaningful advanced warning.

It's up to you to be ready for life's emergencies well before they happen, lest you have to depend on people from the government for assistance.

Yes, there's one thing you never want to hear: "I'm from the government and I'm here to help." Emergency planning comes in at least two stages. Short-term emergencies might last a few days, such as a winter storm. Longer-term emergencies might last weeks, such as an infectious disease quarantine.

Priority Number One: Water.

Of course, water storage should be at the top of your list. Whether you have plans to store water, or to filter water, you'll need at least a gallon per day per person in your household and any visitors you might have. A quick and easy solution for short-term emergencies is to stock a couple cases of bottled water for

each person. It's relatively inexpensive, and will store for several years. Keep a few bottles in your car as well, in case of emergencies on the road. Storing tap water in large quantities requires dedication to rotating your stock, care in handling plastic barrels, and treating it to keep nasties from gaining a foothold. In other words, it's a pain in the butt, but necessary if filtration isn't a good option for you. If there is surface water readily available within walking distance, you might consider water filtration capacity instead of tap water storage. You can purchase hiking-style water filters (good for the trunk in your car) or larger "Big Berkey" passive-filtration units. You can even make your own, home-made "Big Berkey" using five gallon buckets and filter cartridges. Passive filters use gravity instead of pumping by hand to provide clean, potable water. Work smarter, not harder. There are also newer options, including the "Steri-pens" (good), Sawyer Water Bottle filters and other filtering "straws" (good for drinking, but for other uses such as cooking, not so much) and iodine tablets (yummy. NOT!).

In any event, it's prudent to keep bottled or tap water on hand for short-term emergencies and have additional water options available for at least two weeks at the bare minimum. Dehydration is a particularly ugly way to die.

Food.

If food were only as easy as water. It's doubly challenging if you've got dietary considerations. For short-term emergencies, stock some easy-to-prepare, shelf-stable foods (no refrigeration needed) that require only heating, or can be eaten cold in a worst-case scenario. Stock low-salt crackers, whole grain cereals and canned foods with high liquid content. It will be stressful enough in an emergency. It won't be a good time to offer up an entirely alien menu to your family. Canned soups and stews make good choices, along with peanut butter, jelly and crackers, shelf-stable canned meats and pre-cooked bacon, powdered milk, cereal (hot and cold) are some quick and easy options for meal preparation when there is no electricity / refrigeration available. Buy yourself a camping stove if you don't like to eat your soups and stews cold.

Military "MREs" or Meals Ready to Eat (or Meals Rejected by Everyone) aren't bad to eat for most of us and are fairly well-balanced nutritionally. There are other similar foods available at camping supply stores as well, but make sure you're stocking sufficient calories. Store your emergency foods in a cool, dark place. Avoid the attic, or a place in the basement that might be flooded if the sump pump fails.

A couple of considerations for food storage, especially longer-term plans...

Calories: Most folks need a minimum of

2,000 calories per day, and as much as double that if they are working hard.

Watch those calorie counts! At German concentration camps during World War II, internees were fed about 1500 calories per day. In a matter of a few short weeks they were emaciated, and in three months, some had already succumbed to starvation. Don't make that your food storage plan.

Quality:

Your body needs carbohydrates, proteins and fats, along with vitamins. If you have dietary restrictions, such as diabetic issues, you can't rely on a carbohydrate-heavy food storage plan.

Nitrogen-packed foods and dehydrated foods are often short on calories, so be careful. Textured vegetable protein foods, such as imitation beef, etc., are made with soybeans, and soy is rich in phytoestrogens. Consumption of these foods and their estrogen-like components in significant quantity by pregnant women or men can have unwanted side effects, such as miscarriage, trashing sperm counts, erectile dysfunction and breast development in men.

While sperm counts and erections might not be high on your list of worries in an emergency, I guarantee a miscarriage would be psychologically devastating, and developing breasts in men is painful to say nothing of the cosmetic issues.

Tip: Bite the bullet and stock some canned meats. MREDepot.com is a good source. These products will store for up to 25 years, easily. Buy once, cry once and you'll be good for a decade or two or more.

Variety. Stock a variety of foods. Stock spices and seasonings, including salt. They are a critical component to

adding some variety and zest to your meals. Spices also don't last forever. Watch those expiration dates for maximum freshness.

Other questions...

How much food and water do you need to store? That's the million dollar question only you can answer. Ready.gov suggests three days of non-perishable foods. I recommend a bare minimum of seven days for most folks. Sure, some will say that's not enough - and it's not for a bad event. However, seven days' of food and water will get you through 99.9% of what life will throw at you without you spending a king's ransom.

Here are some considerations to enter into your decision-making:

Money. How much can you spend? Think of your food and water storage as an insurance plan to provide for your family. At the same time, if you don't have a few months' of expenses in cash at home, you might be wise to be slow and prudent in accumulating food.

Location. How long will it be viable to stay in your home following a longer-term emergency? If your neighbors are starving after two weeks and their kids are begging for food, how are they going to react to the smell of bacon and eggs from your place? Desperate people do irrational, desperate things far worse than dirty looks.

Space. Do you have limited space to devote to stored food? You probably won't want to devote the space to a year's supply of food for your family. Making a coffee table out of a piece of plywood

atop cardboard boxes of long-term storage foods screams W.T., not fashion.

Number of people. Will your mother-in-law or other family members be joining you and if so, for how long? She's going to need to eat and drink. As much as you might like to feed her your expired foods and funky water from three years ago, that wouldn't be polite or proper.

Medications. If you're taking prescription medications, it's always good to maintain an extra 30-day supply on hand in case an emergency happens the day before you're supposed to pick up a refill at the pharmacy.

How can you do this? If it's a narcotic, you're probably out of luck. For non-narcotics, ask your doctor to write you an extra month's supply. You may have to pay for it out of your pocket.

An alternative to asking your doctor for an extra 30-day supply (which they may balk at) for non-narcotics is AllDayChemist.com. They stock a myriad of medications at very affordable prices. Shipping is usually \$25, so get together with friends and pool your orders. It takes about two weeks for order fulfillment as they ship from India, but it's the real deal. If you take medications that will have very deleterious effects on your health if you go cold turkey (some anti-depressants, blood pressure medication, heart meds, or diabetic drugs to name a few), this should be a high priority for you. In fact, having an extra ninety day supply for life-sustaining medications might be a wise and prudent course of action for you and your spouse, unless you're looking for an early "till death do us part" solution to your unhappy marriage. Your short list of over-the-counter medications should include:

aspirin, acetaminophen, ibuprofen, anti-diarrhea medication, antacid, and a laxative. If your medication is expired, don't panic. Most medications are still effective for many years after the expiration date.

Cold and Hungry

By James C. Jones, EMT/CHCM

**Being cold is bad. Being hungry is bad.
Being both at the same time is very,
very bad!**

The words cold and hungry is the classic description of a survival situation. Few Americans have experienced either of these conditions, much less the combination. Oh, we may have missed a meal or gotten a chill, but for most of us true hunger and true cold have not been experienced. Cold and hungry are mutually exacerbating conditions. Cold burns more calories and this hastens starvation while lack of food reduces the body's ability to stay warm and this hastens hypothermia. This problem comes in two scenarios.

Acutely Cold and Hungry

This is the classic lot in the winter situation such as a downed pilot in Alaska. Without shelter, fire and food the victim may last only days or hours even without injuries. Someone who is dressed for the weather and was well fed prior to the incident may last for several days or a week in the cold, but will succumb to starvation much faster than under warm conditions. Inversely, someone with lots of food, but inadequate clothing may stave off hypothermia longer than someone with no food. Nevertheless, only the combination of warm clothing and/or shelter and adequate food will sustain life. The body requires at least

twice the normal calories under cold conditions and even more if exercising. Not only do I always dress in winter as if I were not going to get to go inside for days, but I also have some food and fire starter in every coat pocket. Certainty bug-out-bags and survival kits should be reconfigured every winter for these conditions. More protection, more food. I will not go into detail on hypothermia and frost bite here, as these subjects have been covered extensively in previous articles.

Chronically Cold and Hungry

This kind of cold and hunger is the result of poverty or of a declining civilization. It could be more common as many predict food shortages and fuel shortages in the coming decades. During my youth I experienced this kind of challenge. There was seldom enough food around for a growing boy. Ketchup sandwiches often made up lunch. There was also no coal for the furnace so I got used to a cold house. I could gather wood on my sled, but that only took the chill away for a while. I went through one winter with only a spring jacket and street shoes, walking miles to work and school. My first full-time job was in a large food warehouse freezer. You got 25-cents an hour more for working in the freezer. I would work 10-hour days 6-7 days a week at ten-below zero and the walk home 3-miles in January. On days off I never really got warm at all. Yes, I know about cold and hungry*. As you can imagine I am never without the best warm clothing and a full pantry. This kind of situation causes fatigue and a slow deterioration of capabilities. This is particularly dangerous for the elderly or the ill. You could pretty-well predict the casualty rates in urban areas by decreasing the food and fuel supplies in the winter. A 50% shortage in

food combined with a 50% reduction in heat would kill about 50% of the population in 3-4 months. A slow progression of this affect may already be in progress and will certainly be notable in the next few years. You just have to consider that an emergency may happen in the middle of winter and that your fuel (including gas) and food supplies will be cut off for the entire time.

Both the acute and chronic versions of cold and hungry are real possibilities for everyone in the not-to-distant future if they are not prepared. A family driven to evacuate in winter with limited supplies could quickly eat up survival food they thought would last longer and normal winter clothing would prove woefully inadequate for long-term exposure. An unheated home with limited food supplies and inadequate preparations would slowly drain life from its inhabitants.

The Effects of Near Starvation

An American study of near starvation conducted in the 1960s where the participants had adequate water but no food revealed the effects of starvation on previously healthy men.

- Participants lost 2-3 pounds daily at the beginning as the body consumed fat. Blood volume and blood plasma, red blood cells and serum electrolytes necessary for muscle function all decreased.
- Within a week the body began to breakdown muscle protein to keep vital organs operating.
- Severe cramps developed as body salt levels declined.
- As the study reached its tenth day, participants began to lose mental

alertness, memory. Apathy and even stupor set in.

- While slim physiques are generally healthier, those with more body mass lasted a bit longer

So while you can live three-weeks without food in theory your physical and mental capabilities to survive decline after only a few days. Under cold conditions the above changes would occur much faster,

The Effects of Prolonged Cold Exposure

The effects of prolonged cold exposure are well documented. While the military was able to provide adequate nutrition and warm clothing to soldiers during both world wars they could not provide heated trenches and foxholes. Soldiers were subjected to weeks without truly warm and dry conditions. They were able to stave off true hypothermia and frostbite, but suffered a number of slowly developing degenerative conditions.

As the outer layers of skin cool, the body shuts off circulation to the skin in order to keep this cooled blood away from vital organs. If this situation persists too long the nerve synapses shut down and stop functioning and ice crystals begin to form between the cells. This may lead directly to deep frostbite or the outer skin may begin to die and slough off. The skin is now easily broken and subject to infection. The blood thickens and may lead to organ failures or clots. If the cold is accompanied by moisture, chilblains or immersion foot may develop. The skin on the feet, hands, and ears becomes blanched and pale. Generally gentle rewarming and drying corrects this condition, but when prolonged as in the World War One trenches it can lead to infection and even gangrene.

Conclusion

Cold and hunger are mutually reinforcing conditions that kill much faster in combination. Even moderate malnutrition combined with chilly conditions can be a serious survival hazard when prolonged without relief. If you are short of food you must conserve energy and stay as warm as possible. If you are unable to find warm shelter you must conserve energy and eat as well as possible. Alaska's natives will simply hunker down and eat food they carry with them if caught in a storm. They do not burn up energy trying to get somewhere. Lots of high calorie foods and good quality clothing are a must to avoid the deadly combination of cold and hungry.

** I never thought about this as being a hardship at the time. You just do what you have to do under the conditions you have. It probably did make me a natural survivalist in life.*

Prepared and Armed

Team Shooting Tactics for Home Defense
(Book review)

By Joseph Terry

At one time the survivalist / prepper movement was perceived as almost paramilitary in nature. In fact we still get asked if we are part of the "militia". Of course the movement is far broader and more developed. While self-defense and firearms still play an important part in survival preparedness and self-reliance it is balanced by the greater emphasis on alternative medicine, food preservation, evacuation packs, and many other important skills. Individual skills for armed defense gets plenty of attention, but group and family armed defense tactics is almost a taboo subject. This is probably in fear of

that "militia" or "revolutionary" label often used by the media. This is unfortunate, since the potential for armed assault by multiple assailants is a distinct possibility that can only be met by a well-organized and coordinated group response. **In this reviewer's opinion: team shooting tactics is too often ignored and should be given more attention in survival training programs.**

This book is a nice training manual for the non-military application of home defense by teams of armed citizens. Covered subjects include: basic gun handling, selecting team members, advanced firearms skills, weapons selection, fortification of a residence, communications, tactics, and helping your neighbors. This book goes beyond just home defense, but is not paramilitary. **It's just the right balance and should be used by every survival group or family to guide their defense preparations**

Prepared and Armed: 208 pages, 6" x 9", paperback, Living Ready Books, \$19.99

Surviving When Modern Medicine Fails

(Book review)

By Dr. Scott A. Johnson

This is a well-organized and easy to use alternative medical manual. The book includes important safety data, including drug interactions and contraindications. Provided are more than 350 protocols for health conditions as well as oral dosage guidelines and recommended dilution ratios. Profiles and benefits of popular carrier oils, Chapters cover essential oil chemistry basics and summaries of common essential oils. An alphabetical list of ailments and treatments from abdominal

cramps to wounds is the heart of the book. A recommended addition to your medical library.

Surviving When Modern Medicine Fails, 176 pages, 6" x 9", paperback, \$13.49 from Amazon or at preparedness expositions

Survival Medics Instructors Package Available Now

Due to the high level of interest in this course we have placed all of the materials needed to teach this course on a DVD that we now offer for sale.

The DVD contains:

- PowerPoint presentation #1: Trauma, Triage, Wound Management, More*
- PowerPoint presentation #2: Medical Emergencies, Environmental Emergencies, Patient Handling, CP, AID, More*
- A folder with all printable forms, handouts, training aids, instructor's guides, certificates and notes

We are going to require that anyone using this material have an adequate

medical background. This can be a first aid trainer, EMT, Paramedic, RN, military medic or equivalent.

Since we charged \$50.00 per student to do this class and invested considerable time and funds in creating it we are charging \$50.00 for the DVD.

The instructor will almost certainly need to charge something to print the handouts, secure a facility and provide training supplies (as we did) so this seems to be a reasonable price. Purchasers are also entitled to consulting support thereafter.

If the instructor joins Live Free USA at \$20.00 for one-year we can offer the DVD for just \$40.00. You get the DVD and the benefits and publications for just \$60.00.

** Instructors will need to have a computer and appropriate projector or monitor to use these presentations.*

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Special Feature

As an addition to the Home Safety article from the last edition we are providing this handy Home Safety Checklist on the following page. Use this to make your home safe. Home accidents kill and injure more people than disasters. Home safety should be part of your total emergency preparedness program. Feel free to copy it and hand them out to your family or preparedness group.

Home Safety Checklist

Over 15,000 people die each year as a result of home accidents. The great majority of these deaths are preventable by the family members in those households. Doing a home safety inspections at least monthly can significantly reduce the chances of your being one of those statistics. Depending on *noticing* hazards does not work. Focused inspections are much more effective in actually identifying hazards. This is by no means a complete list of potential hazards. Think “what if” and assume a “worst case” situation as you go through each room.

Tripping and Falling Hazards

- Are there loose carpets, lose throw rugs, exposed extension cords, items on stairs, and worn stair treads that could cause a fall? []
- Are railings on stairs lose or broken? []
- Are damaged ladders and step stools still in use? []
- Does the tub and shower have grab bars installed? []
- Are your sidewalks free of cracks and holes? []

Fire Hazards

- Are their working smoke and carbon monoxide detectors in the basement, hallway and each sleeping room? []
- Does your family have a fire evacuation plan that everyone knows and has practiced? []
- Do you have fire extinguishers in the workshop, garage and kitchen? []
- Are flammables (gasoline, paint thinner, etc.) stored outside the house or in fire safe cabinets away from ignition sources such as furnaces stoves and hot water heaters? []
- Is your fireplace inspected and does it have a good screen to prevent sparks? []
- Is your furnace professionally inspected annually? []
- Are there exposed or frayed wires or plugs. Never run wires under carpeting? []
- Are all appliances grounded with three pronged plugs? []
- Are paper towels, curtains, packages and aerosol cans a safe distance from stove tops and other sources of ignition? []
- Are matches, lighters and other fire starters kept safe from children? []

General Emergencies

- Do you have a phone and flashlight next to every bed? []
- Do you have a fully stocked first aid kit? []
- Are firearms and ammunition stored securely and out of reach of children/ []

Chemicals and Medications

- Are all medications stored out of reach of children? []
- Are all acids, corrosive, poisonous and flammable household cleaners keep in locked cabinets out of the reach of children? []



LIVE FREE CHAPTERS & AFFILIATED GROUPS

JOIN, SUPPORT, ORGANIZE, BUILD
Together Each Accomplishes More



Live Free USA chapters and affiliated groups benefit from over 45-years of established organizing networking, and success while building their own local and regional strength.

Live Free's national reputation and promotional activities as a not-for-profit, tax-deductible organization provides members, training opportunities, networking and support beyond the capability of newer local groups. Unlike for-profit organizations, our only priority is helping the movement and its participants. We have seen too many survival groups' come-and-go while our chapters have lasted 10-20-30+ years. **Existing preparedness and survival groups and families can affiliate and we can help bring together people in regions to form new groups as well.** There is no fee for affiliation and the requirements for affiliation and chapter status are minimal. **More information is posted on the Chapter page of the AmericanSurvivor.org website or contact survivorijj@aol.com.**

Each chapter is required to:

1. Have at least 2 paid LFUSA members
2. Have a designated Chapter leader and Deputy Chapter leader (LF Members) with contact information provided to Live Free USA.
3. Conduct or participate in at least one public survival/preparedness education program in their region each year.
4. Conduct at least one open meeting or training event open to LF members and guests each year
5. Conduct all activities legally, responsibly and in accordance with the Live Free, USA mission statement.

Number 3 and 4 can be done together

Live Free USA would support the chapters by:

1. Refer new members
2. Conduct periodic combined events
3. Provide publicity and website contacts
4. Publicizing activities in the newsletters and flyers
5. Provide literature instructors and speakers.
6. Support the groups programs, and events
7. Coordinating combined programs that benefit all members and chapters
8. Establishing discount programs and multi-chapter purchases when possible.

LIVE FREE USA CHAPTER NEWS

The listings below are by no means all of our chapter activities. If you are forming a chapter or your chapter is having activities please let us know so we can list them on the

website and in this publication. There are chapters forming in Kentucky, Ohio, Michigan and central Indiana. Contact survivorjj@aol.com for further information.

NORTH EAST INDIANA LIVE FREE REORGANIZING

The area of North East Indiana from the Ohio border to the Michigan border, down to north of Kokomo is reorganizing to initiate more meetings and activities. Watch the Live Free website, and this newsletter for future listings. We hope to make Camp Independence at Tippecanoe River State Park a focused event for this region. For further information contact: drw8845@reagan.com

NORTHWEST INDIANA LIVE FREE REORGANIZES AS “NORTHWEST INDIANA PREPAREDNESS”

The active Northwest Indiana Family Prep” chapter has changed its name but not its mission. It will now be known as Northwest Indiana Preparedness. They will continue to sponsored meetups and programs. For information and to get involved contact. NWIPreparedness@gmail.com, website: <http://www.fb.com/NWIPreparedness> , Phone 219-226-3400.

SOUTHWEST CHICAGO & SUBURBS PLAN MONTHLY MEETINGS IN 2016

The Northwest Chicago area Live Free Chapter (the original Live Free group) will be conducting regular monthly meeting in their area from January through June of 2016. Probable locations are VFW and American Legion halls in the region. Schedules will be posted on the Live Free USA americansurvivot.org website and in the newsletter. To get information now contact: Larry.chisausky@gmail.com

NORTHWEST CHICAGO AREA LIVE FREE REVIVAL

The leader of the Live Free Northwest Chicago Chapter moved away a while back and no one stepped forward to keep things going. We had lots of good members and activities going there and we have been working to restart activities. We look forward to this group joining with the Chicago Southtown and Southwest Chicago chapters in making Chicago a center for Live Free USA meetups, camps, expos and training in 2016. **The new coordinator for Live Free Northwest Chicago is Keith at: oldnamvet0@gmail.com or call: 815-814-0336.** Contact Keith and let him know you are interested in getting involved. Live Free USA will be providing lots of support and resources as this group reenergizes the northern Chicago area preparedness community.

INDIANA PREPARE TO SURVIVE EXPO 2016

The Preparedness Expo held at the Porter County Fair Grounds Expo Center in May 2015 was so successful that it will be returning bigger and better in 2016.

**INDIANA PREPARE TO SURVIVE EXPO, JUNE 11th and 12th 2016
PORTER COUNTY INDIANA EXPO CENTER**

(continued)

South of Interstate 80 on US 49 a few miles past the US 30/ Valparaiso exit, MAIN BUILDING AND EXPO EAST BUILDING

9:00 AM till 400 PM

Prepare Today to Survive Tomorrow: A hands-on exploration into prepping, self-reliance, preparedness, and sustainable living techniques. Two stages with speakers, workshops and classes throughout both days.

Speakers and exhibitors should contact:

preparetosurviveexpo@gmail.com or go to www.surviveexpo.com

GUNS SAVE LIFE MEETINGS

Active regional gun rights and self-defense organization hosts monthly meetings in Champaign, Springfield, Pontiac, Peoria and Charleston Illinois and Chicago. Meetings at Phelps Veterans of Foreign Wars Post 5220 at 9514 S. 52nd. Ave. Oak Lawn IL 60453 on the last Sunday of each month. For latest information visit their site at: www.GunSaveLife.com, or contact estpierre@gunssavelife.com

CRITICAL THREAT MANAGEMENT TRAINING

A dynamic course in “force-on-force” training as used by law enforcement and the military. Students will learn proven tactics and techniques for armed self-protection as well as the legal considerations and implications of using deadly force. Empty-hand Krav Meg combative methods will be covered. A live-fire segment with 150 rounds completes the course. There are no prerequisites, but experience in the safe handling effective use of firearms is recommended. Fee: Early Registration \$250.00 pp before Dec. 31 2015. Location: Timber Points Outdoor Center, Hudson IL. Dates: April 9-10, May 21-22, August 27-28, October 8-9 2016. Contact: GSLDefenseTraining.com or contact John Boch at templar223@comcast.net, 217-640-3702

MEMBERSHIP SUBSCRIPTION APPLICATION

- Yes, I agree with the mission of Live Free and want to join now. My \$20.00 is enclosed [☐]
Name _____
Address _____
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City _____ State ____ Zip _____
- Send information about joining or starting a Live Free Chapter in my area [☐]
Phone _____
E-mail _____

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Contributed Material

Contributed articles are welcome and needed. We do not pay for material but we are tax-deductible. All articles must be in MS-Word or compatible format via e-mail or on a diskette.

Inquiries

Address all general inquiries, subscriptions and advertisements to:

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lfinow@aol.com

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SAVE THIS DATE!

**Saturday March 19th, 2016. LIVE FREE USA 48th Annual Meeting
Hammond Indiana Cabela's Conference Center. More in the next issue**

LIVE FREE USA

P. O. BOX 3295

MUNSTER, IN 46321

Join or renew on-line at:

WWW.AMERICANSURVIVOR.ORG

Membership: \$20.00 per year, \$50.00 for 3-years

