

AMERICAN SURVIVOR

SURVIVAL INFORMATION FOR THE NEW AMERICAN

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IN THIS ISSUE: Surviving an Active Shooter Situation, Urban Escape, Surviving Survival, Survival Slingshots, Bleach Factory in Your Pocket, Savage™ 22/410 Survival Rifle, Survival Events and Expositions

SURVIVING AN ACTIVE SHOOTER SITUATION

Active shooter situations are becoming more frequent. An “active shooter” is someone that not only initiates a shooting, but either remains at the scene or in motion shooting multiple rounds at multiple victims. Active shooters target crowded locations such as stores, theaters, and public buildings where every round fired may potentially hit one or more victims. If caught in this type of situation you can be sure that the killing will continue until the police engage the shooter or he/she/they have killed everyone in sight. Even the police have now admitted that civilians caught in such situations should take certain actions rather than “stay calm” or try to reason with the terrorists. Unfortunately, the days when you could relax and enjoy public places and public venues are gone. Violent crime, gang shootings, drive-by shootings and terrorist guns and bombs have converted our communities into potential war zones. Below are steps and actions that you can take to survive such an event.



Being Prepared for a Potential Active Shooter

Be observant and alert! In any crowd you must observe for suspicious behavior. Are people wearing unnecessarily baggy or long clothing? Do some people have suspicious bulges in their clothing or are they carrying odd long packages. Are some people wearing backpacks or leaving backpacks or bags behind? Are some people moving around suspiciously and looking about as if getting ready to take some action? If your “sixth sense” is telling you to get out or get down, then do it!

Make an escape plan. In a restaurant, mall, theater or other potential terrorist target make sure to constantly be aware of the exits. Exits can be fire doors, windows, over railings, or anything that works. Consider routes to all the exits that offer the most bulletproof cover. If true escape is not safe, then seek any room with a solid door that can be locked and barricaded with heavy furniture.

Identify potential bulletproof cover. While you may hide behind furniture, car bodies, and plaster or wood walls it will usually not stop bullets. They provide only concealment. Bulletproof cover is offered by brick walls, cement walls, heavy appliances, engine blocks and other very solid objects. Constantly identify these as places to go if escape is not immediately available.

What to Do When the First Shots are Fired

Act Immediately! If you have accepted the possibility of an active shooter situation and taken the steps above, you can skip from denial to action while other freeze and get shot.

Take Cover. If you are already in the shooters vision or if there is no covered escape route that will not expose you to the shooter, this may be your only option. Get behind the strongest, thickest object possible immediately. Stay low or lie flat. If you are wounded or among those who are wounded lie down and play dead. Shooters will instinctively shoot anyone that they see that moving.

Escape. If the shooter(s) has his back to you, you have a chance to escape or at least reach good cover before they turn around. Remember that there may be

more than one shooter. If you go through a door get to the right or left of the door immediately and keep moving towards any cover; since the shooter may shoot through the door it or follow you out the door.

Engage. The Washington D.C. chief of police and many others have now recognized that civilians may need to take action on their own before law enforcement arrives to save themselves and others. If you cannot escape or find cover and the shooter continues to shoot, your best chance is to distract, delay, or disable the shooter. Discharging a fire extinguisher, throwing a heavy object; tackling, clubbing, or stabbing are all justified in this situation. If you have a firearm use it! Yes, shoot them in the back if necessary. Shoot for the head as they often have bullet-proof vests. If possible shoot from a low position so your bullets go upward and avoid hitting bystanders. Don't hesitate and don't try to get them to surrender. They will just shoot you. **CAUTION: remember, the police will consider anyone they find holding a gun as the enemy! Once the shooter(s) are down (1) do not pick up their weapon(s) and (2) put your weapon down and your hands up and wait for the police.**

Communicate. If not in immediate danger, use your cell phone to call for help. Provide the police with any information that you can, such as the description and number of shooters, location of the shooters, type of weapons being used, direction shooters are or did move. If you are barricaded or behind cover, provide your location and your own description. If nothing else, pull the fire

alarm to warn others and distract the shooter. .

Recovery. If you are lucky enough to have survived such a violent event you are not safe yet since, police are going to be very jumpy on entry! Stay down and keep your hands up. **Follow police instructions carefully.** They will consider everyone there to be a potential threat until they are searched, interviewed and cleared. There may still be other active shooters at large or there may be bombs or booby traps left behind. **If you are carrying a firearm (open or concealed) be sure to immediately tell the police while keeping your hands up.** If you have any medical training try to help the wounded until the medics arrive. Stopping severe bleeding and treating for shock may be an important lifesaving action.

Urban Escape

By James C. Jones, EMT/CHCM

I was born and raised on the Southside of Chicago. For most of that time I lived in high-crime, low-income areas adjoining heavy industry and commercial development well into the center of the urban environment. The challenges of survival and escape from such locations are numerous and daunting. During those decades I had to maintain both shelter- in-place and evacuation capabilities for myself and others. I participated in numerous test evacuations with groups and families. Later in life I became a Safety Manger for a large industrial facility. In that capacity I was responsible for developing practical evacuation plans for several hundred employees in a number of disaster scenarios. As a lifetime

survivalist I have studied the experiences of those who have actually faced the necessity of escaping from European and Asian cities during wartime bombings invasions and persecution.

Back in the 1960s through the 1980s the primary evacuation scenario was based on nuclear war. Ones options were to either evacuate every time there was tension between US and the USSR (which was often) or wait until the sirens went off and it was probably too late. Today's urban evacuation scenarios are more varied and complicated. Worsening civil disorder, spreading epidemics, lack of water and food supplies may force you to evacuate after a period of days. Floods, uncontrolled fires, gang assaults, or nuclear or biological contamination may necessitate immediate flight with minimum preparation. The following considerations are based on my many years of planning, testing and replanning of various urban escape plans and routes.

Considerations: Time and Distance.

The further into the urban area you live, the harder it is to escape. The gauntlet of blocked streets, bridges, overpasses, shooters, civil disorder, fires, and other hazards multiplies with every mile between you and open country. Areas on the fringes of the city or into the true suburbs are far easier to escape from or even holdout in. Consider this when relocating, but jobs and family obligations may dictate where you must live

The sooner you move to evacuate the better. Once even a small part of the general population starts to evacuate, your chances of automotive movement with a significant amount of survival goods is about zero. As anyone who lives in the city knows, even a slight increase in traffic or

disruption of flow brings everything to a virtual halt. A 10-20 percent increase in outgoing traffic combined with the inevitable accidents and breakdowns will stop everything. This will be followed by panic, road-rage, and chaos on the highways. Unless you head for the hills ever time there is bad news, you probably will not beat the crowd.

For the purposes of this discussion we will assume that (1) the anticipated crisis will be so severe and extended that sheltering-in- place will not be an option and (2) the crisis will be so extensive that outside help or rescue of any kind is unlikely.



Planning Your Evacuation

If driving your vehicle filled with survival and camping supplies is viable, you should definitely try it. To this end, you should have supplies in tote bins ready to just put into your vehicle and go. Of course you should never let your fuel tank get below half-full and if the conditions indicate that you may need to evacuate soon, keep the tank full. Every mile you can travel by vehicle is one less that you will need to walk. Most people will head for the expressways and main roads that will jam up quickly. Now is the time to use topographic road maps found at truck stops, google earth and just driving around

to locate backroads, side roads, alleys and other drivable surfaces that may offer clear routs. Rivers, railroad tracks and other features that cross your escape path will have only limited crossing points at bridges, underpasses and tunnels. Try to get past these before they are closed off. Once these choke points are closed, and the roads are blocked you will have to abandon your vehicle and walk. You must be prepared for this eventuality. All of your main survival supplies must be in backpacks and/or wheeled carriers. Be sure that sturdy hiking boots and all-weather clothing are included in your supply bins. If water obstacles are anticipated a canoe or inflatable raft should be included in your equipment. You may want to carry a large bolt cutter in your vehicle for opening gates to service roads and shortcuts. There are going to be a lot of less-prepared and more desperate people out there, so being well-armed will be an absolute necessity. Getting through an urban area requires close-range volume of fire more than long-range accuracy. You need to quickly disable and/or suppress hostile fire while escaping the danger zone. Large-caliber, large-capacity handguns, short barreled shotguns, and carbines are all effective. I also recommend carrying lots of smoke grenades to facilitate screening of movement; these are available at Paintball supply outlets.

Escape Routes

Escape routes can make use of any unobstructed pathway that leads to a safer location. Out-of-the-box thinking is good thinking for escape planning. Each city has a number of pathways cutting through the mass of built-up and populated terrain that can be used as escape routes.

Refugees in the past have often used sewers, drainage systems and even rooftops as escape routes. Anyone living in an area of closely packed homes and apartment buildings must have a ready knowledge of routes

- Railroad tracks and abandoned right-of-ways offer unobstructed paths out of the city. In Chicago we planned to use these as our primary routes. Walking down tracks is not as easy as you may think you have to focus on your footing and of course be alert for trains. Also, raised rail embankments make you a silhouette for shooters, but trying to walk on the slanted side of the embankment is almost impossible. Nonetheless they do lead straight out of town and often have necessary bridges over obstacles
- River and stream edges can offer routes, but they are often obstructed with vegetation that may make walking difficult. If you have or can find a boat or raft, they are a great way out of town.
- Power line paths are usually kept clear of obstructions and often have unpaved service roads underneath the wires, but they seldom include ways for you to cross streams, rivers and other obstacles
- Bike paths and hiking trails and parkways are becoming more common in urban area. Many of these are networked into systems that reach well outside of the city. The survivor would be well advised to become thoroughly familiar with these and consider a bicycle as a primary or secondary evacuation system. Bikes are faster and can

carry more gear than walking with a pack. Consider that a lot of others are going to use these obvious escape routes, so don't depend on them alone.

- Alleys are the preferred routes through built-up urban areas. Fences, trash containers and garages offer plenty of cover and concealment while blocking you from the view of many windows. Crossing streets from alley to alley is faster than at street corners and less likely to be blocked or watched. Walking down the street or sidewalk is just not a good idea for survival evacuation if it can be avoided.
- Industrial areas will be pretty much abandoned in a general collapse. People don't live there and looters will be focused on shopping centers. So routing through such areas may be much safer than residential and commercial zones.

Working with Google Earth; and taking hikes should help establish a number of alternative routes combining the above elements to get you out of the urban area.

Bivouacs and Hideouts

In the jammed traffic of an evacuation, you may make 5-8 miles per hour driving before stopping completely. The average person walks at about 4-miles per hour, but with your pack, zigzagging down paths and alleys, you will be lucky to make one or two miles per hour. As a result it may take you several days to get out of the urban environment: so you need to consider safe places to hide and rest. Abandoned buildings, garages, and wooded areas may work for you whereas underpasses and viaducts will probably

attract too many other people. Select locations off of the main routes and paths that offer shelter without being too obvious.

Binoculars and Night Vision Gear

Two items that can give you a clear advantage in an urban escape are binoculars and night vision equipment. A good pair of binoculars can let you see dangerous conditions and hostile individuals before you encounter them. Being prepared to deal with or avoid a problem ahead of time is a tremendous advantage.

Night vision gear gives you the option to move at night and still see hazards ahead of you before they see you. Night-movement with this ability can be much safer than day-time movement. When in bivouac, you can see who's coming before they see you.

These items are a must investment if urban escape is a necessary part of your survival plan.

Alternative Plans

While survival fiction often paints the picture of a well-stocked retreat in the mountains, manned by a highly-trained survival group, the reality is that most of us will have far more limited resources and may be limited to what we can carry to set up a camp once away from the city. Once automotive transportation is stopped and choke points are closed off the amount of supplies one can carry will be severely limited. Backpacking, biking, and camping are advisable hobbies for every would-be urban survivor. Not everyone is able to carry a 40-50 pound bug-out-bag the 20 to 40 miles necessary to reach safety. The two solutions below have been adopted by many families I know are as follows.

Solution #1: Store the majority of your survival supplies at a friend's house or in a secure self-storage unit well outside the urban area. You can then evacuate on foot if necessary with a basic survival pack and reach your supplies in a few days on foot or by bicycle. Some folks that I know, even store a second car at a remote location.

Solution #2: Have a hotel, motel or campground that you like just beyond the city. If things look dangerous, take the family and your survival stuff on a mini-vacation there until things stabilize. You can still commute to work if necessary, but if things deteriorate, you have a head start on your escape.

Conclusions

Cities and near-suburbs are too densely populated to be sustainable once the infrastructure and civil services collapse. Lack of sanitation, water, food, fire departments and police protection will rapidly lead to epidemics, riots, and famine. The city dweller must preplan a number of safe routes out of the area that their minimize exposure. Physically scouting these routes ahead of time will offer the best chance of fast and effective evacuation to less hazardous locations. Having an evacuation pack and gear alone is inadequate without a thoroughly thought-out escape plan.

Surviving Survival **By Laurence Gonzales**

A book review by: James C. Jones

Laurence Gonzales's book *Deep Survival* (reviewed in an earlier edition) is probably the best book ever written on survival psychology. The subtitle "Who Lives, Who Dies and Why" should tell you

that you need to read that book. I have used it as a reference and inspiration for many of my articles and presentations. **Basically, your brain manages your survival and you need to understand how that works in order to manage your brain under stress.** The first book focused on how we respond to survival situations by analyzing the experiences of people who have survived some horrific situations and injuries.

In this new volume, Mr. Gonzales takes us beyond the survival event to examine the physical and psychological aftermaths. Here we explore the post traumatic challenges that the victims faced. We examine how the victims of alligator, shark and bear attacks Coped or failed to cope with the mental effects of these events. We also look at the impact of losing a child and the effects of a military veteran whose job was to reassemble bodies blown apart by IEDs prior to shipping them home. The victims survived these events only to be rendered non-functional or even suicidal because of what happened to their minds. These kinds of stresses completely break down the normal mental balances and perceptions. There are detailed explanations of how the brain process' stress and how victims have used this understanding to adjust and recover. Of particular interest is the section on how Aron Ralston's mind processed the situation and eventually allowed him to cut off his own trapped hand to escape from Blue John Canyon in Utah in 2003.

One of the most fascinating ideas in the book is that we have three levels of the mind. As the author put it the "human mind", the "dog mind" and the "frog mind" Under survival situations we often need to use the more primitive minds or as we call them "instincts". Survival skills are human,

survival instincts are more animal and the "sixth sense is real and resides from our most primitive levels. When something just doesn't seem right, when the hairs on the back of our neck stand up, this is the sixth sense picking up odors, vibrations, facial expressions, sounds and that we do not consciously, acknowledge or understand. The book documents two cases where the conscious human, logical brain overrode the sixth sense with catastrophic results. If you want to go beyond simply starting a fire and building shelters to explore how survival really works, I highly recommend this book and its predecessor.

Surviving Survival, by Laurence Gonzales, 257 pages, 5-½" x 9", paperback, \$15.95 from W.W. North, NY
Deep Survival by Laurence Gonzales, 300 pages, 6-½" x 9", hardcover, \$25.95 from W.W. North, NY

NOTE

It was noted that World War Two veterans suffered less post-traumatic stress syndromes that those of more recent conflicts. It was postulated that they may have experiences more stress from the depression and from a harder life prior to combat or been more religious and family anchored, thereby making them better able to handle the stress of combat.

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Bleach Factory in Your Pocket

While there are many methods of purifying water, the addition of bleach (sodium hypochlorite) is generally the most popular for home emergencies. Sodium hypochlorite in pill form is also used in water purification tablets by the military and for campers. Furthermore: bleach is used for sanitation, decontamination, and some medical applications. In short: bleach is a must have survival supply. The actual amount of chlorine (active ingredient) in household bleach is about 8 to 8-1/2 percent with the remainder is water and the amount of chlorine declines over time. So bleach cannot be stored indefinitely and is too bulky to carry in quantity. Since bleach is already highly diluted and since you only need a small amount (8-16 drops per gallon) to purify most water a small amount of a high concentration is all you really need.

Along comes new technology in the form of the Portable Aqua™ electrolytic water purifier! This device electrolytically separates the chlorine from a small amount of salt water placed into its chamber to create a disinfectant capable of killing 99.9999 % of bacteria, 99.99% of viruses, and 99.9% of *gladii* *Lambdia* and *Cryptosporidium* within 30-

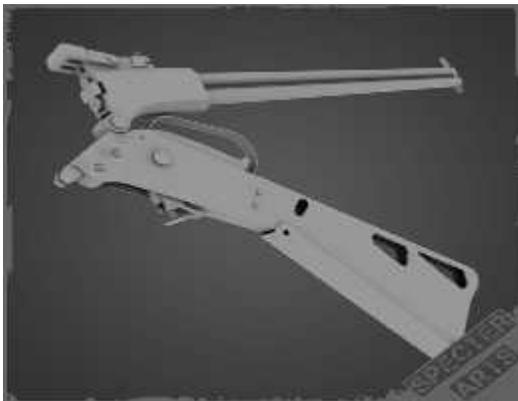
minutes. Now here's the cool part: the whole device fits in your pocket and is solar powered. There are several steps to making the proper solution and setting the device for the right concentration to purify from one to 20 liters of water, but an internal computer and indicators assure the right concentration. The reaction takes from 20 seconds for one liter to 6-½ minutes to create a solution adequate to purify 20 liters. The device is rated to purify about 60,000 liters of water in its operating life or about 150 liters on a battery charge. Fairly impressive. The kit comes with a measuring bottle, test strips, and a cord for recharging the batteries if sun light is not available. The whole works costs about \$125.00. You should be seeing this device in survival catalogs and stores soon but for now you can go to www.pureaqua.com



The purification device on the right is just 3 ½ x 1 ½ x 1 inches. The solar panel is on the backside of the device. The blue caps are for the salt storage and brine addition port. The accessory kit on the left is a bit larger, but most of the items are not necessary once you get used to operation.

Savage Model 42 Takedown, Over and Under .22 cal. / .410 gauge Survival Rifle

Back in the late 1950s the U.S. Air Force started issuing a collapsible over-and-under, combination .22 LR caliber and .410 gauge shotgun as the “aircrew survival weapon” It was manufactured by Ithica’s Springfield Armory. Designated as the M6, It was intended to be carried aboard military aircraft as a hunting weapon to supplement the crew’s sidearm should they crash in the wilderness or in enemy territory. Bomber crews were flying over or would be flying over great areas of wilderness. Without GPS or other backup they would need to survive and escape on their own. The M6 and its variants were phased out in the late 1970s.



Original “Cold War” US Airforce survival rifle

The concept of a combining the reliable .22 caliber Long-rifle and a 410 gauge shotgun in a compact, breakdown unit is ideal for most non-combat survival situations. The .22 LR round is good for taking small game quietly, while the 410 shotgun can take game as well as foul. Both ammunitions are light and effective so you can carry plenty of them. The

Savage Model 42 offers the same combination in a more traditional rifle configuration. The model 42 fires the Winchester. 22 Magnum, and, 410 shotgun shells. It breaks down to 22-inches in length and has a full-length synthetic rifle stock. When assembled it is 35.75-inches long and weighs just 6.1 pounds This weapon assembles easily and quickly and is well-built.. Having fewer moving parts, it should be more reliable and take more abuse than multi-shot rifles.

Yes; the single shot small calibers are not too great for combat or self-defense, but when supplemented by a good handgun you have a great survival combination that you can still carry without sacrificing, pack space and weight needed for other survival necessities. The model 42 can easily be fit right into your survival pack or carried on you bike or on your motor vehicle. Although the MSRP is listed at \$450.00, you can usually get one for about \$400.00.



Survival Slingshots

I have always carried a slingshot in my survival packs and kit, as they give me an alternative to using my firearms in some situations. Slingshots are silent and can use available rocks as ammunition. You can use a slingshot to take small game silently or to harass and misdirect an enemy. With some practice, you can

achieve impressive accuracy. Although they can cause serious injury or even death under some conditions, they are not recommended for self-defense.

Today, there are many slingshots specifically designed for survival use. The “survival Slingshot” below sells for a hefty \$49.95 and has a range of 250 yds. There is space in the handle for plenty of ammunition as well as a few survival items. There is even a compass built into the handle. This model also has a optional archery kit available. Slingshots are most effective when launching steel shot (s showed in the clear container), but small rocks or even marbles can be used.



On the other end of the price range is the small “Trailblazer” backpack slingshot costs only \$6.95. It is light, small and comes with a length of paracord on the handle and an extra set of bands. It can be used to bring down some smaller game in an emergency.



CAUTION!

You must be aware that these “primitive” weapons are potentially deadly and must be treated just like firearms. Never point a drawn slingshot at anyone. Know where your shots are going and what’s behind your backstop. Never launch a shot or rock into the air blindly.

The slingshots shown above are available from BUDK at ww.dudk.com or go to www.survivalslingshot.com. They have many alternatively sized and priced slingshots between the ones shown above.

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Don't panic! Your issues of American Survivor will still be mailed to you via the good-old US Mail, but you will soon have some choices. Printing and mailing hard-copies of the newsletter is costly and time-consuming. Postage also limits the number of pages and thus the amount of material we can send to our members. **Over half of our member now get their American Survivor through website access at www.AmericanSurvivor.org.** They join on-line and have access to the "Members Only"

section where they not only download the current issue, but can also download all of the back-issues and other materials. Replacing printed issues with an electronically mailed, PDF version will allow us to send members a larger publication, with extra features. We will be providing instructions on how to convert your existing memberships to E-mail soon. New membership forms will provide for this option. On-line membership and E-mail memberships are a greater value, but we still plan to send out hard-copies to those who request it. **E-mailed issues should start going out in early 2017**

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CABELA'S Sporting Goods Store, Second Floor Conference Center, 7700 Cabela Drive, Hammond, IN, Just South of I-80 at the Indianapolis Blvd. Exit

This program will cover the most effective ways to prepare for and survive ten of the most probable emergencies that families may face: The situations covered will include: Home Fires, Tornadoes, Floods, Utility Outages, Street Crime, Winter Storms, Home Invasion, Epidemics, Evacuations, and Medical Emergencies. All subjects are approached as if no help is available and the individual will be left to survive with his or her own resources and skills for an extend length of time. Home supplies and survival kits will be discussed and specific recommendations for equipment, books, and further training will be provided. The instructors at this class are experienced hazard control professions, EMTs, and survival instructors. There is no charge for attending. Contributions are always appreciated.

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Staff

Executive Editor: James C. Jones,
survivorjj@aol.com

Managing Editor: OPEN

Distribution Manager: Tim Powers

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