

AMERICAN SURVIVOR

SURVIVAL INFORMATION FOR THE NEW AMERICAN



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IN THIS ISSUE: Interview with Author of Beyond Survival, and The Live Free Book of Total Survival, Solar Water Purification, Live Free at Gateway Prep Expo, Nightmare Drugs, Alternative Burn Treatments, and more

Paladin Press's Interview with James C. Jones

Introduction

My latest book titled "The Live Free Book of Total Survival" is due to come out from Paladin Press this winter. The publishers are making it the featured book for their next on-line and printed catalogue and wanted to include an interview with me as part of the promotion. The publisher's questions turned out to be very provocative and provided an opportunity to share some opinions and historic perspective with the readers. Paladin had to edit the answers a bit to fit their space. I have include the entire unedited interview questions and answers along with two additional commentaries that I hope you all will find informative.

1. How long have you been involved in the self-reliance movement? How did you get involved?

I had a challenging childhood that forced me to be self-reliant and independent at a very early age. I don't remember not having some kind of survival pack. Living poor on the Southside of Chicago gave me my urban survival training and my outdoor activities that included, rock-climbing,

caving, rafting and primitive camping provided the rest. Survival/self-reliance as a movement started in the background of the social and political upheavals of the 1960. I helped organize Live Free USA in the late 1960s. The organization evolved from an outdoor survival club to a general survival and preparedness education group. That is now a tax-deductible, not-for-profit corporation. Their website is at www.AmericanSurvivor.org

2. In that time, have the essential principles changed, or simply their applications?

Certainly the principles of personal and family self-reliance and independence have not changed, but the acceptance of the need for preparedness and sustainable self-reliance has change dramatically.

In the 1960s through the 1980s the general public felt that they lived in a fairly secure world threatened by one singe danger (nuclear war) that might or might not happen. This made various form of denial the prevalent mindset. Survivalists were regarded as paranoid or even dangerous. I did a lot of TV, radio and print interviews

trying to explain that we were just responsible citizens that made everyone safer. The movement as such was a small outlying subculture at that time.

In the later 1990s the threat matrix of economic decline, political instability, depletion of resources, terrorism, epidemics, civil disorder, unemployment, shortages, natural disasters, effectively destroyed the public's sense of safety and confidence. These were disasters that were happening to them or their neighbors now. Denial became much harder to sustain and preparedness and self-reliance offered real advantages and benefits. This is why the movement is growing, evolving and becoming a mainstream force for the future.

3. What is the biggest obstacle to people adopting a more self-reliant lifestyle?

I get that question often when I do presentation for community groups and preparedness expositions. The biggest obstacle is just getting started and letting go of dependency and vulnerability. People are often overwhelmed by needing so much knowledge and supplies. I tell them to go home and fill some clean containers with water, buy some candles and start designating canned-goods for emergency use only. It's a start. Set a budget and a list of preparedness improvement goals. Do something. Do it now. Keep getting better. Of course I have handouts and references to help them

4. How do you organize all the essential knowledge a person needs to be self-reliant and survive emergencies in 10 principles—or, actually, 11 principles?

The ten principles are distilled from a variety of sources, observations and

experiences. They could be expanded or compressed, but ten is a manageable number to organize and communicate the mental and philosophical foundations of a survivor in times of crisis as well as daily life. Of course that eleventh principle "Never Give Up" is often the most important.

5. What is the first step that you would advise a person to take in the quest for emergency preparedness?

If you are reading this and hopefully reading my book, you have already taken the most important step. You have left denial and started to take control and responsibility for your own future in a hazardous world. One of my personal mantras is "happen to things before they happen to you" Of course things will happen to you, but if you are happening and proactive and mission oriented, these happenings will not stop you.

6. How important is the mental component of survival?

The mental attitude is pretty much the whole game in survival. I do a lot of studying of past disasters and human behavior. Often the only reason some people died was there inability to move from denial through deliberation and on to decision and action. They often had the knowledge and means to survive, but not the spirit and will to act. People who have experienced disaster or hard times have been shocked into being natural survivors. Others usually need training and determination. This is why I developed the ten principles program.

7. In the early days of the survivalist movement, Americans feared the doomsday scenario of the Russians bombing us. What is the biggest fear of most Americans today?

I think I answered most of this in question number-two, but the real issue is that this combination of developing and potential threats are all connected so that only one or two of them happening will trigger many of the others. For example: a cyber-attack or EMP would start an economic collapse that would generate civil disorder that would shut down the grid and create epidemics. Any one leads to the others. No matter what you are concerned most about, you need to prepare for them all and maybe even all together.

8. How has your experience as an EMT and Industrial Safety Manager informed your survival practices?

I started working at a rather large chemical plant back in the 60s. I guess my survival thinking led me to making safety improvements. This led to a lot of certifications, promotions and awards. I did a lot of hazard analysis, incident investigation, emergency planning and accident prevention work. I was able to apply survival ideas to industrial safety and industrial safety science techniques to survival. This gave me a unique approach to both. Some of my ten principles and many of my articles were inspired by my safety management experiences and observations. I also became an EMT, Certified Hazard Control Manager and HAZMAT Technician. All that added to my background.

9. Are preppers different than survivalists?

We were doing what we do before the term "survivalist" became popular, then in the 90s it was "preppers". I like the term "self-reliance practitioner", but it's not as catchy. My problem with "prepping" is that it is defensive. You are prepping for a particular thing or things to survive and recover. Not good enough. Survivalists

live the philosophy and think differently. We apply survival principles to everyday life and assume that the expected disasters and the unexpected disasters will happen and that we will deal with them and retain our values and freedoms. Survival is more than just staying alive.

10. A lot of what you include in this book seems like smart advice for ordinary, day-to-day life and not just for crises. Do you see a strong connection between those who have successful lives and those who survive extraordinary challenges?

I find it amazing that most people and families muddle along, without defined missions and goals. I am a big advocate of a mission centered life. How do we know what success will look like if we never established the objective. Your survival and preparedness program should be built on the idea of perusing your mission and reaching your goals in spite of the challenges and disasters that you may encounter. Don't just survive it. Own it. I came to realize that the application of my ten principles had actually work for me and others even though they were not defined at the time. Yes, these are sound principles to live by on a day-to-day basis. Those I know who have had a lot of trouble and "bad luck" inevitably violated one or more of the principles.

Added Questions' and Answers'

The following questions were not included in the interview, but add my personal views of our future.

- Q. How do you see the future of the preparedness, survival and sustainable living movement in the coming decades?

This is now a mainstream movement and will be a major factor in how Americans survive, adapt and endure thorough the challenges and disasters that they will face. The younger generation must embrace self-reliance, responsibility and independence or be dragged into a very dark future

Q. What are you hopes for Live Free USA in the years ahead?

I devoted a significant part of my life into building the organization and its relevance and future importance is just now becoming imperative. I can only hope that others will step forward and take it to the next level. The movement needs a not-for-profit, advocacy and support organization to unite and network the various groups and elements in our common cause. Certainly the enemies of self-reliance and personal independence are well organized, united and well financed. We need to be also.



Purification of Water with Sunlight

Sunlight has many survival uses beyond just keeping you warm. Most outdoor survival books include instructions on how to make a “solar still”. These can be used to distill water out of the soil and plant materials in the desert or to distill saltwater into drinkable water at sea. The solar distillation* is more about getting the water than purification or disinfection. Such distilled water removes particulates and heavier chemicals, but will still contain more volatile contaminants. The warmth of a

solar still does not kill or isolate viruses or bacteria contaminants or parasites that thrive on warmth. Fortunately there is a method of using the sunlight to kill the most common waterborne biological contaminants. The method involves simply exposing the water to direct sunlight and letting the ultraviolet rays disinfect the water. UV-A light devices are sold for this purpose and UV-A lights are even used by municipal water suppliers. You can just use the free sunlight and some clean, clear plastic bottles to do the same in an emergency. **Six hours of exposure to direct sunlight by the method below will kill the following bacteria:** Escherichia coli, Shigella flexneri, Salmonella, Yersinia, Enteroclitica, Campylobacter jejuni and Vibrio cholera. It will also the Rotovirus, and Giaria parasites’. The method will kill the Cryptosporidium parasite as well, but at least ten hours of exposure to full sunlight is required.



The water source can be a pond, puddle or roof water. This rain barrel contains relatively clean looking water, but birds and animal droppings and decaying plant matter in the gutters have probably contaminated it with biological hazards.



Water may contain various dirt and particulates that need to be filtered out also



Here, a coffee filter in a cutoff plastic bottle is used to remove particulates. A wad of paper-towels or clean cloth could be used, but coffee filters work best.



Right to left: Empty bottle from contaminated water. Improved funnel, dirty, used coffee filter. Clean, but not yet safe water in clear plastic bottle.



The bottle is laid out horizontally in the sunlight. The use of aluminum foil or other reflective backing is not necessary, but it will increase the effectiveness of the UV-A exposure.

Use only clear plastic bottles no larger than two-liters. Glass bottles filter out most of the UV-A rays and larger bottles will not let the UV-A rays reach all of the water. The six-hour exposure time assumes that there is direct and full sunlight. Under cloudy conditions it may take up to two days to assure effective purification.

Note: Some have expressed concern that the heated plastic bottle releases chemicals into the water. Bottled water and soft drinks are transported in non-refrigerated trucks in hot weather so if there are chemicals they probably already leached out and when you are in disparate need of water, any extremely minuet chemical content is the least of your concerns.

** Solar distillation does not boil the water to steam as in flame powered stills. Solar distillation only vaporizes the warm water and this does not kill organisms. These are simply carried over into the water that is generated.*

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Nightmare Drugs on Our Streets

James C. Jones, EMT

One of the advantages that I get from working and training with the police, fire department, EMT's and survival groups is a broad range of information that I come across. I recently attended an EMS class on toxicology that introduced us to some new drug issues on the streets and in the schools. Having lived on the Southside of Chicago most of my life and having plenty of contacts in the "hood" and I mean deep in the "hood" I can tell you that the spread of drugs, drug money and gang power is far more destructive and threatening to America than ISIS or any other terrorist organization. In my view Mexico should be declared a terrorist state and our drones should be taking out cartel leaders. Ah, but I digress into politically incorrect territory. Back to my toxicology class. We were brought up to date on the latest waves of death and social destruction wrought by heroin, cocaine, marihuana and methamphetamines. As our social, political and economic situation declines the youth are lured into these drugs as an escape or coping method. Unfortunately this is often a more attractive solution than facing reality and preparing to be more self-reliant. This was certainly distressing enough, but then we got into some of the newer drugs being encountered on the streets.

Krokodil is the Russian word for Crocodile. This drug gets its name from the way user's skin turns green and scaly. This drug was developed by Russian soldiers trying to get high without the expenses of heroin or cocaine. Ingredients include gasoline, paint thinner, red phosphorus (usually from matchheads) and other toxins. The high lasts for 90-minutes to two-hours, but the rough withdrawal last for weeks. This forces to user to seek another hit. Being fairly cheap, users tend to become addicts quickly. Another name for the drug is "Zombie". The users become delirious and unable to feel pain while there skin peel off even to the bone. The formula for this drug and more users are starting to turn up in the US.



This is not makeup. Notice the lack of pain or even concern on the victims face. A true zombie. The drug has killed the tissues on the forearm and it has peeled away to expose the bone, yet the addict feels no pain.

Flakka is another new drug that first appeared in Florida a few years ago. It is fairly easy to make. The primary ingredient is a chemical stimulate used in making bath salts. It is rated as a 12 on a drug hazard scale of 1 to 10 by police. The affects are an excited state of delirium, super human strength and high body temperature. Due to the high body temperature the person may

be found running around naked and screaming incoherently.

The user of Flakka can be tazed multiple times without any affect. It may take as many as 6 police and EMS personnel to restrain someone on Flakka and even several bullets may fail to stop them immediately. Finally, these users' hearts will be beating at a very fast rate (tachycardia) and their temperatures may rise to 106 degrees or above. While they must be restrained for the safety of others, restraint only increase temperature and heart rate often leading to seizure, coma and death.

That cell-phone video of an "innocent" of a person being tazed multiple times, tackled by multiple officers and even shot may have been fully necessary. Keep in mind that the medical condition and drug use by the "suspect" cannot be made public and the police (unlike the gang enablers) are not permitted defend themselves against accusation in the media.

Then there are the common drugs of alcohol and caffeine used and misused in new ways. **Pure powdered synthetic caffeine** can be purchased legally on-line. This is the form used to make so-called energy drinks. High school and college student are buying this pure powdered caffeine to increase their energy and stay wake to study for exams. The maximum (safe dose) is 1/16 of a teaspoon. A single teaspoon is the equivalent of 25 cups of strong coffee and can be lethal. Certainly anything over a teaspoon would cause tachycardia and ventricular fibrillation. This stuff is out there and in use

Powdered alcohol is real and can be purchased on line. Great stuff to put into that incent looking water bottle at school. Now we have John or Mary pumped up on

caffeine and alcohol, all legal and hard to detect until it's too late.

By the way: drinking is no-longer the way many of the youth use alcohol. The digestive system tends to slow down and reduce the high from alcoholic drinks. Poured into the eye (I am not joking) absorbs it much faster. Breathing (huffing) vapors into the lugs bypass the digestive system and goes directly to the blood. And last but not least! Alcohol enemas introduces the alcohol through the Collin. There were actually photos of this on the internet!

Live Free Group in Southern Illinois Launches Campaign to Fund Learning Center

For \$700.00 you can invest in a sports recreation learning center that will be utilized for *Live Free* during our Quarterly Events. The sister company *Hot Ideas* (also at \$700.00) has over 100 design/ideas we feel will market well globally, and return a high profit in a short time.

<http://outbaseoperationsinc.weebly.com/>

LIVE FREE USA AT THE GATEWAY PREPAREDNESS EXPO

The Live Free USA booth was a busy place on both days at the Gateway Preparedness Expo held at the St. Charles Convention Center just north of St. Louis. We greatly expanded our contacts and met members from Missouri, Southern IL and Kentucky. Jim Jones presented his "Ten Principles of Survival" class to a packed audience on Sunday. We were able to help some existing chapters and may be forming a new chapter in the St. Louis area. These outreach activities are a major source of support for our chapters and affiliated groups and also builds our funds and

memberships. We encourage members to volunteer to set up booths for Live Free USA if there are such events in your region. We can provide banners, supplies and fund the booth. Many organizations provide free or discounted booths for our registered, not-for-profit organization. Always check our website and this publication for listings of classes, seminars, camp and expositions that Live Free USA participates in or sponsors.



Participants buy books and sign up for information at the Gateway Preparedness Expo this September.

SURVIVAL MEDICS CLASS CANCELED

Due to lack of early registrations and available instructors we have decided to cancel plans to do a third Survival Medics course at the Hammond Indiana Cabela's store this winter. **Instead we will do a one day program in February (date to be announced) entitled Eight Life Saving Medical Skills.** This will combine lecture and hands-on training in just eight basic lifesaving techniques. Watch our website and the next issue for details. There will be no charge for attendance, but contributions will be needed and appreciated. **If there is sufficient interest at this event and the Medical Skills Team actively supports**

the program, we may consider doing the Survival Medics course later in the year.

Alternative Burn Treatments

The following alternative treatments' can reduce the pain and damages from sustaining first and second degree burns. Large area first and second degree burns and all third degree burns require professional medical attention as soon as possible.

After cooling the burned area with cold water for at least 15 minutes (never ice)

1. Always remove rings and other jewelry to prevent further burning and to prevent them from cutting off blood flow as swelling will occur.
2. Provide adequate hydration fluids, vitamins and minerals.
3. Raise burned limbs to reduce swelling
4. While first and second degree burns may heal on their own the application of juice from cut Aloe-Vera leaves or the use of Aloe-Vera ointments may reduce pain. This should be applied 4-times per day.
5. A compress soaked in 50/50 vinegar and cool water may also be applied to a first or second degree burn
6. A Witch Hazel soaked compress may also be helpful

NOTE: when the above compresses become warm and/or dry replace them

Third degree burns always require professional medical attention and antibiotics. In the absence of these infection is highly probable. **The best option after cooling is to cover with a sterile dressing and get the victim to a**

hospital. The following actions are only a "last resort" if no professional care is anticipated or available.

1. Immediately after the burn has been cooled, **apply honey to the entire wound area** and cover with plastic wrap. Tape this securely in place well outside the burns perimeter.
2. If the dressing fills with water remove and replace with clean plastic wrap as often as necessary or at least three times per day.
3. **Do not wash off honey, but add as needed to cover exposed or deep burn areas.**

4. Repeat this care for 7-10 days
5. As the burns heal you can change to a non-stick dressing such as Telfa or Vaseline impregnated gauze. At no time do you want any part of the burned area exposed to air until it is healed.

Important: Third degree burn victims are highly susceptible to infection, hypothermia and dehydration. Keeping them warm, well-nourished and hydrated is critical to recovery.

NOTE: Honey is a natural anti-bacterial agent as well as an aid to tissue



WE ARE LIVE FREE USA

The Life and Freedom Declaration

- **WE BELIEVE** that life is not worth living without freedom and that freedom can only belong to those who are ready and able to protect and control their own lives.
- **WE CARE** about people and we want them to be able to survive and live in freedom no matter what challenges the future may present.
- **WE WORK** to promote programs that help people achieve greater safety, security and self-reliance for themselves and their families.
- **WE OPPOSE** all acts of violence and coercion against innocent citizens and all forms of tyranny over the body and mind of man.
- **WE ARE DETERMINED** to prevent unnecessary deaths, suffering and loss of liberty resulting from natural and manmade catastrophes.
- **WE ARE DEDICATED** to the preservation and extension of individual freedom and self-reliance for responsible people of all races, religions and national origins.
- **WE ARE COMMITTED** to building a future in which advanced technology and exploration will be used only to expand self-reliance and freedom for all citizens.

Live Free USA is the most respected and well established survival and self-reliance advocacy organizations in America

Reprinted from a 1970s issue of this publication

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Pontiac VFW Post 886, 531 W. Lincoln Ave., Pontiac, Illinois 61764

Effingham: First Thursday of the month.

Effingham Elk's Club, 2102 S. Banker Street, Effingham, IL 62401

Peoria: First Thursday of the month.

Knights of Columbus, 7403 North Radnor Road, Peoria, IL 61615

Visit our website if the regular monthly meeting date falls on a holiday to confirm time and date of the meeting. If you're interested in bringing a monthly Guns Save Life meeting to your community, contact us!

Calling ALL Live Free Chapter Leaders!

What's
happening

When is your next meeting or event?

Please send your event details to LiveFreeUSANews@gmail.com for posting on the American Survivor website, Facebook Page and to be included in our e-mail news.

HELP WANTED!

LIVE FREE USA NEEDS VOLUNTEERS TO HELP WITH MAILING OUT PUBLICATIONS, MANNING TABLES AND BOOTHS AT GUN SHOWS AND EVENTS AND MAINTAINING THE WEBSITE. WE ARE ALSO LOOKING FOR FOLKS WHO CAN PUT ON CLASSES ON ANY SURVIVAL, SELF-RELIANCE OR PREPAREDNESS RELATED SUBJECTS AT OUR EVENTS AND SEMINARS. CONTACT SURVIVORJJ@AOL.COM IF INTERESTED.

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For information go to: www.surviveexpo.com/illinois-prepare-to-survive-expo

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