

AMERICAN SURVIVOR

Survival Information For The Prepared Citizen

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IN THIS ISSUE: Winter Survival, Ten Principals of Survival, Aquaponics, Kelly Kettles, How Are We Doing a report on Live Free's progress.

Winter Survival

If your survival preparations don't cover subfreezing conditions you are only 50% ready.

The great majority of survival skills and survival equipment work well in dry and temperate weather. In the dry summer conditions you can survive for a while by simply not doing anything stupid. Moderate clothing and basic shelter items will get you through the chilly damp conditions of late Spring and early Fall. At home, mild weather survival focuses on having safe water and enough food. But winter conditions make survival anywhere an immediate and constant challenge. In winter, Mother Nature tries to kill you. Cold takes no prisoners. Whole armies have been wiped out by General Winter. The survival battle comes down to maintaining the body's temperature. This is accomplished in four actions:

1. Generating heat internally through the consumption and metabolization of high calorie food and the necessary water to process it. Consider this fueling your furnace. Food requirements are much higher in cold weather.
2. Keeping cold out of the body. Eating cold food, drinking cold liquids and breathing in cold air

quickly lower the body's temperature.

3. Preserving body heat. Breathing out warmed air, standing in cold winds, contact with the cold ground, getting wet, not wearing adequate clothing and failure to cover the head will burn away calories (heat) and lead to hypothermia.
4. Gathering heat from external sources. Getting into a warm place, standing in the sun, drinking warm liquids, eating hot food, standing by a fire and breathing warmed air reduces heat loss.

Civilization has focused on providing a warm environment. Our homes are heated. Our vehicles are heated. Even in winter our exposure to cold is brief. Well-fed and warm most of the time, we are all in poor condition to survive long-term cold under survival conditions. When we think of winter survival we think of a camp fire, but all animals and some human cultures survive the harshest cold conditions without any form of external heat. They depend on heat conservation and high calorie food metabolism. Two things are certain:

- Inadequately fed and clothed humans who are exposed to severe cold or chilly wet conditions for too long will die.
- If you live in most areas of the United States and Canada and have not acquired the skills and equipment for long-term cold weather survival you are at high risk 20 to 70% of the year.



Live Free member practices using a sled at a winter camp. The only way to be sure you can survive in winter is to participate in at least one or two winter camps.

The body loses heat in 5 ways:

1. **Respiration:** Breathing in cold air, heating it in your lungs and then exhaling the warmed air back out is a significant source of heat loss. A simple facemask, ski mask or muffler over the nose and mouth can conserve some of this heat.
2. **Evaporation:** Sweat and dampness on clothing evaporates and carries away heat. Alcoholic beverages give the illusion of warming while evaporating through the skin and taking away more heat. Rain, snow and even fog will dampen hair skin and clothing to take away your heat. This is why

staying dry trumps all other winter survival priorities

3. **Convection:** Air (wind) passing over the skin carries away heat. That's great on a hot day, but deadly in the cold. Get out of the wind ASAP! On the move wear a wind proof poncho.
4. **Conduction:** Nature hates an imbalance. If you are in contact with ground, rocks, metal, snow, etc. that are colder than you are, energy will flow from you to the cold surface. Minimizing contact and good insulation are the keys to preventing this kind of heat loss. Wet clothing loses 90% of its insulation value with water having 240 times the heat conductivity of dry air. **STAY DRY!**
5. **Radiation:** the whole body radiates heat/energy into the environment. Adequate clothing is the only way to reduce this radiation. Since heat rises, the head and shoulders are the greatest source of heat loss and since the brain is most heavily supplied with blood circulation, the head is the last part to *feel* cold. Listen up! Hoods, stocking caps and those big fur caps will save your life. One day we were out in 10 below zero winds. We entered an unheated building and just took off our caps. We immediately started to shiver until we put them back on. Another device for combating radiated heat loss is the "Space Blanket". These aluminized blankets can be used as ponchos or rigged as shelters. They reflect body heat back to you. They can also be used to catch and reflect campfire, stove heat or solar warmth onto your body. I

have recovered from damp cold clothing in this way.

The two chief dangers of cold exposure are hypothermia and frostbite. A person who is exhausted, hungry or sick is more susceptible to both of these life and limb threatening conditions.

Hypothermia

Hypothermia occurs when the body's core temperature begins to fall. This happens when the body is no longer able to generate or hold more heat than it is losing. Being exposed to cold, wind and rain with inadequate shelter clothing and food are prime causes of hypothermia. Shivering is the warning sign of impending hypothermia. The body is using the heat generated by shivering as a last ditch effort to maintain its core temperature. This occurs as the body temperature drops towards 90 degrees. Below 90-degrees slurred speech, dulled comprehension and jerky muscle (staggered walking) movements indicate the need to immediately get this person out of the cold and introduce warm liquids. At 80 to 85-degrees the victim will lose contact and drift into a stupor. Pulse and respirations slow indicating advanced hypothermia. At this point the person will continue to decline even with external warmth provided. In advanced hypothermia the cells reach a point where they are too cold to produce heat therefore creating a progressive condition that only a hospital can reverse with warm IVs. This is why it is important to recognize hypothermia at its earliest stages and act. At 80 to 78-degrees the victim will become unconscious and will suffer cardiac failure and hemorrhage into the lungs resulting in death. In addition to getting the victim into a warm environment and giving them hot sugary liquids while they are still conscious, you

can rewarm them by placing padded heat packs under their arms and on both side of the neck. Forearm emersion in warm water is another effective rewarming method. Simply place both forearms under warm running water or wrap both forearms in warm damp towels. Caution: A person who has reached the advanced (semi conscious) stage should not be rewarmed too fast externally as this may drive the cold external blood into the core and cause cardiac fibrillation. Of course if immediate hospital treatment is not available you cannot wait to rewarm.

Frostbite

Frostbite is the actual freezing of external body tissues. Frostbite can result in loss of body tissues, amputations, gangrene and death. Fingers, toes and ears are the most often frost bitten, but prolonged exposure can result in the loss of larger (hands, feet, legs) body parts. Any part of the body that feels very cold can suffer frostbite if it is not protected and warmed promptly. The sensation of cold turns painful as circulation stops. As nerves freeze the sensation is lost and nothing is felt. The skin becomes gray or yellow-white and ridged to the touch. Do not rub the frozen part or forcefully remove shoes or gloves as this will further damage the tissue. Once the victim is brought into a warm environment and the area begins to thaw it will become swollen, red and painful. If the color goes to black, tissue loss is probable. Frozen body parts can be thawed by emersion in warm (not over 105 f) water or placing them in the armpits. Never expose a thawed body part to potential refreezing! A previously frozen tissue is much more susceptible to refreezing and the loss of that tissue is much more likely after a second freeze. Damaged tissues should be wrapped in soft, thick, sterile (if

possible) bandages and kept warm. Seek medical attention as soon as possible

Wear thermal socks in cold weather and have a spare pair handy. Avoid tight fitting gloves that actually make the fingers more prone to frostbite. Wear insulated gloves and in severe cold wear mittens

Conserving Body Heat and Energy

Always be prepared for what the weather could be for the time of year, not what it is. Those nice warm fall and spring days can turn into cold, wet windy days that can bring on hypothermia in a few hours. Even a summer night can be deadly for someone in shorts and T-shirt. The old theories that if you fall asleep in the cold you will never wake up is a myth. Yes, if you exhaust yourself fighting a storm or you allow yourself to get wet (rain or sweat) and tired *before* you stop and fall asleep, you may not wake up. But if you stay dry and conserve your body's heat and energy supply, your chances of survival are actually improved. Generally a sleeping person will wake up when the body gets too cold and move around just enough to generate a little heat. There are cases where survivors huddled together under a few tarps or dug into a haystack and dozed on-and-off for weeks before emerging to be found. Always have a rain poncho available in your pocket, purse, locker, and glove compartment and of course a good one in your pack. The greatest heat loss is through to top of the head. The body supplies the brain with warm blood and heat rises, so the head seldom feels cold, but it is sucking heat from the rest of your body. The neck also radiates a lot of heat that can be conserved with a turned up collar and/or a scarf. A wool cap or ski mask is a must have item. Another big source of heat loss is respiration. You breathe in cold air that then sucks heat from inside the body which you blow away

when you exhale. A simple facemask or the ski mask can help conserve some of this heat. So a pocket poncho (or large plastic bag), a dust mask and a wool cap alone could save your life if caught in bad weather. Keep a pair of thermal socks under your shirt when out in winter. If your feet get wet you have dry socks. If your gloves are lost, you can use them as mittens. Don't eat snow. Dehydration is a real danger in cold weather. The humidity is usually low and moisture is lost through respiration. Plan on drinking plenty of liquids, but not cold liquids. That will lower your body's core temperature. Stop and heat water. Make tea or coffee if you have it. Warm, sweetened liquids will add heat and energy. Avoid long exposure to wind that will take heat from you by convection. Avoid long-term contact with the cold ground or objects such as rocks, metal, etc. that will pull away heat through conduction. Avoid sweating or becoming wet from snow and rain as this will ruin the insulation value of your clothing. Stay dry! Avoid drinking alcohol. That takes heat away as it evaporates through the skin. Do increase your food intake and drink hot beverages to fuel your body's heating system.

Conclusion

Winter survival is all about energy (food & fuel) management. You must be able to internally and externally create more calories of heat than you lose staying warm and doing work. You must create heat, gather heat, and save heat. Summer forgives errors, but winter does not.

Ten Principles of Survival

By James C. Jones EMT/CHCM

Each of the "principles" discussed here have been covered in more detail in past

issues of the American Survivor and/or in my lectures over the past 20-plus years. The purpose of this article is to bring them together as they need to be practiced and adapted to ongoing and potential disasters. They apply equally to coping with long-term situations such as a declining economy, climate changes, shortages and threats to basic freedoms and privacy and sudden disasters such as storms, civil unrest, fires, accidents and epidemics. Once one has moved from denial, through deliberation to the decision and action phases of survival reaction these are important principles that must be applied to guide your actions.

1. **ANTICIPATE:** Those who assume that things will not change or that nothing can go wrong wind up being victims. Those who do “what if analysis” on potential hazards and trends are ready to survive. While those who say “this can’t be happening!” are still in denial, the survivor is ready or has already acted. Survivors are people who quickly move through the stages of denial, deliberation to decisions and actions. Accepting the possibility or probability that a bad thing may happen to you is essential. The military calls this process “OODA” for Observe, Orient, Decide and Act. He who hesitates is often dead.
2. **BE AWARE:** The military calls this “Situation Awareness” On a “big picture” level this means being aware of the national economic, political, and environmental situation and the developments in your communities and at your employment. What are the trends? What are the developing hazards, shortages, and threats? On a

more immediate level you must develop the habit of observing and analyzing things around you and ahead of you. No texting, no cell phones use, no daydreaming. Who are those people coming towards me? Do I smell smoke?

3. **BE HERE NOW:** This sound obvious, but think about it. When we are on the phone, reading, texting are playing a game we are there not here. We tune out what’s going on around us. This is okay in a safe environment, but never in an “at risk” situation. A survival situation requires being 100% at this time and at this place. Any distractions or thoughts about how nice it would be to not be in this place at this time will only make the situation worse and survival less likely. Focus!
4. **STAY CALM:** Easier said than done. If you have followed the first three principles your reactions are going to be automatic and appropriate. Once you have escaped the immediate (assault, shots, fire, etc.) threat. Take some slow deep breaths. Gather your thoughts and follow the next six guides. Remember your calm (or apparent calm) will help others follow your lead.
5. **EVALUATE:** Think about where the situation is going and what your options are. Evaluate the risks if you do nothing versus various actions. Consider your own level of health, knowledge and resources. Will you have help or are you on your own? Prioritize risk vs. cost. I have seen “Preppers” who bolted at every “doomsday” prediction. They would literally “take to the

hills” every year or two, abandoning home and job while dragging their families off to the wilderness. In few years they had no money, no job, no family and nothing left to survive with.

6. **DO THE NEXT RIGHT THING:** Sometime you can let the enormity of the situation panic you into inappropriate actions or into giving up. You eat the elephant one bite at a time. Once you know what must be done to survive focus just on how to take “step #1” Don’t think too much about the other one thousand steps ahead. In the case of the on-going shifts in the environment, society, and the economy the next “right thing” may well be to shift away from dependents and vulnerability as fast as possible. In the case of an eminent threat (epidemic, civil unrest, economic collapse) the next “right thing” is either sustained home independence or effective evacuation of the danger zone to a secure area. The former is usually preferable, but the latter option must be available and well planned.
7. **TAKE CONTROL:** Happen to the situation instead of letting it happen to you. This is what we all must do now as we face the so-called EWAWKI situation and what we must be ready to do immediately when bad things happen. You need to own the situation. We should own the future not fear it. That’s the difference between survivors and victims.
8. **HAVE WHAT YOU NEED:** That sounds simple, but it requires careful anticipation and awareness to have

the right stuff where and when you need it. For example: having lots of food and firearms is not what you need when you have a house fire. You need good fire extinguishers now! Having a full NBC suit and mask at home will not help in the more likely situation of smoke or biological hazards encountered on the streets. It’s not what you have, it’s what you have with you. Prioritizing and acquiring skills, supplies and equipment based on personal and realistic expectations rather than popular media scenarios is critical. The objective is to have safe air, effective defense, adequate shelter, clean water, sufficient food, needed medical care when and where you need it.

9. **USE WHAT YOU HAVE:** The accumulation of stuff alone will not assure survival. You have to know how to use it and then use it effectively. You will also be faced with situations where you need to improvise and scavenge. Junk and scraps can be made into needed items. Nature provides food, shelter, fuel and other necessities when we do not have other options. Survival training greatly increases your options and capabilities with and without stuff. In today’s world we have specially made products for every aspect of survival. This gets us complacent and dependent. A good exercise is to take every survival item you have and say “what if I had to do without this” then “what could I use in place of this”. Know how to use it and know how to do without it, then you are a survivor.

10. **DO WHAT IS NECESSARY:** That may sound obvious, but it is often the failure to do what was required that resulted in death. Civilized living has programmed us to adopt habits, fears and reactions that are counter to survival necessity. Will we plunge our hand into an open wound to pinch off an artery? Will we hesitate to pull the trigger on an armed assailant? Will we be too shy to strip off cold wet clothing? Will we trash or abandon expensive equipment in order to escape? Pride, fear, revulsion, fatigue, pain and false values are mental states that can result in bad decisions. This is not to say that the values of morality, loyalty, and compassion are to be abandoned. If you have abandoned those you have not truly survived as a human being.

That's my ten, but of course there has to be one more. The 11th is NEVER GIVE UP. Having advocated preparedness and expanded self-reliance for over 40-years, I guess I got that one. Remember, "survival" is not about you. You survive for your mission and for what you do for others.

Conclusion

Having survived in the inner-city and heavy-industrial environment while moving from labor through management and from total poverty to reasonable security without outside help, I can vouch that the above principles apply to every aspect of "normal" life. Developing these life habits and values will establish your survivability in a crisis and help you succeed in everyday life.

Several of the above principles are interpretations of concepts set forth in Laurence Gonzales' book Deep Survival

published by W. W. Norton Inc. which I highly recommend to all serious survival preppers.

Aquaponics: Food For The Future

While having a stock of freeze-dried foods may be sufficient for disaster survival, a long-term disruption of traditional food production and transportation will require families and communities to produce foods locally and continuously. As petroleum based fuels become more expensive and less available industrial scale farming that utilizes large machinery and chemicals will be less able to supply the existing populations. This will be magnified by the droughts, floods and storms generated by on-going climate change. Fuel costs and shortages will make transportation of fresh foods to distant cities costly if not impractical and will significantly reduce the shipment and refrigeration of crops from southern climates to northern cities in the winter. No Orange Juice or fresh melons in December.

Simply put: It will be unaffordable and probably unsustainable to feed the large urban and suburban populations using the methods now practiced.

One of our Live Free chapters recently sponsored a trip to an aquaponics farm near Valparaiso IN. Once a group gets past prepping for immediate survival emergencies they must pursue methods for sustainable life in a new reality. **This kind of educational event was precisely what an advance preparedness/self-reliance group should be doing.** Our hosts spent some time explaining the technology and methodology of the aquaponic system before taking us on a tour of their facility. Most of the equipment was low-cost and recycled items and materials connected

with PVC pipes and some basic pump and lighting systems. Those in attendance ranged from urban residents to rural farmers so a range of issues had to be covered. The urban and suburban folks were shown how smaller systems could support survival while the farmers were excited by the economic potential of larger scale systems.

Aquaponics is a system for food production using a closed loop cycle where fish in tanks supply the nutrients for plants growing in soil-free beds.

The plants grow in long trays, usually made from PVC gutter pipe. In place of soil (dirt) there is a medium like glass beads that holds the roots in place and lets the water from the fish tanks flow (pumped) through it. The nutrients from the fish's waste fertilizes the plants as they filter the water as it returns to the fish tanks. While the fish need no light the plants need to be supplied with natural light and or artificial light. Solar panels can supply enough power for the pumps and (if necessary) lights. Of course the fish are also food and can be harvested, as they grow larger. Tilapia was being used by our host facility. They were growing lettuce, sprouts and other greens for local restaurants. The only input was food for the fish and solar energy; both of them were free from nature. Of course its not quite as simple as that. Certain bacteria have to be introduced into the water and balances of naturally produced chemicals like ammonia, nitrogen and nitrates need to be managed to prevent toxicity to fish and plants. In this system about 1 gallon of water can support about One square foot of plant beds and one pound of fish stock. This methodology has great advantages for the truly self-reliant family of the future. A large closet sized system can significantly increase food supplies to an urban bound family. A

shed or garage or basement system could supply 100% of fish and vegetable needs for a small family and provide enough to trade. Anyone with access to a large building can produce profitable trade crops including fruits and tropical vegetable regardless of the location or season. This could be the only source of these foods when the transportation system breaks down. Systems like this just might make suburban and urban areas tenable as the cheap fossil fuels run out and the climate shifts against us.

Those truly determined to achieve advance levels self-reliance and even thrive through the challenges of the next decades should be perusing these advanced technologies as well as past methods. While there is no room here to provide a detailed "how-to" description of this technology you can Google "Aquaponics" and go to Wikipedia for full details. There is nothing involved in terms of materials and skills that the average survivalist should not be able to handle with a reasonable investment and a bit of trial and error. An aquaponics project would make a great prepper group projects.



Our hosts stand among trays of vegetable growing in nutrient rich water from fish tanks. The trays at lower left contain a dark colored, inert medium waiting for planting.

The Kelly Kettle™

About 80-percent of survival and outdoor food preparation involves boiling water. We make coffee, oatmeal, and rehydrated meals or just boil water for purification. The Kelly Kettle™ or “Scout Kettle” is basically a rocket stove designed to do just one thing; boil water fast. It does this very well. I brought 37 oz of water to a full boil with a handful of burning sticks in less than 4-minutes. That’s a respectable time for a microwave! The system consists of a stainless steel pan for the fire and a specially designed “kettle” that is placed on the pan/fire. The smokestack goes through the center of the kettle so the fire heat is far more quickly absorbed by the water than a traditional pan over a fire. Once the kettle is on the starting fire pan you can load more fuel directly down the stack like any rocket stove. Don’t walk away because that water will be boiling very, very soon! The kettle comes with a bright orange stopper for the waterspout and all kinds of warnings about its use. The stopper could be used to store cooled water and keep debris out of the kettle. **DO NOT USE THE KETLE WITH THE STOPPER IN!** Doing so will create pressure in the kettle resulting in the stopper flying off followed by a spout of scalding hot water. Also do not put the stopper in while the kettle or water is still hot. This would result in a vacuum that would suck the stopper into the kettle. No way to get it out. Like other rocket stove devices this kettle is a bit bulky for short-term (2-6) day survival situations. In these cases mini-stoves with fuel are best, but for longer-term situations (6-day or more) the advantage of not needing to carry fuel swings the advantage to these kinds of devices. The Kelly Kettle™ gives you the capacity to have boiling water quickly under any conditions with natural fuel (e.g. twigs, leaves, grass,

debris) that is always available. That’s a huge advantage. These kettles cost about \$75.00 at Cabela’s and other sporting good stores.



Kelly Kettle™ with fuel in the pan prior to starting

HOW ARE WE DOING?

I have been too busy to do a full Live Free Report this year, but I thought I should do a short column on your Live Free USA’s activities. **Most members and chapters see only 5-10% of what we do.** Frankly, I am overloaded and need all the help I can get. 90% of the clerical, accounting, communications, publications and web site maintenance still falls on me. This is not so much a complaint as a plea for patience and support. As the group grows, so does the workload and expenses. **Keep in mind that Live Free USA is a not-for-profit, tax deductible organization with no one getting paid for work.** Our mission is to support our members, chapters and the public in becoming better prepared and more self-reliant. We have no grants or major contributors, so our funding comes from our memberships and small contributions. In 2013 we supported or cosponsored several dozen survival

expositions, seminars and camps. We started several new chapters and also affiliated several existing groups. Membership in the paper side increased slightly, but grew more in on-line memberships. **Recently we have done three one-hour interviews on the PreparednessRadioNetwork.com and started a popular blog with the AmericanPreppersNetwork in addition to our own website and publications. We have started doing a Radio Live Free program weekly on the Preparedness Radio Network that should be aired by the time we go to press.** We are spending well over \$1,000.00 on upgrading our AmericanSurvivor.org website and have budgeted funds to support one or more Survival Expo events in central Indiana in

2014. We have about reached the limits of what we can do with the current funding and volunteer help. The 45th Annual Meeting on March 23rd will be critical in sustaining funds and increasing active officers and supporters. Unlike most "prepper/ survival" groups that are focused on their own issues and/or profits, Live Free USA is a service, education and support organization that benefits the whole movement and responsible Americans. There are literally hundreds of survival websites, publications, schools, expos and groups all duplicating efforts and often conflicting and competing whereas **we are dedicated to promoting unity cooperating and public mutual support. If you think that's important, we need your membership, your involvement and your active support.**

SAVE THESE DATES!!!

CAMP INDEPENDENCE 2014

Saturday, May 3rd at Tippecanoe River State Park

North of Winamac Indiana

Activities Start at 8:00 AM (EST) Run Through 6:00 PM

A wide variety of emergency preparedness, self-defense, field survival and self-reliance classes, workshops, exhibits and demonstrations will be presented throughout the day. Bring the whole family. Stay overnight in available cabins. Enjoy the park in spring. Become more self-reliant,

LIVE FREE, USA 45th ANNUAL MEETING

Sunday March 23rd, 2013, 1:00 PM till 3:00 PM

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State of Live Free report and special presentations**



Come out to Guns Save Life's monthly meetings in Central Illinois. Meet great, like-minded friends and families and share fun, fellowship and good food with the GSL family.



Rantoul: Second Tuesday of month

The Linden, 224 Wheat Ave., Rantoul, IL 61866

Pontiac: First Tuesday of month.

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

Win a gun!

We hold a drawing for a gun each month at each and every meeting location.

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!

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Staff**Executive Editor:**

James C. Jones, survivorjj@aol.com

Managing Editor:

Jane Holloway, jane.livefree@gmail.com

Distribution Manager:

Tim Powers

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