

AMERICAN SURVIVOR

Survival Information For The Prepared Citizen

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IN THIS ISSUE: First Aid or Die!, We Are Survivalists, How to Avoid a Flash Mob, Rain Barrels, Popcorn Storage, Survivalist Issue #4, Drowning in a Vehicle.

FIRST AID OR DIE!

By James C. Jones, EMT

When Live Free started out waaaay back in the late 60s we were mainly an outdoor sports (e.g. shooing, climbing, rafting, camping, etc.) club. Our survival interests were limited to outdoor emergencies. We soon realized that injuries that occurred far into the swamps, forests, mountains and caves had far more serious implications than the same injuries occurring in town where prompt and professional medical care was minutes away. Many of us took Red Cross first aid classes and a few of us went further to become EMTs. As Live Free moved into the fields of disaster preparedness and self-reliance it became obvious that first aid would be an essential skill for these situations as well. While *first* aid was the *first* need for disaster survival it is not enough because medical help may not come at all. So we began building knowledge of more advanced medical skills. We also had some classes on alternative medical techniques. For some time we actually had our own medical aid team. Unfortunately we lost most (not all) of our best "medics" in the 90s when preparedness and survival became unpopular. Today we see our chapters

building more and more effective local survival systems. There is lots of training in shooting, self-defense, food preservation, water purification and other subjects, but (in my view) not enough first aid and medical related training. There are three imperatives for every family and group to consider:

1. Every scenario for disasters of any kind involves a dramatic increase in the potential for serious injury and/or illness. This includes wounds, infections, burns, communicable diseases, poisoning, cold and heat exposure, and more
2. None of these scenarios involve the probable accessibility of professional medical services.
3. Without available first aid skills and medical supplies your chances of immediate and long-term survival are significantly reduced.

It would be tragic indeed to die of blood lose, infection or other treatable condition after learning all those other skills and gathering all those supplies. In addition to the three imperatives above there is the moral (and practical) benefit of being able to help your family, neighbors and

community. Being able to reduce pain and save lives makes you a popular and valued person or group.

This publication is too small and has too much to cover to provide any kind of complete first aid information. What we can, and will do is try to include some basic first aid information and tips in every issue. We will also work on adding some more comprehensive first aid material and videos to the website. We can also review some related books and products. We do have full first aid courses that we can do at Camp Independence and other events, but only a few instructors are available. Meanwhile every member and chapter should:

- / Find ways to do a basic first aid class every year.
- / Sponsor members to take advanced first aid, outdoor medic or EMT training and then become the group's medic and trainer.
- / If possible, recruit EMTs, Paramedics, Doctors, RNs and other medical professionals.
- / Maintain stocks of medical supplies, medications, and medical books.

In future articles we will cover some essential first aid skill for handling the most common serious injuries. Hypovolemic shock, stopping arterial bleeding, basic bandaging and splinting, spinal immobilization and improvised stretchers. We will only cover two non-traumatic medical conditions, hypothermia and hyperthermia. Of course this leaves a whole host of serious trauma and illnesses for the reader to learn about else ware.

BASIC FIRST AID: **SHOCK**

Shock is a life threatening medical emergency caused by the loss of blood pressure in the circulatory system. Hypovolemic shock results from insufficient

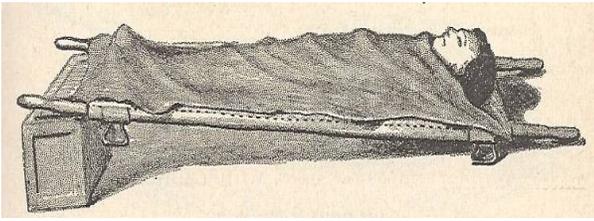
blood volume to perfuse the body cells with oxygen and nutrients. The body begins to die and the process may be irreversible if blood pressure to vital organs and the brain is not restored **quickly**. This is usually the result of severe bleeding, but can be caused by a loss of fluids from severe burns or prolonged illness. Head injuries and psychological trauma can cause the expansion of the blood vessels resulting in lowering of pressure in the system. The signs, symptoms and treatment of hypovolemic shock are the same regardless of the cause. As soon as breathing and pulse are established and severe bleeding is stopped, evaluate and treat for shock

Signs and Symptoms of Shock

- Restlessness and anxiety
- Weak and rapid (+80 p/m) pulse
- Cold and wet skin
- Profuse sweating
- Paleness may go to cyanosis (blue)
- Shallow, labored, rapid (+18 p/m) breathing
- Dull listless eyes with dilated pupils
- Thirst
- Nausea and vomiting
- Steadily falling blood pressure (- 100 mm Hg Systolic)
- Loss of consciousness. Late Stage!

Prevention and Treatment of Shock

- Maintain airway, breath and pulse as needed. Use CPR as necessary
- Stop severe bleeding
- Elevate lower extremities 12 inches
- Splint fractures as needed
- Handle gently
- Keep patient comfortably warm.
- Do not give any liquids (can cause vomiting, etc.) but you can moisten lips.
- Check pulse, breathing, blood pressure every 5 minutes



Rehydration Solution

Dehydration is one of the primary causes of death secondary to shock, heat stroke, radiation sickness, and many communicable diseases. If ambulance and ER treatment is not immediately available and the patient is fully conscious oral hydration can be sustained using the following solution.

8 ts. of sugar, 1 ts. of salt to 1 liter of water.
Provide small 4 oz drinks every hour

Caution: giving water or other liquids to a unconscious, semi-conscious or seriously injured patient may cause them to vomit and aspirate causing pneumonia. Generally these patients can be rehydrated by intravenous methods at the ER

WE ARE SURVIVALISTS

By James C. Jones

“He who fails to prepare for the night, fails to prepare for the dawn”

I am a survivalist and by nature a survivalist is an optimist. I do not have a pessimistic bone in my body. If what I just said sounds odd to you then you are not yet a survivalist and you do not understand the modern survivalist at all. It has been very difficult to communicate to the public and the mass communications media, the concept of an optimistic, hopeful survivalist.

A fireman is a fireman, not because he believes everything will burn but because he believes much can be saved. Doctors don't believe in death, they believe in life, and a

survivalist is not a survivalist because he believes that everything will be destroyed and everyone will die, he believes that life and freedom can be saved if people of god will be prepared. A fireman does not start fires, a doctor does not make diseases and a survivalist does not make disaster. **Crime, disease, war, revolution, tyranny, fire, flood, famine and economic upheavals are the results of nature and the nature of man and unfortunately are not always within the power of anyone on this earth to prevent.**

We all know that the sun will set each day, leaving us in the darkness and we all know that warm summers give way to cold winters and though we know we can not stop the sun from setting or the cold winds from coming, does this make us pessimistic? I think not! So then, why is the survivalist called a pessimist when he makes ready to face events that are just as much part of history and nature as the sunset or the changing of the seasons.

Another misconception about survivalists is that they are predicting world catastrophes. On the contrary, survivalists are the optimistic minority that is predicting survival and freedom for those who care. It is difficult to find any well recommended historian, economist, political scientist, sociologist or military strategist that will predict that disasters are not inevitable, yet **we survivalist dare to be optimistic** about the future. We survivalists do not need to predict the probability of disaster anymore than we need to predict the sun setting. Those who criticize survivalists are like men who refuse to look at the calendar, in the hope that through self-imposed ignorance they can keep from aging another year.

“You survivalists will be disappointed if we don't have a world cataclysm” here is another accusation that is totally ridiculous. We survivalist have loved ones that we do not want to see hurt or killed. We survivalist have homes and property we do not want to see lost or destroyed. We are not so foolish as to think that just because we are survivalists disasters would not cause us to experience danger, loss, hunger, injury, cold or even despair and death. **We do not want bad things to happen to good people we want good people to be**

able to survive and stay free when those things happen.

We spend some time and money to improve our chances for survival and recovery in the event of a disaster, but we would have a great celebration if some day we could be assured that we had wasted our time. No, we will not be disappointed if there are no disaster to survive, anymore than the Red Cross is disappointed when there are no floods or storms or the man who buys fire insurance is disappointed when his house fails to burn down. It may be said that the survivalist would much prefer the pleasant (but unlikely) surprise of being wrong than rude awakening that the nonsurvivalist will face if he is wrong and thus unprepared.

So you see that the survivalist can not lose because his survival preparations will be of value regardless of what the future has in store. In time of crisis, those who have not prepared to turn *to* each other are much more likely to turn *on* each other. It is most regrettable indeed that many people still consider survivalists as a threat and regard them with suspicion and even hostility. This attitude is logically indefensible and is rooted in the nonsurvivalist's own sense of fear and guilt. Subconsciously, the nonsurvivalist may hate the survivalist for reminding him of how fragile his lifestyle is.

Now, let's get the facts turned around right. The most dangerous people in today's world are the non survivalists. Every person who has failed to make provisions for surviving without food, water, fuel and other essentials from the outside world is potentially a mortal danger to his neighbors. What will a man do when he and family are cold, hungry, thirsty and sick? He may ask his neighbors for help, but when they have no extra fuel, food, water or medications to give, will he just go back home to die with his wife and children? What do you think he will do?

We survivalists who stock up on food and other supplies do a great service to society because what we now buy is replaced on the shelves, so there will be that much more available in times of crisis. We survivalists won't be the ones looting and killing for food. We survivalists won't be a burden on the medical facilities or a danger to police. We will be able to turn *to* each other and we will not need to turn *on* anyone. We will be in a

position to help our neighbors and our community without endangering the safety and freedom of our families. **Survival preparedness should be regarded as a social obligation, one that every responsible individual owes to his family, community and nation.** The non-survivalist is simply a poor and irresponsible citizen.

So the reality is, that survivalists are optimistic, self-reliant individuals who cannot help but see the imperative of preparing for the worst events, while at the same time working and hoping for a safer and freer future. **Today's survivalist is an asset to his community and to the world and should be proud to say, "I am a survivalist"**

"Everyone's ancestors were survivalists or you wouldn't be here".

Editors Note

We Are Survivalists was first published in Directions a newsletter published by Live Free in the early 1980's. It was written in response to the many misrepresentations and misconceptions then being established by the news media. The article has been reprinted many times in survival/self-reliance publications all-over the world. This issue has been only slightly edited by the original author to reflect 21st century concerns. It still serves as one of the best explanations of the philosophy and position of true survivalist and of the Live Free organization that as been its oldest and strongest advocate.

Rain Barrels'

Water is the most important of all survival needs under most circumstances. In some situations shelter, medical aid or defense may be more immediate, but water is the number one need for survival over a few days. Hopefully all of our readers have stored at least ten gallons of water per person in the household and have a stock of water filtration devices and bleach to make more water available. If the interruption of water supplies last more than a few days you are not going to want to use your precious drinking water for washing and cooking. You certainly will not want to use it to make the toilet flush or water your vegetable garden. Those living in

“traditional” suburbs and semi-rural communities where houses are fairly large, well spaced and on larger lots have the potential for attaining water self reliance through the use of rain barrels. They also can raise a significant part of their own food by converting that lawn to vegetables. One would be well advised to start gardening now and acquire the necessary hand tools (there may not be any gas) to expand the garden as needed. Learning to can and dry foods would also be well advised. Back to water! One of our members who lives in a suburb of a large metropolis actually cut off his “city water supply” The town was baffled when they noted that his water meter readings were zero month-after-month. The town harassed him, dug up his lawn looking for the illegal bypass pipe they were convinced that he must be using. They tried to force him to use water based on the municipal code requiring running water for occupancy. They also had a problem because they could not charge for sewer services. As with most towns, the sewer charge is based on the water (in = out) usage. They lost the suit and made sure that the whole issue got no publicity. He simply gathers all the rainwater from all the roof areas runs it to a basement tank, filters it and runs a pump to his pipe system.

When I bought my house the detached garage had no gutters and the rain falling from the eaves could flood the floor in heavy rains. I installed gutter that solved this problem, but put both downspouts at the rear of the garage. I then bought ready made 55-gallon rain barrel tanks that came fitted with a screened inlet, overflow hose and bottom hose that links to any garden hose. I ran the two downspouts into the two 55-gallon tanks that are elevated about 3-feet off the ground. My wife suggested, “it will take a while to fill those big tanks”. The first night we had less than ½ inch of rain and they were both half full. A few days later we had a modest storm and they both overflowed. The garage is about 20-feet

square. That will catch about 100-gallons of water from a ½-inch rain. So for my small investment (less than \$100.) I now have a renewable 100-gallons of emergency water. Of course it would have to be filtered and treated for drinking, but can be used as is for other purposes. I can use it to keep my two 200-gallon ponds full and water my vegetable garden. Based on the average rainfall for this area I can get about 1,750 gallons of water per year just off of the garage roof. That’s about 5-gallons a day for use. The house is at least four-times the size and would provide an additional 20 gallons per day in a long-term emergency. While I may not place rain barrels at all of the house downspouts now, I do intend to stock the necessary gutter fittings to cut and install spouts to catch rainwater there if necessary in the future. If this is a practical option for you, you should do it.

Note: Highly urbanized and densely populated environments such as townhouse developments, apartment buildings and inner-city neighborhoods’ will not be configured to gather rainwater and the ratio of people to square feet of rain gathering surface would not provide enough water for those living under it. When primary services like water, sanitation and power fail for more than a few days these populations will experience a meltdown followed by civil unrest (riot) and then a massive exodus of survivors seeking water, food and shelter.



55-gallon rain barrel in foreground elevated on soil mound with hose to garden and overflow hose. Note second rain barrel elevated on cement blocks in background.



Downspout above screened opening. Note overflow hose on left. Charcoal, coffee filter and sand water filter made in a “sun tea” container could be used to filter rain water.

HOW TO AVOID FLASH MOBS

By Warren Lind

Comments before you read this: I cannot think of a more cowardly act than a mob going on a rampage and ‘beating down’ (Google ‘beat down’) complete strangers just for “fun”. We can blame the schools,

society, poverty, crime, drugs, and everyone and everything else but the thugs who commit these senseless acts. I don’t know if I could come out alive, but I guarantee you that there is going to be a stack of bodies around me.

First, know your city:

A. In 1964, at age 16, I was lying in bed listening to my AM transistor radio, and heard that U.S. Army tanks were rolling into the Watts area of Los Angeles. (If you are old enough, you may remember this period in history.) But such riots never occurred in Indianapolis, due to vast differences in culture, size, politics, and many other factors. So just because flash mobs are happening in Philadelphia doesn’t mean it will certainly happen in your city.

B. Keep tabs on crime trends where you live. Most newspapers publicize crime reports. Listen to the news, and talk to the police – they have their ears to the ground. You should know which areas of town have drugs, prostitutes, car break-ins, gangs, etc.

C. Areas that have access to mass transit – especially light-rail systems (subways, etc.), are especially vulnerable, because large numbers of young people who don’t drive can easily access this area. But as Kansas City MO recently found out, many of these young hoodlums were dropped off by their parents! As Dr. Bill Cosby would say, “*Shame on you, parents!*”

Second, be aware of crowd patterns, movements, and make up, and be ready to take action:

A. Whether you are in a suburban shopping mall at 3 p.m. on Saturday, coming out of a downtown restaurant at 10 p.m. on Monday, or exiting a country music

outdoor concert, you should already know **what types of people should be there and how they normally move**. Be especially alert for young people who seem out of place, too many young people, and young people just milling about with no purpose.

B. Be prepared to get inside a shop if trouble breaks out. Especially on a street, getting inside a shop provides safety. Why? There is a door that can be locked by the owner/staff. Also, there is a rear exit and possibly other rooms that patrons can lock themselves inside. Getting inside gives you time to plan strategy, and to call the police. And it makes you a harder target for the mob to access.

C. Remember the 21 foot ruler: http://en.wikipedia.org/wiki/Tueller_Drill **Do not**, repeat **do not**, let a person with a knife get closer than 21 foot from you. In my book, a knife wielder at 21' or less should be shot dead; that's what the police do.

If an attack is imminent:

A. There is neither time/space in this short article to describe what aggressive behavior looks like, but there are warning signs that should tell you that violence is about to break out.

B. Redundancy is not only good, it is **essential**. Every mechanical system (airplanes, cars, elevators) has redundancy; if one system fails, another one takes over. Police officers, who are exposed to danger daily, practice this by carrying firearms, impact weapons, pepper spray, and a knife. They also have a radio to call for back-up and bullet-resistant vests. So at the bare minimum, you need a gun (or two), an impact weapon (or two), OC, and a knife. The cost for the non-firearm items is much less than you think. But you also

need to practice with all and integrate them together.

C. Start with the 360 degree 'OC spray-down'. Streams are going to go farther than mists/cones. Buy the biggest OC unit that you can carry. This will knock back an aggressive crowd, and allow time for you to **MOVE**. OC has a low risk of permanent harm.

D. If an aggressor gets too close, whip out your ASP baton. Depending upon your size and strength, you can wield between 16 to 23 inches of steel at a blinding speed, much longer than most knives. If I'm being attacked by a mob, I'm aiming for the head. Don't forget that you can use kicks in conjunction with the baton. As most of us age, our strength and flexibility decline. We are not going to be able to throw a head-kick like Bruce Lee, but we can still take out the attacker's knees.

E. I would save the firearm as the last ditch weapon. If the attackers are 15 to 20 feet away, there is a high danger of hitting unintended targets. However, as the NRA aptly points out, the mere presence of a gun often deters attackers. So one could "pull and point" as soon as they felt danger was imminent. The crowd should fall away and allow you to escape. You might be later arrested for "flourishing" (brandishing a weapon), but "better to be tried by 12 than carried by 6". Also, I think that a jury is going to be **VERY** sympathetic to anyone who is defending themselves from a mob attack. But having said that, you don't have the right to shoot everyone in sight or act in a reckless manner.

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Popcorn for Long Term Storage By Ken

The storage recommendation that I use as a guide recommends 20lb per person just to eat as normal popped corn. But remember too, you can use the popped corn in cooking and for breakfast cereal. It is after all just puffed up corn. It still works to thicken soups, stews, "bread" puddings and so on. Even if it doesn't pop, parching makes it easier to grind in to a meal. Popcorn is the hardest of all corn types and it can ware down the burrs on your grain mill after a while. Additionally, you can dry pop popcorn too (fats & oils will be in very short supply).

If you can get it, flour type corn would be the best (soft & easy to grind flour fine) but regular field corn would certainly work. Corn is more susceptible to rancidity than wheat because of its fairly high oil content. That is one of the things that make it a good energy food too. The information that I have is on storing corn for several seasons in a crib but the principle should still apply. Canadian corn can be stored with up to 15.5% moisture but in South America it is 11 to 12.5 % is recommended so you may need to dry it to this level. Now you need to know the average storage temperature of your grain over the year if you store at outside temperatures because heat is the other enemy of storage foods even when you have them dry & free of oxygen. Walton's gives corn a storage life of 8 years maximum at 70°F even when packed for LTFS. Every 18°F above this halves your storage life. So at 106°F corn only stores 2 years! Fortunately, it is not in the hundreds every month of the year so you need to do a yearly average for your area of your state. You will need to do a web search. Say on average your yearly temperature is 86oF, then the storage life should be about 4 years. Even that is a pretty hot average so you might get 5 or 6 years but you need to know this! This is why I chose to store

wheat in bulk (its storage life is 25 years maximum at 70°F) as I have had corn go bad and Wisconsin has few days even breaking 90°F. Now if you can recycle the corn through you animals (either cracked or soaked until soft is best) and replace it regularly this is, maybe, not so bad. Up to you



Drowning in vehicles:

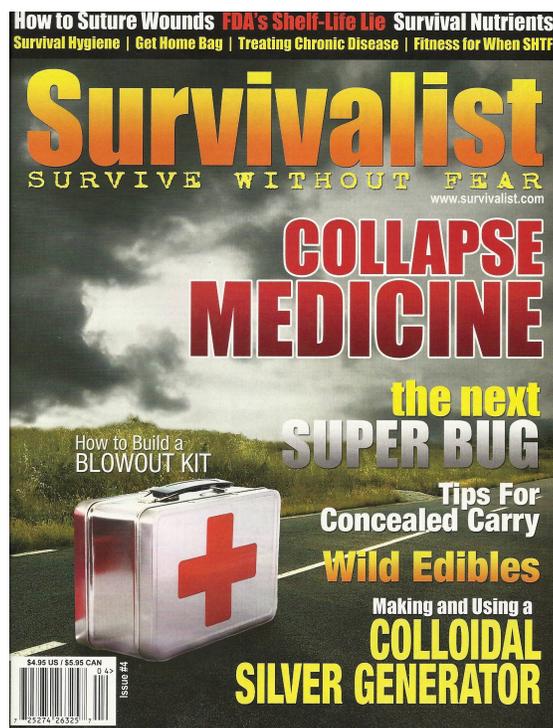
There are two types of risks: 1) A vehicle goes off of the road and ends up in a pond, stream, river, or storm water viaduct. This type of accident occurs because of an acute medical impairment, speeding and losing control, or the influence of drugs/alcohol. 2) A flash flood sweeps a vehicle off the road. Therefore, I have started carrying a life-jacket and rescue throw-bag. As a kayaker, the latter is used to rescue those in danger of drowning. Depending upon the make/model, a throw-bag can go out 50-to-75 feet. Both the bag and the rope float on top of the water, are highly visible, and the large loop can be grabbed by those in trouble.

Survivalist Issue #4 Review

I just got my second issue of the new Survivalist magazine. This issue contained 13 health and first aid related articles. I

was glad to see this much attention given to these subjects. As an EMT and survival writer, I found the material to be accurate and practical. The articles mirror much of what we have taught at our classes and written in our newsletter over the years. Of course the magazine format allowed for larger articles. The articles did not necessarily contain more information than ours, but they were able to include more supporting material and commentary. So far, I am impressed with the content and layout of the magazine. We are currently running display ads. You can probably still get this issue if you request it with your subscription. We strongly encourage all of our members to learn first aid and CPR now. We also hope that our developing chapters will develop at least one "Survival Medic" with EMT, Wilderness Medicine, and/or nursing certifications.

You can subscribe to Survivalist for one year for just \$17.76 ("1776" get it?) or two years for \$29.95 on-line at www.Survivalist.com or by calling 866-437-6570

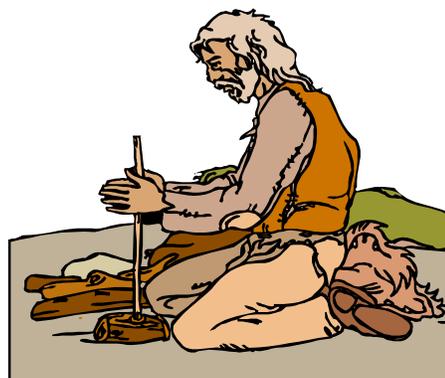


Will To Survive

By Les Stroud

Les Stroud is the creator of the "Survivorman" TV series and has a tremendous amount of experience. Will to Survive is about outdoor survival, not emergency preparedness or general self-reliance. The book is enjoyable to read with Les' experiences and classic survival stories told to show examples of bad and good decisions under the stress of wilderness survival. Les explores the psychology of the survivor as he faces each situation. At critical point we are told what was done right or wrong and what should have been done. There are a number of sidebars that include survival kit lists for various activities, checklists and even how to test plants for edibility. With each situation we get a grade of what percent this persons survival was due to knowledge, luck, skill and the will to live. Every situation was different. I enjoyed the reading and review of basic principles of outdoor safety and survival. I particularly enjoyed his adventure with an angry bull moose because of my own experiences with them years ago. One word "RUN!". A really nice read for any outdoors person.

Will to Survive, by Les Stroud, 227 pages, paperback, \$17.99 (Borders), Harper publishers



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Staff

Executive Editor:

James C. Jones, survivorjj@aol.com

Managing Editor:

Open

Distribution Manager:

Tim Powers

Contributing Editor:

Christopher Nyerges, Christopher_nyerges@yahoo.com

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