

AMERICAN SURVIVOR

Survival Information for the New American



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Civilians are Always the Targets

By James C. Jones

The civilian populations are military targets and are fully justified in using military techniques and equipment in pursuit of survival.

As an unapologetic “survivalist” I have often had to defend the use of military-style training, and military-style equipment by survivalists. Back in the nineteen eighties I was on a number of major TV and radio programs explaining what survivalists and survivalism was all about. The media was determined to label us

as somehow militant and dangerous. We used a lot of military surplus gear because it was the best survival gear available back then. Like the military we often camped out under severe conditions, climbed cliffs, wore camouflage, trained in first aid, and practiced armed and unarmed self-defense. One radio interviewer referred to us as a “paramilitary organization.” I pointed out that although we often wore military surplus or camouflage clothing, they were far from uniform, and we had no rank or chain of command. I referred him to the Salvation



Army, Boy Scouts, or American Legion if he was seeking out “paramilitary organizations.” That said: there is no need to apologize for civilians using military surplus or military style gear, or practicing

military techniques for survival, and defense. Civilians are the primary target of military forces, terrorists, and criminals and the better prepared you are the closer you are to being military-like.

While armies throughout the ages have pillaged and burned along the route of march, the

Industrial Revolution made crushing the enemy’s civilian population a primary strategy. Union Army General Sherman’s famous March to the Sea where he destroyed all civilian industrial and agricultural properties was one of the first examples. World War One introduced a limited amount of “terror bombing” of civilian cities, but this was brought to a whole new level in World War Two. Early in the bombing campaigns against Ger-

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Directions

Thoughts from the Editors

Camp Independence

I am writing this just a few days after our annual Camp Independence in Winamac, Indiana. My wife and I made the drive up to attend and lead a discussion on planning a bug-out-bag. We had a small turn-out, but it was an excellent event. We had two vendors come to share their products and talk about water and food security.

The opportunity to network with the Live Free members was one of the best parts of the trip, and while there were people from seven states, I was hoping to meet more. Survival should be a group activity and events such as this are the starting point.

For the first time since the late 80's we are facing a cold war that has the potential to become a hot war. Our opponents in China and Russia have weapons of mass destruction. The invasion of Ukraine by Russia has led to increasing tension between the US and Russia and not-so-vailed threats of the use of these weapons if the US should get involved.

The US is being led by a President whose mental acuity is questionable at best and the leader of Russia just might be crazy enough to push the button. We once more are living under the threat of nuclear annihilation and more and more people are waking up to this knowledge. Because of this, it is time for people to come together and our organization is the perfect place to do this.

As we are planning next year's event, we hope that more of you will join us to learn and maybe teach a class. We will be announcing dates very soon and get a list of classes and other events very soon. We will be back at Tippecanoe River State Park in Indiana. There are a limited number of cabins in the park so you should make plans early and reserve you cabin early. If Live Free members reserve early we will be better able to network in the same area as the hall. This year was a good event. We can make next years even better.

There's A.I. in here!

A.I. is becoming a big part of how things are done now. Thanks to Microsoft Bing I have access to it's image creation system. The images in this issue are the result of that system and I hope that they work well. A.I. bears more conversation, but it is being a great tool for design & publishing.

Ric Hubbard

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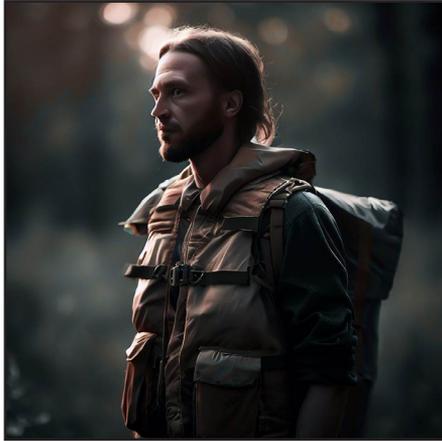
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many it was found that hitting factories was often ineffective, so the Allies began carpet bombing the civilian homes to kill and exhaust the workers. Firebombing created firestorms that killed hundreds of thousands of German and Japanese civilians. This ultimately culminated in the use of two nuclear weapons. The Cold War immediately resulted in hundreds of cities being pre-designated target for nuclear missiles. So, the vast majority of casualties of any nuclear war would be civilians (you and your families) not military personnel.

The whole strategy is aimed at frightening the enemy's civilians into surrender or crushing the will of the population. Currently, we see this strategy playing out in the Ukraine. As the Russian Army has failed to prevail on the battlefield, they have turned to assaulting the civilian population with missiles and drones striking apparent buildings, power plants, food and water supplies. The level of damage and death caused by the Russian attacks is far less than what Germany and Japanese cities endured and is unlikely to result in Ukrainian surrender. Bombing tough people makes them tougher.

Bombing has never forced the surrender of a civilian population. Carpet bombing of Germany only hardened their resistance and the Allies still had to occupy every square inch of ground. The massive firebombing of Japan did not bring Japan to surrender. They intended to resist invasion using 28,000,000 "local volunteers" (civilians) until the nuclear bombings of Hiroshima and Nagasaki forced the Emperor* to order a surrender. Pearl Harbor mainly affected military facilities and the terrorist attacks of 9/11 were limited to New York and Washington DC, so the vast majority of the



American population have never endured military conflict within their own communities or massive conventional or nuclear bombing. Nor have they experienced the chaos and deprivation of war where only survivalists survive. As a result, the majority of the population remains complacent, unprepared and ready to label survivalists as paranoid or even dangerous. This attitude is a form of denial. Our activities and recommendations tend to disperse the false senses of security and comfort while indicating the

necessity of accepting so inconvenient truths and engaging in some military like action and planning. The ultimate question will be "how tough are the American people when things really get tough?"

There are many good reasons why military gear and training are a necessarily part of truly effective preparedness:

- The military is accustomed to providing its own food, water, shelter, sanitation, and medical care. Their equipment is efficient and durable. It is designed for long-term use under extreme conditions. Surplus outlets often have water purification systems, field stoves, large shelters, heaters, generators, and various non-perishable food items. These are often better and tougher than civilian equivalents.

- Years ago, the term "camo-clowns" was applied to some survivalists, but strangely camouflage clothing and cargo-pants has become in style. Civilian militarization may be an indication of reluctant acceptance of reality. Military surplus and military-style clothing is durable, practical and provide pockets enough to everyday carry lots of essential survival items, making the wearer more prepared on the street.

- Military-like training in first aid, nuclear, chemical and biological protection, outdoor survival, and self-defense become critical skills for civilians in today's environment.

- Military-like training for home and community defense becomes more essential as civil unrest, gang, looting, and mob actions, and even attempted insurrections become more prevalent.

- So called "military-style" weapons are condemned and decried by the government and the media, but their utility and necessity are hard to dispute in today's society. It is important to note that the Second Amendment says nothing about self-defense or hunting, and is primarily intended to protect the right to keep and bear military-style firearms for military style combat.

While the media and the state have generally condemned any military-like activities by non-military individuals or organizations, this is a recent tendency and an indication of distrust of the people by the state.

In the past, prepared and armed populations have been the foundation of free nations. Systemic and institutionalized resistance to armed, self-reliant and responsible civilian activities has resulted in a weakened and divided nation and rampant crime, and unrest. Civilians are now more vulnerable, and peace and security are no longer sustainable.

**The Allies had deliberately avoided killing the Emperor because no one else could or would surrender in this obedient society.*

"Wherefore the citizens ought to practice war not in time of war, but rather while they are at peace. And every city which has any sense should take the field at least one day in every month having no regard for winter cold or summer heat and they should go out in masses, including their wives and their children ... and they should have tournaments imitating in as lively a manner as they can, real battles"

Plato, 304 BC

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Survival Food Storage

By James C. Jones

Survival food storage has been the subject of numerous articles and books since the early Cold War days. There are plenty of videos and lists available today. There are also a lot of misconceptions and sales driven programs that can be confusing and discouraging to the citizen prepper. In this article I will try to sort out the most important concepts and priorities of food stocking and storage.

The first thing that must be done is to create a long-term plan for building up your food reserves. The plan must take into account how much space you have for storage, how much you can budget for each month and whether you will be able to shelter in place or need to evacuate in an emergency. You should probably have at least several months of food at home, and a week's supply of food in an evacuation pack for every family member. If you anticipate a "never coming back" evacuation, you need to establish food caches with relatives, group members or at storage facilities well outside the danger zone.

I recommend a mix of canned, dried, ready to eat, freeze-dried, and bulk grains rather than depending on just one type of survival food.

Canned Goods

Canned goods are relatively cheap, palatable, and easy to use. It's easy to build up a supply, date each can and

rotate your stock. I have eaten canned goods stored for many years, but canned food will lose its nutritional value over five to ten years, and of course, any dented or swollen cans must be discarded. Stock up and rotate things you like to eat, but include meat such as canned corned beef, and yes Spam. Some canned foods become unpalatable if stored too long or stored in poor conditions so rotate regularly and keep them in cool dry conditions. High acid foods such as fruits will eat through the cans after four or five years so rotate these often, keep them in glass jars or depend on dried fruits.

MREs

Meals Ready to Eat military rations are ideal supplements to a survival food stockpile, but not an economical or practical choice for a primary component. They are heavier than most freeze-dried meals sold for camping, and more costly than alternative dried, canned, and bulk food stuffs. Their self-heating system has advantages for evacuation packs and survival food caches.

Bulk Grains

Bulk grains such as wheat are often pushed by survival food vendors as the only thing you need to survive in a long-term disaster, and they certainly have their place as part of a plan. If you are going to store wheat, you must store it in

a sealed, dry container, preferably vacuum packed, and safe from insects. You also need to have a good quality grinder to process it into flour. Start looking at recipes and trying to make bread. Stock up on things like baking soda, sugar, and yeast so you can use the flour. Consider stocking more oats and rice that are easier to use as food. Some experts recommend storing hundreds or even thousands of pounds of grains as food and for barter.

Dried Pasta, Beans and Peas

Pasta is cheap and nutritious. If stored in sealed containers it can last several years, and if vacuum packed, it can last for decades. While it loses some nutrition over time, it still provides a highly edible meal. Stock some spaghetti sauce to go with it. Dried beans such as navy beans, pinto beans, split peas, and black-eye peas are economical and store well if kept in cool dry conditions. Vacuum packing is best. Beans and peas can get mold if allowed to become moist. Like grains, you need to have other components and seasonings to make palatable meals with them.

Freeze-Dried

I used a lot of freeze-dried meals back when I was into rock climbing and winter camping. Most of my evacuation pack foods are Mountain House™ meals, but I also have two MREs in case I can't stop to boil water. If your space is limited, then freeze-dried may be a good option, but it's costly, and requires fuel to boil water and a good supply of water. The portions in most of these meals is a bit skimpy and not enough to sustain you under high stress conditions. You will need supplemental nourishment.

Other Stuff

I have talked about peanut butter before. Peanut butter keeps well and has about 6000 calories per 40 oz. jar. This is why children gobble the stuff up. Don't worry about additives and sodium, this is survival. Honey is another great concentrated source of nutrition that can be

kept indefinitely. Canned nuts store well and provide a lot of nutrition per pound. I once ate canned sardines that had been in a buried cache for 25 years. The oil preserved them well and they tasted normal, but I cannot verify the nutritional value.

Conclusion

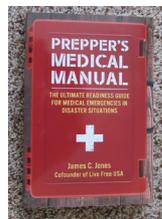
Regardless of the current state of your survival food stocks, you need to continue to build it up, as more and more potential disasters loom and the economy worsens. Don't just focus on bulk. Your stored food should be things you and your family like to eat. Don't depend on sheer hunger to drive you to eat unpalatable food or eat the same thing day after day. Stock up seasonings and sauces. Know how to prepare a variety of meals with what you have. You may still need to forage for some foods and use less than optimal foods. I include beef and chicken bouillon cubes, salt, pepper, and hot sauce in my survival pack for this reason.

Recommended Reading

"How to Prepare Your Family for Everyday Disasters and Worst-Case Scenarios" by Lisa Bedford.

Prepper's Medical Manual

The new medical handbook from James C. Jones, EMT



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By James C. Jones

The ten rules to follow are a distillation of many “rules” that may apply to a wide variety of survival scenarios. In some cases they are derivatives of my Ten Principles of Survival, or are more applicable to some situations than others. All are well established and proven through my own experience and that of others. They are presented in no particular order because they apply all the time under any threat situation.

1. Trust Your Gut

You are the product of millions of years of survival evolution. You have senses and a subconscious awareness level that has been developed and tuned to keep you alive. Civilization and a protective society* have begun to erode these senses, and cause us to ignore their warnings. In many cases, caution or paranoia are socially unpopular. Stopping, turning around, or changing without obvious reasons can be hard to explain.

Nevertheless, if it doesn't feel right, something seems off, or you just get “that feeling,” pay attention. In my own experience and in my studies of survival and combat situations I have found scores of cases where the victim “just knew” something was going to happen. This rule can be applied to people, places, groups, and the environment. If it doesn't feel right it probably isn't.

2. Breathe

This sounds kind of obvious, but breathing and how you breathe is critical in every survival situation. Good oxygenation is essential to clear thinking and effectiveness. Under high stress situations a person may unconsciously hold their breath or breathe rapidly. Both of these are inefficient for oxygen balance. The old adage “take a breath” is good medicine.

Combat breathing is taught as part of military and police training. The procedure is to inhale slowly for 4 seconds, hold your breath for 4 seconds, then exhale slowly for 4 seconds. Repeating this procedure two or three times calms the nerves, provides time to think clearly and reduces shaking caused by adrenaline.

On a more basic level, priority must always be given to assuring that you can breathe and that what you breathe is safe. Always having a respirator handy, avoiding inhalation of very hot, or very cold air, and knowing CPR and how to clear an airway obstruction are essential survival skills.

3. Focus

PAY ATTENTION! There are people that I call “oblivions” because they seem to be oblivious to what's going on around them. Our protective civilization, their protracted upbringing and the distract-

tions of smartphones, and other devices has lowered their level of situational awareness to dangerous levels. SA or situational awareness is a military term, but it applies to an essential survival skill for everyone particularly in an urban or wilderness environment. Head on a swivel. Look listen, smell, and sense.

4. Don't Get Wet

This rule mainly applies to outdoor survival situations but is an absolute rule under survival conditions. If you sweat too much, get caught in the rain or snow, or fall into water under any situation where you will be exposed to temperatures and wind conditions below eighty degrees Fahrenheit you will eventually succumb to hypothermia.

How long you survive will depend on how well nourished you are, your health and the type of clothing you have on. Wet clothing loses heat 240 times faster than dry clothing. Unless you can reach warm shelter very quickly, staying dry is more important than getting home, starting a fire or any other priority. Wool clothing retains some insulating properties even when wet, cotton is the worst clothing for heat loss when wet. Always carrying a rain poncho or even a large plastic bag can save your life.

5. Have a Plan

General James "Mad Dog" Mattis once said "Be polite, be professional, but have a plan to kill everyone you meet." That may be a little strong, but it makes a point.

Of course, self-reliance and survival practitioners generally have plans for all anticipated disasters, but in this context having a plan is a moment-to-moment, ongoing process. Your situation can go from benign to dangerous in an instant

even at home or in what you perceive as a safe environment.

Identifying threats such as fire, assault, accidents etc. and having a plan should be a normal state of mind. Doing "what-if analysis" can help you avoid, escape or survive a threat while others hesitate, freeze or make a wrong decision. Hoping that doesn't happen is an invitation to disaster, because as Murphy's Law dictates: "If it can happen it will happen." Hope is not a strategy, have a plan.

6. Keep Moving

While there are some cases where staying put and not attracting attention may be advisable, movement usually provides an advantage. The old saying that "the best way to survive a disaster is to not be there" usually applies. Don't be a sitting duck for criminals and trouble. Move through hazardous areas at speed. Don't get pinned down by an ambush. Move through trouble physically and mentally. Some more specific

applications of this rule include:

- In a nuclear, chemical, or biological event keep moving out of the contamination zone.
- If caught outside in cold or wet weather, keep moving just until you find shelter.
- In an active shooter situation, keep moving until you find cover or at least concealment, or are out of the danger zone.
- Under armed combat conditions shoot and move.
- In an unarmed combat situation keep the initiative by constant movement.

7. Do It Now

Hesitation kills. In survival situations, time is your enemy. If a thing needs to be done, it should be done immediately. If



assaulted, immediately counter attacking, gouging eyes, stabbing, or shooting is justified and essential. In a fire, either immediate use of an extinguisher or immediate evacuation is critical because fire doubles every two minutes or less. In a medical emergency, hesitation to call 911, clear an airway, initiate CPR, or apply a tourniquet will probably mean death. Pushing through that immediate reaction of denial and getting into action is essential. Don't wait and see, take shelter, evacuate, act.

8. Conserve Your Energy

This rule particularly applies to outdoor survival but can also be important as food supplies become less available in some regions. A well-fed population seldom thinks about food as energy, but nourishment is energy and cannot be wasted under survival conditions. Food is processed into energy by the body's metabolism. If we have an unlimited supply of food, we can afford to burn it with unnecessary exercise or inadequate insulation.

In normal times we stay warm and healthy in our heated homes with adequate meals, but animals survive all winter long without campfires, or large amounts of food by conserving energy and staying sheltered. Malnourished and exhausted people die quickly in cold weather, while those who simply found or created shelter and limited movement have survived weeks under very cold conditions.

Eat whenever and whatever you can, rest or sleep whenever and wherever you can. Dress to stay warm. Wearing shorts and a T-shirt on a cold day may look macho but it's the equivalent of keeping the house warm by running the furnace full blast while having the windows open. Once you run out of fuel, you're dead.

9. Always Carry a Knife

This is basic, but a rule nevertheless. Any kind of knife affords the possessor a distinct advantage in virtually any survival emergency. A firearm's utility is limited to a few specific survival situa-

tions, but a knife provides a much wider range of capabilities. In almost every survival scenario having a knife provides a distinct advantage whereas not having one significantly reduces the chances of survival. Having a good knife in your survival kit or pack is essential, but my rule that "it's not what you have, it's what you have with you that counts" absolutely applies to a knife. You should have some kind of knife in every coat pocket: "don't leave home without it." My BTN ("Better than nothing") rule allies here also. Cheap knives in every pocket and purse are better than no knife.

10. Don't Give Up

The very essence of a survivalist or prepper is the determination to prevail under potentially deadly circumstances. There are some who hope that just raising chickens or stocking up on canned goods will get them and their children through any hard times, but ultimately there will be desperate times that may engender a sense of hopelessness and despair in even the most prepared. Yes, there will be "times that try men's souls." I could fill pages with stories of people who have found themselves in terrible, hopeless situations, and have just hung on, kept going and been saved by changing fortunes or new development.

Conclusion

I titled this Ten Rules, instead of The Ten Rules in recognition of the fact that there are probably more elements of survival that could be described as rules, but these are practices and habits that are essential to everyday and emergency survival. The would-be survivor would do well to review their personal behaviors and standards of conduct with these rules in mind.

** Scientists have determined that the average IQ of the human race has been declining since the start of the Industrial Revolution. The explanation is that without the survival of the smartest demands of earlier civilizations we are becoming dumber.*

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Ten Principles of Economic Survival



By James C. Jones

The original Ten Principles of Survival was published in *American Survivor* about fifteen years ago. The principles were derived from a combination of well-established survival concepts and business practices. While the original ten were applied to survival emergency situations, I have found that they are applicable to life in general and to more specific aspects of survival. I applied the principles to self-defense combat in my *Total Survival* book, and applied them to first aid in my upcoming *The Preppers Medical Manual*.

While we are all beset by a variety of threats including civil disorder, crime, pandemics (plural), and the threat of nuclear war, the threat of economic decline and even collapse may be the most immediate and real threat to the life and freedom of every citizen. I have encountered many so-called survivalists who were so focused on doomsday that they had neglected the necessity of

maintaining economic security and progress through life. Being poor is a terrible survival plan.

Most people start life with some sort of economic foundation such as a home, help with education, maybe some loans from mom and dad, and the potential of an inheritance in the future. I had none of those things, starting with zero money and a dependent parent. While I didn't realize it at the time, I practiced the ten principles and eventually emerged from poverty into a comfortable and secure life.

I can easily recognize where successful friends followed these principles and where some associates who started life with at least a few advantages managed to wind up poor. Most Americans have grown up with a variety of economic advantages and safety nets that may have protected them from facing the hard necessities of economic survival that will become more and more urgent

in the coming years. The following are the ten principles as applied to economic survival.

1. Anticipate

Current and past events and conditions are not necessarily good indicators of future developments.

There is no such thing as a stable economy. If you have a good job, and are able to make house payments, car payments, and save a little today, that may all evaporate in a few weeks or months.

Technology and world events can change the job market, and eat your savings, your community can change, and your home and belongings can be destroyed by disasters.

Health issues can render you poor, sick and even homeless. Analyze your financial situation. Recognize your vulnerability. Do what-if analysis to identify scenarios where you would go from everyday finances to economic emergency conditions. Plan and prepare.

2. Be Aware

While the prognostications of economists can be complicated and boring to the laymen, they can provide important insight into where the economy is going. Politicians must always paint a rosy picture and focus on any positive sign they can find, so they cannot be trusted for guidance.

If a nation does not produce wealth in the form of manufactured goods it will eventually collapse. While our so-called service economy has been on the life support of debt and credit, the inevitable calamity of runaway inflation has come along with shortages and unemployment. Temporary measures may moderate these effects, but only politically untenable and draconian economic measures can reverse our drift into third-world economic conditions.

Being aware applies to everything around you. For example: a few decades ago, I realized that my community would be untenable in the future, so I began saving to move. Over the years my wife and I visited various tourist towns in the

Midwest. With each visit we noted more closed stores and restaurants.

Vacations are the first thing people cut back on in a declining economy. I recognized this trend twenty years ago as a sign of economic decline. What's going on in your community? What's going on at your job? Practice economic situation awareness

3. Be Here Now

The old Chinese adage that "the best time to plant a plum tree is twenty years ago, and the second best time is today" applies particularly well to economic survival.

Regardless of yesterday's challenges and mistakes, what you do now will make a difference in the future. As a child of the nuclear age and a survivalist, it was easy to think short-term. After all, doomsday was just a few years away. I know folks who put all their eggs into the doomsday basket and were unprepared for the apocalyptic future. They failed to focus on the now issues of education, job security, and asset building. Some of them are now on welfare.

4. Stay Calm

While this mostly applies to disaster situations, maintaining your composure when you see prices go beyond your budget, your nest egg dwindling, and good jobs hard to find is important.

Affixing blame, or getting involved with extremist politics is not going to help anyone. Panic thinking can make one vulnerable to criminal schemes, and scams.

Stay cool. If you followed the three steps above you should be able to adapt and adjust without making your situation worse.

5. Evaluate

Everyone's situation is different, but you need to analyze your risks and create a risk reduction plan. Where are you now? What is at risk? What are your resources, skills, funds, assets? What are your alternatives? Make an economic to do list. Sell this to get that. Get out of debt.

Do more with less. Cut non-necessity expenses.

6. Do the Next Right Thing

As applied to disaster survival this rule is intended to prevent making things worse by inaction or misdirected action, but for economic survival it means getting out of debt and saving.

It can also mean investing if done carefully. Once one has gotten into credit card debt, taken out car loans, or assumed a high rate mortgage it is almost impossible to get out. Doing so can be painful while living in a smaller home, driving an older car or riding public transportation, but you will save hundreds of thousands of dollars that you will have later in life.

Over the years I saved for and bought successively newer cars until I could pay cash for a new one. I bought an old apartment building on contract, fixed it up and sold it to pay cash for a house. I did without early and had much later. The bank hates me. Get on the income side of the economy.

7. Take Control

Spend less than you make and save a little every month. Have a firm budget and stick with it. There is nothing wrong with spending a little on entertainment and wants, but the survival needs of shelter, food, utilities, health and security must come first. Your long-term budget must include putting aside funds for improving your home or moving to a better one, replacing your vehicle, and the natural needs to replace appliances, and make repairs.

Economic preparedness is part of overall preparedness. Your home, your vehicle and your assets are a key part of your disaster survival capability.

8. Have What You Need

Think about what you would really need if you have less or no income and your savings are gone. You really need to have your home and vehicle paid off, if possible. Maybe you need a bike to get around. Do you have skills or built up

supplies you can trade or barter? Can you stock up on medications?

Stocking up on non-perishable food is a basic survival preparedness practice that is especially important for surviving economic hard times.

Crime is bound to increase as the economy deteriorates, so home and street security including appropriate firearms and ammunition will become a necessity. Sad as it may be, arms and ammunition may be a good investment for trade and barter.

9. Use What You Have

If you have a yard, start growing vegetables. If you have a home, consider starting a home business. Sell or trade things you have and don't use for cash or hard necessities. If you can't afford to stock up on food, consider visiting food pantries while they are still functioning.

Take advantage of coupons and discounts. In some cases, you may be able to negotiate for lower costs. Create an informal buyers club to buy in bulk. If you are lucky enough to have funds or financial assets, consider moving some of it to real-estate or hard assets. One of the most important things you should have or start organizing is a network, group or family for mutual support.

10. Do What is Necessary

These could be the most difficult and important step in economic survival.

- Dump mooching and dependent associations, even if they're relatives and friends. Doing this can be painful and the dependents will try to guilt trip you, but it's a key part of overall survival. They really aren't your friends.

- Live a bit beneath your means in order to create necessary emergency funds and buy necessary survival gear. Don't worry about what others think about where you live, what you drive and where you go. That's their problem not yours.

- Put the job first. Work nights, take overtime, and be good at the worst job. Recreation, friends, and even family must

come after your income source. If you're broke you may lose your friends, and even your family. My parents got their priorities wrong and lost everything.

- Give up bad and expensive habits such as gambling, drinking, and smoking. These habits soak up a massive amount of your income, and guarantee economic disaster for you and your family.

- I know it's old-fashioned, but avoid using credit cards for everyday purchases. Using cash forces awareness of expenses and budget, while avoiding interest accumulation. Always pay off the whole balance every month.

11. Never Give Up

Yea, I had to add this to all of my Ten Principles, but it's just as important to economic survival. Things are going to get rough and tough, but economic survivors need to stay focused and dedicated. Live for today, may sound like an attractive lifestyle but tomorrow usually shows up. Tomorrow will always depend on what you do today and what you did yesterday. You can do this.

Conclusion

Call it a conspiracy or just business practices, the whole banking industry is founded on keeping you in debt, and the whole marketing industry is about getting you to buy things you can't afford.

The American economy has failed to produce wealth as fast as it has produced debt, leaving most citizens in a highly vulnerable condition. Raising the debt ceiling, giving way printed money, and political denial can no longer sustain the reality of an impending economic disaster.

The unavoidable consequences of this situation will inevitably lead to political chaos, civil unrest, and rampant crime, shortages of critical goods, wars and hardship for generations to come. This will be generation's long struggle with unpredicted effects that may result in the end of life and freedom for America.

Hope is not a strategy, do something about the future.

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Doomsday Was Yesterday

By James C. Jones

Over my fifty-plus years of advocating and teaching emergency preparedness I often encountered people either asking “when is doomsday” or professing to know when doomsday would be upon us. Back in the 60’s, 70’ and 80’s doomsday was definable as the day when the United States and the Soviet Union would exchange thousands of nuclear bombs and missiles. All the major infrastructure would be obliterated, and Hundreds of millions would die instantly.

The resulting reactive fallout and nuclear winter would kill millions more even in areas not directly hit by the blasts. The world population would be reduced by one half or more and civilization would take centuries to recover. At the end of the Cold War a period of denial and complacency set in and the whole “survivalist” movement collapsed. Live Free USA is the only organization that survived this period.

Back in the Cold War days the US was the only economic superpower, and its Army, Navy and Air Force dominated the world. Only a few responsible nations had access to nuclear weapons, and the old USSR was very careful about managing their arsenal. At home the economy was good, jobs were plentiful, crime was at least manageable, and people

put their community and nation before selfishness and greed.

While that more definable “doomsday” never happened, a more subtle, “doomsday” has been ongoing for decades. Doomsday was often described as “the end of the world as we know it” and in that sense it has already happened and is happening. While misled preppers and so called “doomsday survivalists” have been waiting for the big event, their lives have become less secure, less free, less enriched, poorer in every way with each passing year. Younger generations may have noted that things are not going well, but those of that can remember a bit further back can see that we have been in a death spiral for decades.

Consider this: In 1941 at Pearl Harbor, the Japanese sunk or damaged. Eight battleships. By 1942 that equated to two days ship production in American yards with American steel. We then proceeded to destroy Japan and Germany, while supplying massive amounts of equipment to Russia. Finally, we created the atomic bomb and then rebuilt Europe. In 2001 a gang of terrorists knocked down two buildings and killed over three thousand innocent civilians. It took us fifteen years to just build on a smaller replacement building. We fought a twenty-year war

with basically cave people and lost. The cost of the security we must have and the cost of the war, has meant more inflation, reduced real defense spending on air and sea preparedness, and massive national debt for nothing.

Consider this: in 1941 (the year I was born) A single income family could buy a home and pay it off in about fifteen years. There was no need for both parents to work and no need to pay others to care for and raise children. There were plenty of good paying

jobs because “Made in the USA” was the gold standard. Today China, an oppressive, racist, communist nation makes over 90 percent of the world’s steel supply and most of everything else we use. All we make is debt. In war, the biggest economy always wins and that is definitely

not the US economy today. Ultimately, we lost in Afghanistan because the Chinese just bribed the military that we had trained and equipped to surrender to the Taliban.

Consider this: After World War Two we only had one major threat of doomsday. That was the potential of a nuclear war with one other nation, and we were strong enough to deter it. Today there are multiple nations capable of initiating a nuclear holocaust and several of them are unstable. New hypersonic, stealth missiles can strike with virtually no warning. Years ago, the MAD mutually assured destruction scenario where the missiles would pass each other and both advisories would be annihilated, has been replaced by “he who shoots first wins”. Nuclear war is far more probable now than it was back when Live Free US

was founded. Survivalism and preparedness should be a more urgent priority, but Americans of today are far less self-reliant and far more divided.

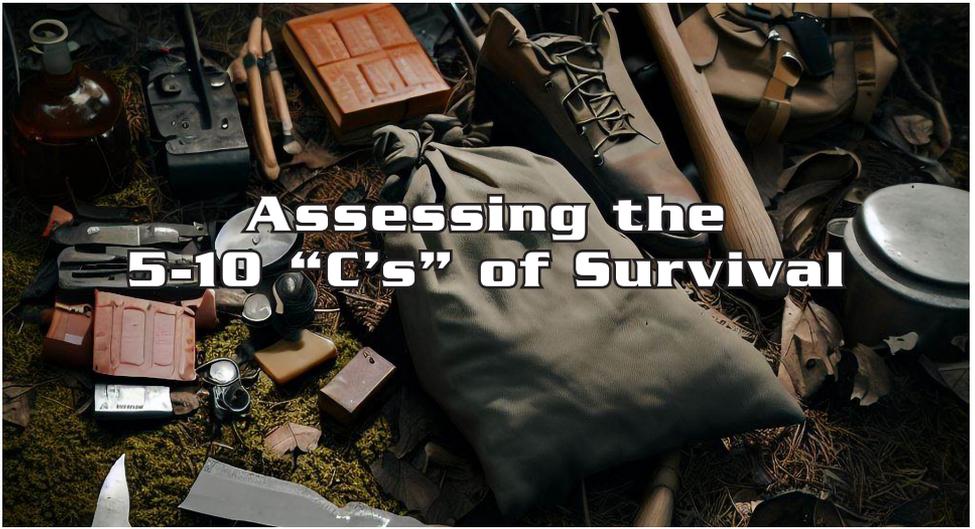
Consider this: In this new century we have already experienced multiple terrorist attacks, massive inflation, a major pandemic, a near revolution, unprecedented civil unrest, out of control crime, political chaos, and accelerating decline in the values of respect, truth, and responsibility.



Yes, doomsday was yesterday, and the days before that. We just weren’t paying attention. Doomsday has been a prolonged series of economic errors, political mistakes, natural disaster, violence, apathy, and general decline. Parents of the 1940’s and 1950 often said that their children would have better

lives, but modern parents can hardly hope for that today. Doomsday did not come with a boom (That is still possible) it came with a rumble and a sigh, but it got here, nevertheless.

Political opportunists, hate groups, influences, and profiteers, are accelerating the disintegration of what was once a great, prosperous, and united, America. Organizations such as churches, veterans’ groups, scouting, and fraternal organizations are withering away. Cartels make billions while good organization Like Live Free USA go broke. Can American’s be great again and make America great again? Can this generation be the next “greatest generation”? Do we have the will? Do enough of us care? Live Free USA is just a small organization alone with a big mission for a future that only its members can save.



By James C. Jones

While I have always had my own list of survival necessities, the so called five "C's" originated by Dave Canterbury has been around for a while. Various writers have endeavored to expand the "C" list to seven and even ten "C's". The list created by thepreppersjournal.com is below:

1. Cutting tool (e.g. knife, multi-tool, etc.)
2. Combustion device (e.g. matches, magnesium fire starter, etc.)
3. Cover (e.g. blanket, tarp, sleeping bag, etc.)
4. Container (canteen, cup, pot, etc.)
5. Cordage (e.g. rope, wire, paracord, etc.)
6. Cotton bandana (I wrote a whole article on that one)
7. Compass
8. Candle light (flashlight, lantern, etc.)
9. Canvas needle (shelter?)
10. Cargo tape (handy stuff)

Not a bad list, but the obsession with preserving the "C" mnemonic seems to force the exclusion of some very important items. My other issue is that Dave and most recognized survivalists are what I call "woodsies". That is, that their focus and areas of expertise are limited to outdoor, and wilderness survival. Pretty much all of their classes and publications relate to how to survive

in the woods or be self-reliant in a rural environment.

My priority is to help the most people survive the most probable and hazardous threats to life and freedom, and most people live and work in cities and towns, and only occasionally, if ever, go into the woods, deserts, or swamps. The five "C's" and even the ten "C's" ignore some critical needs for outdoor survival and even more critical needs for urban/suburban survival. There are no "C's" that adequately cover self-defense, air purification, first aid, or even food. An urban survival situation is not likely to call for use of a compass. Bandanas are handy as bandages, tourniquets or even "better than nothing" respirators, but not essential. Tape and cordage can be handy, but there are a lot of more useful items. I don't know if we really need a mnemonic but since "S" is the first letter in survival here goes. The list below covers all of the essential survival items for all survival situations. The list is in approximate priority for most situations. The bold lettering indicates everyday carry (pocket or purse) items.

1. **Sharp:** anything that cuts, preferably a good knife or two
2. **Safe Air:** this is always left off of everyone's list! The pandemic should

have demonstrated how important this is. A basic N95 mask can protect against pathogens, dust, soot, fallout, and cold air.

3. **Security:** self-defense weapons, firearm, pepper spray, etc.
4. **Shelter:** survival blankets, tarps, sleeping bags, rain ponchos, etc.*
5. **Self-aid:** first aid kits, tourniquets, bandages, etc. **
6. **Source of Safe Water:** stored water, or filtration, and/or decontamination.
7. **Sparks:** anything that starts a fire, matches, magnesium sticks, flint, etc.
8. **Signals:** whistle, mirror, radio, smoke, etc.
9. **Source of Light:** flash light, light stick lantern etc.
10. **Sanitation:** sanitizer, soap, toilet paper, etc.
11. **Sustenance:** food, energy bars, etc.
12. **Storage:** containers for water,

cooking and carrying gear.

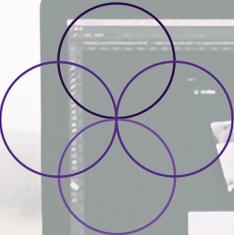
13. **Simple Directions:** a map, a compass, a plan.
14. **Spirit:** the will and determination to survive and do whatever it takes

Conclusion

Mnemonics are handy for remembering what you need to have, but can be confusing or incomplete. Survival “experts” and “influencers” often have a limited range of survival scenarios that they include. Survival is not limited to woody scenarios, so lists and classes should include the needs of the greater population dealing with the most probable situations.

* Cordage can be helpful in putting up shelters, but vines are found in the woods, and cordage and wire is everywhere in the cities and towns.

** Yup, you can use that bandana here.

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Indiana Jim's Survival Stuff

By James C. Jones

A Spoon Full of Honey

The old song says, "A spoon full of honey makes the medicine go down". The hazards of giving cold medications to small children have been well established in recent studies. Now a study has shown that honey works just as well as those awful tasting and expensive cold medications. Non-homogenized Honey is also a last ditch treatment applied to severe burns when antibiotics and hospital care is not available.

Simple Treatment for Rashes

A paste made of baking soda and vinegar is just as effective as expensive medication creams for rashes caused by poisonous plants or chemical contact.

Tactics of Life

I may have learned a few lessons in my eighty plus years, here are a few.

- Within every bad situation there lies an opportunity for those who are perceptive and flexible enough to take the initiative.
- Your enemy's strength must also reveal his weakness as your weakness will provide the key to your strength.
- Life has no sure winner, nor is there anyone who cannot win.
- The one who makes the very best of all that he has and the least of what he has not will, in the long run, prevail and flourish.

Surviving the Day

I am a big advocate of a mission based life. Every day is a gift not to be wasted. Some days everything goes wrong and unexpected events lead to unexpected consequences, but having a persons and constantly reviewing and adjusting to

stay on track guarantees a meaningful existence.

The Morning Pledge

- I will be a better person at the end of this day than I am now.

The Mid-day Evaluation

- What have I done to improve myself so far today?
- What have I done to make the world a little better today?
- Am I moving forward or backward today?

The Evening Review

- What have I learned from today's experiences?
- How can I correct the things I did wrong?
- How can I improve on the things I did right?
- What should my goals for tomorrow be?

A Flame Beats a Spark

Starting a fire with flint and steel is an iconic survival skill, but also a last resort. I have started a lot of fires with a spark from flint and steel or with a magnesium rod, and it's nice to know how to do that, but when you need a fire fast, a flame always trumps a spark. Waterproof "camp matches, or butane lighters should always be the first choice.

A flame can warm and ignite damp material when a spark will not. I always have at least two methods of starting a fire in my kits, packs, and even in most of my every-day-carry. I usually do have a magnesium fire starter, but only as a backup for matches or a lighter.

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