

Eastern Illinois University

## The Keep

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The Post Amerikan (1972-2004)

The Post Amerikan Project

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7-1993

## Volume 22, Number 2

Post Amerikan

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# POST AMERIKAN



BLOOMINGTON/NORMAL VOLUME 22

25¢

NUMBER 2

JULY/AUGUST 1993

# GUILTY OF RACISM



Has the McLean County Court System  
violated the rights of 43 young black men?

BULK RATE  
U.S. POSTAGE PAID  
PERMIT NO. 168  
BLOOMINGTON, IL 61702

ADDRESS CORRECTION  
POST AMERIKAN  
POST OFFICE BOX 3452  
BLOOMINGTON, IL 61702



# PAGE 2



BLOOMINGTON/NORMAL

VOLUME 22

NUMBER 2

JULY/AUGUST 1993

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## About us

The *Post Amerikan* is an independent community newspaper providing information and analysis that is screened out of or down played by establishment news sources. We are a non-profit, worker-run collective that exists as an alternative to the corporate media.

We put out six issues a year. Staff members take turns as "coordinator." All writing, typing, editing, graphics, photography, pasteup, and distribution are done on a volunteer basis. You are invited to volunteer your talents.

Most of our material and inspiration for material comes from the community. The *Post Amerikan* welcomes stories, graphics, photos, letters, and new tips from our readers. If you'd like to join us, call 828-7232 and leave a message on our answering machine. We will get back to you as soon as we can. Don't worry if it takes a while—we don't meet every week.

An alternative newspaper depends directly on a community of concerned people for existence. We believe it is very important to keep a newspaper like this around. If you think so too, then please support us by telling your friends about the paper, donating money to the printing of the paper, and telling our advertisers you saw their ad in *Post Amerikan*.

## What's your new address?

When you move, be sure to send us your new address so your subscription gets to you. Your *Post Amerikan* will not be forwarded (it's like junk mail—no kidding!). Fill out this handy form with your new address and return it to us, P. O. Box 3452, Bloomington, IL 61702.

Name: \_\_\_\_\_

Street: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

## Post sellers

### Bloomington

The Back Porch, 402 N. Main  
 Bakery Banc, 901 N. Main  
 Bloomington Public Library (front)  
 Bus Depot, 533 N. East  
 Common Ground, 516 N. Main  
 Emerson and Main Streets  
 Front and Center Building  
 Law and Justice Center, W. Front  
 100 N. Lee Street  
 Main and Miller Streets  
 Medusa's, 420 N. Madison  
 Mr. Donut, 1310 N. Park  
 The Park Store, Wood and Allin  
 Red Fox, 918 W. Market  
 Susie's Cafe, 602 N. Main  
 U. S. Post Office, 1511 E. Empire  
 U. S. Post Office, Center and Monroe  
 Upper Cut, 409 N. Main  
 Wash House, 609 N. Clinton

### Normal

Amtrak Station  
 Avanti's, 407 S. Main  
 Coffee World, 114 E. Beaufort  
 Hovey Hall, ISU (Front)  
 Mother Murphy's, 111 North  
 North and Broadway  
 White Hen, 207 Broadway  
 Subway, 115 E. Beaufort

## This issue of *Post Amerikan* is brought to you by . . .

Linda, Monika, Sherrin, (coordinators)  
 Nancy, Ralph, Tom, Tracy  
 (and Lainie last time)

## Good numbers

ACLU	454-7223
ACT UP/CI	827-4005
AIDS Hotlines:	
National	1-800-AID-AIDS
Illinois	1-800-243-2437
Local	(309) 827-AIDS
Alcoholics Anonymous	828-5049
Bloomington Housing Authority	829-3360
Childbirth and Parenting Information Exchange (CAPIE)	827-6672
Clare House (Catholic workers)	452-0310
Community for Social Action	452-4035
Connection House	829-5711
Countering Domestic Violence	827-4005
Dept. of Children/Family Services	828-0022
Draft Counselling	452-5046
Gay & Lesbian Resource Phonenumber	438-2429
HELP (transportation for senior citizens, handicapped)	828-8301
Ill. Dept. of Public Aid	827-4621
Ill. Lawyer Referral	1-800-252-8916
Kaleidoscope	828-7346
McLean Co. Center for Human Services	827-5351
McLean Co. Health Dept.	454-1161
Mid Central Community Action	829-0691
Mobile Meals	828-8301
Narcotics Anonymous	827-3898
National Health Care Services—abortion assistance	1-800-322-1622
Nuclear Freeze Coalition	828-4195
Occupational Development Center	452-7324
Operation Recycle	829-0691
Parents Anonymous	827-4005
PATH: Personal Assistance Telephone Help	827-4005 or 800-322-5015
Phone Friends	827-4008
Planned Parenthood (medical)	827-4014
(bus/couns/educ)	827-4368
<i>Post Amerikan</i>	828-7232
Prairie State Legal Service	827-5021
Prairie Alliance	828-8249
Project Oz	827-0377
Rape Crisis Center	827-4005
Sunnyside Neighborhood Center	827-5428
TeleCare (senior citizens)	828-8301
Unemployment comp/job service	827-6237
United Farmworkers support	452-5046

## Due Date:

The next deadline for submitting *Post Amerikan* material will be:

**MONDAY, AUGUST 23.**

# Community News



## Why Bag It: Recycle Your Grass Clippings

Did you know there is no real reason why you should wrestle with mower bags, rakes and garbage bags just to collect your grass clippings? Although some people believe grass clippings are unhealthy for their lawn, the fact is that leaving grass clippings on the lawn can actually improve the quality of your lawn, decrease fertilization costs, and reduce water evaporation. In as little as 14 days, grass clippings will release nutrients back into your lawn.

### Tips for Recycling Grass Clippings:

- Mow grass when it is dry and 3" to 4" tall. Never cut it shorter than 2".
- Use a sharp mower blade. A mulching mower is helpful. Mulching blade conversion kits are available for many standard mowers.
- Do not over fertilize your lawn.
- Apply chemicals only after lawn problems have been correctly diagnosed. Over use of chemicals can disrupt the natural ability of your lawn to recycle the clippings.
- Grass selection can reduce thatch build-up. Fine fescue and perennial rye grass have low thatch build-up.

If you feel that you must collect your grass clippings, then consider the alternatives of mulching or composting. With the State of Illinois ban on landfilling landscape waste, backyard composting is now gaining popularity. Gardeners can certainly make the most of their landscape waste by turning it into compost for use as a fertilizer and soil amendment.

### Tips for Mulching Landscape Waste:

- Grass Clippings - spread clippings in a thin layer around vegetable or flowers, or mix with leaves and spread in a thin layer.
- Leaves - leaves from deciduous trees and shrubs can be spread around shrubbery, vegetable, flowers, or trees, or used as a protective layer in the garden during the winter months.
- Wood chips - use chips around trees and shrubs or as a pathway.

For more information, on landscape waste management in your community contact your town hall or contact:  
City of Bloomington Public Services @ 823-4220  
Town of Normal Public Works @ 454-2444

To receive a free brochure on backyard composting, contact the Cooperative Extension Service at 663-8306 or the McLean County Solid Waste Management Program at 888-5081.

## McLean County Waste Update - 1992

During 1992, a reported 222,537 tons of municipal solid waste were generated by the residents and businesses of McLean County. Approximately 35% of this total was recycled through various recycling and landscape waste diversion programs. An additional 1.5% was diverted from landfill disposal through waste reduction activities and commercial on-site incineration.

*The McLean County Waste Update- 1992* details the progress made towards the goals of McLean County's Solid Waste Management Plan. It is a culmination of a reporting and data collecting process which commenced during the first quarter of 1992. This report will be first released at the June meeting of the County's Land Use and Development Committee.

**Waste Generation and Characterization**  
Estimates formed during the development of the McLean County Integrated Solid Waste Management Plan show that an average 7.88 pounds per capita per day (PCD) of waste were produced in 1988 by the residents and businesses of McLean County. Using the 1990 Census population of 129,180, estimates for 1992 show that the waste generation rate has increased to 9.44 PCD. This rate is quite high in comparison to the statewide average of 6.2 PCD. This increase in waste generation is most likely attributable to the following factors:

- inclusion of asphalt and concrete debris which is now recycled by a private firm.
- possible and unintentional inclusion of industrial scrap which does not count towards the State's definition of a recycling rate.

During 1992, a reported 222,537 tons of waste were generated in McLean County. The characteristics of the solid waste generated by residents and businesses vary sharply. The residential waste stream includes large quantities of paper (e.g. newspaper and paperboard) and landscape waste; whereas, the commercial waste stream is largely paper (e.g. office paper and corrugated cardboard).

Note: the Town of Normal now provides drop off service for recycling your cardboard (e.g. cereal boxes, and other packaging), along with telephone books and magazines (color/glossy pages). You can drop it off at the City Hall parking lot the first Saturday in every month!

To receive a copy, or for more information, contact Andy Hedberg, McLean County Waste Coordinator at (309) 888-5081.

## Think Waste Reduction When Operation Lawn Equipment: A Guide For Disposal of Gasoline

When most people think of hazardous waste, they think of the industrial variety. However, hazardous chemicals used in the home are a growing environmental and health concern. The United States Environmental Protection Agency (USEPA) defines a substance as being hazardous if it exhibits one of the following characteristics: flammable, corrosive, reactive, or toxic.

A household hazardous waste of special concern is gasoline. Because gasoline is toxic and highly flammable, the potential of causing danger to humans and the environment is great, especially when gasoline is misused or improperly disposed. Gasoline is a common household product used in the operation of lawn maintenance equipment (e.g. lawn mowers, rototillers, and weed cutters) and recreation equipment (e.g. boats and motor bikes). Often times this equipment requires a special blend of gasoline and two-cycle oil. Since use of this equipment is seasonal in nature, a small quantity is sometimes leftover.

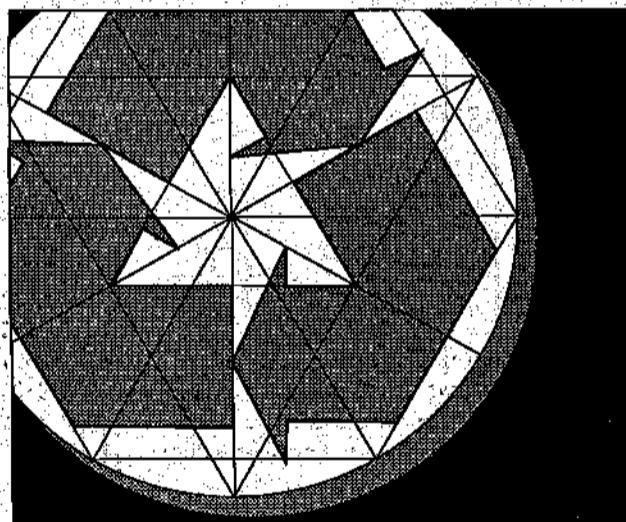
The best suggestion for disposing of leftover gasoline is to not have leftover gasoline in the first place. In other words, buy only the amount of gasoline needed for operation your lawn equipment. When mixing gasoline and two-cycle oil, mix only the amount needed. This will help prevent the headaches of disposing of a toxic and highly flammable product.

The second best suggestion for disposing of leftover gasoline is to "use it up". Preferably this should be done before the end of the lawn maintenance season. Although gasoline eventually becomes stale over time, generally, gasoline which is one year old or a little older can still be used in your lawn equipment. To prevent your gasoline from becoming stale for use during the following season, use a gasoline stabilizer, conditioner or storage additive available from an automotive or lawn equipment products store. If the gasoline has been kept over from the previous season and you want to ensure that it performs at an optimum level, blending new gasoline (preferably at a higher octane than the original) or an octane booster will be helpful.

The third and last suggestion for disposing of leftover gasoline is to save it for a future household hazardous waste collection day or hire a hazardous waste handler to properly dispose of the gasoline. Because of the high cost (and lack of availability for collection days) of this last suggestion and the environmental and health dangers associated with improper disposal of gasoline please consider the alternatives of "buying what you need" and "using it up."

For more information on household hazardous wastes, contact the McLean County Solid Waste Management Program at (309) 888-5081; the Cooperative Extension Service at (309) 663-8306; the Illinois EPA at (217) 782-5562; or the Illinois Hazardous Waste Research and Information Center at (217) 333-8940.

Source: McLean County Solid Waste Management Program



**OPERATION  
RECYCLE**

### WE RECYCLE:

Container Glass  
Beverage Cans  
Plastic Soda Bottles  
Plastic Milk Jugs  
Office Paper  
Cardboard and more

McLean County's only  
not-for-profit community  
recycling center

**829-0691**  
923 E. Grove  
Bloomington, IL

• DROP OFFS  
• RECYCLE DRIVES



# Community News cont.

## GLT faces budget cuts

Just a month before their fiscal year begins, WGLT was informed that as a consequence of the harsh budget realities under which Illinois public higher education is functioning, they would receive a decrease of \$30,000 in their ISU-appropriated funds for FY '94. This cut amounts to a little more than sixteen percent of the station's allocation from ISU.

A reduction of this magnitude will have a serious effect on the station. After much thought, they have decided to reduce student employment hours, to cut back on the amount of overtime worked by their part-time employees, and to seek volunteers for previously paid positions. They have also decided to cancel some syndicated programming, including Rider's Radio Theatre, Music From the Hearts of Space, Horizons, Crossroads, and Common Ground; and they anticipate being forced to put their own Radio Folio on hiatus. Because of the loss of some of these programs, they'll be changing the start time of All Things Considered to 4:30 pm, effective in August, that is, if it's still around.

### All Things (not) Considered?

If, by July 30, listeners can contribute to a special \$10,000 "Hope Chest" for All Things Considered, then WGLT will tell NPR that the program is important enough to the audience, and that they will renew it for one more year. GLT will be willing to take the risk that the station can raise the additional \$15,000 to pay the NPR bill. If you, like myself, enjoy listening to All Things Considered and realize it's importance, please consider a donation to GLT. C'mon, it's a good cause!

## Sugar Creek Arts Festival

### Recycled Music Sale

WGLT will be sponsoring a Recycled Music Sale at the Sugar Creek Arts Festival, July 10 and 11.

They will be selling used LPs, CDs, 45s and cassettes, from such diverse musical interests as: classical, jazz, blues, rock, country, religious, show tunes and misc.

If you would like to donate your old records, cassettes, and CDs, please drop them off at the following locations by July 6, 1993:

Other Ports, 202 W. North Street (N)  
Vitesse Cycle Shop, 100 N. Linden (N)  
Horine Pianos Plus, 1336 E. Empire (B)  
and WGLT, 310 Media Services ISU

Proceeds from this sale will help the GLT Equipment Fund.

### Bargain Art Books

After you're through browsing GLT's music selection, visit Babbitt's Books and check out it's diverse inventory of used books. We've been informed that there will be many bargain art books for sale. Don't miss this one!

## Eat your veggies

A farmer's market will be coming to Normal this summer. The market, which is sponsored by the Town of Normal and the Downtown Business Association, will be open to the public starting June 26. Some vegetables that will be available include: beans, radishes, lettuce, tomatoes, and sweet corn. The Farmer's Market will be held in the Eloise Burner Craig Park, West Beaufort St. & ICG RR Tracks (North of the Amtrack Station). It will be open from 7 a.m. to 11 a.m. every Saturday through October.

## Children's Art at ISU Gallery

From May 25 through August 7, 1993, University Galleries will feature a special exhibition of artwork created by children of all ages from countries across the world. Selections from the former University Museum's Collection of International Child Art will be on display throughout the summer, and several educational programs will be organized in conjunction with the exhibition.

Outside The Lines showcases examples from this unique collection of over 8,000 drawings, paintings and collages. Approaching a wide range of subjects, including family life, nature, sports and holidays, these young artists reflect both diverse and universal messages about themselves and the world around them. Artwork created by children and adolescents has long been known to express important information about their thoughts and feelings. Outside the Lines, however, also demonstrates a remarkable level of visual sophistication and intellectual sensitivity. As with other non-traditional art forms, such as Folk Art, Naive or Outsider Art and Ethnographic Art, the work made by these untrained youths not only inspires and educates, but also serves to challenge the traditional boundaries of what is considered "fine art."

Gallery hours during the summer Tuesday, Noon - 7 pm. Wednesday through Saturday, Noon - 4 pm. The Gallery is closed Sundays and Mondays.

For more information or reservations, please contact Lisa K. Erf at (309) 438-5487.

Source: ISU University Galleries

## Food Co-op

Looking for a fresh alternative to the large grocery chains? The McLean Prairie Food Co-op may be just what you want. The co-op, which meets at the Unitarian Church on Emerson, offers a vast selection of grocery products at reasonable prices. The catalog consists of hundreds of pages of items from everything from pasta to pet foods to non-cruelty health and beauty products. Most items are either organically grown or produced by socially conscious companies.

### Some tips and useful information before you go:

*Most food is ordered by bulk only.* So if you're single and live alone like I do, it is not a wise decision to order 10 pounds of long grain rice no matter how much you love it. Check with friends or ask one of the co-op members at the meeting if they would like to split some of it with you.



*Make sure you come prepared.* The co-ordinator goes through the catalog page by page. Let's just say their is no putzing around. The "you go in, get what you need and leave" philosophy is very much intact.

*Have part of your order form filled out early.*

Think ahead. You can save time by filling out the information for the items you want that are sold in single units. Most, if not all, of the health and beauty products are sold in singular units.

*Before you order you have to pay membership dues.* Only ten bucks, well worth the cost if you take advantage of its service. Also something like a 3% tax of your total order goes to the church for providing its facilities. Members are expected to help unload one delivery day for every three orders.

The next meeting/ordering date is Thursday, July 22 at 5:30 at the Unitarian Church. Pick up date for items is Tuesday, Aug. 3.

For more information: contact Kim Ryburn at 724-8089 or Marcee Murray at 827-5843.

towanda!

## Paintin' the town (red)



If you haven't noticed by now the Post Amerikan boxes were recently painted a beautiful red. Our "lefty" urges for "change" got the better of us, so we decided to investigate those old beat up machines that people have been endlessly complaining about.

On Saturday, June 5, the Post collective, armed with paint and paint brushes, sought out machines in the Bloomington/Normal area that worked. Impossible you say, well believe it or not, we did find many that actually functioned quite well. After deciding it wasn't a coin-eating, fascist machine, we gave it a bright red coat of paint, and a new logo. Here's a big clue: stay away from the unpainted ones, for now at least. They do not work.

Fair warning; if you lose your quarter, it's your own damn fault!

By the way, does anyone have a truck we can use in which to haul away some of our broken Post boxes? We want to be able to fix them up and maybe move a few to new locations as soon as possible.

towanda!



# Uppers/ Downers



**Uppers...** to Dan Rutherford (R), State Representative for the 87th District, for voting yes on House Bill 2182. This bill will allow sexual orientation to be added to the Illinois Human Rights Code. If you would like to thank him, call his office at 662-6944. Let him know that despite what some of his constituents say, you are not disappointed with his vote.

**Downers...** to the person or persons who have been littering ISU campus with anti-PETA stickers.

**Uppers...** to Northern Exposure for its fat-positive portrayal of Marilyn Whirlwind, a woman who is intelligent, intuitive, graceful, attractive and large.

**Downers...** to Miller Park Zoo for its exploitation and abusive treatment of elephants at their recent summer elephant ride.

**Uppers...** to Ladies Home Journal for its recent article exposing fat-bigotry in our society.

**Downers...** to the Normal Amtrack Station attendant's refusal to act upon our report that their "handicap accessible doors" were not properly working. Not only is this a violation of state laws, but a pathetic example of lack of concern for human rights.

**Uppers...** to I.S.U. for installing a juice - yes, juice! - vending machine in the Media Center.

**Downers...** to Oceanspray for charging an outrageous anti-student price of \$.75 a can of the above-mentioned juice! THANKS A LOT - for nothing!

**Uppers...** to Newsweek for doing a spread on Lesbians.

# Boycott News

## Ongoing Boycotts

Coca-Cola still has not divested from South Africa. Products being boycotted are: Belmont Springs distilled water, Bright and Early beverages, Butter-Nut coffee, Coca-Cola, Fanta, Five-Alive beverages, Fresca, Hi-C soft drinks, Maryland Club coffee, MAX energy drinks, Mello Yello, Minute Maid juices, Mr. PIBB, Saniba, Sprite, TAB, Columbia Pictures, Embassy Television, RCA/Columbia Pictures Home

Video, Tri-Star Pictures and Walter Reade Theatres. Please also stay away from Chemical Bank, Kelloggs and Shell products. Castle and Cooke/Dole is alleged to have a record of unfair labor practices, pesticide misuse and discrimination against women. Products are: Dole bananas and pineapples.

Source: Boycott Action News  
Spring 1993 Vol. 5, No. 1

CASTLE & COOKE FOODS  
IS IN THE  
*Philippines*  
PRODUCING  
Dole BANANAS & Dole PINEAPPLE  
PRODUCTS FOR THE WORLD MARKETS

In the island of Mindanao, southern Philippines, lies an expanse of cultivated lands from where Dole products for the world markets come. Fresh Hawaiian Variety Pineapple. Canned Pineapple Products. Cavendish Bananas. All sporting the world-famous Dole brand.

Castle & Cooke Foods joins the Philippines' economic forward thrust!

CASTLE & COOKE FOODS  
A DIVISION OF CASTLE & COOKE, INC.  
HONOLULU, HAWAII

## Just Say No to Colorado

In response to the passage into law of Amendment 2 to the Colorado Constitution, Boycott Colorado, Inc. has called for a boycott of the state.

Amendment 2 prevents the passage of laws that would allow gays and lesbians special minority privileges. The law prohibits, "any statute, regulation, ordinance or policy whereby homosexual, lesbian, and bisexual orientation... constitutes or otherwise claims any minority status, quota preferences, protected status or claim of discrimination." The Amendment was passed on November 3, 1992 by 53 percent of the vote.

Boycott Colorado claims that the amendment is fundamentally unjust, contending that the law "is based on raw hate, prejudice, and bigotry."

Boycott Colorado hopes that the loss of revenue to the state will persuade voters and lawmakers to reconsider the amendment. Already, the movement has gained the support of city mayors, celebrities, corporations, and activist groups. The Denver Post reports that as of February 7, 1993, Colorado has lost approximately \$39 million due to the boycott, and continues to lose \$300,000 daily.

Amendment 2 is presently being blocked by a January 15th injunction, enacted by Denver District Court Judge Jeffery Bayless. Judge Bayless believes that the amendment will be overturned by a higher court on the grounds that it is unconstitutional. A final decision on the constitutionality of the amendment by the state courts is still pending.

Products: All Colorado tourism, Southern Pacific Railroad, Perkins Chrysler in Colorado Springs, Coors Beer, Celestial Seasonings Tea, Holly Sugar, Gates Rubber Products, Monfort Meats, Samsonite Luggage, Mesa Verde Pottery, Bula Wear.

## Not nuts about Diamond

Diamond Walnut, a California cannery that processes walnuts for several thousand local growers controls a major portion of the domestic and about 30% of the U.S. export market in walnuts. Workers are boycotting Diamond Walnut, claiming that the company has refused to negotiate fairly with over 500 walnut-processing workers represented by the International Brotherhood of Teamsters local 601.

Workers kept the company operating in the 1980s, when the walnut market bottomed out, by accepting paycuts as high as 40%, the Teamsters told Boycott Action News. Diamond Walnut's 1992 fiscal sales topped \$184 million, and 1991 sales were \$171 million.

The Teamsters allege that in 1991 their contract expired and Diamond Walnut demanded further cuts in health benefits - even from workers earning as little as \$4.25 per hour. A strike and boycott were called to protest the cuts.

# babbitt's bookstore

Books Bought and Sold  
Book Exchange  
Permanent Want List  
Book Search Service

NOW OPEN SUNDAYS  
FROM 12-5

104 North St. • Normal  
Mon. - Sat. 10-6 • 454-7393



# News From Voice

## RU 486 is coming to the U.S.

After months of hedging, Roussel Uclaf, the French manufacturer of RU 486, has announced that it will immediately begin clinical testing of the drug in the U.S. Planned Parenthood expects to play a major role in the testing and marketing of RU 486, according to PPFA President Pamela J. Maraldo, PhD. "At long last, a convenient and non-surgical abortion method is within reach of American women," Dr. Maraldo said. "Planned Parenthood will do all that it can to make RU 486 available to the women who need it." Roussel Uclaf has licensed the drug to the Population Council for the test phase, which is expected to take about a year. The council will sponsor an application to the Food and Drug Administration (FDA). Dr. Maraldo said several companies are seeking to work with PPFA to manufacture and distribute the drug. PPFA expects that the Population Council will use Planned Parenthood centers as test sites. Roussel Uclaf's announcement came days after its representative met with a small group of reproductive health specialists, including representatives of PPFA. Participants voiced strong support for immediate action to lift the political barriers to bringing RU 486 to the U.S. "The pressure we put on Roussel at the meeting played an important role in the company's decision to move forward," said Sally Patterson, PPFA vice president for Public Affairs.

## Study shows HIV in women ignored

A study of more than 2,000 medical charts at a Bronx, N.Y., emergency room revealed that doctors recognized or suggested HIV infection in only 30% of patients who had HIV. Men with HIV were three times more likely to be correctly diagnosed than women with HIV. Mayris P. Webber, a researcher with the Montefiore Medical Center and Albert Einstein College of Medicine in the Bronx, explained that health workers were quicker to ask patients about drug habits than about unsafe sex. In fact, 92.5% of the time they asked only about IV drug risk. As a result, women who become infected with HIV from sexual intercourse were often not diagnosed until their disease had progressed. According to the Centers for Disease Control and Prevention, 45% of U.S. women with AIDS became infected through IV drug use, while 39% were infected by their male sex partners. Ms. Webber points out that the physician's reluctance to query patients about their sexual histories is a particular disadvantage for women patients. The Food and Drug Administration plans to end its ban on women's participation in most drug safety tests and will require companies to carry out analysis by gender in virtually all applications for new drugs. Source: New York Times, March 25, 1993.

Six months after testing positive for HIV, 82% of gay men report that their relationships are "as strong as ever."

## Educational ignorance

In Jacksonville Florida the incidence of adolescent AIDS has soared to two and a half times the national rate for this age group. This despite or perhaps because of the Jacksonville School Boards insistence on teaching abstinence only sexuality education curricula. Source: *The Florida Times-Union*, May 18, 1992.

Clinical studies are being planned to explore the results of test tube research that indicates that alcohol may be a significant risk factor for HIV and may impair the body's ability to fight infection.

## High HIV rate for female prisoners

More than 20 percent of all prisoners in the District of Columbia have HIV, and more women than men are infected. Female prisoners are at a disproportionately high risk for HIV because they have higher rates of involvement with substance use, the sex industry, and men in the drug culture than do women in the general population. In July 1991, Planned Parenthood of Metropolitan Washington, D.C. (PPMW) launched the STARR (Starting Again for the Recently-Released) project, a comprehensive outreach effort that serves women who have been released from prison to halfway houses. The program grew out of brief educational sessions that the affiliate had been providing for a number of years. STARR helps post-release women assess and reduce their risk for HIV infection and transmission. It provides staff training, educational sessions, group and individual support, and free sexual and reproductive health services, including HIV testing and counseling all at PPMW's centers. Many of the women STARR serves had not had a gynecological examination in years. They mistrust the Department of Corrections health services, citing long lines and impersonal service. In the first year, more than 350 participants received sexual and reproductive health care and family planning services at PPMW's centers. Many of them say that it was the first time they were treated with respect and compassion. The STARR project has been funded by the American Foundation for AIDS Research, the Washington AIDS Partnership, the Glen Eagles Foundation, and the Prince Charitable Trusts. More details about the STARR program may be obtained by contacting SoVella Muhammad.

## High error rate in labs test results

Not too long ago the Stroink Pathologies Lab was prohibited from reading PAP smears because of problems with meeting federal regulations. Some time ago doctors in Champaign County received notice that they should stop using Stroink Pathologies Lab because of an unacceptably high error rate in reading test results. Unfortunately many local health care providers utilized Stroink Pathologies Lab. Planned Parenthood of East Central Illinois (Bloomington/Normal, Champaign/Urbana) was one of those providers who relied on Stroink. Any woman who received a pelvic exam prior to March, 1993, may wish to contact Planned Parenthood to request another exam or to request their test results be pulled from Stroink and sent to Planned Parenthood's new lab to be read again. Source: Pantagraph, Women's Health Practice in Champaign & Planned Parenthood

**SEXISM REARS ITS UNPROTECTED HEAD**

**MEN: Use Condoms Or Beat It.**

**AIDS KILLS WOMEN**

SPRING AIDS ACTION: Be the first of your friends to get AIDS related information & support.

**Rape Crisis Center of McLean County**

We're a non-profit volunteer group whose main purpose is to offer assistance and support to victims of sexual assault and their friends and families.

Female and male volunteers answer your calls and are available for crisis assistance, information and speaking engagements. You may request to speak only with female volunteers.

If you want to talk to one of us  
**Call PATH 827-4005**  
and ask for the  
**RAPE CRISIS CENTER**

**Call city hall**  
Please contact your city council representatives and express your support of an abortion clinic in Bloomington/Normal. For too long women in this community have had to travel significant distances to access abortion. Even though the clinic is in the somewhat distant future we need to be laying the groundwork now. We need to let this community know that we will support a clinic. We know that Mayor Smart, Councilmen Tom Whalen, Walt Bittner and George Kroutil are anti-choice. We know that Alderman Mike Matejka is pro-choice and we believe Councilwomen Markowitz and Anderson are pro-choice. We do not know where Council members Huff and Sheets are on this issue. On the Normal Town Council we believe Cheryl Gaines is pro-choice, beyond that we have no idea where the other members stand on this issue. If you know please contact us, we have inquiring minds.



# For Choice

## Noteworthy anniversary

One year ago this past May, Planned Parenthood of Tompkins County (Ithaca, N.Y.) became the first Planned Parenthood affiliate ever to deliver babies. More than 50 deliveries later, the affiliate's full range ob/gyn practice is an ongoing success story for the federation. Since starting with one ob/gyn physician, the program has recently added a second doctor and a nurse practitioner and has served more than 500 patients. While all other affiliate pre-natal programs have chosen to contract with outside physicians for deliveries rather than handling them in-house, Tompkins County was unable to find a local physician to contract for deliveries alone. The affiliate had to recruit an ob/gyn from outside the area for deliveries and obstetric care. "The desperate need for these services left us with no alternative," Executive Director Betsy Crane said. Ms. Crane is optimistic about the program's future. "Having our own ob/gyn program helps position us to be a part of the evolving health care system. HMOs are coming to our area, and we hope to be recognized as ob/gyn specialists," she said. But Ms. Crane also realizes that delivering babies means much more to the affiliate's clients than demographics and insurance. As one patient wrote, "They held my hand during the pain and shared my joy with me. They helped me with abortion counseling when I felt I wasn't ready for parenting; they gave me a shoulder to cry on after a miscarriage. And they helped me bring a healthy baby girl into the world. There is not enough room to describe the wonderful care and tenderness I have received from Planned Parenthood." Source: *Insider*

## (Condom)nation

Voice for Choice is encouraging people to contact Planned Parenthood of East Central Illinois to express concern of PPECI's decision to sell two kinds of condoms at the Protection Connection that are not FDA approved. Voice for Choice feels very strongly about this issue since the purpose behind the Protection Connection is protection. It seems inconsistent to sell condoms that are not to be used for protection. The condoms in question are the Glow In The Dark and the Peter Meter. Planned Parenthood officials state that the condoms have been tested by the manufacturer and that according to the manufacturer they are safe. We're not comfortable trusting tests done by the manufacturer. It seems odd that if the condoms are truly safe the manufacturer wouldn't want as big a market as possible. Why sell them as novelties only if they are safe? Planned Parenthood officials also stated that they felt there was no problem since the condom packaging states that the condoms are not to be used for protection. PPECI is making an assumption that everyone can read, that everyone who can read will read and understand and that teens are not impulsive and would never decide to make due with what they have available. Our last concern is with the whole concept of the Peter Meter which has a ruler printed on the condom. The condom measures size from teeny weeny to barnyard animal. This too seems an inconsistent message to PPECI customers, that what we say isn't so, size really does matter. So much for feeling comfortable with one's body and sexuality. Just what the world needs, more machismo. We understand that part of the mission of the Protection Connection is to make condoms/latex seem fun. We agree with that effort. However, we also believe that anything sold at the Protection Connection should be safe. Please contact PPECI and ask them to remove these two condoms from their shelves immediately.

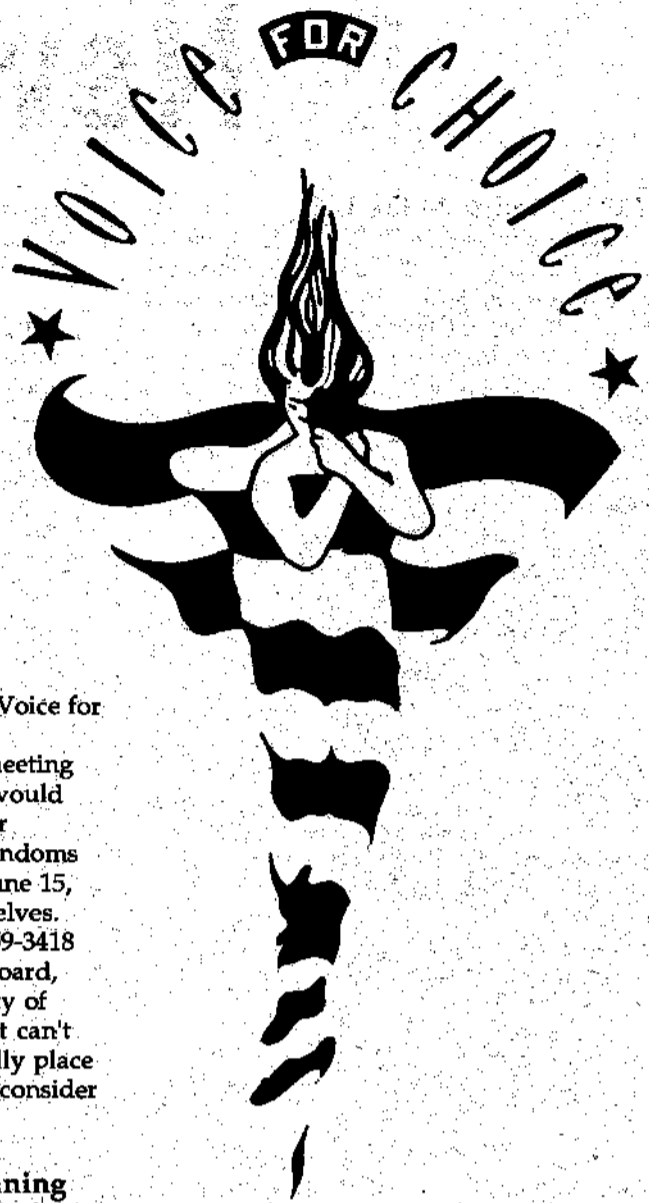
P.S. On June 9, 1993, representatives of Voice for Choice met with Planned Parenthood's President and Board Director. At that meeting we were told that Planned Parenthood would pull the Peter Meter condoms from their shelves but not the Glow in the Dark condoms because people requested them. As of June 15, 1993, both condoms were still on the shelves. Please call Planned Parenthood at 217-359-3418 or call their First Vice President of the Board, Jim Keeran, at 829-3640. With the variety of FDA approved novelty condoms we just can't understand PPECI's decision to potentially place lives at risk. Business decisions should consider not only profit but safety.

## Health Care Task Force up & running

We met last month with representatives of the Champaign County Health Care Consumers who shared with us how they got started and how they have taken on Christie Clinic, Carle Clinic, the city of Champaign and others in an effort to end discrimination in the medical community. The Health Care Task Force has many goals but among the top priorities at this time are: investigation into discrimination complaints made against local physicians; investigation into the level of discrimination occurring in the local medical community; the development of a Women's Health Directory to be available to women throughout the county. Information for the directory will come from providers themselves, patients and other agencies serving women, children and low-income individuals. If you'd like to join the task force call us at 828-5530 or 828-3108 for meeting times and locations.

## Abortion experiences documented

Patricia G. Miller, an abortion rights activist and attorney, has written a book, The Worst of Times, Illegal Abortion: Survivors, Practitioners, Coroners, Cops, and Children of Women Who Died Talk About Its Horror. The book is a series of more than 40 vignettes that create a tapestry of dozens of people whose lives were affected by illegal abortion. To create this pre-Roe chronicle, Miller interviewed women who sought abortions, practitioners (with and without medical training), police officers, coroners, and orphans of women who died from the effects of illegal abortions. For most women, the search for an illegal abortion was demeaning, frightening, and very lonely. Many women were traumatized by their doctors' negative responses to their plight. One woman who once asked her doctor to help her have an abortion was later refused a diaphragm shortly before her marriage. One of the book's heroes is the late Dr. Robert Spencer, of Ashland, Pa., who performed 100,000 abortions with only one death over the course of 44 years. Until his death in 1967, Dr. Spencer had a thriving general medical practice. His abortion practice was quietly ignored by the people of this small, conservative town. The book is published by Harper-Collins, New York.



## V for C planning retreat in June

Our goals are to develop plans for a clinic defense coalition and an access team that will help teens obtain a judicial bypass. Please call us if you are interested in helping with either of these two tasks, 828-3108.

## Task Force looking for volunteers

The McLean County Women's Health Care Task Force has been meeting regularly. We are working on a health care survey that will begin to examine services available, women's perceptions of the quality of care available and discrimination within the health care profession in this community. We have met with the Champaign County Health Care Consumers last month. They discussed their inception and efforts at fighting discrimination in their community. The meeting was very helpful. The three primary goals of the task force at this time are: the development and distribution of a survey instrument, the development of a women's health care directory which will utilize the results of the survey and also information obtained through interviews with women regarding their experiences with health care in McLean County (call us if you'd like to participate) and an investigation into the extent of discrimination against patients within the health care field. If you would like to help us with the task force, as either a member or an interview participant please call us at either 828-3108 or 452-8897. Your help would be greatly appreciated.

## Freedom of Choice Act in danger

As it stands the Freedom of Choice Act is in danger of becoming so diluted by amendments in the Senate that the bill threatens to do nothing more than turn the issue back to states to decide. Senators Braun and Simon have pledged to fight the amendments putting teeth back in the bill to ensure it protects women's rights. Please contact Braun and Simon to thank them for their efforts and to let them know that you want the bill returned to its original form.





# Menstrual Health:

## Reinitiating ourselves into womanhood

- The fertility cycles include menarche, menstruation and menopause. Menarche (first menstruation) - a time for women to meet our wisdom, menstruation - a time to practice our wisdom and menopause a time to become our wisdom.

- Throughout history (or perhaps the term "herstory" would be more appropriate here) the ways in which we view our bodies has changed and with it our attitudes about menstruation. During ancient times the body was seen as a sacred vessel and bleeding as a special and mysterious gift. Now, in the 20th century, we view the body as a machine. (Is this why we tend to "plug up" our menstrual leaking?)

- Currently most women are initiated into their womanhood in a "wrong of passage." When we experience our first bleeding, we are taught:
  - To lie about our body fluids, to hide them and keep up an appearance as if they didn't exist and mask any pain or discomfort with drugs.
  - That speaking from emotional intensity during our flow times diminishes our status.
  - To keep the smell minimized, and bleeding hidden and absorbed, buried or flushed.
  - No open conversation about our cycles. The little bit of permissible conversation is masked with codes such as "on the rag" or "time of the month," etc.

- In order to turn this "wrong of passage" into a Rite of Passage, we need to facilitate some changes in how the menstrual cycle is perceived. These could include:

- Mentoring and role modeling
- Praise for our growing self awareness
- Becoming more conscious of the impact of spiritual messages as our bodies change
- Beholding the sacred in the physical
- Partnership as a female with creative process

### Did you know?

"Menarche, menstruation and menopause can be as pleasurable as any other aspect of our female sexuality.

Women can educate themselves as to what is normal and healthy for them regarding their menarche, menstruation and menopause.

As educated consumers, women can impact the environment and their own well-being in their menstrual product purchases.

Women have an innate understanding of the Universe that is directly linked to their ability to cycle.

Women have access to vision, insight and inspiration premenstrually and during menopause.

These affirmations ©Tamara Slayton 1989  
Founder of the Menstrual Health Foundation.

The Menstrual Health Foundation offers a newsletter, classes, menstrual health products, books and more. For more information write to the Menstrual Health Foundation or New Cycle Products, P.O. Box 1775, Sebastapol, CA., 95473.

**Environmental Damage**  
Women buy as much as 11.5 billion pounds of plastic and paper disposable pads every year. Landfills are doing badly. Certain chemical fibers produce millions of pounds of non-biodegradable waste into the environment.

Cotton that is used as major component in pads with toxic pesticides.

Five million pounds, and millions of hydrocarbons are used in process of manufacturing plastic inserts used in tampons and pads.

Plastic or cardboard applicators wash up on to the shore one per square yard and children mistake them for new forms of sea shells.

Plastic liners, plastic baggies and plastic backings are all non-biodegradable and contribute to land and water abuse.

**Hidden Health Hazards**  
Tampon manufacturers are not required to list ingredients, only absorbency rates.

Fibers that break away from tampons while in the vagina may be linked to an increase in cervical cancer.

Tampons introduced into the vagina and increase leukorrhea production.

Fibers absorb all liquids from vaginal wall contributing to irritation and drying.

Source: New Cycle Menstrual Health Catalogue © Tamara Slayton Spring 1990.

### A Selected Bibliography

**The Red Flower: Rethinking Menstruation** by Dena Taylor, 1988.

This carefully documented research contains personal stories, poems, dreams, rituals and cross-cultural perspectives about menstruation and its relation to power, sex, men's attitudes and more.

**Hygieia. A Woman's Herbal** by Jeanine Parvati  
This powerful book is the first of its kind to inter-weave the ancient practice of herbalism with the consciousness and holistic health.

**Hygieia** is a useful and evocative reference book for every woman concerned about her soul as well as her feminine health.

**Dragon Time: Magic and Mysteries of Menstruation** by Luisa Francia, 1991.

This book encourages readers to "wander in their womanhood." Filled with rich metaphors, tales, rituals, goddess-inspired images and honorings for a woman's moontime.

**The Wise Wound.** Penelope Shuttle and Peter Red grove, 1978.

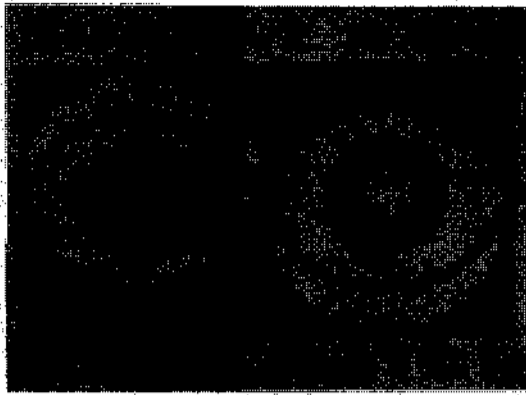
An excellent book on the meanings of menstruation. Includes global cultural information and philisophical/political analysis.

On Friday and Saturday April 23-24, certified Menstrual Health Educator Jean Martens was in Normal to conduct a lecture and a workshop. Jean trained through the Menstrual Health Foundation of Santa Rosa, Ca., a non-profit educational corporation providing "education and products for menstrual empowerment and well-being." Jean's goal for the day was to have all the women participants look at their fertility cycles, and to begin to rethink and appreciate their menstrual cycles in new ways. The following are some of the points to ponder from the workshop and a bibliography for further reading.





# Sexism in the Media



## Beyond Code Words, Caricatures & Stereotypes: How to Look for Media Bias Against Women

### 1. Do the media use code words, caricatures and stereotypes when describing women?

(e.g., referring to California Senator Barbara Boxer as a "former Marine county housewife" or a "feisty little woman;" *New York Times*, 6/3/92 and 6/3/92

"Geraldine Ferraro... The first woman to be nominated for Vice President and... a size six" Tom Brokaw, *NBC News*, 7/19/84.

"Hairy legs haunt the feminist movement, as do images of being strident and lesbian." *Time*, 12/4/89.

### 2. Do the media favor unrepresentative sources to speak for women?

Does the coverage reflect the media's orientation towards male-dominated institutions of power (corporation and government), or focus on the political careers of male politicians?

"Makers of Silicone Breast Implants say data show devices are safe." *New York Times*, citing 23 male (but no female) sources, 1/14/92.

"What about the feminists and their reaction to this?" Larry King's question to male "Kennedy friend" about William Kennedy Smith's rape trial verdict, *CNN*, 12/11/91

### 3. Are women pigeon-holed by the media as a monolithic "special interest group?"

(I'd love to run your column, but we already run Ellen Goodman - male editor to syndicated columnist Anna Quindlen, as reported in the *New York Times*, 11/22/90

"When voters worry about crime, they generally turn away from female candidates... looking for law and order (not) tender social policies." Cokie Roberts, *ABC News*, 5/30/92

"The end of the Cold War has brought an increased concern about domestic issues like health care and education - issues more often associated with women." *USA Today*, 6/3/92

### 4. Do the media blame feminists for the problems faced by women today?

By hyping "trends" such as "the man shortage," "the biological clock," "the mommy track" and "post-feminism," mass media promotes the backlash against feminism.

"The myth of Supermom is fading fast... A growing number of mothers recognize that you can't have it all." *Newsweek*, 3/31/86

"Feminism has backfired. Feminism freed men, not women. Now men are spared the nuisance of a wife and family. Feminism has made women disposable." *Newsweek*, 11/19/90

### 5. Do the media overplay women's gains?

Every election year, the small number of women running for higher office is reported as a "breakthrough." But even multiplying the number of women Senators by five in 1992 (from two to ten) would still leave the Senate 90% male.

"1984 has been the year of the women."

*Christian Science Monitor*, 11/6/84

"1992 is an historic watershed" advancing "the political" ascendancy of women" in "the year of the woman." *New York Times*, 6/3-6/7/92

Source: Women's Desk  
Fairness & Accuracy in Reporting (FAIR)

To receive a copy of the Women & Media Activism packet- write to:

WOMEN'S DESK  
130 West 25th Street  
New York, NY 10001  
212-633-6700

## Think About It...

Hello. How are you? I'm back. Time to put some thoughts on paper.

First on the agenda, it is very sad that *Inner Connections* has closed. Apparently, it was time to move on, but it is very upsetting that the only alternative bookstore/metaphysical supply store in town is no longer. We had told them that we would do a story on the store for quite a while... but just like most things at the *Post*, it got put on the back burner. Not intentionally, we just don't have enough people-power to bring our great ideas to fruition. Nonetheless, I wish the people who brought us *Inner Connections* the best... in this life, and the next, and the next, etc.

Is anybody trying that Eckankar soul travel stuff? I wanted to, but didn't have my priorities straight. Will someone let me know how it is? Drop me a line at the *Post*, P.O. Box. Thanks.

It being summer and all, I got to thinking about flowers. Do you realize... fully realize that flowers, a plant's flowers, are its genitalia? (I guess Georgia O'Keeffe does.) I mean, biologically, a plant simply consists of a root system, stem and leaf structures. Only fleetingly, temporarily, does a plant bloom with a flower to reproduce itself in a sexual manner with the help of other flowers of its kind. Isn't that just obscene? Since I thought about that I won't look at flowers the same.

What in-hades-on-earth is going on? On June 6th of this year, the Supreme Court of this land we call Amerika ruled that it is against the law to ban animal sacrifice. On one hand, I guess I understand the freedom of religion thing and all. I believe in being tolerant of peoples' ways and cultures and spiritual paths and choices as long as there is non-injury to other beings (also known as AHIMSA). Therefore, in the end, I'm having a pretty tough time swallowing this one.

Speaking of religion and the ways of people, I recently absorbed all six hours of "How the West Was Lost" in half as many days. It's about the many Native American tribes of 200-500 years ago and how caucasian immigrants nearly annihilated them. Jeez! It's so sad! The things that happened when this great nation was young and dumb and full of --, well I guess that's really not the appropriate saying to use here (well...). I think it's entirely possible that similar mistakes still occur all the time.

Speaking of the movie media (boy, this column really has flow!), I also recently watched "Jurassic Park." I hate it when people talk about a movie that I haven't seen yet, but... look. Just expect a chauvinistic horror movie, don't expect to think. I tried to, it doesn't work. Maybe it would've been better if I fought the urge to think.

Okay. Susan Powter. This is a skinny, fit and trim anti-diet, once-fat media diva. She tries to offer somewhat spiritual self-worth and motivation to those who are fighting the system and dieting over and over and over again, with no toothpick-resulting success. The thing that bothers me most about her is that although she urges her charges to think, she still perpetuates the myth that a skinny body leads to a happy person. Boy that really steams me up! (No pun in any way intended.)

I tried to read a chapter out of Rush Limbaugh's book. It was chapter 10 entitled: "Animals Have No Rights - Go Ahead and Lick That Frog." Cute, huh? (I'm just kidding.) Well, I honestly attempted to read it with an open mind (first mistake). I only got two pages into it. I really want to finish it, though. I think it's important to understand where people are coming from. First of all, I can say with accuracy that he uses the word "wacko" profusely when referring to any person involved in the animal rights movement. I didn't think that was very nice. Well, instead of continuing to get mad, I stopped reading after two pages and came to my first conclusion: I am reading this with an open mind; however, it was not written by an open mind, nor for anyone with an open mind. Overall, I find him contemptuous of life, even though he is a proclaimed born-again Christian (whatever that means). He believes, I gathered in the two pages I did read, that animals should

not have rights above humans and that humans are obligated to protect animals, as they are superior. This seems an interesting argument. He declafed many other things that I won't go into at this time. However, he seems to miss at least one main point. That humans could not survive without animals (or plants or other life), nor could we have come so far (however far that may be). Or (now that I thought about, I'd like to change that:) nor could we have survived for so long.

Next to last, on a good note: I saw **Rory Block** at **Scotty's** recently. She was the most incredible performer I've witnessed ever - E-VER. This sister's got all soul. She possesses unending "umph" of life! When she 'does' her music, she appears in the throes of orgasmic concentration and abandon. She works with very throaty vocals, foot-stomped percussion; her whole body is an instrument, she is a human musical instrument. She's got herself a golden record in Europe and some great songs about life and dreams. Catch her if you ever can, and give her a listen.

I'd like to apologize for myself and the *Post* for not getting subscriptions out yet. It seems we're all very busy and as much as we love the *Post*, it's difficult for three or four people to find the necessary time to run a wonderful newspaper. Well, yes, as you may have guessed, I, too, am going to harp at you, our readers, to please help! The few of us that are trying to meet on a regular basis, worry about bills, keep this paper going, are getting really... burned out. We need your ideas and your energy to stay alive. All it takes is a little time. We need subscriptions, too. We need 'em to fill our bulk mailing rate (which is way cheaper than regular...). Come on... our subscriptions are cheap for such a good paper and information source. Just drop us a line at the P.O. Box. Please take this column to heart: Think About It. Please. Pretty please. Pretty please with a cherry on top...

Otherwise, I have this quote to offer from T. S. Eliot:

"What we call the beginning is often the end And to make our end is to make a beginning. The end is where we start from."

Comments, questions, brain activity??? Write the *Post*.

moon



# Exposed racism in our court

"The United States now has the world's highest known rate of incarceration, with 426 prisoners per 100,000," according to Mark Mauer in his essay "Americans Behind Bars." While people may agree that the United States has a high crime rate, there is much disagreement over the reasons behind these large numbers. Mauer suggests that the increase in the number of persons incarcerated is a reflection of changing social policies such as mandatory sentencing and harsher parole policies and sentencing guidelines.

Mauer also cites the "war on drugs" as the "largest single factor behind the rise in prison populations during the past decade." The "war on drugs" has led to an increasing number of drug arrests and prosecutions. This war has disproportionately affected the African-American population. Drug arrests within the African-American community have been rising at a more rapid rate than those in the population as a whole. We can see a reflection of this national trend here in McLean County.

## Local cops tougher on gangs

Within the last year, local enforcement agencies have taken a more aggressive approach towards what has been referred to as "gang activities" in Bloomington/Normal. The Pantagraph reported that "more than 60 suspected members of the Vice Lords, the Latin Kings and the Simon City Royals have been arrested in the past year." The last year has also seen two of the largest drug busts in McLean County history. Operation Playground culminated on New Year's Day 1992 with a total of 18 arrests. On February 12, 1993, the police arrested 24 people suspected of running a crack cocaine ring. Operation Gang Busters, as it is called, to date has arrested 43 people in connection with this case. Needless to say, most, if not all, of the people arrested are young black men.

## Coalition forms

A group of concerned community members, comprised of local ministers, family and friends, gathered together shortly after the Gang Buster arrests to form a group called the Concerned Communal Coalition for Equal Justice. The purpose of the Coalition is to involve the community in local law enforcement and government matters. One concern of the group is the inequities which exist within our legal system, a system which places a person who is not white nor middle or upper class at a distinct disadvantage.

On March 29th, several board members of the Coalition met with Bloomington Mayor Jesse Smart, Chief of Police Tim Linsky and a representative from the State's Attorney's Office. The group informed them of their concern with the inequalities in the judicial system and inquired as to whether race had been a motivation factor in the arrests.

## ACLU concerned

Regardless of what circumstances surrounded the arrests, it is clear that the legal system works more effectively for people who can afford to hire their own attorney. The local chapter of the

American Civil Liberties Union was contacted by several of the men being held in the county jail. These men were concerned because they had not met with a public defender nor had bond adjustment hearings. While the ACLU does not feel the evidence is strong enough for them to defend the men on any civil liberty issues, they do "have a good deal of uneasiness" concerning the problems in the appointment of public defenders. According to Scott Eatherly of the ACLU, the public defender's office "does not have enough public defenders to go around." Forty-three people have been arrested in the Gang Busters case alone. There are approximately seven public defenders available.

The ACLU monitored a recent hearing in which five of the defendants appeared before a judge. In some instances, the appointment of public defenders had been so recent that continuances were granted because the attorneys had no dead time to prepare their cases. Many of the clients were agreeable to this decision, feeling it would be to their advantage to have a later trial with a better prepared case. Others, tired of sitting in jail, wanted to have their trial proceed as scheduled. Despite the clients' wishes, continuances were granted. One of the five defendants present did not have a public defender. The ACLU acknowledges that this may be because of the man's reluctance to accept any of the public defenders offered to him.

## Pressure to plea bargain

In addition to causing delays in setting trial dates, this backlog in the public defender's office, combined with financial concerns, may result in an increase in plea bargaining. An article in the Pantagraph indicated that County Administrator John Zeunik is "keeping an eye on the budgetary impact of Operation Gang Busters." The financial impact depends upon how many clients hire their own attorneys, need public defenders appointed and plead without trial. Pressure from the courts to plea bargain may be a mixed blessing. On one hand it could lead to reduced sentences for some of the defendants. On the other hand it may prevent some from having their day in court.

## Conflicting feelings about meeting

Linsky and Smart both informed me that they felt the meeting went well, with all parties leaving satisfied. Not all members of the Coalition agreed. Mayor Smart assured me that there had been warrants issued prior to the arrests and that it was not a case of the police "randomly rounding up black men." Smart said that the group must be careful "not to imply that the police should not be doing their job."

## What can be done?

Backlog in the court system. Overcrowded prisons. High rate of recidivism for released prisoners. Shrinking employment opportunities. Growing number of high school drop-outs. It seems painfully obvious to me that the tactics we have been using to address crime





# systems: are there solutions?



and drug abuse are not working. We spend too little time and money treating the causes of these problems and the way that we are coping with the problems themselves is not effective. Marc Mauer offers some alternative solutions in his article:

1. Establish a national commission to examine the high rate of incarceration of Americans, and African-American males in particular.
2. General Accounting Office study of the social and economic factors related to crime.
3. Justice Department funding of pilot programs to reduce the high rate of incarceration of African-American males.
4. Redirect the "war on drugs" to define drug abuse as a public health problem and not a criminal justice problem.
5. Redirect the focus of law enforcement to address community needs and to prevent crime.
6. Reduce the recidivism rate of prisoners by providing effective services.
7. Repeal mandatory sentencing laws.
8. Expand the use of alternatives to incarceration.
9. Engage in a national dialogue on issues of crime and punishment.

## Solutions closer to home

Some local community members seem to agree with several of Mauer's solutions and have been recommending them to our government officials or attempting to implement them themselves.

The Concerned Communal Coalition for Equal Justice recommended an alternative to incarceration for the men arrested in the Gang Busters case. When the group met with Mayor Smart and Chief of Police Tim Linsky, they suggested that Teen Challenge, a Chicago-based rehabilitation program designed for gang members and drug abusers, be considered as an alternative to prison. It seems likely that such a program would have a much better chance of actually reducing the recidivism rate of prisoners than our current correctional facilities. When I asked Mayor Smart how he felt about this solution he noted that sentencing was not the responsibility of either him or the police.

## Prevention and protection

In addition to incarceration alternatives, there are also community members interested in addressing the causes of these problems. Reverend Andrew Bennett of the City of Refuge Church believes that if a nationwide grassroots effort is not made, a whole generation of African-Americans is going to disappear.

Bennett feels that there must be increased involvement from the black community, particularly from the churches and parents. He stated that "we [the black community] must police ourselves to protect ourselves from the police." Besides the inequities in the judicial system, Bennett notes that young black men must contend with the stereotypes that exist in our culture. He believes that a young black man, standing before a jury of his peers (12 white people) in his orange jumpsuit, doesn't stand a "chance with our legal system."

Reverend Bennett is interested in creating "a national organization designed to motivate, cultivate and give direction to minority youth between the ages of 12 and 18 (especially black males)." Bennett calls his vision GROUP, God Reaching Out Using People. The organization would create "motivation and cultivation centers" throughout the country, where young people can be guided and provided with positive alternatives to drugs and gang involvement. In addition to these centers, Bennett would like to see an "inspiration summer camp" where children can go each summer to spend time with positive role models from the black community. Bennett acknowledges that there are similar efforts being made in various locations across the country across the country, but believes that it is a "unity and singleness of vision" which is needed.

Unity is the key word. Without a unified commitment from us all, the cycle will continue and a generation will be lost.

sf

## Facts about U.S. Incarceration

Black males in the United States are incarcerated at a rate four times that of black males in South Africa.

As of 1980, by the government's own statistics, African-Americans comprised of 11% of the overall U.S. population, while the black proportion of the U.S. prison population was 44%. By 1990 the proportion was over 50% and still rising.

The total cost of incarcerating the more than one million Americans in prisons and jails is now \$16 billion a year. The cost of incarcerating the estimated 454,724 black male inmates is almost \$7 billion a year.

Nearly one in four African-American men in the age group of 20-29 is under the control of the criminal justice system— in prison or jail, on probation or parole.

Statistics from Cages of Steel: The Politics of Imprisonment in the United States. Edited by Ward Churchill and J.J. VanderWall.



# Crime and Civil

The ACLU answers some of their most

## Q'S + A'S

All you need to do is turn on the evening news to know that crime is a major problem in the United States, and yet our governing bodies and law enforcement agencies just pass laws that have no effect. While violent crime in the U.S. has increased 93% over the past two decades, during that same period we have doubled our prison capacity to no avail. Americans are seven to ten times more likely to be murdered than the residents of most European countries and Japan and we are the only nation to have a death penalty.

So while the government's response has been more "Law and Order," with high-tech policing, stiffer mandatory sentencing, massive prison construction and the return of the death penalty in many states, crime rates continue to rise.

Given these failures and our unwillingness to look at, let alone attack the root causes of crime, many of our politicians attack Constitutional protections. They claim that civil liberties "technicalities" are tying the hands of the police and freeing criminals to commit more crimes. But tough-sounding rhetoric and attacks on the Constitution are no solution. The sacrifice of basic liberties will not make us safer, but will certainly make us less free.

The ACLU is opposed to crime prevention programs that fight crime at the expense of individual rights. Effective law enforcement needn't violate the rights of the accused.

The following is a list of answers to some frequently asked questions to ACLU about crime and civil liberties.

### *Why should criminals enjoy exclusive rights at the expense of the rest of us?*

"Criminals' rights" are, in fact, among some of our most basic liberties. They include: The right to be presumed innocent until proven guilty. The right to be protected from unreasonable searches and seizures. The right not to incriminate oneself. The right to a speedy and impartial trial by a jury of one's peers, with the assistance of legal counsel. The right to due process and equal protection under the law. The right not to be subjected to excessive bail or cruel and unusual punishment. These rights serve to protect innocent people from the inevitable abuses of government power.

Imagine where we would be without such protections - a country where you could be held without bail for any offense, where you could be searched randomly, where torture could be used to coerce confessions. The rights which protect us against these abuses of power form the basis of our democratic system of justice, and they, too, must be protected against a government that is all too willing to scapegoat the Constitution in its effort to "get tough on crime."

### *Instead of being soft on criminals, shouldn't judges impose stiffer sentences so that people will think twice before committing a crime?*

No. Behind the myth that judges are too soft-hearted in their sentencing practices lies the reality that people are too often deprived of their liberty. The United States imprisons more people per capita than any other industrialized nation except South Africa. And harsh sentencing is now the rule, with American

sentences tending to be much longer than those imposed for similar crimes in other developed nations. In the past decade, more than 45 states have enacted mandatory sentencing laws requiring judges to impose stiff sentences for a wide range of crimes. Under Indiana's law, for example, a second-time shoplifter must be sentenced to two years in prison.

These laws have resulted in massively overcrowded prisons and clogged court systems. But, as with so many other quick-fix measures, longer sentences have not reduced the crime rate. While Illinois' prison population has soared from 6,500 in 1972 to 32,100 in 1991, the violent crime rate during that same time has risen 107%.

Long prison sentences do not deter the commission of crimes for a very simple reason: The vast majority of offenders are never caught and so are never brought into public view for sentencing. The trouble with our criminal justice system, therefore, is not soft sentencing but inadequate apprehension.

### *Aren't constitutional technicalities like the Miranda Warnings and the Exclusionary Rule responsible for letting violent criminals go free?*

No. Rather than "tying the hands" of law enforcement, these requirements have actually brought increased professionalism and efficiency to anti-crime efforts. The Miranda warnings, named for the 1966 Supreme Court decision in the case of *Miranda v. Arizona*, protect a criminal suspect's Fifth and Sixth Amendment rights. As most Americans know from television and the movies, *Miranda* requires that before the police interrogate a suspect, they must inform him or her of the right to remain silent and to have an attorney present. Prior to the 1966 decision it was common practice for police to extract involuntary confessions through physical and psychological coercion.





# Liberties:

## asked-about questions.



Critics of the *Miranda* decision call for its reversal on the grounds that it prevents the police from obtaining confessions, but top police professionals don't agree, and a number of studies bear this out. In felony cases, between 40 and 50 percent of all suspects volunteer confessions in spite of the *Miranda* warnings.

The exclusionary rule says that any evidence seized in violation of the Fourth Amendment's prohibition against "unreasonable searches and seizures" cannot be introduced at trial. Like the *Miranda* warnings, the rule was adopted to deter unconstitutional police practices such as warrantless searches of people's homes and persons. Detractors claim that the exclusionary rule should be abolished because it allows large numbers of criminals to escape punishment.

Actually, research refutes this claim. According to one study, if the rule were done away with, conviction rates would rise less than 5 percent.

**Shouldn't there be laws that keep gang members off the streets so that others can feel safe in their communities?**

No. Several municipalities throughout Illinois have proposed or passed ordinances giving broad powers to police officers in an effort to curb street gang activities. These powers can range from allowing officers to conduct random pat-down searches of "suspected" gang members to dispersing groups of two or more individuals whom they believe to be engaged in or about to engage in gang activity, to arresting those individuals who refuse to disperse. Young minority males are most often the target of this type of police activity.

These laws which are often overly vague, vest broad discretion in police officers and criminalize otherwise legal behavior. The ACLU is particularly concerned about the effect of anti-gang laws because they could potentially result in the arrests of innocent individuals merely because they are young persons of color, and live in gang-infested neighborhoods.

**Will the government's War on Drugs be able to put an end to the tide of crime and drug addiction that plagues our country?**

No. The War on Drugs, with its "Law and Order" approach, has produced many of the problems it purports to address. It brings with it violence, is racist in application, and has even failed in limiting the availability and demand for drugs. The flow of drugs from Latin America, Africa and the Far East has continued unabated.

Although former drug Czar William Bennett said, "the typical cocaine user is white, male, a high school graduate in a small metropolitan area or suburb," the War on Drugs has disproportionately attacked minority communities. While 80% of the users are white, the vast majority of those arrested are black.

In Chicago we see the effects on minorities as we witness a too little too late effort to bring security to such public housing complexes as Cabrini-Green. Here, the Chicago Housing Authority (CHA) and Chicago Police have turned public housing into semi-prisons, and have allowed conditions to exist which exacerbate the climate of crime.

For instance, despite the serious need for affordable housing, 31% of the project's apartments are vacant of tenants, and many are used for gang activity. Guards at the housing units will stop legitimate guests for identification but let the gang bangers go by, reflecting their legitimate fears and their lack of professional training. At the same time, high-crime neighborhoods have proportionately less regular police patrolling than more affluent low-crime neighborhoods like Lincoln Park.

Finally, the War on Drugs is draining our country of financial resources that would be better spent on health, social welfare, job and education programs. In its fiscal 1991 budget, the Bush administration received \$10.4 billion to wage its war on drugs. And according to the National Association of Criminal Defense Lawyers, only one quarter of this drug budget was allocated for treatment, while the remaining three quarters went to law enforcement. Yet we know that education and treatment are far more effective in dealing with drug addiction.

**If the sentence is death, even a hardened criminal might not take chances - so shouldn't we execute more people to deter would-be murderers?**

No. The deliberate killing of a human being has no place in a society that calls itself civilized and humane. Historically the trend is towards elimination of the death penalty, and Canada and all the countries of Western Europe have abolished it. We oppose capital punishment because we believe it is a barbaric practice that, by today's standards, constitutes cruel and unusual punishment in violation of the Eight Amendment. We also oppose it because it is applied in a discriminatory way. African-Americans convicted of killing whites are far more likely to be sentenced to death than are white killers or killers of either race whose victims are African-American.

The U.S. Supreme Court, however, has ruled that the death penalty does not violate the Constitution, and the American public today overwhelmingly favors it. Over 145 people are currently on death row in Illinois and over 2,600 are nationally.

The Supreme Court's decision and public opinion derive largely from the mistaken notion that the death penalty deters life-taking

crimes. No persuasive evidence exists to support this belief and it's no mystery why: the vast majority of murders are committed in the heat of passion and/or under the influence of alcohol or drugs.

Then, too, states with the death penalty have no lower homicide rates than those without.

**What can be done about crime that doesn't violate our constitutional rights?**

Given the ineffectiveness and casualties of our government's current law enforcement methods, we owe it to ourselves to examine some of the alternatives. A more effective approach to crime must be possible.

Most immediately, there must be a redirection of resources so that we address the problems of persistent poverty, lack of educational and employment opportunities, racial discrimination and social alienation - the root causes of drug problems and crime.

Additionally, the ACLU supports policing reforms. Relations between police and the communities they serve must be improved, and this might be achieved by an increase in the number of minority officers to better reflect the racial composition of communities, and by more rigorous police training to achieve greater professionalism.

We must also explore prison alternatives and reform. The majority of prisoners in the U.S. are not behind bars for violence but for property crimes, and would make good candidates for alternative treatment such as well-supervised probation, community service and restitution programs. Sentencing alternatives already in existence have been very successful. Offenders engage in meaningful work, receive educational and vocational training and cost the state far less than if they were doing time.

The ACLU also supports the decriminalization of drugs. This is a radical proposal, but one that is gaining support. More than any other measure, the decriminalization of drugs would reduce street crime and unclog the courts and prisons. There's no getting around the fact that drug abuse, a problem many experts believe is medical and not criminal, fuels the crime that both victimizes the public and enriches a thriving underworld industry made possible by drug criminalization laws.

Finally, we need a serious anti-crime strategy that focuses on ameliorating the conditions that foster crime: poverty, racism and lack of educational and job opportunities. At least these approaches have a chance of effectively combatting crime, while at the same time respecting the individual freedoms and protections guaranteed to us all.

Source: The Illinois Brief: A publication of the American Civil Liberties Union of Illinois Volume 50, Number 1, Spring, 1993



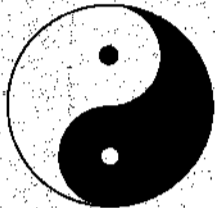
# Dear Ms. Hippie

Dear Ms. Hippie,

I have noticed throughout my years of hanging out with the "lefties" in town that many of them tend to scoff at any attempts I have made to find peace in my life. You know—meditation, crystals, runes, etc. It is difficult because I do not feel at ease with the New Age "crowd," yet I am increasingly reluctant to share some of my views with my more politically active friends. Help, Ms. Hippie. Is what they say true? Is happiness synonymous with idiocy? Or can one find inner peace and still be a revolutionary?

Signed,

Pax Trot



Readers: Do problems of life in the post-70's have you in a quandary? Send your questions to "Dear Ms. Hippie," care of the *Post Amerikan*, P.O. Box 3452, Bloomington, IL 61702.

Dear Pax,

It drives some people crazy when you mix your superstitions, Ms. Hippie has noticed. Activists most frequently operate upon a superstition utterly unsupported by history (the basic goodness and deserving nature of humanity), and in Ms. Hippie's eyes they have no real room to scoff at people who decide how to conduct themselves through interpreting stick figures on little stones.

However, it seems you've noticed that the company you keep when crystal gazing lacks the overall zippiness and nasty sense of humor that makes political activists lively and fun. Maybe we lack inner peace, but we have a lot of great stories to tell.

Finally, is happiness synonymous with idiocy? Whoever "they" are that said this are making a common equation of having a social conscience with having a pervasive sense of guilt and having to eat all your peas. This doctrine is taught in the Unitarian church and such cults that are otherwise quite rational. It's a mystery... meditate on it.



## Roadkill examines irradiated food

For those *Post* readers who do not keep abreast of the *New York Times* as well as the alternative press: there is a subtle movement afoot to make radiation a larger part of your life. There is a small company in Florida by the name of Vindicator Inc. which has been using radioactive by-products of the nuclear industry to treat fruits, vegetables and spices for sale in virtually all markets.

### Mmm...sounds delicious!

The process is fairly simple. Racks of food are wheeled into a chamber which is then sealed and the food is bombarded by gamma radiation or x-rays from cobalt 60 or cesium 137. The intended result is to slow chemical changes which determine ripening (and thus rotting) of vegetables, as well as to kill insects and microbes which cause spoilage. For the most part, the process has been a success. Strawberries after irradiation may have a shelf life of over three weeks. The process also allows wheat and grains to be stored much longer than usual.

However, there is a downside to irradiation, as with any use of radioactivity. Opponents of irradiation are screaming about residual radioactivity and the creation of molecular compounds which previously did not occur in foods. In reality, gamma radiation leaves no residual radioactivity since it is much like an electrical pulse. As for the creation of poisonous compounds, there is little evidence that such a danger exists. There has been some controversy over the FDA's tests and the preliminary approval of poultry irradiation, but while the test results are not infallible, arguments over methodology are mainly exercises in splitting hairs.

### I'll take a double helping

The main concern should be the result and depletion of vitamins in irradiated foods. There is evidence to suggest that irradiation depletes vitamins A, C, E and some of the B complex. In fact, studies on lab rats fed a diet of irradiated food showed weight loss and a higher incidence

of miscarriage, most likely due to a lack of vitamin E.

### What a dumb idea

The focus of the dispute should also center on whether a nation with an overabundance of food already, needs to increase its stockpiles. Such a move would no doubt drive agricultural prices down, hurting farmers in an already tenuous industry. Irradiation could be used to help food distribution in third world countries but such food supplies would be lacking in important nutrients. Irradiation is also a capital-intensive venture which makes economic sense only if centralized facilities process large amounts of food. This would remove control from local producers, which many experts believe is a major cause of localized food shortages.

### A paltry concern

These concerns combine to produce a situation in which Vindicator Inc. has a product but no market in which to sell it. In response, Vindicator has lobbied for and won permission to irradiate poultry products for sale in the U.S.

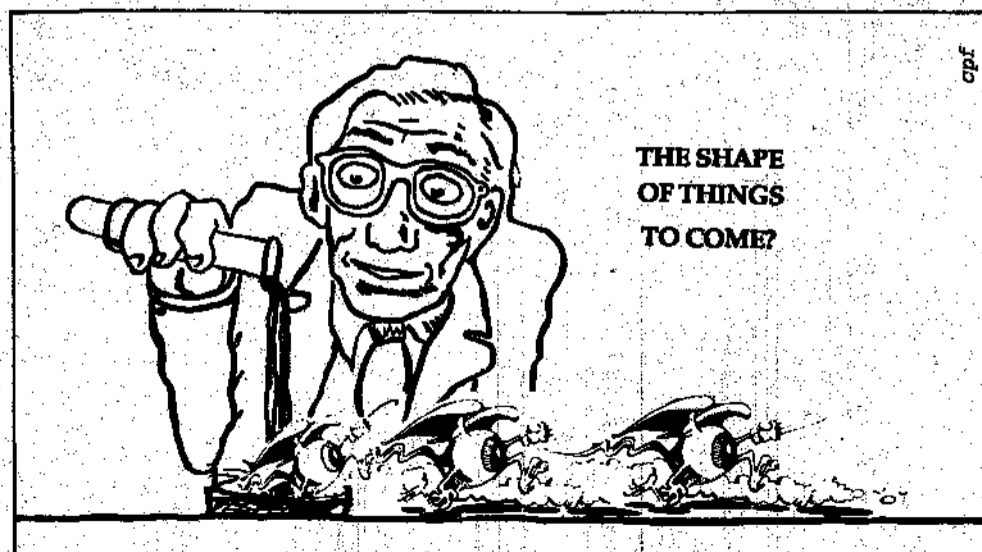
The prevalence of salmonella in chicken (as many as three in five chickens may be contaminated) creates an ideal market for Vindicator to provide their services. Unfortunately, this is a very expensive solution to the problem of inadequate sanitation procedures in the poultry industry, and improper preparation. And it still won't solve the problem because food can become re-contaminated after irradiation. Although the process kills bacteria, it does not remove the toxins created by those organisms.

### Tough break dudes

At present, Vindicator has lost over \$940,000 in its first nine months of operation and the financial outlook is bleak. According to the Associated Press, Vindicator's latest move has been to team up with U.S. Harvest Technologies to ship up to 25,000 tons of irradiated poultry to Iraq. Apparently, there is still no domestic market for Vindicator's processed food.

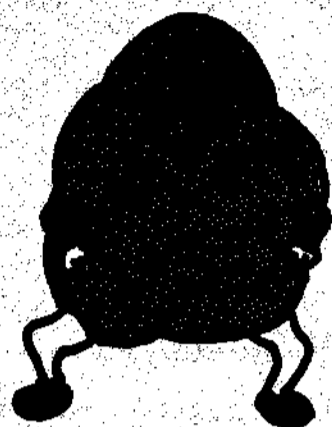
For more information on Vindicator, Inc. and irradiation, contact Food & Water, Inc., 41 Main Street, Box 770, Blairstown, N.J. 07825.

Roadkill





# Swastika Watch Part II



Last issue marked the first Post Amerikan Swastika Watch contest in which you, the reader, are invited to join the fun! It's easy - especially now that the Kristian Right is all bent out of shape due to the presence of a dreaded liberal in the White House. All you have to do is to be on the lookout for those companies of all types who demonstrate their allegiance to the National Socialist Party by using a swastika as their logo.

My special thanks go out to mr. or ms. "X" who live on or near "Such-and-such" Street (they naturally don't want their names revealed to the wrong parties!) for correctly identifying a hidden swastika in response to last issue's contest. As he or she noted, the logo for the Chase Bank is, in fact, a swastika. Check it out yourself and see!

So, congratulations are in order for the happy couple/single individual, who is/are the lucky winner/s of a fine set of slightly used Tupperware and a coupon good for \$.50 off their next purchase of Honeynut Cheerios!

But, let's face it. Banks are an easy target. I mean, everybody knows that the banks and insurance copanies have been pervaded, conflated, degraded and agglomerated by Nazis ever since the election of evil in the form of Reagan. No, this writer feels that perhaps the insidious invasion has gone further still, reaching into the very depths of our existences, into our homes, into our kitchens, into our RECYCLING!

Yes, that's right! Take a closer look at those friendly green arrows and it's easy to see that the Nazis are at this very moment sorting through your empty RC cans, weighing and shredding your stacks of People magazines, collecting almost \$1.22 on the pound for good quality glass, in separate containers, with labels removed. And are these profitable rates available to you, the average citizen? Of course not!

Did you ever take a really good good at those weird trucks that they send around to pick up your stuff? Just what are in all those bins? I mean, I separate my glass, isolate the different types of metal (this really adds efficiency to the whole operation - the handlers could save



upwards of \$5,000 if just 50% of greater Bloomington populace could cooperate in this), and with a bin for each. That still leaves four bins completely unaccounted for.

And what's in those bins? Human prisoners, dragged out of their beds early in the morning, drugged, taken to Adrienne's furs, and forced to work on fur farms for the Quayle-Swaggart Dead Animal Co.

Think about that the next time you choose paper over plastic. "The natural package," indeed.

THINK GLIBLY, ACT HOPEFULLY.  
Dietrich Ditters von Dittersdorf

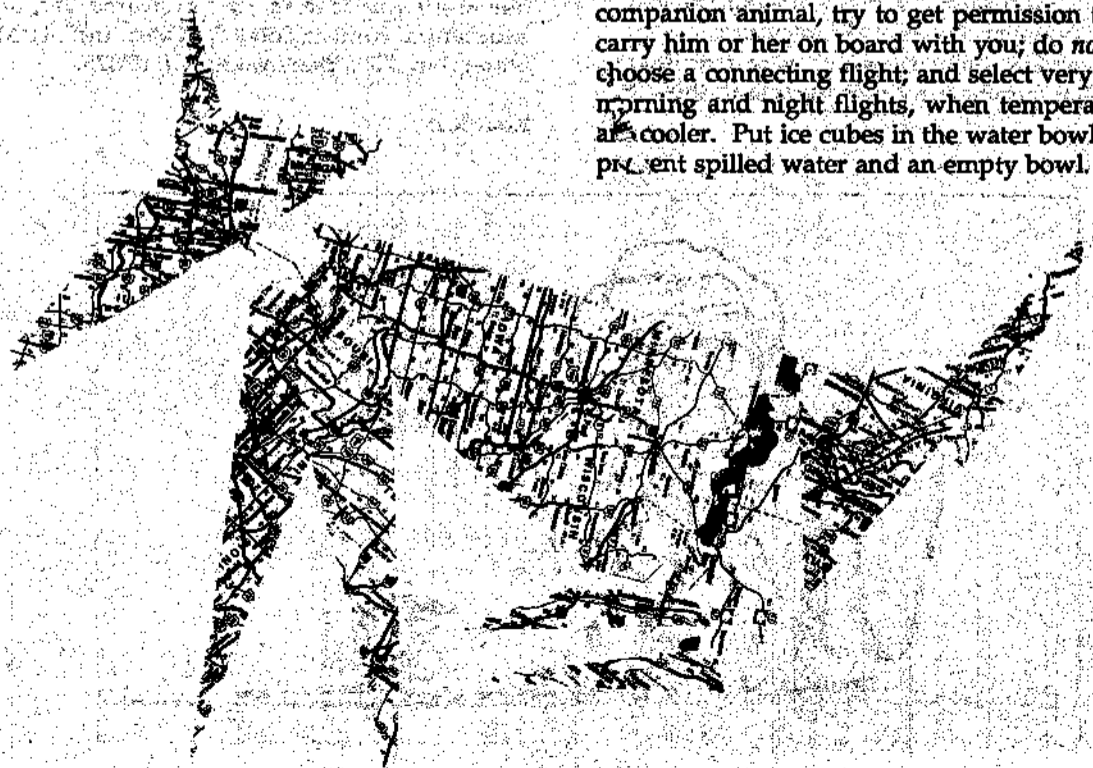
## Summer Vacation Do's and Don'ts

Summer vacation? Be careful not to make your holiday an unpleasant experience for animal companions. Here's a quick checklist of suggested do's and don'ts:

DO arrange for a responsible relative or friend to stay at your house or come by *at least* three to four times daily. If you opt for a "pet-sitting" service, choose one that comes highly recommended and checks out with the Better Business Bureau and your local Chamber of Commerce. The same goes if you absolutely *must* choose a kennel (this should be a last resort since a kennel stay can seem like a prison term to your bewildered friend). Always tour the premises personally and reject operations that seem reluctant or unwilling to allow you behind the scenes to look.

DO consider letting animal companions go along with you, if you are driving. Keep in mind that animals unaccustomed to travel may become nervous or worried on a day-long car trip or in a strange hotel room. Don't leave animals alone in the car or hotel. Be patient and especially sensitive to telltale signs of confusion and distress, and allow time for frequent walks. Look for the new books *Pets R Permitted* in the PETA catalog. It's an extensive nationwide listing of hotels, vets, and sitters - all you need to know to "take 'em with you."

DON'T fly animals in summer. No matter what their representatives tell you, airplanes can be death traps. Temperatures in cargo holds can soar (and cooling systems are off when the plane is on the ground), making even short delays potentially fatal. If you *must* fly your companion animal, try to get permission to carry him or her on board with you; do *not* choose a connecting flight; and select very early morning and night flights, when temperatures are cooler. Put ice cubes in the water bowl to prevent spilled water and an empty bowl.



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# Animal Magnetism



## FARM's Annual Report - 1992

Last year saw a substantial expansion in FARM's (Farm Animal Reform Movement) programs, with "Compassion Campaign '92" - a major effort to introduce the animal rights issue in the national election debate, and other projects.



**WORLD FARM ANIMALS DAY**, in its tenth year on October 2nd, once again provided a focus for hundreds of groups to memorialize the needless suffering and death of billions of innocent, sentient animals in factory farms, stockyards, and slaughterhouses. The events included information tables, picketing and vigils, and marches and memorial services. The focus of the 1992 observance was on seeking support for the federal farm animal legislation, including the "Downed Animal Protection Act" and the "Humane Methods of Poultry Slaughter Act." The annual Bill Rosenberg Award was presented to David Berman of Marion, PA.

**VEAL BAN ACTION** was observed on Mother's Day for the eighth consecutive year, to call public attention to the tragedy of "milk-fed veal" calves. Activists in scores of communities picketed veal restaurants, distributed literature, and wrote letters to the editor.

**COMPASSION CAMPAIGN '92** was a year-long effort to inject the animal rights issues in the national election debate. With the support of hundreds of local activists during the primary elections, we wrote to party officials, spoke up at candidates' forums, and requested position statements on animal rights. Next, we lobbied the platform committees for animal rights planks in the national party platforms. At the national conventions in New York and Houston, we distributed brochures and news releases and held up signs. The Campaign produced supportive position statements from Bill Clinton and Al Gore and exposed thousands of public officials and media representatives to the animal rights issues.

**GREAT AMERICAN MEATOUT**, in its eighth year, continued as our movement's largest annual grassroots campaign with an ongoing record of 1,000 events in all 50 states and several foreign countries. Visitors pledged to "kick the meat habit on March 20th and to explore a less violent diet." Scores of Seventh-day Adventist churches took part by distributing Meatout literature to their parishioners. Headliners included Doris Day, Casey Kasem, Elvira, River Phoenix, Kevin Nealon, and Cesar Chavez.



**MEDIA LIAISON** consisted chiefly of dozens of news releases and special mailings to lifestyle, food, health, and science editors in conjunction with our three major annual campaigns. In addition, we sent letters to the editors of the nation's 150 largest newspapers, dealing with World Food Day, USDA's refusal to provide adequate labeling for meat products, and vegetarian Thanksgiving. Several newspapers published favorable articles about FARM.

**FEDERAL LIAISON** in 1992 focused on supporting PSA food labeling regulations and downed animal legislation. At a food labeling hearing in January, we requested that processed foods containing ingredients of animal origin be labeled accordingly and that all foods containing saturated fats and cholesterol carry warning labels. In March, we testified at a Congressional oversight hearing for legislation to protect downed animals in stockyards. In September we wrote to all Members of Congress urging their support for the "Downed Animal Protection Act" and asked FARM supporters to do so.

**INDUSTRY WATCH PROGRAM** continued to monitor the publications, national meetings, and other activities of the farm animal industry and to distribute selected relevant information to interested movement organizations.

**LECTURES/SEMINARS:** In April, Dr. Alex Hershaft hosted FARM supporters at a Los Angeles reception. The following month, he addressed Congressional Friends of Animals on vegetarianism and University of Maryland animal science students on animal rights. In June, FARM arranged a special program on vegetarian activism in conjunction with the International Congress on Vegetarian Nutrition in the nation's capital. In August, Dr. Hershaft presented a survey of FARM programs and a slide talk on the meat industry in North American Vegetarian Society's "Vegetarian Summerfest." In October, he conducted a speaking tour of Southern California, addressing the Essene Church in San Diego, a FARM reception in Los Angeles, and smaller functions.

**FINANCES:** In stark contrast to all these accomplishments, Animal's Agenda once again ranked FARM's annual budget and assets as the lowest among major national rights organizations. There are several reasons for this dubious distinction. Our income is low because FARM has traditionally emphasized programming over fund-raising activities. Our expenses are low because FARM president Alex Hershaft doesn't draw a salary, other staffers make do with less, and we monitor our costs very closely. Here are the preliminary figures for 1992:

INCOME		EXPENSES	
Donations	\$96,825	Services/benefits	\$48,535
Grants	16,405	Printing/supplies	23,820
Sales	3,276	Postage/phone	29,273
Interest	394	Travel/advert	10,122
		Rent/other	17,650
<b>Total</b>	<b>\$116,900</b>	<b>Total</b>	<b>\$129,400</b>

(A more detailed report is available from FARM on request)  
(Source: The FARM REPORT, Winter/Spring 1993)

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# Attention meat eaters:

Still enjoy eating meat? Hopefully the following facts will change your mind.

*Reasons Why I'm a Vegetarian.* We will have the remaining 81 reason for you over the next 4 issues.

1. About 7 billion farm animal, mostly chickens, die or are slaughtered in the U.S. every year for the production of flesh food.
2. Virtually all animals raised for food in the U.S. today are the product of a highly mechanized factory-like system, incorporating unprecedented and largely unregulated methods of efficiency and corresponding dangers and cruelty.
3. Approximately 1.28 billion cattle populate the earth at any one time. They are sustained unnaturally in these numbers to satisfy the excessive human demand for their flesh. Their combined weight exceeds that of the entire human population. Their sheer numbers (and appetite for the world's resources) have made them one of the primary causes for the destruction of the environment. In the U.S., beef cattle return to us only 1 pound of meat for every 16 pounds of grain and soybeans they are fed.
4. An animal-based diet is invariably high in saturated fat, animal protein and cholesterol. Due to the meat-centered diet of most Americans, diseases brought on by meat consumption account for nearly 50% of all deaths in the U.S.
5. It takes an average of 2,500 gallons of water to produce a single pound of meat. In contrast, it takes only 25 gallons of water to produce a pound of wheat.
6. The world's cattle alone (not including other livestock such as pigs and chickens) consume a quantity of food equal to the caloric needs of 8.7 billion people - nearly double the entire human population. Hundreds of millions of tons of grain go to animals while only 5 million tons of grain could adequately feed 15 million children throughout the world, the approximate number who starve to death every year.
7. Feeding the average meat-eating American requires 3 1/4 acres of cultivated farm land a year; supplying a person who eats no food derived from animals requires only 1/6 acre per year.
8. There are virtually no laws against cruelty to animals raised for food in the U.S. The Animal Welfare Act, which governs the humane treatment of animals, excludes animals intended for food consumption.
9. Meat contains no essential nutrients that cannot be obtained directly from plant sources. By cycling grain through livestock, we lose 90% of the protein, 96% of the calories, 99% of its carbohydrates, and 100% of the fiber.
10. In today's factory setting, farm animals are not allowed to fulfill normal sexual functions. Male livestock are surgically mutilated, and are unable to consummate the sex act after identification is made. The cows or sows will be artificially inseminated.
11. Meat would cost \$35/lb if the water used by the meat industry was not subsidized by the U.S. government.
12. It is estimated that livestock production accounts for twice the amount of pollution as that produced by industrial sources in the U.S. (see #19)
13. According to Dr. T. Colin Campbell, one of the key researchers involved with the *China Study*, "In the next 10 to 15 years, one of the things you're bound to hear is that animal protein...is one of the most toxic nutrients of all that can be considered."
14. The planet's entire petroleum reserves would be exhausted in 13 years if the whole world were to take on the technological methods used in the U.S. which produce the standard American meat-centered diet.
15. Trees are being cut down at an alarming rate in the U.S., as well as around the world, for meat production.
16. So called "redskins" are those chickens which, on the conveyer belt to their deaths, missed not only the brine-filled electrified stunning trough, but the knife that was to cut their throats. Their deaths occurred in the scald tank where feathers are loosened before plucking.
17. Chicken feed today is routinely laced with hormones and antibiotics. Today's medicated feed pumps out market weight birds in half the time from two-thirds the feed of 50 years ago.
18. Meat-centered diets are linked to many kinds of cancer, most notably cancer of the colon, breast, cervix, uterus, ovary, prostate, and lung.
19. Livestock in the U.S. produce 20 times the excrement of the entire U.S. population. As a result of improper disposal through the sewer system, ammonia and nitrate levels in our drinking water is a major concern.
20. The human intestine is not designed to digest meat. Where a natural carnivore's bowel is relatively short (3 times the length of its body) and smooth inside, a human's bowel is 12 times the length of the body and deeply twisted and puckered. Having no fiber of its own, meat quite arduously inches itself through the long convoluted human digestive tract. Before its gets to the end it has become putrid and toxic to the body.

© 1992 by Pamela Teisler.  
101 Reasons Why I'm a Vegetarian.

For more information or to receive a copy, send \$1.00 (plus SASE) for one copy; and 50¢ for each additional copy to: The VitaVeggie Society, Prince St. Sta., P.O. Box 294, New York, New York 10012

## Coincidence or Striking Parallel?

The name Reagan contains six letters; the name Hitler contains six letters.

The Reagan "Revolution" lasted twelve years, from 1981-1993.

The Third Reich lasted twelve years, from 1933-1945.

Reagan was shot in an attempted assassination on the 30th of March, 1981.  
Hitler killed himself with a bullet on the 30th of April, 1945.

Reagan railed against the "socialist" policies of a Georgian named Carter.  
Hitler railed against the socialist policies of a Georgian named Stalin.

Nancy Reagan's book was titled, "My Turn."  
Hitler's book was titled, "Mein Kampf," or "My Struggle."

Reagan campaigned against the "socialist" of the Democratic Party in Congress.  
Hitler burned down his Congress and blamed the Social Democratic Party.

Reagan mounted an unsuccessful campaign for the Presidency in 1976.  
Hitler mounted an unsuccessful campaign for the Presidency in 1932.

Reagan is remembered for the economic successes under his administration; unemployment and inflation went down, and production rose to all-time highs, mostly as a result of an expanded military budget.  
(Source: National Review, The Real Reagan Record)  
Hitler is remembered for the economic successes under his administration; unemployment and inflation went down, and production rose to all-time highs, mostly as a result of an expanded military budget.  
(Source: William Shirer, The Rise and Fall of the Third Reich)

Scott R. McAdams

## RONALD HITLER?





# Life in the "fat" lane

Our society worships thinness. Oprah wheels out a wagon filled with animal lard to sacrifice on the diet altar. Richard Simmons bounces onto TV to exhort fatties, a la Jimmy Swaggert, to open our hearts (and wallets) and come into his fold. Elizabeth Ashley, Ed Koch and the citizens of Pound, WI, guzzle Ultra Slimfast, licking their lips all the way to the banks.

Then there are the tragic victims of this national obsession. Mama Cass didn't die of ham sandwich ingestion—strong evidence reveals that her history of yo-yo diets and the drastic weight loss of nearly 80 pounds shortly before her untimely death were the more likely causes. Karen Carpenter's pathetic drive to retain media-thin acceptability led to her fatal anorexia. Walter Hudson, the protégé of diet guru Dick Gregory, lost several hundred pounds, only to regain even more, be abandoned by his mentor, and die a failure's death.

### Any which way but loose

And untold thousands of nameless others continue to suffer in the name of better health. Those who have succumbed to their doctors' pressure to allow jaws to be wired shut, stomachs to be "stapled" or inflated by balloons, vast sections of intestine to be excised. To endure VLC (very low calorie) diets and watch hair fall out, libido vanish, internal organs fail. To join weight loss factories such as Nutri/System or Jenny Craig and see far more money than fat disappear. Yet these are the lucky ones, if they make it out alive. Many don't.

### Art Appreciation

The saddest thing to me is that, in another time, people of size were the standard of beauty. The

art of such painters as Titian, Rubens, and Renoir prove that, over the centuries, full-figured women were revered. (Unfortunately, few fat men were thus rendered—truly an oversight, in my opinion.)



But pressure by a primarily male fashion industry has decreed that women's forms be pliant, Play-doh® to their whims. From the corsetted deformity of the Gibson Girl to the '20's boy-bodied flapper. The long, lean elegance of the '30's to, by the demands of war, the emergence of the strong working woman of the '40's. Then, back into style's shackles, through the wifely '50's, the Twiggy-mod '60's, the disco '70's, and the pumped-up '80's. Even in the '90's, when we should know better, we still let the CEO's of diet/fashion conglomerates tell us that thin is the only acceptable life to live.

### National Enquirer—a media role-model?

However, there are chinks in this wall and glimmers of hope for the revolutionaries of size acceptance. Lawsuits and diminishing profits have seen Chapter 11 woes for Nutri/System. Letter writing campaigns have enlightened such industry giants as Hallmark and 800-Flowers. Even such a bastion of fat-sationalism as the National Enquirer has finally announced that "It's OK to be fat!", citing the "new overweight liberation movement sweeping the country." Nice to know that my personal favorite tabloid agrees with me.

I wish that all the news was as good. Major airlines are once again firing flight attendants for weighing as few as 7 pounds over arbitrary company limits. In Phoenix, fat travelers are still being penalized into purchasing two tickets on Southwest Air. In New York, Mario Cuomo continues to drag his feet on supporting size acceptance as part of anti-discrimination legislation. Fat adoptive parents are refused solely because of their weight. When fat people continue to be denied basic human rights,

society points its finger and declared that it's their own fault.

### It's not over 'till the fat lady sings

Well, this fat lady will continue to sing—the times, they are a-changin'. Just as the Women's Movement made sweeping changes in sexist attitude, the Size Acceptance Movement will shatter attitudinal support of the 38 million fat Americans who are victimized by discrimination, count me in!

Becky Fox

## Notes from the land of anti-fat

### Too bad Divine's no longer with us!

Here's a sign o' the times. In Steven Spielberg's mega-summer-smash, Jurassic Park, the main human villain is a super-sized, gluttonous computer nerd (played by Wayne Knight, much more sympathetic in Kenneth Branagh's Dead Again). Independent women and fat men: the movie villains of the nineties?

### Caloriemania

A new study on dieting in the New England Journal of Medicine has been getting lots of play in the media, though its results and methodology are open to serious question. In it, ten chronic dieters were asked to report their caloric intake through a complex logging procedure. The study showed that they underrepresented their intake over a period of fourteen days, claiming an approximate 1,000 calories a day when in reality they were consuming around 2,000 calories. The study has been widely quoted as "proof" that fatness is solely the result of overconsumption and that fat people don't "know" how much they eat, though you might reasonably question a study that bases its conclusion on ten adults who had already spent years yo-yo dieting. It says something about the state of much of today's diet research when a study that wouldn't pass an undergrad Research Stats class's criteria of validity and reliability gets quoted as gospel.

### Fashion Victims

Summer is the cruelest season for fat or even moderately plump Americans. I find myself thinking this as I walk across the parking lot of Kroger's in the first of June's 90-plus ultra-humid days. Before I make it into the store, I see two different women (neither one fat by my criteria, but at least thirty pounds over the media "ideal") heading for their cars, sweltering in black long-sleeved tops and pants. We all know how "slimming" black is, but, c'mon, is it worth heat prostration?

### Fat "Suits" Her

Spurred by last summer's makeup transformation of actress Goldie Hawn into a woman 150 pounds larger than the body-painted ditz we all know and loved on "Laugh-In," a Ladies' Home Journal writer had herself made up to look fat for a week, so she could experience size discrimination first-hand. The results of the slender writer's experiment were even more depressing than she expected: even her husband and children (who both knew she was wearing a latex fat suit) were embarrassed to be seen with her in public. The results, printed in LHI's May, 1993, issue, sparked a raft of talk shows, though many of 'em were more fascinated by the special FX gimmick than the message that came out of its use. And nobody who I saw ever asked writer Leslie Lampert if she'd ever encouraged her children's fat-bashing attitudes.

### Reasons to be cheerful—almost

In the wake of financial problems and lawsuits charging that their "weight loss" program is both ineffective and a sure road to gall bladder disease, Nutri-Systems has had to close down nearly 300 company-owned centers. Area surgeons specializing in gall bladder problems need not worry though. Bloomington's franchise is still open for business.

### Nestle's Crunch

Stouffer Foods Corporation, a subsidiary of Nestle, has agreed to pay \$803,000 to 212 fat and minority job applicants who filed a federal lawsuit claiming discriminatory hiring practices. As an additional part of the settlement the company has agreed to hire 11 minority and 6 "extremely overweight" applicants. Fat discrimination may be an "acceptable" prejudice, but it is getting more expensive...





# Isis: Seer of Movies

It seems as if the best place to begin is by telling you which films I haven't seen since the last time we met. I have not been able to bring myself to see the most recent sexploitation films, such as Sliver, Guilty as Sin, and Indecent Proposal. If I want to see Demi Moore naked, I can look at my Vanity Fairs. And if I want to ponder such moral questions as what would I do if someone offered me a million dollars to sleep with them? I can pull the Book of Questions off of my book shelf. Another film that I haven't seen (Hey, Dan Craft gets paid for this. I don't.) is Jurassic Park. I want to see this film, but don't have the patience to contend with the long lines and crowded theatre. Maybe next issue.

Speaking of patience... There are many things that try my patience when going to the movies. I frequently inform fellow moviegoers when they have violated one of my rules of movie going etiquette. I've noticed that many of my friends are no longer willing to go to the theatre with me. I thought that I would share my rules with you now, in the hopes of reaching a larger audience and reducing my number of individual altercations.

1. Come to the theatre on time. There is nothing so aggravating as trying to watch a film while late comers are standing in front of you, searching for seats in the darkened theatre. If they are not blocking my vision, they are bumping into my head from behind or trodding upon my feet as they squeeze past me. If you can't get to the show on time, stay home.

2. Choice of seating--If the theatre is not crowded there is no reason to sit directly in front of another patron. Well, there is one reason: to aggravate people. Many times I have gotten to the theatre early, painstakingly chosen my seat only to have some yahoo come in at the last minute and plop down directly in front of me.

This behavior is rude and inexcusable and I have been known to ask people kindly to rethink their choice of seating.

3. Call me a child hater, I don't care. Screaming children should not have to be endured at adult films. I can tolerate the smell of vomit and the melodious noise of children at the latest Disney release. However, if you must bring your child to Silence of the Lambs, head for the restrooms when the little tyke begins to wail.

4. When is talking permissible? Talking is permissible during the dumb advertisements that precede the film. Talking quietly will be tolerated during the previews. All talking should cease when the feature presentation begins to roll. This means when the opening credits begin, not when the first line of dialogue is spoken.

5. Which brings me to my final point concerning the ending credits. I understand that some of you may not be interested in who the best boy or caterer were on a particular film. However, some of us like sitting in the theatre until the bitter end. If you are going to leave, leave. Do not stand up, blocking the vision of those of us reading the credits.

Whew, thank you. I feel much better now.

As I write this article only one film that I have seen remains in town--Menace II Society.

Menace, directed by The Hughes Brothers, is the most recent addition to the growing genre of films began by young black filmmakers such as John Singleton (Boyz N the Hood) and Matty Rich (Straight Out of Brooklyn). The film is uncompromising and grimly realistic in its

portrayal of a young black man's life in Los Angeles. This genre of film may be contributing to a redefinition of the modern American tragedy.

Some films that played at the Art Theatre in Champaign which you should keep an eye out for on video are:

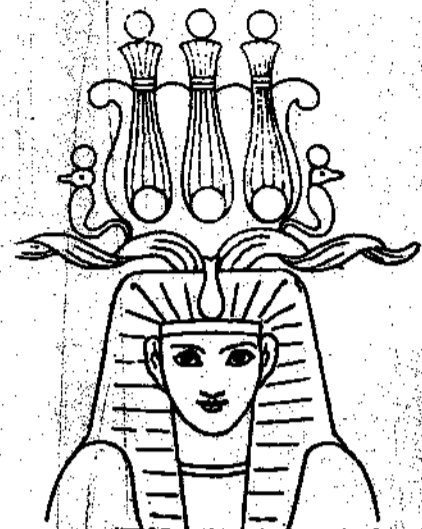
The Bad Lieutenant directed by Abel Ferrara is not for the faint of heart. The Bad Lieutenant tells the story of a police lieutenant, played by Harvey Keitel, who is engulfed by his drug addiction and corruption. Courageous and riveting performance by Keitel.

Mac is written and directed by John Turturro of Barton Fink, Do the Right Thing, and Jungle Fever. Turturro stars as Mac, a contractor based on Turturro's own father. In fact, it is Turturro's father's voice that we hear on his answering machine during the closing credits. I believe that Turturro is a filmmaker who will be making a name for himself.

## Top 10 things to do when you're laid off from work

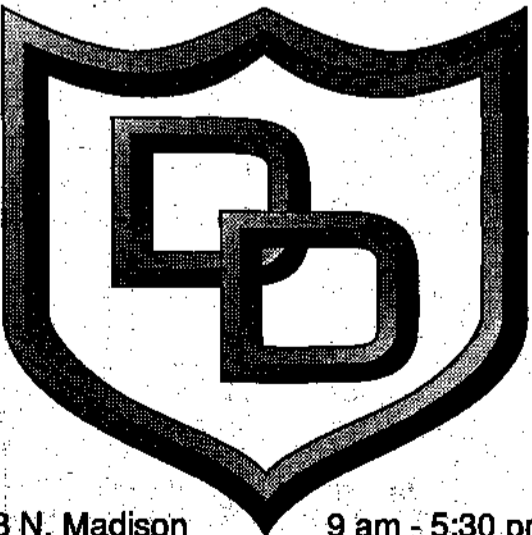
Each of the underlined words in the list below is hidden somewhere in this square, forward, or backward, up or down, or diagonally. Find and circle each word. Enjoy!

- Go to MILLER PARK and feed the fish.
- Watch t.v. all day and night, and count how many times DESIGNING WOMEN comes on.
- Separate all your BILLS into two piles: those to be paid on due date and those to be used as FRISBEES.
- Clean your entire apartment NAKED while listening to the SATURDAY NIGHT FEVER album.
- Look at the help wanted ADS in the SLANDERGRAPH for a good laugh.
- Go for a DRIVE and count how many cars are in worse condition than yours.
- Buy some CRAYOLAS and a coloring book and color.
- By no means watch the 700 CLUB, for it may send you over the edge.
- Do some form of exercise such as lifting a DORITO with the left hand and a BREWSKI with the right hand.



1. Pull out your college DIPLOMA and realize that although you make \$5/hour, have no BENEFITS, can be laid-off or FIRED at a moments notice, cannot afford to be SICK, pay \$50 in student loans and only make \$500/month, that at least you're EDUCATED.

E	E	B	M	C	L	J	P	S	N	R	N	E	W	
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P	N	O	G	L	Y	S	S	E	W	E	F	D	Y	K
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