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The Keep

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POST AMERIKAN



BLOOMINGTON/NORMAL

VOL. 23

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NO. 2

APRIL/MAY 1994



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2



BLOOMINGTON/NORMAL

VOL. 23

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APRIL/MAY 1994

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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.

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Bloomington Public Library (front)
Bus Depot, 533 N. East
Circus Video (Emerson and Main)
Common Ground, 516 N. Main (inside)
Front and Center Building
Law and Justice Center, W. Front
Medusa's, 420 N. Madison (inside)
The Park Store, Wood and Allin (inside)
Red Fox, 918 W. Market
Susie's Cafe, 602 N. Main
Twin City Exchange, 411 N. Main (inside)
U.S. Post Office, 1511 E. Empire
U.S. Post Office, Center and Monroe
Wash House, 609 N. Clinton

Normal

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Arte' Copia, 204 A. North Street (inside)
Avanti's, 407 S. Main
Babbitt's Books, 104 N. Street (inside)
Franzetti's, 207 Broadway
Hovey Hall ISU (front)
Mother Murphy's, 111 North (inside)
Subconscious, S. Main
Subway, 115 E. Beaufort

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

Deborah, Linda, Ralph, and Sherrin

+ TOM

Good numbers

ACLU	454-7223
AIDS Hotlines	
National	1-800-AID-AIDS
Illinois	1-800-243-2437
Local	(309) 827-AIDS
Alcoholics Anonymous	828-7092
Animal Protection League	828-5371
Bloomington Housing Authority	829-3360
Clare House (Catholic workers)	828-4035
Countering Domestic Violence	827-7070
Dept. of Children/Family Services	828-0022
Gay & Lesbian Resource Phoneline	438-2429
Habitat for Humanity	829-0693
HELP (transportation for senior citizens/handicapped)	828-8301
Home Sweet Home Mission	828-7356
IL Dept. of Public Aid	827-4621
IL Lawyer Referral	1-800-252-8916
Incest Survivors Support Group	827-5051
Lighthouse (substance abuse treatment)	827-6026
McLean Co. Center for Human Services	827-5351
McLean Co. Health Dept.	888-5450
McLean Co. Humane Society	663-7387
Mid Central Community Action	829-0691
Mobile Meals	828-8301
Narcotics Anonymous	1-800-779-6178
National Health Care Services/abortion assistance	1-800-322-1622
Normal N.O.R.M.A.L.	452-4761
Occupational Development Center	452-7324
Operation Recycle	829-0691
Parents Anonymous	827-4005
PATH: Personal Assistance Telephone Help	827-4005
Phone Friends	827-4005
Planned Parenthood (medical)	827-4014
(bus/couns/edu)	827-4368
<i>Post Amerikan</i>	828-7232
Prairie State Legal Services	827-5021
Project Oz	827-0377
Rape Crisis Center	827-4005
Safe Harbor Mission (Salvation Army)	829-9476
Sunnyside Neighborhood Center	827-5428
TeleCare (senior citizens)	828-8301
Unemployment comp/job service	827-6237
Voice for Choice	828-3108
Western Avenue Community Center	829-4807
Youth Services of Mid IL	828-7346

Due Date:

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

MAY 6th

APRIL/MAY



Community News



Phone Books Wanted

WGLT is looking for used or spare phone books from many surrounding Bloomington/Normal communities. The books will be used by the News Department to cover stories and activities throughout Central Illinois.

You can drop off the phone books at the station (201 Media Services Building, ISU) Please call 438-2257 for further information.

Or, Recycle Them

According to Ellis Corso, Division Public Affairs Manager for GTE Telephone Operations, delivery of the 1994 GTE Telephone Directories should have begun during the last week of March. With this in mind, the McLean County Solid Waste Management Program requests the support of Twin City residents in the recycling of old telephone directories.

Those participating in Bloomington's curbside recycling program can simply place the old directories on top of the other recyclables in their bin. Residents of Normal can bring the old directories to Normal's monthly paper drive (held the first Saturday of the month at City Hall (9 a.m. to 1 p.m.). For those not participating in either program, Midwest Paper Stock, Inc. (1712 S. Bunn St., Bloomington), will accept old directories at their 24 hour-a-day drop-off site.

Midwest Paper Stock will recycle the old directories into animal bedding rather than having them dumped in a landfill.

Source: McLean Co. Waste Management

Raffle Winners

May we have the envelopes, please?

Remember the *Post Amerikan's* raffle fundraiser? Well, now that the dust has settled from the Academy Award ceremonies, we can all concentrate on more significant events.

And the winners are . . .

Cathy Ahart won the "Petwaste Pickup."

Scott DeWitt won both the \$100 cash prize and the tarot readings. Are there more good things coming his way soon? We certainly hope so. At least *his* reader will not look askance if she sees that the tall dark stranger on his horizon has pecs and a moustache. Love ya, Scott.

Linda Ketchum won a *Rock Art Poster Book*, along with the classical guitar performance, and some housecleaning.

Kirstin Scott won the 2 lbs. of coffee from Common Ground.

Butch Waimon won the 2 hours worth of graphic design and the *other Rock Art Poster Book*.

Thanks again to all of you who entered our raffle.

-- The *Post Folks*

Letters

Dear moon, other *Post* folks, & readers,

In the February/March issue of the *Post*, moon asks in her notes about the female condom, "What are they going to do about lesbians?" Some good news -- Protection Connection is now selling dental dams as oral sex barriers for \$1.25 for a package of 3. Protection Connection is located at 318 W. Washington and is open on Thursdays from 2:00 -7:00 p.m., and on Saturdays from 11:00 a.m. to 2:00 p.m.

Here are some other safe-sex tips for "girls who like girls," from Donna Minkowitz's article, "Safe and Sappho: An AIDS Primer for Lesbians":

-- Don't allow anyone's menstrual blood to enter your body.

-- Sex can be as vanilla as Vanna and still draw blood, if enough friction [occurs]. It's possible to bleed during oral or hand sex and not even know [that you're drawing blood]. If your lovemaking [might cause] bleeding, use a barrier.

-- If a dildo will enter more than one person's vagina or anus, put a condom on it or clean it with bleach [before using it with a second person]. Anal sex with hands or mouth should only be performed with a glove or dental dam. S & M will be safe if blood or infected discharge doesn't get into cuts, orifices, or eyes.

If you have any [more] questions about HIV transmission, give your local AIDS Task Force or hotline a call. That's what they're there for. If you would like a copy of the complete Minkowitz article, send a SASE to the *Post*.

-- Ellen Cherry

Classy Fried Ads

Benefit to Save Endangered Species! ! help save the Great Ewok! ! ! benefit to assist with medical expenses of Ray McAttee, May 1, 1994, at Scotty's. 1:00 p.m. -- 8:00 p. m. Food, fun, music, tarot readings, auction, raffles. Tickets available at Scotty's. For more information or to donate auction items, call 309/888-4689 or 309/379-2035.

For Sale: Queen size gray futon, like new, \$95. Men's black leather jacket, like new, \$100. Electronic guitar tuner, never used, in box, \$20. Will deliver the futon. Phone: 309/888-4689.

Honest, down to earth psychism now available. Useful, accurate advice, candles not burned at your expense. Winter Wren has returned! Central Illinois' own rebel psychic is back. Readings and consultations available by appointment. Call 309/888-4689.

Spring Clean Up

The Town of Normal has designated April 23, 1994 as "Clean Up, Green Up Day"! 1994 marks the fourth year for this event which focuses on beautifying our community. All organizations and individuals interested in volunteering time and energy on April 23 to the community spring clean up of local parks, streets, right-of-ways, and public land should contact Pam Kloosterman, Town of Normal Administrative Assistant, at 454-2444.

IWU's Blue Moon

The Blue Moon Coffeehouse brings to the Illinois Wesleyan University campus entertainment in a coffeehouse setting. Doors open at 7:00 p.m. and performances consisting of two sets begin at 8:00 p.m. Flavored coffees and light pastries are available, along with a varied venue of acoustic music, with some reggae and salsa for spice. Below is a listing of their Spring Semester Schedule:

Jon Svetkey - special album release concert
Friday, April 15

Ice Makers of the Revolution (funky band!-towanda!)
Friday, April 22

Carrie Newcomer - special album release concert
Saturday, April 30

Source: 1994 IWU *Blue Moon Coffeehouse*



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Dear Ms. Hippiie



Dear Em,

Ms. Hippiie is certain that she has at least once before described her dear friend's exemplary delivery of the word, "Well." This comment, intoned in a certain way, means, "I don't agree with you in the least and I want everyone here to know that, but I have no intention of debating this point or any other with you. I am too kind for that type of bullying the weak and hope that you too see the mutual advantage of steering this conversation into smoother waters."

All that in one word. It's worth practicing.

Dear Ms. Hippiie,

I know it's been ages since I last wrote and I'm truly sorry. And no, I'm not just writing for some of your world renowned cosmic advice on all things etiquette. Although I must tell you that I have resolved my issues around my partner not burping the butter tub. Your advice was invaluable.

Since I'm on the topic of interpersonal conundrums, let me ask you something. Here's the situation: when I left B/N in '92, I sent off for a subscription to the *Post* as soon as I was settled. In exchange for my \$20 I received one issue and a cancelled check. I had thought the paper was simply on hiatus, and that as soon as it was being cranked out again I would start to receive other issues.

To my surprise, I have recently found out that friends of mine, former Bloomingtonians themselves, and who live in the same city as I, are receiving the *Post*. Now, I realize that one cannot possibly put a dollar amount on the value of the *Post Amerikan*, but \$20 is a bit steep for one issue.

My question is, how do I tactfully bring this up to the current staffers on the paper? As a former Postie myself, I can guess how a-I-haven't-got-my-damn-paper letter would be received, so I want to avoid that. I considered the Hey-just-thought-I'd-let-you-know approach, but it sounds so smug. So I've simply enclosed a check for \$20. Have I done the right thing?

Gratefully Yours,

Vinnie-the-would-be-subscriber

Dear Sub,

First of all, it's still Republican and winter here. People who get to live in San Francisco shouldn't complain. About anything. Period.

Second, as you know, truly creative people, like yourself and current Posties, often find mundane duties incredibly taxing. Keeping up subscription lists and mailings is such a duty. The Muse calls in sick when it's time to type labels. I assure you, the Posties feel appropriately guilty and, *if ever invited* out to San Francisco, will apologize over a complimentary cup of espresso.

Third, what is this *issues* jazz Ms. Hippiie has been hearing like a plague of half-assed sneezes all over? People have problems, difficulties, gripes, peeves, and quibbles, but we do not *have* issues. We *discuss* them.

Ms. Hippiie apologizes for being out of sorts. Refer to paragraph 1.

Got a question? Write Ms. Hippiie, c/o *Post Amerikan*, P. O. Box 3452, Bloomington, IL 61702

Dear Ms. Hippiie:

As do you, Ms. Hippiie, I too have always held good manners in high esteem. I know that if even in the worst of times I promptly answer my e-mail, return my voice-mail, and track my appointments through my digital assistant, I will be able to handle all my business and personal affairs appropriately and responsibly. I also believe that manners and related codes of behavior are intended, in part, to help keep us all from killing each other outright.

But how does one restrain oneself, Ms. Hippiie, in debate with the smug, the retrograde, and the Republican? Were I to find myself on some panel of talking head commentators, and had to listen, for instance, to Marilyn Quayle remind our audience (as she is wont to do on such occasions) that "Not all of us protested in the sixties," I'm not sure that I could stop myself from retorting, "No one here doubts that you've always been well-behaved, Mrs. Quayle."

Now, I know that it is far more likely that I will win the lottery than I would debate Burning Social Questions with Marilyn Quayle. Nonetheless, as a teacher, critic, and advocacy journalist, I do find myself having to debate such questions rather frequently with her fellow travelers -- in the classroom, at conferences, and, indeed, in both the academic and lefty press.

So how does a good lefty feminist pundit keep the debate on issue, when the opposition claims, in effect, that viable AIDS prevention education consists of telling children to keep their hands out of their pants? Or that discouraging minor-league drug-trafficking, and the criminal activity related to it, requires bigger prisons and longer sentences, rather than increased economic opportunity, as well as educational and drug-treatment programs for incarcerated addicts? Or that Hillary Clinton's aggressive, tough-minded public service proves dubious because she's obviously a lesbian?

When private discussions degenerate to this level, I can simply walk out of the room with all the dignity and grace I can muster. However, when I am in a public situation, I don't believe that walking out -- no matter how asinine the opposition -- is either appropriate or effective. Yet, anyone can be provoked beyond endurance.

Should one ever, when so provoked, offer a ringing repudiation on the order of "Is there no perfidy to which you will not resort? Have you no *shame*, sir and/or madam? Have you no *shame*?" Or will the shame consequently be on me, too?

Ms. Hippiie, on matters of social etiquette and cultural mores, your advice is without peer. Please offer me your well-seasoned counsel.

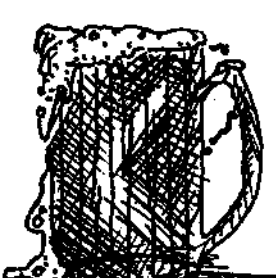
-- Emily Postmodern

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Winter Wren's Star Guide

April/May



ARIES -- March 21 - April 19

Be aware of problems regarding investments, insurance, taxes, and other people's money. Be sure to read all the fine print and take to heart what you read. The Aries temper looks to come into full force around April 21, which puts communication into something of a bind. Be exceedingly careful of your temper in the workplace. Excess stress is indicated at work during late April and early May. Relationships look positive as May progresses.

TAURUS -- April 20 - May 20

Financial increases are indicated as April reaches mid-month. The tension and stress level should begin to decrease about the same time. Try to be a bit more patient with others; not everyone can function on your schedule. Much is happening on the relationship front; look for an old romance to reach new levels of intimacy around May 3rd or 4th. Be somewhat more cautious of your health; you need a change in your diet. A brief change of scenery will do much to clear away the last of the Winter doldrums.

GEMINI -- May 21 - June 20

Things have been rather up in the air regarding future plans for career and living arrangements. Many things seem to keep hanging in the balance without coming to any conclusions. This situation should start to rectify itself during the third week of April. Money matters look very positive during the late Spring and early Summer months. Take advantage of this time to pay off bills from last winter. A phone call from a forgotten friend brings a romantic interlude around May 20.



CANCER -- June 21 - July 22

Watch for pitfalls on the financial front, when you buy on impulse. Love heats up with the passing days and your desire for more social interaction. Work keeps you busy; enjoy what free time you have. Work at keeping your motivation level high so you don't miss your chance for prolonged success. Watch for opportunity to significantly increase your income. The urge for relocation is strong; consider all angles before proceeding.

LEO -- July 23 - August 22

An unexpected invitation from a friend gives opportunity for you to get away for an evening; even that is a big help at coping with the intensity of work at this time. Luck smiles on you around the 19th of April. May 13 brings changes which you are not expecting in your family. Money suffers a slow period that does not set well on already frazzled nerves. But love relationship will ease the tension if you allow yourself to communicate your concerns. Don't bear the load alone.

VIRGO -- August 23 - September 22

Work presents new challenges each day and you will find them mentally invigorating, which in turn will make you more contented with your work situation. Enjoy quiet moments with special people as you can; your schedule is hectic and free time is scarce. A new vehicle is in the picture before the Spring season is past. Call your forgotten, far away friend; just a short chat will cheer you both. Be more flexible in your dealings with family members or conflicts will come up very quickly.



LIBRA -- September 23 - October 22

Look for simple, inexpensive ways to expand your wardrobe and add to your collection of accessories; you are about to need the updated look. Consider a short change of scenery to ease the blues; circumstances around the house really aren't as bad as they seem. A surprise gift arrives just because someone thinks you are special. Be very careful not to miss an important event in your mate's life; the slight would be long remembered.

SCORPIO -- October 23 - November 21

A new person on the romantic scene makes you feel very special; make sure to let her/him know that s/he is much appreciated. Work will continue to go well, but look for work load to increase near the end of May. Make sure people live up to their promises; this is an excellent time to collect on overdue debts. Be wary of things that sound too good to be true; they probably are. Make sure you read the fine print. Look for lost item; it's in a place you are sure you've already looked.

SAGITTARIUS -- November 22 - December 21

You can't have everything your way all the time and having that attitude right now will only intensify the problem. Try for a compromise. Look for news that brings happiness over a long period of time to come from a distant family member. Some things, especially, in the area of romance, are better left at a distance; knowing all can spoil the mystery and ruin the dream. Go slow. Don't try to buy love and friendship; it is best when shared honestly.

CAPRICORN -- December 22 - January 19

Stubbornness will gain you nothing at this time and is likely to create any problems further down the road. Take time to prepare children around you for coping in the real world. Letting go of a dream causes pain, but will bring relief in the long run; it's not what you really were after anyway. Consider your goals; they are much closer to your grasp than you realize. Be more aware of the needs of your physical body; you have been neglecting it as of late. Be easy on the money for now; finances improve soon.

AQUARIUS -- January 20 - February 18


Be wary of those who divide and conquer, including yourself; this tactic can go quickly astray and make enemies of your strongest allies. Romance causes more problems and there are decisions to be made; don't make them in haste. Look for ways to improve your financial status. Accept a gift. Take time to verify travel plans and details; it will save you in the long run. Make appointment for preventative car maintenance. Call family members just to say you care.



PISCES -- February 19 - March 20

A phone call gives you cause to consider the future at length around the 25th of April. Someone special feels left out; make a call, leave a little note, or send some flowers. Money flow starts to increase pleasantly; you can loosen your purse strings and take some time to enjoy yourself. Take someone important to dinner; the goodwill goes a long way toward ensuring your future. Legal matters cause discomfort; try some extra patience.

***Personal astrology questions for Winter Wren may be addressed to her at the Post Amerikan. Send a SASE for personal reply.*



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Animal Magnetism



Premarin: Menopause Drug Nightmare

As the "Baby Boomer" generation matures, and more and more women find themselves undergoing "the change of life," many will be advised by their doctors to take an estrogen replacement drug to alleviate menopausal symptoms [such as hot flashes; night sweats; painful sex and/or sexual intercourse, due to reduction in the production of natural vaginal lubricants; difficulty achieving orgasm, and loss of bone mass, or brittle bones -- osteoporosis]. But the drug most commonly prescribed has at least one ugly side effect: cruelty.

That drug is Premarin®, an estrogen substitute extracted from the urine of pregnant mares. It is routinely prescribed for women who have had hysterectomies or are expecting menopausal symptoms, and also for post-menopausal women to prevent osteoporosis and heart disease. With an estimated eight million women currently taking the drug, and some 43,000,000 women entering menopause, the pregnant mare urine (PMU) industry is booming.

While this spells increased profits for Canada-based Ayerst Organics, Inc., the world's only producer of PMU, it also spells misery and death for hundreds of thousands of horses and foals.

A mockery of motherhood

To produce the drug, mares are impregnated, then catheterized or fitted with a rubber collection cup attached to a hose. Because allowing mares out to pasture would mean losing some of their precious urine, they are forced to stand on concrete floors in stalls measuring just 8 feet long and 3 1/2 to 5 feet wide for most of their eleven month pregnancies.

For more than half the year -- from September to April -- the mares are unable to take more than a step in any direction, the narrowness of their stalls preventing even such simple movements as turning around, or lying down properly. Farmers who have leased their horses to PMU facilities report mares returning crippled or in poor health, and one former farmer documented several deaths on the Manitoba farm where he worked.

After giving birth, the mares are allowed only two months to pasture with their foals, during which time they are reimpregnated, then separated from their babies, and put back on the reproduction line.

Fate of the foals

Like calves taken away from their "dairy cow" mothers to be raised for veal, the mares' foals are merely a "by-product" of PMU production.

Some are killed immediately, others are kept as replacements for worn-out mares or to expand production; the majority are sold out when they are about four months old, and sent to feedlots to be fattened, and then slaughtered.

Neigh-sayers speak out

The cruelty of the PMU industry has caused an outcry from North Americans, including animal-rights activists and women's groups. Problems with the manufacturing process, especially the disposal of its foul-smelling waste products, worry Canadian environmentalists and legislators. Proposed expansion at Ayerst's Manitoba production facility threatens to overwhelm an already taxed sewage treatment system. In addition, according to Marianne Cerilli, member of the Legislative Assembly and

Environment Critic for the Canadian New Democratic Party, the expansion has "serious consequences for the Assiniboine River, a river that many Manitobans use as a drinking water source."

Hormone therapy itself is coming under increasing scrutiny because of possible health risks. Studies have shown that women on hormone replacement drugs have increased risk of gall bladder disease and endometrial and breast cancers and suffer a range of side effects, such as water retention, cramps, and headaches.

Since synthetic estrogen can now be manufactured inexpensively, collecting PMU is an antiquated method of producing estrogen. PMU is the only menopause drug still made with animal-derived estrogen, and other synthetic estrogens, such as Estradiol Transdermal System, Estradiol tablets, Estropiate, and Estrone, are equally effective.

In response to animal protectionists, who were successful in shutting down the PMU industry in Ontario during the 1970's, the industry devised a Recommended Code of Practice, which outlines basic care for horses used for urine production. However this code merely contains recommendations -- no farmer is required to follow them -- and even these basic standards are so weak they fail to provide horses with even minimal protection.

A growing industry

In 1993, an estimated 75,000 mares on 485 farms throughout Canada and North Dakota were confined for urine collection, giving birth to as many as 90,000 foals -- and the number may triple in the next few years if women continue to want non-synthetic treatments. Already, another 1,200 farms have applied to produce PMU, for which they are paid up to \$17 a gallon. Ayerst is preparing for a \$100 million expansion of its facilities in Manitoba with the aid of \$20 million from the Canadian Government.

What you can do

-- Write a simple letter to a health/women's magazine and your local paper explaining how mare's urine is acquired and that there are safe synthetics [estrogen-replacement drugs] available.

-- because of the possible health risks associated with hormone replacement, women who are candidates for this therapy may want to investigate natural alternatives. Osteoporosis and heart disease can be prevented with a low-fat vegan (no animal products) diet, and milder, less potent plant forms of estrogen exist naturally in such foods as tofu, berries, and citrus fruits. Those who opt for hormone replacement therapy can ask their doctors to prescribe one of the synthetic estrogens.

-- Boycott Ayerst's parent company, American Home Products/Whitehall Laboratories, manufacturer of Dristan, Advil, Chef Boyardee, and many other products. Also, write to or call

Robert Essner, President
Wyeth-Ayerst Laboratories
P. O. Box 8299
Philadelphia, PA 19101
215/971-5823

to voice your protest.

-- Write to or call the Manitoban government via

The Honorable Hananne Cerilli
Room 234
Legislative Building
Winnipeg, Manitoba R3C 0V8
Canada
204/945-1567

protesting their funding of Ayerst's expansion and telling them you will not visit their province as long as it continues to fund cruelty to horses.

A natural approach to hormone shifts

Many physicians now treat menopause like a disease and prescribe hormone replacement therapy for menopausal women.

There is a better approach. Hormonal shifts at any life stage, including menopause, are much less intense on a low-fat, high-fiber diet. High-fat diets that increase estrogen production before menopause [take women on] a roller coaster ride. This [hormonal fluctuation] is aggravated by the lack of fiber in most high-fat diets. The body gets rid of excess estrogens by pulling them out of the blood and sending them into the digestive tract, where fiber carries them away with the wastes. Since animal products contain no fiber at all, a meat-eater's digestive tract does not contain enough fiber to carry waste hormones away effectively. They end up reabsorbing their own waste hormones.

Low-fat, high-fiber diets decrease estrogen production, both before and after menopause, and the net effect appears to be a much smoother change. The key, though, is not just to eliminate animal products, but also to keep vegetable oils to an absolute minimum.

Osteoporosis is one of the main reasons doctors prescribe estrogen replacement, but it now appears that the principal contributors to osteoporosis are animal proteins -- which leach calcium from the bones -- [along with other risk factors, such as] a sedentary lifestyle with a lack of weight-bearing exercise, alcohol, and tobacco [use].

A low-fat, vegan diet is ideal: high in fiber, low in fat, and no animal protein. It provides calcium in the form of green vegetables, beans, peas, and lentils, or, if you prefer, fortified orange juice. Add daily exercise, and you've filled your own prescription for a healthful lifestyle.

-- Neal Barnard, M. D.

Synthetics preferable to Premarin

After learning how Premarin is produced, I stopped prescribing the drug for my patients undergoing estrogen therapy (ERT) for menopause-related symptoms. In my experience, plant-derived synthetic ERT drugs are preferable to Premarin, and they do not contain the hidden ingredient of cruelty. The 100% plant-derived synthetic I prescribe works just as well as Premarin. It contains 17-Beta Estradiol, the natural estrogen that human females produce.

Premarin's estrogen, made from pregnant mare's urine, is not the same as that in humans. And, like all animal-derived products, it shares the possible problem of inconsistency, while



Milk, It Does a Body Bad

synthetics, produced in sterile, laboratory conditions, leave nothing to chance. Their ingredients are constant, always in the same concentration, and without the impurities contained in animal waste.

In some markets synthetics can be more expensive, but wholesale prices of the most common synthetic estrogen and Premarin are virtually identical. And as more doctors prescribe synthetics, these drugs can compete on an equal footing.

It is my hope that we can move toward relying solely on ERT drugs that are not made from pregnant mare urine. To do this, we must speak up and demand the alternatives. Many doctors and patients do not know how Premarin is made and, upon learning the facts, are disgusted. It is our job to help them make a truly informed choice, and to send the producers of Premarin the message that deriving estrogen from horse urine is inhumane and unnecessary for human health. Please, choose not to take Premarin.

-- Stephen Rosenman, M. D., F. A. C. O. G.

Source: PETA (People for The Ethical Treatment of Animals)



Consumer report from Common Ground Grocery

Our suppliers adopt no-BGH policy

In November, after the FDA approved the use of B[ovine] G[rowth] H[ormone] in the production of dairy products -- and consented for the products to be sold without labelling, starting in February, 1994, many concerns were raised. Consumers not only questioned whether the BGH residues in milk would have some [adverse] effect on consumers' health, but also worried about the impact the growth hormone would have on the health of dairy herds and the financial stability of small dairy farmers.

Two of our major suppliers have adopted policies stating they will not knowingly carry products that have been produced with the use of BGH.

Common Ground's position is that dairy products produced with BGH should not be offered for sale to the public unless they are labeled as such, so that consumers may choose whether or not to purchase such products.

This is a complicated issue, due largely to the fact that the dairy industry does not have a way of separating or tracking BGH and non-BGH milk. In addition, there is no test available to check for its use since it does not always show up in the milk itself.

Of the dairy products we now carry, the following are stated to be BGH-free: North Farm cheeses, Alta Dena yogurt and ice cream, and Nancy's yogurt.

We will strive to keep you informed on this issue.

IF YOU ARE AGAINST GENETICALLY ENGINEERED HORMONES, ANTIBIOTICS, & PUS IN YOUR MILK & DAIRY PRODUCTS, ACT NOW!

Genetically engineered hormones could be in your milk and dairy products

All milk and dairy consumers beware

Starting February 3, 1994, milk, cheese, butter, ice cream, yogurt, beef, and infant formula sold and consumed throughout the United States will be laced with genetically engineered recombinant BGH (rBGH) -- also known as "Bovine Somatotropin" or BST. Recently, the U. S. Food and Drug Administration (FDA) approved the use of rBGH in dairy cows without long-term testing of the hormone's health effects on consumers.

The (FDA) has also refused to require labeling of milk and other dairy products derived from the use of the genetically engineered hormone, even though more than 90% of consumers favor labeling of rBGH products so they can avoid buying them.

Increased Animal Cruelty

rBGH will cause suffering to millions of animals:

rBGH is like "crack" for cows. It "revs" their system and forces them to produce a lot more milk -- but it also makes them sick.

Even the FDA admits that cows injected with rBGH could suffer from increased udder infections (mastitis), severe reproductive problems, foot and leg ailments, and persistent sores and lacerations.

Thousands of Family Dairy Farmers will lose their farms

rBGH will bankrupt family farmers:

The overproduction of milk caused by rBGH could force up to 30% of U. S. dairy farmers out of business within 36 months after rBGH is introduced into the market. For each family farmer driven out of business, 25 other dairy-related jobs could also be lost.

You and your family are at risk

rBGH milk can make you sick

The FDA admits that the use of rBGH in cows may lead to increased amounts of pus and bacteria in milk.

Equally disturbing, the powerful anti-biotics and other drugs used to fight increased disease in rBGH-injected cows may lead to greater antibiotic and chemical contamination of milk and dangerous resistance to antibiotics in the human population.

The FDA has released studies showing that milk from rBGH-treated cows could have more saturated fat and less protein than regular milk.

Both the U. S. G(eneral) A(ccounting) O(ffice) and the Consumers' Union, publisher of Consumer reports magazine, have warned of the potential hazards to human health caused by consuming products derived from rBGH treated cows.

More soil and water pollution

rBGH will harm the environment

The use of rBGH leads to unsustainable farming practices. Studies indicate that widespread use of the hormone will result in increased soil contamination and groundwater pollution.

rBGH will cost the taxpayer hundreds of millions of dollars

rBGH use will increase the federal deficit:

According to the federal Office of Management and Budget (OMB) rBGH use will cost the taxpayer between \$300 million and \$500 million over the next six years in increased price supports for milk. This will include at least \$65 million for the fiscal year 1994, and another \$116 million in 1995.

What you can do today

to protect yourself, your family and friends from hidden hormones in milk, dairy, and beef products

-- Ask supermarket managers and grocers to provide you with a written statement on whether or not their milk and dairy products are free of genetically engineered rBGH.

-- Patronize only supermarkets, natural food stores, convenience stores, and restaurants that offer products that are rBGH free.

-- Buy your milk, cheese, butter, ice cream, yogurt, infant formulas and beef products from companies that have gone on record as rBGH-free.

-- Join the Pure Food Campaign's BGH Boycott. Help organize opposition to rBGH tainted foods that are being sold in supermarkets, restaurants, and school cafeterias.

-- Make a donation to your local Pure Food Campaign. Your funds will be used to alert other consumers to the dangers of genetically engineered hormones in their milk and dairy products.

Call the 13 companies listed below and tell them you will not purchase their milk, dairy, or beef products until they can provide you with a written assurance that their products are and will remain free of rBGH.

A & P
1-201-573-9700

Baskin-Robbins
1-800-331-0031

Borden's
1-614-225-4511

Dannon
1-800-321-2174

Haagen-Daz
1-800-767-0120

Kraft/Phillip Morris
1-800-323-0768

To get involved in the rBGH boycott in your local area, write or call:

The Pure Food Campaign
1130 17th Street, N. W.
Suite 300
Washington, D. C. 20036
1-800-253-0681 or 202/775-1132

Source: The Pure Food Campaign



101 Reasons/Vegetarian Finale

Are you still eating meat?! Gosh, I hope not. Well, we'll give you one last chance, and print the fifth and final part of our continuing segment on "101 Reasons Why I'm a Vegetarian." Personally, one reason is enough. Like it says on my favorite t-shirt, "Meat Stinks". I think that pretty much sums it up.

80. In a March 1984 cover story. *Time* magazine reported the latest findings regarding cholesterol and heart disease. They noted that "in regions where...meat is scarce, cardiovascular disease is unknown."
81. There are no laws to regulate transport of animals for food consumption, specifically via truck. So this is the meat industry's preferred method of transport. That many of the animals are dead after their brutal trip is calculated as a cost of doing business.
82. Spinach grown on an acre of land can yield 26 times more protein than beef produced on the same acre.
83. The American farmer, as our storybook image of him suggests, simply no longer exists. Today, the person who actually gets close to farm animals is just a hired hand of agribusiness. In the broiler or layer shed of tens of thousands of birds, for instance, the main job to attend to is culling dead birds from cages. Through careful calculation, conditions are maintained intense enough to keep costs down, but not so intense that mortality rates cut into profits.
84. Today's pigs may be fed on their own excrement. Feedlot cattle are fed sawdust, newspapers, poultry litter, and industrial sewage. According to the USDA, cement dust may become a feed additive in the future because it produces a 30% faster weight gain than regular feed.
85. No law in the U.S. requires seafood inspection. The Food and Drug Administration is, for the most part, the only regulator over the fishing industry at all. Only 1,604 fish were checked by the FDA in 1989.
86. Human beings have no sharp pointed front teeth to tear flesh as do carnivores; humans have flat back teeth to grind (plant) food unlike carnivores.
87. The positive health benefits a person may think they get from eating fish, can better be achieved through a vegetarian diet. And then, fish lacks carbohydrates, fiber, and vitamin C. Fish is high in animal protein, which is hard on the kidneys, and high in fat, which increases the risk of cancer and gall bladder disease.
88. The USDA does not inspect for trichinosis in pork, and it is widely known that pork must be thoroughly cooked before eating. Still, about 4% of Americans have trichinella worms in their muscles which periodically cause flu-like symptoms.
89. Hens are starved for 30 hours before their slaughter. Any food given during this time would not be converted into flesh.
90. According to William Castelli, M.D., Director of The Framingham Heart Study, vegetarians outlive other people by about six years.
91. That vegetarians more than any other group need to worry about deficiencies of vitamin B-12 is not fully determined. Deficiencies are serious. However, the amount of the vitamin one needs to avoid deficiency is very small, and the body's supplies can last for many years. That a person is not able to absorb vitamin B-12 (for reasons not yet clear) is more to the root of the problem than getting enough vitamin B-12 from our food sources. Wakame and kombu (2 types of seaweed) have been found to contain amounts of vitamin B-12 in excess to that in beef liver.
92. According to the United Nations, "slight, moderate or severe desertification: affects 29% of the earth's landmass. The destruction is largely due to the demands of livestock raising around the world. With two-thirds of the earth's population subsisting primarily on a vegetarian diet, it is the meat-eating rich countries, such as the U.S., that are driving this trend with their imports on beef. To supply demand, Third World exporters drive indigenous populations, who had tilled the soil sustainably for generations, off their land. The uprooted rural refugees are currently flooding overburdened urban centers all around the world.
93. The U.S. is the only completely industrialized country to still allow the implantation of hormones into beef cattle today. Because of the routine feeding of antibiotics to livestock, European countries have banned nearly all imports of American beef.
94. Aside from the prospect of certain species of fish becoming extinct from overfishing, demand for ocean fish contributes to the over 200 thousand needless deaths of marine mammals and birds caught in fishing nets per year.
95. What doctors learn in school centers largely on how to treat disease with drugs and surgery. Today's physician probably had little more than a 3-hour seminar on nutrition during his or her entire time in medical school. And then, the extraordinary health benefits of a vegetarian diet probably were hardly mentioned.
96. Chickens hung on conveyor belts destined for their demise move past inspectors so fast that disease detection is virtually impossible in today's slaughterhouse. Ninety-one birds a minute whiz past USDA inspectors who are voicing concern over recently speeded up production lines, which they say are allowing unsafe poultry to get the USDA's stamp of approval.
97. To produce foie gras, a duck or goose is forced huge quantities of grain three times a day with a feeder tube. This painful process goes on for 28 days before slaughter, causing stomachs sometimes to burst. Livers, diseased and swelled to several times normal size by this process, are a delicacy which sells for about \$12 an ounce. About 8,000 tons are produced worldwide per year.
98. Though milk gives temporary relief to ulcer sufferers because of the calcium content, acid production in the stomach eventually results and the stomach lining is eroded even more.
99. The direct and hidden costs of soil erosion and runoff in the U.S., mostly attributable to cattle and feed crop production, is estimated at \$44 billion a year. Each pound of feedlot beef can be equate with 35 pounds of eroded topsoil.
100. In 1983, the cost to the U.S. from heart attacks, in the way of medical bills, lost wages and productivity amounted to \$60 billion, according to the National Heart, Lung and Blood Institute.
101. The treatment of human disease with antibiotics is showing signs of being hampered by the flagrant overuse of antibiotics injected into the animals people eat. People are becoming immune to medicinal drugs just by eating hamburgers and chicken. It is predicted that we are about to embark upon a pre-antibiotic era.

©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 VitaVegie Society, Prince St. Sta., P.O. Box 294, New York, New York 10012

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Notes from the land of anti-fat



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Word-not-so perfect

Playing with the "Thesaurus of Professional Write 2.0" computer writing program, we decided to check out the program's synonyms for "fat." First screen in was pretty inoffensive ("adipose," "chubby," "corpulent," "fleshy," etc.), yet when we hit the seventh screen, things got less pleasant. According to the folks at Software Publishing Corp., fat is also a synonym for "coarse," "dull," "sluggish," and "stupid." Anyone who thinks those adjectives might be more suitably applied to software writers at Professional Write might want to let 'em know. Write to them at the following Address:

Software Publishing Corporation
P. O. Box 7210
1901 Landings Drive
Mountain View, CA 94039-7210

Women en large

Women En Large: Images of Fat Nudes is a soon to be released book of photo pics pf fat women in a variety of settings. The text, by Debbie Notkin, and photos, by Laurie Toby

Edison, profess to bring a radical perspective to issues of fat oppression and liberation. A one-page preview featured in the latest *Utne Reader* suggests the promise *Women En Large* may hold. If you are interested in this book write to

Shifting Focus
Box 77005
San Francisco, CA 94107

She didn't want to see "Jurassic Park," anyway

Tennessee movie fan Deborah Birdwell is suing a Cookeville theater that refused to let her bring her own chair into the theater. The 360-pound Birdwell says that the movie seats were too small for her (a familiar plaint of many super-sized adults), but she was not allowed to sit in her own folding chair. As a result, the humiliated moviegoer is suing the theater for \$1.5 million, citing the Americans With Disabilities Act as legal back-up. If successful, the suit could force public businesses to rethink their seating arrangements (much as they've had to do with wheelchair accessibility), a change that would be a boon to super-sized folks -- and fans of comfortable seating -- everywhere.

International "No Diet Day"

Mark your calendars for May 5th, International "No Diet Day!" What started in 1992 as a picnic in London's Hyde Park by the Dietbreakers organization has transformed into a worldwide moratorium on dieting. In America, the May 5th Coalition (a group of size acceptance advocates from a variety of organizations) has started promoting the event. Some of the stated goals for "No Diet Day" are as follows:

-- to increase public awareness of the dangers and futilities of dieting;

-- to increase public awareness that there is a difference between eating healthy and eating to lose weight;

-- to increase public awareness of the damage society inflicts on people's emotional, physical, and financial health -- particularly for women -- through its emphasis on thinness.

To celebrate "No Diet Day," the coalition is urging folks to listen to their bodies and feed them if they want to be fed, to renounce the tyranny of thinness, and proclaim your freedom from the demands of the diet and fashion industries. To demonstrate their support, people will be wearing light blue lapel ribbons on May 5th.

For info on how local folks can celebrate this ultra cool holiday, contact the Central Illinois Chapter of NAAFA at 309/454-2128.

Candy's heart

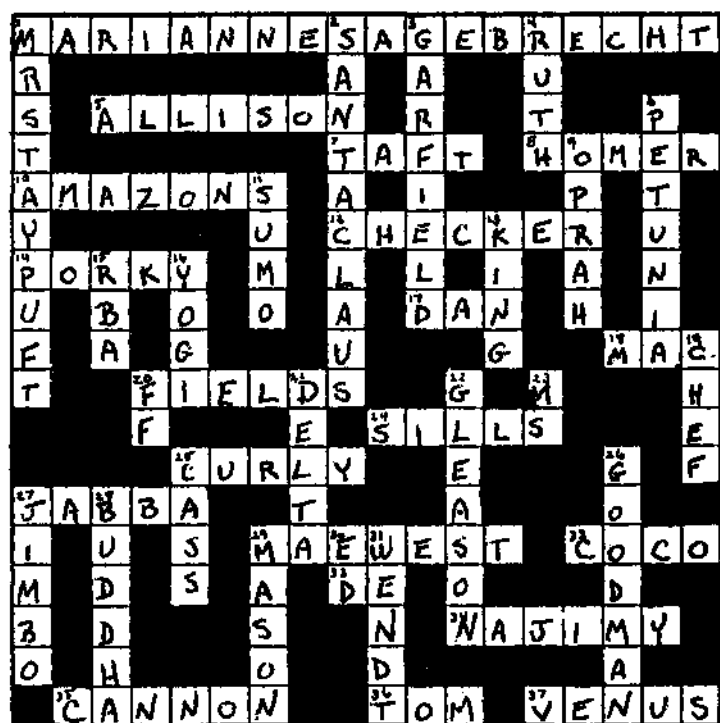
We were saddened to hear of the death of comedian John Candy. Though the fat Canadian did his share of fat-joke roles in the past, more recently he appeared to be working at asserting his dignity. For example, he recently turned down an M-C appearance at the Canadian Genie Awards after the advertised it through a fat joke. What's intriguing about the way Candy's death by heart attack was covered in the media, however, is the way those physicians reporting on his death *downplayed* the role his size may have played in his fatal heart attack. Instead, they targeted his heavy smoking and lack of exercise as precipitating factors.

In the past, when a fat adult of note died, "obesity" was always put on the coroner's report as the triggering factor -- for instance, in one case we know of, some poor shmoe had "obesity" tagged on the coroner's report, even though the guy died in a head-on vehicular collision! Nice to see some folks in the medical community are less willing to jump to conclusions based on stereotype rather than facts . . .

-- BS94

FAMOUS LARGER-THAN-LIFE FIGURES

SOLUTION



Back 193

ACROSS

- German Sugarbaby
- Yaz songbird, ? Moyet
- 300 lb.+ President
- Bart's donut-dunkin' dad
- Mythical woman warriors
- "Chubby" rock&roll legend
- "Th-th-that's all, folks!"
- Ponderosa's Hoss, ? Blocker
- Fleetwood ? singer, Stevie Nicks
- W.C. or Totie ?
- Opera diva Beverly ?
- "Nyuk, nyuk, nyuk!"
- Star Wars villain, ? the Hut
- "Come up & see me sometime"
- Character actor (think hot chocolate)
- Dom ? Luise
- Sister Act-ress Kathy ?
- William Conrad detective
- Wears a tattoo of 15 Down
- ? of Willendorf

DOWN

- "Marshmallow Man"
- Round, jolly old elf
- Lasagne-lovin' fat cat
- Sultan of swing, Babe ?
- Girlfriend to 14 Across
- Yo-yo dieting TV hostess
- Japanese athlete
- The "?", Elvis Presley
- Roseanne Barr Arnold (init)
- Boo-Boo Bear's best buddy
- Spaghetti king, ? Boyardi
- "Yabba dabba doo!" (init)
- Played Suzanne Sugarbaker
- The Great One
- ? Piggy, feminist
- 60's pop "Mama"
- Arachnophobia exterminator
- "Rose Is Rose" cartoon FA
- Rub his tummy for luck
- TV's best-loved lawyer
- Was Lou Grant
- Cheers star - "Norm!"



Episiotomy: American Female Genital Mutilation

[An] Episiotomy is a cut made with scissors at the lower end of the vagina -- a slice made through the skin and underlying muscle to enlarge the birth opening. It is the Western form of [female] genital mutilation.

-- Sheila Kitzinger, *Mothering Magazine*

Take a survey among your women friends who have given birth in a Bloomington-Normal hospital, and ask if they have had an episiotomy. You will probably find that all of them (except for those who received a cesarean section) will answer "Yes." If you ask them *why* they needed one, they will probably tell you that that the doctor said it was necessary -- for a variety of medical reasons.

Doctor doesn't always know best

According to a study done by Enkin, Keirse, and Chalmers, physicians gave the following reasons for their frequent use of episiotomies: First, an episiotomy substitutes a straight incision for a tear. Physicians claim the incision is easier to repair, better for healing, and prevents damage to the anus and rectum from deep tears (called third- and fourth- degree lacerations). Second, they claim an episiotomy prevents "serious damage to the muscles of the pelvic floor." However, after reviewing international medical literature, respective to use of episiotomies, the authors found *no research* to justify *any* such claims. In fact, the liberal use of episiotomy is associated with higher overall rates of perineal trauma (the perineum is the area located between the vagina and the anus).

Thorp and Bowles, after surveying 25 studies of over 89,000 women, concluded that women with episiotomies have five times as many serious tears as women who didn't receive episiotomies. They concluded that routine episiotomies are not justified by the evidence, and "may well increase the incidence of third- and fourth- degree lacerations." (Korte and Scaer, *A Good Birth -- A Safe Birth*, Harvard Common Press, 1992).

With 2 out of 3 first time mothers receiving episiotomies in the Netherlands, and 9 out of 10 first time mothers receiving them in the United States, we can draw one of two possible conclusions:

- 1) Women in the Netherlands have different types of perineums than do American women, or
- 2) Routine episiotomies seem to be some type of fad in the American medical community.

Hmmm . . . which of the two possibilities is more plausible? Personally, I go for the "I need to have to do at the birth" medical fad theory. Doctors need to do something to feel needed and to employ all their surgical training. But then again, I know that there is probably not a single doctor in this town who has ever seen a natural childbirth from start to finish: sitting with a woman throughout her entire labor and delivery, with no medical intervention whatsoever. Not having witnessed completely natural childbirth gives doctors a twisted perspective on birth and the need for surgical interventions in otherwise normal labor and delivery.

While we're at it, how about a face lift or breast augmentation, too?

One woman in town was recently told by her doctor (whom she fired after the appointment that I am about narrate) that she didn't have to have an episiotomy . . . but she'd be back soon asking for surgery to tighten her up so her husband could feel something during sex. This is a lie. It will not make a woman "too loose" if she foregoes an episiotomy. (Many doctors take an extra stitch or two when they sew up a woman's episiotomic incision after her delivery -- doctors commonly refer to these extra stitches as the "husband's stitch.") There are, for example, floor exercises that a woman can do, called "Kegels," which help prepare her pelvic floor for birth, and will also help to tighten everything back up after delivery.

To find this muscle, men and women, when you are peeing, cut off your urine in midstream. This motion is called a "Kegel," and it is what you should do to prepare for birth, and to one your vaginal muscles after delivery. One friend of mine, who has given birth 7 times (all natural births, and 5 of them at home) says that this notion of using episiotomy to preserve the pelvic floor for the man's pleasure is ridiculous. She also says that her husband has "no complaints," even though they have 7 kids.

Birth without an episiotomy will not cause trauma to a baby's head or cause brain damage, as another friend was told by a different area doctor (boy, some of the M. D. s around here are real winners . . .). The baby's head is designed in such a way so as to mold as it passes through the birth canal. This design accounts for the two soft spots on the baby's head -- one on the crown and another at the back of the skull.

These soft spots allow for the head to move around more freely as the baby pushes through the birth canal. And this is why my daughter, Hannah, looked just like a baby conehead after birth! She's definitely intelligent (too much so at times, if you ask me) and has not been damaged by my refusing an episiotomy prior to her birth. There is no evidence to support medical claims that women who do not have episiotomies will risk brain damage in their babies.

Could we hurry it up here? I'm scheduled to tee-off at 2:00 p. m.

Yes, an incision is easier to repair, but we're talking about the *doctor's convenience*, and not the birthing mother's. An episiotomy doesn't even aid the mother's healing, in most cases. For example, if you didn't tear at all, or had a second or third degree episiotomy that the doctor stitched up, which do you think would be more comfortable? Obviously, avoiding any unnecessary trauma to the tissue would be preferable.

Another friend of mine went into labor when her doctor was out of town. She ended up with the physician on call at a hospital in Chicago. She received a fourth-degree episiotomy from this doctor (which means she was cut through her sphincter muscle and into her anus) for no justifiable reason. Two years after her episiotomy, intercourse is still painful. She will probably need surgery again if she wants to have pain-free intercourse.

A helpful hint you're not likely to find in *The Pantagraph's* "Good Neighbors" column

To understand how an episiotomy can lead to serious laceration, try this experiment at home: Take a piece of fabric and try tearing it with a gentle tug -- this piece of fabric would be much like a woman's perineum before episiotomy. Now make a small cut in the fabric, and tug again. Notice how easily it tears? This second tear mimics what frequently happens once a woman has an episiotomy . . . the tissue, weakened already from an earlier surgical incision, tears further. Consequently, the tissue will tear more at the site of the cut. If she doesn't have an episiotomy, however, then her body will tear only as much as is necessary -- and it may very well not tear at all.

Yvonne Cryns, President of the Illinois Alliance of Midwives and a homebirth midwife, recently wrote to me that out of the 130 births she has attended, she has only seen episiotomies done, and those two she thinks were unnecessary. She says that in her practice, she has seen nothing deeper than a second-degree tear, because the tissue knows best how the tissue will stretch.

Usually, in suturing, the practitioner is looking at the tissue and trying to decide what it should look like and how the incised tissues should go together, which leads to painful healing along the stitched incisions. Many midwives have found in their practices that suturing is completely unnecessary in first and second degree lacerations, and if the woman will make a point of practicing sitting with her legs close together for the next few weeks after delivery, she will give her tissue a chance to heal properly, and on its own.

But let's not throw the baby out with the bathwater (so to speak)

I must say that there are instances when episiotomies do prove medically necessary. For example, if there is severe foetal distress, and the baby must get out immediately, an episiotomy can save the baby's life. However, when healthy women give drug free births where they are allowed to move at will, birth in any position they want, and are allowed to eat light foods and drink juices throughout their labor, their need for an episiotomy proves extremely unlikely. However, there are exceptions to every rule.

Your job is to become an educated consumer. You probably wouldn't walk into a car lot and buy the first car that looked nice. Instead, you would probably research many cars prior to making an investment in one. It is even more important to do the same with finding the person to help you have your baby. Remember: cars will come and go, but you get only one chance at a safe birth for yourself and your child.

Things to do to avoid an episiotomy or other interventions (short of having a home birth):

- 1) Buy *A Good Birth, A Safe Birth*, by Diane Korte and Roberta Scaer, as soon as you find out you're pregnant. Read their book before you choose the person you want to help you deliver your baby. Even though you may have gone to the same ob/gyn for years that doesn't that s/he will give you the birth experience you want! *A Good Birth, A Safe Birth* will help you decide what you want, and help you interview doctors and midwives. If you are on Public Aid and have a medical card, you're not going to have a choice as to which practitioner you can go. However, if you're strong and have support, you can still refuse whatever you want. Remember: the doctor is there to serve you. You aren't there to please him/her.



2) Write a birth plan of what you want, including *no episiotomy*. Have the doctor sign this document, give him/her a copy, keep a copy for yourself, and have another copy put on file for you at the hospital. This document is your "guarantee" that you'll have the birth experience you want.

3) Do prenatal perineal massage exercises if you're a first-time mom. You can find out how to do these exercises from *Special Delivery*, by Rahima Baldwin, or request instructions on how to do prenatal perineal massage exercises from one of the independent natural childbirth educators in the this community (those not affiliated with local hospitals). These exercises will help soften and stretch the perineal tissue before you go into labor, and make it easier for them to stretch during the birth.

4) Have someone other than your partner go with you to your birth to act as your advocate; this person should understand your wishes and support you in your demand for the kind of childbirth you want. One friend who didn't want an episiotomy (even though her practitioner agreed) ended up having one anyway, because her doctor kept saying "It will get the baby out faster if you let me [do an episiotomy]!" Such claims are not necessarily true. Had she had a birth advocate there to support her, her advocate would have encouraged her to forego the episiotomy and have the childbirth experience she wanted to have.

5) Move around throughout labor! Give birth in a position other than lying on you back or semi-reclined. Upright positions are best -- a

supported stand, full-squat, semi-squat, kneeling, or anything else you can come up with. Lying on your side with your top leg supported is another good position. *Just remember to keep off your back!*

You will most likely only go through this experience a few times -- or perhaps just once -- in your life. Make it count, do it right, and be safe!!! By not blindly trusting the medical community, and instead becoming an educated medical consumer, the lives you protect will be yours and your baby's!

-- Marcee Murray, CCE

For more information on natural childbirth, homebirth, and other prenatal and childbirth options in the Bloomington-Normal area, contact

Marcee Murray 309/827-5843
Jill Rubio 309/454-3285
Holly Foy 827-6672

A Matter of Identity

Last Xmas we bought Bill's mom, a strong feminist womyn of artistly talent, a lovely calendar book which celebrates wymyn painters and sculptors, poets and writers. Of course, I had to browse through it to make sure of its merit as a gift. What I found was empowering and powerful.

I could have easily kept the book for myself for these reasons alone. But one certain poem spoke to me, so I asked Mom to send me a copy. I'd like to share it with you.

The poet is C. B. Follett -- as an initialized person, one cannot infer gender. But the content of the poem leads me to believe that this is a womyn of clarity and insight. The words she wrote are as follows:

"Nameless"

Do men realize how lucky they
are
to be always there?
(Unless they're named
too common for distinction.)

Women disappear.
Somewhere in their twenties,
They marry and are gone.

Your friend, Dave Fisher,
look him up in the phone
book.

Only one, maybe two.
Give 'em a there he
is

If he's left his home town,
he'll likely turn up
one someone's lips.

"Ran into old Davey Fisher
the other day. He's gone
gray,
and lost a tooth, right in the front."

But Susan or Barbara are
lost.
Sucked up in the matrimonial vacuum.
Renamed. The trail dragged,
and blurred. The hounds in
disarray.

Some women show impatience
with women names, dislike
the personhood of Ms., yet,
one husband, two, or three,
the scent grows icy thin.

"Whatever happened to Janie
Keen?"

She lives in Philadelphia,
but I can't remember
husband's name."
She is gone.

Back then,
when Boadicea ruled the
sword
did men feel reeled in,
appended?
Does someone always have to
bow down, pace behind, roll
over?

Ten years ago, Bill and I decided to join our lives
legally and spiritually. In preparing for the
wedding, I butted heads with my own
traditionalist mother over several "standard"
matrimonial precepts: I refused to let any man
"give me away." And I refused to give away my
own name.

To this day, Mom still believes me disloyal for
not "taking" Bill's name. (Of course, she also
wonders if I am not a changeling, since I am a
feminist, a humanist, and a lot of other radical
"ists" that she'd rather not contemplate.)

I have now attended several class reunions, and
there are old friends who have disappeared
within the "matrimonial vacuum." Yes, a few
were progressive enough to hyphenate their
names, and they are not lost to us. But, as we
age, those ties which held us to our small
hometown die away, just as the parents who
remain die.

I miss you, Colleen Scanavino, and you,
Georgene Budach. We were friends -- from
kindergarten to the day of graduation. Where
did you go, Christine Taylor-Dersch? We were
roomies in college, and beyond. You married,
were my maid of honor, divorced, then
vanished. Did you remarry and add another
name? Are you happy? Are you alive?

I am alive. I, Rebecca Ann Fox, beloved of
William Sherman (who feels not the least
betrayed), will remain alive for any friend who
might just wonder "Whatever happened to . . . ?"

-- RAF

**"Feminism is the
radical notion
that women are
people."**

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News From Voice

BISHOP MYERS ASSAULTS WOMEN

Catholic Bishop John Myers recently issued an edict prohibiting Catholic hospitals in the Peoria Diocese from prescribing ethynil estradiol (the morning after pill) to sexual assault victims. The Bishops assault on women is the most recent attack on women's rights by the Catholic Church. The Bishop "ruled that this drug" has "qualities" that cause abortion. Hey is this guy a genius or what? Where has he been hiding? Maybe under a funny hat and a big robe?

The Bishop further stated that "It was a tough decision, but the life of the unborn is the most important consideration." We at *Voice for Choice* vehemently disagree with the Bishop. In our opinion, this edict amounts to nothing less than another sexual assault against the survivor of a rape. The Catholic Church's attempt to exert unwanted, unauthorized control over a woman's body is completely unacceptable. Please let the *Pantagraph* and Bishop Myers hear from you.

ANTI-CHOICER CONVICTED OF MURDER

Michael F. Griffin, 32, was convicted of first-degree murder and sentenced to life in prison for shooting Dr. David Gunn on March 10, 1993. The jury deliberated for less than three hours before convicting Griffin. Griffin will be eligible for parole in 25 years.

Gunn was the first doctor (not the last) slain as a result of violence against U.S. abortion clinics and their staff. Arson, bombings, chemical attacks and break-ins have been reported at clinics nationwide and at increasing rates.

During closing arguments Assistant States Attorney James Maori called Griffin an "assassin." "This is not a case about abortion," Maori told the jury. "Michael Griffin walked up and assassinated Dr. David Gunn."

Maori read from a letter Griffin sent to other pro-life activists from jail that said if one baby is saved, it would be worth losing his life. "This is an assassin talking. This is an assassin bragging about what he did." Maori said.

Defense lawyer Robert Kerrigan complained to the jury that Maori used "careless language" by calling Griffin an assassin.

Kerrigan said Griffin was neither the mastermind of a plot to kill Gunn nor the triggerman. He conceded it was difficult to question testimony by police officers who said Griffin confessed immediately after the shooting, but suggested his client may have admitted to the crime to protect others.

Griffin did not testify during the two-week trial. His lawyers wanted to use an insanity defense, but Judge Parnham refused to allow it because Griffin had refused to be examined by a prosecution psychologist and the defense had planned to call no mental health experts of its own. The judge said expert testimony is required for an insanity defense.

Defense lawyers had contended that anti-choice videos, literature and rhetoric had driven Griffin temporarily insane.

LEGISLATIVE NEWS

Congress is expected to act on several bills and issues central to the pro-choice cause. The Freedom of Access to Clinic Entrances Act has already passed both houses of Congress, and the Senate and House versions of the bill must be reconciled in conference -- a process that is not expected to take very long. We may see this bill come to the floor of both houses for final passage sometime in March.

Constituent pressure may be needed to move the Title X legislation to the Senate floor and see that it is passed without damaging amendments.

Last year's improvements to the Hyde Amendment -- which now requires all states to provide Medicaid funding for abortions in cases of rape or incest - could also prove vulnerable in this legislative session. Several states are still refusing to comply with the new funding mandate, and they (and anti-choice pressure groups) may try to push Congress into letting states decide whether to pay for abortion in these cases.

In Illinois, clinic access legislation has been introduced. The bill would make it a crime to block access to health practices. The bill specifically exempts labor disputes from the bill. If you would like a copy of the bill send a SASE to

Voice for Choice,
P.O. Box 905,
Bloomington, IL 61702.

Two parental notification bills have been introduced by anti-choice factions in the house and senate. Senate leader Pate Phillips (you know, the guy whose aid referred to Dawn Clark Netsch as a broad) has introduced a "shell bill" the bill currently has only one sentence in it. What this means is that the anti-choicers are free to fill it in later in the session.

HB3638 is another parental notification bill that will make it very difficult for teens to obtain an abortion. Please contact your legislators and let them know that, as nice as it would be if every

child could tell their parents about a pregnancy, it ain't so. Family communication and stability cannot be legislated, to do so places teens lives at risk.

RICO LAWS MAY BE APPLIED TO PROTESTORS

In a victory for pro-choice activists, the U.S. Supreme Court ruled that racketeering laws may be used to sue protesters who block women's access to abortion clinics. The ruling threatens Operation Rescue and other anti-choice groups with financial ruin.

MY BODY, MY CHOICE.



The decision, while focused only on interpreting a federal law, is a big victory for the National Organization for Women, which took the case to the high court, and for the Clinton administration.

Wendy Wright, a spokesperson for Operation Rescue, called the decision "a complete travesty of justice." The Supreme Court Justices obviously do not understand how far-reaching this case is.

"This opens the floodgates for RICO to be used against anybody who uses free speech in a way that offends somebody else, or freedom of religious or freedom of assemble. Honsetly, where do these people come up with this stuff? Since when is chaining yourself to the front door of a business considered a freedom of religion issue? Isn't it normally considered trespassing? It certainly is when animal rights groups, feminists, environmentalists and civil rights activists have done it.

The ruling falls short of resolving all legal issues surrounding anti-choice activities. Shortly before this ruling the high court agreed to clarify -- sometime by July -- how far courts and local governments may go in restricting protesters outside of clinics.

HEALTH NEWS

As the issue of health care reform is being debated in the nation's capitol we encourage our supporters to learn as much as possible about all of the bills being proposed. We believe that few plans are truly concerned with the health care of women. Take for example the Cooper-Grandy bill. This bill is being touted as the preferred plan to the President's. Unfortunately for women this bill is being pushed, it has bi-partisan support and it doesn't cover pap smears, mammograms, and a host of other health care services related to women. We must be very careful in evaluating what is offered and whether or not it adequately covers anyone other than white males.

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



For Choice

The abortion pill RU-486 will be available in Britain to Americans and other nonresidents. Under guidelines set by Britain's Health Department, they must pay \$500, prove they are less than nine weeks pregnant, obtain approval of two doctors at Marie Stopes International -- the London clinic providing the pill -- and stay long enough in Britain for a follow-up exam a week after the embryo is aborted. The woman's regular doctor must be informed also.

Frances Perrow, spokeswoman for Marie Stopes, said yesterday that the department agreed not to prosecute doctors or the nonresident patients if these conditions are met. The procedure takes "the best part of two weeks," she said. The cost and conditions are similar for residents.

Dominique Baldy of the Health Department said Britain still bans dispensing the drug to nonresidents, but is prepared to apply a broad definition of residency when it comes to RU-486. "The basic idea is that they should be here long enough to be sure they are healthy after receiving treatment," Baldy said.

RU-486 is not licensed for use in the U.S. to induce abortions, but President Clinton has called for more research into the drug.

In November, the FDA approved clinical tests of RU-486 in California to treat women with advanced breast cancer. Those trials are being conducted at the Breast Center and Cancer Institute at Long Beach Memorial Medical Center.

The German pharmaceutical company which holds the drug's patent, has been reluctant to release it to American companies, partly fearing a boycott of its products by anti-choice groups. "We hope making the drug available to American women here will in turn put pressure on the U.S. to allow the drug to be used there.

The drug was made available in Britain in 1991, but has not been widely used probably because women prefer the speed of a surgical abortion, Perrow said. Only about 6% of the 22,000 women who have abortions each year through Marie Stopes clinics choose RU-486, she said.

RU-486 works by blocking the action of progesterone, a natural steroid hormone essential for maintaining pregnancy.

Researchers have found a handful of children nationwide who developed serious digestive problems after being breast-fed by mothers with silicone implants. The implants appear to be to blame, but studies of large numbers of children are needed to know how rare the cases are, researchers said in the *Journal of The American Medical Association*.

For now, women with implants should continue breast-feeding, said a journal editorial by a children's digestive specialist not involved with the work.

Doctors who don't ask patients about their sex life are missing an opportunity to educate them on AIDS and other sexually transmitted diseases, says the Centers of Disease Control. "Doctors need to be able to discuss these issues and counsel their patients," said Sandy Kerr, a CDC researcher.

The center, which is headed by Dr. David Satcher, the first Black director in that position, asked 2,545 doctors what they ask a new adult patient. The study showed that 49 percent of doctors ask about sexually transmitted diseases, while 31 percent ask about condom use.

Another 27 percent of doctors ask patients about their sexual orientation. The American Medical Association urges doctors to take sexual histories and counsel high-risk people about AIDS.

According to the latest research in the *Archives of Internal Medicine*, people over 50 aren't paying attention to messages about AIDS.

A study by researchers at the University of California in San Francisco found that people over 50 think they won't be infected with the virus. In a study for the AIDS virus and six times less likely to use condoms than people in their 20's.

In addition, the data showed 10 percent of AIDS cases are found in the 50-and-over age bracket annually and the highest rate of AIDS transmission is found in that age group.

NEWS FROM THE FRONT

A Pat Robertson organization called the American Center for Law and Justice is expanding its campaign to inject religious indoctrination into public schools. Threatening letters have been mailed to every school district in America warning that "SWAT teams" of lawyers will take school districts to court to force the issue. Robertson now has over 100 lawyers ready to go on the offensive.

The religious right emerged from the 1993 elections as a potent force in Virginia politics. Though one of their own was defeated in the race for Lt. Governor, religious right backed candidates for Governor and Attorney General won with bit margins. And while movement leaders work to stack state positions, the rank and file are rallying to launch Oliver North's campaign for the Senate next year.

In Jackson Mississippi, a high school principal has enlisted Don Wildmon's American Family Association legal team to force prayer back into the classroom. The principal was dismissed for refusing to comply with the law, and reading prayers over the p.a. system.

Several religious right groups have stepped up minority recruitment efforts. Virtually all of the major organizations have launched outreach programs that play on "culture war" issues. With Christian Coalition prodding, gays and lesbians are being pitted against African-American ministers. The Christian Coalition is also planning a minority membership recruitment drive using advertisements aired on targeted radio stations and mailings to the rented membership lists of minority churches.

The push to take over public school boards continues. In 1994, the majority of states will hold school board elections, elections California, Florida, Texas and Wisconsin. The "Christianization" of these posts remains the number one priority.

In 1991, Paul Weyrich's Free Congress Foundation launched National Empowerment Television, a closed-circuit satellite program beamed to local and state "pro-family" activists. The network's purpose: to coordinate Right Wing grassroots activity on a variety of issues. With 130 NET affiliates now on-line, Free Congress is expanding to provide a 24 hour cable service with round-the-clock propaganda about movement issues and activities.

Efforts are still under way to institute school voucher programs in a number of states, with special emphasis on Arizona, Florida, Illinois, Kansas, Michigan, Georgia, New Jersey, Ohio, Pennsylvania, and Wisconsin. If successful, millions of taxpayer dollars will be directed out of the public schools and into new sectarian academies.

Source: *People for the American Way*



Did you know that

*the Christian Coalition has an activist base of nearly one million people, 300 congressional district organizers, 50,00 precinct captains, 25,000 "Leadership School" graduates and 4 million readers per issue for the Christian American?

Did you know that the Christian Coalition's agenda includes the following retrograde agenda:

*rabid opposition to educational efforts to prevent AIDS and to cut teen pregnancies, government sponsored organized prayer in the schools, creationism taught alongside, or in place of, evolution in science classrooms, government sponsored, censorship, new curbs on reproductive freedom, the elimination of Head Start and other pre-school programs, and the vilification of gays and lesbians. And these are just a few of their priority causes.

If you're not currently involved in fighting groups like the Christian Coalition, maybe it's time you got involved.

ABORTION ASSISTANCE FUND

Voice for Choice and the Rape Crisis Center have established an Abortion Assistance Fund to help women who want an abortion but do not have the financial resources to pay for one. Since the inception of this fund in January we have assisted four local women. Please help us continue to keep abortion legal and accessible for all women, regardless of income.

Send your donation to:
Voice For Choice AAF
P.O. Box 905
Bloomington, IL 61702-0905

VOICE FOR CHOICE MEETING SCHEDULE

Voice for Choice meets on the first and third Tuesdays of every month. Meetings are at 7:00 p.m. at the Women's Studio Building, 604 N. Main St., Normal (the little house next to the Atkin/Colby parking lot). Please join us.



Marketing a Generation

Are you of Generation X prepared to be motivated back into mainstream society? It seems the group defined in the recent book 20th Generation has been languishing, according to some marketing experts. Is it any wonder? Those in their twentysomething years stand to be the first American generation in over a hundred years to make less than their parents. Opportunities and the shining future promised since kindergarten have failed to materialize. Just as this generation graduated and prepared to take their place in the work force, our country bottomed out in one of the worst recessions since before World War II. IBM and General Motors announced wholesale cutbacks in their work forces. And these were only two of the largest. How can a recent college degree compete in an environment of older, experienced workers who have the sympathy of the public ("Just hang in there. You'll find a job eventually. At least you have your youth. Uncle Joe has 30 years' experience in widget design and now he's out on the street.")

Adding to our alienation is the pap fed us by mass media, telling us all is meaningless. Totally Pauly Shore can afford to sell out his peers at the wage MTV pays. He's already got his. Look at the so-called retro movement in art and fashion, telling us, essentially, everything good has already happened (a la Linklater's Dazed & Confused). The Beatles have been gone for decades but are still recycled to another

generation as a foil to today's cynicism. What it appears we have here is a whole class of people who have limited employment prospects, severely limited income and only crushed initiative.

Well, according to Andrew Shue ("Billy on Melrose Place), that's all going to change. Shue has founded a group called Do Something and has attracted the attention of Michael Stipe. Sounds OK so far. Let's look behind the scenery. Do Something has hired an ad agency, Gyro Advertising of Philadelphia to run ads in national mags, such as Rolling Stone and Spin. We don't know the message of the ads yet, but if you miss them in print, they'll be in heavy rotation on MTV. The MTV spots will be produced by a different company which has won awards for public service announcements and has done fashion ads for Banana Republic and Sony.

The question is, can the alienated Generation X be marketed into productivity? Is there a text that can be made meaningful on MTV? I doubt it matters. Someone has discovered an entire segment of society that just isn't buying enough and they obviously need to be targeted. Better living through consumerism.

--Roadkill

X Stats



McJob: a low-pay, low-prestige, low-dignity, low-benefit, no-future job in the service sector. Frequently considered a satisfying career choice by people who have never held one.

Anti-Sabbatical: a job taken with the sole intention of staying only for a limited time (often one year). The intention is usually to raise enough funds to partake in another, more personally meaningful activity such as watercolor sketching in Crete or designing sweaters in Hong Kong. Employers are rarely informed of intentions.

Legislated Nostalgia: to force a body of people to have memories they do not actually possess: "How can I be a part of the 1960's generation when I don't even remember any of it?"

Now Denial: to tell oneself that the only time worth living in is the past and that the only time that may ever be interesting again is the future.

Poorochondria: hypochondria derived from not having medical insurance.

"Perhaps the cruelest joke played on our generation is the general belief that if you went to college, you'll get a job and be upwardly mobile."
--Steven Gibb author

Thanks for nothing

It seems that every time you pick up a magazine these days, something negative is being written about my generation. We are accused of being uninterested, unmotivated and uneducated. In other words, normal 18-29 year olds. Sure I know some people my age who fit this description. But I also know others who are just the opposite. So why all the negative propaganda by the media trying to categorize 46 million people as devoid of any worthwhile qualities?

Aging Disgracefully

The answer is rather obvious. I am convinced that these pathetic articles are being written by baby boomers who are facing the reality that they are getting old and are no longer the "young generation." Step aside boomers, because my generation could care less about you. We're sick of hearing about your youth, your protests and seeing the reemergence of your fashions, music and television shows. As Julie Phillips writes in the Seattle Weekly, "Some of us are not part of the baby boom. We don't really care what you were doing the day Kennedy was shot. We don't want to know about how you watched the war on tv, or how you wished you had been at Woodstock, or how you went to Berkeley and dropped acid and saw god. It's old news. I've read Tom Wolfe, I've read Fear and Loathing. I've seen Easy Rider. I used to play musical chairs to "Aquarius." I know as much as I care to know about the 60's."

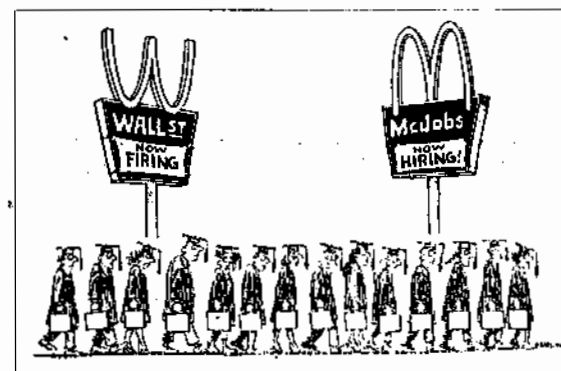
Why all the hostility? Simple, it's how we view you. We don't see boomers as the youth movement of the 60's who helped to bring

about some important social advances. How could we, we weren't even born yet. Instead, we saw what you became. Self centered, materialistic yuppies responsible for the economic downslide of the late 80's that is still being felt today. This recession, no less, occurring about the same time many of us graduated from college and entered the anemic job market. Jim Greer of Spin magazine writes, "The peace and love generation that, after nearly 20 years of self-righteousness and unbearable pomposity, created the 80's, which undid in ten years what this nation built in 200: the tradition for each generation to be more prosperous than its parents."

Your Temp Job Is Not Permanent!

My generation has been labelled the Blank Generation, Twentynothings, Generation X, Slackers, etc., etc. All of these labels define us by our lack of achievement. (Hardly a fair assessment of 20 year olds). On the contrary, my generation will be called upon in the near future to accomplish some huge tasks resulting from the neglect and selfishness of several generations. Author Neil Howe, 13th Generation, agrees, "So too is theirs the generation charged with showing others how, Americans can still enjoy "life, liberty, and the pursuit of happiness" without letting the world fly to pieces, without bankrupting the nation and without squandering scarce global resources." It will require creative and persistent minds to achieve these goals and it will be the so called "Blank Generation" who will welcome this challenge with open arms.

towanda!



"Cynicism now seems to defy the traditional partnership of youth and idealism."

51% of all working people aged 18 to 24 fit the profile of the "true cynic" - versus 46% of workers aged 25 to 34 and 34% of all workers age 35 or older.
--Donald Kanter and Philip Mirvis

"It's a philosophy of rejection... Call it laziness, if you want. I'm sure that's what Time would call it, if it hasn't already. Or misguided, confused, directionless, without ambition. I'm sure that's what our parents think-and maybe that's how it looks, from the outside."

--Jim Greer, Spin magazine



If newspapers printed "NO HELP WANTED" ads...



Percent of the U.S. budget spent on the elderly: 30
on education: 2

Percentage of U.S. 18-29 year olds who agree that "there is no point in staying at a job unless you are completely satisfied." 58

Percentage of U.S. 18-29 year olds who agree that "given the way things are, it will be much harder for people in my generation to live as comfortably as previous generation." 65

Percentage of U.S. 18-29 year olds who answered "yes" to the question "Would you like to have a marriage like the one your parents had?": 44
Who said "no": 55
Source: Time/CNN 1990

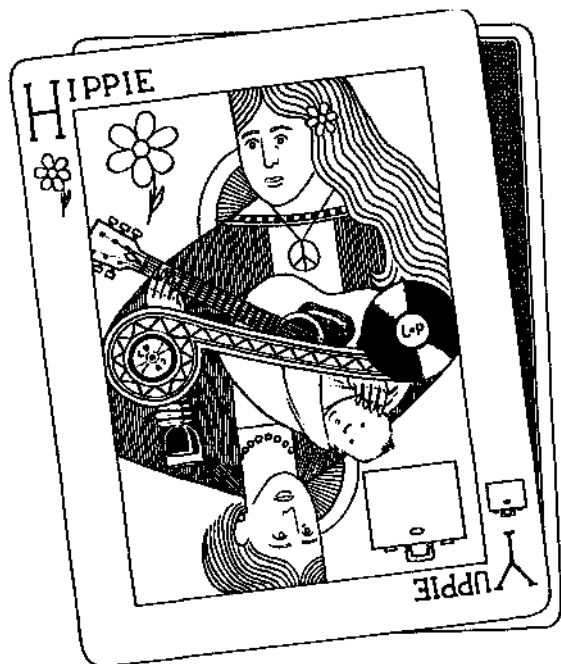


In the private sector, the shift toward temping, short-term employment, and service-sector jobs has left today's under-30 work force without most of the health-and-pension cushions other living generations took for granted at the same age.

--13th Generation

It is fair to assume that the U.S. has become the first society in history in which a person is more likely to be poor if young rather than old.

--Sen. Daniel Patrick Moynihan



In 1990, a couple in their 20's with one worker, a baby, and \$30,000 in income had to pay five times as much tax to the government (\$5,055) as the typical retired couple in their sixties with the same income from public and private pensions (\$1,073).

--U.S. Congress Ways and Means Committee Staff Report

The five fastest growing job fields of the 1990's will be cashiers, nurses, janitors and maids, waiters and waitresses, and truck drivers.

--American Demographics 1990

Take 2 Tablets every 6 hrs

I took one tablet 14 hours ago and it is still with me. An over-the-counter, doctor-recommended, strictly legal drug was frustrating any hope of sleep; this drug was labeled as a "non-drowsy" formula.

I have tossed and turned for 4 hours, so far, thanks to one little pill. An image repeated itself in my mind, hundreds of times, a scene from a movie, set in the American Civil War I had once watched: Jimmy Stewart standing over the graves of three of his children. As this scene from "Shenadoah" plays across my mind's movie screen, incongruously, I keep hearing the Jackson Five on my mind's soundtrack -- "Somedaaaaay, we'll be togeeeether." (No, they did not do the actual soundtrack for "Shenadoah.")

After I finally fall into a fitful sleep, I still awake once or twice, and think about getting up and putting a stop to this psycho-active nonsense, but I haven't the strength, so I drift off to dream that scene from "Shenadoah" again and again, fully aware of the fact that I am dreaming, and therefore not truly asleep.

Could I operate heavy machinery in this state?
Could I act responsibly while driving a car, or piloting a Boeing 727?

Meanwhile, because hemp poses such a threat to the oil industry, we cannot use marijuana legally to treat symptoms of certain diseases, despite evidence that people have used it effectively for the past 5,000 years to treat glaucoma, migraine headaches, multiple sclerosis, and so on and on through the alphabet of illness. We can't use marijuana to ease the pain of people with AIDS or cancer, or to prevent them from becoming steamrolled by the nausea associated with chemotherapy.

Sudafed I can have, no matter what kind of hallucinatory state it drives me to. Nicotine, I can have, as long as the Phillip Morris company underwrites the cost of putting appropriate warnings on cigarette packaging -- a tiny percentage of the money they use to encourage teenagers to smoke. Alcohol, I can have, even though it remains the leading killer of teenagers, with its huge cost to society in general -- broken families, broken lives, many broken through alcohol abuse. Even caffeine, with its subtle threat to health and and longevity, I can have.

But hemp? No way! Never mind the earth-saving benefit of using it, a renewable energy source, one that can replace the fossil-fuel driven rape of the planet. Never mind the comfort of clothes made from flax, a natural fiber derived from hemp. Never mind our history of being able to use marijuana without fear of further overcrowding prisons -- until the past two decades, that is. And never mind our propensity to raid sources and confiscate supplies from south-of-the-border countries while tolerating the multi-million dollar crops of marijuana raised in California and Hawaii.

(Just say no.)

I think I'll go back to bed now, but not to sleep.

-- Ellen Lee

Modernization Revisited

The Zapatista rebellion in Mexico offers a potent reminder of the price of modernization. Beginning in the 1940's the Rockefeller Foundation began underwriting a "green revolution" in industrializing nations, exporting the U.S. model of agricultural production. The results of these policies in Mexico were indeed revolutionary: corn production increased from 1.6 million tons in 1940 to 14.1 million in 1985 and bean production rose from 97,000 to 1.5 million tons over the same period. However, this "great leap forward" in crop yields was accomplished through a concomitant and environmentally destructive rise in the use of chemicals (fertilizer use increased 600%), petroleum-dependent mechanization (tractor use rose 38,000%!) and massive deforestation. All of which was channeled through a burgeoning corporate agribusiness sector that displaced what historian David Sonnenfeld has described as "natural local economies of...communal rain-fed subsistence farming," a Mexican "enclosure" of massive proportions.

In the 1960's and 1970's the market dictates of the "new international division of labor" shifted agricultural production in Mexico from domestic to export crops (primarily beef), forcing Mexico to import staples such as beans, corn and wheat. Left was a displaced rural population

incapable of feeding itself and divorced from the land from which their culture was based. People who were once able to feed and clothe themselves in sustainable economic and environmental relationships were left landless and impoverished.

The social and environmental degradation left in the wake of the "green revolution in Mexico was not accidental, it was (and is) the objective of U.S. policy to colonize autonomous pockets of economic exchange in the name of international markets. We are incapable of understanding that people can and do lead meaningful and bountiful lives while remaining entirely outside the realm of commodity production.

Indigenous people and the land they inhabit are intricately linked and, consequently, so are their fates. From the northern reaches of Quebec through the Black Hills to the forests of Chiapas the fragile thread upon which the survival of native people and their land hangs is frayed daily by the ever-expanding reach of market forces (read: NAFTA). It is our responsibility to keep that thread from unraveling entirely.

Mark Long
Chicago



Save A Life, Save

Whoever saves one life saves the world entire; whoever takes one life destroys the world entire. Talmud

With *Schindler's List*, Steven Spielberg effectually seized Hollywood's Glitterati by the lapels and declared himself to be a force with whom it must reckon -- and respectfully, too. Make no mistake: *Schindler's List* constitutes a remarkable achievement. A mainstream film that implicitly assumes mass audiences to be intelligent, capable of discernment on matters artistic. Perhaps most importantly, Spielberg seems to think his audience willing to listen to those who bear witness on crimes against humanity, even as they testify to the courage of those who refused to stand by and nothing.

Well, somebody had to play the hero

Oskar Schindler was such a man, though Thomas Keneally's book, also called *Schindler's List*, represents Schindler as a deliberate and conscious hero, a war profiteer who fully intended, from the very start of his Nazi-sponsored enterprises, to save the lives of as many of his slave laborers as possible.

Conversely, Spielberg's film depicts Schindler's courage as something nascent, emanating from the man's fundamental decency, a decency belied by his elbow-bending, womanizing, party-party-party lifestyle. Gradually, through the course of a three and a half hour cinematic narrative that intermixes historical spectacle and intense personal dramas with remarkable ease, we see Oskar Schindler's moral courage and basic decency take root in the barren soil of Nazi-occupied Poland, struggle above the ground, Finally, against daunting odds, that tree grows to a vigorous, sheltering tree.

Toward the end of the film (if you haven't seen *Schindler's List* yet, you may want to skip this to stop reading here), after Germany's surrender, and just before Schindler and his long-suffering wife, Emilie, flee the advancing Russian troops, the surviving prisoners present him with a gold ring (made from the melted down gold bridge provided by an obliging prisoner). His ring's inscription quotes a passage from the *Talmud*, the rabbinical commentaries on the Hebrew Bible: "*Whoever saves one life saves the world entire.*"

Spielberg's version of *Schindler's List* forced me, along with the Movers and Shakers of The Film Industry, to accept Spielberg as A Serious Director (though personally, I don't think I can ever quite forgive him for the travesty he made of Alice Walker's *The Color Purple*). Unquestionably, this movie triggers extraordinary and perhaps even long-lasting emotional effects in its audience -- what psychologists call a Significant Emotional Experience.

As we sat in Chili's bar, afterwards, waiting for a table, I told Jean --, with some chagrin -- that I was absolutely *ravenous*. "Life," she smiled. Yes. She's right. Life. Ever since then, my *joie de vivre* seems to be steadily rising to new levels, and that, I think, I must partly credit to seeing *Schindler's List*. (Well, it is Spring, and I am teaching poetry to earnest undergraduate English majors, nonetheless . . .)

My drive with Judy

Over the holidays, last December, I had gone to Ohio to visit with friends and family in both Columbus and Cleveland, where I'd grown up and gone to college. While in Cleveland, I had stayed with an old friend from college, who'd

stayed on after graduation, pursued a career in marketing, married, had a couple of kids, went back to school for her master's degree in Jewish Education, and now pursues a different career as an educational administrator.

Over the years I've seen Judy and her husband, Rick, who is also Jewish, embrace their Jewish heritage and spirituality with increasing ardor and. While they had always observed Passover, held a *Bris* (ritual circumcision) for their son, and a naming ceremony for their daughter, it's only in the last few years that they've become more observant -- joining a Temple, marking Friday nights as *Shabbat*, and so on.

We've remained as close as any two people can when they live 750 miles or so apart, sharing hilarity, commiserating over each other's crises, and always discussing Things That Matter. During my visit with them last December, Judy and Rick had decided to take pack up their kids and spend the weekend in Columbus. Since I was headed back there, anyway, to resume visiting with my sister Carolyn and her family, we decided to drive to Columbus in tandem. Rick, bless him, drove on ahead with their children, while Judy rode with me.

Judy and I don't get many chances to talk uninterrupted for three hours, the length of time it takes to drive from Cleveland to Columbus, so we made the most of it. For a moment during those three hours, time seemed to reverse itself. We weren't pushing the speed limit, trying to keep up with Rick, straining my battered Toyota Tercel almost beyond its limits. Instead, we were back in college, eating pizza at Mama Santa's (our favorite off-campus hangout) in Cleveland's Little Italy, earnestly assessing the State of The World. With the arrogance of extreme youth, we had once been righteously confident that we would blaze forth across the skies of history, and set the world right.

If it is true that the world resides wholly within each and every individual human life, then perhaps we can do the work of world salvation a life at a time.

Those who cannot recall the lessons of history . . .

As we drove on, I mentioned that I wanted to see some of the new spate of movies released over the holidays -- *The Piano*, *Philadelphia*, *Schindler's List*, and *Six Degrees of Separation* among them. Understandably, Judy said she was not eager to see *Schindler's List*. Perhaps not surprisingly, our conversation had turned to the horrific situation in Bosnia-Herzegovina, and I kept stressing the enormity of it all -- so many people injured, brutalized, dead. Genocide. How many times have we seen that repeated -- before and after World War II. Cambodia under Pol Pot, transformed into the Killing Fields of the Khmer Rouge; Somalia and the Sudan, their cities and villages ravaged by civil conflict, their peoples decimated by deliberately induced famine as a strategy of war; Bosnian Serbs, perhaps taking their cue from the Pakistanis during their war with Bangladesh, using rape as a form of genocide against the Bosnian Muslims (Apparently, the Bosnian Serbs reason that if the raped women become pregnant as a result of their violation(s), their men will repudiate them as unclean. The Pakistanis used the same logic in Bangladesh. Without their women, they'd no longer be a people.); the forced relocation of Native

American peoples from their traditional homelands, in the 1890's -- who died in vast numbers as they walked the Trail of Tears from the Florida coast to the arid reservations of the Southwest.

Denying genocide cannot be said to be the exclusive province of neo-Nazis and other Holocaust revisionists -- to this day, for example, the Turkish government refuses to admit to the campaign of genocide carried out against ethnic Armenians living within its borders. And I was well into my twenties before I learned about the Trail of Tears. None of my earlier history textbooks gave a whisper of acknowledgement. Nearly eighty years after the fact, they still repudiate the evidence of survivors' accounts, ignoring the mass graves and piles of skulls that stand in mute witness in the Turkish deserts.

The enormity of it all, I said, *so many people, the enormity*. At that point, Judy quoted that passage from the *Talmud* for me, the *whole* passage, and not just the first phrase cited in *Schindler's List*: "*Whoever saves one life saves the world entire; whoever takes one life destroys the world entire.*" In the Judaic tradition, she told me, one does not make a distinction between the murder of one person and the murder of millions. Each human life, in and of itself, weighs beyond measure; monstrous inhumanity cannot be reckoned cumulatively. The horror of taking a single life, the *Talmud's* rabbinic commentators emphasize, moves the perpetrator beyond barbarism.

But most of us will very likely not find ourselves in extraordinary circumstances, as did Oskar Schindler. Most of us would be loathe, under ordinary conditions to sacrifice our personal ambitions, goals, and dreams -- for eminently good reasons. That is not to disparage, however, the heroism of people like Oskar Schindler. Nor should we fail to continue to wonder that courage and decency can come from someone so unlikely, a man who was not a saint, not a martyr, not even an idealist. Where would our measures compare to such heroic stature? Should we join Mother Theresa in Calcutta, ministering to the lepers? Or join the international Red Cross, and do relief work in Bosnia-Herzegovina, or Somalia, or the Sudan?

We need a Marshall Plan for our own country

Or for that matter, should we all do community service work in our own inner cities, desolate as downtown Beirut, where the leading cause of death among young men of color is homicide. (That is, if they have not already been run to ground by the hounds of poverty and rage and despair.) What of our young women, of all colors, equally ground under by conditions of poverty and absence of opportunity? Barely pubescent themselves, they frequently have their first babies at the age of 16, or 14, or 12, or even 10, because they believe that having babies will be, the only good they can accomplish, their only positive legacy.

If it is true that the world resides wholly within each and every individual human life, then perhaps we can also do the work of world salvation a life at a time, whether we commit ourselves to heroic labor abroad or within our own country. And we do not necessarily have to leave home behind us to do it, either.

Recently, I have witnessed a remarkable humanitarian act, a gesture of nobility and courage as grand as I am ever likely to see. My niece, Donna, and her husband, Tom, have recently taken legal guardianship of one of Tom's nephews, Nick, who's 13.



the World

Life imitates television

Donna and Tom, who are both in their late twenties, live a lifestyle that would be absolutely familiar to the central characters of ABC's "Roseanne." As far from yuppiedom as the Connors, they own a modest home, have a small son, and live very modestly. Tom works as a security guard for a large university hospital in a fairly tough neighborhood. For now Donna stays at home, though she plans to work with Tom in a small business that they will literally run out of their garage. Like Dan and Roseanne, they are, I'm sure, sometimes ill-tempered and unfair with each other, as well as with Matthew, their little boy. But also like the Connors, they meet life's challenges with humor and dignity and a firm set of values. They too are always there for each other, as well as for both Matthew and Nick.

If you watch "Roseanne" regularly, as I do, you'll recall that the Connors had taken in their daughter's boyfriend, David, who was poised to run away from home rather than endure another day of his abusive mother's verbal and emotional battering. Nick, Tom's nephew, had been in a similar situation, though it had been his stepfather, and not his mother, who'd been abusing him. Nevertheless, the writers of "Roseanne" could easily have used Nick's home life as a model for David's. Apparently, Nick's untenable situation had also been a long-standing one. I can remember conversations with Donna and Tom, from several years back, wondering what, if anything, they could or should do. Even then, they talked about taking on his legal guardianship. Finally, just over last Christmas, they decided to act.

They did not act impulsively. They consulted an attorney, researched the social welfare system, talked it over at length with each other and my sister and her husband, Donna's parents. After a particularly nasty episode around Christmas, when Nick and his mother had been visiting with other relatives, Donna and Tom approached Karen about taking legal guardianship. A few days later, Nick landed on their doorstep, along with his mother's signed consent on the necessary court documents.

Repeat after me: I am somebody

The subsequent changes in Nick's life have been immediate and dramatic. Donna and Tom encourage him to work harder in school at subjects, such as science, which give him some trouble, and urge him to use the computer to do his English homework, a subject at which he does quite well. (The computer's real attraction, I suspect, has more to do with interactive computer games. Anything to hone those eye-hand coordination skills.) He has his own room. He has decent clothes to wear to school. For the first time in his life, he's going to a dentist on a regular basis. He has someone who makes sure he does his homework, picks up his room, and is back at home when he's supposed to be. Most importantly, he has two people who let him know through their every interaction that they love each other, that they love their son, and that they love him.

Why should he have tried to work hard in school, when his stepfather unrelentingly insisted that he was stupid and worthless and wouldn't amount to anything anyway? Why should he have had goals and ambitions, when he was continually told he'd only screw-up, fall flat on his face, and probably spend most of his later life in prison?

Donna's and Tom's intervention probably came just in time for Nick. In another year or two, if the situation had continued, Nick could very well have ended up in Juvenile Hall, as a criminal and/or incorrigible minor, where'd he'd probably have ended up prepping for a career as an adult criminal. God only knows what might have become of him then, let alone how long he may have survived. As my father said, after he heard about Donna and Tom taking in Nick, "Maybe this will be one more kid who won't wind up in jail."

Nick's aunt and uncle understand full well the tremendous financial and emotional burden they've accepted by taking in a 13 year old boy. He grows another foot every two weeks, needs orthodontic triage, and, most wrenchingly, he must recognize, sooner or later, that his mother, who, for all her mistakes, poor choices, and hard, sad life, most certainly loves him, but yet she chose an abusive, alcoholic creep of a husband over him.

And people say a good man is hard to find . . .

Fortunately, Nick worships his uncle Tom, who is not one to take any crap from some kid, and perhaps Tom will make him feel that at long last, he's found a man he can talk to. Additionally, his Aunt Donna's clear-eyed refusal to try to be his mother, but yet remain his friend and guardian, could make the balance of difference for him. With them, Nick should see that there are far better, and not just different ways to live. Money need not be a determining factor. Tom's family is large, and many of his other relatives are far better off financially. Everyone agreed that something had to be done for Nick, yet he and Donna were the ones who cared enough about him to ask him to come live with them. (The exception would be one of Tom's sisters, who has a young son with serious psychiatric problems. There's no question *she's* got more than she can handle already.) They said, in effect, "Nick, your life is too precious to toss away in the landfill of neglect and abuse, pointless rebellion and tragic self-destruction."

For now, it seems to be going well, and Nick has been minding his p's and q's, because he does not want to go back to his mother and stepfather. What kind of man he becomes will be very much up to him, for his aunt and uncle remind him -- daily if only implicitly -- that he must accept responsibility for the choices he makes. Being held accountable for his actions by people who care about him may give Nick something he probably would never otherwise have had -- a chance in life.

Donna and Tom have engaged in an humanitarian effort as worthy and significant as

anything Oskar Schindler had done, and theirs too will necessarily be an ongoing act, one lived day by day. Anyone might be moved to heroism and decency on impulse -- to plunge into a burning house to save a child; to throw yourself bodily over someone being beaten on the street, and tell his/her attackers that if they want to continue, they'll have to beat you as well. If we hesitate at such moments, we may or may not act, and if we don't, live with terrible guilt. I myself know from bitter, shameful memory that I could never forgive myself if I didn't at least try, the next time, to help.

Spielberg got his Oscar, but all we got was kudos from my aunt, the advocacy journalist

It takes a very different sort of courage to weigh the possible consequences to you and yours, and then go ahead and intervene and stay on course, to choose pursue your course of rescue as a daily task, and at great personal risk. While Donna and Tom are not literally risking their lives in taking in Nick, they are risking a very great deal. Who knows what the long-range impact of their intervention will be on their lives?

Oskar Schindler died a lonely, impoverished alcoholic, and both Keneally and Spielberg represent him as haunted by guilt, always tormented by his private demons' insistence that he could have saved more people, had he only tried harder. No doubt, Donna and Tom will make mistakes with Nick, just as they will their own son. Quite possibly, in retrospect -- no matter how well things may turn out -- they may regret not having acted sooner, regret not sparing Nick a few more years of grief and pain. In the final climax of *Schindler's List*, when the about-to-be-liberated prisoners present Schindler with his ring, and explain the significance of the inscription, he breaks down, begging their forgiveness for not having done more, for not having saved more people.

Both Keneally's and Spielberg's epilogues, for the book and film versions, respectively, of *Schindler's List* note that Oskar Schindler was directly responsible for saving 1,100 hundred people, and that the descendants of these survivors number 6,000. Nick's descendants would probably number less than twenty people over three generations. He could, of course, have descendants, even if did he end up in the slammer. But because of Donna and Tom, he may pass along a legacy every bit as meaningful as that of those on Schindler's List.

Donna and Tom stand shoulder to shoulder with people like Oskar Schindler, who refused to stand by and do nothing while the world was being destroyed. They too refused to behave like good Germans, not actively persecuting anyone, but not lifting a finger to stop persecution either. I fervently wish for them that, no matter what happens, they face down the Furies of doubt and regret. They too are fighting for an absolute good. They have saved the world from all-but-certain destruction. The world that is Nick.

-- Dr. Attitude



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Gay / Lesbian / and Bisexual Issues

Camp Sister Spirit needs you

The feminist retreat Camp Sister Spirit continues to be the target of anti-lesbian harassment and intimidation in the small town of Ovett, Mississippi.

Wanda Henson, a native Mississippian, and her partner, Brenda Henson, a long-time resident of the state, bought a 120 acre farm in July to establish a retreat and educational center for individuals and groups battling sexism, homophobia, racism, illiteracy, domestic violence, and more. Sister Spirit, Inc., has provided a food bank, clothing distribution, counseling, and referrals, among other services, in Gulfport, Mississippi for several years.

One Ovett resident, J. D. Hendry, in conjunction with Baptist ministers from around the area, organized two hate-filled town meetings to condemn the women and scheme ways to oust the women from the town. Meanwhile, the retreat and the Hensons both have received numerous threats. A dead dog was draped over their mailbox in November, armed men have been found trespassing on the land, a telephone death threat was received on Christmas Eve, a bomb threat was sent by mail, signs and rainbow flags marking the property have been repeatedly stolen, and most women who live or visit the property are harassed and threatened by Ovett residents at the general store. Hendry and others continue to insist that they will drive the women and Camp Sister Spirit from town.

Don't let the homophobes win -- help the Hensons and the Camp Sister Spirit realize their dreams. Groups around the country can hold fundraisers; individuals can donate their services, time, or money. Camp Sister Spirit's wish list includes a power generator, c. b. station base and radios, surveillance equipment, outdoor motion sensor lights, corrugated roofing material, building supplies, postage stamps, and more.

Send donations to
Camp Sister Spirit
P. O. Box 12
Ovett, MS 39464

or call
601/344-1411 for more information

Demand an end to discrimination

The federal civil rights bill banning discrimination based on sexual orientation, H. R. 431, will have been reintroduced this last February to the House of Representatives.

While the bill number has been held since last session, the actual bill was not introduced because drafting the new bill had not been completed. The bill has not yet been introduced in the Senate.

Contact your representative, and urge him or her to become a co-sponsor of H. R. 431.

Write to the
U. S. House of Representatives,
Washington, D. C. 20515

or call
202/ 224-3121

Contact the Department of Justice

NGLTF has asked the federal government to intervene in the situation in Ovett, MS to ensure the safety and rights of the Hensons. [See "Camp Sister Spirit needs you," in this issue of the *Post Amerikan*]

In December, NGLTF sent a letter to Attorney General Janet Reno requesting specific action from the Department of Justice (DOJ). To date, the DOJ's Community Relations Service (CRS) has contacted the Hensons and local law enforcement officials; the FBI has launched a criminal investigation, because a threat was sent to the Hensons through the U. S. Mail, and DOJ officials met with NGLTF staffers to discuss the situation.

However, the Attorney General has not yet formally responded to the NGLTF request for intervention, and CRS officials say they cannot directly intervene and mediate, because sexual orientation is included neither in the agency's mandate nor in federal civil rights laws.

Urge Attorney General Janet Reno to direct the CRS to mediate the situation. Also ask her to condemn the intimidation, harassment, and violence aimed at the Hensons and denounce all acts of anti-gay harassment and violence.

Send letters to
Attorney General Janet Reno
Department of Justice
Constitution Ave. and 10th St., N. W.
Washington, D. C. 20530

or call
202/514-2001

A questionable policy

First Interstate BankCorp last month removed sexual orientation from its non-discrimination policy, saying the deletion was meant to create "uniformity" with civil rights laws that vary from state to state. NGLTF has launched a campaign to encourage the company to revert back to its original policy.

First Interstate customers are especially encouraged to send letters opposing the deletion of sexual orientation from the non-discrimination policy.

Congressional Action

The Hate Crime Statistics Act is due for reauthorization this year. The federal law, passed in 1990, authorizes the FBI to count crimes based on bias, including prejudice based on a victim's real or perceived sexual orientation.

Urge Congressional leaders to reauthorize the legislation.

Contact
Senator Paul Simon, leader of the authorization effort in the Senate at
SD-462
Washington, D. C. 20510
or 202/224-2152

and

Representative Charles Schumer, leader of the effort in the House of Representatives at
RHOB 2412
Washington, D. C. 20515
or 202/225-6616

Condom ads backlash

Twelve years into the AIDS epidemic, the federal government has launched a national media campaign promoting the use of condoms as effective in the prevention of spreading HIV. While none of the ads feature explicitly gay characters, the Right Wing has labelled them "offensive" simply because the ads advocate condom usage.

Both the major television networks and congress are targets of this Right Wing backlash. Only the Fox Television Network is airing the ads without a tag line promoting abstinence and is not giving the ads only late-night time slots. AIDS Action Council has launched a campaign to encourage presentation of the ads.

Demand that your congressional representatives oppose attempts to restrict the Centers for Disease Control (CDC) and other federal agencies from sponsoring HIV prevention programs that promote the use of condoms as an effective way to prevent HIV infection.

Contact your Senators at the
U. S. Senate
Washington, D. C. > 20510
202/225-3121

And contact your representative at
U. S. House of Representatives
Washington, D. C. 20500
202/225-3121.

Thank the CDC for its current efforts, and encourage the agency to develop ads that specifically target gay, lesbian, and bisexual viewers to increase the effectiveness of the ad campaign.

**CLUB
PEORIAN**

**FINEST GAY ENTERTAINMENT IN
CENTRAL ILLINOIS**
733 S. W. Adams, Peoria, IL,
(309) 676-9030

Sun-Wed: 10-3:00 a.m.
Thur: 9-3:00 a.m., Show night
Fri-Sat: 9-4:00 a.m.

Present this ad at the bar for a drink.
One per customer per night



Write to
Dr. David Satcher
Centers for Disease Control
1600 Clifton Road, N. E.
Mailstop D21
Atlanta, GA 30333

Also contact the television networks and ask that ads be shown as frequently as possible without time slot restrictions.

ABC TV
77 W. 66th St.
New York, NY 10023

CBS TV
51 W. 52nd St.
New York, NY 10019

NBC TV
30 Rockefeller Plaza
New York, NY 10112

Fox Broadcasting
1211 6th Ave.
New York, NY 10036

NGLTF angered by First Interstate Bank's removal of sexual orientation from non-discrimination policy

San Francisco -- The National Gay and Lesbian Task Force (NGLTF) has notified First Interstate BankCorp that its current removal of sexual orientation from the corporation's non-discrimination policy is considered hostile to gay, lesbian, and bisexual people. NGLTF announced February 3, 1994, that its Workplace Organizing Project will begin a campaign to encourage the company to revert back to its original policy. (See sidebar, "A questionable policy")

HIV, AIDS and Related Health Stats

Are Condoms Really Effective?

As a result of the highly-publicized new condom ad campaign sponsored by the Centers for Disease Control (CDC), there should be even more public attention on condoms this year.

But opinions of condoms and condom use aren't always positive. Some groups have recently been circulating information aimed at discrediting condoms, in an effort to dissuade teenagers from considering sexual activity. The information is not credible, and the strategy could have some serious negative consequences.

A recent CDC publication, the *Morbidity and Mortality Report: The Effectiveness of Condoms*, offers compelling scientific evidence that condoms, when used correctly, are a very effective means of preventing disease transmission. The report refutes claims that condoms have sizable holes, that they frequently break and often fail.

Such myths discourage sexually active couples--couples of all ages, not just teens--from using condoms. Quoting the report, "We know that one of the key determinants of condom use is the belief that condoms work...sexually active individuals will be less motivated to use condoms if they don't believe that they will be effective barriers. Therefore, it is important that sexually active individuals get the message that latex condoms provide effective protection from HIV if they are used correctly and consistently."

Recent data from Switzerland demonstrates that a condom promotion campaign can be effective without affecting the level of sexual activity among teenagers. Bloomington's Protection Connection encourages condom use among sexually active individuals by providing a comfortable atmosphere in which to shop for condoms, offering a wide selection of condoms, and giving customers information on condom use and effectiveness.

Source: Planned Parenthood of East Central IL

Exposing condoms to direct sunlight or heat, can weaken the latex and causes breakage.

Consistent use of condoms means using a condom from start to finish with **every** act of intercourse. Correct use means leaving space at the tip of the condom, withdrawing immediately after ejaculation, and holding the rim during withdrawal.

More than a quarter of the people in the United States will contract a sexually transmitted disease (STD) at some point in their life.

Source: PPECI Educational Department 1994

Mother's Voices

Thirteen years into the AIDS epidemic, it's still a constant struggle to keep our government focused on ending AIDS. **Mother's Voices** vows to keep the pressure on!

For the third consecutive year we are conducting a nation-wide Mother's Day campaign urging Congress to Action. This year our message will be "Mother's Day Can never be the same until there is a cure for AIDS. Congress must act now. We demand more money, more research, a cure."

We hope your organization will join us as we collect hundreds or thousands of names to be delivered to Congress the week of Mother's Day (the exact date will be determined shortly).

Each 1994 Mothers' Voices card has spaces for 30 names and addresses. The active nature of collecting signatures provides people a chance to speak about AIDS to family, friends, neighbors, co-workers, and others.

We urge you to form a volunteer team and to send a representative from your organization, you can highlight and reward an outstanding mother or volunteer.

1994 Mothers' Voices Card Signing Campaign

-- Large Format card (7" x 10") with the above Mother's Day Message.

-- Space for 30 names and addresses on the inside of each card.

-- Cards will be available in multiples of 5. (Note: With space for 30 names each you will need to order fewer than you may have in the past).

--As always, the cards are free of charge.

-- Cards will be shipped to you the first week in March. You will then have six weeks to circulate the cards for names.

-- Cards should be returned to Mother's Voices no later than April 22, 1994. We will sort them into state and congressional districts and mothers from across the nation will hand deliver the cards to both the House and Senate.

Tony Davis
Programs Director

MOTHERS' VOICES, 165 West 46th St., Ste. 1310,
New York, NY 10036

Condom Facts

Did you know?

Condoms are very effective at preventing HIV transmission, when used correctly and consistently. Of 123 couples studied from 1987 to 1991, in which one of the partners was HIV infected and they consistently used condoms, **none** of their partners became infected. Among 122 couples who inconsistently used condoms, 10% (12 of 122) became infected.

About half of all condoms purchased nationwide are bought by women.

Every condom sold in the U.S. is electronically tested for defects, including holes and areas of thinning, before it is packaged.

Men should not wear condoms that are too small or too tight - they are more likely to unroll or break. Larger-sized condoms are available.

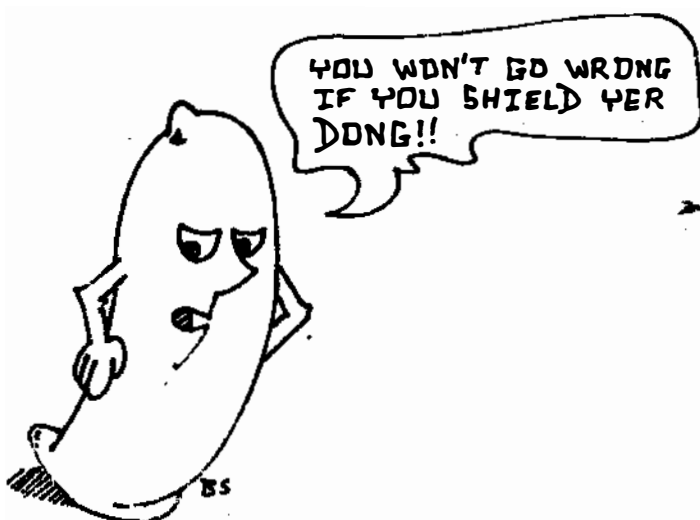
The quality of latex condoms is higher than that of latex gloves. Condoms are double-dipped in latex while gloves are only single-dipped.

A national survey of heterosexual adults with multiple sex partners found only 17% used condoms all of the time.

Female condoms are now available. They are not as effective as male condoms, but are good for women whose partners refuse to wear male condoms.

Latex condoms provide better protection from HIV than natural membrane ("sheepskin") condoms.

Most condom breakage is due to user error, and is preventable: Oil based lubricating products can weaken the latex and cause condoms to break.





Ollie's Fun Page

Each of the intersecting five-letter words in these 3 puzzles are the last names of famous (national, local, past, present) white men; within each puzzle the first name is the same. The answers have been encoded using a simple letter-substitution alphabet-the same type of substitution is used throughout, but each puzzle uses a different actual substitution. Here's a clue- one of the first names is Oliver!

first name
FAOOA: D
H
FWIAO
O I
W J P

first name
AXUHQD: E
F
ZADFT
Q M
DRK

first name
OADDASE: X
OQDWJ
A
USKWQ
C

Unscramble this headline to reveal a very scary thought for anyone who believes in real Amerikan ideals:
IRAN SHREDS TO VIOLATE NEUTRON TEST

Need a Date?

Looking for love in all the wrong places? You're the one that I (don't) want? I will always love yooooooooooooo? (not).

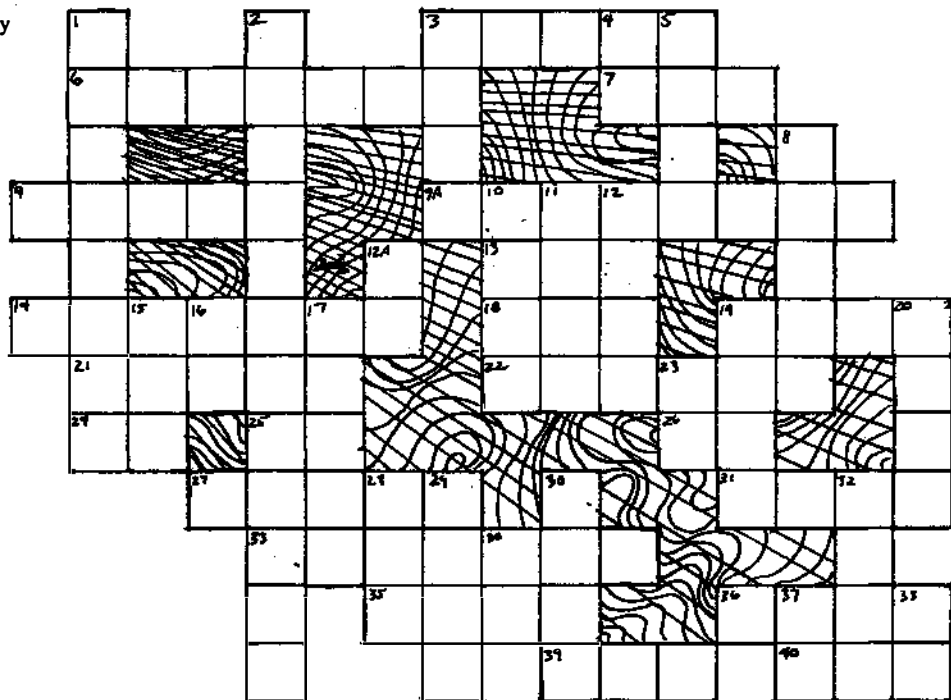
As always, the *Post* comes through for our beloved (yet dateless) readers. Our new service "Love (Post) Amerikan Style" may be just what you're looking for.

DOWN

1. Ironically, Senatorial candidate Oliver North was convicted of lying to _____.
2. thus showing his contempt for this _____.
3. Popular U.S. export
4. Oh?
5. U.S. Panama policy
8. Nancy hated this nearly-homonymic cabinet member
10. 1979 musical film
11. Military intelligence frequency
12. Alabama arm joint
- 12A(darn!). Cobb, _____
15. Ever had your telephone calls monitored by unseen law enforcement officials? well, you will. And the company that'll bring it to you? _____
16. A note that follows SOL
17. Temporary pups' houses
20. One if by _____ or was it two? Damn!
23. Local arms supplier
28. Immediately precedes the theme song in Monty Python's Flying Circus
29. Cannibalistic humanoid underground dwellers
30. Cops
32. The shadow
34. Who wrote this puzzle?
37. Pertaining to
38. Small Asian philosophy

ACROSS

3. Intense emotion
6. Reagan's surprise, to Carter's chagrin
7. Type of "bean"
9. Monsters
- 9A. (oops). Indispensible government office equipment
13. Amerikan Association of Leechologists
14. What is _____?
18. Another way you might spell "herb"
19. Former(?) North employee F. _____
21. Ideological _____ Apparatus
22. Arguably the worst U.S. president to date
24. _____ Stephen, with a rose
25. And _____ I (Yes song)
26. Chicago train
27. _____us Finch
31. Slush _____
33. Panama canal built here by imperialistic U.S. corporations
35. Another canal inflicted upon unsuspecting non-Westerners
36. The Most Amerikan?
39. Animal prison
40. Post-al workers/writers not rewarded with this



Love (post) amerikan Style

WRITE YOUR TEXT

- 1.....2.....3.....4.....5.....
6.....7.....8.....9.....10.....
11.....12.....13.....14.....
15.....16.....17.....18.....
19.....20.....
(ADDITIONAL) 21.....22.....23.....
24.....25.....

THE DETAILS

- ___ JUST FRIENDS
- ___ WOMEN SEEKING MEN
- ___ MEN SEEKING WOMEN
- ___ WOMEN SEEKING WOMEN
- ___ MEN SEEKING MEN
- ___ OTHER

MAIL TO:

LOVE POST AMERIKAN STYLE
C/O POST AMERIKAN
P.O. BOX 3452
BLOOMINGTON, IL 61702

HOW IT WORKS:

1. A MAIL MATCHES AD OF 25 WORDS OR LESS COSTS \$5 AND RUNS FOR ONE ISSUE. EACH WORD OVER 25 COSTS 50¢ ADDITIONAL.
2. THE POST ASSIGNS A MAIL MATCHBOX NUMBER TO YOUR AD AND FORWARDS REPLIES TO YOU ONCE A WEEK. (OR DEPENDING ON VOLUME RECEIVED).
3. MAIL MATCHES ARE INTENDED FOR INDIVIDUALS. NO DATING SERVICES, SINGLES CLUBS, OR BUSINESSES MAY BUY THEM.
4. NO LAST NAMES, ADDRESSES, OR PHONE #'S ARE ALLOWED IN YOUR AD COPY. WE WILL NOT PRINT ADS WE FIND TO BE IN POOR TASTE.

ALL RESPONSES WILL REMAIN CONFIDENTIAL