

Eastern Illinois University

The Keep

The Post Amerikan (1972-2004)

The Post Amerikan Project

12-1-1998

Volume 27, Number 6

Post Amerikan

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Do you care about something besides where the President's penis has been & what it was doing there?

Our Dying Oceans



POST AMERICAN



BLOOMINGTON/NORMAL

VOLUME 27

50¢

NUMBER 6

DECEMBER/JANUARY 1998-99

Washing and a Kiss during the Year

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PAGE 2



BLOOMINGTON/NORMAL

VOLUME 27

NUMBER 6

DECEMBER/JANUARY 1998-99

In this Issue:

Page 2--Any Good #s we should add to our list?
 Page 3--Community News--
 Wrestling/New Poetry Open-
 mic
 Pages 4-6-- Lots of poetry this time!
 Page 7--Response to "New World
 Nazis" & Arkansas sudden
 death syndrome
 Pages 8-9--News from MCATF

Pages 10-11--Marcee Murray--"Crazy
 crazy world"
 Page 12--Gregg Brown on our dying
 oceans & new age music
 Page 13--Take Back the Night
 Page 14-15--Gay, Lesbian, Bisexual
 issues
 Pages 16-17--Thoughts from behind
 the wall by Nikolai A. Zarick
 Pages 18-19--Mental Illness Awareness

Pages 20-21--Seeing Red by Steve
 Eckhardt
 Page 22--Reviews, Reviews, Reviews
 Page 23--An animal friendly feast
 Page 24--PARTYPARTYPARTYPARTY

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 828-4473 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*.

Subscriptions

Subscriptions to the *Post Amerikan* are available for the low price of \$6.00 per year for six complete issues.

Please send a check (made payable to the *Post Amerikan*) to: *Post Amerikan*, P.O. Box 3452 Bloomington, IL 61702.

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

Brought to you by Barbie, Brett,
 David, Gregg, Linda, Ralph,
 Sherrin

Post Sellers

Bloomington

AIDS Task Force, 313 N. Main (inside)
 About Books, 221 E. Front (inside)
 Bakery Banc, 901 N. Main
 Barnes & Noble, Veterans and Rt. 9 (inside)
 Bus Depot, 533 N. East
 Circus Video, (Emerson and Main)
 Common Ground, 516 N. Main (inside)
 Front and Center Building
 Gaston's Upper Cut, 409 N. Main (inside)
 Last Chance Newstand, 404 N. Main (inside)
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 Medusa's, 420 N. Madison (inside)
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 The Park Store, Wood and Allin (inside)
 Twin City Exchange, 411 N. Main (inside)
 U.S. Post Office, Center and Monroe
 U.S. Post Office, 1511 E. Empire
 Wash House, 609 N. Clinton

Normal

Acme Comics, 115 W. North (inside)
 Amtrak Station, 100 Parkinson
 Babbitt's Books, 104 North (inside)
 Bus stop, (School and Fell)
 Coffee World CoffeeHouse, 114 E. Beaufort
 Deadpan Alley Records, 129 E. Beaufort (inside)
 Koffee Kup, 205 W. North
 Mother Murphy's, 111 North (inside)

Champaign

Babbitt's Books, 614 E. Green, (inside)

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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City/State/Zip _____

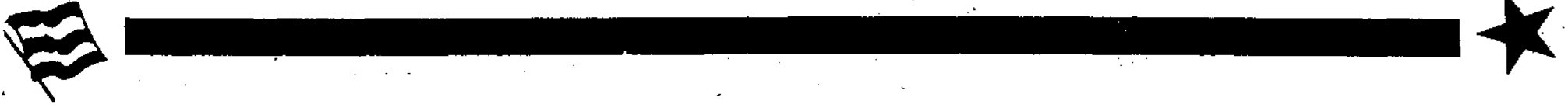
Due Date:

The due date for submitting articles to the *Post Amerikan* is: (please laser print your articles in columns of 3" using Palatino 10pt. type if possible.)

Jan 15

Good numbers

Advocacy Council for Human Rights.830-2521
 AIDS Hotlines
 National.....1-800-AID-AIDS
 Illinois.....1-800-243-2437
 Local.....827-AIDS
 Alcoholics Anonymous.....828-7092
 Amnesty International-ISU ...Miami@ilstu.edu
 Animal Protection League.....828-5371
 Better Business Bureau.....1-800-500-3780
 Big Brothers/ Big Sisters828-1870
 Boys & Girls Clubs of B/N.....829-3034
 Clare House (Catholic workers).....828-4035
 Countering Domestic Violence.....827-7070
 Dept. of Children/Family Services....828-0022
 Gay, Lesbian & Bi teen drop in center.828-3998
 Gay & Lesbian Resource Phonenumber...438-2429
 Habitat for Humanity.....827-3931
 Headstart.....662-4880
 Home Sweet Home Mission.....828-7356
 IL Dept. of Public Aid.....827-4621
 IL Lawyer Referral.....1-217-525-5297
 Incest Survivors Support Group.....827-0790
 LIFE-CIL.....663-5433
 Lighthouse (substance abuse treatment)....827-6026
 McLean Co. Center for Human Services...827-5351
 McLean Co. Health Dept.....888-5450
 McLean Co. Housing Authority.....829-3360
 McLean Co. Humane Society.....664-7387
 McLean Co. Peace Coalition.....828-7070
 Mid Central Community Action.....829-0691
 Mobile Meals.....828-8301
 Narcotics Anonymous.....827-4005
 National Health Care Services/
 abortion assistance.....1-800-322-1622
 Occupational Development Center...452-7324
 Parents Anonymous.....827-4005
 PATH (Personal Assistance Telephone Help).827-4005
 Phone Friends.....827-4005
 PFLAG(Parents, Families and Friends
 of Lesbians and Gays).....663-0831
 Planned Parenthood (medical).....827-4014
 (bus/couns/edu).....827-4368
Post Amerikan.....828-4473
 Prairie State Legal Services.....827-5021
 Project Oz.....827-0377
 Rape Crisis Center.....827-4005
 Runaway Switchboard.....1-800-621-4000
 Safe Harbor Mission(Salvation Army) 829-9476
829-7399
 TeleCare (senior citizens).....828-8301
 Unemployment comp/job service.....827-6237
 Western Ave. Community Center.....829-4807
 Youth Build.....827-7507



Community News

A December to dismember: A Christmas slay

FUW's December match-up is finally here. FUW, Bloomington-Normal's #1 backyard wrestling federation will be performing Sunday December 11th at 5:00 pm in the Fell Room in Watterson Towers on ISU campus.

Billed as an alternative to drinking on Saturday nights, it is sure to be a great show.

Featured matches include a tag team tournament and a fierce battle for number one contendership for the heavy weight title.

Sound crazy? You have no idea.

For more information you can contact FUW representative Brett Presson at 436-0103. Serious inquiries only. See you there.

1998 MFA Biennial Exhibition

University Galleries is pleased to announce the opening of the MFA Biennial at Illinois State University. This exhibition is an assemblage of ISU's Master of Fine Arts students' work.

Promising to be an eclectic representation of all studio ares of the Fine Arts department, the exhibition will run through December 18.

University Galleries is located at 110 Center for Visual Arts. Gallery hours are Monday 12:00-4:00 pm, Tuesday 9:30 am-9:00 pm, Wednesday through Friday 9:30-4:30 pm and Saturday and Sunday 12:00-4:00 pm.

For further information or to arrange for a guided tour, please call the gallery at (309) 438-5487. For parking information, call (309) 438 PARK.

The Open-mic That Wouldn't Die

The rumor is true. The long running open-mic hosted by Barbie Dockstader at Life's Little Perks for the last year has been cancelled.

The good news is that The Coffeehouse, 114 E Beaufort in downtown Normal, has asked to be the new venue for these recently evicted creative souls--every Friday from 7-10 pm.

Host Barbie Dockstader welcomes all poets, musicians, singers and spectators to enjoy and participate in a positive and easy going atmosphere where creativity and enthusiasm run rampant.

The Open-mic That Wouldn't Die... the taste that nine out of ten artists prefer.

New location for LIFE CIL

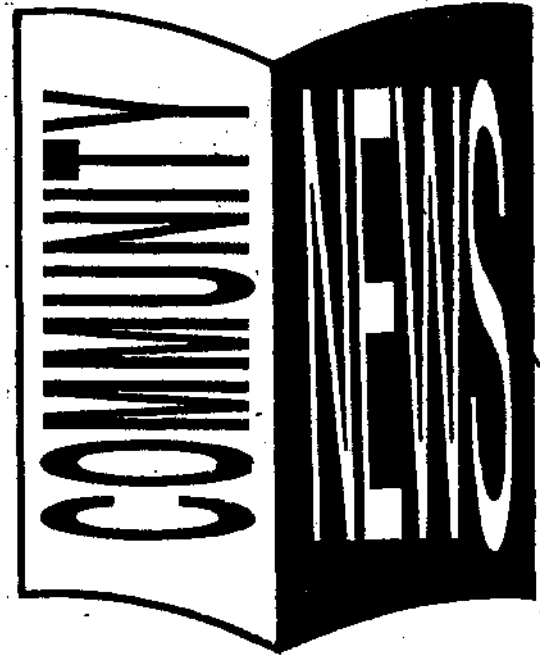
After eight years on Empire Street, the Life Center for Independent Living has outgrown the present building. We are therefore headed east into a new and much larger building at 2201 Eastland Drive, Suite #1, Bloomington, IL 61704

This move will allow for continued growth and expansion to accomodate more programs and activities, more meetings of disabled support groups, and more disability presentations.

All phone numbers will remain the same:

Voice: (309) 663-5433
TTY: (309) 663-0054
TollFree: (888) 543-3245
Fax: (309) 663-7024

Please stop by to learn what your local Center for Independent Learning can do for you or a loved one with a disability.



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.....21.....22.....
- 23.....24.....25.....

THE DETAILS

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

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The Poetry

Dean

Dean has an extra-sharp fingernail
that can slice open water, oil, or air
he didn't get it from his father
or mother,
he made it himself

He can split whisky, coffee, and gravy
the way other people split nuts
he scrapes out the meat, a powder
that is perfectly dry

He moistens it with a finger
and paints it over his tongue,
like a glove
he spits it out, as much as he can
but he can't help swallowing some

"All I want is the soul,
the flavor you know," he says,
"but I get the sugar too."

"Not that it's the fault
of the water," he hastens to add,
"It's all this damned gut of mine."

--John Virtue & Joy

An Ode to You

While multi-tasking words
one quiet afternoon,
I sat inside the bathtub
and simply thought of you.
Not of vicious, rabid ducks
or the counting of kumquats.
But of the free potato chips
and ugly, acrid thoughts.
Yes, there I sat and pondered
to the lazy, setting sun.
It seems that we have lost it all
and the losers have won.
I stood and grabbed the dollar,
and then I finally screamed.
To all those who have silenced us
and to those we cannot see.
I screamed for freed potato chips
and, "Will you all kindly shut the fuck up!"
But the only one left there to listen
was my sweet little friend, Buttercup.
Now you know that I love you all dearly.
Even they cannot claim this untrue.
And where ever I see there is poetry,
rest assured, I'll be looking for you.

--Barbie Dockstader

To my Open-Mic Crowd (10/97 - 11/98)
ThankYou.

She's Come Undone

I saw her today
and she's still unraveling.
She twists her hands in her lap
as if she could somehow knot the ends.
For a sense of closure maybe,
or to keep herself together.
Either way, it doesn't seem to be working.
Pieces of her scattered across the coffee shop floor.
They mixed in with stray cigarette butts
and empty sugar packets finally released
from the confines of the ceramic caddy.
And I stared at her.
Wanting to talk to her and let her know that
someday,
somewhere,
I was certain that a glue would hit the shelves
of some tiny, little environmentally friendly store
for \$29.95 an application
and she would be saved from the daily chore
or resembling her jigsaw self.
But before I could decide just how to correctly phrase
all that was swimming furiously through my brain,
she was gone.
She left behind quite a bit of herself that afternoon.
And it took the bus boy a half an hour
to clean up the mess. . . .

--Barbie Dockstader

Fall Up

Today there are two changes of the guard, one human,
the other being, that the seagulls have come inland,
and have replaced the Canadian geese that have
gone to bathe in the equatorial warmth.

A thousand immured eyes peer out of their hermetically
sealed gilded cage; They watch the fall season flow
by like an unheard whisper.

The roly poly ground hog waddles by as he goes to
feast on the last of the tall grasses that strive
to live amongst the barbed wire before his long
winter's slumber.

The cloud shadows dance over the patchwork of
dazzling fall leave colored hills.

The days are long, the song birds hushed, the
deciduous trees now bare, add another ring to their
life cycles.

The seasons wait for no human free or cages; They
are the great amaranthine constant of New England.

The silence of fall is Gaia saying "SHH!, examine
your existence and dream of spring's new life."

--Nikolai Alexanderovich Zarick
#162110
C.C.I.
900 Highland Ave.
Cheshire, CT.
06410-1698



Page

Lavalier's Unwinding Spool Of Metal Wire

trolling zebra heads
 aft of the Garlynn
 hunting blue water
 for blood hungry sharks rushing
 the bait--I set the hook hard

at once mechanical
 mechanical wench
 my muscles
 are mechanical wench
 dominated by frantic sweaty shadows

my crazed frothy joints, tendons
 ligaments in alliance
 with mechanical wench
 drawl up a scowl
 they wrench my face

doubleme over
 into a stiff grimace
 twice tighter tautlines
 squeezing marrow from cracks
 my bones

creak under
 one chunk of enamel wanders my mouth
 like a captain with a broken mast
 thrice dancing
 dancing with boot heel spin step

feet hum, tingle toe smile rapid as
 hummingbird wing
 wooden barn cockpit reverberates
 breast bone of heartbeats
 ear drum of spirit voice
 breathy river runt spook floaters

singing steam, steam rises in halo heads
 it is January cold, Love
 but we don't care
 Love, we dare
 I cast you out

reel you back in
 the wench release a notch
 I cast you out
 reel you back in
 drying & calming

all shadows
 I cast you out
 reel you--SNAP!
 solid
 thrum
 of
 loose
 wire
 in
 cold
 wind
 humming
 Love

--Stephen C. Zimmerly

We Can't Afford Doctor Dark Alley

Teary eyed
 Bloody hanger
 Scrapes

--Stephen C. Zimmerly

With a rigidity and strength that would make steel blush she stands there,
 Yet, her frailty lies so near the surface you could harvest it,
 like strip mining coal in Canada.

Seconds later I sense that some joker has placed a mirror in front of me,
 but breasts and a lack of beard pull me back.
 "Go away," I fool myself, "I've had enough of me for eight lifetimes."

--James Bohn

Fluid

Fading towards me - double-blind eyes of night,
 a following succession headed on toward
 namelessness. Eternity - so far away, the cold
 chill that brushes my shoulder, upsetting the
 leaves and time and the waxing moon
 swallowed whole by expanding black depth.
 Consciousness mixed with envy, the sweat in my
 soul, secret compulsions and underwater dreams:
 I name these my friends. On my knees, I invoke
 them, calling upon gods I call not my own,
 invading the space of animal intuition and
 human fallibility, unexamined thoughts
 pushed to the corners of my mind. Those of you
 who seek solace in night, will thankfully now,
 gratified, devour it in pieces - taking away
 from it all that you need. The time is now and
 never, tonight I am at my worst, stripped down
 to my faults, an uninhibited mass of
 whimpering, delicate, the face of unexpression
 turned away from the moon.

--psyche

(untitled)

Bleeding heart
 Pouring out love
 Till it can bleed no more

You stabbed and
 Bled me to the
 Point of death

Can you see my pain?
 Well -- can you?
 As the red river of love
 Gushes out

The stream runs
 Across the bed
 Over he breast
 To the floor

Flowing to the
 Garbage can of love
 in my heart
 Till it's overflowing
 With a love that
 Is no more

By Mike Smola

YOUR POEM HERE.

The Post Amerikan is seeking poetry
 submissions for the Poetry Page.

If interested, please mail your poem
 to: Post Amerikan, P.O. Box 3452,
 Bloomington, IL 61702 or e-mail to
 pamerikan@aol.com.

We have the right to
 reject any poem.



“Please don’t feed the employees”

Prejudice or Misunderstanding?

I’m sorry.
 Does it bother you that much that I’m not exactly like you?
 Is it my individuality, or my non-conformity that keeps you awake at nite?
 Which part of me do you find the most threatening to the paper mache world you have created?
 The color of my skin?
 Oh, well that’s understandable.
 But I notice that you pay to go to a tanning salon.
 Oh, it’s the fact that I’m not interested in the opposite sex. Well, that makes sense.
 But aren’t you the same person who owes forty-six dollars in late fees to Blockbuster for continuously refusing to return “Lesbian Nurses in Heat”?
 Oh yeah, must’ve been someone else.
 So you don’t like me because I smoke.
 I’m polluting your air.
 Well that’s environmentally conscious of you.
 Yeah sure, you only smoke when you drink.
 No problem.
 This? You don’t know what this is?
 Well, it’s my skateboard.
 Oh, you think that makes me a hoodlum.
 I’m destroying your sidewalks and getting in your way.
 What? You’d much rather I sit in front of the t.v. or join a gang?
 Wait, I know, I’ll start doing drugs. Yeah?
 Great. Well hook me up with your dealer.
 I get it, I just don’t look like you.
 We’re not dressed the same.
 You don’t have as many piercings or jewelry.
 The color of my dreadlocks and the fact that all of my outfits are exactly the same shade of black puts you off. I don’t wear enough name brands. I don’t advertise for enough designers.
 And the worst part is that I always stand out in a crowd.
 And you find this unsettling.
 What? Sure you can borrow my fishnet tights.
 Yeah, I know, kegger at the Inferno. Gonna fuck your best friend’s boyfriend ‘cause you heard she said you had a big ass. No, totally understandable.
 So what is it that you don’t like about me again? Oh yeah, I’m not you. Well, O.K.

--Barbie Dockstader

Poetry

My mind flies freely for
 Simple symbol syllables,
 That make me think of more
 Rhymes to ring as silver bells,

Poetry is a passion
 Which is millennia old,
 It always stays in fashion
 As centuries’ stories are told,

Muse on this printed dove
 Her wings with written love,
 Lying in a palm tree
 Just to be poetry.

--Todd Rickey

This is an excerpt from “Please Don’t Feed The Employees” a piece by Matt Toczko, of The World According to Matt who has spent the last few months getting close to nature with a job that he had at Yellowstone National Park. This tells of some of his experiences.

nine rainbows in five weeks is a good showing for just about anywhere; misty bands of color concave framing thrice upon thrice the horizon pine stubble mountain peaks, Nature calling forth in midday hues, pasts undefined in August chill, rain morning fog, beloved of sweetgrass and sage. the people are on the move, silent sunshowers spilling from sandy coasts, shattering on spinal ranges, rolling onto vast plains beyond with the gentle rumble of distant thunder. storm echoes haunt the pulse of the opaque threshold, drumbeats vibrate the mighty trunks of oaks with fond remembrances, transmitted through the flesh of Mother Planet by roots that never forgot. welcome home translates into elemental lovemaking. air and water, thought and emotion. life’s breath and creek gurgling in the bong at the heart of the valley. doe eyes and trolls aside, take a walk and have some tea, a smoke? before heading North to native dreams, West, where the colors are ever beckoning skyward. the Lord of Ravens sings to the Sun majestic wingspan absorbing Night solitary in the breaking Day until greeted by several fellows chanting off-key

chanting off-time songs so beautiful by standards unprescribed by humans Walk, Walk, Walk they intone in turn a traveling tune of trails never described by humans and known only to souls who dare, who succeed in walk, walk, walking as the crow flies as the morning mist rise to congregate in clouds over Noon.

--Matt Toczko

Highway

1.
 Upon cool, gentle breezes,
 Which rustle brilliant leaves,
 Floats a hint of flaming oak,
 Through the trees the scent eases,
 Trees that seem ablaze themselves,
 Their burning hues making smoke,

The soft, yet full rustling,
 seems amplified by color.
 Yellow, green, orange and crimson,
 Seemingly like fire crackling,
 Burning with rainbow splendor,
 Ushering in the season.

2.
 Gasping from a pastel sky
 Autumn breathes melancholy,
 The wind sounding a long sigh
 Wisps the tree longingly,
 Springtime’s promise long forgotten
 Summer’s glory fades in darkening shades,
 Small tears flecked upon the breeze begin
 The sky cast in a sullen haze,

Cooling winds beg wander lust
 The rustling seems to speak strange names,
 Flowing, unseen currents catch images
 A million memories blend tenderly,

Oh, but to turn the world back
 To reverse the celestial gyre,
 But relentlessly caught, fading to black
 Darkness reaches ever higher.

3.
 Slashing across good, green ground
 a cold, hard ribbon twists around,
 Like a dull knife if cuts hard
 Putting every creature on the guard,
 Blood stains dot it’s full length
 With speeding metal we give it strength,
 Burning and killing along the way
 Coldly striking down every stray,
 Who die in grimy, filthy waste
 That we spew out in all our haste,
 In our speed we murder the land

Will there come a day when we understand?
 All of our roads, and all we do
 Slice the earth, even the skies blue,
 Cutting them open until they bleed
 Why can’t we just take what we need?
 Will we be victims of our own violence
 And perish through mere indifference?

--Todd Rickey



Response to Phillip Camus' article "New World Nazis"

I can't say that I agree that the founding parents weren't responsible for their actions. Just because they didn't think they were doing anything wrong doesn't mean it wasn't. They were responsible for their actions...but they weren't necessarily evil people like they have been portrayed.

I do, however, think that it is innate in every human to know better than to torture and abuse and sell another human being. Man has overlooked that knowledge repeatedly in history for economic and personal gain.

In order to justify their actions they "reason" that the object of their enslavement or other mistreatment is somehow a lesser being than themselves and that it is therefore morally OK to remove their rights. That is the danger of accepting the values of popular culture without looking at the great eternal truths which do not change with changing culture.

Phillip makes the same point-but what I'm saying is they did know it was wrong-just like the Nazi exterminators knew it was wrong-but they let economics and group acceptance of an act lull them into thinking they could perpetuate the behavior. If slavery wasn't known to be wrong-then why was the Civil

War fought along North/South divisions? Were the men in the North more aware of right and wrong than the men in the South? No. They were just less economically dependent on slavery. Would the Northern men have acted the same had economic situations been reversed? Yes. Man looks out for himself and convolutes his beliefs to accommodate his conscience.

Phillip is right that we destroyed the Native Americans. What another embarrassing blot on our history. He is also correct that America doesn't have the excuse of ignorance now. Our current wretched act is the murdering unborn children in their mothers womb. The "popular culture" has decided that somehow, a child isn't a child unless we want it to be. They hang their opinion on the "choice" catchword. "How dare a freedom loving American take away a woman's choice to do anything?" "Look, it is just one more way to oppress women." "What magic act is it that turns a "blob of tissue" into a baby?" We can even murder them while they are being born as long as their head isn't here. If I can't see your face can I murder you? Is it OK then?

It is once again rationalizing an abhorrent act because of economics, or fear, or just disregard for anything or anyone but yourself. I don't want this human being; it is inconvenient, so I will just dispose of it. It's my choice. How dare you force me to do something that isn't exactly what I want. Our country is paying and will pay dearly for the slaughter of the innocent children.

I think that Mr. Camus made a very good point that we must watch vigilantly for the removal of freedoms as long as those freedoms don't contradict the highest of all laws. We have proven ourselves ill-equipped in the past to watch out for our fellow beings and to take care of the weaker or obviously different. Diversity, reason, and tolerance can only go to the point that God's laws are honored. Tolerance of abuses just because just because a group of people believes that they are OK does not fly. Intolerance of evil is mandatory. You don't hate the evil doer, just the evil act.

Race and discrimination issues have made us a better people because we are alert to them now. That is very true. As history gets rewritten by the dumbing down of America and the Euro-hate faction it will become even more important to watch for repetition. I saw an article last year that said that way over 60% of high school students didn't believe that the Holocaust happened. I was stunned. My father fought in WWII - we are not that far removed from that horror. How scary is that?

--Liz Davis

Arkansas sudden death syndrome

Number of persons in the Clinton orbit who are alleged to have committed suicide: 7

Number of persons in the Clinton orbit known to have been murdered: 2

Number of persons in the Clinton orbit who have died in plane crashes: 11

Number of persons in the Clinton orbit who have died in automobile accidents: 3

Number killed during Waco massacre: 4

Number of key witnesses who have died of heart attacks while in federal custody under questionable circumstances: 1

Number of medications being taken by Jim McDougal at the time he was placed in solitary confinement shortly before his death: 12

Number of unexplained deaths: 3

Total of above: 31

Number of northern Mafia killings during peak period 1968-1978: 30

Number of Dixie Mafia killings during same period: 156


--Progressive Review
October 1998

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News from MCATF

HIV/AIDS Prevention-Education Outreach

The McLean County Aids Task Force announces the establishment of a new standing committee for "HIV/AIDS Prevention-Education Outreach" staffed entirely by volunteers.

This committee is comprised of five subcommittees which, respectively, will provide HIV prevention education to the African-American population, the Hispanic population, to people with disabilities, to the student age population, and to the business community.

Each subcommittee has members and consultants who possess understanding of the specific group to be reached and insight into its needs, as well as members drawn from the population being served. Each subcommittee has its own chairperson elected by the members. Robert Sutherland has agreed to serve as Coordinator of the Outreach Committee as a whole and work with the chairs of the various subcommittees.

The aim of the Outreach Committee is to provide HIV/AIDS prevention education detailing what HIV is, how infection occurs, and how infection can be avoided, so that people can use this knowledge to make informed decisions regarding their own behaviors and, in turn, educate others.

Hopefully, through this effort, lives will be saved. The Committee hopes that eventually each of the five populations being reached will generate from within a core of trained and dedicated people who will not have to rely upon the Outreach Committee and its subcommittees to provide HIV prevention education, but will be able to do the job themselves, utilizing the committees as a resource for their own efforts.

The McLean County AIDS Task Force feels that

it is important to create an ongoing educational outreach effort to prevent the spread of HIV, the virus that causes AIDS. Although in the U.S. there has recently been a decline in the number of AIDS deaths and in the progress of HIV infection to full-blown AIDS, this is largely because of the new drug therapies which are prolonging the lives of those with AIDS and delaying the onset of AIDS in those who are infected with HIV. However, the incidence of new HIV infections seems not to be declining, but is remaining constant. This means that there is a continuous increase in the number of people infected with HIV who may infect others.

Some groups are showing disproportionate increases in the rate of new HIV-infections. According to the Centers for Disease Control and Prevention in Atlanta, Georgia, the groups with the fastest growing incidence of new HIV-infections are women (particularly African-American and Hispanic women), and young people in their teens. Many teenagers are sexually active, but don't use condoms or other safer-sex practices consistently, believing they're invulnerable. Either because of ignorance or HIV and its modes of transmission, or because they think that AIDS is an older-persons' problem and doesn't apply to them, they engage in behaviors that put them at risk. The CDC is expecting a major increase in new HIV infections in young people.

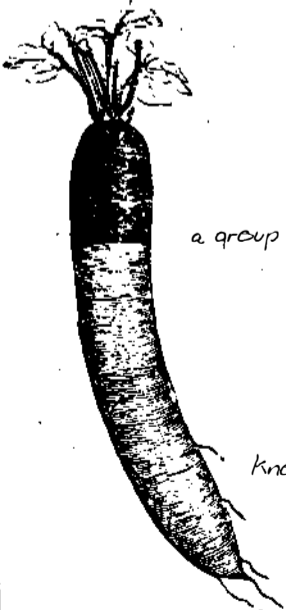

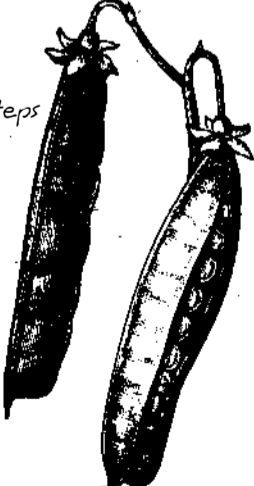
People with disabilities are very much at risk for HIV-infection. Whether blind, deaf, physically disabled, developmentally disabled, or mentally ill, it is imperative that they be reached with HIV prevention education.

The business community which hires, retains, provides insurance and benefits for, and expects productivity from, employees has a major stake in HIV prevention education. It is important for employers, businesses (small and large), and corporations which employ hundreds or thousands of workers to have policies and practices in place whereby HIV or AIDS in the workplace can be dealt with fairly, equitably, and compassionately. Many businesses in McLean County already have such policies.

The task of Business Outreach subcommittee will be to encourage the business community to address the reality of HIV/AIDS in socially responsible ways and to formulate and implement humane policies regarding employees who are living with HIV or AIDS. For businesses which desire to have in-service education and training for their management and employees, the McLean County AIDS Task Force will be happy to provide trained speakers and other educational resources such as printed materials and video tapes, or to moderate seminars or roundtable discussions.

Since the start of record-keeping in 1986, the McLean County Health Department has cumulatively logged in 70 cases of AIDS, and a separate 70 cases of HIV-infection (diagnosed in this county). This does not tell the whole story, since if a person tests positive in another county then moves to McLean County, that case does not enter into McLean County's totals. Also not included are the results of any anonymous HIV antibody tests.

The CDC has estimated that one out of every 250 people in the United States is HIV-positive (all ages); of adults and adolescents, one in 160 males, one in 800 females. If the estimate of 1 in 250 people would apply in McLean County (and

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it might not), Bloomington-Normal would have as many as 400 people who are HIV-positive, ISU (with 20,000 students) would have as many as 80. Many of these people who are HIV-positive, in all likelihood, may be undiagnosed and therefore unaware of their status or that they are infectious.

The Outreach Committee for HIV/AIDS Prevention Education will work closely with the Health Departments of McLean and Livingston Counties, with Student Health Services at Illinois State University and Illinois Wesleyan University, and with other agencies and organizations as appropriate. The five subcommittees will address, respectively, the particular needs and concerns of the highly diverse populations they hope to reach. The effort is a major challenge which will require a great deal of ingenuity, creativity, hard work, and commitment.

We extend an open invitation to the people of McLean County to serve on any of the five subcommittees as members or consultants. If you care to participate, contact the McLean County Aids Task Force at 309-827-2437 or Robert Sutherland, Outreach Coordinator, at 309-452-4831.

Dining With Friends '99

With one organizational meeting behind us, we are looking to expand in new directions. To do this we need more volunteers who can help on individual projects of limited duration and time commitment as well as steering committee leadership. We have begun meeting earlier this year so fund raising efforts will not be frantic and exhausting at the last moments.

We are looking at expanding the time frame when people can have Dining With Friends parties. Some people have expressed interest, but late spring is just not workable in many social schedules. We can still provide hosts with all the materials they need to insure a successful party. After the parties, when the time is closer to the Desert Finale, we will send reminder invitations to finale to the hosts/guests.

Other ideas include having departments, floors, or small companies that do gift exchanges at the holidays, give items for clients of the Task Force living with HIV. They could also collect money to support our services if that is easier. It would be a valued way of giving at the holidays, and we can do special acknowledgements. We are looking for ways to develop and advertise this idea or any others suggested.

Essentially, in order for MCATF to survive and continue its mission, with all our projects intact or expanding, we need your time (in any amount), ideas, suggestions for additional giving, publicity, making personal contributions or soliciting them from others.

It will take a great deal of effort by a lot of dedicated volunteers to assure that MCATF will continue its mission uninterrupted. Can we count on you?

MCATF Orientation change

Prospective MCATF members and others who want to know about MCATF and its programs may now arrange an individualized orientation by calling MCATF at 309-827-2437. Topics include MCATF history and mission, volunteer opportunities, training available, and current outreach projects.

Prior to this change in meeting format, the orientation had been offered on a once a month basis. The change is intended to introduce flexibility in scheduling and to provide a more personalized orientation for interested volunteers.

Support Group change

Family members, friends, caregivers, and significant others of someone living with HIV/AIDS seeking support may now arrange an individual session by calling MCATF at 309-827-2437. We will make every effort to return your call as soon as possible in order to arrange a time and place of mutual convenience.

Prior to this change, the group has been offered on a once a month basis. Declining regular attendance is one reason for this change. However, we think that the change will introduce flexibility in scheduling and provide more personalized support at this session.

Others who want to take this training for the first time (or as a refresher) should call the MCATF office at 309-827-2437 to register their interest. The next class date is dependent upon their interest.

--from Red Ribbon Review

MCATF winter meeting

MCATF will be holding a panel discussion open to the public on Monday, December 7, 7:00 PM, at the Normal Public Library. The topic planned is "coming of age in the age of AIDS."

Holiday Gift Ideas

When completing your gift-wish list for your company's holiday gift exchange, consider listing that your Secret Santa make a donation in your name to the McLean County AIDS Task Force.

Entertainment books available

Another holiday gift idea that will please you and those you give gifts to, while benefiting MCATF at the same time, is the "Entertainment Book" of coupons now available from Arlene Valentine. Call 309-827-2437. The local book includes places in the larger surrounding towns. Books are also available for other areas of the country if you want to send one to your Aunt Mabel.

Donate to MCATF through United Way

The annual United Way Fund Drive is under way. Many of our readers have been regular contributors to this drive.

Although MCATF is not a United Way agency, you can designate that MCATF be the recipient of your United Way donation. When you complete the donation form, simply state that "The McLean County AIDS Task Force" be the designated recipient of your donation. United Way will follow through and pass your donation to us after deducting their administrative fees.

--MCATF
October 25, 1998

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"Crazy, crazy world.

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sanity: n. 1. The quality or condition of being sane; soundness of mind. 2. Soundness of judgment or reason.

-The American Heritage Dictionary

The world is collapsing around us. I turn up the radio and I can't hear it.

-REM, Radio Song

I'm not as thick as you stoned I am.

-Unknown

Only the devil laughed
 honor to scorn:
 in his envy he left
 no work of God untouched.

-Hildegard Von Bingen

It's the end of the world as we know it....and I feel fine.

-REM, song titled as above

Crazy, crazy world. Crazy, crazy times.

-REM, Fireplace

Are you as sick of hearing about Monica Lewinsky and President Clinton as I am? I feel compelled to mention it all again, assuming that you will agree with me in the absurdity of it. Is what Clinton did perjury? Semantically, no, probably not. Realistically, yeah; he lied.

I used to do that as a kid all the time. Tell the truth, but just literally. Sometimes I still do it. And I, for one, considered myself a virgin back when I hadn't had intercourse (meaning penis inside vagina) and had only done everything else.

But, if I had been in Clinton's shoes, I sure as hell would have played the semantics game. I would have probably lied through my teeth. Why would I want the nation to know all the details of my sex life? That was his business, between him, Monica and Hillary. I have not nor will ever read the Starr report. I think it is none of my business. I do think Starr is probably impotent, or a pervert or, most likely some sicko sadist who gets off on the utter humiliation of others, and man, was this the ultimate sexual humiliation of two other people! Starr is probably still getting off on this one. And is this now an impeachable offense?

I am especially appalled because of the lack of interest we seem to have for real news and real events. This reminds me of the O.J. Simpson trial, and our country's obsession with it. I was in Missouri for about three and a half weeks at the end of August, arriving right before Lewinsky was to appear before the grand jury. There were no T.V.s to watch, and radio was scarce.

A guy there looked up the news on the internet to find out what came out about the President and Lewinsky. It was a full week AFTER the U.S.'s our "retaliation" bombing in Africa (I still don't quite know what we bombed) that I heard about that event.

A visitor to Dancing Rabbit mentioned we had bombed something somewhere due to our embassies being blown up in Africa. In my few times of actually hearing news on the radio in that week I had never heard about this event. I had heard, really, nothing other than about the sex scandal...something that I consider nothing but glorified gossip.

Since returning from Missouri I still haven't heard anything on NPR about the bombing. Granted, I don't listen to every report every day, but I have listened enough to know about certain incidents between Bill and Monica. I haven't heard one thing about what has gone on with us bombing someone, whether it was "justified" and what has gone on since. I haven't even heard about the aftermath of it all. No, all I have heard about is how reporters can discuss fellatio on national news which they couldn't before (NPR's evaluation of the Lewinsky coverage).

What kind of cigar do you smoke?

Then, from the bit I heard, there were very bad things going on in Kosovo, but amazingly enough, I hadn't heard enough about it to fully understand what was going on, except that it was being compared to Bosnia. Oh, but I do know that the Linda Tripp tapes (Remember Linda? The "friend" Monica so stupidly confided in?) had possibly been tampered with prior to their being submitted as evidence. Let's face it, blow jobs and cigar tricks are much more interesting to think about than death, violence and chaos in the world. Much easier to live with.

There are many many disturbing things happening in the world, and we just blindly sit here and exist with them, thinking them removed from us. Those things don't happen here. Not in America. We are safe from all of that (with the crime, general violence, rapes, murders and guns....) and it doesn't touch us.

Talking with a friend recently, we found out that we both have silly fears of camping. She and a friend went with their kids to Lake Dawson last fall and camped alone in the backpacking area. There was loud crashing in the woods which scared them to death. Was it a person or a large animal? We talked about how even animals, like raccoons, can be unnerving in the woods late at night.

I told her how I have taken my kids camping, sometimes with my friends and their kids, and sometimes alone. I pointed out that it is hard the first night or two sleeping out, and then I get used to it....BUT..... I always keep a can of pepper spray and a hatchet at the head of my bed just in case. Just in case? I don't sleep that way at home, where I have this false sense of security. That screen is going to keep me safe from marauders in the city, right? I hear the sirens in my neighborhood.

I have witnessed unjust, violent action by white police officers against black men in my neighborhood twice, and yet there is this false sense of security I have here, among the violence and buildings, that disappears when I get in the privacy of nature. In the middle of a 10,000 acre national forest in a highly underpopulated area with three other campsites total in use up in Northern Minnesota I am much less likely to get murdered in my bed after slow torture than I am on Front Street in Bloomington! Yet my false sense of security prevails. I feel safe in my home and not where I am truly safe.

I live a dichotomous existence. I believe I know the truth about the world, but it is impossible to function on a daily basis with this awareness, and not go crazy. So, I instead exist according to the rules everyone else lives by. It seeps in the cracks at times, in the most unusual places, and I suddenly get overwhelmingly depressed, saddened, and sometimes panicked. We are a generation of the living dead. We walk around, unaware of the state of the world around us. Americans especially do this more than anyone else in the world.

Think about these few things, you will understand more of what I am getting at. The "cold war" is over, right? Now we have no fear of nuclear war, so we are safe. For many years we shopped, ate, fought, bore children, made love, all under the threat of nuclear annihilation. Most people never thought about it in their lives, if ever. If you brought it up to them, they became almost angry. Now that the "cold war" is over, we have nothing to fear, and with Pakistan now having access to the bomb and doing testing, well, it doesn't really involve us, so we don't need to worry about it.

Just one question: What about all the bombs that exist? I have always wondered how it is that we can ignore this fact, or think war elsewhere doesn't affect us? What about all the missing plutonium from Russia that has been stolen by the Russian mafia? Who has it now? What if some terrorist has a nuclear bomb? This isn't crazy or farfetched, but probably a reality. What if there is some simple computer or mechanical failure at some missile site, and a nuclear bomb is accidentally launched?

The living dead

More simply, we think that nothing can ever happen to Americans. No war has been fought on our soil since the Civil War (the bombing of Pearl Harbor instigated a war, but it wasn't fought here). Even the Vietnam War, or most



Crazy, crazy times.”

recently the Gulf War had relatively little impact on our lives (unless you were one of the people fighting in it or one of their family members). They were fought elsewhere while we continued driving our cars, building our houses, shopping at Wal-Mart, and eating at McDonald's. Consumerism is the all important god of America, and we worship in its shrines daily. We may be involved in more military action in Iraq. Will we pay anything more than a passing interest to this as we eat our cereal and drink our coffee?

Now that the news is reporting (other than the President's sexual adventures) about the possibility of a world economic crisis, starting with the crash in Japan, I would have thought that people would have started paying attention. Nothing could be farther from the truth. When I ask people about this they say, "Oh, we'll be fine." I ask them this: Haven't all great civilizations throughout all of history reached their peak and then begun a decline, resulting ultimately in the falling apart of that culture? Why do we think we are so powerful as to be immune to such an outcome as well?

Have many people thought about the class and race issues still predominant in our society? Do we really believe that we could not have a civil war again here? I, for one, think it inevitable in the future. We shop, spend, eat out, throw away garbage, and still never think of the impact this makes on the rest of the world.

Ever walk through the tent sights at Lake Dawson on a weekend? TVs, tarps hung from trees, cell phones, heavy metal music cranked....back to nature with as little nature as possible! We live without being aware really of that which surrounds us. We think we are special, a nation blessed by God. We ignore the poverty in our streets. We think that sexism doesn't really occur anymore now that women are "liberated," and blacks are now in school with whites, so everything is okay. Nothing can touch us. We are special. We are free. We are the leading world power. One nation under God, with liberty and justice for all.

YEAR 2000

Have you all heard of the Millennium Bug? What about the FORTRAN 9999 problem (which I understand much less about)? Think about it for a moment. There is a flaw in innumerable computer systems and chips throughout the world, and it is impossible to fix it all before the year 2000.

And we all act like nothing is wrong.

When I mention it to different people, I get different reactions. I have been told that of course the government will take care of it all. If it was really a problem, they would have dealt with it already. I have been told that "my finances are safe because Merrill Lynch has dealt with the problem and are completely prepared." I have also been told that "my computer won't be affected." Some people do say that yes, probably there will be a few problems with some of the finances in some

companies and maybe in the government, but they will be dealt with. One friend said that yes, she is very concerned, and that is why she handles all money transaction with a check, and doesn't ever use a money card. Tell me, do the banks that process your checks use computers to do this?

I find it astounding that people are only fixated on the financial end of it, or on how much they personally use a computer. They don't seem to think of how computer technology has touched every single aspect in their lives. They buy gasoline, out of a machine that dispenses gasoline which is electronic and runs off of a computer chip. They pay for the gasoline with cash or a money card. How does the gas get there? In trucks which haul the gas around....and get their information through satellite transmissions which are programmed by computer technology. Even the navigation of ships is done by computer! Every aspect of our society is done now by computer and computer chips. Do we know if these computer chips are inherently flawed as well because the computers that made them were? Our nation's defense system is hooked into a satellite that is outdated and infected with this! And we only care about a few glitches that may occur.

Think in detail of your life. You may have a clock radio, probably digital and lit up. You have a T.V., probably with a remote control. Your coffee pot could have a computer chip. How about your watch? Car? CD player? Telephone? Answering machine? Microwave?

What about the electricity itself? How is the electricity and the telephone operated? In July I heard President Clinton on the radio say that if the year 2000 occurred that day **100% of the nation would be without electricity, and this could result in chaos throughout the world.** And no one is paying attention. We walk with blinders. No one could cook. The gas company also relies upon computers. There would be no heat. Again, even if you rely on natural gas, there is an electronic switcher that turns it on, and your gas couldn't get there. What about food? Your refrigerator wouldn't work. You wouldn't have water unless you had a well, and that wouldn't work if you had a standard pump which was run off of electricity. Where would your food come from? There would be a run on stores, and food couldn't get transported by train or truck to your store. If you had a garden, would it help? No, probably not, because someone else would sneak in a take your food, because they wouldn't think enough ahead to grow any for themselves. In the worse case scenario, it could literally mean the end of civilization as we know it.

In the most likely scenario? There will be a big economic recession, maybe even another depression. Back in the Great Depression, people often still had gardens, still cooked on wood stoves, and still had a grasp on life and could do things. They knew how to survive. We have lost that survival instinct. We don't know how to actually do anything anymore. We push a button, and that is it. Sure, we make homemade bread....in our bread machines

which also have computer chips. Why knead it by hand? We don't need to grow food if we can get it in a store or buy it at the farmer's market. We are lacking in the essential skills needed for our very survival.

If there were another big recession like in 1970, how would Bloomington-Normal fare? Mitsubishi manufactures more "middle class" cars. Our plant in general has had major problems, first with sexual harassment, and now with discrimination against those with developmental disabilities. If there was a big recession and people were buying less cars, doesn't it seem likely the BN plant would go? Wouldn't this impact EVERYTHING in this town? Even with the current economic unrest, I still think we have much to fear. And do most people think of this? No. [NOTE: When I originally wrote this article two and a half months ago, Mitsubishi was fine. Now they have started lay offs. Please, pay attention to what is going on around us!]

To even mention that our culture could completely fall apart results in looks implying that you are less than stable. Please note I haven't even mentioned the environmental devastation that is occurring all around us that everyone also conveniently ignores. I am appalled by the blinders we all wear, and even more appalled (and fascinated) by how I allow myself to function in the midst of all the insanity around me. I believe I am the sane one. One of the few sane ones. I think my fears and concerns are healthy, well thought out and justified. I think we are facing harsh times, and I would rather be prepared for them than sit around thinking nothing will ever happen to me and to our society.

There are some who see what is currently going on in the world, and see the possibilities for the future. Some of these people are very frightened by it all. Often they choose to then stop thinking about it. They can't function on a daily basis in the midst of the present and possible violence and chaos. I can't blame them. I only get through each day by pretending rape, war and starvation don't go on daily; I survive by living as if everything is okay. I delude myself into thinking that because I eat most of my food organic and natural, recycle everything and do all the other little things that I do that I am at least doing my part because I am better than the average in making the world a better place. Realistically, these are just band aids on a severed limb.

It isn't surprising to me that Americans are more interested in where the President's penis has been and what it was doing there than on what the future holds for us. It doesn't surprise me in the least that some people think this issue so important that he should be impeached. To actually contemplate what is happening is frightening. Sadly, though, I don't think people close their eyes to what is happening in the world because of fear. I think it is because they are too blind, too shallow to see beyond their microwave dinner and television.

--Marcee Murray



We won't be ok if the oceans die

The coral reefs of the world's oceans are equivalent to the forests of the land. They give shelter and sustenance to countless species of life. And they have been living for thousands of years.

Those coral reefs are very sick. It was reported that much of the reef off of the Florida Keys, for example, was suffering such a rapid decline that if its condition continues to worsen at the present rate, it would die in less than 2 years. 1999 was said to be "the make or break year."

Scientists trying to discover the cause of the coral reef's distress have identified at least 14 separate agents that are attacking and weakening the reefs. Toxins from pollution, bacteria, fungus, and other such agents are contributing to the problem. Increased UV radiation, due to the human caused damage to the atmosphere, may also play a role. A similarly frightening and sad situation is found at coral reefs around the world.

Off the coast of Maine, lobsters are sickening and dying. And in the estuaries of the Carolinas, more and more fish are being found with bloody sores on their bodies.

Some sea creatures are changing their eating habits. For example, Orcas (killer whales) have begun to eat sea otters. Previously, Orcas ate large prey like seals and could ignore small-fry like the otters.

Some sea creatures have had to change their territories, forsaking their home areas like refugees.

Please understand that tactics like changing diet and territory are desperate high-risk measures. And they cause pressure on everything around them, disturbing the delicate balance that has been maintained for so long.

And there are reported to be areas of the ocean that are virtually devoid of life.

I see a pattern to these things and it is not a good one. It is a pattern that screams "danger," a red light, a warning.

I trust the sources of this information. These things are happening. And they are very important to all of us. We need to begin to take them seriously. We need to begin to act rationally here.

Obsessing about trivia, as our political leaders (?) and our media have, while the oceans die around us, is like worrying about keeping our hair from getting messed up when the Deep Impact tidal wave is about to break over our heads.

The schools and universities have been nearly useless in helping us understand the importance of the other living things around us. And the churches have been so silent about the destruction of God's beautiful world that I honestly believe it is reasonable and fair to ask: "Whose side are you on?"

Is everyone and everything that we have been supposed to trust cowardly, stupid, or bought-off?

The source of the problem, as I see it, are the corporate entities whose only drive is profit. They may enable us to live a life-style that we like for a while, but at the cost of our future.

The pattern that is emerging in the seas around us, hopefully, will shock us out of our complacency and denial.

And, hopefully, in time.

For a quick course in self-change, I recommend 3 easily assessable movies:

Dances With Wolves starring Kevin Costner
Little Big Man starring Dustin Hoffman
Thunderheart starring Val Kilmer

These movies contain powerful messages. The medicine man in each of them is real. See them more than once, if you can. Imprint their images on your soul. They portray a way of life that doesn't poison the world.

And they portray a person changing.

May you change too.

Information for this article comes from Art Bell's radio talk shows which can be heard on WJBC 1230 AM every night beginning after the news at midnight, and on WLS 890 AM on Sunday just after the news at 8 pm

To verify the information given, Linda Moulton Howe, Bell's primary environmental reporter and investigator, can be faxed at 215-491-9842.

--Walk in Beauty
Gregg Brown

All I am saying is give New Age Music a chance

I know the term New Age music makes a lot of people cringe. I know it is not supposed to be "cool."

But I also know that a lot of people who care very much about music have not heard the very best of New Age music. It simply hasn't been promoted in a way that would give many people a chance to hear it.

I would be willing to go way out on a limb to say that for some of you the best of New Age music would come as a revelation.

Let me suggest three tapes that I believe some of you would find entrancing.

Following the Circle (Etherian Music) by Dik Darnell evokes the sounds of the Native North American Indian cultures, with a synthesizer line woven throughout.

Wind Spirit (Earthsong Productions) by Anne Williams carries the sound of the US Southwest and Central and South America. The native instruments, the complex rhythms and the beautiful voice of Williams blend into something wonderful.

Spectrum Suite (Sound RX Productions) by Steve Halpern is strange and sweet. It is a unique experience.

These tapes can be bought or ordered at a real New Age bookstore, of which there are several in the Central Illinois area.

I am not saying that this music is for everybody. I don't know if any music is.

But, I know some of you, if you had a chance to give it a fair hearing, would find that this music has the power to open a part of yourself that maybe you didn't even know you had.

I know that it did that for me.

--Gregg Brown

New Age Rock
Meditation Metal
Metaphysical Jazz



Gregg Brown will perform his music at parties & group meetings

the client sets the fee
(309) 827-5805



Take back the night

On the evening of October 22, 1998, hundreds of women marched through Normal/Bloomington's streets chanting verses to Take Back the Night. Before the actual march, the participants were able to view the Clothesline Project. The project displayed T-shirts that were personally designed, describing situations of rape or abuse. There were also many booths, and speakers that offered information on rape and sexual assault.

The march began at the Bone Student Center and made its way through downtown Normal. It continued back over to Main Street, in order to finish at the starting point. The highlight of the evening was the candlelight ceremony. All of the participants gathered around ISU's quad and had the opportunity to share their personal experiences of rape or sexual assault. For those that were brave enough to share their stories, it was very emotional, not only for them but for all of the participants.

The purpose of Take Back the Night, was to stop rape and sexual assault against women. The lesson learned, was that it is no one else's fault but the offenders. As a participant, I found the march to be very educational and fun. Another participant, Erin Cosentino said, "I thought that the march was inspirational and moving, it sent chills down my spine."

Everyday the statistics increase, and Take Back the Night was a positive step to open the eyes of men and other viewers of the march.

--Julie Ranieri



ISU Women's Coalition

Because **women's work** is *never done* and it is **underpaid** or **unpaid** or *boring* or **unrespected** and **what we look like is more important than what we do** and **if we get raped it's our fault** and *if we get beaten we must have provoked it* and if we **raise our voices we're nagging bitches** and if we **enjoy sex** we're *nymphos* and if we don't we're **frigid** and if we **love women** it's because we can't get a "real" man and if we ask our doctor too many questions we're **neurotic** and **/or pushy** and if we expect childcare we're **selfish** and if we stand up for our rights we're *aggressive* and *"unfeminine"* and if we don't we're **typical weak females** and if we want to get married we're out to **trap a man** and if we don't we're *unnatural* and because we **still can't walk safely alone at night** but *men can walk on the moon* and if we can't cope or don't want a pregnancy we're made to **feel guilty about abortion** and...for lots and lots of other reasons, do something to change it: **Become a part of the ISU Women's Coalition**

Meets every Thursday at 7 p.m.
Stevenson 219
Or call Liz (662-2906) or Becca (827-4095)

Too many stories: "Take Back the Night"

There have been many articles regarding the "Take Back the Night" rally at I.S.U. this October. Writers have discussed the necessity for the rally and the march. They have quoted the speakers. They have counted the men and women who attended. The societal impact has been assessed and dissected and reviewed to no end. However, when I see people who attended the rally, I am reminded of what I felt to be the night's greatest achievement.

The march took us to the small space of grass behind the I.S.U. Theatre building. This was the point in the evening that was considered "open mic." Women stood up in front of people they knew and others that they had never seen before and bared their souls. A cliché term, "bared their souls." But I could not describe it better if I had a thesaurus in front of me.

These women stood up in the midst of a giant circle of anonymous faces and told their most horrific stories of abuse. The response was not a male bashing session. It consisted of supportive shouts... "It's not your fault.".... "It'll be O.K.".... "You're strong."

The idea of taking back the night is a figurative one. Today's woman is not naive. Yet if one woman has the courage to stand up and tell her story, then there is a chance for things to change, because that woman is not blaming herself for incidents that have occurred in her life. She is merely telling her story so that someone else will not have to feel all alone.

The one feeling that resounded louder than any other that night was that there are way too many stories out there. And unless we keep trying to stop all of the abuse we will only be left with more stories to tell.

Take back the night...Take back the right to not be a victim.

--Barbie Dockstader

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Gay, lesbian,

Dream Boy by Jim Grimsley

Jim Grimsley's *Dream Boy* tells the love story of two young, gay boys in rural North Carolina. Roy, an outwardly macho high school boy native to the area, drives the school bus. Nathan, the son of a transient family new to the area, rides the school bus. Drawn to each other, they fight Roy's desire to be perceived as straight, Nathan's secret terror of an abusive father, and their Baptist friends and family. The woods around their homes offers a haven of safety and beauty where the two can escape to realize their love.

A camping trip, with two other high school boys, to a haunted mansion hidden in the woods leads to confrontations that result in suspense, violence, and a world of fantasy. The final chapters of the novel deal with a spiritual world of resurrection where Roy and Nathan can finally "become one" walking away from "the voices of people searching for them in the woods" to a new place from which "they never look back."

--Diane Hall from *The QCAD News Newsletter*

In memory of Matthew Shepard

Note: The following was originally written for the memorial gathering for Matthew Shepard's death held at the QCAD Center on October 15.

We have come to know Matthew Shepard only through the story of his brutal death. And yet we share a kinship. But, even with that distant bond, we can only imagine the fear he felt as he was beaten and left to die on that fence. The senseless brutality of his death leaves me deeply saddened and angry. My anger is intensified by the seeming trivialization of his death by homophobic forces. Andrea Shelton, of the Traditional Values Coalition, asked "Is that poor boy any more dead because he was homosexual?" Well, he may not be any more dead, but Matthew Shepard is dead because he was gay.

We grieve for the indignity of his death. We opened the papers and saw his innocent smiling face. When we looked into his face, we saw the image of our friends, brothers, sons and partners. Personally, my first response was to withdraw and deny the brutality. But denial only lasts a short while and then the reality of his senseless ending becomes clear. And with the clarity comes fear. However, we must not allow fear to become paralyzing. I am reminded of a song by Holly Near written about the death of Karen Silkwood. She says: "It could have been me but instead it was you. So, I'll keep doing the work you were doing as if I were two." These words have spoken to me several times in the past years and again inspire me to continue my work as an agent of change.

Matthew Shepard's death must not go without meaning. As a community and a nation, we must find a way to fight the individual and societal forces which legitimize hate and allow these crimes of ignorance to continue. Again I quote Andrea Shelton, she says, "There are laws on the books to deal with crimes. The reason they (gays) bring the feds into this debate is that it's a way of legitimizing homosexual activity. They (gays and lesbians) can't force the culture to accept their life, but they are trying to do it legislatively." This typifies the thinking which legitimizes and therefore enables violence to be perpetrated against gay, lesbian, bisexual and transgender persons. As long as individuals continue to receive overt and covert messages about the acceptability of discriminating against gays and lesbians, there will be more crimes motivated by irrational hate. When we work together we can change minds and attitudes, create affirming policies, and enact laws which will enable us to build a more just and compassionate world. Remember: Together we can build a safe world.

--Kim Gibson
QCAD

Join the Tribe: Come Out

Note: The author of this article is a participant in QCAD's Sunday drop-in program for gbt teens. He has chosen to incorporate both a review of the book itself as well as details of his own coming out experience.

The words "coming out" are two of the most frightening words in a gay teenager's vocabulary. These words can haunt gays and lesbians throughout their adolescent years and well into their adult life. Parents and friends don't always make coming out so easy to do. Each individual's experience is different. This diversity of coming out experiences is the essence of Linnea Due's book, *Joining the Tribe*.



The range of this book is phenomenal. Linnea is able to capture almost every possible gay experience there is. Within the book you will find a story of a gay and lesbian nightclub which has a group of fundamentalists across the street screaming what they call "God's will" to the sensitive ears of gay teens. Then she shifts to the story of a lesbian at a black Catholic college in New Orleans who quickly became an outcast for her proud and loud nature.

The best thing about this book is its ability to take your most personal gay experiences and slap them on a page in front of your face. You would almost swear that someone went into your room and stole your diary then changed some key points and printed it in the book. Personally, I related to a lesbian named Vic. Like so many others, she went through the feelings of having to endure family and friends making anti-gay comments. But not everything in Vic's story are like my experience. One big point that jumps out at me was how her mother reacted to her and how it got progressively better.

This unfortunately is not the case with me. All through my junior high school, I knew that I was not like other boys. Sure, I was athletic, but this was bigger than sports and I knew it. All the boys would call me fairy and I was basically considered one of the girls. Then

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bisexual issues

came high school and by mid-freshman year, my self-awareness had hit. I admitted to myself that I was gay. I handled it pretty well so by my sophomore year, I told my best friend. She absolutely freaked. We would hardly speak and when we did, she would speak in monotone and it felt like she was reading from a bad screenplay. After a while, she came around. By then, I was way more open and the word had spread so that everyone knew I was gay, even my mom found out.

So by my junior year, the name-calling started. Walking down the hall, chants of "faggot" would ring out and crowds pointing and laughing had seemed to grow. The situation was so bad that I went to my counselor and asked him to switch my gym class because I feared for my health and my pride had taken a beating. Then all the while I was being called names at school, I would go home and have my mother tell me I was going to hell and that I was a sick individual. The climax of my

turmoil at home was when my new step-dad and I got in a huge fight. My door flew off the hinges and chairs were soaring like kites on a windy day. Mostly that memory remains dormant in my head, but I still remember running away that night. My mom called the cops and the cops threatened to send me away to a juvenile home if I didn't return home.

Sadly, I had to move away because I felt very uncomfortable for obvious reasons. I moved in with my dad even though we had not spoken much in the years since my parents got a divorce. It turned out to be the best move I ever made. My mother and I have renewed our once lost love for each other.

Truly, coming out is absolutely terrifying and rightly so. Once out, you have to deal with the opinions and remarks of others and live with the constant fear of gay bashing which we know is still alive today. Though I am proud to say I am gay, it does come with a sticker price.

Joining the Tribe shows the joys and woes of coming out, being openly gay and staying closeted. So for any gay youth, this book is an eye-opener and I would recommend it to anyone.

--Lee W.
QCAD Review

This book is available at the Normal Public Library.

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As if life mattered

From across the room his tough leathery face leered at me, eyes that held tears that never seemed to quite dry. His magnificent riven life lines are trophies from the war of pain he accepts daily.

Each time I would look his way, he quickly averted his eyes. Week after week I would smile and greet him. It was the only attention he had received from anyone in far too long.

Finally, he spoke with a gentle cracked voice, "You're that inventor guy."

"Inventor?" I said.

"The guy who invents houses of dirt and weeds for poor people, I watch ya, I see."

"I'm just doing what I can the best that I can," I said.

"I was a mason for twenty years," he proudly said.

"Stone or brick?" I quizzed.

"Both."

Suddenly a smile emerged from his lips. Thus began our daily communicative journey, each day before his shower we would walk the block in a large circle and share thoughts.

He "lived" again through stories of his mason's adventures. I gulped his wisdom and practical-hands-on knowledge like a man tasting water in the desert.

His once dim eyes were set afire as I talked to him about afforestation, strawbale, rammed earth, and cob construction, and my concepts of creating a forest colony of like-minded souls.

All of this was new to him; he had become stuck in clinical nostalgia. But suddenly a door to a new universe had opened up, unlocked, because in sharing his stories, he counted as a person again.

The day he transferred out, he stopped at my door, and with a single knock and an upward nod he bid me a non verbal a dieu. His tears had dried.

He had given me much needed knowledge and comradeship. The little bit of acknowledgement that I bestowed on him gave him a reborn vitality.

I laid on my bed the night he left in introspection, thinking that his story is repeated thousands upon thousands of times throughout this country.

I remembered I would have rather faced a raging tiger than to step foot into prison. One of the things I feared the most as I faced decades of imprisonment was that I would be useless as a human being, and my whole life would be wasted and lost "Like tears in the rain."

When I started my "bid" I saw that the vast majority of the men in prison were like warehouse merchandise. A mere commodity to the new and booming United States prison industry.

Mostly forgotten by friends, family, and society, some placate themselves with games and endless exercise and many have just given up. Yet a few of them through outrageous adversity carve out a little piece of humanity and strive to live "the examined life," and live well, or as well as can be expected. They take mundane jobs that at least provide a bit of freedom. Many read voraciously, study

intensely, write poetry, books and a myriad of articles, and in my case, researching and developing architectonic concepts, which I hope will show a way to pragmatically create a realistic paradise.

Many prisoners also seek, and many of them find a path to a higher existence through Christianity, Islam, Buddhism, Taoism, and Yoga, along with taking every available treatment available through the prison. Whilst some create amazing works of art from the most basic of art supplies.

These limited few "humans" maintain beautiful, mutually rewarding relationships with friends, family, children, and loved ones via the mighty pen, phone calls, and occasional visitations.

These humans make sure that they "count" as human beings, and they point the way to better deal with incarceration, and how prisoners can be an asset to society as a whole. Giving back, instead of being an emotional and financial drain to the nation's psyche.

There are many ways in which this can be accomplished. One of them is work projects for prisoners although the abuses of the prison labor programs are widespread and squandered on a colossal scale. This valuable national asset is wasted on "make work" projects and "work as punishment" penalties, etc. Correcting this problem will not be easy by any means. But if it can be overcome, and the incarcerated can work on a voluntary basis doing meaningful, soulful, rewarding, "green" projects they can be on a path to atonement as much as anything else.

Some of the projects I have in mind are:

- Operating botanical nurseries to grow fruit and nut trees, which low security risk prisoners could plant along highways and public lands in a W.P.A. type afforestation project
- Vermiculture composting for surrounding communities which could be used to rebuild damaged soil and help "regreen" environmental disaster sites
- Produce clothing, footwear, and household goods for low income families
- Create basic building supplies such as high compression adobe block, strawbale blocks, pressed straw panels for the homeless
- Make toys and rebuild second-hand bicycles for abused and orphaned children
- Repair books, manuscripts, and photographs for public archives
- Handle clerical duties for non-profit and governmental groups
- Use the vast prison kitchens to cook food, raised at the prison(s), for soup kitchens and shut ins

Positive work programs promote good work ethics, which many of the young prisoners lack. Considering about 95% of the nation's prisoners will be released some day, there has to be a

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path to freedom in which incarcerated women and men come out better educated, morally enriched, and mentally stable ready to jump into the American stew without poisoning it.

There is so much that the incarcerated can "give back" to the world in the work sphere. But it is on the human interpersonal sphere that the incarcerated and free public can really enrich each other.

I find it ludicrous that people in the free world spend multimillions of dollars on phone sex, paid chat lines, advice lines and other faux friendships.

Countless incarcerated persons and countless free persons are alone, crying each night for someone to acknowledge their existence, to share their lives with, to have someone to call a friend or lover.

Of course, there are prisoners that exploit the lonely, just as there are people in the free world who do the same (i.e. Dionne Warwick's Psychic Hotline) unless you like being used, one has to monitor and weigh what one is getting for what they are putting into the relationship.

If you are, or you know someone who is alone, in need of humanness, or need assistance with some academic project, or want to share your thoughts, dreams and daily chit-chat you have 1.7 million women and men to choose from.

If only one in a thousand is compatible with you, that still is a vast ocean of human contact. Reach out to an incarcerated human, start demanding that society stops simply warehousing nearly two million persons.

Invent ways in which your local correctional facility can be an asset to your community. Call the warden to see how you can volunteer or what can be done. Get involved; remember, you

could be a person incarcerated some day.

Many people think that they are above being imprisoned. They forget that Jesus Christ, Martin Luther King, Malcolm X, Mohandas K. Gandhi, Henry David Thoreau, and Nelson Mandela were all prisoners at one time in their lives.

Write your representatives in local, state, and federal government to create programs, stop abuse, and make a positive change. Support and subscribe to periodicals like this one, that give the incarcerated a public forum. What's in it for you? Well, the tears you dry, may be your own.

--Nikolai Alexanderovich Zarick
Incarcerated Human,
Architectonic Conceptualist
Cheshire Correctional Institution

Teotwawki, Not

Teotwawki (The end of the world as we know it); "These are the end times"; "Life will cease at the stroke of midnight on New Year's Eve 1999/2000 AD" yadda, yadda, yadda! Will someone please give me a break already? It all sounds so dark and gloomy, perfect fodder for movie scripts, but I happen to have faith in the God force, human kind, and the Gaia hypothesis.

We have enough crucial issues to deal with, without manufacturing anymore, and that rings especially true for causing a panic over a calendar change.

The beginning of a new millennium has always fueled doomsaying hype. 999/1000 AD was a prime example. Hundreds of sects and groups were caught with egg on their faces when the millennium came and went without so much as a whimper. History seems to be repeating itself all over again, as it always does.

Since we really don't know the exact date of the birth of Jesus Christ, which was the benchmark for the starting of the Roman calendar, the millennium could have already passed, or it could be in several years. Many people think it is on the 2000/2001 calendar change, not the 1999/2000 change which seems to be an artificial date to serve the interest of advertisers. The universe is not going to collapse; it's expanding, so pay your bills, and don't let your *Post Amerikan* subscription run out.

This unequivocally is the time for a brobdingnagian-- "new think"--we must start scheduling personal time to actively correct the woes of our global society.

The only thing most Americans will be worrying about on New Year's Eve 1999/2000 AD is where they're going to let down their hair and go wild; and, oh yeah, that little Y2K thing.

Just in case you have been blessed to have been meditating on some mountain top for the last

year or so, the Y2K (the year 2000) fundamentally comes down to two little digits.

In an effort to save computer chip memory space someone decided to use the last two digits of a years date, instead of the full four. So when 1999 (which will read as 99) rolls over to 2000, it will read as 00. The theory is that millions upon millions of the older computer chips will interpret 00 as 1900 AD.

Many of these computer chips act as timed switches, and they will either lock in the open or closed position. So your automatic coffee maker may shut down, or stay on potentially creating a fire hazard. You can basically apply this concept to everything that has a computer chip, and try to find anything electronic or electrical that does not have some sort of computer chip these days.

The Y2K (the ultimate oopsy!) is a huge wake up call, that we are much too dependant on "the machine." I love the digital age, as much as the days when Lao Tse rode his ox. I enjoy all the newest gadgets, and I would not want to do without the toys of our times. Yet the Y2K bug is teaching us that we must step back and examine how much control we really want to surrender to ones and zeros.

I predict that most of the major computer controlled systems in the western hemisphere will function as required; although I do have some serious doubts about the majority of the infrastructure and control systems in many of the developing countries.

I think the real problems will be caused by panic, like the panic before the storm that causes consumer shortages and highway blockages.

There might be a ludicrous run on the banking system; many of Wall Street's finest will dump their stocks off the market. People will stockpile what they think that they need for Teotwawki, and all of this panic will certainly give the "survivalists" an excuse to start eating

their "yummy" freeze dried ice cream as they flee the urban sprawl.

It probably won't be the military and air traffic control systems that we'll have to worry about. It will be the coffee maker that I spoke of, life support systems in hospitals and home care, the valves in public water supply and sanitation systems. Along with a whole myriad of little systems that will cause a ripple effect like the flutter of the butterfly's wing in the chaos theory.

The Y2K is a Luddite's reverie, and all of this talk in the mass media of the breakdown of "the machine" makes me want to flip through the pages of a Lehman's supply catalog and to read the Foxfire Series and *Walden* again. But I am not a subscriber to "the end of the world as we know it" mindset. Although I do love the (They Might Be Giants) song.

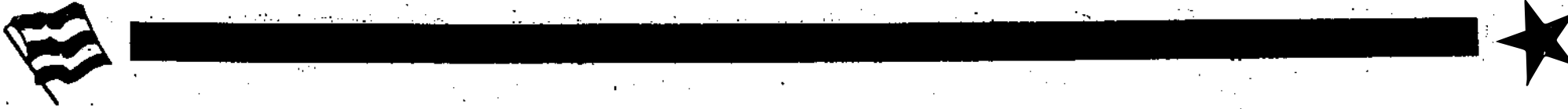
So what do we have to do to save ourselves? Relax, that is the key word of the Y2K bug problem. Nut trees will continue to grow and provide sustenance; flowers will bloom in the spring of 2000 AD, and crickets will sing on summer nights. It's going to be O.K.

If you're still pulling your hair out over this whole thing, you probably have way too much time on your hands. I suggest that shortly before December 31st, 1999, you back up your computer files on disk, make hard copies of your favorite stuff, unplug your electrical and electronic goodies. Pull out your acoustic instruments and plan a week of some serious retro- modus vivendi.

Enjoy and celebrate the new millennium with a new found friend, or with your old pals, and to coin a phrase, party like it's 1999.

Don't fret the "what ifs" of a mere calendar change. The Y2K trip will most like be over in a few days, or a week and after the confetti has been swept up, and your champagne headache has faded away "Hal" will open the pod bay doors again.

--Nikolai Alexanderovich Zarick



Mental Illness Awareness

NAMI Illinois Gives Position on Nursing Home Conditions

In response to the deplorable nursing home conditions revealed by the *Chicago Tribune* recently, NAMI Illinois has called on Governor-elect Ryan and other legislative leaders to provide the needed funds to make community based treatment effective, comprehensive and accountable.

It is the position of NAMI that mentally ill persons, especially the 12,000 plus in nursing homes, should reside in the least restrictive environment that meet their needs. Therefore we call for the following:

- The immediate investigation by the Illinois House of Representatives Task Force on Mental Health and Patient abuse of the conditions cited by the *Chicago Tribune*, and including how some nursing home operators can reap huge profits while these conditions exist.
- That services are available in the community from the local community service providers as called for in our booklet "Advocating a Care System for the Psychiatrically Disabled in Illinois."
- The office of Inspector General be charged with the authority to investigate conditions in Illinois nursing homes.
- All people suffering from mental illness living in long term facilities need to be clinically assessed to determine what level of residential supervision is needed.
- The Office of Mental Health (OMH) will be responsible for seeing that residential options for people needing less restrictive options than nursing homes be developed and brought on line.
- For those whose clinical need justifies a nursing home environment, OMH should put together programmatic plans that fit peoples' needs.
- We call on the Federal Agency--The Health Care Finance Administration (HCFC) to investigate how Illinois is using its Medicaid funds.

Suicide prevention guidelines

One of the most feared yet least talked about aspects of mental illness is suicide. Many families live in perpetual fear that their loved one may succeed in a suicide attempt. If someone you know talks about suicide, remember that talking about suicide does not cause someone to be suicidal. Depression and despair are the cause, and these are treatable. Here are a few guidelines to guide your conversations:

Remain Calm

Don't allow the emotional distress being experienced by the other person to contaminate your own judgment. The individual needs help in becoming more rational and objective, they do not need someone else who is drawn into the emotional crisis.

Be Supportive

It is helpful to talk about positive qualities the person has (pleasant, unselfish, hardworking, etc.). People feeling suicidal are focusing on the bad things about themselves and their life situations.

Focus on the Problem

The top priority is to prevent the suicide from occurring. A person who is overwhelmed with problems and stress may be easily sidetracked. You can be most helpful by remaining objective and helping the person to evaluate the situation as objectively as possible.

Identify the Loss

Help the person to clearly identify the cause of excessive stress. The problem needs to be recognized before it can be examined. The individual may be viewing an event completely out of perspective.

Latch onto the Will to Live

The very fact that the suicidal person is talking to you indicated that he or she is reaching out and is ambivalent about wanting to die. It helps to identify and concentrate on that part of them that clutches at life.

Don't get into a Debate

Avoid arguing if the suicidal person about the

philosophical values of life versus death. Don't use cliches like 'your life is just beginning.' People who threaten suicide have real suicidal feelings. They are not exaggerating or making them up. They need objective empathetic support.

Suggest Feasible Options

Suicidal people may be in a rut of negative, depressing, suicidal thoughts. Talking with them about their other options may be very helpful. Their perspective may be that life has always been as bad as this, and always will be. A suicidal person has been 'up' before and will be 'up' again. Many times this sense of history can be pointed out and used beneficially.

Make Referrals

One of the most useful and concrete things that can be done for suicidal people is to get them the help they need. Because they tend to be isolated, this help often involves referring them to resources, both personal and professional. Sources of help may involve family, friends or a minister. Referrals to police or hospital emergency rooms can be helpful in emergency situations. You may need to guide them to professional in mental health for long term treatment.


VP Gore announces grants for employment of mi's and disabled

Vice President Al Gore announced that the Social Security Administration will award nine grants, the first of a five-year \$25 million grant program, to create innovative projects to help people with disabilities, including people with serious brain disorders, in their efforts to return to work. Initially, nine states will be awarded these competitive grants, totaling \$4.4 million to develop employment assistance programs specifically for people with disabilities. Illinois is not one of the nine.

"This new grant will help people with disabilities and severe mental illnesses return to work and take their place as full members of the American family," said Gore. "We know every time a person with mental illness or disability is able to keep and obtain a job, it doesn't just benefit them-it enriches our whole society."

The new grant program is the first measure enacted by the National Task Force on Employment of Adults with Disabilities, created by President Clinton.

--NAMI Newsletter



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How important is it to have your family member educated about your brain disorder?

"I was diagnosed with bipolar disorder eight years ago and since that time, my life has been first and foremost about educating myself about my illness. Next came educating my family about my illness, and I am now involved in educating the public.

"I had many horrible stereotypes about mental illness that I learned through the media and misconceptions that come from not being educated. Due to my misconceptions about what I thought mental illness was, I had horrible feelings about myself. There is so much shame associated with mental illness - without education and acceptance a person can never really recover.

"It is paramount also for my family to understand my illness. For my husband, so that he can understand my illness and know when it is that I may be experiencing difficulty. It is an inherent part of my illness for me not to recognize my symptoms. If I do not catch the warning signals that my illness is active, I will be convinced I'm fine and everyone else is sick. My husband is the one who makes sure I get the treatment I need at that time.

"It is just as important to me that my children be educated about mental illness. There is a hereditary factor to this illness, and I want them to have a good role model, to know this is an illness, not a character flaw. I will not pass the stigma down in my family!

"I now educate the public at every opportunity because I know all the misconceptions I had about mental illness before I was diagnosed. I know it would have made a difference to me if I would have met and spoken to someone with a mental illness who could help me understand the truth about mental illness.

"Why should only those of us with a mental illness know the truth?"

--Kyle Wasowski, M.A., Consumer Advocate Winfield, Illinois

Seldane + SSRIs equals possible danger

The Federal Food and Drug Administration (FDA) has issued a warning that the allergy relief medication Seldane can result in a fatal heart condition if taken with antidepressants known as selective serotonin reuptake inhibitors (SSRIs), such as Paxil, Prozac, Zoloft, and Luxox. Since this warning, the FDA has announced that Seldane will be removed from the market, so be certain you discard any you already have if you are taking an SSRI. And always consult your doctor before starting any new medication, even if it is an over-the-counter product (as Seldane was).

-- NAMI Newsletter

Audio Tapes from NAMI Conference

Persons with severe mental illness with symptoms largely untouched by current treatment or rehabilitation may require life-long structured living arrangements that have been overlooked in community services. This tape explores barriers to long-term care and presents evidence that independent living is not always the best for everyone. Panelists: Curtis B. Flory, MBA, Rose Marie Friedrich, MA, RN, Moe Armstrong, MA, MBA;

Mood Disorders - Discussion encompasses epidemiology and treatment advances. Speakers: William Eaton, PhD, Johns Hopkins University
New Research on Genetics - Sam Barondes, MD, director, Center for Neurobiology and Psychiatry, University of California, San Francisco.

Family-to-Family Education Course

The Family to Family Education Course is designed for families of persons who have been diagnosed with schizophrenia, bipolar disorder or major depression, as well as those who exhibit behavior that strongly suggests such a diagnosis. The course is not appropriate for individuals who are themselves suffering from one of the major illnesses. The course has been designed and written by an experienced family member mental health professional and the co-teachers, Nancy Vandiver and Joan Huff, are family members themselves.

Important components of the course are:

1. Information about schizophrenia and the major affective disorders (bipolar and depressive illnesses).
2. Coping skills; handling crisis and relapse.
3. Listening and communication techniques.
4. Problem solving and limit setting; rehabilitation.
5. Self care; learning how to recognize the normal emotional reactions to chronic worry and stress.
6. Basic information about medications.
7. Information about connecting with appropriate community services and community supports.
8. Advocacy; Getting better services, fighting stigma.

The course starts 7 pm Monday Feb 1st at the 710 House, 710 East Front St. in Bloomington. COST: There is no charge

Advance Registration is required in order to control class size. To register, call Nancy Vandiver at (309) 888-9081 or Joan Huff at (309) 452-9081.

--NAMI Newsletter

What to do if your relative is arrested for reasons caused by mental illness

Seek the assistance of an attorney. One who knows about mental illness. Your local NAMI group may have suggestions. If an attorney who does not know about mental illness is retained, ask someone from your local NAMI group to send information about mental illness symptoms.

Insist on a psychiatric evaluation immediately. In the case of a criminal charge, ask your attorney to request a criminal court referral. It is important that the mentally ill person NOT be medicated prior to the evaluation be done. You will, of course, want the person to receive proper treatment when the time is right. You will have to push hard for the evaluation, and you may have to push even harder for a second one, if you feel the person conducting the first evaluation didn't do the job correctly.

Be assertive with your attorney to make sure the actions s/he takes are in the best interest of your relative.

Be sure past records of mental health treatment are subpoenaed. Supply as much documentation on your relatives illness as possible. If you have kept your own journal or can write down the events of the recent past, do so. The more information about your relatives mental illness history you can provide, the better.

Don't hesitate to call on your NAMI friends. They can be counted on to be supportive and non-judgmental. You are not to blame for the actions of your relative.

--NAMI Newsletter

Stigma Busters Alert!

Sunline, a division of Nestle, has three new Tasty Tangy Taffy candy bars named PSYCHO SAM, LOONY JERRY and WEIRD WALLY.

NAMI has informed the CEO of both companies about the hurtful, offensive, stereotypical nature of these names. Their answer stated: "Sunline creates candy that is meant to be fun as well as great-tasting. Part of the fun is the silly, playful names."

Write and tell them that mental illness is not light hearted or humorous and their names have specific, long association with persons with brain disorder. Tell them they're lucky they don't have a family member with a mental illness and persons with brain disorders should be treated with the same respect as those with cancer, alzheimers, heart disease and diabetes. Please write to Mr. David Hubinger Vice President & General Manager, Sunline Brands, 8155 New Hampshire, St. Louis, MO 61323 with a copy to Mr. Joe Weller, CEO Nestle USA 800 No. Brand Blvd. Glendale, CA 91203

--NAMI Newsletter



SEEING * RED

Blessed Savagery

by Steve Eckardt

"The very first essential for success is a perpetually constant and regular employment of violence." --Adolf Hitler, *Mein Kampf*

Somehow there's few things more sickening than infantile Leftists crying "fascist" and "genocidal" at people and events they don't like, tossing off references to these evils-of-Evil with the abandon of detergent advertisers using the word "revolutionary."

Bad enough that unspeakable horrors like those visited upon European Jews and Rwandan Tutsis be diminished by equation with, say, U.S. racism (no matter how odious *that* is). Worse, how cries of "wolf!" disarm....

But there *are* things more sickening. How about the obscenity of Christian ultra-rightists publicly gloating at the funeral of Matthew Shepard (the gay college student viciously beaten to death in Wyoming), actually carrying signs like "God Hates Fags" and "No Tears for Queers."

Or the public high-five's among the self-anointed righteous over the sniper-murder of Dr. Barnett Slepian--an obstetrician labeled a "baby-killer" by those hearing God's voice--who gargled his own blood crying "help" to his children as he lay chest-shot on his kitchen floor.

Or the celebration organized by the Ku Klux Klan after this summer's Texas murder of 49-year-old James Byrd Jr., a Black worker dragged by a chain from the bumper of a pickup truck, leaving body parts strewn along a three-mile path.

Anomalies?

Of course we're supposed to believe that these are isolated crimes by a few fanatics, give the government more repressive power in the form of "hate crime" legislation, and then get back to important matters like the sex life of celebrities.

But while these "incidents" are neither daily nor widespread, they still represent a real and growing phenomenon. After all, there's been more than three political murders.

Add the bomb and arson attacks against women's clinics and gay/lesbian targets. Toss in last year's ominous assaults against striking San Francisco transit workers by outraged "yuppie" commuters hurling scalding coffee, bottles, spit and obscenities.

And take the national platforms given to the ultra-right columnist and Presidential candidate Patrick Buchanan, a demagogue whose every utterance drips with implied violence, a man who has openly professed admiration of Adolf Hitler.

Say hello to the first tendrils of emerging American fascism.

Europe

No question genuine fascist movements have already emerged in other imperialist countries, especially France (where a violent, demagogic ultra-right party has won mayorships and seats in Parliament) and Germany (where immigrants are afraid to walk the streets at night for fear of lynching).

Of course neither France nor Germany is poised for Nazi rule. Neither is the U.S. -- and nor is it as far along as Europe, thanks to the current persistence of relative prosperity here.

So right now is not *la hora fatal*, the zero hour - at least if you're not Byrd, Slepian or Shepard.

Hallmarks

But the political murders, the attacks, and the vitriol have all the characteristics of fascism - - belligerent economic resentment, for starters.

Resentment from workers marginalized by vanishing well-paid jobs and by the demands of new technologies; from small proprietors crushed by mega-corporate competitors, extortionate insurance expenses and government regulations; from 80-hour-work-week farmers ruined by inexplicably-collapsing prices

It's the fury of MBA's staring into the abyss of corporate downsizing, while high school graduates--fucking *bus drivers*, for crissakes--dare walk off their jobs for better treatment.

But it's *carnal* resentment that especially marks fascism. Carnal resentment of ever-copulating minorities, rutting homosexuals, and women liberated by equal pay, abortion, and birth control to get it any time they want. Even carnal resentment of the 'moral depravity' of the elites (cigar, anyone?).

With both wallet and cock--oops, *morality*--threatened, no wonder the most important characteristic of fascism--violence--erupts. Why, it's self-defense, really.

And it's a holy crusade, blessed from above.

Class war

For it's the *source* of these ideas that makes them classically fascist, that gives force to what would otherwise be merely Neanderthal notions like going back to segregation, or ending fluoridation.

Today U.S. capitalists --facing shrinking markets ("global over-capacity") and falling rates of profits-- are driven to improve their competitive position and cut their costs. Hello downsizing, elimination of welfare, terrorization of immigrants, intimidation of women, outlawing of affirmative action, and wide-ranging attacks on democratic rights from urine-testing to the invasion of bedrooms -- which all weaken the working class and drive down expenses.

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Hired politicians fall over themselves to campaign against "over-regulation," expensive entitlements, "aliens," abortion, minority "special privileges," drugs, and immorality. Little wonder some take matters to logical conclusion and murder the "baby-killers," start sexual-orientation cleansing, or take out now-justified frustration on "privileged" Blacks.

Point is that fascism never rises from the bottom, it is always created from the top. And while the U.S. ruling class today emits only the occasional ultra-right odor, no doubt that the rough beast that slouching from the capitalist economy's coming wreckage will be a fascist one.

Counterpunch

Yet America's impregnation with fascism is still embryonic. Now is a good time to prepare - say, by reading the French anarchist Daniel Guerin's classic Fascism and Big Business, Leon Trotsky's Fascism: What is and How to Fight it, or Wilhelm Reich's The Mass Psychology of Fascism (the first edition if you can find it, before Reich's later delusional additions).

But now is also the time to respond -- to turn out against political murders, just as thousands did nationwide after Matthew Shepard's killing, to take back space and initiative from the ultra-right.

For hearing hysterical Leftists cry "fascist" at average Republicans may be sickening, but seeing them find salvation in "hate crime" legislation -- which only gives the source of fascism more repressive power -- is just as bad.

But there *are* things more sickening -- much more sickening -- and we damn well better start rising against them.

Eckardt invites comment, questions and criticisms <steve@SeeingRed.com>. Visit the website <www.SeeingRed.com> for the just-released issue #3.

Dear friends,

The past several weeks has seen the beating death of gay student Matthew Shepard, the assassination of obstetrician Dr. Barnett Slepian, and a giant legal step towards executing pre-eminent African-American oppositionist Mumia Abu-Jamal. But it has also seen significant U.S. street protests against these attacks.

And the months since the last issue of SeeingRed have likewise witnessed dreadful economic depression grip Indonesia, "ethnic cleansing" unleashed against Yugoslavia's Kosovars, a nearly-consumed U.S. military assault on Iraq, an imminent collapse of world stock markets -- and the overthrow of Indonesian dictator Suharto, the emergence of the Kosovo Liberation Army as a mass-based force . . . and even today's absurdly untenable new record level for the Wall Street stock market.

These are times that demand accurate information, vital historical context, and clear-headed critical analysis -- not to mention mutual discussion.

That's why I'm happy to report that SeeingRed issue #3 is at long, long last up and ready to read. You'll find pieces from Fidel Castro and Mumia Abu-Jamal, a series of articles on the uprising in Indonesia, and a collection of pieces occasioned by Pol Pot's death - including the utterly damning "Friends of Pol Pot" by veteran journalist John Pilger, who lays blame for Cambodia's killing fields.

Plus, Roger Collins reports on Irish Republican leader Martin McGuinness, and Eckardt takes revealing looks at propaganda campaigns against "Communists," Kosovo, immigrants, and smoking.

All in all it's a fine collection which includes some real gems (don't miss Pilger's Cambodia piece). The address for it all is of course <www.SeeingRed.com>.

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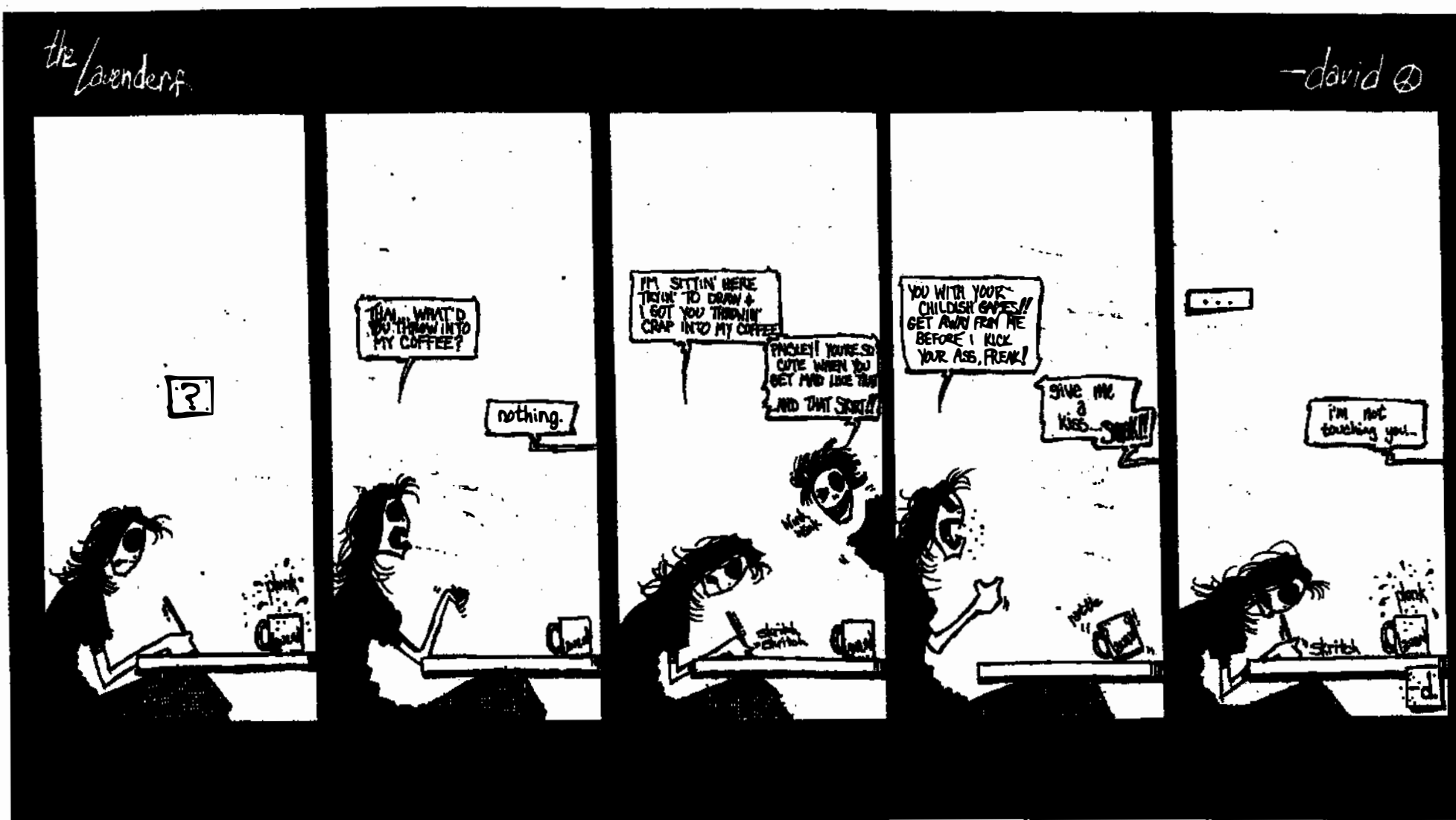
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I'm also happy to tell you that we should never again face such a lengthy period without posting new material; in fact, production has already begun on issue #4, which we will release mid-December (it will include a complete Che bibliography).

By the way, readers of issue #2 came from at least 35 countries.

Now that we've finally done our part, the rest is up to you -- not only to visit, but to tell others about it. And to write back with your own opinions or suggestions. (We publish all readers' comments, though we don't give out addresses or full names.)

In solidarity,
steve (eckardt) for SeeingRed.com





Reviews: a couple of CD's, a magazine and a book.

HUES (Hear Us Emerging Sisters)

Hailing from Duluth, Minnesota, and part of New Moon Publishing, HUES is a relatively new kid on the block in the recent emergence of glossy third-wave feminist 'zines.

Their mission statement reads:
*More than a magazine. It's a movement.
 About taking control, expressing who you are,
 how you want to be treated.
 About loving your body at any and every size.
 About feminism's most challenging questions.
 For hip, hardcore and happening young women.
 Intelligence and activism with a huge dose of
 flavor.*

The latest issue of HUES is called the "Body Issue." In this issue, "Supersize Supermodel?" contains an interview with a fat, African-American woman who doesn't pursue thinness. "How to love your body without losing your mind" gives readers 8 quick tips for self-acceptance. "Filling out fashion" talks about the plus-size fashion scene, while "Shades of Difference" looks at women of color and eating disorders.

Virtually advertisement free, (hence the high cost) HUES packs 17 feature articles in just over 40 pages. Also included and worth mentioning are the reviews, horoscopes and education & careers features that make their way into every issue.

Highly intelligent and visually appealing, HUES is a welcomed addition women's

magazines. (Now if we can only do something about *Mademoiselle* and the rest...)

HUES is only available through subscription:
 Six issues/1 year costs \$19.99
 P.O. Box 3587, Duluth, MN 55803-3587
 Phone: 1-800-HUES-4U2

email: hues@hues.net
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Other great third-wave 'zines:
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Bitch: Feminist Response to Pop Culture
 Sample issue: \$4.00
 4 issues/ \$12
 3128 16th Street, Box 201H
 San Francisco, CA 94103

Exes Pagan Kennedy

Pagan Kennedy's *Exes* chronicles the lives of four musicians, all of whom happen to be each other's exes and all of whom happen to be in the same band appropriately titled, the Exes.

Exes is a short book- only 203 pages written in 4 chapters with each being devoted to a first person account of each band member. The four characters consist of Walt, Lilly, Shaz and Hank. Hank dated Lilly, and Shaz dated Walt. *Dated* is the key word here. As they

tour in cramped vans and play in second-rate clubs we gain an insight into their current lives and past relationships.

Sound confusing? It's not. Pagan Kennedy has the great ability to construct beautiful novels with realistic characters. *Exes* is a great read for a lazy Sunday afternoon.

Liz Phair whitechocolatespaceegg

Five years ago, Chicago native Phair exploded on to the rock scene with her debut album, "Exile in Guyville," a song-by-song response to the Rolling Stones' "Exile on Main Street" that she recorded in her bedroom.

On her first two albums (*Whip-Smart* being the second), Phair's songs often explored the agonizing aspects of relationships and one-night stands. On *whitechocolatespaceegg*, Phair continues her catchy, playful lyrics. For instance, on "Big Tall Man", she sings, "I'm a big, tall man/I cut the grass/My left eye hurts/I can be a complicated communicator." Although, married and a new mother, Phair's lyrics are just as introspective and as frank as before. Her musical styles (from country to '70s pop to an Irish drinking song) make *whitechocolatespaceegg* one of the year's most creative recordings.

Liz Phair is not a rock star, and doesn't seem to want to be a rock star. Maybe that's why I like her music. She doesn't seem to care about critical reviews or being the darling of the indie circuit. Her voice is imperfect, like mine, she plays jingly-jangly songs that are easy to sing to and she wears her heart on her sleeve. There's something to be admired in that.

PJ Harvey Is This Desire?


Polly Jean Harvey tore up the scene early this decade with her first album, *Dry*, and since, has consistently churned out some of the best music in the 90s.

On her most recent recording - *Is This Desire?*, Harvey masterfully shows her vocal range - from a hushing whisper to a high pitched screaming - and it's all equally beautiful.

Harvey is known for her sensual and sexually charged lyrics and techno beat. *Is This Desire?* although somewhat more polished and introspective from her previous recordings, doesn't disappoint.

"The Sky Lit Up" is reminiscent of Iggy Pop's "Passenger." One of the most upbeat songs, it begins with "I'm walking in the city tonight/I'm walking in the city at dark/Remembering, remember light/Thinking of nothing, and the shooting stars/And this world tonight is mine" "Angelene" shows the emotional power of Harvey's vocals as she sings about a prostitute looking for love - "I see men come and go/But there'll be one who will collect my soul and come to me."

--towanda!



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An animal friendly feast

Fresh Shiitake Pate

- 1 Tbsp. olive oil
- 1 cup chopped onion
- 1 clove garlic, pressed
- 1/2 lb. fresh shiitake (or others) mushrooms, chopped (4 cups)
- 1 Tbsp. soy sauce
- 1 tsp. savory
- 1/2 tsp. thyme
- 1/2 tsp. nutmeg 1/2 tsp. black pepper
- 1/2 tsp. salt

Saute the onion and garlic in the olive oil. When the onion starts to soften, add the mushrooms and cook over low heat about 5 minutes. Add the rest of the ingredients and simmer about 10 more minutes.

Puree all the ingredients in a blender or food processor. Transfer the pate to a decorative serving dish and refrigerate until chilled. Serve with crusty bread.

Makes 2 cups.

Tofu Not-a-turkey

6 lbs. firm tofu

Cornbread stuffing:

- 1 cup diced onion
- 1 cup diced celery
- 1 Tbsp sesame oil
- 1/2 tsp. sage
- 1/2 tsp. thyme
- 1 tsp. parsley
- salt & pepper to taste
- 3 cups cubed whole wheat bread crumbs
- 2 cups cubed cornbread
- 1/2 cup veggie broth
- 1/2 cup walnuts or pecans

Basting liquid:

- 1/2 cup sesame oil
- 1/4 cup soy sauce

One hour before cooking, mash the tofu and pack it into a colander lined with cheesecloth or a clean towel. Place the colander over a large bowl to catch the liquid from the tofu. Weigh it down with a heavy object such as a can or jar on top of a small bowl or plate.

To make the stuffing, saute the onion and celery in the sesame oil. Mix the seasoning into the cubed bread. Combine everything, adding enough veggie broth to moisten. Add nuts if desired.

Preheat oven to 400 degrees F.

Press the tofu with your hands to form a hollow center, fill with the stuffing mixture and press down. Flip the tofu onto an oiled baking sheet. Remove the towel or cheesecloth. Baste the tofu with 3/4 of the sesame oil and soy sauce mixture, cover with foil and bake for 1 hour. Remove the foil, baste again with the remaining basting mixture, return to the hot oven, and bake uncovered for 20 minutes or until golden. Transfer to a serving platter and serve with gravy.

Gravy

- 1 onion diced
- 2 Tbsp. oil
- 1 cup sliced mushrooms
- 5 Tbsps. flour
- 2 cups veggie broth
- 1/2 cup soy sauce
- 1/2 cup water

Saute the onion in the oil until soft. Add mushrooms and saute for 1 minute more. Shake the flour, broth & water together in a jar and add to mushrooms and onions. Mix in the soy sauce and stir over medium heat until thick. Makes 20-24 servings.

--PETA'S Animal Times



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