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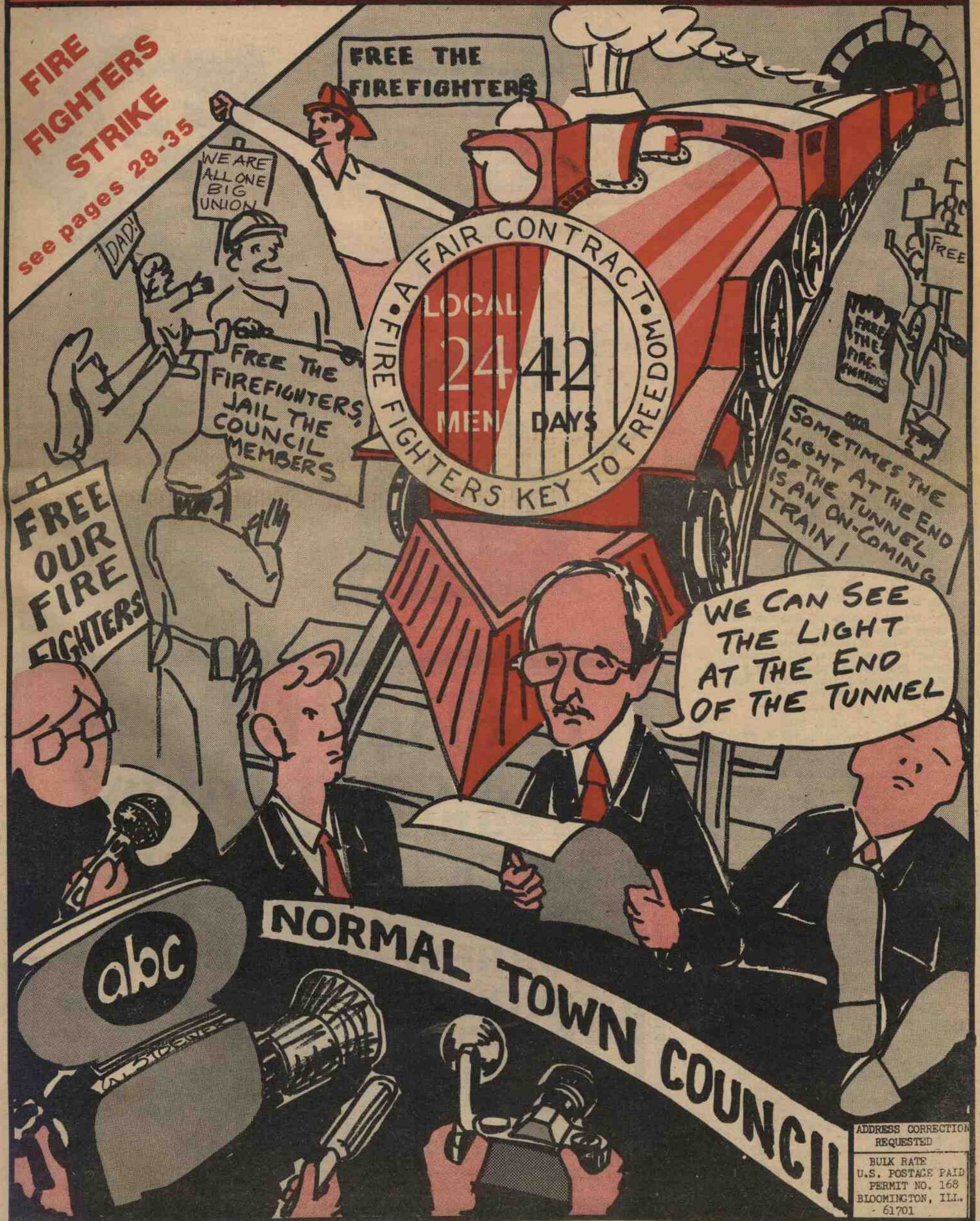
BLOOMINGTON-NORMAL

25¢

Post Amerikan

1978

FIRE FIGHTERS STRIKE
see pages 28-35



FREE THE FIREFIGHTERS

WE ARE ALL ONE BIG UNION

DAD!

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FREE OUR FIRE FIGHTERS

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61701

Anyone can be a member of the Post staff except maybe Sheriff King. All you have to do is to come to the meetings and do one of the many different and exciting tasks necessary for the smooth operation of a paper like this. You start work at nothing per hour, and stay there. Everyone else is paid the same. Ego gratification and good karma are the fringe benefits.

Decisions are made collectively by staff members at one of our regular meetings. All workers have an equal voice. The Post-Amerikan has no editor hierarchical structure, so quit calling up here and asking who's in charge.

Anybody who reads this paper can tell the type of stuff we print. All worthwhile

ABOUT US

material is welcome. We try to choose articles that are timely, relevant, informative, and not available in other local media. We will not print anything racist, sexist, or ageist.

Most of our material and inspiration for material comes from the community. We encourage you, the reader, to become more than a reader.

We welcome all stories and tips for stories, which you can mail to our office (the address is at the end of this rap).

If you'd like to work on the Post and/or come to meetings, call us. The number is 828-7232. You can also reach folks at 828-6885 or ask for Andrea at 829-6223 during the day.

You can make bread hawking the Post--15¢ a copy, except for the first 50 copies on which you make only 10¢ a copy. Call us at 828-7232.

Mail, which we more than welcome, should be sent to: The Post-Amerikan, P.O. Box 3452, Bloomington, IL 61701. (Be sure you tell us if you don't want your letter printed! Otherwise it's likely to end up in our letters column.)

Hancock hides discrimination

John Hancock Life Insurance Co. refuses to give personnel records to the U.S. Labor Department, which suspects the insurance giant of discriminating against women and minorities.

"Historically, insurance has been a white male profession at the managerial level," said a federal official, and John Hancock "fears what the records will reveal" about its sex and race discrimination.

The case will probably go to the courts, like many other affirmative action investigations.

--Wall Street Journal,
--Dollars & Sense



Business environmentalism stinks

The National Association of Manufacturers (NAM) has organized the Council on Union-Free Environment to advise business of the latest "techniques for establishing union-free labor relations."

NAM, one of the most powerful business lobbies, is trying to get the jump on proposed changes in national labor law which businesspeople think would help union organizing efforts.

The new Council will be funded by membership fees ranging from \$150 to \$1,500, depending on the size of the business.

--Boston Globe, N.Y. Times



Post Sellers

BLOOMINGTON

Book Hive, 103 W. Front
Eastgate IGA, at parking lot exit
The Joint, 415 N. Main
Medusa's Bookstore, 109 W. Front
The Back Porch, 402 1/2 N. Main
The Book Worm, 310 1/2 N. Main
South West Corner--Front & Main
Mr Quick, Clinton at Washington
Downtown Postal Substation,
Center & Monroe
Bl. Post Office. E. Empire (at exit)
Devary's Market, 1402 W. Market
Harris' Market, 802 N. Morris
Hickory Pit, 920 W. Washington
Blasi's Drug Store, 217 N. Main
Discount Den, 207 N. Main
U-I Grocery, 918 W. Market
Kroger's, 1110 E. Oakland
Bus Depot, 523 N. East
The Wash House, 609 N. Clinton

New Age Bookstore, 101 Broadway Mall
Co-op Tapes & Records, 311 S. Main
Bowling and Billiards Center,
Baker's Dozen Donuts, 602 Kingsley
Cage, ISU Student Union
Midstate Truck Plaza, Route 51 North
Upper Cut, 1203 1/2 S. Main

Bi-Rite, 203 E. Locust
Man-Ding-Go's, 312 S. Lee
Mel-O-Cream Doughnuts, 901 N. Main
Record Rack, 402 1/2 N. Main
Mr. Donut, 1310 E. Empire
J & B Silkscreening, 622 N. Main
Doug's Motorcycle, 1105 W. Washington
K-Mart, at parking lot exit

Small Changes Bookstore, 409A N. Main
Lay Z J Saloon, 1401 W. Market
Pantagraph Building (in front)
IWU, 1300 block of North East Street
Common Ground, 516 N. Main
North East Corner--Main & Washington

NORMAL

University Liquors, 706 W. Beaufort
Pat's Billiards, 1203 S. Main
Redbird IGA, 301 S. Main
Mother Murphy's, 111 1/2 North St.
Ram, 101 Broadway Mall
NCHS, 303 Kingsley
Eisner's, E. College (near sign)
Divinyl Madness, 115 North St.

QUITA TOWN

Galesburg: Under The Sun, 437 E. Main St.
Peoria: That Other Place, 901 NE Adams
Springfield: Spoon River Book Co-op, 407 E. Adams
Pontiac: Semmens Drug Store, 123 Madison St.
Urbana: Horizon Bookstore, 517 S. Goodwin



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West Siders Revolt Against More Subsidized Housing

West-side residents who organized against a proposed subsidized housing project in northwest Bloomington won a victory in late April, when a city staff report recommended giving in to the neighborhood's fiercely expressed opposition.

(By the time this paper is printed, the city council will have already taken action, at its April 24 meeting.)

The city's urban renewal department owns the five acres of undeveloped land on Bloomington's north edge, at Division Street between the north ends of Sherman and Calhoun streets and Sugar Creek. But planners had long thought the former landfill area unbuildable, and a city land use plan declared the area "open space."

When the city started thinking of selling the land so a developer could build government subsidized housing for poor people, neighbors started objecting. They circulated petitions, and convinced city officials to hold a public hearing on how the land should be used. The March 22 hearing was held practically next door to the land in question, at the American Hungarian Club on north Calhoun Street.

Arriving at the packed meeting (at least 250 people, with all chairs taken and more folks standing in the aisles), I was excited to see so many west-siders so determined to stop what they saw as city officials imposing on their neighborhood. Usually, only the more well-to-do east-siders succeed in organizing to control the city's plans in their neighborhoods. With a greater proportion of managerial and professional workers (who get listened to in their workplaces), the east-siders tend to develop a greater expectation that the city council will listen to them:

Everyone attending the public hearing was militantly opposed to the proposed housing project, but expressed a lot of different reasons.

And most everyone speaking expressed pride in their self-identities as west-siders. The town's socio-political-economic division between east and west side was frequently alluded to, with west-siders



expressing feelings of powerlessness and lack of insight in the east-side-dominated city administration.

One speaker traced the decline of west side representation to the end of the ward system of government in the 1950's. Before the present system of electing council members at large, the town was divided into geographical districts, guaranteeing representation for each neighborhood. (In Normal, firefighter strike supporters are charging that the lack of a similar ward system is responsible for the city council's unresponsiveness to public opinion. See stories elsewhere in this issue.)

Both Urban Renewal Director Don Tjaden and potential housing project developer Wally Koch of Rockford took a lot of heat throughout the entire evening. It was refreshing to see city officials and their pals



ABOVE: 250 angry west-siders crowded a public hearing at the American Hungarian Club, successfully convincing the city staff to dump plans for building a subsidized housing project in northwest Bloomington.

being put up against the wall by outraged citizens:

Saying that they had counted on the city's promise that the land would be a park, a lot of neighborhood residents felt betrayed by the apparent change in plans.

Other residents objected to adding a dense, multi-family, 50-unit development to the basically single-family area.

Some residents said the land was not suitable for building since the area is a former dump and the fill is still sinking.

But some of the most militant, and ugliest, objections to the project were objections to the "kind of people" who would live there.

Some of the residents closest to the proposed project live in brand-new homes they built themselves on urban renewal lots. When they built the \$50,000-\$60,000 homes, they thought they were building next door to a city park, not a public housing project.

But most of the houses in the neighborhood are modest middle to lower-middle income residences. It bothers me that so many of these residents were so hostile to folks who are not that much poorer. Such divisions among west-siders, it seems to me, only help the far more privileged, far more powerful, and much wealthier east-siders--they maintain their power when west-siders fight among themselves.

A couple of speakers came very close to objecting to the proposed project's possible tenants on racial grounds, and these speeches deserve criticism. Fortunately, these attitudes were not expressed frequently.

Though I feel that the sometimes-apparent hostility toward poor people themselves was misplaced, I support the group's adamant stand for self-determination (rather than east-side determination) of the neighborhood's future.

As speakers at the hearing pointed out, all three family public

housing projects have been built on the west side, and even federal regulations for such housing projects prohibit locating them in a manner which would increase "impaction"--the concentration of poor and minority people in one area.

Poor people still drastically need housing in Bloomington. The Public Housing Authority still lists 280 families on their waiting list.

Until residents of the northwest side organized such an effective demonstration of opposition, the city planned to continue concentrating poor people on the west side.

After hearing militant exhortations to "build it on the east side," the city staff has recommended doing just that. According to a report drafted April 17, Urban Renewal's Director Don Tjaden suggests looking for a new site for subsidized housing, "giving special consideration to an east side location."

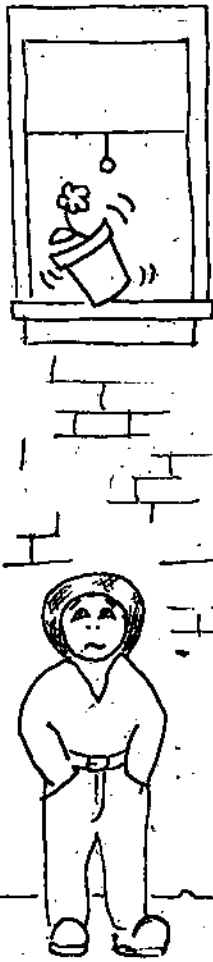
After the public hearing, the city staff recommended keeping the five acres an open area by selling the land to the American Hungarian Club instead of to the Rockford developing firm.

--Mark Silverstein



ESHAC/cpf

The paraquat peril:



**Will
my
pot
kill
me?**

Despite the best efforts of the federal dope barons; the "killer weed" still won't kill you--at least not right away. But paraquat-contaminated marijuana could cause permanent lung damage.

As you no doubt know by now if you're one of the 15 million regular pot-smokers, the U.S. government has helped spray a highly toxic herbicide called paraquat on Mexican marijuana fields since 1975.

The dope barons--tax-fed puritans who make a living hassling addicts and making it hard for pot-smokers and other fun-lovers to get high--planned to reduce the flow of pot and heroin to the U.S. by killing plants in Mexico.

Paraquat sprayed on marijuana plants reacts with bright sunlight over the course of two days to turn leaves into dust. This lovely process was called defoliation in Viet Nam.

Your pot may have paraquat in it because of that two-day lag between leaf and dust. Workers can harvest a whole field before it shrivels, and once the pot is out of the sun and packed in bricks it stops breaking down. Unfortunately, the paraquat remains.

Naturally, the Mexican peasants who

do the harvesting--or happen to be nearby during the unannounced sprayings--breathe paraquat and absorb it through their skin.

There is little doubt that some peasants have died or will die from this highly dangerous herbicide. No one bothers to warn them of the dangers since they're engaged in the criminal activity of tending marijuana fields.

Poppyfields, which produce opium and ultimately heroin, are also sprayed in Mexico, usually with 2,4-D. Yet another herbicide, 2, 4, 5-T, is probably being used also, and both herbicides may have been used on marijuana. Both 2,4-D and 2,4,5-T are linked to mutations and cancer.

No tests on the possibility that paraquat causes cancer have been completed, although the herbicide was discovered over 20 years ago and has been in wide use since the 1960s.

This is not unusual, however, since most pesticides and industrial chemicals were put into wide use with only the sketchiest tests on their possible effects on people.

Paraquat is known to be very deadly, whether it's swallowed, breathed or applied to skin, and there is no antidote for it. One mouthful--even

The hopeless hope: Testing your pot

The only way to be sure your pot doesn't contain paraquat is to have it tested--but that ain't gonna be easy.

There are only two labs in Illinois that test marijuana for paraquat, one in Skokie and one in Quincy. As of April 18, both labs had stopped taking any more samples for 60 days. That's how far behind they are.

If you've heard about getting your pot tested at Gemini House in Champaign, or at Alternatives Inc. in Chicago, you can forget it for a while. Both send their pot samples to one of the

Give info

Project Oz in Bloomington is trying to collect information on paraquat-contaminated marijuana in Bloomington-Normal.

If you were lucky enough to get your pot tested early and have results (or get results later), Project Oz would like to know about it. Call 'em at 827-0377 or visit at 404 E. Washington.

If you find out that you've got lung damage or other problems caused by paraquat-tainted pot, Oz would like to know about that, too.

two labs already mentioned.

The only other lab the Post knows about is at PharmChem Research Foundation in Palo Alto, California. They've been getting from 500 to 1200 samples a day and can process only 200 a day. By the second week of April they were already three weeks behind; it's probably three months now.

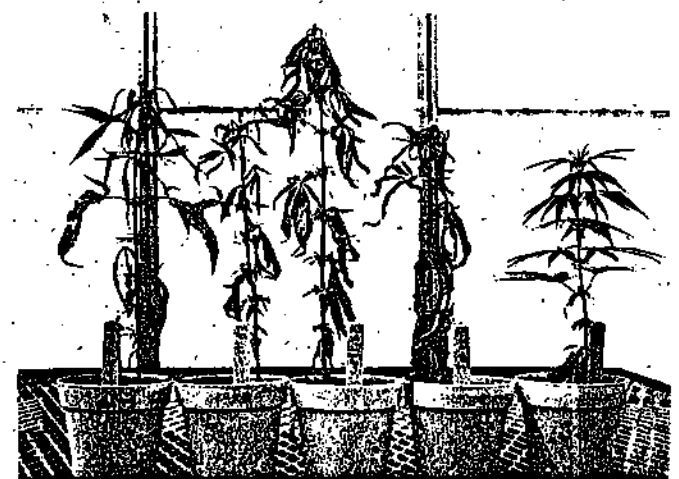
However, if you want to try them, here's what you do:

Put a sample of your pot in a plastic bag, enough for one joint (about 1 tablespoon). Make up any 5-digit number and add a letter to it, like this: 45398G. (Be imaginative.) Write that number on a piece of paper along with what you think is in your pot. Put the paper, the bag and \$5 in cash in an envelope and send it to: PharmChem, 1844 Bay Rd., Palo Alto, CA 94303.

Wait until you think they've done your sample (one month?), and phone 415-322-9941. Use the 5-digit number you made up to identify your sample. (You may want to use a longer number to avoid duplication, since so many people are sending them samples.)

Another rumor you may have heard is that Project Oz in Bloomington was going to handle samples for testing. That's out, because Oz was going to use the same two Illinois labs that aren't taking any more marijuana for testing.

Nor is there much chance that a new
(continued on opposite page)



Marijuana plants sprayed with paraquat, on the left, turn yellow and begin to dry out after 24 hours. A healthy plant is on the right. (Photo from Science magazine)

Pesticides for breakfast!

Paraquat is not the only poison coming home, and pot-smokers are not the only Americans being poisoned. All you gotta do is drink coffee.

That's right, coffee.

Last fall the Environmental Protection Agency tested coffee coming into the U.S. and found it contained as many as five different pesticides, including three that are now banned in the U.S.

Benzene hexachloride (BHC), banned in the U.S. in 1976, was one of the pesticides in coffee. An insecticide, it is sprayed on coffee plants in Brazil, the main supplier of coffee to the U.S., as well as in Peru, Guatemala and the Ivory Coast.

It's perfectly legal to sell coffee that contains BHC because there are

no rules on what coffee can't contain. That helps explain why 99% of all Americans have BHC--which causes cancer--in their bodies.

Americans also carry around a lot of other pesticides and industrial chemicals that lab tests indicate can cause cancer. Everybody has DDT and dieldrin, two insecticides, and PCB, an industrial chemical. Most people have quite a few others, including chloroform, which you drink in the heavily chlorinated water that comes out of your kitchen faucet.

It's not that the small amounts of any one of these chemicals in your body will, for sure, give you cancer. The chances of that are low. The point is that there are literally dozens of such chemicals in your body and any one of them could cause cancer. Worse than that, studies

All the poisons

have shown that the risk of cancer is much greater for animals exposed to more than one chemical than would be expected from merely adding the risks from each of the chemicals singly.

Unfortunately, even the pesticides that are banned for use in the U.S. tend to come back on imported foods, like BHC, comes back on coffee. The reason is that it's still legal for U.S. companies to make banned chemicals as long as they sell them in other countries.

In 1976, for instance, the U.S. sold 576.6 million pounds of pesticides abroad. That total included 25.4 million pounds of DDT which had been banned for all purposes in the U.S. since 1974.

These exports amount to big money,

if it's spit out immediately will kill; the lethal dose is about 0.1 ounce, one-tenth of a shot glass. Over 100 people have died of paraquat poisoning in the U.S.

Here's how the late J.M. Barnes, a pro-industry medical researcher in England, described the effects of paraquat:

It damages the kidney, the liver, and "above all" the lungs; where it causes bleeding and swelling "followed by an inflammatory infiltration leading ultimately to fibrosis... Death from these single doses may not take place for up to two weeks as the victim, previously healthy and often young, is gradually deprived of the use of his lungs."*

Your lid of grass fortunately won't have 0.1 ounce of paraquat in it. Maybe it doesn't have any at all.

Reports from California this month indicate that as much as 25% of the pot tested there is contaminated. In one batch of 40 samples from Chicago, 39 contained paraquat. Herbicide-

*Paraquat is as toxic to rats as DDT or heptachlor, both of which are banned in the U.S. Other studies have shown that people are three times as sensitive to paraquat as rats are.

lab will open. Peter Rankaitis at Oz says it would take at least two months and probably more like six months to get licensed to do laboratory tests.

The problem with testing paraquat is that it takes a long time (the stuff has to sit for 12 hours at one point) and it's damn complicated.

Nonetheless, there are people floating around trying to sell test-your-own kits. Don't buy. They aren't any good.

(If someone should come up with an easy, reliable test for paraquat, at this point you'd almost certainly hear about it on the national news media.)

According to PharmChem there are some other dangerous myths floating around, too. For instance, it's not true that contaminated pot smells funny. Nor can you tell by looking at it.

PharmChem also says there won't be any obvious side-effects from smoking (at least at first). Nothing like a headache or lung pains after the first joint. By the time you feel something, permanent damage will likely be done to your lungs.

laced pot has also turned up in Champaign.

There are no confirmed cases of paraquat-tainted pot in Bloomington-Normal, but that's because few (if any) samples have been tested. And there's absolutely no way to tell if your pot has paraquat in it unless your pot is tested.

The only information on how much paraquat might be in your pot is from a March 1978 report by the National Institute on Drug Abuse (NIDA), which tested samples of marijuana confiscated in 63 large busts in the Southwest last summer.

Thirteen of the samples contained from 3 to 2264 parts per million (ppm) paraquat, with an average of 452 ppm. "This level," NIDA says, "far exceeds the 0.05 ppm level that is tolerated for domestic uses"--in food, for instance.

Furthermore, the Environmental Protection Agency is now considering reducing those standards or removing paraquat from the agricultural market altogether because of studies which indicate it can cause birth defects.

Nonetheless, NIDA says the paraquat it found in marijuana "probably creates little hazard" if eaten. NIDA

Of course, you can't trust your friendly pot dealers to tell you where their wares came from. They may not know for one thing. And people who need to unload pot to make a living have been known to lie.

Finally, the paraquat sometimes turns ordinary Mexican marijuana to a brownish color, so that lovely "gold" you bought last week may have been the biggest ripoff of your dope-smoking career.

Sources

Some of the sources I consulted for this section on paraquat are:

Science magazine; the National Institute on Drug Abuse's "Contamination of Marijuana with Paraquat--Preliminary Report"; Project Oz; NORML newsletters; The Lapsing Star; Chicago Tribune; The Daily Pantagraph; Santa Barbara News & Review; Pesticide Manual; Drug Survival News; "Toxic Hazards in the Use of Herbicides" by J.M. Barnes in Herbicides, edited by L.J. Audus; Daily Vidette.

--D. LeSeure

come home

Pesticides for lunch

\$567 million in 1974. The total world market for pesticides is now up to \$7 billion, and the U.S., which exports one third of its production, has the lion's share of that market.

It doesn't matter to the corporations that they're selling toxic chemicals that will most likely be used by untrained people who aren't aware of the dangers. The reason they like to sell abroad in the first place is that there are fewer restrictions on use.

Nor do the corporations care if some of the pesticides come back from Mexico or Chile or Guatemala on lettuce, bananas, broccoli, tomatoes and on almost all other fresh produce. The law still allows some BHC or DDT in food even if the chemical is already banned. By now it might be impossible to avoid contaminated food. DDT, for instance, has shown

up in Antarctica, although it was never sprayed there.

In any case, the corporations will always try to play the laws to their advantage. Right now if a shipment of fish turns up with too much PCB in it for Canada's laws, then it's sent south to the U.S. where the law allows more.

If chickens contain too much insecticide from contaminated grain to pass U.S. inspection, they're sent to Mexico. Sometimes the chickens are mixed with uncontaminated chickens in Mexico and then slipped past the inspectors into the U.S. The same thing happens to spoiled meat.

It's all one big merry-go-round--and the poisons always come back home one way or another.

estimates that people would have to eat two ounces of grass contaminated at 2000 ppm every day for two years to cause actual cell damage.

Science magazine says these estimates are based on "rather arbitrary statistical measures."

One of the problems with believing it's safe to eat your marijuana is that you never know how much paraquat is really there. You might have gotten an extraordinarily high concentration.

Another problem is that no studies on the long-term effects of paraquat have been done, and NIDA has "no plans whatever" to do any. It is possible that the paraquat you eat today will give you cancer in 20 years.

But what you really want to know is what smoking it will do to you, and the rub is that no one knows for sure.

At least five people in San Francisco and Chicago coughed up blood after smoking pot that may have contained paraquat. In the Chicago case, two friends who smoked 3 to 4 joints a day reported severe sore throats (worse than any cold) as well as bloody spit. The symptoms stopped when they quit smoking but returned immediately when they started again.

The Santa Barbara News and Review suggests that anyone who thinks they smoked contaminated pot should see a doctor if they have these symptoms:

Headaches, nausea, chest pains, difficulty in breathing, lung congestion, bleeding gums, coughing up blood, or paranoia.

Permanent damage

A doctor probably won't do you any good, however, since there is no treatment for paraquat poisoning and since any lung damage will be permanent, according to NIDA.

"Smoking marijuana containing paraquat presents the greatest potential health hazard," says the NIDA report. A person who smokes 3 to 5 joints a day for several months could suffer "measurable lung impairment" if the pot contained as much as 450 ppm of paraquat.

This "impairment" is pulmonary fibrosis; that gruesome description you read a while back (about gradually losing the use of your lungs) was a severe case of fibrosis. What fibrosis does is to reduce (or in serious cases prevent) the passage of oxygen from the lungs to the bloodstream. No oxygen, no life.

Fibrosis cannot be cured.

The only safe thing to do is to stop smoking marijuana at least until NIDA finishes more tests, perhaps within the next month.

Unfortunately, those tests will probably tell the same story: smoking pot may cause permanent lung damage.

So far, the government intends to keep it that way; it has no intention of trying to stop the spraying programs it helped start and is helping pay for.

The reason is that the federal dope barons are pleased with the results of the spraying. The amount of heroin entering the U.S. from Mexico has been greatly reduced.

Besides, most of the top dope barons have been quoted publicly as saying they don't give a damn what happens to people who use herbicide-contaminated drugs.

You are a criminal anyway, say the dope barons, and they've got more important things to worry about, like budgets.

Government ignored paraquat

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dangers for 2½ years

Although the U.S. Government knew in 1975 that marijuana contaminated with the potentially dangerous herbicide paraquat was entering the country, it denied its involvement in the Mexican spraying program and fended off a Senator's requests that possible health dangers be studied.

Sen. Charles Percy began looking into the use of paraquat on Mexican marijuana fields last May after a member of his staff read about it in the alternative media. He was concerned about the possible effects on the 15 million regular marijuana users in the U.S.

The State Department told Percy that paraquat "quickly" made the marijuana "useless for smoking," thus playing down possible dangers. It also claimed that "the Mexican narcotics control effort is directed and controlled by the Mexican government."

As late as March 1978, the National Institute on Drug Abuse (NIDA) issued a report which claimed "this eradication program is operated and funded by the Mexican Government."

Science magazine, however, provided evidence in its Feb. 24, 1978, issue that showed how deeply the U.S. has been involved in both the marijuana and poppy-spraying programs in Mexico from their beginnings:

--Since 1973, the U.S. has given Mexico \$40 million for the spraying programs. Much of the money was used to buy 76 U.S.-made helicopters and light planes.

Write Jimmy

The National Organization for the Reform of the Marijuana Laws, which is trying to stop U.S. support of the paraquat spraying program in court, suggests that citizens complain to the President.

Write or telegram:
President Jimmy Carter
The White House
1600 Pennsylvania Ave., N.W.
Washington, DC 20500

Urge him to stop all aid to the herbicide spraying programs.



--The Mexicans who fly and maintain the aircraft are trained by instructors who are under contract to the U.S. government.

--Sophisticated technology, including infrared aerial photography, that was developed by the U.S. in the campaign to defoliate jungles in Viet Nam is used in Mexico.

--Employees of the federal Drug Enforcement Administration (DEA) accompany Mexicans on flights to identify the fields and to assure that they have been sprayed.

--Four U.S. agencies oversee the spraying program: the DEA, the State Dept. through its Mexican embassy and its Office of International Narcotics, the General Accounting Office, and the Agency for International Development.

Science obtained an October 1975 report by State Dept. employee John Ford that contains references to advice he provided on spraying paraquat on marijuana fields.

Ford also saw that some of the fields chosen for the earliest tests in the herbicide program--in 1975--were harvested on the same day they were sprayed.

Since paraquat requires up to two days of bright sunlight to completely destroy marijuana plants, fast harvesting makes it possible to sell contaminated marijuana that cannot be distinguished by sight or smell from uncontaminated marijuana.

The State Dept. eventually revealed

its purpose behind the public denials: it was trying to protect a "very sensitive issue" in U.S.-Mexican relations.

The Mexicans, an official told Science, "are spending an inordinate amount of their resources on a project that essentially benefits the U.S. We don't want to disturb that. Moreover, anything that makes it appear that the U.S. is in any way controlling or directing the program is damaging to the stability of the Mexican political environment."

According to Science, however, the real importance of the contradiction between the government's statements and its activities lies in the likelihood that State Dept. denials delayed an investigation of the possible harmful effects of the herbicide-spraying program.

Federal law requires environmental impact statements for "major federal



actions significantly affecting the quality of the environment" in the U.S. A 1975 court case determined that AID had to file such statements when it used pesticides in foreign countries because of the potential impact of those pesticides on the whole world, including the U.S.

The government, of course, argues that the program is run by Mexico and that the U.S. does not pay for the herbicides.

That's why Peter Bourne, director of the White House Office of Drug Abuse Policy, makes such a big deal of his claim that Mexico buys its paraquat in Europe:

Even that claim was undermined by the March 1978 NIDA report which said that paraquat is "a chemical patented in England and manufactured in this country (the U.S.) and in Mexico." Chevron Chemical of Richmond, Calif., makes paraquat.

The National Organization for the Reform of Marijuana Laws has gone to court in an attempt to stop U.S. support for the spraying program until environmental impact statements are filed.

Court action, of course, takes time, and even if the suit succeeds, paraquat-contaminated marijuana will be sold for some time.

Nor is there any assurance that a different herbicide, like the 2,4-D that is used on poppy fields, will not be used. The Mexican government has already announced it is considering such an alternative.

Both 2,4-D and another herbicide called 2,4,5-T, which has been seen by Agriculture Dept. personnel in the same Mexican storage sheds with paraquat used on marijuana fields, are suspected of causing mutations and cancer.

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FOOD

A SEVENTEEN-PAGE
SPECIAL SECTION

It's appropriate that our sixth anniversary issue features a special section about food. The Post tries to cover both the ways that people are kept down and their struggles for a better life. In the past thirty-five years, farming has been taken over by big business. Food is now a power issue, on a massive scale, as unquestionably American as . . . well, as apple pie.

Several articles in this section talk about the power of giant corporate "farmers" and how they use it. Since U.S. and transnational corporations have taken over U.S. food production, we are getting more polluted food at higher prices with more non-human animal suffering.

And food is now an important political weapon between nations. Poorer countries grow crops, often luxury crops, crops, for export to richer nations, whose payment in return ends up in the pockets of the well-off. Since it is more profitable for farmers in these poorer countries to grow export crops, a lot of people there go hungry when a food shortage could have been avoided or lessened.

Other articles in this section talk about ways that we can respond to food imperialism and food pollution. Many people start food co-ops to combat high prices, get less poisonous food, and raise consciousness about food issues.

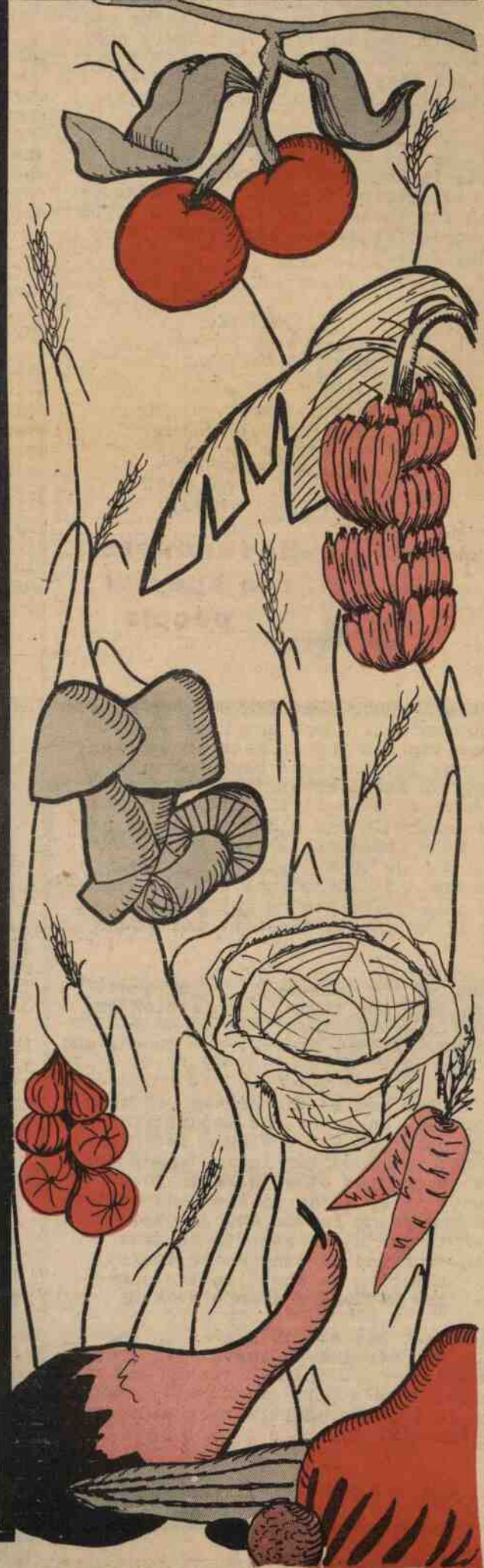
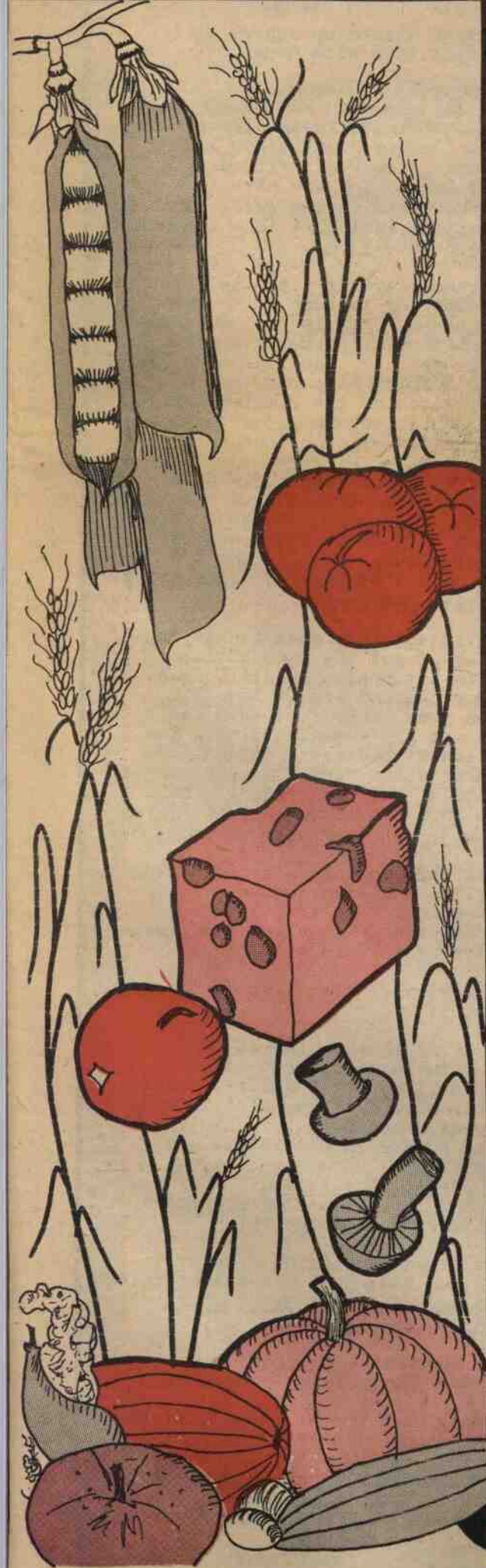
Large numbers of folks also change their diets for health reasons and political reasons. Some people stop eating meat and animal products. Some give up sugar. Some free themselves of the coffee habit.

But these kinds of diet changes don't have to mean that health food freaks are the new puritans, living out a drab, joyless, deprived, and hungry existence. Our section also includes short reviews of four cookbooks, exciting suggestions to satisfy the stoned munchies, and an update on the progress of our very own local vegetarian restaurant.

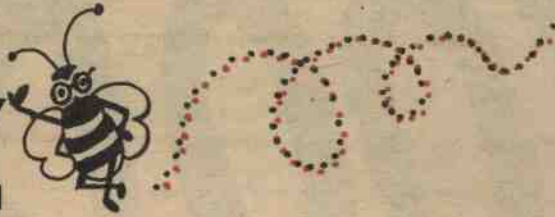
Corporations are motivated by profit; Nestle, for example, pushes infant formulas on poor third world women who can't use them in safe conditions. Our eating whole wheat bread instead of white bread certainly isn't going to force them to stop. Millions of people here and in other countries are taking militant stands and organizing around food issues. In this section, we give support to the Nestle boycott.

Knowledge is one of the necessary tools of change. We hope that you get as much out of reading these articles as we did from writing them.

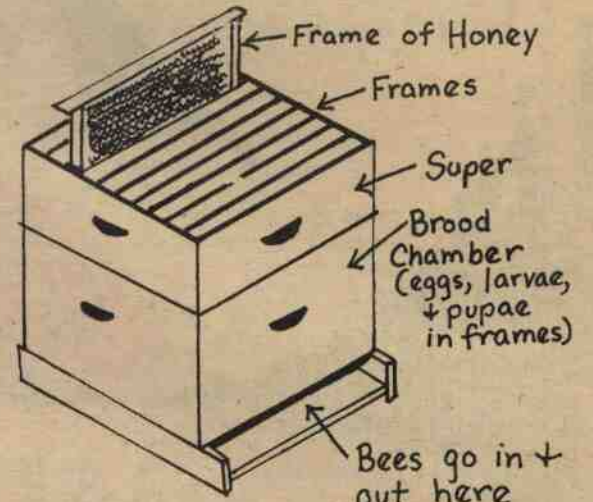
Food for people, not for profit!



BEEZZZZ



and if there's a large space, they build more comb. So a modern beehive looks like this:



Modern Hive

The bottom hive body is where the queen lays her eggs and where the brood is reared. These are called the brood chambers. The hive bodies above this are called supers, and they contain 10 frames where the honey is stored.

The beekeeper stacks up supers as the bees fill them with honey.

During the spring, summer, and fall, it is up to the beekeeper to manage his/her hives. This includes disease prevention, swarm prevention, adding more supers as they get filled with honey and inspecting the hive to see that the queen is laying well. This is only a partial list. It is a busy time for beekeepers.

As a beekeeper myself I can tell you it's fascinating to turn on to the world of bees. This is just a taste. (It's impossible to cover everything in a short space.) The fear of a few stings is nothing compared to the wonder of watching the complex world of bees. And of course there is that added bonus of delicious honey.

All types of people are beekeepers. Sure, there's the big complex bee operations but anyone with about \$100 can invest in a beehive and set it up in your own back yard. By the 2nd fall you should be rewarded with honey for your own use.

When I first contemplated beekeeping 2 years ago, I got the same advice everywhere I turned - Read!!! Read up all you can and see if it still intrigues you. Subscribe to a bee magazine and get acquainted with the advertisers of bee equipment and the latest news about bees. I also suggest talking to a local beekeeper. There are more than you think in E/N. Talk with them. Watch them work their lives.

After all this you can start ordering bee supplies and have them all ready by next spring. And if you just can't wait, perhaps some local beekeeper has a hive s/he would sell.

Here is a very partial list of books on the subject:

1. Beekeeping in the Midwest--E.R. Jaycox. Simple to understand, and up to date; find it at Small Changes Bookstore, 409A N. Main, Bloomington. E.R. Jaycox happens to be a big bee person at U of I in Champaign.
2. The Joys of Beekeeping - very fun reading and very inspiring - Withers Public Library, Bloomington.
3. Here are two classics also at Withers that have just about everything in them: ABC & XYZ of Bee Culture. The Hive and the Honeybee.
4. Bee magazines: American Bee Journal and Gleaning in Bee Culture.

This pretty much wraps it up, I guess. If anyone wants to talk about bees, I'm willing. I may not be the biggest or most experienced beekeeper but I am enthusiastic. Just call 829-6223 and leave a message and I'll call you back.

--Ann

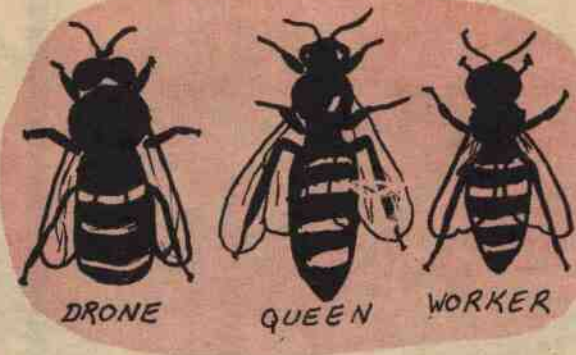
When you see that worker bee nosing around that flower chances are she's not sunbathing but gathering nectar or pollen. Nectar-collecting bees make trips from hive to flower and back again, lasting from a few minutes to 3 or 4 hours. The average trip is 1 hour, and they sometimes make 10 trips a day.

The bee collects the nectar in the honey stomach or honey sack. This is for storage. No digestion takes place. The bee can either regurgitate its contents or let it pass into the digestive system. She adds enzymes and waterlike secretions to the nectar from glands in her head. When the bee returns to the colony she passes her load of nectar to a house bee and returns to the field. The house bee processes the nectar into honey. Then the honey is sealed into the comb.

The queen bee has no part in this. She is the only bee in the hive having fully developed reproductive organs and the ability to lay fertilized eggs. She is different from the worker because at the larval stage the workers feed her a food called royal jelly, which causes her to mature differently.

It takes 16 days for a queen to hatch into the mature adult bee which is much larger than the worker. All she does is lay eggs - usually 1200 to 1800 a day.

The drone is a male. He looks quite different than the queen and worker, having a blunt abdomen and eyes that meet at the top of the head. It takes 24 days for the drone to develop. His main function in life is to mate with the queen. She has only one mating flight, usually within the first 10 days of her life. After this, the drone is useless to the colony. As winter approaches, the workers drive the drones out of the hive, where they die from cold and starvation.



Altogether the number of bees in a colony may vary from 15,000 to 100,000. There are the queen, several hundred drones, and thousands of workers.

All these bees hang out in a bee hive. Through the years there's been all types. Some were cut from a hollow tree, other hives were straw skeps.



But in 1851 L.L. Langstroth designed a hive with "beespace" in mind. He made a hive in which the frames hung within a box so that they were surrounded on all sides by a space of 1/4 to 3/4 inch (beespace). It was found that bees leave this much space open. If there's a smaller space, they fill it with sticky propolis (bee glue),

About the time you receive this issue of the Post Amerikan all us beekeepers in Central Illinois will be finished gritting our teeth and hoping--because we'll know whether our beehives made it through the winter. In fact, we've had to put that all behind us for the moment and decide whether we've lost hives and which ones we'll restock and go about the mess of cleaning up thousands of dead bees.

Those of us lucky enough to have our hives survive this winter are feeding our bees until the flowers are plentiful and the bees can gather nectar and make their own honey. Then there are all those beekeepers waiting for their packaged bees to arrive in the mail; thousands of bees in a screened box).

April is the month when the queen starts laying eggs abundantly and the hive begins to grow. The beekeeper waits for those first flowers to bloom and hopes for a good harvest of honey in the fall.



There's a rumor that the beekeeper is a unique animal. Read any book on beekeeping and you'll hear about it. It's not just because beekeepers go on and on about bees; it's just that you have to be a little bit unique to work calmly in the midst of thousands of little creatures who at any moment could decide to sting you. I think calmness and nonchalance are the keys--show those bees you're uptight and they'll be apt to sense it and sting.

Enough of the beekeeper. What about those bees and their organization or colony? Well, it is made up of 3 individuals--the worker, the queen, and the drone.

The worker bee is the laborer of the colony and makes up the majority of its population. The worker is a female bee not equipped for laying eggs; but they do all the other work in the colony. They gather pollen and nectar, feed the young larvae and pupae, bring water to the hive, secrete beeswax, build comb and do many other tasks. Their lifetime is short in the summer--sometimes no longer than 6 weeks.

The worker bee starts out as an egg which hatches into a larva. It grows and matures and spins a cocoon and then changes into a pupa and finally emerges as a full grown adult worker bee. This all takes 21 days.

Crunch Nestle' Quick!

Baby bottle disease brings business big bucks

Condition: baby bottle disease.
Symptoms: diarrhea, malnutrition.
Effects: mental retardation, death.
Victims: infants of poor mothers,
mainly third world but also on U.S.
Indian reservations and in U.S. farm
worker camps and urban ghettos.

Cause: big business money greed.

In the 1960's American sales of infant bottle formulas went down. The post-World War II baby boom had slowed down and more mothers were breast-feeding their babies. To keep sales high and the money rolling in, several companies which produce infant formulas created a market abroad, in the third world.

Only about 10% of third world mothers actually need to use formulas because they can't breast-feed their infants. To increase the market, formula producers set up expensive, aggressive advertising campaigns to convince women that bottle-feeding is modern and scientific and therefore better. Free or low-cost samples are given to mothers in hospitals. Nurses, or salesmen in white coats, visit homes to drop off "information"-- and free samples.

And the campaigns are successful. Twenty years ago in Chile, 90% of newborns were breast-fed. Today only 20% are.

Infant formulas are expensive, although a mother may not realize this when she is given her free sample of Enfamil (Bristol-Meyers) or Lactogen (Nestlé). And most third world women are poor. It was estimated that an average Uganda laborer would need to spend 33% of her daily wage to buy enough formula. In some countries it's even higher.

Many women cannot afford these prices (could you?) and so overdilute the formulas to stretch them. In Barbados a 1969 National Food and Nutrition survey asked mothers, "How long does one can of baby formula last?" 82% replied that it lasted from 5 days to 3 weeks.

One can is supposed to be a 4-day supply.

The result is an epidemic of infant malnutrition.

Compared to breast-feeding, infant formulas are not easy to prepare. In order for the food to be safe certain things are necessary: pure water, the means to sterilize the bottles and nipples, and (unless the formula can be prepared every few hours) a refrigerator.



Most third world women don't have all those things. The result is infant diarrhea and malnutrition.

When a mother realizes how expensive the formula is, or when an infant shows signs of malnutrition, it is often too late to switch back to breast-feeding. The mother's milk has usually dried up.

Even without the terrible effects of bottle-feeding in these conditions, breast-feeding has certain advantages for mothers, especially poor ones, and their babies. A mother can cheaply and safely breast-feed her infant for

months. Impurities found in drinking water are not passed on to the infant through breast-feeding.

Also, the mother's milk can give the infant immunity against some diseases.

Many third world countries are trying to slow the sales of baby formula that are resulting in the deaths of so many infants and severe brain damage to others. In Papua, New Guinea, sales of baby bottles, nipples, and pacifiers without a doctor's prescription have been banned.

However, most formula companies are not easily stopped.

Nestlé, a Swiss transnational corporation, controls one-third of the infant formula sales in the world and is the largest single distributor of formulas. They enjoy a 72% profit margin on the sales of formula to third world women.

People in the U.S. joined the international boycott of Nestlé products in 1977. Nestlé products include the following: Taster's Choice coffee, Nestlé Quik, Nescafé, Nestea, Decaf, Nestlé Crunch, Souptime, Lactogen, Deer Park Mountain Spring Water, and Jarlsburg and Swiss Knight cheese.

The boycott also includes products from these Nestlé-owned companies: Libby, Stouffer, Crosse & Blackwell's, Keiller, Maggi, McVities, Crawford, and James Keller & Son.

You can also write Nestlé to tell them you are boycotting their products until they stop promoting infant formulas to women who don't have the money or the facilities to use formulas safely. The U.S. address is: Nestlé Co., 100 Bloomingdale Road, White Plains, N.Y., 10605.

For more information about the boycott, you can write to the Infant Formula Action Coalition at 1499 Potrero Ave., San Francisco, Cal., 94110, or at 1701 University Ave. SE, Minneapolis, Min., 55414.

4 Cookbooks Reviewed

Eating is always in good taste!

Let's Cook It Right by Adelle Davis

This was my first health-nut cookbook, and if I'd known how much I'd use it, I would've got a hardback. In Chapter One, Davis explains briefly the nutritional principles that her recipes are based on. At the beginning of each chapter (it's divided into the traditional Eggs & Cheese, Salads, Bread, etc.), she writes a little essay about the food group and its nutritive value and warns the reader about common cooking methods that destroy vitamins and minerals.

Let's Cook It Right has the best and clearest whole wheat bread recipe I've come across. The soups are really good too.

The book's shortcomings are: 1) that I can't make a piece of fish fit to look at, let alone eat, no matter how closely I follow the recipes, 2) that Davis has a rather narrow-minded insistence on meat-and-dairy protein, which results in 3) that there aren't enough vegetarian casseroles and stuff to suit my taste.

Recipes for a Small Planet by Ellen Ewald

This book is based on Frances Moore Lappe's principle of protein complementarity, which is explained in the introduction. In short, the recipes put together non-meat ingredients which individually give you incomplete protein, but in combination provide you with complete protein, just as meat and fish do.

The recipes are truly delicious, too. I particularly recommend the granola recipe and the complementary pie (beans, cheese, rice, tarragan--yum!). You do need to shop for the ingredients at one of the natural food stores.

One nice feature is that each recipe tells how many grams of protein a serving yields. Ewald also has a sense of humor, something that Adelle Davis is a little short on.

The New York Times Natural Foods Cookbook by Jean Hewitt

This one (and Small Planet too) is really strong on vegetarian

casseroles. It's good to have if you love vegetarian food but aren't a vegetarian, because it also has meat recipes. And it has a lot of variety.

I don't like the way it's organized (sometimes just looking at the Table of Contents makes me decide to use Betty Crocker), and if you think the ingredients in Small Planet are weird, you oughta check out the strange ones in here. I may just be off the wall, but it seems that I have to add between 30 minutes and 2 hours to the oven times these recipes give. But you know, they do things different in New York. And the design and layout are beautiful. (There's a wonderful bread recipe on page 291: Honey Whole Wheat Bread.)

The Vegetarian Epicure by Anna Thomas

Every recipe from this book I've ever eaten has been an ultimate experience. What more can I say? Oh, yes, the recipes are easy to follow and the print is big enough (unlike the paperback Adelle Davis).

WARNING: Food May Be

Last year I attended a conference on Radical Therapy which focused on mental health from a political perspective. One of the workshops was on nutrition and mental health.

Well, that seemed pretty radical to me. I could see how politics affects how we feel about ourselves, but where does nutrition fit in? After attending that workshop and doing some reading, I'm learning that what we eat has a lot more to do with how we feel than I ever realized.

Throughout history, natural healers, sorcerers, and witches have used their knowledge of herbs and foods to treat people's medical and mental problems. But witches get burned at the stake and Western science scoffs at "primitive" medicine. So, the focus of American psychology has been mainly on those external influences that affect emotions, like stresses in our lives, family environment, drugs, or physiological damage such as brain damage.

However, our nervous system is the link between us and the world, and our brain and nerve cells need certain nutrients to function properly. What happens to our emotions when our bodies aren't getting those nutrients? Western science is beginning to catch up with "primitive" medicine by looking at this question.

In the 20th century, if we are not selective, we eat processed, refined and milled foods that have often had important nutrients taken out and thrown away, while harmful ingredients were added. This is a hazard not only to our physical health, but to our mental health as well.



Take for example refined sugar. It's in restaurant sugar bowls, in ice cream, catsup, canned soups, alcohol, and even tobacco. What does sucrose (refined sugar) have to do with how we feel emotionally? Sucrose is absorbed directly into the blood stream through the intestines. So when you eat that Baskin Robbins double scooper, there is a sudden rise in your blood sugar level, giving you a burst of energy.

But sucrose disturbs the glucose oxygen balance in the blood and to handle this your adrenal glands pump emergency rations of insulin into your blood stream. When this emergency ration stops, the blood sugar level drops lower than it was before you ate the Baskin & Robbins.

Low blood sugar levels deplete the body of energy. At that point a person is more susceptible to being irritable, tired, listless. With continued sugar intake a person may develop hypoglycemia, a condition where the body has a lowered tolerance for sugar and even small doses of sucrose lead to significantly low blood sugar levels. Hypoglycemia may also be triggered by chronic malnutrition, a lack of chromium and manganese, deficiencies in some of the adrenal hormones, or abnormal liver and kidney functioning.

Some of the warning signs of hypoglycemia are: fatigue, chronic

nervous exhaustion, craving for sweets, feeling sleepy after meals, faintness, dizziness.

What all this means is that when the blood sugar level is low, a person is in a weakened physical and emotional state, making it more difficult to deal with stress than usual. An hour after gulping that double fudge B & R may not be the best time for you to practice your assertiveness on the local mechanic or to try to settle a dispute with a friend.

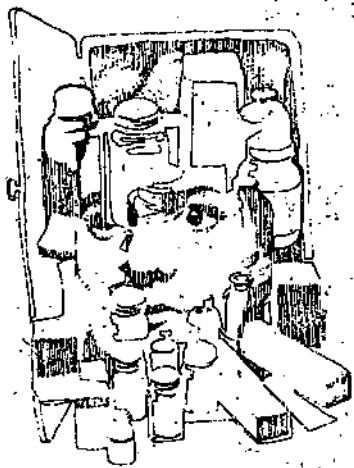
A lowered blood sugar level is not the only way that eating refined sugar affects our mental health. Sucrose disturbs the acid-alkaline balance in the body. Sodium, potassium, magnesium, and calcium are used to combat this imbalance. If your mineral intake is low, and your sugar intake is high, then you may develop deficiencies in these minerals.

Calcium aids the transportation of nerve impulses and a deficiency of this mineral may lead to tenseness, restlessness, irritability, temper outbursts or insomnia. Mild magnesium deficiencies may leave a person feeling irritable, high-strung, easily startled, and sensitive to noise. Severe deficiencies may cause confusion, clouded thinking, disorientation and even hallucination. Nervousness, irritability, and mental disorientation can also be related to a potassium deficiency.

One of the more alarming effects of eating refined sugar is that it can drain the body of the B-vitamins which are essential to the normal functioning of the brain. Depression, irritability, confusion, memory loss or an inability to concentrate may stem from a deficiency in thiamin, vitamin B1. Deficiencies in vitamin B12 may result in difficulty with concentration, and memory; agitation, depression, and hallucination.

The first signs of a niacin (vitamin B3) deficiency are psychological. One of the earliest of these is a loss of one's sense of humor. Other signs are confusion, worry, suspicion and depression. If the deficiency is severe a person may become very hostile, and noticeably suspicious.

This list of signs of vitamin B deficiency could almost have been lifted from a psychology text giving



Bird/cpf

the symptoms of various mental illnesses and especially of "schizophrenia." Schizophrenia is a popular label used to describe a wide variety of behaviors which are considered abnormal by psychiatrists and psychologists.

Even though nobody really knows what schizophrenia is, what causes it, or what to do about it, various "cures" have been tried. People who have been labeled schizophrenics have been studied, locked up, drugged, shocked, lobotomized, and psychotherapized. Given the similarities between the effects of

vitamin B deficiency and some of the psychotic behaviors, it makes sense to look at nutrition and its relationship to schizophrenia.

Dr. Abraham Hoffer, based on research of physiological causes for schizophrenia, thought it possible that "schizophrenics" have unusual ways in which they metabolize proteins and certain nutrients. So, he gave institutionalized people huge doses of niacin and vitamin C and noticed some striking improvements. Since then other psychiatrists have used megavitamin therapy, usually along with other types of therapy, and claim remarkable success rates, increasing the number of people able to be released from mental hospitals.

Megavitamin Therapy

Megavitamin therapy has also been used with alcoholics. In research with rats Dr. Williams noticed that diets consisting mainly of refined carbohydrates produced more alcohol drinking than did diets of refined carbohydrates fortified with vitamins, or vitamin and mineral-rich diets devoid of carbohydrates. Sugar and caffeine, added to the high carbohydrate vitamin deficient diet, further increased alcohol drinking. It was found that giving the rats a vitamin supplement reduced their alcohol intake.

Alcoholics tend to have poor diets, in fact 70 to 90% of them are hypoglycemic. In the past it has been assumed that these bad eating habits were due to too much drinking. But, recently it has been noted that the low blood sugar levels experienced by a hypoglycemic person created a craving for alcohol, caffeine, nicotine, and of course sugar. So, it's possible that in some cases hypoglycemia actually increases a person's alcohol consumption.

Based on this finding alcoholics have been given huge doses of vitamins, especially niacin (B3). Refined sugar and carbohydrates were removed from their diets as were caffeine and nicotine. Some of these megavitamin therapies claim a much higher success rate than does Alcoholics Anonymous.

Diet and its influence on emotional behavior has been looked at with two other groups of people--the young and the old. As mentioned before, deficiencies in the B-vitamins affect the brain cells and may lower a child's ability to learn, and so children with learning disabilities have been given niacin and vitamin B15.

Today a large category of "problem" children have been labelled hyperactive. They tend to be irritable, aggressive disruptive in class, and have a short attention span. Certainly it should not seem unusual for any young person to react with these behaviors when forced to sit for six hours in a boring class with thirty other bored people. However, it's possible that extremes of these behaviors aren't caused merely by an inhumane school system, but are aggravated by poor diet.

Some nutritionists believe that hyperactivity is related to the eating of sugar and salicylates, those chemicals used in flavoring and coloring of foods. It is suggested that young people eat no sugar, coffee, colas, or teas; eat small amounts of refined carbohydrates, and take vitamin and mineral supplements, especially lots of vitamins B and C.

Harmful To Your Mental Health

More than any other group, the elderly suffer from malnutrition. Frequently they are ill, taking medications which deplete the body's vitamin and mineral reserve; they have no money or are unable to get out and buy nutritious foods. Often when an elderly person shows fatigue, irritability, depression, or insomnia s/he is labeled "senile" and put in a nursing home. Yet megadoses of vitamins and minerals and a balanced diet may reduce mental confusion and disorientation. Also, some mental deterioration is caused by a loss of working brain cells and oxygen starvation of other cells. Antioxidant vitamins such as C, E, A, and B3 can help slow down the deterioration of the brain.

An optimal diet in terms of good mental health seems to be: avoiding foods that are refined, processed and have additives, especially refined sugar and refined carbohydrates; to limit alcohol, caffeine, and nicotine; to eat plenty of proteins, essential fats, and to take a vitamin and mineral supplement daily, especially niacin.

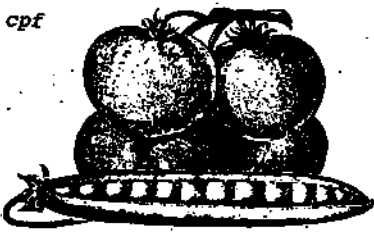
there's little financial gain in promoting good nutrition. Compared to cobalt treatments, giving up sugar is cheap, you can do it yourself and you don't need an expensive medical consultation.

So the next time you are feeling cranky and blue for no apparent reason, you might want to think about what you've been eating lately. Changing your diet could eventually save you the \$40 an hour you might otherwise spend on psychotherapy.

Good nutrition can protect mental health, yet it is not highly talked about by most physicians, psychiatrists, or by the Health, Education and Welfare Department or the American Medical Association. For these people

--Riverfinger

cpf



Here briefly, are some comments on other foods, nutrients, and products and how they may influence how we feel about ourselves:

--Nicotine impairs vitamin C absorption and constricts the blood vessels, thus reducing the supply of nutrients to the brain. Also, heavy cigarette smoking tends to create cravings for alcohol and sugar.

--Taking birth control pills lowers a woman's supply of vitamin B12 and C and is often accompanied by depression, fatigue, or insomnia.

--Skipping breakfast, or eating sugar and carbohydrates in the morning, was correlated with apathetic and disruptive school children. This habit also triggers the low blood sugar level cycles of hypoglycemia.

--Niacin tends to ease withdrawal from heroin.

--Researchers are wondering if various mental illnesses might be due in part to allergic reactions to various natural and synthetic substances in foods, air, water.

--Infrasounds, those "silent" sounds which we don't realize we're hearing tend to increase irritability.

--Fluorescent lights may increase irritability and might also be a factor in hyperactivity.

--Darkness might be related to increased alcohol consumption.

So, what kind of conclusion can be drawn from all this talk about diet and nutrition? Is it possible that if you eat a balanced diet and take a good supply of vitamins and minerals that you'll have few or no emotional problems? Some of the authors writing on diet and mental health (Adelle Davis, Let's Eat Right to Keep Fit; William Duffy, Sugar Blues; Drs. Charaskin and Ringsdorf and Arlene Brecher, Psychodietics) certainly imply that at times.

But, they are medical doctors or nutritionists who show little awareness of how poverty, powerlessness, sexual and racial oppression can trap people with problems to which they will have emotional reactions. It seems more realistic to suggest that diet is only one of the many factors which affect the way we feel emotionally.

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Why Take Vitamins?

There's a popular line that goes, "I have a well-balanced diet, so I don't need to take vitamins." At one time in history, this might have been true. But in our fast-food era, this argument no longer holds any water.

Today's food has been torn apart, over-heated, kept too long in cold storage, dyed, preserved, artificially colored, emulsified, alkalized, waxed, etc. What little vitamins we do get from our food are zapped out of our system as our bodies try to cope with the heavy water and air pollution.

We also live in a stress-filled era; we worry, we hurry, we are constantly under pressure. Roger J. Williams, Ph.D, found in animal studies at the University of Texas that stresses and annoyances can contribute to overeating and can also increase the need for nutrients, or vitamins.

Even if you pride yourself on only eating healthy food, you still need to take vitamins unless you grow all your food organically, live in an unpolluted area (where's that?), and have a blissful life. It's just an impossible dream.

Vitamin supplements are food, so there is nothing "unnatural" about taking them. I do suggest taking natural vitamins rather than synthetic (manufactured) vitamins. Synthetic vitamins only contain the known vitamins, and I believe there are many unknown but necessary elements in vitamins as they occur in nature.

I do think taking any kind of vitamins is better than taking no vitamins at all.

At the end of this article is a chart on vitamin amounts needed daily. The chart is only a guide. People need to experiment to find the vitamin program that's right for them. I am going to list vitamin requirements for medium weight people.

You can reduce or increase the amount of vitamins you take according to how much you weigh. Other things that affect the amount of vitamins you need are cigarettes and coffee. If you smoke cigarettes you should take more C's; if you drink coffee you need more B's.

I think it's exciting to experiment and find which amount of each vitamin you need. You begin to feel much more in touch with your body.

I took the vitamin chart from The Book of Vitamin Therapy by Harold Rosenburg. You may want to read it for more information. Another book that I found extremely helpful about vitamins is Let's Eat Right to Keep Fit by Adelle Davis.

The last thing I want to talk about is what kind of vitamins you should use. I hate to say it, but it's very true for vitamins that you get what you pay for. Beware of mail order vitamin places. They have cheap vitamins, but often their advertisements don't list everything that's in the vitamins and don't tell you whether they are synthetic or natural.

I have tried many vitamin brands and talked to many people about them, and both Solgar and Schiff vitamins seem to work the best for me and are usually recommended to me as the best. But please don't take me as an expert.

On pages 24 and 25 is a handy vitamin chart that you can hang on your wall. It is a good reference chart, one of the most complete I've seen, and also can incite many exciting conversations with friends. The chart is basically a reprint of a Puritan's Pride vitamin and mineral chart, changed a little to fit our centerspread.

Here are definitions of some terms used on the chart:

"Augmenting nutrients" are vitamins and minerals that you should take at the same time as the first nutrient listed. They help your body use the first nutrient most completely.

"Anti-vitamins" and anti-minerals are things that either drain your body of the nutrients listed or prevent your body in some other way from using them.

"Water soluble" means that if you take more of the nutrient than your body can use right away, it will be washed away by the water in your body and not build up. "Fat soluble" means that if you take extra of the nutrient, it will stay in your body and be stored in the fatty tissue.

Also, when we list sugar as an anti-vitamin or anti-mineral, what's meant is excessive sugar (we had to squeeze in places).

SL

Age	late teens to 21		22 to 35		36 and up		Units
	Male	Female	Male	Female	Male	Female	
Vitamin A	20-30,000	15-25,000	20,000	20,000	20,000	20,000	IU
Vitamin D	800-1,200	800-1,200	800	800	800	800	IU
Vitamin E	200-800	200-600	200-600	200-400	400-1,200	400-1,200	IU
Vitamin C	1-5,000	1-5,000	1-5,000	1-5,000	1-5,000	1-5,000	mg
THE B VITAMINS							
Vitamin B ₁	100-200	100-200	150-300	100-200	150-300	150-300	mg
Vitamin B ₂	100-300	100-300	50-100	50-100	50-100	50-100	mg
Vitamin B ₃	200-2,000	200-2,000	200-1,000	200-1,000	200-1,000	200-1,000	mg
Vitamin B ₆	100-800	200-800	100-400	200-600	100-400	200-600	mg
Vitamin B ₁₂	50-75	50-75	12-50	25-75	12-50	50-75	mcg
Biotin	0.3-0.6	0.3-0.6	0.3-0.6	0.3-0.6	0.3-0.6	0.3-0.6	mg
Choline	250-1,000	250-1,000	250-1,000	250-1,000	250-1,000	250-1,000	mg
Folic acid	2-5	2-5	2-5	2-5	2-5	2-5	mg
Inositol	500	500	500	500	500	500	mg
PABA	100	100	100	100	100	100	mg
Panthenic Acid	100-200	100-200	100-200	100-200	100-200	100-200	gm

Fun Fundraisers for Just Your Basic

Just Your Basic Vegetarian Restaurant Collective has planned two fund-raising events for May. We'll be selling natural foods and drinks at the Positive Energy Convention on the weekend of May 6 and 7. And we're having a benefit rummage sale on Saturday May 20.

We're excited about providing good food for all the folks who come out to celebrate the sun at the Positive Energy Convention. We'll be serving herbal sun tea, fruit juices, baked goodies, fruit and possibly sandwiches. The convention will be held at the Timberline Recreation Area in Goodfield, Illinois. See The Sun Spot for more info on the Sun Week festivities.

On May 20, at 306 W. Mill St. in Bloomington, we'll be having a huge fantastic rummage sale. It will run from 8:30 a.m. to 6 p.m. We'll be happy to take your rummage off your hands and recycle it for you. Just call 828-6935 and ask for Chris or Jack. They'll arrange for someone to pick up your donation. And come do a little recycling yourself!

We still have a few of our highly attractive screen-printed T-shirts. They'll be available at both of our May events, or you can get them at Small Changes Bookstore and the Lay-Z-J Saloon. They only cost \$5. And remember: the \$1 profit from each shirt goes toward the opening of a collectively run Vegetarian health food restaurant in Bloomington-Normal. So, wear those shirts with pride!

--Just your Basic Vegetarian Restaurant Collective



Sunflower Shop
natural foods

Enjoy nature's foods without harmful preservatives or additives and spend less money.

Clip and compare our prices with your supermarket prices

Organic Soybeans	39¢/lb.	Sunflower Seeds	1.09/lb.
Barley	39¢/lb.	Brown Rice	57¢/lb.
Pintos	37¢/lb.	Wheat Germ	39¢/lb.
Lentils	59¢/lb.	Bran	39¢/lb.
Split Yellow Peas	47¢/lb.	Turbinado Sugar	63¢/lb.
Chick Peas	1.19/lb.	Dannon Yogurt	39¢/lb.

New!
Nature's Way
Herb Center

Sprouters
of all kinds...
SPROUTING SEEDS AT ECONOMICAL PRICES

Corner of College & Linden in Normal 454-2611

Feed your face in the cheapest place.

I've always wondered which super-market in town really is the cheapest since each one leads you to believe it has the best bargains. Well, since I've been unemployed for a while, I had time to run a price survey. I went to each of the 10 major food stores in Bloomington-Normal once a month for three months. I recorded the prices for 25 items, then averaged the price per item and totaled the amount. I came up with a final figure I could use in a comparison.

In all cases I looked for the least expensive type of food. Take instant coffee, for example. At Landmark Plaza Kroger's, I noticed that Nescafe costs \$5.59 for 10 oz. and that Kroger has its own cheap-o brand costing \$3.99 for 10 oz. I used the \$3.99 price for my survey.

Table I is a list of the foods I used. Since I'm a vegetarian I was heavy on fresh produce, and priced brown rice, whole wheat bread and whole wheat flour instead of the less nutritious white styles. I did include a little meat such as hot dogs, canned tuna and chicken in the chicken noodle soup, and also looked at the price on junk food items such as coffee, potato chips, canned pears and white sugar. If any store was out of a particular item, such as green peppers, I used an average price obtained from my two other trips to that store.

TABLE I: FOODS SURVEYED

FOOD ITEMS SURVEYED	AMOUNT	AVERAGE PRICE PER ITEM
Canned tomato juice	46 fl. oz.	.55
Canned pears	29 oz.	.63
Chicken noodle soup	1 can	.21
Frozen corn	10 oz.	.39
Instant coffee	10 oz.	4.38
Potato chips	7 oz.	.53
Toilet paper (white only)	4 rolls	.65
Canned tuna fish chunk light in oil	6.5 oz.	.63
Hot dogs	1 lb.	1.05
Whole milk	1/2 gal.	.80
Eggs, grade A large	1 doz.	.69
Sharp cheddar cheese	1 lb.	2.07
100% whole wheat bread	1 lb.	.58
Brown rice	1 lb.	.88
Dried navy pea beans	2 lb.	.99
Whole wheat flour	5 lb.	1.02
White sugar	5 lb.	1.08
Apples, usually Jonathan	1 lb.	.38
Bananas	1 lb.	.29
Oranges, Calif. navel	10	1.42
Green peppers	3	.70
Celery	1 bunch	.65
Carrots	2 lb.	.64
Russett potatoes	20 lb.	2.28
Baking potatoes	1 lb.	.34
		\$23.83

TABLE II

The ten stores I priced are listed in table II

TABLE II: STORES SURVEYED

1. Eagle Discount Supermarket, 1211 Towanda, Avenue, Bloomington.
2. Eisner's, College Hills Plaza, College and Towanda Ave., Normal.

3. Eisner's, Four Seasons, 504 Four Seasons Rd., Bloomington.

4. Eisner's, South Main, 1107 S. Main, Bloomington.

5. IGA Eastgate Foodliner, 2200 E. Oakland Ave., Bloomington.

6. IGA Red Bird Foodliner, 301 S. Main, Normal.

7. IGA Washington Square Foodliner, 509 W. Washington, Bloomington.

8. Kroger, East Oakland, 1110 E. Oakland Ave., Bloomington.

9. Kroger, N. Main, 1500 N. Main, Bloomington.

10. Kroger, Landmark Plaza, 1550 E. College Ave., Normal.

I made some interesting observations not based on statistical data about each store. I felt the produce was the worst at the Red Bird IGA near ISU on Main while the Kroger in Landmark Plaza seemed the best. Each store was trying to sell during the course of the survey, at least one item of produce I felt was unfit to eat, such as moldy, wrinkled, split green peppers. The Washington Square IGA seemed to be the dirtiest with sugar and stuff all over the floor! It also was the only store without a scale in the produce department for easy customer use. However, after their recent conviction of short-weighting foods (see Post-Amerikan, Vol. VI, No. 11, p. 26), their scales may be useless anyway.

By shopping at Eagle instead of Landmark Plaza Krogers, the second most reasonable store, you would save \$1.74 for the surveyed items. If you bought these items once a week for a year you would save \$90.48. Now, if you shop at Eagle instead of Washington Square IGA you'd save \$3.79 per week and \$197.08 each year. That's quite a difference!



It's interesting to see that Eagle comes out ahead. Of course, it nests securely on the East Side. Also of interest are the locations of the two most expensive stores, Eisner's on South Main and Washington Square IGA on the West side. Both stores are dirtier, seem smaller and have less of a selection than the others. But we all know you pay for being poor.

Vitamin E for healing

A midwestern physician, Dr. Harvey Walker of Clayton, Missouri, has revolutionized his practice by relying more on nutrition and vitamin/mineral therapies than on traditional drug therapies. One of his successful practices, which you can do yourself if you ever have to have surgery, is building up his patients' intake of vitamins A and E and the mineral zinc before surgery. His patients also get vitamin E during and after surgery. Walker says, "Almost every surgeon consultant I have, comments to me on how rapidly my patients get well and get out of the hospital, and how few complications they have compared to other patients."

--Prevention, Feb. 1978

Now comes the exciting part: which store is the cheapest.

SEE TABLE THREE

TABLE III: FOOD PRICES

EAGLE	KROGER LANDMARK PLAZA	KROGER NORTH MAIN ST.	IGA RED BIRD	KROGER EAST OAKLAND	IGA EAST-GATE	EISNER'S COLLEGE HILLS	EISNER'S FOUR SEASONS	EISNER'S SOUTH MAIN	IGA WASHINGTON SQUARE
\$21.52	\$23.29	\$23.40	\$23.59	\$23.87	\$23.96	\$24.02	\$24.35	\$24.69	\$25.31

Animal rights: Why not equal consideration?

WRITER'S NOTE: The two articles that follow, on animal liberation and factory farming, are largely lifted from philosopher Peter Singer's book Animal Liberation. The book takes some determined ploughing through and a lot of stopping & thinking, but it's well worth it, and I strongly encourage people to read it.

Women have begun to demand to be treated with the same attention to their rights that men as a sex expect. People have called sexism the last form of discrimination to be widely accepted and practiced without secrecy or deception. But one thing we should have learned from the liberation movements of women, blacks, and other groups, is how hard it is to be aware of our socially accepted prejudices toward other groups. This is especially true when we believe we gain from things remaining as they are.

If we believe that it's important for us not to oppress other groups, we must be ready to question any of the attitudes we hold, including the most basic. We need to consider our attitudes from the point of view of those who suffer by them, and by the real-life results that follow from our attitudes.

In the end, I agree with Peter Singer that there is no logical reason, except to protect our own privilege, to refuse to give equal consideration to the rights of non-human animals.

All the arguments I've heard for why animal liberation is silly have to do with the difference between

humans and other animals. Sometimes the difference that people talk about is the obvious fact that humans and other animals belong to different animal groups, or species. Sometimes the difference is that other animals are not intelligent in the way that humans can be.

But why does that difference mean that we shouldn't consider equally the rights of animals?

The argument that difference all by itself means that we can treat another group without consideration doesn't hold up. Men and women, though different, deserve equal consideration of their rights. Blacks and whites, though dif-



ferent, deserve equal consideration of their rights.

Many people, however, argue that the difference between human and other animals is so big, or is in such important areas (like intelligence), that animal liberation makes no sense.

But we don't require that humans be exactly equal to have the right of being treated with equal consideration. Although there are millions of humans whose intelligence is lower than the average (children, brain-damaged people),

we give equal consideration to their rights, or at least pretend to, merely because they are human.

(Notice that equal consideration of rights doesn't necessarily mean equal treatment. A man can't have an abortion; it would be stupid to argue for his right to one. Dogs can't vote; it would be stupid to argue for their right to.)

In the 1850's black feminist Sojourner Truth made this point:

"They talk about this thing in the head; what do they call it? ('Intellect,' whispered someone near by.) That's it. What's that

got to do with women's rights or Negroes' rights? If my cup won't hold but a pint and yours holds a quart, wouldn't you be mean not to let me have my little half-measure full?"

The writer Jeremy Bentham proposes this way of determining when a group deserves to have its rights taken into consideration:

"The question is not, Can they reason? nor Can they talk? but Can they suffer?"

--Alice Wonder

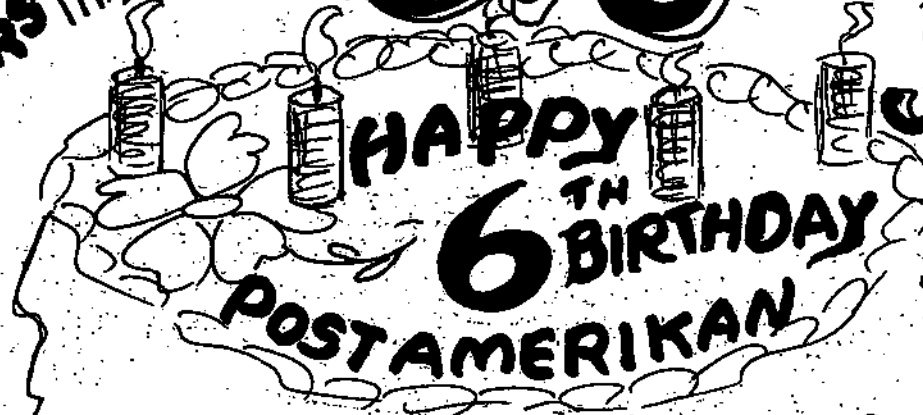
IT'S A "PIECE O' CAKE" SHOPPIN'

MOTHER MURPHY'S

UPSTAIRS 11 1/2 NORTH ST.

NORMAL, ILL.

PIPES
BLACKLITES
STROBES
POSTERS
PRINTS
TAPESTRIES
BEDSPREADS
MOBILES
BOXES OIL
LAMP
ASHTRAYS
INCENSE
PATCHES
CANDLES
NETS
FEATHERS



JEWELRY

HANDCRAFTED
NECKLACES
CHOKERS RINGS
BRACELETS
BELLY DANCER BELTS

LEATHER
BELTS
WALLETS BANDS
WATCHBANDS
HANDBAGS
CHOKERS

BUCKLES
200 TO CHOOSE FROM

TURQUOISE

NAVAJO
CHEROKEE
ZUNI
HOPI
SHOSHONE

PRICES "SLICED"

Down on the Factory Farm

The popular Hallmark children's book Farm Animals has pictures of hens, turkeys, cows, and pigs, all surrounded by their young. Not a single cage, shed, or stall is in sight.

The words to Farm Animals tell us that pigs "enjoy a good meal, then roll in the mud and let out a squeal!" And "Cows don't have a thing to do, but switch their tails, eat grass and moo."

The reality of modern farming is as different from the Hallmark version as a Mop 'N Glo commercial is from a housewife's real life.

In the last 35 years large corporations and assembly line production have taken over U.S. farming, turning it into what we call agribusiness.

Twenty large corporations now control U.S. poultry production. A single factory farm often contains a million or more egg-laying hens. Greyhound Corp. kills turkeys, IT&T produces pigs, and John Hancock Mutual Life Insurance raises cows that turn up as roast beef in the supermarkets.

(You can read more about agribusiness on page 18.)

Chickens

The first animal that began to be raised on factory farms instead of traditional farms in large numbers was the chicken. Currently, large corporations own or control 98% of the U.S. production of chickens killed to be eaten.

A dozen of these corporations raise about 40% of the nearly 3 billion birds slaughtered each year. That means that possibly 10,000 birds, mostly chickens, will be killed while you read this page.

The main thing that enables chickens to be manufactured rather than farmed is keeping them inside. When broiler producers get day-old chicks from the hatcheries (in loads of 10,000 to 50,000 or more), they put the chicks into a long, windowless shed, usually on the floor. (Some producers use levels of cages instead, to get more birds in each shed.)

The chickens live in these sheds their entire lives--eight or nine weeks. As they grow, they get more crowded. By the last weeks, there may be as little as half a square foot of space for a three-and-one-half pound chicken.

With this crowding and confinement, the chickens start to fight. Birds peck at each other's feathers and sometimes kill and eat each other. Broiler producers have found that very dim lighting keeps the fighting

De-beaking is severely painful, since between the horn and the bone of a chick's beak is a thin layer of highly sensitive soft tissue, like the "quick" of the human nail.

De-beaking is routinely performed on chicks by most U.S. poultry owners. (De-beaking is also the general rule for turkeys, who are usually raised like broiler chickens are.)

Chickens on factory farms are fed food and water automatically from hoppers hung from the roof. When the birds are ready to be killed, their food is cut off--there's no profit for their owners in undigested food.

Some hours later, maybe 12, the birds will be grabbed by the legs and carried

WE DO ALL THE WORK AND BUSINESSMEN GET ALL THE PROFITS. ALL WE GET IS CHICKEN FEED... BESIDES, THAT'S TOO MUCH FOR PEOPLE TO PAY FOR EGGS....



outside upside down for their first and only exposure to sunlight, after being used to near-darkness. They are then stuffed into crates piled on the back of a truck.

Next the birds are driven to the processing plant, where they are taken off the truck and stacked up, still in crates, to wait. They may wait several hours, still without food or water, before they are killed. When each bird's turn comes it is taken out of its crate and hung upside down on the conveyor belt that leads to the knife that kills it.

Laying Hens

Laying hens raised for their eggs are treated a lot like broiler chickens, but there are differences. Like broilers, layers are de-beaked to prevent cannibalism. However, layers live much longer and often are de-beaked twice.

Another difference is that layers are caged. Fred C. Haley, the president of a Georgia poultry firm that owns 225,000 hens at a time, describes the laying hen as "an egg producing machine" and adds, "the object of producing eggs is to make money. When we forget this objective, we have forgotten what it is all about."

In Julius Goldman's Egg City, 50 miles northwest of Los Angeles, two million hens are divided into block-long buildings containing 90,000 hens each, five birds to a 16-by-18-inch cage.

The cages, at Egg City and on other factory farms, are stacked in levels, with food and water troughs running along the rows, filled automatically from a central supply. The wire floors of the cages slope, which makes it even more difficult for the crowded birds to stand comfortably. The slope lets the eggs roll to the front of the cage where they can easily be hand-collected or carried by conveyor belt to a packing plant.

The wire floor also allows the hen's excrement to drop through to the lowest level of cages, where it piles up for many months until it's all removed at once.

Without any solid ground to wear down the birds' toenails, the claws grow very long and can get permanently tangled up in the wire. An ex-president of a national poultry organization reported the following in an industry magazine:

"We have discovered chickens literally grown fast to the cages. It seems that the chickens' toes got caught in the wire mesh in some manner and would not loosen. So, in time, the flesh of the toes grew completely around the wire."

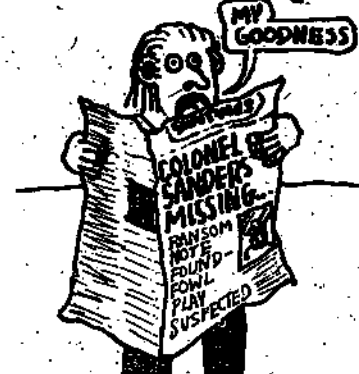
At Egg City five hens live in a 16-by-18-inch cage. On Frenchtown Poultry Farm in New Jersey, nine hens are jammed into each 18-by-24-inch cage, leaving them barely enough room to turn around. While poultry birds have no less need to move around and stretch their wings than other birds, the possibility for a bird to stretch out even one wing in these cages is a joke. Each bird weighs about four pounds.

After a few months in the cages the hens start losing their feathers, possibly because of rubbing against the wire, feather-pecking each other, or the sunless conditions. Their skin then begins to rub against the wire, and often gets rubbed bright red and raw, especially around the tail.

Laying hens live for 18 months to two years until their productivity goes down and they are killed for chicken pies and soups. Even though a chicken would normally live far longer than two years, it is common for 10-15 percent of a factory farm's hens to die in one year.

According to the manager of a 50,000-hen farm in California, five to ten of his hens die daily because

NEXT MORNING



of confinement stress. That makes between two and four thousand deaths each year.

"These birds," the manager says, "don't die of any disease. They just can't take the stress of crowded living."

Calves

The production of quality veal--tender calves' flesh-- is possibly the most repulsive "farming" practice. It's comparable to the force-feeding of geese through a funnel that produces the deformed livers made into the gourmet food paté de foie gras.

I chose the example of the poultry industry because of its huge size. The veal industry is, I think, an extreme, but a logical extreme, of business' willingness to exploit animals to any degree for profit. For information on the treatment of pigs and cattle, which is no less disgusting than that of poultry, and the transportation of factory farm animals, you can read Singer's Animal Liberation.

Veal is the flesh of a young calf,

CONT. ON NEXT PAGE

I DON'T BELIEVE THE PRICE OF EGGS, OVER \$1 A DOZEN IN SOME STORES. THAT'S A DIME AN EGG!



down, so the birds are likely to live their last weeks in near-darkness.

Another method commonly used to keep the birds from killing each other is "de-beaking." The chick's head can be put into a guillotine-like machine which cuts off part of its beak, or the beak can be cut off with a hot knife.

On the Factory Farm (cont.)

and the term was first used only for calves killed before they had been weaned from their mothers. Now, though, farmers have found a way to keep the calf longer without the flesh becoming darker in color or less tender. (The more pale and tender the flesh, the more high-quality the veal.)

This means that the veal calf, when sold, may weigh as much as 325 lbs., instead of the ninety-odd lbs. that newborn calves weigh. Since veal fetches a high price, being able to sell bigger calves makes rearing veal calves much more profitable.

The way that this is done is by restraining the veal calves from any activity except that of eating an unhealthy diet.

If the calf were allowed to grow up outside, it would romp around the fields and develop muscles, making its flesh tough. It would also eat grass, which causes calves' flesh to lose the desired pale color.

So the veal producer takes the calves straight from the auction to indoors confinement. Each calf's stall is about 1 foot 10 inches wide and 4 feet 6 inches long. It has a slatted wooden floor, raised above the concrete floor of the shed.

The calves are chained around the neck to keep them from turning around. (The chain may be removed when the calves grow too big to turn around in the narrow stalls.) The stall has no straw or other bedding, since the calf might eat it and spoil the paleness of its flesh.

The calves live in these stalls for 13 to 15 weeks, then they are killed. They are fed a totally liquid diet, based on nonfat milk powder with added vitamins, minerals, and growth-promoting drugs.

However, this liquid diet is low in iron, causing the veal calves to become anemic. The pale pink flesh called quality veal is in fact the anemic flesh of a sick calf. This "choice" color does not even affect how the calf tastes.



Andrea's favorite graphic

To make an animal grow quickly it must take in as much food as possible and use up as little of this food as possible in its daily life. Veal calves are given no water so that their only source of liquid is their food, which is basically powdered milk.

The sheds the calves are confined in are kept warm so that the thirsty calves drink more food than they would if they could drink water. The calves then often start sweating after overeating. In sweating the animals lose moisture, which makes them thirsty, so that they overeat again the next time they are fed.

Since the calves are unable to do anything because movement would develop their muscles and make their

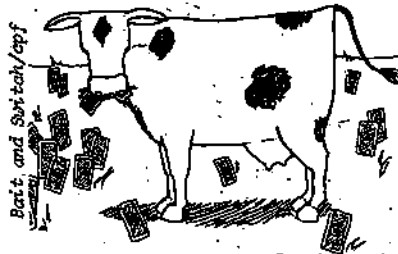
flesh less tender, they become bored and restless. To reduce their restlessness, many producers leave them in the dark except twice a day when they are fed. The veal sheds are usually windowless, so the lights are just turned off.

Even though the veal producer selects only the strongest, healthiest calves to begin with and feeds them a medicated, high-protein diet, it is common for one out of ten calves to die in confinement before slaughter. The veal producer can stand this loss because restaurants pay such a high price for veal.

Slaughter

Slaughter laws in the U.S. require that the deaths of animals killed for food be quick and painless. And for many animals, it is. They are stunned by electric current or a captive-bolt pistol and have their throats cut while unconscious. What they can feel shortly before their deaths, while being goaded up the ramp to slaughter, smelling the blood of those already killed, is unregulated by law. However, the moment of death itself is usually as painless as possible.

There are exceptions. Sometimes the stunners don't work. And in many countries with slaughter laws, including the U.S. and Britain, there is an exception which allows some



animals to be slaughtered according to orthodox Jewish and Moslem rituals. These rituals require the animals to be fully conscious when slaughtered.

Also, the U.S. Federal Humane Slaughter Act of 1958 applies only to slaughter houses selling meat to the U.S. government or its agencies. Twenty-eight states have passed similar laws so that all slaughterhouses in those states must perform relatively humane killings.

So in twenty-two states, including big ones like New York, slaughterers not selling to the federal governments can kill the animals as they please. One method still used in some U.S. slaughterhouses is the poleax.

The person using the poleax, which is a heavy sledgehammer, stands above the animal to be killed and tries to knock it unconscious with one blow. If the swing is a fraction astray the hammer can crash through the animal's eye or nose. Several more blows may be needed to knock the animal unconscious as it thrashes around. A skilled poleax user may have to kill 80 or more animals an hour. And to make a skilled poleax user it is necessary for an unskilled worker to get a lot of practice.

The ritual killing of a food animal according to orthodox Jewish and Moslem dietary laws is done with a sharp knife. It is supposed to be carried out with a single blow to the jugular vein and windpipe. The animals kick and thrash around for some time after the cut is made.

The Pure Food and Drug Act of 1906 makes it illegal, for sanitary

reasons, for a slaughtered animal to fall in the blood of a previously slaughtered animal. This means the animals are killed while being hung from a conveyor belt instead of while lying on the floor. Most animals are stunned before slaughter and are not suspended until they are unconscious.

Animals killed according to these religious rituals, however, must be both conscious and suspended when killed. They are shackled around a rear leg, hoisted into the air, and then hang, fully conscious, upside down on the conveyor belt for two to five minutes--and sometimes much longer if something goes wrong before they are cut and killed.

For meat to be passed as "kosher" by the orthodox rabbis, it must also have had the blood vessels cut out. It takes a lot of time to cut these



vessels out of the hindquarters of an animal. So in the U.S., only the forequarters of the animals killed ritually are sold as kosher meat. The rest usually ends up on supermarket shelves with no indication of how the animal has been killed.

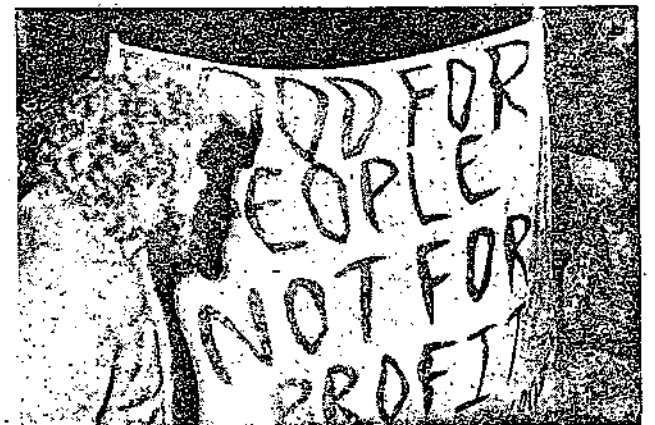
While modern methods of slaughter are getting generally less painful and cruel, modern farming is getting more so. Many of us give in easily to the false picture of farming presented by Hallmark's book Farm Animals because we don't want to know any different. And meat is actively pushed at us by advertisers. We are led to believe that we can't be healthy without it.

But if our ability to continue to eat meat comfortably depends on our not knowing and thinking about how we get that meat, I think it's way past time for us to reconsider our eating habits.

The cows are not contented.

Post Note: Most of this article comes from Peter Singer's Animal Liberation. The farm industry's own magazines and trade journals were main sources for his section on factory farms.

--Alice Wonder



AMERICA'S RADICAL FOOD NETWORK

Out of the explosive high-energy period that marked the 60's emerged two profound movements: the feminist movement and the radical food (or coop) movement. Within a period of three years, between 1967 and 1970 amid the crumbling ruins of heavy radical politics and the male-dominated burn out of the counter culture, hundreds of small food cooperatives formed.

This cooperative food movement, radical in its origin and intentions, continues to grow. At this moment it stands as a massive radical alternative to the corporate food system of straight society.

I often think it's tragic that so many people have never experienced the positiveness and wholeness that typically marks a new wave food coop. Many people who read the Post probably remember the food coop that existed in Bloomington-Normal from 1972 to 1975. People's Food Coop was a "food conspiracy" coop. That is, people would place their orders once a week. Workers combined these orders and one food-buying run was made to Chicago. People then picked up their orders at the Newman Center near ISU.

I remember the high feeling of seeing the coop's 58 Chevy truck pull into the back of the Newman Center. Everyone would gather around to unload the cases of superb oranges, apples, vegetables and other food. For a moment, Nixon, the war, and the whole stinking society were forgotten amongst the warmth and sharing of dozens of people. A real sense of community existed among the regular members of People's Food.

People's Food Coop, like the food coop movement in general, faced the same problems and evolved very much like other coops. A transition from food conspiracy coop to a fixed store-front coop was attempted. The opening of a food store proved to be People's Food financial undoing. To understand the contemporary coop movement, however, it's crucial to understand the shift from conspiracy coops to store-front coops.

Coop members began living in central city neighborhoods and having wage work lifestyles; rather than living near a university and having student lifestyles. When this is so, it's more desirable to have convenient store-front coops using a lot of capital, rather than relying on voluntary labor in low-capital conspiracy coops. With the development of store fronts comes the ability to move greater quantities of food, carry more variety, and pay full time workers to take care of the day-to-day operations of the store. In many cities, for example Madison & Minneapolis, a coop food store is a regular feature of many central city neighborhoods.

Today there exists a tremendously sophisticated radical food system in America. My own estimate is that over 500 store operations and several thousand food conspiracy coops exist. Over a dozen regional warehouses exist to service local coops.

In addition to the warehouses there are scores of secondary operations servicing the food coop network. Whole food bakeries, milling operations, organic truck farms, and trucking operations have sprung up to service the need for good whole food. I would conservatively estimate the annual dollar sales of the new wave coops at over two hundred million a year.

ORIGINS . . . GOALS

People's cooperatives have their origins in the working class struggle of the 19th century. The first coops represented a peaceful attempt to build an alternative, people-controlled system of goods distribution, an attempt which often looked beyond that to an entirely people centered economy. Most of the present coops see themselves that way, too: not only providing a little help in individual survival, but actively working for an end to exploitation, profiteering, and bad vibes our present system is based on.

More important than size, though, is quality. Almost all coops emerging out of the 60's era emphasize whole food. Good quality food at reasonable costs is the basic goal of most coops. Within coops, policy is set by members who try hard to avoid bureaucracy.

The new wave food coop stores almost all look similar. Food is usually kept in bulk containers with customers bagging their own. The decor is what you could call basic natural, emphasizing wood and simplicity.

Anyone who has been in a coop food store would have to say it just has a friendly and warm feel. This is such a contrast to your supermarket, with its bigness and sterility.

In recent years the radical food movement has been coping with a series of divisive issues. In San Francisco and Minneapolis intense clashes have developed between disagreeing factions. The issues seem to fall into three major categories.

The major issues I see is what kind of foods to stock or not stock. Battle lines develop between those who believe processed foods should be included with the traditional whole foods and those who believe that processed foods have no place in an alternative food store.

Closely related to the food line issue is the issue of what role the coop should play as an agent of social change within the community. Thirdly, as the coop stores succeed and grow alienation develops between

the many who shop at the store and the few who work at the store.

Many coops that have been exceptionally divided over these issues have collapsed. Any future effort at a coop store locally will have to face these questions and others.

Ever since the collapse of the People's Food Coop three years ago, scores of people have suggested trying to organize another coop here. My own view is that there are certainly enough people here to support a food coop.

I think a beginning store front coop would need at least 5 to 10 thousand dollars. And I expect that a core group of people would have to do the laborious initial organizing effort. All the crucial questions would have to be tackled: food line, size, location, organizational structure, etc.

But the rewards of having a well stocked cooperative food store would be well worth it: good community energy, good food and good prices. After all, if Bloomington-Normal can support one of the best radical newspapers in the country, can't that same spirit be harnessed for an alternative food store? Let's realize our potential and create our future.

--chuck eastwind

FOOD COOP DIRECTORY

Did you know that over 2500 new wave food coops are catalogued by the Food Coop Directory? The Directory has found coops spread over the entire U.S. and Canada.

"It feels good to know that I could travel across the country and never have to shop in a supermarket. My spirit feels happy when I see how large the movement is," Annette Orlan, People's Grains & Greens Co-op, Reseday, Ca., recently told the Directory.

With the help of many cooperators, Food Coop Directory has tried to portray the depth of the food coop movement. It's available from Food Co-op Directory, 106 Girard S.E., Albuquerque, New Mexico, 87106.

FOOD COOPS:

Creating the future

White Bread is Almost

In 1840, almost all bread was made of "natural" whole wheat flour, ground by small local mills. Only when milling became a big industry did the change to white flour happen, and it wasn't because American people preferred the taste of white bread, or preferred bread with more than 20 vitamins and minerals removed in the mass-milling process.

In a huge roller mill, like those at Pillsbury or General Mills, rollers break down the cell structure of wheat, releasing a powder that is nearly pure starch. This is sieved away from the outer bran (containing most of the minerals) and the inner wheat germ (containing most of the vitamins). Then it's chemically bleached.

Why does the industry like flour this way? It doesn't spoil easily. Insects, vermin, and molds don't care much for it. Whole wheat flour is much more perishable.

This means that non-perishable flour and bread can be held off the market when prices drop, until scarcity forces a rise. Whole wheat flour would have to be sold before it spoiled, no matter what the price.

Also, the corporations want to ship bread long distances for "consignment selling." This means that the outlets can return leftovers to the dealer for a refund if they buy too much. The dealer sells the returns to schools, hospitals, jails, orphanages, and the military. This process all takes time, and whole wheat flour would spoil long before the dealing was complete.

Corporate millers mounted promotional campaigns, pushing the virtues and status value of white bread. Farmers suffered because soon they had only a few giant corporations as their customers, and these customers began forcing grain price cuts. The railroads kept raising shipping prices too, prices that farmers didn't have to pay in the days of small local mills.

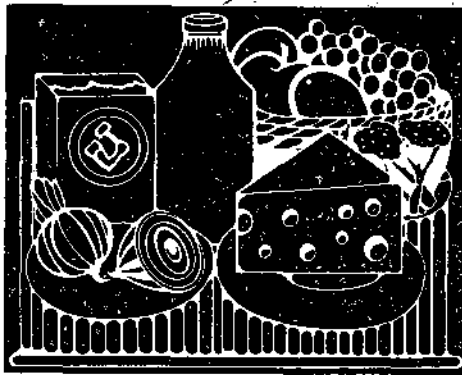
The greatest sufferers were the urban poor and working people, since bread, one of the cheapest foods, was a large part of their diet. In 1916, the U.S. Public Health Service issued a warning, summarizing many diet studies. They reported that animals fed only on white flour died in a month or two; those fed on unmilled wheat thrived. They pointed out that the mill and



bakery chain owners were responsible for pellagra, beri-beri, and other vitamin deficiency diseases, widespread among the poor, and especially among Black people.

The industry responded. Pillsbury made a big donation to the Mayo Clinic. Mayo's Dr. Lockhead issued this inspirational promo rap: "The most progressive races, those most sound in mind and body, have voluntarily selected white bread as their main diet, by the exercise of natural biological laws--the laws of evolution and survival of the fittest."

The companies, their trade associations, and their lobbyists applied direct pressures against the Public Health Service to "correct" their 1916 bulletin. Six months later, the PHS issued a "correction" saying white bread was all right if balanced by an "adequate diet"--foods containing the nutrients that the milling industry had removed from the bread.



The flour industries enjoyed huge military orders, with the special profits any industry always makes from military sales. The trade journal Baker's Weekly cheerfully declared in 1943: "The first conflict (World War I) made baking in this country a billion dollar industry, and the present global disturbance (World War II) has caused it to pass the two-billion mark."

Pillsbury and General Mills came under fire from nutrition experts in the 1930's. With millions actually starving during the Depression, these experts thought that bread, the cheapest form of food, ought to have more food value in it. But they didn't get anywhere until World War II, when a lot of draftees had to be rejected as cannon-fodder because they weren't healthy enough. Then the Great Bread Enrichment Hype was begun.

"Enrichment" profited the drug and chemical corporations, as well as the milling-baking giants.

In 1925, Dr. Arthur J. Cramp, director of the American Medical Association's Bureau of Investigation, wrote a letter to General Mills. The letter offered to place all the AMA's publications at the disposal of the baking industry, to defend the food value of white bread, and to attack critics as quacks and food faddists, using "the best scientific research that reputable scientists have done" to back up the campaign.

This offer looks strange unless you look at the several million dollars worth of advertising that Pillsbury, General Mills, Washburn-Crosby Milling Co., and the American Institute of Baking placed in the years 1926-1940 in the Journal of the American Medical Association (which goes to doctors) and Hygeia (which goes to other health professionals and the general public). Many of these ads were cartoons showing people who advocate natural grain bread as lunatics or frauds, and they carried the seal of acceptance of the AMA's Council on Foods.

The government got in on the action too. The U.S. Dept. of Agriculture issued a press release which is essentially propaganda for the food value of white bread. It was widely distributed to homes and schools by the National Food Bureau, a promotional outfit funded by Pillsbury, General Mills, and bakery chains.

Meanwhile, Dr. R.R. Williams of Mayo Clinic (a milling industry sweetheart, remember?) developed a process to synthesize huge quantities of thiamin (vitamin B1). He got a patent and licensed it to Merck and Co., a pharma-chemicals giant, who would produce it and pay Williams and Mayo royalties. But there were not many markets for huge amounts of vitamin B.

Dr. Williams and Merck and Co. started taking an interest in the nutritional value of white bread.

In 1939, the AMA's Council of Food voted in favor of adding synthetic vitamins to white flour. The U.S. Public Health Service scientists at first thought nobody knew enough about what should be added, or how much, or what the long-term effects of several synthetic vitamins might be. But the milling-baking industry was tooling up ad campaigns for "vitamin-packed bread," and Merck was tooling up to produce a lot of vitamin B.

THE HONEY TREE

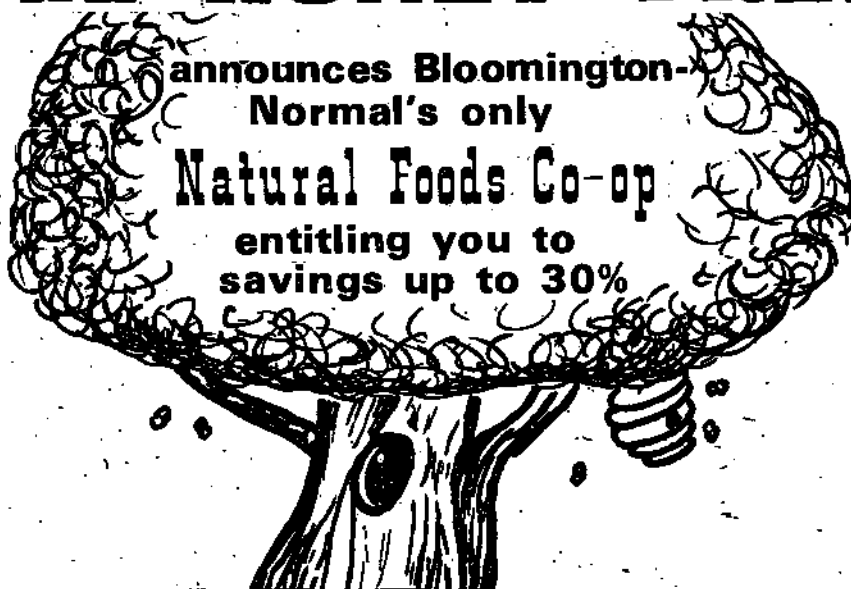
To become a Honey Tree co-op branch member for an entire year, you simply pay \$10 (senior citizens get theirs free). You are then eligible for at least 10% OFF all vitamins and proteins and 15% OFF all bulk food and mixes.

Featuring: books, cosmetics, vitamins, herbs, teas, great assortment of bulk food in bins (allows you to buy exactly the quantity you need).

ALL AT THE HONEY TREE!

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(across from Apple Tree Records)



announces Bloomington-
Normal's only
Natural Foods Co-op
entitling you to
savings up to 30%

What is natural food?

- *Whole grain, fruit, vegetables, nuts, and herbs that are left untouched by preservatives, artificial food coloring, refined sugars, or bleach.
- *You don't have to give up any of your favorite dishes. Simply exchange the ingredients for those whole foods that are not over-processed.
- *You get more out of what you eat and eat less quantity because every mouthful is fully satisfying!

Real Food

In 1942, Dr. Russell M. Wilder of the Mayo Clinic (receiver of research donations from Merck & Co., General Mills, and Pillsbury), became chairperson of the committee on Foods of the National Research Council, a prestigious "independent" government advisory group. Wilder appointed Dr. R. R. Williams, holder of the patent for synthesizing Vitamin B, to be chairperson of the Subcommittee on Flour and Bread. Naturally, this committee advised the government that bread ought to have a lot of synthetic vitamin B added to it.

In January of 1943, the government passed a law making "enrichment" with synthetic vitamins mandatory. Mayo Clinic's Dr. Wilder and pals did a study of the nutritional effects of enriching bread. This study proved the need for synthetic vitamin B in bread, according to Mayo, Merck, and the bread industry (which doubled its sales and tripled its prices).

Other scientists later noticed that there were only seven subjects (rats) in this study. And also that Dr. Wilder had used bread that had 6 per cent milk solids (lots of protein there) added to it, as well as synthetic vitamin B.



Mitchell, Hamilton, and Shields, scientists who weren't tied into the chemical and bread interests, did more experiments and found that addition of milk solids does add food value to bread, but found no nutritional differences between vitamin B enriched bread plus milk solids and unenriched bread with milk solids.

Many scientists said that the original wheat nutrients were probably a "nutritional complex," interacting within the body in ways that do not happen if some of the elements are absent, so that adding back only one element (vitamin B in this case) does nothing.

In November of 1944, the National Research Council issued an official document, "Enrichment of Flour and Bread." This defined the government's position and that of the milling, baking, and chemical industries. It has been followed ever since. Authors of this document were Dr. Russell, M. Wilder and Dr. R.R. Williams (those names sound familiar?).

Now you can answer the question, what's so enriched about white bread? Pillsbury, General Mills, Merck & Co., the Mayo Clinic and its friends, the American Medical Association, and even ITT (maker of Wonder Bread and Hostess Twinkles) have found the advent of white bread truly an enriching experience.

--Thanks to Paula Giese, North Country Anvil, No. 9.

Modern Agriculture: business as usual

Your lettuce comes from the Bank of America. Your turkey from Greyhound. Your raisins from Tenneco. Your vegetables from Dow Chemical. Your bread from ITT.

Agriculture

The farmer's overalls are replaced by gray flannel suits, and our food is processed, sealed and plastic-wrapped by world-wide conglomerates.

Diversification is the Wall Street word for its higher profits than the conglomerates can get in industry are the results.

Other results: high prices instead of high quality, convenience instead of health, the waste of a large industrial operation instead of the economy of the small family farm.

Food is no longer grown "down on the farm" among contented cows and pecking chickens. Now it comes from "factories in the fields" that are worked by industrial laborers.

Today, only 5.5% of all U.S. farms control half of U.S. farmland. Almost 90% of vegetable production is controlled by major processing corporations. Fewer than 0.2% of all food manufacturers control 50% of the industry's assets.

This concentration spells the end of small owners and greater use of machines, fertilizers, and pesticides—all of which require a lot of increasingly scarce petroleum.

Eric Hirst, formerly of the Federal Energy Administration, has shown that we use more energy to produce our food than we get back. For each British Thermal Unit (BTU) of food energy we produce, we use 6.71 BTUs of oil and other fuel. For each gram of protein we produce, we use up 8.5 BTUs of energy.

But profit is the name of the game. Consumers, family farms and the environment just don't count in the game; only productivity matters. So pour on the fertilizers and the pesticides.

According to the U.S. Agriculture Department, fertilizer use has more than doubled from the early 1950's average of 22.5 million tons to 49.1 million tons in 1976.

United Nations figures show that the U.S. was using about 1 billion pounds of pesticides, insecticides, herbicides and fungicides in the early 1960's. In 1974 about 1.5 billion pounds of pesticides were used in the U.S., according to composite U.N. and USDA figures.

Yet the Environmental Protection Agency estimates that farmers lost only 7% of their crops to bugs 30 years ago, compared to almost twice as large a loss today.

All these chemicals, even fertilizers, destroy soil bacteria. Earthworms are known to actually avoid soil treated with commercial chemical fertilizers.

And soil conservation is neglected, too. The state of Iowa estimates it is losing two bushels of topsoil in erosion for every bushel of corn grown. At that rate, all of Iowa's topsoil will be gone in 50 years.

Not only is the soil polluted and washed away but the quality of the crops are also sacrificed to the drive for profit.

Next time you go to the store, feel the tomatoes. They're thicker-skinned and drier than they used to be. That's because the tomatoes were designed to withstand machine picking.

Or have you noticed the thick skins and dryness of your oranges?

Oranges are now grown on trees that are pruned square to a giant spider-like machine can cover them and shake them to get the oranges off. Tough thick-skinned fruit doesn't bruise as easily.

This is industrial food: concentrated profits for a few and big costs for all.

Costs we pay at the plastic supermarket.

Costs we pay for oil for the machines, the fertilizers, the pesticides, the transportation, and even the cellophane packages.

Costs to our land.

Costs to our health.

MEM

WELCOME BACK, SPRING (AT LAST!)

GUITARS & INSTRUCTION
105 Broadway Normal 452-6412

A Catsup, Potato Chip, Chocolate, Avocado, Graham Cracker Sandwich



cpf

CHOMP!

If you're in the first generation of Midwestern potheads, you probably remember how it was the first time you smoked dope. You took that lumpy little bundle of half-damp Illinois Green (slimy with someone else's spitty first attempts at rolling) and sucked and puffed and held it in till your eyes were bulging, and kept at it until finally you had to chokingly (and resentfully) admit, "I can't feel a thing!"

And then you'd think, "Boy, this is nothing! I threw in two dollars to buy this lid! I'd rather have some Fritos and French onion dip...mmm... or maybe some guacamole...oh, wow, or maybe some of those little Snickers bars they sell at Halloween...OLIVES! I gotta have some black olives..."

And while trying to find the car keys so you could drive to the nearest all-night grocery (which was only five miles away), you'd realize that you got a hard-core case of the famous Stoned Munchies!

Contracting the Stoned Munchies is not that different nowadays. Although now they've got Pringles... ooh, and those cheese-flavored Doritos... and pistachio instant pudding, oh yeah... Stop that. Back to the subject. Nowadays, joints are more potent and more professional-looking, but the Stoned Munchies still come from them, and all-night grocery stores are still a hassle to find, and so it's a good idea to be prepared to deal with S.M. when it strikes.

Stock your kitchen with plenty of munchable material beforehand, so you don't end up gnawing on stale saltines dipped in the thousand island dressing that the tenant two years before you left in the refrigerator. (It happened to me, it could happen to you.)

Get some cheese and tortillas (the kind in a plastic bag by the English muffins, not those nasty cardboard ones in the box) and a can of refried beans. Then when S.M. hits, you can smear some beans on a tortilla, slap some cheese on it too, put it in a 400 degree oven (right on the oven rack) until the cheese is all bubbly, and snarf it down. (Sour cream is optional, but sinfully good.)

The advantages of this treat are many: 1. It's fast, - you can get your second one done by the time you finish the first, if you can't admit from the start that you're going to eat two. 2. Since the ingredients are in either the fridge or a can until you need them, they won't get stale if you don't get stoned. 3. You don't dirty up a lot of dishes--just a spoon to smear the beans and maybe a knife to slice the cheese. And if you don't put the cheese too near the edge of the tortilla, it won't drip onto the bottom of the oven. 4. It's not as full of junk-like preservatives and colorings and fake flavors as, say, Fiddle Faddle, or malted milk

balls, or Sara Lee banana cake, or...never mind.

Now, the tortilla thing I described above is my favorite, but I'll mention a few other good S.M. cures you can stock up on. Yogurt is awfully low on the crunchability scale, but if you get into creaminess and tartness instead, it's good. And you don't have to do anything but tear the lid off, and you don't even need fingernails for that.

Or if you can dig cooking and washing dishes, you can keep eggs and cheese around for a nice omelette. The basic problem here is that some people, when stoned, have a tendency to put everything they can lay hands on into the omelette ("Wow, some oregano! And here's the cinnamon! How 'bout a little peanut butter?") and they must be kept out of the kitchen.

The important thing in healthful munching is to stay on top of the situation and be prepared. This will keep you safe from the heart trouble, cancer, clotted blood, schizophrenia, eczema, acne, poor eyesight, dandruff, obesity, and who-knows-what-else that comes from a diet of Cracker Jacks, or blueberry muffin mix, or cherry cheesecake, or hot fudge sundaes with real whipped cream....

Luckily, the marijuana itself has no ill effects on your health.

--Phoebe Caulfield

For those of you who've been wondering what all this white sugar brouhaha is about, here are some of the theories about sugar that cause sensible people to cut down on it, and to encourage their loved ones to do the same:

1. Since sugar is a very concentrated source of calories, and the level of calories you need remains fairly stable, adding sugar to the diet can cause you to eat less of other foods.

Sugar calories are "empty", that is, they don't provide vitamins, minerals, roughage, protein, things that make calories worthwhile. Nutritionists fear that other foods that give you the nutrients you need will get squeezed out of your diet.

In one experiment twenty years ago, a group of rats was offered an unlimited supply of Rat Chow, which contained all the nutrition a lab rat needs, and a water supply that had sucrose-- a common form of sugar-- added. All the rats died of starvation. They enjoyed the sugar water so much that they wouldn't touch the Rat Chow. (Typist's note: For the rats, this is an awful costly way of finding out what we can learn from the food choices of human children.)

2. Eating a lot of sugar also increases the need for the vitamin thiamine, or vitamin B₁. Thiamine's main role in the body is to help the cells break down glucose (another sugar form) into energy. As the amount of sugar in the diet goes up, so does the need for thiamine, to break down the glucose. So too much sugar in your diet can create a thiamine deficiency.

3. Some researchers point to increases of triglycerides in the blood of experimental subjects who eat a lot of sucrose. Triglycerides are fatty substances in the blood. When fat deposits form on the walls of your arteries, blocking the flow of blood, they result in stroke, heart attack, and thrombosis (depending on which

artery walls they stick to). This relation between sugar and heart disease is controversial. Scientists are not in agreement about exactly what causes what and what to do about it.

4. Maturity-onset diabetes (a form that affects mostly middle-aged and older men) is common in cultures that eat a lot of sucrose, and practically unknown in cultures that eat hardly any. Also, tests on lab animals show that feeding animals a lot of sucrose can set off an inherited tendency to diabetes.

Sugar Shock



5. An exaggerated blood glucose/insulin cycle can be blamed for tiredness, irritability, depression, moodiness in many people, say some nutritionists. The level of glucose in the blood is regulated by the body

to stay as constant as possible. The hormone insulin, secreted by the pancreas, clears excess glucose from the blood.

Evidently, though, if you overdose on sugar (like when you eat Twinkies for breakfast), your pancreas flips out and just pumps that insulin like crazy, blasting too much glucose out of your blood, leaving you feeling kind of blah and craving something sweet to eat, which of course starts the pattern over. Ugly, ugly. The solution is to quit pumping huge doses of sugar into your poor body.

6. Sugar causes cavities in some people's teeth, especially if allowed to sit there a while (and most people don't brush after every HoHo or Coke). BUT that's not all!

When certain types of bacteria (streptococci) come in contact with sugar, they form Dextran. Dextran is a sticky substance that attaches plaque to your teeth. Plaque is that gooky whitish junk that eventually hardens into calculus, which eventually causes really nasty gum disease and even deterioration of the bones that support your teeth. And plaque is sticky enough already, without the help of dextran.

So there you have six different possibilities, none of them cheerful. You can choose whichever one sounds reasonable to you. Or you can grow up to be a depressed, diabetic wreck and die of a stroke at 40, proud of holding on to your "healthy" skepticism.

--Phoebe Caulfield,

with help from Cliff Sloane's "Hooked on Sugar" in the North Country Anvil, No. 18, and a pamphlet from my dentist's office, "They're Your Teeth... You Can Keep Them."

There's more information on sugar and mental health in this section's article, "Warning: Food may be harmful to your mental health."

AMERICA'S NEW WEAPON SYSTEM: HUNGER

Atomic warfare, military involvements and "send in the Marines" have been traditional American threats on smaller, poorer and weaker countries to keep them part of the "Free World."

But the United States has another weapons system--a quieter killer, which can devastate an entire population--Food.

1975 was the year of the "World Food Crisis," when starving millions looked for outside aid. In return, they witnessed Earl Butz, Nixon's Secretary of Agriculture, speaking at the World Food Conference in Rome about using food as a weapon.

In 1975, the world clamored for grain. The U.S. stalled and held back. Why? Because food was being used for strategic purposes.

The American-supported Thieu regime never lacked American grain, although throughout the Viet Nam war, Vietnamese peasants continued to produce bountiful rice crops. Viet Nam was of strategic importance to the U.S., so the country was flooded with more than ample food, helping tie the local economy to the U.S. economy. Meanwhile, in the African Sahel, starvation was rampant, but American food aid was slow and meager, mainly dependent upon private donations. Why? The Sahel is of little strategic importance to the U.S. government--Food has been used as a weapon.

Food aid is passed off to the American tax-paying populace as a benevolent gesture of American good-will. However, the facts do not bear this out.

Public Law 480, under which Food Aid is given, specifically designates the purpose of food aid as not humanitarian, but for the purpose of improving American markets abroad.

Traditionally, most Third World countries have had labor-intensive farming, with small peasant land holders producing self-sufficiency. The land, cultivated with care over centuries, produces bountiful crops.

This land is no longer feeding local people, but is increasingly being used for cash crops to feed Americans, Europeans, and Japanese. Third World countries become hungrier, not because they could not be food self-sufficient, but because their agricultural land is now in the international marketplace.

Peasants from the Philippines to Bolivia must now compete in the global marketplace with Japanese and

Americans. And the food goes to the highest bidder, leaving the poor increasingly hungry.

To look on a satellite map of the African Sahel, one will find large patches of green in the midst of the drought-parched brown. Those are fertile, irrigated farming areas. Where does their food go?

In 1971, a Sahel drought year, 32 million pounds of vegetables were exported to the European marketplace. According to the United Nations Food and Agriculture Organization (FAO), all the Sahelian countries (with the exception of mineral-rich Mauritania) produced enough grain during the drought years to feed their populations. But because this grain was for sale in the global super-market, it went to the highest bidder (Europeans), leaving Sahelians hungry as outside owners farmed and profited from their land.



Even Bangladesh had 4 million tons of unused rice during the 1974 floods and famine. The reason? Everyone was too poor to buy it, and a third of the grain was eventually smuggled from the country to higher-priced markets.

Some Americans complain about feeding Third World Countries. Few Americans realize that many of these people are hungry because we are eating the produce of their land.

Forty percent of all agricultural imports into the U.S. come from Third World countries. 36 of the 40 countries classified by the U.N. as having food and starvation problems export agricultural commodities to the U.S.

These countries find their local elites and multinational corporations exploiting prime land for cash crops--coffee, tea, rubber, juft, vegetables, cattle--leaving the population poorer and hungrier, unable to grow food for themselves.

--Thus we have irrigated land in Senegal for mangoes and eggplant to be airlifted to Europe's best tables.

--Mexican farmers find they can make 20% more growing tomatoes for Americans than corn for Mexicans.

--Columbian landowners shift from wheat to carnations that bring 80% times greater return per acre.

But doesn't the money from these cash crops allow local populations to buy food on the international marketplace, too?

The money rarely "filters down" into local economies; instead, it stays in the pockets of the local elites--managers, plantation owners, etc., who are noted for their conspicuous consumption, big cars, and children in foreign boarding schools. The cash crop profits are used to maintain the local elites; so that, in the midst of hunger, their ostentatious wealth contrasts with the majority's poverty. For instance, foreign exchange (won through cash crop economy) is used in Niger to air-freight ice cream from a shop on the Champs-Élysées!

A basic hope remains for the world, because most native populations do not need to depend upon American food aid. If the local population, rather than the elites, farmed the land to feed themselves, most nations could produce sufficient food.

But as long as food is tied to the market economy, the maintenance of scarcity (for the sake of high prices) is essential.

Smaller holdings can produce more food than large ones. In Thailand, plots of two to four acres yield almost 60% more rice than farms of 140 acres or more. A study of Latin American countries found small farms to be 3-14 times more productive than large holdings. Even in the U.S., the net income per acre was larger for family farms than big farms in every year but two between 1960 and 1973.

This leaves some obviously helpful solutions to world hunger. Hunger problems will not be solved by using bigger and better tractors, new inorganic pesticides or more centralization. We need to return to land use for the world's whole population, instead of for a few people or a few countries. In Third World countries this means land reform, giving large populations the opportunity for labor-intensive self-sufficient farming, using their tried and true ancient methods, made better by selective research. In America, it means more diverse agriculture, instead of our present agribusiness-dominated mono-culture, and more people "back to the land," involved in food production and distribution.

Presently, myths about unending hunger confront us. Once we clear these myths, we can pinpoint the actual challenge--ownership and control of resources.

Margie Adam

With Special Guest

Del Martin
Author of "Battered Wives"

Sunday April 30th

The People's Church 7:00pm
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Rita Mae Brown:

Still funny and still writing



March 29th signaled the beginning of this year's ISU Women's Week, sponsored by the Student Association for Women. SAW's initial performer is one of my favorite writers, so I hid myself right on down to ISU's University Union Ballroom to hear--"ta-da-da-dum!" (trumpets blowing)-- Rita Mae Brown, speaking on one of my favorite topics: revolution (or, more specifically, "Art, the morning star of the revolution")!

Now, I attended the performance first of all because I consider Rita Mae Brown one of our funniest and most talented new authors in the US of A. Secondly, I had heard rumblings to the effect that Rita Mae Brown had "sold out"!

Thirdly, I felt that no matter what Brown had done or become, she should be heard and someone should try to be fair about her performance, regardless of her politics.

Thus, I attended the Morning Star talk pen in hand.

Brown is still funny and still writing. She is working on a new book, Six of One (as in six of one and half-a-dozen of another), scheduled to be published this fall. She read one chapter from the new material and guaranteed the sale of at least one copy of the new book--to me.

Rubyfruit Jungle, Brown's first novel, is hilarious and honest. I believe Six of One will follow it well, but a book cannot be fairly judged on one chapter, so we'll have to wait to read it all this fall.

The reading was only one small part of Brown's performance. Most of her time was spent addressing the issues that she faces daily: sexuality, art, and politics/money.

Brown pointed out that she is seen as a lesbian regardless of any other aspects of her personality, talent, or life. She also pointed out that the audience had been labeled as gay just by attending, but she was glad we came out to see her!

Brown is bored with the topic of homosexuality and feels she is seen only as a member of a group, not as an individual. This is true. We are living in an oppressive society. An oppressed group is associated with their oppression, so homosexuals are associated with their sexuality or their sexual choice.

To quote Brown, "The outside world is carrying on like trash over this issue." Gayness is an issue which she feels has nothing to do with sex and everything to do with freedom, with the right to live in peace.

What was radical in one time is not radical later. What we consider radical today may be commonplace tomorrow. At least we now have options to pass on to future generations. Some progress has been made in our fight for recognition as people.

Brown next addressed "the incredible bulls--t about how demented we are" humorously and forthrightly, by replying to infamous myths from the audience. Once she had settled all the myths, or as she put it, "got being gay out of the way," she moved on to the topic of art.

To make money as an artist in the United States is really difficult. Artists must find other ways to survive. Brown personally favors manual labor as an alternate money-maker, since manual labor, working with the hands, leaves the head clear to concentrate on one's art.

America, since its founding, has frowned upon art. The Puritans who settled America despised and feared the arts as sinful/as fun. Art in America is perceived as a feminine activity. Male children are raised not to be painter, actor, etc., but to be some powerful figure like a politician, businessman, football player, etc.

And art is viewed as something one does in one's spare time, not as one's life's work.

At last artistic energy is beginning to surface, but "man vs. woman" exists in the arts, too. Women receive an advance on a first novel of approximately \$7000 while men receive \$10,000. On the other hand, women do not pay the psychological price men do in the arts, since the arts are "feminine."

We look forward to the day women get the same money as men, and men don't get trashed psychologically and emotionally.

We need to bring art back to ourselves, back to the people, to sharing with people. Art has become a "4-door Chevy" to be sold.

Brown is basically the same person she was five years ago when she first began publishing, but because she has made money and got noticed, now she's a "real" writer (sarcasm intended!).

She has sold film rights to Rubyfruit Jungle to Iris Productions, a small outfit. Big film-makers are sexually repressed, and see the book as a lesbian story. Rita Mae Brown sees it as a human story about a person who bounces back, a story about real people in real situations.



Now, finally, to the rumor that Rita Mae Brown has "sold out." A starting writer's chances for successful publication are 1 in 3000 with a big company. Alternative presses or small publishing companies are easier for beginners.

A writer can reach five million people through a big company and only a few thousand through a small company. If a writer really wants to reach more people with his or her message, a big company is preferable.

Rita Mae Brown DID NOT SELL Rubyfruit Jungle to Bantam; her alternative press publishers, Daughters, did. When a writer signs over rights to a publisher, the publisher has power over the book from then on. The sale of Rubyfruit Jungle was not an easy decision; Brown and Daughters spent four months on that decision.

Daughters, through that sale, can afford to support or give a chance to more new women writers. Now we can buy Rubyfruit in local grocery stores, etc. Brown wants it as a film to reach many more people.

Brown feels that we want to look at the screen and see people who are real. She's waiting for the time when a book with many characters, one of them homosexual, is not described as a gay book.

Brown considers pornography part of the older generation. "Pornography will fade; it's part of sexual repression. We don't need it; we've done it all ourselves." If we don't buy trashy novels, they won't print them.

Since gays are associated with sexual oppression, most books about homosexuals are crotch books --primarily about sex. A writer can say anything in print if she or he can convince the big publishers that it will sell.

ALL MONEY IS DIRTY

All money is dirty. I can see both sides of the capitalist/male money arguments that arise from Rita Mae Brown's sales. Our separatist sisters are angry and disappointed at her apparent desertion of feminist presses for sexist, male-dominant presses. Our socialist, non-capitalist, non-profit sisters and brothers are disappointed with her support of capitalist enterprises.

I say Rita Mae Brown has not changed; we have! Five years ago we heard her as a revolutionary; now we hear her as herself. She has been poor; she does not want to be poor any longer. She has been oppressed; she does not want to be oppressed any longer.

She continues to support women and women's enterprises but not at the expense of her work/art. She wants to reach as many people with her "message" as she can so she uses the only means available to do so. Men are still where the money is and where the power is-- today. She hopes to use them to spread her message to all; she intends to use whatever means are present now.

This does not mean she has deserted us for them. Brown is more humanist than feminist. She wants change not just for women, but for all people. She wants the morning star for all of us.

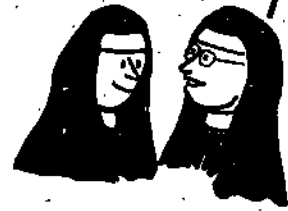
--Tad--

PostNote: Rita Mae Brown's lecture was part of an ambitious women's week sponsored by ISU's Student Association for Women. Women's week also featured the talents of feminist folksinger Ginni Clemmens, comedienne Robin Tyler and Patty Harrison, local musicians Kristin Lems and Tim Vear, and an ISU theatre group who presented the play Women at Work, directed by Colleen Sessa.

ISU's student newspaper, the Vidette, covered absolutely none of the weeks activities and performances.

Bryant Chills Decatur

LET'S
BOICOTT
SISTER MARIE



By the Christian calendar it was Palm Sunday and Anita Bryant was in Decatur to thump her bible and sing in MacArthur High School gymnasium. The scene was an anti-gay, anti-people, anti-joy revival.

Bryant says that she makes public appearances to sing, not to preach. However, she always has a press conference at these things where she usually goes on and on about gay people. At this one she said that gays have ruined her singing career. Comedienne Robin Tyler says that her statement about the lack of a singing career comes about 25 years too late.

There was a pro-gay rally staged at the same time at the Decatur high school. There were close to two hundred gay people and their supporters carrying banners and picket signs, chanting and singing.

There was also a counter-demonstration to the pro-gay rally. I counted about forty to fifty people holding signs, and of course there were all those people going to the revival meeting. It was hard to guess who was part of the counter-demonstration and who was going inside because everyone looked so similar. (I am trying to be careful not to say that all non-gay people look alike.) Their side mostly just held up their signs and jeered.

Our side appeared to be having more fun. We started our rally at one entrance to the building by singing and chanting. When people stopped coming in through that door, we blatantly marched around to the other door where the reactionaries were holding up their signs. We continued singing and chanting. Some of the chants I especially liked were:

"Anita, Nazis, Ku Klux Klan, work together hand in hand; We won't wait for later--we'll sto(m)p her in Decatur; Anita and the klan--scum of the land; Gay, straight, black, white--same struggle, same fight."

There were the old standbys: "3-5-7-9, Lesbians are mighty fine; Gay rights, right now."

A few of the signs were very interesting: "Gay by choice, not chance"; "Hitler, McCarthy, KKK, Anita."

We were being somewhat joyful in our struggle but the threat of violence was everpresent. There were taunts and jeers from several individuals and small groups. Police were everywhere. I wondered what it would be like to attend a revival or any kind of public gathering with all those cops around, but then maybe straight people don't worry about police riots.

The gay people usually had it together enough to answer the heckling with songs and chants. The rally went on until the end of the revival when the Christians poured out of the gym and started harassing the gay people. The police intervened and had to escort some gays to their cars. So much for Christian love.

And as long as I am talking about Christianity and people who believe in it and other superstitions, it should be noted that it was after Ms. Bryant started this Inquisition in Dade County that Southern Florida got its first snowstorm. The Friday following the gymnasium revival was Good Friday, an important Christian holiday. It was also the day that Decatur was paralyzed by an ice storm. And she tries to blame the California drought on gay people. Really.

--L. Knight



In the center of this photo is the infamous Anita B., shot through a MacArthur High School window. Also pictured are the profile of a pro-gay demonstrator and a banner carried by folks at the March 19 rally in Decatur.

Gays and the family workshop

On Saturday, May 6, ISU's Gay People's Alliance is sponsoring a workshop called "Gays and the Family." Main speakers are Chicagoan Rusty Man, a lesbian mother of five children, and Phil Marty from the Parents of Gays organization in Chicago.

The workshop is from 10 a.m.-4p.m. in the ISU University Union's 2nd floor West side Lounge. It's free to the public. For more info, call GPA at 438-3411.

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B complex Water Soluble	C, E, calcium, phosphorus	alcohol, birth control pill, coffee, infections, sleeping pills, stress, sugar, sulfa	brewer's yeast, liver, whole grains	eyes, gastrointestinal tract, hair, liver, mouth, nerves, skin	energy, metabolism (carbohydrate, fat, protein), muscle tone maintenance (gasoline, fitness, heart)	acne, anemia, constipation, cholesterol (high), digestive disturbances, fatigue, hair (dull, dry, falling), insomnia, skin (dry, rough)
B1 thiamine Water Soluble	B complex, B2, folic acid, niacin, C, E, manganese, sulphur	alcohol, coffee, fever, raw clams, sugar, stress, surgery, tobacco	blackstrap molasses, brewer's yeast, brown rice, fish, meat, nuts, poultry, wheat germ, brewer's yeast, 2 tb, 3 mg/peanut, 1/4 cup, 1 mg/sunflower seeds, 1 cup, 2 mg	brain, ears, eyes, heart, nervous system	appetite, blood building, carbohydrate metabolism, circulation, digestion, energy, growth, learning capacity, muscle tone maintenance (intestines, stomach, heart)	appetite loss, digestive disturbances, fatigue, irritability, nervousness, numbness of hands and feet, pain & noise sensitivity, pains around heart, shortness of breath
B2 riboflavin Water Soluble	B complex, B6, niacin, C, phosphorus	alcohol, coffee, sugar, tobacco	blackstrap molasses, nuts, organ meats, white grains, almonds, 1 cup, 1 mg/brussels sprouts, 1 cup, 2 mg/brewer's yeast, 3 tb, 1 mg/liver (beef), 1 lb, 5 mg	eyes, hair, nails, skin, soft body tissue	antibody, red blood cell formation, cell respiration, metabolism (carbohydrate, fat, protein)	cataracts, corner of mouth cracks & sores, dizziness, itching, burning eyes, poor digestion, retarded growth, red sore tongue
B6 pyridoxine Water Soluble	B complex, B1, B2, pantothenic acid, C, magnesium, potassium, inositol, sodium	alcohol, birth control pills, coffee, radiation exposure, tobacco	blackstrap molasses, brewer's yeast, green leafy veg., meat, organ meats, wheat germ, whole grains, desiccated liver, beef liver, 1 lb, 1 mg/cooked brines, 1 cup, 2 mg/brown rice, 1 cup, 2 mg/peas, 1 cup, 2 mg	blood, muscles; nerves, skin	antibody formation, digestion (hydrochloric acid production), fat and protein utilization (weight control), maintenance of sodium/potassium balance (nerves)	acne, anemia, arthritis, convulsions in babies, depression, dizziness, hair loss, irritability, learning disabilities, weakness
B12 cobalamin Water Soluble	B complex, B6, choline, inositol, C, potassium, sodium	alcohol, coffee, laxatives, tobacco	cheese, fish, milk, milk products, organ meats, cottage cheese, 1 cup, 2 mcg/beer liver, 1 lb, 90 mcg/canned tuna, 7 lb, 5 mcg/eggs, 1 med, 1 mcg/milk, 1 cup, 1 mcg	blood, nerves	appetite, blood cell formation, cell longevity, healthy nervous system, metabolism (carbohydrate, fat, protein)	general weakness, nervousness, pernicious anemia, walking & speaking difficulties
Biotin B complex Water Soluble	B complex, B12, folic acid, pantothenic acid, C, sulphur	alcohol, coffee, raw egg white (avidin)	legumes, whole grains, organ meats, brewer's yeast, 1 tb, 20 mcg/lentils, 1 cup, 25 mcg/mung sprouts, 1 cup, 200 mcg/egg yolk, 1 med, 10 mcg/liver (beef), 1 lb, 112 mcg/soybeans, 1 cup, 120 mcg	hair, muscles, skin	cell growth, fatty acid production, metabolism (carbohydrate, fat, protein), vitamin B utilization	depression, dry skin, fatigue, grayish skin color, insomnia, muscular pain, poor appetite
Choline B complex Water Soluble	A, B complex, B12, folic acid, inositol, pantothenic acid	alcohol, coffee, sugar	brewer's yeast, fish, legumes, organ meats, soybeans, wheat germ, lecithin, beef liver, 1 lb, 500 mg/egg yolks, 1 med, 200 mg	hair, kidneys, liver, thymus gland	lecithin formation, liver & gall bladder regulation, metabolism (fat, cholesterol, nerve transmission)	bleeding stomach ulcers, growth problems, heart trouble, high blood pressure, impaired liver & kidney function, intolerance to fats
Folic Acid folacin B complex Water Soluble	B complex, B12, biotin, pantothenic acid, C	alcohol, coffee, stress, tobacco	green leafy vegetables, milk, milk products, organ meats, poultry, salmon, whole grains, brewer's yeast, 1 tb, 200 mcg/garlic (dried), 1 med, 2,500 mcg/spinach (steamed), 1 cup, 448 mcg/canned corn, 1 lb, 2,500 mcg	blood, glands, liver	appetite, body growth & reproduction, hydrochloric acid production, protein metabolism, red blood cell formation	anemia, digestive disturbances, graying hair, growth problems
Inositol B complex Water Soluble	B complex, B12, choline, inositol, sodium	alcohol, coffee	blackstrap molasses, citrus fruits, brewer's yeast, meat, milk, nuts, vegetables, whole grains, lecithin, fresh oranges, 1 med, 400 mg/rapefruit, 1 med, 500 mg	brain, hair, heart, kidneys, liver, muscles	artery hardening, fat oxidation, cholesterol reduction, hair growth, lecithin formation, metabolism (fat, cholesterol)	cholesterol (high), constipation, eczema, eye abnormalities, hair loss
Niacin niacinamide B complex Water Soluble	B complex, B1, B2, C, phosphorus	alcohol, antibiotics, coffee, corn, sugar, starches (excessive)	brewer's yeast, seafood, lean meats, milk, milk products, poultry, desiccated liver, spinach (cooked), 1 cup, 80 mg/chicken breast, dried, 1 lb, 25 mg	brain, liver, nerves, skin, soft tissue, tongue	circulation, cholesterol level reduction, growth, hydrochloric acid production, metabolism (protein, fat, carbohydrate), sex hormone production	appetite loss, canker sores, depression, fatigue, halitosis, headaches, indigestion, insomnia, muscular weakness, nausea, nervous disorders, skin eruptions
Pantothenic Acid B complex Water Soluble	B complex, B6, B12, biotin, folic acid, C	alcohol, coffee	brewer's yeast, legumes, organ meats, salmon, wheat germ, whole grains, liver (beef), 1 lb, 1 mg/cooked mushrooms, 1 cup, 25 mg/elderberries (raw), 1 cup, 52 mg/fresh orange juice, 1 cup, 45 mg	adrenal glands, digestive tract, nerves, skin	antibody formation, carbohydrate fat, protein conversion (energy), growth stimulation, vitamin utilization	diarrhea, duodenal ulcers, eczema, hypoglycemia, intestinal disorders, kidney trouble, loss of hair, muscle cramps, premature aging, respiratory infections, restlessness, nerve problems, sore feet, vomiting
PABA Para Amino benzoic Acid B complex Water Soluble	B complex, folic acid	alcohol, coffee, sulfa drugs	blackstrap molasses, brewer's yeast, liver, organ meats, wheat germ	glands, hair, intestines, skin	blood cell formation, graying hair color restoration, intestinal bacteria activity, protein metabolism	constipation, depression, digestive disorders, fatigue, gray hair, headaches, irritability

Pangamic Acid B15 Water Soluble	B complex, C, E	alcohol, coffee	brewer's yeast, brown rice, rare meat, seeds (sunflower, sesame, pumpkin), whole grains, organ meats	glands, heart, kidneys, nerves	cell oxidation & respiratory metabolism (protein, fat, sugar), glandular & nervous system stimulation	heart disease, nervous & glandular disorders
C ascorbic acid Water Soluble	A, B vitamins and minerals, biotin, niacin, calcium, magnesium	antibiotics, aspirin, cortisone, high fever stress, tobacco	citrus fruits, cantaloupe, green peppers, broccoli (cooked), 1 cup, 135 mg/orange, 1 med, 100 mg/green peppers, 1 med, 120 mg/raisins, 1 med, 100 mg/strawberries, 1 cup, 90 mg/pepaya (raw), 1 large, 225 mg	adrenal glands, blood, capillary walls, connective tissue (skin, ligaments, bones), gums, heart, teeth	bone & tooth formation, collagen production, digestion, iodine conservation, healing (burns and wounds), red blood cell formation (hemorrhaging, prevention), shock & infection resistance (colds), vitamin protection (oxidation)	anemia, bleeding gums, capillary wall ruptures, bruise easily, dental cavities, low infection resistance (colds), nosebleeds, poor digestion
D Fat Soluble	A, choline, C, E, calcium, phosphorus	mineral oil	egg yolk, organ meats, bone meal, sunlight, beef liver, 1 lb, 40 IU/milk, 1 cup, 100 IU/salmon/ tuna (canned), 1 lb, 80 IU	bones, heart, nerves, skin, teeth, thyroid gland	calcium & phosphorus metabolism (bone formation), heart action, nervous system maintenance, normal blood clotting, skin respiration	burning sensation (mouth & throat), diarrhea, insomnia, myopia, nervousness, poor metabolism, softening bones & teeth
E tocopherol Fat Soluble	A, B complex, B12, inositol, C, E, manganese, selenium, phosphorus	birth control pills, chlorine, mineral oil, rancid fat and oil	dark green vegetables, eggs, liver, organ meats, wheat germ, vegetable oils, deaerated oil, very cooked oatmeal, 1 cup, 2 IU/sunflower oil, 1 lb, 20 IU/vegetable oils, 1 lb, 12 IU/peanuts (roasted w/ skin), 1 cup, 19 IU/tomatillos, 2 med, 3 IU/meat germ oil, 1 lb, 10 IU	blood vessels, heart, lungs, nerves, pituitary gland, skin	adrenal retardation, anti-clotting factor, blood cholesterol reduction, blood flow to heart, capillary wall strengthening, fertility, nails, potency, lung protection (antibacterial), muscle & nerve maintenance	dry, dull or falling hair, enlarged prostate gland, gastrointestinal disease, heart disease, impotency, miscarriages, muscular wasting, sterility
F unsaturated fatty acids Fat Soluble	A, C, D, E, phosphorus	radiation, x-rays	vegetable oils (sunflower, soy, corn), wheat germ, sunflower seeds	cells, glands (adrenal, thyroid), hair, mucous membranes, nerves, skin	artery hardening prevention, blood coagulation, blood pressure normalizer, cholesterol destroyer, glandular activity, growth, vital organ respiration	acne, allergies, diarrhea, dry skin, dry brittle hair, eczema, gall stones, nail problems, underweight, varicose veins
K menadione Fat Soluble	not known	aspirin, antibiotics, mineral oil, x-rays, radiation, rancid fat	green leafy vegetables, safflower oil, blackstrap molasses, yogurt, oatmeal, 1 cup, 100 mcg/beer yeast, 1 lb, 100 mcg	blood, liver	blood clotting (coagulation)	diarrhea, increased tendency to hemorrhage, miscarriages, nosebleeds
P bioflavonoids Water Soluble	vitamin C	same as vitamin C (especially tendency to bleed & bruise)	apples (skins and pulp), apricots, cherries, grapes, grapefruit, lemons, plums	blood, capillary walls, connective tissue, teeth	blood vessel wall maintenance, bruising, inflammation, cold, flu prevention, strong capillary maintenance	same as vitamin C
Mineral						
Calcium	A, C, D, E, iron, magnesium, manganese, phosphorus	lack of exercise, stress	milk, cheese, molasses, yogurt, bone meal, colostrum, almonds, 1 cup, 925 mg/American cheese, 1 slice, 200 mg	blood, bones, heart, skin, soft tissue, teeth	bone/ tooth formation, blood clotting, heart rhythm, nerve transmission, nerve transmission, muscle growth & contraction	heart palpitations, insomnia, muscle cramps, nervousness, arm & leg numbness, tooth decay
Chromium	none	none	brewer's yeast, elms, corn oil, whole grain, cereals	blood, circulatory system	blood sugar level, glucose metabolism (energy)	atherosclerosis, glucose intolerance in diabetics
Copper	cobalt, iron, zinc	zinc (high intakes)	legumes, nuts, organ meats, seafood, raisins, molasses, bone meal, Brazil nuts, 1 cup, 4 mg, soybeans, 1 cup, 2 mg	blood, bones, circulatory system, hair, skin	bone formation, hair & skin color, healing processes, hemoglobin & red blood cell formation	general weakness, impaired respiration, skin sores
Iodine	none	none	seafood, kelp tablets, salt (iodized)	hair, nails, skin, teeth, thyroid gland	energy production, metabolism (excess fat), physical & mental development	cold hands & feet, dry hair, irritability, nervousness, obesity
Iron	B12, folic acid, C, calcium, cobalt, copper, phosphorus	coffee, excess phosphorus, tea, zinc	blackstrap molasses, eggs, fish, organ meats, poultry, wheat germ, deaerated liver, beef liver, 1 lb, 200 mg	blood, bones, nails, skin, teeth	hemoglobin production, stress & disease resistance	breathing difficulties, brittle nails, iron deficiency anemia (pale skin, fatigue), constipation
Magnesium	B6, C, D, calcium, phosphorus	none	bran, honey, green vegetables, nuts, seafood, spinach, bone meal, kelp tablets, bran flakes, 1 cup, 90 mg/peanuts (roasted w/ skin), 1 cup, 120 mg, cantaloupe, 1 lb, 150 mg	arteries, bones, heart, muscles, nerves, teeth	acid/alkaline balance, blood sugar metabolism (energy), metabolism (calcium, vitamin C)	confusion, disorientation, easily aroused anger, nervousness, rapid pulse, tremors
Manganese	none	calcium/phosphorus (excessive intake)	bananas, bran, celery, cereals, egg yolks, green leafy vegetables, legumes, liver, nuts, pineapples, whole grains	brain, mammary glands, muscles, nerves	enzyme activation, reproduction & growth, sex hormone production, tissue respiration, vitamin B1 metabolism, vitamin utilization	ataxia (muscle coordination failure), dizziness, ear noises, loss of hearing
Phosphorus	A, D, E, calcium, iron, manganese	aluminum, iron, magnesium (high intake), white sugar	eggs, fish, grains, glandular meats, meat, poultry, yellow cheese, calf liver, 1 lb, 600 mg/milk/yogurt, 1 cup, 230 mg/cocked egg, 1 med, 110 mg	bones, brain, nerves, teeth	bone/ tooth formation, cell growth & repair, energy production, heart muscle contraction, kidney function, metabolism (calcium, sugar), nerve & muscle activity, vitamin utilization	appetite loss, fatigue, irregular breathing, nervous disorders, overweight, weight loss
Potassium	B6, sodium	alcohol, coffee, cortisone, diuretics, laxatives, salt, sugar, stress	dates, figs, peaches, tomato juice, blackstrap molasses, peanuts, raisins, seafood, dried apricots, 1 cup, 1-1.50 mg/banana, 1 med, 300 mg/baked flour, 1 lb, 650 mg/baked potatoes, 1 med, 500 mg	blood, heart, kidneys, muscles, nerves, skin	heartbeat, rapid growth, muscle contraction, nerve transmission	acne, continuous thirst, dry skin, constipation, general weakness, insomnia, muscle damage, nervousness, slow irregular heartbeat, weak reflexes
Zinc	A (high intake), calcium, copper, phosphorus	alcohol, calcium (high intake), phosphorus (lack of)	brewer's yeast, liver, seafood, soybeans, spinach, sunflower seeds, mushrooms	blood, heart, prostate gland, skin	burn & wound healing, carbohydrate digestion, prostate gland function, P1, phosphorus, P2, protein metabolism, sex organ maturity	delayed sexual maturity, fatigue, loss of taste, poor appetite, prolonged wound healing time, retarded growth, sterility

Relationships:

Taking care of yourself when things are bad

In the last relationships article, we talked about some of the problems of being in a terrible relationship with severely limited alternatives. We stressed how important we think it is to set priorities, to decide what's bearable and what's not. This time we're going to talk about what you can do to take of yourself if you end up in an awful situation that you're stuck in for a while.

We talked in the last article about some of the reasons that women especially find it hard or impossible to leave a relationship that's gone bad. This article too talks a lot about the specific problems of women, particularly women with children and not very much money.

What can you do to make your life more bearable when you're stuck in a relationship or marriage that's dull, miserable, or empty?

One thing that's historically proven to be sound is complaining. (these days it's called venting). For years women have gathered at the kitchen table or the back fence to share their anger, their disappointment, their frustration. And that support may be the only reason a lot of women caught for years between a rock and a hard place have been able to get up out of bed in the morning and get dressed.

Don't hold it all in. Talking to other people, especially about the problem, can break down feelings of isolation and powerlessness even if it doesn't produce solutions. I don't think we realize how much our culture encourages our aloneness and our feelings of alienation until we take steps in the other direction. Most of us live in nuclear families or couples; that's the pattern that we've seen and that's what houses and apartments and neighborhoods are designed for. If we have enough money, we each drive around in private cars; hitchhiking means taking your life in your hands and public transportation, in most cities, is dismally inadequate. Many of our jobs throw us together primarily with people that we have little else in common with and would be in the same room with for no other reason.

So breaking out of these patterns by trying to make other close relationships, besides the one with your partner, can often be an amazingly renewing and heartening process.

Another thing that the two of us have learned is that it doesn't make any sense to burn out being the only one putting emotional effort into the relationship. If your partner won't cooperate in changing the relationship and you decide to or have to stay in it anyway, don't bang your head against a wall. Work on getting what you need somewhere else.

A rap group is one of the ways that many people, including more and more men, start to identify what they really want and work on getting it. If the idea of a rap group is too formal or too scary, maybe you could just make it a point to see a couple of your friends on a regular weekly basis, giving it a higher priority in your life.

Something else that's important to do when you're struggling to be OK in the middle of an unrewarding relationship is to make time and space for yourself. This is perhaps hardest to do if you have children.

If so, find or start a babysitting cooperative. Check out the day care centers. See if a neighbor would be willing to have a children exchange so that you could each have one day or one afternoon free to do what you want to do.

Don't feel guilty about "dumping" your children somewhere. Kids can learn a lot of positive things at day care centers from their exposure to other children and from being with adults

who may help teach them about numbers, the alphabet, sharing, colors, etc. And it's good, we think, for kids to be around adults other than their parents. They learn that people have different beliefs, ways of doing things, etc. They're exposed to a wider range of experience. It's good for women to get out of the house, and it's good for kids to get out of the house.



If you do manage to set aside some time every week for yourself, do something with it that you really want to do--something selfish. It might be going to the library, walking to the park, drawing, writing, or just sitting and relaxing and maybe thinking about something other than cleaning and shopping and cooking.

If during your time to yourself you have to stay home (for example, if it's during the kids' naps), consider taking the phone off the hook and not answering the door so that you won't be interrupted.

A lot of these suggestions center on the idea that you are important and what you want is important. It's hard to believe it when it seems like you're in the minority of people who do, but it's worth working on.

One last thing to consider is getting a job (if you can). Working definitely has its own set of oppressions and problems, but it can be better than feeling really trapped and unhappy staying at home. Also, it can be a way to meet people and get to know them a little, and there aren't a lot of other comfortable, automatic ways for most people to meet each other.

Next time we're going to talk about fighting depression and guilt. The article will be both a continuation of ideas on how to take care of yourself when trapped in a sorry relationship, and also ideas that apply to any old depressing situation.

Alice Wonder & L. Knight

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Owen fires woman for pregnancy

One of the best packers at Owen Nursery (nationwide shipper of allegedly live plants and trees) was fired in early April for being pregnant.

Betty Height worked at Owen for about seven weeks. She'd accidentally gotten pregnant (diaphragm) and discussed her upcoming abortion with some other workers.

Apparently, a company snitch was nearby: the head supervisor soon called Betty to an office and fired her.

The head supervisor, Carol, insisted that Betty was unable to do the work -- she was worried that Betty would hurt herself and then sue Owen.

Betty replied that Carol could put her on lighter work for the two weeks until her abortion, if she was that worried.

Carol claimed there was no light work available (although across the room, women were bagging tiny onion sets). Carol was obviously determined to fire Betty--she said that she'd talked with Mr. Owen himself about the case, and was following his wishes.

Both Carol and a lower supervisor, Kay, repeated that if they'd known Betty had a physical defect, they would never have hired her. (Betty has had two miscarriages in years past, which is partly why she was having an abortion.)

Betty protested that an accidental pregnancy is not a physical defect. She'd even planned her abortion so that she would miss only one day of work at Owen.

She asked Carol if a doctor's note saying she had recovered from the abortion and was able to resume her packing work would get her job back. Carol hemmed and hawed, said they'd have to have a conference about it, and finally said that it probably wouldn't work out.

Right now (mid-April), Betty can't get another job because local employers simply do not hire pregnant women, even if they're going to have abortions. And the unemployment office told Betty that she was not eligible to collect unemployment benefits because she is unavailable for work.

Betty said she was available for work--she'd been applying for jobs, and being two months pregnant certainly doesn't incapacitate you.

But the unemployment office people said that she was unavailable for work because no one would hire her.

Betty points out yet another irony to the situation--she had been saving up her earnings at Owen to pay for the abortion, and her present lack of a job really puts her in a financial bind. "When I needed my job the most, that's when they turned me down," she said.



She discussed her problems with a lawyer, who told her (this lawyer is a real prize, like most of them) that trying to do anything about all this would cost her \$400 or more in

legal fees, and there'd be court costs, and then she'd lose in the long run anyway.

Betty's worried about the short run. She knows in the long run, she's lucky to get out of Owen Nursery.

"They treat the people so bad there. I worked harder there than I have for any job I've ever had, and I've had some stiff ones. Then you take your check home and you only have \$85, and you think, \$85, is that all I'm worth for all that strenuous work?"

Why Owen wanted to fire her so badly is kind of a mystery. After just seven weeks, she was the third or fourth best packer there, doing 400 tree orders a day. The average is 225 to 350. She had often been praised for her work.

One possible explanation could be moralism on the part of Owen management--maybe Mr. Owen himself has decided to enforce his own little anti-abortion laws.

But if Owen Nursery is so deeply concerned about the protection of life, maybe they should first apply that concern to the plants they ship out, which are notorious for being dead.

--Phoebe Caulfield

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Strike!

POST-NOTE: As we go to press, the Normal firefighters are in the 34th day of their strike, and in their 74th day of jail. This chronology relates the strike's history to this point.

June 1977 Local 2442 of the International Association of Firefighters formally asked the city council for recognition as the bargaining agent for Normal firefighters. The city postponed recognition, holding off until an election could be held among the fire department employees. In addition, the city said it would decide which employees could vote in the election, and said it would exclude captains, lieutenants, fire inspectors, and probationary employees. The city refused to accept a union representative's suggestion that the Illinois Department of Labor help decide who could be in the bargaining unit.

Sept. 30 1977 Normal firefighters voted 16-0 for the union. For the purpose of holding the election, the union temporarily agreed to Normal's narrow definition of which employees could be in the bargaining unit—that's why only 16 of the fire department's 27 employees could vote. In concluding pre-election negotiations, the union said that agreeing to the terms of the election in no way limited the scope of future bargaining.

Oct. 17 1977 The Normal Town Council recognized the firefighters union and instructed its staff to begin contract talks.

Oct. 19 1977 The firefighters handed the city a 29-point contract proposal.

City stalls

Oct.-Dec. 1977 Contract talks were repeatedly stalled by the city's objections to fire department officers serving as members of the union's negotiating team. At one point the city agreed that the officers could participate in the talks, but only as part of management's negotiating team.

Wed. Jan. 11, 1978 Declaring an impasse in stalled negotiations, union president Ron Lawson said he would ask the city council to direct its staff to negotiate in good faith.

Mon. Jan. 16 Mayor Godfrey declared that the city's refusal to talk while a fire captain and lieutenant sit on the union negotiating team represents the wishes of the full council. "The matter is closed," Godfrey said.

Wed. Jan. 18 The firefighters union announced a "job action," saying its members would no longer work any voluntary overtime, beginning Jan. 26, 1978.

Fri. Jan. 20 New talks were set for Jan. 26, but in a letter city attorney Frank Miles warned that fire department officers better not show up on the union's negotiating team. If they show up, Miles' letter threatened, the city staff "will outline for the union the steps the town might take to minimize the possibility of ineffective supervision caused by or resulting from the divided loyalties of the town's command personnel."

Thurs. Jan. 26 Both sides reported progress, but no resolution, after a four-hour bargaining session.

Wed. Feb. 1 Three firefighters called in sick, closing one substation and prompting Asst. City Manager Carl Speed to publicly speculate that the "unusual circumstance" may well be a job action. The three firefighters really were sick.

Fri. Feb. 3 After no progress in a short bargaining session, city attorney Frank Miles said he would ask the city council to either withdraw union recognition or draft an ordinance prohibiting fire officers from being members of the union.

Normal locks up

In the Deep South, they used to call them "road gangs"—chained men laboring under the sweltering sun, while a deputy with a shotgun on his lap chaws tabbacker on the-hill.

Chain gangs make good movies, full of oppression, excitement and escape scenes. They also made terrible nightmares for people sentenced to "60 days on the gang."

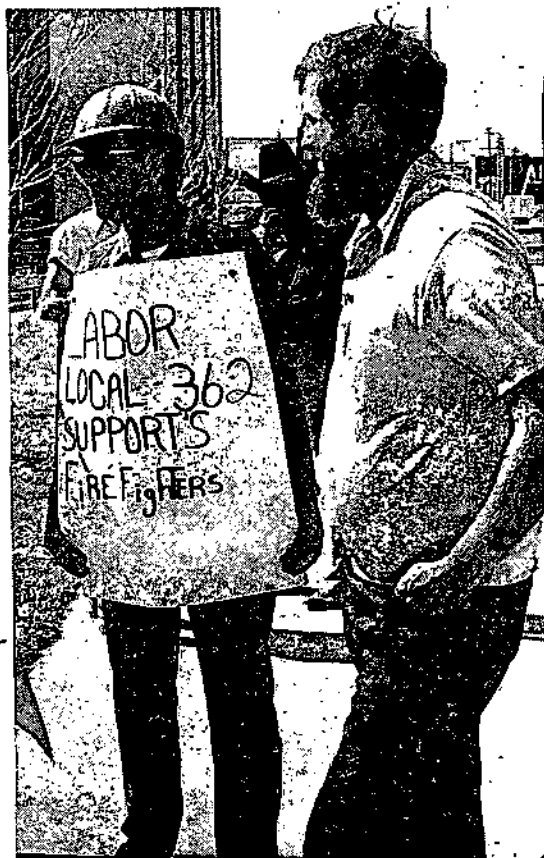
A vision of Mississippi, Alabama or Georgia perhaps, but not of Normal, Illinois, at least not until March 31, 1978.

On that date, Judge William Caisley took unprecedented action. He sentenced an entire city department's work force to a 42-day term of jail and work.

Since then, the firefighters have spent half of their sentence working under armed guard at the Normal Fire Station, and half in the county jail.

Over 3 years ago, some of the men organized Local 2442 of the International Association of Fire Fighters (AFL-CIO). By Oct. '77, all the men had signed up, and negotiations began between the town of Normal and the union.

The town's bargainers immediately stalled on one



ABOVE: These folks were among 200 strike supporters who attended a rally at the Law and Justice Center just before the firefighters were jailed.

issue—the union members had chosen a captain and lieutenant to sit on their bargaining team.

The town refused to negotiate, claiming the officers were management, unable to come under union contract, and ineligible to bargain for the union.

By March 20, things had come to a head. Four firefighters had already been reprimanded for union activity, and the city council passed an ordinance prohibiting officers from coming under union contract.

Seeing no alternative, the firefighters walked out on March 21, precipitating the longest firefighters' strike in history.

Firefighters don't strike often, because a firefighters' strike is illegal. Illinois public employees have no right to collective bargaining, and no right to strike.

The firefighters risked their livelihood and positions in an illegal strike, knowing that the city would use its full legal powers against them.

For help in applying that legal pressure, the city hired some experts—the international law firm of Seyfarth and Shaw, specialists in public employee union-busting. After two recent losses to firefighter unions in other cities, Seyfarth and Shaw badly needed a victory in Normal.

But the Chicago lawyers and the town of Normal were up against something greater than they expected—a solid and determined union.

The firefighters' attorney said it was "a classic case of civil disobedience." Judge Caisley said it was contempt of court. He sentenced the firefighters to probation, and ordered a return to work.

The firefighters agreed, but gave the town until 8 a.m. the next day to negotiate. If they didn't get a contract, they agreed to strike again, violating their probation.

The town, believing that once firefighters returned to work they would stay, negotiated half-heartedly, until 3 a.m.

Good as their word, the firefighters began their second 100% strike in the morning.

The firefighters went back to the picket lines, battling the town. But at no time did they endanger the citizens, since they responded to every fire alarm.

Negotiations dragged on as the town and Seyfarth & Shaw stalled. And the town felt it had the court as its trump card—expecting the firefighters'

BELOW: After a day of "work release," Normal firefighters are transported back to the McLean County jail.



striking firefighters

probation to be revoked, town officials hoped a stiff fine or jail sentence would break the strike.

The courtroom was tense on March 31, as laborers, students and families gathered to support the firefighters.

The judge read his original conditions of probation, and one by one the strikers rose and faced the court, declaring their guilt before applauding supporters.

After revoking their probation, Judge Caisley sentenced the union's negotiating team (4 men) to 42 days in jail, and asked the city to go to the jail for negotiations.

Then Caisley sentenced the other 20 men to 42 days also, but required them to continue fire service on an every-other-day "work release" program.

24 firefighters, 42 days in jail.

Local 2442 of the International Association of Firefighters.

24/42

A strange twist of courtroom irony.

Judge Caisley said he regretted his decision, but felt he had no legal choice. According to state law, the striking men are criminals, and he had no legal power to force the city to negotiate in good faith. The judge could only encourage the town to negotiate by forcing it to pay wages for fire service and deputy guards -- \$5-6,000 a week.

The 25th firefighter, Captain John McAtee, was not sentenced--he was on vacation when the strike began, and was not covered by the original back-to-work order.

Displaying the solidarity which has made the Normal firefighters famous, McAtee rose and addressed the court. Saying his actions in joining the strike showed he was also violating the spirit of the law, McAtee asked to be sentenced to jail, too. Though impressed by McAtee's courage, the judge declined.

Negotiations continued half-heartedly and sporadically until April 14, when the city made its "final offer," which the firefighters unanimously rejected.

As the first month of the strike passed and the half-way point in the jail sentence was reached, the firefighters and their families remained determined to win a fair and decent contract: a contract which includes the captains and lieutenants, who struck with the firefighters--a contract which ensures a total amnesty for



strikers and which ensures a fair and balanced standard of wages and benefits.

The town, meanwhile, threatened to fire the strikers and began advertising for new firefighters.

But political pressure and popular support for the jailed men pointed to political suicide for the town council and staff if they continued their stonewalling.

The strike continues. At 8 a.m. every morning, the chain gang is resurrected. A truckload of firefighters are brought to Normal Fire Station #1 for another 24-hour shift, and the second crew is returned to jail.

But these men do not walk with stooped backs or dragging feet. They walk tall, firmly and freely. They yell, cheer and give the victory sign.

The Town of Normal can win in the courts. The Town of Normal can have their firefighters jailed, forced to give service. The Town of Normal can stonewall at the negotiating table or threaten firing.

But there is one thing the Town of Normal has proven unable to do, and that is break the spirit of 24 firm firefighters and their families, who will survive jail and forced labor till their rights are recognized.

--MGM

BELOW: A McLean County deputy guards firefighters on the first evening of their forced "work release" program. The strikers are clapping after hearing supportive songs sung by ISU students who marched from the campus for a show of solidarity.



Strike!

Fri. Feb. 17 The Normal firefighters union voted 21-6 to authorize the negotiating team to call a strike if necessary.

Sat. Feb. 18 The Daily Pantagraph reported that Bloomington firefighters voted not to respond to Normal fire calls if the Normal department strikes.

Fri. Feb. 24 Three fire department officers were reprimanded and one handed a one-day suspension for refusing to attend a "staff meeting" at Normal city hall. The officers, all union members, skipped the meeting because the union was refusing to perform all voluntary overtime work.

Mon. Feb. 27 Another bargaining session broke up after only one minute. City officials said they would not discuss the content of any contract proposal as long as Captain Frank Hanover and Lt. Jim Watson remained on the union's negotiating team. The union insisted that its members have the right to choose their own representatives in collective bargaining.

Fri. March 2 The Bloomington-Normal Trades and Labor Assembly pledged support to Normal firefighters. In a letter sent to Normal city officials, the labor group accused the city of using "union busting tactics."

Tues. March 7 The Normal Town Council met in a 2 1/2 hour closed door session about firefighters talks, while four international pickets outside handed out statements of support from the Trades and Labor Assembly.

Mon. March 13 Another bargaining session got nowhere, and the city council met in executive session again. The city still maintained that department officers could not sit on the union negotiating team.

Mon. March 20 Unsuccessful in winning their way in negotiations, the Normal City Council simply reiterated their position. They passed an ordinance making fire captains and lieutenants a part of "management" and thus excluded from the "bargaining unit." The group a union-negotiated contract would cover. Union President Ron Lawson had stated previously that such an action on the part of the city council could provoke a strike. It did.

Strike begins

Tues. March 21 After an all-night union meeting, all 24 firefighters, including captains and lieutenants, went on strike at 4:30 a.m. (The 25th union member, Capt. John McAtee, was on vacation and joined the strikers later.)

Normal officials immediately asked for a restraining order against the strike. After searching an hour for a judge who would handle the case, Normal officials secured the back-to-work order from Judge Caisley. The hearing was held without notice to the strikers or their lawyer, preventing the union from telling their side in court.

Tuesday night, the firefighters voted to ignore Caisley's back-to-work order.

Wed. March 22 In an early application of their divide-and-conquer strike strategy, Normal officials singled out the two probationary firemen, and fired them.

Normal announced it would suspend and finally dismiss firefighters who continued to refuse to work. Officers would be fired on the third day and others on the fourth day, city officials threatened.

In the first of a series of hysterical editorials, the historically anti-union Pantagraph asserted that the firefighters planned to strike from the

(Please turn to next page)

Community sings, shouts,

Strike!

(Continued from preceding page)

time they first sought recognition as a union. The paper urged 1) that Normal firefighters who refused to work be disciplined, 2) that the city of Bloomington discipline one of its firefighters who spoke at the Normal City Council meeting, 3) that the City of Bloomington discipline its firefighters if they did not respond to fire calls in Normal, and 4) that if provisions for such disciplinary actions do not yet exist, then they should be legislated.

Editor Harold Liston also charged that local firefighters were being manipulated by outsiders (from the union's international office). This insult to city employees was to be repeated tirelessly by Normal officials throughout the strike.

Thurs. March 23 City officials walked out of a sometimes angry negotiating session when the union refused the city's demand that firefighters give up claims for amnesty and return to work while contract negotiations went on. Firefighters insisted that they wouldn't work without a contract, and pointed out that the city had continually stalled contract negotiations. A 29-point proposal was handed the city in October, but five months later, the two sides still hadn't discussed any of the points—discussions always got bogged down by the city's insistence that the union could not bargain for captains and lieutenants, despite the officers' acknowledged preference for the union. Both sides said the other was not bargaining in good faith, and union attorney Dale Berry told Normal corporation counsel Frank Miles that he didn't know what he was doing.

City officials said they would ask that union members be found in contempt of court for ignoring Judge Caisley's back-to-work order.

Three days of tense speculation about what strikers would do if there were a fire ended Thursday evening, when the alarm sounded for the first time since the strike's beginning. Eighteen striking firefighters put out a small fire around a light fixture.

Fri. March 24 Hoping that the strike would end before he had to decide, Judge Caisley postponed a decision on the contempt hearing until Monday and ordered both sides to negotiate during the weekend.

Caisley also ordered Normal to rehire the two probationary firefighters it had fired.

Union attorney Berry argued in court that a contempt citation would further polarize things, making a settlement harder to reach. In addition, Berry argued, firefighters had devised a fire protection plan, and the city was in no danger.

According to the Pantagraph, 100 people including firefighters from other cities and members of Bloomington municipal unions jammed the courtroom to "overflowing."

Sat. March 25 The second in the Pantagraph's series of hysterical editorials chastized Judge Caisley for ordering the rehiring of Normal's probationary firemen.

Sun. March 26 After striking firefighters answered four fire calls Saturday, Fire Chief George Cermak told the Pantagraph, "We do have a pretty good level of coverage now."

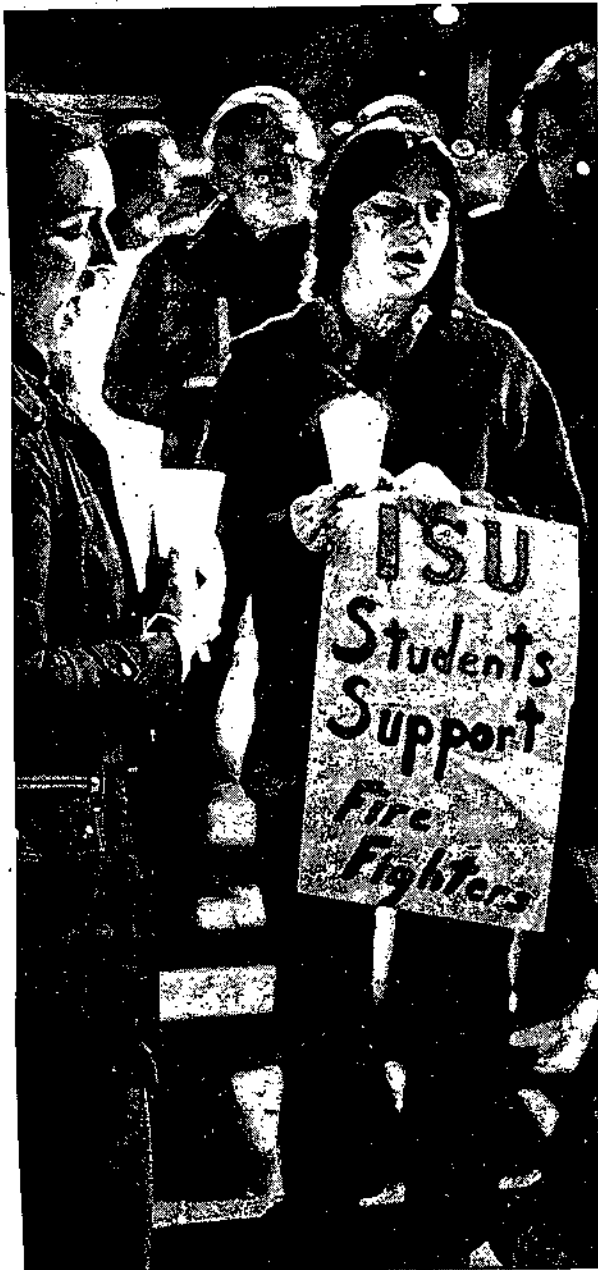
In a court hearing Sunday evening, both sides reported that 28 hours of negotiations during the weekend had not settled the strike.

The hearing was the first appearance of international law firm of Seyfarth & Shaw on the city's side. Employing 100 attorneys in its Chicago office alone, Seyfarth & Shaw specializes in working for management in public employee labor disputes.

Normal, Illinois, is not the kind of town where you expect to find union battles and a community in uproar.

In a town like Normal, citizens rarely attend city council meetings. Even more rarely, do they turn out to condemn and shout down their elected representatives.

A campus town like Normal expects a little



ABOVE: ISU students joined other firefighter supporters at a candlelight vigil March 28.

Only three basic issues have been preventing settlement of Normal's firefighters' strike

Amnesty is the first issue. All along, the firefighters have been asking that they not be punished with suspension, dismissals or other reprisals for participating in the strike. Normal refused to agree until their April 14 "final offer," when the city finally offered amnesty.

Maintenance of Benefits is the second issue. Basically, firefighters are asking for the same benefits they enjoyed before the strike, only in writing. The city proposed a new method of figuring fringe benefits that would actually leave the firefighters 30% less than they had before.

In later offers, the town agreed to maintain present benefits for the firefighters currently employed if the union would agree to a fringe benefit cut for future firefighters. The city's proposal laid the foundation for a divided union, and the firefighters refused to accept.

Firefighters are not on strike asking for more money. Their contract proposals do include a raise, but the strikers are asking only for the same raise they had already been promised. But fire-fighters want the city committed, in writing, to its promises.

campus rowdiness. Rarely do students and laborers seriously unite to force an issue.

And in a sleepy, middle-class community, how many people will get up at 7:30 a. m. to shout and cheer for "jailbirds"?

Normal, Illinois, has gone through some changes this month: changes brought down by an intransigent city council, a determined group of firefighters and their families, electrified by supportive students and labor.

The firefighters of Normal went on strike on March 21. But they continued to perform fire service, hoping to convince the city to negotiate with them.

The town hoped jailing the men would break their spirit. The town council didn't realize the support and heat this would produce.

The first mass support action for the strikers was a candlelight vigil March 28, the evening the men returned to work for 20 hours to await a settlement. While negotiations took place, a crowd of 50-150 gathered, singing songs and anxiously waiting throughout the night for word on negotiations. The city, however, stalled, forcing the men to strike again the next morning.

The following Friday, March 31, a crowd of approximately 200 supporters crowded the chambers of Judge William Caisley, applauding the strikers when they announced their "guilt" of striking and received their jail sentence.

Mobilizing to support, a broad front of labor, students and strikers' families swung into action. Labor staffed picket lines. President Lloyd Watkins of ISU was christened with his first "sit-in," as a group of students and laborers went up for a "visit" after he refused to meet with them.

Students continued to picket, attempting to pressure the ISU administration to action. The evening the firefighters were jailed, March 31, students held a candlelight vigil outside Hovey Hall, ISU administration building, "parading before a silent building because of a silent administration." Later they marched on Fire Station Number 1, serenading the now-imprisoned men.

On April 1, the first morning when men were transferred from the regular county jail to

What are

The make-up of the bargaining unit is the third, and most difficult issue to resolve.

The city claims that of the fire



& signs its support

county jail # 2 (Fire Station #1), they received a surprise.

A crowd waited, cheering and eager, supportive of the striking men. Day by day the crowd grew, a phenomena of solidarity, song and support. In rain or sunshine, wives, students, citizens and labor gathered to clap and cheer for the jailed strikers.

They bounced from the paddy wagon, leaping with upraised fists. They cheered back. The crowd sang and clapped; wives and children ran forward for a quick hug and kiss before deputies could intervene.

Support continued through the day. McLean County labor, united with the firefighters, maintained a 12-hour daily picket line. Citizens donated food for the strikers and their families. Daily, fire departments and union locals of other cities came to share in the picket duties.

On March 3, the stonewalling city council had the surprise of their lives, as over 400 laborers, citizens, students and firefighters' families gathered at Normal city hall, packing the council chambers. The crowd, incensed by provocative statements from councilpersons Jocelyn Bell and Paul Harmon, closed down the proceedings with shouts, jeers, chants and songs.

Two weeks later, the crowd returned, only to be barred from the door. Peacefully, the crowd assembled outside for some guerilla theatre, where the city council, peering down for the

"light of the end of the tunnel," found that light to be a locomotive, numbered 2442 (as in Local 2442 of the International Association of Firefighters) which promptly sent them flying. Over 70 state troopers, county deputies, Bloomington and Normal patrolmen plus ISU security gathered—obviously not to watch the theatrical premiere.

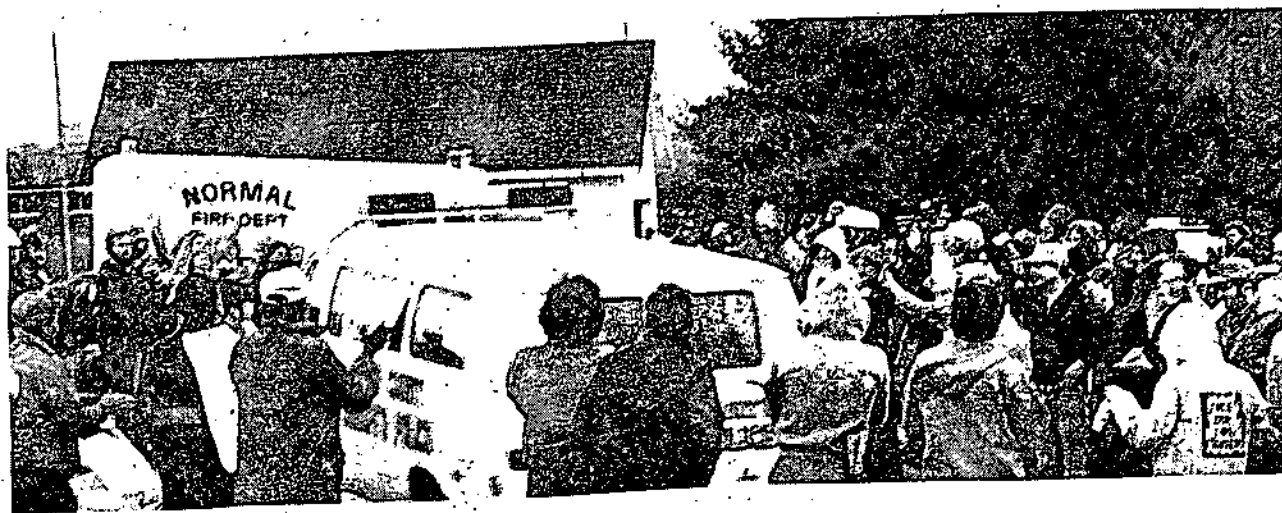
From theatre, new songs and long days on the picketline, the firefighters have found support from a cross section of the community. Canvassing, leafletting, gathering petitions and convincing local businesses to support the firefighters, a coalition of labor, students and firefighters' wives have provided an active and local support.

The firefighters are in jail, unable to strike or withdraw their labor. Dignity demands that they hold fast, ignore threats, and continue to strike until a settlement is reached.

But you can't picket from jail. You can't go to city council meetings or talk to your neighbors. And if the city wins, politics will continue "as usual" in Normal, with little recourse for change or action.

So labor, students, families and citizens support their firefighters, knowing their victory is a victory for all and a beginning of some new changes in quiet ol' Normal, Illinois.

--MGM



Supporters cheer a new shift of firefighters arriving from jail.

the issues?

department's 27 employees, captains, lieutenants and fire inspectors are management, and therefore not eligible to be represented by the union in collective bargaining. The city originally wanted to limit the bargaining unit to only 16 employees. But the officers do not see themselves as management—they are union members and want to be included in the union-negotiated contract. Captains, lieutenants, and the fire inspector all went on strike, and went to jail. That is how they voted on the bargaining unit question. Since the union argues that all 25 employees who actually fight fires should be in the bargaining unit, the union is willing to exclude only the chief and the assistant chief.

The city argues that the captains and lieutenants are supervisors, and therefore management. The union disputes the officers' alleged supervisory role, and says the officers are "lead workers"; they function like football quarterbacks—they are still members of the team even though they call the plays while on the field.

Normal says there must be a representative of management working on each shift. Since the chief and assistant chief are not always around, the city looks to the captains and lieutenants.

In Bloomington, captains and lieutenants are part of the bargaining

unit. But Bloomington's department employs more assistant chiefs, who are not represented in collective bargaining.

To satisfy Normal's need for "management presence" and allow officers in the bargaining unit, the two negotiating teams tossed around ideas for creating additional assistant chiefs positions which would be excluded from the bargaining unit. But no concrete proposal developed.

In Iowa, the controversy over whether captains and lieutenants should be in or out of the bargaining unit was settled in March. The Iowa Supreme Court ruled 6-3 that the fire officers could be represented by the union.

On WJBC Forum April 14, Gloria Elvidge explained the motives for Normal's hard-line stance.

"What the town of Normal is doing is a recognized, well-known commonly attempted tool to reduce the negotiating number of a union group to the lowest common denominator—thus putting the most pressure on the least number of union members to gain the greater advantage at the bargaining table."

The future strength of the union itself is at stake in the bargaining unit debate—that's why the two sides are fighting this issue so fiercely. (More on this in an adjoining article.)

Strike!

Mon. March 27 After hearing testimony about the progress of negotiation (or lack of it), Judge Caisley postponed for another day the conclusion of the hearing on whether firefighters would be held in contempt of court.

Two striking firefighters testified that Assistant City Manager Carl Sneed had said that the Normal City Council was not flexible on the bargaining unit issue and was "willing to let buildings burn" before moving on the question.

Sneed avoided a direct denial, saying only that he could not recall making the statement.

More accusations that the city was bargaining in bad faith surfaced when Mike Lass, the firefighters' international representative, described the city's offer during the marathon 28 hours of weekend negotiations ordered by the court. The city's offer for overtime, vacation pay and other fringe benefits amounted to less than the firefighters were receiving before the strike, Lass said.

Tues. March 28 Judge Caisley dismissed the contempt charge against Captain McAtee, since he had been on vacation when the strike began and was not properly ordered to return to work at the time.

Caisley found all 24 other firefighters guilty of contempt of court, and put them all on six months probation. As a condition of probation, Caisley required that firefighters return to work.

Mike Lass, the representative from the International Association of Firefighters, was also sentenced to probation for contempt. As a condition of probation, Caisley ordered Lass to refrain from advocating any work stoppage.

After court, the firefighters conferred and agreed to return to work while round-the-clock negotiations began. They agreed to walk out at 8 a.m. Wednesday if they didn't have a contract by then.

To show community support for the firefighters, supporters organized a candlelight vigil outside the site of negotiations in Normal. At varying times during the evening, 50 to 150 people attended.

Illinois State University students began to come out in support of the firefighters, with one group calling for school to be dismissed due to the lack of fire protection.

Wed. March 29 Late-night negotiations finally broke down when James Baird, Normal's outside attorney, presented a final "take-it-or-leave-it" proposal to the union, which firefighters unanimously rejected. With no contract, firefighters walked off the job again at 8 a.m. For the second time, 100% of the department went on strike, a development which union attorney Berry said made labor history. Within hours, probation officer Ed Beverage filed papers to revoke the firefighters' probation.

3,000 leaflets flooded the ISU campus, urging students to organize support for the striking firefighters. A delegation of student supporters visited Mayor Godfrey and two council members at city hall, and returned angry at the officials' attitudes.

Representatives from 25 union locals met Wednesday night to plan support activities for the strikers.

Thurs. March 30 Fifteen mechanics, garbage collectors and street workers—half of the Town of Normal's Public Works Department—called in sick, most likely in support of the striking firefighters.

(Please turn to next page)

Strike!

page 32

(Continued from preceding page)

Firefighters picketing at the McLean County Landfill slowed garbage dumping as Bloomington's union garbage drivers refused to cross picket lines. Supervisors had to drive the trucks into and out of the landfill.

Union members and students also picketed in front of ISU's administration building, where Normal's mayor Dick Godfrey directs ISU's Department of Public Affairs, the university's public relations office.

A group of strike supporters, previously unsuccessful at arranging an appointment with ISU President Floyd Watkins, went directly to the administrator's office. When the Secretary said the President was not in, the group sat down and said they'd wait. Eventually Watkins emerged from his office, where he'd been all the time, and declared that ISU could not take a stand in the strike. While Watkins was talking to the crowd, some sharp-eyed students noticed Normal Mayor Godfrey slithering out of the office. President Watkins had been in.

The Pantagraph published another installment in its hysteria-in-editorials series, this time calling for Normal to arrest (for trespassing) "any group or persons outside city jurisdiction who pickets city facilities." The paper also encouraged the town to fire workers who call in sick in sympathy with striking firemen.

Strikers jailed

Fri. March 31 Accompanied by at least 200 supporters who packed the courtroom and overflowed into the corridor, 24 striking firefighters admitted violating their probation by refusing to work. Judge Calsley sentenced the firefighters to 42 days in jail, with all but the bargaining team assigned to a "work release" program of 21 work days and 21 jail days. The men were divided into two groups, with one group working each 24-hour shift while the other was in jail. The Normal headquarters fire station was declared the new "work house center" under Sheriff King's control, and the striking firefighters worked under armed guard.

A small group of ISU students held a candlelight vigil in the quad all evening, informing passers-by of the developments. At 10:30 a group of 20-30 marched to the fire station to show solidarity with the first shift of firefighters sentenced to slave labor.

Sat. April 1 Strike supporters gathered at the headquarters fire station at 7:30 a.m. to cheer firefighters as sheriff's deputies supervised the first shift change. The first morning only 30-40 supporters turned out, but as the strike progressed, the crowd gradually built to a steady turnout of 70-100, with crowds sometimes building to over 200.

Firefighters had often asked that city council members get involved directly in negotiations instead of relying on the city staff's judgment. When strike supporters appealed to state representative Gerald Bradley for help Saturday, Bradley persuaded the council—for the first time—to meet directly with firefighters. But in another divide-and-conquer attempt, the council met only with firefighters who were not members of the union's negotiating team.

Later, in an amplification of their theme that the union was being manipulated by "outsiders," the city proposed dropping all non-local residents from the negotiating teams of both sides. The strikers refused, pointing out that their team would have no attorney, while the city would still have its corporation counsel, Frank Miles.

Neither talks between the negotiating teams, nor between the council and the firefighters, resolved major issues.

Strike supporters shut

It was about five minutes before the Normal Town Council meeting was set to begin on April 3. I wandered to the back offices where Mayor Richard Godfrey and other council members were trying to compose themselves, getting ready to face the crowd.

In the council meeting area, there was standing room only, and not much of it. At least 200 supporters of jailed firemen were chanting and clapping in unison, "free the firefighters, free the firefighters," while another 200 more—prevented by police and locked doors from entering city hall—rallied in support outside. Preparing coverage for Wednesday's national broadcast of the Harry Reasoner Report, an ABC film crew panned the crowd and recorded

members, striking farmers, and ISU students, and these wives and friends of the jailed strikers, all these 400 gathered tonight support the Normal firefighters, and that support is here right now, and the city council had better deal with it.

To the council members, the scene must have looked ominous, as the chanting continued, and continued, and continued, the crowd's voices and clapping building and building in intensity. The council members must have felt under siege.

So as I watched the grim faces of the town council members, I asked Mayor Godfrey, "What are you going to do?"

"Oh, do our usual soft shoe routine and break into a chorus of the Star Spangled Banner," the mayor replied. "After all, this is what they pay us the fat salaries for," the \$3600-a-year part-time mayor joked.

Godfrey's high spirits didn't last long.

Taking the mayor's chair to begin the meeting, Dick Godfrey warned that the firefighters' issue was not on the agenda, and so the full council would not discuss it. Prepared statements from individual council members were allowed, but no statements from citizens. A few boos and catcalls followed, but Godfrey's stern warnings and gavel poundings quieted them.

First insult

Council members Paul Harmon and Jocelyn Bell read prepared statements that were so aggressive and so insulting to the firefighters that the crowd became infuriated. The crowd's angry rowdiness, which later shut down the council's meeting, can be traced to Bell and Harmon's provocative statements.

Claiming that the firefighters "brought it all on themselves," council member Harmon denied that the town council put the strikers in jail. He further insulted the firefighters by implying that they were puppets being manipulated by



ABOVE: A smiling Dick Godfrey greeted photographers minutes before the April 3 town council meeting began. The mayor wasn't smiling for long.

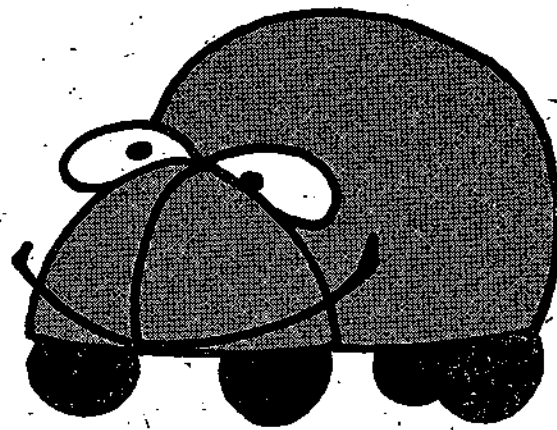
their incessant rhythmic demand, "free the firefighters, free the firefighters."

The crowd's unified chanting and clapping generated an inspiring energy that dominated the council chambers and communicated an unmistakable and strong message: these laborers, rubber workers, teamsters, garbage workers, these teachers, electricians, bus drivers, carpenters and machinists, these Bloomington firefighters, out of town firefighters, these UAW

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down council meeting

the "outsiders"--union attorney Dale Berry, whose competence and ethics Harmon questioned, and International Firefighter Association representative Mike Lass, whose handling of the negotiations Harmon labeled "a disaster."

Delivering his entire three pages of distortions in a smug, snippy tone which further angered the crowd, Harmon was frequently interrupted by the crowd's roars of indignant outrage.

The mayor's stern gavel-pounding--combined with the solemn mumblings of such pieties as "duly constituted body" and "no outbreaks will be tolerated"--temporarily contained the crowd's angry retorts.

But as the astonished onlookers realized that Godfrey intended to let each council member slander the firefighters without rebuttal, their anger grew.

As council member Jocelyn Bell began, Godfrey's gavel-pounding grew more frequent, and his warnings escalated as he threatened to have people removed.

"Outside agitators"

Believe it or not, Jocelyn Bell actually used the words "outside agitators" to explain why the firefighters were not accepting the city's offers.

Bell never finished her statement--she was drowned out by firefighter supporters demanding a chance to reply. The mayor's face got redder as his pious warnings were also drowned out. The council finally called a recess, and retreated to the back offices.

Captain John McAtee, the only striker not sentenced to jail, obtained permission to address the council when they returned to continue the meeting.

McAtee's simple honest sincerity was a sharp contrast to the attitudes council members expressed. As a captain, McAtee pointed out, he had joined the union and gone on strike. Other captains and lieutenants had gone to jail. Why wouldn't the council recognize this and negotiate on the issue of officers in the bargaining unit? he asked.

Challenging the council to poll the strikers, McAtee denied that Lass and Berry were controlling the union members. McAtee received loud

applause when he charged that Harmon's and Bell's statements were an abuse of the forum created by their elected positions.

Mayor Godfrey's attempted reply was interrupted by boos. When Godfrey managed to quiet the crowd inside city hall, shouts and chants from the rally outside drifted in. When Godfrey's reply was finally shouted down, the council recessed once more.

Returning, the council attempted to deal with their regular business, totally ignoring the assembled citizens.

Red faces

Boos, catcalls, claps and chants grew to a roar. Motions before the council were met by shouts of yea and nay, making a vote impossible. The gavel banged, faces reddened, and tempers flared.

While Godfrey delivered one more warning to the crowd, the boos suddenly turned to cheers. A puzzled Godfrey turned to the city manager to find out why. When the red-faced mayor was informed that the young woman behind him had (think back to sixth grade) put rabbit ears behind his head, the gavel pounded for the last time. The meeting was over. The council retreated to the back rooms and stayed there. All regular business was postponed to the next Council meeting.

But the assembled citizens were not ready to end the meeting. Anxious to try out the plush chairs they paid for, citizens held their own city council meeting, passing resolutions in favor of a fair contract, and sentencing the Town Council to 42 days hard labor under police guard, commissioned to fix every pothole in the streets of Normal.

When 13 off-duty cops were called in to supplement the 7 already present Chief McGuire warned that the city hall would be cleared in five minutes. To avoid a confrontation, firefighters' supporters left.

BELOW: Hundreds of firefighter supporters packed the April 3 town council meeting April 3. When the council refused to discuss the jailed strikers, the crowd responded with jeers, boos, chants and shouts, eventually forcing the council to adjourn without completing its agenda.



Strike!

Sun. April 2 Two members of Normal's street department organized a food collection for the families of jailed firefighters. The community response was excellent; 40-50 full sacks of groceries were collected in one afternoon.

Mon. April 3 Firefighter Vance Emmert Jr. became the strike's first scab, when he signed an affidavit in jail agreeing to voluntarily return to work. Union international representative Mike Lass said the rest of the jailed firefighters were strong, and that, "Now we won't have to carry someone we've had to carry all along."

One firefighter was released from jail on appeal bond, but remained on strike. And Captain John McAtee, never convicted of contempt because the strike started during his vacation, also remained on strike and out of jail. The other 22 firefighters remained in Sheriff King's custody.

A public opinion poll broadcast on Peoria's TV 31 showed heavy local support for firefighters. The station asked 341 Normal residents "Do you approve or disapprove of the Normal firefighters' strike?" 44% approved, 38% disapproved, and 22% were undecided.

At the Normal council meeting Monday evening, 400-500 supporters rallied to demand the council free the strikers. The crowd became so insistent that the Normal council finally adjourned without getting any of their regular business finished. (See separate story.)

Tues. April 4 The leadership of the state's largest union local, Peoria's 22,000-member UAW-924, announced support for the Normal firefighters. Support could be in the form of money, personnel to help organize community support, or use of contacts in the state legislature.

Wed. April 5 Normal officials launched a publicity offensive, convening central Illinois media at city hall to hand out thick packets of charts and numbers that were intended to prove that the city's stance in the negotiations was the only reasonable one. Apparently sensing a hype, many local media did not bother to pass the city's claims on to their audiences.

Another negotiating session resulted in little progress.

Normal's strike made national news, with at least three minutes of filmed coverage on the ABC Harry Ressoher Report. The announcer said it was the first time in U.S. labor history that an entire city department had been jailed for striking.

Thurs. April 6 A week after hearing the arguments, Judge Causley issued a preliminary injunction against the strike, without including conditions suggested by firefighters attorney Dale Berry. Although Causley agreed with Berry's suggestions, the judge said he lacked the authority to order the Normal town council to negotiate directly with firefighters, to grant amnesty for firefighters' actions during the strike, and to add Fire Department Chief Cernak to the city's negotiating team. The chief's knowledge of the department's structure would help talks about who should be in or out of the bargaining unit, Berry said.

Jailed firefighters announced a "Jail Walk-a-thon" to raise money for a burn center in Springfield. Sponsors were being sought to pledge a certain amount of money for each lap specific strikers walk around the jail's recreation area.

City attorney Frank Miles and striking fire Captain John McAtee debated on WJBC's "Problems and Solutions," where McAtee angrily labeled Miles a "master of misrepresentation."

(Please turn to next page)

Strike!

page 3

(Continued from preceding page)

Fri. April 7 The Daily Pantagraph reported that the strike was costing Normal \$5,000 a week, not counting legal fees on extensive strike time.

Negotiations broke up bitterly. The union accused the city of "stonewalling" to break the men in jail. The city claimed the union delivered an ultimatum that the city had to "conceptually agree" that officers could be in the bargaining unit before talks could resume.

Union representative Mike Lass explained that talks had sometimes gone along the line of trying to assemble a package of concessions firefighters could make in return for getting captains and lieutenants into the bargaining unit. "Before wasting more time along those lines," Lass said, "the union wanted city agreement that the officers' inclusion was a possibility if the right package of concessions could be devised."

At a pro-firefighter afternoon speak-out scheduled for the ISU quad, nine ISU cops showed up to "watch things." A small group of strike supporters sang union songs, accompanied by music from acoustic guitars. The police told them to stop, saying "no music on the quad."

Sat. April 8 Despite heavy rain and the early hour, over 200 supporters turned out for a rally at 7:15 a.m. at the Normal Fire Station, also known as County Jail #2.

Of 50 downtown Normal businesses asked to display a "Free Our Firefighters" poster, 43 agreed and only 17 said no, even though some of the 17 still indicated personal support.

Mon. April 10 A benefit concert for the firefighters at the Play-7-T Saloon raised \$350 for the strike fund.

Upset that the Daily Pantagraph was leading the contest for Most Hysterical Editorial, Channel 25-TV jumped into the competition with an admirably off-the-wall piece: "Combining the 'ugly mob action' and 'union rable-rousing' which shut down Normal's town council meeting, the TV editorial attempted to spread terror with this fiction: 'Officials and certain firemen have been harassed in their homes and had their lives threatened. Our reporters have reason to believe there may be violence this week...at least that's what outside agitators are hoping for.' After this editorial was broadcast, Mayor Codrey secretly inquired about having the National Guard mobilized even though the 'outside agitators' were never identified and the TV station offered no evidence for its claims of impending violence."

Tues. April 11 The strike gained state-wide attention again with the Chicago Tribune's publication of a front-page feature on the jailed firefighters.

A meeting of the strike support steering committee produced plans for door-to-door canvassing to get supporters' signatures and a "whitelisted" of businesses which supported the strikers, with suggestions that strike supporters patronize stores listed.

Tentative long-range plans included a one-day general strike of all Bloomington-Normal unions to back up a possible work stoppage by firefighters at the work house center.

Wed. April 12 Stanley Johnson, President of the 1.2 million member Illinois Federation of Labor, declared his support for Normal firefighters. In a letter to ISU President Watkins, Johnson asked the university president to use his prestige and stature to bring an early and fair settlement to the strike.

State Representative Thomas Manahan, sponsor of appropriations for the Illinois Board of Regents, said he would hold ISU accountable for the town council's union-busting effort and not to freeze or reduce ISU appropriations and grants if the strike is not settled fairly.

Normal's strategy:

At your workplace, can you tell the difference between the workers and the bosses? So can the Normal Firefighters, but the town council won't believe them.

The main issue preventing settlement of the Normal firefighters strike is deciding the make-up of the bargaining unit; that is, deciding which employees would be covered by a union-negotiated contract and which employees would not.

The detailed and technical arguments about who is or isn't management sometimes dim the real meaning of the bargaining unit question: will any strong public employee union be permitted to survive in Normal?

The city's apparent answer to this question is responsible for the frequently-heard charges that the city's real strategy is union-busting.

From the beginning, the city has tried to keep the bargaining unit as small as possible, by trying to exclude captains, lieutenants, fire inspectors, and probationary employees. The city wanted the union to bargain for only 16 of the department's 27 employees.

But all the captains, lieutenants, fire inspectors and probationary employees wanted to be in the bargaining unit--they wanted collective bargaining and they wanted the union to represent them. They all went on strike, and to jail. The union wants to represent all 25 of the workers who actually fight fires, leaving only the chief and the assistant chief out of the bargaining unit.

The smaller the proportion of employees in the bargaining unit, the weaker the union--that's the city's strategy. Under the city's original

plan, the union would have represented less than 60% of the fire department.

"We're not asking for a penny more in benefits," union attorney Dale Berry was quoted in the Chicago Tribune. "We are even willing to give them a no-strike clause. All we want is a contract and recognition of all the men as members, and yet they're fighting it. They're just trying to divide the union so they can bust it."

Charges of "union busting tactics" were heard even before the strike began, because the town insisted that fire department officers could not sit on the union's negotiating team. For five months, the union's 29-point contract proposal was never even discussed because city officials steered talks into discussions about who could or could not represent the union in contract talks.

City officials know that other city workers are watching the firefighters' fight for an effective union. "The city figures if they can beat us, the other departments won't go union," the Chicago Tribune quoted union president Ron Lawson.

Last union busted

Normal busted an attempted union among Public Works employees in the summer of 1973, and the same key city administrators now battling the firefighters were responsible. City Manager Dave Anderson told a public works employee, according to a 1973 Post-Amerikan story on the union-busting.

In 1973, the city simply refused to recognize the union as the employees' bargaining agent. Strikers were immediately ordered to go back to work or get fired.

After successfully busting the Public Works employees' union, why did city officials voluntarily agree to recognize the firefighters' union?


The public works union was weaker than the firefighters from the beginning. At least 25% of the department never even signed union cards, and only 8 of the 13 union members went on strike. In contrast, the firefighters had 100% union sign-up (and later, two 100% walk-outs.)

When faced with the request for a union election last summer, city

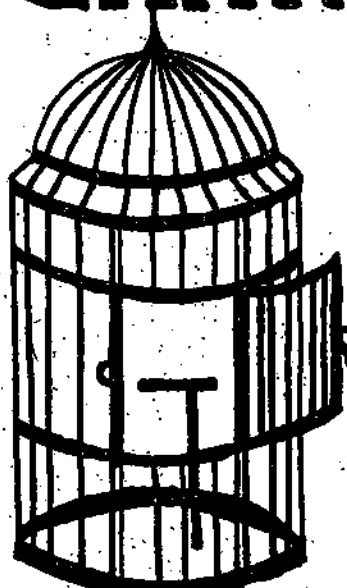
Normal's

Normal city manager Dave Anderson, an anti-union hard-liner. In a 1973 Post-Amerikan story about Normal busting an attempted union in its public works department, Anderson was quoted saying, "Unions have outlived their usefulness."





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limit bargaining unit to keep union weak

page 35

officials knew that the entire fire department supported the union. An outright refusal to deal with the union would probably strengthen anti-management sentiment.

City officials settled on this strategy: they would agree to the union, and recognize it as the firefighters' bargaining agent, as long as the city could insure that the union would be weak.

Limiting the size of the bargaining unit was the key to the city's plan. If the city could split captains, lieutenants, fire inspectors and probationary employees away from the union, it would be weak enough for city officials to live with comfortably.

From the time firefighters first asked for a formal election and union recognition in late June, 1977, the make-up of the bargaining unit was an issue. It took almost three months of negotiations to settle the terms and conditions of the vote for a union, which ordinarily is a simple procedure.

Election

But the city insisted that officers and probationers were not eligible to vote. Rather than hassle with that before the union even had the formal right to bargain for firefighters, union representatives agreed to the town's conditions for the union election: only 16 of the department's 27 employees could vote. But the union added one stipulation which came back to haunt the city: nothing in the election agreement would limit the scope of future bargaining.

(In other words, the union left the door open to re-negotiate the make-up of the bargaining unit.)

In late September, the union won the election 16-0. In mid-October, the town council officially recognized the union as the firefighters' bargaining agent.

According to union International representative Mike Lass, city officials thought they had already won the bargaining unit issue (and ensured a weak union) when they let only 16 firefighters vote in the election.

bargaining team

Normal's city attorney, Frank Miles has earned himself the label "master of misrepresentation" in his role as chief spokesperson for the town's negotiating team. In one bargaining session, Miles deeply angered strikers by asserting that firefighting is a "cushy, racket job."



When the union handed the city a 29-point contract proposal two days later, the fight was on. The union's plan included officers in the bargaining unit.

The union's negotiating team included two officers, and the city objected. At first the city insisted on the officers sitting on the City's negotiating team, to represent management!

For five months, the two sides did not get to talk about the content of the contract, because the city only talked about dropping officers from the union's negotiating team.

Eventually, city negotiators threatened to ask the city council to either withdraw recognition for the union, or pass an ordinance positively removing captains and lieutenants from the bargaining unit.

Strike authorized

By the time that city council meeting rolled around, the firefighters union told president Ron Lawson to call a strike if the city council took either action.

On March 20, the council passed the ordinance excluding captains and lieutenants from the bargaining unit, and the strike began the next day.

By mid-April, the city had conceded that the two probationary employees could be represented in collective bargaining, and had "pretty much" conceded the issue on lieutenants, according to Mike Lass, a member of the union's negotiating team.

As the Post-American goes to press, Normal still hasn't agreed to let fire inspectors and captains be covered by a union contract. The strike will continue until the town changes its position, according to union attorney Dale Berry.

stories on the firefighters' strike were written by Mike Matejka, Dan LeSeure, & Mark Silverstein.

As assistant city manager, Carl Sneed handles day-to-day labor relations for Normal. Sneed convinced strikers that the town would not bargain in good faith when he told two of them that the city council "would let buildings burn" before moving on the bargaining unit issue.



Strike!

'Final' offer

Thurs. April 13 Six days after talks broke down, the town claimed it had a proposal which would end the strike. But in another divide-and-conquer strategy, the town proposed splitting the firefighters into three groups, presenting the proposal to each group at the same time—but separately—and then holding a secret ballot election on the proposal.

The union agreed to meet for a regular negotiating session, but rejected what representatives called the city's attempt to undermine the union's solidarity and to dictate the methods of ratifying a contract.

Fri. April 14 After launching a media campaign based on the claim that their "final proposal" contained significant concessions, city officials presented their package to the firefighters' negotiating team.

Firefighters again attacked the city's devious attempts to divide the union and destroy the strikers' solidarity, this time by mailing—before firefighters themselves had even seen the plan—copies of the "final proposal" to each firefighter's wife. An accompanying cover letter, firefighters charged, misrepresented the proposal.

Though firefighters would not comment on the city's proposal, evidence emerged that the city's boasts of concessions were merely phony publicity building designed to pressure the firefighters into accepting the offer.

Mayor Godfrey indicated that firefighters reacted angrily when they read the proposal, and a neutral state mediator who sat in on the talks said that the city's package was basically nothing new.

Joining the city in its media campaign, Normal Chamber of Commerce President Bruce Kaiser, in a hastily called press conference, declared that firefighters should accept the city's "more than fair" offer. Kaiser later told the Post-American that he and other members of the business lobby's board of directors learned the details of the city's package in a Friday afternoon meeting with city council members. Though Kaiser admitted never having talked with firefighters to learn their side of the dispute, he didn't feel his information was one-sided. "I know all the council members, the director of ISU's University Union said, 'and I've been talking with them all along keeping posted on the stances both sides have been taking.'"

On the evening news, Peoria's WMBD-TV reported that another telephone poll of 330 Normal residents still favored the firefighters, and indicated strong dissatisfaction with city officials. Asked if they approved of the Normal firefighters' strike, 43% approved, 37% disapproved, and 20% were undecided. When asked if they approved or disapproved of the manner in which the mayor and city manager handled the strike, only 22% approved, 47% disapproved, and 31% were undecided.

Sat. April 15 By a 23-0 vote, the firefighters rejected the city's "final offer." By Judge Chisley's arrangement, the entire union membership met together at the fire station for the discussion and vote—the first time in two weeks the men had all been together, and the first time the members of the bargaining team had seen the outside world since being jailed. After meeting an additional four hours to draw up a counter-proposal, the striking firefighters went back to jail.

While firefighters' wives and other supporters began door-to-door canvassing and petition circulating, news media continued to report that the city was through—there would be no more offers to the firefighters.

The next step, media reports suggested, could be the firing of all striking firefighters.

(Please turn to next page)

Strike!

(Continued from preceding page)

Sun. April 16 Accepting some of the points in the city's "final offer," firefighters presented a counterproposal. After five minutes of looking it over, the city negotiators left, calling the proposal "clearly unacceptable." Normal city attorney Frank Miles said the union's offer still included captains in the bargaining unit and still extended present benefits to new firefighters—both unacceptable to the city.

In an unusual move, state mediator Ed Schultz asked to speak to the Normal Town Council during their Monday night executive session. Although mediators ordinarily speak only with the two bargaining teams, Schultz said "the stakes are simply too high to worry about protocol in this case."

Mon. April 17 The 100 attorneys employed at the downtown Chicago offices of the international union-busting law firm of Seyfarth & Shaw received a surprise Monday morning, as they had to cross a firefighter's picket line to enter their plush office building. Chicago-area firefighters picketed the building to call attention to the law firm's responsibility for jailing strikers in Normal.

Though reporters were not even aware a request had been made, Governor James Thompson announced at a Peoria news conference that he had turned down Mayor Godfrey's request that the national guard be mobilized.

In reaction to the shutdown of their last town council meeting, Normal officials called in 75 police to restrict entry to Monday night's meeting. (See separate story.)

Tues. April 18 Godfrey denied asking that the national guard be mobilized. Instead, the mayor said, he has only asked about procedure for bringing out the guard in case a pro-firefighter rally in Normal became too much for local police to handle. Claiming that "outside influences"—who the mayor identified as pro-firefighter union groups—were planning "disruptive tactics," the mayor justified both his inquiry and his call-up of police for the town council meeting.

Calling it a "sham designed to confuse the public," city bargainers rejected the union's counterproposal to the city's "final offer."

The Daily Pantagraph Inc., which uses children as paper carriers so soft-hearted customers will pay on time, editorially criticized firefighters for "husing children" in their door-to-door canvassing. One teenager was circulating petitions in support of his father and the firefighters.

Strike supporters began a series of radio ads urging people to "look for the sticker in the window" and patronize those businesses which support the firefighters.

Wed. April 19 Mailed to each ISU dormitory resident, 9,000 leaflets argued that even with firefighters assigned to the forced "work release" program, Normal—and especially ISU dorms—still lacked top quality fire protection. Asking for student support for the firefighters, the leaflets explained that the run-down sprinklers were working 50% more hours than usual, and that with over half the off-duty force locked up at any given time, it would take over half an hour for the extra men to respond if they were needed to combat a major disaster like a dorm fire.

Union attorney Dale Berry said he would meet Friday with American Civil Liberties Union (ACLU) people to relay complaints that strike supporters were unconstitutionally denied entrance to Monday's Normal town council meeting.

Normal C. Council is a white man, almost 40 years old, who works for a large anti-union employer, who lives in a \$70,000 house in Precinct 2, who.

In spite of polls and petitions to the contrary, the Normal City Council has insisted throughout the firefighters' strike that only it knows what the citizens of Normal want.

Twice Peoria television station WMBD, Channel 31, did surveys that

showed more people in Normal supported the firefighters than opposed them.

The first survey, done March 30 to April 2, showed that 44% of 341 randomly selected Normalites approved of the strike. Only 33% opposed it and 23% were undecided.

The second survey, done April 11-13, indicated that 43% approved and 37% disapproved of the strike. But more importantly, 47% of the 330 people polled disapproved of the way Mayor Richard Godfrey and City Manager Dave Anderson handled their jobs during the strike. Only 22% approved of the two men's performance.

In addition, a petition in support of the firefighters was signed by 2500 Normal citizens and presented to the council April 17. Only 2096 people voted in the last town council election.

But if the council doesn't represent the will of the citizens of Normal, it does represent one particular group strikingly well.

Carl Sneed, Normal's departing assistant manager, unintentionally gave me the clue to just who the city council represents.

He said that he, Anderson, and the council members were getting scores of calls from people opposed to the firefighters. He even predicted that these opponents would force a recall election if the council "gave in" to the firefighters.

Who calls council members?

The upper middle-class manager, the professional, the real estate baron,

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Schnapps 25¢
Nine-inch pizza 99¢

Tuesdays

Mixed doubles pool tournament

Wednesdays

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tequila sunrise 60¢
tom collins 60¢

Thursdays

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prizes awarded

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"All that harms labor is treason to America. No line can be drawn between those two. If any man tells you he loves America yet hates labor, he is a liar. If any man tells you he trusts America yet fears labor, he is a fool. There is no America without labor, and to fleece the one is to rob the other."

—Abraham Lincoln

people,' council says

the business owner, all the men who run things and whose control over the workplace would be shaken if unions start a wave of organizing in Bloomington-Normal. Republicans all.

Not surprisingly, all the council members derive their income as managers or professionals, and all but one get their living from the largest institutions in Bloomington-Normal. Not accidentally, those institutions have the most to lose from unionization.

Remarkably, five of the seven council members live within one quarter of a mile of each other, clustered within 3 or 4 blocks of Ash Park. Two of those, Jocelyn Bell and Paul Mattingly, live one house one house apart on Valentine Drive. The other two council members live within a few blocks of each other about a half mile away.

Normal's not big, but it's bigger than that. Four of the city council members--William Hammitt, Vernon Maulson, Bell and Mattingly--live in the second precinct. There are 25 precincts in Normal.

Three of the council members work for Illinois State University: Mayor Richard Godfrey as head of the PR bureau, Parker Lawlis in the placement service, and Mattingly

as a professor in the geography department.

ISU, Normal's largest employer, has the largest stake in hindering the success of public employee unions. ISU wants to keep its clerical workers and teachers unorganized.

Bell, a homemaker, depends on a husband at State Farm Insurance for her bread, while Paul Harmon is a corporate lawyer for the Illinois Agricultural Association. (Harmon admits that he could be called on to work against IAA's clerical workers if they start organizing.)

The sixth member, Maulson, is an attorney for General Telephone, whose operators and repair people are already organized.

But Gen. Tel., State Farm and IAA all employ large numbers of not-yet-unionized clerical workers.

Though Hammitt does not work for a large non-union employer, he's a business manager of the BabyFold he has taken a public stance indistinguishable from his neighbors.

It's a cosy clique at the council table, so it's no wonder they see outsiders everywhere. An outsider is simply anyone who doesn't work for a large anti-union employer, who doesn't live in a \$70,000 house in Precinct 2, who.

--D. LeSeure

Strike!

(Continued from opposite page)

The town of Normal began taking applications for full-time firefighter jobs, but said the action had no connection with any plans to fire strikers. The eligibility list was depleted and had to be increased anyway, officials said.

Finally realizing, apparently, that jail was not going to break the strikers, and that their imprisonment was building public opinion—even at state and national levels—against the Normal town council, the Pantagraph editorially called for the firefighters' release, as the first of 10 suggested steps to ending the strike.

Strike supporters said they would circulate petitions calling for an election to change Normal's form of government. A ward system, with representatives elected from specific geographical areas, would be more responsive to public opinion than the present large election of council members, according to strike supporters.

Fri. April 21 The Daily Pantagraph reported that Judge Caisley privately suggested that both sides in the strike submit the dispute to binding arbitration.

The American Civil Liberties Union formed an investigation subcommittee to determine if there are grounds for a suit against the town of Normal for unconstitutionally restricting entry to their April 17 town council meeting.



Call 'em yourself!

The Normal Council

Jocelyn Bell, 1105 Valentine, ph. 452-7750.

Richard Godfrey, 205 Veronica Way, ph. 452-3710.

Paul Harmon, 6 Clinton Place, ph. 829-8245.

William Hammitt, 1103 Spear, ph. 452-1527.

Parker Lawlis, 1304 Stephens, ph. 452-5309.

Paul Mattingly, 1101 Valentine, ph. 452-2559.

Vernon Maulson, 314 Augustine Way, ph. 452-5470.



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The firefighters were on strike, so this reporter went to the courthouse March 27, when the men were put on probation, to cover the courtroom scene.

The Town of Normal was represented by City Attorney Frank Miles, but also by a quiet but fast talker, an unfamiliar face. Grumbles and moans surfaced from the crowd when he appeared.

Suddenly, buzzers rang in the courtroom. The firefighters ran from the room, hustling down the stairs and dashing to Normal. A fire alarm had sounded, and although they were on strike, the firefighters still responded to calls. The spectators were amazed at their quick action and

obvious dedication.

Except one man. The one with the unfamiliar face.

He stood up, faced the court, and charged that the men were answering an engineered false alarm to "impress the court." The alarm was minor, but real.

Who was he?

He obviously made people angry. In the lobby afterwards, a Bloomington firefighter cornered him, and questioned how this man could dare walk the earth. The outsider gave a half-hearted grin (coupled with a look of disgust) and headed for the door.

This reporter cornered him next. Who do you work for? Your firm? How many attorneys are on retainer? What are your specialities? What do you charge?

Each question got the same sick grin, as he retreated behind the barrier, seemingly immune to human interaction.

He was representative of an international law firm, a firm with offices from Los Angeles to South Africa--Seyfarth, Fairweather, Shaw and Geraldson, a large, corporate-oriented labor law firm.

A "corporate-oriented labor law firm" is a complex way to say something very simple--they are union busters.

S & S has built a reputation across America for preventing unionization, or stalling a bargaining session so long and with so many gimmicks that weak and powerless unions result.

Under the leadership of Ted Clark, S & S has a special program they sell to municipalities, a program to make unionization difficult and trying.

The Town of Normal bought the goods, for an undisclosed price, by bringing in S & S as their legal consultants.

When questioned to the cost of S & S, Mayor Godfrey replied that he didn't know. David Anderson, city manager, has an idea, but he wasn't really sure.

Estimates vary but the most certain is about \$116 per hour.

The Town's relationship began months ago, when attorney Miles attended a S & S seminar on collective bargaining.

As the union drive intensified, the town brought in S & S seating them at the negotiating table. Soon, they, not the usual city representatives, were presenting proposals to the union. S & S was obviously in control and dominating.

Under the direction of S & S, the town stonewalled negotiations, continually coming to the table with "final offers," trying to subvert the strength of the union through court action and jail sentences and hoping that prolonged negotiations will dampen the spirit of the strikers.

But S & S has another stake in Normal--their reputation.

Seyfarth & Shaw have been trying to stop unions for years. Mike Lass, Field Representative of the International Association of Firefighters says, "I've been dealing with them across the bargaining table since 1967."

Selling their special public employee program to cities, S & S has tried to stop firefighters' strikes in other cities.

The union faced them in Springfield, and beat them in Joliet and Danville. In Aurora, according to Dale Berry, the union's legal representative, a firefighters' strike was averted because the city attorney was confident enough of his own ability that he refused S & S's offer, and a quick settlement was reached.

So Normal, a traditionally conservative community, was S & S's chance to recoup their image after their recent tarnish in other cities.

With their Chicago force of over 100 attorneys, their offices in Los Angeles, Washington, New York, London and South Africa, S & S has been able to bring skilled professionals to work.

But certain things they've not been able to control--like the popular outcry about their expensive fees and the determined group of firefighters, who fear no court sentences or legal gimmickry, who are ready and able to stand up for their rights.

--MGM

'Fire my people, it's war!'--Lass

As the Post-Amerikan goes to press, hints that Normal officials are seriously thinking of firing the strikers are surfacing more frequently in newspaper and TV reports on the Normal firefighters.

According to Mike Lass, a representative from the International Association of Firefighters, such an action "would mean war."

"If the strikers were fired, and no longer had legitimate employment rights, then they would have to resort to illegitimate means to keep people from taking their jobs."

Though Lass would not be specific, he was serious.

"You bet I'm serious, dead serious," the strike organizer repeated emphatically. "My people don't lose jobs because of a strike. No one is going to take their jobs away from them, not without a fight."

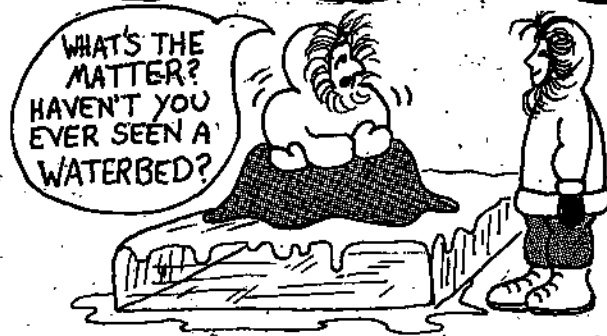
Sitting at strike headquarters under a sign reading "NO VIOLENCE, NO MATTER HOW PROVOKED," Lass continued, "Right now we're fighting nice. Fire my people, and it's war."



Mike Lass, International Association of Firefighters Field Representative

Waterbed myth # 3

"I don't need a waterbed heater!"



The temperature of the surface you sleep on is crucial to the enjoyment of it and the rest you get. Water alone is not enough. A cold, unheated mattress draws body heat away, with a chilling effect no matter how many blankets you use. It takes a water mattress that provides an even, gentle warmth, complementing your own body temperature, in order to penetrate and relax your muscles for a more restful and therapeutic sleep. Few people have bedrooms kept uniformly at or above 92 F. So to properly enjoy your waterbed, a way must be found to keep the bed around body temperature. Electric blankets and other heating elements are dangerous. If you don't get a waterbed heater at first, you will get one eventually. They remove the problem of a cold waterbed and add to the warmth of a truly back-to-womb experience. We carry AquaQueen and Safeway heaters.

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Massed police guard council meeting

The Normal Town Council met again April 17 under heavy armed guard. Although officials knew that strike supporters intended to be totally orderly, planned to attend the council meeting only for the first 15 minutes, and had arranged for members of the Bloomington firefighters union to serve as marshals in the crowd, Normal officials severely restricted the number of people allowed to enter city hall.

Pretending to enforce the fire code, the council admitted only 81 observers, and generally let in only people claiming they were attending for a particular item on the council's agenda. Since the firefighters' strike was not on the agenda, police turned away almost all strike supporters, though some of the firefighters' wives did get in. Union attorney Dale Berry charged that the restricted entry policy was a violation of the first amendment to the Constitution.

About 75 officers from three or four police departments appeared at city hall, surrounding the building and lining the council chambers shoulder to shoulder.

John McAtee, the only striking firefighter not jailed, had earlier received permission to talk to the council at the meeting's beginning. After his address, he and firefighter supporters in the audience left, joining the hundreds of supporters who demonstrated peacefully outside. The crowd moved away from the city hall building, gathering on a slope by the east parking lot to watch strike supporters stage some hilarious street theater ridiculing the council's handling of the strike.

Mike Lass, a representative from the firefighters' international

headquarters, said he and union attorney Dale Berry met with Normal police chief McGuire and city attorney Frank Miles hours before the council meeting. In addition, Lass said, fire captain McAtee spoke with Mayor Godfrey. These city officials were completely briefed on the strike supporters' plans, Lass said.

City briefed

Since city officials knew there would be no disruption of their council meeting, the massive show of force was only theater, Lass said.

And Normal was taking advantage of the city of Bloomington to stage that theater. Louis DeVault, Bloomington's assistant police chief, told the Post-American that he had "no idea at all" that Normal officials had met with strike leaders about preventing a disruption. DeVault said Normal had requested Bloomington's assistance several days before the council meeting, and had called again Monday afternoon to confirm their need for help. Bloomington sent 35 officers, according to DeVault.

Speaking to the town council, McAtee read a statement from Don Penn, laborers' union business agent. Penn traced the history of civil disobedience in the labor movement, from the time of Eugene Debs' imprisonment to the illegal sit-downs and factory occupations which finally won auto plant organizing battles in the 1930s.

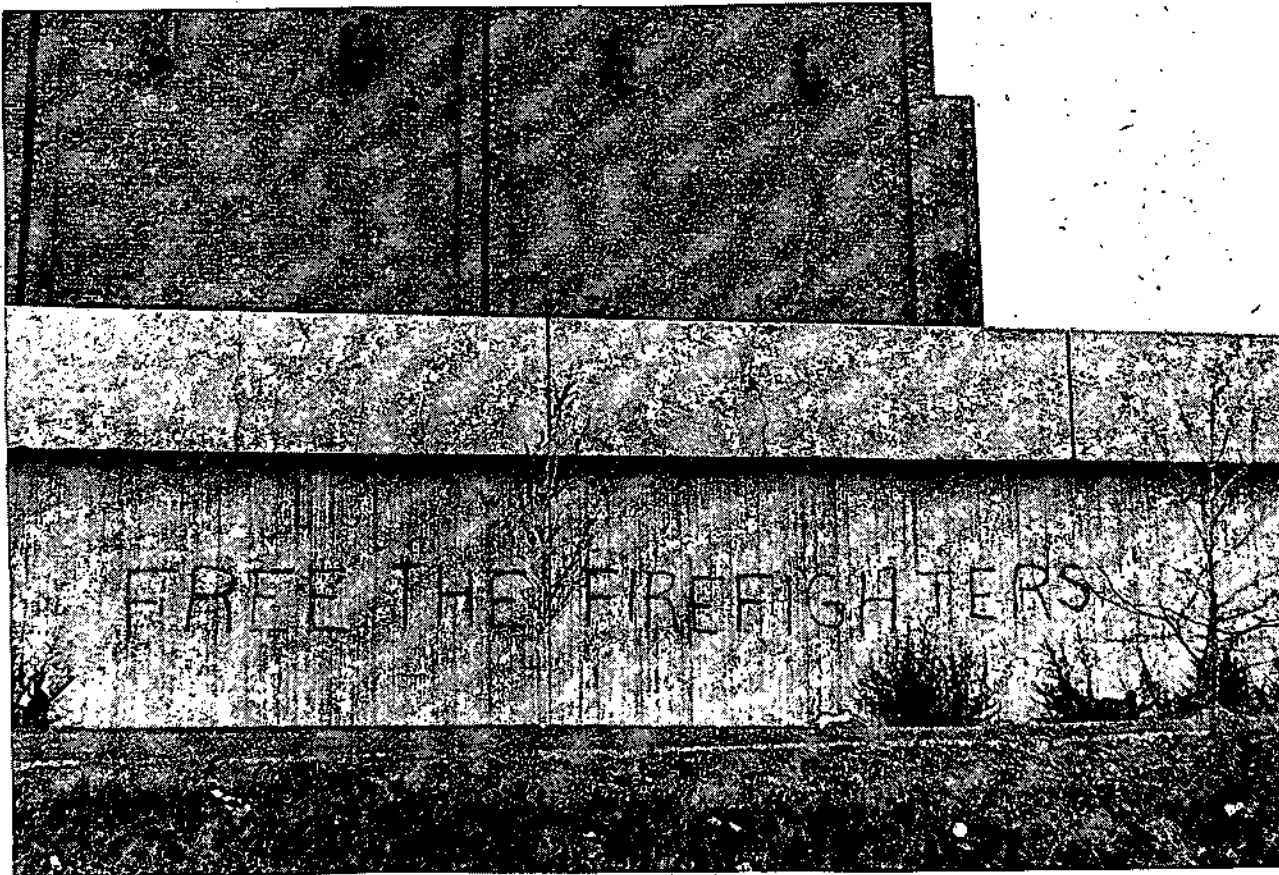
McAtee also presented petitions with 2500 signatures which firefighters' wives gathered in their door-to-door canvassing in Normal. McAtee said the 2500 signatures "represented about a thousand more people than voted in the last election."

Phony

McAtee also read a statement from Pam Lawson, whose jailed husband is president of the firefighters' local. She attacked the city for trying to undermine the strike's solidarity by sending a copy of the city's "final proposal" to each firefighter's wife. Referring to the city's accompanying cover letter, Ms. Lawson said the town's expression of "genuine sympathy" was "phony as a three dollar bill."

After reading statements, Captain McAtee staged some theater, too. Since the city sent its "final proposal" to each firefighter's wife, McAtee said, they are entitled to vote on it. Producing a ballot box, McAtee called the strikers' wives to the podium, one by one, to drop secret ballots into the box. When a council member accused McAtee of conducting a charade, he replied that it was no more a charade than the city's "final offer." During the voting, some of the council members just got up from their chairs and left.

After the voting, McAtee and other strike supporters joined the rally outside.



ABOVE: ISU's University Union carried a message of support for striking firefighters.



ABOVE: To show solidarity with jailed firefighters, a small group of supporters gathered at the headquarters fire station March 31, singing and shouting encouragement to the first shift of strikers working under Judge Caisley's "work release" sentence.

Is your life worth \$1.69?

Last March 4, a security guard at the Washington Square IGA in Bloomington fired a warning shot over the head of a young man who tried (but failed) to take a \$1.69 package of brownies without paying.

Two years earlier, in March 1976, a security guard at the Redbird IGA in Normal fired at a young man who was trying to steal a package of meat. In this case, the security guard thought the would-be shoplifter pulled a gun out of his coat, but the desperate lawbreaker did not return the guard's shot.

In both of these cases armed men who were hired by private businesses fired shots that endangered the lives of innocent citizens as well as the lives of the two young men--all to prevent the theft of insignificant pieces of private property.

What those two security guards did was either legal or thought by local police to be so minor that no charges were filed.

In the Washington Square case, the security guard, Gary Hickey, formerly of Lincoln and now a member of the U.S. Armed Forces, did not violate any state law, but he violated a city ordinance by illegally discharging a firearm within the city limits.

Police Chief Harold Bosshardt said that he talked with Hickey, with Hickey's boss, who was Larry E. Ellis of Regional Investigators Inc., Lincoln, and with the IGA store manager.

Bosshardt said that the guard's boss told him never to fire a warning shot again. This slap on

the wrist satisfied the company and, apparently, the police chief too, because he did not recommend filing of charges.

Neither Bloomington nor Normal police are allowed to fire warning shots.

"What if you fall while firing?" Bosshardt asked, adding that you can never tell where the bullet will finally come down.



Yet the city does not tell local security guards that it doesn't want them firing warning shots. Why not?

"That's private enterprise," Bosshardt said. "It would be up to the state if there were going to be any regulations on that."

According to the chief, the state licenses security firms like Regional Investigators and then it's up to the businesses themselves to train their employees according to state rules. Bosshardt said that training amounts to about 40 hours.

There are literally hundreds of such ill-trained, gun-toting security guards infesting Bloomington-Normal. Locally, no one knows exactly how many of these guards are prowling around with itchy trigger fingers. Chief Bosshardt wouldn't even make a guess.

Often security guards are ill-paid men who get off on hassling people. Sometimes they're off-duty police, like Normal's Sgt. Frank Fillipponi, who once arrested Post-American reporter Mark Silverstein for taking Fillipponi's picture while he was moonlighting at the old Normal Eisner's. That unfounded charge was quickly dropped.

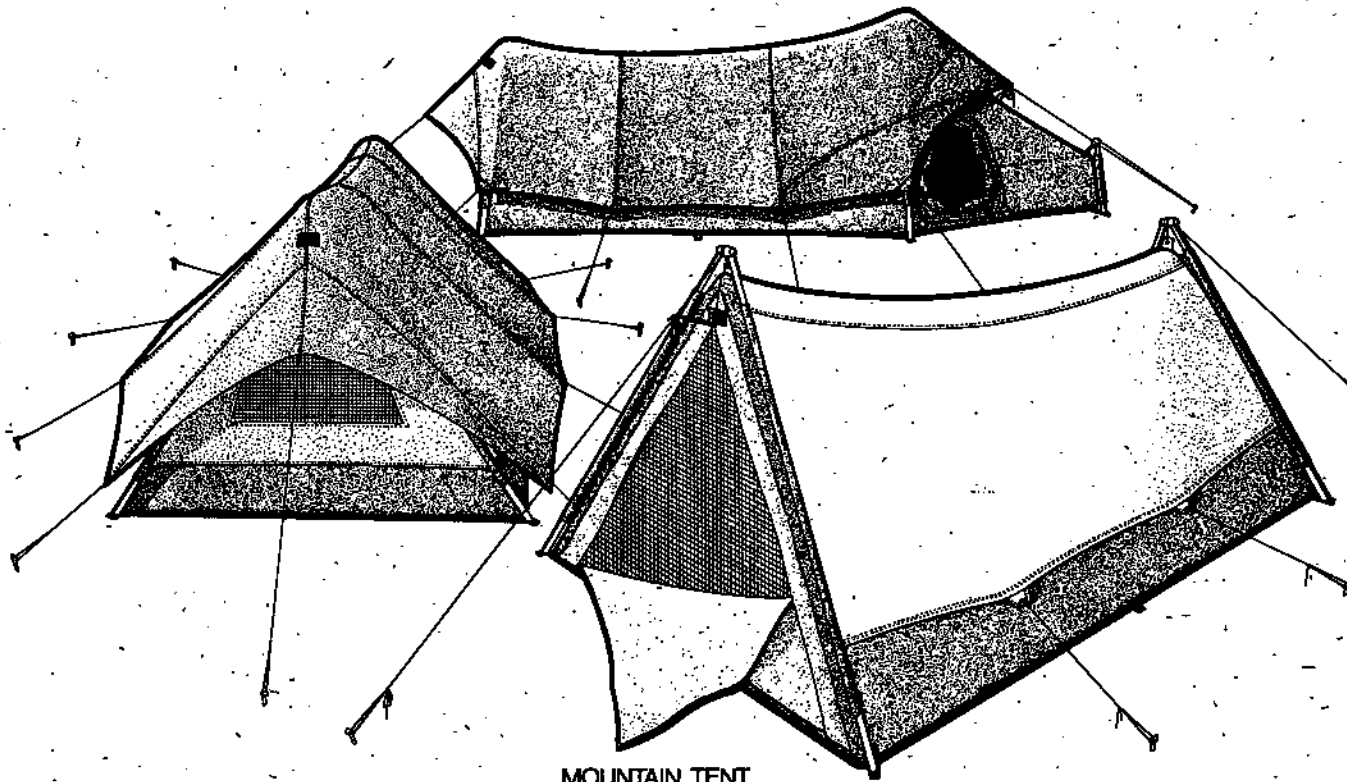
The problem with this plague of security guards is, of course, that we never know when one of them is going to panic like the guy at the Redbird IGA and start shooting. Nor do we know which ones consider a \$1.69 package of brownies more important than your life--like the guard at the Washington Square IGA.

Washington Square's manager claims that the guards need guns to protect themselves from armed robbers. However, he doesn't relish the thought of a gunfight in his store.

Bosshardt said that the Washington Square incident was the first of its kind, in his memory, in Bloomington, and he went out of his way to praise Regional Investigators as a fine company.

But then: if the guards don't use their guns, if the stores don't want them shooting customers, if we don't want to be shot, why are all these armed men crawling through so many Bloomington-Normal businesses day and night?

"Again," said Bosshardt, "that's private enterprise you're talking about."



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Community News

Community News

Legal Aid moves

Yup, Legal Aid is finally getting bigger, and moving into new offices. On May 1st, they will move to the fifth floor of the Greshiem Building, 219 N. Main, across from the old courthouse on the south-east corner of Main and Jefferson.

Most people think Legal Aid just does divorces and bankruptcies. But it does a lot more. They can offer free legal services in civil law matters to any eligible client. That includes things like: hassles with agencies like welfare, social

security, unemployment compensation, hospitals; civil rights problems like discrimination because you are poor, old, a woman, handicapped, or a minority; problems with your landlord; consumer problems. Legal Aid can represent whole groups of people who have legal problems in common.

If you have a problem you would like to discuss, call 827-5021 for an appointment, or come by on Monday or Wednesday afternoons.

Men get together

Sangamon State University is the setting for the Springfield Conference on Men and Masculinity. The conference will be April 28-30, 1978.

The keynote address will be at 8:30 pm on Friday the 28th in the Sangamon State cafeteria. The speaker will be Sam Julty, of the New York City Men's Center, on "Why a Men's Movement?"

On Saturday, from 9 to 5, there will be workshops. Here are some of the tentative titles:

Social and Political Issues: Men and Rape, Politics of Men's Liberation, Men and the ERA, Changing Work Roles, Building a Movement.

About Ourselves: Men and Aging, Men's Groups, Men's Studies, Men and Their Bodies, Male Scripting and Radical Therapy.

Relationships: Men and the Liberated Woman, Men and Children, Men and Divorce, Masculinity: Cooperation vs. Competition, Gay Men and Non-gay Men; a Dialogue, Men and Families in Therapy.

Sexuality: Bisexuality/Androgyny/Open Relationships, Gay Sex, Getting Down About Getting It Up, Males, Females, and Sexism.

The coordinators welcome any additional suggestions for workshop topics.

The conference will wrap up with a plenary session on Sunday morning.

To register, write to Len Adams, BRK-491, Sangamon State University, Springfield, IL 62708. Include your name, address, workshop preference, and indicate whether or not you will need housing. The conference is free. Women are welcome to attend, and day care will be provided. Bring your own food to eat.

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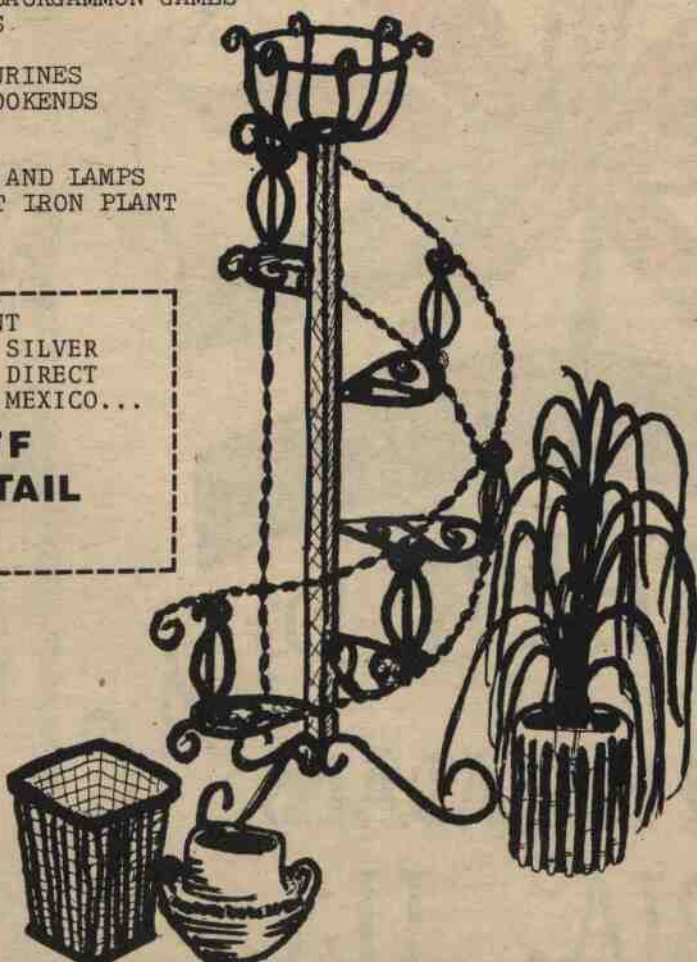
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Humane Society to help pets

The McLean County Humane Society has started one of the few low income neuter/spay subsidy programs in the state. A member of the Humane society will be in the new Bloomington Public Library every Thursday from 1 to 2:30 p.m. to take applications.

Applicants must bring proof of their financial status such as Supplemental Security Income checks or Medicaid cards and proof of identification. People receiving only food stamps will not be eligible for the program at this time due to limited funds.

In conjunction with the Humane Society program the County Board has agreed to defer all registration fees for pets neutered or spayed through June. The county will also support the program with \$150 from the Animal Control Budget for publicity.

letters

We encourage you readers out there to write us letters. So go right ahead and write and we'll probably put it in the paper. If you don't want your letter published, please say so in the letter. We've also been known to turn letters into full-fledged articles. So if you have a problem, gripe, or think something is particularly neat, let us know.

Runaway battles Juvenile Court System

I am the 15 year-old who got the shaft from Cheryl Bills (a probation officer from the McLean County Juvenile Court Services.) My mother wrote an article that was in the March issue of the POST-AMERIKAN. She was sure right about one thing--she knew I'd run away again. I stayed in my foster home 6 weeks, then I ran.

My foster parents were nice people and they were good to me. It was the probation office that was creating problems for me. It took my mother nearly 2 weeks of calling Juvenile Court Services before she could get permission for me to spend the day at home. Cheryl Bills wouldn't talk to her so she had to go through the director, Ken Simons.

Mom asked for me to come on a Saturday that she didn't have to work. I wasn't allowed to come home the day requested because I had a date for that evening. What that had to do with me going home 8 to 5, I don't know, but I was told I already had planned for the date and I wasn't allowed to have two important events in one day. Juvenile Court Services did their best to insure that I would be kept away from my mother but Judge Knecht said in court that I could visit at home.

I ran away Feb. 18 and it isn't easy being 15 years old and a runaway. My only crime is wanting to live with my mother and my sister. I wouldn't have turned myself in the last time when I was gone nearly five months, but both my mother and I were promised that I could go home, but I would have

to turn myself in first so we could go in front of the judge. Now I hear through the grapevine that when they get me this time, I am going to be sent to Mary Davis Detention Home in Galesburg.

My mother has been harassed by the police and threatened with an obstruction of justice charge. If we weren't poor I know they wouldn't try to intimidate her and me the way they do.

I know eventually I will get arrested but I will never again believe anything the authorities tell me. What is the sense of having an attorney

appointed to represent my best interests when he doesn't even listen to what I have to say? I talked to an attorney and you know what he told me? "Your mother isn't the most popular person since she wrote the POST that article." So I know the probation office will do the worst they can do to me just to get back at mom.

I keep in touch with my family so they won't worry about me. The cops may get me, and the probation office may see I'm sent as far away from my mom as they can get me, but eventually I'll get to go where I want to go, Home.

Brenda Fleming

Judges like death-defying acts

A Labor Department regulation that allowed workers to leave their jobs if work conditions threatened death or serious injury has been voided by a three-judge U.S. Court of Appeals.

The judges claim New York ironworker Jimmy Simpson should have followed regular complaint procedures instead of walking off

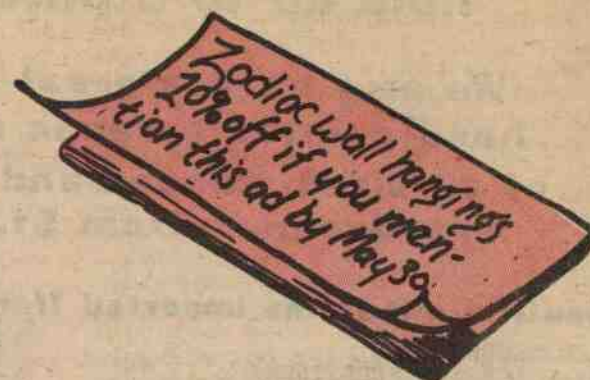
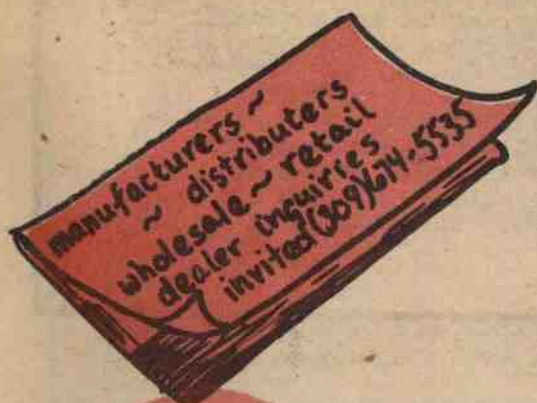
the job with his crew when windy conditions caused them to feel they were in danger of falling from a 150-foot-high steel structure.

Simpson was fired for leaving.

The judges claim the ironworkers should have filed an emergency request for a federal inspection, while continuing to work atop the steel beams. Inspectors would have reviewed the situation and filed for a federal court injunction to allow the ironworkers to leave if they thought winds were too strong.

The appeals court hearing was not held on steel beams 150 feet off the ground on a windy day.

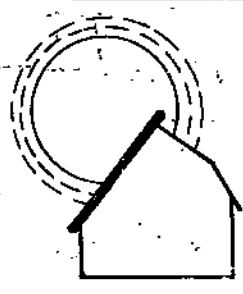
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Nuke fallout goes over like a dead balloon

The Sun Spot

by B.C.
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On Saturday, April 1, at about 2 in the afternoon, around 900 brightly colored helium balloons soared into the clear spring sky above the Clinton nuclear power plant, site and headed south-east. Some sped rapidly skyward, bound for the East coast. Others bounced and bobbed along the broken fields that lay warming in the sun. Each balloon carried a message.

"Radioactivity will travel on the air like a balloon. This balloon was released near Clinton, Illinois, at the site where a nuclear power plant is now being constructed. Radioactivity from a major accident at the Clinton plant could reach you."

The April Fool's Day Radioactive Balloon Release was carried out by the Prairie Alliance to inform the public about the hazards of nuclear power. About a hundred concerned citizens turned out to observe and participate. Those that participated were concerned about nuclear power safety, its links to the proliferation of nuclear weapons, and the hazards of transporting its deadly wastes through our communities. Those that merely observed were concerned about the threat that anti-nuclear activities pose to the corporate profits and public image of the Illinois Power Company.

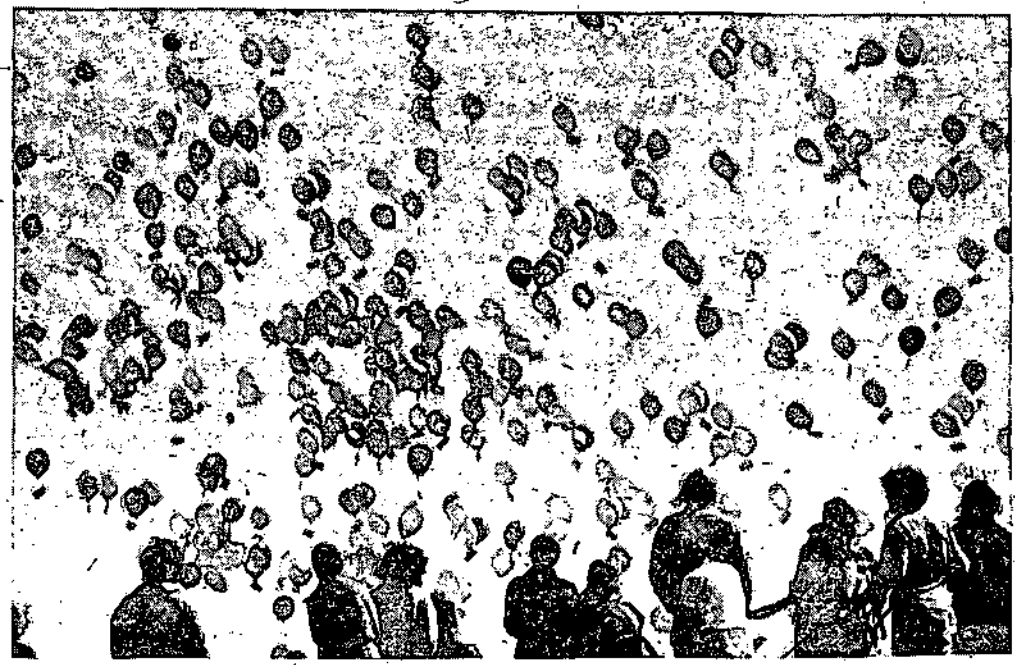
While demonstrators mounted what passes for a hill in these parts, laughed, sang and had a ball playing with balloons, about a half dozen grim-faced cameramen with telephoto lenses and note pads were busily recording the event from a vantage point west of the main crowd. They had no press credentials, nor did they volunteer information about their identity, although it would not have been necessary in any case. It was clear that surveillance of the Prairie Alliance had begun. It was not unexpected. Prairie Alliance camerapersons recorded their

observers' actions for Prairie Alliance files. You should have been there to see the dismayed expressions on their faces when we told them we wanted pictures of them for our files!

Within three hours of the balloon release, a call came in to Prairie Alliance headquarters--a balloon had arrived in Cloverdale, Indiana. That's 40 miles east of Terra Haute. The balloon traveled at about 40 mph to get there. By Sunday evening, one more washed up on the beach in North Carolina. Within a week, 28 cards and phone calls had come back from Illinois, Indiana, Ohio, Kentucky, West Virginia, Virginia, North Carolina and South Carolina. Radio stations, TV and newspapers have begun picking up the story everywhere from here to the East coast.

The balloon release was so successful, and the balloons traveled so quickly once released, that the Alliance decided to cancel the second planned release on April 29, which was going to coincide with Rocky Flats National Action Day. We were planning to try

to out-distance the helium balloons but now we know there's no hope of that in central Illinois. If and when a major accident does occur at the Clinton plant, bicycles may still be handy for weaving in and out of the stalled automobiles fleeing the scene. By the way, don't go down-wind. Go cross-wind. It is the shortest distance to uncontaminated land and air.



900 balloons demonstrate nuclear drift from Clinton could reach 5 East Coast states.



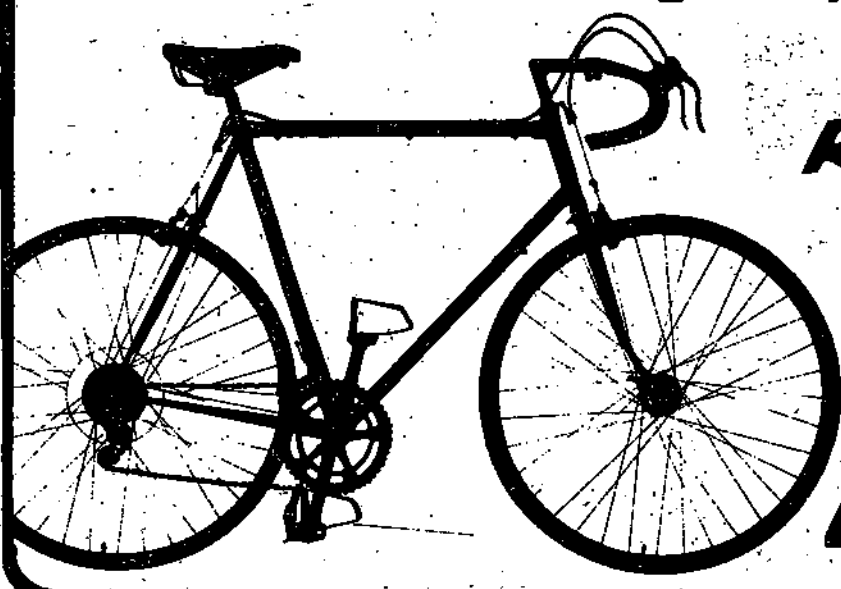
Champaign bus expresses its ideas on nuclear power.

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SUN DATES

Saturday-Sunday, April 29-30, Eastland Mall. Sun Week Information Booth. Volunteers are needed to hand out literature and gather signatures on petitions.

Wednesday, May 3, ISU Union, 10am to 4pm Sun Day Exhibition and Symposium. Exhibits on solar energy, and an educational program consisting of a series of speakers on solar energy, films and slide shows.

Saturday-Sunday, May 6-7, Timberline Recreation Area, Route 117, Goodfield, Illinois. The First Annual Central Illinois POSITIVE ENERGY CONVENTION!! Solar Energy exhibits by manufacturers, energy conservation devices, build-it-at-home solar collectors, energy investment analysis, energy efficient homes and domes, whole foods and beverages, arts and crafts, Natural Health Institute, books, free literature, bumper stickers, buttons, posters, camping, recreation, bonfire, pottery firing, and lots of music of the foot-stompin' kind. And it's all FREE!! (Exhibitors' permits are \$10 from Sun Spot.)

Jackson Browne: On the Road

On April 16, I finally saw Jackson Browne put his "road" album into a live perspective. Jackson played before a large enthusiastic crowd at the Assembly Hall in Champaign.

Karla Barnoff opened the show with good country-based music. Considering the place they were playing in (you might as well play in an echo chamber), the vocals were good quality. Unfortunately, she only played for about 40 minutes, which was way too short.

But the people wanted to see Jackson Browne. After an intermission he came strolling onstage to a thunderous ovation, and opened with "Take It Easy." There was an excellent fiddle solo by David Lindley, who also played lap steel guitar throughout the concert.

Jackson performed his other hits: "Doctor My Eyes," "Rock Me On the Water," and "Runnin' On Empty" from his latest album. It is interesting that all of the equipment cases had gas gauges printed on them, with the arrows on empty.

During the first part of the concert, two members of the audience unfurled a banner reading, "It Takes A Clear Mind." This referred to a line in the song "Cocaine" off his latest album. At the end of the song, as some of the band members are snortin' up, someone says, "It takes a clear mind." The reply is, "Does it take a clear mind to take it or a clear mind not to take it?"

During every break between the songs, you could hear people shouting "Cocaine," so "cocaine" was the first of several numbers Jackson did with David Lindley.

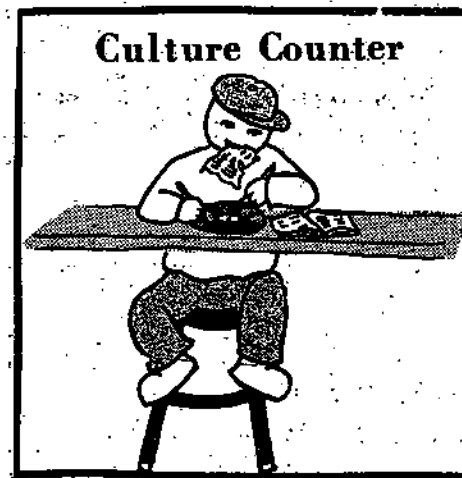
David Lindley was a driving force during the concert, with his excellent steel guitar and fiddle work. He also provided us with a "rare vocal appearance" on the 60's tune, "Stay."

With the rest of the band back on stage, Jackson continued with some more great music. Jackson's repertoire included mellow music with a few up-tempo tunes for diversity. Looking at him performing on stage, one could see he was really enjoying himself, and the audience was caught up in his great stage presence.

The concert never did bog down except when the band was tuning, which happened quite often. Of course, we must remember where they were playing. A performer never knows what a note is going to sound like when it leaves the amplifier.

After ending the concert with "The Load Out," a song about roadies, audiences, and being on the road, Jackson was called back for two encores and performed "The Pretender," and "The Road and the Sky." Although this concert was "just another town along the road," the people in the Assembly Hall felt it was a personal concert between Jackson Browne and each member of the audience.

--Dyndsdaile



Ten times as effective

Every year there are more blanks in the U.S. Department of Agriculture's statistics on pesticide production.

By 1975 and 1976, figures for 11 of the USDA's 14 categories were missing--including those for herbicides 2,4-D and 2,4,5-T and for polychlorinated hydrocarbon insecticides like dieldrin, heptachlor and DDT.

Each of the blank spots in the 1977 Agricultural Statistics pesticides table leads to the same footnote, which says simply:

"Withheld to avoid disclosure."

--Post-American

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- Cookbook - George Benson
- The Main Ingredient - Aphrosiasac

Breakfast:

- Hot Cakes - Carly Simon
- Jam - In the City
- Flat as a Pancake - Head East
- Whole Oats - Hall & Oats
- Golden Batter - Butterfield Blues Band

(DON'T SOME OF THESE LOOK GOOD ENOUGH TO EAT?)

Out to LUNCH:

(Eric Dolphy)

- Hot Tuna - Burgers
- Eat a Peach - Allman Bros.
- Bread & Roses - Judy Collins
- Paradise and Lunch - Ry Cooder
- Burnt Weenie Sandwich - Frank Zappa

Snacks & Before Dinner Things:

- Chocolate City - Parliament
- Pretzel Logic - Steely Dan
- Sugar Man - Stanley Turrentine
- Tea for the Tillerman - Cat Stevens
- The Art of Tea - Michael Franks
- Caneloupe - Jean-Luc Ponty
- Ginseng Woman - Eric Gale
- Diamantina Cocktail - Little River

Dinner:

(at the Ritz - City Boy)

- Brain Salad Surgery - ELP
- Goat's Head Soup - Rolling Uglies
- (BITCHES BREW BY MILOS DAVIS)
- Dixie Chicken - Little Feat
- Last of the Red Hot Burritos - Flying Burrito Bros.
- Meat Loaf - Bat Out of Hell
- Shaved Fish - John Lennon
- (FISH THIS WEEK BY LES MCCANN)
- Humble Pie - Eat It

After Dinner

- Champagne Jam - Atlanta Rhythm Section
- April Wine - The Whole World's Goin' Crazy
- Ear Candy - Helen Reddy
- Wild Cherry - Wild Cherry - Wild Cherry
- Liquid Love - Freddie Hubbard
- Come Taste the Band - Deep Purple

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Good Food - Cheap

Free dough from government! Hurry!

\$115,258 has been promised to the low income people of McLean County to help them recover from the high cost of keeping warm last winter. The program is simple.

It is called the Emergency Energy Assistance program. Eligible families can receive up to \$250 by applying by May 1. The money can be used to pay off last winter's heating fuel and electrical bills, or it can be used to pay for other things you could not afford last winter.

If you had to skip payments on medical or dental bills, couldn't afford and need winter clothes and blankets, or need food, this emergency program can help.

Applying for this program is easy. You simply call the McLean County Equal Opportunity Commission at 827-6128 or 827-6129 for an appointment. They have established a temporary office on the third floor of the Eddy Building, 427 N. Main, across from the Goodwill store in downtown Bloomington. The hours are from 9 AM-3 PM Monday through Saturday. You need to hurry, because the application deadline is May 1.

To qualify for assistance, you, your

family, or the people you live with need to have earned or received less than a certain amount of money since April 1st, 1977. The income limits are:

Family or Group Members	Total Income
1	\$3,713
2	4,913
3	6,113
4	7,313
5	8,513
6	9,713

If you earned or received less than these amounts, you have to "prove" it. Pay stubs, copies of checks, social security records or letters from other agencies are enough to prove earnings to the MCEOC people. If you have unpaid or past due fuel, electric, medical, or dental bills, you need to take those with you to your appointment. If any of the \$250 is left over after paying these bills, it can be applied to the purchase of winter clothing, blankets, or food.

This program will pay for all kinds of fuel. If you heat with any fuel--wood, coal, propane, gas, oil, or electricity--you are eligible.

Payments can be used to pay for summer fills if you are running low.

Priority is given to those people who are experiencing utility cutoffs. The elderly can apply by calling the Y.M.C.A. Senior Services Center at 454-1451 or the Area Agency on the Aging at 662-9393. Special intake centers and days will be made available to senior citizens through these groups.

The money to pay for these programs is coming from the federal government. Congress realized late last winter that heating costs were often more than low income people were receiving each month. Rather than give low income folks a raise (or make the fuel companies lower their rates), they decided to distribute \$250 to each family or group of people. And due to the enormous speed of the bureaucracy, the money became available in April. But nobody let McLean County even know it was going to get any money until Friday, April 15. That means \$115,258 must be distributed by May 1.

If you want to complain about the lack of time to apply, or ask the government to extend the time you have to apply, call Ernest White, Community Services Administration in Chicago, at (312) 353-7109.



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May calendar

- 1st, Monday -- RUBY STARR & LUCY GREY BAND
- 2nd, Tuesday -- JIM SCHWALL SUPER JAM featuring:
JIM SCHWALL BAND
with special guests:
SODA, SKILLET, & SCARDELLO
- 3rd, Wednesday -- SODA - rock poppin' blues
- 4th, Thursday -- HAVANA DUCKS - progressive country
- 5th, Friday -- FENTON ROBINSON - Alligator Records' blues artist
- 6th, Saturday -- NED PEPPER - rock
- 9th, Tuesday -- SHADY GROVE - bluegrass to country rock
- 10th, Wednesday -- CADILLAC COWBOYS - Western swing
- 11th, Thursday -- NEW EARTH RHYTHM BAND - rockin' blues
- 12th, Friday -- DAVE CHASTAIN BAND -- southern rock
- 13th, Saturday -- ALESHA - jazz-rock fusion
- 17th, Wednesday -- SKILLET - a Lay-Z-U favorite
- 18th, Thursday -- FULL MOON CONSORT - farewell performance
- 19th, Friday
& -- ARROW MEMPHIS - country rock
- 20th, Saturday

Other dates to be announced.

Dates may become subject to change beyond our control.

Middleton, Smith Support Continues

POST NOTE:

This article reflects the opinions, conclusions, and research of the John Middleton Defense Committee, not the Post-Amerikan staff.

The John Middleton Defense Committee is still active, and we are even expanding our work.

As readers of the Post know, last November John Middleton was convicted of robbery in Judge Campbell's court. Then the John Middleton Defense Committee was created and went to work spreading news of the police harassment and racism exhibited in John's case. Since then victories have been won, but justice for John Middleton is still to be achieved.

The first victory came when the court (same judge) gave a directed verdict of acquittal, on lack of evidence, in a second case involving charges of auto theft and burglary. Earlier two lawyers had told John that the evidence against him in this second case was much stronger than in the first.

But courts act differently when they are under observation. The only evidence whatsoever in the auto theft case came from the unsupported testimony of Detective James Roberts of the Normal Police Department—the same officer who had been harassing John Middleton for over a year.

This sort of evidence sends men and women to the penitentiary every day all over the United States for lack of public support and vigilance. The existence of the John Middleton Defense Committee made the difference. And that victory angered a number of

attorneys in Bloomington, who were convinced that John would have been convicted had it not been (to quote one of them) for "the big guns behind him."

Even the federal court in Chicago recognized that all might not be well in Bloomington-Normal. At the time of his conviction on the robbery case, John had been on federal probation on a credit-card violation, and after his conviction his probation officer moved for a revocation of probation. The defense committee sent a letter to the federal court explaining the racist harassment of John locally.

The judge, after postponing the hearing three times to investigate the charges, ruled on March 25 that Middleton should be given the benefit of the doubt, for apparently Normal police and McLean County officials had not satisfied the inquiries made by the court.

The victory in March is the second along the road towards freedom for John Middleton, but because of Detective James Roberts' racist pursuit of John in the robbery case, he is still serving a seven-year prison sentence. The struggle continues, and the continuation of the struggle has caused "concern" to our state's attorney, Ronald Dozier. He replied in a letter of March 17 to petitions sent him by the committee, offering to "discuss" the "true facts" with the committee and concluding: "It is unfortunate that so many people are gullible enough to accept and believe one side of the story, when it's obvious that they do not have the true facts."

We had thought that to be the purpose of public trials: to bring out the "true facts." If Dozier, has other facts not made available in the trial, he ought to make them available to the general public—unless they are the same old racist and anti-worker slanders, fit for "closed door" discussion but not for the light of public examination. At any rate, the committee has refused to meet with Dozier privately.

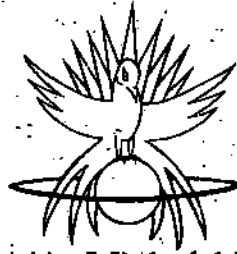
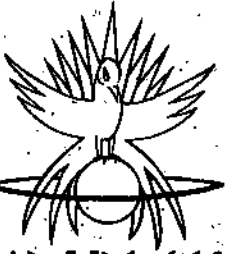
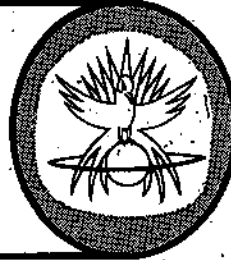
The John Middleton Defense Committee is committed to continued vigilance against racism and police harassment of workers and students. We are continuing to collect a file of such instances. And we have taken up a second struggle involving the racism of the courts and prisons in Illinois.

Maxine Smith, a prisoner at Dwight, has been confined to solitary for over a year now because of her work in making legal information available to other prisoners. Petitions in support of her can be signed at the John Middleton Defense Committee Booth in the ISU Union from 10am to 3pm every Wednesday. We have also prepared a support letter to be sent to John Middleton in Menard and are collecting signatures on it at the booth.

If you have information on police practices in Normal or Bloomington, come see us at the booth or write to the John Middleton Defense Committee c/o W.S.A. P.O. Box 45, Normal, Illinois

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FRI. HAPPY HOURS 4-7 pm
35¢ Drafts 50¢ Bar Drinks 50¢ Pizza

SAT. 2 for 1 Sale 5-7:30 pm
Buy 1 slice Pizza 2nd one FREE

SUN. 50's Night 50¢ by
Bar Drinks Hamburgers Tenderloins Fish Sandwiches 5-7:30 pm

Spontaneity barred from quad

"I thought it was a fine way to spend an afternoon," said Paul Schrader, chairperson of the Music Department at Illinois State University, after a musical quartet was removed from the quad April 10 for violating the University amplification code and for allegedly disturbing classes.

ISU security said they received complaints and said the quartet was "upsetting classes." Security also said the group was disturbing band practice, but Schrader said no one in his department had complained in any way that he knew of.

The amplification guideline reads: Amplified musical events may be held only in the amphitheatre (south-east part of the quad). However, any amplified equipment intended for use outdoors will be provided and operated by university personnel. No amplified music after 7 p.m.

According to ISU's Vidette, music between 8 am and 4 pm is also prohibited because it may disturb classes.

This regulation, which prohibits spontaneous musical events, is so obscure that nobody even remembers when it was passed. Assistant Dean of Student Affairs Mike Schermer said it was passed in "1975 or '76." The regulation was put into its present form recently.

On April 20, the Vidette ran a story that showed the administration had taken this regulation one step farther. Several outdoor events were either cancelled or changed because of this regulation. A lemonade and ice cream sale and a backpacking session were among the ones altered because of the dangerous amplified music that would be there.

The question is: Why is the administration suddenly cracking down on amplified music on the quad? I spent many an afternoon on the quad last year at this time with a battery operated tape player going full blast and I was never approached or asked to leave.

The answer is simple. Last year, there was a scheduled Rites of Spring on the quad, and now they're trying to springfest their way out of having one this year.

But I have a solution. On the 29th, let's show up on the quad with 500 acoustic guitar players, 400 harp players, 250 assorted percussionists, and 600 people and other forms of life yelling at the top of their lungs. We will have solved the problem of that obscure regulation and still have great entertainment. See ya on the quad.
--Dyndsdales.

Radio free ISU replaces rites

The birth of Radio Free ISU on April 29--if successful--will mark the beginning of a fight against local tyrants--the ISU administrators who decided to close the gates of Rites of Spring.

It was the day after Rites '77 that Illinois State University President set foot on campus. The "festive" remnants of the day before convinced him that this Rites was one party he'd have to attend.

And attend he did. In fact, he soon declared himself the host. And by virtue of that, he invited several of his friends to help.

Well, after they'd shuffled and scattered the event, then justified the changes they'd imposed on our Rites of Spring, the name was changed, the music was to be turned down and turned off earlier, and the students were saddened by the loss of a good tradition. But Void Lloyd called it new, improved, fortified, without all the impurities--just like Wonder Bread.

The success of Radio Free ISU hinges mostly on the cooperation of those that wish to preserve the tradition of Rites, to preserve the common memory of music outside and being together on a warm spring day.



WESN--broadcasting from Illinois Wesleyan--will provide the music, and you provide the radio. At noon, on Saturday April 29, put your speakers in your window or out on your porch or roof, turn your dial to 88.1 FM, then turn up the volume FULL BLAST. Go to your phone and call three friends and tell them to do the same. The go outside and listen.

If all goes well, Bloomington-Normal will be ablaze with the likes of Jimi Hendrix, Janis Joplin, special 60's presentations and rock concert soundtracks, as well as modern jazz and newer progressive rock.

The plan is legal in theory, uncontrollable, and fail-safe. If you live on the ISU campus, say in Watterson, your speakers could be a part of a 27-story sound column! It is fairly certain you could hear that out on the quad and no university employee can tell you how loud to play your stereo.

If you want to prevent the end of a tradition, do it with your radio.

--Beth Escott

Looking for gay male or lesbian magazines?

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Must be 19 yrs. or older

No Lark: Company closes town

Kennecott Copper has ordered all the residents of Lark, Utah--591 people--to get out of town by sundown Aug. 31, the day it plans to begin mining operations there.

The mining monstrosity bought the town (and the mines) from U. S. Industries in 1972, but townspeople--all of whom live in Kennecott-owned buildings or on company-owned land--had no idea they were going to be thrown out until last December.

"I guess there isn't much we can do," resident Merle Watson said. "But they're going to have to work at it to move me. I'll move when I'm ready."

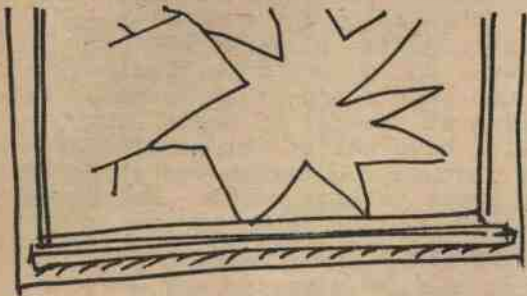
--N.Y. Times, Dollars & Sense Magazine



Vidette sexism gets forceful feedback

Post-Note:

On April 14, we found this message on the door of the Post-Amerikan office. A note attached to it said, "Last night the enclosed message was delivered with rocks to the Vidette office." We hurried over to the Vidette office at Illinois State University, and sure enough, a hole in their back window assured us that no one was putting us on. So did the Vidette news editor.



To: The Vidette
 From: Men Against Crimes Against Women (MACAW)
 Re: Sexist Outrages in the Vidette/
 the Vendetta

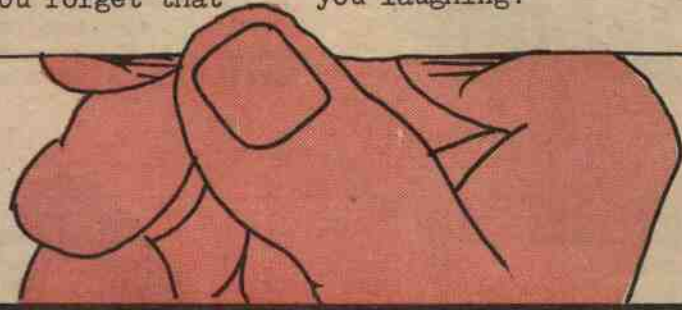
We have taken action against your publication because of the many sexist slurs in your recent parody edition, the Vendetta. We felt that it was necessary to demonstrate our anger in a visible way because we are appalled by your blatant sexism, because you apparently refuse to see how you have degraded women, and because you have not even made an attempt to apologize to those who have been offended.

You said that your Vendetta was done in "good clean fun" and that your purpose was to "provide everyone with a reason to laugh." But what you have done is to encourage people to laugh at women. You seem to think that as long as you laugh at something it is all right, but you forget that

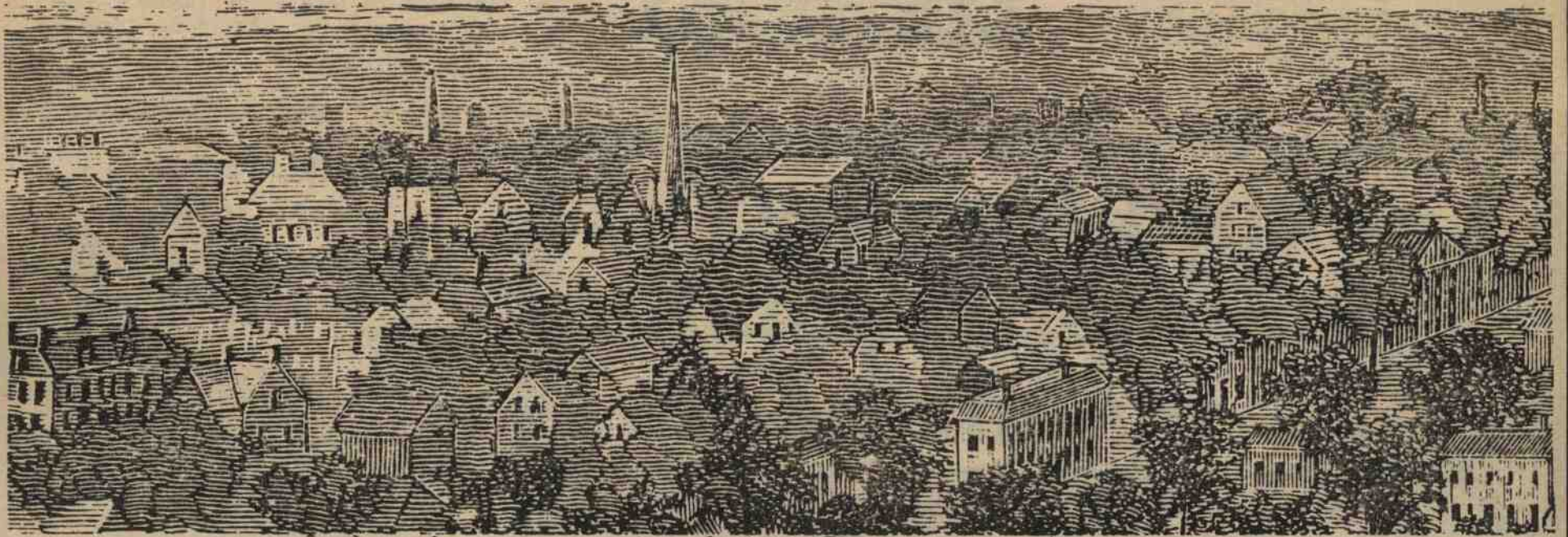
laughing at someone can also be mean and degrading. In addition to making women the objects of ridicule, you also poked "fun" at children, people with mental problems, Jewish people, gay people, blacks, and other powerless groups. But the one group that you did not really make derisive fun of is the most powerful one and the group to which most of you probably belong: white male heterosexuals.

We feel that for too long men have used their power to exploit women--as you did in the Vendetta--even to the point of denying them their right to be offended by saying that "everyone should come together in laughter." We say this abuse of power must stop. As a group of men, we declare our opposition to your use of privilege to dehumanize and oppress women and other victimized people.

This is our Vendetta to you. Are you laughing?



looks like a sleepy, serene community.



look again.

If you listen to the city fathers, the Pantagraph, the civic boosters and the phony speechmakers, you would think we lived in a 1930's Hollywood set. But let's look behind the scenes. Each month since April 1972, the Post-Amerikan has been denting that serene facade, printing the embarrassing truths the city fathers would rather overlook. Take another look at Bloomington-Normal. Subscribe to the Post-Amerikan.

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