

Eastern Illinois University

The Keep

The Post Amerikan (1972-2004)

The Post Amerikan Project

3-1986

Volume 14, Number 9

Post Amerikan

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Post-American benefit; Shuttle; gardening; P-A benefit; Cointelpro returns; more

Bloomington-Normal

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POST AMERIKAN

Vol. 14 No. 9
March 1986

Shrinks' scripts
leave two dead

See pages 10-15



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POST AMERIKAN

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The Post Amerikan is an independent community newspaper providing information and analysis that is screened out of or downplayed by establishment news sources. We are a non-profit, worker-run collective that exists as an alternative to the corporate media. Decisions are made collectively by staff members at our regular meetings.

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

Most of our material and inspiration for material comes from the community. The Post Amerikan welcomes stories, graphics, photos, and news tips from our readers. If you'd like to join us, call 828-7232 and leave a message on our answering machine. We will get back to you as soon as we can.

We like to print your letters. Try to limit yourself to the equivalent of two double-spaced typewritten pages. If you write a short, abusive letter, it's likely to get in print. Long, abusive letters, however, are not likely to get printed. Long, brilliantly written, non-abusive letters may, if we see fit, be printed as articles. Be sure to tell us if you don't want your letters printed.

An alternative newspaper depends very directly on a community of concerned people for existence. We believe that it is very important to keep a paper like this around. If you think so too, then support us through contributions and by letting our advertisers know you saw their ads in the Post Amerikan.

The next deadline for submitting Post material is March 27.



Thanks

This issue is in your hands thanks to Susie (coordinator), Diana, Melissa, Dave, Sue, Chris, Mark, J.T., Deborah, Val, Nadene, Laurie D., Laurie H., Bumper, Rich, Vergil, Bob, Nancy, Ralph, and everyone who came to the benefit.

Moving?

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

Name _____
Street _____
City/state/zip _____

Good numbers

- Alcoholics Anonymous.....828-5049
- American Civil Liberties Union.663-6065
- Bloomington Housing Authority..829-3360
- CAPLE/Childbirth & Parenting
Information Exchange.....452-0310
- Clare House (Catholic Workers).828-4035
- Community for Social Action...452-4867
- Connection House.....829-5711
- Countering Domestic Violence...827-4005
- Dept. Children/Family Services.828-0022
- Draft Counseling.....452-5046
- HELP (transportation for senior
citizens, handicapped).....828-8301
- Ill. Dept of Public Aid.....827-4621
- Ill. Lawyer Referral.....800-252-8916
- Kaleidoscope.....828-7346
- McLean Co. Health Dept.....454-1161
- Mid Central Community Action...829-0691
- Mobile Meals.....828-8301
- McLean County Center for
Human Services.....827-5351
- National Health Care Services--
abortion assistance, Peoria..691-9073
- Nuclear Freeze Coalition.....828-4195
- Occupational Development
Center.....828-7324
- Operation Recycle.....829-0691
- Parents Anonymous.....827-4005
- PATH: Personal Assistance Telephone
Help.....827-4005
- Or.....800-322-5015
- Phone Friends.....827-4008
- Planned Parenthood....medical..827-4014
bus/couns/educ..827-4368
- Post Amerikan.....828-7232
- Prairie State Legal Service....827-5021
- Prairie Alliance.....828-8249
- Project Oz.....827-0377
- Rape Crisis Center.....827-4005
- Sunnyside Neighborhood Center..827-5428
- TeleCare (senior citizens).....828-8301
- Unemployment comp/job service..827-6237
- United Farmworkers support....452-5046
- UPIC.....827-4026

Post Sellers

- BLOOMINGTON**
- Amtrack Station, 1200 W. Front
 - The Back Porch, 402 N. Main
 - Bloomington Public Library (in front)
 - Bus Depot, 533 N. East
 - Common Ground, 516 N. Main
 - Front and Center Building
 - Hit Shed, 103 E. Mulberry
 - Law and Justice Center, W. Front St.
 - Lee Street (100 N.)
 - Main and Miller streets
 - Medusa's Adult World, 420 N. Madison
 - Mike's Market, 1013 N. Park
 - Mr. Donut, 1310 E. Empire
 - Nierstheimer Drugs, 1302 N. Main
 - Pantagraph (front of building),
301 W. Washington
 - The Park Store, Wood & Allin
 - People's Drugs, Oakland & Morrissey
 - Red Fox, 918 W. Market
 - Susie's Cafe, 602 N. Main
 - U. S. Post Office, 1511 E. Empire
(at exit)
 - U. S. Post Office, Center & Monroe
 - Upper Cut, 409 N. Main
 - Wash House, 609 N. Clinton
 - Washington and Clinton streets

- NORMAL**
- Blue Dahlia Bookstore, 124 E. Beaufort
 - ISU University Union, 2nd floor
 - ISU University Union, parking lot
entrance
 - The Galery, 111 E. Beaufort (in front)
 - Midstate Truck Plaza, U.S. 51 north
 - Mother Murphy's, 111 North St.
 - North & Broadway, southeast corner
 - Stan's Super Valu, 310 N. Main
 - White Hen Pantry, 207 Broadway
(in front)

Inside the Post-Amerikan: True Confessions

When I conceived the idea for an insider's story about the Post Amerikan staff, it was with the intention of satisfying some curiosity, dispelling possible misconceptions, and drumming up support.

What prompted the idea was a meeting about selling ads. While I was the first to admit, along with most everyone else, that selling ads is not my strong point, I could not conceive that there was not someone suited to it and, more important, willing. The same applied to writing articles, typing, labeling papers or doing other odd jobs for the paper. Surely there were people "out there" we just had not tapped into.

Being the latest addition to the staff, I figured there had to be others like myself, willing but trapped in meaningless activity or misdirected priorities. Believe me, it can be healthy and invigorating to channel one's energies outward rather than concentrating on oneself or just a small slice of life. What then, was the problem?

As a friend, who is also a faithful reader, explained to me, "I feel there is a wall that exists between the staff and its readers." Perhaps some of you would agree with this. Call it mystic, fear of the unknown, fear of rejection or simple ignorance--thinking we do not require assistance or would not appreciate it.

What held me back for so long was the fear that a newcomer would not be allowed to penetrate the inner circle. Much to my surprise, I discovered a group of individuals who were as concerned about whether I would like them as I was worried about them liking me.

Before my involvement with the Post Amerikan, I was simply a sometimes loyal reader unconnected with anyone associated with the Post. I bought my paper, absorbed and analyzed the articles and wondered what these people were really like. Everyone has their fantasies and I was no exception.

Deciding to take the big plunge, I called and offered my services. It happened to be a lay-out week-end. The Big C., coordinator for that particular issue said, "Sure, come on down." Having worked up enough nerve, I actually showed up. I never did get an orientation or even a tour. There were only two people there when I arrived, the electricity was temporarily out, and they

seemed at a loss as to what to do with me until I said the magic words, "I can type."

Needless to say, I spent the rest of the evening typing. I was content to do so, figuring a little hard work would establish my sincerity while giving me the opportunity to sit back and observe these people in their own element.

When I showed up the following day they seemed genuinely surprised. It seems they think they are a little too weird to keep new people around longer than one day, particularly since I did not know a soul.

Certainly if you come expecting a pleasant workplace or to be pampered along you will be disappointed. But if you have enough self-esteem to hang in there while listening and learning, then you can make it.

So, what's the pay-off for all this volunteer work? Obviously the satisfaction of being involved with the paper. As I have discovered, while the staff holds differing views of the paper and its impact, they all believe fervently in its continuation.

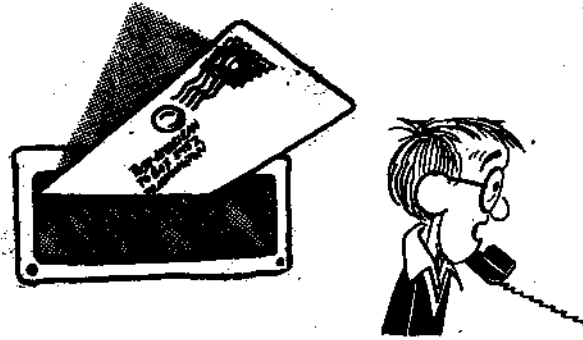
Phoebe finds an immense personal fulfillment in channeling her social activism into the paper and could not live with her conscience if she did not. Deborah says it keeps her off the streets at night.

But all agree that the establishment watches its step because the Post Amerikan exists. We increase awareness about issues such as gay rights and police overreaction. And while we have been criticized for our pessimism, it's because we expose the injustices and corruptions within the system. Those of you who get beyond such superficial impressions realize that behind the pessimism are the principles of equality and justice we believe in.

Beyond the satisfaction of being involved with the paper is the pleasure of being a part of the collective. What I discovered was a core group of highly dedicated and divergent individuals, each contributing their own unique skills. A group of people that under different circumstances could not survive one another. They are held together by their sense of humor and high spirits, and with their energies focused on the paper they are a force to be reckoned with.

So, if you have some time on your hands and want to be involved with a talented and lively group of individuals, please call and offer your services. If nothing else, please send us your thoughts and opinions about the paper. We love feedback.

-Alethia



Farmworker fundraiser

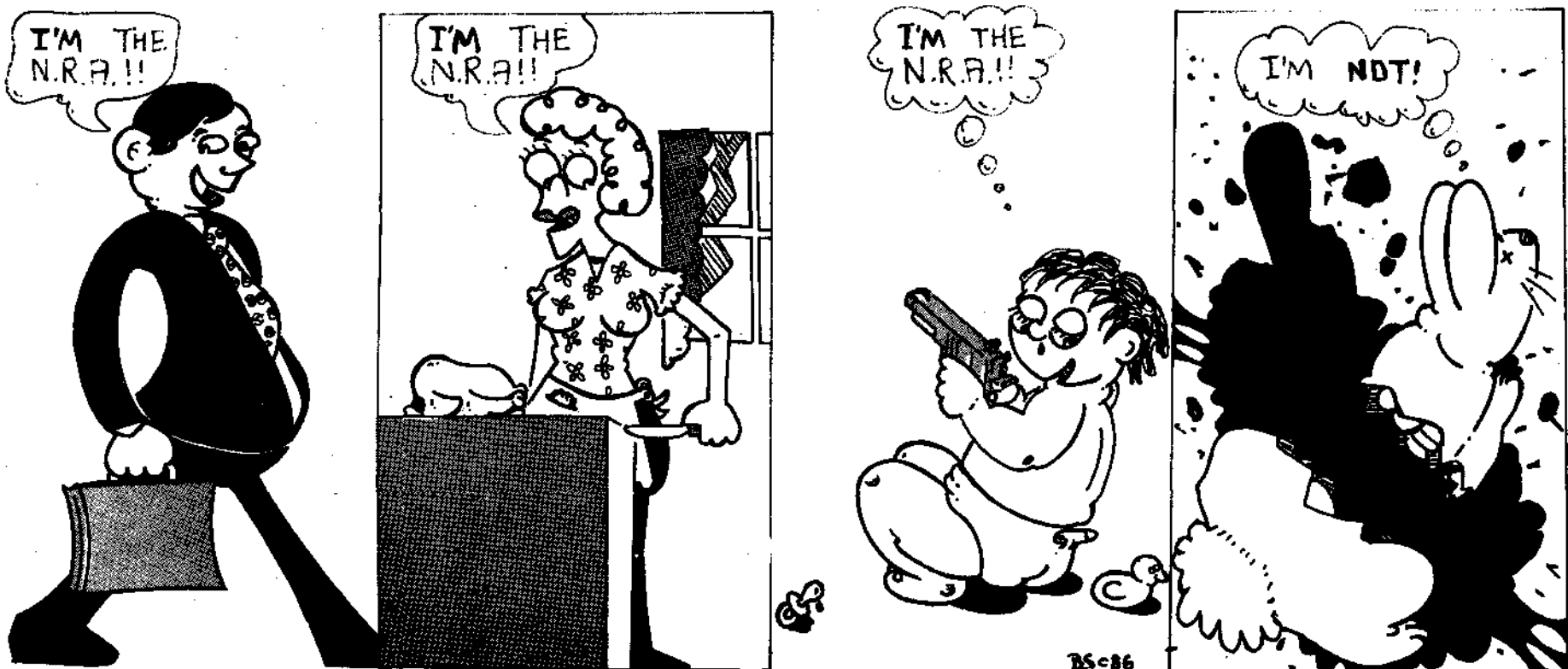
A benefit coffeehouse for FLOC (Farm Labor Organizing Committee) will be held at 7 pm, Saturday, March 22, at the Newman Center, 501 S. Main Street, Normal.

For the past ten years, FLOC has been organizing impoverished migrant farmworkers in Ohio and Michigan. Their recent successes in those states has now led them to target Illinois for new organizing efforts. This fundraiser will benefit this new planned outreach.

The special guest for the evening is Baldemar Valesquez, president of FLOC. The program will feature local musical talent from 7 to 8, a short talk by Baldemar (He's also been known to hammer out a few chords on the guitar and sing.), and then a Mexican band will complete the evening. Mexican dinners will be served.

Donations taken at the door will benefit FLOC. Individuals are encouraged to donate any amount they like. For more information, call Mike at 828-4368.

Comic



BS-86

Goodbye to the hissing of summer lawns

Are you tired of mowing the lawn, buying gasoline, hassling with that noisy and cantankerous lawnmower every summer? Maybe you should consider the alternatives--and I don't mean waist-high weeds. There are many landscaping techniques that can relieve the monotony of those close-cropped, ecologically unsound, and energy intensive lawns.

Perennial/ornamental covers

Several seed companies offer mixtures of natural prairie grasses and wildflowers that offer an attractive, maintenance-free lawn. These mixtures grow twelve to eighteen inches tall, require no added fertilizers and, once established, should require no watering. In return, you'll receive a carpet of blues, greens, reds, and purples that will continue to bloom all summer. The disadvantage of these mixtures is that they require full sun.

For those shady areas, try periwinkle, phlox, or the other shade-tolerant flowers. These do especially well around the base of trees and around house foundations. On tough slopes, crown vetch is a good choice. This tough perennial is a legume that forms a dense ground cover, produces either white or red blossoms in June, and is practically maintenance-free. It is, however, prone to spreading and can easily out-compete most other plants, so it is advisable to use metal dividers or other means to control rampant growth.

Additional area treatments with perennials include the bulb flowers such as iris, day lily, tulips, etc. These plants make excellent accents to the above low-growing plants and provide splashes of color in the spring. They require very little added water or fertilizer, but do need to be dug up and the bulbs separated every couple of years to avoid overcrowding.

Edible landscape

My favorite approach to replacing lawns is the edible landscaping route.

Done correctly, gardens and strategically placed edible crops provide an attractive alternative to grass. While these crops generally require more tending than the perennial ground covers, their rewards are both visually aesthetic and tasty.

--Gardens: The garden design most likely to gain neighborhood approval incorporates raised beds. Raised beds have several advantages over conventional row-cropping: Because you never walk on the bed, the soil does not become compacted around the root zone; once the bed is established, preparation for planting is restricted to a light once-over with a garden fork and rake.

These beds are also efficient in terms of resources--water and fertilizers are concentrated on the planting areas rather than the walkways. Raised beds work well on sloped sites where row-cropping would present erosion hazards. Perhaps best of all, raised beds lend themselves quite well to the use of cloches--plastic tunnels supported by flexible plastic pipes bent over the beds to provide a mini-greenhouse. The result is early- and late-season growing that can more than double the productive capacity of the bed space.

The rule of thumb for sizing your beds is to make them as wide as is comfortable to reach halfway across--about four feet for most people. Length depends on the site; however, remember you will have to skirt the bed each time you need to get a tool or move to the next bed--if you make your beds thirty feet long, you're going to have to put on a lot of extra steps. If you have to span a long expanse, it's better to break them into, say, twelve-foot beds with walkways across the ends to save steps. Walkways should be about three feet wide to allow easy use.

A wide variety of materials is suitable for containing the beds: stone (difficult or expensive to find in central Illinois), railroad ties, telephone poles, salvaged concrete

blocks, and many others. If you want to get really fancy, you can buy treated two-by-sixes from a lumber yard but make sure they are treated with one of the waterborne salt processes and not pentachlorophenol. Penta-treated lumber is not compatible with plants (it will kill them), and there are many questions about the safety of human contact--which will happen when you tend to your beds.

Raised beds are far more productive per unit area than conventional plantings. The seed spacings recommended on seed packets for planting in rows are calculated to provide space for a walkway between rows. The closer spacings in a bed allow the plants to fill in and shade out competing weeds; they also greatly reduce the amount of water necessary to produce a good crop.

Planting tips

Some planting tips for raised beds include:

1) Group plantings into short blocks that use the entire width of the bed; planting more than one type of crop together can cause problems in cultivation, watering, and fertilizing



Science for the People/CPF

due to differences in crop requirements. There are some exceptions; check the listed requirements for each type and experiment a little.

2) Confine perennials to specific areas, with blocks of open space between for planting annuals. Trying to mix perennials with annuals accentuates the problems in tip one.

3) Use succession planting to minimize exposure of the soil. For example, plant beans after the lettuce or spinach is done bearing. Also, fall plantings of many crops can be started in areas where an earlier crop is removed.

4) Choose crops based partly on the visual impact. For example, "ornamental" kale is as equally nutritious and tasty as the more common variety but is available in red, purple, and blue. Also, some pepper varieties are beautiful as well as tasty.

5) The principles of companion planting apply to beds as well as conventional plantings. Don't plant kale next to cabbage (they're both members of the cole family), or squash next to cucumbers (both are cucurbits), etc.

Herbs • Spices • Fruits • Vegetables • Nuts

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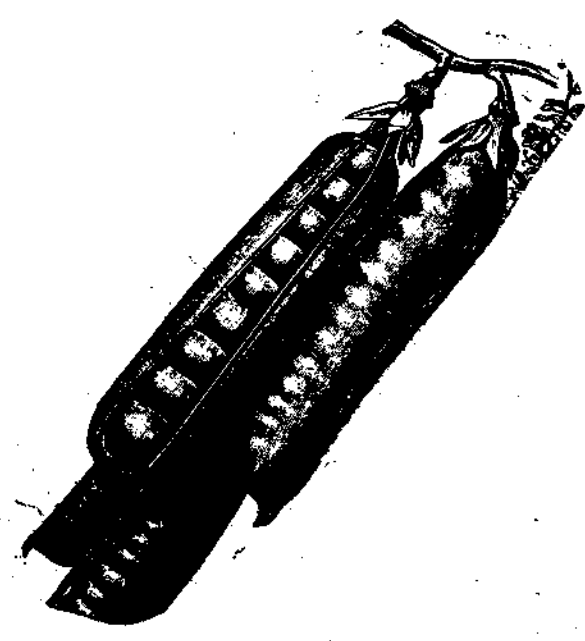
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Whacko quotation of the month

Attorney General Edwin Meese in an interview with US News and World Report: "You don't have many suspects who are innocent of a crime. That's contradictory. If a person is innocent of a crime, then he is not a suspect."

--The Progressive Review

6) Choose space-saving varieties where possible; bush varieties of cucumbers, melons, and squash will bear as much fruit in a smaller area as the full-sized varieties, and determinate tomatoes will sprawl less than indeterminate varieties. In addition, use trellis or other methods to utilize vertical space: vine crops will bear well grown vertically and use up far less space.



allowing half of the patch to go unharvested until mid-season, at which point you mow it down and allow the other half to go to seed. The mowed section will then begin producing sprouts.

--Container Gardens: For patios, porches, or other different areas, or just as an interesting accent, try decorative containers such as tubs, barrels, old ice chests, or just about anything that will hold soil and which you think might look attractive. There are special varieties of "patio" tomatoes, bush-type cucumbers, and peppers that make good container plants.

Most herbs will do well in containers, also. Holes will be needed in the bottom of the pots to ensure drainage, and it's best to place a layer of coarse rocks in the bottom to keep soil from plugging the holes. A major advantage of container growing is the portability, which allows you to move plants into or out of the sun or to rearrange your garden as the

whim strikes. For this reason, it's best to use relatively small containers to ensure they are light enough to be moved when they're full of soil. This portability allows you to move plants indoors for the winter and extend your harvest. Peppers, for example, are non-hardy perennials that can be nursed through the winter to bear early next growing season.

There are several good books on edible landscaping. You can also write the New Alchemy Institute (237 Hatchville Road, New Falmouth, MA 02536) for a list of their publications.

I hope this article gives you some ideas for alternatives to boring lawns. A word of caution, though: once you start with these ideas, it is very addictive, and you'll begin to see the possibilities are endless. But wouldn't it be nice to spend a sunny Sunday afternoon without listening to the raucous noise from your neighbor's lawnmower? Start a neighborhood revolution today.

--tm

For excellent tips and an overview of raised bed culture, consult John Jeavon's How to Grow More Food (in Less Space Than You Thought Possible); Helga and Bill Olkowski's The City People's Book of Growing Food, and the several very good articles in "Mother Earth News."

--Berries and Fruits: Bramble berries (raspberry, blackberry, wineberries, and others), bush berries (blueberries, elderberries, etc.), and grapes make excellent edible hedges and borders. These crops can be trained onto wires or trellises or planted in clumps for accent to other plantings. Strawberries make an excellent ground cover for slopes or alongside pathways, though some care is needed to keep them from spreading. The Cooperative Extension Service has several excellent publications on growing these crops.

Dwarf fruit trees are very usable for edible landscaping as they are quite compact and bear fruit in three to five years. They can be used as stand-alone accent plants (caution: some varieties require more than one tree for cross-pollination) or trained on a fence or trellis (called "espalier" training). Espalier training allows greater production from a small area, but the pruning required is tedious. Espaliered fruit trees can be trained against the side of a house or as a hedge. Species that do well when espaliered include apples, pears, peaches, cherries, plums, and apricots. Burpee and Stark Brothers offer started trees and publications describing the training process in detail.

--Herbs, etc.: While herbs and similar plants make good ground covers and garden plants, I believe they are useful enough to be given separate treatment in this article. Herbs such as borage, beebalm, and lovage are attractive annuals both for foliage and flowers; and basil, rosemary, and thyme are nice border plants with culinary uses. Perennials such as the mints (spearmint, peppermint, lemonmint, etc.) are very shade tolerant, make excellent border plants for the base of trees and house foundations, and are useful in salads and teas.

Other herbs such as garlic, chives, and scallions make very good companion plants for deterring insects from susceptible crops (wormwood and thyme are said to have similar qualities). Chamomile is so hardy it can even be used in fairly heavy traffic areas as it doesn't seem to mind being trod upon.

Asparagus is often overlooked as an ornamental, but the fern-like foliage or the red berries of the adult plant make it a great border plant, and birds love the berries. You can get an extended yield from asparagus by

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Next shuttle could have sprayed plutonium

Far more than seven people would have died if the explosion that destroyed Challenger had occurred during the next launch, which had been planned for May. NASA and the Department of Energy intended to use that mission to fire a space probe powered by 46.7 pounds of plutonium. The rocket was to explore the atmosphere of Jupiter.

Plutonium is regarded by most scientists as the most toxic substance in the universe. An ounce widely dispersed in tiny particles could cause millions of cases of lung cancer. An explosion like the one that disintegrated Challenger would have caused the maximum possible dispersion.

The plan to carry the plutonium-powered space probe on the shuttle came to the attention of reporter Karl Grossman when he read about Project Galileo, as the Jupiter mission is called, in a 1983 government publication.

With help from the Fund for Open Information and Accountability he filed a Freedom of Information Act request that yielded voluminous documents on the possibility of a

shuttle explosion. The likelihood of an accident was said to be remote, however.

According to a draft Environmental Impact Statement prepared by NASA:

The launch of the Galileo Payload would involve a very small risk of releasing plutonium-238 to the environment because of the possibility of malfunction of the Space Shuttle. This risk should be small due to the high reliability inherent in the design of the Space Shuttle.

Hundreds of references to the consequences of various plutonium-dispersing explosions were deleted on the ground that "the information could reasonably be expected to cause damage to national security."

Following the Challenger disaster, the flight scheduled to carry the Project Galileo spacecraft was suspended indefinitely. That suspension should be made permanent.

--From The Nation, 2/22/86



Gay People's Alliance events

March Events:

Wednesday, March 5--
Bowling 6:45-8:45

Gay and Lesbian Awareness Week, March 17-March 22

Monday, March 17--
Speaker, CVA 145, 8-10 pm

Tuesday, March 18--
Gay Blue Jeans Day

Wednesday, March 19--
Gay/Straight Rap, Fairchild 112, 8-10 pm

Thursday, March 20--
Film, Stevenson 105, 8-10 pm

Friday, March 21--
Benefit for AIDS Research/Lip Sync Contest, \$1 admission, Stevenson 401, 8 pm

Saturday, March 22--
Dance, \$1 admission, Stevenson 401, 8 pm

Wednesday, March 26--
Meeting topic--Stereotypes within the Gay and Lesbian Community

April Events:

Wednesday, April 2--
Meeting topic--Separatism

Wednesday, April 9--
Gay and Lesbian Literature Night

Wednesday, April 16--
New Games

Wednesday, April 23--
Meeting topic--Suffering from Several Oppressions

Saturday, April 26--
Picnic and Canoeing

Wednesday, April 30--
Party

All Wednesday meetings (except March 5) are held from 8-10 pm in Fairchild 112 at ISU. For more information, please attend the meetings. New members are always welcome.

Avant garde art accepted

Contributions are now being accepted for the third annual McLean County Avant Garde Arts Festival (last year's Soiree Da Da Da, '84's Eccentric Rites). Poets, filmmakers, visual artists, musicians, and others are encouraged to respond.

Contact MJ at the Eddy Building, Suite 306, 427 N. Main, Bloomington, 61701.

Senior citizens' health screening

The McLean County Health Department will be conducting a health screening clinic for senior citizens at the Farm Bureau Building, 402 N. Hershey Road, Bloomington, on Friday, March 7 from 8:30 am to 11:30 am and from 1:00 pm to 2:30 pm.

For an appointment and pre-test information call the Farm Bureau at 663-6497.

Bloomington Public Library Services

The Bloomington Public Library will be conducting a Video/Compact Disc Survey between February 23 and March 8, 1986.

If you own a Video Cassette Recorder (VCR) or are interested in participating in the survey, please come to the Bloomington Public Library between Feb. 23 and March 8 and fill out the Video/Compact Disc Survey Questionnaire. Citizens can also fill out the questionnaire on the bookmobile during the period of the survey. Your information will be helpful to the library in purchasing video cassette materials.

The Internal Revenue has furnished Bloomington Public Library with a variety of materials to help taxpayers prepare their federal income tax forms.

One useful aid is audio cassettes containing simple, line-by-line instructions for preparing federal forms 1040EZ, 1040A and Schedule 1; 1040 and Schedules A, B, and W. VHS video tapes are available for those

who have access to video cassette players.

Further tax assistance can be obtained through the Bloomington IRS office.

February 23 through March 23, children in grades one through six may sign up for the "Reading is Rewarding" reading Club in the Children's Room at the library.

Upon receiving parental permission to join the club, the children will be asked to seek pledges from neighbors, friends, and relatives. Pledges can vary from 5¢ per book to as much as \$1 or more per book. After reading each book, the children will complete a book report, explaining what the book was about and whether or not they liked it. After the reading program ends on March 23, the pledge cards will be mailed to sponsors.

Proceeds from this fundraising program will be used to purchase additional books for the Children's Room at the library.

AIDS tests free

McLean County Health Department will commence operations of its HTLV-III Antibody Tests Site on Monday, March 3.

The HTLV-III Test Site is targeted to those persons seeking testing for the HTLV-III Virus, who would otherwise be unable to have testing done by a private physician or would attempt to donate blood for the sole purpose of receiving a test result for the HTLV-III Antibody. The McLean County Health Department will specifically target those persons in high-risk groups for AIDS.

The McLean County Health Department will hold an information session at the Health Department on February 26 at 2:00 pm in order to address specific questions on the operation of the McLean County HTLV-III Antibody Test Site.

Exchange junk for money

Saturday, March 8 is the next Operation Recycle Drive date. Recyclers can drop off their newspapers, container glass, aluminum cans, bimetal cans, tin cans, corrugated cardboard, and office paper at one of two sites: the Sears parking lot at Eastland Mall and the ISU parking lot at College and Main on the SW corner.

The recycle buyback will be open from 9-12 as it is every Wednesday and Saturday morning for those who wish to sell their newspapers, aluminum cans, container glass, and bimetal cans. The buyback is at the recycle warehouse, 1100 W. Market, Bloomington.

Operation Recycle celebrates its 15th anniversary this February. Begun as an all-volunteer organization, the community recycling center still depends on a large number of volunteers. In 1982 the recycling group received an economic development grant from Mid Central Community Action to convert to a full-time recycling center.

Recycling has grown in importance over the years, according to recycling coordinator Myra Gordon. Begun as a way to save natural resources, recycling is also recognized as a way to save energy and valuable landfill space, she said.

Future recycling date drives are April 19 and May 31. Volunteers are needed for the May 31 drive. Call OR at Community Action, 829-0691, if you can help.

Cut loose at ISU

Weekends Show Lounge and Pub, staged Friday nights in ISU's Bone Student Center, will be presenting folksinger/guitarist Mike Hogan in the Crock 'n Roll on Feb. 28, and hold a video dance with CBS Records, GMAC, on March 21. The dance, to be held in the Circus Room, will also include an album and poster give-away.

The Show Lounge and Pub, which features local as well as established acts, with admission costs ranging from 50¢ to \$2, recently celebrated its one-year anniversary with its sold-out "We Can Make You Laugh" comedy concert.

The Music Shoppe's

PRO-SOUND CENTER



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134 E. Beaufort, Normal, Downtown 452-7436

A.S.K. U.S. for self-help

Community Action's newest program, Advocacy Supplies Knowledge, Understanding and Skills (A.S.K. U.S.) will offer self-help training to low-income people who feel frustrated in their attempts to get the services and support they need. A.S.K. U.S. program will supply people with the knowledge of what assistance is available in the community, the ability to understand their rights and responsibilities in obtaining this assistance, and the skills to communicate their needs and questions.

According to Melissa McGrath, Program Director, "Many people are hesitant to seek assistance, are not aware of resources, or are frustrated by the bureaucracy and fearful of questioning authority. The primary goal of A.S.K. U.S. is to inform people of community resources and teach them how to communicate their questions related to their needs. We think this will alleviate a lot of frustrations for low-income people."

Services offered through the A.S.K. U.S. program range from simple (making a referral to a community resource) to complicated (accompanying an individual to a community resource to assure they understand what is expected of them and what can be provided for them).

If you or someone you know is low-income and needs assistance, contact Community Action at 829-0691 and ASK US!



The Advocate/cpf

Women's potluck slated

For those of you who missed the last few women's potlucks, here's your chance to try again. Pick out that fun recipe, gather up the utensils and ingredients, whip together a delectable delight, and hurry over to 1311 W. Market, Bloomington, at 3:00 pm on Sunday, March 23.

The food is fit for the deity of your choice, the company charming, and the conversation scintillating. Don't miss it--or you'll regret it for the rest of your life. (Or until the next potluck, whichever comes first.)

If you need directions, recipe suggestions, or coaxing, Terri at 829-9667.

Letters Tex likes rag

Dear Post Amerikan folks,

I enjoy your rag very much. Living here in Texas, I must admit to some envy over what your community must be like to support a publication like the P.A. We have our share of alternative papers, too (at least in our big cities), but they always seem to put most of their emphasis on the entertainment scene (where their advertising \$\$\$ come from) and put political/social commentary in second place.

Take care,

--Herbert Ashe

Other Tex likes rag

Dear Post,

I would like to thank you for your paper, and the people involved for their alternative version of the news. I do not always agree with what is written, but I appreciate the fact that someone is doing it--perhaps there are some unchained minds after all!

Michael Stroud

Rx: Use PDR before drugs

Dear P.A.,

I would urge people to consult a PDR (Physician's Desk Reference) before taking any prescription drug. Any local library should have a recent edition in the reference section. The PDR is a collection of drug company literature. It tells you what a drug is and is not recommended for (you may be surprised--for there are drugs openly prescribed against the manufacturer's recommendations). The easiest way to begin looking is in the front part under the specific name of the drug. A medical dictionary such as Tabers can prove handy in deciphering unfamiliar terms.

I would hope that medical doctors themselves would provide this information freely to their clients--as they write out the prescriptions. An alternate source of information can be a pharmacist or nurse. Those who wish to order a personal copy of the PDR can write directly to the publisher. Sales are no longer restricted to medical professionals. (Unfortunately, the price is over \$20.)

I'm glad the Post continues to be an information forum for the community.

--Sue Frizzell

Solidarity with the People of El Salvador Central America Week is coming!

The week of March 17-24 will be Central America Week, a nationwide week of actions against and information about U.S. involvement in the area. Activities will be coordinated locally by the B/N Pledge of Resistance and the B/N CISPES (Committee in Solidarity with the People of El Salvador).
March 17- Nothing scheduled

March 18-Statewide call-in to Jim Thompson's office to protest the deployment of the Illinois National Guard to Panama. (Instead of sending US Army troops in, which requires the approval of Congress). There'll also be a demonstration at the National Guard Armory from 4:30- 5:30, and rides for this will be at the Newman Center.

March 19-Banner unfurling and balloon release at the ISU overpass at noon.

March 20-Work-a-Day for New El Salvador Today (NEST). CISPES will join the nationwide effort to get people to pledge a day's pay to fund projects in rebel controlled areas of El Salvador. The local goal is \$1000 in pledges.

March 21-B/N CISPES, B/N Pledge of Resistance, the ISU Forum, and ALAS (Assn. of Latin American Students) will all be sponsoring a potluck at 6 pm, followed by Karen Parker, an international lawyer, who will speak at 8pm in the large lounge in Walker Hall.

March 22-Galery jazz band benefit. Time unannounced.

March 23-Showing of the film "Witness to War." Time and place unannounced.

March 24-March around ISU quad, ending at Newman Center, where a cross will be erected in memory of Nicaraguan civilians killed by Contra terrorists. A service will follow, marking the anniversary of assassination of Archbishop Oscar Romero in El Salvador in 1980. No times have been announced.

For more info. or to help, call Rick or Sue Heiser at 452-0295.

Tim Burdette

EQUAL OPPORTUNITY IN HOUSING IS YOUR RIGHT!

If you feel you have been denied housing or treated unfairly because race, color, religion, sex, national origin, ancestry, physical mental handicap, or because you have children under 14 or require the use of a guide dog, contact the

Bloomington Human Relations Commission

at

828-7361, Ext. 218/219

The Bloomington Human Relations Commission is here to assist and to help.

Return of Cointelpro

Central America groups suspect gov't black bag jobs

On the morning of December 5, 1985, when Garrett Brown arrived to unlock the tiny office of the New Institute of Central America, he discovered that the door was already open. So were the doors to the other offices along the hallway in the basement of the Old Cambridge Baptist Church--all of them belonging to groups involved with Central American issues. Even before he noticed the shattered doorjamb and the open file drawers, Brown knew there had been a burglary.

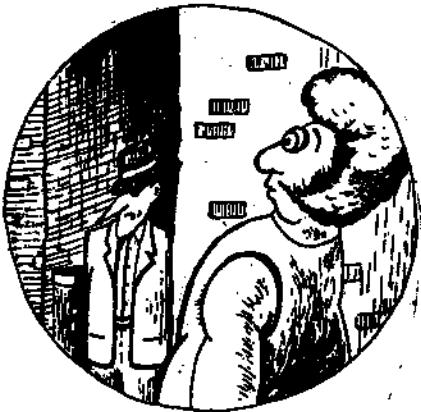
He knew that from experience. The offices had been broken into four times during the past thirteen months. Experience also taught him to expect that no valuables would be missing, and sure enough two calculators, a radio, a typewriter and \$300 worth of stamps were right where he had left them the night before. But mail, financial records and other documents clearly had been examined.

Break-ins

Five suspicious break-ins at a cluster of offices belonging to groups opposed to the government's policies in Central America would be cause enough for concern. But the same thing has been taking place across the country at the offices of organizations doing Central America work, in the apartments of their staff members, at churches that give sanctuary to Central American refugees and at law firms that provide them with legal advice. The pattern has been chillingly consistent: important papers are stolen or rifled while money and valuables are left untouched. Some examples:

** Michael Lent, national program coordinator for the Committee in Solidarity with the People of El Salvador [CISPES], found documents scattered about the floor of his Washington apartment on November 21. An airline ticket and \$180 in cash were undisturbed.

** The Arizona Refugee Project in Phoenix was burglarized twice during



the last weekend in October. The intruder(s) had gone through the telephone logs and client files, ignoring more than \$500 in cash.

** The University Baptist Church in Seattle was ransacked in July. The Rolodex was rifled and the keys to the rooms housing six refugees were missing. The burglar(s) had no interest in the church's tape recorder or petty cash.

** A file box marked "Cases on Appeal" was stolen in September from Father David Myers, an attorney who represents Central American refugees in Guadalupe, Arizona.

The story has been much the same at the Michigan Interfaith Committee on Central American Human Rights (MICA) in Detroit, the First United Methodist Church of Germantown in Philadelphia (a sanctuary for Guatemalan refugees) and the offices of the East Bay Sanctuary Covenant in Berkeley.

Federal agency?

Some of the lawyers, ministers and organizers who have been victimized suggest that right-wing groups may be



responsible for the break-ins. But others, noting the apparent nationwide coordination, think they detect the footprints of a Federal Agency--perhaps the Federal Bureau of Investigation or the Immigration and Naturalization Service. "It's reminiscent of the Cointelpro era," says David Lerner of the Center for Constitutional Rights. (Exposed in the early seventies, Cointelpro was a covert FBI operation to spy on and disrupt dissident groups--ed.) "These incidents suggest some form of official sanctioning or even government involvement."

Spokespeople for the F.B.I. and the I.N.S. have denied any responsibility, but Lerner observes dryly, "They also said that during the 1970's." Moreover, an F.B.I. spokesman told Carol Ostrom of The Seattle Times that while the Bureau's regulations ordinarily prohibit burglary, there are different guidelines for foreign counterintelligence cases and terrorist activity.

In context

Besides the similarity of the incidents and the precedent for government involvement, the break-ins should be viewed in the context of activities for which Federal agencies are known to be responsible. In denying a Freedom of Information Act request for files on the Old Cambridge Baptist Church last November 12, the F.B.I. said those files might "reveal the identity of an individual who has furnished information to the F.B.I. under confidential circumstances."

The possibility that the Bureau has planted an informer among them has led Cambridge activists to press for a more thorough investigation by local officials. But Cambridge Police Chief Anthony Paolillo, who said in an interview that he had not known that valuables were left behind in the Baptist Church burglaries, told me that an F.B.I. agent assured him the Bureau was not involved, adding, "And I believe him." Government agents, he said, would be unlikely to break down doors. When I asked Representative Don Edwards, chair of the House Subcommittee on Civil and Constitutional Rights, about the break-ins, he acknowledged that they were "very suspicious" but he too was reluctant to blame the government, saying the F.B.I. would have made a more professional job of it. Others have remarked that such burglaries are not the best way for the government to obtain information.

Creating an impression

Those objections, however, overlook the possibility that a government agency may be intentionally creating an impression of amateurishness of using right-wing groups to do its dirty work as was common in the 1960s. As for burglaries being an inefficient way to gather intelligence, the purpose may simply be harassment.

The Rev. Donovan Cook of the University Baptist Church in Seattle reported that a man with a walkie-talkie was seen near the church shortly before the burglary there and that a package from Nicaragua had arrived already opened. He complains of phone trouble, as does the Rev. Theodore Loder at the First United Methodist Church in Philadelphia. Several activists have reported being watched by well-dressed men with cameras or binoculars; others have been subjected to tax audits on returning from Nicaragua.

"The people suspicious of the F.B.I. have every right to be," says John Roberts, director of the Civil Liberties Union of Massachusetts. Before the Cointelpro activities were disclosed, he had dismissed such suspicions as paranoid. Now, he said, he knows better. The F.B.I. has "earned no trust. They were into more than we ever dreamed possible."

Who benefits

And Garrett Brown, who wonders when he will again find no need for his keys in the morning, puts it this way: "You have to ask who's done this before and who benefits from it. The answer to both questions is the same: the U.S. government. If you look at the scale of death and destruction it's responsible for in Central America, breaking into a few offices is no big deal."

--Alfie Kohn
exerpted from an article in The Nation, January 25, 1986

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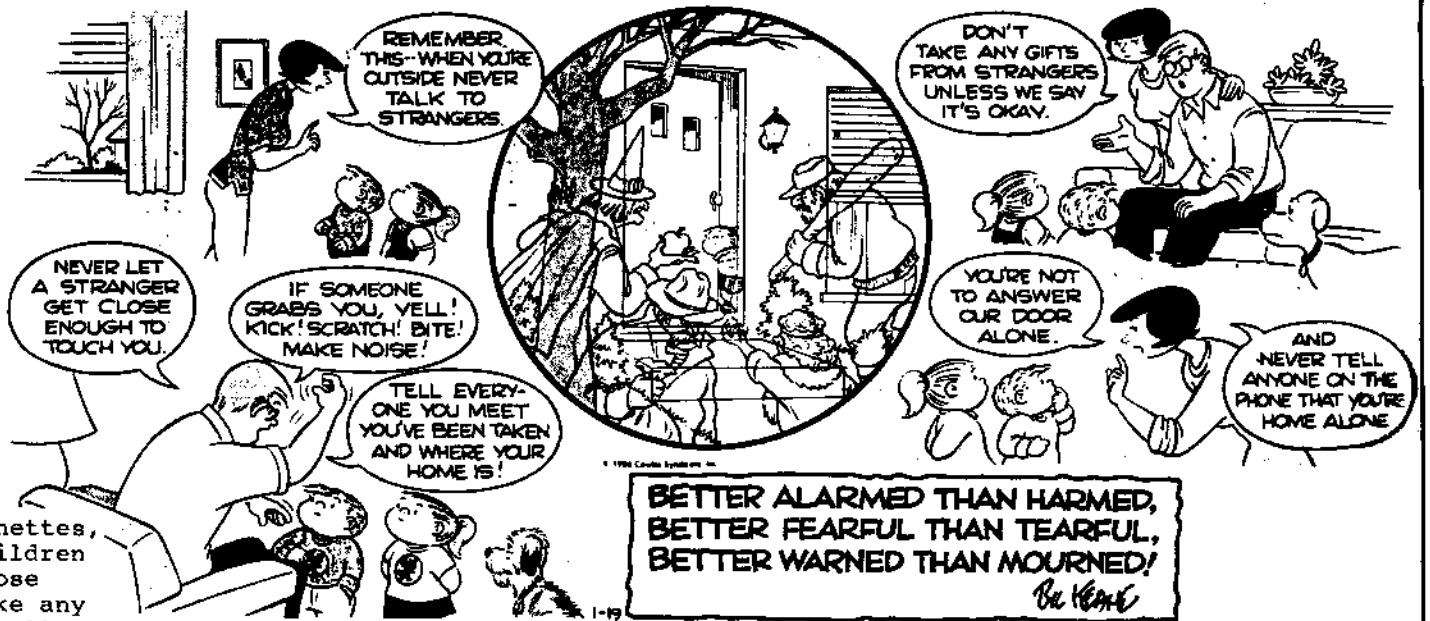
828-1714

Abuse mishandled in Circus

Sometimes, those Pantagraph funny pages just aren't funny. Here's a "for instance"—a Family Circus cartoon by Bil Keene (the Pantagraph, Jan. 19, 1986) that urges parents to frighten the life right out of their children, in order to "protect" them from the dangers of boogymen and molesters.

Now, I'm sure it was meant to be informative and cute, not funny. Unfortunately, he should have stuck with funny and left the serious stuff to folks who know what they're talking about.

The cartoon has a series of vignettes, with the parents telling the children to "never let a stranger get close enough to touch you," "don't take any gifts from strangers unless we tell you it's okay," and "never tell anyone on the phone that you're home alone."



Boogey man

The culmination is a scene with two terrified children peering out the door at imaginary bad guys—a woman in a tatty fur piece crooking a seductive finger at the kids, the traditional flasher, complete with bargain basement raincoat and a bag of candy, a large burly man hefting a gnarled club, and—get this—a witch, a la Margaret Hamilton of Oz fame, with a pointy hat, a pointy nose, and a pointy chin.

The caption for the cartoon is a bit of doggerel reading: "Better fearful than tearful, / Better alarmed than harmed, / Better warned than mourned."

Now, for starters, most sexual abuse of children (80-85%) is committed by someone the child knows well or trusts—Uncle Joe, a teacher, a coach, a babysitter . . . or mom or dad. Furthermore, many child-nappings are

committed by a non-custodial parent who thinks the court gave them a raw deal.

Strangers?

Though the "watch out for strangers" message is important (indeed, children shouldn't get into cars with strangers), it completely avoids the more likely danger, abuse by a trusted adult.

And what about those stereotypical "boogey-men" (and women)? I don't know about you, but I haven't seen anyone who looked like those folks ever. In my life. Well, maybe on Halloween. Or in a TV docudrama about bag people. Even if strangers were the greatest danger to kids (and they're not), muggers, kidnapers and rapists do not look like that. If they did, what child wouldn't instinctively be afraid? However, bad guys look just like everyone else, so it's pretty silly to make kids paranoid about a type of person that doesn't exist.

What really drives me crazy, though, is that bit of rhyme at the bottom. Better what than what? The assumption seems to be that kids are stupid—they can't understand straightforward information about how to deal with people who want to abuse, kidnap or hurt them, so the best protection is to scare them out of their wits, turn them into quivering masses of jelly with no gumption at all. Then maybe they'll just cower at home, and not run into those nasty child abusers.

Encouraging paranoia might be somewhat excusable if it worked. But it doesn't. A frightened child—anyone who's frightened—is paralyzed by fear. Better to let them know what they can do in a dangerous situation. This kind of paranoia, making children afraid of strangers and the big world outside, won't protect children at all from adults they know.

Paranoia

If anything, the fear of the outside

world will encourage a passive dependence on known, trusted adults, making it even harder for the kids to say no to them. Or even admit that those grown-ups could be wrong, since those adults are all that stands between the kids and those nasty, vicious strangers.

Even if it did work, would it be worth it? At the price of a child's independence, curiosity, and strength? What kind of adult do you get from a fearful, uncertain, dependent, paranoid child?

Instead of telling parents to give their kids more neuroses and psychoses than this society already gives them, why couldn't Bil Keene have checked his facts? Why couldn't those parents have said, "Don't be afraid to tell me if someone touches you in a way that makes you uncomfortable." Or "Ask for the family code word if someone tells you your mom or dad sent them to pick you up." Or "You don't have to share your body if you don't want to—not even with me." Or "No matter what you do or don't do, if a grown-up does something bad to you, it's not your fault—the bigger person should have known better."

Solid Information

Why couldn't he tell parents to give their kids some solid information, so they know what's right and wrong, so they know it's not their fault if they're molested, so they're less fearful and not more?

I know, I know—it's a comic strip, and he can't get that serious. But child abuse is a serious topic, and if he wasn't in a position to do right by it, then he should have stuck to tired jokes about "Nobody" and "Not Me."

--Chris M.

For more information on teaching kids about sex abuse, ask for the OK Bears program at Planned Parenthood, 827-4368.

Recycling Myth No. 5

"PEPSI CANS AREN'T RECYCLABLE"

Pepsi, Diet Pepsi, Sunkist, Mountain Dew and Dr. Pepper cans are all bimetal and they can be recycled. Operation Recycle pays 5¢ a lb. for them at our buyback.



Recycling bimetal cans saves valuable natural resources, energy and landfill space.

Bring 'em in to



Buyback every Wednesday and Saturday at our warehouse, 21 1100 W. Market

or

Donate bimetal and other recyclables at one of our five convenient drop off locations or our recycle drives.

Rape Crisis Center of McLean County

WE'RE A NON-PROFIT VOLUNTEER GROUP WHOSE MAIN PURPOSE IS TO OFFER ASSISTANCE AND SUPPORT TO VICTIMS OF SEXUAL ASSAULT AND THEIR FRIENDS AND FAMILIES.

FEMALE VOLUNTEERS ANSWER OUR CALLS, BUT BOTH MALE AND FEMALE VOLUNTEERS ARE AVAILABLE FOR CRISIS ASSISTANCE, INFORMATION AND SPEAKING ENGAGEMENTS.

If you want to talk to one of us

Call PATH 827-4005

and ask for the

Rape Crisis Center

s' scripts killed two people

they said that there was no possible way she could be having a reaction to the medicine that she was on, and they felt there was no danger," Jane's mother-in-law told the Coroner.

Later, when the convulsions didn't stop, Jane's mother-in-law called the Crisis Team from the Center for Human Services. The Crisis Team phoned Dr. Damera. Instead of changing Jane's medication--he prescribed yet another drug: Bethanechol. He instructed Jane to take three Bethanechol a day to control her side effects.

Jane's mother-in-law went out and filled the prescription. When she returned with the Bethanechol, Jane "was rocking from the waist down, just back and forth and back, and she didn't stop one minute while I was there," she told the Coroner.

Later that evening, on Oct. 24, Jane's husband called the Crisis Team again. He reported that the Bethanechol was not helping. The Crisis Team assured him that the medication would work if Jane continued to take it.

She did as she was told. All twenty-one Bethanechol tablets were gone when Jane died a week later. In considering the cause of Jane's death, toxicologist John Spikes said he could not rule out an interaction between the Bethanechol and the other medications Jane was taking.

Bethanechol?

Bethanechol is sold under several different trade names. According to the Physicians' Desk Reference, the drug is prescribed for certain types of urinary retention. Although urinary retention is a common side effect of some psychiatric drugs, none of the extensive records in Jane's

Damera ignores another PDR warning

While Jane Felton (not her real name) was in Brokaw's psychiatric ward last summer, Dr. Bhaskar Damera ordered that she receive two grams of L-tryptophan each evening.

Along with several other medications, he also prescribed Nardil, a type of antidepressant known as a monoamine oxidase (MAO) inhibitor.

In its discussion of Nardil, the Physicians' Desk Reference specifically names L-tryptophan as a substance which should not be administered at the same time as an MAO inhibitor.

The combination can produce a hypertensive crisis, according to the physicians' manual.

file indicate that she was complaining of urinary retention.

In the week before her death, Jane continued to complain that her medication was wrong. She told her parents; she told a CHS social worker; she told her doctor. The day before she died, Dr. Damera agreed to let her stop taking Nardil and Halcion. He left her on Elavil.

Convulsions

On Oct. 31, the night of her death, Jane's convulsions recurred. Here's what her husband told the Coroner the next day: "She started moving her legs like that [the previous week] again and then her arms like she was running or something. It was like muscle spasms."

"She said she knew it was an allergic reaction to her medicine and she said she loved me and loved her mother, but she was afraid to go to sleep. She said she was afraid if she closed her

eyes she wouldn't wake up again."

"I tried to call Dr. Damera. His answering service said they'd have him call me, but he never called me back last night."

Jane's husband also called the Crisis Team several times that evening. Over the telephone, the Crisis Team instructed Jane's husband to count Jane's pills. They assured themselves that Jane had not taken an overdose. Then they spoke with Jane and assured themselves that she was not suicidal. They made an appointment with her for the next day.

She didn't make it.

Toxicologist

In a letter to toxicologist John Spikes, Coroner William Anderson said that Jane "had been told several times the reactions she complained of were 'all in her head' and that she should 'go to sleep and it will be better in the morning.'"

The Coroner sent the entire file to Spikes and asked the toxicologist whether Jane died of 1) suicide or 2) an accidental overdose or 3) an adverse reaction of drugs and body chemistry.

Spikes said Jane's death was not a suicide. Because Jane's blood contained more than the usual therapeutic level of Elavil, an accidental overdose was possible. But Spikes said Jane's Elavil level was much lower than the amount usually considered fatal.

Spikes said Jane may have died from an adverse reaction to the Elavil and Nardil combination, or from an adverse interaction of other drugs available to her, which included Bethanechol, Ativan, Loxitane, and Halcion.

Despite published warnings against using Elavil and Nardil together, Spikes told the Coroner's jury that the practice is accepted among some psychiatrists.

--Mark Silverstein



Damera prescribes dangerous drug combo again

When it ruled that the death of Jane Felton (not her real name) was accidental but avoidable, the Coroner's jury criticized her psychiatrist.

Ignoring published warnings that the drugs in combination could cause severe convulsions and death, Dr. Bhaskar Damera simultaneously put his patient on a tricyclic antidepressant and an MAO inhibitor.

She wasn't the only one.

According to other files in the Coroner's office, Dr. Damera prescribed a similarly dangerous drug combination to Carol Murrell. Murrell was a client of Center for Human Services before her death in May, 1985.

Dr. Damera gave Carol Murrell a combination of Triavil, Synthroid, Nardil, and Tranxene.

Triavil combines a major tranquilizer and a tricyclic antidepressant. Nardil is a type of antidepressant known as a MAO inhibitor.

Here's what the Physicians' Desk Reference says about Triavil:

"It should not be given concomitantly with MAO inhibitors. Hyperpyretic crises, severe convulsions, and



deaths have occurred in patients receiving tricyclic antidepressants and MAO inhibitors simultaneously."

Investigators are certain that Carol Murrell's death was suicide. There is no suspicion that drug interactions played any part.

But Carol Murrell's file reveals that Jane Felton's case is not unique. How many more psychiatric patients are swallowing this ill-advised and potentially deadly combination of drugs?

THIS NEW BOOKLET COULD CHANGE YOUR LIFE OR THE LIFE OF SOMEONE YOU CARE about. *Dr. Caligari's Psychiatric Drugs* is the most thorough, easy-to-understand, and reasonably priced guide to psychiatry's mind/body control drugs available today. Drugs like Haldol, Protixin, Thorazine, Elavil, lithium, and Valium are used regularly by an estimated 35 million people in the U.S. alone. Rarely is genuine informed consent obtained from them; in addition, many are drugged against their will. Critics charge that these are serious human-rights violations. Written by Berkeley physician David L. Richman, the booklet details the damaging, often devastating, effects psychiatric drugs can cause; discusses various political, social and corporate aspects of their use; and offers suggestions on how to withdraw from them.

Dr. Caligari's Psychiatric Drugs is 61 pages, 8 1/2" x 11", illustrated. The single copy price is \$3.50, plus \$1.00 postage. Orders of 5 or more are \$2.50 per copy, postpaid. Send check (payable to the Network Against Psychiatric Assault) to NAPA, 2054 University Ave., Berkeley, CA 94704.

Coroner's juries say: shrink

Drugs prescribed by a local psychiatrist killed two local people, according to McLean County Coroner's juries meeting in January. In both cases, the Coroner's jury was critical of the doctor's prescription practices.

Drug combo can cause death

The Coroner's jury thought that Jane (not her real name) may have died from a combination of Elavil and Nardil, two drugs prescribed by her psychiatrist, Dr. Bhaskar Damera.

Nardil is a type of antidepressant called a monoamine oxidase (MAO) inhibitor. Elavil is a tricyclic antidepressant.

Here's what the 1985 Physicians' Desk Reference says about Elavil:

"It should not be given concomitantly with MAO inhibitors. Hyperpyretic crises, severe convulsions, and deaths have occurred in patients receiving tricyclic antidepressants and monoamine oxidase inhibiting drugs simultaneously.

"When it is desired to replace a monoamine oxidase inhibitor with ELAVIL, a minimum of 14 days should be allowed to elapse after the former is discontinued."

In both cases, the prescriptions written by psychiatrist Bhaskar Damera ignored warnings published in the 1985 edition of the Physicians' Desk Reference.

One death was ruled a suicide; the other was blamed on a toxic interaction of the psychiatric medications.

In the suicide, the Coroner's jury criticized the psychiatrist's decision to hand out so much of the medication, Sinequan, at one time. (See adjoining article).

In the case of the drug interaction, the Coroner's jury ruled that the Nov. 1 death of Jane Felton (not her real name) was "accidental but avoidable."

Avoidable

The death was avoidable, the Coroner's jury said, because the Physicians' Desk Reference contained strong warnings against prescribing the combination of psychiatric drugs Jane Felton was taking.

On Sept. 4, two months before her death, Dr. Damera said he "wanted to try a combination of Elavil and Nardil," according to his own report.

According to the Physicians' Desk Reference, prescribing these two drugs together can cause severe convulsions and even death. (See box.)

Jane complained of reactions to her medication. They got really bad on Oct. 24. That's when Jane's mother-

in-law saw Jane's entire lower body twitching in constant motion. "She was rubbing her leg violently, like I have never seen anybody rub their leg. She said she was having spasms in her muscles," Jane's mother-in-law told the Coroner.

Jane had sweats and severe anxiety. She said that it felt like electric current was racing through her body.

"No danger"

"My husband told me that he had called the Center [for Human Services] and



Shrink criticized in suicide inquest

A Coroner's jury hearing evidence about a Christmas suicide criticized the "indiscriminate dispensing of prescription drugs" to psychiatric patients January 22.

The suicide victim, John Taylor, died from an overdose of doxepin, sold under the trade name Sinequan.

Taylor had just spent several weeks in Brokaw Hospital's psychiatric unit for depression. Just before Christmas, Taylor learned that reconciliation with his wife was impossible. He insisted on signing himself out of the hospital.

Dr. Bhaskar Damera, the psychiatrist, was aware that Taylor might commit suicide. "I offered to keep him here for a longer period, thinking of the holiday season as well as probably suicidal feelings, but he didn't want to stay anymore," Damera's report says.

Taylor had told the doctor that he tried to take a drug overdose the summer before.

Despite the risk, Dr. Damera nevertheless equipped the young man with enough Sinequan to take 150 mg. a day for two weeks. (75 mg. a day is the recommended starting dose.)

Taylor apparently swallowed all the doxepin that very night, as well as an entire bottle of Lorazepam, an anti-anxiety tranquilizer that Damera also prescribed. Taylor was found in his car near Lake Bloomington a few days later. He'd been dead several days.

Ruling on Taylor's death, the Coroner's jury criticized what it called "indiscriminate dispensing of prescription drugs" to psychiatric patients.

The Physicians' Desk Reference discussion of doxepin (Sinequan) says:

"Since suicide is an inherent risk in any depressed patient and may remain so until significant improvement has occurred, patients should be closely supervised during the early course of therapy. Prescriptions should be written for the smallest feasible amount."

Damera knew his patient was a suicide risk. But psychiatrists cannot impose constant supervision on every potential suicide. When Dr. Damera released Taylor from the

hospital with so much doxepin, he was taking a concerned, calculated gamble.

We know about Taylor's case only because Dr. Damera lost that bet. But Taylor's case may not be unique.

If psychiatrists are giving other depressed patients more than the recommended quantity of Sinequan, we have no way of finding out--until it's too late.

--Mark Silverstein

NAPA

NETWORK AGAINST PSYCHIATRIC ASSAULT

NAPA NEWSLETTER: Bulletin of meetings and events in the S.F. Bay Area, includes articles on local movement. Published every 3 months more or less. (\$3 per year, or what you can afford)

BIBLIOGRAPHY ON PSYCHIATRY AS SOCIAL CONTROL: Extensive listing of books with comments by ex-inmate reviewers. (\$2)

PSYCHIATRIC DRUGS: by Dr. Caligari. Everything you should have been told but weren't. Greatly expanded. (\$4.50 per copy, or \$2.50 if you order 5 or more)

PSYCHIATRY AS A TOOL OF REPRESSION: An article by Jenny Miller from *Science for the People*, analyzing the history and politics of psychiatric coercion. Also history of ex-inmates' resistance movement. (\$1.25)

HISTORY OF SHOCK TREATMENT: Edited by Leonard Roy Frank. A 206-page book of more than 250 chronologically arranged excerpts and articles on psychiatry's most controversial treatment. (\$7)

SHOCK PACKET: First-person accounts of ECT, and articles on its history, Stop Shock campaign and more. (\$2)

All the above prices include mailing costs. Send order to NAPA, 2054 University Ave., rm. 406, Berkeley, CA 94704

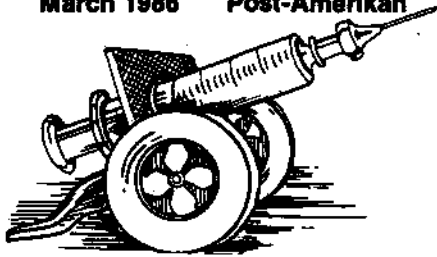
ELAVIL® (AMITRIPTYLINE HCl | MSD) an antidepressant with an anxiety-reducing sedative component to its action

And as the antidepressant activity of ELAVIL (Amitriptyline HCl, MSD) takes hold, it helps relieve the depressive condition itself. Sometimes only a minimum of actual psychotherapy is required. The patient may experience a more rapid recovery--while you conserve valuable time.

Prescribe ELAVIL then, to help lighten the patient's burden in depression--and yours in its management.

**meeting
therapeutic
goals**

ABOVE: from an ad which appeared in American Journal of Psychiatry.



A diary of psychiatric

Jane (not her real name) died November 1 from a toxic interaction of medications her psychiatrist prescribed.

She was 30 years old. She had been receiving psychiatric "services" off and on for ten years. The Center for Human Services (CHS) had been treating her for depression since 1981.

Mental health records are usually guarded by strict confidentiality. But because there was a Coroner's inquest, records documenting some of the history of Jane's treatment became public. The Coroner's file provides a rare detailed glimpse of two psychiatrists' files.

Electroshock

Jane was working as a sales clerk when she first approached the Center for Human Services in 1981. She came to ask for Elavil. Jane told the CHS intake worker that she was treated for depression when she lived in Rockford. She'd been hospitalized; she'd received electroshock treatments. But Jane said she felt the best when she was on Elavil.

Elavil is a brand name for amitriptyline, one of a class of anti-depressant drugs known as tri-cyclic antidepressants.

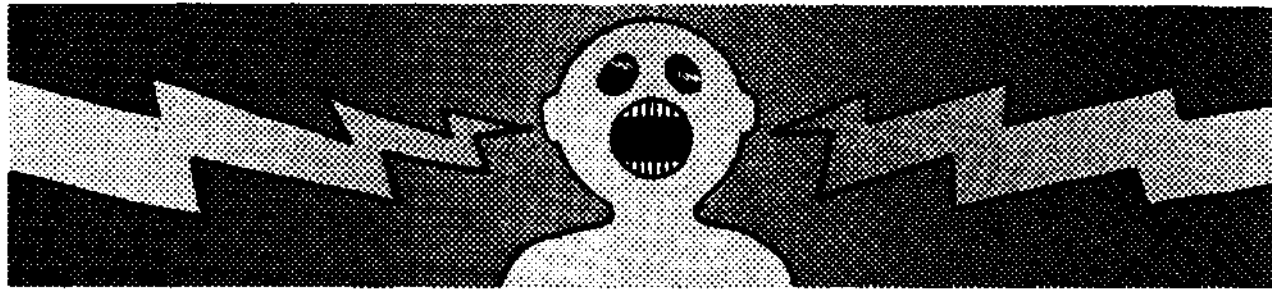
Jane was still taking Elavil when she died. At first, it was suspected as a cause of death. But none of her pills were missing and her blood tests did not suggest she'd consumed a toxic dose.

In a memorandum after Jane's death, CHS director Alan Spear wrote that records of Jane's treatment show that "Elavil has always been the drug of choice."

It might have been the drug of choice, but Jane's psychiatrists certainly felt free to tinker around with a dozen others.

Baker's dozen

During her last year, CHS psychiatrists had Jane on various quantities and combinations of Thorazine, Lithium, Cogentin, Mellaril, Inderal, Xanax, Nardil, Ativan, Restoril, Tranxene, Halcion, and Bethanechol, as well as the Elavil she'd originally requested.



Shrink criticism too hot for WJBC

In January, I accepted an invitation to record a guest commentary for WJBC Forum. I made the recording at the studio February 13. It was scheduled to run the next day. It would have been my fifth appearance on WJBC Forum.

It was never broadcast.

Promotion Co-ordinator Judy Markowitz called and said there were minor problems with some of my phrasing. She asked me to talk with WJBC's attorney, make the necessary changes, and re-record my commentary.

But WJBC's attorney, Don Hammer, did not have specific changes in mind. As he criticized various portions of the text, I proposed changes to accommodate his objections.

But ultimately, WJBC's attorney was not interested in just changing some phraseology. He was uncomfortable with the facts.

He said that it would be fine if I did a commentary which said psychiatrists

prescribe too many drugs. But having specific examples--even though the psychiatrists were not named--made him nervous about libel.

As long as my commentary offered specific evidence of negligence which could be related to a specific (though unnamed) psychiatrist, I wasn't going to get on the air.

After WJBC's attorney rejected my proposed revisions, I made them anyway and sent the commentary to the Pantagraph as a letter-to-the-editor.

The Pantagraph didn't think my letter was libelous. The paper published it Feb. 19.

Meanwhile, WJBC's Judy Markowitz asked if I would be coming into the station to re-record my Forum. I asked WJBC's attorney if the revised version, as printed in the Pantagraph, would be acceptable.

It wasn't.

--Mark Silverstein

Text of suppressed WJBC Forum

POST-NOTE: This is the text of the suppressed WJBC Forum. Because the rest of the articles on these pages are not using the real name of the woman who died from a combination of psychiatric drugs, we have changed her name to Jane Felton in this text, too.

This is Mark Silverstein. We have a drug problem in Bloomington-Normal, and it's time to name the pushers. I'm not talking about mythical hoods lurking furtively near school playgrounds. I'm talking about big money boys. They buy houses in the best neighborhoods. They attend the fashionable receptions. Yet something shields these drug peddlers from the close scrutiny they deserve: their medical respectability. I'm talking about psychiatrists.

These pill-pushing head shrinkers helped kill--I said helped kill--two local people in recent months. In both cases, even the Coroner's jury criticized their prescription practices.

The first was suicide. Just before Christmas, the victim learned that his marriage was definitely over. He signed himself out of Brokaw's psych ward, equipped with a two-week supply of Sinequan. He swallowed the whole bottle. In its discussion of Sinequan, the Physicians' Desk Reference warns of suicides. The book urges this specific caution: give depressed patients only the smallest feasible quantity at one time.

The second case was no suicide. It was not even an accidental overdose. Jane Felton apparently died from a fatal interaction of her psychiatric medicines. She'd been complaining of convulsive side effects for

months.


The Physicians' Desk Reference instructs that Elavil and Nardil must not be prescribed together. The combination can cause severe convulsions and even death. Her psychiatrist ignored this warning. The Coroner's jury called her death avoidable.

These are not isolated cases. I know of three additional psychiatrist's prescriptions which all ignored strongly worded warnings in the Physicians' Desk Reference. One of them authorized the same deadly combination which may have poisoned Jane Felton.



The toxicologist was not positive that the Nardil-Elavil combination killed Jane Felton. She was also taking other psychiatric medications whose interactions may or may not have contributed. In her last year, these pill doctors subjected Jane Felton to an incessant chemical assault. They stuffed her with various quantities and combinations of Lithium, Thorazine, Mellaril, Elavil, Nardil, Cogentin, Tranxene, Ativan, Xanax, Halcion, Restoril, Inderal, and Bethanechol.

This tongue-twister sounds less like medicine and more like experimental chemical tinkering. Before we get more Coroner's cases, these peddlers of poison potions must stop toying with these ill-advised, unpredictable witches' brews of dangerous substances.



MADNESS NETWORK NEWS

a quarterly journal of the psychiatric inmates/anti-psychiatry movement

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drug prescriptions

The most detailed reports in the coroner's file chronicle the year before her death. Every four weeks or so, Jane's psychiatrist--first Dr. Shattan and then Dr. Damera--spent either 15 or 20 minutes with her. For each visit, the psychiatrist wrote a short summary and listed the next month's medications.

Even a year before her death, Jane complained of side effects from her drugs. She was taking Thorazine (a major antipsychotic tranquilizer), Lithium (prescribed for people labeled manic-depressive), and Elavil. She was also taking Cogentin to control tremors caused by her other psychiatric drugs.

In Dec. 1984, Jane complained that the Cogentin blurred her vision. Dr. Shattan advised her to get glasses. (See box.)

On her next visit, Jane complained again of her drugs'



No complaints

A few weeks later, despite Jane's continual complaints about lack of coordination and other side effects from her drugs, Dr. Shattan seemed to believe that everything was all right:

"Jane comes 10 minutes late for her appointment. She apparently fell on the way over. She has had other difficulties falling because of a lack of coordination. . . . She also has been noting some restless sleep with partial confusion in the middle of the night. This is probably attributable to the change in medication. She brings in the news that she is engaged to the young man who is also a patient of CHS. They are planning on being married in August. . . ."

"Patient, in general, has no complaints. She will continue on the same medication regimen. . . ."

Jane continued to complain about side effects. On June 24, Dr. Shattan wrote:

"Jane reports that she's having considerable difficulty with hand tremors. They interfere with her writing and signing checks. She has to keep her hands clasped in order to keep the tremors from being noticed. She continues with her wedding plans. . . . Her tremors appear to be the worst ever for her. Last year at this time a course of Inderal, up to 30 mg. q.i.d. was tried with no change in her tremors.

"She will continue on the same medication regimen this time with the addition of Xanax .25 mg. q.i.d."

The problems persisted. On July 8, Dr. Shattan wrote:

"Jane is having problems with her medication. She feels dazed at times, at times not knowing what she is saying and at times having locomotion difficulties, staggering and bumping into walls. She feels it is due to the Xanax. She continued to have her check writing difficulty. As reported a year ago, however, if she signs the check at home before she goes out, then she is able to get the payee to fill out the rest of the check. If she tries to write the check in public her signature is illegible. She had to do it three times before the payee would accept her check."

Dr. Shattan reduced Jane's Xanax. Shattan then left for vacation. Jane's subsequent medications were prescribed by Dr. Damera.

Change doctors, change meds

On his first visit with Jane in July, 1985, Dr. Damera wrote:

"Jane has a diagnosis of major depression, recurrent, and over the years she has been tried on different medications. She used to be very suicidal but lately she has not been. She is on a variety of medications now and complains of confusion, forgetfulness, spaciness, dopey feeling, and not functioning well. . . ."

After talking with Jane for twenty minutes, Damera radically changed Jane's prescription. He discontinued Lithium, Mellaril, and Cogentin. He left her on Elavil and Xanax.

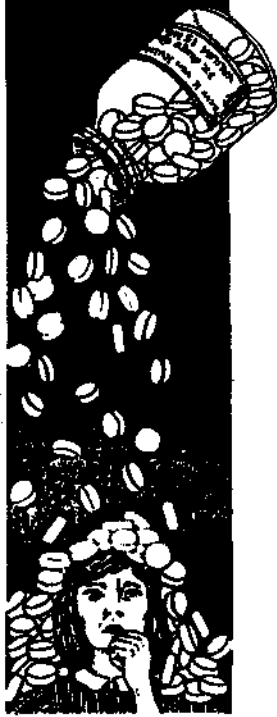
As Jane's wedding approached, her fiancée's condition suffered some reverses. He'd been taking Lithium prescribed by Dr. Shattan for a couple years. But since Dr. Shattan was on vacation, Jane's fiancée had to see Dr. Damera. Dr. Damera discontinued the Lithium.

Jane was hospitalized in late August. Here's what Dr. Damera wrote as he changed her medications again:

"The patient was already taking Elavil, but she also was tried before on other medications including Lithium. This time, I wanted to try a combination of Elavil and Nardil, even though she has been tried on Nardil some two years ago. Personality wise, she is shy and withdrawn and is not a good conversationalist and she is not extremely outgoing either. I felt a combination of Nardil and Elavil would be good on this patient because she has gone through many resistant depressions."

The Physicians' Desk Reference warns that a combination of Nardil and Elavil can cause severe convulsions and death. Citing this published warning, the Coroner's jury called Jane's death "accidental but avoidable."

--Mark Silverstein



Drugs blur vision? Get glasses

In December 1984, Jane was taking Cogentin twice a day to control tremors caused by her other psychiatric drugs.

In early December, 1984, Dr. Shattan increased her Cogentin to three times a day.

On Dec. 31, 1984, Dr. Shattan wrote "Jane has some visual blurring since her Cogentin was increased. She was advised to get reading glasses to help her read."

side effects. On Feb. 4, 1985, Dr. Shattan wrote:

"Jane reports that in the past month she has been dropping things, feeling less physically apt and clumsy. This is the worst that she has experienced it. She has been falling asleep later and sleeping more fitfully. She has been staying up later, and possibly has been stimulated more by the fact that she now is dating a young man, who is also a client at this Center and lives at the same residence in supervised housing that she does. They have not become sexually involved. . . . In an attempt to reduce her clumsiness, the Thorazine will be reduced to 100 mg. h.s. She will continue on the other medications. . . ."

A month later, Dr. Shattan wrote:

". . . Patient notes continued clumsiness and dropping things, which is no worse than previously. She sleeps as well as previously on the reduction of Thorazine. We discussed the change of Thorazine to Mellaril for the summer months to avoid skin photosensitivity."

Progress

On April 1, 1985, Dr. Shattan wrote:

"Jane feels she is making progress. She has read a book through for the first time in a long time. She doesn't remember what it was about, but she enjoyed it while she was reading it."

Dr. Shattan ordered a change from Thorazine to Mellaril, continuing the other medication.

BELOW: from an ad in American Journal of Psychiatry

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Book review:

Dr. Caligari's Psychiatric Drugs

This potent 61-page booklet on psychiatric drugs is important to psychiatric inmates, ex-inmates, their families, health professionals, and the general public.

Dr. Caligari uses plain English without psychiatric or medical jargon. Technical terms are simply explained.

For example, here's how Dr. Caligari explains the common drug-induced disorder known as tardive dyskinesia: "Tardive means late-appearing, because it usually takes two or more years . . . to produce this condition. Dyskinesia means abnormal muscle movement."

The book's layout is an eye-catching, consciousness-raising mosaic: large easy-to-read print generously spread out over two-column pages; dramatic illustrations; powerful personal statements by ex-patients; obscene drug ads taken from psychiatric journals. The book includes a bibliography suggesting further reading, and an index lists all the drugs discussed.

The front cover is a black and grey blow-up of excerpts from the Physicians' Desk Reference. They warn of tardive dyskinesia and death from psychiatric drugs.

In each of the nine chapters dealing with the drugs themselves, the book contains sections on the drugs' frequent, occasional and rare effects (not "side effects") which are health-threatening. Each chapter lists the range of approved adult dosage levels,

and each advises certain special precautions.

A separate chapter on general precautions includes very alarming information about the many drug-caused sexual disorders affecting both men and women.

In Chapter One, "Getting Drugged," Dr. Caligari says he published his book to:

"educate all those involved with these drugs, including people getting or thinking of taking them, concerned family and friends and health care workers. Reliable information about drug effects, toxic effects and medical complications is crucial to ensuring a truly informed consent."

Informed consent

In Chapter 2, "Consent and Coercion," the author reminds us that free and informed consent to drugs, electroshock or any other "treatment" is virtually impossible in any psychiatric facility.

The doctors tell us little, if anything, about the drugs prescribed for us and their major health risks, which include tardive dyskinesia and brain damage.

Psychiatric staff frequently threaten "difficult" or "uncooperative" inmates with forced megadose injections and/or longer incarceration whenever they refuse the drugs.

Dr. Caligari also attacks the traditional psychiatric myth of "mental illness" and its "supposed biochemical origins" including the mythical "chemical imbalance" and dopamine theories. Psychiatrists are using these theories to justify heavy drugging of people labeled schizophrenic, manic-depressive, or psychotic.

Brain damage

Dr. Caligari also asserts that these drugs, particularly neuroleptics such as Thorazine, Stelazine, Mellaril, Haldol and Prolixin, and the anti-depressants such as Elavil and Tofranil, are brain-damaging.

Dr. Caligari criticizes practitioners of electroshock, who consider both Brevital and Anectine to be "safe and effective." Brevital is a short-acting barbiturate which masks convulsions and raises the brain's seizure threshold, thus requiring more electricity to produce the convulsion which in turn increases the likelihood of brain damage. Anectine is a "muscle relaxant" which stops all breathing and paralyzes the whole body.

Dr. Caligari also points out that psychiatric drug pushing is big business. Smith, Kline and French (Thorazine, Stelazine), Squibb (Prolixin) and Hoffman-LaRoche (Valium) make hundreds of millions every year--with the eager cooperation of psychiatry.

Sad, angry

While reading about the many potentially permanent crippling effects of these drugs, I felt sad and angry. Sad and angry knowing that millions of my brothers and sisters are still being brain-damaged by tranquilizers and antidepressants which neither tranquilize nor combat depression but instead deaden bodies, brains and feelings.

Sad and angry knowing that too many doctors practice polypharmacy (prescribing two or more drugs at the same time), which greatly increases the risks of addiction, overdose and death.

Sad and angry knowing that millions of people are being conned or coerced into taking these drugs for their "own benefit" or "best interests."

Getting off

But I was heartened to learn how people in these chemical straitjackets can free themselves. A chapter called "Drug Withdrawal" suggests a formula for safely and gradually reducing dosage in small steps over several weeks or months.

When withdrawing from psychiatric drugs, the book urges a nutritious diet, plenty of rest, physical and mental exercise, and the support of understanding friends.

Gradual withdrawal is particularly important for people on high doses or who have been taking the drugs for months or years. Sudden withdrawal can produce serious reactions.

--Don Weitz, Madness Network News (condensed and edited)

To get a copy of Dr. Caligari's Psychiatric Drugs, send \$4.50 to NAPA, 2054 University Ave., Berkeley, CA 94704.

Dr. Caligari is the pen name of David Richman, a practicing physician in Berkeley, California. He writes an outstanding column on psychiatric drugs in Madness Network News, a quarterly journal of the anti-psychiatry and mental patients liberation movement.

that certain smile

That certain smile of warmth and feeling is all too rare in senile patients. Many of them, victims of long-standing psychoses, have no reason to smile.

Senile patients' chances for remission may be negligible. But 'Compazine' can help you give back to them some reasons for smiling. 'Compazine' seems to penetrate the mental and physical apathy of these patients so that they become more outgoing among themselves. Very often they their feelings of isolation and loneliness, a life in the hospital becomes rewarding. 'Compazine' can also modify or dispel the confusion, delusions and hallucinations.

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- approximately 3 minutes average



The Underground Barfly



Where have all the Yuppies gone State Farm picked them, every one. What will they ever earn? What will they ever earn?

These were the questions in our minds as we embarked upon our research for this installment of the Underground Barfly. If you recall last month's Barfly, we began investigating the upwardly mobile crowd at C2 East, and promised an in-depth probe of yuppiedom for this issue.

And honest, we tried, but if yuppie depth is what you're looking for, you'll be hard pressed to find any in Bloomington-Normal. We braved the Bombay Bicycle Club for happy hour on Valentine's Day and hit Bennigan's on a recent Saturday night.

In both cases things were, how can we put this, less than hopping. Now we didn't actually expect to find cruising yuppies interesting by our standards (we usually try to adjust our value system to the environment), but we did expect to find some cruising yuppies, boring or not. What we did find, in both cases, were relatively uncrowded bars with little or no visible cruising action. In fact, there didn't appear to be interaction of any kind with anyone that you didn't walk through the door with. This discovery has left us, if not disappointed, then at least confused and perplexed. Where do the yuppies and yuppies-to-be go for a good time? How do they meet one another? At the health spas? At the coffee machines? Are they engaging in forbidden office romances? Whatever it is, they aren't doing it in public.



It also crossed our minds that the secret identities of Stella and Blanche are out, and to escape our scathing social commentary they have devised an elaborate electronic early warning system which detects the presence of underground newspaper reporters in the environment and alerts them to adjust their behavior accordingly. They have the technology to do that, you know. We theorized that it was the form of an electronic eye which recognized the under \$20 haircut.

The plan was to enter Bombay Bicycle Club with our hats on, but we could sense that they knew there were foreigners in their midst. (Maybe next time we'll leave our army jackets at home.) The first thing that struck us about this establishment was that there are no walls, only mirrors which give the illusion of space. So we grabbed the first table we saw, before dizziness set in, and settled into some fairly comfortable chairs just to the left of Pee Wee Herman's bike. Speaking of bikes, as the name suggests, the Bombay Bicycle Club decor, prominently features a bicycle motif--new bikes, old bikes, bicycle tires, bicycle parts--a veritable bicycle graveyard buried amid the ferns and chrome. And there appears to be twice as many bikes as there really are, thanks to those mirrors. And what happens when a few drinks are added to further confuse the patron's perception? Apparently not much, because Bombay's alcoholic drinks were weak and expensive.

Well, we can't actually remember what we had to drink, but that's only because our drinks were less than distinctive. (Either daiquiris or margaritas about \$2.50.) However, the bar does offer a free happy hour snack table, where patrons are invited to enjoy slices of sub-sandwiches and potato salad. We declined--the CBS

Mini-review

- YY **Bennigan's**
When Irish eyes are sneering
- YY **Bombay Bicycle Club**
Big wheels, big deal

Evening News served as an appetite suppressant. Television images of exploding spacecraft and foreign elections were accompanied by the sounds of California 70's beautiful music. The Eagles, Fleetwood Mac and Paul Simon serenaded us from the club's stereo system.

The other patrons ranged from yuppie age and up, of the dress-for-success variety. There were a number of potential cruisers at the rectangular bar island, but they seemed perfectly content with each other's company. A pair of go-for-it, make-it-happen-type guys at a nearby table looked like they might be looking for action but not finding it, and had to entertain themselves by sharing important looking diagrams on cocktail napkins as they sipped Lite beer on the rocks.

A few more details about this largely undistinguished experience--there were a few games scattered about, the occasional table top video and a long row of oh-so-tasteful backgammon tables (occupied). The most interesting thing we noticed about Bombay was to be found in the women's restroom. It featured dispensers for those sanitary toilet seat wraps--and, they were all empty.

We planned a second Valentine's Day Happy Hour stop at Bennigan's, but a tour through the parking lot didn't reveal any spaces, and temperatures plummeting well below the freezing mark prevented the, if nothing else, common sensible barflies from walking from a long distance space at the mall. Dedication has its limitations and frostbite is one of them.

It seems that we really missed the action, because instead of the shoulder to shoulder, 2 for one, and one for all drinking atmosphere that had been described to us, we walked straight into the return of the living dead. Of course, it was no longer happy hour, but it was around 11 pm on a Saturday night, just when night life really starts rolling most places. Or so we thought. Every rule has an exception, and Bennigan's is it.

This is the bar that doesn't believe in too much of a bad thing. Every square inch of wall space was covered with motif in extreme--Irish mixed with sports mixed with movies. There

Classy Fried Ads

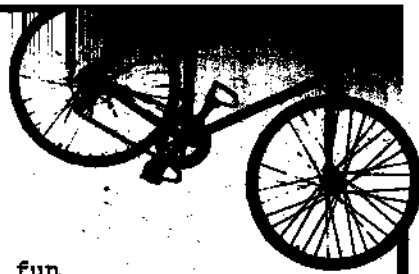
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- Y yucky
- YY so-so
- YYY some fun
- YYYY groovy
- YYYYY pure alpha



were boats hanging on the walls, tricycles (deja vu?), musical instruments, all manner of sports paraphernalia--you name it, they nailed it up. Even the TV sets hung from the ceiling, tuned to MTV with the sound off. MTV hits, or rather, current pop music hits, were playing through the club system, but not the same songs as the videos on the screen, at least not at the same time.

Our bartender was not exactly the quintessential Irish bartender. In fact, he was just this side of downright rude. Maybe that explains the noticeable lack of customers. Maybe the expensive prices for drinks




and munchies really explains it. The menu didn't even list prices for most drinks, but a glass of wine went for \$1.75 and Kaluha was \$2.75. Munchies started at \$4.50, but the selection included crawfish tails and burger bites. We had some homemade chips for \$1.50. (It would have been better spent on a big bag of Ruffles.) To top it off, the bathroom was just plain messy. In short, nobody was there, the service was bad, the product was expensive, and the atmosphere was unappealing. Batting a thousand.

To be fair, both Bennigan's and Bombay are primarily eateries, and we aren't prepared to judge them on the basis of their food. Based on their drink prices, we couldn't afford to.

--Stella and Blanche

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If person-to-person contact like this appeals to you but language barriers hold you back, perhaps you should know about the international language, Esperanto.

Esperanto was the brainchild of Ludwig Zamenhof, a Russian-Polish Jew who published its first grammar in 1887. Zamenhof dreamt that a universally spoken second language would help put an end to the sort of misunderstanding and strife he witnessed growing up in a multi-ethnic community. To this end he spent years constructing an easy-to-learn international language based on a simplified grammar with no exceptions and a vocabulary drawn from the major European languages.

Although two world wars and the rise of the superpowers seem to have stymied Esperanto's efforts to hit the big time, it is still alive and well. Estimates of the number of speakers

worldwide range to a million or more. Thousands of books, hundreds of periodicals, and numerous professional, technical, political, religious, and hobbyists' organizations use Esperanto.

It is far easier to learn than English, Russian, or any other national language. And because it is not the language of any past or present empire, its political neutrality makes it appealing to the countries of the Third World and the linguistic and ethnic minorities of Europe. The European Economic Community, which spends a great deal of money on translation among its various member languages, is looking more seriously at how Esperanto could help solve its language problems.

But aside from all the arguments for the official adoption of Esperanto in international affairs, what really interests me is how it can be right now for direct one-to-one communication.

I took up Esperanto a year ago, learning it on my own in my spare time. Inside a few weeks I could read Esperanto magazines with the aid of a dictionary; inside a few months I could get along very well without the dictionary. Now I've got a lively correspondence going with a school

teacher in China, an environmentalist in Hungary, and a peace activist in Belgium. There aren't many Esperantists in my neck of the woods, so I haven't had much chance to speak it yet, but I know the next time I visit Europe I'll spend my time rubbing elbows with the natives instead of just playing tourist.

In an era when channels of communication are coming increasingly under the control of governmental and corporate monopolies, I'm glad every time about alternatives like Esperanto (and like the *Post Amerikan*, I should add). If you agree, you can find out more about Esperanto and get the first lesson in a free correspondence course by dropping a line to:

Alternativa Stelo
Esperanto Information Center
410 Darrell Road
Hillsborough, CA 94010

--Herbert Ashe



Zone Center no help

There are those rare times in our lives when our troubles have dwindled to nothing, when our blessings have grown beyond measure. Such a time is release from the merciful care of the state of Illinois. Arise all ye seekers of wisdom and take heed of the gracious example of the state.

Picture, if you will, an exclusive college-like campus. Spacious dormitories dot the landscape around the central administration building. A small lake, miraculously shaped like the state in which it resides, compliments the neatly cut lawn.

Here at the Andrew McFarland Zone Center, the facilities cry out for recognition. There are classrooms, tennis courts, a gymnasium, a crafts workshop, an auditorium, a library, a chapel. The list goes on endlessly, but the therapy and recreation do not.

Our vision is shattered by the demon of the state budget.

The tennis courts lie idle--their nets ripped and ragged from lack of care.

The gymnasium has no equipment--but what does it matter? There is no staff to supervise its use.

The classrooms host a single class each day.

On the stage of the auditorium each week there stands a single accordion player accompanied by the one activity therapist who services all six dormitories.


The patients lounge helplessly in the tedium of locked dormitories staring blankly at barren walls. The few still capable of independent movement practice shooting pool from waking to sleeping--their professional dedication broken only for exotic meals of starch and cholesterol.

Some patients, driven to violence by sensory deprivation or incidental taunting, can be heard screaming pointlessly from the seclusion rooms behind the nursing station.

The skeleton crew lounges peacefully behind the nurses barricade beaming over their meager pay checks.

--K.K.

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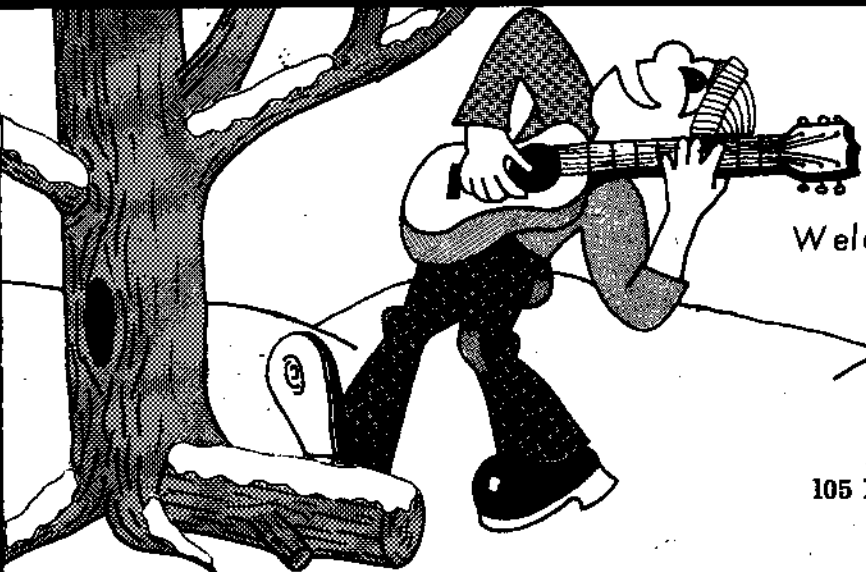


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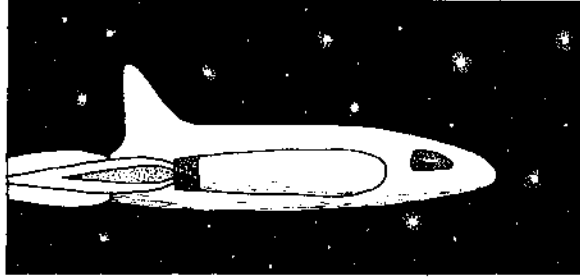
Challenger tragedy: explosion of egos?

I heard about it first on the radio. The salient feature of the announcements was the broadcasters' over-emphasis of the point that the human deaths were the greatest loss in the Challenger catastrophe. They seemed to think it was vital to report that President Reagan had displayed the proper reaction to the calamity. Implying that the President was anxious and concerned solely for the crew, the press secretary of the Chief Executive of the United States of Amerika considered it news that while Reagan viewed a replay of the explosion, he had expressions of anxiety and concern on his face.

The undue stress of the media upon "grief over human loss" in connection with this event continued for several days. Though I am fairly certain everyone has expressed concern over "those poor crew members" and "their poor families," if we are honest with ourselves, we will admit that we are little distressed by these deaths. The victims were complete strangers to most of us. Is it so different than if they had died in an auto accident or a natural disaster? If we see reports of other strangers' deaths in these manners, do we experience any "grief over human loss"? No. After reading the headline, we probably don't even read the article.

Perhaps all this insincere expression of grief has poured out as a camouflage of our true feelings. If we are "grieved" about anything, it is the destruction of the machinery itself. For that awful and mighty vehicle had been a proof to us of our nation's technological (which implies our military) supremacy. Even though only a relative handful of Americans actually design, build and operate the space

shuttle fleet, we all appropriated it as "our" achievement, and "our" success with it made us as Americans feel strong and proud. Time reported after the glorious first shuttle



mission, "...Columbia was a much needed reaffirmation of U.S. technological prowess. It came at a moment when many Americans, and much of the world as well, were questioning that very capability." The article "Touchdown, Columbia" also stated, "As President Reagan told the astronauts, 'Through you, we

feel as giants once again.'" The Chicago Tribune wrote, "That sense of triumph was reflected in the remarks of most people interviewed in downtown Chicago Tuesday (April 14, 1981) afternoon." The editorial writers at the Tribune believed, "...we can all take pride in the American scientists, technologists, astronauts--and taxpayers--who made it possible."

Damage to our own egos is a much more likely reaction of most Americans to Challenger's explosion than grief over the deaths of those on board. Because its own malfunction reduced it to scrap iron, we can no longer be as proud or as confident of our "technological prowess". The total failure of one of our Great Machines makes us feel ourselves to be failures.

-C.S.

Ramboism runs wild

Ramboism rubs writer wrong way (Post cover, Feb. 1986)? Well, it's a national affair.

More Rambo fallout. There's a new bar for your Barfly to go check out the next time she's in Houston, Texas, called "Rambose."

They have a grenade launcher dangling from the ceiling. Sandbagged bunkers inside. A MASH unit set up in one corner. An R&R unit with pool tables. Outside sits a jeep with a 50 caliber machine gun mounted on it.

The waitresses wear bandoliers, the roar of jet engines whooshes out of the sound system and puffs of smoke erupt on the dance floor. Up to 1,500 customers a night crowd the

joint, many of them dressed up in their store-bought battle fatigues.

Larry Dubose, the manager, hands out little American flags to the first 500 customers and then everybody gets together and makes rude, insulting salutes to the U.S.S.R.

Dubose says, "It's patriotism. It's pro-American. Rambo is our new John Wayne."

And Post writer Clarence was upset about video games?

--Robert W. Cassidy

MY SISTER, THE ICONOCLAST

EVEN I, PRESIDENT OF THE FUTURE TEACHERS OF AMERICA ORGANIZATION AT MY UNIVERSITY, HAD BUT A DIM CONCEPTION OF THE TERM "ICONOCLAST" WHEN MY SISTER KATIE INFORMED ME THAT THE PHRASE "PUNK ROCKER" WAS NOW TOO LIMITING TO DESCRIBE HER...

WHY, KATIE! I CAN'T BELIEVE YOU'D GIVE UP YOUR PUNK IDEALS AFTER ALL THAT YOU'VE FOUGHT FOR THEM! REMEMBER ANGINA SPITZ AND UNCLE CLIFF? WHY, YOU EVEN WENT UP AGAINST ME, YOUR OWN LOVIN' SIS!

IT'S NOT THE IDEALS THAT I'M GIVING UP--IT'S JUST THAT THE THRILL I USED TO GET FROM A FRESH MOHAWK IS GONE! JUST LOOK AT YOURSELF, JILL! THE MOST CONSERVATIVE PERSON I KNOW HAS ACQUIRED THE PUNK LOOK!

ANTIFASHION HAS BECOME THE FASHION, AND I SIMPLY CAN'T GET BEHIND AN ATTITUDE THAT'S BEEN CO-OPTED BY THE MASSES!

THAT'S RIGHT, JILL... I'M SHAKING THE CULTURAL STEREO-TYPE OF THE PUNK ROCKER!

SO THIS IS WHERE IT ENDS, HUH KAT? SHOT DOWN BY YOUR OWN HAIRCUT? SOMEHOW I ALWAYS THOUGHT YOU WERE MAKING MORE THAN AN ANTI-FASHION STATEMENT! GUESS I WAS WRONG!

NOW HOLD IT RIGHT THERE, SISTER! I'M THE FIRST ONE TO SAY THAT PUNK "IDEOLOGY" IS MORE THAN SKANKING AND SKATE BOARDING!! BUT I'VE DISCOVERED THAT THE NIHILISM WHICH IS THE BASIS OF PUNKDOM HAS BECOME ER, ANTI-CLIMACTIC!

AND THOUGH I MAY CONTINUE TO EMBRACE SOME OF THE PUNK PHILOSOPHY--I'VE FOUND THAT ALIGNING YOURSELF TOO COMPLETELY WITH ANY GROUP QUICKLY LEADS TO ELITISM! AND FROM NOW ON, I'LL WEAR MY REVOLUTION IN MY HEART--NOT IN MY HAIR!

Pop Smear smears pop



BENEFIT Rock out

Oh gosh, oh golly. I can feel it. I'm going to have to babble again. You see, I'm just beside myself over the gigantic success of the Post Amerikan Benefit and Auction. And I think I simply must share my joy with you or...I fear...I shall... explode!

If you were at the Galery on that Saturday night a few weeks ago, you may have some idea of what I'm talking about. I remember it well...

...We were just another alternative newspaper fallen upon hard times. That vicious bulldog of New Republicanism held our beloved country in its powerful and fearsome jaws. No matter how we squirmed, the cur would not let go.

Oh, we kept up our struggle for peace, equality and honest water departments, but we were never far from the shadow of The Dog. The truth was that we were losing more and more of our compatriots to Computer Sales Careers and Physical Fitness as a Way of Life. The collective morale was slipping. It was getting lonely out in left field. And our dough was real low.

"Gosh," we said, "let's put on a show!"

Then a miracle happened. Some people came to our benefit. And then more, and more. Until the Galery was completely jammed. The crowd went wild again and again for David Marshall, The Post Toasties, One Big Woman, Dan Linneman, Clarence Goodman and Mark Stairwalt. Pop Smear, Ed 'n' Dean and Action Potential. The music was wonderful, and was matched only by the wonderful audience.



Ed 'n' Dean play Christ and Anti-Christ



Stairwalt wails, Goodman sails



Lava Lamp wows benefit goers



Dan Linneman digs deep

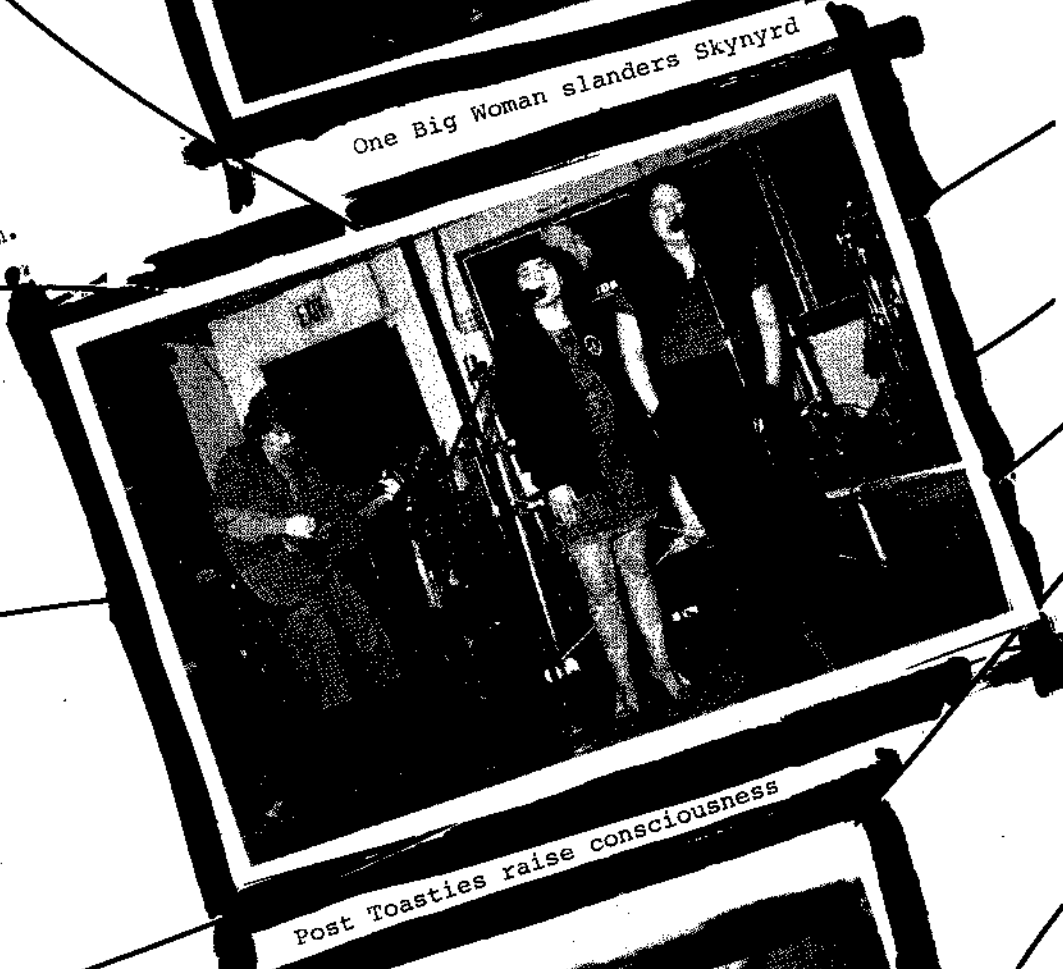
for rebels



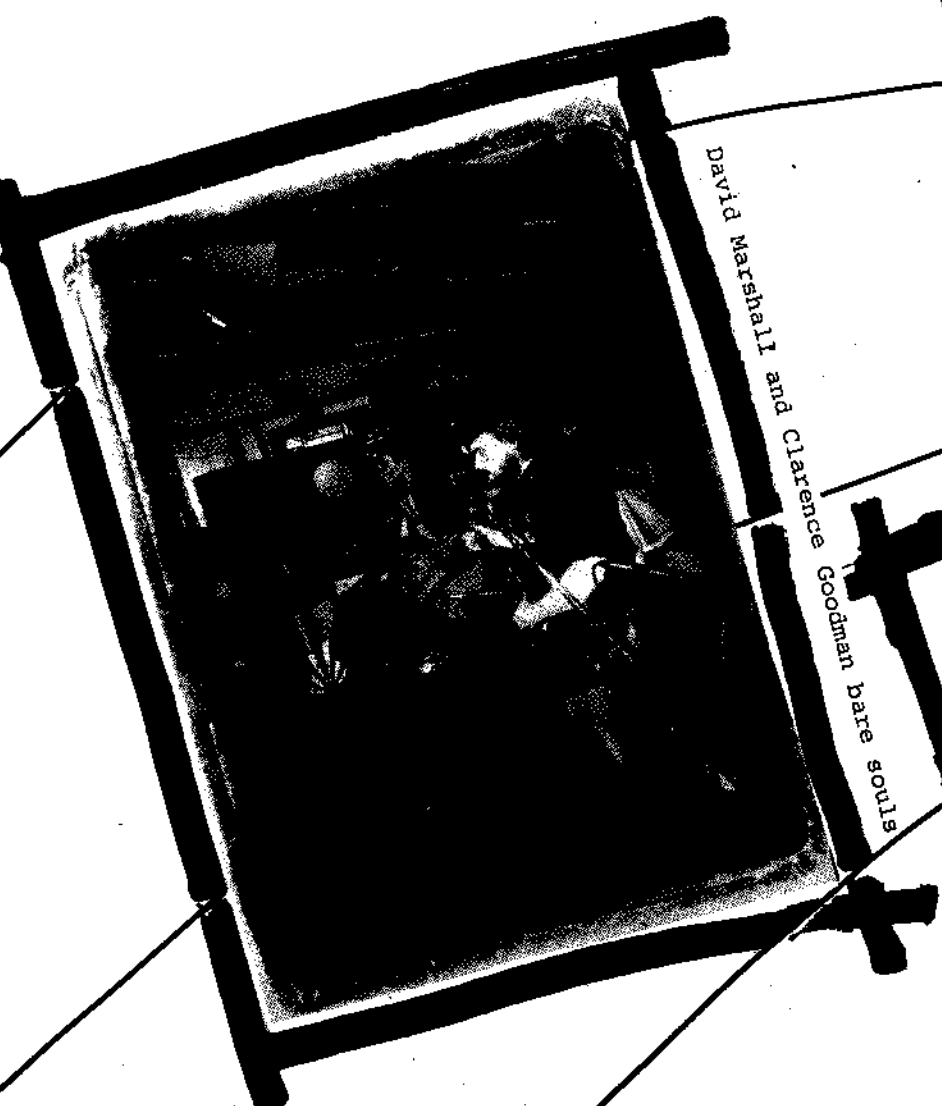
Action Potential cranks out the jams



One Big Woman slanders Skynyrd



Post Toasties raise consciousness



David Marshall and Clarence Goodman bare souls



Galery bartenders take time out to assess haircuts

The crowd even bid on our auction items--- and so enthusiastically! I mean, sixty dollars for "Breakfast with Deborah!" Confidentially, you could go to Bob Evans on a given Sunday morning and have breakfast with Deborah for about four bucks. But now I'm spilling the beans, so just forget I said that. Anyway, we want to thank Spike, Babbit's Closet, Betty, Stan and That Hope for donating stuff to the auction. And we want to especially thank everybody who bought stuff. Have fun with that Lava Lamp, fellas!

So lately, we're a happy bunch down here at the Post Amerikan. Yes, the mangy Mongrel Majority is still nipping at our heels. But we'll keep throwing rocks at it. Oh, I almost forgot. Do you remember last month when I mentioned that we had written to Abbie Hoffman asking him to contribute his autograph to the Post auction? Well, maybe you thought I was kidding. I wasn't, and guess what! Abbie wrote back to us, but it was post-marked the day after the benefit, so we're saving his letter for the next Post Amerikan Benefit and Auction. (I just knew in my heart that Abbie was a good guy.) And we are also accepting sealed bids for the coveted MEG typewriter ribbon that enabled us to disable the narc operation in 1979. One dog down, 198,476,002 to go.

So stick with us, Post readers. Together we can conquer that ugly Cur of Conservatism.

LVD

Keeping up with the Joneses

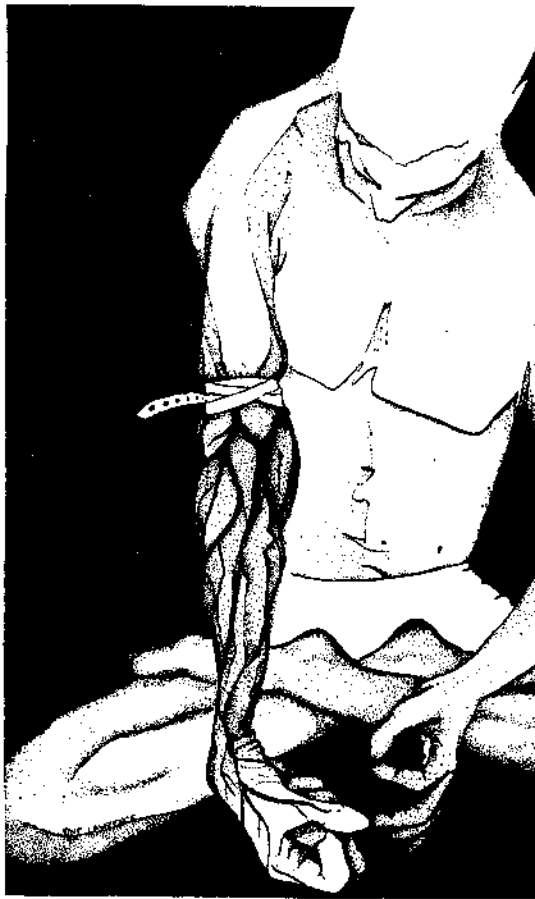
The Lotus Crew by Stewart Meyer.
Grove Press, \$12.95 hardcover.

"But when a man's usin' he's not there anymore. You ask him a question and Jones answers for him. Tell him to expel Jones and he says 'What Jones?'"

Set in Alphabet City, an urban jungle in New York's Lower East Side, Stewart Meyer's The Lotus Crew is an excursion into the dim, chaotic world of the new heroin subculture. Meyer's debut novel displays a rogue's gallery of scuffling junkies, enterprising pushers, street toughs, and bullnecked cops all thrust into action by the total need of heroin addiction.

The landscape here is stark, terrifying, and hostile to strangers; in it, traditional socio-economic roles are inverted, with primarily black and Hispanic drug entrepreneurs moving their wares upon a subjugated, suburban-white market.

The primary action of the novel concerns the development of the Triad-Rainbow Crew, a newly organized, fiercely ambitious team of heroin salesmen. Meyer follows the crew members through the streets, alleys,



and corridors of the heroin business, exposing a high-strung underworld in which brutality is the only rule. Meyer also takes pains to delve inward into the psyches of his characters. Thus, a deeper, more constant theme is revealed: that of total addiction to anything, be it drugs, money, power, or sex.

Meyer's language is authentic; he obviously has been to the streets, listening for the tones and textures intrinsic to the dialects of his characters. His literary style, particularly his use of poetic exegesis, owes much to Bill Burroughs, yet retains a fresh, driving originality. Meyer has learned his lessons well and exhibits the capacity for further development.

The Lotus Crew is a fine, exciting first offering. As Burroughs himself recommends it, "The Lotus Crew is better than a movie." And much better than television.

--MJ



WE KNOW YOU'RE COOL, BUT DOES ANYONE ELSE?

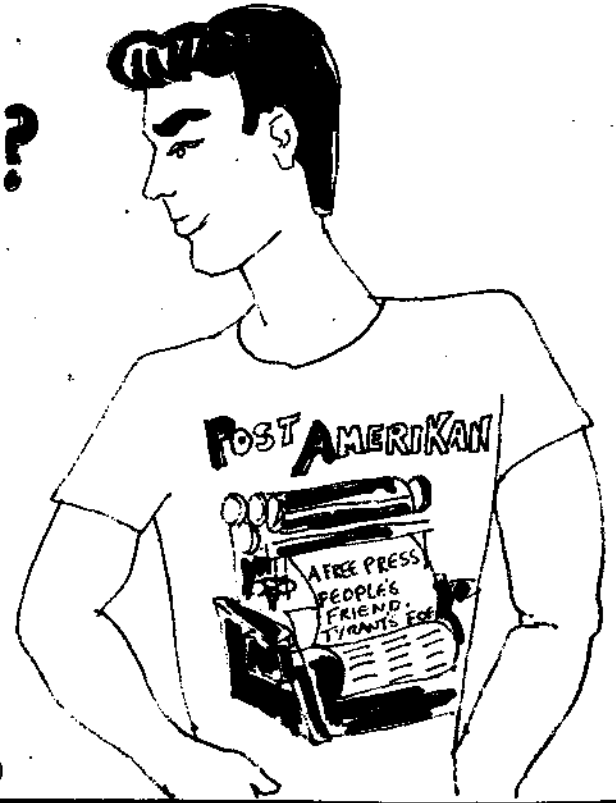
One way to secure the coveted status of "cool" is to sport a coveted Post Amerikan T-shirt. Just wear it and keep your mouth shut. A Post T-shirt speaks for itself. In tie-dyed colors (if you're lucky) or bright solid colors, it's a great way to say, "Hi. My politics are exciting."

Yes! I want people to know I'm cool! Send me a:

- Post Amerikan T shirt
- My Sister, the Punk Rocker T shirt

Size: S M L XL

Enclosed is my \$7. (See coupon below)



SON, YOU ASKED WHY WE GET THE POST-AMERIKAN. WELL, WE SUBSCRIBE - AND WE'RE PROUD OF IT - BECAUSE IT'S NOT JUST ANOTHER RULING CLASS MOUTH-PIECE, FILLED WITH WOODEN PLATITUDES. HEY, WE'RE NO DUMMIES!

Mail immediately to:

Post Amerikan
P.O. Box 3452
Bloomington, IL 61702

For the true intellectual...

Bloomington-Normal's other newspaper.

YES! I SUPPORT THE AMERIKAN WAY!

SUBSCRIBE (\$4.00)

Name _____
Address _____
City, State, Zip _____
City, State, Zip (cont.) _____

Remarks _____

Get a colorful P-A T-shirt too! (\$7.00)

Size (circle one) S M L XL
Get a My Sister the Punk Rocker T-shirt, too!

Size (circle one) S M L XL

Extra contribution \$ _____

Total amount of money sent

\$ _____