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Confessions of a former vegetarian

Interview with Matt Hale

Creative Native



POST AMERICAN



BLOOMINGTON/NORMAL

VOLUME 28

FREE

NUMBER 2

APRIL/MAY 1999



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PAGE 2



BLOOMINGTON/NORMAL

VOLUME 28

NUMBER 2

APRIL/MAY 1999

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About us

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

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

Most of our material and inspiration for material comes from the community. The *Post Amerikan* welcomes stories, graphics, photos, letters, and new tips from our readers. If you'd like to join us, call 828-4473 and leave a message on our answering machine. We will get back to you as soon as we can. Don't worry if it takes a while--we don't meet every week.

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

Subscriptions

Subscriptions to the *Post Amerikan* are available for the low price of \$6.00 per year for six complete issues. Please send a check (made payable to the *Post Amerikan*) to: Post Amerikan, P.O. Box 3452 Bloomington, IL 61702.

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

Barbie, David, Gregg, Linda, Ralph & Sherrin

Pick up a copy

Copies of the *Post Amerikan* are now available for free at the following locations:

- Bloomington**
 AIDS Task Force, 313 N. Main
 About Books, 221 E. Front
 Barnes & Noble, Veterans & Rt. 9
 Common Ground, 516 N. Main
 CoffeeWorks, 608 N. Main
 Gaston's Upper Cut, 409 N. Main
 Last Chance Newstand, 404 N. Main
 Lizard's Lounge, 612 N. Main St.
 Medusa's, 420 N. Madison
 the Movie Fan, 401 N. Veterans (Cub Food Plaza)
 Mystic Link, 1206 Towanda Ave. Su.4
 Shockwaves, 415 N. Main
 Twin City Exchange, 411 N. Main
Normal
 Acme Comics, 115 W. North
 Babbitt's Books, 104 W. North
 the Coffeehouse, 114 E. Beaufort
 Deadpan Alley Records, 107 W. North
 Mother Murphy's, 111 W. North

What's your new address?

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

Name _____
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Due Date:

The due date for submitting articles to the *Post Amerikan* is: (please laser print your articles in columns of 3" using Palatino 10pt. type if possible.)
May 15th

Good numbers

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



Community News

Suburbia

The setting is simple. Five friends hanging out on a summer night outside a convenience store. Sound familiar? It should. This is a scene that is played out nightly in suburbs across America. It's also the setting of the cult favorite movie *Suburbia*. But don't forget, *Suburbia* was a play long before it was a movie. The ISU free stage production of Eric Bogosian's edgy social issues play will be performed in the upstairs of downtown Normal bar The Gallery. The story is set with five friends re-evaluating their lives after the return of a former classmate turned rock star. The self reflection takes some odd and difficult turns as they try to figure out just exactly what their lives are lacking. Director Chris Arnold compares Bogosian's writing style to *Clerks'* author Kevin Smith and comedian Dennis Leery. "The language of Smith with the intensity and bite of Leery."

Suburbia will be performed April 26th-28th with show times of 5:30 pm and 8:30 pm every night. Running time is 2 hours with 1 ten minute intermission and audience members are encouraged to purchase refreshments from the bar. Admission is free and all ages are welcome. (Explicit language is used.)

--Barbie Dockstader

Theatre of Ted

ISU's Theatre Department has received a great deal of well deserved publicity due to the phenomenal success of their main stage production of *Angels in America*. And somewhere in the shadows, the underground theatre, known as Theatre of Ted, has proven it can still pull in a crowd and put on quite a show.

Formed eight years ago by Pete Guither and Brendan Hunt, Theatre of Ted is based on an Iowa based theatre called Theatre of Bob. It is promoted as anything goes forum referred to as "dare to suck." According to 98-99 host Chris Arnold, "It's the one place where you shouldn't be greatly criticized for your performance." In his first year as host, Arnold has seen acts of genius such as Acting Independantly's 30 minute Star Wars (acted out with hand puppets and bizarre props) as well as those acts which began with brilliance but never quite made it. Most shows are an eclectic array of poetry, music, skits, monologues and a lot of things that don't fit into any category.

The audience and participants are a mix of local residents and ISU students of varying majors. However, Arnold says he would like to see more acting majors attend the show. Running at about an hour a week, Theatre of Ted meets at Midnite every Saturday night at ISU's Theatre Building. (Signs posted will indicate the room number.) There are only five Ted's left before the end of the semester. The final Ted will be on May 1st and promises to be the best of the year. Visit Theatre of Ted soon and dare to be creative.

--Barbie Dockstader

Applications for family assistance and home based support

Family assistance and home based support programs are designed to enable persons with serious mental illness, severe emotional disturbance or developmental disabilities to live at home rather than in institutional settings. Families in the Family Assistance program receive a monthly check for \$500 to meet special needs. Adults in the Home-Based program can purchase up to \$1,500 per month in goods and services relating to their disability.

There are only 1172 persons enrolled in the two programs and if further funds are appropriated by the General Assembly, additional participants will be selected by random drawing. Once selected, adults must demonstrate that he/she (1) is living at home or moving home, live in own apartment, or live with as many as three unrelated adults; (2) has a severe disability; (3) adults must be eligible for SSI or SSDI.

Applications must be submitted before May 31. Application blanks are available.

If you have questions, call 800-843-6154, ext. 3.

GLT needs volunteers

GLT 89 FM is holding its annual spring On Air Fund Drive from April 15 until April 24. During that time, at least 150 community volunteers will be needed to answer the phones and accept pledges.

Shifts are flexible and volunteers can work for as long or as short as they like, although shifts normally average 2 hours. Volunteers are generally needed between 5 a.m. and midnight.

Those interested in volunteering may do so by calling Pat Peterson at 309-438-3581 or by e-mailing her at pkpeter@ilstu.edu. GLT is located on the campus of Illinois State University in Normal. Volunteer information and parking passes will be provided to all volunteers.

GLT holds fund drives every fall and spring. GLT is listener supported and depends on the community so it can continue providing its high quality new and entertainment programming.



Recycle your used laser toner cartridge; create a consumer job

Thresholds of Chicago has a consumer run business that remanufactures laser toner cartridges and creates jobs for disabled members of Thresholds. The business, known as Lincoln Laser, has been in operation for three years and has provided this service to small and large businesses in Chicago and is also sanctioned by Illinois Central Management.

"Our cartridges," Lincoln's manager says, "can cost about 40% less than new ones, and can reduce costs per page by as much as 60% because they print so many more pages."

Prepaid postage labels are available. So help create more consumer jobs: send your laser cartridges to Lincoln Laser, 1556 W. Carroll Ave, Chicago 60607.

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MONDAY - THURSDAY 4pm - 1am
FRIDAY 4pm - 2 am | SATURDAY 8pm - 2 am
SUNDAY 6pm - 1 am



316 N. MAIN ST. BLOOMINGTON
(309) 829-2278



Creative Native

Over the course of the next few weeks Bloomington-Normal will be flooded with the phrase "Creative Native." These two words represent what will surely be the largest convergence of creative outpouring that Bloomington, Illinois has seen in quite a while.

The 1999 Creative Native - Art and Music Showcase Celebrating Local Creativity will showcase Central Illinois artists, poets and musicians. Held at Lizard's Lounge in Bloomington, Creative Native will include 11 of the best local bands on the main stage, continuous acoustic and poetic entertainment downstairs, two dimensional art displays throughout the Lounge and book signings by 3 local artists. The 12 hour event will run from 2 pm to 2 am on Saturday April 24th with a \$2 cover for the entire day.

Creative Native came about when a small group of local artists (Chris Ahillen, Mark Pierce and Dean Carlson) were having a conversation about the comparison between the huge amount of local talent in the Bloomington/Normal area and the lack of outlets and events held to promote this well spring. Chris Ahillen, known for his divine insight, suggested the loose idea of taking it

upon themselves to organize an event to showcase the wide variety of creativity that comes from this rather unassuming Midwestern town. All agreed that this was a grand idea and left it at that.

About a week later Chris was speaking to Joe Rexroat (another creative local) and decided to throw the idea at him, just to see if it would stick. As sticky ideas have a tendency to do, it stuck. Although fantastic ideas like these tend to run rampant through the minds of most of us from time to time, they don't always reach fruition. Busy schedules, prior obligations and the general reality of life join forces to extinguish these little bits of genius. This would not be the case this time. Joe had some time to kill and a longing for inflated phone bills; Chris had a connection with Mike Manna of Lizard's Lounge, and both have many friends in the local art and music scene. After contacting poet Barbie Dockstader for her help, the three of them began to get things under way. The response has been incredible. All artists, as well as Lizard's Lounge management, agreed that this would be a nonprofit event designed to celebrate, enjoy and promote local talent. Any proceeds generated by the modest \$2 cover will pay for advertising and all remaining money will be donated to the McLean County Humane Society.



While the lineup is not set at this time, these are some of the artists you can expect to see at Creative Native.

Spelunkers, Ruth Buzzy, Marinated Brains, Wipplot with artist Vince, Geoff Beran, Hyperqueer, Swinging Hemphills, Busker Soundcheck, Grainbenders, Brother Jed, Jay Hammer, Cody, Chad Geiser, Barbie Dockstader, Dan Knestaut, Leslie Shimin, david, Mark Pierce, Jim Bohn, Peter Birk, Geoff Davis, and many, many more.

Don't miss the biggest show in town. April 24th at Lizard's Lounge 2 pm-2 am. Be there!

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Death March '99



**March 27th
6:00 pm
Illinois State University
Tri-Towers Subway**

One day before WRESTLEMANIA see
Bloomington / Normal's #1 Backyard Wrestling Federation
in their biggest event of the year!
LESS TALK! MORE WRESTLE! WE PROMISE!



<http://members.xoom.com/fuonline>

The latest news on Bloomington/Normal's #1 backyard wrestling federation is Death March '99. Noted as their biggest event to date, the Federation of United Wrestlers (FUW) put on a spectacular drama filled show at ISU Tri-Towers on March 27th. The first surprise of the evening was the resurrection of wrestler Disco Stu. Upon Disco's return, he challenged the FUW owners, the Mann family, to a match with the company on the line as the prize. The excitement continued its steady climb as the Druids carried out an 8 foot tall casket. The casket was the focal point for the signature match of the night, the Death March. Schitzo Johnny Vengeance stood victorious as the only participant in the match who was not put in the casket. By avoiding a casket elimination, Schitzo won the right to be part of any title match he chose to participate in that night.

The show's momentum continued to escalate as Arkham's Big Daddy and Scar won a slobber knocker of a tag match to become FUW's Tag Team Champions of the world. It was also a triumphant night for FUW favorite Wife Beater Brett Presson. He became only the second wrestler ever to win the FUW Lightweight strap. Presson ended the six month title reign of Little Bitch Johnson after an epic match that most onlookers thought would never conclude. It is this type of wrestling that makes FUW the "greatest thing ever" according to one fan.

In a bold and somewhat suicidal move, Schitzo Johnny announced his intentions to make the UBN title match a three way dance between himself, Dre and Grunge Puppy. As expected, the title fight was a wild one. The wrestlers refused to stay in the ring and ended up brawling their way all over the building. This will certainly be remembered as the best UBN match in history. It finally concluded with Schitzo Johnny having his hands raised victoriously for the second time that evening. This time as the new UBN Champion of the world.

At this point in the night I was wondering if this show could possibly get any more insane,

when my question was answered. It was about to get a whole lot more insane. It was announced that the main event for the show was going to be a best of five tables match between Violent JT and The Anjel for the FUW World Title. The first combatant to be thrown through 3 tables loses. But before the main event could even begin the crowd suddenly became hysterical. Disco Stu was making his way to the ring. Most fans thought that this was something that they would never see again. The odds seemed against Disco since his opponent Carlson Mann's brother was the special guest referee. After a short match riddled with interference be the Mann family, Disco Stu did what Disco does best...he overcame the odds to get what he wanted. He mounted a serious comeback and then delivered the electrifying Disco Elbow which knocked Carlson Mann out cold as a hesitant Edwin Mann counted to three. Disco was now the owner of the FUW. Strangely, the ring announcer called out the new owner by the name Stuart Mann. I am certain this will be explained in the near future.

Finally it was time for the Main Event. The Anjel and JT worked quite a program as they put each other through Hell. Table after table shattered under the weight and force of these two phenomenal wrestlers until Violent JT triumphantly put the Anjel through the 5th and final table and became the FUW Heavyweight Champion. This was definitely an amazing night for both wrestling and the FUW. The only losers seem to be the Mann family and those tables. Those poor broken tables.

To see FUW live, check out their web site at <http://members.xoom.com/fuonline>. Or better still, check out their big April show as they make their Illinois Wesleyan University debut on April 15th. I will definitely not miss this one.

Call 827-2387 AFTER 6 pm for more info.

--Barbie Dockstader

The Pigeon Gallery Upcoming Events

Monday March 29th - Monday April 5th:
"Recent Works"
by Hugh Rosin
Opening Reception: Thursday April 1, 7-9 PM

Wednesday April 7 - Thursday April 15th:
"Speaking figuratively"
by Gina Theison and Carol Simmons
Opening Reception: Friday April 9, 6-9 PM

Saturday April 17 - Saturday April 24:
"Salon des refuses"
Work rejected from ISU's Student Annual
Opening Reception: Saturday April 17, 6-9 PM

Monday April 26 - Sunday May 2:
"Metal's Show"
Organized by ISU metal's and jewelry students
Opening Reception: Tuesday April 27, 6-9 PM

Tuesday May 4th - Sunday May 9th:
"Recent Prints"
Organized by: Sean Caufield and printmakers
@ ISU

Tentative: May 20th - June 8th:
Jim Odell

Tentative: June 11th - June 30th:
Jeff Davies et. al.

The Pigeon Gallery is located at 121-123 North St. Normal, IL (just above CampusTown on the corner of Broadway and North Sts.)

*Hours: Monday - Sunday
10 a.m. - 6 p.m.*

Parking is available for free throughout downtown Normal. One hour time restrictions may apply on weekdays until 5:00 p.m.



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News from McLean County

Bec's too! Recipe books available

Another gift idea that will please you and those to whom you give, while benefiting MCATF at the same time, is the *Bec's Too! Your Favorite Recipes from the founder of Bec's Far East & Texas Grill* is now available from Arlene Valentine. Call 309-827-2437. The recipe book includes many of the dishes that were available at Bec's. This limited edition reprint with a new forward by the author is available while supplies last. Proceeds will help support the work of MCATF.

--Red Ribbon Review

Connections Community Center

"Open Door Youth" activities

PFLAG, in collaboration with MCATF, holds a Youth Night at CONNECTIONS Community Center most Friday evenings from 7:30-10:30 pm, for gay, lesbian, bisexual and questioning 13-20 year olds, and their friends and allies. These activities are "chaperoned" by trained PFLAG/MCATF adult volunteers, all of whom have also passed the DCFS CANTS check. Activities include both specific events and unstructured social time. This activity includes HIV prevention education activities. To learn more about these activities or to volunteer, check the calendar or call the Open Door Youth Center schedule line at 309-823-0555.

Adult night activities

MCATF, in collaboration with ACHR, holds Adult Night activities at CONNECTIONS Community Center most Saturday evenings from 7:30-10:30 pm, for gay, lesbian, bisexual and questioning 21+ year olds, and their friends and allies. These activities are overseen by

MCATF/ACHR volunteers. Activities may include movies, potlucks, speakers and unstructured social time. This activity includes HIV prevention education activities. To learn more about these activities or to volunteer, check the calendar or call MCATF at 309-827-2473 or ACHR at 309-830-2521.

Saturday mornings

CONNECTIONS Community Center is open from 9:00-noon for coffee & conversation. Visitors may use the center's library of videos, books, and magazines. To learn more about these activities or to volunteer, check the calendar or call MCATF at 309-827-2437 or ACHR at 309-830-2521.

--Red Ribbon Review

Other community activities

Parents, Families, and Friends of Lesbians and Gays (PFLAG) meetings

PFLAG usually holds a meeting on the third Tuesday each month at 7:00 pm at the First United Methodist Church's Yoke Room, 211 N. School St., Normal. PFLAG provides education and support for families and friends and advocates to end homophobia. These meetings are free and open to the public. For more information, contact Carol or Craig Cadonic, 309-663-0831 or write PFLAG, PO Box 615, Bloomington, IL 61702-0615.

The Advocacy Council for Human Rights (ACHR)

See their monthly publication, The Rainbow Connection, for details on ACHR meetings and events or call 309-830-2521.

Client food bank needs donations now!

Our client food bank has been drawn down to nearly nothing. In the past two or three weeks, we have had five new clients come to MCATF for assistance, and in each case, the first request was assistance with groceries! We have more and more clients who make use of it on a regular basis. Please consider a gift of non-perishable food, including baby food, and/or household products to our client food bank.

So far, we have placed no restrictions to clients on drawing from the food bank. We particularly need canned meats, fruits, vegetables and meals. For a complete listing of suggested items, contact the MCATF office at 309-827-2437 or send an SASE with a note requesting the list to MCATF, PO Box 304, Bloomington, IL 61702-0304.

As an individual, consider pledging the food bank one bag of food a month. It will make a difference to someone who needs this help to maintain a good diet.

Your new challenge

We are asking each of you, our readers, to help us find one local group who will pledge our food bank a bag of groceries each month. We have a suggested grocery list for these pledges. If we can get them, these pledges can assure a regular flow of new groceries into the food bank. This dependable inflow will make it easier for our clients who draw on the food bank to plan their food budgets. This dependable inflow of groceries is something that we don't have now.

--Red Ribbon Review

"Dealing with HIV/AIDS issues" workshop to be offered

Learn more about HIV/AIDS: HIV disease progression, opportunistic infections, fungi, parasites, cancers, and other conditions; current treatment protocols; basics of prevention and care case management; community resources; appropriate client-volunteer interactions. Analysis of complex situations is done as a group activity.

The workshop date remains to be announced. Call Bruce or Arlene at 309-827-2437 for details. Preregistration is required. The prerequisite is "Let's Talk: HIV/AIDS Basics" workshop. The fee is \$5.00 and the workshop will last about six hours.

This workshop will qualify you for working with MCATF clients (persons living with HIV or AIDS) through the direct services group. MCATF membership is required for this volunteer opportunity.

--Red Ribbon Review

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AIDS Task Force

Time to believe

"The opportunity to be threatened, humiliated and to live in fear of being beaten to death is the only 'special right' our culture bestows on homosexuals"

--Diane Carman, *Denver Post*

If you haven't heard, a young gay man named Matthew Shepard died the other day. He had been lured away from safer environs, robbed, beaten brutally, and left "crucified" upside down, tied to a fence in Wyoming. He died a few days later. Senseless. Brutal. Tragic. Unnecessary.

It's time to stop allowing a climate of hatred to be promoted in this country. It is time that we begin to hold responsible those who preach hatred of any kind, yes, even those who preach hatred of homosexuals. It's time to stop teaching hatred to our children. It's time to find ways to replace that hatred with love and acceptance for diversity. It's even time to replace our own self-hatred with that same love.

It's time to say aloud to our elected officials, our religious leaders, our teachers, our employers, and anyone who would deny us the same basic civil and human rights that others in this country have: "When you fail to recognize my rights, you are failing to recognize me and you are failing to acknowledge my humanity. When you fail to protect my rights, you are failing to protect me. You no longer have my permission to treat me that way."

It is time to recognize that pronouncements of hate are often swathed in the deceptive cloth of family values, morality, and religion; brush that cloth aside and the truth of intolerance becomes visible in all its nakedness.

It's time to believe it doesn't have to happen this way.

--MCATF *Red Ribbon Review*

Gay Myths...

Myth:
Homosexual men and women make up only a small segment of the general population and are an urban phenomenon.

Reality:
According to the research done by Kinsey and his associates (1948, 1953) 22 million men and women (about 10% of American at the time of his studies) are mostly homosexual. He also found that from puberty to age 20, 28% of all boys and 17% of all girls had one or more homosexual experiences. When the fact that gay men and lesbians have families and friends is considered, it's easy to realize that almost everyone comes into regular contact with gay people - both in the cities and in rural areas.

--Rainbow Connection
December 1998

Minister faces job loss after performing same sex marriage

The Rev. Gregory Dell, minister at Broadway United Methodist Church in Chicago, faces the possible loss of his job for performing a same-sex commitment ceremony in his church this last summer.

The church is a Reconciling Congregation, with nearly one-third of the congregation identifying itself as gay or lesbian.

Bishop C. Joseph Sprague of Chicago filed a complaint against Dell for failing to uphold the Order of The Discipline of The United Methodist Church. If convicted under a church trial, penalties range from withdrawal of his credentials of ordination to suspension or a lesser penalty.

On Nov. 22 the Rev. Fred Phelps of Topeka, Kansas (who picketed the Matthew Shepard funeral in October and has picketed numerous AIDS funerals over the years) protested in front of Rev. Dell's church. The *Chicago Tribune* reported in its Nov. 23 edition that 1,500 people showed up to give their support to the Rev. Dell and the church.

The Advocacy Council encourages everyone to write to Bishop Sprague to voice their support for Rev. Dell. The address is:

C. Joseph Sprague, Bishop
77 West Washington, Suite 1820
Chicago, IL 60602
Fax: 312-346-9760

We also want to make sure that Rev. Dell knows that he has support both inside and outside of the Chicagoland area. His address is:

The Rev. Gregory Dell
Broadway United Methodist Church
3344 North Broadway
Chicago, IL 60657
Fax: 773-348-2521

--Rainbow Connection
December 1998

Hate crime fact sheet

The Advocacy Council for Human Rights, in reaction to the recent killing of Matthew Shepard in Wyoming, is compiling a fact sheet and brochure on hate crimes and acts of discrimination and what can be done to combat them.

The publication includes examples of hate crimes and acts of discrimination, what laws are available, and the names and addresses of government agencies these acts should be reported to.

A copy of the fact sheet/brochure will be mailed out with the January Rainbow Connection. Additional copies will be available at Connections Community Center, the McLean County AIDS Task Force, or by calling the ACHR phone line at (309) 830-2521

Your largest sexual organ...

Have you ever gone past your personal limits in order to satisfy the hunger of your largest sexual organ? Have you ever had sex just to get held and touched by someone? Then you've experienced "skin hunger." Yes, your skin is your largest sexual organ.

But how can you feed that hunger without going past limits or without having sex? Here's a few ideas. You can think of others if you try. Simply holding and hugging someone can go a long way to satisfy that hunger. There are a lot of ways to touch someone's skin. One of my favorites is to lightly trace the intersection margins where my body touches his. Another is simply to maximize the skin contact area in a two-person game of "bedroom twister."

Of course, there are various kinds of massage you can do. If you might be moving into other activities later where latex barriers are appropriate, don't use any oil or lotion for massage unless you plan to clean them off thoroughly first.

Some people enjoy different textures when being touched, from beard bristles to leather, from silk to fur. You can surely think of other textures you like. A few other ideas would be kissing someone strategically; or even applying a little suction here and there. (Remember, he's got to go to work on Monday, so nowhere that will show!)

You can see that there are a lot of ways to satisfy the hunger of your largest sexual organ - safely.

Love yourself...

"The ultimate lesson all of us have to learn is unconditional love, which includes not only others, but ourselves."
-Elizabeth Kubler-Ross

Sex is a natural and healthy part of the way we express ourselves and relate intimately with others. Your desire to share yourself sexually can make it difficult to express to someone what you want sexually, or whether you want to be sexual with someone at all. Always remember you have a right to feel what you feel, and a right to take safety precautions to protect yourself. Any partner who does not respect your rights does not deserve to be intimate with you!

Stand up for your rights--be assertive. Learn not to be afraid to say what you want--clearly--so there will be no misunderstanding. If an intimate situation feels uncomfortable to you, chances are that your partner feels that way too. It takes practice, but try to read all of your partner's signals, verbal and nonverbal. If either one of you seems to be holding back, stop what you're doing and talk about it. If you feel rushed, ask to slow down or stop. It's never too late to stop any form of sexual activity and it's never all right to force someone into continuing.

ManTalk -February 1999
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SEEING*RED

War in Europe

by Steve Eckardt

(CHICAGO) 22 March - Sometime after these words are written--within months perhaps, but more likely within hours--the United States will go to war against Yugoslavia. It will begin with a bombing campaign. It can only end in a land war.

"The threshold has been crossed," declared U.S. president Clinton today. "We cannot allow President Milosevic to continue the aggression with impunity." It was left to the Italian Foreign Minister to name the quintain: "Invasion."

But the objective is even bigger than that. And the war began long before tomorrow.

Softening up

For years now the Western public has been assailed with misleading propaganda: centuries-old Balkan hatreds threaten to pull much of Europe into their bloody maelstrom. Only the civilized West can separate the vendetta-crazed Serbs, Croats, Kosovars, Moslems etc. (some force required).

If the West could be criticized at all, it was for spending too long on the sidelines, helplessly wringing its hands while bloody waves of ethnic massacres washed over Yugoslavia.

Beacon

But hatreds in Yugoslavia don't go very far back at all. In fact Yugoslavia--unlike any other Soviet-bloc country--achieved genuine inter-ethnic unity in the course of revolutionary war against Nazi invaders. Backed by much of the population, partisan guerrillas of all backgrounds cooperated to achieve the remarkable feat of tying down seven divisions of Hitler's army.

And by establishing semi-autonomous republics for the various nationalities and rotating central government positions among them, the post-war partisan government demonstrated its commitment to maintaining ethnic equality in the new, socialist Yugoslavia. In fact in the late forties and early fifties the Yugoslavia became a beacon of hope not only against the dark memories of World War #2, but against Stalin's murderous dictatorship. Progressives and revolutionaries from around the world traveled there, like they do to Cuba or South Africa today, or Nicaragua in the 1980's.

Sadly, like Nicaragua, the leadership was unable to maintain a revolutionary course. War hero Marshall Tito (central figure in the new government) succumbed to enormous pressure from both East and West, and the regime slid into mild Stalinism.

More importantly, growing reliance on free market mechanisms--and on economic integration with the West--made Yugoslavia increasingly vulnerable to destabilization ... should someone be so inclined.

Gotcha

Enter Washington, which in a secret 1984 National Security Decision Directive (NSDD #133) spelled out how to implement in Yugoslavia the U.S. policy on Eastern Europe which called for "expanded efforts ... to overthrow Communist parties and governments." ("Dismantling Yugoslavia, Colonizing Bosnia" by Michel Chossudovsky, Covert Action Quarterly, Spring 1996.)

And indeed, according to Chossudovsky, "throughout the 1980s, the IMF and World Bank periodically prescribed further doses of their bitter economic medicine....

"[IMF-ordered]'shock therapy' began in January 1990....and real wages collapsed by 41 percent in the first six months....

"The IMF also effectively controlled the Yugoslav central bank....State revenues that

should have gone as transfer payments to the republics and provinces went instead to service Belgrade's [foreign] debt....

"In one fell swoop, the reformers engineered the final collapse of Yugoslavia's federal fiscal structure *and* mortally wounded its federal political institutions. By cutting the financial arteries between Belgrade and the republics, the reforms fueled secessionist tendencies that fed on economic factors as well as ethnic divisions, virtually ensuring the de facto secession of the republics."

Mercenaries

Meanwhile both Western governments and financial institutions dangled millions before erstwhile "Communist" bureaucrats to cripple Yugoslav socialism by closing nationalized enterprises and eliminating social services.

And so the country was plunged into flames of violence fueled by economic disaster and Communists turned warlord businessmen -- flames carefully fanned by the West.

The U.S.--world's largest arms dealer and possessor of an extraordinary spy satellite network--kept its hand on the weapons pipeline, turning it on and off to first on side and then the other, keeping the conflict as protracted and bloody as possible.

Its central feature--aside from the 200,000 dead and the two million refugees--became the apparent conflict between U.S. president Clinton and Serbian dictator Milosevic. Clinton issued threats and expressed outrage, while Milosevic committed atrocities and posed as Serbia's defender against the (justly-hated) West.

Saddam

It was a board game in which sacrificed Yugoslav pawns piled up by the hundreds of thousands as the two stern-faced leaders locked in combat ... while holding hands under the table.

This scenario was most recently played out this past fall and winter in Kosovo: fearing spillover from the popular insurrection in Albania, Washington's envoy to Belgrade declared ethnically-Albanian civil rights

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activists in Kosovo "terrorists," pointedly adding Serb military operations against Kosovars were an "internal" matter, meaning they could not be opposed by other nations.

Milosevic dutifully set to work. Los Angeles Times commentator William Pfaff described the results in his 2 October syndicated column: "International officials, aid workers, and journalists are now providing the same kind of reports as they did six years ago [from Bosnia]. The pattern is identical. Towns and villages are being destroyed and the inhabitants forced to flee...What is going on is the ethnic cleansing of Kosovo by Milosevic's police and army."

It was an arrangement much like that with Saddam Hussein: the U.S. would keep the dictator in power as long as he inflicted maximum damage on his population's rights and living standards.

Just kidding

Of course the two secret love-birds were also simultaneously playing each other for fools: Clinton's real objective was preparing the political groundwork for "civilized" Western occupation of Kosovo (having already taken Bosnia and Macedonia), while Milosevic was banking on everything from Russian support and intra-Western conflicts to Monica Lewinsky and Saddam Hussein to keep U.S./NATO toothless.

Now they're calling each other's bluff. Washington used Milosevic's massacres in Kosovo to bludgeon the Kosovars into accepting a "peace settlement" in which they'd be disarmed in return for the "protection" of NATO invaders. But Milosevic still refuses to sign on to Western occupation and the loss of Kosovo.

Mistake

Truth is both Clinton and Milosevic have seriously overplayed their hands, committing the classic error of over-estimating their own strength.

Tens of thousands of NATO troops already occupy Bosnia, Croatia and Macedonia -- but although calamity reigns, capitalist vassal states have yet to be established there.

Now U.S./NATO proposes to occupy the rest of Yugoslavia with a single division ... a task seven Nazi divisions failed at.

Meanwhile Milosevic is mired in illusions about Western impotence -- and about the depth of popular opposition to his ruinous rule.

But if Washington and Belgrade are locked in a *folie a deux* [mutual folly] the door is open for intervention by the overlooked ranks of ordinary people. The trajectory of the rulers is

clear: war planes may well strike tomorrow -- and the first land war involving the U.S. and Europe since World War #2 comes next.

Good time for common people to write a different future.

Find more material at <www.SeeingRed.com>. Leave comments there or send them to <seckardt@aol.com> or to PostAmerikan via U.S.mail.

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The Poetry Page

A Girl In The Hood

A girl in the hood,
 what memory did this
 paint dry upon?
 wife?
 mother?
 lover?
 who will she become?
 for the hood is mystery
 of what becomes a woman,
 an the erotic yellow of my
 egg begins ta run,
 an the fork is
 picture frame,
 always leaving
 something, like
 sad sunset, I
 can never re-
 gain,
 a girl in the hood.

--John Firefly

Get The Fuck Out

Her boyfriend said get the
 fuck out, bitch, it was cold,
 thirty degrees or below, he
 slammed the door, said don't
 come back back no more, she was
 a delicious fruit, wrappt
 in a little string, only her panties
 and her bra, she walkt
 five blocks to the police station,
 to be there she was glad an
 sad, an before this story
 was over, somebody wanted
 ta know, was he black?,
 was she white?,
 was he white?,
 was she black?,
 was she an him black?,
 was she an him white?,
 an the stars laugh an cry,
 having never been held so
 warm, but by the all en-
 compassing black night, an
 the black night does laugh an cry,
 having never held a snowflake
 so long, till warm a running
 tear falling star, whispering,
 I will join you black night.

--John Firefly

The next time:

It's over?
 It's really over?
 So basically you're telling me it's over?

In that case, if the floor will yield,
 the distinguished nobody from the Midwest,
 would like to read a prepared statement...

Friends, colleagues, Americans:
 Before we begin to rest on our collective laurels,
 before we move onto matters of:
 social security,
 Medicare,
 or whatever useless crap which the populous is interested,
 I submit that we should prepare for the next time.

We must have the merchandise ready for the
 market:

the shirts that say "My President was impeached against the will of the people,
 and all I got was this lousy T-shirt,"
 the "House Prosecutor with tear in eye" black velvet paintings,
 the "Constitution Effigy" toilet paper.

And how, may I ask, will we prepare for the next insurrection?
 Be the next president our candidate or yours,
 certainly at least half of us will want to watch him, or her, roast slowly on the spit.
 How else can we kick the country repeatedly in the groin for an entire year?
 How else can we give every man, woman, and child, in America the worst paper cut
 imaginable?
 How can we expect this to happen if we don't prepare?

I propose that we install web cams in every private room in the White House.
 The taxpayers have the right to know the president's every action.
 Why he won't be able to wank, drool, or take a dump,
 without the public have a decent video feed of it!

We must provide the electorate with entertainment.
 Who knows when the next Heisman trophy winner will cut his ex-wife's head off?
 We have no control over such things,
 but if we scrutinize the president closely enough,
 he'll trip, and we'll see to it that he'll fall.

Next time.
 We must prepare for the next time.
 I'm certain I can count on your bipartisan support on this issue.
 We owe it to our constituency,
 we owe it to the free world,
 we owe it to ourselves.
 Thank you, and good night.

--James Bohn

YOUR POEM HERE.

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

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

We have the right to
 reject any poem.



Bitter Much?

Don't say hi to me.
 Why bother?
 See, you'll say hi and I'll say hi
 and then we'll start talking.
 Small stuff at first, music, the weather.
 however eventually we'll move onto bigger and
 better topics.
 We'll talk into the nite and watch the sun rise
 outside Denny's discussing just exactly why we
 didn't stay with that last person we talked all nite
 with and how different everything will be next
 time.

Pretty soon those late nites at Denny's will turn
 into after work dates. And the next thing you know
 we'll be at the crucial point in all relationships
 when you meet my dog and I meet your friends.

I know, right now it all sounds like a fairy tale,
 and I see you nodding your head and saying yeah,
 that's precisely what I want in life. . . .
 Late nites drinking coffee with your dog.

But just wait.
 This unadulterated bliss won't last long.
 Because I've been there before.

See this is the part where you sit me down to have
 that all important conversation about how I'm the
 right girl at the wrong time. . . . but it'll all be ok
 because you want us to be friends. . . .

however that's all bullshit because soon you'll be
 going out with some vapid little slut who only
 cares about how trendy she looks and how
 popular she is and whose main concern is how to
 get me out of the picture but you won't notice any
 of this, because all you care about is how to be the
 kind of guy she wants which could easily be
 obtained with a lobotomy and a Tommy Hillfiger
 wardrobe and you won't notice all her painstaking
 plotting of the demise of our friendship because
 you'll have your head so far up her ass that you'll
 have the optimal view of her spleen and I guess all
 of this is ok with me since by that time I'll have
 found myself a semi automatic weapon and a
 clocktower and I'll be having my own fun picking
 off little bitches who resemble your new lying,
 cheating, self-centered, stuck up, bleach blond,
 conceited, brain dead whore.

So please, don't bother to say hello. . . .
 just say goodbye now and skip all the bullshit in
 between.

--Barbie Dockstader

The Man In

The best of men, and the worst
 The Alpha and the Omega
 The bringer of dawn, and the usher of night
 Filled with the spirit of God, after sauntering on the darkside
 A man of peace, and hardened warrior
 An unostentatious Shakespearian fool, and dichotomous conundrum
 alone in crowds, lost within self
 Dyslexic genius with a vision of a shinning path that can
 not be walked upon by him
 A lover who is forbidden to embrace
 Gleeful with smiling hubris for what was accomplished with so little
 Tossing and turning each night with shame and guilt
 Praying for a second chance that slips away each day
 Thankful to finally be aswim in hardcore atonement

--Nikolai Alexanderovich Zarick

Attention everyone. This poem was written one night immediately after
 watching the movie *Slam*. The movie is about many, many things and it's also
 about how poetry can help people save themselves and others from destruction.
 I walked around the streets writing as I walked feeling all the vibes and the
 flow of life on the sidewalks and streets. At several moments I would come to a
 part of the poem where the flow left me wondering and then people would
 walk by talking, a car would drive by playing music, or someone asked me a
 question and a phrase from what I heard would fit exactly into the spot I was
 wanting to fill. I could explain more for hours, but instead here it is, I'm giving
 it to you.

didn't this make any
 sense to them
 didn't this make any
 sense to them
 didn't this make any
 sense to them
 watched SLAM
 and it pushed my mind
 to the edge of the brink
 then over again
 non stop root think
 do they go back
 to the mundane class
 learnin' rules for the tie
 soon to be around the neck-hangin'
 did they think this shit
 was a movie and over
 it's goin' down right now
 across the land
 behind that high brick wall
 that razor chain link
 do not enter
 is what the sign reads
 do not leave
 is what the weight presses
 do you teach
 your little girls and your little boys
 to release that weight
 rewrite that sign
 trust the inner laws
 climb that fence
 are you lost
 do you know where
 your mind is goin'
 or where it's been lead
 take it all in
 'cause when you just stop
 all you are is...
 alive
 that's right
 I said alive
 so you better get goin'
 searchin', researchin'
 rehearsin' every line
 that's in ya head
 this is not a fuckin' play
 everything that you say
 is everything
 that's bein' said
 but you might not hear it
 some is covered up, buttered up
 gutted up, put down in the cell
 or maybe shot down
 by a bullet in the some
 one was great
 but before was just some
 one who put the thought
 or the said
 into a book or
 some other piece of art
 or in the face of hate
 or just a mumble on the street
 while pushin' a grocerie cart

of their dreams
 through hard times
 in a body of soft meat
 heat burnin' fingers
 pull the little trigger
 or is it somethin' much, much
 wrong with the whole thought
 of some body bein' 45'd
 for nuthin' much at all
 takin' off one life from
 this precious infinite space
 moment of this time
 doesn't matter how it's done
 gun or by shank, by time
 or bein' pushed off the plank
 are these words gettin' through
 the skull in your head
 cause I want you to know
 dead is just dead
 I am alive
 what about you
 Find where you need to be
 share what you find
 say how you say
 Love
 yourself and everyone, yes
 you've heard it before
 remember there's more
 than just one
 way to love
 and when you spread it
 around and around it goes
 where does it stop
 a circle does not stop
 neither does a cycle
 and a cycle is a circle
 and still it goes around
 a cycle of Love
 reaching one and all
 I stand up real high with
 Love on my chest
 Love on my eyes
 Love on my breath
 that I breath to you
 someone gave it to me
 do you see where this is goin'
 now
 you
 are
 All
 knowing
 what it's like to Love
 so please
 share it with the next
 now I know
 you know
 where this Love is going

--Matt Erickson



Poetry cont.

Reflections on Newborn Motherhood

Monika D. Hunter

My body is softer now
my tits, my belly, my ass
my husband likes it
and I think my baby likes it, too

I don't mind -
maybe I'm finally letting go
of my old hard-bellied hold
on my life -

I finally know now
what these long gangly arms are for -
they are the part of my body
that's getting stronger!

She is a vigorous sucker -
It's no wonder I had blisters on my nipples
No, la leche league, it was not from improper
latch
or position --
but
from the most powerful force
in all the Universe =
Life!
(and right there!)

Death and destruction are more powerful, you say
Nope, they're easy.

But Life. Life has will and must be organized -
Life DEMANDS sustenance

And you can have Life without Love, no?
But can you have Love without Life?

I Wouldn't Have It Any Other Way

Monika D. Hunter

My daughter cries uncontrollably in the
next room as I
shit horned red devils
onto clean white porcelain

But I wouldn't have it any other way

My daughter is beginning to grasp things
- Mr. Friendly being her favorite -
proceeding to give them to the floor

But I wouldn't have it any other way

She spits up on my shoulder
as I type this one-handedly

But I wouldn't have it any other way.

She stops crying and looks at me
as I read this poem aloud
Then gurgles words of praise

I wouldn't ever have it any other way!

February 1998

Andrew

Don't bring a gun, Andrew
Don't soothe your conscious

Don't kill us all, Andrew
And don't pout out of class

You just sit there, Andrew
You eat your damn words
I'll pry open your mouth and
force you to eat your damn words

But don't you pull gun on *me*, Andrew
I'll deflate you before the trigger's pulled

You
self-bound
poor excuse
for living...

Trash

Arrogant
Appearing somewhat overly-intelligent

You piss me off
And stare
with your black beady eyes
shielded by so much more than mere glass...

Don't you bring a damn gun, Andrew
Don't you kill us all

These masks:
Andre, Adrian, Roger...
All petty reflections of
Mr. Andrew *himself*

Woman hater
Insuranceman
Hard working student receiving no respect
Highly demanding of everyone else

Does this stupid bitch
speak incorrectly, Andrew?

Doesn't that big shiny crucifix pin stab you
when you make haughty comments
and demeaning claims?

Don't choke on your words, Andrew
or the habitually devoured slop
you bring for show-n-tell

Don't humor me, Andrew
with your futile attempts

Do you come from the shit-kickin countryside, Andrew?
I presume wild animals raised you there.
Or maybe the streets of San Francisco, where the wild
and free roam like freakish colored clowns
You could live in a homeless shelter
and reap
the pity of the kind-hearted Christians
Perhaps you spend your days eating out
sweet, sexy, slutty women
in the back seat of your Chrysler Le Baron convertible

Wherever you come from, Andrew,
don't come in here
with a gun
or a
motive
to
kill
us,
the stupid bitches,
with our unfit-for-you language.

--Kristy S. DeWall



News from Voice for Choice

I won't let fear stop me

The assassination of a fellow abortion provider has changed my life--but not my work
--by Dr. Morris Wortman

What can I tell you of the last six weeks other than that my life has been irrevocably changed? For me the story begins with the death of my mother. I had just finished sitting shiva--a seven day ritual mourning period--when I awoke to the news that Barnett Slepian, a Dr. who performed abortions, had been murdered in his own home. The news left me paralyzed. You see, I, too, perform abortions--60 miles away in Rochester, N.Y.

Fear set in at sunset as my wife hung blankets covering every window in the house. My 14-year-old hugged me; she told me how she still needed a father and that I needed to live long enough to hold my grandchildren. We both cried.

Simple things, like pulling out of the driveway, the short walk from the parking lot to my car, even raking leaves and the nightly walks I take with the dog, will never be the same. A close friend of mine told me quite candidly he was afraid to bring his family to our home for dinner--and I can't blame him.

These days we laugh at how my parents use to caution me to watch my weight, as if I might live long enough to die of natural causes. I used to tell my own physician...that the only thing that killed members of my family were gas chambers and bullet wounds--the only surviving son of two parents who lost everything and everyone in the Holocaust. Now I worry that I was only too right. I wonder how long I may have left...

My wife doesn't really know what to do or say. She tries sometimes to conceal her fear, to act as if the crisis has passed. But the other night we pulled into the driveway and she quickly got out of her side of the car, rushing over to me in order to shield me as I made my way into the rear door of the house. For a minute she had become my own Secret Service agent, prepared to take a bullet for me.

My aunt called the following Monday pleading with me to "give it up"--to stop performing abortions... I had a responsibility to my wife and to my children, she said. How could one argue?

I get many cards from patients who thank me for the help I've given them over the years. Many of them set foot in my office when they were very young, pregnant and frightened. One of them called me last week to see how I was doing. I remember her as a terrified 16-year-old waiting and wondering about the decision she made to end an unplanned pregnancy. She's 30 now, married with two sons... How ironic that these same women, whom I met in their moments of terror, now comfort me in my times of fear.

Of all the women who have become my patients over the past 18 years, perhaps the most grateful are those who have undergone a pregnancy termination at my office. In every other aspect of their health care, women rightfully expect to be treated with dignity--but rarely do they expect such treatment when seeking an abortion. In this one aspect of a woman's medical care she feels undeserving of compassion, information, time and patience.

It has always amazed me how Rochester's four obstetric units compete to offer pregnant women the latest in family-centered labor and delivery suites, each trying to outdo the other in terms of furniture, whirlpool baths, music and other accouterments. Yet the very same woman at the very same hospital finds a cold reception in a clinic where she plans to end a pregnancy. Gone are the bright colors, contemporary furniture and smiling support-staff faces. The woman seeking an abortion receives little in the way of support, smiles, compassion and even pain medication.

I guess this is why I provide abortions. In no other area of modern medicine will simple human kindness produce such dramatic results. Women seeking abortions are a self-made underclass expecting and often receiving the harshest of words and the roughest of treatment. The women who come to me are hurting in a way that I, as a man, cannot even imagine. They are often ashamed to ask for help or a friendly smile and are genuinely surprised when greeted by a nurse or physician who doesn't judge them.

Is there any chance I will stop doing abortions? No, not as long as I have something important to offer women in this community. Will anything else change? Everything! My home and office have become high-tech fortresses. I'm trying to schedule more time off with my family... I've committed time to teaching medical students, residents and other physicians how to perform what I consider a vital medical service. I only pray that before I die my work is done.



Will I hide and keep a low profile? I've struggled with that question ever since the 1993 assassination of Dr. David Gunn in Pensacola, Fla. Will Slepian's murder, an hour away, finally silence me? No! My father...lost his mother and father, wife and sons at Treblinka. My mother...lost her husband, parents, and all but one of her brothers and sisters... The fires of the Holocaust have now rekindled themselves within me. The fire enrages me and emboldens me to survive. My would-be assassin may yet determine how and when I die but not how I live.

--The Pro-Choice Voice

Rape Crisis Center of McLean County

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

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

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



Confessions of a

"Meet your meat; know who you eat!"
--*Anti-Meat Brochure*

"What great or more wonderful relationship could man ask for than the knowledge that he is truly one with Me, that I am in you and you are in Me."

--*God, to Eileen Caddy at Findhorn*

"The sight of slabs of flesh should horrify and disgust any sensitive person if they exercised their inborn compassion. Habit has dimmed their native kindness. Their palates have become abnormally corrupted and conditioned by a taste for dead food, its flavoring and odors. People who eat slaughtered creatures every day find it hard to imagine what to substitute for meat, not realizing that meat is the substitute for vegetables."

--*Helen Nearing from Simple Food For The Good Life*

"Mama, when I grow up, I'm gonna be a hunter and shoot me a moose to feed my family. I want to eat meat now!"

--*Keegan Magee Murray-King at 2 1/2.*

When I was eight years old my cousin and I tamed a pig on the farm. We named him Lightning. It wasn't a pet, but a relationship with this "wild" animal. We didn't climb in

the pen with her/him, recognizing that the animal had a free will and was wild, but knew that Lightning liked us and hanging out with us. We could yell for her/him, and s/he would come running for the special treat that we would bring...usually some ears of corn...and then we would scratch his/her back, and sit there a while. I am sure I had Wilbur fantasies, having read Charlotte's Web, and was hoping that this pig would talk to me. When Grandpa Goetz died, Uncle Ted was making big changes in the farm, to make it "easier." He went from dairy cattle to beef cattle. Back then people usually kept hogs for "extra money" ..in case things weren't going well in the dairy market there would be the hogs for income. That was to change as well. He sold all the pigs. They were too much bother. One day Lightning was there, and the next he was gone. I never had realized before that THOSE pigs were to EAT. My father reminded me of this constantly. His morbid sense of humor would say each time we ate pork, "You might be eating your pig Lightning now!" I would gag, and become disgusted. Even if it wasn't me, SOMEONE was eating my friend. And maybe I was eating someone's friend.

When I was twenty-one, I cooked a turkey for a group of people for Thanksgiving. I remember getting it out of the bathtub after defrosting it (I always play roulette with meat) and I started crying. It looked like a human baby to me, with arms and legs drawn up, head chopped off. It was so sad! Later, I pulled it out of the oven, delicious, juicy, browned, done to perfection. I served it to all, took my first bite, and ran down the hall and had dry heaves in the toilet. That was the end of my meat eating until a couple of years ago, when my then son began demanding meat.

I was a self-righteous holier-than-thou vegetarian. MEAT was murder. I wasn't vegan, but ate little dairy, and then only retin-free cheese, organic milk, and eggs from free-range chickens. I went without leather for a while, and then had a philosophical discussion with myself. Was it better for the world to wear synthetic, non-biodegradable products than it was to wear the by-products of the meat industry? Which was worse, wearing a

slaughtered animal on my body in the form of shoes or something that would be around in landfills forever? I decided that ethically and environmentally, leather was better.

Funny as it seems now, meat-eaters were always threatened by my vegetarianism. They felt that somehow my very existence was an affront. They tried to catch me with trick questions, questions about my leather wearing, whether oral sex was allowed, things like that. They made rude comments. It fed my militant attitude.

Enter....reality

Before Keegan started insisting on meat, I took the children to Russia for a while. There, a vegan or vegetarian diet could be considered a luxury. Sure, there were beans...sometimes... there was NEVER tofu, TVP, or seitan. Cheese was sometimes expensive. I managed to remain a vegetarian, but my kids were introduced to Russian hot dogs by the babysitter (healthier than ours). They loved them. Hannah said, "I love to eat Russian dead pigs, Mama!" and I didn't argue with her. She knew what she was eating. She did have a choice.

There were other aspects to the Russian meat question that particularly bothered me. Sometime meat/fish was much cheaper for the people than vegetables or beans, depending upon what was available, the cut, and the season. Cured pig fat ("bleeny" I think it was called) was very cheap, cheaper than butter, and was sliced and served on bread in place of butter or cheese (not really a substitute, being in a category of its own). It was reputed to ward off depression in winter, due to some chemical constituent found in pork fat. When there, the doctors asked me why I was a vegetarian. I said that at first it was in response to a spiritual philosophy...that all animals were sacred, not just human animals. Now, it was more of a reaction against how the animals were raised (factory farms), the environmental devastation, and the inhumane practices. "So, we don't raise our animals in that way here. We are concerned about these matters too. Why not eat Russian meat?" They had me there.

Then, there was the elitism inherent in vegetarianism. When I went to meat-eaters homes for dinner both here and in Russia, I always felt "catered" to. There were discussions prior to the dinner about what they could fix "special" for me. I hated having all this fuss made over me. In Russia, where fish was cheap and sausage a luxury, this was especially apparent. As a guest in someone's home, they would serve fish or buy sausage just for us, their honored guests. I rudely, arrogantly, couldn't bring myself to eat the gift

of their labors. Now, I would say it was just food. Then, I knew I was offending them, but I was unable to get it down. I remember getting forced into trying salted fish, a specialty, a delicacy, and a treat for me, and barely being able to gulp it down. I was a rude snob, knew it, and felt guilty because now after so many years I was unable to even be considerate, appreciative of their gift.

Consider this: In colder climates, in ages gone by, what did people wear on their bodies? Animal skins or spun flax? Skins were always for warmth and bedding. Flax and wool were later spun and used, though never as warm as actual skins. Still, what are the environmental considerations with raising fiber? The dyes used? The pollution from the factories? Is it more detrimental to the environment to cultivate a native land, turning it over to the practices of growing plants that will eventually deplete the soil, or killing the occasional animal and using every bit of it? Is not our fashion-conscious society, even among vegetarians and vegans, not worse for the environment than the tradition wearing of skins? Are not radical vegans at fault too in their thinking, since hunting and gathering is better for the world (i.e., wildcrafting all food) than is having enormous farms everywhere that incorporate practices that deplete the soil, waste water, result in enormous amounts of pollution to transport the food across the country? Where do we draw the line in our daily lives?

What was I to do? Too many questions, too much information, and perpetual cognitive dissonance.

The boy was a Native American

Keegan was about 2 1/2. He was sitting in the breakfast nook drawing random circles on paper, when I believe he went into a self-induced trance. He started speaking in a sing-song voice very unlike his normal manner and said, "Once a long time ago I was a grown up Indian and I took a gun and shot a moose and fed my family." "What!?" I said. "Huh?" he responded. He didn't know what he had said, and I was shocked. This was quickly followed by another incident where he, uh, displayed some very bizarre behavior when "not in himself" in which he claimed a wolf spirit had entered him (which I quickly told him he COULD control). I believed him (as did my friend who witnessed the event). Now, what was odd about this whole experience was that at his age he saw hardly any television or movies, and what he saw I saw too. He hadn't seen television of these kinds, and we didn't have books about these. More startling is this: think of the stereotype in our society! Native Americas with guns? Shouldn't it be bows and arrows?!? It did lend itself to the credibility of his statement. Somehow I took him seriously. And, it was after this that he started insisting I cook him meat. "Mama, when I grow up, I'm gonna shoot me a moose to feed my family. I want meat now!" or "I'm going to be a hunter anyway so feed me meat!" The best one was when we were driving out to a Grand Prairie



former vegetarian

picnic at Brian and Katharine's organic chicken farm. Keegan got this dreamy look in his little eyes and said, "Do we get to kill a chicken there and eat it?"

Please don't think my son has a gun or killing lust. He is truly a sweetie pie. He loves to cuddle and loves to get kisses. He is truly a lamb chop (pardon the expression, but remember, you *are* what you eat!). Yet, he truly has a realistic view of a meat diet. Meat means hunting to him. He just doesn't care for the convenient prepackaged view of meat our society has, where a dead cow is "beef," a dead pig is "pork" (at least chicken remains chicken, but somehow people don't think it meat...but by definition, fish, fowl or four-legged, if you eat any flesh, it IS meat). He is always the one questioning what the animal used to be when it was alive. In fact, he loves animals! He has a knack with them, and claims they talk with him about their needs. At six, he spouts off facts, makes observations of his own about their

behavior and development, and spends hours in long conversations with his parrotlet. And, he makes no apologies for eating meat. He knows what it is and he wants it. (Unlike my daughter who KNOWS what it is and prefers to try and ignore the fact, and hates having me pointing out to her the truth).

But Faeries are real!

If you have ever read my stuff before, you might already have a preconceived notion that I am a little, shall we say, touched. I like to think of myself as blessed. I have had many strange and marvelous things happen to me that defy explanation, which could be hallucinations, except that they happen drug-free, and that others witness them too at times. And once, camping in Tennessee with the kids when Keegan was three and Hannah was five, I experienced communication with nature spirits/faeries/devas...whatever you wish to call them.

I have read books for years about people who do this. The first I had heard of this was when watching "My Dinner With André" when André began talking about Findhorn Gardens in Scotland, a community that grew plants that defied explanation on a peninsula in Scotland. It was studied by scientists, and there is no way in a bunch of sand that they can do what they do...except they claim that the spirits of the plants themselves tell them where to plant them. For years I wasn't sure if this place was real, and kept my eyes out for any reference. Then, I discovered Mabelle Small Wright's Behaving As If The God In All Life Mattered on a used book shelf, and read it. It is her story of nature spirits communicating with her, and of gardening in cooperation with these spirits. I finally ran across not one but two Findhorn Garden books over the years (it was all true!) and I believed this stuff, but didn't think it would ever happen to me.

Sure, something had "spoken" to me throughout the years. A voice in my car with rolled up windows told me to stop one time. In shock I did, and saved myself from getting into a wreck that probably would have killed me or done permanent damage to me. At births, a voice had spoken to me numerous times, informing me

of complications before they happened to prepare me in advance. Still, a *plant* speaking to me? I believed it could happen (wanted to believe it!?) but didn't really think of it as a reality, at least not in my life.

There I was in Tennessee at this amazing campsite in an awe-inspiring national forest. The only people camping were me and my children, and a friend and her children, and the rest of the place was empty. Our site was surrounded by trees, with a beautiful creek running by it on one side, and a hill on the other. There were wildflowers, birds, deer, chipmunks. It was truly a wonderful place. I had been taking a little walk, and was just getting back to our campsite when I stopped to get a closer look at a flower. I hadn't noticed it before, nor had I ever seen a flower like this. It

looked like a yellow violet, smaller than the ones in our yard, with a more delicate stem and much, much smaller leaves. It was beautiful! I was gazing at it and was thinking of what I would use to dig it out of the ground and bring it home to my garden to plant under a tree, and I distinctly heard a voice in my head say, "No! Please don't take me away from here! This is my home!" I walked back to the campsite a bit dazed. I couldn't believe what had happened, and actually worried about my own sanity. A couple of days later when hundreds--maybe thousands--of faeries appeared at night and flew in a circle around us, witnessed by everyone, I thought maybe I wasn't so crazy after all.

At this point in time, I had to rethink my entire view of meat eating. I knew now that plants had spirits, and though I have had wonderful communion with the animals I have shared my home with, they have never actually spoken to me like that flower did. Do I never eat plants again? That didn't seem reasonable for obvious reasons, but it was apparent to me that plants had as much consciousness as animals. Why did we vegetarians and vegans think consuming plants was better than consuming animals? Are not all things conscious? Do not the chair, the desk, the water, my home all have energy and spirit? Are we not all connected to and a part of the life cycle?

In a realistic, sane world we wouldn't have so many people, we wouldn't be depleting our natural resources, and would be living in a completely different manner than we do. Vegans, vegetarian and flesh eaters all contribute to environmental devastation. Even radical environmentalists I know find ways to justify their destruction. No one can be perfect in our society. Pick our battles.

So, I decided to serve meat again. Ninety-percent of the meat is organic, kindly raised, and consciously killed. The other ten percent is at fast food restaurants. "Doesn't it bother you that those animals you eat at restaurants are factory farmed and treated cruelly?" a vegetarian asked me in response to now omnivorous diet. No, I don't. I see no difference in the growth of those animals and the growth

of the rest of the food there. All of it has been factory farmed with no consciousness to it. All of it is disrespectful of life, using destructive growing methods, and isn't real food in the first place. What difference is there in eating a Big Mac or a salad? The Big Mac at least is packaged in cardboard which theoretically is biodegradable and is made out of recycled products, while the salad at McDonald's is packaged in plastic. Which is worse? Must I spend my entire life doing a balancing act before I take any step? I am aware of where it all comes from; I choose to eat mostly organic foods, and mostly locally raised, both of which lessen the environment destruction. I am thankful for the food, and my life. Now I walk with confidence.

Interestingly enough, there is a book out now called something like Eat For Your Blood Type which is about the dietary requirements of different people based more upon their genetic heritage, and this is determined by their blood. The claim is that for some people (not most, but a few) a vegan or vegetarian diet is best. For some, fish and chicken is good. And, for others, RED MEAT is needed to maintain a healthy balance. The author is specific about things to always avoid (dairy for some, peanuts for others) and things that are musts. Know what? This makes sense. Many vegans I have known are very unnaturally skinny and actually weak physically. One of them watched Mark twist some wire with his hands that he couldn't twist and said in amazement, "How did you do that?" Mark said, "Well, it might not hurt you to drink a glass of milk once in a while..." I

agree. Since reintroducing meat to my diet two years ago, I have lost my winter depression. For years I got massively depressed every February, and felt a bit blah the rest of the season. It is now gone. I happily eat some meat every week, thankful at every meal for all the creatures that died to feed my body, plant or animal, as I too will one day die and nourish other creatures. We are all a part of the cycle of life, and should recognize and honor this.

If you wish to eat organic foods, including meat, on a regular basis, call Katharine and Brian at 1-800-4FOOD99. Grand Prairie deliveries crates of organic food to your door weekly. The meat, eggs and honey are all local, and the vegetables are local in season. You can help the environment by eating organically and locally, help small farmers stay and visit, and help your body by eating foods filled with energy!

--Marcee Murray



Stop EPA'S animal testing

Your help is urgently needed to stop a massive government-sponsored testing program. The Environmental Protection Agency's "high production volume (HPV) chemical testing program" requires testing 3,000 chemicals that are manufactured in quantities exceeding one million pounds. The chemicals, including turpentine, propane, and rat poison, will be tested on animals using crude, painful, and unscientific test methods.

Your member of Congress sits on the United States House of Representatives Committee on Science that oversees much of the EPA's activities. Please take a moment to review this article and then contact your U.S. Congressional Representative and ask that the House Committee on Science conduct an oversight hearing into the EPA's HPV program. Critical issues that need to be raised are the program's lack of public notice and input as well as failure to consider animal welfare concerns. If you can, please also write Vice President Al Gore and ask him to delay the HPV program until all existing data is properly reviewed and alternatives to animal tests are used.

Please contact:

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U.S. House of Representatives
2417 Rayburn House Office Bldg.
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Fax: 202-225-8071

Please also contact:

Vice President Al Gore
The White House
Washington, D.C. 20502
Tel: 202-456-2326
Fax: 202-456-7044
E-mail: vice.president@whitehouse.gov

In early October, Vice President Gore announced the HPV program and ordered the Environmental Protection Agency (EPA) to "fast track" it. Testing is scheduled to begin as early as *this month*. As it now stands, millions of animals will be killed in painful, unnecessary, and scientifically flawed tests. The notorious lethal dose test--in which animals are forced or forced to inhale toxic chemicals until half of them die--is one of the main tests

which will be used. Other animals will have their skin abraded and corrosive chemicals rubbed into the wounded area.

The EPA claims that there isn't enough data on these chemicals. But there is, in fact, an enormous amount of publicly available data, including human exposure data. Many of the chemicals that will be tested have been well known for years as extremely dangerous and will cause excruciating deaths for the animals used. Many others are considered safe food ingredients by the Food and Drug Administration. Recently, the Physicians Committee for Responsible Medicine issued a report examining a random sample of the HPV chemicals and found large amounts of data that have been ignored by the EPA (a copy of their survey is available by calling 202-686-2210 or by visiting their website at www.pcrm.org).

For those gaps in information that do exist, there are tests available that do not use animals. For example, an internationally accepted non-animal test is available to replace the genetic toxicity procedure in which chemicals are injected into animals' stomachs. Use of this test alone would save tens of thousands of animals. Other promising non-animal alternatives have been developed to replace the lethal dose, skin abrasion, and acute fish toxicity tests but have not yet been fully validated by government scientists. A delay in the HPV program to allow for the validation of these humane procedures would save tremendous suffering and the lives of millions of animals.

These tests are faster, less expensive, and in many cases better at predicting a chemical's actual hazard. Tests using animals could actually clear chemicals already known to be hazardous. Animal tests can also keep highly

toxic materials in the marketplace because, even though a chemical may kill a mouse, manufacturers will always be able to accurately claim that the results aren't applicable to humans. Either way, animal tests could delay government regulation of dangerous chemicals for years.

The guidelines for this program were drawn up behind closed doors between the EPA, the Chemical Manufacturers Association, and only one advocacy group--the Environmental Defense Fund. Even though they knew the program would have massive ramifications on animal welfare, they made no attempt to inform animal protection organizations about the program. As a result, zero consideration was given to the immense animal suffering these tests will cause, until we became aware of the program three months ago!

Please be aware that the EPA-HPV program is just the tip of the iceberg. Lined up behind this program are two more EPA animal testing programs (couched with the harmless sounding names of "chemical right to know" programs) involving many more thousands of chemicals and many different animal tests. One, the endocrine disrupter testing program, means testing 85,000 chemicals on animals! Animal testing laboratories are breeding animals and gearing up for these programs even as you read this letter. One EPA official was recently quoted as saying: "It's a good time to be a lab owner and a bad time to be a lab rat." These plans call for the most massive animal testing programs in our nation's history and must be changed to save millions of animals' lives.

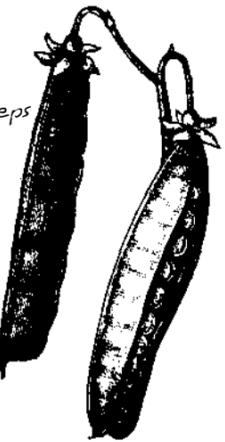
That is why there isn't a second to lose. Please, do not delay contacting your Congressional Representative and urge him or her to immediately conduct an oversight hearing into this ghastly plan and fully examine the issue, including the concerns of animal welfare advocates and caring, compassionate people, like yourself.

Thank you,

Alex Pacheco
Co-founder
PETA:
People For The Ethical Treatment of Animals

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Notes from the land of anti-fat

Fit to be fried

"When they come, they'll eat the fat ones first."

This edifying message, accompanied by the image of an X-Files alien with a logo in its eye, was recently plastered on a series of billboards advertising the health club franchise, 24 Hour Fitness. Not surprisingly, said slogan sparked a protest in San Francisco by size acceptance activists who found the ad campaign both offensive and abusive. The response from 24 Hour Fitness was also fairly typical: bemused surprise at this hostile reaction from so many fat adults.

C'mon, the club's spokesfolks responded. You guys have been the butt of everyone's jokes for years! Where's your sensayumor?

Well, I've gotta admit the Fifth Grade Kid (the section of my brain that still finds Snot Jokes funny) in me snickered the first time I saw a picture of that billboard. But it also laughed at the response of one protester who, carrying a skeleton outside the health club, asked with a sign, "Is this thin enough for you?" The adult part of me wants to ask what this campaign says about the mindset of the brains behind this so-called health club, though.

Fat adults are frequently beaten up with the health issue. "How can you let yourself stay so fat?" they're asked. "Don't you know how unhealthy it is?"

Presuming that staying fat is a choice (which it isn't for most of the Very Fat), let's look at many of the settings that purport to offer helpful fitness programs. Those of us who've tried know how difficult it can be getting into the rhythm of even a limited exercise program. It's easy to get discouraged and sidetracked, and nothing can be more discouraging than the idea that everybody else in the room is laughing at you.

A program that was sincerely committed to the health and well-being of its customers would do anything it could to appear welcoming to all potential customers. But many health clubs aren't really selling fitness for all. What they're about is exclusivity and prejudice, about laughing at the fat people who, after all, are just a waddling punch-line, anyway.

Ads like the 24 Hour billboard having nothing to do with promoting the joy of physical activity. Their prime goal is to foster the fear of fat. Behind every joking billboard is the message: "If you're fat, you're fair game."

Since the protest, 24 Hour Fitness has put an unofficial poll up on its web-site, asking visitors whether they consider the ad "funny," "offensive" or "neither." At this writing, the majority has selected "offensive." But to date, the franchise hasn't halted its campaign.

Help me, Honda

You've gotta wonder about a company that doesn't want fat people's money.

Is the world economy so strong that the auto companies can afford to turn customers away? I wouldn't have guessed this, considering the recent economic situation in Japan, yet Honda American Motors has recently told potential super-sized customers that it doesn't wanna serve 'em.

At issue: the inclusion of seat belt extenders in Honda vehicles. Most regular sized seat belts aren't long enough to fit the very fat; many auto companies offer either extra-long belts or extenders as an option. Honda doesn't.

When recently asked about this fairly serious omission, Honda spokesman Art Garner noted that seat belt extenders can change the position of the belt significantly to where they are less effective. His advice to super-sized Americans? Don't buy a Honda.

A Louisiana size acceptance activist, Elizabeth Fisher, has decided to take on the company after unsuccessfully shopping for an Odyssey minivan that would fit her. "My belief in this is I am worth any space I need on this planet in order to be comfortable," Ms. Fisher says. "I don't believe that I'm the defective one."

Ms. Fisher has launched a web-site (<http://members.aol.com/nobelts4us>) devoted

to the issue, where she's posted all letters and dismissive replies that she's since received from the company since she began her campaign earlier this year. The responses are an instructive lesson in corporate think and the way it's used to bolster discriminatory practices.

Extenders aren't cost effective to make (even if they're offered as an option?), the company states, so it's not in its interest to build 'em.

And if belt extenders aren't as safe as regular seat belts, why isn't an extra-long belt offered to customers? It can't be that expensive to add some extra inches of belt, can it? According to Honda's spokesman, their current seat belts can accommodate up to 95 percent of American males. So what about that other five percent? Or the even greater percentage of fat women whose bodies aren't framed the same as men?

Clearly, fat is an inconvenience in our assembly line culture.

--Bill Sherman



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News from the LaRouche Movement

LaRouche calls for new monetary system

(EIRNS) The Finance Minister for the Group of 7 Nations announced on Oct. 30th plans to initiate "crisis management" policies to deal with the on-going global economic collapse.

This declaration ignores the fact that crisis management has not stopped the increasing decay of the monetary system in the 15 years it has been implemented--in other words, these policies aren't working.

The G7 plan calls for the creation of more money in order to bail out the bankrupt global system and an "enhanced" IMF facility. This new IMF facility would provide a short-term line of credit for countries that strongly followed IMF-approved policies.

Under this plan, it is inevitable that another, worse, economic blow will occur in the near future. The physical economy will suffer as more money is sucked by speculation and the financial oligarchy will have an even shorter leash on "developing" countries.

Lyndon LaRouche has called for a complete reversal of these policies, saying that the G7 plan is a "mass suicide pact." In opposition, LaRouche has developed a plan to construct a new monetary system in place of the old.

This new system would return the economic decisions to their respective nation, instead of a super-national power like the IMF. Debts owed by developing countries would be eliminated in order to reestablish their economies. Nations would return to fixed exchange rates and capital controls to dry up the speculative markets while initiating infrastructure projects across the globe.

"Food for Peace" Project

(EIRNS) An announcement is expected shortly from Washington concerning an initiative to send food and supplies badly needed in Russia. Many U.S. farmers currently have nowhere to sell their crops and are forced to let them rot due to the recent market blow-out.

On top of saving lives in Russia, a new benevolent bond could be created between the two countries with the "Food for Peace" effort. As the monetary system continues to decay, international agreements on physical production will become more important to the global economy.

US okays deal with Columbian narco-terrorists

(EIRNS) Columbian President Pastrama came to the US to get the go ahead on a plan to make narco-terrorists partners with the government against the drug cartels by striking a peace deal.

Pastrama has already offered land, money and government protection to the narco-terrorist groups, the ELN and FARC. The problem is that there is no difference between a narco-terrorist and the drug cartel: both are in the business of trafficking and producing drugs.

The Clinton Administration responded by not only giving permission, but also offering money and international support to the deal. This plan would give the FARC Third Cartel its own country nicknamed the Coca Republic, which would swallow the Southern half of Columbia.

For more information about the LaRouche movement:

email: njlawrence@hotmail.com
website: www.larouchepub.com
write: The Schiller Institute
PO Box 3152
Bloomington, IL 61702

All American Fascist

Make no mistake, Posters, Lyndon LaRouche and his movement are unregenerate neofascists of the first order. If LaRouche were to gain the Presidency he has sought for so long, he would undoubtedly set aside the Constitution and suspend the Bill of Rights. Democratic process can be so tiresome when you're trying to create an empire.

Mountebanks of the world unite--you have nothing to lose but your tax exempt status

LaRouche has been running for President regularly since 1976. His regular bid for the Executive Office was interrupted in 1989, when he started serving a 15 year sentence for obstruction of justice. Seems his movement and its officers were indulging in credit card and bank fraud, to fund operations. LaRouche himself insisted to the IRS that his organization paid him no salary, only "expenses," which includes a 171 acre estate in Virginia. Eventually, LaRouche insisted himself into the slammer, where his cellie--for a time--was none other than Jim Bakker. Given LaRouche's virulent homophobia and Bakker's sexual peccadilloes, conversation must have been quite lively in their little 6' x 9' nest. Then again, they could exchange tips on fleecing little old ladies out of their Social Security checks. Like Al Capone before them, and the Montana Freeman after, LaRouche and Bakker just couldn't grasp that when it comes to taxes, the U.S. government takes itself very seriously indeed.

How to deal with a public health crisis --incarcerate the sick and shoot the wounded

So what do we have here? Most of you probably never heard of Proposition 64, which the LaRouchies got on California's state ballot in 1986. The Initiative, if it had passed, would have forced public health officials to test widely got HIV, the virus that causes AIDS. Subsequently, people who tested positive

would be barred from working in schools and food-related industries (packaging plants and restaurants), despite the mountain of evidence available even then that established AIDS cannot be spread through casual contact. LaRouche even advocated concentration-camp detention for AIDS carriers and homosexuals--one and the same in his mind, despite overwhelming evidence that unprotected heterosex is just as efficient at spreading HIV as unprotected homosex. No doubt he would like to see AIDS patients rounded up and in shackles, humiliated and reviled for the crime of being sick. That has historical precedent, you know. That's precisely how leprosy

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patients were treated in Louisiana mid-century. Taken in shackles to leprariums, allowed little or no direct contact with family and friends, confined for life for having a dreaded, disfiguring disease. Another parallel--leprosy, though contagious, is not an easy disease to catch.

Just because you're paranoid doesn't mean they're not out to get you

LaRouche, who regularly asserts that the CIA kidnaps and deprograms LaRouche movement workers primarily through subjecting them to homosexual rape (how else do you explain disaffected, ex-LaRouche movement critics?), that there is an international Jewish drug conspiracy headed by Queen Elizabeth II. that another international conspiracy of Jewish businessmen, Communist narcoterrorists, and Zionists are responsible for all of the world's ills, who accused both Walter Mondale and Henry Kissinger of being Soviet spies, never encountered a conspiracy theory he didn't like. Incidentally, Kissinger, Mondale, and the Soviet masters were directly responsible for the plight of the American farmer, too.

Once again, LaRouche predicts imminent world-wide economic collapse, and given the upheaval in there Asian stock market over the last six months, no doubt his predictions resonate uncomfortably in our ears. It could

happen. It may easily happen. The U.S. economy has been doing very well for a very long time, floating along on cheap oil. However, oil's not so cheap any more--gas prices are rising, as I discovered the other day at the pump. OPEC nations, particularly those that instituted a kind of oil-rich socialism, are having to tighten their belts, even as they raise oil prices. We could veer into recession, or maybe even deflationary depression. But the days of isolated, national economies are gone forever. Whether LaRouche and his neo-Nazi followers and fellow travelers (the LaRouche movement hops in and out of bed with the KKK and other racist rabble quicker than Cartman's Mom at the Drunken Barn Dance) like it or not, the fate of nations is mutually interdependent.

So Mr. LaRouche, care for a friendly little game of poker?

Then again, LaRouche has predicted imminent world-wide financial collapse consistently since 1965. As someone who barely squeaked through algebra, I tremble at the thought of venturing into probability. Nonetheless, to my decidedly unmathematical mind, it seems that if you keep predicting the same thing for 34 years, and still haven't had the black ball come up on your number, perhaps you should move on to pursuits other than prognostication.

Crack-brained as many of the LaRouche movements ideas and issues may seem, they are not without dangerous potential, as we saw in Illinois in 1986, when LaRouche candidates,

tapping into voter apathy and blue collar political disaffection, won primaries for Lieutenant Governor and Secretary of State, splintered the Illinois Democratic Party, and came so uncomfortably close to real power that Republicans became a truly preferable alternative.

LaRouche's politics are the cynical politics of hate and fear. He is a home-grown demagogue with every bit as much disastrous potential for this country as Slobodan Milosevic in Serbia,

and like Milosevic, his passion is for oligarchal power--gays, Jews, minorities, they are his scapegoats, and their blood would fuel his rise to power. But adept as he is at exploiting the politics of hate and fear, he is equally adept at presenting, at least initially, some of his ideas with a veneer of reason, even as he spews out one bizarre accusation/conspiracy theory after another.

Read bulletins from the LaRouche movement with care, folks, or you could be taken for more than your financial contribution.

--Dr. Attitude

Want to know more about LaRouche? Read Dennis King, *Lyndon Larouche and The New Fascism*, New York: Doubleday, 1989; or just surf the net



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Reviews, reviews, reviews

Am I Blue? Coming out from the Silence

What a wonderful collection of short stories! The title story "Am I Blue?" by Bruce Coville is an odd tale modernized into a new one when a young gay male discovers he has a fairy godfather named Melvin. The adventures they have together are entertaining and enlightening.

There is humor, understanding, and love shown in some of the stories, yet the dark side of human nature is explored also with the tales told of prejudice and hatred. Unfortunately, homophobia and misunderstanding are also a part of human nature and our world, but there are many ways to deal with such a negative emotion. There are stories of great courage and strength included in this book which will lighten the heart and soul of any reader.

Although "Am I Blue?" is written primarily for young adults, with the main character of each story being mostly young people, it has a message for all ages and can be enjoyed by adults as well.

--Jana, a lover of books
QCAD News
January 1999

Chastity Bono's *Family Outing*

"I am gay." These three words are perhaps the most difficult words a person can say. They may also be the most difficult words to hear from a loved one. Why are these words so hard to say or hear? How does a person come to terms with the statement? The answers to these questions are different for each individual.

Now imagine being a celebrity and having to say or hear those words. In her book, *Family Outing*, Chastity Bono chronicles her experience of coming to terms with that knowledge, and telling her family, friends and the public that she is a lesbian. In addition, Chastity's mother, Cher, also documents her struggle to deal with having a lesbian daughter.

The book is not a typical autobiography. Instead, Chastity and Cher's story is woven in with the stories of other gays, lesbians and bisexuals. These compilations show how the process of "coming out" is a struggle that is shared among all gay people. Although individual stories may vary in detail and nuance, they are all linked in basic process. *Family Outing* serves as a testimonial-based guide to the coming out process. The book details how coming out is not a statement. It is an ongoing process that ultimately never really does end. The process is actually a continuing

journey that over time empowers the individual and their family and strengthens the bonds between them.

The process may start out as a traumatic experience for both sides. In most cases, however, the experience ultimately proves successful and rewarding. Although primarily written from the standpoint of the person struggling with their own coming out process, the book also provides useful advice and insights for the parents and family of that person. By reading successful stories of other coming out experiences, both the gay person and their families are able to put their own situation in a more positive, rewarding context. Both sides of the equation are able to realize they are not alone and that there is happiness at the end of what looks like a dark, bottomless pit of worry and despair.

I highly recommend this book. Reading the pages allows one to fully understand that being gay, lesbian or bisexual is not a sad, lonely experience. Instead it is a positive affirmation and journey shared by many.

--Don Clark
QCAD News
December 1998



"Oh Yeah, that's right!"

Ruth Buzzy is a Chicago based trio (with roots in Central IL), who, until recently, consisted of two members. Phil Schuldt on guitars & vocals and Matt Molenaar on drums. Since the release of their "Oh Yeah, that's right!" cd, they have added bass player Paul Kamp. Paul is also the lead guitarist and songwriter from the Chicago based band Busker Soundcheck.

Ruth Buzzy was formed in the summer of '95 by Schuldt and Molenaar, who both played in the punk band "Whatever happened to Ruth Buzzi?"

I first heard Ruth Buzzy play in the summer of 1996 and was instantly attracted to the duo's catchy hooks, lyrics and high energy. In addition to their stage intensity, philosophical ramblings by Phil are included between sets.

When asked what their music sounds like, Ruth Buzzy admits that they "don't have the foggiest idea of what to tell 'em." They love being musicians and they have admitted that music makes them dance, makes them happy and keeps them alive. They think being a musician is a cool profession. "There will be no famous accountants, and the paparazzi won't follow well-known warehouse workers," they add. "You're a secretary? Wow! Who do you type like?"

I also found the musical style of "Oh Yeah, that's right!" hard to define. Generically, it could be called indie-pop, alternative or college based rock. Those labels have become too broadly used by music critics the last ten years and are now used to describe anything from Sleater-Kinney to Oasis. So I'll just call it what it is. Their are references to heavy metal, punk, jazzy blues, rockabilly and country in Ruth Buzzy songs. The songs deal with issues such as relationships, self importance, and friendship. They end the album with a creative version of Metallica's "Master of Puppets."

Ruth Buzzy occasionally plays at Bloomington's Lizard's Lounge. They will be one of the band's featured in the Central Illinois Music Festival on April 24 at the Lizard's Lounge. I strongly suggest you check them out.

You can write to Ruth Buzzy at:
P.O. Box 577190
Chicago, IL 60657-7190

e-mail:
madpeper@starnetinc.com

-towanda!





Crossroads Tribal Jam Band

Produced by Gregg Brown and recorded at Sinewave Studios, the Crossroads Tribal Jam Band consists of ten local musicians – each playing a different instrument that was provided by Crossroads Global Handicrafts.

The name of the group is self-explanatory of the music that is played. The music is tribal and relies on an unstructured, yet rhythmic pulse. Completely improvisational, the cassette features titles such as "Call of the Bird," "In the Jungle," & "Dreamtime."

What struck me about this compilation was its multilayered sound. This texture was provided by a variety of instruments that included drums, bells, digeradoos, chimes, flutes and rainsticks. Gregg Brown points out that these instruments originate from all over the world and come from countries as diverse as South America, Nepal and Australia. Even though they were not designed to play together, they come together on this recording. The musicians do a good job of combining and utilizing these diverse instruments to produce a recording that I found to be quite relaxing and enjoyable.

Local musicians who contributed to this recording include: Eva Hunter; Jay, Tony and Jarrod from St. Goza; Mike Smola; Jeff Rhodes; Rena Bailey and Kay Earley from Springfield's Journey to Health and Wellness; Jack Baker; and Gregg Brown.

Zine of the month

This is the first of a new series of brief articles that *Post Amerikan* will offer you lovely readers. It is our hope that by turning you on to other publications that you enjoy a broadened understanding of our little planet and everything it has to offer.

Your input is essential to the sculpting to the tone of this new series of articles. If you know of any cool zines that should be mentioned, do write and tell....

The first zine we want to offer up to the universe is *The Zine Guide*, a cornucopia of some 2000 zine brief write-ups, addresses, and in many cases, web sites and e-mail addresses. For the most part *The Zine Guide* is non biased in its write-ups, and is quite funny. The write-ups generally focus on individual issues instead of what the over all gist or content or mission of the zine is. With 2000 titles to choose from *The Zine Guide* literally has something to offer just about everyone. It makes a fun weekend's read, and for \$4, post paid, it's the best deal in town. Make sure you ask for *The Zine Guide II* or the newest updated version. Whether you're looking for a rock zine, a zine devoted to clown phobia, or whatever, *The Zine Guide* is a must have. If I'm wrong shoot me!

--Nikolai Zarick

Write to:
The Zine Guide
P.O. Box 5467
Evanston, IL 60204

Checks payable to "Tail Spins"

Free copies of the cassette can be picked up at Crossroads Global Handicrafts, 428 N. Main St. in downtown Bloomington.

Catch the Crossroads Tribal Jam Band live at these local festivals in the near future.

Wednesday, April 14
"ISU's Springfest"
ISU Quad
around noon

Sunday, April 18
"Earthapoolaza"
IWU Quad
around 3-4 p.m.

towanda!

Book review

Greentown: Murder and mystery in Greenwich, America's wealthiest community.

Timothy Dumas

Murder in Greenwich: Who killed Martha Moxley?

Mark Fuhrman

Certain words come to mind when you mention the Kennedy family. During my mother's generation the prevailing words were "Camelot" and "assassination." Images of these words defined a generation. What a difference

30 years makes. Today, mention the word Kennedy to anyone under forty and images of date rape, alcoholism and irresponsible behavior rule.

In 1975, when the country was still enamored with the Kennedy clan, a 15 year-old Greenwich, Connecticut teenager was brutally beaten to death within 100 feet of her front door.

The main suspects – you guessed it, were Kennedy's. Teenagers Tommy & Michael Skakel were not blood Kennedys, (they are nephews of Ethel Skakel Kennedy, ie. Bobby Kennedy) but Kennedy's nonetheless, for they enjoyed all the privileges that were associated with the name.

One of those privileges of course is committing crimes and getting away with them. And that is just what one of them did in this murderous rage attack that was sexually based. Allegedly, Martha turned away one boy's advances (either Tommy or Michael's) so he took a golf club and bashed her head in. After seeing her to be still alive, he dragged her body across the road (face down) and slammed the broken shaft of the club through her neck. Nice boys, those Skakel's.

Two books that were recently published tells the story of Martha's "unsolved" murder and the cover ups and silence that hindered its investigation from the beginning and continues to this day.

Although both books describe the murder, motive and suspects, Mark Fuhrman's investigation is more impressive and thorough. Using diagrams and autopsy reports, the reader is left without question who killed Martha. The only question left to ponder is how can the killer(s) be brought to justice when no one is willing to cooperate and when much of the 25 year old evidence is missing or contaminated.

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Interview with Matt

The following is an interview with Matt Hale, a white racist from East Peoria, IL. You may have seen Hale in the national media recently. When Hale was denied his law license because of his racial beliefs he and prominent Jewish lawyer Alan Dershowitz garnered media attention when they considered working together to challenge the ruling. Hale's views obviously do not represent the views of the *Post Amerikan*, but we thought it important that you be aware of what those views are.

PA: Why did you choose a lawyer other than Alan Dershowitz?

MH: Hale lists three main reasons for choosing another lawyer. The first was that he felt Dershowitz's \$585 per hour fee was very unreasonable-especially since he feels his chances of winning are good. Hale says "he could charge Klaus Von Bulow that, but me?"

Hale states that no fee was mentioned at first and Dershowitz "indicated that we could do this with little cost to me. The fee was imposed or elevated after he received some criticism from the Jewish community for taking my case. He sort of upped the ante. That was not the type of attorney/client relationship that I wanted."

The second point was that in his letter of representation Dershowitz asked Hale that he waive confidentiality. Hale didn't say anything about it "because it seemed as if his conditions were set in stone. Someone pointed out to me that if I was interested in writing a book on the subject I would be out of luck. I haven't decided to write a book but I want to retain my options."

A third but minor reason was his request that Hale waive conflict of interests. Hale notes "you can't waive a conflict you don't know exists."

Hale felt that "the conditions were designed to humiliate the person who would accept them" and says "I'm not desperate."

PA: How did you begin to subscribe to the beliefs that you have? I mean, did you read a book, meet someone?

MH: At the age of 11 Hale started to read about history, technology--"anything [he] could get [his] hands on. I was a very serious kid."

"It occurred to me that if races were equal as I had been taught in school etc. then they would have contributed to the world equally and there is no evidence of this. I read books on explorers--Magellan, Drake, Columbus. White people were going out and daring the wilderness and oceans. They were the movers and the shakers."

When Hale was about 12 or 13 he saw an interracial couple, a black man kissing a white woman. He says "it bothered me instinctively. It sickened me, physically nauseated me. This wasn't something I was taught; I knew it instinctively."

Hale says he then decided "to dedicate [his] life to preventing this from happening in the future."

Hale read books about Hitler and National Socialism. When he was 12 he read *The Rise and Fall of the Third Reich* which he felt was very hostile to National Socialism. Hale however liked the idea of National Socialism but "didn't want to limit to Germany."

He read *Mein Kampf* at the age of 13 and felt there were "a lot of good ideas here, that Hitler wasn't a madman." Hale believes that "history is part of the present, a key to understanding the present is understanding the past."

While he was in junior high he began to organize white groups in his school. He got whites together to "reaffirm our pride."

PA: Can you tell me about your church, The World Church of the Creator?

MH: Hale calls the movement of "creativity" the first religion for white people and describes it as a combination of "racial solidarity and anti-Christianity." Hale, who ran for city council and lost in 1995, felt it was time for "a revolution of values through religion." He describes church beliefs as a "blending of instinct and reason. Show us evidence and we'll believe it."

According to Hale the church has a worldwide membership of 6-8000 people with an estimated 30,000 who support the church. 75% of the members are male, 35% female. Hale believes that this percentage is becoming more equal and says that women are "of incredible importance. There would not be another generation of white people without them."

The membership is lower/middle class, "regular people--not poor, not rich." 70% of the members are between the ages of 15-30. While the oldest member is 95 and the youngest five, Hale calls it "a youth oriented organization." He says that people "have to be reached at a young age." Of the church's internet site for kids that contains crossword puzzles etc. Hale says "We can target kids just like Sesame Street does."

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Hale

Hale spoke to a woman from Canada the other day and says that the church even has contacts with white Spaniards in Central and South America. While the members of the church are spread out geographically Hale says that some members are considering moving to Central Illinois and making it a "haven of racial solidarity."

PA: You have received a lot of media attention recently. Is there something that people have not reported about you that you would like said?

MH: Hale wants people to know that "[their] motivation is not hatred, but love of [their] own people." He says that they see race as an extension of their family and other whites as their brothers and sisters and believes "We can only survive if we take care of ourselves." Citing the existence of only 8% of whites worldwide and only 2% of white women of childbearing years, Hale feels there is a possibility that whites may be persecuted and enslaved by other races seeking vengeance. He says that "the time to act is now while we have power."

PA: How does your immediate family feel about your beliefs?

MH: Hale lives in East Peoria with his father, a retired police officer. His family support him and share his philosophy but are not always thrilled that it is he who is sticking his neck out.

He also says that a lot of other people share his beliefs. Hale doesn't feel hostility when he is out in public but says that "when I go to the grocery store people smile, wave and wink. People see me as a trailblazer for the white race."

PA: Do you feel that your racial beliefs would hamper your ability to be a lawyer?

MH: Hale believes being a racist would not hamper his ability to practice law anymore than other beliefs that lawyers may have such as being against abortion. He mentioned the fact that William Kunstler was a communist and lawyer for many years.

The Committee on Character and Fitness of the Illinois Board denied him his law license because they believe that because he "seeks to establish an all white America that he advocates depriving other groups of their rights." Hale believes that the committee has done to him what they accuse him of doing to others. He referred to a reporter from the *Boston Herald* who wrote of his case saying "Illinois has chosen to fight fascism with fascism." He pointed out that he doesn't believe his beliefs to be fascist.

Hale says that "there is a difference between working peacefully and legally and advocating a violent overthrow of the government." He believes in working to change laws that he does not agree with, for example repealing the 14th amendment. He does not advocate the extermination of other races, but does believe the statement that 6 million Jews were killed

during World War to be "poppycock." He believes that there was no systematic effort to destroy the Jews and the number of deaths to be "wildly exaggerated."

PA: I've heard that people deny the Holocaust but have never heard their reasoning. Can you give me your evidence?

MH: Hale says that "in 1946 the Red Cross--not the Red Swastika--issue a document saying that 250,000 Jews died."

He then says that Cyclon B, the agent "supposedly" used to kill the Jews, wasn't a murderous agent but a delousing chemical.

The third reason Hale gives is "there is no way a nation fighting a war on so many fronts could kill 6 million people." Hale speaks of Fred Leuchter, a gas chamber designer from Florida, who went to examine the gas chambers at Auschwitz. Leuchter believed that it would have taken 34 years to kill that many people using these chambers. Leuchter, who went there a believer, describes gas chambers with eight inch cracks under the doors. Hale says that the Leuchter Document also notes that there was a minimal amount of the blue staining leftover from Cyclon B in the chambers.

Other reasons that Hale gives are:

--Jewish Almanac records that indicate more Jews alive after the war than before.

--There were no more than 4 million Jews in occupied territory at any time during the war.

--Auschwitz changing its death toll from 4 million to 1.5 million.

--Survivors. Hale says that "there are survivors everywhere demanding money. It's an extortion racket."

PA: Given that your efforts have been focused in working through your church, why do you want to become a lawyer?

MH: "Lawyers attract attention. Being an openly racist lawyer would bring attention to my cause." Hale always wanted to be an advocate lawyer and would work to change laws that are "anti-white," such as affirmative action.

He also wants to be a lawyer because it would bring respect for the movement.

He feels it would combat the stereotype of racists as unintelligent people running around in the woods with their rifles and chewing tobacco.

And finally Hale does believe in law. He reminds me that he was raised by a father who was a police officer for thirty years. He believes in law and order even though he believes some laws need to be changed.

Hale goes before the Hearing Board on April 10. The hearing is open to the public. They then have 21 days to decide whether or not they will give Hale his law license.

--Sherrin

The Leonard Peltier Organizing Conference

Sponsored by the Leonard Peltier Defense Committee
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WHY AN ORGANIZING CONFERENCE?

Leonard Peltier has been in prison for 23 years. Over the years amazing accomplishments have been made which have helped to educate many about his case, expose his innocence, build support, and to most importantly, keep him alive. But, astonishingly, we have not yet gained his freedom. Twenty-three years is a long time and over the years activity around his case has fallen and risen. The government has shown us that they in no way intend to simply do the right thing and let Leonard out. It is obvious that at this point we need to be better organized and dedicated to his freedom (which stands for our own freedom) which can only be obtained by a massive collective effort of the people.

Now is a time for unity. Over the years people have had many ideas and strategies on how Leonard's freedom could be obtained. Oftentimes conflicts arise as to what kind of activity is appropriate. All strategies that we plan must be known and okayed by Leonard and we must all work on the same page. We feel that we must encourage everyone to do what they do best and we must work on every possible level simultaneously--from grass roots to lobbying to legal strategies. We want everyone who attends this conference to go home better prepared to organize with a feeling of renewed dedication and unity.

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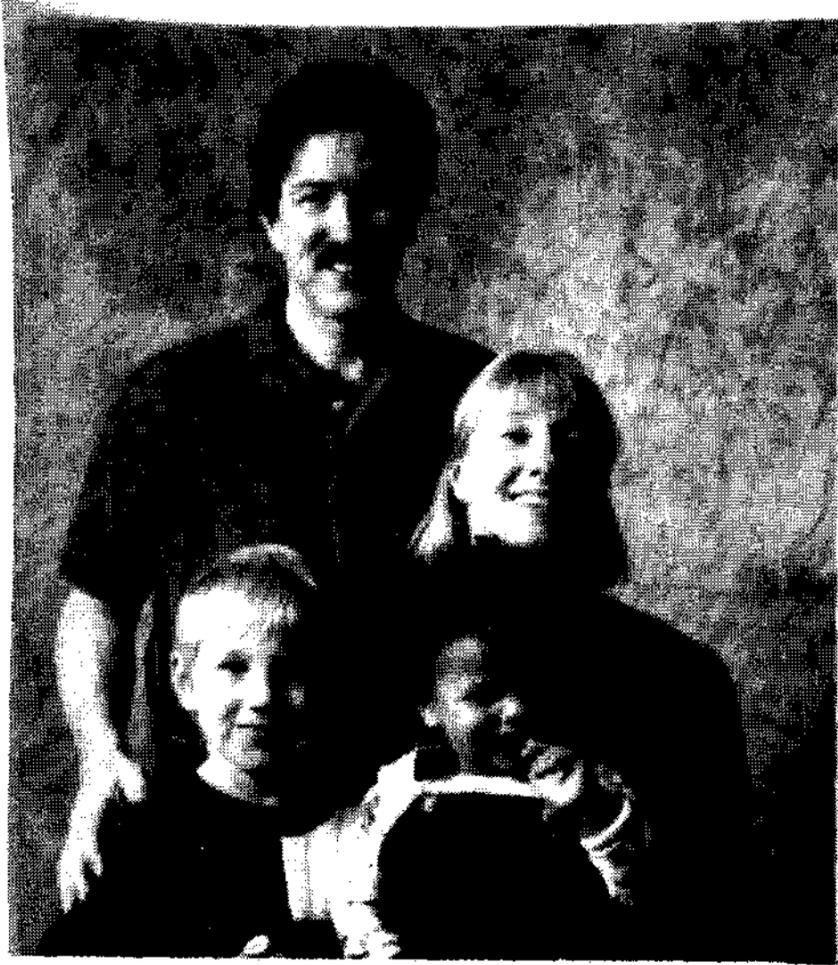
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Karen Schmidt

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I have lived in Bloomington for over 20 years. I am a librarian at the University of Illinois Library, and my husband John works at State Farm Corporate. We have two boys, Jacob and Jonas. I am active in my neighborhood, Dimmitt's Grove, and have been involved in a number of service activities (including Bloomington Public Library Board of Trustees, Funk's Grove Nature Conservancy Restoration, WJBC Forum) in the area over the years.

I find my work as the alderman of Ward 6 exciting and meaningful: a way to be of service to this community, to celebrate and preserve the wonderful history of this city, and to be involved with shaping its future. I want to hear from you, talk to you and represent your concerns and opinions.

KAREN SCHMIDT Alderman, Ward 6

I need your write-in vote!

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