

Eastern Illinois University

The Keep

The Post Amerikan (1972-2004)

The Post Amerikan Project

9-1976

Volume 5, Number 5

Post Amerikan

Follow this and additional works at: https://thekeep.eiu.edu/post_amerikan



Part of the Gender, Race, Sexuality, and Ethnicity in Communication Commons, Journalism Studies Commons, Publishing Commons, and the Social Influence and Political Communication Commons

doctors; Ill. Power; daycare; beer; Indians; MEG & more.

Bloomington-Normal

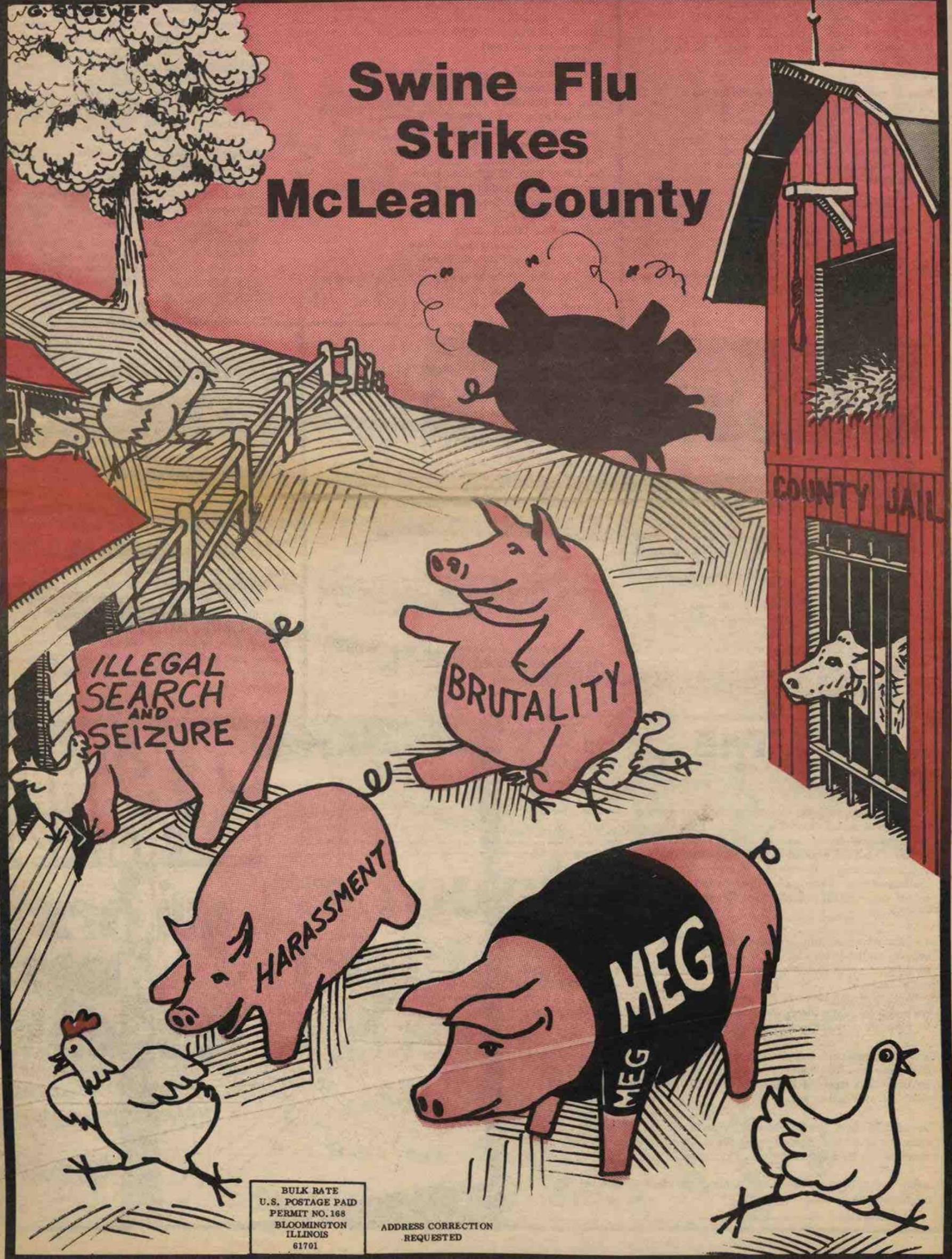
25c

POST AMERIKAN

Vol. 5 No. 5
SEPTEMBER, 1976

J.G. STEWART

Swine Flu Strikes McLean County



BULK RATE
U.S. POSTAGE PAID
PERMIT NO. 168
BLOOMINGTON
ILLINOIS
61701

ADDRESS CORRECTION
REQUESTED

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

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

Anybody who reads this paper can tell the type of stuff we print. All worthwhile material is welcome. We try to choose articles that are timely, relevant, informative, and not available in other local media. We will not print anything racist, sexist, or ageist.

Most of our material or inspiration for material comes from the community. We encourage you, the reader, to become more than a reader. We welcome all stories or tips for stories. Bring stuff to a meeting (the schedule is printed below) or mail it to our office.

MEETINGS

Friday September 3 6:30pm

Friday September 10 6:30 pm

DEADLINE FOR ARTICLES

Wed September 15 6:30pm

LAYOUT

Saturday & Sunday, Sept. 18 & 19

ABOUT US

These meetings are held at the Post-Amerikan office, and if you'd like to come, call us. The number is: 828-7232. You can also reach folks at 828-6885, or 828-7986.

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

Mail, which we more than welcome, should be mailed to: The Post-Amerikan, P.O. Box 3452, Bloomington, IL 61701.

Post Sellers

OUTTA TOWN

Galesburg: Under the Sun, 188 W. Main
 Peoria: That Other Place, 901 NE Adams
 Springfield: Spoon River Book Co-op, 407 E. Adams
 Pontiac: Semmens Drug, 123 Madison St.

NORMAL

University Liquors, 706 W. Beaufort
 Welcome Inn (in front)
 Redbird IGA
 Divinyl Madness Records, 115 North Street
 Mother Murphy's, 111 1/2 North Street
 Ram, 101 Broadway Mall
 Al's Pipe Shop, 101 Broadway Mall
 Hendren's Grocery, 301 W. Willow
 Co-op Bookstore (in front)
 The Gallery (in front)
 The Lobby Shop, ISU Student Union
 Bowling and Billiards Center, ISU Student Union
 Cage, ISU Student Union
 Midstate Truck Plaza, Rt. 51 North
 Hottle House, 1402 S. Main
 SW corner, University and College
 Radio Shack, Raab Rd. (in front)
 New Age Bookstore, Broadway Mall
 Old Main Bookstore, 207 S. Main
 Campus Records, 311 S. Main, Normal

BLOOMINGTON

The Joint, 415 N. Main
 Medusa's Bookstore, 109 W. Front
 News Nook, 402 1/2 N. Main
 The Book Worm, 310 1/2 N. Main
 Gaston's Barber Shop, 202 1/2 N. Center
 Sambo's, Washington and U.S. 66
 DeVary's Market, 1402 W. Market
 Harris' Market, 802 N. Morris
 Hickory Pit, 920 W. Washington
 Blas's Drug Store, 217 N. Main
 Discount Den, 207 N. Main
 U-I Grocery, 918 W. Market
 U-I Grocery, 608 S. Lee
 Kroger's, 1110 E. Oakland Ave.
 Bus Depot, 523 N. East
 Park Store, 909 S. Allin
 Nierstheimer's Drug Store, 1302 N. Main
 Pantagraph Building, in front of it
 Eddy's Market, Washington & Allin
 Bi-Rite, 203 E. Locust
 Mandingo's, 312 S. Lee
 K-Mart, at parking lot exit
 The Blue Room, 803 Morrissey Drive
 Dairy Queen, Main & Miller Sts.

2

CLASSIFIED ADS

The Post-Amerikan staff wishes to congratulate ourselves on our first issue using color, which is also our second 40-page paper. We also want to thank everyone who contributed to this issue in one way or another. Special thanks to the folks in Madison who inspired us to put out a color issue.

Wanted badly: Small cozy sofa for a real cheap price in good condition, and an ironing board at a reasonable price. Also could use a way to transport them to my crib as I have no vehicle... Virginia 827-6784

Someone left two kittens on our doorstep but we can't keep them cause Smokey the cat just won't allow it. They seem to be about 6 weeks old and are yellow striped males. They're so cute and they'll need a good home. Please call 829-3576 and rescue these adorable kittens.

FOR SALE: Harley-Davidson Superbike, low mileage, \$3000 or best offer. Call 309-697-2605 if interested.

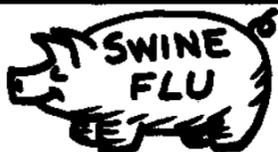
Volunteers needed for Divinyl Madness Records, a non-profit store, at 115 North St. in Normal. Apply within.

CORRECTIONS

In the article, "Old West Oppression In Normal," it was stated that restaurant help is not unionized in Illinois. This is incorrect. It is not unionized in Bloomington-Normal (outside of a partly unionized cafeteria at I.S.U.), but it is elsewhere in the state.

In last issue's article, "Welfare System," the explanation of who cannot get public aid (state or township) should have read this way: "If they have very little or no income and don't receive unemployment compensation but are planning on becoming a student or moving in the near future (can't work full-time permanently), they will still not get any aid (beside food stamps) and will have to pay rent and other non-food expenses by borrowing from friends or relatives. If they can't borrow money, they will be in trouble."

ABOUT THE COVER



As deadline approached and we gathered our articles together (and talked about the ones that didn't get written), it seemed that we had more than the usual number of stories about local police. The specifics were different, but the general theme was clear: the police in McLean County had become especially ornery. It seemed there must be something in the August air. When someone suggested that the cops might have caught swine flu, it was all over. We couldn't resist. We had to do this cover.

For almost a year now, we have refrained from calling cops p*gs in the paper. (In the same way, we've also cut down on those other nasty four-letter words that stop people from putting the Post proudly on their coffee tables.)

We tried; we really did try to think of a cover that everyone can relate to, whether or not they find the cop/p*g equation offensive.

But we thought the swine flu idea was so funny that all else seemed dull in comparison. We couldn't pass it up, especially with the lovely pink color that our first color cover made available to us--just the right color for cute little p*gs.

So just this once, grin and bear it, even if you don't think it's as hilarious as we do. Keep it under the coffee table if you have to. We'll clean up the barnyard next issue. Promise.

Articles that inspired the swine flu motif are marked appropriately in the paper with smiling p*gs.

JAZZ BAND

guitars
amps
lessons

5-STRING BANJO
& GUITAR

105 Broadway
Normal

POLICE ILLEGALLY FORCE ENTRY



On the afternoon of Aug. 3rd, the Normal Police Department illegally entered an apartment at 104 E. Locust in Normal. This is the account of one of the people involved.

There were three people involved, me, my roommate, and another person (Steve) who was with us. Anyway, I answered a knock at the door and saw two cops through the peep hole. I went outside and shut the door behind me. Right away I recognized Sgt. Philliponi from the Post story about him. (See P-A IV #9) I don't know the other cop's name. Philliponi asked if there was anyone else in the apartment, and I said yes, that my roommate was in there. Well, he told me to go get him and so I did, closing the door behind me again. They asked us for some identification and we showed them. They responded by asking us to "spread eagle" against the wall and proceeded to search us. All this time they had given us no explanation at all for their actions. Still not saying what they wanted, the police then asked if they could enter the apartment. I told them that I needed to see a search warrant before I would let them in. They had no warrant, but insisted on entering anyway. I refused to give permission. Finally, the 2nd cop (not Philliponi), acting like I needed to learn the law,

said I'd better see a lawyer. He brushed past me, drew his gun, and entered my apartment. After opening the door, he shouted, "If anyone else is in here, you better come out or you're gonna get your ass shot."

He kicked in the bedroom door and broke it, and this is when Steve decided to come out. Steve is only 15, and because of a personal situation, he couldn't risk getting in any trouble. (He was hiding because to him police mean trouble, even though he hadn't been doing anything wrong.) When Steve did come out, the police asked him for some I.D. Since he is only 15, he of course had no driver's license, and didn't have any other I.D. that satisfied police. Still pointing a gun at him, police handcuffed Steve. As they took him away, they threatened to be back with warrants for us "if he isn't 'clean.'"

This whole time we had no idea why they were even at our apartment. Nor did we know why they had arrested Steve. Later, Steve said what he found out while he was in custody. Police were already in the area investigating a burglary. Police told Steve they knocked at our door only to ask us to turn down our music.

Steve was kept in a cell for an hour until his aunt came and picked him up. He was not charged with anything, and the police never contacted us again.

As I see it, the only reason the police got their "suspicions" was because I stood up for my rights and told them they couldn't come in. They didn't even want to come in and look until they realized I didn't want them inside.

--D.S.



Normal police officer Frank Philliponi

12-year county cop loses control after sleepless night

Cop Gets Violent Over Improper Parking



A man and woman were victims of McLean County Police brutality in the early morning hours of Saturday, August 14.

Ron Shadowens and Candy Tracy wanted to be together before Ron was to depart for Arizona on August 14. On Friday evening they decided to go to the town of McLean for a goodbye drink. They drove county backroads to get to McLean, but they never arrived at their destination.

While driving, Tracy and Shadowens heard and felt the front tire of their car acting funny. They were afraid it was going flat, so they stopped the car to check. Nothing seemed to be wrong, but the night was quiet and the road empty, so the two walked to the roadside, sat down and started talking. It was the last night they would be together, and they didn't feel as if they were doing anything wrong.

But farmer Stanley Thompson thought they might be. Reacting to what he thought was a flashlight near his machine shed, he telephoned Loren Foulk, a McLean county cop who happened to be off-duty and who lived nearby. Foulk said he'd respond to the complaint because he could arrive sooner than the on-duty McLean County patrol.

Foulk, also known by court-watchers and county jail inmates as "Tiny the Jailer," arrived at the scene and jaunted up to the dangerous pair who were sitting at the side of the road talking quietly. Foulk shined a flashlight in their eyes.

In his suavest form, Foulk asked the two, "What're you doing, f*king?"

Then Foulk decided to act like a cop. "You punks, get your asses up to your car," he ordered.

Not knowing what to expect, Tracy and Shadowens did as they were told. Hoping to get some information, Shadowens asked Foulk, "We'd like to know, sir, what we've done wrong."

Unable to comprehend the question and thinking he'd been insulted, Foulk flew into a rage. According to Tracy, Foulk slapped Shadowens several times and threw him across the top of the car. With that, Foulk shouted, "I'm tired of getting up in the middle of the night and taking care of you f*kin' people!"



Candy Tracy

Tracy pushed Foulk to stop him from hurting Shadowens. By then Foulk had his hand on his gun to make sure the shaken Shadowens wouldn't ask any more to-the-point questions. Tracy asked Foulk, "What the hell are you doing? He only asked what's the trouble."

"You keep your f*kin' mouth shut, bitch, this isn't your beef!" Foulk shot back.

FOULK'S VERSION via PANTAGRAPH

As usual, Pantagraph reporting of the incident dealt with police reports and official statements rather than getting the facts from eyewitnesses and victims.

The Pantagraph reported that the action all stemmed from the Stanford farmer spotting a flashlight near his machine shed. Tracy claimed that she and Shadowens had parked at least a block from the farmer's home. When another squad car backing up Foulk arrived at the scene, the two officers searched Tracy's car. No flashlights were to be found. Interestingly, it was the back-up patrolmen who conducted the only search that morning. The Pantagraph said that Foulk was searching Tracy and Shadowens at gunpoint. Tracy told the Post-American that Foulk never drew his gun--he only placed his hand on it after beating Shadowens. Foulk never conducted a search himself.

AFTER WORDS

After the back-up patrol car arrived, the two officers decided that Shadowens had to be charged with improper parking on a roadway. But to save his own skin, Foulk filed an additional charge of disorderly conduct.

Tracy then filed a countercharge of disorderly conduct against Foulk while she and Shadowens were at the McLean County Jail. But Assistant State's Attorney Ron Dozier initially said he wouldn't prosecute Tracy's complaint until the one against Shadowens has been settled.

The next day, citing a state appellate court ruling, Dozier said Tracy's complaint couldn't be honored. He claimed that the complaint Tracy had filed only alleged that Foulk had acted unreasonably and had used foul and abusive language. The state courts, Dozier said, refused to uphold disorderly conduct charges for the use of profane and vulgar language. (But he did provide Tracy with an option to refile the complaint.)

Tracy's feelings about the affair show little respect for Foulk. "I want to see Foulk off the force. He don't want to see justice--he just wants to complain and get people in trouble all the time."

---Jeremy Timmens



County cop Loren Foulk

(with the badge and funny hat)

DAY CARE WORKER FIGHTS

Cathy Hutson, a 2-year employee at Bloomington Day Care Center, has been suspended, apparently for being concerned about unsafe conditions for the children there. She expects to be fired soon, as the Board of Directors met in closed session Aug. 17, 1976, to hear a recommendation from the Grievance Committee that Ms. Hutson be fired.

Ms. Hutson called for the removal of Mary Abel, Director of the Day Care Center, when Ms. Abel failed to contact proper authorities to examine unsafe conditions at the center, located at 824 W. Jackson. Those conditions included bricks falling from the ceiling in the entrance to the building, which is used by both Bloomington Day Care Center and MARC (McLean County Association

for Retarded Citizens) Center, located in the same building. This occurred because of demolition work Wyatt Construction was doing on the building next to the day care center.

During the week of July 18, 1976, both Ms. Hutson and a co-worker requested that Ms. Abel contact city officials to close the facility until it was again safe for youngsters. Ms. Abel ignored their requests.

During demolition, the construction company and Day Care Center agreed to keep children out of the building during specified hours each day. This was supposed to allow the dangerous part of the work to be carried out while the children were

safely out of the building. However, during those specific time periods, children still used the unsafe entrance where bricks and other debris had fallen (see photo) to use the washroom in the day care building.

When Ms. Abel was pressed to confront the construction company about the dangerous conditions, she replied, "I just play the dumb blond. Let the men make the decisions."

Ms. Hutson again confronted Ms. Abel, asking her to call authorities to shut down the facility for the children's safety. Ms. Abel told Ms. Hutson that she couldn't call any authorities due to "politics."

"You have to play along with politics," Abel told Ms. Hutson. When asked what she meant by "playing along with politics," Ms. Abel was unable to explain. Ms. Hutson suggested forgetting about politics and calling the city before someone got hurt.

Well, on Friday, July 23, the situation was so bleak that the Director of MARC Center, Kevin Casey, contacted the city of Bloomington for assistance. He asked that the children be taken out of the building. Ms. Hutson again asked Ms. Abel if she had contacted any authorities. She indicated that she had not. Ms. Hutson then contacted Dick Turley, Building and Safety Director for the City of Bloomington, and explained the situation.

That afternoon two workers decided that if the directors would not act, they themselves would have to. Ms. Hutson told the director she would not return to work Friday because of the conditions, and that she thought the center should be closed for the protection of the children.

Dick Turley inspected the demolition scene and found that it did present danger to the children. A "stop work order" was issued and the building was posted "no occupancy." According to Turley, insufficient information from Bloomington Day Care and the owners of the building (Clobertin Enterprises) forced the city to intervene and issue the "stop work order." On Monday, July 26, the center was shut down altogether.



Ms. Hutson was given a written reprimand for not being at work on the 23rd. Her actions were called "immature and uneducated." This reprimand was made a permanent part of Ms. Hutson's personnel file.

Ms. Hutson responded by issuing a statement to the Board of Directors charging Bloomington Day Care administrator, Mary Abel, with irresponsible behavior showing unconcern for the safety and well-being of the children. (Ms. Hutson was not permitted to have her statement made a part of her personnel file.)

Ms. Hutson went before the Grievance Committee on August 12. She was harassed and belittled in front of the committee and co-workers.

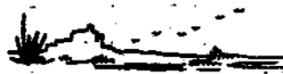
When she requested an advocate be present with her, she was refused. "If you wanted moral support, you

CONTINUED ON NEXT PAGE



**Yah-Ta-Hey
has gone and
done it
again --**

JUST RETURNED FROM ANOTHER EXCITING
BUYING TRIP IN NEW MEXICO!



ONCE AGAIN CHUCK HAS HANDPICKED THE MOST BEAUTIFUL PEICES OF HAND-MADE SILVER AND TURQUOISE JEWELRY, TO GIVE YOU AN OUTSTANDING SELECTION OF UNIQUE, ONE-OF-A-KIND ITEMS.

RINGS, BRACELETS, BOLO TIES, BUCKLES AND NECKLACES OF ALL TYPES--
ALL GUARANTEED TO BE HANDMADE BY AMERICAN INDIANS.

COMPARE OUR PRICES AND YOU'LL SEE THE DIFFERENCE.

**All merchandise is sold 1/3 OFF
Southwestern Retail Value**

AT YAH-TA-HEY YOU'LL ALSO FIND:

**Handwoven Navajo Rugs, Pottery,
Baskets, Sandpaintings, Books,
Custom-made Leather Goods**

WE SPECIALIZE IN SATISFIED CUSTOMERS

**Now Open to 7 pm
Tuesday thru Saturday
Closed Sunday
and Monday**

YAH-TA-HEY

828-1142

**Center and Washington
Downtown Bloomington**

UNSAFE CONDITIONS

should've brought your husband," snapped Lynn Grey, Treasurer of the Board of Directors. Ms. Grey ran the Grievance Meeting as Trudi Jacks, President, did not attend.

Ms. Hutson explained that the building was being used at the same time bricks were falling very close to the entrance of the day care building. Joe Haney, another director, confidently stated, "The construction company are professionals. They knew exactly what they were doing."

The Board went into "closed session" and returned a decision recommending Cathy Hutson be suspended and fired. No action was taken against Ms. Abel.

The three executives who made the decision were Lynn Grey, Treasurer, Sue Lacey, Vice-President, and Joe Haney, Director. No explanation was given. The Board assures Ms. Hutson that a written explanation is forthcoming.

Haney did not show up for the Board Meeting on Aug. 17. Trudi Jacks, President of the Board, who was not at the Grievance Committee meeting on Aug 12, did manage to attend the Board Meeting on Aug. 17. However, she was unhappy with the turnout, which was the largest for

a Board meeting that anyone can remember. At least six times Ms. Jacks attempted to put an end to all discussion between community members and the Board.

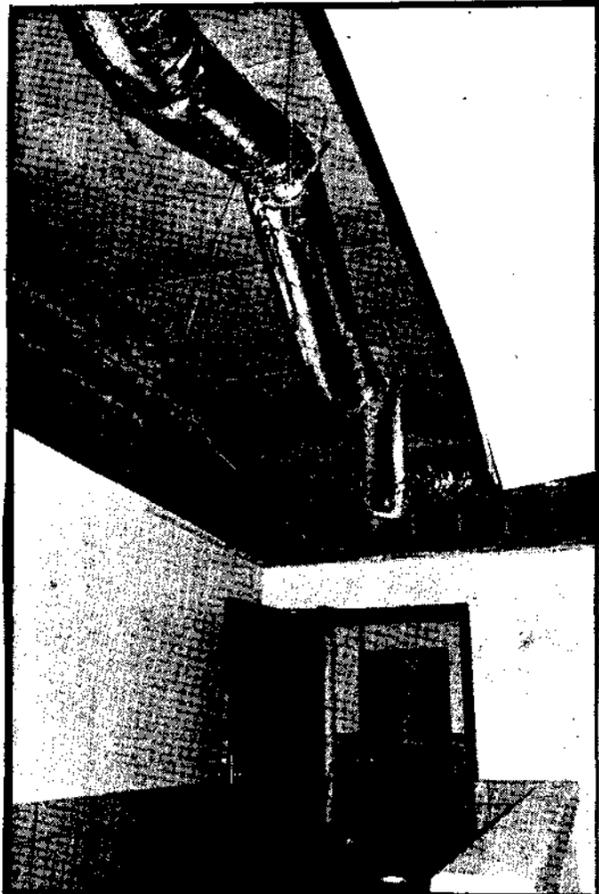
"Come to the next meeting if you want to talk," Ms. Jacks told the contingent. The community members continued to press for answers regarding building safety, operation of the facility, and the decision-making process of the Board of Directors.

Discussion of Ms. Hutson's firing was not permitted.

City records are unclear about when the "Stop Work Order" was posted. If it was posted on July 23rd (the day the two workers refused to work under unsafe conditions), Bloomington Day Care could be held in violation of Section 18, Chapter 10 of the Building and Safety Code for operating the facility under unsafe conditions. They could face a possible \$500 fine.

Ms. Hutson's husband, Gregg, called for a full-scale investigation into the operation of the Bloomington Day Care Center. He would like the state to step in and review the matter. He and Cathy have withdrawn their 5-year-old daughter from the program.

Cathy Hutson lost her job. She wouldn't "play along with politics."



This is the entrance (or what is left of it) to the Bloomington Day Care Center, located in the old St. Joseph's Hospital complex. Demolition of adjoining buildings caused bricks to fall through the suspended acoustical tile ceiling--during the same period of time that children were using the passageway to get to the washroom.

Self-help for Problem Parents

Few Bloomington-Normal residents know anything about Parents Anonymous. So what is it?

Parents Anonymous is a self-help, all volunteer group that wants to work with people who have problems coping with or handling their kids. Troubled parents come on their own, referred to P.A. by a physician, judge, police, or word of mouth. Child abuse does not only include physical abuse, but also physical neglect, emotional abuse, emotional deprivation, verbal assault, or sexual abuse.

Once a week a P.A. group facilitator meets with the parents. (Parents Anonymous can be reached anytime day or night through PATH's hotline.) The parents may talk at the meetings, or may prefer to listen. The facilitator's goals are:

- 1.) get the parents to express their feelings
- 2.) let them know they aren't alone, and that others are going through the same feelings. They needn't feel guilty.
- 3.) rechannel their energies into constructive energies and self-help.

In the past, children were taken from their homes. Yet when they returned, the problems remained. Now the emphasis is to work with the family as a whole. There is no persecution of abusive parents. Compassion is the name of the game. Any of us could be in the same situation. No one has any training to be a parent, so it's no surprise that people get on the wrong track.

Anyone in the general public can call in for help, if only to have someone to talk to in time of distress. At the Parents Anonymous meetings people help each other and build up self confidence. There is absolute anonymity for those who use Parents Anonymous' services--there are no records made of phone calls or those that come to the meetings.

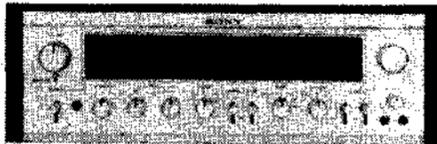
--Jacqui

Audio Video

glenn poor's

Open Mon - Tues Thurs
Fri 10:30 to 8:30
Wed & Sat 10:30 - 5:30

106 E. BEAUFORT
NORMAL
454-1493



SONY STR-7065A
FM STEREO/FM-AM RECEIVER

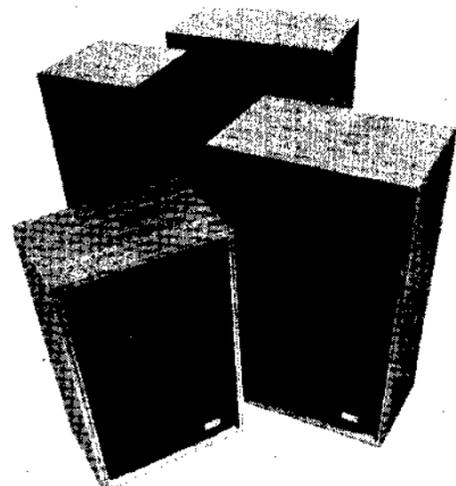
only \$369⁰⁰

This is the mind blower of the lot! The Sony STR-7065a is one of the world's best AM-FM stereo receivers and we're offering it for a limited time for only \$369.00! The STR-7065a is regularly \$560.00. The high performance characteristics which distinguish the STR-7065a will delight the discriminating audiophile who expects excellence from all program sources.

The power amplifier section features 65 watts per channel with less than .2% Total Harmonic Distortion. (Typically greater than 95 watts per channel at less than rated T.H.D.)

The FM tuner section uses FET'S in the mixer and RF stages of the front end, to handle strong local signals without overload or high spurious response. The MPX stage employs Phase Lock Loop I.O. circuitry for greater separation and stability with low distortion.

The Sony STR-7065a is a MONSTER for the price of \$369.00!



AVID
CORPORATION

Glenn Poor's has gained a reputation of selling quality hi-fi products at low prices. The introduction of Avid loudspeakers should enhance that reputation.

Avid loudspeakers--from the \$65.00 Model 60's to the \$179.00 Model 103's--are dedicated to the construction of the cleanest sounding, most accurate loudspeakers in their price range.

CHANGE YOUR LIFE WITH...

Post Note: This list of vitamins and minerals, with their functions and sources, will serve as a basis for a series of future articles about good nutrition. Hang on to it.

VITAMINS AND MINERALS

VITAMIN A

Occurs in significant amounts in fish liver oils, animal liver, eggs, and whole milk. Can also be manufactured by the body (in lesser quantities) from the "carotene" in some green and yellow vegetables. When absent in sufficient amounts, "night blindness" and other eye disorders, dry and brittle hair and skin, and infections of the mucous membranes may occur.

VITAMIN D

The "sunshine" vitamin, naturally occurring in fish liver oils, and needed to help build strong bones and teeth. Essential to proper use of calcium.

VITAMIN E

A known antithrombin and antioxidant, present in fresh wholegrain wheat products and many cold-pressed vegetable oils. Its absence leads to reproductive failure in many animals.

VITAMIN C

Found naturally in oranges and other citrus fruits; also in tomatoes, raw potatoes, and raw green peppers. Essential in forming "collagen"--the substance that holds the cells of your body together. Lack of C may cause bleeding, swollen joints, and other complications. Scurvy results from extreme lack. C is easily destroyed by heat and air. Vitamin C is the only vitamin which is not stored in body tissues and therefore, the body's requirement is needed every day.

FOLIC ACID (FOLACIN)

This B-complex factor is found in spinach and other edible green-leaved vegetation. When absent, the lack of it may cause gastrointestinal distress and lead to pernicious anemia.

BIOTIN

This B-complex factor is in such foods as liver, oysters, eggs, beans, peanuts, and whole grains. Needed for metabolism of fats; mild deprivation may contribute to muscle pains, depression, lack of appetite.

THIAMINE (B-1)

Found in lean pork, beans, dried peas and nuts, liver, other meats, milk and eggs. Needed daily for good appetite, digestion, better use of fats and carbohydrates. A severe deficiency of B-1 causes beriberi; lesser deficiencies affect efficiency of central nervous system and brain.

RIBOFLAVIN (B-2)

Found in beef and chicken liver, salmon, nuts, beans, and other plant and animal food sources. Needed for vision, growth, absorption of iron; helps body make use of protein, fat, carbohydrate. Can be destroyed by light.

NIACIN (B-3)

Liver, fish, lean meats and poultry, potatoes, nuts, and whole grains all supply this "anti-pellagra" vitamin--essential for the efficient use of protein. Lack of niacin results in intestinal disorders, mental depression, skin rashes and rough skin.

VITAMIN B-6 (PYRIDOXINE)

Found in bananas and raw steak, easily destroyed by heat. Essential in the metabolism of all amino acid proteins. Lack of it may result in anemia and convulsions.

VITAMIN B-12

The only food supply of this is meat or animal products. Essential for normal functioning of body cells; especially to prevent pernicious anemia. The Food and Nutrition Board reports that the body's ability to absorb B-12 may decrease with age.

PANTOTHENIC ACID

A B-vitamin found in the honey bee's "royal jelly." The Food and Nutrition Board considers it of high biological importance. Deficiencies in people produce cramping, impairment of coordination, and loss of antibody production.

CALCIUM

Abundant in dairy products, salmon (in the edible bones of the canned fish); available in dried peas and beans. Essential in building strong bones and teeth (working with Vitamin D and phosphorus). Also essential to blood clotting and proper nervous system functioning.

PHOSPHORUS

Common in seafood, eggs, dairy products, many vegetables. Important for nerves and kidneys, hormone production, cellular metabolism, as well as teeth and bone-building. Be careful; an excess can cause calcium losses in the urine.

IODINE

Found in seafood, salt, and kelp. Essential to the body's production of thyroid hormones that regulate important metabolic functions. Iodine deficiency causes goiter.

IRON

Obtained from liver, lean meat, eggs, whole grains, dried beans and fruits. Combines with protein to form the hemoglobin in red blood cells that carries oxygen to all body cells and removes carbon dioxide wastes. Also important for muscle functioning; lack causes fatigue and anemia.

MAGNESIUM

Available in whole grains and naturally occurring mineral dolomite. Needed for bones, teeth, and soft tissues; also for protein metabolism.

COPPER

A trace mineral, occurring in vegetables raised on copper-rich soil, or meat from animals grazing on copper-rich fodder. Needed to prevent anemia and bone disease.

ZINC

Sunflower seeds, oysters, wheat bran, and herring all contain zinc in significant amounts. May be important for healthy sex glands and prostate.

looks like a sleepy, serene community.



look again.

If you listen to the city fathers, the Pantagraph, the civic boosters and the phony speechmakers, you would think we lived in a 1930's Hollywood set. But let's look behind the scenes. Each month since April, 1972, the Post-Amerikan has been denting that serene facade, printing the embarrassing truths the city fathers would rather overlook. Take another look at Bloomington-Normal. Subscribe to the Post-Amerikan.

For the next 12 monthly issues, send \$2.50 to Post-Amerikan, PO Box 3452, Bloomington, Illinois 61701.

POST AMERIKAN

Enclosed is \$2.50 for the next 12 issues. (Free to prisoners from McLean County.)

name _____

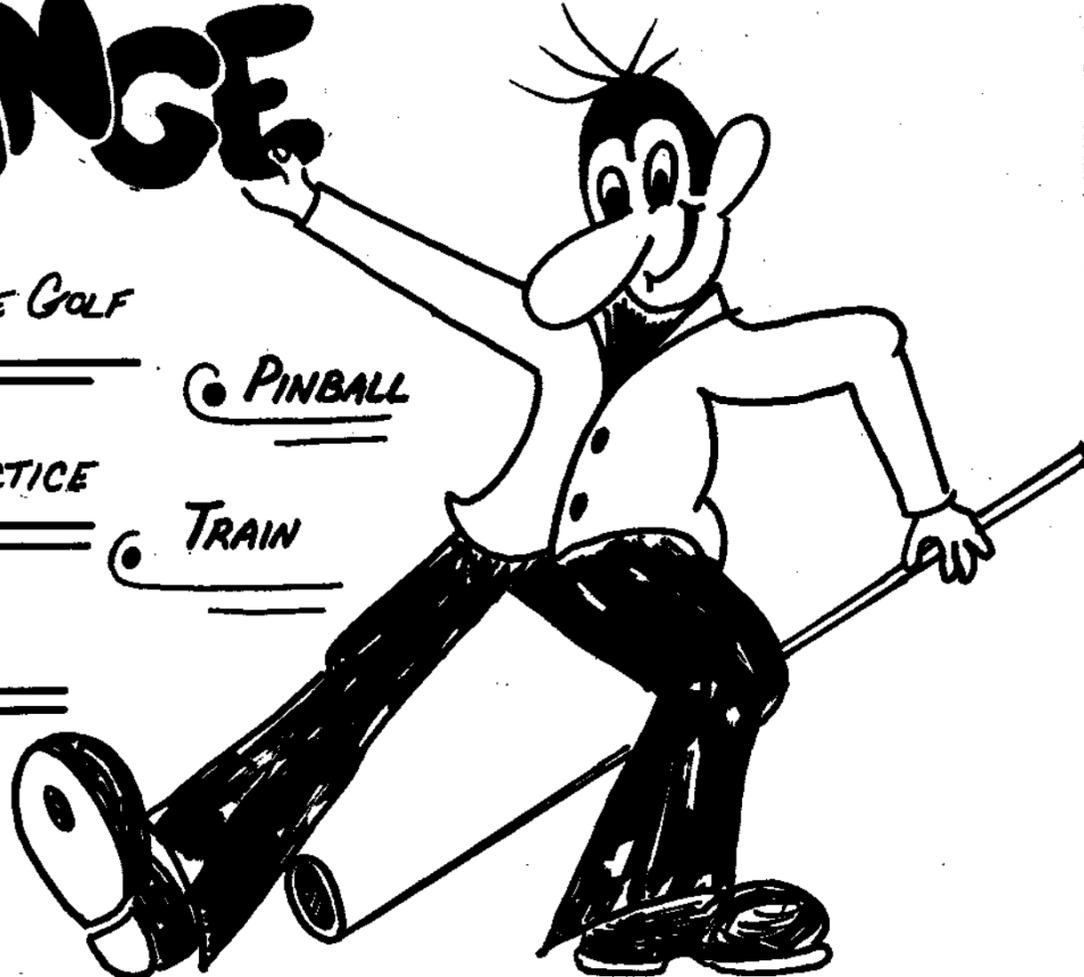
address _____

city _____

state _____

zip _____

BLOOMINGTON GOLF RANGE



● 2 18-HOLE MINIATURE GOLF COURSES

● PINBALL

● BASEBALL BATTING PRACTICE

● TRAIN

● BUMPER CAR RIDE

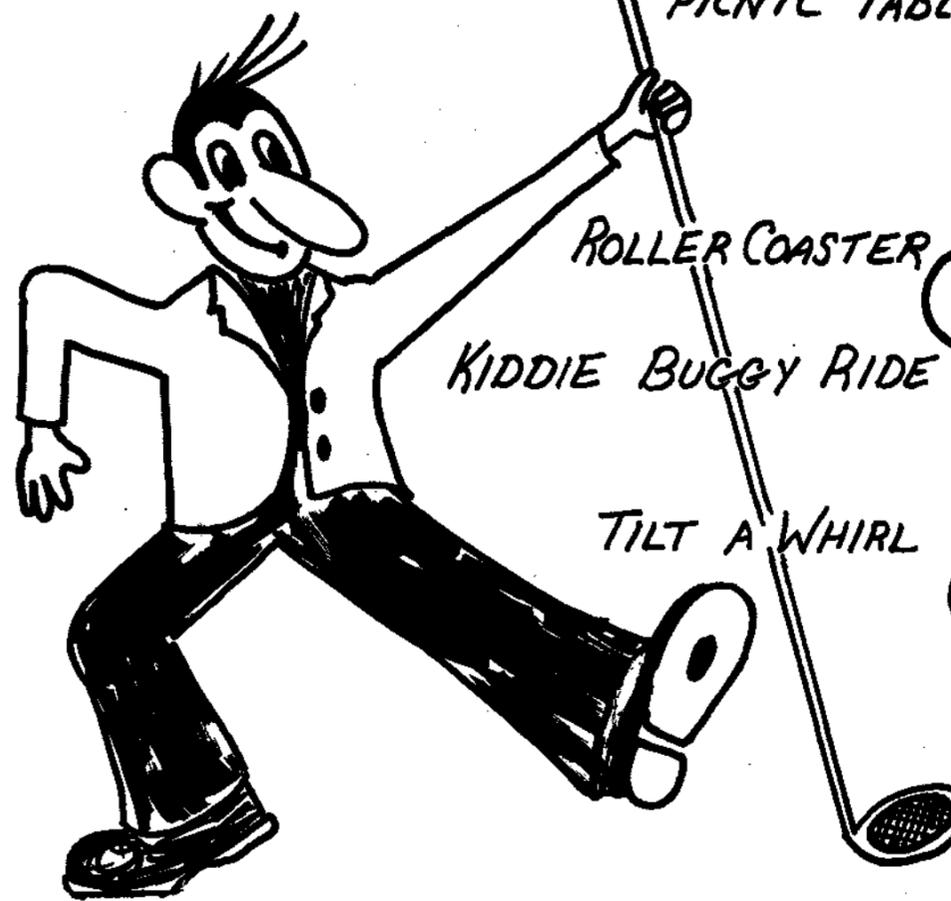
● GAME ROOM

● GIANT SWING

FREE ROUND OF MINIATURE GOLF
 MON-FRI WITH THIS AD
 good through end of 1976 season



PICNIC TABLES FOR REUNIONS & PICNICS



● DRIVING RANGE

ROLLER COASTER

● MERRY-GO-ROUND

KIDDIE BUGGY RIDE

● GO-KARTS

TILT A WHIRL

● FERRIS WHEEL

● ANIMAL CRACKERS

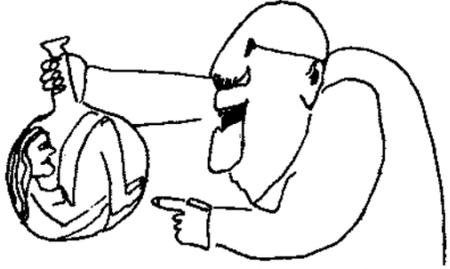
WILLY

● THE WOBBLER



2040 S. Main

828 2141



Research Group/cpf

Somebody

Post Note:

By publishing these articles about local medical treatment, the Post Amerikan does not wish to isolate the doctors mentioned for especially heavy criticism. We know that many other patients of these doctors have probably received good health care. What we wish to emphasize in these articles is the dismal injustice of the health care system, rather than an "expose" of certain doctors.

Health care is an area where people are especially powerless. Even when doctors are not quacks, they are still part of a system which encourages people to remain ignorant about their bodies, and then economically exploits their dependence on the doctor's authority. The doctor may choose to be benevolent, but our system has made him/her (usually him) a dictator. As always, certain groups, like women, the poor, and the "uneducated" suffer most from the hierarchy.

By publishing these stories, we hope to help break the myth of doctors' infallibility. This myth makes badly treated patients feel isolated and contributes to patients' submissiveness, even in the face of actual incompetence.

The Post hopes to do a fuller analysis of the oppressiveness of our health care system in the near future.

The Ear Canal Leak and Dam System

I can remember having problems with my ears since high school. It was then that I first got the idea that they stuck out and I should always make sure my hair covered them. Also, it was during high school when they first started leaking at night and then damming up on me during the day.

Not that this leaking and damming happened all the time. About once a year, usually during the summer, one or both of my ears would start draining this awful waxy stuff, and then get so clogged up with it that I could barely hear out of the afflicted ear(s).

Then I would go to my family doctor, who called my problem swimmer's ear, and have my ears cleaned out. And that would be that for a year or so.

While at ISU, I went to Rachel Cooper Health Service a couple times to get my ears cleaned out. One doctor there told me that I didn't have swimmer's ear, I just have funny canals, tilted wrong so that liquid doesn't drain out of them as easily as out of other people's ears. He told me that if water got trapped in my ears after swimming or a shower, I should put a couple drops of alcohol in my ears to clear it up.

Another doctor there, instead of cleaning my ears out, gave me ear drops, which worked fine too.

About six months ago, my left ear started leaking and damming again. Since I'm no longer a student and can't just drop by Rachel Cooper, and since I was working full time plus and knew an appointment would be a hassle to arrange, and since my ear was draining by night more than it was damming by day, and so I could usually hear fine, I didn't go get them cleaned out.

However, I did start getting vicious with Q-tips and, much as it pains me to admit it, bobby pins.

Along about this time, what with one thing and another, my health began falling apart just in general. I caught a cold and it held tight for a couple of months.

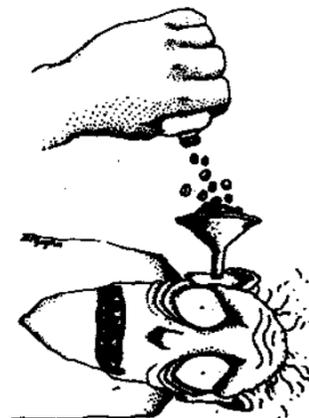
My ear was getting in worse and worse shape, and was now itching and flaking and scabbing as well as leaking and damming.

Then one evening, in the course of about an hour, my ear started aching miserably, I developed a small hard lump just under my ear lobe and my whole left jaw line swelled up. I finally decided to call a doctor.

I went to work the next day, which was a Friday, sleepless, sneezing and coughing, aching and lumping and swelling, itching and flaking and scabbing, leaking and damming, and called Dr. Paul Sheffler, who I'd seen once before for something else, on my break. His receptionist told me that the Franklin Avenue doctors all take Friday afternoons off, and suggested that I go to the emergency room at Brokaw. So after work, I did.

The nurse who took my temperature (I had one) and all that before the doctor came in looked at my ear and nearly freaked out. She said that I had one of the worst ear infections she'd ever seen and risked permanent ear damage if I didn't take care of it promptly and properly. The doctor also called it an infection, and prescribed a pain-killer, an antibiotic, and a decongestant until my appointment with Sheffler the following Wednesday.

The pain vanished after one pill; the lump and the swelling were gone in a day. As a matter of fact, the coughing and sneezing disappeared in a couple days also. When I went to see Sheffler on Wednesday, the itching, flaking, scabbing, leaking and damming were the only problems left.



LNS/cpf

Sheffler looked at my ear and told me that not only did I not have an ear infection then, he couldn't see any signs of a previous one. Also, instead of swimmer's ear or a defective ear canal, he told me that my problem was a skin problem, a kind of eczema, sort of like dandruff of the ear. And instead of cleaning out my ear, giving me drops, or giving me pills, he gave me a cream to apply to my outer ear.

In a few weeks the cream was all used up, the itching, scabbing, and flaking was gone, and the leaking and damming was almost gone. Almost.

Well, after another couple weeks, the IS and F (itching, scabbing, and flaking) was back, and the L and D (leaking and damming) was full force again. This time I did not hesitate to call a doctor.

And this time I did not call Sheffler, who had acted as though he didn't believe that either the infection or the L and D had ever really happened. He also seemed to be trying to make me feel stupid. I didn't feel like paying him 2 dollars a minute for the privilege of feeling stupid.

A friend recommended Dr. Shinnan Kiang, who told me that he didn't know what was wrong and that I should see an ear specialist. And charged me \$12.

However, Dr. Kiang was very pleasant, thorough, acted as though he believed me, although he said that he couldn't see any signs of draining. (My ear happened to be dry at the moment.) He did say that there was a dullness on my ear drum that looked like a sign of a previous middle ear infection.

As I didn't know of any ear specialists, Dr. Kiang thought a minute and suggested Dr. Castillo. Kiang also very kindly arranged my appointment with Castillo, for the following week.

Dr. Castillo had to clean my ear out before he could see anything, and then I would say that he glanced at my ear rather than looked.

Then he asked me one question about my ear (which was, "What order do the itching, draining, and flaking come in?").

Then he said that I don't have swimmer's ear. He told me that I have an allergy to yeasts and molds in my diet which causes problems in my ears. He told me to stop eating milk, yogurt, cheese, bread, etc., anything with yeasts or molds in it. It seemed that the list went on forever.

I went into shock. I'm a vegetarian.

When I asked Castillo if I had to stop eating those foods always and forever, he said, "Well, maybe you could eat a little bit of one kind every three days or so."

He gave me ear drops, and told me to come back in two weeks and he would clean my ear again, and also give me a cream to use if my ear started acting up again.

When he asked me if I had any questions, I only asked him one. I asked him if he thought that the "swimmer's ear" I had had in high school was the same problem I had now. He said that it was "possible," as people with this allergy often manifested it in that way, etc. Gobbledygook.

I left that office as upset and confused as I've ever been in my life. I cried all the way to a friend's house, and then raged at her for half an hour.

It was a perfect case of feeling powerless about my own life. How did I know if Castillo was right? It sounded awfully weird to me, but then what do I know?

I should have pressed him to explain further, should have questioned him more intensely, but why should I have to pay somebody to let me beat my head against a wall, hoping that the wall will decide to give a little?

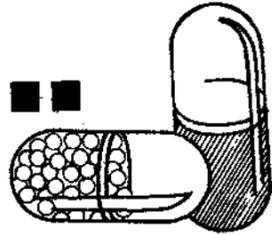
How can I find out which doctor's theory about my ear is right, or if any of them are? Pay \$10 or \$12 for a half-hour wait and five or ten minutes with the doctor a few more times, until I find two doctors who say the same thing?

Anyway, I have decided not to change my diet yet. After my ear was finally cleaned out and I had used the drops for a few days my ear cleared up. Completely.

That was a month ago, and my diet and my ear are both still the same.

Knock on wood.

Call the Doctor...



THE IUD AND THE IOU

Consumer Gazette/cpf

In November of 1975, Cathy Johnson (not her real name) had a Copper 7 IUD inserted by Dr. David Chow of Bloomington. Before she decided to use an IUD, she had read a little about them and talked to a few other women who used them.

Johnson was prepared for a brief period of discomfort, but felt that the \$65.00 for the IUD insertion would be a good investment. Chow assured her several times, both before and after the IUD was inserted, that the cramps would only be temporary and that any woman could wear an IUD.

After the IUD was inserted, Johnson had severe cramps at least every other day. Although they were bearable, they were so painful that she couldn't work efficiently at school or at her job. In December she had to quit her job as a waitress. From December until March, when she was able to get another job, her income was only \$140 a month, from ISU.

Although Johnson was taking pain-killers prescribed by Chow, several times the pain was so bad that she almost fainted. This continued to happen more than a month after the IUD was inserted.

Johnson had talked to Chow several times after the insertion, but in December she called him and finally pressed him to tell her specifically how long it could take for her body to adjust. He said six months, and suggested using a hot water bottle.

Johnson had never guessed that the severe pain might last that long, and obviously could not function holding a hot water bottle against her abdomen for hours each day.

After a month and a half of bad cramps, the IUD came out of place, and Chow had to remove it.

Johnson does not agree with Chow that any woman can wear an IUD.

In answer to Chow's bill for a total of five visits, she wrote him a letter in March that ended this way:

"Because I was not warned of the possible severity or length of pain from this IUD, because I was repeatedly assured that it would lessen and go away (although it recurred until the IUD came out of place) and because of my financial situation, I cannot possibly pay an \$80 bill under any circumstances."

She never got another bill.

AS THE WART TURNS



In the fall of 1974, Sue Little went to Rachel Cooper, ISU's health service, to have a wart removed from her right hand. Because of excessive bleeding, the folks at Rachel couldn't remove it all at once. So they cut some of it out once a week for a month.

Meanwhile Little, an ISU student, was in pain every time she had to write.

Finally the ISU health service told her to see a dermatologist, because the wart removal might require minor surgery.

Little called Dr. Aavik, but he was booked up for two months. She called Dr. Philip Holwick, the other dermatologist she knew of, and got in a week later.

Holwick's waiting room reading material, instead of the usual Newsweeks, Times, and House Beautifuls from 1971, was copies of The Late Great Planet Earth, a neo-Jesus book, and stacks of pamphlets of the God-wants-YOU variety.

Holwick took one look at Little's hand, and that was the end of the exam. When he started to prescribe some medication, Little told him about her visits to Rachel Cooper and gave him the rap that they had given her. Medication alone had never worked in the past.

Holwick said, "Well, this stuff works. This, and praying to God."

After five minutes of listening in shock to Holwick tell her about being a good Christian, Little walked out.

Holwick's bill was \$15. He also asked if Little wanted to buy a copy of The Late Great Plant Earth from him.

The acid Holwick prescribed for her didn't work. A friend who has studied natural medicine suggested that Little try taking lots of Vitamin A. She did, and the wart finally got lost.

Post Note: We have talked to two other people who report that Holwick has urged them to pray to Jesus as part of their treatment (and thus, part of their bill).

(All three articles by Alice Worder)

Growing like
a weed....

THAT OTHER PLACE

901 N.E. Adams Peoria 61603

PIPES

BONGS

PAPERS

PARAPHERNALIA

new location soon
in Bartonville...

6102 S. Adams

61607

Overzealous Cops



Pete Glaser displays ugly blood clot after a County deputy, pretending to be conducting a routine frisk for weapons, brutally broke open Pete's head stitches. Several days later (see "update" at end of this story) cops broke open the stitches again--this time with a blackjack.

Post Note: This story was written Tuesday, August 17. One day later, the subjects of this story were arrested again, and the new developments are explained at the end.
*** **

Sometimes the McLean County police do things to people, and you can just try and try to figure out why they had it in for these particular folks, and no matter how much you try, the only thing that ends up making sense is that the cops are just plain mean.

Why else would they dream up impossible charges to frighten people into answering questions about something, meanwhile refusing to tell the people why they were picked up in the first place and exactly what they were being questioned about?

A McLean County cop showed up at Pete Glaser and Carol Beehn's apartment on Saturday, August 14. He was Detective Mark Lehmann. (Until June 15, Lehmann was assigned to MEG as McLean County's contribution to the MEG narc squad.) A friend of the couple took Lehmann's message. He wanted Pete and Carol to call the county jail when they got home.

Since they have no phone, they went to Carol's father's house around 11 pm to call the jail. Carol's father lives on the corner of Walnut and Livingston. Driving down Livingston, they noticed a marked and an unmarked county cop car parked on Walnut in front of the father's house. Knowing that the cops were probably not up to any good, Carol and Pete decided not to stop and get out of the car. They turned right on Walnut, driving away from the house, rather than parking.

Sure enough, the police followed and pulled them over five or ten feet from the corner of Walnut and Western, still the same block they had turned on to.

As Carol and Pete got out of their car, the cops ran up to them, grabbing Carol's arm and telling her not to lock the car door. They locked it anyway. Both people asked why they were stopped, but got no answer out of the zealous police, who could hardly wait to search the car. Pete refused to open the car because the police had no warrant and would not tell him why he was stopped.

The last thing a cop likes to hear is somebody talking about warrants, and rights, and stuff like that, especially when the cop's just itching to poke around and see what there is to see.

So Det. Mark Lehmann and Sgt. Steve Krueger did the logical thing (logical to cops, that is). They clapped handcuffs on Carol and Pete. And all these cops lately have been watching some TV show where Supercop gets a thrill out of handcuffing people too tightly, so that's what they did. When Sgt. Krueger put the cuffs loosely around Pete's wrists, he asked, "Is that comfortable?" Pete said yes, so Krueger viciously tightened the cuffs. Carol complained repeatedly that hers were painful, but the cops wouldn't loosen them.

It became clear that Sgt. Krueger intended to take Pete to the station in the marked car, and Det. Lehmann intended to take Carol in the unmarked gold Duster. They didn't say they were taking the two under arrest. They didn't say they were taking them in for questioning. They said, "We'll tell you what we want when we get you there."

Before they left, Carol wanted to know if her car was too far out in the street, because if it was, she could either move it closer to the curb or she could have her father, who only lived a block away, come move it. He said she didn't want it towed away. Lehmann assured her that it would not be towed. On the way to the station, Pete heard Officer Krueger radio in to have the car towed.

After the couple asked the cops five or six times why they were so hot to search the car, one finally said that they'd cleverly spied an open beer can in the car after they pulled it over. (This beer can was lying empty on its side in the back seat.)

The cop claimed that they needed to search the car for more beer. Seemingly, these fearless crime fighters had handcuffed and frisked Carol and Pete and searched through Pete's hair for a gun (no kidding, they watch too much TV), in the process breaking open some stitches on Pete's head--all because they thought, from the evidence of a beer can lying on its side in the back seat, that these desperadoes were concealing demon beer in their car.

If you think that's a joke, check this one out: when Pete finally got charged, two of his charges were fleeing police (when he pulled over as soon as they turned their lights on) and making a left turn without signaling (when he turned right onto Walnut Street).

When everyone turned up at the station, police began questioning Pete without reading him his rights. He knew them, though (remember, that's part of what got them in this trouble to start with), and he refused to answer questions or talk to the detective.

Carol, though, was angry and flustered, and although she was read her rights, she didn't get the idea that she didn't have to talk. Besides, she was still asking why she was there and hoping for an answer. The cops took full advantage of her frustration.

Lehmann kept telling her to give him the car keys so they could go out to Brown's (where the car was sneakily towed to) and search it. He kept on asking. Then he started telling her that if she didn't hand over the keys, they'd have to break the car window to get in. (This would be illegal. Even if the beer can could justify a search, the cops can't bust in without a warrant when there is no pressing need to do a search immediately. And that car wasn't going anywhere.)

But Carol was finally convinced that the police were on their way to swoop down on her car with sledge hammers, and she finally handed over the keys.

She told Lehmann there was a CB and antenna in the back seat, and that it had better be there when she got out of jail.

When the cops got back from searching Carol's car, Lehmann told her that they found a bag of pot, five roaches, and a roach clip in the

car. Carol knew this was untrue, because if she and Pete had a bag of pot, they would have smoked it. But knowing well that cops will lie, she was scared when Lehmann told her that there were five charges against her: criminal trespass, theft under \$150, marijuana, battery, illegal transportation of alcohol.

Those first two charges stemmed from an incident the previous Friday, which was the reason that Lehmann showed up at Pete and Carol's place and wanted them to call the county jail in the first place. A friend of the couple's owed them several hundred dollars, and they had had trouble getting their money back from him. So they went over to his trailer and took his stereo system, telling his girlfriend that he could have it back whenever he repaid them. The girlfriend complained to the police, and her complaint resulted in these charges. Why the charge was theft under \$150 instead of over is a mystery. (See update at end of article.)

Anyway, after hearing all these charges that were to be pressed against her, Carol was released from the detective's room. As she left, she saw a bag on the table, containing her roach clip, one tiny roach, and the car ashtray. She said, "There's only one roach in here. Where's the bag of pot you said you got, and where's the other four roaches you said you found?" The detective said, "We put it away for evidence." Of course, this was another cop lie.

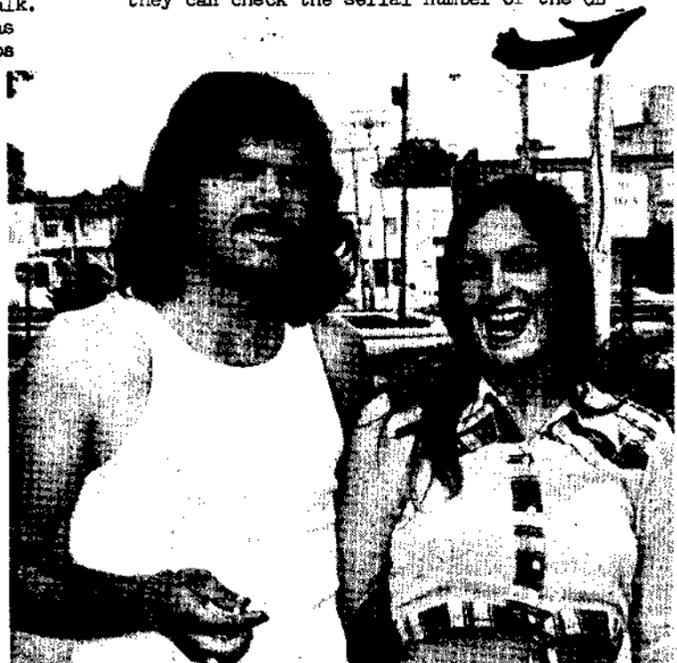
And there were more. When Carol got out of jail, at 4:00 am, only two charges were filed against her (trespass and theft under). The battery charge, which supposedly meant that she had hit the woman at the trailer (she hadn't), had disappeared. Strangely enough, Det. Lehmann had told her during questioning that they would drop the battery charge only if she would sing about the trailer incident. She didn't, but the charge didn't come through anyway. It probably never existed except in the detective's mind as a bargaining tool.

The cops claimed that she would be slapped with a cannabis charge as soon as the lab tests were done on all that pot they supposedly found, but no one has ever heard of such a pot bust. The cops don't sit around waiting for lab tests when they pick someone up for possession. It's always Bust first, test later. But this time it was Lie first, cover up later.

And of course transportation of an empty beer can, although it can occasion rough treatment at the hands of overenthusiastic police, is not illegal. Neither Carol nor Pete were charged with illegal transportation.

Since Pete was not talking this whole time, he was just sitting around getting pinched wrists till 1:00, wondering what was going on until they made up charges at about 4:00, waiting to make bail till 7:00, and bleeding from his broken stitches.

At this writing, the cops are still clinging to the last relic of their night of fun. The car is now officially impounded until they can check the serial number of the CB



As the Post-American goes to press, Pete Glaser and Carol Beehn (above) are sitting in jail in lieu of fifty thousand dollars bail each. Their charges ultimately stem only from a misunderstanding between friends.

Play Vicious Games



in the back seat to make sure it isn't hot. Now, since the CB is not installed in the car, you may wonder why the cops can't just take out the CB to keep, and give the car back to Carol and Pete. Because they don't feel like it, that's why. Nyaah, nyaah, nyaah.

--Phoebe Caulfield with M.S.

Update/Update/Update/Update

The above was written Tuesday, August 17. The next day, August 18, Pete and Carol were arrested again by McLean County police at Carol's father's house. The charges stemmed from the same incident at their friend's trailer, and involved the same missing stereo. This time, however, the State's Attorney's office had upped the charges to felonies. Pete and Carol are now charged with burglary, robbery, and unlawful restraint. At this writing, each is being held in the county jail due to a ridiculous \$50,000 bail (\$5,000 cash) each. The people who set that high bail obviously want Pete and Carol to stay in jail.

Carol's parents were pretty shook up by the county cops barging into their home to make the arrest. As Harvey Beehn, Carol's father, said, "The police arrested them today and physically abused them right in my own house. They said they had a warrant. They never did show it. They forced their way in without showing it or reading the warrant and clubbed everybody around."

What happened, apparently, is that police came to the door demanding entry to arrest Carol and Pete, who they believed were inside. Carol's mother, thinking that police need a warrant to enter a private residence, resisted police entry until they showed a

piece of paper. They never showed the paper. "If you don't let us in, we'll barge in," police told Carol's mother. And they did, to the surprise of the occupants.

Pete and Carol, found in an inside room, were especially outraged by the police's conduct. A scuffle ensued. It's not clear who started the scuffle, but witnesses feel that police were especially gleeful about bouncing Pete and Carol around.

Carol's mother was really shook up. She said she'd never seen police act the way these did. At several points in the scuffle, she thought different pieces of furniture, including the TV and a living room chair, were going to be casualties.

Pete's head stitches, already broken open by over-exuberant police a few days before, were opened again, this time by a blow from a county cop's blackjack.

People who think that police must have a warrant to enter your house will be surprised to learn that they are not entirely correct. Police can enter a house to arrest a person if:

1) police know that a warrant for the person's arrest is on file somewhere, and 2) police have reasonable grounds to believe the person wanted is inside the house.

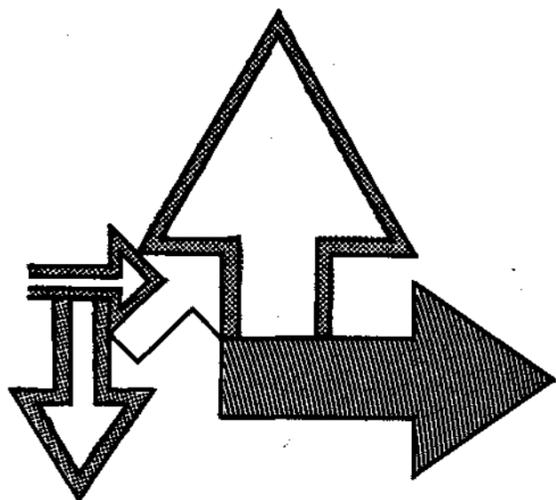
Under these circumstances, police do not have to actually have the arrest warrant in hand. They do not have to show it. It's ridiculous, but so far that's the law. It puts the people inside the house in a crazy position. If police fulfilled the conditions above, the person inside refusing to open the door to police could be committing the crime of obstructing a police officer. However, if police are wrong (like if there really isn't a warrant for the sought-



Detective Mark Lehmann (above) was a MEG agent until McLean County quit the narc unit in June. Lehmann's tactics seem to reflect his MEG training.

after person), then the person is standing on his or her constitutional rights by refusing to let police in. And what's crazy is that the person refusing to let police in has absolutely no way of telling whether he or she is rightfully exercising constitutional rights or breaking the law.

During visiting hours at the County Jail, a Post reporter tried to visit Pete and Carol. Despite the prisoners' request to see the reporter, jailors denied the visit. Only relatives can visit.



STEP UP TO

fox & hounds

THE SCIENTIFIC HAIR STUDIO

FREE CONSULTATION AND HAIR TEST

Call for an appointment and spend
45 minutes with one of our directors.

UNISEX STUDIO

WE HAVE A UNISEX STUDIO
AT
420 N. MADISON
BLOOMINGTON
829-1523

Shampoo, Cut & BlowDry \$15.00

Mon. & Sat. 9-6
Wed-Fri. till 9pm

MEN'S STUDIO

FOR YOUR CONVENIENCE OUR
MEN'S STUDIO WILL BE OPEN

Tues., Fri. & Sat. 9:00 am-6:00pm
Wed. & Thurs. 7:30 am-9:00pm

Shampoo, Cut & BlowDry \$12.00

2503 E. JACKSON
FOUR SEASONS SQUARE
663-5514

P.S. 1/3 off Southwestern Retail on all Indian Jewelry



????

We still don't know who this narc is, nor do we have any reports of where he is working. In May he drove a light green Torino, with license number GA 3536. If you see this man, call the Post-Amerikan.



12

Gary Higbee, Narc



A Warren County deputy assigned to MEG, Gary Higbee lives at RR #2 Monmouth, according to the City Directory. Higbee has driven a maroon Camero, 429 575. He may be the individual who accompanied Craig Salmon and called himself "Bernie." (See rap on Craig Salmon.) If you have any information on this man, call the Post-Amerikan. (309) 828-7232.

Friga Replaces Stephens As Bloomington's MEG Agent

Two criminal indictments charging sexual offenses against a five year old child are still pending against John "Bill" Stephens, a Bloomington patrolman assigned to MEG as an undercover narc.

Presently, a pre-trial conference for the case is scheduled for Sept. 13 at 2:45.

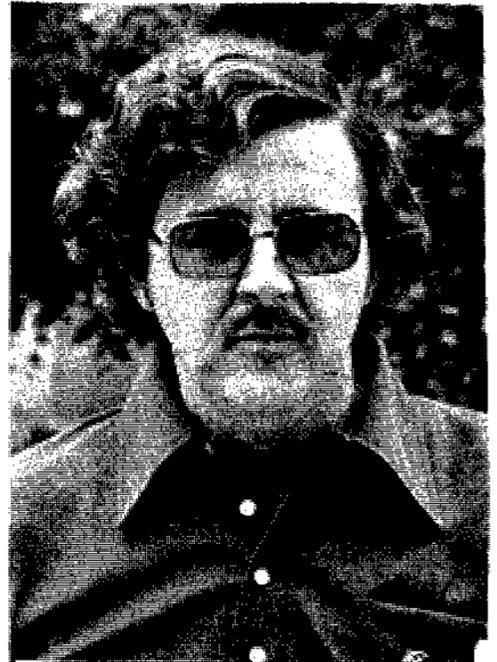
Stephens has been suspended from police duties ever since his arrest in June. Another Bloomington cop, officer Bobby Friga, has replaced Stephens as Bloomington's contribution to the MEG undercover marijuana police.

Stephens' two count indictment charges him with two separate crimes: taking indecent liberties with a child, and contributing to the sexual delinquency of a child.

In the last month, prosecution authorities have responded to Stephens' motion to release investigatory reports about him. Official police reports of the investigation which led to Stephens' arrest are now public information, filed in the Circuit Clerk's Office.

According to these reports, the 5-year-old is the daughter of friends Stephens was visiting last May 29, when the incident took place. The "lewd fondling" charged in the indictment (Stephens put his finger in the girl's vagina) caused the girl pain and shook her up and scared her, police reports said.

How do we know that Bloomington cop Bobby Friga has been assigned to MEG? Chief Bosshardt, who also is chairperson of the entire 6-county MEG board of directors, told a Post-Amerikan reporter so in a telephone interview August 20.



Above: suspended MEG agent Bill Stephens, photographed outside the courthouse after he pled not guilty to child molesting charge.

BELOW: Stephens worked undercover driving a school bus for grade school and high school kids. (Photo taken Fall, 1975)



Craig Salmon, MEG secret police agent



MEG Agent Craig Salmon has worked in Bloomington, Peoria, and Galesburg since this photo was taken in mid-May.

Along with a man he introduced as "Bernie," Salmon knocked on the door of a Post reader in Peoria, trying to buy dope. "Bernie" left 673-1541 as his number, which just happens to be the MEG office in Peoria.

The Post reader said Salmon has had a haircut, shaved his beard, and started to grow his moustache back. He said "Bernie" looks like both Gary Higbee and the other, unknown narc pictured on this page. The two agents drove away in a light gray Camero, 129 518, the Post reader said.

Until becoming a MEG undercover police agent in spring, 1976, Salmon worked as superintendent of recreation for the Pekin Park District. The Pekin City Directory lists Salmon living with his wife Kathy at 703 Audubon Drive, Apt. 5, in Pekin. (309) 347-1649.

MEG TEAM FOULS AGAIN



Barb and Doug Dawson (left) found themselves entertaining six extremely rude uninvited visitors in the middle of a cold December night.



warrant. "Sign this," he said.

Now Doug knew that the victim of a warranted search didn't have to sign any piece of paper, and figured correctly that the piece of paper was a form giving the police permission to search his house.

"I'm not going to sign this," Doug said.

The cops started poking around and found some pot seeds. Pointing out the seeds, MEG Agent Stephens told Doug either to sign the paper or they would take his wife to jail.

"Take her," he replied.

In the back room, a cop asked Barb if she had anyone to stay with her child. She said no. He said, "Well, we're going to take you in."

The cops proceeded to search the whole house anyway. They lifted a ceiling panel and looked in the attic, searched in some boxes of clothes, checked out the medicine cabinet, the bathtub, and inside the toilet tank.

After demanding her clothes four or five times, Barb got thrown a pair of jeans. They belonged to Doug, though, who is smaller and whose jeans don't fit her. She said, "These aren't mine. I can't wear these."

The cops told her to put them on anyway, and then they watched the fun as she attempted to struggle into the pants, failed, and had to take them off again. Then they threw her a blanket and she wrapped it around her. Meanwhile, other cops watched Doug dress.

They never took her in, despite their threats to both her and Doug.

In the tiny house that morning, there were Doug, Barb, and the four-year-old, a guy in a suit, John Brown (county detective), Walter Hetman (county cop formerly with MEG), the blond voyeur, and two MEG agents.

How did the couple know they were MEG agents?

Easy. The glorified goons wore blue windbreakers with MEG lettered down the sides and MEG on the back.

Go, team. Somewhere else.

A possibly illegal search, laced well with varied insults to human dignity and inspired with macho MEG team spirit, highlighted the early morning hours for Doug and Barb Dawson on December 16, 1975.

The Dawsons were visited during a MEG simultaneous raid on several McLean County residences. All the arrests were based on warrants for delivering marijuana or controlled substances to MEG agents the summer before. There hasn't been another MEG raid since last December's.

Two uninvited male guests appeared at the Dawsons' front door at about 3:30 a.m. The living room of the Dawson home also serves as the couple's bedroom, while their 4-year-old child sleeps in a small adjoining back room. The whole house is 11'4" by 24' 3". Barb rose from bed and went to the nearby door.

She opened the inner door, leaving the screen door latched. She asked the two men what was going on, and they told her that there had been an accident; one of them had hit her husband's car. They referred to Doug by name.

Barb turned partway around to tell Doug, meanwhile unlatching the screen door.

Suddenly the house was literally full of six men, surrounding Doug in his bed and roughly shoving Barb back to the back room. To Doug's incredulous, "What's going on?" the men answered that they had a warrant for Doug's arrest for delivery of a controlled substance.

Doug said, "I'm not going anywhere. Let her (Barb) get dressed before you come in here like this." Barb had been sleeping in just a pair of bikini underpants and a short top. They wouldn't let her get dressed. One blond cop stayed in the back room with her and stared at her throughout the search.

Whenever she tried to say something, the cops would tell her to shut up and that this was none of her business.

One of the MEG agents, who Doug has since identified as Bill Stephens, shoved another paper in Doug's face, telling him it was a search

Porter Blasts Normal's New Narc Squad

POST NOTE: As we reported last issue, the City of Normal has authorized spending \$5,000 for its own secret undercover drug unit. Details of its organization and methods were to be kept secret even from the City Council.

The Post has an as yet unconfirmed report that Normal's Detective Norton has been assigned to handle this new drug investigation unit.

Here's what Jack Porter said about the new narc outfit on WJBC's forum:

The Normal Town Council has authorized \$5,000 to experiment with drug law enforcement. It's giving the money to its police department for eight months of paying informers and buying drugs. In doing so, the Council followed Metromanager Dave Anderson's recommendation that Normal have its own program and not join MEG, the Multi-County Drug Enforcement Group, or help finance a county wide drug unit.

One thing I like about the Council's action is that the unit will be local. No turning over responsibility to some anonymous people in Peoria, far away from the control of elected officials, one of MEG's failings. Accountability is much more obvious with a local unit. As Police Chief McGuire

is quoted as saying, "If we don't feel we're getting our money's worth, we can say 'stop.'" That's good.

But a couple things bother me about Normal's approach. Anderson seems to be promoting the idea that the Town administration should be allowed to set up the program without close scrutiny by the members of the Council. He apparently said it wasn't "appropriate" to tell the Council any details about the program and they could be left to "administrative" decision.

That kind of talk should be an immediate warning to all the Council and to the citizens of Normal. It sounds so much like the old FBI and CIA rhetoric: "Trust us," "we'll take care of the details," "you're better off not knowing too much."

Congress ran away from its responsibility, preferring not to know what it was appropriating money for. Does the Normal Council know where the \$5,000 is going? Is the Council going to provide the oversight it was elected to give or adopt the position of a Bloomington Council member who said he didn't want to know what MEG did?

July 10's Pantagraph editorial is absolutely right in insisting that the Council meet its responsibility to

guide drug law enforcement by the town and to keep the new program under heavy scrutiny.

Another thing that bothers me is the uneasy feeling that in its preoccupation with police involvement both the Council and the town administration haven't done enough homework as to the drug problem and possible ways of dealing with it.

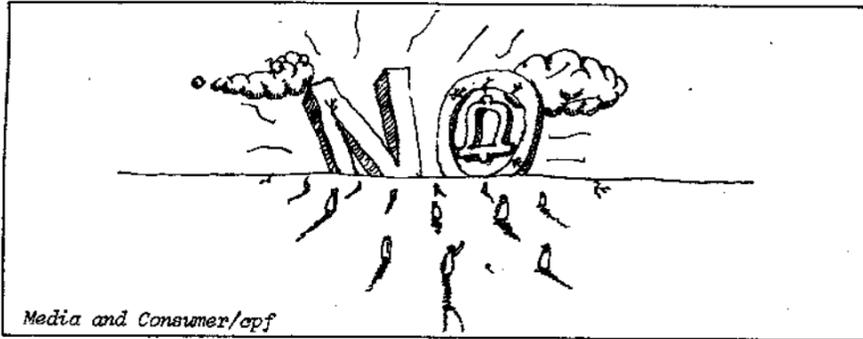
Do drug laws decrease or increase the amount of drug abuse in our society? Why has the alcohol industry been so interested in promoting strict drug laws? What is the relationship between strict drug law enforcement and the crimes of violence and theft associated with addiction? Why do some professionals in the field of drug abuse feel that organized crime needs strict drug laws to maximize its profits? Are the ties that link people together in a healthy community strengthened or weakened by policing drug use?

The Council majority voted to divert public money from drug education and treatment to paying informers and buying narcotics. I'd feel better about their decision if I saw more evidence of their own education in the field.

POWER TO THE PEOPLE--

at fair prices!

14



On July 23, Illinois Power Company filed for rate increases of 15% for household users. If you're an average residential user, this increase will cost you more than \$50 per year. You know from looking at your electric bill that the rates are already too high. You may think that each month you are paying for the electricity you use in your house. You are, and you're paying too much for it, but you're also paying for a lot of other things you never agreed to pay for when you send in that check.

For one thing, you're paying for Illinois Power Company's advertising. All those big ads telling you how neat it is to use IPC's electricity and how you're getting a good deal with this 15% rate hike (odd logic) are paid for out of your pocket. Now, most advertising tells you the advantages of a product so you will choose that product over a different brand when you buy something. But you have to choose IPC electricity when you live in this area of the state. You can't get disgusted and say, "I'm going to start buying my electricity from someone else." There isn't anyone else. So why does IPC have to buy ads and charge you for them?

The only choice you have is to move to a different part of the state, which is pretty drastic. It would work, though, because two thirds of the people in Illinois do pay less for their electricity than IPC consumers do.

When you write our check to IPC, you're also throwing in a few bucks to make things easier for big business and industry. Your rates are twice as high as commercial or industrial rates right now. The rates are twice as high as commercial or industrial

rates right now. The rates for business and industry won't go up 15% like yours will with this new hike; they are going up less and in some cases not at all. And did State Farm ever ask you if it was OK for them to leave their floodlights on all night?

With the rate hike, you will also be paying for IPC's "construction work in progress." That means your money will go for the new plant in Havana and for the new nuclear plant at Clinton. And many people who are aware of the environmental and pollution dangers of nuclear power plants don't even want the Clinton plant at all, but they will have no choice but to help pay for its construction with their electric bills.

Then, you are paying for huge profits for IPC. IPC's net profit margin for 1975 was 14.7%, which is the seventh best in the nation among investor-owned utilities. And it's a big nation. Also, IPC is a monopoly that's protected by the state from any competition, and the state also guarantees IPC a certain rate of return. That means that bad planning, mismanagement, or consumer cutbacks on electricity use can't hurt IPC's profits, because the state will allow them to raise their rates to make up for any losses. Other businesses, of course, must take the consequences themselves, but not IPC. You take the consequences.

Finally, you are even paying for the lawyers, economic analysts, paperwork, etc. that IPC needs in order to present their case for the 15% rate hike to Illinois Commerce Commission for approval this fall. Those costs, too, are added into your electric bill each month. So really, you're paying to get higher rates.

Fortunately, IPC won't be presenting their case without any opposition. A citizen's group called Illinois Power Project will be at the Illinois Commerce Commission hearing this fall, too, presenting the consumer's side of the case. The Illinois Power Project is committed to promoting fair electric and natural gas rates, environmentally sound utility planning and practices, and energy conservation. IPP people research utility issues and organize public action.

Here are some of the issues Illinois Power Project works on:

1. IPP supports the "Lifeline" concept, which provides that each customer would pay only a minimum rate (much lower than the present rate) each month for the amount of gas and electricity that is a necessity of life.
2. IPP proposes "flat rates," with the same rate to be paid by all consumers: industrial, commercial, and residential. Under such a system, users of large amounts of energy would no longer pay a lower rate and home heating and electric bills would go down, not up. Higher bills for the big users would promote energy conservation, as well as give the consumer a break.

The Federal Energy Administration estimates that American industry could reduce its energy consumption by one half without reducing output or causing unemployment.

3. IPP is opposed to the building of excess electric generating capacity, including the nuclear power plant Illinois Power Co. intends to build at Clinton. Such over-building by the power companies not only has serious environmental and pollution impact, but it is also a major reason for skyrocketing power bills.

Illinois Power Project will report at the Illinois Commerce Commission hearings that Illinois Power Company is building too much generating capacity because its forecasts of electric demand are too high. In 1975, IPC customers' peak demand was only 63% of the company's existing generating capacity. IPP will also show that in building the nuclear plant at Clinton, the power company has not chosen the cheapest supply alternative.

4. IPP is opposed to any advertising, practices of the utilities, or government policy that promotes energy consumption.

5. Until the above issues are resolved to our satisfaction, we are absolutely opposed to all attempts to raise home gas and electric rates in any way.

All the money for IPP comes from membership dues and contributions. The people who do the research and organizing are all volunteers and they have even had to pay their own way to represent the organization. If you'd rather help pay for lawyers and staff for IPP than for profits for Illinois Power Co., you can become a member of IPP by sending a dollar to Illinois Power Project, 1010 W. Springfield, Urbana, Ill. 61801, phone (217)-384-1870. IPP thinks that they can convince the Illinois Commerce Commission to turn down the power company's rate hike proposal this fall. Besides that, IPP will ask ICC to consider some of their other goals: lifeline, flat rates, and charging promotional advertising to power company investors instead of electricity users.

--Phoebe Caulfield

(Thanks to the Illinois Power Project for sending us the info used in this article.)

Motobecane Viscount STELLA SEKAI

We Repair
All Bicycles--
1 Day Service

We Accept
Trade-Ins

We Sell Used
Bikes



BLOOMINGTON-NORMAL'S
ONLY FULL-SERVICE BIKE SHOP

VITESSE CYCLE SHOP
100 N. Linden Normal 454-1541

Our Best Seller
SEKAI SPRINT 1000
COTTERLESS ALLOY CRANK
BUTTED FRAME TUBES
SUNTOUR PERAILLEURS
DIA COMPE CENTERPULL
BRAKES
LIFETIME GUARANTEE

\$149.00

OUR SERVICE
CONTRACT
(FREE WITH ALL
NEW BIKES)

1. FREE BRAKE & GEAR ADJUSTMENTS FOR 1 YEAR
2. LIFETIME 25% DISCOUNT ON LABOR
3. FREE 30-DAY SERVICE CHECK

Don't Be Gentle With Gen Tel

15

by Citizens' Committee Against Monopoly

At this writing in late August, General Telephone Company is conducting another "special study" of Directory Assistance (1411) users. When you call Directory Assistance to get a phone number, the operator says "Special study. May I have your phone number?"

We urge you to refuse to cooperate with GenTel. You don't have to give your number. Either politely say "No", give a pay phone number (it's always 827-9--- in the Twin Cities), or make up a number, preferably an East Side number. We'll explain why.

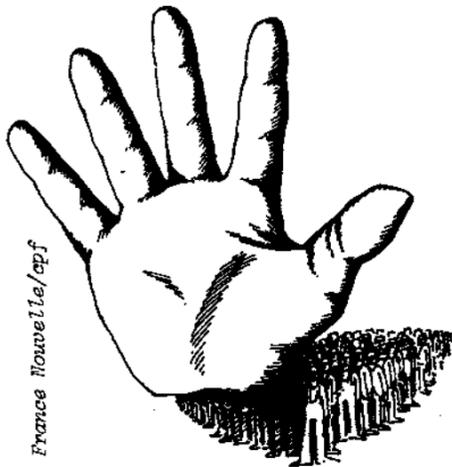
Gen Tel is conducting their "special study" in order to justify their proposed 20¢ charge for Directory Assistance use. The Directory Assistance charge is going to disproportionately hit poor people and young people, and Gen Tel's plan must be stopped.

Gen Tel's theory is that a small number of "Abusers" use Directory Assistance out of proportion to their numbers. Their survey is designed to prove their point.

What Gen Tel doesn't like to talk about is that they only publish their directory once a year. People who want to call people who have recently moved must call Directory Assistance. Statistically, young people and poor people will be the ones most likely to be calling people who have just moved or who have just had new phones installed.

Middle-income, upper-income, and older people, statistically speaking, are less likely to have rapidly changing residences, or friends with rapidly changing residences. Older people and middle/upper-income people are more likely to be calling people who have their names in the phone book.

If you call Directory Assistance for a new number, Gen Tel expects you to have a perfect record keeping system, write the number down, always have it handy, and never have to request that number again. Maybe this works with people with very stable orderly lives, people who put a piece of paper somewhere and it's still there a year later. But a good many of us just don't keep track of a matchbook cover or a napkin that long. We have to go back to the phone book. If it's not in the book, we have to call Directory Assistance. And Gen Tel wants to charge 20¢ a phone number.



France Nouvelle/afp

The Directory Assistance charge will hit college students especially hard. Many students move so frequently that their number in the phone book is seldom correct, even when they live in town for years.

So help sabotage Gen Tel's survey. Four years ago we campaigned for similar non-cooperation with a similar Gen Tel survey. According to information gained from a Gen Tel employee,

the efforts of the folks who phoned Directory Assistance and gave fake numbers helped to disappoint Gen Tel in their survey results.

So let's do it again. Call Directory Assistance, and give a different number each time. (The more the same number shows up using directory assistance, the stronger is Gen Tel's case for the extra charge.) Give 662, 663, and 827-9 prefixes, as these east side numbers would normally not have as big a frequency in Gen Tel's survey, and pay phones don't make any difference in the survey.

Also, call up once or twice a week and ask the operator to notify his/her supervisor that you and your friends have been calling up and giving fake numbers. We want to make sure there's no way that Gen Tel can claim that their survey is accurate.

And for all you folks who've been calling up with fake numbers before now (and even those of you who haven't), call up and let Gen Tel know that too. (Anonymously, of course.) We wouldn't want Gen Tel to claim that their survey has been accurate up until now, either.

LANDLORD THREATENS EX-TENANT

John Newberry, manager of Next Door Apartments on Vernon Street in Normal, threatened me with arrest if I asked him any more about my rent deposit. I moved out in May, but my \$60 deposit remains unreturned. The reason he gave was not damages, but rather that the rent deposit has been applied to back rent. I have gone over the books with Newberry's son and know for a fact that this was not the case. Newberry has changed his story three or more times, each time saying he applied the deposit to my rent at a different time. He even claimed the lease was wrong if it credited me with a deposit, which it did. He has refused to show me the books or records, and claimed my rent was \$80 per month when I knew it was \$70.

I was told to leave May 15, even though I later found out my lease didn't expire until May 30.

In June, he told me there was a warrant out for my arrest (of course there was no such thing) and that he could not return the deposit because I was being sued (which I wasn't). The last time

I saw him about the deposit, he threatened to have me arrested if I "bugged" him any more.

--Dave Burdette



now open....

The Blue Room

Adult books



magazines
films & novelties

10 individual sit-down movie rooms

803 Morrissey Dr.
(Route 150) Bloomington

We have those
hard-to-find adult
greeting cards you've
been looking for.

8 am - 11 pm
Mon - Sat
12 - 8 Sun

Must be 19 yrs. or older

MEDUSA'S BOOK WORLD

109 W. FRONT



NOW OPEN

mon-sat. 9-9 sun 12-5

Adult book & magazines
Films - 8mm & Sup 8mm

12 individual sit-down movie
"Doc" Johnson Novelties rooms

Must be 19 yrs. or older

New X-Films Nixed On Campus

Byron Tuggle, Illinois State University's Student Association president, isn't much of a civil libertarian.

Or much of a Student Association president, for that matter, if he continues to put townspeople's interests over those of his own constituency, ISU students.

Case before us: Tuggle's role in the recently dropped x-rated film proposal.

Briefly, the proposal Tuggle helped kill called for a change in ISU's policy on showing x-rated films. Currently, ISU student groups can show x-rated films only if they have already been shown at Bloomington-Normal theatres. The new proposal called for the student power to show films that haven't appeared in the high-cost town theatres yet.

But before we go further, let's make this much clearer about what "x-rated films" really are. Many folks, blue-noses in particular, delight in using the term as if it referred to one kind of film only: The titillating sexist exploitation flick, short on plot and long on flashes of flesh.

Yet that's not all there is to many x-rated movies. MIDNIGHT COWBOY, when it first came out, received an x-rating. So did MEDIUM COOL. So did LAST TANGO IN PARIS. So have a lot of other critically acclaimed films.

Not that it makes any difference to the fanatic prude, of course. He/She wouldn't be happy unless all films, past or present x-rated, were kept out of town by hooded vigilantes holding torches.

The question is: should ISU, or any university for that matter, have to treat the above individual with anything other than amused contempt?



More to the point, should the university actually side with such people?

Of course it should, Byron Tuggle says.

"The townspeople," the SA prexy told a Pantagraph reporter, "have clearly demonstrated they do not want x-rated films on campus. It only takes one of the people on that petition to sign a complaint."

(The petition in question has been discussed in this paper before. Simply, it bemoans the open presence of both gay students and x-rated films on campus.)

Whether the townspeople as a whole--Post readers are townspeople too, after all--do or don't want x-rated films on ISU's campus, or in Normal-Bloomington proper, has never been clearly demonstrated, of course. It's doubtful that it could be.

Even if it could, that still doesn't mean the university should pay attention. (If the majority of townspeople turned Christian Scientist tomorrow, should ISU shut down its Biology department?) Unless free speech and the right to an unfettered education don't mean what they used to.

Well, according to Tuggle, they don't. In the same Pantagraph article he said that "sentiment on the Board of Regents is shifting away from a free-speech view of films on campus toward a concern about what purposes state facilities will be used." (sic.)

In other words, ideals like freedom and objectivity are nice and all that, but not when the people in power disagree with them. And the power-people happen to agree with a few close-minded pseudomoralists with a petition.

Because of Tuggle's attitude, ISU students are at the mercy of local theatre managers' tastes, which in the past have proven rather abominable. Because at Tuggle's recommendation the new x-rated film proposal was dropped, ISU students won't have the chance to see x-rated quality foreign films (which seldom make it to local theatres). Because of Tuggle's attitude free speech has taken a back seat to political expediency.

And that kind of thing is dangerously habit-forming.

--D.C.

16

COMIX REVIEW

Here's some more quickie critiques on recent comix:

BICENTENNIAL GROSS-OUTS (William Stout, others. 76¢)

Yeah. Another underground spotlighting the Bicentennial. If the artists who did this sort of stuff weren't so darn good, I'd protest all over the place cause I'M SICK OF THE BICENTENNIAL AND ITS STUPID AURA OF SELF-CONGRATULATIONS and I'm sick and tired of corporate ads exploiting the thing way beyond July fourth and I'm almost equally tired of artists who think they have to respond to it all. And yet... when the artist is as good as Bill Stout and when his primary assault is with a magnificently done 15-page demolition of Disneyland, well that's a different story.

Stout turns the pseudoamusement park into a sardonic RealityLand with rides and hucksterism reflecting a truer America than ol' Unca Walt ever did. Visual gags abound throughout the whole gorgeously rendered piece--though some might be a bit obscure to anyone not versed in comics and particularly old Mad comics--and the main commentary is devastating. Stout's second piece, an account of the 1898 Philippine massacre, is a different affair--grim, shocking, an altogether horrendous account of an appalling bit of our history. Effective as all get-out. Some of the book's other material suffers in comparison, but it's also nice. Maybe I'm not so sick of bicentennial comix after all.

GIVE ME LIBERTY (Shelton, Richards, Hallgren, and Murphy. 75¢)

Then again, maybe I am. Here's another of the bloody things, this time done by comix craftfolk par excellence at Rip Off Press. Much of this material appeared beforehand in the Rip Off Comix Page, a syndicated page that appears in sundry places (not here so far, though). Much of the info in this book is elementary history, and while amusingly handled isn't amusingly handled enough to make me want to reread it. I prefer the other Rip Off Page material, and I suspect so do you: it's the Freak Bros.

FAT FREDDY'S CAT (Shelton and Sheridan. 75¢)

Speaking of which, here's Shelton and Sheridan with my favorite freak feline. Wish I could recommend this book, but most of its material is in the original Freak Bros. comix. Better printed, too.

ZERO #3 (Greenwood, others. 75¢)

Warren Greenwood isn't well-known, and that's partly understandable because he draws strips that take effort to read. I like his art; it's science-



fictional and difficult in that most of the stories in the book are continued from the previous issues of ZERO. That can be a bit of a put-off for a lot of people, including me if I'm not in a good mood. I don't mind continued stories in regular comics because regular comics come out so, uh, regularly, but continued tales in sporadically printed undergrounds can be a pain.

Particularly if you're not sure if the next issue is ever coming out. Best story of this ish is "Night of the Hungry People," a Night of the Living Dead political take-off (that's a complete story in itself) which involves some insidious cans of dog food. Other material is good but takes some acclimating as it's As You Remember From Last Issue and To Be Continued stuff. I'm looking forward to the next issue, though--so it better come out, Greenwood.

(A postscript to be fair: Warren G. and company offer all three past issues of ZERO for those who want to start in from the beginning. 75¢ each from Zero Comics, 6057 Eleanor Ave., Apt. 9, Hollywood, Calif. 90038.)

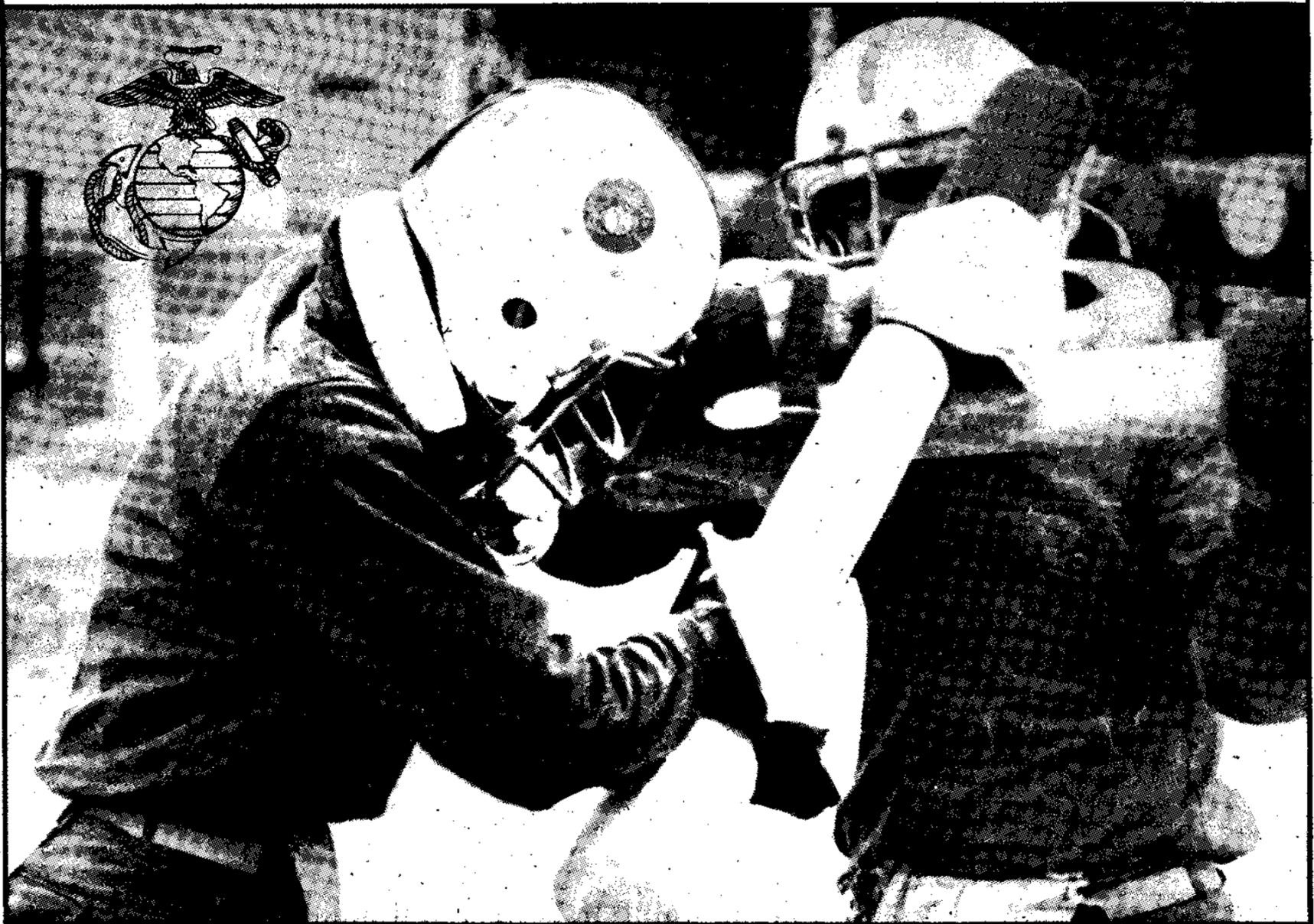
--BS76



WATCH COMMAND

**The Marines
are looking for
a few good men**

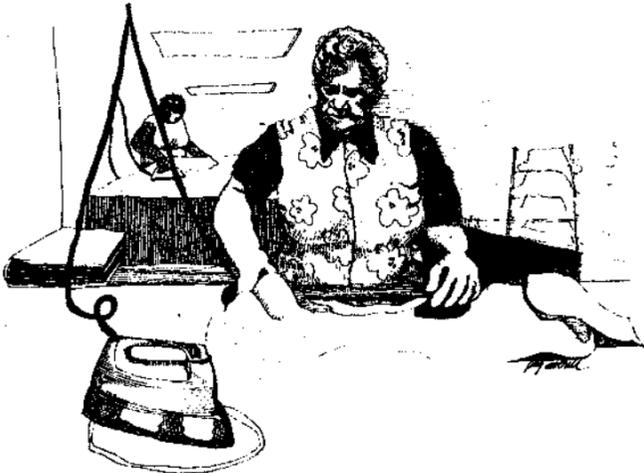
**...to beat each other to
death with pugil sticks**



Thanks to Off Our Backs for all the following briefs.

Hysteria over Welfare "Cheaters"

While welfare officials in Washington, D.C. are making examples of a few welfare cheaters by pushing for prison terms, they aren't so quick to publicize recently spending about \$30,000 to refurnish and carpet their six-office executive suite... Ida Flint of Dallas, Texas, who is presently very ill and needs full time nursing home care, has been denied welfare benefits because, they say, the monthly \$488 retirement benefits her husband Gordon receives disqualify her. They say that 88 year old Gordon is responsible for her. The only way the welfare department will pay the nursing home bill is if Ida is not married; so for Ida to live, she is divorcing her husband of 62 years... Since last October, the Los Angeles DA's office has been keeping files on the sex lives of welfare mothers, ostensibly to track down and prosecute fathers of welfare children. Irene Villalobos, of the Chicana Welfare Rights Organization, says that at least 100 women in East L.A. have refused to answer insulting welfare department questions and have been refused welfare aid... HEW has proposed regulations for opening the records of all those receiving funds under Aid to Families with Dependent Children (AFDC) to any public official, whether or not the official's purpose is related to the welfare program. This would enable any law enforcement officer to examine any of the extensive records kept on any member of an AFDC family... A senate-approved food stamp reform bill, if passed by the House, will limit eligibility to persons with net incomes at or below the official poverty level of \$5,050 for a family of four. Bureau of Labor statistics indicate that over \$9,000 is needed by an urban family of four to maintain a bare minimum standard of living. A recent study has shown that 87% of the households on food stamps have an income below \$6,000 and 97% have an income below \$9,000, but the media still whips up anti-welfare sentiment with stories of cheaters... Washington, D.C. City Councilwoman sums up U.S. government welfare philosophy, "They call it giveaway, but if they do something for the rich they call it subsidy."



Deadly Jobs for Women

More than 1 million women of childbearing age work on jobs that expose them to chemical substances that can cause miscarriage and birth defects, according to the National Institute for Occupational Safety and Health. Standards governing the "safe" exposure dosages of such chemicals as anesthetic gases, lead, benzene, methyl mercury, vinyl chloride, did not take into account the special risks to pregnant women and their children. Since these chemicals are largely found in hospitals, factories, beauty parlors, and throughout the garment industry, places where women are a large part of the work force, the oversight is disastrous. In 1975, 4.8 million women were in hazardous job categories. Industry response to warning of hazardous chemicals is not to render them less hazardous but to protect the pregnant or potentially pregnant worker by firing her or transferring her to a safer, but lower-paying, job.

A recent study conducted at a Firestone Tire and Rubber Company in Pennsylvania showed that the wives of workers who came in contact with vinyl chloride had twice as many miscarriages and stillbirths as the wives of other plant workers.

How Much Is She Worth?

A federal district court chief judge came up with an award of \$30,251 in "female" wages for a brain-damaged child with a life expectancy of 50 years. That's what he figured she would have earned in an average woman's lifetime of work had she not been exposed to a combination of immunization shots that left her with the capacity to achieve a predicted mental age of six or eight.



Youth & Looks Job Requirements

In an article in Majority Report, Marjorie Charney explained how Women Office Workers Research Project had a man call over a hundred employment agencies "to place job orders that sounded something like this: 'I want a girl who is college-educated, has pizzazz, young, maybe twenty-five... I need someone who looks good, a young girl, a sharp dresser...'" A couple of the answers were "I won't send you any dogs," and "I know you don't want a certain element. I'll try to put myself in your position." Only 30 percent of the agencies cited the anti-discrimination law in response to the request, but no agency refused to take the order. 68 agencies accepted this discriminatory job order without even citing the law.

WOW also sent two women to ten employment agencies as job applicants. They had similar resumes, but were of different ages with different lengths of experience. The older woman with 20 years experience in office work had to spend a much longer time waiting for an interview than the younger woman and faced "acts which ranged from casual but cutting remarks to flat denials of access to job openings." The younger woman was subjected to none of these ploys." Eight of the ten agencies gave preference to the younger woman, referring her to more jobs and often better paying jobs than those offered to the older woman.

WOW has filed complaints with the New York State Division of Human Rights against the New York State Employment Service and five employment agencies.



Shocking

Sixty percent of mental hospital patients are women, and 69% of all people receiving shock treatment are women. Shock "works" by causing severe memory loss (sometimes permanent) that is supposed to stir the patient from her deep depression to the point of being able to better deal with her problems. A 17 year old woman in California is currently being "helped" in this way by receiving shock treatments three times a week in the office of Dr. Martin Rubenstein. The treatments have the full consent of the patient's parents, but her friends are worried that the treatments are being done against her wishes and without her informed consent. The patient (except for her thrice-weekly outings) is being held in the psychiatric ward of the Walnut Creek Hospital. She is being denied visitors, phone calls, and legal counsel. Women Against Psychiatric Assault have been picketing Rubenstein's office in an attempt to stop the shock treatments of this young woman.

NEWS BRIEFS (CONT.)

Battered Wives

La Casa de las Madres in San Francisco is a coalition of 30 women working to provide 24 hour emergency shelter for women and children who are victims of family violence. Marya Grams of La Casa tells some of the emotional/political reasons women stay with their husbands after they have been beaten: "The most obvious reason (why women stay) is economic. The majority of women who are married and have children do not have economic skills. They don't have education and training and they think they can't support themselves. Also, we have been taught that we need men and that we are responsible for holding marriages together. Another part of our conditioning teaches us that we don't have much self-esteem. And if we don't have much self-esteem, it is real easy to buy into having some man tell us we were wrong. But a really insidious part of our conditioning teaches us that we are nurturing, to take responsibility for men. We are afraid that if we leave he will fall apart."

Three of the battered wives at La Casa tell their situations:

Sonia: "I really believed that, as a Black woman, it was my job to build and support this Black man. It would get awful, then everything would be okay for a while. Finally, when things got really messed up, I took the kids and split and made it on my own. Since then I've gotten back together with him and it's just fine now cause I know I can do it without him and I will if I have to."

Ann: "I always thought I stayed with him because I was financially dependent and had children. But when I left I had seven kids and no money. I had a lot of supportive friends, though. And I was into the Civil Rights Movement and through that I received a complete re-education from the people I thought I was helping. Through movement people, I found that 'I Am Somebody' applied to me. I think we make up a lot of excuses for putting up with stuff. It all goes back to our own self."

Sharon: "I guess I thought getting hit was all a part of marriage. I saw my mother and father go to it... I don't know...I couldn't live with him, but I didn't want to live without him. I didn't want to get stuck with some boring nine to five guy, but I definitely did use some poor judgment on what I did pick. But, you know...he was the only one who would stand up to my parents. So he was the logical choice. They did everything to keep me from marrying him, so I wasn't about to leave..."

Q. When did you finally decide that you had had enough?

"When I found out that he had been spending my money the last five months on his ex-wife's daughter. She's 16."

Q. You mean you would have gone through more physical violence and let him spend more of your money if that hadn't taken place?

"Um-hum."

Q. Why?

"Fear of being alone. There wouldn't be anybody else. Except my cat, and he's a lousy conversationalist. Yeah, I would have stayed...indefinitely...probably until he would have killed me."

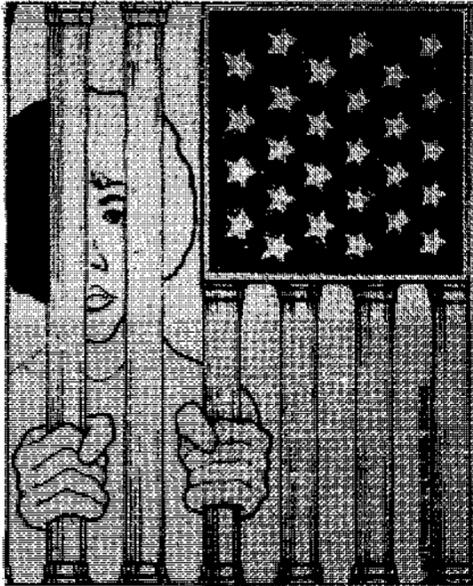
Policeman talking to a woman filing charges against her husband for assault; "Lady, what do you want us to do? Put a man out of his house?"

Tribunal of Crimes Against Women

More than 1200 women from 30 countries assembled in Brussels from March 4-8 to bring a powerful indictment of the oppression and discrimination women face all over the world. One notable example of the hope that international feminism holds was the joint condemnation by Israeli and Arab women of their own societies for their oppression of women.

Is Childbirth Surgery?

Three Santa Cruz midwives were charged in March, 1974, with practicing medicine without a license. The charges against Linda Bennett, Jeanine Walker, and Kate Bowland were reversed in January, 1976. The judge ruled that the charge was inapplicable, as attending a normal birth does not constitute practicing medicine. However, on Feb. 12, the District Attorney filed an appeal of the decision.



Self-Help for Trich & Cramps

A California doctor, Edward C. Jarvis, has been using a home remedy for trichomonos, lemon juice and raspberry leaf tea douches, that he says has worked very successfully, although for women with IUDs and constantly recurring trich, he thinks the only way to handle the infection is to take out the IUD. Because some women are allergic to raspberry leaf tea, he suggests women use only lemon juice at first. Douche once a day for 5-7 days with equal parts real lemon juice and water. Use 2-3 lemons each time. If trich persists, douche once a day with equal parts fresh lemon juice and raspberry leaf tea.

Pennyroyal (Squaw Mint) tea may help bad cramps. Put one teaspoon of the dried herb in one cup boiled water for 10-20 minutes. Others teas that may be useful for cramps are chamomile, cramp bark, rosemary, and valerian. Some women may find valerian nauseating. If you want to try it, drink a small amount first. One cup of tea taken daily for five days before your period may relieve cramps.



What She Wants/cpf

-- MACRAMÉ --

COMPLETE MACRAME SUPPLIES

- JUTE 3, 5, 6, & 7 PLY (26 COLORS)
- BULKY & GIANT CALCUTTA CORD
- COTTON SEINE
- SOFT CABLE CORD
- TARRED MARLINE & SISAL
- MOP CORD
- WAXED LINEN
- ELEPHANT CORD
- PRE-STRETCHED NYLON

PLUS

Wood & Metal Rings, Macrame Books, Boards, Pins
And 1000's of Unusual Imported Beads.

Located in the new Broadway Mall
Rm 101 Broadway Normal, Illinois 61761



the decline of local and regional

In 1933, there were 735 beer makers in the United States. Most were family-owned firms, each with its own territory. They had brewers' conventions, where the beer flowed, big-name entertainers performed, and everyone had a good time.

By 1961, there were only 171 beer makers. By 1971, there were only 80 brewers. In 1972, there were 70. In 1975, there were 54. And only four of them seem to be having a good time.

Between 1965 and 1971, Anheuser-Busch, Schlitz, and Pabst enjoyed sales volumes up 63%, while the rest of the industry's sales volume rose only 2%. Coors went from 12th place in 1965 to fourth in 1970, and expects 20-25% of the nationwide market soon.

In 1972, 10 companies held more than 70% of the nationwide market. By 1980, industry analysts agree, 5 beer companies will probably control some 90% of the U.S. industry.

Are these big companies swallowing up the market because they make such fantastically superior beer? Not on your life. Their success is due to the simple economic fact of life in the U.S.: The rich get richer, and the poor get poorer.

It's the same as restaurants. Take a neighborhood cafe like Susie's on Front St. You can get a better cheeseburger there than at MacDonald's; you can get it on a real plate; you can eat it in a pleasanter atmosphere; and yet, it's MacDonald's, not Susie's, that's raking in the

dough all over the country, because it's MacDonald's that can afford to throw a hunk of plastic up on every Main Street and highway in the nation and hire some jerk in a clown suit to dance around on your TV screen. It's got nothing to do with the quality of the product.

The rich get richer and the poor get poorer. Why is it so hard for the small brewer, who makes just as good a beer as the big brewer, to survive today?

First of all, the product is bulky and it has a short shelf life--three months at the outside--which make distribution expensive. Beer is also heavily taxed at the federal and state levels.

Premium & Popular Beer

Anheuser-Busch (Budweiser), Schlitz, Miller, Coors, and formerly Pabst are the beers you hear people call "premium" beers. You know what that means? It means that these beers sell at 10-20¢ more per six-pack than "popularly-priced" beers. It also means that the beer has a "premium image"--these are widely considered the high-class domestic beers. And that's about all there is going to premium-priced beers.

The premium/popular-pricing system is outdated. Until the mid-1930s, brewing was basically a regional or local pursuit--each area was supplied with its own brand of beer from a nearby brewery. There were 735 beer makers just after the repeal of prohibition. A few of these

regional beer makers developed into strong businesses--so strong that they had the capacity to produce more beer than the nearby communities could drink. So, they began shipping their excess beer to distant areas. There was a problem, though. They had to make up for paying the freight costs to faraway places by charging more for the beer once it got there. To justify the higher prices, they promoted their beers as having something extra-special in quality. That's how premium image and pricing was born.

In the 1930s, the pricing system was not too big of a lie because a lot of times the shipped beer really was better-tasting than the local beer. But today, the system is ridiculous. There is no significant difference

in quality between premium and popular brews. Nor is there much difference in the cost of producing them: Anheuser-Busch spends only ½¢ more per bottle on its premium beer, Budweiser, than on its popular beer, Busch-Bavarian. Also, shipping costs no longer justify the price difference, since the big brewers have plants scattered all over the country and never have to ship coast to coast or anything like that. They ship the same distances as many beers that are popularly priced.

So if you've been paying 10-20¢ more per six-pack just to get a "premium" beer, you've been paying the price of snobbery, nothing more, and I hope you're appropriately embarrassed.

the HANGOVER

You've probably noticed that sometimes you can drink and drink and feel just fine the next morning, and sometimes you don't even get that drunk and you wake up feeling terrible. It all depends on how well-prepared, physically and emotionally, you are for a long evening of soaking up the suds. Yes, I said emotionally. If you are still clinging to that old line about the mind and body being two separate



things, you're just going to have to give it up if you want to avoid hangovers.

The hangover is the ultimate example of a double-bind. When your job is so alienating you can't remember your name half the time, and the collection agency is on your back, and your sweetheart is disgusted with you for being so gloomy, and you're sure your hair is falling out, there's nothing you feel more like than going down to the bar and drinking yourself into oblivion. And there's no set-up more likely to give you a terrible hangover, which makes everything seem even worse:

not only is your hair falling out, but you're a drunken clod with no self-control, etc. Emotional stress intensifies the risk of a hangover 100%. So if 20th century monopoly capitalism is getting you down, you should go out and work for the revolution instead of getting soused.

If you are in a good mood and just know you'll be partying late, be sure to eat an hour or so before you start drinking beer. Milk, cheese, and olive oil slow your rate of alcohol absorption. Don't drink any carbonated stuff like 7 Up or Coke, which speed up the rate of alcohol absorption.

During the evening, drink two or three tall glasses of ice water. Much of the pain of a hangover comes from your poor cells being all dried up. Alcohol reduces the hormone that makes your cells absorb water (that's why beer seems to "go right through you": none of the water is taken into your cells.). So you should make sure that you've got some water floating around in your system for your cells to drink when they recover during the night.

When you get up the morning after and take aspirin, often it's the water you wash it down with that makes you feel better, not the aspirin. If you insist on taking aspirin for your hangover, take some bicarbonate of soda with it to cut its acid effect. I would advise non-drug remedies if possible, though. Bouillon restores your lost potassium and helps overcome fatigue. The sucrose in orange and cranberry juice replaces lost glycogen, and relieves sweating and dizziness. And Vitamin B, as always, soothes your nerves.

Having another beer to cure a hangover only puts off the consequences.

BEER CARE

If you want to taste what the brewer intended you to taste when you have a beer, make sure that you don't mess up its flavor by storing it or drinking it improperly.

Even if there's a sale, don't stock up on enough beer to last the next ten years. It goes stale a few months out of the vat. Some people even buy their beer at large liquor stores with fast turnover for this very reason--at smaller stores, the beer may sit on the shelf too long.

When you get it home, don't let any sunlight get to it. The light can cause chemical changes and ruin the beer's intended taste. This is why beer bottles are traditionally made of colored glass.

Experts say that no matter how thirsty for a nice cool beer you may be, you should never stick a warm beer in the freezer to hurry it up. They say the beer will cloud up and some of the flavor will be destroyed. I don't think that it's reasonable to expect anyone to follow this rule, but at least when you sneak that bottle into the freezer next time, you'll know that some people consider it a sin.

When you put the beer in the refrigerator, put it on the shelf farthest from the freezer. People in the U.S. prefer to drink beer at about 40-42° F., not knowing or caring that any distinguishing qualities of the beer are masked at any temperature lower than 45° F. People in England drink their beer at 55° F.

(Continued on page 22.)

nal beers

To meet these expenses, brewers need to sell a lot of beer. Since most beers are basically the same, the beer that's going to make it is the one that either (1) advertises so much that people either believe it tastes better (like "premium" beers) or are unconsciously influenced to grab it off the shelf because it's familiar, or (2) sells for a lower price than other beers, or (3) does both (1) and (2).

Advertising is, of course, very expensive. Most small brewers just

(Continued on page 23.)

Our courageous team of investigative reporters brings you a buncha boring articles about...

BEER!!

Sources:

- "The Light Beer Game." *Forbes*, 15 Jan. 1976, pp. 30-31.
- "Why Coors Finally Had to Take Public Money." *Business Week*, 22 Sept. 1975, p. 34.
- Pear, E., and P.S. Cook. "Foaming Over Coors." *Newsweek*, 22 Sept. 1975, pp. 85-86.
- "Bubbling Battle of the Brewers." *Time*, 18 Aug. 1975, pp. 68-69.
- "Brewers Weep Over Inflated Coors." *Business Week*, 18 Aug. 1975, pp. 28-29.
- Cowley, S.C. and T.M. DeFrank. "Coors Cult." *Newsweek*, 10 Feb. 1975, p. 45.
- "Consumerists Push for Truth in Drinking." *Business Week*, 14 April 1975, p. 34.
- Fader, E.K. "Beer and Malt Liquors." *Home Beautiful*, June 1972, p. 87.
- "Consumer's Guide." *Mechanix Illustrated*, May 1972, p. 140.
- Burch, C.G. "While the Big Brewers Guff, the Little Ones Thrive." *Fortune*, Nov. 1972, pp. 102-104.
- "Coors Goes Its Own Prosperous Way." *Fortune*, Nov. 1972, p. 105.
- "Those Vanishing Brews." *Forbes*, 1 May 1971, p. 26.
- "Coors Cleans Up Despite His Anger." *Business Week*, 20 Nov. 1971, p. 70.
- "Rx for a Short Beer." *Newsweek*, 25 May 1970, p. 72.
- "Brewery That Breaks All the Rules." *Business Week*, 22 Aug. 1970, pp. 40-61.
- "Off Coors." *Forbes*, 1 June 1976, pp. 60-61.
- "If You're Drinking the New Year In." *Business Week*, 28 Dec. 1968, pp. 77-80.
- Gilmore, C.P. "Things You Never Knew About Beer." *Popular Science*, August 1967, pp. 58-61.

Thanks to Michael Darling for the beer recipe.

beer articles by Phoebe Caulfield

Is Coors really the best? ²¹

You go out to the lake for a picnic, and you see some guy sitting there slurping down a can of Coors beer from a case that he brought back in the trunk of his car from his vacation in Aspen last month. He's saying, "Man, Coors is the best beer in the world. This beer tastes better than any of the stuff they sell around here. I'll tell you, if they sold Coors beer here, I'd always buy it, no matter how much it cost." This guy is a jerk. You can tell him I said so.

First of all, Coors beer is unpasteurized. It's got to be shipped cold, stored cold, and kept in the cooler at the retailer's until drunk, or the taste fades. That beer the guy is drinking went stale in his trunk on the way back. Besides that, he's probably drinking it icy cold, which means that any distinctive flavor it's got is masked (see the section on Beer Care).

I must admit that, properly shipped and stored, drunk at the right temperature by someone with a very discriminating taste, Coors just might taste better than other beers. The lack of pasteurization makes beer taste less harsh (see the section on Draft, Bottle, or Can?). Coors, unlike most domestic beers, also has no preservatives. And Coors claims that it is the most expensive beer in the U.S. in terms of processing and raw materials. Coors has 1000 farmers on contract to grow its special brewing barley. And Coors requires distributors to remove unsold beer from the shelf after 30 days because the taste fades.

But I'll never admit that the difference makes it worth \$1.40 a can, at one time its black market price in the East. Or that it's worth taxpayers' money for President Ford to fly refrigerated cases of it to Washington DC on Air Force One, which he does.

(Continued on page 22.)

BEER THERAPY

You probably knew before 1970 that a bottle of beer at the right time can just hit the spot and make you feel much mellow. In 1970, even the American Psychiatric Association (APA), a group which is notoriously last to recognize common sense, heard the results of one psychiatrist's study which proved that yes, indeed, a bottle of beer can make you feel better than a whopping tranquilizer. Really.

At Boston State Hospital, Dr. Ching-Piao Chein tried his beer experiment on elderly male mental patients. He felt that he had strong reasons for thinking that beer could benefit this particular group. For one thing, shrinks think that the "psychosis" of the elderly is often due to atherosclerosis, which reduces the supply of blood to the brain. Alcohol tends to dilate blood vessels (make them bigger), and thus increases blood flow. And even psychiatrists know that alcohol relieves anxiety.

Ching-Piao Chein divided the men, whose average age was 73, into four groups: one group went to an in-hospital pub for a 12-oz. beer every

evening, a second group went to the in-hospital pub and drank punch laced with the tranquilizer thioridazine (yecch), another group went to the pub and drank plain old punch, and another group stayed in the ward and took thioridazine like usual (which was hardly fair, but all these groups are necessary to prove that it wasn't just going to the pub that made the beer-drinkers feel better).

Another shrink, who didn't know what treatment each man was getting, interviewed and observed them and evaluated changes in their psychic states. He especially looked for changes in anxiety, tension, apathy, depression, and mental confusion. On all counts, beer was best. It clearly relieved depression and made for better interpersonal relationships between the men. What's more, the men maintained their "brightened mental outlook and improved sociability" day and night while the study was going on.

Now we can hope that the patients will get so sociable and unapathetic that they'll move out of the hospital and start a self-help clinic at the neighborhood tavern.

DRAFT, CAN, or BOTTLE?

I've heard several rumors about draft beer. Draft beer is lighter/less filling/less alcoholic/watered down/ something that explains how you can soak up more glasses of beer at a bar than cans of beer at home. Well, this has more to do with the container than the contents.

Drinking straight from the can or bottle doesn't give the carbon dioxide much chance to escape. The carbon dioxide, produced by fermentation, gives beer its effervescence and gives you that bloated feeling after you've just sucked up a couple cans without stopping for air. If you pour any beer into a glass, some of the carbon dioxide will rise into the air instead of descending into your poor stomach. And your stomach will thank you.

If you always thought that draft beer was beer shipped in a keg instead of in a bottle or can, I bet you were kind of confused when you saw those cans that claim they have draft beer inside them. They do. Draft beer is really unpasteurized beer.

Most packaged beers are pasteurized. That means that after they put the beer in cans or bottles, they heat it all up to 140° for about twenty minutes. It does the same thing for beer that it does for milk: it gets rid of all the little nasties that are lurking around waiting for a chance to make the stuff go bad as soon as they get warm enough. These nasties include yeast cells, bacteria, and other little organisms.

Brewers like pasteurization. Pasteurized beer doesn't have to be refrigerated all the time, which makes shipping it much much cheaper. Retailers like it too, because they don't have to keep the beer in the cooler all the time. There's a drawback, though. Pasteurization also causes chemical changes in the

beer, which result in a slightly harsher flavor within ten days out of the vat. Most manufacturers are willing to accept this disadvantage, because pasteurization saves them so much money.

In Germany during World War II, a cellulose filter manufacturer began experimenting with a new method of

getting the nasties out of beer. Eventually, they came up with a process in which the beer is put through a filter that traps the nasties. This process doesn't require heat, like pasteurization does, and therefore it doesn't change the chemistry to make the beer harsher. Packaged draft beer (and some other beers as well) is purified through this filtration process, and that's why, strictly speaking, it's still draft beer even though it's in a can.

Beer tasters find no difference between packaged draft and keg draft.

Most tasters agree that beer from the tap is slightly better-tasting than beer from the bottle, and beer from the bottle is slightly better than beer from a can. Note that I said "slightly." Now I know that you know someone who absolutely insists that bottle beer is so far superior to can beer that only the dullest of taste buds can even tolerate can beer, and one of the Busch beer patriarchs agrees and winces every

(Continued on page 23.)

Is Coors Really the Best?

(Cont. from p. 21)

Beyond matters of taste, if this Coors cultist always bought Coors beer no matter what the price, he'd be handing his money over to some of the most questionable businesspeople that ever jacked up a price, and that's pretty questionable. He'd also be handing it over more directly than he usually does when he buys something, since Coors was a privately-owned family business until the spring of 1975, and still only sells non-voting stock, with the great majority of power and profit still in the hands of the Coors brothers, who are about as right-wing as you can get without objecting to the red in red, white, and blue.



Brother Joseph, who owned 90% of the stock in the company in Sept. 1975 and probably still does, was a member of the Board of Regents of the University of Colorado in the late 60s. There he roundly denounced Students for a Democratic Society and bankrolled an "alternate" student newspaper to try to counteract the Commie menace. He's interested in media. He makes generous dona-

tions to the John Birch Society. He got so upset by the pinko liberal network news people see in this country that he bought himself a news station, TV News, Inc., to report the news the way he saw it. He spent \$3.2 million a year on it until it collapsed in 1975. But it did cause him some trouble even in its short life.

He was initially nominated to the Corporation for Public Broadcasting in August 1974 by then-President Nixon. When his nomination came up to be confirmed by the U.S. Senate in Sept. 1975, Senator John Pastore scheduled two days of hearings before the Commerce Committee. All the other nominees had been confirmed with no debate.

Well. At these hearings, Stephen Schlossberg, general counsel for the United Auto Workers, opposed Coors on grounds of anti-unionism. Florida Marshal of the National Black Media Coalition came to oppose him on the grounds of his racist hiring practices. And Federal Communications Commissioner Nicholas Johnson testified that ever since Coors had been nominated in 1974, he'd been trying to mess with Corporation for Public Broadcasting decisions. In January 1975, CPB had aired an award-winning documentary called *The American Way of Death* which exposed the big business of funerals in the U.S. Coors wrote to CPB president Henry Loomis in protest, on behalf of a "good friend in the mortuary business." Coors wrote in the letter that this was the type of thing he would be very watchful for when he got on the CPB board.

Then in July 1975, the CPB was negotiating for a TV satellite hookup. Coors again wrote to Loomis, asking him to delay any final de-

cision on the hookup because his TV News hoped to launch an earth-satellite system of its own. You may notice that Coors was not exactly subtle.

The Commerce Committee vetoed his nomination, citing his ownership of a right-wing TV news service as conflict of interest. Very perceptive, wouldn't you say?

Some business practices of the Coors company (brother William is president; just call him "Bill"; he wears work boots) are rather ungentlemanly. Like the mandatory lie detector tests for all employees. And, although Coors was in the environmentalist vanguard of recycling aluminum cans, the Colorado Health Department charged the company in 1975 with polluting Clear Creek, in the same valley where Coors' famous Rocky Mountain Spring Water rises. And although the family stands behind free enterprise and competition all the way, in 1971 the Federal Trade Commission slapped their hands for refusing to sell draft beer to bars unless the bars carried Coors exclusively.

In 1975, the Economic Opportunity Commission filed suit against Coors for discrimination against minorities in hiring and promotion. Charges of such discrimination have been flying around for years. Bumper stickers in Denver read, "Chicanos--Don't Buy Coors Beer." When Bill is confronted with these charges, he likes to bring up the ex-convicts and other "unemployables" he gives jobs in the company's "Outward Bound" program. He gushes, "What loyalty and lack of trouble we have from them!" Such plantation-owner paternalism is, fortunately, not exactly what the EOC and other anti-racists have in mind.

KINDS OF BEER

Almost all the beer you drink (90% of the beer consumed in the U.S.) is lager beer. Lager comes from the German term *lagern*, which means being stored, and that's all it means--the beer is aged. The usual length of aging is two weeks. A bartender told my friend that some brewers now use an additive which speeds up the aging process to four days.

Ordinary beer consists of 90% water plus barley malt (dried sprouted barley), yeast to ferment the brew, hops to add a tasty bitterness, and sometimes grains like corn and rice. The corn and rice are called adjuncts, and they are thrown in because the enzymes produced by the barley malt are really capable of changing more grain carbohydrates into fermentable sugars than just the carbohydrates provided by the barley. U.S. beer uses 20-40% grain adjuncts, while German beer is usually 100% barley malt, which partly accounts for the difference in color and taste. The more adjuncts the brewer uses, the less each bottle of beer costs.

The term "light" beer (when referring to type, not color or calorie content) means beer made with less barley malt and more corn or rice adjuncts. This beer has a lower amount of protein and is less filling (therefore "lighter"), and can be any color and any alcoholic content. In this sense, most beer we drink is light Bohemian lager (Bohemian because that's where beer similar to this was originated in Europe).

While we're on the subjects of grains used in brewing, I should mention Weiss beer, which is brewed mostly from wheat instead of barley, and Japanese saki, which is brewed from rice. Strictly speaking, beer is any beverage fermented from malt

plus starch cereals.

Malt liquor is the same basic recipe as regular beer, except it has a higher alcohol content and is less carbonated. Bock beer is made by the addition of a highly roasted caramelized malt and is usually sweeter. It's aged longer, which I think is why some people say that it appears on the market when the brewers clean out the aging vats once a year. The difference between regular beer and ale is that beer is made with yeast that ferments on the bottom of the vat and ale with yeast that ferments on the top of the vat, which changes the taste somehow. Ale is fermented more quickly and at a higher temperature, and has a more pronounced hop flavor.

Only the female of the herb hops is used in beer-making. Hops is from the hemp family, like marijuana. If you take a little hops flower and scrunch it between your fingers, it smells like beer.

If you see a beer that says "Pilsener" on the package, that just means that the brewer thinks it tastes like a distinctive beer made in Pilsen, Czechoslovakia.

Now we come to another meaning of "light" beer, which refers to the new low-calorie types, like Miller's Lite and Schlitz Light. It's being watered down unfortunately, that cuts the calories in most of these beers. The brewers also filter out some of the unfermented grain sugars, which lowers the carbohydrate content. Schlitz and Miller are now in a court battle over a trademark-infringement suit. Miller claims that the sound of the word "Lite" belongs to them, while Schlitz claims that "light" is a generic term that anyone can use, like "salt."

Beer Care

(Cont. from p. 20)

and it doesn't seem to hurt them. If you drink your beer icy cold, go ahead and put it in the freezer, since the partial flavor destruction won't be perceptible anyway.

A purist would probably become ill if s/he saw how beer is served up in local bars. First of all, purists claim that beer should never be poured against the side of the glass, no matter how irritating the head is. You know, you really don't have to pour so much in that it overflows on your hand. Pour the beer directly into the center of the glass.



About that glass: the slightest trace of soap film or grease will flatten the beer just like that. Now that you know that, I'm sure you'll start doing your beer glasses the right way: Wash them in a solution of salt or baking soda, rinse in clear hot water, air dry, and then rinse in cool running water before pouring the beer in. Amaze your friends.

If you are really seriously searching for the perfect beer, forget those leisurely evening guzzles. Taste it in the morning: that's when your sense of taste is sharpest.

Decline of Local Beers

(Cont. from p. 21)

can't afford much. Also, brewers that service only a nearby region don't have much use for big-time national advertising even if they could afford it. Some analysts think that when most beer-drinking was done at neighborhood taverns, word-of-mouth reputation helped local beers survive. But when people started buying beer mainly at supermarkets and large stores, national advertising became more important.

So the first possibility, advertising, doesn't help a local or regional beer much. The second one, selling for a lower price, doesn't either. There are two ways that the major beer companies can sell for a lower price. One is the practice of price promotion, pioneered by Anheuser-Busch. This means that the beer is retailed at a very low price for a few weeks to induce the customer to try the brand. While a company is price cutting in one area, they are selling their beer at regular profitable prices in hundreds of other areas, and can easily afford to absorb the loss. But the local beer can't compete by cutting its prices, because it has no other market to help make up for the money lost.

Eventually, the price of the major beer goes back up, and some converts keep drinking it even at the higher price. These converts are often people who may be relatively unconcerned about price and/or who may be taken in by the "premium image." (Note that the major beer companies are the same ones who retain this image.) Sometimes the promotional prices don't only last for a few weeks; sometimes the major company just happens to keep selling at the cut prices until the local beer company goes out of business. And then they can raise their prices back up, with one less competitor. Isn't free enterprise great?

Another reason a company may be able to sell its beer at lower prices than another company is that it costs them less to make in the first place. One way it costs big companies less to make beer in the first place is that they can build plants with the newest equipment.

Ever-faster bottling and canning lines are always being invented. The big plants with new equipment are also capital-intensive rather than labor-intensive. This means that they have machines do work that smaller companies have to pay people to do. (The fact that this creates unemployment is, of course, not the beer company's problem under our great free enterprise system.) For example, it takes Schlitz 438 production workers to put out 4,400,000 barrels of beer, while it takes Falstaff 1,800 production workers to put out 4,100,000 barrels of beer. And all those workers have to be paid something. Ultimately, a barrel of beer costs Schlitz \$1.08 and a barrel of beer costs Falstaff \$4.39.

Please note that the big difference between \$4.39 and \$1.08 is never reflected in what the six-pack costs you. That savings goes to the company in bigger profits, which can be comfortably used for--guess what?--more advertising, more price promotion, and more modern plants, which lead to...well, you get the idea.

Another way that big companies can make beer cheaper than little ones can is by vertical integration. This means that with those extra profits I was just telling you about, the company builds or buys a few related industries. The big brewers have their own malt houses and packaging companies, rather than having to buy these necessities from outside suppliers who are trying to turn a profit for themselves. Some brewers even own their own barley and hops farms. It's like the difference in cost between growing your own vegetables in the garden and buying them at the grocery store. You have to come up with the land and the seed and maybe the fertilizer, but it's still a lot cheaper to grow your own.

You've got to agree with Coors president William K. Coors when he said, "The survival of our company is laced into the survival of the free enterprise system." You might argue, though, with his next words: "And hell, somebody has to defend it."

Draft, Can, or Bottle?

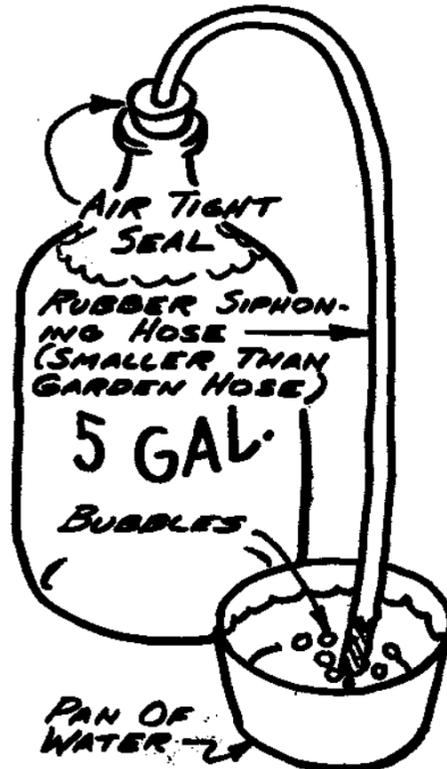
(Cont. from p. 21)

time he thinks about how they have to produce canned Budweiser to make that couple extra million they need, but I'm telling you that in scientifically conducted taste tests, bottled beer had only a slight edge, as far as taste was concerned.

However, I'd suggest that you leave the bottle fanatics alone to enjoy their fantasy of good taste, for two reasons. First of all, if this misconception is the worst one they've got, they're probably doing better than you are. And second, you should support the use of returnable bottles, since it helps put the Litter Manufacturers (also called can companies) out of business.

No matter what form you choose, you're probably consuming more than you think you are. Propylen glycol alginate, heptyl paraben, and sodium metabisulfate are widely used in beer and other liquors. These additives are generally recognized as safe by the FDA, but you know what a joke that is. If you want to know more about this, pick up Michael F. Jacobsen's The Chemical Additives in Booze. Jacobsen is from Ralph Nader's Center for Science in the Public Interest, and he's agitating for contents labeling on liquor, the way they have on food.

Make Your Own



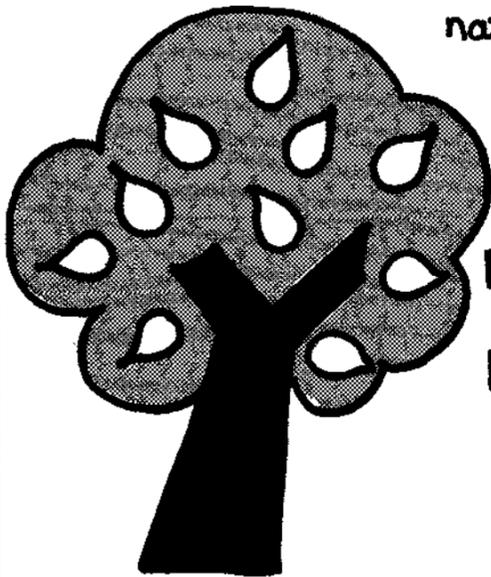
Ingredients:

- 1 can Hop Extract (ask at the store)
- 1 package yeast
- 5 lbs. sugar
- 5 gallons water

Start the yeast according to the directions on the package. Bring 2 or 3 of the gallons of water to a boil. Remove from heat. Add the extract. Stir. Add sugar. (Between 3 and 5 lbs., depending on taste: the more sugar you add, the higher the alcohol content will be.) Add the rest of the water (warm) and the yeast to the mixture. Put in a closed vessel (see diagram). Leave it alone for 10-14 days, until only about 3 bubbles per minute are coming out of the hose into the water. Keep above 65 F. while waiting. Drink.

got those late summer back-to-school blues?

Treat your mind & body to naturally good products from



THE HONEY TREE

vitamins, juices, protein boosters, grains, nuts, seeds, dried fruits, teas, and organically made shampoos and soaps.

124 E. Beaufort Normal 452-9011

Michael Thomas presents....

MANDING-GO'S

A Store for Body and Soul

Rated "G"

Starring: ***L. P. Record**

***8. T. Tape**

***L. P. Record Jr. (45's)**

***B. L. (black light) Poster**

***A. K. (all kinds) Jewelry**

***M. F. (male/female) Fashion**

***V. K. (various kinds) Pipes &**

Paraphernalia

and many other crowd pleasers

*Now Playing
7 Days a Week*

Now Happening:

312 S. Lee (Ye Old Ice House) in Bloomington

OPEN 7 DAYS A WEEK

Monday thru Friday 12-9

Saturday 10-6

Sunday 12-6

AN EXPERIENCE YOU CAN'T AFFORD TO PASS UP

CONTINENTAL WALKERS STROLL INTO TOWN

The Continental Walk for Disarmament and Social Justice, a cross-country march from San Francisco to Washington D.C., passed through central Illinois and Bloomington-Normal August 16.

The Walkers, about 25 in number, were accompanied by four Japanese Buddhist monks, who carried messages from the people of Hiroshima to the people of the United States, calling for an end to war and atomic weaponry.

The main plank of the Walk is disarmament, calling for an end to high military spending and new weapons programs, especially the B-1 bomber and the Trident submarine. The U.S. now has 8,000 long range nuclear weapons, capable of leveling every major Soviet city 36 times, besides producing a new nuclear warhead every eight hours in this country.

The Continental Walk also stresses the human value of freeing resources from defense/offense spending, in terms of social development and social justice. For instance, one half the budget of the B-1, \$40 billion, could provide decent housing for every American now living in substandard conditions; or, the Department of Labor estimates that every billion dollars freed from the Pentagon budget could create 10,000-20,000 new jobs for schools, hospitals, and home building.

Besides calling for better housing, decent health care and freeing resources for world development, the Walkers also pointed out that a large military structure is a product of a world in which human beings are divided from each other and live in fear.

The "military psychology" which pervades our society is a heavily masculine and violent behavior which stresses that the physically stronger



This Continental Walker, a Buddhist monk from Hiroshima, Japan, shows off shoes in which he has walked over 3,000 miles.

are better than the weaker, and accepts domination of human beings. From the trail of broken treaties and slavery upon which rich America built its wealth, to the wage slavery trapping workers, through social and sexual discrimination against women and gays, our dependence upon the military is but another example of our own insecure need to dominate and control.

The Continental Walk has left Bloomington, hoping to be in Washington by October. It has been a long road since San Francisco in January, hot sun and soaking rain. Yet the Buddhist monks, in their orange robes and beating a steady cadence with their drums, continue to lead the Walkers on.

The Walkers know that they can't end war alone. But by crossing the United States and talking to grass-roots Americans in small towns and cities, sharing their homes, food and hospitality, they hope to raise the issue of militarism among the people as a subject for debate and action.

The Pentagon budget is on the rise again, unopposed by Congress and quietly passed. The Generals are again raising the spectre of Soviet aggression to acquire funds for new weapons systems; systems not designed for war with the Soviets, but high-technology weapons specifically designed for use against Third World peoples in Vietnam-type wars.

Henry Kissinger and his cohorts talk about "limited nuclear war," another euphemism designed to cloud a terrible reality. And they can continue to speak and take more tax dollars, as long as Americans are silent. The monks from Japan bore a direct message from a people who had witnessed the terrible, the helplessness, pain and mutilation of victims of an atomic war. The Continental Walk has passed, but its effectiveness is dependent upon us, and our response to the use of tax dollars, our action or inaction.

For more info about the Continental Walk, call 452-5046.

--McM

IT'S ALL TOGETHER AT

MOTHER MURPHY'S

UPSTAIRS!
111 1/2 NORTH ST.
NORMAL, ILL.

"HEAD"QUARTERS

BIGGEST SELECTION • ROOM DECORATIONS

MIDSTATE

PARAPHERNALIA • BLACKLITES • POSTERS • TAPESTRIES • BEDSPREADS • LAMP SHADES • DRAPES • NETS • MOBILES • CHIMES • STROBES • INCENSE • ASHTRAYS • FANTASIA LITES • CANDLES • ARTPRINTS • PEACOCK FEATHERS • LAMP OIL • CUSTOM LEATHER • BELT BUCKLES

SPECIAL BONGS 10% OFF

TURQUOISE 20% OFF

2000 RINGS TO CHOOSE FROM

JEWELRY • CHOKERS • BRACELETS • EARRINGS • CROSSES • MUCH MORE!

CIGARETTES 50¢

OFFER GOOD THRU AUG. 31, 1976

PROTESTERS REMEMBER

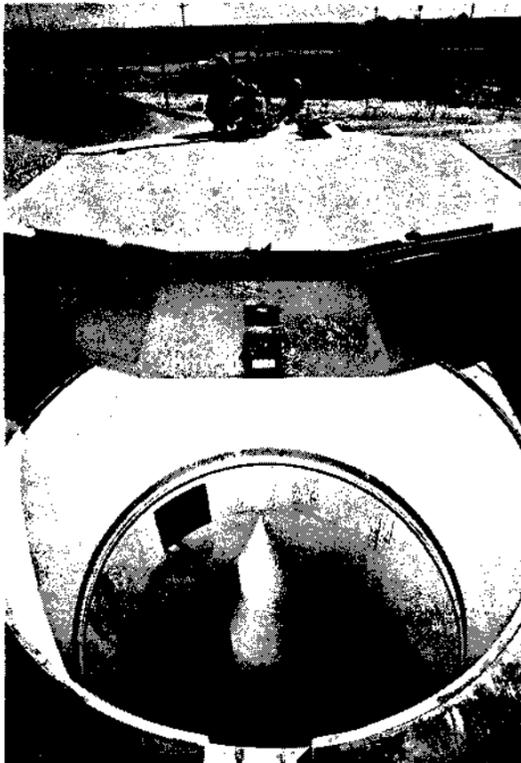
Damp drizzle settles around the Pentagon. Its employees, in whose control rests the potential for world destruction, arrive punctually at 7:00 Monday morning, August 9. Rather than unconscious entrance, they quizzically find the doors chained. A number of persons stand handcuffed to the padlocks. Answering the questioning stares, those bound to the Pentagon read in unison:

"Tribulation worketh patience, patience experience, experience hope, and hope maketh not ashamed.

Our hope lives in our actions, for the sakes of people in this country and the whole earth. All people, we believe, are enslaved; tied to the nuclear machines by which the imperialist governments of the United States and the USSR administer their foreign policy. The tribulations which bring us here and will bring us again are symbolic of the general exploitation of people by the military machine. The awesome, evil force of that machine degrades all people everywhere and freedom cannot live in any part of the world unless the reign of nuclear terror has been swept away.

We chained ourselves to the Pentagon, not as separate persons, but as members of humankind crying out that the human family is chained there. We find what is happening to all of us detestable, public and undeniable perversion. Our actions unite with those of our brothers and sisters calling to act, repenting by doing.

We remember this thirty-first anniversary of the Hiroshima and Nagasaki bombing; we propose immediate action on the following step by step program:



1. That Secretary of Defense Rumsfeld agree to a nationwide debate on nuclear policy.
2. That the US publicly renounce first strike considerations.
3. That the US end research and development of nuclear weapons.
4. That the US destroy all its existing nuclear stockpiles."

(signed The Atlantic Life Committee)

August 6 and 9, thirty-one years ago, the US dropped plutonium bombs on Hiroshima and Nagasaki. 200,000 persons were incinerated immediately. 200,000 more persons were injured by the blasts. A person a day still dies from effects of the radiation.

No reasons can justify this catastrophe.

It has come to light, from the minutes of the Potsdam conference, as well as from conversations between President Truman and then Secretary of War Stimson, that the dropping of the bomb was not to bring Japan "to her knees," as is popularly suggested. Indeed, Japan had asked for a conditional surrender, an offer rudely refused by Truman, who demanded unconditional surrender. Japan was negotiating for surrender with Russia, as the US knew. (The US had broken the code.) The general chiefs of staff felt the war to be only a week away from being over.

However, Russia, who had not yet entered the Pacific theater, was preparing to attack Japanese forces in Manchuria. This upset Truman, who promptly decided to drop the bomb, over protests from his generals. The bombing's purpose was to impress Stalin, and give the US leverage in negotiations concerning Western Europe.

The war with Japan was virtually over. The detonation of the atomic bombs in Hiroshima and Nagasaki were tantamount to nuclear blackmail aimed at Russia.

In the light of this history of the US love affair with nuclear weapons, the notion of nuclear blackmail on a world wide basis became implicit, if not expressed, US foreign policy. Wide spread paranoia, not of the actual, but of the worst possible intentions and abilities of any nation seen as an enemy colored US policy. This led to the development of US nuclear "mass retaliation" strategy. Under this bent, the US built nuclear weapons as fast as they could be spewed out of an industrial front fast becoming entrenched in military contracts. The US not only embraced the possibility of nuclear war, it developed a "win syndrome": it would win any such war, whatever its cost.

These seeds have grown and blossomed throughout various interpretations and justifications for unwarranted build-up of nuclear weapons. (e.g. In 1953-54, the US had 5,000 nuclear devices; the USSR had 300. Presently, according to figures compiled by David Johnson, research director for the Center for Defense Information, the US has 8,500 nuclear warheads; the USSR has 2,800.)



"Massive retaliation" gave way to a strategy favored by Robert MacNamara. It emphasized all elements of military development, rather than just nuclear. It also emphasized methods of delivering nuclear warheads. This notion has developed until the present strategy of "counterforce" was forwarded by Kissinger-Schlessinger and the present Secretary of Defense, Rumsfeld. It encompasses the notion of "limited nuclear warfare," including using nuclear weapons in small wars, against non nuclear and nuclear nations alike. Such nuclear wars, per the "counterforce" strategy, would be "confined" to third world "grey areas," especially to avoid any more "Vietnams." Basic to this strategy is the switch from a retaliatory stance to an aggressive attitude, one

CONTINUED ON NEXT PAGE

BOOK WIVE

103 W. FRONT
BLOOMINGTON

NEWSPAPERS
&
MAGAZINES

COIN &
STAMP
SUPPLIES

COMICS

GREETING
CARDS

SMOKES

ADULT
NOVELTIES
&
PAPERBACKS

5 AM-6 PM
MON-SAT
5 AM-12:30 PM
SUN.

828-3422

HIROSHIMA AND NAGASAKI

in which the US would consider a "first strike," thereby increasing the chances that the US could "win" a nuclear war.

Presently, during a supposedly "peacetime economy," the Pentagon is calling for a 23% increase in the defense budget, expressly for such "first strike" weapons as the Trident submarine, the MIRV missile, the M-X missile, the CRUISE missile, Aegis missile system and escort ships, the SSN-688 submarine, as well as numerous conventional weapons.

The US is preoccupied with military concerns, and grossly ignores any social services or food relief programs. Since 1945, the US has spent over 2 trillion dollars on national defense. Every 14 hours, the Pentagon spends more than the UN's yearly food relief program. Today, the US is the richest nation, yet we are 17th in giving aid.

Presently Congress is considering HR 4897. It provides a taxpayer the option of diverting part of his/her taxes from the military budget to a "world peace tax fund". A call is out to oppose big business' preoccupation with weapons, especially nuclear weapons.

On August 6 and 9, in addition to the actions by the Atlantic Life Community in conjunction with vigils at the Pentagon, vigils were held at the Electric Boat Company in Connecticut, a producer of the Trident submarine. In Seattle, 150 members of the Pacific Life Community stormed the shipyard building Trident submarines.

Earlier efforts by the Atlantic Life Community included a vigil in April



on the steps of Secretary of Defense Rumsfeld's home. Blood was also poured on the Pentagon steps. In June, members poured blood on Trident submarine files in the Pentagon. In July a vegetable garden was planted in a White House ceremonial garden, and graves were dug on the Pentagon lawn, emphasizing the slogan, "Disarm or Dig Graves." The week preceding the August 6 and 9 commemoration at the Pentagon saw guerilla theater performed at the White House and at the Smithsonian Air and Space Museum, a veritable Disneyland of technology's idols. Accompanying this as well as the vigils on the sixth and ninth was a life size model of "Little Boy," the bomb dropped on Hiroshima thirty-one years ago.

Faced with this bomb and photographs of its victims, tourists paused momentarily. "Is that what it looked like?" They went by muttering, "I don't want to be a slave" and entered the Air and Space Museum to view the machines to which they are shackled.

(A detailed synopsis of US nuclear policy since 1945 can be seen in Sidney Lens' article "The Doomsday Strategy", in the February 1976 issue of The Progressive magazine, volume 40, number 2.)

--Dave Hocraffer



706 W. Beaufort 452-4912
(Behind McDonald's)

UNIVERSITY LIQUORS

KEGS & COMPLETE PARTY SUPPLIES
COLD BEER
SNACKS

IMPORTED WINES
DOMESTIC WINES
WALNUT CHEESE
ICE CUBES

Twin Cities' Friendliest Service

The Mother Lode

105 E. Beaufort, Normal

Jewelry, Crafts, Gifts and more...

Fashion Jewelry Turquoise
Liquid Silver & Gold
Sterling Silver Copper
Earth Beads, Feather Jewelry
(as Featured in Vogue)

10% Off
ON ALL ITEMS
(expires 9-24-76)
(except on consignment and sale items)

Hours:
Monday - Friday 12-9
Saturday 9 am - 9 pm Sunday 1-5 pm

ORGANIZED PEOPLE HAVE POWER:

28

CO-OP CITY WINS

The Post thanks the people at the Liberation News Service, the Liberation magazine collective, and the New York City Star newspaper for information used in this article.

Power to the people?

Organized people already have power. That's what the 60,000 people who live in Co-Op City in the Bronx proved when they won a 13-month-long rent strike.

The people had to fight an arrogant state bureaucracy, strike-breaking judges, a corrupt union organization, and the blood-sucking banks whose profits were being defended by the others.

But the people won.

The people's victory is not final because there are still fraud charges in the courts and because the temporary "settlement" giving the people control of their own community is only a six-month "trial."

But the people's rent strike is a success. And the people will keep the fruits of their victory if they remain organized and if they continue to help each other struggle against the Money Powers.

Here's what the people won:

1. FOR SIX MONTHS the people of Co-Op City will be able to run their housing development themselves. No bank will be able to decide that its profits are more important than the lives of the people.
2. THE NEW YORK State Housing Finance Agency will not try to foreclose the Co-Op City mortgage at least until January 29, 1977--when the six-month "trial" ends-- in return for payment of \$15.1 million in back rents and regular payment of \$2.3 million in monthly rents. (All that money, by the way, was paid by the state to the banks.)
3. THE STATE DROPPED absurd contempt charges and fines against the strike leaders. Various money-controlled judges had imposed fines totaling \$3 million against the strike Steering Committee and \$235,000 plus jail sentences against 10 individual leaders.

FIRST: What is Co-Op City?

Co-Op City is a 300-acre housing development that 15,372 families call home. They live in 35 high-rise apartments and several smaller buildings. Their children go to schools within the development.

Most of the people are workers with family incomes averaging \$9,000-\$11,000 per year. Seventy-five per cent are white, 25 percent black and Latin. About one-third of the apartments are occupied by elderly people who are dependent on fixed incomes from Social Security.

The city was built in the late 1960's under the sponsorship of the United Housing Federation(UHF), a conglomerate of all major trade unions in New York City. The state provided a low-interest loan, and NYC reduced real estate taxes by 90 per cent.

The idea was to provide working people with low-cost housing. Part of each month's rent would pay for running the development, and part would pay off the mortgage. When the mortgage was entirely paid off, the people who live there would own Co-Op City.

The people who came to live in Co-Op City were promised low rents. They were promised that the entire mortgage would be \$236 million. Any extra costs would be absorbed by the contractor, a corporation that was a branch of the "non-profit," right-wing UHF.



GRASSROOTS/cpf

The people were lied to.

Most residents had their rents increased before they even moved in. The contractor increased the cost of construction by \$200 million. That monstrous sum was added onto the mortgage, and the people had to pay it. (That increase is the basis of a suit brought by the people charging the state and the UHF with fraud.)

And still there were more rent increases. The Riverside Corp., a management firm hired by the state to run Co-Op City, almost doubled rents in six years. Then in 1975, it announced another 25 per cent increase--the first installment in a series of rent hikes that would nearly double the rents again in five more years.

But the managers did more than raise rents. Whenever a resident had a complaint about services, Riverside behaved just like any other landlord--it insulted the people. Yet the people were supposed to be the owners.

In still one more rip-off, the developers spent \$40 million to build a generating plant so residents could benefit from the lower cost of generating their own electricity. But Consolidated Edison promised to sell Co-Op City electricity at a cost equal to or lower than it could provide itself. So the developers didn't spend the additional \$5 or \$6 million for generators.

Naturally, Con Ed did not keep its promise. It more than tripled its rates in eight years and now wants to do away with the special agreement with Co-Op City altogether.

SECOND: How did Co-Op City win its struggle?

Simply put, the people organized. This is important because it proves that ordinary people can beat the Money Powers--whether it's the government, the conservative unions or the banks. Organized People Power can win.

When N.Y. Gov. Carey refused to deliver on his campaign promise to provide rent relief for Co-Op City, the people organized. In the spring of 1975, more than 80 per cent of the residents turned over the rent checks to a steering committee-- which was made up of fellow residents. The committee dumped the checks on Carey's desk to prove they meant business.

The governor did nothing because he thought the state, its courts, and the banks could break the solidarity of the people--even though the people had had equal success collecting their own rents in September 1974.

The people proved him wrong.

But first the people had to prove to themselves that they could organize. That they had power.

The 1974 rent collection was organized, according to the chairperson of the tenants' Steering Committee, "to show people that they could unite and that the cynicism that most citizens have-- that I'm willing to do something but no one else will do anything and therefore nothing can ever get done-- could be overcome."

Bestselling Albums
Always Available
at \$4.29

CAMPUS

Fast Service on Special Orders

RECORDS

311-S MAIN NORMAL
454-2151

DISCOUNT PRICES

ON EVERYTHING

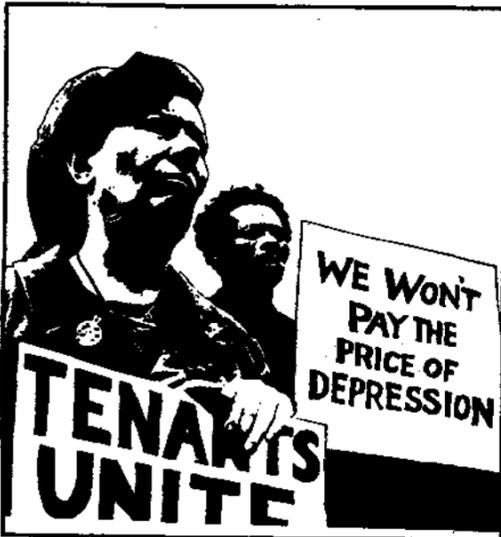
RENT STRIKE

The people were encouraged by their success. They were ready to overcome all the tricks and threats of the Money Powers. They began their rent strike on June 1, 1975.

At first, a lot of people in Co-Op City thought they could get justice in the courts. These people are ordinary Americans. They believed what the school books told them. They thought the courts were fair.

They found out the truth for themselves when a judge ordered them to stop the strike and to turn the withheld rent over to the court. The people trusted the court and gave it their money. In four hours, the judge gave the money to the management company.

After that, the people collected their own rents. They cashed the checks. They knew better than to put the money into a bank which would give it to the managers. They hid the cash in various Co-Op City apartments. By the end of the strike, the people had stashed away \$2 million where the judges and the banks couldn't get it.



The judges then tried to intimidate the people with fines and jail sentences. The people refused to pay the fines. And they weren't afraid of jail because they knew more than 2000 people were actively participating in leading the strike. If one group were arrested, another would take its place.

"The only alternative that we were given was 'either pay the increase or we will evict you,'" said the strike committee's chairperson.

"We said we'd like to know which politician was prepared to hire the army necessary to evict 60,000 people who are not going to willingly leave their homes...We computed that if they tried to do it legally, it would take them six years to process the eviction.

"Then they said they would foreclose on the mortgage.

"We told them that while we were very reluctant to lose the \$33 million of our investment, that perhaps they might talk to the First National City Bank, which is the bondholder on the other \$400 million, and see how excited they were about losing their investment. We said we'd pin our hopes on the bank's determination not to lose profits--a good bet."

Riverside also threatened to cut off the heat and hot water last winter in hopes of cowering the more elderly tenants. But the threat couldn't break the solidarity of the people, and the cutoff never happened.



THIRD: How were the people organized?

The people were voluntarily organized. They voluntarily went to the lobby of their building and voluntarily gave their checks to strike representatives. In a seven-week trial, the state was unable to produce one witness who would claim that he/she had been coerced into withholding rent.

A steering committee was formed from democratically-elected representatives of all the groups in Co-Op City--the senior citizen clubs, the Third World people, the people of each building, etc. Subcommittee meetings were completely open. Anyone could come and speak.

"We have 35 buildings and an organization on every floor," said the committee chairperson, "and there are 3000 floors in Co-Op City. There's an organization in every lobby, which means 75 organizations, which are then joined within their building to a building organization.

"Every building organization has its own leadership and we've split Co-Op City into about 10 to 12 geographical areas so that we have a level of leadership called area marshals.

"We hold floor meetings--educational meetings--of floor captains. Or we hold meetings of tenants, or meetings of building captains or area marshals."

The people put out a daily newsletter (16,000 copies), and they encouraged and supported each other. The people created a community spirit which can be seen and felt. They got to know each other. Their struggle brought them closer together--something which had not happened before the strike.

FOURTH: What is the lesson of Co-Op City's victory?

All the people who worked for the success of the strike are ordinary people. Co-Op City's "a solidly working class community which does not have a history of radical politics."

These ordinary people proved that ordinary people everywhere can beat the Money Powers--if they organize.

It could happen in Bloomington-Normal. People could get together in each apartment building. They could elect a representative or a committee for each building. They could organize committees to represent them against each and every landlord. And they could organize a city-wide tenants' union to deal with all the landlords.

It's happened before. In Ann Arbor, for instance. It can happen in Bloomington-Normal.

But the people must organize themselves. That's the lesson in Co-Op City's victory.



CUTT'DRJI

103 BROADWAY MALL
NORMAL, ILLINOIS 61761

Hairstyling - Professional, Knowledgeable, Affordable.

WOMEN & MEN MAY CALL 452-9812 FOR APPOINTMENTS

Open 8 am - 8 pm Daily
8 am - 2 pm Sat.

Quality hair care products from Sassoon & Jhirmack

--women's center organizes--

In case you haven't noticed, wife-beating is the topic for the year. NBC TV's *Weekend* devoted time to it March 6. Bookstores and magazines carry the latest study on wife beating. All I can say is: It's about damn time.

With all this writing about it, more people may become aware that wife beating is a major problem. Men may see themselves in these articles and be revolted enough to stop. A beaten woman now has an acceptable way to bring up the topic in conversation. She may even admit to a friend that she has been beaten, but probably still feels that she has to add that she didn't provoke or deserve it. Maybe beaten wives can help each other.

But putting all this energy into writing about wife beating isn't going to help most women. We have to do more.

Almost every woman I have talked with has been hit or kicked or threatened by a man she cared for. Some have experienced even worse. We have talked about how powerless we felt, how ignorant of what to do and who to talk to.

We realized that our shared reaction was one of surprise--the first time. Some of us were still surprised the second and third times. It is amazing that we are so surprised when we see or hear or experience an act as common as beating a woman.

I remember walking out of the telephone office and being suprised at the conversation of two women walking past me.

- M - "I have to get a new iron."
S - "I thought you just got one?"
M - "I did but my husband threw it across the room at me last night because he didn't like where it was sitting."

And they turned the corner.

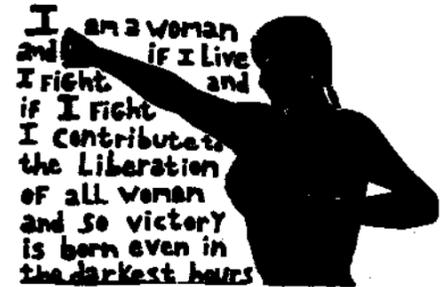
The Statistics

The most frequent type of police call is "domestic disturbance," and the most frequent type of domestic disturbance is husband-wife fights. A study in Washtenau County, Michigan, showed that 35% of assault cases were wife beating.

Wife beaters are most often between 41 and 50; the wife's average age is 37.



...70% of the assault victims received at Boston City Hospital, for instance, are women who have been attacked in their homes, usually by a husband or lover.



cpf/women: a journal of liberation

Sue Eisenburg and Pat Micklow (University of Michigan Law School) found that with the people they interviewed, 90% of the beatings began during the first year of marriage and tended to become worse and happen more often over the years of marriage.

When the Washtenau County, Michigan, Sheriff's Department examined their complaint file from January to June, 1974, they found that wives had been attacked with an electric sander, a shotgun, knives, a leather belt with a brass buckle, a hunting knife, hand ax, a car, and a telephone.

The *New York Times* (October 21, 1974) reported that approximately 14,000 wife beating cases went through New York state courts in 1973. The number of reported rapes in New York State for the same period was 4,764.

Then there is the woman interviewed on NBC's *Weekend*. She told how her husband, a Washington diplomat, took her to a meeting in Florida, got her down between the twin beds in their hotel room, and beat her with a wooden coat hanger for over two hours.

Another woman left the outside door open while the air conditioning was on. Her husband punished her for this crime by jumping up and down on her back. Her spine was broken and she is now paralyzed from the neck down.

Finally, a woman artist explained that she could no longer sculpt because her husband systematically broke each of her fingers.

A Women's Center

Wife beating is not the only problem women face, of course. There is also rape, job discrimination, stereotyping through socialization, limited educational and professional opportunities, exclusion from athletics, a lack of adequate and/or sensitive health care, unequal standards of credit and lending, being forced to sell our bodies for money, other forms of sex discrimination, and the general attitude that women's problems are less than secondary.

One thing that women have historically done to help each other is join together. Together we have power and strength. Together we can help ourselves and others.

For at least four years, women in McLean County have been talking about organizing a Women's Center. A Women's Center would provide a referral service and coordination for other services already provided for women in this community. The Center would also become a community center for women, with meeting rooms, a library, and special programs and entertainment. And a Women's Center could offer a safe place for women and their children, an emergency shelter with information and counseling available.

Finally, we have enough energy to begin. There will be an organizational meeting September 13, 1976, at 7:30 p.m., in the Wesley United Methodist Church, 502 East Front, Bloomington. This meeting has been organized by thirteen women who want to see a Women's Center here but who know they can't do it alone. We know that there are many other groups in this community who have been talking about this. We hope you can come and join us. The meeting is not for women only. We need you all. Come join us in the struggle.

--S.S.

WINCE TV SERVICE

103 N. ROOSEVELT ST.

MOST PORTABLES REPAIRED IN 24 HOURS

WORK ON MOST SETS

**\$12.50 MIN.
SHOP WORK**

**ESTIMATES
\$5.00**



**SERVICE
CALLS
\$15.00**

NO STEREOS - NO TAPE PLAYERS

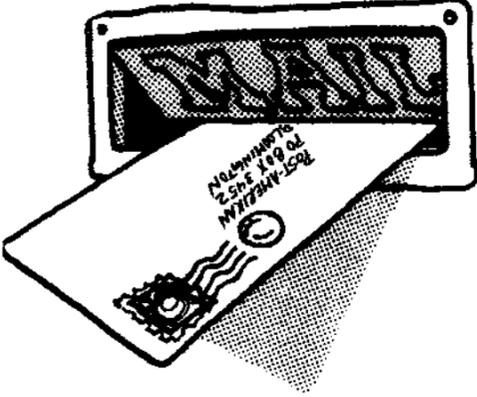
WE TELL YOU THE COST BEFORE REPAIR

PHONE 829-3221

Take action now

One can acquire everything in solitude, except character. Solitude is the silent realm where thought and feeling flow together in their own rhythms of music and fire. But all the beauty of mind and soul are useless unless they are translated into action--action to eliminate human suffering, action to work for the betterment of the human race and the planet on which we live.

The present chaos and constant wars can never be controlled by peaceful attitudes alone; action is needed, my action, not someone else's. We don't need to travel across the world on a "mission" against evil--our friends, place of work, all provide us with a vast arena where we may slay innumerable dragons of ignorance, injustice and disharmony.
--Farishta Krukar



The Post-Amerikan more than welcomes letters from its readers. Send them to P.O. Box 3452, Bloomington, and don't worry about the word limit most newspapers have. When a letter is longer than the traditional letter-to-the-editor, we often give it a headline and lay it out like a regular article. So write to us!

The AAMCO weight loss plan

Post:

If you're getting fat and need some exercise, I've got some good advice. Take your car to Aamco transmission shop for their free inspection.

I took my car there on Wednesday morning for a free road test and inspection. They kept the car overnight and called real early Thursday morning to say I needed a new transmission which costs \$394.00--or a rebuilt transmission for about \$325. When I said there was no way I could afford that, the manager informed me that there was an Associates Finance office just down the street, and that they would loan me the money. I thought this was pretty neighborly of him, so I agreed to go check on it.

After walking downtown (about a mile and a half), I discovered it would cost almost \$100 in interest to borrow the money. Since I didn't want to put \$494 into a \$350 car, I told Aamco not to fix the car and walked over to pick it up.

Well, they had taken out the transmission, and apparently would have no time to put it back in until Friday. After walking the rest of Thursday I returned to Aamco Friday four times--and was told each time that they would start on it soon. The last time I was told to come back Saturday about 1:30. Saturday I got smart and called about 1:15. I was told the shop had closed at 1:00, but that I could pick up the car first thing Monday. Why I was told to come at 1:30 when the shop closes at 1:00 I'll never understand.

The last straw came Monday, when I went in at 10:30 to find them just starting to work on it. By 2:30 it was ready to go--but it was completely blocked in by other cars in the lot. When I pointed this out to the manager, his reply was "Just back it over the curb, it won't hurt it."

Now I realize my car is no gem, but it gets me around. I decided to go ahead though, because it may have taken them a month to clear the parking lot. All in all they kept my car five and one-half days. Since I need my car in my job, this caused quite a hassle. So unless I get fat again I'll avoid "Double A, honk-honk, -MCO.

--Albion

Entrapment engulfs innocent

Post-Amerikan:

Recently, I had an article published in the Post-Amerikan concerning the I.B.I. and their special tactic, entrapment. I greatly appreciated the magnificent work that the Post did by publishing how three undercover I.B.I. agents were once arrested for selling pot in Warren county.

But I was certainly mad about them not being charged just like anyone else. Just because they have badges, they can walk the streets and sell dope to kids? I have always argued that their way of entrapment was cruel and unlawful. I am totally disgusted that a simple civilian can get charged with dope and be put in prison, when a MEG agent or an I.B.I. agent can walk around like a drug store.

What makes it even worse is that officials from police stations all the way to the judge's offices will protect these walking schools of crime.

It is up to the legislators whether to discontinue the I.B.I. and MEG. Would they rather stop these criminal I.B.I. agents or enjoy watching them make criminals out of poor defenseless people?

Informers for MEG and I.B.I. don't really realize that MEG and I.B.I. are only using them until the public discovers that they are narcs.

MEG and I.B.I. are putting 10-15 innocent people in prison just to catch 1 heavy pusher. Maybe if people used drugs a lot, they might turn into I.B.I. agents so they could use drugs legally?

People don't realize that they are just helping to keep the I.B.I. active by not devoting a fraction of their time to protest against their ways and entrapment. You parents out there. Would you enjoy seeing the I.B.I. turn your sons or daughters into dope users and then sending them to prison to be branded ex-cons all their lives? The time to act is now. Not tomorrow or next week.

People are what makes society. People are also destroying it. Your rights can be saved, but one person can't do it. Everyone has to pitch in. Protest to the governor, congress-people, and representatives.

I can only speak for myself, but I am sure others feel the same way about MEG and I.B.I.

I wish to congratulate the Post-Amerikan staff on their fine and honest newspaper. They bring the truth to every reader. It's about time for those of us who read their newspaper to help them back up their work.

I'm sure that those of you reading this article know what is expected of you. It's your community. You have to live in it. Don't live by these corrupt departments' decisions. Live by your own peaceful way. Life is hard, but it could be a lot easier. My letters of protest are in the mail. Are yours??

In Struggle,
Mark D. Edwards
Box 711 #10129
Menard, Illinois
62259

FALCON MOTEL

CABLE TV
TELEPHONES
AIR CONDITIONED
ON US 51

713 N. MAIN
NORMAL
452-1165

Rent subsidies for poor

Bloomington Housing Authority (BHA) is preparing a rent subsidy program for modest income families and the elderly to rent apartments, duplexes, townhouses, or houses.

Department of Housing and Urban Development (HUD) will provide money to help pay the rent on 100 units in Bloomington through HUD's Section 8 Housing Assistance Payments Program, according to Gloria McKittrick, occupancy assistant, who will coordinate the program.

McKittrick emphasized, "We will not be ready to accept applications until October 1 or later." McKittrick said that people who have applied to get public housing will not automatically be considered for this program, too. They must apply for the rent subsidy program separately.

McKittrick said that the program is for families and the elderly, and is not available to single people.

The 100 units that Bloomington Housing Authority will subsidize include 24 efficiency apartments, 48 one-bedroom apartments or houses, 16 two-bedroom, 8 three-bedroom, and 4 four-bedroom units, she said.

McKittrick said the following yearly income levels will be used to determine whether a family meets low income requirements for the program:

one person -	\$5,400
two " -	6,200
three " -	7,400
four " -	7,800
five " -	8,400
six " -	9,000
seven " -	9,600
eight " -	10,200

The elderly will be given priority for the efficiency and one-bedroom apartments or houses, McKittrick said. People in the program will be given "certificates of participation" and will then have 60 days to find a suitable house or apartment, she said.

McKittrick said BHA must approve all units to be subsidized. She said, "Units must meet health, safety, and building codes, have at least the minimum number of bedrooms for the size of the family, and not exceed the fair market rent."

HUD determines "Fair market rent" for an area. It is the maximum cost for rent and utilities that will be considered suitable for the program.

McKittrick said that a two-bedroom unit's "fair market rent" is \$177 including utilities. She said maximum housing costs also vary with the type of building: elevator or non-elevator. "Units in buildings with elevators have a slightly higher rent maximum," she said.

"The certificate holder must find a landlord willing to participate in the program," McKittrick said. "The program does not affect already existing relationships between the landlord and tenant, but it does obligate the program to pay a specific portion of the rent each month, whether the tenant keeps the lease or not."

McKittrick said that when the BHA is ready to administer this program, the information will be in the local media. "This will probably be no sooner than October 1 and maybe later than that."

Anyone with further questions on the program should contact Gloria McKittrick at the BHA office.

Copyreader's note

This program sounds like a joke to me. My family just looked for an apartment for some friends of ours who currently live in Springfield, and are coming up to school in the fall. They're a couple with no children, and they told us that their upper limit for a one-bedroom small apartment was \$160 including utilities. They also said, "No real dumps."

It took a lot of looking, and we finally found a place that out of sheer luck and persistence fit their requirements.

Now this BHA program is putting a \$177 limit on rent plus utilities for a two-bedroom apartment, and the people have to find one within 60 days. People who get in the rent subsidy program will have even more problems than we did finding a place.

For one thing, the couple we were helping have no children, and that makes a lot of difference. Just look in the newspaper and you'll see how many of the low-priced places for rent say no children. (By the way, it's illegal for landlords to discriminate against people with children. See *Post-Amerikan* Vol. 4 #12.)

They also say no pets, which could cause another problem for a lot of people.

Also, for this rent subsidy program, the apartment has to meet health, building, and safety codes, according to McKittrick. This means two things, both of them bad for the apartment hunter.

First, it means that you have to find a landlord who's willing to have officials come in and check over the property to make sure it meets code. Fat chance is what I say. If the property doesn't meet code, the landlord has to fix it up.

Cop Breaks Rules, Busts Citizen



On July 17, Bob Tetramel was arrested for disorderly conduct. The next day Sam Shank and Chris Retramel called the *Post-Amerikan* to tell what happened. They said Bob got arrested outside their mobile home in a trailer court southwest of Bloomington. The *Post* interviewed Chris Retramel, Bob's wife;

Post: How did Bob get arrested?

Chris: Bob and I were backing out of the driveway, and almost got hit by an officer. Bob got out of the car and told the cop several times that he was going the wrong way down a one way street. Going down the street the wrong way, he could have easily hit a kid or someone else. The officer then asked him why no one way sign was posted. My husband (Bob) said he didn't run the court. Then he said the street was clearly marked at the entrance as a one way street. The cop said he was out there looking for trailer #134 to serve a warrant, but he is a city officer, and only county police have jurisdiction here, since this is south of Bloomington township. Despite that, as a city cop, Mike James said he was serving in an official capacity when this happened. After Bob told him about the sign, the officer asked Bob, "How would you like to be arrested?" Bob shrugged. Then James called a county cop, and later a city cop, and Bob was arrested.

Post: What was Bob charged with?

Chris: Bob was charged with cursing and yelling and threatening the officer, but he only said he would have the cop arrested for going the wrong way down a one way street. He did not really cuss or yell as charged, nor did he alarm or disturb Mike James as also charged. How could he, as an unarmed resident, alarm an officer who had a gun and a blackjack on?

Post: Did the officer reveal his identity?

Chris: Bob asked him for his badge and name, but the cop would not give either.

Post Note: The officer, as it turns out, was never reprimanded or ticketed for going the wrong way down a one way street, or for refusing to show his badge when the law requires it. If anyone who reads this paper ever has any problems or troubles with the police, and thinks s/he has been unfairly treated, call the *Post* at 828-7232. By publicizing police abuses, maybe we can put a stop to them, so every citizen can feel a bit safer.

ON SALE

rock soul
folk comedy blues
jazz imports

Always
New
Releases
On Sale

for
3.95

Maxwell LN90 8-Tr.
\$2.43 + tax

Maxwell UD90 8-Tr.
\$3.24 + tax

TDR KRC 90 Cassette
\$3.41 + tax

DISCWASHERS
\$10.76 + tax

Bloomington-Normal's ONLY
non-profit record store!

Divinyl Madness

115 north st normal 454-2521

people to be available

which costs money, which is what landlords collect, not spend. Unless a landlord is surprisingly public spirited, s/he's not about to have government people snooping around the place.

Now how many apartments, especially cheap ones, have you ever lived in that met all these requirements? The inspectors might loosen up on some of these things, if they don't want to get too technical, but what

So far, from my point of view, this program looks like something that looks good on paper to a bunch of bureaucrats who've never tried to rent a cheap apartment in their lives and it probably provides jobs for bureaucrat types to mess around writing reports and stuff for ten thousand dollars or so a year until the program loses its funding because of "lack of public interest" or something, but it doesn't look like something that's carefully designed to meet the real life needs of poor people. It still has a chance to shape up before October, but don't count on it.



And it's very unlikely that a cheap apartment, such as a two bedroom one for only \$177 including utilities, is ever going to meet code in a million years. My family bought a house with government assistance a year ago, and the house had to be inspected and meet these codes. Some of the things it has to have to meet the codes are:

- Good wiring (possible, not probable)
- All closets have working light fixtures in them (not probable)
- All windows open and close, have storm windows that fit (ha!)
- No bathroom opening off the kitchen
- No leaks under sinks or in other plumbing
- Hot water heater and furnace both have gas shut-off valves
- Good gutters and drains that run water away from the house

landlord is going to take that chance? And remember, the landlord has to agree to all this.

There's one more thing I'd like to gripe about. It doesn't affect as many people as these other things, but it is still discriminatory. I'll bet my bottom dollar that the BHA people define "family" as a group of individuals related by blood. And they exclude single people. Now, a lot of times poor people, especially young ones, rent a house together, partly in order to have lower rent and partly in order to live with their friends in a family type situation. I think that these living groups, if they meet the low income requirements, should be able to apply for the rent subsidy too, even if all the individuals in the group are single.

LAWS FOR WORKING PEOPLE

Here are some of the laws enacted to protect our rights as employees. By reading them over, we'll become aware of how the law should protect us from some of the abuses we face on the job. Here are some different types of workers and safeguards which apply to them:

WAITRESSES, WAITERS, BUSHELPER: An employer may not withhold part of a worker's salary for so-called "Breakage." If a waitress trips and breaks some dishes, for example, they can NOT have it deducted from her wages.

CASHIERS, ATTENDANTS: An employer can NOT deduct wages from an employee, such as a cashier or service station attendant, if there is a shortage at the end of the day. This is not to say that a cashier can keep coming up short day after day. In such cases, he or she might be fired. But a \$5 shortage at the end of one day--when there is no pattern of shortage--cannot be deducted from the worker's wages.

WAITERS, WAITRESSES: Your wage and tips must add up to the minimum wage, if you are under the minimum wage law, which you probably are.

ALL WAGE WORKERS: You are entitled to a paid ten minute break every four hours.

WORKERS LAID OFF: You are legally entitled to all vacation and sick days that you have accumulated before getting laid off, assuming that this is in line with the original agreement under which you went to work.

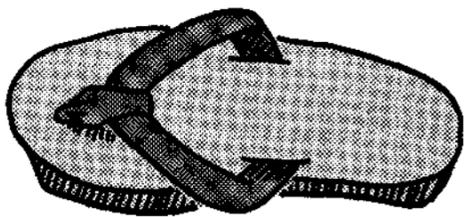
IF YOU WANT TO START A UNION: This is a very important way of improving working conditions. You have the right to sign union cards, without getting in trouble with your employer. This is guaranteed by federal law. If 1/3 or more of the employees sign union cards, a secret ballot election must be allowed by the employer. If a majority vote for a union, it's in, and the employer is legally obliged to bargain with it in good faith. If you want information or union cards call John Penn of the McLean County Labor News at 828-4368. When you start organizing your union, let us Post-American folks know. Call us at 828-7232.

IF YOU FEEL THAT YOUR EMPLOYER HAS ILLEGALLY WITHHELD WAGES: You may ask for a hearing. Write, with as full a statement of facts as you can, to Wage Claims Division, Illinois Department of Labor, in Chicago, the address is: Room 1808, 910 S. Michigan Ave., Chicago, IL 60605. In Springfield, write: 705 State Office Building, Springfield, IL 62706.

**WILD COUNTRY
WILDERNESS OUTFITTERS**

**516 N. Main
Bloomington**

Cadillac Sandals



\$7.50

WEAR THEM ON THE ROAD OR IN THE SHOWER

LIFETIME GUARANTEE

South Africa Exploding

The recent demonstrations by black students and their supporters in South Africa do not come as a surprise to the progressive world. However, they come as a clear warning to the capitalist imperialist powers. Human society is so complex that each event has to be considered with an understanding of the society where it happened. To better understand the context within which these riots were staged, we should understand South African society.

South Africa is well known internationally for its notorious apartheid policy: separate development of races. This policy, apart from being racist, denies the black African in South Africa basic human dignity.

South Africa has a population of approximately 22 million, of which 16 million are blacks: a ratio of 4 blacks to 1 white. In spite of this, the whites hold all the political and economic power, much to the dissatisfaction of blacks. The basis of apartheid is the exploitation of black labor.

The blacks are supposed to "belong" to Bantu homelands which cover less than one-seventh of the country. Blacks are regarded as aliens in the rest of South Africa, described as "white areas."



This policy is pursued through various devices. The pass, the most notorious of these devices, is the most common. Blacks are required to carry passes which must be shown on demand, and which show that the requisite taxes have been paid and that work permits are in order.

This enables the administration to regulate the flow of labor to areas where it is required, and to get rid of the old and sick when they are no longer useful.

Unwanted workers are "endorsed out" to their so-called homelands, where there is little or no work for them; the land is also barren and overcrowded.

Bantu homelands are full of poverty, unemployment, disease and suffering. The aged, sick, women, and children are sent there to rot out of sight of white South Africa; young and able-bodied are recruited to work for white factories and white mines in the white areas. That is the reality of separate development.

In view of the above facts, it would be foolish and naive to believe that the recent riots in South Africa were merely a reaction to the introduction of Afrikaans, the white "official" language, as a teaching language for Bantu-speaking people. This is the line that the western press has pushed. Rather, these riots should be viewed as the reaction of blacks in South

Africa to the whole political, economic and social structure of the South African society.

It is equally naive to believe that these uprisings can be contained without a complete change in fundamental South African institutions.

This includes a change to majority rule and getting rid of the oppressive institutions imposed on the majority of the people by the racist regime of John Vorster.

It is also important to note that the regime could not stand if it were not for the tremendous support it gets from its Western imperialist allies such as the United States, France, West Germany, Britain, and the like. Kissinger's recent meeting with Vorster in West Germany is clearly aimed at suppressing the revolutionary struggles of the Southern African peoples.

This meeting was a further indication of unofficial but real recognition of South Africa as an independent state by the United States and should thus be condemned outright.

The will of the people cannot be suppressed forever. The South African government is thus building a road to its own downfall. Time is on the people's side. With all peoples' support, victory is inevitable.

There's Opportunity in South Africa

A leading South African public company manufacturing nationally renowned brands of machinery is expanding rapidly.

MECHANICAL SERVICES ENGINEER SOUTH AFRICA
Long established Consulting Engineers of International reputation in the field of mechanical engineering. We are now expanding our services to include the design and construction of machinery for various types of industrial plants. This is a unique opportunity for a young engineer to gain valuable experience in a rapidly growing industry. He should be a graduate of a recognized university with a B.Sc. in Mechanical Engineering. Write to: **GENERAL MANAGER South Africa**, P.O. Box 100, 1010, Johannesburg.

Individuals -

GENERAL MANAGER South Africa
We are now expanding our services to include the design and construction of machinery for various types of industrial plants. This is a unique opportunity for a young engineer to gain valuable experience in a rapidly growing industry. He should be a graduate of a recognized university with a B.Sc. in Mechanical Engineering. Write to: **GENERAL MANAGER South Africa**, P.O. Box 100, 1010, Johannesburg.

The forcibly imposed political domination of black African people in South Africa, the expropriation of their land, their confinement to specified areas of land remote from the areas of white settlement, and their enforced participation in a slave-wage economy, were the main characteristics of the nineteenth century colonialism in South Africa. The present-day Vorster regime is adamantly determined to follow this system.

The system of apartheid, with its colonial overtones, has been condemned as a crime against humanity by the United Nations, the Organization of African Unity, the International Labor Organization and many other international organizations.

In spite of this condemnation, the apartheid, racist and colonial regime of South Africa continues to enforce the evil system with increased ruthlessness. The Vorster regime's recent overtures of detente are designed to deceive Africa and the world into believing that South Africa is liberalizing its abhorrent domestic policies.

The following official statement of the regime's policy shows contrary:

"It is true that there are blacks working for us. They will continue to work for us for generations... But the fact that they work for us can never... entitle them to claim political rights, not now or in the future... Under no circumstances can we grant them those political rights in our territory, neither now nor ever."

the
JOINT
general store

LOOK FOR WEEKLY SPECIALS

MOST RECORDS \$4.35

BEDSPREADS

OVER 50 'REFRIG' BONGS

415 N. Main, Bloomington

We carry necessities for your mind & body

Two Indians Acquitted -- Struggle Continues

CEDAR RAPIDS, IOWA--On July 16, two native Americans were acquitted of the June 26, 1975, murder of two FBI agents on Pine Ridge reservation.

An all-white jury found American Indian Movement (AIM) members Darelle Butler, 34, and Robert Robideau, 29, innocent of killing the FBI agents. An American Indian, Joseph Struntz, was also killed in the shootout. The shootout happened when FBI agents attacked Native Americans on the reservation in an area that has been subject to a terrorist campaign by FBI agents, federally supported vigilante goons, and Bureau of Indian Affairs (BIA) police. The Indians defended themselves.



This atmosphere of terrorism and oppression against traditional Oglala Sioux and American Indian Movement members led to the shootout. Agents claimed to be serving search warrants. They did not have search warrants with them.

The FBI was unable to identify anyone involved in the shootout, and several activists' names were apparently chosen out of thin air to be used as scapegoats. Two other AIM members, Jimmy Eagle and Leonard Peltier, are also charged with murdering the agents.

Eagle claims that he was not in the area on the day of the shootout, and Peltier says that he was not even in South Dakota. What brings these four people under the same charges is not evidence that they were in any way responsible for the deaths of the FBI agents, or that they were involved in the shootout, or were even in the area. The "crime" they are really suffering for is being Indian and supporting Indian people by working to get protection of treaty rights.

Eagle's trial will be coming up soon. Peltier was arrested in Canada on February 6 and is currently fighting extradition because he fears he will be killed if he is brought to South Dakota to stand trial on the charges.

LEGAL AID EXPANDS

McLean County Legal Aid Society's office, which opened in late July, will have a full-time lawyer starting September 1.

The legal aid office is in the Eddy Building, 427 N. Main St., room 303. The phone number is 829-5511.

The office will also have a full-time secretary-receptionist.

This office will expand legal services for low-income people.

Next month the Post will print eligibility rules, which aren't available yet, and information about what kinds of cases the Legal Aid Society will handle.

When the agents were killed, UPI ran this story over their wires:

"Oglala, South Dakota (UPI)--Two FBI agents were ambushed and killed with repeated blasts of gunfire Thursday in an outbreak of bloodshed appearing to stem from the 1973 occupation of Wounded Knee."

Akwesasne Notes, a journal published for Native and natural peoples by the Mohawk nation, rightly called this dispatch "inflammatory, distorted, and inaccurate."

Akwesasne Notes reported, "There was no ambush, agents were not shot by repeated blasts, but each had three wounds, two of which may have occurred after their death. The agents' bodies were not 'stripped' as originally reported, they were not dragged from their car and 'executed,' they had not gone to serve arrest warrants, but rather to conduct searches without search warrants. Finally, the Oglalas did not have 'sophisticated surrounding bunkers,' as was as was reported."



These reports, which came from "official government sources," were sent out as facts. Although the illegal government army on Pine Ridge, which helped produce and conduct the siege at Wounded Knee in 1973, was still on the reservation, and the same problems were still with the Lakota people, the events of this shootout were in no way connected with an event that happened three years before except in the minds of the FBI, the American public and the press that reported it to the American public.

The shootout led to an invasion by hundreds of FBI personnel, many of whom are still on Pine Ridge conducting an illegal war against the Oglala people and AIM.

The FBI then sealed off the area to the press and would not allow them to check on government reports and press releases which, it soon became obvious to reporters, were blatantly inaccurate. The FBI made no attempt to retract their lies.

The acquittals of Butler and Robideau do not free them from harassment because they still have charges against them. Butler was arrested September 5, 1975, in a house he was sleeping in, at 6:30 in the morning, for possessing a pistol.

When he was arrested he was not sought for any crimes and was merely getting up to see what these strange men with guns were doing outside the house at this early hour.

Anna Mae Aquash and Butler's wife were also arrested at the scene that day, were cruelly interrogated, and had FBI agents threaten their lives. Five months later Anna Mae's body was found with a bullet in her head and her murder was suspiciously covered up by the FBI, who are still trying to cover their tracks in this case. (See Post-American, June 1976)

The acquittals of Butler and Robideau show that the jury found the FBI at fault in attacking the Indians, and the Indians justified in defending themselves from this attack.

FBI director Clarence Kelley testified that the FBI infiltrated AIM and took part in secret plots against the group.

While being questioned by defense attorney William Kunstler about how heavily armed the agents were, Kelley answered hastily, "I don't care who it is, if people are threatened, they have a right to defend themselves." Kunstler shot back, "Exactly, exactly. No more questions, your honor."

Senator Frank Church (D-Idaho) testified that the FBI counter-intelligence actions against target organizations, including AIM, involved the danger of serious personal injuries or even deaths to their members.



Supporters of the defendants and the defense counsel joined in cheers of celebration when the decision of the jury was read.

The acquittals help Butler and Robideau, but do not set them or other Indian people free of the problems that placed them in that courtroom, and put them on trial daily.

The campaign of the government is an attempt to deny Indian people justice, and centers on disrupting legitimate attempts to keep Indian nations on the face of Mother Earth. Indian people only ask that promises be kept by your nation.

The political trials of more than 400 people involved in the siege at Wounded Knee have convicted less than a dozen people.

Akwesasne Notes said, "The U.S. does not necessarily feel badly about this, since its major strategy was not so much to win convictions as it was to tie up the American Indian Movement, its supporters, funds, energies, and time in the courtroom rather than to have it working for social change for native peoples."

The Wounded Knee Legal Defense/Offense Committee is running on a budget that isn't even shoe-string. Donations, support, legal workers, fundraisers are urgently needed.

Contact:
Wounded Knee Legal Defense/Offense Committee

PO Box 4064
Cedar Rapids, Iowa 52407
phone 319-364-6895

Special thanks to Abe Weisburd of the Guardian for coverage of the trials, and to Akwesasne Notes. Persons interested in more information should call 828-7232.

--Todd Tecumseh, Choctaw



Apache Junction

The Finest in Indian

Jewelry

Jewelry

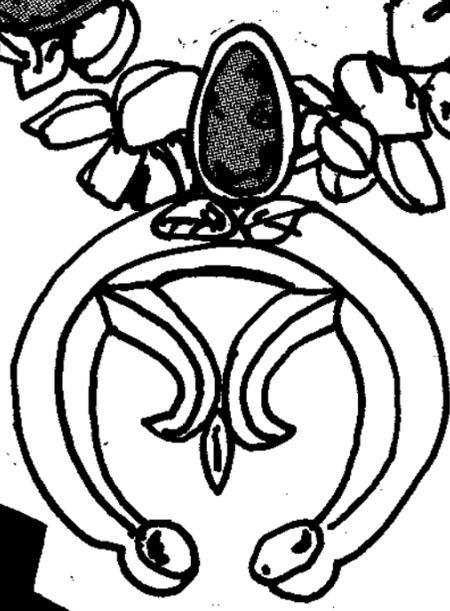
**We won't promise you
1/3, 1/2 or 2/3 off-
Just the best prices
with friendly service**

**Shop Bloomington - Normal's
Oldest, Most Respected
Seller of Indian
Jewelry**

**Repairs
Resizing
Retail &
Wholesale**

**CHOOSE FROM BLOOMINGTON-
NORMAL'S LARGEST SELECTION
OF INDIAN JEWELRY**

"MATCHED NOWHERE IN CENTRAL ILLINOIS"



**WHEN BUYING INDIAN
JEWELRY, THINK
APACHE JUNCTION**

**-- THE LEADERS
IN INDIAN JEWELRY**

SAME LOCATION

204 S. McCLUN

BLOOMINGTON 829-4411

DON'T BE CONFUSED ON WHERE TO GO,
SHOP APACHE JUNCTION, YOU'LL KNOW.

We specialize only in Indian jewelry

THE TORTURE OF "REHABILITATION"

On May 22, 1976, prisoners of the Menard "Correctional Center" staged two violent demonstrations against the brutal and inhumane conditions which Dept. of Corrections officials term "rehabilitation."

Though the original intentions of people directly responsible for the demonstrations were to show unity against this barbaric and archaic system we are forced to endure, others with different intentions converted the demonstrations into violent disturbances directed against each other rather than the demonic administrators of this prison.

Unfortunately, many good brothers were caught in the middle of this unexpected turn of events and many were injured.

As a result, our keepers took the opportunity to mace, and gas, and beat us with clubs and fists, justifying their farce as a necessary means to quell an apparent insurrection.

Although official news releases by Joseph A. Feonda, Administrator of Adult Institutions, Illinois Dept. of Corrections, state that the disturbances were "minor" and only involved 30 to 40 people, there are now approximately 150 to 200 brothers confined to the dreary Segregation Unit.

Brothers have been arbitrarily and mistakenly identified and implicated as participants in the disturbances, have been confined to the subhuman conditions of the Segregation Unit since the disturbance.

The Kangaroo Court hearings that each of us received resulted in our segregation, the loss of from one to two years good time from our sentences, and demotion in grade classification to the lowest possible grade, "C," which constitutes loss of all normal privileges enjoyed by the general prison population.

Our lives consist of living in a four by ten foot cell in which we are forced to remain 24 hours a day, seven days a week, without recreation.

Our only time spent out of the cell is when we are given our once-a-week five minute shower, and even then we are handcuffed.

We are forced to eat garbage unfit for human consumption and even that is given in such sparse portions that it cannot sustain us for long. We do not even enjoy the luxury of being able to buy necessities and food from the prison's commissary because of our demotion in classification.

Our time is spent in constant, monotonous, idleness. We appear every 30 days before a "committee" designated to consider whether we should be released, but with each reappearance we are given an additional 30 days and told that we are a threat to the safety and security of the institution. Reliable information has it that our keepers intend to keep all of us segregated from six months to one year; a period quite capable of rendering even the strongest-willed individual little more than a whimpering, broken-spirited creature.

The unbearable heat, with temperatures often rising above 100 degrees because of lack of ventilation, the stench from one's own body because of once-weekly shower privileges, and the day-to-day monotony of idleness, the screaming and yelling of others already gone insane, the beatings, gassings, and tortures, all reach deep into a man's soul.

We are treated worse than animals, like something from another world, an abomination. But, life can be even worse if our keepers decide to confine us to the "box" where there is nothing but a toilet and sink.

We can jest with each other, make wagers and otherwise pass time by watching rat and roach races through the open sewers and in and out of our cells. But even this becomes boring at first, then frightening at the prospect of being eaten by rats or bugs while we sleep.

Ah, beautiful sleep, but it comes so little. How can anyone sleep when the tortures have caused so many to go stir-crazy, insane, and scream constantly? How can anyone sleep when the heat and stench of human bodies is so thick that it makes you vomit? Even the sunshine cannot penetrate this formidable structure because all the windows have been painted over so that we cannot even enjoy the sight of the sky.

Personally, I am a man already tortured, even without my keepers adding their methods of torture. My personal torture began six and one half years ago when the system found me guilty and sentenced me from 100 to 300 years in a horrible place called Menard.



I have been fortunate, though, throughout all those years, because this is my first time in segregation dungeon. I have never had to suffer the mental cruelty that our keepers eagerly dispense daily. My only "crime" now, the only reason I am now forced to endure this pain, is that I was unfortunate enough to be literally caught in the middle of a disturbance I knew nothing about and had nothing to do with, but was thrown over a gallery railing to land on the floor below and injure myself.

Because I requested medical treatment, I was automatically suspect, and because I inquired about another brother's injury, I was definitely considered a person that participated

in the disturbance. But, my treatment is not novel...there are probably 100 or more that are locked up like animals for the same reason. Of course! It's monstrous, arbitrary, cruel, but then, it's the system.

I have tried every legitimate means at my disposal to correct this injustice, but because they are the means that have been given to us by the system, they are also effectively altered, manipulated, and hindered so that there is no justice.

I have been forced, as have others, to carry our appeal to our brothers and sisters on the outside, to obtain their support and solidarity and their cooperation and assistance.

I have had to take the drastic measure of making a formal complaint to the U.S. District Court, but of course, it will take much time and money before anything comes of it.

How long we can endure this treatment, this barbarism and cruelty is anyone's guess. It is a matter of individual strength and courage and whether we obtain the much needed help of our brothers and sisters on the outside.

We need your help badly...you are the force that can free us of these tortures and cruelties. We urge all of you, no matter who you are, to take a few minutes of your time and spend 13¢ to send a letter to one or all of the following people complaining of the treatment that we are receiving, demanding an investigation into our grievances and complaints and into the arbitrary and capricious "administration of discipline." We need your help badly. Please contact:

Honorable Dan Walker, Governor
State Capitol Building
Springfield, Illinois 62702

Charles J. Rowe, Chief of Admin.
Illinois Department of Corrections
201 Armory Building
Springfield, Illinois 62702

Honorable James L. Foreman
United States District Judge
United States Courthouse
E. St. Louis, Illinois 62202

Allyn R. Sielaff, Director
Illinois Department of Corrections
201 Armory Building
Springfield, Illinois 62702

Thomas R. Israel, Warden
Menard Correctional Center
Box 711
Menard, Illinois 62706

Honorable Tom Railsback
Member of Congress
United States Congress
Rayburn House Office Building
Washington, D.C. 20515

We would all appreciate it if you would contact any or all of these people since they have the authority and power to help us.

Yours in Struggle,
Raymond S. Larsen—Reg. No. 40473
Menard Correctional Center
Box 711
Menard, Illinois 62259

37



THE WATERSHED

409A NORTH MAIN
NEXT TO WONDERLIN
GALLERIES
PLANTS
AND SUPPLIES




BOOK REVIEW : the poverty of power

38

THE POVERTY OF POWER, by Barry Commoner

The sun is burning up! Or running down. At the rate of 354,600,000,000 tons a day. That is a lot of energy, and, as far as we know most of it is wasted. The earth gets in the way of and stops about one billionth of it. Most of it is wasted here too. About the only way the earth uses it is through photosynthesis. We humans don't have much to do with that. In fact, at the rate we cut down trees, spread asphalt, and lay astro-turf, we act as if we are opposed to the process. Photosynthesis gives us oxygen to breathe and food to eat.

Plants have been around a lot longer than humans and probably will be. Plants from millions of years ago were buried underground. They formed petroleum, natural gas, and coal. These are fossil fuels, or potential energy. Fossil fuels were created by the sun.

At the rate we consume energy, we are running out of the principal resources --oil and natural gas. There is nothing at all we can do about this, except practice conservation, which would be unthinkable.

The political portion of the earth known as the United States is fortunate because it has a lot of coal. Burning coal, without precaution, can foul the air. Mining coal is a very quick way of causing soil erosion. However, strip mines can be filled in and replanted in grass and trees. This can be done only if the people who mine coal are willing to take less profit. Don't bet on it happening.

Another source of power is nuclear energy. However, the United States is rapidly running out of uranium. The government has spent billions developing "breeder" reactors, which convert uranium into a recyclable fuel--plutonium. Plutonium is far more radioactive (dangerous) than uranium. So far, no safe way has been discovered to process or handle plutonium. But the power companies want to use it because it promises a cheap way of generating electricity. Watch out for Jimmy Carter. He was a nuke, one of Admiral Rickover's boys on nuclear submarines. If he is elected, he might make the fissionable fashionable.

The difficulty is that the American people really don't know the score on energy and the dangers to the environment and human safety. TV news programs are blatantly sponsored by oil and power companies. The people are not given enough information or correct information to make intelligent choices. In fact, some viewers get a comfortable feeling about Exxon and Edison.

Barry Commoner, an ecologist long before the subject became fashionable, has been pointing out for years the destruction of our environment brought on by modern conveniences, mass production, and scientific progress. His latest book, *The Poverty of Power*, surveys the sources of energy and studies how these could be more intelligently applied. He believes that we should be investigating the possibilities of solar energy and converting to this as soon as possible. However, a coalition of power companies, academic researchers, and federal agencies seems to prefer not to. The government allocates to nuclear research twenty times the amount it appropriates for solar.

Commoner believes that we will make no steps in the right direction until the people who produce power will be motivated more by social values than by profit. To accomplish these ends, he recommends a socialistic economy. However, he offers no suggestions about controlling bureaucrats. The real danger to human, animal, and nature comes from bureaucratic type thinking and planning. It makes no difference whether the economic system is socialism or capitalism; many of the energy and environmental difficulties in the US have arisen because of the short-sightedness and bureaucratic inertia of government agencies (a form of socialism). From most reports, the errors perpetuated by the socialistic system of Russia have been even worse. Without protection from bureaucracy, socialism is no better than the system we now have.

We could, of course, practice conservation. Our standard of living would be changed but not necessarily reduced. We might have to give up the convenience of the automobile and jet travel. Electric railways (trolleys and inter-urbans) are a highly efficient form of transportation. Restoring the back yard clothes line is a simple way to convert to solar energy. Through a combination of sun, petroleum, and coal we apparently would have adequate supplies of energy without exposing ourselves to the dangers of plutonium. But if you want to bet, bet on plutonium and the "breeder."

--Bill Linneman



'Wattaya mean, 2 I.D.'s?'

the
galery I & II
DOWNTOWN NORMAL
827-9586 827-9137

NOW OPEN FOR LUNCH
Tues. thru Sat. Open 12 Noon

Featuring Lasagna, Ribeye &
Red Snapper Dinners

NOW SERVING COCKTAILS & MIXED DRINKS

from 12 noon to 8:00 -
Most Bar Drinks 65c

POOL * PINBALL * FOOSBALL * ELECTRONIC GAMES

Entertainment Nitely * Flicks

\$1.00 off any large or family pizza

One Dollar Off Coupon

GOOD UNTIL SEPTEMBER 30, 1976



Record High Ripoffs

Illegal underpayment of workers covered by Federal wage and hour laws rose 11 percent in fiscal 1976 over the previous year, the Labor Dept. reported.

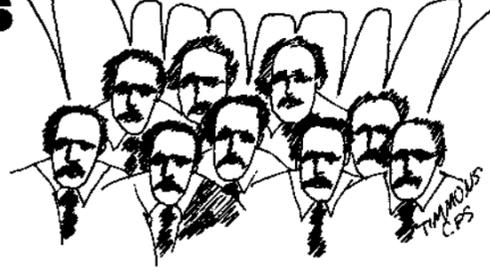
Nearly \$120.8 million--a record high--was found due to 563,278 workers during the period from July 1, 1975 to June 30, 1976. In fiscal 1975, nearly \$109 million was owed to 472,404 employees.

Under the Fair Labor Standards Act, government investigators found that 296,324 workers failed to receive the required minimum and were underpaid by \$38 million. Another 261,892 employees were underpaid by \$51.2 million in illegally withheld overtime pay.

Under the Equal Pay Act violations discovered by the government involved \$17.9 million found owing to 24,610 employees. The Equal Pay Act requires equal pay for men and women doing substantially equal work in the same establishment.

Violations of the Age Discrimination in Employment Act resulted in underpayments totaling \$8.6 million to 1908 workers, the government found. The law prohibits arbitrary age discrimination against persons between the ages of 40 and 65.

Information for these articles comes from the Illinois Federation of Labor & Congress of Industrial Organizations Weekly News Letter, July 24, 1976.



Candy Workers Winning

Workers at the Russell Stover Candy plant, Marion, S.C., voted by a margin of more than 2-to-1 for representation by the Bakery & Confectionery Workers (B & C).

With all but 40 of the 639 eligible workers casting ballots in the National Labor Relations Board (NLRB) election, the vote was 410 for the B&C and 177 for "no union." The company challenged 10 ballots of union members who had been fired prior to the election, and two ballots were declared void.

The B&C said that the union achieved the overwhelming victory despite the personal involvement in pre-election activities of Louis L. Ward, President and Board Chairman of the Stover corporation, target of a nationwide boycott by the B&C with the full support of the AFL-CIO Executive Council.

In the two weeks before the election, Ward toured the plant, speaking to the workers, sent them personal letters, and addressed them during the showing of a film depicting "labor violence." A barrage of anti-union literature was also directed at the plant workers.

Additional attempts to sway the workers against the union came in the form of the company's claims that it had received anonymous telephoned bomb threats at the plant, the B&C said. On two occasions, work was halted and the employees were let out of the plant while police searched the facilities. No "bombs" were found.

Earlier this year, the B&C also won representation rights for workers at the Ward Paper Box Co. Marion, S.C., a major supplier for Russell Stover operations, owned by the company's President and Chairperson.

The national boycott of Russell Stover candies continues with the full backing of AFL-CIO unions. The boycott has also received the support of consumer, religious and senior citizens' groups.



a touch of class

115 North St.
452-4613

Downtown Normal

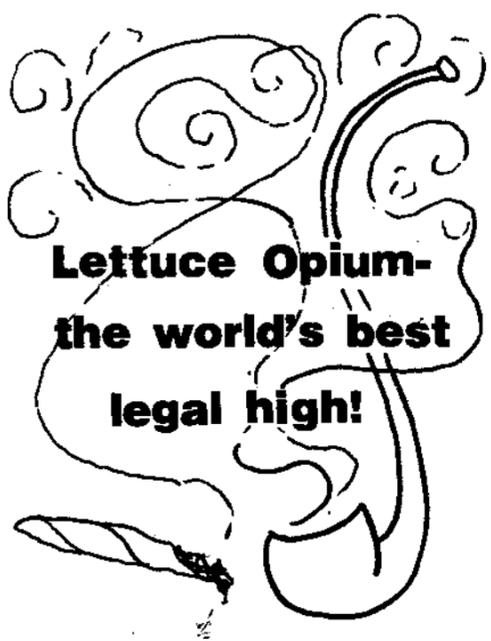
Downstairs Divinyl Madness

Store Product List

Pipes-Papers-Flies-Bongs-Incense-Macrame and Supplies-Pottery-Baskets-Glass Lampshades-Leather Goods-Onyx and Malachite and Metal Decoratives

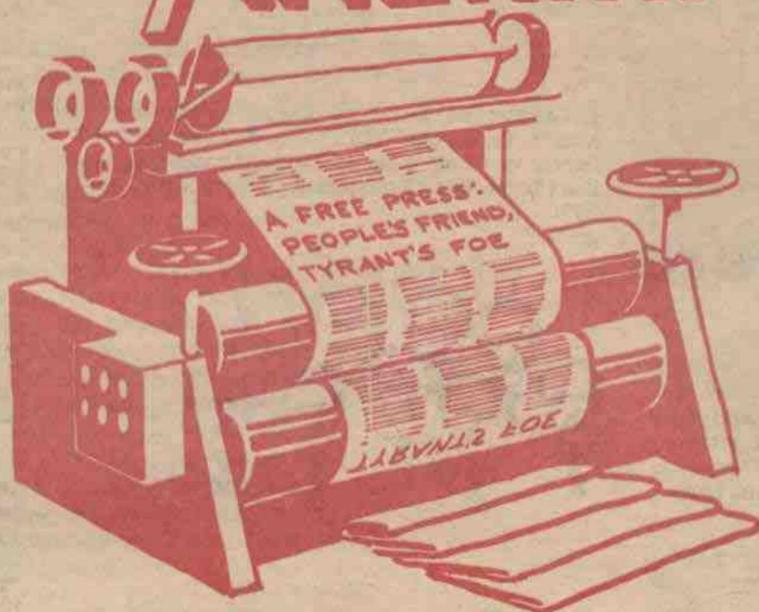
Macrame Supplies

- 10 lbs #5 #4 #3 Jute \$15.40
 - 5 lbs Tree rope \$11.40
 - 10 lbs Welt cord 5/32 \$17.40
 - 250 ft 5 ply Jute ball \$1.54
 - 315 ft 2 ply Jute ball 78¢
 - 155 ft 4 ply Jute ball 78¢
- (everyday prices)



Lettuce Opium-
the world's best
legal high!

POST AMERIKAN



the people

Post Amerikan T-Shirts!

HIP
Outasite
Cool

SEND COUPON TO:
POST AMERIKAN
P.O. BOX 3452
BLOMINGTON, IL.
61701

ENCLOSED IS \$3.00 FOR EACH
POST AMERIKAN T-SHIRT.
SEND SHIRT(S) TO:

NAME

ADDRESS

ZIP SIZE OF SHIRT(S)
S - M - L - XL

SERIOUSLY, THESE WASHABLE 2-COLOR SILKSCREENED SHIRTS
ARE REAL, AND WE WANT EVERYONE TO WEAR THEM!

How you can help on the Post-Amerikan without doing any work.

A lot of people have asked about how they can help out the Post-Amerikan once in a while, but they don't have enough time to commit themselves to actually coming down to the office regularly or writing or layout. As a non-profit all-volunteer paper, we need all the help we can get, so we've thought about it and compiled this incomplete list of ways busy people can help.

- 1) Help pass the paper around. After you've read your copy, give it to people who haven't read it. Get extra copies and leave them in restaurants, laundromats, busses, and other public places where people might get their first chance to see a copy. If you're really into it, get subscriptions for people who probably wouldn't get the paper regularly on their own.
- 2) Donate office supplies. We know a lot of folks have easy access to a lot of extra office supplies, and we can almost always use these things: letter envelopes, manila envelopes, address labels, black (or red) felt tip pens, ball point pens, liquid paper and correctype, typing paper, rubber bands, scotch tape and masking tape, staplers and staples, exacto knives and extra blades, pressure lettering, photo enlarging paper, scissors, and surely a bunch of things we forgot to put on this list.
- 3) Call us up (828-7232) when our newspaper vending machines are empty or broken. A lot of times a machine stays empty a long time just because none of us know it needs filling. We don't have enough time to check them every day. Sometimes folks get ripped off for a whole week from a machine that's broken, and we don't find out about it. Call us up. We want to know.
- 4) Do you have an electric typewriter you can lend the Post-Amerikan one weekend out of each month? During the weekend we lay out the paper, we always need more typewriters. The newer models with the cartridge ribbon are best. Then we can use their special film ribbon, which looks better for printing.
- 5) Just by looking at the paper, you can tell we are dependent financially on advertising. We're not going to urge you to go out and spend money in every
- 6) If you are friendly with a businessperson, why not encourage him or her to sell the Post-Amerikan, or advertise in it?
- 7) If you know about any hot news (or cold), call us up. Don't assume that we already know that something is going on, because most of the time we only find out from our readers.
- 8) If you have a few minutes, write a letter-to-the-editor (even though we don't have an editor) telling us what you think about something that was printed in the paper. We would really like the Post to serve as a sort of community forum, so letters and opinions from readers are welcome.
- 9) This is a big one, but some mothers who work on the Post-Amerikan have a lot of trouble getting day care, especially for layout weekends, which happen once a month. If there's any way you can help babysit for part of one weekend (days) a month, call up the Post, and the mothers will talk with you.
- 10) Would you be willing to sell a bundle of papers each month? This would be really helpful, especially if you live in rural McLean County, where the Post is harder to find. Post sellers even make a little spending money on the deal.
- 11) You can also help by getting Post-Amerikan T-shirts for you and your friends (see the ad above).
- 12) There's probably a bunch more stuff. If you have ideas about a way you can help out, just call us up. Or if you want to come to meetings, write articles, and/or help on layout, call up. We'll be glad to have you.