

Eastern Illinois University

The Keep

The Post Amerikan (1972-2004)

The Post Amerikan Project

2-1975

Volume 3, Number 10

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

Bloomington Day Care Center Farmworkers
People's Bicentennial A Look at Food

Feb. 1975

Bloomington - Normal

15¢

POST AMERIKAN

VOL. III
NO. 10



Growers and teamsters collude to cage the farmworkers' union.

ADDRESS
CORRECTION
REQUESTED

BULK RATE
U.S. POSTAGE
PAID
NORMAL, ILL.
61761

ABOUT US

Mail, which we more than welcome, should be mailed to: The Post-Amerikan, 108 E. Beaufort St., Normal, Illinois, 61761.

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 operating of a paper like this. We have one brilliant, dynamic, underpaid coordinator; the rest of us don't get paid at all, except in ego gratification and good karma.

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.

Anybody who reads this paper can tell the type of stuff we print. All worthwhile material is welcome. The only real exception is racist and sexist material which we will vehemently not print.

Most of our material or inspiration for material comes from the community. We encourage you, the reader, to be-

come 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

Thurs., Feb. 6, 8:00 PM
Tues., Feb. 11, 8:00 PM
Wed., Feb. 19, 8:00 PM
Fri., Feb. 21, DEADLINE, 8:00
Sat., Feb. 22, LAYOUT, after 2 PM
Sun., Feb. 23, LAYOUT, after 2 PM

These meetings are at the Post office, 108 E. Beaufort, Normal.

Subscriptions cost \$1.75 for twelve issues, \$3.50 for 24 issues, etc. Buy one for yourself and a friend.

You can make bread hawking the Post-- 7½¢ a copy, except for the first 50 copies on which you make only 5¢ a copy. Call 452-9221 or stop by the office.

Our number is 452-9221, or you can reach folks at 828-6885 or 828-0945.

POST SELLERS

BLOOMINGTON

The Joint, 415 N. Main
DA's Liquors, Oakland and Main
Medusa's Bookstore, 109 W. Front
Illinois Wesleyan Union
News Nook, 402½ N. Main
Book Hive, 103 W. Front
Cake Box, 511 S. Denver
Gaston's Barber Shop, 202½ 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
Biasi's, 217 N. Main
Discount Den, 207 N. Main
SW corner, Morris and Washington

HOUSING PROJECTS

Sunnyside Neighborhood Center
Wood Hill
Evergreen

NORMAL

Strictly Uptown, atop the Gallery
East Vernon (Towanda Bi-Rite)
Minstrel Record Parlor, 311 S. Main
Newman Center, 501 S. Main
Student Stores, 115 North St.
Mother Murphy's, 111½ North St.
Ram, 101 Broadway Mall
Al's Pipe Shop, 101 Broadway Mall
Omega, 101 North St.
Hendren's Grocery, 301 W. Willow
Thomas Michael's, 108 North St.
SW corner, North and Fell St.
Sugar Creek Book Co-op, 108 Beaufort
The Gallery (right in front)
Lobby Shop, ISU Union
Cage, ISU Union
Recreation Center, ISU
Midstate Truck Plaza, Rt. 51 North
North Rt. 51 (in front of the Falcon)

TABLE of CONTENTS

Albee-Waters Strikes Again-----	3
More on the Good Doctor-----	4
Bloomington Day Care Center-----	5
Contemporary Look at Food-----	7
Mass Sterilization in Puerto Rico-14	
Men's Page-----	15
Newz Breefs-----	17
Vegetarianism and Health-----	18-19
And of course, more on our county's sheriff, John King-----	12-13

If all of you folks out there hadn't heard, the Weather Underground has struck again. This time they blew up a couple floors in the State Department Building in Washington, DC. A Post-Amerikan reporter called New York City the last week of January to arrange to have a copy of the Weather's 12-page communique sent here. Hopefully, next month we'll be able to share some of the contents of it with our readers.



WILL THE PENTAGON BE NEXT?

RIISING UP ANGRY FUNNIES

Panel 1 (Top Left): I DON'T BELIEVE THE PRICE OF \$6.45, OVER OF A DOZEN IN SOME STORES, THAT'S A DIME AN EGG.

Panel 2 (Top Right): WE DO ALL THE WORK AND BUSINESSMEN GET ALL THE PROFITS. ALL WE GET IS CHICKEN FEES... BESIDES, THAT'S TOO MUCH FOR PEOPLE TO PAY FOR EGGS....

Panel 3 (Middle Left): I WAS THINKING IF I LAY ONE EGG WITH 12 YOLKS INSTEAD OF 12 YOLKS PER DOZEN, IT'S LESS WORK FOR ME AND LOWER FOOD BILLS FOR THE PEOPLE...

Panel 4 (Middle Middle): IMAGINE!! 12 YOLKS IN EVERY EGG. IT WOULD BE LIKE GETTING A DOZEN EGGS FOR A DIME. GET IT ON HENS!!

Panel 5 (Middle Right): ARE YOU TROUBLE MAKING BUSINESS AND THROUGH... WHO CARES WHAT THE PEOPLE PAY. I'VE GOT MY PROFITS TO MAKE...

Panel 6 (Bottom Left): BORDON'S DAIRY: SO THE DAIRY... AND WE'LL LAY OUR MARKLE EGGS... WHO CARES WHO THE PEOPLE PAY? I'VE GOT MY PROFITS TO MAKE. GET OUT!

Panel 7 (Bottom Middle): JEWEL FOODS: AND MR. JEWEL... THE PEOPLE DON'T LIKE YOUR STORE BETTER... WHO CARES? I'VE GOT MY PROFITS TO MAKE.

Panel 8 (Bottom Right): DEPT. OF UNEMPLOYMENT: YES-I HAVE A POSITION FOR ABOUT 30 FOLKS... MEAN HENS... EMPLOYMENT STARTS TODAY... AND WE ARE GOOD WORKERS AND KEEP THE MONEY VERY BAB.

Panel 9 (Far Bottom Right): NEXT MORNING: MY GOODNESS... (A chicken reads a newspaper with the headline: 'MILKERS AND FARMERS TO BE FIRED')...

ALBEE-WATERS AND "DIRTY TRICKS"



It seems as if Albee-Waters/Century 21 Real Estate will go to just about any lengths to insure themselves of getting "their" money--including actions that are flagrant violations of tenants' rights.

Sometimes when landlords think they are getting ripped off the amount of rent due them, they tend to overreact and lock tenants out of their apartments, seizing property that would cover the rent that is due.

Of course, there is a responsibility on the part of landlords, no matter what their economic power is, to use legal avenues to collect that rent. Any other method is a criminal act.

Additionally, the tenant complains that heat was not reaching her apartment and that the bathroom sink needed fixing. The tenant complained a number of times, but no action was immediately taken--even though Waters claimed that maintenance people were on call 24 hours a day. Other cases have indicated that Albee-Waters is indeed slow in responding to maintenance calls from tenants.

At his office, Waters insisted that confiscation of property was their policy. A quick examination of their lease revealed no such provision; no declaration of this policy was posted in the Albee-Waters office.



JED WATERS--A BENIGN LANDLORD?

BREAKING AND ENTERING, THEFT?

This January, Albee-Waters sent Chet Waters, Jed's younger brother, who does maintenance for the firm, to change the locks on the front door of an apartment at 710 W. Mulberry. Jed also asked Chet to take whatever might cover the back rent (\$330) which was owed.

Chet picked up an amplifier and a turntable from the apartment, damaging a lamp in the process. The younger Waters then took the hot goods to his brother's office.

At no time did Jed Waters make any move to obtain a distress warrant, which would have legally enabled him to remove the stereo. Jed Waters seems to have committed crimes of breaking and entering and theft of over \$150.

But Albee-Waters never gave any considerations to the tenant's reason for withholding rent. Rent was being withheld because hot water was insufficient--it would turn cold soon after the hot water began running.

DECEPTION AND INTIMIDATION

The ultimate in deceit and intimidation was soon to follow, though. The tenant went to the Albee-Waters office on East Washington to reclaim their stereo, which the tenant himself had borrowed. Albee-Waters returned the stereo on the condition that the tenant's sewing machine be given to him instead as collateral.

In his office, Waters insisted that the amount of money he makes on each unit he rents is negligible and that "we only clear about \$5 to \$8 profit each month on each unit." He also mentioned how placing money in the bank would provide better returns for him, in other words he could make a bigger profit just keeping his money in the bank instead of managing housing for ungrateful tenants who ask for unreasonable amounts of heat.

Either the A-W firm suffers from mismanagement, or Waters is practicing fiction writing. It's hard to believe that A-W is running a charity organization.

At this writing, legal recourse is being considered by the victimized tenant.

Jeremy Timmens

Tenants who have complaints about landlords in the Twin-cities should feel free to contact the Post-American so that the information can be relayed to our readers. For help in determining direct action on the complaint, Bob Murshener at the ISU Tenants' Union can suggest possible directions tenants can take. Legal services for ISU students are provided free of charge.

Pantagraph ads: truly "classified"

In October of 1974, a woman named Betty called the Pantagraph to place this classified ad: "3 women, 2 men need four or five bedroom house. Have pets."

The Pantagraph employee told Betty that her ad, which referred to five people none of whom were married to each other, violated the paper's policy of "good taste," and would therefore need to be reworded. She suggested that Betty publish this ad: "5 people need large house. Have pets." Betty agreed.

In January of 1975, a woman named Cindy called the Pantagraph to place this classified ad: "Need gay or liberal roommate to share large house in Bloomington."

The Pantagraph employee told Cindy that her ad violated the newspaper's policy. In attempting to reword the

ad, Cindy mentioned that she didn't care whether the roommate was male or female. The Pantagraph person replied, "Well, we do." She suggested that Cindy publish this ad: "Need girl to live with two other girls." (In the conversation, Cindy consistently said "women," while the other woman said "girls.") Cindy refused the ad, as the proposed editing changed it beyond recognition.

Cindy was told that it was against the newspaper's ad policy to print either "gay" or "liberal", but neither Cindy nor Betty was given any further explanation other than the vague "good taste" guideline.

I called the classified ads manager, hoping that he could specify what is and is not distasteful to the Pantagraph. Unfortunately, I was unable to arrange an appointment

with him, and over the phone he seemed unable or unwilling to clarify the paper's definition of good taste.

Good taste is probably as subjective a phrase as any in the language. I personally find it in bad taste to refer to mature males and females as men and girls rather than men and women, as the Pantagraph ad section does. By decreasing that communality, homosexuality, and liberalism are in bad taste, the paper is assuming, in effect, a moral position. This position is not only oppressive; it is one which is slowly becoming less and less the position of the majority.

Hopefully, the Pantagraph's brand of alienating moralism will be rewarded in the only manner business seems to understand: a decrease in profits.

WOMAN REPLIES TO LETTER ON RUDNICKI

I feel that I must reply to a letter from Kay Shilgalis printed in the last Post. Under a thin disguise of rational argument about an article concerning Dr. Rudnicki, Ms. Shilgalis shows herself in this letter to be prey to profoundly anti-woman feelings and beliefs. Like many women, unfortunately, Ms. Shilgalis has embraced the values of her oppressors.

Ms. Shilgalis is supposedly criticizing an article in which a woman complained of being misdiagnosed and mistreated by Dr. Rudnicki. Shilgalis says that the article "sounds like a transcript from a suburban coffee klatch. We are presented absolutely no facts."

Think about this for a minute. On a deeper level, Ms. Shilgalis is saying that when women get together to talk with other women, they tell lies. Also, she seems to be saying that there's a special group of mendacious females, i.e. suburban women, who are especially fond of swapping whoppe s.

Who ever started this myth that women's conversation is trivial and false? The myth reeks of distrust and fear of women as a group. The roots of mistrust and fear are misunderstanding and insecurity, and the fruits are people like Ms. Shilgalis.

I admit that when women get together, they complain. They complain about being screwed over by their doctors, their landlords, their bosses, and their lovers. Their complaints are also usually believed by other women, since these women usually have been similarly screwed over.

In whose interest is it to build up disbelief in women's complaints? It is in the interest of those who exploit women, and know that they exploit women, and don't want this exploitation made public. It is not in the interest of women.

Women's complaints are threatening to people who exploit them. If exploitation is to continue smoothly, the validity of these complaints must be kept constantly in doubt. The press, television, and mainstream culture help keep women's honesty in question through stereotyping. On the other hand, the cultural stereotype of doctors is one of honesty, competence, and near-perfection. This creates an almost religious belief in the statements made by doctors in everyday life.

If a doctor made a comment to the mainstream press, his comment would be

printed with few credentials besides his title. On the other hand, if a woman makes a comment to the press, she is expected to provide witnesses, credentials, and incontrovertible proofs that she is telling the truth.

Even then, Ms. Shilgalis implies that the press should really investigate this woman's age, socio-economic class, personal history, and probably morality, before believing that she knows what happened to her in the doctor's office.

Ms. Shilgalis' statement that she met Dr. Rudnicki twice, and that he was pleasant and personable on those occasions, is silly if it's supposed to defend Dr. Rudnicki. No one ever argued that Dr. Rudnicki was incapable of being pleasant. The charges against him are much graver than mere critiques of his smile. Ms. Shilgalis trivializes the real complaints by

making it sound as though women are criticizing only a few "human" personality quirks and a couple of minor misdiagnoses on Dr. Rudnicki's part.

Anyone who reads the Post series, (which Ms. Shilgalis admits she has not done, but still feels free to criticize as a whole), knows that Rudnicki is consistently accused of outrageous violations of medical ethics and grossly damaging physical mistreatment and misdiagnosis. These accusations should not be passed off as neurotic whinings.

I am glad that the Post-Amerikan has allied with those of us who take women's problems and women's oppression seriously. Someone, sometime, must be willing to challenge cultural stereotypes and come out firmly on our side.

Sincerely,
A woman reader

GETTING OVER

(Getting Over is a regular column by the B-N Men's Group.)

CHILDREN DON'T NEED SEXISM

Sexism is terribly damaging in our society, and I'm just beginning to realize how destructive it has been to me.

When I was young, people were constantly harassing me and getting onto me because I wasn't fitting into the supposedly "right" role. I was supposed to be a little man and shun any "feminine" feelings or urges. I had, well, I danced, sang, played with dolls, put on dresses, and loved it for a while, till by force I was supposed to give up all these childish things.

I loved dancing lessons and really felt proud that I could actually excel in any area (I was never good in sports); however, any praise I might have received was nothing to the kidding and harrassment I got because of my interest in dancing.

I was probably in at least as good physical shape as any of the athletic

kings. Not once did anyone sit down with me and tell me it was fine, if I wanted to dance, play piano, etc. I needed someone to let me know that my interests were just as valid as those of other "normal" people. I desperately needed support and never got it.

All children need support to help them be free to find what they are and what they like. So much has been lost because people have been brainwashed into believing that they have to limit their lives to fit roles that really don't have to apply anymore.

These cultural restrictions must be recognized and fought before people can be free, realize their full potential, and find happiness. Children are very important, and liberation is as important in their lives as it is in ours.

David

Domestic Wines

Imported Wines

Gridley Cheese

Cold Beer

Ice Cubes

Snacks

UNIVERSITY

LIQUORS

Support
This Store

786 W. Beaufort

452-4912

No More
Gallo

OPEN

9 AM - 1 AM MON-SAT

1 PM - 1 AM SUNDAY

A VISIT WITH

BLOOMINGTON DAY CARE

(Post-Note)-- On January 28 two Post-American reporters visited the Bloomington Day Care Center located above the MARC Center at Jackson and Morris. What the visit revealed was a group of hard-working staff members and aides and a room full of energetic youngsters between the ages of two and five. Despite the lack of space, this day care center is working smoothly from day to day and providing young children with fine care while parents are working.



In operation for a little over two years, the Bloomington Day Care Center provides an almost limitless number of services for youngsters under Title 4A of the Social Security Act. BDC is funded by the State of Illinois and also receives federal money-- all of which is allocated through the Department of Children and Family Services.

We spoke first with Maryanne Ford, who is the head teacher for the program. She showed how the room is sectioned off according to the age of the children. At full capacity, the day care center serves up to twenty children between the ages of 3½ to 6 in one section of the room, and up to fifteen children between the ages of 2 to 3½ in the other section. But as we noticed, mere barriers don't always work to divide highly energetic, curious children from one another.

Later, when we spoke with Mary Abel, the director of BDC, we learned that for now the one-room facility is all that is available for the day care center. Even though the staff and their aides would like more room to work with the children, Mary emphasized that BDC meets all state regulations for day care. Further, Mary mentioned that there are no serious financial difficulties faced by BDC-- a committed 15-member Board of Directors handled most of the financial work before the staff was even hired.

Education and health are important facets of the day care provided the children. Maryanne noted that children are introduced to some language development, pre-school math, art, science and physical coordination as a part of their daily activities. Mary added that for children with speech difficulties, an ISU speech therapy program works with certain youngsters in a speech stimulation exercise-- because "some children are very shy." The Public Health Department periodically checks the children's hearing and vision, in addition to administering special tests, especially for pinworms. Mary stated that pinworms are extremely common in pre-school children and are very contagious. She said BDC can detect pinworms while the youngsters are napping because the children's scratching is more noticeable while they are still.

If the children come in before 8:00, they can have breakfast at the day care center. Otherwise, they are given morning and afternoon snacks, in addition to lunch. In this respect, Mary feels confident that the children are given good food. When she was asked if she was aware of certain programs which gave youngsters foods like Hostess Twinkies as part of a government contract with ITT, Mary said that "cookies and juice" are not part of the children's diet. Instead, she prefers to give them many kinds of foods: raw vegetables and fruits; cheese; and home-made breads and other goodies which the children are encouraged to help make.



Eligibility for services provided at BDC are pretty strictly defined by the State of Illinois. Mary explained that family size and income, like many state programs, defines who may take

advantage of the services. Essentially, eligibility is determined in the following way:

- Family of 2--yearly income \$4500 or less--eligible.
- Family of 3--yearly income \$6000 or less--eligible.
- Family of 4--yearly income \$7500 or less--eligible.
- Family of 5--yearly income \$9000 or less--eligible.

Families with an annual income over \$9000 are not eligible.

Mary mentioned that because of the sliding scale, some families do not have to pay fees, but that most pay something for the service--usually not over \$50 a month. But she stated that if both parents apply, both must be working, and it is more difficult to achieve eligibility. Maryanne mentioned that some children were not returned to the program when a parent was laid off recently, causing the family to lose their eligibility.

As far as staff needs are concerned, Mary feels that BDC's needs are being filled quite well. ISU students fill most of the volunteer positions, but as Mary observed, most of the volunteers are women. Maryanne noted that "most men are inhibited about choosing to work here" but "children really enjoy being around men." So the need for men to work with the children is obvious--"a majority of the children do not have an adult male in the home."

Bloomington Day Care Center is not the only day care facility in the Twin-Cities. There are many others which function similarly to BDC. But as Maryanne pointed out, "I really don't think that there are enough day care centers." The Post-American would like to hear from others concerned with day care, and for those interested specifically in the Bloomington Day Care Center, would like to invite people to the board meetings held the third Tuesday of every month at 7:30 p.m. at the day care center.



The Cake Box

- Complete Line of Bakery Goods
- Cakes, Donuts, Rolls, Cookies
- Decorated Cakes Our Specialty
- Open 7:00-5:30 Monday thru Saturday

PH. 827-8870

511 S. DENVER · BLOOMINGTON

RUDNICKI NAMED AGAIN FOR NEEDLESS ABUSE OF PATIENT

(Post-Note): By sheer chance, this reporter was able to interview another woman claiming abuse and malpractice by Dr. Rudnicki. She wishes to remain anonymous, but the situation should be immediately recognizable by Dr. Rudnicki and others involved. Any other information about Dr. Rudnicki should be sent to the Post-Amerikan, 108 East Beaufort St., Normal, Illinois 61761.

Post-Amerikan could think of no valid medical reason for such frequent breast examinations.

In the hospital, C. wore a night gown a great deal of the time, allegedly causing Rudnicki to comment, "You shouldn't wear night gowns because you're just advertising."

about the blatant abuse of his power as a gynecologist and repeated mistakes in his examinations, Rudnicki was not sued for malpractice until late in November, 1974. (See Post-Amerikan, December 1974 and January 1975.) Perhaps Dr. O'Neill was partially correct when C. overheard him saying that "Rudnicki always seems to get out of trouble."

But despite many women's claims

C. outlined her experiences with Dr. Rudnicki in October, 1972, and November, 1972. She claimed that on a number of occasions, Dr. Rudnicki had her hospitalized for no apparent reason. In October, 1972, she was hospitalized at St. Joseph's for a D and C operation. C. claimed that no tests were administered by Rudnicki during her entire stay.

November, 1972, was a completely different story. C. was hospitalized for nine days for treatment of trichomonas and mononucleosis. According to C., Rudnicki had told her that she "was a physical wreck and that if I could fill out an obituary it would make my work easier for me." C. underwent a series of tests, and to her surprise found herself scheduled for a complete hysterectomy. Another physician, Dr. O'Neill, intervened, claiming she had ovarian cysts, and prescribed treatment for them.

But the trichomonas led to a bad yeast infection, causing "warts" on her vagina. Again Rudnicki examined her, and this time claimed that she had syphilis. According to C., Rudnicki told her that her condition was caused by "dirty sex" and having too much sex with "dirty hippies." Again Dr. O'Neill intervened, diagnosing her problem as a yeast infection and again prescribing treatment. C. mentioned that Dr. O'Neill was rather upset with Rudnicki's second wrong diagnosis.

Meanwhile, C.'s bout with ovarian cysts caused her stomach to swell considerably, and she experienced a great deal of pain. According to C., in Rudnicki's haste to deal with her symptoms, he became belligerent and shouted at her, "Goddammit, I know your stomach is swollen, but I'm not a veterinarian!"

C. says that Rudnicki constantly attacked her for her lack of morals. "If you wore a bra, men wouldn't notice your breasts and it would help keep you out of the sack."

But despite Rudnicki's profound observation, C. alleged that Rudnicki examined her breasts three to four times a day while she was in the hospital. A doctor contacted by the

BOOK WIFE

103 W. FRONT BLOOMINGTON

NEWSPAPERS & MAGAZINES

COIN & STAMP SUPPLIES

COMICS

GREETING CARDS

SMOKES

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

ADULT NOVELTIES PAPERBACKS

828-3422



101 BROADWAY
NORMAL
61761
(309)452-9222

WHEN YOU'VE GOT THE BLAHS.....
SPEND SOME TIME WITH US!!!!

PRAN
"for the unique in contemporary crafts"

- *Buckles
- *Jewelry
- *Imports

- *Turquoise
- *Cord & Yarn
- *Beads, etc.

PROFITEERING ON PEOPLE'S NEEDS A CONTEMPORARY LOOK AT FOOD



For years Americans were content with food without additives, artificial flavors and colors, preprocessing or prefabrication. Fast food restaurants were not in existence, and indeed there was no real desire for them.

During the middle 20th century, these things changed. This was a period in which agribusiness growth was nothing short of phenomenal, with people like Earl Butz in Halston Purina spearheading the drive toward bigger and bigger food conglomerates.

The 1800's saw the great majority of farmers taking their goods into town to sell directly on the marketplace; but during the 20th century this was slowly changing, and in the 1950's and 1960's the changes became more rapid and noticeable.

Many people have the illusion that because food prices are skyrocketing, farmers are prospering. This is only partially true. For the small farmers and family farms who are contracted to food conglomerates to grow food, or raise livestock, or sell it to them, times are no better and worse in many respects.

Last year, chicken raisers in Alabama got 2¢ a pound for their chickens; this year, livestock raisers who sold veal got 17¢ a pound for veal which sells for about \$2.17 in the super-market.



The farmer is now very likely contracted to grow or harvest fruit for a big company and s/he must sell his/her food to them or face not having a market. In California, the law provides that large growers can set up advisory boards to determine how much food should go on the market; then they can legally have the rest plowed under and destroyed. In 1971, 200,000 tons of peaches were destroyed in California of a "peach surplus."

A local elevator near Bloomington sells oats at 3½¢ per pound; rolled oats often cost 40-50¢ a pound in the super-market.

Food co-ops are an effort to rectify this situation. Food co-ops are able to pay the farmer more, and pass on great savings to the consumer at the same time. Often the food is also fresher and organic. wheat berries--which look like dark rice, and have half the protein of hamburger--sell for 8¢ a pound in co-ops.

There are some farmers who are prospering a great deal, however, and those are the corporate farmers, such as ITT, maker of wonder bread, and Tenneco, which owns millions of acres in California and contracts for millions more.

And every time the small farmers can't make ends meet because of the meager prices they get for their products, you know who buys them up, or gives them a loan on the condition they keep on contracting.



This is not to say that good conglomerates don't have their expenses; they do. One expense has been the millions of dollars spent to advertise "new improved" foods and convenience foods which often cost more and are less nutritious.

Rolled oats are now put into small packets, grated more finely, and processed to the point where they can be cooked in one minute, etc. This does save about 5 minutes but unfortunately it costs 4-5 times as much as rolled oats from a co-op, it is less nutritious in addition, and some say it has less flavor as well.

Of course, artificial flavors can always be added to replace the natural flavors lost.

Flour is a good example of the same thing. white flour came on the market originally as a product improvement, bleached to make a light white bread. Of course the promotional advertisements did not mention the fact that whole wheat flour has half the protein content, per weight, of hamburger, whereas white flour has negligible amounts of it, or that the important vitamins and minerals in whole wheat flour are mostly either refined out in making white flour, or bleached out in the whitening process, which makes the bread "look better." Of course, taking the wheat and bran out also means that they can be sold separately at record high prices as "health foods."

Processed foods, slightly more convenient, took out valuable nutrients, but with the aid of millions of dollars of advertising, the TV pushed products increased in popularity.

The production of disposable containers increased in proportion



with that of "convenience" foods, as degradable metal (steel) containers were replaced by aluminum ones, deposit bottles replaced by throwaways, and plastic production, requiring petroleum, increased dramatically.

As the fancy package became more and more important, just as important, it seems, as the quality of the product itself, the over-packaging of products increased. The result was not only the waste of valuable national resources needed to make plastic, but also the addition of tons of non-degradable products to landfills and roadsides.

Litter became a recognized national problem. The proliferation of fast food restaurants also played a great part in the waste problem; and, in despite oil industry warnings of an oil shortage, there never was a shortage of throwaway plastic.

In part, the trend toward convenience foods and fast food restaurants made sense. For young people during the 1950's and 1960's the fast food restaurant was a place to go. For the housewife it was an escape from the nightly routine. In the 1800's it was not unusual for men to cook; the frontiersman with his pot of stew on the wooden stove was common.

But in the 20th century this became less prevalent, as Victorian ethics and other influences led women to become more domesticated and home-bound; there was a resurgence of more restrictive sex roles in this regard which continued until the mid 1960's.

These changes in the early 20th century put most women securely in the home and the man in the role of "breadwinner." Sex discrimination often kept the woman from "going astray." So often the housewife's alternatives to kitchen drudgery were convenience foods, whose value has surely been overrated, and fast food restaurants.

The trend has changed recently, however, new efforts are being made against sex discrimination, and honest role-sharing is becoming a realistic alternative for millions of Americans. Sometimes the husband has to (gasp) cook his own meal once or twice a week. Sometimes cooking is alternated, or other arrangements are made.

Other housework is also being shared increasingly, though it is still not unusual to see a married couple where both work full time and yet the woman is still expected to do ALL the housework. This is the process of changing.

Role-sharing and food co-ops are probably the two major alternatives to over-processed foods at high prices. The farmer receives more for his or her food; the consumer pays less, and through a process of self-education realizes s/he is capable of eating better for less; fast - restaurants are patronized less, and less is spent and less waste is produced; but the woman can still be able to stay out of the kitchen if she wishes to (role-sharing should always be based on individual needs and desires).

Less money spent on food means more to be spent on other things, or less overtime spent at work. Better nutrition means better health, and ultimately happier people.

Dave Burdette

UFW SUPPORT GROUPS BEGIN LOCAL 1975 CAMPAIGN



UNARMED AND UNAFRAID

Despite chilling weather during the week of January 25, United Farmworkers support groups set up informational picket lines at two National Liquor stores in the Twin Cities. The marchers informed customers of the need to boycott Gallo wines--all wines bottled in Modesto, California.

To date, only one liquor store in the Twin Cities has agreed to stop ordering Gallo wines--University Liquors, at 706 W. Beaufort in Normal

On Wed. Jan. 22, 7 ISU students, members of the United Farm Workers Support Coalition and the Association of Latin American Students, performed before members of the Illinois Migrant Ministry Council, meeting at the Disciples of Christ Church in Bloomington.

The skit, "La Quinta Temporada (the Fifth Season)," was written in the '60's and originally performed in the fields of Calif. by Teatro Campesino. The play shows exploitation of farmworkers by growers, the denial of unionizing rights, and the power that farm workers, united with supporters, can exercise.

Following the skit, the performers and participants met at the National Liquor store in Bloomington and set up a brief informational picket line. Upon returning to the Church, Elise Medina, the new Illinois boycott director, told the Post-Amerikan of the need to continue pressure on many fronts--Gallo wine, table grapes, and iceberg lettuce. According to Medina, as many as 200 million pounds of table grapes remained unsold during the past season, and tons of grapes have been dumped in the fields because of low consumer demand.

BOYCOTT

Gallo

- Gallo
- Paisano
- Thunderbird
- Carlo Rossi
- Eden Roc
- Boone's Farm
- Spanada
- Tyrolia
- Ripple
- Andre
- Red Mountain
- Wolf & Son
- Madria Madria
- Sangria
- Joseph Steuben

** Also, any wine which says "Modesto California" on the label belongs to Gallo.

Boycotts have been an essential part of past farmworker victories. To help protect farmworkers rights

DON'T BUY THESE LABELS

Further, Medina emphasized that new contracts will be negotiated this spring, and that with increased support from consumers, the UFW expects to win back the contracts lost to the Teamsters during the last negotiations. Medina stated that E & J Gallo refused to negotiate UFW contracts in 1970, forcing UFW members to strike and allowing Gallo to hire scabs.

In other action by the local UFW supporters, an NBC white Paper documentary on migrant laborers was shown in Newman Center on Jan. 23. The film showed the plight of migrant workers: the lack of decent housing, educational opportunities, guaranteed work, and sanitary living conditions.

The final action by the UFW Support Coalition and the Association of Latin American Students was another informational picketline at the National Liquor store on N. Main in Normal. The Normal police showed up, but when they were assured that the only purpose of the picketline was to inform customers why they should avoid purchasing Gallo wine, they left.

To assure the Farmworkers of victory in the fields, more picketing and educational seminars are scheduled for the coming months. If you are interested in donating some time to the UFW struggle, contact either Mike or Verna at 452-5046 or 452-8081. Viva la causa!



Mr. Kelly's Dune Buggy has ready-to-eat pizzas and sandwiches. Watch for it around ISU between 9 and 12.

Mr. Kelly's Fine Pizza

204 NORTH ST.

FREE DELIVERY IN NORMAL

452-5112 and 452-1995

True pizza lovers know the difference between mere crust-and-tomato-sauce and a real pizza--and they go to Mr. Kelly's Fine Pizza. They know Mr. Kelly isn't stingy with the ingredients, and still offers competitive prices.



**HOURS: 4PM-1AM MON-SAT
4PM-11PM SUN**

COUPON

MR. KELLY'S FINE PIZZA

free small pizza

With purchase of any family-size pizza.

Good until March 7, 1975. Coupon not good for dune buggy sales, nor in combination with other coupon offers.

COUPON

pregnancy journal



The publication of this journal has lagged behind the real events. Irene Joe and Ann did finally decide on home birth. The successful birth was reported in the last issue of the POST.



Next week will be the beginning of the 7th month. This is the month I've been waiting for, because the baby is supposed to gain a lot of weight this month, and my abdomen should get much bigger.

On July 25th, Ann, Joe and me went to see Dr. Brodsky in Champaign again. He looked at my stomach and breasts and said the baby was 1 inch above the navel and would push against the diaphragm. It already is doing that and causes me to feel short of breath.

On August 29 we went to Champaign again, to see the Lamaze teacher this time. Her name is Rose and she has her own office in the medical building. She is accredited by the official national Lamaze organization. She looked at my abdomen and listened for the baby's heartbeat through the abdominal wall with a stethoscope. We listened also. It was a very muffled sound. Rose invited Joe and me to listen, but we had to ask her to let Ann listen. Rose also did a quick test on the urine sample. Then she explained to us that Lamaze is one of many methods of mother-father participation childbirth but it is not

"natural childbirth," because Lamaze does use pain killing drugs for the mother. Lamaze teaches specific breathing and muscle control exercises which control pain and aid delivery. I liked Rose until she got insistent about a routine episiotomy when we questioned it. Even with 3 of us against 1 of her, she managed to be quite intimidating. She has the attitude that makes you feel you have no right to argue - I guess it's called authority. I'm not afraid of the birth but I am afraid of the doctor and the hospital because they're crazy.

Since we talked to Rose, we had been considering home birth seriously, although I am afraid of complications and infection. I am ordering the Emergency Childbirth Manual by Dr. Gregory White. It costs \$4.50 from 3412 Ruby Street, Franklin Park, Illinois 60131. It's the police training manual and it's very good. You can order the natural home birth course from Natureville, P.O. Box 59, Lawrence, New York 11559. (\$21.00)

U. S. Moves In

From Liberation News Service

Throughout Asia, U.S. troops are on the move. Increasing tension in the military situation in Indochina has been accompanied by stepped-up U.S. military activity not only in the Philippines but also in Okinawa and in mainland Japan.

It was widely reported that after the fall of the provincial capital of Phuoc Binh to the National Liberation Force on January 7, more than ten U.S. Navy ships--including the carrier Enterprise--left Subic Bay in the Philippines and sailed in the direction of Indochina and the Indian Ocean.

Less widely reported was the large-scale U.S. military training operation that began in Okinawa on January 1. According to Okinawan observers, this operation is much larger than any undertaken even at the height of the Vietnam War. The operation is in a U.S. Marine training area in the northern mountains of Okinawa.

At the same time, several thousand U.S. troops were sent from Okinawa to the Philippines on a combat-loaded amphibious landing craft, and other Marines have been placed on four-hour alert. In addition, there has been considerable logistical activity at Naha port, Kōbu, and White Beach in Okinawa, as military supplies are being sent to South Vietnam and South Korea.

GALLO--STILL GROWING

Livingston, Ca. (El Malcriado)-- More than three million family farms have sold out to agribusiness corporations from 1945 to 1974, including some 100 small growers swallowed up by Gallo in this grape-producing area.

The effect on this once-typical American farming town has been to change a community of neighborhoods into a corporate community--no longer responsive to local needs.

The Gallo family held only two small vineyards before WW II. In 1946, Gallo merged with Valley Agricultural Company and not long afterward bought out American Vineyards, then the biggest Thompson grape grower in the area with roughly 1200 acres.

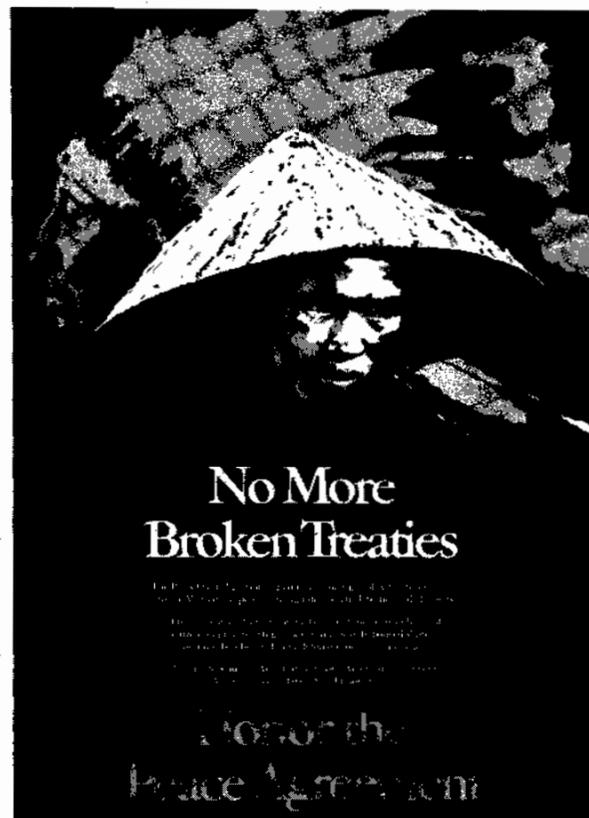
Since then, Gallo family members plus the giant Gallo winery and its subsidiary businesses have acquired at least 16,000 acres in Merced, Madera, and Stanislaus counties. The land expansion goes on today.

The Gallo businesses are privately held, or family-owned corporations, so they are not required by law to issue public statements on their assets.

Editors at the Modesto Bee newspaper say the Gallos have always been "very tight-lipped" about their business and operate like a "medieval fiefdom--they don't follow anybody, they lead."

The Modesto Bee newspaper files show the Gallo concerns "growing fantastically" and "almost continually expanding" in the mid-Sixties, but the newspaper provides no details supporting these characterizations other than what Gallo chose to tell in its press releases of the time.

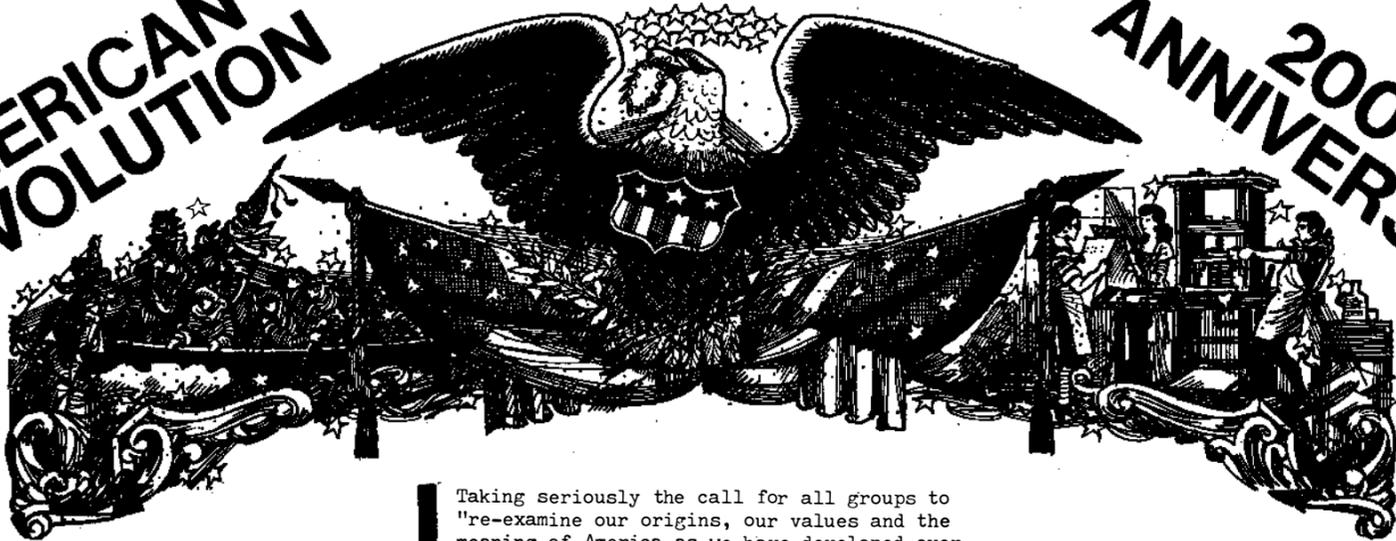
Among the several Gallo subsidiaries is Gallo Glass Company of Modesto, which owns 3385 acres at Livingston Ranch, 2217 acres at Snelling Ranch, and 252 acres at Modesto Ranch.



But just because Gallo is still growing, there is no reason to step on the people who work harvesting the grapes. Until Gallo decides to deal with the farmworkers fairly, informational picketings will be a common site in the Twin-Cities.

AMERICAN REVOLUTION

200th ANNIVERSARY



GETTING WITH IT

The following groups are interested in community participation in planning and organizing local Bicentennial activities and observances:

McLEAN COUNTY BICENTENNIAL COMMISSION

(affiliated with the State and Federal American Revolution Bicentennial Administration (ARBA))

Guy Fraker, chairman 828-4310
Clerical office: McLean County Association of Commerce and Industry 829-6344

BLOOMINGTON-NORMAL BICENTENNIAL COMMITTEE

(a citizens' group with long- and short-term programs)

Donald Davis, chairperson 438-8367

McLEAN COUNTY HISTORICAL SOCIETY

Wayne Rogers 828-1213

ILLINOIS STATE UNIVERSITY BICENTENNIAL COMMITTEE

Irwin Spector, chairperson 438-3160

ILLINOIS WESLEYAN UNIVERSITY BICENTENNIAL COMMITTEE

Jerry Stone 556-3184

or
Ed Noll 556-3186

COMMUNITY FOR SOCIAL ACTION

Jack Porter, director 828-9148



The **TIMES** are
Dreadful,
Diffral
Doleful
Dolorous, and
DOLLAR-LESS.

CALL TO ACTION

Citizens should be aware of the official themes of the national Bicentennial Observance as developed by the American Revolution Bicentennial Administration and publicized by the Illinois Bicentennial Commission:

HERITAGE '76

"A nationwide summons to recall our heritage and place it in historical perspective. All groups within our society are urged to re-examine our origins, our values and the meaning of America as we have developed over the past two centuries."

FESTIVAL

"A nationwide opportunity to program festive celebrations and cultural events which encourage citizens to expand their knowledge of the United States and its people. Americans are encouraged to extend a particular welcome to visitors."

HORIZONS '76

"A nationwide challenge to every American to undertake at least one principal project which manifests the pride, priorities and hopes of his community or organization. The commission encourages every group to pool resources and talents in a constructive effort to demonstrate concern for human welfare, freedom and the quality of American life as we enter the third century of democracy."

Citizens surely can respond to the sentiments expressed in these three themes. They are designed to suggest a variety of activities to all citizens concerned with the nation's past, present, and future.

Taking seriously the call for all groups to "re-examine our origins, our values and the meaning of America as we have developed over the past two centuries," The Post-Amerikan feels that it's necessary to look honestly at the historical record to see what's really there--both the good and the bad. In our attempt to "recall our heritage and place it in historical perspective," in this issue we present the following:

JAPANESE-AMERICANS PUT IN CONCENTRATION CAMPS

Following the declaration of war with Japan, many citizens regarded the numerous Japanese-Americans living in this country with anger, hostility, and suspicion. In this climate of hysteria, and after agitation by such columnists as Westbrook Pegler and Walter Lippman criticizing the government for not dealing with the "Japanese problem," President Franklin D. Roosevelt in March, 1942, issued Executive Order 9066, which gave the U.S. Army sweeping powers to deal with the enemy-alien problem. General John DeWitt, commander of the Western Defense Command, declared the western half of California, Washington, and Oregon a "Military Area" from which all persons of Japanese ancestry would have to be removed. The justification for this dispersal of Japanese-Americans inland was that it would reduce the possibility of sabotage and a Japanese attack on our West Coast.

About 5,000 Japanese-Americans voluntarily left the Military Area, with no help from the government or the Army. They were met with such hostility by the inland Americans that General DeWitt halted the voluntary evacuation and created a new "critical area" including all of California, most of Oregon and Washington, and the western part of Arizona. The Japanese who had resettled voluntarily and even acquired new land were uprooted, given short notice to report to "assembly centers," told to dispose of their property. Each person could take only what he or she could carry in hand. Personal-property loss has been estimated at \$350 million.

Ultimately 110,000 Japanese-Americans were uprooted from their homes and businesses and shipped to military "assembly centers" before being transported to 10 hastily constructed barracks-type concentration camps located safely inland at isolated and remote sites in California, Idaho, Arizona, Wyoming, Colorado, Utah, and Arkansas. These were opened for occupancy between March 21 and Oct. 6, 1942. Things moved fast. From March to May, 1942, large numbers of Japanese-Americans--confused, frightened, not knowing what would happen to them--were crowded under military rule into temporary assembly centers as the permanent detention camps were being built. The barracks camps to which they were finally sent were built by the Army Engineers according to orders that specified only bare essentials--rows of block barracks of frame and tar-paper construction, mess halls, hospitals, and latrines. The War Relocation Authority, created by Roosevelt's Executive Order 9102, provided only pot-bellied stoves and bedding. The prisoners would have to make their own furniture. Barbed wire and watchtowers and Caucasian staff control (in superior housing) added to the indignity the prisoners suffered. In the camps, further attempts were made to segregate the Japanese-Americans on the basis of their willingness to swear to a confusing loyalty oath. The Nisei (born and educated in America were bitter at being imprisoned without trial. In 1943 and 1944 some attempts were made to relocate the Japanese-Americans by assimilating them into the mainstream of American society. But many communities didn't want them. Many older Japanese did not want to leave the camps, having settled in and having no place to go to. In December 1944, feeling that the major threat was over, the government decreed that all the camps would be closed by the end of 1945; and the Japanese were told that they would have to leave. Most had nothing to return to; since many

younger Japanese had been relocated outside the camps, the remaining prisoners were increasingly older people. The government began evacuating the camps; if the prisoners had made no provision for departure and resettlement, the government packed them up and sent them back to the places they had originally come from, giving them free transportation and (if indigent) a small money allotment for furniture and one month's rent. At their peak population, The Colorado River Center, with 18,000, was the third largest city in Arizona, and the Gila River Relocation Center, with 14,000, was the fourth largest in Arizona. The Heart Mountain Center, with 11,000 was the third largest city in Wyoming. All the camps were closed by the end of 1945.

Source: William D. Zeller, An Educational Drama: The Educational Program Provided the Japanese-Americans during the Relocation Period, 1942-1945. New York: The American Press, 1969.



CALENDAR

February

- Feb. 2, 1848. Treaty of Guadalupe-Hidalgo signed, ending Mexican-American War, which had generated a strong protest movement on the part of those opposed to the war. The Treaty enabled U.S. imperialists to rip off 1/3 of Mexico's land.
- Feb. 9, 1968. Orangeburg, South Carolina Massacre. Four Black students killed, 50 others wounded by police attack after a protest rally.
- Feb. 19, 1942. Executive Order 9066--with U.S. at war with Japan, Germany, and Italy--puts 110,000 Japanese-Americans into concentration camps till 1944-5. (See accompanying story)
- Feb. 21, 1965. Malcolm X assassinated.
- Feb. 22 (or Feb. 17) WASHINGTON'S BIRTHDAY.
- Feb. 27, 1973. Oglala Sioux Indians occupy Wounded Knee, S. Dakota, to protest U.S. Government's treatment of American Indians.

March

- March 1, 1780. Pennsylvania Assembly passed an act for the emancipation of slaves in that state, the first such legislative measure in America.
- March 4, 1913. In Washington, D.C., 5,000 women march to demand the right to vote. (They didn't get it till 1920)
- March 5, 1770. Boston Massacre. Crispus Attucks, a Black sailor, becomes the first person to die in the American struggle against British despotism. Colonists had been heckling Redcoat occupation troops when the soldiers opened fire on the unarmed crowd.
- March 7, 1932. Dearborn Hunger March. Eight unemployed workers killed when police fire on march at Ford plant, where 85,000 workers had been laid off.
- March 8 INTERNATIONAL WOMEN'S DAY (est. 1910)
- March 8, 1774. Thomas Paine published his first article, "African Slavery in America," which called for abolition of slavery in the colonies.

PEOPLES BICENTENNIAL COMES TO TWIN CITIES

On Jan. 28, Bill Peltz, midwest regional coordinator of the Peoples Bicentennial Commission, gave a talk at the Campus Religious Center in Normal: "Back to First Principles: Community Planning for a Peoples Bicentennial." The talk was sponsored by the Bloomington-Normal Bicentennial Committee and Community for Social Action as a kickoff for a series of Bicentennial observances and activities in McLean County.

The 80 persons attending heard Mr. Peltz explain the aims and organizational format of the Peoples Bicentennial Commission, lecture briefly on some little-known aspects of the American Revolution, criticize the role of large corporations in modern American life, and outline suggestions for citizens to develop grass-roots Bicentennial activities which will reaffirm and revitalize the spirit and revolutionary principles of the Founding Fathers and Mothers.

Peltz said PBC was founded two years ago when it became apparent to a small group of concerned citizens that the official Bicentennial observance would be used by the Nixon Administration to glorify the status quo, provide a promotional gimmick for large corporations and commercial interests to "sell" the Revolution to consumers in the guise of a "Buy-centennial," and to reassure Americans that their Revolution wasn't a real revolution at all, but a minor political upset in which an aristocratic class broke away from England in order to have economic independence.



A REAL REVOLUTION

Peltz said that PBC feels Americans should be made aware that the American Revolution was very much a real revolution--a radical movement which asserted the rights of citizens to abolish an unjust government that was no longer responsive to their needs, and to achieve a major voice in the making of those decisions which affected their lives. Grounded in the ethical principles of the Judeo-Christian tradition, the revolutionary spirit cut across and encompassed all social classes--farmers, shopkeepers, workers, artisans, large landowners, bankers, lawyers, merchants, frontiersmen and city-dwellers, men and women. It's no accident, he said, that other democratic revolutions and liberation movements all over the world have looked to the American Revolution as their model and used the words and principles of the Founders in their own struggles, quoting heavily from such persons as Tom Paine, Sam Adams, and Thomas Jefferson. The Declaration of Independence proclaimed a new set of political principles and served as a guide to the French, the North Vietnamese, and other revolutionary groups.

Moreover, the Founders saw themselves as truly revolutionary, and throughout the early 19th century exported their principles, actively encouraging and supporting other liberation movements in Europe and Latin America. Peltz said there recently has been an effort on the part of the Establishment--big business, academia, and the government--to downplay the radical spirit of the American Revolution, to cover it up and pretend it wasn't there. But all you have to do, he said, is go back to the original documents and see for yourself what the Founders were saying. He agreed that some of the principles were flawed in practice; many of the Founders owned slaves, for example, and continued to do so even though they believed in the principle that "All men are created equal"--and women weren't given equal status with men in decision-making. But, he said, you have to view these people as products of the time they lived in; the statements were very progressive--a promise for the future. During and after the Revolutionary War there was harsh treatment of the Tories, whose large land holdings were broken up into small farms.



-----BILL PELTZ-----

Many of the Tory sympathizers who never agreed with the Revolution had their property confiscated and left America never to return. A popular slogan of the time, said Peltz, was "America--Love it or Nova Scotia." Thousands left (more in fact than French people who emigrated from France during that revolution). It is precisely the fact that the practices of the Founders did not always coincide with their stated principles, and the realization of how far American values have strayed from the promise of those principles, that has given PBC the conviction that the American Revolution is not yet accomplished; there is much unfinished business. PBC hopes that by drawing attention to this and also to the intentions of the Founders that their revolutionary spirit can be revitalized here at the 200th anniversary of the nation's birth, and the revolution begun then can now proceed peacefully, and without violence, to a successful conclusion. It will require, he said, that citizens insist upon their right to hold their government accountable for being responsive to the people's needs; that they establish their right to have a say in the decisions affecting them, and achieve through economic democracy a decent life for all.

PBC, he said, will hopefully help to create a Movement which will work toward these ends by drawing support from all constituencies, cutting across all party lines and social classes and occupations. To do this, PBC wishes to remind citizens of their national revolutionary heritage, encourage them to explore it for themselves, draw attention to those aspects of American life where the principles have gone astray in the last 200 years, and give a clear analysis of the present state of affairs.



THEN AND NOW

Mr. Peltz drew some interesting parallels between the 1760's and '70's and our own time. In the 1760's, the British Government began squeezing the American colonies to make up some of the expenses it had incurred in fighting the French in the Canadian Wars. A series of taxes were imposed on the colonies, and restrictions of their trade. The colonists protested to no avail, and agitators such as Sam Adams took their protests to the streets. Tensions grew with demonstrations, petitions, boycotts of merchants and goods, public humiliations of officials and supports of British policies. Things got so bad that British troops were sent to occupy Boston in large numbers. This increased the colonists' anger. Finally, in 1770, violence erupted in Boston. British soldiers fired into a group of hecklers (tavern rowdies mostly) and killed five. But, said Peltz, a "flattening out" followed the Boston Massacre, very similar to that following the Kent State Massacre in 1970; agitation tapered off, except for Sam Adams' ongoing campaign to use the Boston Massacre as a propaganda platform, and people withdrew into sullen, quiet anger. The apparent cool-out (on the surface only) led Lord North, the British Prime Minister, to assume that the troubles were over; and he smugly coined the phrase "the Silent Majority" to explain away the impact of people like Sam Adams.

But it wasn't over. The East India Company had over-extended itself financially.

To avoid bankruptcy, it went to the British Government and got a subsidy which enabled it to continue operation. It also got the special privilege of being the sole supplier of tea to the American colonies; and it was able to supply it cheaper than the price the colonists had to pay for the smuggled tea which many of them drank. But the Government slyly added a small tax onto the East India tea for its own purposes. Colonists continued to drink the more expensive smuggled tea rather than pay the tax. The Government tried to put a stop to smuggling. The Bostonians finally exploded in 1773 by raiding a ship in Boston harbor and dumping the East India tea overboard. The British blockaded Boston.

In 1774, '75, and '76, severe inflation hit the colonies. Prices went sky-high. People began to feel that there was a lot of sense in what the radicals had been saying back in the late '60's. In April, 1775 the British marched from Boston to



Lexington and Concord. They were met by a grass-roots militia of "embattled farmers" who faced them down at Concord bridge and forced them to retreat. Using guerrilla tactics--firing from behind trees and walls in ambush--the colonists drove the British troops back to Boston. And the War was on.

One of the main concerns of PBC, said Peltz, is the role of large corporations in modern American life. As one of the most characteristic institutions in our society, the corporation has come to dominate our social structure, our values, our government, and our national foreign policy. The large multi-national corporations such as ITT and IBM are responsible only to themselves; they do not feel allegiance or accountability to any government. Moreover, the corporation has legally been defined as a "person", is taxed and bears legal liabilities (can be sued) like a person; yet, unlike people, the corporation is immortal. It exists in perpetuity, generation after generation. This, said Peltz, results in basic inequalities in terms of economic and political power; for except for a handful of wealthy corporate families such as the Duponts and Rockefellers, people's wealth is limited to what they can amass in a lifetime. The corporation, unlimited in this way, stays on, continuing to amass more and more wealth (and therefore power and control) as time goes on. Those who work for corporations as producers (not the top executives) do not have powers of decision-making in the jobs they do; they do not get to participate in planning or criticize policy. PBC thinks that this situation is inconsistent with the principles of self-determinism and participatory democracy which were established as the guiding goals of the American Revolution. Worker participation and control of production has been experimented with in several European corporations (and very rarely in this country). It seems to work: production and profits, incentive and efficiency are improved, and workers have a sense of meaningful occupation. Peltz said that he hopes that "economic democracy" can be achieved as a result of the Movement which PBC may help to generate. In response to a question, he said that blueprints for what this state of affairs might look like are not possible at this time: there is no clear alternative to what we've now got in the corporate power structure. But he said the people can be relied upon to develop workable new structures. Peltz said he believes and trusts in the process of letting the people decide.

PBC, he said, is not a highly structured organization. The staff is only eight people, who get paid \$85 a week. Funding for publications and programs comes from sale of materials, contributions, and a couple of family foundations. There are no local chapters of PBC; groups of interested citizens may form their own local Bicentennial groups and pursue their own programs as seems appropriate and suitable for local needs. PBC has no "party line." People can relate to it as they choose; it simply stands as a nationwide effort to revitalize the revolutionary principles of the Founders and to go on with the business of achieving the goals of the unfinished American Revolution.



The continuing saga of
Sheriff King

ONE OF FIRST PRISONERS TO TALK TO FBI TELLS HIS STORY

One of the very first prisoners to talk to the FBI about McLean County Jail brutality was Charles Nestor. Nestor sampled some of the worst of Sheriff King's treatment, including two beatings, a stay in the black box, and denial of medical care, visits, and mail.

Nestor has written to the Post-American, making public for the first time the full story of what he told the FBI. Nestor says that everything he is telling the Post-American is already in his signed statement to the FBI.

Nestor's first beating in the county jail took place in September of 1973. Nestor remembers only 2 of the 5 cops, John King and Stanley Rader. King gave all the orders, Nestor said.

Nestor said the cops came to his cell and brought him out to the interrogation room. He said they wanted a confession and couldn't get one. "King told his goons to see if they could persuade me to give them one," Nestor said.

"They threw me into a chair, and one of the deputies stood behind me, holding my arms behind me, while Rader and his running partner started beating me in the ribs and guts. They beat me for a while, and I guess they must have seen it wasn't going to do any good, so King told one of them: 'Hold that motherfucker's head back and I'll show him how a real man hits. King then started beating me in the face with his fists."

"I passed out and I was awakened by King yanking on my hair and saying, 'Quit faking you son-of-a-bitch, we haven't even got a good start yet'."

"They then started beating me again, and I passed out again. The second time I passed out, I shit my pants and they must have gotten scared because apparently they quit beating me and put me in the black box. That's where I woke up."

Nestor said he was in the black box for two weeks. King wouldn't let Nestor change his clothes, take a shower, or see a doctor. On one occasion, Nestor said, King replied "I hope you die, you filthy son-of-a-bitch; that way the people of this state won't have to support you while you're in prison." In reply to Nestor's request to change clothes, King allegedly said Nestor should "stay in shitty clothes."

Nestor says that the effects of that beating are still with him. "I can hardly breathe out of the left side of my nose, and it gives me a lot of trouble all of the time. I can't swing or throw a ball with my right arm. I still have scars over both my eyes. My ribs still hurt all the time, and I have trouble sleeping at night."

Nestor's wife visited him not long after this beating, as we reported in Post-American II, #12. At first, officials refused to allow her to visit; after several hours' hassle, she saw him for a few minutes. Mrs. Nestor said, "When I first saw him, I started gagging. I almost threw up; that's



how bad it was. He had a big gash on his face that was still bleeding. One eye was completely blood-red--you couldn't see any white. A lot of his face was black and blue."

Even though Nestor spent two weeks in the black box after he was beaten, he still showed signs of the beating when he was returned to the main cell block. Bob Malcolm, who entered the county jail in September, 1973, told the Post-American that Nestor's left eye was totally red--even the white part. At that time, Nestor told Malcolm that the deputies had worked him over. Some of Nestor's ribs were cracked, and he had to sleep on his right side.

Nestor describes his second beating as minor, and mistakenly places the date around December, 1974, or January, 1975. But testimony of witnesses to that beating indicates that it occurred in November, 1973.

Nestor's second beating was inflicted by John King personally. Darrell Wills, Bob Malcolm, and Art Morrison were all locked in the main cellblock with Nestor just before this second beating. All three witnesses say that deputies took Nestor out of the cellblock, then returned with him a few minutes later. Art Morrison says Nestor didn't have a mark on him when he was taken out. When he came back, Morrison said, Nestor's nose was broken open, his ear was bleeding, and his cheek was puffed up.

Robert Malcolm saw through the open doorway as deputies were taking Nestor out of the cellblock. Malcolm says he saw Sheriff King taking off his suitcoat. As deputies brought a beaten-up Nestor back into the cellblock, Malcolm looked through the doorway and saw King putting his suitcoat back on.

After this second beating, Nestor had the FBI brought in. And Art Morrison, who was being locked up only on weekends, began talking to the Pantagraph. The beatings and the investigation became public a few weeks later.

Mrs. Nestor had a hard time getting in to visit her husband. At one point, King made her prove she was married (only family and spouses can visit) to Nestor. When Mrs. Nestor produced her marriage license, King said "That doesn't prove anything; you can buy those for a dime a dozen in Chicago." Finally, Mrs. Nestor said, King let her visit. But King acted like he was granting a favor, letting her in "even if you aren't married to him."

Mrs. Nestor also told the Post-American that King once produced xerox copies of her letters to her husband. She also said that the Sheriff was not giving her husband all the letters she sent him.

WELCOME TO GOOD FOOD



THE HONEY TREE

NATURAL FOODS • 124 E. BEAUFORT, NORMAL 452-9011

BANANA CHIPS WHOLE WHEAT PASTA
 RICE CAKES BULGUR MU TEA

more on King...

SHERIFF'S JAIL FLUNKS STATE INSPECTION

After three unsuccessful attempts to gain entry, the State Corrections Department has finally toured and inspected the McLean County Jail.

Though state law requires the Corrections Department to inspect local jails, Sheriff King refused to allow state officials to inspect on three occasions. Robert Perkins, head of Corrections Standards, said that his men had more trouble inspecting the McLean County jail than any of the other 101 county jails in the state.

The state did not get to inspect the county jail until after Champaign's channel 3 TV ran a report on Sheriff King's stubbornness.

The inspection resulted in a report which lists 19 violations of Illinois County Jail Standards.

Sheriff King did not speak with the state inspectors. They dealt with Wesley Weber, Sheriff King's new civilian jail administrator.

Weber told the state inspectors that the infamous black box had not been used in recent years. In Corrections jargon, the county jail's black box is categorized as an isolation cell, even though it is much worse than most isolation cells.

By claiming that the black box is not used, the jail administrator successfully evaded routine questions about the length of time inmates must spend in isolation, the type of supervision they receive, etc. The form

filed by the state says "not applicable" after these questions about use of the black box.

After the state filed its report, he Pantagraph asked Sheriff King about Weber's claim that the black box "has not been used in recent years."



King said Weber had been misquoted. The black box has been used in recent years, King admitted. But King claimed he couldn't remember the last time it was used.

Had Sheriff King followed the state rules for running county jails, he could have looked up in his records

the last time the black box was used. But King does not keep any records of disciplinary measures. That was one of his 19 violations. Several of the violations cited by state inspectors reflect complaints prisoners have previously voiced in the Post-Amerikan.

Several violations revolve around the issue of improper medical care for inmates.

The state report also criticized the Sheriff for not having a female jail officer on duty at all times. Also, the report said, it is a violation to allow male officers to enter the female area without a female officer present.

According to state regulations, profits from candy and cigarettes prisoners purchase must go to a fund which benefits the prisoners. The state inspectors were "unable to determine" where the profits from the jail commissary do go.

During the inspection, jail administrator Wesley Weber admitted that jail rules are not explained to new inmates. Jail personnel should explain the rules, the state said.

During the inspection, Weber was proud to brag to state officials that jail personnel provide books from Withers Library to prisoners.

However, one clear violation of regulations found by state inspectors was the lack of sufficient light for reading in the cells and day areas.

SHERIFF STILL FACES POSSIBLE INDICTMENT

Under investigation since December of 1973, Sheriff John King and some of his deputies still face possible federal indictment for violating the civil rights of prisoners in the county jail.

Ex-county jail prisoners began talking about beatings to the Pantagraph and the FBI in December, 1973. In January, 1974, the Pantagraph ran a three-part series on county jail brutality. The FBI closed its initial investigation at the end of January last year.

After the Post-Amerikan began extensive reporting of what goes on in Sheriff King's jail, the FBI reopened its investigation. In early fall, 1974, the FBI again closed its investigation, and forwarded a report to the Justice Department in Washington. That's where the matter has been ever since.

The Justice Department is still deciding whether or not to take the evidence to a grand jury for possible indictment.

In January, 1975, a Justice Department official told the Pantagraph that the review of the evidence against King is "off the first rung of the ladder." He didn't say how many more rungs we have to go.

Another aspect of the King investigation was opened in January. In answer to H. Brent DeLand's formal request for another investigation of King, the Justice Department said the FBI would investigate DeLand's charges that social workers have been forbidden to visit their clients in the county jail. DeLand also charged that the Sheriff had denied medical care to a 14-year old epileptic. (For the full story of that case, see Post-Amerikan III, #7.)

DeLand asked for the re-opening of the investigation in a letter made public just before the November 3rd march against Sheriff King. DeLand was arrested at that march for asking for an officer's credentials. Pressure brought by King and a state representative has put DeLand in danger of losing his job as a social worker for the Illinois Department of Children and Family Services.

The FBI has already begun to contact DeLand to investigate new evidence against Sheriff King. It remains to be seen whether DeLand's request for a public hearing on the Sheriff will be granted.

The beating and harrassment of prisoners in the county jail has received a great deal of attention in the past year. To date how Sheriff John King feels about these incidents of brutality being reported to the public has simply been a matter of speculation.

Perhaps we can infer how King feels from an interview with him by a staff member from THE ARGUS, Illinois Wesleyan's campus paper. Rumors of students being attacked had been prevalent.

"John King, security chief, said many of these incidents have not been officially reported."

"King also reminded students that it is important to report beatings..."

The POST staff would like to congratulate Sheriff King for this courageous stand he took in May of 1970. Therefore; we encourage all past, present and future residents of the County Jail to take Sheriff King's good advice seriously and report all beatings.



Mass Sterilization in Puerto Rico

(CPF) One third of the women of child-bearing age in Puerto Rico have been surgically sterilized, according to government figures. In 1968 a Puerto Rican government study showed that 200,000 women (35% of the childbearing population) had undergone the irreversible operation, and since then government programs have continued.

The government is pushing sterilization as a way to achieve "optimum socio-economic balance."

Those who push the plan cite Puerto Rico's high unemployment levels and population density. They say that the people of that country would be better off if there were fewer of them. They say that no one is forced into sterilizations - they are all volunteers. But, if you ask the right questions, the pattern of "social planning" is exposed as the plan of a few business people to control the economy and resources of a colonial country.

WHY IS THE UNEMPLOYMENT LEVEL SO HIGH?

More than 30% of the Puerto Rican workforce is unemployed. Since the US took over the island 75 years ago, the North American businesses have planned its economy. After World War II, US companies were encouraged to set up light industries in Puerto Rico. They bought large sections of land, forcing farmers into cities to become part of the factory work force. High unemployment has guaranteed docile workers for the companies. Now businesses are doing a drastic changeover from light industry to heavy industry, especially refining and mining. The workforce does not need to be so large, so the government is looking for ways to cut it down. They have encouraged emigration to the US, where Puerto Ricans are as badly exploited as in their homeland. And they have encouraged "population control."

Since 1935, the US has pushed sterilization as a means of birth control. During the 1950s, one of every five deliveries in Puerto Rican hospitals was followed by sterilization. Also in that decade, drug companies were experimenting on Puerto Rican women with early versions of the birth control pill. They were considerably stronger, and produced much more serious side effects than the pills which are presently causing controversy on the US market.

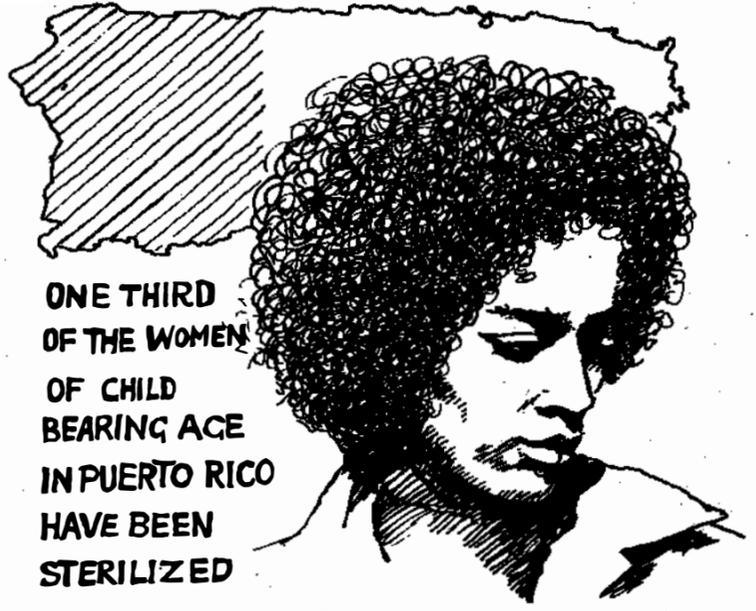
WHAT IS "VOLUNTARY" STERILIZATION?

All the statements the Puerto Rican government releases about sterilization stress that the new program is completely voluntary. But what does that mean? After a woman has a child in a hospital, the doctors will ask her if she wants contraception. If she does, they will often push sterilization without talking about other possible methods that are reversible. Women are often not told that they won't be able to have children again.

WHAT IS OVERPOPULATION?

A recent New York Times article favorable to the sterilization program justified it by saying that Puerto Rico's population density is higher than Japan's, India's, or China's. Those three countries illustrate a point. India, which was a colony for centuries, and is still exploited by Western businesses, has an extremely low standard of living. Japan, a highly-industrialized capitalist country, has problems related to the world-wide economic crisis. And China, a recently socialist country, is able to feed all of its people and is gradually raising its standard of living.

The main cause of Puerto Rico's economic mess is not population, but distribution. If China, with one-fourth of the world's people, can provide jobs and food for everyone, then so could Puerto Rico, if the resources were used and distributed differently.



**ONE THIRD
OF THE WOMEN
OF CHILD
BEARING AGE
IN PUERTO RICO
HAVE BEEN
STERILIZED
TO MAKE WAY FOR
AMERICAN CORPORATIONS**

epf

Population control as an isolated matter is not in itself a negative thing. It all depends on the economic and political forces that carry it out. In Puerto Rico, with US big business moving toward a smaller work force, they need to eliminate a potentially explosive army of unemployed. And what better way to eliminate them than to keep them from being born?

NASTY RUMOR SECTION

Students in a course on Animal Behavior at Illinois State University, taught by Jack Ward, were informed in class one day this month that Illinois State University is planning to commit murder this spring--killing off pigeons around the campus on the grounds that the birds make the buildings messy on the outside. The Post-Amerikan hopes to have a followup on this rumor next month and invites bird-lovers in the Twin-Cities to submit their feelings about the treatment of Nature's winged wonders.



We will handle special orders just for you.

Books on: Radical Politics, Economics, Current Events, Education, Health & Cooking, Ecology, Gardening, Sociology, Women, Gay Liberation, Psychology, Literature, Science Fiction, Drama, and Poetry.

Most Used Books 25¢
Trade 2 of yours for 1 of ours

**ALL NEW BOOKS
10% OFF**



SUGAR CREEK BOOK COOPERATIVE
108 E. Beaufort Normal IL 61761

Getting Over



(Getting Over is a regular column by the Bloomington-Normal Men's Group.)

A Rap on Rapping

Have you ever observed the dynamics of conversation in groups of men and women? There seems to be a pattern of privileges and techniques that fall more often to the men because of the socially approved male role. There is a difference between men as individuals and the male role, which is a behavioral mold. In other words, women can use macho discussion techniques also; however, they are more frequently used by men. It is up to us, as men, to discern how often we use the masculine discussion patterns, whether they are harmful or beneficial in each situation, and whether or not they need to be changed in order to communicate more honestly.

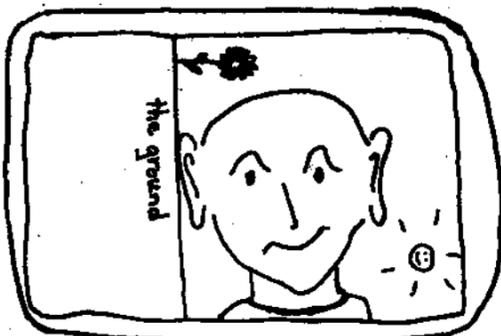
Some of the techniques used in serious discussion that typify the male role are loudness, confidence, aggressiveness, and interruption (which includes finishing someone else's sentences); also, thinking ahead and therefore not listening, and 'having your rap together.'

In a situation where your rights are being trampled, these approaches are functional, but in a discussion of a friendly nature or just general conversation their inhibiting aspect is often destructive.

Loudness is a basic and obvious means of asserting our ideas, gaining attention, and often conveying confidence and seriousness. When others have no choice but to listen to us because of sheer volume, then we have a feeling of importance. This does not mean that what we are saying is important. Shouting can easily shut others out. I've often observed men shouting at a group and other men shouting back while the women try to say something, then drift away. It is important to consider how much we talk and how much of what we say is loud. In other words, how much do we dominate by volume?

Confidence is an internal factor, externally manifested, which gives us a sense of being right when all we may be is confident in being right. This trait can be expressed non-verbally through body posture, eye contact, hand gestures, etc., which have nothing to do with actual discussion points. Confidence is a destructive trait, but it is frequently used to intimidate others, and we must be aware of that. False confidence is an aura which may prevent us from changing our minds, or from being more thoughtful, in order to save face.

Aggressiveness has some of the same qualities as confidence and loudness. Being aggressive can cancel sensitivity, and it also puts others on the defensive. It tends to divide a discussion into right or wrong sides when actually it may be just an exchange or an exploration of ideas. It also indicates that a response is expected.



Interruption is one of the most destructive devices used. When we interrupt, chances are we are not listening or are bored. Taken to the extreme, it can restrict us to our own vocal world. For example, a friend recently told me that he greatly admired Susie. Later when I told Susie what he had said, she couldn't understand what he admired about her, because she hadn't said anything in their "discussions" and felt that he didn't even know her. There is also the interruption technique of finishing a sentence for a slower talker. Frequently this ends up in a guessing game of "No, what you really mean is....." This sort of impatient interruption doesn't allow hesitation or time for thought, but grabs at a pause as a chance to talk.

Not listening is another frustrating situation often occurring in discussions. Many times it is the result of thinking ahead about what we are going to say next rather than concentrating on what someone else is saying. Being a listener is a passive, receptive activity which men are not trained to do. In a discussion of more than two people it is necessary to be a passive listener more than half of the time if everyone is actively talking.

"Having your rap together" is a phrase which means making your ideas fit your situation and making it airtight. This gives the appearance of a solidly pre-thought-out position. A 'together' rap is often not open to change or suggestion. Also, the pre-thinking process excludes or doesn't acknowledge help from others. The image of strength and intelligence is presented and, again, doesn't give the talker the freedom to search and explore ideas.

From my own experience, I find it sad that men in particular aren't able to talk out their problems until after they feel they have a grasp on the situation. If others can be involved in the process of getting a rap together it is much less isolating.

Some harmful aspects of macho discussion techniques have been discussed. I purposely did not mention many of the good points since we are already taught that they are beneficial and necessary traits to acquire. Sometimes it is important to aggressively present a confident, together rap; however, in general discussions with women, men frequently seem to dominate. It is important to be aware of how we are using these tactics to remain dominant and closed to others, denying us so much of everyone else. Being aware helps you consciously change this role behavior that has the negative effects of separating the sexes as well as creating an inequality between them. Honest communication does need to go both ways.

Chris

TALKING TO ONESELF... dennis

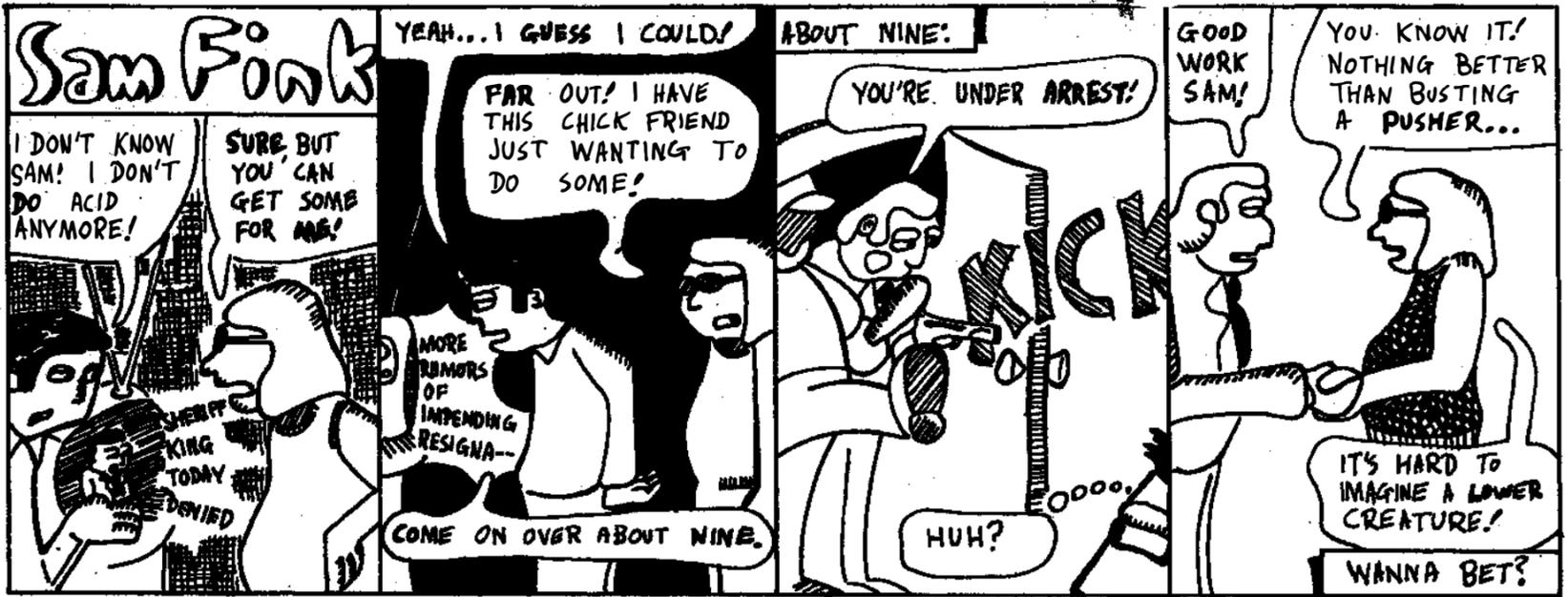


the
JOINT
general store

Storewide Sale ~ ~ 15%-50% off

415 N. Main, Bloomington

We carry necessities
for your mind & body



THE TROUBLE WITH DISTRIBUTION

Even though the Post-Amerikan has been publishing since the spring of 1972, a lot of people still haven't had a chance to get a copy. Some people who would like to get the paper regularly can't.

It's not because we haven't been trying.

Last spring, Washington Square IGA allowed the Post-Amerikan to place a newspaper vending machine in front of the store. It lasted a few months, until the manager found out that we had once printed a story about how folks can get their food cheaper by forming food co-ops. The manager ordered us to take our machine away.

Greenbriar Food Mart in east Normal let us put a machine in front of their store. Within a month, though, we had to move it. A woman

had called Problems and Solutions, complaining of the "perverted" newspaper her son had purchased at Greenbriar.

Last spring we couldn't put a newspaper machine at Towanda Plaza because the development corporation allegedly had a blanket policy against all newspaper machines. There's a Pantagraph machine there now. Officials in charge there tell conflicting stories now. One of them is lying. Maybe both.

At K-Mart, too, "policy" prevents distribution of the Post-Amerikan. K-Mart policy allegedly permits distribution only of daily newspapers.

One drug store "can't" sell the Post-Amerikan because Dr. Rudnicki phones in prescriptions there.

Last fall, taking advantage of the long-standing non-enforcement of the Bloomington sidewalk ordinance, the Post-Amerikan began placing newspaper vending machines on the public sidewalks. That lasted until an issue came out with a small article criticizing the city manager. Suddenly, the police department received complaints about the Post-Amerikan machines on the city sidewalks. One police officer told Post staffers that the orders to move our machines "came from upstairs." Within a few days, the grocery store closest to the city manager's house also kicked out the Post-Amerikan.

Incidents like these happen often. At any time, almost any Post-Amerikan distribution outlet can vanish.

So when you buy your next Post, tell the store clerk you're glad they carry it. Or send in a subscription. Or both.

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 \$1.75 to Post-Amerikan, 108 E. Beaufort, Normal, Illinois. 61761

POST AMERIKAN

Enclosed is \$1.75 for the next 12 issues.

name

address

city

state

zip

ALTERNATIVE NEWS

ALTERNATIVE NEWS SERVICE BRIEFS

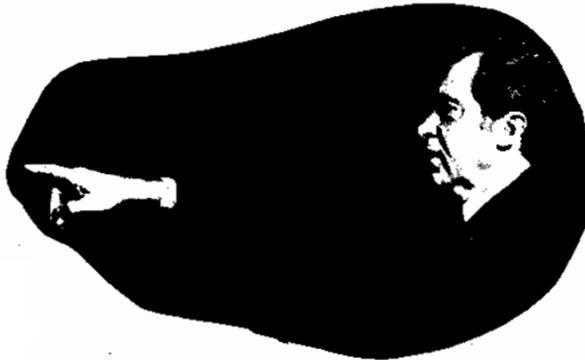
New York (LNS)--According to recent French news reports, U.S. Marines are currently involved in desert warfare exercises in Europe. A television newsclip aired January 7 showed 1000 Marines of the U.S. Sixth Fleet involved in a landing operation on Sardinia's Mediterranean coast, and indicated that future exercises would take place in France. The program's news director said the clips intended to show 'part of the contingency plans openly recognized by the Department of State as to be prepared for all eventualities.

Washington (LNS)-- The U.S. Navy is currently recruiting 1860 Filipinos who will be used as servants for top-ranking naval officers. The young Filipino men will serve as stewards, messboys, and houseboys for naval officers of the rank captain and above. Currently the vast majority of servants used by the military are Filipino, but most of them, who were hired during or before WW II, are getting old and near retiring. Admiral James Holloway, Chief of Naval Operations, who has three Filipino "houseboys" assigned to his personal living quarters, says the Navy recruits the servants out of "compassion."

Aspen, Colorado (LNS)-- Residents of Aspen, Colorado are up in arms over a proposal to carve a 150 foot high likeness of former president Nixon on a solid white peak overlooking nearby Marble, Colorado. The idea was introduced in advertisements placed in the Aspen Times

(Akwasasne Notes)--Investigations, denials, hearings and transfers have followed in the wake of charges of widespread sterilizations of young native women in the U.S. operated Indian Health Service Hospital. Although native nurses and staff employed at the hospital had been making complaints through IHS channels since last June without results, IHS director John Davis issued a directive to employees to refrain from speaking to the press and to use IHS channels for all complaints, under penalty of dismissal.

Venezuela (LNS)--President Ford's nominee for U.S. ambassador to Venezuela came under new fire in Caracas for his prior diplomatic service in the Dominican Republic and Chile. The nominee, Harry Slaughterman, served in the Dominican Republic just after U.S. Marines invaded the island in 1965 overthrowing Juan Bosch and installing the right-wing Balaguer regime. Later, Slaughterman was second in command at the U.S. Embassy in Chile just before the overthrow of the Allende government. His nomination last month was immediately denounced by parties in Venezuela who accused him of being a CIA agent and playing a direct role in the overthrow of Salvador Allende.



Washington (LNS)-- In a decision that could affect utility customers throughout the country, the U.S. Supreme Court ruled in late December that Metropolitan Edison of Pennsylvania was justified in terminating service to a customer without warning and without the assurance of due process of law. The 6 to 3 court decision handed down December 23 by the high court frees private utility companies of any constitutional obligations to give customers a notice or hearing before cutting off service.

MOVIE REVIEW

"The Seduction of Mimi"

I didn't go to see it because there was a Projectionists' Union picket in front of the Normal Theatre.

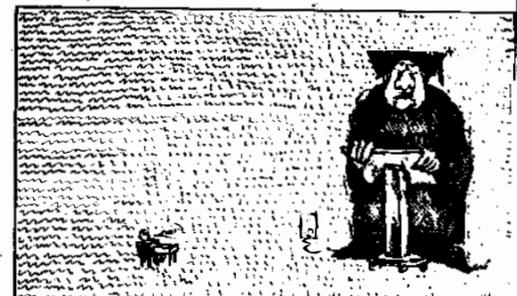
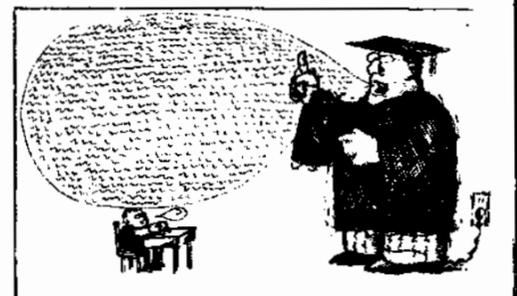
Phoebé Caulfield



Classy Fried Ads

I am trying to find a way to deal with an ovarian cyst without surgery. If there is anyone out there interested in naturopathic medicine who would like to help me, write to Jessica G. care of the POST, 108 E. Beaufort St., Normal.

I am trying to find a way to get a VW bus that's in good enough shape to live in for maybe a year or two but bad enough shape that I can afford to buy it. That is, a good body with a dead engine or something. Around say \$500 or less. If you've got any such or know of same, call me--Barry-- at 728-2891. Nice reward for any information that leads to purchase of vehicle meeting above requirements.



VEGETARIANISM

Any study of animal behavior and evolution will show that anatomical structure correlates to bodily functions, in particular, feeding habits. Humans are not biologically carnivorous as exemplified by their external physical and digestive structures.

First of all, humans are not adapted to stalk and kill prey. Carnivores are primarily nocturnal hunters and sleep during the day. Therefore, carnivores perspire through pores on their tongues; if they perspired thru their skin, as herbivores do, they would be subject to cold-night chill. Domesticated dogs (biological carnivores), for example, are active in the daytime and so must pant with their tongues hanging out to keep cool.

Meat-eating beings must function as meat-killing beings to survive. People's anatomy does not include fangs or powerful jaws, beaks, talons, or claws needed to catch and kill prey. Vegetarian animals have sharp incisor teeth needed for biting into fruits and vegetables, and well-developed molars for grinding and chewing fruits, nuts, and vegetables. The canine teeth of carnivores are sharp and large for tearing flesh and biting into the bones and organs of animals. Animal carnivores, unlike human carnivores, devour all parts of the body, getting all the nutrients available. Left to themselves without weapons, people would be totally unsuited to catching and eating animals. Humans must devise tools to kill and cut, pots and pans to cook, and then they only consider certain parts "edible." Most people would find meat-eating disgusting if they had to kill and butcher animals themselves.

If you're not convinced yet, here's more. Concerning digestion, humans, once again, cannot get it on with meat. Natural carnivores possess a digestive tract three times the length of their bodies so the decaying flesh can be eliminated rapidly. They produce 10 times more hydrochloric acid, which aids the digestion of meat, than do vegetarians. Humans have a convoluted colon 12 times the length of the body so the putrefactive bacteria and toxic wastes from the decaying flesh remain in the body 5 days or more before elimination. In carnivores, meat is ingested fresh. People eat meat days, even weeks, old, which has already begun to decay; then it spends additional days or weeks inside the body decaying more. The high incidence of heart and coronary disorders in meat eaters is due to the fat in meat. The human digestive system cannot decompose those fats, so they are deposited on the artery walls until the blood vessels clog up.

If you're not a firm believer in "Mother Nature Knows Best," or "If God had wanted us to eat meat she would have given us fangs," then here's just a few of the horrible body-pollution things carnivorousism does to you.

DISEASE AND PUTREFACTION

Anti-vegetarianism has profound detrimental effects on the heart and arteries, colon, kidneys, and especially the liver. Meat eating can cause cancer and produces excessive uric acid, which in turn causes rheumatism, Bright's disease, kidney stones, gout, and gallstones.

I already mentioned what animal fat can do to your arteries. When the arteries become constricted from fat build-up, the heart must work harder, and becomes strained.

AGRIBUSINESS INN

THE MENU

APPETIZER

SALAD

ENTRES

VEGETABLES

BEVERAGES

DESSERTS

Children especially suffer the ill effect of animal-eating. Kittens (natural carnivores) developed convulsions when fed a meat diet; toxemia from indigestion of improper proteins resulted. Non-vegetarianism is a very probable cause for the increase of childhood diseases, especially leukemia.

Francis F. Pottinger, Jr.'s experiments of cats concluded that cooked animal protein is detrimental to health. Cats remain in excellent health on a raw protein diet. For 5 years, 109 cats were studied. No cats fed on raw protein developed disease, yet those existing on cooked protein (pasteurized milk, buttermilk, cheese, ice cream, canned and dried milk, cooked eggs, fried, boiled, roasted, salted, and

heat-dried meats) developed many diseases common to humans: pyorrhea, loss of teeth and hair, rarefaction of bones, arthritis, gastritis, colitis, atrophy and cirrhosis of the liver, degenerative processes in the brain, and spinal cord, and premature death. First generation kittens showed abnormalities. Second generation kittens were born dead or diseased. Third generation kittens were nonexistent; sterility had set in.

The acids and waste products of cooked protein occur in urine, sweat, mucous (in which disease germs abound) or diffused into spinal fluid. Raw steak, anyone?

CHEMICAL ADDITIVES

Animals' innards are abused and tampered with from the very moment of birth until the packaging and preparation stage. The animal, a product of artificial insemination, is sprayed with pesticides, deluged with injected and ingested artificial hormones, fed antibiotics and insecticides, and fungicides, shot with tranquilizers, then slaughtered.

Animal meat is frequently diseased at death, is treated with antibiotics or arsenic for preservation, and is subjected to curing agents, anti-oxidants, flavoring, and tenderizing materials, coloring matter, emulsifiers, refining and bleaching agents, and mineral oil lubricants.

SYNTHETIC HORMONES

DES, diethylstilbestrol, or stilbestrol for short, is the most common hormone used. Before 1960, DES pellets were injected into poultry and before 1973 DES was routinely added to poultry, sheep, cattle, and swine feed. Now only ear implants in cattle and sheep are allowed, releasing the drug gradually. It is a potent synthetic female hormone, not broken down significantly in the liver, "queen of hormones," and is used solely for increasing ranchers' profits. 16¢ worth of DES injected leads to a \$12 increase in beef. With implants, cattle fatten 15% faster on 12% less feed. DES use saves ranchers \$90 million dollars annually. 90% of all cattle are treated with synthetic hormones; 1 in every 200 slaughtered has DES residues-- average amount 45 ppb, at times as high as 100 ppb.

--The Delany amendment, 1958, outlawed use of DES in foodstuffs. The powerful meat lobby got an exception for their feed until 1973.

--DES is "a potent dangerous chemical which cannot be purchased in drug stores without a physician's prescription," yet ranchers can receive all they want. (FDA description)



AND HEALTH

--DES causes cancer in animals and breast cancer in women. The International Union Against Cancer says it also can cause breast cancer in men over long periods of time. It causes accelerated growth of tumors, especially breast cancer.

--DES causes excessive menstrual bleeding, fibroids of the uterus, premenstrual tension and painful breasts. In animals it has caused cysts of the uterus, cervix and breasts, tumors of testicles and leukemia, paper-thin uterine walls and dead embryos.

--DES stops growth of children and causes impotence and sterility in men. The sterility rate in Amerika has risen drastically and is unusually high-- 11% of all marriages are sterile.

--DES affects the pituitary, or master gland, which in turn affects all glands, which in turn affect all parts of the body. It has a cumulative effect; as little as 1 millionth of an ounce affects humans. 0.6 ppb has estrogenic activity and most meat contains at least that amount. Four doctors testified at a symposium of animal feed in 1956 that the "cancer-producing dose of this drug approaches the infinitesimal." Breast cancer in mice is caused by .07 mg/day; until 1973 cattle were fed 10 mg/day. Cooking does not destroy the drug.

--Accumulated small doses of DES are more toxic than single large doses. Large doses are excreted, but small doses build up into larger, more dangerous quantities.

--In 1971 several women between 15 and 22 years developed vaginal cancer. In all cases save 1, the mothers had taken DES as an anti-abortion drug during pregnancy.

Ironically, of all the dangers of DES, the one inciting the most concern was the imparting of effeminate qualities to men. Headlines described the reaction in Rio de Janeiro-- "Terror in Brazil-- Men Feminized," and the copy-- "a veritable metamorphosis (of one particular man) turned into a docile, falsetto-voiced creature of strange customs." Beef sales plummeted, 40% in the capital, and up to 80% in other Brazilian cities. Meditate on that one for a while. Though known to cause cancer in women and



sometimes men, having effects of sterility, growth impairment and disease, the most violent reaction came from men fearing effeminate, "strange customs."

The rewards of DES are fatter cattle, more quickly and cheaply. However, fatter animals appear better "on the hoof" only and the fat is fat and water, no muscle. A 20% weight gain is imparted and the fat is "water and inferior culinarily" and differs chemically from natural fat; the molecules are arranged differently. There's no telling what effects that could imply. The government, our staunch

ally and almighty protector, through the U.S. Department of Agriculture, stated that DES can be used "without adverse effects on meat quality as measured by usual evaluating methods." Jack Curtis of the FDA had a different story; the preceding year he had informed the USDA that DES beef was usually one grade lower than non-DES beef. The *Farm Journal* of 1955 makes the point even clearer: "If you feed stilbestrol to your cattle, better not say anything about it when you send them to the market. You might end by getting less money."

ANTIBIOTICS

Antibiotic means "against life" and that's exactly what they are; antibiotics are fed to meat animals to prevent and kill existing disease organisms. In the long run, unfortunately, antibiotics prevent and kill a lot more than disease organisms. Commonly used antibiotics are terramycin, bacitracin, aureomycin, etc. Dairy and beef cattle, poultry, swine, and sheep, are all treated with antibiotics.

--Poultry carcasses are dipped in antibiotics for preservation; The FDA said it would not permit "antibiotic dips" unless it was proven that all the antibiotic was destroyed by cooking. 99% is destroyed; almost 1% is not. Britain banned dips, but the FDA now allows them.



--5-12% of all milk sampled by the FDA has antibiotic residues. The concentration of antibiotic residues has been increasing, although the number of incidents has lessened. So you're not as likely to get the residues, but you're sure in for a load if you do. Some milk residues have been so high that cheese making has been hindered; the penicillin knocks out cheese making bacteria.

--Feed packages containing antibiotics distinctly warn ranchers not to kill their animals until at least two weeks after they're off that feed.

--Antibiotics are used to stop the spread of disease, and those diseased animals are then to be sold as food.

--One of the most disastrous results of antibiotic use is the resistance that both germs and people develop. Extensive use of penicillin has caused a new resistant breed of staph germs. When people are subjected to repeated doses of small amounts of antibiotics, they gradually become "immunized." In a dire situation then, antibiotics are useless to stop disease.

--The FDA admits "small amounts could conceivably" cause a reaction in "sensitive" persons, such as a penicillin attack to persons with an allergy or intolerance of penicillin. The *Journal of the American Medical Association* states, "A method of developing sensitization is by administering the agent in small, repeated dosage, in the manner paralleling that of repeatedly ingesting food preserved with an antibiotic." (Jan. 1972). You, too, could become sensitive; the results are illness and death.

--Antibiotics are "vitamin antagonists." For example, aureomycin, the primary antibiotic used in animal feed, destroys bacteria in the intestine which make vitamins.

PRESERVATIVES AND COLORINGS

J. Cullen, a Canadian food inspector, says of meat colorants, "These chemicals . . . serve to fix and hold and accentuate the natural color of the meat. This leads the buyer to believe that the product is of better quality than is actually is, and in this way he is deceived. (This practice is) . . . highly objectionable, not only on account of the deception, but on account of its being injurious to health."

Antibiotics, arsenic and boric acid are a few of the preservatives used on meat; sodium nitrite, sodium nitrate, and sodium sulfite are used as preservatives and colorants of meat. These are all dangerous chemicals.

--The FDA describes them as "Poisonous per se."

--Industry condones their use with quips like this: "This additive will tenderize low grade meat cuts which are simply dipped in the magic liquid for about 45 seconds."

--Dr. Charles C. Edwards, Commissioner of the FDA, states that sodium nitrite is dangerous to small children, can deform fetuses, and can cause damage to anemic persons. A number of scientists as well as Dr. Edwards believe this chemical to be a possible cause of cancer. The tolerance for sodium nitrate is 200 ppm and residues as high as 6,750 ppm occur.

--Sodium sulfite is illegal in the US as well as many other countries. It restores the color of putrid and almost black meat, and destroys the odor of rancid meat. It does not inhibit the growth of organisms, however, so diseased flesh can be mistaken for fresh meat.

Next month's installment will discuss dairy products and health.

--Janet

SEX & AFFECTION COMIX

Jim Himes' Sex and Affection Comix is a factual introduction to sex and sex mores.

It is one of a growing species of underground comic: Comix that are written to impart information usually only found in alternative papers or magazines.

The possibilities inherent in the comix approach are fascinating. For one thing, many readers find it easier to identify with comics than with journalistic--particularly what passes for alternative journalistic--prose. Comics can be clear,, physically easier to read over muddy newsprint, and more dramatic. That last consideration, the "drama, as it strikes me is the most important aspect.

Let's look at Sex and Affection, S. and A. is written as a manual to be read to children and acquaint them with the physical and social aspects of their own bodies. It is written in vignettes from the point of view of one family--two parents, a son, and daughter. In the comic the parents, certainly the most open-minded pair I've ever seen, answer their children's questions about sex. In each case the question is shown arising from the child's experience.

What could be simpler (and harder for the artist to accomplish right)?

Those of us without foolish fears about reading something "for kids" can't help but be attracted. I'm one of those people who continually skip over those long boring passages about sexual biology in textbooks or even feminist tracts. I have yet to read anything that clearly and interestingly presented male biology to me in straight prose. Himes' comic strikes me as an ideal mode.

Well, nearly ideal. You remember what I said about the comic format having drama? Well, Himes falls victim to that fatal trap of children's drama--he occasionally gets cloying. In other words, some of the dialogue between parent and child is too nice, too unreal. Like too many episodes of Little House on the Prairie. Like too much material written with a child reader in mind.

Still, as a clear manual the book is hard to surpass. As a non-oppressive text, more importantly, it is hard to find equals. There are opinions about sex, particularly cultural attitudes, that some readers may disagree with. Himes himself points this out to the reader.

"It is likely," he writes, "there may be some statements in Sex and Affection with which you don't agree. Point this out. Tell your child that attitudes toward sexuality vary dramatically from person to person. . ."

S. and A. is, however, incomplete. Intended as part of a series with several more volumes by Himes currently in the works--the book is spare on information on contraception, lesbianism, fellatio, cunnilingus, and birth. By the end of his series, Himes expects to have a complete definitive manual.

One more interesting factor: Sex and Affection is an independently printed venture. It is not printed through any of the established underground presses, small as they are, but through a joint Himes family venture. That kind of work needs to be supported.

(Volume one in the series is available at Sugar Creek Book Store today. Check it out.

Next issue I intend to review Net Profit, a factual economic that will make you not want to eat tuna again.)

--Karl Barcs.

5 String Banjo Lessons & Guitar

Used Fender Telecasters and Used Gibson Les Pauls'

New and Used
12 String Guitars priced
To sell starting at \$75

New Song Books
Harry Chapin
Joni Mitchell
John Denver
Neil Young



107 N. Broadway, Normal
452-6412

*The Latest Trends
in gift ideas
including*

- Stoneware mugs & tankards*
- Silk-screened T-shirts*
- Doodle Art*
- Jewelry*
- Stationery*
- Wall plaques & posters*
- Specialty cards & candles*
- Hanging planters*
- And More...*

**105 Broadway, Normal
behind the Post Office**

**9:30-6:00
mon.-sat.**

RALSTON PURINA IN VIOLATION

NOISE POLLUTION REGULATIONS



In a study conducted by ISU audiologist Dr. Michael Brunt, Ralston Purina is in flagrant violation of State of Illinois Noise Pollution Control Regulations, Appendix A of the Standard Land Use Coding System. The area affected by the noise pollution levels is the entire Sunnyside Housing Project area. In five readings conducted at various locations at Sunnyside and at different times, Ralston-Purina violated the allowable sound pressure levels for nine different octave bands. Only four observations indicated that Ralston-Purina was within the law for varying octave bands. Francis Irvin, president of the McLean County Economic Opportunity Corporation has asked the Noise Pollution Control Division of the Illinois Environmental Protection Agency to investigate the claims and institute remedies for the noise pollution violations.

LETTERS & THOTS

Post Amerikan

At the end of this past summer, totally at the end of my patience with life confused and disillusioned with my people, I left, pursued the only fragment of a dream I could conjure up. I headed for Bloomington to find Joe, the most straightforward unassuming person I knew. Our dream to scar out a place of solitude, a homestead, a place we could build and farm and I could forget "the people". Well, I found Bloomington, I found Joe and I also found "the people" that I never want to forget.

At the risk of sounding trite, I can only describe my visit as enlightening. I found the women who know what they are, what they need and want. The men who aren't afraid to communicate, to reach out and help each other. And here I must express special thanks to the men's group for I feel that a certain sensitivity was uncovered within me through my short association with them. Such honesty and compassion is rare in this world, especially among men. And I found people who will work together and march together for a common cause. Although the marches I refer to and the King Pig issue were of local dimension, the cause is of international dimension and importance and I consider myself a brother to it.

When the time came, the decision was already made within me, having visited and observed, I had to return to my home with the fresh and vital ideas to share. That has been my objective.

Thanks, Bloomington, see you again.

Don Heath
P.O. #75
Hebron,
Conn.

Dear Post-Amerikan,

Last week security officer AH-6779 brought to my attention a few past copies of your community newspaper. Upon reading your slop, I'll have you know that my leg is acting up again. In fact, I just wired Nelson to tell him to cool it on the domestic spying investigations. For the life of me, I cannot understand what new issues your paper will address itself to. I thought I was the subject of your disdain, not that slovenly underling King, or whoever he is.

Anyway, life in San Clemente is mellow. Bebe called last night and told me about the new consumer freak-out he's planned: he's gonna buy out the meat futures market--the whole (deleted) thing. Pat and Tricia played "Risk" last night, but Tricia got upset when her troops couldn't conquer Asia, so she threw the whole game into the fire.

One final hint to your readers: don't swallow that fink Jerry Ford's new "electorate rapport" program. What he does is knock on an average American's door at 7:00 AM and offers to cook breakfast for the family. He did it to me last Friday and I had the runs all weekend. Good-bye for now, and remember, my kind will always be with you.

Love,
Dick

Editor of POST AMERIKAN

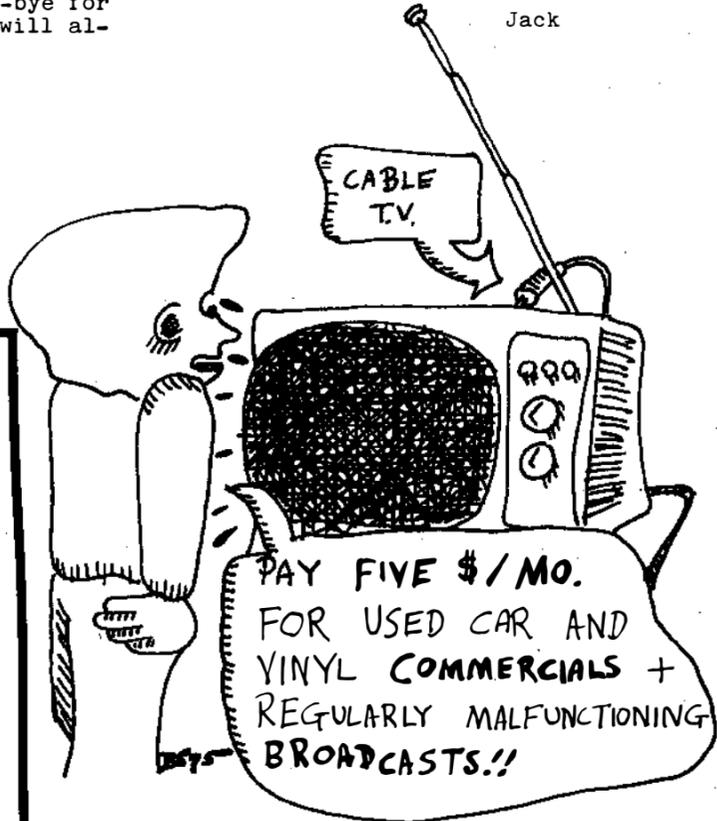
Read Vegetarianism-feminism rap. Working on totally non-exploitive ecosystem. No more rubber tree rape. Will send son to reorganize when accomplished.

Good Old Dad

Dear Post-Amerikan People--

The article "A Few Words about Pets" that was in the last issue was generally good except for the comment about sterilizing male dogs. "Males may be sterilized also, but it has little effect on the overall problem." I don't think this statement is strong enough. It could easily be read to mean that it's the female dog's fault for getting pregnant and the male dog had little to do with it. A male dog can impregnate more than several female dogs within a year, but one female dog comes into heat only a few times a year. Maybe the statement should have been-- "Accept responsibility for your male dog, have him sterilized, even though it might have little effect on the overall problem."

Jack



A Note on Damage Deposits

It seems that tenants are always getting ripped off for a great deal of money when, after vacating an apartment, the landlord claims a great portion if not all of the damage deposit to pay for upkeep. Tenants should get copies of original receipts for costs incurred by the landlord for either repairs or upkeep. Such a list must be itemized, with a breakdown of materials costs, time spent, and the hourly rate of the labor. To avoid being charged for damages apparent when moving into an apartment, perhaps tenants could take pictures of the damages, date them, and have a friend along to prove that the tenants' claims are valid.

Now 19yrs and Over Welcome

AT

Medusa's Book World

109 W. FRONT
BLOOMINGTON

8 All Color Movie Rooms

Adult Magazines, Novels, & Novelties

Also Drinking & Party Games

... HELLO, I'M INSPECTOR FIDLEY FROM THE NORMAL-BLOOMINGTON HEALTH DEPARTMENT... IT SEEMS THERE'S BEEN A LEAK OF HIGHLY POISONOUS MERCURY FROM A BROKEN MAIN... NOTHING TO WORRY ABOUT... JUST DON'T DRINK ANY WATER 'TIL AROUND 2175!



Drinking Water Is Dangerous To Your Health.

FACT:

IF YOU THINK YOUR TAP WATER IS SAFE, CONTROLLED BY THE PUBLIC HEALTH DEPARTMENT AND STRINGENT REGULATIONS, THEN THINK AGAIN. STUDIES DONE ON THE DRINKING WATER OBTAINED FROM THE OHIO RIVER AND THE MISSISSIPPI RIVER HAVE LED ENVIRONMENTALISTS TO THE CONCLUSION THAT CERTAIN MATERIALS IN WATER ARE CARCINOGENIC (CANCER-CAUSING).

FACT:

THERE IS NOW A MEANS FOR YOU AND YOUR FAMILY TO ENJOY WATER THAT IS FREE OF INSECTICIDES, INDUSTRIAL CHEMICALS, HEALTH-JEOPARDIZING CHLORINE, BACTERIA, CYSTS, LARVAE AND A NUMBER OF OTHER IMPURITIES IN THE WATER WE DRINK.

FACT:

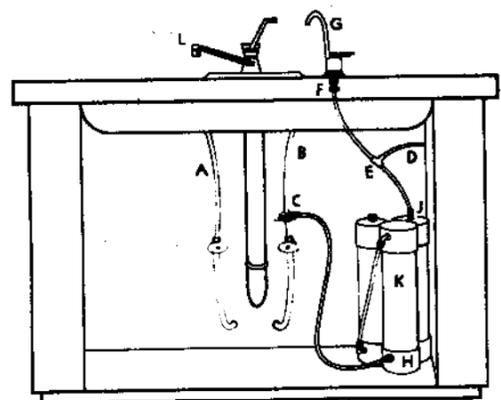
TESTS CONDUCTED BY CONSUMER REPORTS ON EIGHT LEADING WATER PURIFIERS HAVE SHOWN POLLUTION CONTROL PRODUCTS, INC. TO HAVE THE MOST EFFECTIVE WATER PURIFIER ON THE MARKET TO DATE. AND THAT PURIFIER IS AVAILABLE TO BE PURCHASED NOW IN THE TWIN-CITIES.

YES, I WOULD LIKE COMPLETE INFORMATION MAILED TO ME WITH NO OBLIGATION.

PLEASE CALL ME AT _____ I WOULD LIKE A DEMONSTRATION TO TASTE THE DIFFERENCE PURIFIED WATER MAKES IN COOKING AND IN DRINKING.

SEND TO: DRI-FOODS, BOX 5, BLOOMINGTON, IL.

TYPICAL INSTALLATION



- A. Hot water line
- B. Cold water line
- C. PCP self-tapping valve
- D. Purified water to ice-maker
- E. T fitting
- F. PCP faucet fitting
- G. PCP purified water faucet
- H. PCP raw water inlet
- J. PCP purified water outlet
- K. PCP MARK II water purifier
- L. Faucet

Prices

UNDER THE SINK MODEL ONLY \$249.95 AND GIVES YOU 4000 GALLONS.

ECONO-PAC ONLY \$39.95

"SATISFACTION ABSOLUTELY GUARANTEED."

Ask about our year's supply of dry foods--
Food for one for about a dollar a day.

I. Inconceivable Man: with naivete

what made you the way you are
what can two guys do together
howd you get that way
it isnt normal
why dont you get married
you mean you kiss each other
but hes married
you mean you swallow it
but hes a gootball player
a man cant be raped
I didnt know it was that kind of bar
I thought all interior decorators were
doesnt that hurt
youre so promiscuous
howd you get thet way
how did you get that way

II. That Is Not What I Meant at All: polylinguae

try that again and Ill drop ya
what you need is a woman
Id like to be your friend though
I guess I was drunk the other night
keep your hands to yourself creep
but Im a married man
what makes you think Im like that
Ive got a wife and kids
I dont go for all that kissin crap
you dont bite do ya
whatta you lookin at
naw thats kid stuff
sure how much
boy was I drunk last night
I sure was drunk

III: Song of the Road: stridently

lets see your drivers license
whatre you doin here
you here again
let me see your license
why dont you move along
we know what youre doin here
why dont you go home
I know what youre up to and if I ever
catch you god send your soul to heaven
hit the road and dont come around here any more
whatre you hangin around here for
I know what youre lookin for
show me your drivers license
better move on
charges will be made
we know what youre doin here
we know what youre doin

IV. Slaughter of the Innocence: internecine liturgy

Calderon was a teacher
arrested for the "crime"
he was of course suspended
but when he was acquitted
his job was not restored
the court upheld the action

in southern california
of oral copulation
from his duties as a teacher
of the charges ten months later
instead ne was dismissed
of the board of education

they said
if a person's found not guilty
it merely means his action
was not shown to be a crime
beyond a reasonable doubt
it doesn't mean he didn't do it

they said
"children of tender years"
are affected by this case
so the fact that he's not guilty
doesn't mean ne's innocent

--the red butterfly

the
gallery

Every nite Special

Now Open for Lunch
Home Cooked
Meals
Beer
and
Wine

III
e. beaufort

Mexican Menu
Tacos-Tostados



madness rushing
on human legs
walking forever
just to take
baby-steps to
someday fuzzy
dreams of
future tomorrows
little chips
flutter as
we scratch
the marble with
our fingernails.
forcing the
inherent cracks
wider and further
squeezing our
human wedge
closer forcing
fighting
till someday
the prison
might fall

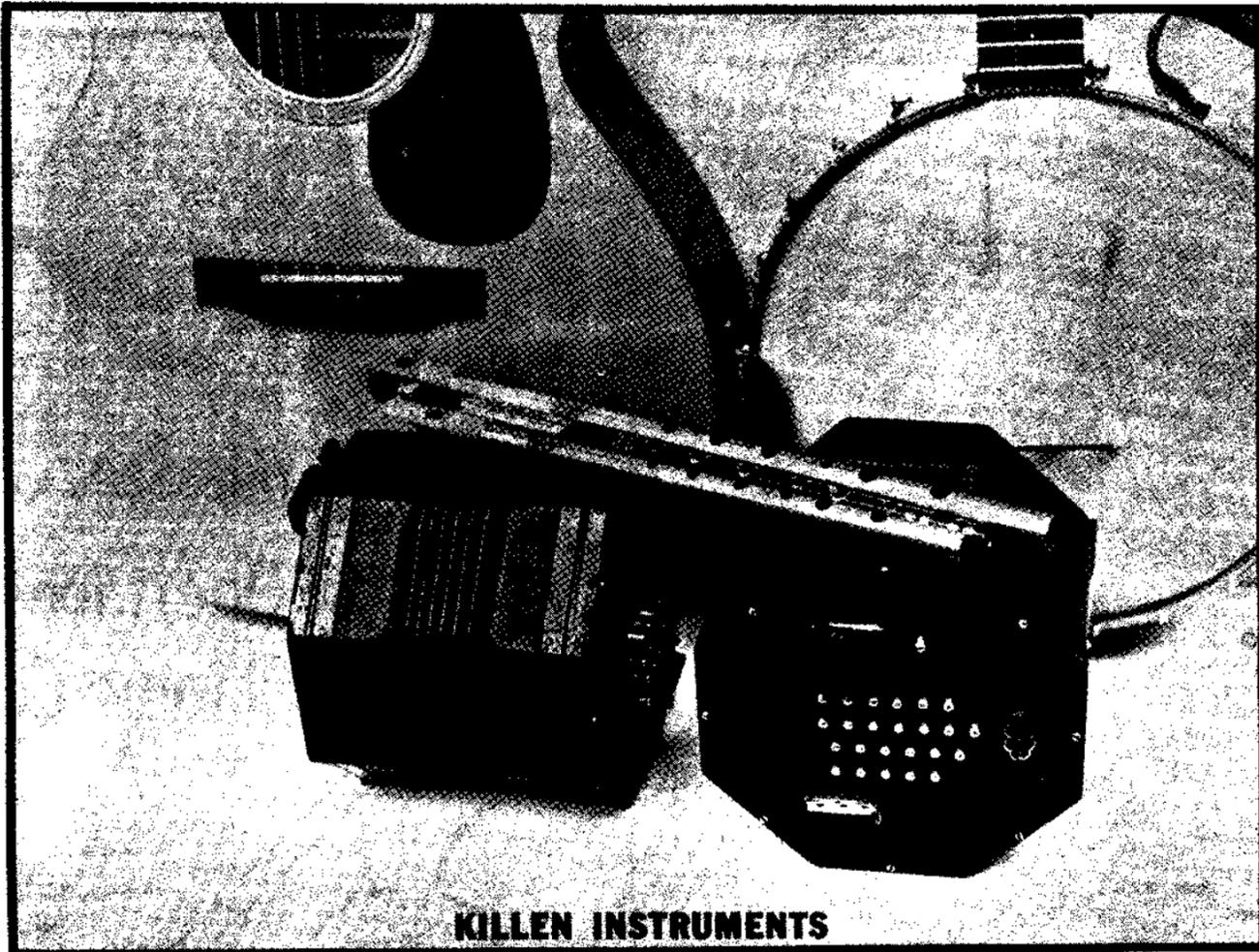
just a word to express our
gratitude for the spirit
of public service
oh what a great deed
and humble bowing of
the self to assume the
task (in a self-less
manner) nelson j recieve
our praise
heading the inquisition
of the dearly beloved
agency; the people
sing your praise,
gratitude abounds -
for you have assumed
the great task (objectively)
in the national interest.
such a mind it takes -
for can you imagine the
intestines questioning
the stomach?
(meanwhile congress
investigates you for
bribing yourself to
protect your own
interests)

"in a quiet tree lined
street much like any other
campus quiet peace and
comfortable" sits a school
much like others (near
Washington) where training
in innovative uses for
cigarettes (burning) soapy
water and god's gift
electricity - takes place -
while we sit complacently
others sit painfully
as our schoolchildren
test techniques hoping their
little dams of torture can
stop the flood of human will
cresting in liberation dreams

A Declaration of Existence

I am woman.
You, man, do not seem to understand
that I,
as woman,
am not a something you can
shove aside
leave alone
or just forget.
I am not your superior-
don't be afraid to
love me...
love me...
I'm woman YES
I am woman.
Proud and independent-
free from oppression,
but
I am human too.

-Virginia



KILLEN INSTRUMENTS

FEBRUARY 7

LOUIS and SALLY KILLEN--Louis Killen is one of the best performers of the English ballad in the world today. He comes from N.E. England and will bring to N.F.O.T.M. a musical tradition which is steeped in the people who worked, sang, and loved in and about that area. Besides his voice (tremendous) he plays concertina, penny whistle, guitar and banjo. His wife, Sally, has joined him for the concert and brings with her a New England musical heritage and a voice which can sing the ballads of the old world and new. When these people harmonize, the sound will bring joy to your heart. RECORDS--Esp 1085 Folk Legacy...thru Student Stores.

FEBRUARY at N.F.O.T.M.

FEBRUARY 14

MIKE SEEGER and GEORGE HUTSON--Mike, one of our favorite musicians, is about the best interpreter on American country music. He does it all; the banjo, auto-harp, guitar, dulcimer, fiddle, and harmonica are all used. If you can only see one show, see this one for he will give a complete survey of country music. George Hutson is a local fiddler who started playing with the Grand Ole Opry in the early 30's. He usually overpowers the sound systems with the purest toned hoedown, footstompin', good-time music ever heard. RECORDS--11 on Folkway label
3 on Mercury label
...thru Student Stores



Ralph Stanley

FEBRUARY 21

PAUL GEREMIA and WILLY BERRY--"...people leave the country, still come to the big town / lookin' for a place, hopin' the last fair deal ain't been down / those who own the brass rings, they never seem to change / everyone's there sucker, Lord now it's hard to find a grave..." (by Paul Geremia), the best in the blues guitar, from Lemon Jefferson to himself. Most of us know Willy Berry so I won't say much. He's just gonna strut his stuff. RECORDS--Folkways 31023, Sire S14902...thru Student Stores.

FEBRUARY 28

RALPH STANLEY and THE CLINCH MOUNTAIN BOYS--For all you bluegrass fans we are presenting Ralph Stanley who will show you where it all came from. Ralph Stanley has the best voice in bluegrass...high mountain lonesome. He is accompanied by the Clinch Mountain Boys, led by Curly Ray Cline, who does more than just fiddle around. These boys are a real special treat. RECORDS--Ralph Stanley has 22+ records available; County, Starday, Rebel record labels...thru Student Stores.

8PM. Friday in the Prairie Room--ISU Union