

Eastern Illinois University

The Keep

The Post Amerikan (1972-2004)

The Post Amerikan Project

5-1993

Volume 22, Number 1

Post Amerikan

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POST AMERICAN



BLOOMINGTON/NORMAL

25¢

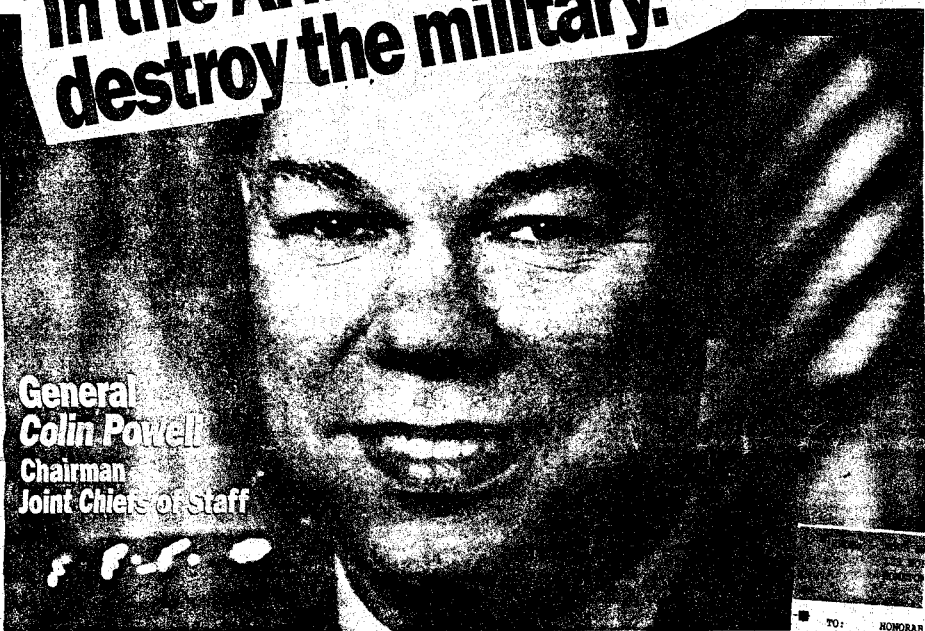
VOLUME 22

NUMBER 1

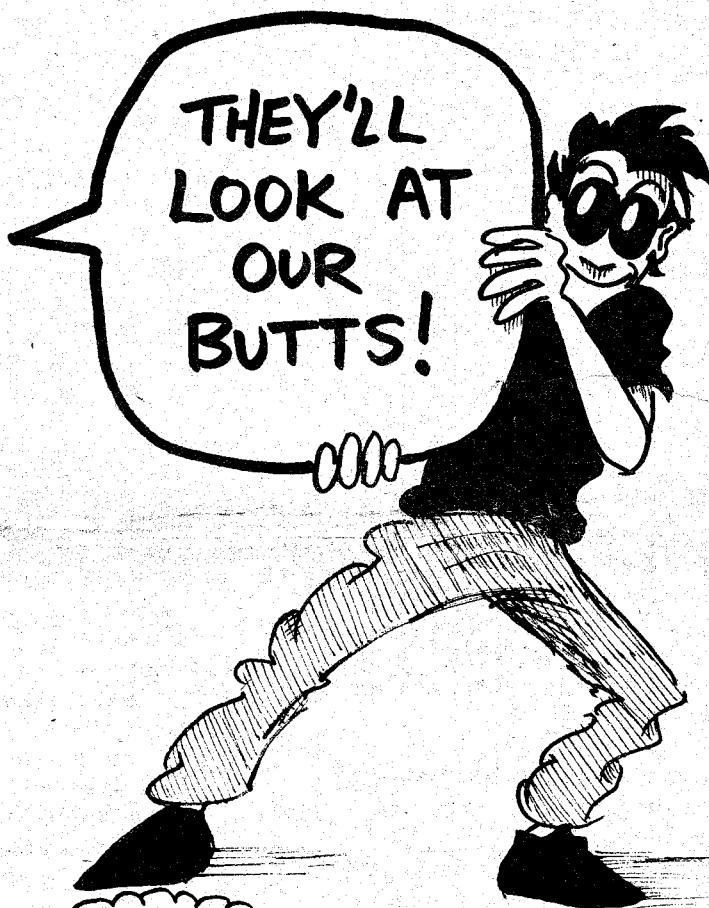
MAY/JUNE 1993

SHOCKING "TRUTH" REVEALED!!

Allowing homosexuals
in the Armed Forces would
destroy the military.



General
Colin Powell
Chairman
Joint Chiefs of Staff



©1993
CHRIS
AUBRY

THEY'LL MAKE US WEAR PANTYHOSE!
THEY'LL DO SOMETHING IN OUR FOOD!
THEY'LL MAKE US PLAY NAKED TWISTER!
WHAT IF THEY MAKE A TAILHOOK
SCANDAL WITH US?

PSST. GET
YOUR HAND
OFF MY
BUTT!

IT'S JUST
RESTING
THERE!
HONEST!

WHY DO MY
LOINS TINGLE SO?

THIS IS
WHAT WILL
HAPPEN!
YOU'LL SEE.
HIT IT,
GUYS!

Here's what other respected leaders say concerning President Clinton's proposed lifting of the military's current ban on homosexuals in the Armed Forces:



Gen. Colin Powell



Sen. Sam Nunn



Congressman
Bob Dornan (R-CA)

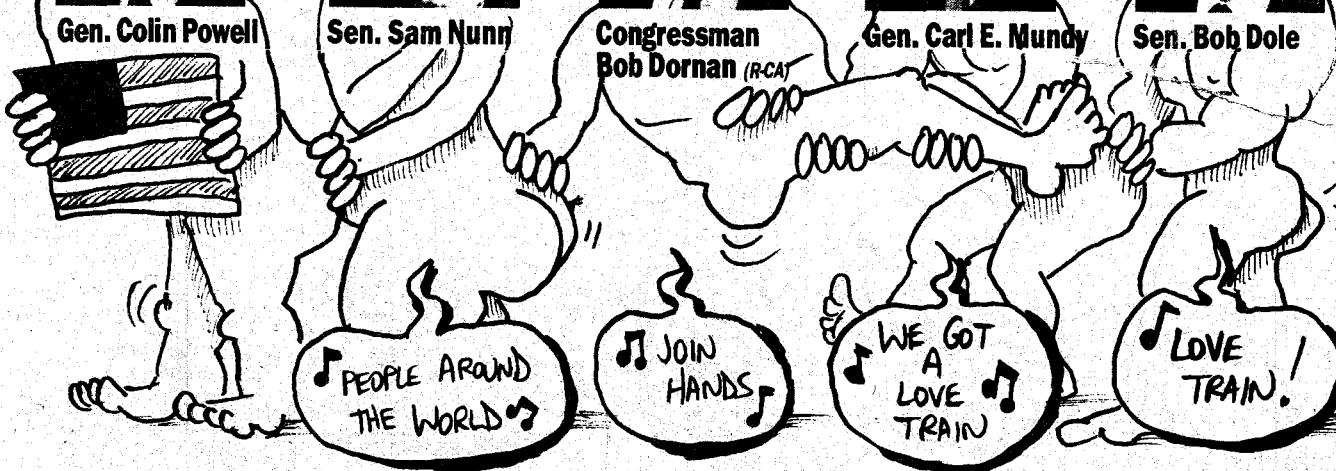


Gen. Carl E. Mundy



Sen. Bob Dole

DAMN
THOSE
SWISHIES!



INSPIRED BY
A FULL PAGE
AD RAN IN
THE FRIDAY
APRIL 9, 1993
USA TODAY.

ADDRESS CORRECTION
POST AMERICAN
POST OFFICE BOX 3452
BLOOMINGTON, IL 61702

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U.S. POSTAGE PAID
PERMIT NO. 168
BLOOMINGTON, IL 61702



PAGE

2



BLOOMINGTON/NORMAL

VOLUME 22

NUMBER 1

MAY/JUNE 1993

In this issue:

Page 2

PAGE 2 STUFF, SILLY!

Page 3

COMMUNITY NEWS:
INFORMATION ON SETTING
UP RECYCLING PROGRAMS;
STUDENT ART SHOW AT ISU;
UPPERS AND DOWNERS

Page 4

MS. HIPPIE URGES YOU TO
"JUST SAY NO TO DRUGS"

Page 5

BOYCOTT UPDATE;
TOWANDA'S THOUGHTS ON
THE SUZUKI BILLBOARD;
NAZIS ABOUND IN NORMAL -
WE DARE YOU TO PROVE US
WRONG

Page 6

JOHN SAYS GOODBYE; MOON
WANTS YOU TO "THINK
ABOUT
IT . . ."; LETTERS

Page 7

HOLLY FOY DISCUSSES
MIDWIFERY

Pages 8-9

VOICE FOR CHOICE NEWS:
NEW INFORMATION ON
PLANS TO OPEN AN
ABORTION CLINIC; UPCOMING
BENEFITS.

Pages 10-11

ANIMAL RIGHTS: GM STOPS,
L'OREAL CONTINUES; POSTAL
SERVICE COMMEMORATES
INHUMAN TREATMENT OF
"CIRCUS" ANIMALS; NEW

Pages 12-13

CARTOON; MIDWESTERN
FARMING; MIDWESTERN
RACISM

Pages 14-15

NAAFA - WHAT DOES THIS
ACRONYM STAND FOR?
TURN TO PAGE 12 AND FIND
OUT!

LAMBDA NEWS

1984 RETRACTION; FUN
WORDFIND PUZZLE; ISIS GOES
TO THE MOVIES; HOONER
GOES TO RALLY

Page 16

ANOTHER CALL FOR HELP -
CIRCA 1973; PICTURES FROM
N.O.R.M.L. RALLY

About us

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

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

Most of our material and inspiration for material comes from the community. The *Post Amerikan* welcomes stories, graphics, photos, letters, and new tips from our readers. If you'd like to join us, call 828-7232 and leave a message on our answering machine. We will get back to you as soon as we can. Don't worry if it takes a while—we don't meet every week.

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

What's your new address?

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

Name: _____

Street: _____

City/State/Zip: _____

Post sellers

Bloomington

Amtrak Station, 1200 W. Front
The Back Porch, 402 N. Main
Bakery Banc, 901 N. Main
Bloomington Public Library (front)
Bus Depot, 533 N. East
Common Ground, 516 N. Main
Emerson and Main Streets
Front and Center Building
Inner Connection, W. Washington
(south side of Old Courthouse)
Law and Justice Center, W. Front
100 N. Lee Street
Main and Miller Streets
Medusa's, 420 N. Madison
Mr. Donut, 1310 N. Park
The Park Store, Wood and Allin
Red Fox, 918 W. Market
Susie's Cafe, 602 N. Main
U. S. Post Office, 1511 E. Empire
U. S. Post Office, Center and Monroe
Upper Cut, 409 N. Main
Wash House, 609 N. Clinton

Normal

Avanti's, 407 S. Main
Coffee World, 114 E. Beaufort
Hovey Hall, ISU (Front)
Midstate Truck Plaza, U. S. 51 (north)
Mother Murphy's, 111 North
North and Broadway
White Hen, 207 Broadway
Subway, 115 E. Beaufort

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

Linda, Monika, Sherrin, Tracy
(coordinators), Chris, Ralph, Tom,
George and Doug.

Good numbers

ACLU	454-7223
ACT UP/CI	827-4005
AIDS Hotlines:	
National	1-800-AID-AIDS
Illinois	1-800-243-2437
Local	(309) 827-AIDS
Alcoholics Anonymous	828-5049
Bloomington Housing Authority	829-3360
Childbirth and Parenting Information Exchange (CAPIE)	827-6672
Clare House (Catholic workers)	452-0310
Community for Social Action	452-4035
Connection House	829-5711
Countering Domestic Violence	827-4005
Dept. of Children/Family Services	828-0022
Draft Counselling	452-5046
Gay & Lesbian Resource Phoneline	438-2429
HELP (transportation for senior citizens, handicapped)	828-8301
Ill. Dept. of Public Aid	827-4621
Ill. Lawyer Referral	1-800-252-8916
Kaleidoscope	828-7346
McLean Co. Center for Human Services	827-5351
McLean Co. Health Dept.	454-1161
Mid Central Community Action	829-0691
Mobile Meals	828-8301
Narcotics Anonymous	827-3898
National Health Care Services—abortion assistance	1-800-322-1622
Nuclear Freeze Coalition	828-4195
Occupational Development Center	452-7324
Operation Recycle	829-0691
Parents Anonymous	827-4005
PATH: Personal Assistance Telephone Help	827-4005
..... or 800-322-5015	
Phone Friends	827-4008
Planned Parenthood (medical)	827-4014
(bus/couns/educ)	827-4368
<i>Post Amerikan</i>	828-7232
Prairie State Legal Service	827-5021
Prairie Alliance	828-8249
Project Oz	827-0377
Rape Crisis Center	827-4005
Sunnyside Neighborhood Center	827-5428
TeleCare (senior citizens)	828-8301
Unemployment comp/job service	827-6237
United Farmworkers support	452-5046
UPIC	827-4026

Deadline

The next deadline for submitting *Post Amerikan* material will be:

JUNE 21, 1993



Community News



Uppers/Downers

Uppers... to Nirvana's Kurt Cobain for printing the following request in the band's CD booklet titled *Incesticide* - "At this point I have one request for our fans. If any of you in any way hate homosexuals, people of different color, or women, please do this one favor for us - leave us the fuck alone! Don't come to our shows and don't buy our records."

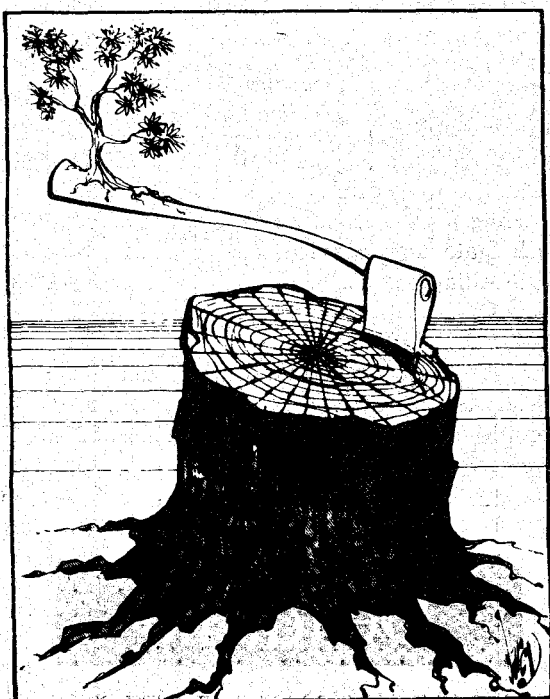
Downers... to certain DJ's at Wesleyan's WESN (Radio to the Far Right, oops, I mean Left,) who continually offend people by referring to them as broads, chicks, and fags along with other insensitive remarks. The only thing "To the Far Left" about their station is their frequency. Don't let them kid you.

Uppers... to The Pantagraph (Did I just say that?) for not pulling the comic strip *For Better or Worse* when its creator included a homosexual character in the story line.

Downers... to the two advertisers who did pull their ads from The Pantagraph because of the comic strip. Does anyone know who these advertisers are?

Uppers... to the regrettably delapidated Castle theatre in Bloomington, for its continuing courage in posting "JUST SAY OO-DRUGS!" on its marquee (both sides!).

Uppers... to the fiendly folks at Illinois Power for helping rid our city of unsightly trees, such as the ones which were a former eyesore on Fell Ave., between College and Beaufort Streets. If they keep it up, we can change the name of the city from "Bloomington" to "Barrenton." The bastards.



Recycling & Waste Management Reduction Workshops to Be Offered

Would you like to know how to implement a recycling program in our office? Or how to improve the one you already have in place? Do you sometimes wish your business could reduce its waste in other ways? Are you willing to try recycled products, but don't know where to find them? The McLean County Solid Waste Management Program has two breakfast workshops planned for late May which can help with these questions.

The first workshop on Wednesday, May 26 will be geared to local offices while the second workshop on Thursday, May 27, is designed for retail establishments. Both will take place at Jumer's Chateau from 7:30 a.m. to 10:30 a.m.

Each workshop is designed to give participants help with the nuts and bolts of recycling, waste reduction, and procurement of recycled products as well as providing increased understanding of why these efforts are so important in our workplace as well as in our homes.

Both workshops are free of charge to local office and retail managers. To register or receive additional information, contact Myra Gordon, Workshop Coordinator at Operation Recycle/Community Action, 923 E. Grove, Bloomington, 829-0691. Registration is limited to the first 50 registrants for each workshop. For additional information, contact the McLean County Solid Waste Management Program at 888-5081.



Recycling Brochure Available

If you are looking for a place to recycle your aluminum cans, used motor oil, glass bottles and jars or plastic bottles but don't know where to take them, help is now available.

If your business wants to recycle office paper, corrugated cardboard or scrap metals but doesn't know how to start a program, help is now available.

If you don't know what to do with that old but still useable clothing, help is now available.

The "help" is the third edition of a county wide recycling brochure which is now available free of charge to residents and businesses of McLean County. The brochure, entitled *McLean County Recycles...* is published bi-annually by the McLean County Solid Waste Management Program.

The *McLean County Recycles...* brochure contains listings of recycling centers, resale and thrift shops, recycling services for businesses, and educational articles. The brochure's Spring 1993 edition will soon be available at city, village and town halls; the Law and Justice Center and Health Department; Bloomington and Normal Public Libraries; and the Chamber of Commerce. If not yet available in your area, contact the McLean County Solid Waste Management Program at 309-888-5081 for a free copy.

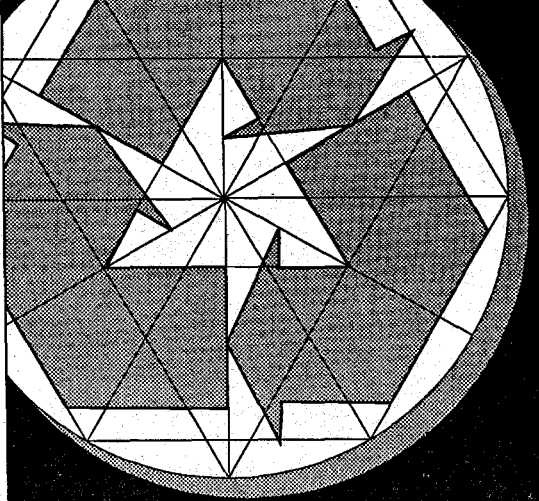


Student Show at ISU Gallery

The annual student exhibition opened at the University Galleries on Tuesday, April 20, and will continue through May 7. The juried show features works in all media as well as works representing a broad range of styles.

Juried by art professionals from New York and Champaign, Illinois, this exhibition serves as an annual showcase of art created by ISU students at all levels. Jurors for the exhibition are Carlo McCormick, a nationally renowned art critic and curator who writes for *Artforum*, *Paper*, and other periodicals, and Renate Gokl, Assistant Professor of design at the University of Illinois at Champaign-Urbana.

University Galleries of Illinois State University is located at 110 Center for the Visual Arts. Gallery hours are Tuesday, 9:30 a.m. to 9:00 p.m.; Wednesday through Friday, 9:30 a.m. to 4:30 p.m. and Saturday and Sunday, 12:00 to 4:00 p.m. The Gallery is closed Mondays. Admission to all gallery events are free of charge and open to the public.



OPERATION RECYCLE

WE RECYCLE:
 Container Glass
 Beverage Cans
 Plastic Soda Bottles
 Plastic Milk Jugs
 Office Paper
 Cardboard and more

McLean County's only not-for-profit community recycling center

829-0691
 923 E. Grove
 Bloomington, IL

■ DROP OFFS
 ■ RECYCLE DRIVES



Dear Ms. Hippy

Dear Ms. Hippy,

Strange goings on out in the wild west. One day I stumbled into the frontier town of Seattle and came upon a unique community problem.

For years the town of Seattle has been besieged by an evil villain named Scotty. Apparently Scotty would procure strange magical potions and herbs for the local hippies. Then, just like Bart in an old western, Scotty would turn the hippies into the police.

The villain even had a member of his gang beat up a pacifist christian hippie behind the saloon and steal her purse.

Ominous characters warned the hippies that Scotty had powerful friends. It was said that if the hippies did anything about this snitch Scotty, his friends in the KKK would burn them for being heathens.

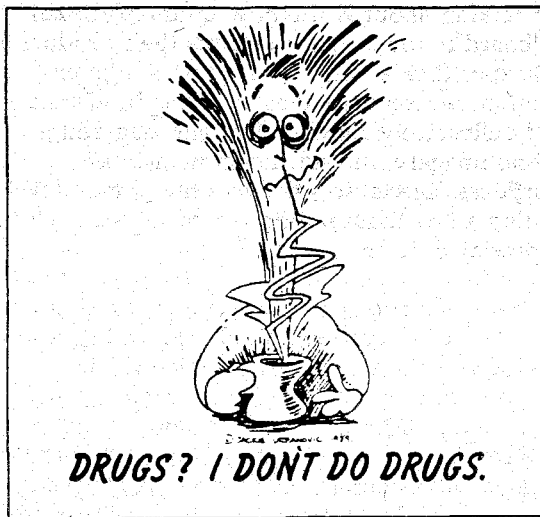
Should those who are politically conscious defend these foolish "new-age" dumbshits? Or should we mind our own business?

Signed,
Old Acid Head

Dear Acid Head,

Ms. Hippy likes to insist that years of LSD use are more likely to improve than to cloud an individual's perceptions. In fact, she used to maintain that psychedelics should be applied at least every six weeks to clear the brain of unnecessary thoughts, which clog it. She often claims that numerous LSD trips sharpen one's insight into the subjective and objective worlds.

She wishes she didn't get letters that contradict her.



1972



1977



1982



1987



1993

She always has the answers

YES, I want to be enlightened every 2 months by Ms. Hippy's infinite wisdom. Enclosed is \$5.00 for a year's (6 issues) subscription to the *Post Amerikan* • P.O. Box 3452 • Bloomington, IL 61702

Name _____

Address _____

City _____

State _____

Zip _____

Dear Ms. Hippy,

I am not someone to whom good things happen. It's not just a question of bad luck, or even of Murphy's law. I simply am not the recipient of beneficial circumstance.

I try my best to accumulate good karma. I spend a great deal of time on community activism. I am as supportive of my fellow creatures as I know how. I even let people pull into traffic in front of me. Yet I can't seem to tip the karmic scales in my favor.

Share with me your expertise, Ms. Hippy. Tell me how to shift the balance.

Yours truly,
Tao Jones

Dear Tao,

You seem to have overlooked your obvious niche in life--academia! The university is historically the refuge of the socially ill-starred and karmically disappointed. Clearly, you need to immerse yourself in a body of knowledge, preferably a hard science (your experiments with humans having flopped). Learn to treasure the quality of solitude and the joys of study.

Academia also provides you with all the blame objects you may need--an insensitive bureaucracy, stupid administrators, lazy students, jealous colleagues, and so on. And later, when you are a professor, you can easily require slavish admiration and rapt attention from lesser humans. That'll show 'em.

Just think: you might've had a real problem, like thin hair.

Readers: Do problems of life in the post-70's have you in a quandary? Send your questions to "Dear Ms. Hippy," care of the *Post Amerikan*, P.O. Box 3452, Bloomington, IL 61702.



Swastika Watch

We all know that our lives are controlled by insidious Nazis.

All you have to do to verify this is to look at all the square-heads walking around in their corporate-logo uniforms. You know that they want to destroy you and your idealistic philosophy, and replace it with their dystopic myopic oligarchic plutocratic hypocritic-Christian Fascist government. How else can one explain the existence of Rush Limbaugh and Cheez Whiz Zap-a-paks, and the fact the Bob Roberts only showed for one virtually-unadvertised week at the dollar cinema?

What you might not have known is that now there's a way for you to turn your hard-won paranoia into profit!

*****ANNOUNCING THE MCLEAN COUNTY SWASTIKA WATCH CONTEST*****

Anyone can enter-all you have to do is be able to arguably demonstrate the presence of the nazi swastika, disguised as an ordinary, everyday corporate logo. It's easy! Just let your cynicism do the work for you! If your twisted imagination can construe that distinctive hate-mongering image, you could be a weiner!

You'll be the envy of your P.C. friends as you unearth the loathsome symbol anywhere you see it, and in so doing, you'll be doing your part to rid the planet of everyone who shares the misguided ideals of the nazis (a reachable goal, to be sure). It's us against them, folks, and if we don't act now, they'll be taking our rights away from us and forcing us to say the pledge of allegiance, "under god" and all, everytime we turn in our debit-cards for government inspection (to make sure we didn't buy anything unauthorized within our security clearance level).

Here's my entry - the next time you are at Main Street and Jefferson in Bloomington, take a look at the logo of that ugly new bank called, "First of Amerika." Call me wacky, but if you're telling me that a highly compensated college educated design team produced that logo and never once saw a resemblance to a nazi swastika, then shut my mouth and color me communist. Personally, I suspect that nazis pervade every level of the international banking/weapons trade/drug importation network, and this logo is my proof.

What do you think? Drop us a line, making sure that your name (and social-security number especially) is untracable by the FBI's unconstitutional postal-inspection division, and tell us what you think, and happy hunting!

By the way, the prizes probably won't be too substantial and the judging will be stupid and subjective, and besides, the object isn't so much to pick the best, but to collect the greatest number of entries.

--ockeghem



Boycott Sexism, Just Do It

There has been a single issue dominating the front pages of national and local papers lately. The topic - rape. From the Spur Posse in California to the Mal Chaplin rape/murder and recent attempted rape at the Sigma Nu house in Normal, there seems to be a similiar correlation. Boys, from good, white, middle class, and educated families - committing rape. How does this happen, you ask? Well, the answer lies right here in this sleepy town of Normal. What I'm talking about is the now infamous Suzuki billboard in town that proclaims their product is "Cheaper than a Girlfriend." Just like many other advertisements that are mass produced and deliberately show violent and degrading sexual imagery, this ad shows women as worthless objects, so worthless that a motorcycle costing a few thousand dollars is valued and appreciated more.

The role of advertising and its relation to men's attitudes toward women needs to be addressed more seriously in our society. The media, police, courts, legislatures, academia, professions, and other institutions AND advertising, all feed into the cultural acceptance of male superiority over women. Advertising has a powerful effect on all of us. It tells us not only what we should buy, but how we should act, think and strive to be. It shapes us and all of society, and most often it has a negative effect on women. But unlike the other institutions that discriminate against women, advertisements, specifically the ones that show sexist and degrading images of women, can be fought and won. I'm talking about money, folks - "The Power of the Dollar." Boycotting is one of the most powerful and effective ways to voice your opinion. You don't have to be a feminist, or a radical activist, just a conscious consumer. If a company has an appalling history of showing socially irresponsible images of people, let them know. Don't buy their products, don't wear their advertising, don't let your hard earned cash feed into a system that oppresses over half of the population!

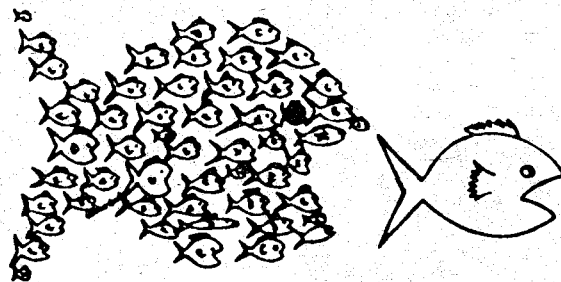
Positive reaction will not happen, of course, unless ample financial impact can be felt. Strength in numbers, what a simple, yet effective idea. It's discreet, safe and guess what, it's cheaper than a girlfriend.

--towanda

Boycott News

A boycott has been organized against the trading company Mitsubishi Corporation by the Rainforest Action Network. The company, which is connected to Mitsubishi Motors and Electric, exports tropical timber to Japan. The products being boycotted are all Mitsubishi autos, electronic equipment, Kirin beer and Nikon camera equipment. For more information, contact the Rainforest Action Network, 450 Sansome Ste. 700, San Francisco, CA 94111.

In case you were wondering . . . the GRAPE boycott still stands. According to the United Farm Workers, the pesticides sprayed on grapes are hazardous to farmworkers, their children and consumers.



During the making of this Post issue, Cesar Chavez passed away. Chavez was instrumental in fighting for migrant workers' rights. One of the things he initiated was the above grape boycott -- which continues despite what the media says. Hopefully, people who have been inspired by Chavez will pick up the struggle.

A reminder that the Tennessee Gay and Lesbian Alliance boycott of the Cracker Barrel chain continues. The chain is said to have fired at least 9 lesbian and gay employees solely on the basis of their sexual orientation.

American Home Products and Nestle are still peddling their infant formula to developing countries. Products being boycotted are: All Nestle products, Carnation products, Coffeemate non-dairy creamer, Hill's Brothers coffees, Libby's products, MJB coffee, Nescafe, Nestea, Nestle's chocolate products, Stouffer's products, and Taster's Choice. All AHP products, Advil, Anacin, Chef Boyardee, Easy-Off products, Gulf Light, Kwik Light, Wizard Charcoal lighters, Jiffy Popcorn, Gulden's Mustard, Drisan, Pam Cooking Spray, Preparation H, Sani Flush, SMA and S-26 infant formula and Woolite products.



babbitt's bookstore

Books Bought and Sold
Book Exchange
Permanent Want List
Book Search Service

NOW OPEN SUNDAYS
FROM 12-5

104 North St. • Normal
Mon. - Sat. 10-6 • 454-7393



Letters

Dear Post Amerikan:

Five years ago I opened a small alternative bookstore in Springfield. I distributed several unusual periodicals over the next three years, but after The Bookstore, and before The Bookstore, my favorite one was always the Post Amerikan.

The sweetness and eclectic style of the Post Amerikan is an inspiration to those of us who often feel excluded by the heterosexist tokenism of so many so-called "progressives." To see positive messages about the large, the queer, the feminist is unfortunately still not commonplace in radical or leftist journalism. Your paper is one we can all be proud of and learn from. I hope you are all still in existence, to help us make sense of the New Whirled Ardor with which we cautiously face the Amerika of tomorrow.

Yours in sanctimonious struggle,
Betty Granda
Madison, Wisconsin



Think About It...

Thanks to all those who helped out with The Benefit at the Gallery! Thanks to the members of Liquid Eyeball; Rob, Bob and Throb; little elvis and Stumpwhoopt for the outstanding jams!! AND thanks to all who gave us some much needed funds to carry on this priceless publication. AND thanks to all those who volunteered to help with future Post Amerikans!

Why? Why, David Koresh, why?

I went to see "Every Good Boy Deserve Favour" directed by Patrick Stewart at the Chicago Theatre -- Boy! (intended) was it GREAT!! Five members of the Next Generation crew acted in it: Patrick Stewart (and he played the *violin*, too!!), Brent Spiner, Jonathon Frakes, Gates McFadden and Colm Meaney. It was about a Russian mental hospital in the 1970's. Frakes played a ward of the hospital, though he was a political dissident, and Spiner was a legitimate (and very believable) mental patient also at this hospital. Amnesty International was present in the lobby to hand out free information and to hold a raffle: \$1 per ticket, prizes were T-shirts signed by members of the cast. No, I didn't win. The performances were April 10th and 11th.

A cyanide cloud??? For crying out loud!
(i thought that was kinda cute cuz it rhymes.)

Why is it one can be friendly, considerate and respectful to each human being that crosses one's path, but sometimes, many sometimes, they can treat one like a soiled disposable diaper?

Guess what, Spanky's is opening . . . again. (I've heard people say Normal "needs" another night entertainment spot, but do we need another heterosexual, gay-hating, different-people-hating, VD-infested, meat market??)

Who is this Susan Powter??? Is she anti-large or *what* ?! (more on that one later)

Can I be in opposition to wearing fur, eating flesh, declawing and tail-docking and still think this deer hide that I had tanned and preserved is one of my most precious earthly possessions? You see, I worked for the Department of Conservation last year during deer hunting season checking deer. Well, I'm a student of biology and I wanted to see what the other side was like (hunting, that is). I must be truthful and tell you it was fascinating. I don't know where else I'd ever get that close to an animal that size (excluding perhaps my dreams and other psychic visions). Yes, they were dead, believe me, I am fully aware of that fact. That was sad. My soul cried out against the injustice of it. Thing is, I thought that maybe me being there, feeling the way I do, being the being I am, lent a little respect to the end of these creatures' lives. I don't believe in killing, unless one uses all parts of the sacrifice (I even feel that way about myself, i.e.: if I were killed) and one does it in absolute reverence, as the Native Americans did/do. That's why I have this deer hide. A hunter was going to throw it away.

You know, there was this large plywood sign leaning on a building on Willow near the tracks. It said, "HETEROSEXUAL HEADQUARTERS." It made me really mad. It stayed up for a couple of months. I walked past it everyday to school, not sure what to do. I wanted to splatter it with paint or knock it down or write on it something like: "No doubt you're very insecure with your own sexuality . . ." What is this? A war?? I don't get it!

Thank god they weren't all pronounced not guilty (re: Rodney King trial), but what NOW?? Are we going to try harder to get along? Who is going to suffer? Stacy Koon? [doubt it]

Why can't we love each other? Why can't we see the good in each other? (why does this sound so corny?) Seriously . . . why can't we let go of our cultural pride and specie-centric garbage and get along??

I will if you will. Maybe I will even go first, okay?

moon

So Long, Farewell and Amen

Well, this is the end. My last article as a member of the *Post Amerikan* collective. It's become something of a tradition for departing longtime staffers to write a "farewell column," signing their real name and then their pseudonym. That last part I'm not going to do, mostly because I've written under so many names for this rag that listing them all would fill more space than the article. Besides, everyone who knew I had written anything could always pick out my articles anyway, so I guess I wasn't really fooling anyone.

I moved to B/N in January 1989. I picked up my first *Post* the first day I was in town. (We were destined to be together.) Now, four years later almost to the day, it's time to move on. Both the *Post* and I have been through a lot of changes in that time, and each of us has emerged the better for it.

When I came to town four years ago, I was insecure and timid. I had no friends in the state of Illinois. I was full of depression and self-hatred.

Gradually, I built a small but very loyal support network, of which the gang at the *Post* was an important part. I learned to handle my insecurity and got over some of my shyness. I learned how to channel my depression into anger and action, and even more, how to quit being angry sometimes and remember to laugh. Most importantly, I learned how to like myself again.

Over the same time period, the *Post Amerikan* was transformed from a raggedy rag into the hi-tech computerized wonder you see before you. The *Post* lost none of its "in your face" mystique, but by clearing up a little it became a lot more accessible to its readership.

The only positive change the *Post* hasn't been able to make yet is the shedding of its "elitist" image. I stayed away from the staff for over a year because of that image, and I think some of you are staying away today for the same reason. Really folks, it's not true. The *Post* would love to have you. Give 'em a call; you won't be disappointed.

Reading the *Post* challenged me to rearrange and clarify my thinking about a lot of issues. Writing for the *Post* has helped me to twist and shape my thinking in ways I would never have dreamed possible four years ago. And I don't just mean regarding political and social issues. There hasn't been an area of my life which hasn't been positively affected by my *Post Amerikan* experience.

And so, this is really not goodbye; it's more like farewell. I'm sure I'll probably submit articles from wherever I end up, because the forum is too good to pass up. But I've been to my last *Post* meeting, laid out my last article in our grungy basement office, whipped up my last dish for a *Post Amerikan* potluck. I've also had my last stress attack because the printers are arriving in 20 minutes and there are still two pages to fill. At the risk of sounding sappy (something else I never would have risked four years ago), I will miss the *Post Amerikan* more than anything else in town. I owe it a lot.

--John Cain



Midwifery: Legal or Illegal?

Marcee Murray is a childbirth educator. She lives in Bloomington, has a very strong knowledge of birthing issues and feels that birth is a pivotal experience for a woman. Her first child was born several years ago in a peaceful and safe home birth. Marcee's baby was delivered with the help of a midwife. Since that time, a modern-day witch hunt, with midwives as the target, has caused many of these skillful and needed health care givers to quit providing services for birthing women. That is why Marcee's second child was born this January in a peaceful homebirth, assisted by family and friends rather than with a doctor or midwife.

Illinois is one of the states in the U.S. that does not have a law legalizing the practice of midwifery. In half of the states, midwives are able to practice without the fear of being prosecuted for "practicing medicine without a license," but Illinois lay midwives (those who are not nurses) practice in constant fear that their hard and joyful work will land them in jail. There are no laws specifically pertaining to them at all.

Does Illinois need midwives? You bet we do. Many women prefer birthing at home to birthing in a hospital. Many women can't afford to spend \$4,000 for a vaginal birth in a hospital. Many women do not wish to birth in a place where almost 1 in 4 women are given cesareans. The most recent statistics from IAM (Illinois Alliance of Midwives) showed that Illinois midwives had only 1.5% cesarean rate. Over 40 counties in Illinois have no obstetric services. With that in mind, it is not surprising that Illinois ranks 42nd out of the 50 states in infant mortality. It is clear that more help is needed to serve pregnant women. Midwives could be providing these services. Midwives are safe, economical and accessible since they travel to the birthing women.

Midwifery saves money by costing less than current birthing options, results in healthier, larger babies, decreases maternal complications, promotes breastfeeding which decreases illness in infants and cuts costs of care. Current supporters of legalization of non-nurse midwives include the National Organization of Women, Illinois Public Action, Birthwise, and other organizations promoting maternal and infant health.

On March 23rd of this year, a hearing was held in Springfield an attempt to introduce a bill to license non-nurse midwives. Testifying were Bishop Andy Mast from an Amish community and Bloomington homebirther Marcee Murray. Unfortunately, the bill was defeated. Now midwifery supporters must wait another year to try again. And what will midwives do? Some will continue to practice, some will quit not wanting to risk arrest. Most will work to get a state certification and a legal status to practice.

Your help is needed so that women do not have yet another reproductive right taken away from them. Women have the right to choose where and with whom they give birth. Letters to Hillary Rodham Clinton, our local representatives and senators will help to educate them to the need for midwifery care. CAPIE, the Childbirth and Parenting Information Exchange of Bloomington-Normal, has monthly letter-writing parties. For more information, contact CAPIE by calling 827-6672. Please let our government know that the legalization of non-nurse midwives is imperative.



License Nonsense

*Up until 1965, midwifery was legal in Illinois as long as midwives were licensed.

*In 1965, however, the state stopped issuing licenses and then made it a misdemeanor to practice without one!

*In 1978, representative Don Duester unsuccessfully sponsored legislation to license midwives.

*Then in 1986, Maggie Jihan, a midwife in southern Illinois, was convicted of practicing without a license. A year later, the appellate court overturned Jihan's case on the grounds that Illinois laws were unconstitutionally vague in that they do not define midwifery. In response to this finding, all references to midwives and midwifery were stricken from Illinois statutes, making the practice of midwifery neither legal nor illegal. Certified Nurse Midwives (CNM's), who have gone

through a masters program in midwifery were acknowledged and legalized in the medical practice act. This left lay midwives (non-nurse midwives) plummeting through the legal cracks.

*In 1988, Governor Jim Thompson proclaimed July 25 - 31 to be Midwifery Awareness Week in Illinois. Then in December, Normal lay-midwife Betty Peckmann and her apprentice Kim Perry were charged with practicing medicine without a license. Their case was tried and once again it was ruled that Illinois law was too vague pertaining to lay midwifery issues. Mrs. Peckmann accrued over \$80,000 in lawyer's fees.

*In 1991, the Illinois Medical Society proposed a new version of the medical practice act that states anyone "treating a medical condition without a license" would be breaking the law. It is interesting to note that the bill was changed from previously using the pronoun he throughout to using she/he in the 1991 version. It certainly seems that midwives were the targets of these changes.

*1992 and 1993: bills to license non-nurse midwives were defeated in Rules and Regulations Committee. So, midwifery remains neither legal nor illegal.

Holly Foy



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News From Voice For Choice

Planned Parenthood announces abortion clinic to open

By now you have probably heard that Planned Parenthood of East Central Illinois has announced its intention to open an abortion clinic in either Bloomington/Normal or Champaign. Voice for Choice was aware that PPECI planned to expand their services to eventually include abortion but the announcement caught us off guard. We are not sure why PPECI chose this particular time (18 - 24 months before such a clinic could be opened in Bloomington) to announce the clinic but since they have we are encouraging Voice for Choice members to contact PPECI and encourage them to open the clinic here.

As you may know there is already an abortion clinic located in Champaign/Urbana and therefore we believe the need is greater in Bloomington/Normal. Because access is one of the issues PPECI is concerned about we think it only makes sense to locate the clinic in a community where abortion is less accessible. Please call or write PPECI and share your support of a clinic locating here.

Letters should be addressed to Karen Cody-Carlson, President, Planned Parenthood of East Central Illinois, 318 W. Washington, Bloomington, IL 61701.

We are also asking you contact your city council representatives to let them know that you support the opening of an abortion clinic in Bloomington/Normal. While we can appreciate the mayors concerns for safety and possible additional expenses for police and fire dept. staff should protests occur, we believe that punishing women is not the way to address those issues. Women should not be denied access to abortion because a handful of conservative zealots can't behave themselves and have no respect for women's rights. Passing city ordinances which would protect access is the more reasonable, responsible, logical response to protesters.

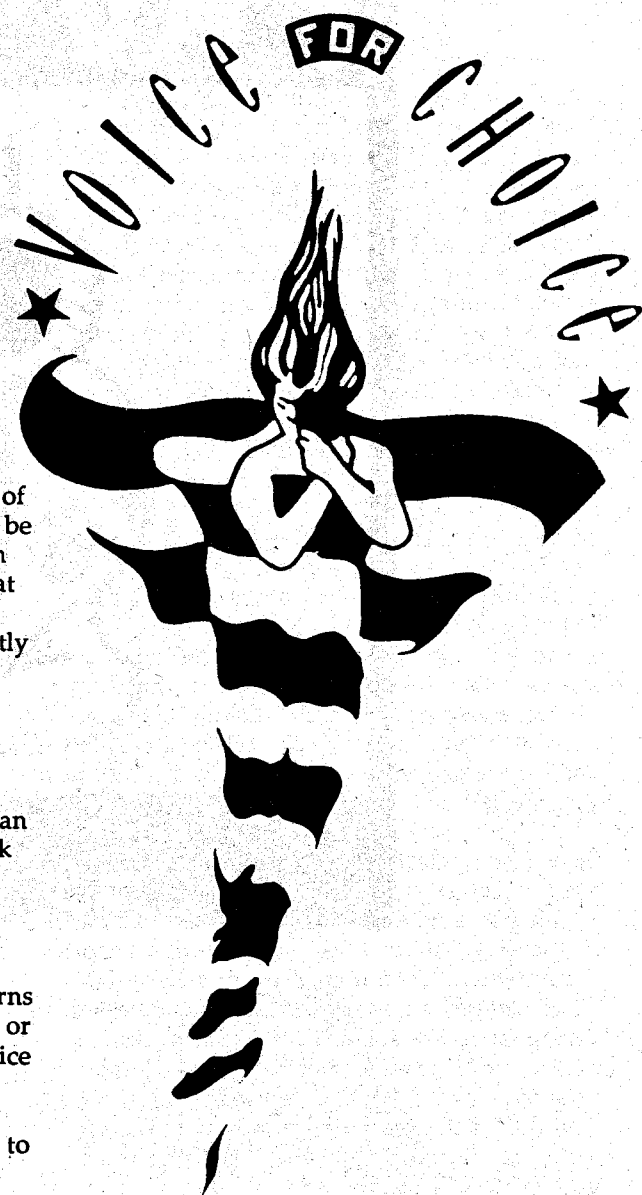
Thanks to all those who attended the 20th anniversary party for Roe v. Wade. Thanks also to the owners of After Ours Night Club for their help and cooperation.

Not in my backyard

Voice for Choice has been hearing from some of its supporters that they don't think we should be supporting a plan to open an abortion clinic in the twin cities. To those people we suggest that their "pro-choice" position is suspect if they oppose access. Some pro-choicers are apparently only comfortable being pro-choice if abortions happen in other places, if other communities take the risks.

Voice for Choice supports the opening of an abortion clinic in the twin cities. To the woman who called our number to chew us out and ask to be taken off of our mailing list we say "no problem, our resources are better spent informing truly pro-choice individuals." Obviously we're just a little bothered by such attitudes. It is crucial to remember that concerns such as "we don't want those protesters here" or "there may be violence" buy into the anti-choice tactics of making abortion inaccessible. Even passage of the Freedom of Choice Act is meaningless if anti-choice groups are allowed to intimidate physicians and communities into denying women access to abortion services.

So to those who say "not in my backyard" we say find your conscience and some courage and join us in the fight rather than just talking the game.



Yes I want to help the Crisis Pregnancy Center raise money for Voice for Choice

Sign me up!!!! I pledge ___ for each walker attending the Crisis Pregnancy Center's "Walk for Life" on May 1. I understand that by doing so I will also contribute to the torment of right wing religious fanatics in this community as Voice for Choice will be sending them a thank you note for their help in raising funds locally for the pro-choice movement.

Sign me up!!! I pledge \$___ for each walker attending the Crisis Pregnancy's "Walk for Life" on May 1. I understand that by doing so I will also contribute to the torment of right wing fanatics in this community as Voice for Choice will be sending them a thank you note for their help in raising funds locally for the pro-choice movement.

Please send this coupon to:
Voice for Choice at P.O. Box 905,
Bloomington, IL 61702-0905

Name _____

Address _____

City _____

Phone _____

Rape Crisis Center of McLean County

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

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



PRO-LIFE?



Pro-choice and anti-choice legislation introduced in Illinois House

A number of bills dealing with reproductive rights have been introduced in the Illinois House. Below is a summary of the bills:

HB57 recently passed out of the Judiciary Committee. The bill creates the offense of unlawful interference with access to or egress from a medical facility. Permits the court to order a defendant who is convicted of or given supervision for the offense to be enjoined for a period not exceeding 6 months from picketing or demonstrating within 100 feet of the medical facility. Please contact your state representative and ask him/her to support this bill.

HB146 recently passed out of the Health Care and Human Services Committee. Removes language prohibiting the coverage of abortions for state employees; and language prohibiting the Department of Public Aid for paying for abortions for public aid recipients. Specifies that Medicaid coverage is required when an abortion procedure is medically necessary or indicated according to the professional judgment of a physician exercised in light of all factors that affect a woman's health, including but not limited to physical, emotional, psychological, familial and age. Please contact your state representative and ask her/him to support this bill.

HB671 recently passed out of the House Judiciary II Committee. Provides that a court may not impose a sentence or disposition for a felony or misdemeanor that requires the defendant to be implanted or injected with or to use any form of birth control. Please contact your reps and ask them to support this bill.

HB 1300 also recently passed out of committee. Creates the Parental Notice of Abortion Act. Provides that no person may perform an abortion upon a minor or incompetent unless the person performing the abortion gives 48 hours notice to one parent or legal guardian. Violation of this Act is a Class A misdemeanor. Republican Rosemary Mulligan has proposed an amendment to this bill that is designed to kill it by making it so unacceptable to anti-choicers that they'll ask the bill not be called for a vote. Please contact Bill Brady and ask him to support the bill with the Mulligan amendment.

Corresponding Senate Bills are:

SB 209 - same as HB 1300

Protecting women and clinics

State Representative Jeffrey Schoenberg has asked Attorney General Roland Burris' office for a formal opinion whether Illinois' stalking law, passed last year, can be used to prosecute those who protest abortions.

Citing last week's murder of Dr. David Gunn, a Florida physician who performed abortions and indications that anti-choicers would continue unabated, Schoenberg said there are many similarities between stalkers and abortion protesters who "intimidate" physicians and health care workers at home or at work.

Although a Burris aide said he had not seen Schoenberg's request, one of the authors of the state stalking law, House GOP leader Lee Daniels, said he believed the law could apply to abortion protesters.

Contact Roland Burris' office and encourage them to act quickly on Schoenberg's request. Terrorism should not and must not be tolerated.

Source: Chicago Tribune

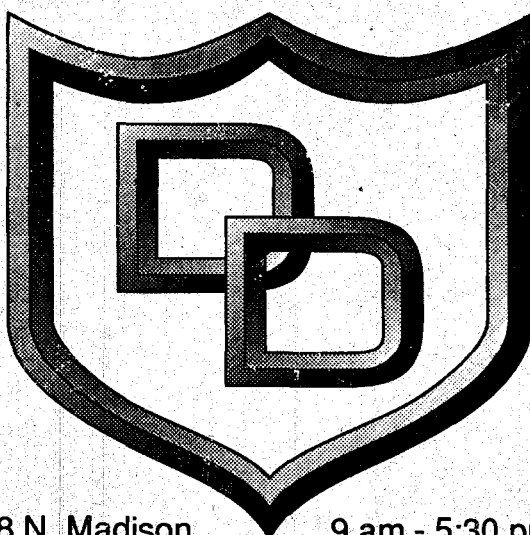
Women's Health Care Task Force

The next meeting of the McLean County Women's Health Care Task Force will be on May 23, 1993, at 3:00 p.m.. The meeting will be held at the East Central Illinois Area Agency on Aging (take Rt. 9 West right before Farm and Fleet there is an access road, take a right on that road follow the road the office is the first building off of the second curve). We have invited representatives from the Champaign County Health Care Consumers to meet with us to discuss their work and how they organized. The meeting is open to any interested parties.

In the next *Post* we will share the group's agenda and objectives with you.

We should mention that Voice for Choice's share of the proceeds from the April 3 dance went as a start up budget for this task force.

EYES NARROWED, NOSTRILS TWITCHING, SHEENA SLOWLY ADVANCES.



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Animal Magnetism



General Motors Stops Animal Crash Tests

On February 17, General Motors announced that it had permanently stopped ALL animal crash tests. The company said that it "no longer has any animal trauma research activity, has not conducted any animal trauma testing for the past year, and does not plan to do any trauma testing in the future."

This decision, by one of the world's largest corporations, came as a result of a hard hitting PETA expose and their 18-month-long "Heartbreak of America" Campaign.

The campaign began when GM employees alerted PETA to the chest and brain impact studies being conducted at the company's Warren, Michigan laboratory. More than 20,000 pigs, dogs, rabbits, ferrets, mice, rats and other animals were systematically injured and killed.

This victory shows that animal rights' campaigns and consumer boycotts do make a difference. L'Oreal next?

L'Oreal Continues Animal Testing

L'Oreal refuses to abandon its cruel animal tests and its spokesmodel Cybil Sheperd continues to turn her nose up at compassion. Determined to draw attention to the cruelty, PETA activists paid a visit to Sheperd's home. A 10-foot rabbit carried a banner which read: "Boycott L'Oreal Because I'm Worth It." Several of the activists chained themselves to Sheperd's gate.

Actor Sara Gilbert, who plays Darlene on the television show *Roseanne*, attended the demonstration. When asked about the tactic of embarrassing Sheperd, Gilbert told the *Los Angeles Times*, "If you're going to work for a company that does animal tests, then you have to carry the baggage!"

You can write to Cybil Sheperd c/o Cheryl Kagan, 10000 Santa Monica Blvd., Suite 400, Los Angeles, CA 90067. And of course you can BOYCOTT L'Oreal.

The United States Post Office Celebrates Cruelty to Animals

The United States Postal Service has issued, and will be issuing, stamps celebrating forms of entertainment in which animals are abused. One of the stamps in their Run Away With the Circus series portrays an elephant in costume, performing an unnatural trick. Animals in circuses are denied comfort and freedom. Their basic needs and desires are ignored. Animals are often taught to perform unnatural acts or tricks by learning that failure to perform will result in physical punishment.

Confined to tiny transport cages, exhibition animals endure the stress of being trucked hundreds of miles at a time. Without heating or air conditioning, they suffer from temperature extremes. Without exercise they become listless and susceptible to illness; many resort to self-mutilation to relieve boredom. Attacks on spectators, especially children are common. Feeding and watering are irregular.

We don't need to rely on animals to entertain us. By attending acts that involve cruelty, we are financially supporting exploitation.

The Postal Service is promising "sports horse stamps . . . coming down the stretch" soon. Great! Stamps celebrating an industry which includes drug abuse, injuries to horses, race fixing and organized crime.

Many race horses are turned into junkies by trainers and veterinarians who provide drugs illegally, drugs which mask symptoms of

injury so that horses can continue to race. Drugs such as lasix and bute stop pain and bleeding but do nothing to treat the underlying problem. As a result, injuries and chronic lameness are common. Each year approximately 2,000 horses are injured on the track and must be killed.

Horses who repeatedly fail to bring in winnings are rarely rewarded with an easy retirement; more likely, they will suffer an unceremoniously early death and their body parts will be turned into dog food or glue. Some horses are violently killed for insurance money. Two hired killers in New Jersey suffocated horses with garbage bags and ping pong balls, broke an animal's neck, electrocuted horses, shot one in the head, and killed others in an intentionally set barn fire.

By refusing to patronize existing tracks (and that means Bloomington/Normal's off-track betting parlors), working to reform and enforce racing regulations and by lobbying against the construction of new tracks, concerned people can help phase out this cruel and exploitative activity.



The Socialist Position on the Farming Crisis

The crisis in farming and the loss of family farms is being brought about by the monopolization of food production by the multi-national corporations. This process of centralization of food production is allowing the large corporations to control the production of food in the same way that they control the production of oil.

In so-called "third world" countries, the multi-nationals sell farmers environmentally-destructive fertilizers and pesticides, DDT, etc. The same corporations are developing seeds using bio-engineering to sell farmers which will grow in the contaminated soil. Thus, the same corporations which poison the soil force the farmers to buy genetically altered seeds.

The eventual goal of the multi-national corporations is to control production and price in the U.S. and elsewhere.

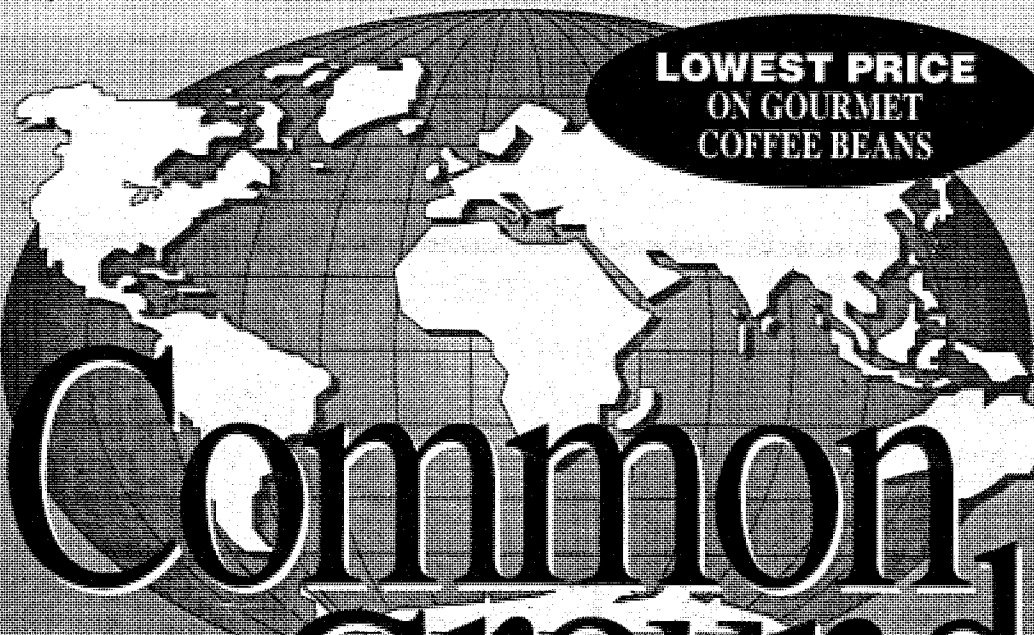
Possible solutions:

- Supporting farm workers unions in the U.S. and other countries.
- Supporting anti-bureaucratic struggles by farmers as they attempt to keep their farms from being swallowed up by the large corporations.
- Educating people in the cities on the issue, most of whom are unaware that there is even a crisis.
- Developing more concrete specific proposals of our own, rather than just saying the answer is anti-bureaucratic socialism.

It is good to say that we should fight the centralization and monopolization of food production, but when? Is it time for a third labor party? Does it do us any good to work within the Democratic Party?

in solidarity
Richard S. Mote

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Racism in the Midwest

Outside of the Midwest, central Illinois has the reputation of an "All-Amerikan" place, where mothers raise their children on Wonder Bread and mayonnaise. It is assumed to be a peaceful place of traditional values, where John Cougar Mellencamp sings on every radio.

We're no Utopia

Like everyplace, however, McLean County is not Utopia. Unfortunately, such strong, conservative ethics leave room for inequity. Although Bloomington-Normal is nothing like Watts of Harlem, there is a very real attitude of racism, which was brought home to me on a recent visit to my homeland. (In my own defense, I always knew racism and intolerance existed but never in such obvious form.)

Thought I'd see what it was about

Although I am not well-versed in rap music, I felt it would be a good experience to see Ice-T and Body Count perform at the LaFayette Club, if only to see what the controversy was about. After mentioning this to my family, I was informed of the recent trend of violent crime in the area: a murder on Grove Street, and another in downtown Bloomington. The latter was in a predominantly "black" area so was ever more sordid. I was also reminded of police boycotts of Ice-T shows in other cities because of his song "Cop Killer" and incidents of violence at rap concerts.

Cops ready

Anticipation was high on Dec. 25th. Area police cancelled all leaves and extra officers were on duty for the concert. To be fair, such actions may have been justifiable in light of increased violence in the B-N area, a conflict in Miller Park over the summer and the fear of gang members coming in from Chicago and St. Louis. In my opinion, it is much better for the police to err on the side of caution than to allow a situation to get out of hand. At least they did not attempt to force the show into cancellation as in other cities.

What I found particularly alarming were my white friends' and relatives' comments that Ice-T ought to be barred from performing because his lyrics are offensive and disparaging to the likes of Chelsea Clinton. This was coming from educated, presumably liberal people. (I assure you that none of them owned or had listened to an Ice-T disc.)



Media attention

Well, weren't the news reports on Dec. 25 full of Ice-T. Every local newscast had an update on the scene, but unfortunately, there was nothing to report. What we had was in-depth coverage of the performer's attendance at the opening of his film, *Trespass* the night before. He brought 16 of the 50 audience members. "What do you think of that?" One relative said, as if the presumably low attendance amounted to a public outcry against Ice-T. If you want to argue the issue, 68%

of the audience had nothing to do with Ice-T. One could even say that an audience of 50 on Christmas Eve is a pretty good turn-out for a movie which has not been promoted nearly as strong as *Dracula* or *Home Alone*.

WASP reaction

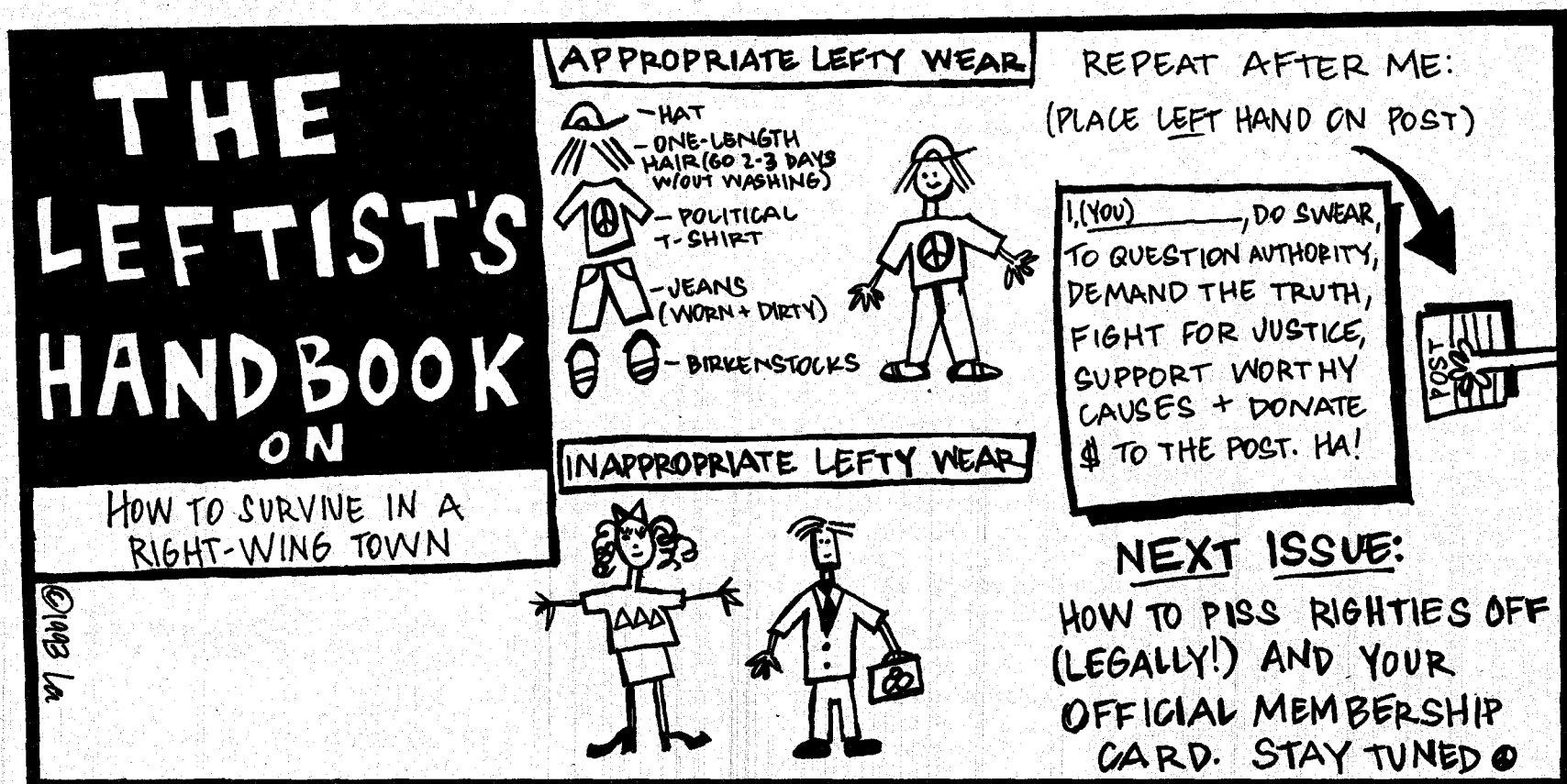
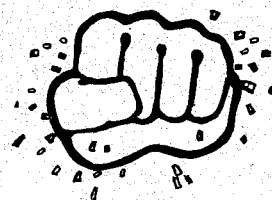
On the 25th, the concert went on as planned. "Only" 325 people showed up on Christmas Day, while I and members of my predominantly WASP peer group stayed home with family. I'm glad at least my brother saw the humor in the next day's headlines. Essentially, a story that proclaimed the fact that nothing happened beat out a story on Somalia for top billing. But a few days later, in San Francisco, violence erupted at an Ice Cube concert. This seems to justify the expectation of violence in Bloomington. Something happens in a city thousands of miles away at a concert by a different artist and suddenly, "See? We were right. Rap concerts do encourage violence." All at once this eclipsed the uneventful performance in Bloomington.

Rap-up

There are rap concerts often in my new home, Chapel Hill, North Carolina. In fact, Ice-T played there not long ago. And nothing happened. Nothing happens quite a bit in Chapel Hill, but it never makes headlines.

I'm not saying that we have less tension in North Carolina than in Illinois, or that people don't overreact in the South. What I am saying is that racism is a very subtle and complex beast. The law gives minorities the right to equal opportunity in industry and equal treatment in public institutions but it can not prohibit the subtle attitudes which classify people into "desirable" or "undesirable" groups based on their economic class or their belief that there is a thing called racism and their determination to speak out.

Roadkill





A Fat Fairy Tale

Once upon a time, there was a pretty girl who grew up believing she was ugly and worthless. Television, magazines, teachers, even her family helped foster this notion. "You have such a pretty face, but . . ." "Don't you care about yourself? You'll never find a husband if . . ." "You have so much going for you, if only . . ." She heard it for so long that it became a religion: the quest for acceptance despite the sin of being fat.

Doctor's advice

The family doctor prescribed amphetamines when she was eight. The pills made her nervous and emotional, but she did manage to lose a few pounds. Then she gained them back, plus more. An eye doctor told her that, if she didn't lose weight, her eyesight would get so bad she'd go blind. Her 5th-grade teacher embarrassed her by announcing in front of science class that she had just too much padding to feel her ribs and backbone. She was taller and bustier than her slender classmates, but she was also smart and funny and had lots of friends. Sure she got teased, but she just smiled and went along with their childish antics, keeping the hurt inside.

Trying to grow up

Puberty and a transfer to the consolidated junior high school brought her equanimity to an end. The new surroundings confused and frightened the girl. Strange kids from the other two public schools made fun of her size, and former friends left her for trendy new ones and joined in the fat-bashing. The gym teacher demeaned her size and athletic ineptitude on a near-daily basis. The home-ec. teacher read her measurements aloud in sewing class. At a girl/boy party, instead of being kissed, she was slapped on the face during a game of Spin the Bottle. She tried to be popular and dress fashionably but had

outgrown chubby sizes and was now forced to wear mature women's sizes. Ugly, dull, uncomfortable clothing.

Trying to excel

Despite the ridicule, she joined clubs and participated in school activities. She excelled in theatre and speech, loved to read and write. Her grades were good and she was elected president of the National Honor Society. She was also nominated for prom attendant, but it was as a cruel joke, a la *Carrie*. She didn't have a date, so she served refreshments at the dance instead. Somehow she graduated from high school without killing herself, though there were times when suicide was not far from her thoughts.

Adulthood no different

College and young adulthood proved that size discrimination would continue to dog her: ugly remarks by drunken frat guys, men who assumed that she was an easy lay because she was fat, employers who couldn't see beyond her size to consider her job skills. She drifted into emotionally abusive relationships since she believed that was all she deserved. She did diet occasionally, but stopped when failures made her hate herself even more.

Self-acceptance is possible

Finally, tired of the years of self-recrimination, the girl accepted that she was a fat woman and began to see herself as the intelligent, loving, lovely person she had become. She stopped looking for a man to validate her worth. And then, when she least expected it, Prince Charming walked into her life, and he truly revelled in her beautiful abundance. He relished each jiggle, he admired every billow and fold, he burrowed into her fulsome roundness. He loved her, a real woman, not some model-thin, media-styled mannequin.

A whole new world

To prove his love for her, he gave her a priceless treasure -- membership in the National Association to Advance Fat Acceptance. Here she found a special group of people who believed in the inherent worth of all people of substance and thus had established an international organization to fight for freedom from fat discrimination. She learned that she had the right to a life of dignity and respect. And, instead of letting herself remain a victim of prejudice, she began to speak up and fight back.

Standing up for her rights

She questioned policies which had bothered her: the doctors who made her weigh herself no matter the ailment, clothing stores that didn't offer plus-sizes, restaurants with uncomfortable seats. She wrote letters to the media, to complain or compliment or educate. She found the courage to speak up when she overheard fat-bashing. She even told her family that it was time to accept her as she was and stop trying to change her "for her own good."

Sharing the new world

One day, she and her prince decided to bring the message of size-acceptance to Central Illinois and help other fat people realize their own self-worth, so they asked NAAFA for permission to start a local chapter. The national organization gave its blessing, and the Central IL Chapter of NAAFA was born. In the magical year since its inception, the proud co-founders have watched other people of size begin to believe in and empower themselves, to stand up for their civil rights. They dream of a day when all people, regardless of weight, finally realize their self-worth without living the ugly fairy-tale reality of size discrimination. And they lived amply every after . . .

Becky Fox



In conclusion, the myths and stereotypes about fat people held by American society continue to be used to justify treating fat people as second-class citizens. By educating the general public and promoting the acceptance of larger-than-average people, NAAFA and its members are leading the fight for size acceptance. The ultimate message is:

Every person, regardless of size, has the right to a life of dignity and respect.

To join the national association or for more information, contact:

NAAFA, Inc.
P.O. Box 188620
Sacramento, CA 95818
(800) 442-1412

To contact the Central Illinois Chapter, call Bill and Becky at (309) 454-2128.

Becky Fox
with excerpts from official NAAFA pamphlets

What is NAAFA?

Founded in 1969, the National Association to Advance Fat Acceptance is a non-profit human rights organization dedicated to improving the quality of life for fat people. NAAFA is not a diet group, but seeks alternate ways to enrich the lives of its members through public education, research, advocacy and support.

Within NAAFA, there are several special interest groups (SIGs) which provide programs for those members with similar interests. These include:

- + F.A. SIG - For "fat admirers"
- + Teen/Youth & Young Adult SIGs
- + Feminist Caucus
- + Lavender SIG - for gay NAAFA's
- + Mental Health Professionals SIG

The national NAAFA Newsletter provides timely news and commentary on progress in the fat acceptance movement; information on health, legal and legislative issues; media coverage and human interest stories.

In addition to the national organization, NAAFA has more than 50 chapters which are run by local members and serve as support groups. These local organizations publish newsletters, conduct events such as seminars and parties, and offer people-of-size the touch of mutual understanding on a personal level.

People of all sizes join because they feel strongly about NAAFA's issues and want to support its goals. Others want to get involved in NAAFA's work to combat size discrimination and improve the quality of life for fat people.

Why do we need NAAFA?

An estimated 38 million Americans are heavier than insurance table "norms." Society regards them as unsightly and lacking in discipline. As a result, fat people are discriminated against socially and on the job market. They experience difficulty buying stylish clothes, a lack of accessibility to public accommodations such as theatre seats, and inability to buy most health and life insurance. They often receive unprofessional treatment by health professionals and experience a lack of understanding from their own families. They are stared at and are victims of tasteless jokes and assaults on their dignity.

Size discrimination is a "safe" prejudice in a thin-obsessed society which believes that fat people themselves are at fault for their size. However, recent studies have shown that, in most cases, obesity is caused by heredity, yo-yo dieting and factors other than overeating. Over 90% of dieting attempts fail, yet most unsuccessful dieters continue to blame themselves when it is the dieting process that has failed them.

NAAFA has members throughout the U.S. and foreign countries. Anyone can join, regardless of weight or viewpoint. People join for many different reasons. Most know personally the heartache of being fat in a thin-oriented society. Some are on diets and others have stopped dieting. Many are tired of putting their lives on hold, waiting for the miracle cure, and want to put an end to their constant obsession to live up to society's standards.



Advice from Anonymous

Last month, Becky and I, in our capacity as co-facilitators of the Central Illinois Chapter of NAAFA, were interviewed for a Sunday feature article. Being interviewed can be an unsettling experience -- you never know until it's too late what is going to be done to your words -- but in this case, we both had little to complain about when it came to the reporter's story. Perhaps the most telling example of the story's effectiveness can be seen in the following. It is our first anonymous letter!

The correspondence in question arrived two days after the article appeared, was addressed to me, postmarked Bloomington and typed on a small piece of paper. In its entirety, the letter reads:

"You and Becky Fox ought to stop rationalizing about and making excuses for your obesity. The answer is simple. . . you EAT TOO MUCH!!! People become intoxicated because they drink too much alcohol. People become obese because they eat TOO MUCH. Fat doesn't make fat. Calories don't make calories. You can get only so much from 1 calorie."

When I first received the above, I must admit to feeling a little nonplussed. I didn't think that our simple espousal of size acceptance would be provocative enough to inspire crank mail. In this, I was admittedly naive.

Receiving a correspondence like this, I'm torn between two responses. The first (and politically apropos) response is to look at the argument: the basic assumption that fat means the person is eating "too much" (as if that could be commonly measured for everyone). As study after study shows -- and as Bennett and Gurin indicate in their readable book on setpoint theory, *The Dieter's Dilemma* -- this premise is problematic. We're not talking "rationalization" but biology. The biomechanics of size are far too complex to be understood by a simple intake equation, even if the diet industry and stereotyping moralists continue to push that outdated notion.

Which brings me to response two. Even if fatness was a result of "overeating" in all cases, what makes it Mr. or Ms. Anonymous' business? Put aside the notion that Anonymous knows that Becky and I "EAT TOO MUCH."

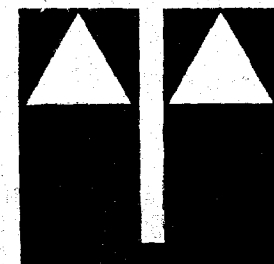
(Maybe they've been watching us through binoculars for the past month and counting up the calories we individually consume, eh?) What irks me is our letter writer's highhanded willingness to chastise us for not eating "right." Too many people in this country focus on criticizing everybody but themselves. It's this tendency that provides a major impetus for fat-bashing. As well as all the other varieties of bashing.

No matter what our size, most of us are struggling to do the best we can. Who needs some nameless yahoo making sweeping assumptions about us on the basis of our physical appearance?

--BS93

How dare you
presume I'd
rather be thin!

News from Lambda



The Lambda Legal Defense & Education Fund is celebrating their 20th Anniversary! Lambda is a national advocacy organization with offices in New York and Los Angeles, dedicated to protecting the legal and civil rights of lesbians, gay men, and people with HIV/AIDS, and to assuring good public policy on AIDS and health care. Lambda is a not-for-profit, tax-exempt organization.

Lambda opens Midwestern Office

The premier national lesbian and gay rights legal advocates announces the opening of its second regional office in Chicago in May. Lambda was the first, and currently only, national lesbian and gay organization to have offices on both coasts - The National Office, founded in New York in 1973, and Lambda's first regional office, the Western Office in Los Angeles, which opened in September 1990. The opening of the Midwestern Office in Chicago will mark another historic first.

Kevin Cathcart, Lambda's Executive director, stated, "One of Lambda's most valuable strengths is our ability to combine working on both the national and local levels. One of the advantages of a national organization based in a major metropolitan area is that it can respond to far-flung cases wherever they arise. By buttressing that ability with a regional base, we substantially augment the effect of our work."

Cathcart also announced that Patricia Logue had been chosen as the Managing Attorney for the new Midwestern Office. Logue is presently a staff attorney with Business and Professional People for the Public Interest (BPI) in Chicago. She has also served on Lambda's Board of Directors for four years, chairing the Board's nominations committee.

Lambda Legal Defense condemns jury decision requiring HIV-infected person to disclose status

On February 9, 1993, a Los Angeles County Superior Court jury found an HIV-infected woman liable for damages after disclosing her status to a nurse only after the nurse had suffered a scalpel cut during a minor surgical procedure. The jury found that the HIV-infected patient had a duty to disclose her HIV status to the nurse prior to the procedure. The nurse -- who was not observing standard, universal precautions -- did not become HIV-infected.

This is the first time a health care worker has ever suggested that a patient with any disease bears responsibility for determining the level of safety precautions that the health care worker uses.

Texas appellate court upholds rights of lesbian denied employment by Dallas Police Department

On February 10, 1993, an appellate court in Texas affirmed a ruling by a lower court which strikes down the Texas "sodomy" law, in addition to barring the City of Dallas and the Dallas Police Department (DPD) from using the law as a basis for rejecting lesbian and gay applicants.

The Texas Court of Appeals upheld the ruling of Judge Larry Fuller of the Travis County District Court. Judge Fuller had declared unconstitutional Section 21.06 of the Texas State Penal Code, which criminalizes certain "homosexual conduct." Lambda challenged the law under the Texas state constitution, which guarantees the right to privacy and equal protection. The judge's order thus remains in effect, and means that neither the state nor the city may enforce the "sodomy" law in any way, whether in citizens' bedrooms or as a pretext for denial of employment.

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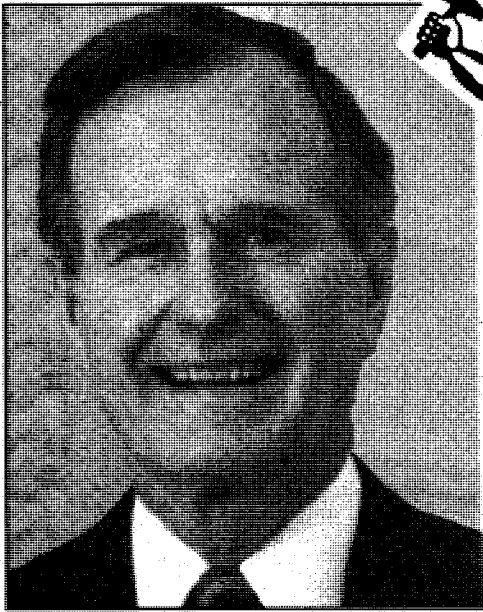
Check out our Great Anti- Republican wordfind!!

(yes, I suppose we do miss Reagan and Bush in a demented sort of way.)

TOP 10 REMEMBERENCES OF GEORGE BUSH

Each of the underlined words in the list below is hidden somewhere in this square, forward, or backward, up or down, or diagonally. Find and circle each word.

10. Watching his 100 FISHING TRIPS and 20 VACATIONS on t.v. while I sat here in Bloomington/Normal.
9. His self-praise for ending the COLD WAR
8. Wondering how many awful things he was a part of while director of the CIA
7. Listening to his euphamistic descriptions such as DESERT STORM
6. Wondering how such a kind-looking woman, as Barbara seems, could marry such a WEASEL
5. Listening to BUSH try to convince us that we're really not in a RECESSION
4. Watching GEORGE get TEAR GASSED at the Environmental Conference in Brazil
3. Wondering how Bush got so many VOTES this past election
2. Watching his SIDE-KICK Dan QUALYE, and wonder, "Does Dan really believe the CRAP that comes out of his mouth?"
1. READ MY LIPS, NO NEW TAXES enough said



R	E	A	D	M	Y	L	I	P	S	N	O	N	E	W	T	A	X	E	S
E	V	W	A	M	H	I	E	A	L	O	P	G	E	C	C	Q	C	X	P
C	C	T	I	A	W	U	K	B	K	I	A	C	L	O	C	A	E	U	I
E	T	S	X	P	L	T	R	S	D	T	R	V	L	F	C	B	S	W	R
S	C	E	C	L	E	S	A	E	W	A	C	D	Y	E	D	I	G	B	T
S	C	C	Y	V	I	B	S	T	P	C	W	I	L	N	D	L	A	A	G
I	G	U	J	L	P	S	K	O	A	A	A	M	N	E	U	H	P	F	N
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O	R	R	R	H	A	F	Q	P	M	V	C	O	M	R	R	S	U	P	S
E	G	A	A	J	E	Z	O	A	L	K	P	G	E	C	C	H	C	X	I
S	E	C	D	E	S	E	R	T	S	T	O	R	M	N	D	L	A	A	F
T	A	F	J	F	P	S	R	O	G	M	A	W	N	P	O	S	T	F	N





Better late than never

Additional research has shown me that I was inaccurate in my article "The New-Right?, or the Rise of the Fourth Reich!" published in the *Post Amerikan* in the year 1984.

The main error in my article, was asserting that Ronald Reagan is a Nazi Party member.

In the years of organizing since that article, I have learned that this was sloppy journalism, and that the assertion was based on personal bias.

The proof that I was wrong lies in the historical fact, that throughout the Reagan and Bush administrations the Neo-Nazis have referred to both administrations as a quote "Zionist Occupational Government."

This is shown by looking at the actions, and propaganda of the Neo-Nazi movement. It can also be verified through various leftist journals.

In the March 1993 issue of the *Progressive*, the article "Hitler's Offspring," by Martin A. Lee, takes note of a televised discussion between Bela Ewald Althans, and Tom Metzger.

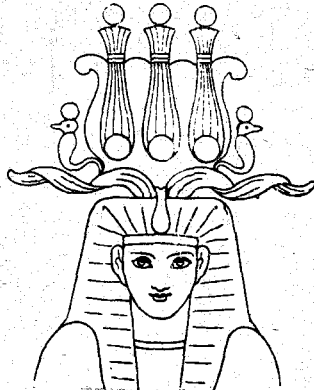
The article mentions that the Neo-Nazi Ewald Althans of Germany refers to the Reagan and Bush administrations as imperialist.

"I love America, but I hate the politics, of America, the ridiculous imperialism," Althans remarks. "It must be horrible for an intelligent person to live in a country governed by people like Reagan and Bush."

I am of course in disagreement with the Reagan-Bush economic and other policies. I find still that I must apologize to Ronald Reagan and George Bush for calling Ronald Reagan a Nazi.

--Richard Scott Mote

ISIS: Seer of Movies



Why should you take my advice about what films to see or not to see? You don't know me. You don't know anything about me. No particular reason, I guess. So, either listen or don't. Or read what I say and do the opposite. I don't care. I just enjoy seeing films and telling others what I think.

By the time this issue hits the stands I have no idea what films will be playing in Bloomington-Normal. If it was good, chances are it won't still be here. But it may return to the dollar theater and, of course, there is always video.

Amos & Andrew

Dan Craft found the film's humor and racial commentary about as subtle as a flying mallet. I must confess that I enjoyed the film and it did not offend my "political" sensibilities. Horrors! Dan Craft more politically correct than moi?

The Crying Game

Everyone I talk to seems to say: "Don't tell me about the film. I haven't seen it yet." Gene and Roger almost came to blows when Gene revealed the "secret" of the film in his review, much to Roger's dismay. C'mon, see the damn film already, so we can talk about it.

Mad Dog & Glory

The relationship between Bill Murray's and Robert DeNiro's characters was very intriguing. Unfortunately, Uma Thurman's character seems to be strictly window dressing. Big surprise, huh?

Scent of a Woman

Scent is a male bonding/coming of age story with an excellent performance by Pacino. However, I didn't feel the film deserved its Oscar nomination. The story becomes sappy and predictable towards the end.

Strictly Ballroom

One of the best films I've seen in town in recent months. Creative direction and offbeat tone elevates what otherwise could have been a conventional dance movie/love story. Exciting and erotic dance sequences made me wanna run right over to the Tiara and sign up for a ballroom dance class.

Unforgiven

Excellent western which deglamorizes the violence traditionally found in the genre.

Gene and Roger have their thumbs. Dan Craft has his stars. Isis needs a gimmick. Send in your ideas to the Post at P.O. Box 3452, Bloomington, IL 61702.

XXXXXXXXXXXXXXXXXXXX

"Happy Earthday, Man"

Much to the dismay of the conservative Twin Cities, N.O.R.M.L. (National Organization for the Reform of Marijuana Laws) Normal held its Marijuana Legalization Rally Thursday, April 22nd. On Main Street, a woman held a sign that said "Go Home Loser, Druggies and Stoners." She didn't stay there long. Not even long enough to get her picture taken.

"Happy Earthday, Man" was a quote from the crowd. The picnic of diversity was about 200 full. Old, young, hackysacks, frisbees, dogs, good music and lots o' hats. I even thought I spotted a few accountant types. I didn't see a single person smoking dope. Of course, the Ever Present Police would have to put a stop to those partaking in such atrocities.

Greg Williams, one of the organizers of the event, wore a weed lei. According to Williams, the purpose of the rally was to educate the community and get people to support the legalization of marijuana. One way he stresses this can be done is to vote for legislators who stand behind the fight. Chef RA, food columnist from High Times, discussed the wonderful food one can prepare with the herb, as well as how entertaining HBO can be with a few herbal brownies on hand.

If you are interested in knowing more about N.O.R.M.L., you can write to:

N.O.R.M.L.
1001 Connecticut Ave NW Suite 1119
Washington D.C. 20036

For news updates call 900-97-NORML

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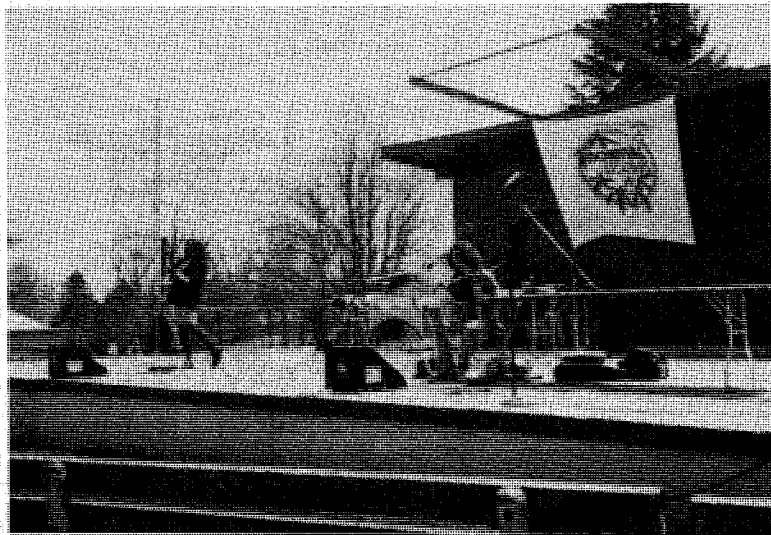
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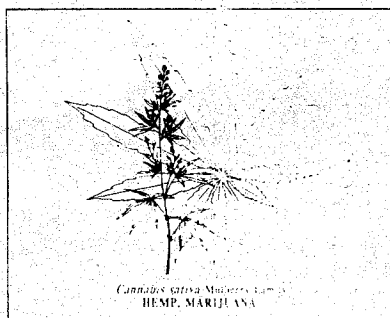
SUBNORMAL



Ronald Reagan
enjoying his
retirement.



Spiritual Twins from Chicago performed for the crowd at Miller Park. One song particularly liked by Hooper was "That's Right, Women ARE Smarter."



MARIJUANA



More than 200 people enjoyed N.O.R.M.L. Normal's Rites of Spring.

Just like Ms. Hippie some things never change:



1973

The Post-Amerikan--as Bloomington-Normal's only alternative paper--has been going for a year and a half now, including the summer when we came out almost in spite of a falling off in advertizing.

As a paper, we work on energy and money. Presently the supply of money is substantitive (though we could use more for the leaner months ahead). It is the energy level that is threatened.

The Post during the summer was put together by a limited number of people who feel close to burnt out now. Simply, for the paper to continue, some new blood is needed (along several pints of Geritol for the old).

We'd like to have you work for the paper. Because anybody who'd read this ad has to be concerned enough to want to help out.

Experience isn't necessary. Much of the stuff done to put a paper together--writing, drawing, typing, driving, selling ads--can really be done by practically anybody. Look at us.

There is going to a meeting (date) at (time) for any of you would like to become a part of the Post-Amerikan. We hope you come for purely selfish reasons. The more people that work the better the quality and the better the chance that those of us responsible for putting this issue out can rest a little.