

# MOONSTORM

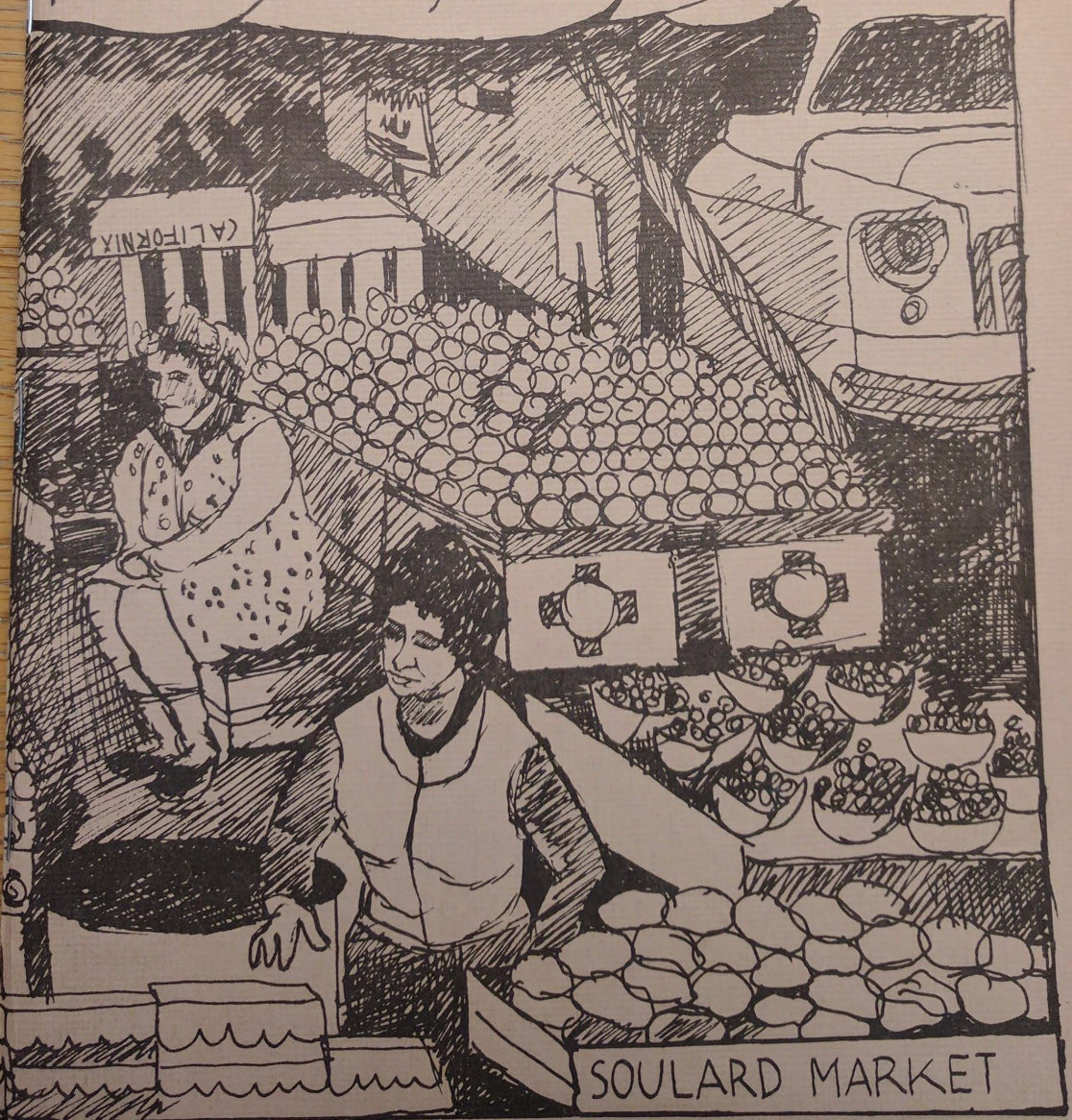
"FOOD"

\$1.00

4th YEAR

No. 9

SPRING 1977



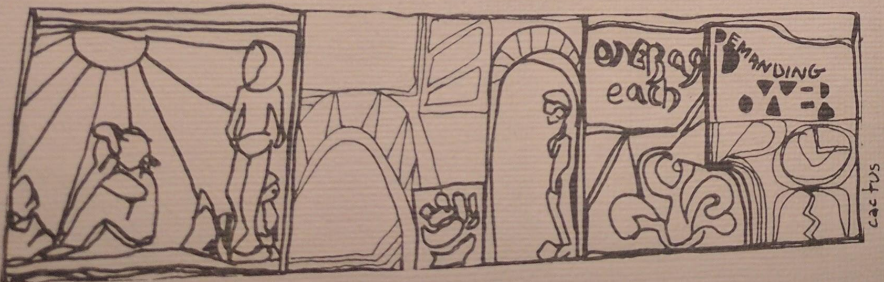
SOULARD MARKET

# Food Lines in Oakland

People are standing in lines, women mostly;  
folded shopping bags, hats against the sun  
swaying crowd  
somber chatting glad.  
noises from the children  
peering round grown-up legs.  
Black people getting food today  
revolutionary gift from the S.A.

watchful waiting for trucks, the cartons,  
small share of the hoarded wealth.  
careful eyes for the invaders of naked need;  
the vultures, the cameramen,  
descend to record the defiant dignity  
the disorder  
the human and ordinary need for food.

crumbs and raw anger now hurled back.  
hungry hands  
empty yet  
can hold a rock, clench a furious fist,  
as they have held hoes & brooms & babies  
for generations.



reprinted from "Sing a Battle Song" a collection  
of poems by winnie in the weather underground



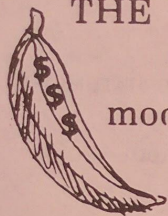
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## THE POLITICS OF FOOD:



### moonstorm collective statement

The theme for this issue is the politics of food. The importance of food as a political issue becomes apparent when we realize that the U.S. government and food industry monopolies are largely responsible for half of the people in the world suffering from hunger and malnutrition. The food industry and our government keeps 30 to 50 million people (15%-25% of the population) malnourished in this country and are largely responsible for the increasing cost of food.

It is important to talk about food because of these and other appalling realities and because food is a powerful political tool in the hands of men in the U.S. government and agribusiness, and what they are doing with that power and control is killing people while making money.

#### Women and Food - Herstorically

Very little information is known about women and food herstorically. What is written here is a perspective and not complete fact.

In the early days of society, women had more control over food production than today. When people began to organize into villages, communities, and societies, the matriarchy also developed. During the matriarchy, women were responsible for the development of agriculture. Women worked the land with digging sticks, gathering herbs and vegetables to feed the group. In time, women became the farmers while men continued the nomadic existence of the hunter. Because of tilling the soil, women became relatively settled before men did.

Eventually with the further development of agriculture, men became owners of herds and in control of a growing trade in animals, skins, tools and weapons. This created a system of private property and individual wealth. Individual wealth was in opposition to the communism of women's culture which was a system of sharing.

The change from matriarchy to patriarchy was an important revolution but there is little information about the time, duration and struggles. One of the results of this revolution was to make women economically dependent on men. Man not only claimed the land, an important factor in food production, as his own, but he also made women his private property.

#### Small Farms Are Vanishing

The realities of private ownership of the land comes down to this. Today more than half the land in the United States (55%) belongs to only 27 corporations. With the help of the American government, small farms are being forced out or bought out by large oligopolies (a small, dominant group of competing industries who control the available market supply of a product and the price it will be sold for). This decision to destroy small farming as a viable way of life is the result of conscious agriculture policy.

Agribusiness and the U.S. government work hand in hand to destroy the small farmers while increasing their profits and increasing the costs of food. For example, the federal farm subsidy program administered by the U.S. Department of Agriculture pays large farmers not to plant part of their land. Largely, the beneficiaries of this program are the corporate farmers, not the small farmers.



The vanishing of these small farms gives us even less control over the land and of the food we eat. And it also forces poor farm families to the cities where they face starvation and unemployment.

Another government policy supporting corporate farms is through tax loopholes for corporations allowing them to make a profit and pay no taxes at all. Such policies are not surprising when we realize that many important government positions, like the Secretary of Agriculture, are held by agribusinessmen.

After being forced off their land, these poor farm people have very few alternatives to choose from. They come to the cities with their farm skills- skills for which there are few or no jobs available in the cities. They are forced into unemployment or into jobs that are low paying and unskilled. Without money or skills to make money these families are forced to live in poor and substandard housing and must also depend on welfare and food stamps for their survival. They are forced into this kind of situation because of the rampant classist and racist attitudes of white, middle and upper class society.

Small farming does not guarantee that people won't starve, nor is it a way to solve our food problems. The destruction of these farms makes more people dependent on corporate farms for their food, as well as other products and services. Tenneco, for example, one of the 30 largest corporations in the U.S., not only owns and farms 1.5 million acres of land, but it also produces and sells Tenneco fertilizer from its own chemical plants, Tenneco farm equipment from its own factories, and gas from its own pipelines.

#### The Food Giants

What the situation looks like now is this - the food industry has been taken over by a few large monopolies whose sole interest or concern is profit and power with not even the slight-

est interest or concern for the health of the people or of the environment. And these food industry giants produce more costly and less nutritious food.

Agribusiness controls every stage of food production from the manufacturing of farm machinery, seed, and fertilizers to cultivation, processing, storing, trucking, retailing, and exporting. They also control available market supply of a product and the price it will be sold for. They are responsible for increased food prices. These high prices of food are not caused by the cost of labor for food industry workers (who are among the lowest paid workers in the country) and not the population explosion or bad weather conditions.

### Glutton City - USA

The United States is a nation of consumers. We consume and control most of the world's resources. We have both the highest production and consumption in the world, and we exploit the workers and resources in poor countries in order to maintain our high priced lifestyle.

We have a steady, cheap supply of raw materials, and we have it because food is being used by the U.S. government and agribusiness as a political and economic weapon in poor countries. Agribusiness and U.S. government strategy is to make most of the world dependent on U.S. food and technology. The land in Third World countries (i.e. Puerto Rico, Latin America, South America, Africa) is being used to produce cash crops for export (i.e. tobacco, bananas, cotton, coffee, rubber) and not food for the people in these countries who are starving.

If the land were used to grow food instead of cash crops, the total world food output would increase 10-15%. Unfortunately, even if food was produced, U.S. control in Third World countries prevents these countries from using it to feed their people. U.S. agribusiness owns the fishmeal factories of Chile and Peru and sells almost its entire output to the U.S., Japan, and Western Europe.

The United States, through its food aid programs, puts its foods back into these countries. That's not done out of concern for starving people. In 1954 Public Law 480, which most current food aid comes under, was established to support U.S. agribusiness, not help feed hungry people.

Politically, the U.S. government uses food aid and food funds as a weapon to gain control over other governments and to insure that U.S. interests and needs are maintained. For example, in 1974, of the \$152 million in food aid, 43% went to South Vietnam and Cambodia, 6% to Latin America, 10% to Africa, 28% to Asia and 13% to other countries. Neither Vietnam nor Cambodia is on the U.N.'s list of the 32 countries in most critical need for food aid. The U.S. owns a lot of industries in both of these countries and has a vested interest in giving food aid to keep these people alive because they need the workers and resources of these countries. Another example of how food aid is used to further U.S. political interests is the case of Chile. In 1968, Chile received \$29.6 million in food aid. In 1970-73, the Allende years when the Socialist party was in power, Chile received no food aid. In 1975, one of the years since the brutal military takeover in Chile, they received \$35 million in food aid.

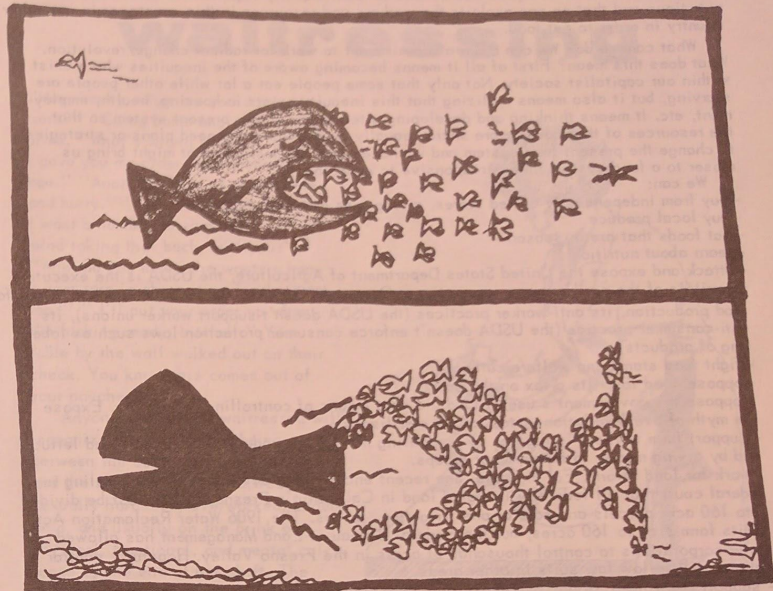
What effect does dumping large amounts of free or cheap food have on the economy of the recipient country? The local growers are unable to compete and are forced to grow other crops, often non-edible cash crops. There are a few additional incentives to plant cash crops too. These include government price supports and the availability of loans.

The end result is increasing dependence on the U.S. for food because the whole cash crop system is geared toward producing money, not food.

### The Rising Cost of Unsafe Foods

In the land of abundance, where consumers can choose from an overwhelming number of food items, all packaged and wrapped in different sizes, shapes and colors and delivered to us at exorbitant cost, comes the harsh reality that most of the foods made available to us contain unsafe amounts of pesticides, herbicides (chemicals that are used for weed control and as growth regulators; they make things grow bigger or to ripen faster, when its most profitable to the growers to market them) chemical preservatives and chemicals that are carcinogens (cancer causing).

This widespread use of pesticides and herbicides (called chemical farming) endangers our environment and the health of farm workers as well as the population at large. Equally disturbing is the fact that we are paying higher and higher prices for less nutritious food. Meanwhile, the food industry, U.S. government and advertising corporations are working together to increase their profits and power.



### Conclusion

What we feel we have done in this issue is to make ourselves and other women more aware of the politics and problems with food in this and other countries. It is important to educate ourselves and other people about the power position that the U.S. government and U.S. agribusiness have over such a basic human necessity and right as the food we eat.

We want to make ourselves and other women aware of the power we have and the power we need to take to change food from a profit motive system to a system that meets the needs of the people. We need a food system in which everyone shares in the power and control.

The land in this country does not belong to the people. A lot of it is owned by corporations and the people that own the corporations decide how the land will be used. We feel that the land should be controlled by the people who work on it - the farmworkers. And the farmworkers should be responsible to the people who eat the food. People who eat the food would have input into decisions about food - what is grown, how much, what it will cost, how it will be transported, etc. The focus of this food system would take peoples' needs into account.

Presently, everyone buys the foods that are made accessible to us, not foods that are nutritious. Our food is sprayed with poison. Everyone eats the poison, and its effects are unhealthy bodies, disease, and surely over time, death. If people took more control, we certainly would not choose to poison ourselves or the people who work on the land.

We need to work for radical change in the food distribution system. We need to insure that everyone has access to nutritious food because food is necessary for survival.

People who have money, jobs, race, sex, and class privilege (white, middle and upper class) should take responsibility for making sure that poor, blacks, and Third World people, young and old - that everyone has access to food. Equally important is that this food be nutritious and that no one exploits the workers and resources in this country or in any other country in order to get food.

What can we do? We can make a commitment to work for radical change/revolution. What does this mean? First of all it means becoming aware of the inequities which exist within our capitalist society. Not only that some people eat a lot while other people are starving, but it also means realizing that this inequity exists in housing, health, employment, etc. It means thinking and developing alternatives to our present system so that the resources of this country are shared equally by everyone. We need plans or strategies to change the present food system and we have some suggestions that might bring us closer to a food system that is responsive to everyone.

We can:

- buy from independently owned stores, giving less money to corporations
- buy local produce
- eat foods that are in season
- learn about nutrition
- attack and expose the United States Department of Agriculture; the USDA is the executive committee of the agribusiness corporations. Oppose USDA export-subsidy systems; its anti-food food production, its anti-worker practices (the USDA doesn't support worker unions), its anti-consumer practice (the USDA doesn't enforce consumer protection laws such as labeling of products).
- fight food stamp and welfare cutbacks
- oppose food tax - its a tax on the poor
- oppose the government's use of food aid as a means of controlling population. Expose the myth of overpopulation - stop forced sterilization.
- support farm workers' struggles by boycotting non-union products (i.e. grapes and lettuce) and by giving money to farm worker groups.
- work for land reform. For example, one recent encouraging development was a ruling in federal court that all federally irrigated land in California's Fresno Valley must be divided into 160 acre parcels and sold at pre-irrigation prices. The 1906 Water Reclamation Act limits farm size to 160 acres, but the Federal Bureau of Land Management has allowed large corporations to control thousands of acres in the Fresno Valley. Hopefully similar rulings will follow law suits in other areas.
- support (by voting, giving money, raising consciousness) legislation to break monopoly control of agriculture. One such act is the National Farm Organization sponsored "Family Farm Act" which would prohibit any corporation or individual with a substantial interest in manufacturing farm equipment or supplies, and marketing farm produce, or pursuing any other agriculture-related business, from engaging in farm production.
- reduce consumption as a country and individually
- support (by giving money, spreading information) Third World countries' right to build a self-reliant economy and control their own resources.
- organize and support alternative food distribution systems (food co-ops) and non-profit stores - with a priority for establishing these services in poor, working class and other minority neighborhoods.
- organize and support women working the land- particularly women committed to food production and distribution for women, poor, black and other minorities in the cities.
- educate ourselves and other people about the role monopolies play in higher food costs; the role the U.S. government has in creating world hunger and poverty.

These are just a few suggestions for ways we can get involved. This is only the beginnings of plans or strategies we need to develop but we must start somewhere.

#### Sources and Recommended Readings

- Harriet Bye - "The MacDonalidization of America", Country Women, Issue 18
- Sherry Thomas - "Small Farms Are Dying", Country Women, Issue 20
- Harriet Charney - "A Small
- Harriet Charney- "A Subtle Form of Genocide", Country Women, Issue 20
- "Co-optation Blues"- November newsletter from the Ozark Food Coop in Fayetteville, Ark.

## waitressing

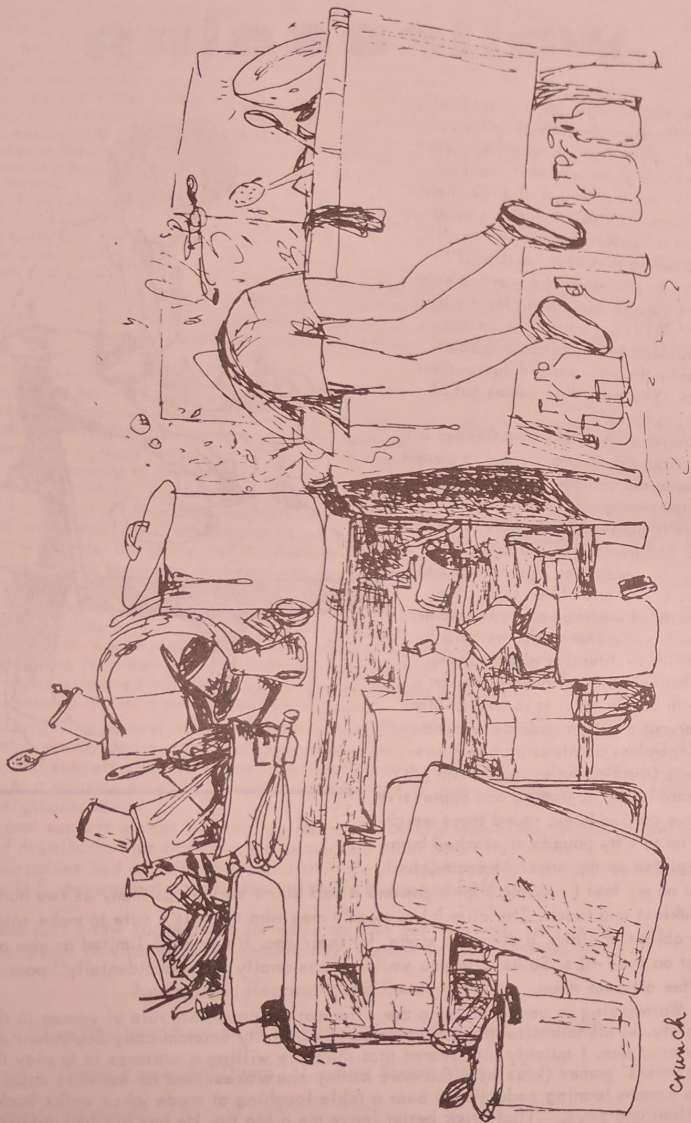
"Hey, honey, what are you doing after work?" - Going home and collapsing, prick. "What's wrong with you today? I gave you my order twenty minutes ago." "Another round of drinks here and hurry." "I've changed my mind I want a hamburger rare. You won't mind taking that back, will you?" "What do you mean she wants a hamburger rare-is she paying for the tuna too?" "I'll put your order up when I'm fucking ready, bitch." "Your table by the wall walked out on their check. You know this comes out of your paycheck".

Anyone who's ever waitressed will recognize the dilemma of being caught between the customers, the kitchen, and the management. A waitress is sexually harassed, overworked, underpaid, and usually on the brink of physical, emotional, and mental collapse by the end of her shift. The majority of waiting people are women, except in the expensive restaurants that hire exclusively male waiters.

Waitressing epitomizes women's role in our society. It is essentially a servant position and one's income is dependent on pleasing one's customers (the tipping system). The job is hard labor, degrading and oppressive. I have carried huge, round trays weighing up to fifty pounds or stacked burning plates on my arms. At some jobs I was on my feet (running) for eight and a half hours serving as many as two hundred people breakfast and lunch. The clientele is mostly men who think it's cute to make sniggering sexual object, a slave, a stepping stone, for their ego. Revenge is limited as you are dependent on their tips. So usually you smile, occasionally you "accidentally" pour burning coffee all over them.

Waitressing is very similar to the wife/mother prostitute role of women in this society. In all four situations the woman is generally economically dependent on pleasing men. I quickly discovered that the more willing a waitress is to play the customers' games (kiss ass) the more money she makes. And no waitress enjoys it. The woman leaning seductively over a table laughing at crude jokes walks back in the kitchen and says, "That prick better leave me a big tip. He has his fucking nerve." The tipping system is designed so that management does not have to pay waitresses a living wage. Unfortunately, organizing waitresses is extremely difficult because of the highly competitive nature of the tipping system, the fact that the job is unskilled (any woman can do it), the high turn over, and the economically depressed condition





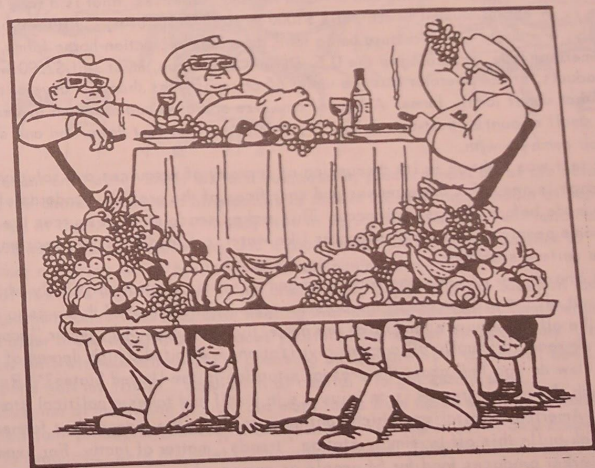
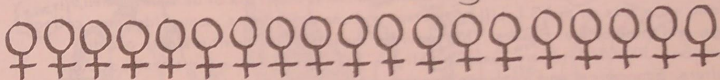
crunch

BANKOFAMERICA owns 254,000 shares of Campbell's Traction - also, 138,000 shares of Safeway and 635,000 shares of Tennaco

of women in general. When I graduated from college with a liberal arts degree I couldn't type or take shorthand, so I worked as a salesclerk for a while (salesclerks actually make less money than waitresses) and, for the last three years, as a waitress. Quite a few women I know with college degrees are working as waitresses. Women's relation to class is extremely complex, but it seems obvious that women only derive class privilege from men; fathers, husbands, lovers. Very few women even from the middle class make it in the professions. Coming from an upper-middle class protected background, working as a waitress was a real shock. I wasn't ready to be treated like dirt. Also I became friends with working class women (something that had never happened to me before). The contrast in our lives was amazing and I became acutely aware of my class privileges. Many of them had two or three children and were trying to support them on wages that barely supported me. I suppose some of my waitress friends turned tricks on the side. With an education I had hopes of escape but most of them had dropped out of high school. The antagonism between customers and waitresses had a definite class base as well as sexual basis. And on a gut level we were all very conscious of both. Money is the basic power customers hold over waitresses, not only through tips, but if you actually say what you're thinking they can get you fired. So waitresses, like other women, tolerate indignities because of their economic dependence (I've literally been "felt up" while I was trying to wait on a table).

There are alternative restaurants. I now work in one and the situation is much improved. However, as long as women are debased and kept in menial positions, as long as male supremacy and capitalism hold sway, the situation has not essentially changed. The position of the oppressed waitress is only one reflection of the position of women in this society.

- Mary Jo Cinnater



Tennaco's "farming" goes back to 1877 when they swindled the public(people) out of 150 sq. miles of fertile land in the San Joaquin valley of California. In 1970 Tennaco received 1.4 million \$\$\$\$ in land subsidies for not growing food, paid no income tax at all, and took 73.8 million in profits.

# Things I Learned in Agriculture School

This is not going to be about how to grow corn. I mostly want to discuss the business/economic side of what we studied because that affects everyone directly.  
-Whatever Happened To "Farming"?

The first thing a potential Aggie notices in the Central Florida Community College Catalog is a subject heading "Agribusiness Technology". The old-fashioned words "farming" and "agriculture" do not appear until underneath the course titles (as we see in small print under the words "Principles of Agribusiness Management" that it is "principles and practices of farm and agribusiness management".) I enrolled in in the above course which was combined with "Agribusiness Economics and Institutions" (besides some practical courses like "Crops" and "Plant Science".)

There was a total of forty or so Ag. majors at C.F.C.C., a small group from mixed backgrounds. Most were independent family farmers, about six of us were women, some were vets on the G.I. bill, daughters and sons of farmers, some older than college age, and three or four Blacks. This provided for lots of different insights and discussions. What follows are some "highlights" of the classes and the textbook Agri-culture, Economics, and Resource Management.

-So You Thought You Knew What A Farm Was?-

"Agribusiness" is farming and off-farm related industries. What is a farm then? A farm is an establishment which sells \$1000 or more worth of agricultural products annually. (Products of agriculture being food, fibre and recreation-horse farms, etc.) A commercial farm, according to the U.S. Bureau of Census, must sell \$2590 worth of Ag. products, or the operator must be under 65 or report less than 100 days of non-farm work. What about family farms? A farm of any size operated and managed by one family with a small amount of part-time labor. Try stretching this last definition and see what you come up with.

Our text was right-on in its discussion of scarcity of resources and solutions, saying that change is needed and awareness and sacrifices of the present standards of living must be made before changes can occur. This makes sense since resources are limited and to some people not wasting resources like water, oil, and land (an important one) would be quite a sacrifice.

What amazes me was how the book managed to remain neutral politically while spelling out all the intricacies of the present system. The effect of this was to make it seem like all the obvious inequities are perfectly fine (indeed), under "economic justice" we read "Virtually all ancient civilizations exhibited a high degree of inequality. How do you feel about the present situation in the United States?") Really to take such things for granted is an injustice in itself and takes a political stand in favor of American capitalism, which continues to cheat the independent farmer.

The book pulls this off by simply stating "trends" matter of factly. For example: One farm worker produces food for 54 people as compared to 27 people ten years ago. So most commercial food can be produced by 1% of the people. The trend toward the number of farms is down, while size, value, specialization, and production per farm are up. What's wrong with that you may ask? Well, you'll see after my favorite chapter which is the one where they explain the three types of business in America.

There are monopolies (we know these are supposed to be illegal but utility companies are one example) oligopolies (most industries) and pure competition (whose only clear example is farming). Pure competition has a large number of sellers, selling standard products so the supply/demand principle works perfectly.

Not so with monopolies however, since demand for their necessary services doesn't change so prices are up to the company. Not so either with oligopolies (a small dominant group of competing industries) because of something they explain away as "tacit collusion" Our Ag. teacher described this as all the heads of different automobile corporations getting together over dinner to decide how much to charge for this year's cars (Or makers of cameras, refrigerators, basic steel, etc.) This is a friendly agreement on price, not written agreements or any such incriminating documents, that would be "price-fixing" or some other illegal act. They just keep their eyes on each other because if one company lowers their price there might be a price war and only the consumer wins the

What I'm getting to is that it seems obvious that with trends to larger farms and less of them, that farming will move faster from pure competition to oligopolies, inter-dependent enough to keep prices where they want them. Even now big corporations,



which represent only about 2% of all farm businesses, produce most all of the nation's food

One of the characteristics of oligopolies is that it takes a large amount of capital to get started in them, and this is already true in agriculture. An efficient farm cannot compete without expensive machinery and a good amount of acreage today (not to mention other expenses which are inflated for all businesses now.)

None of this was well received by my classmates, especially the Southern conservatives. A comment came from one, after hearing that the average age of farm owners was much older these days, that "it takes you that long to get enough money". It didn't go over too well with me either- if I'm choosing agriculture as a vocation I don't want to spend half my life in "acquisition of capital" to get established.

A discussion of marketing brought out more facts from those who had experience selling their farm products. Brokers, middlemen who buy rights to all of a crop often before it is produced, were the most controversial issue. They buy it all and someone else's too until they have a large enough share to control how much is on the market. One man told us how they made him plow under his second crop of squash and he had to do it, couldn't even feed it to the hogs because once they buy it it's their say what happens to it. (And meanwhile somewhere in -----people are hungry.)

Another topic that raised hairs on a few backs was "Farmer's Share Of The Food Dollar". This has been given "considerable attention" says the text. Both farmers and

consumers point to middlemen as the cause of high prices. The average share a farmer gets is 40% of the overall food dollar, varying from 2/3 of that dollar for meat to 10% on a box of cereal.) So the rest has to be marketing costs. Why so high? Are the retailers, shippers, processors, and packagers to blame? Restaurants? Ad companies? No, it's us folks. "The fact that consumers buy additional services with food-packaging, precooking, etc. - is an indication that a forced sale does not take place and that costs are considered reasonable."\*

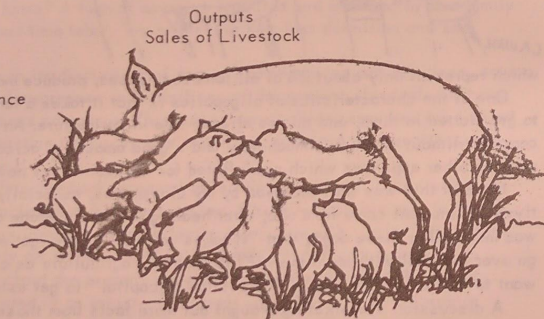
This means since people buy processed foods they must want them. It leads one to believe that the book is also correct in predicting that the new "meal fabricator" industry will be more popular (they're the people who bring you meals for airlines, cafeterias, etc.) The text insists these are high quality meals "often of gourmet standards", but I hardly agree. This is not as disturbing as the idea that a food system where retailing is totally integrated (the same organization buys, processes, sells, and even cooks it for you) would diminish competition. In its complete form, vertical integration coordinates growers and shippers also, so there are no middlemen - the whole works is under the name of one organization. "The market rationale for vertical coordination is that it does a better job of balancing supply and demand in terms of quantity, quality, and variety; it reduces risk and increases efficiency, thereby leading to lower production costs... assured markets and better credit relationships."\* Any future farmer reading this would certainly be cooperative when the representative from General Foods came around with a contract to sign. There are so many built-in risks in agricultural production - the uncontrollable factors of weather, the (at best) expensive to control factors like disease and insects; that the security of a guaranteed market is very attractive. It would be easy to settle for a price that may later turn out to be lower than the going rate on the market just to be sure that it would all be sold at a profit to the grower.

- For Love, Not Money -

"If you're in farming, you're in it for the love and not the money." It was hard for our teacher to discourage this kind of talk. I became disillusioned after one assignment we had which was to make up a projected budget (using any figures real or imagined, for any farm, real or imagined). He had showed us all how to fill out the Federal income tax form 1040 Schedule F, Farm Income and Expenses, which included a list of deductible expenses. This gave me an idea of what I would need. I decided I would raise hogs (since that's what I really want to do) and it soon became apparent that there was an imbalance between the number of inputs and outputs:

Inputs

- Feed
- Seed
- Fertilizer, Lime
- Repairs and Maintenance
- Credit (Interest)
- Insurance
- Fuel
- Machinery
- Pharmaceuticals
- Veterinary Service
- Buildings
- Rent of farm, pasture
- Utilities
- Freight, Trucking
- Taxes
- Land Clearing Expenses (first time only)
- Stock (the animals, remember)
- Labor



Outputs  
Sales of Livestock

The woman who sat next to me had made up a budget for raising broilers (that's chickens, 8-14 weeks old) and she used the exact prices for feed and other inputs. She concluded that there was no way to even break even. "Well," said another student, "don't go into the broiler business." I was working with imaginary figures so I could juggle the numbers around but even so it was hard to make them sound realistic and still have money left after expenses.

You'll notice I put labor at the bottom of my expense list. That is the first expense to be cut - it would be one of the biggest and it can be substituted (vet supplies, feed can't be) This brings us to an inflammatory issue - wages for farm labor. Classroom manners were the only thing that held off a fight. We were talking about unemployment once. An older man said, "Yeah, but they want to pay you a dollar an hour, you can't live on that, and feed a family." Another guy said he'd worked for a dollar-fifty "on one of those horse farms around here."

I myself had worked for a dollar an hour as a trainee ranchhand, and with as little experience as I had I was lucky to get hired. (My wages did not increase to the \$2 the other workers were paid and after a little talk with the boss it became obvious that

it was due to sex discrimination, but that's another story). I also worked with relatives just to help (which helped me, I learned about tractors and things). The latter is still the most common way of acquiring labor - the whole family gets out in the field when help is needed.

I've heard people from the United Farm Workers and such farmworkers' organizations talk about unionizing. They seem to think the solution to the problems of migrant workers is to make the growers pay them more. This would still leave the hierarchy, the worker vs. owner class separation intact, however. Also laws enforcing a higher (or any) minimum wage and prohibiting use of non-union labor would prevent a small farm from hiring labor, legally. Work would then be all family or off-the-books, putting workers back where they started since off-the-books hiring can't be regulated (if no one knows, they can't tell you how to do it.)

What do I think is the answer? I think the only answer can be in cooperatives. There would be no division between workers and owners then, owners would be workers (and vice versa) with everyone sharing equally in the profits. (On a small family farm the

owners do the work now, but these are disappearing as they cannot compete with lower prices and greater efficiency of more mechanized large farms.)

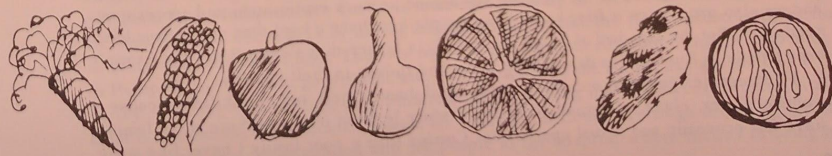
There are many agricultural cooperatives in effect which operate differently from the way I've explained. They share a common principle with work co-ops in that both are groups banded together more for other benefits than for cash profits, such as easier ways of buying and selling products. Everyone owns an equal share and has equal control but the owners usually still hire someone else to do the work rather than participating in that end of it. 27% of farm products are marketed through co-ops now. They are tax free which makes them not too popular with folks who run other businesses, but they are subject to the same anti-trust laws other companies are.

One problem with working co-ops, the most common example being the many food coops now in existence, is that while in theory everyone is supposed to contribute equally, the members find it hard to coordinate their involvement with the rest of their lifestyle. This means one person or small group ends up taking most of the responsibility. Demands of the rest of the world eat up the energy until it seems like more of a sacrifice to

contribute time and energy in exchange for the service a co-op brings than to pay money for it (ultimately this means time and energy spent contributing to the system to get the money.) It is not the American way to do anything that doesn't bring in those Bicentennial \$2 bills.

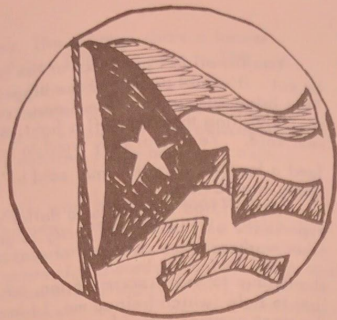
I think collectivism is what can change this. But for me to write about Utopian visions would end up being very simplistic. I do not have a detailed plan to feed the world or even the revolution. But I do know that an "estimated 20% of the world's population suffers from not having enough food to eat" (that's straight out of the book) and we've got to do better than that.

crouch





# PUERTO RICO LIBRE



U.S. Marines invaded Puerto Rico during the Spanish-Cuban-American war also known as the Spanish-American war in 1898. Puerto Rico was a colony of Spain before the war. Spain was trying to take control of Cuba. The U.S. helped aid Cuba & Puerto Rico so that it could gain control of both countries. Puerto Rico is a militarily strategic location for the U.S. It is located in the Caribbean. U.S. business and government has always wanted control of countries in Latin America for power, profit, and defense. Puerto Rico has been a colony of the U.S. ever since the war. By colony we mean that the Puerto Rican government and economy is controlled by United States businessmen.

85% of Puerto Rico's land is owned by U.S. corporations and industry. Puerto Rico is rich with natural resources such as oil and copper. But this potential wealth cannot be realized by the people of Puerto Rico. The colonial administration responds not to the interest of the people but to the interest of powerful U.S. corporations. For example: An agreement between the government and Mobile, Shell, Exxon, and Continental Oil, authorizes the companies to extract 200 thousand barrels of oil per day, for a period of 30 years. U.S. businessmen will invest 400 million dollars. This money for investments comes from the exploitation of laborers for these corporations and the natural resources in the U.S. and Third World countries. These rich white men who owned the land and machinery will pay the workers what they want. Puerto Rico is the fifth largest market that produces goods for the U.S., yet, the average wage is one-half the U.S. wage and unemployment has reached 35% as of the fall of 1976.

10% of the land is owned and occupied by U.S. military bases to protect and maintain U.S. interest. The people of Puerto Rico are living under the conditions of an occupied country. Meanwhile, the rich white men that own the U.S. corporation are living in luxury thru the sweat and blood of the People of Puerto Rico. The island has been taken over by businessmen and turned into a vacation land for themselves. While these greedy men bask in the sun, the people of Puerto Rico do not have their basic needs met.

One of the most brutal effects of U.S. colonial domination, is that women of Puerto Rico are also part of a world wide campaign of sterilization. 35% of the women of child bearing age in Puerto Rico have been sterilized. Sterilization is the only free medical operation. (see sterilization article)

Another effect of U.S. occupation of Puerto Rico is cultural. For example, although it is a Spanish speaking country, the school children must conduct their classes in English. The English language is a compulsory course from kindergarten thru high school.

Because of the horrible conditions that the people of Puerto Rico must live under, many people have moved to the U.S. looking for work. In the U.S. most Puerto Ricans face brutal racist oppression, live in the worst slums, and find only unskilled, low paying jobs if any at all.

Living in the middle of the U.S. we see around us much exploitation and oppression, and we also experience it first hand. Many people here have a hard time getting our basic needs met. But the standard of living in the U.S. is higher than Puerto Rico. For example many people in Puerto Rico do not have water and toilets in their houses.

We sometimes get harassed, threatened, fined, imprisoned, and even killed because of our race, sex, class, or sexuality. Being a white lesbian from a working class family I have felt economic and sexual oppression. Coming from a poor family I have, like many

others, been on the lower end of an economic hierarchy. Because I am white I have the privilege of not having to deal with racist attacks against me, that the U.S. culture directs against non-white people. As a lesbian who is open about my sexuality, I am in touch with many ways that our survival is threatened. Lesbians with children often must live under the threat of having their children taken away by the police state. It is especially true for poorer women who can't afford a lawyer to defend them in court. Even for women who do have the money the risk is high since being a lesbian is "illegal".

Jobs are very hard to find for a lot of people. But if we are open about our sexuality we run the risk of being fired from our jobs. Many lesbians have been evicted from our homes. We like everyone else, have the right to exist and get our basic needs met without our survival being constantly threatened.

Lesbians have begun to organize with other lesbians to protect ourselves and our rights in order to gain power. Working people and poor people have organized for years in order to fight for our survival.

The people of Puerto Rico survival is being threatened by U.S. government and corporations. Some of the same people who are making our survival difficult. These people are trying to divide and pit poor people against one another, so they can maintain their money making interest.

It is crucial for all people working for liberation to see what we have in common and to support each others struggles. We need to work towards having more socialistic societies based on cooperation and not competition, so that we can at least get our economic needs met.

In this article we have not dealt with the oppression of women as separate from the oppression of men. Patriarchy is a system that exist to oppress women in all societies. Women must join together separately from men to talk about our oppression, to gain strength to struggle against men having power over women. At this time women in Puerto Rico are joining together with men to support independence for their country by forcing U.S. imperialism out. By U.S. imperialism we mean that the U.S. goes to Third World countries and through the exploitation of its workers and the land, takes over the country for their own profit.

Many North Americans are joining to support the independence movement in Puerto Rico. One of the groups that have organized is the Puerto Rican Solidarity Committee. The PRSC began in the fall of 1974 at a rally in New York at Madison Square Garden.

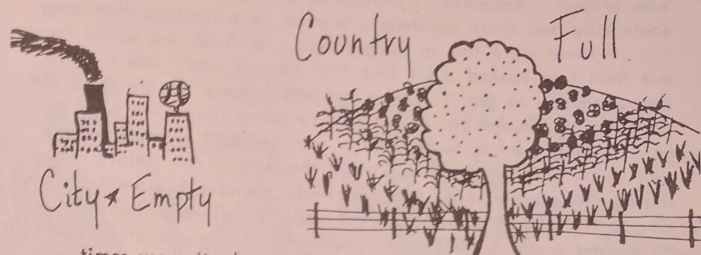
The PRSC feels that people in the U.S. can put direct pressure on the government to end its control in Puerto Rico. In the summer of 1976 the U.S. tried to pass before the U.N. a bill called the "Compact of Permanent Union". This bill would have further tied Puerto Rico to the U.S. It was defeated, through the efforts of the PRSC, the Puerto Rican Socialist Party, and supporters of the independence movement.

There are also five Puerto Rican political prisoners being held in the U.S. These

five (and one man who was killed by police) carried out a dramatic protest in 1954. They fired guns into the U.S. Congress to bring the issues of injustice in Puerto Rico before the world. This action was planned and led by a very courageous woman - Lolita Lebron. Lolita is still being held in jail in Vermont. Rafael Cancel Miranda, Oscar Collazo, Irvin Flores, and Andres Figueroa Cordero also have been held in U.S. prisons longer than any political prisoners in the Western Hemisphere. Andres is in a prison hospital in Springfield, Mo. dying of cancer. They killed no one, but have stood up for the independence of their country and the rights of their people. For this they are serving life sentences. Supporters of Puerto Rican independence can be instrumental in trying to secure the release of these freedom fighters. One way is by having demonstrations to free the five. Another is by getting in touch with the local PRSC. They are trying to get the truth out about what is happening in Puerto Rico. The U.S. government with cooperation from the media has always had a policy of having a news black out of information concerning the true facts of Puerto Rico. Last November the PRSC helped arrange for about 40 St. Louisians to go to Springfield, Mo. to participate in a demonstration with 300 people at the hospital where Andres is being held

There is also a slide show about Puerto Rico available and people from the PRSC are willing to talk to interested groups. Puerto Rico Libre, a monthly newspaper, is published by the PRSC. Subscriptions are \$1 for 6 months. Write to PRSC, Box 319, Cooper Station, New York, New York, 10003.

Information for this article was gotten from Puerto Rico Libre, the national PRSC draft political statement, and from the local PRSC. — Mary Beth and Diana



times weren't always easy living in the country. in 1956, we had a hard time in southern missouri. i was 10 years old. that year, it rained, rained, and kept on raining. all of the crops were washed out. but, we did have food.

in order to get that food, though, we had to fish for it, shoot chickens, which we were unable to catch, because of the water flooding our yard, and slaughter livestock.

since i was a kid at that time, i didn't realize how "close to the bone" things were then. but, i did pick up on the scariness for everybody grown-up and got a little scared myself. after all, seeing mother hunting a chicken with a .22 rifle was a bizarre sight, especially since i had in close memory gathering eggs from those same hens.

people that didn't have livestock or chickens, like us, had to get food in commodities, which usually consisted of big tubs of lard, butter, and flour. i'd never seen canned meat before, but they got this too. i don't think the government listed the ingredients of this meat on an outside label, so, i don't know what was in that meat. it looked something like canned dog food. food was scarce. those were hard-times. the year after this, the government started the soil-bank to pay the farmers money whether or not they planted ground or not. it was a slow recovery, though, so we spent the next year in the city. most of the small farmers really never recovered, small being people who owned under a 1000 acres.

the only time i remember there being nothing in the house to eat was one day in the city. maybe there were other days, but like the ingredients of that canned meat, i've successfully blocked them out? anyway, this was a 100° day in st. louis. we lived in a third-floor apartment with no air-conditioning. in the kitchen, a ham-bone was boiling on the stove. mother was out of work. we had no money. there wasn't any meat on that ham-bone, but we hoped we could get a soup. our bellies were empty. and, there was no food-stamp office in those days. so, we had our ham-shadow soup, until mother was able to scrape-up some money somewhere.

Since then, the city has always seemed like a hungry place to me. and, i have fantasies (nightmares?) about all the hungry

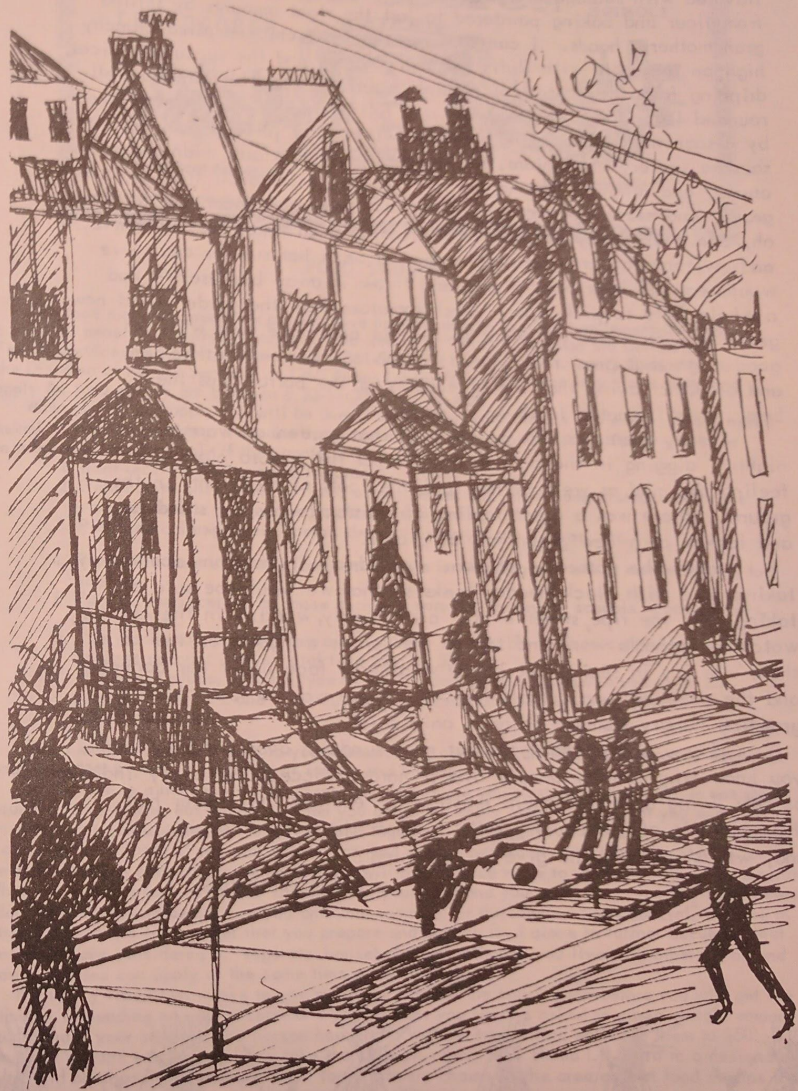
kids around. Recently, i worked at a recreation center on the south side and those nightmares seemed more realistic than ever. there were lots of hungry kids. at 5:00, we would hand out food that looked a lot like that canned meat, and the kids seemed happy to get it. then, around january of this year, the government decided those kids had to prove they were poor by getting their parents to fill out a form saying how much money they made. in this neighborhood, the parents are mainly recent southern immigrants (like we were) who spend a few weeks in the city to try and make some money (usually fail) and then go back to migrant work on the farms. anyway, the people at the recreation center decided that these people would not fill out these forms if they sent them home with the kids. so, they just cut out the food program deciding not to deal with a problem that might happen. for me, there were more nightmares. for the kids, there were empty bellies growling over the tv at fat smiling children on sesame street.

food stamps don't take care of these people because of a lot of problems. one being they move so fast and the system isn't set-up to deal with people who are nutritionally malnourished and near starvation the minute they apply. people like this are often too ignorant of city-ways (unaware of city bureaucracies that are set-up to deal with hunger?) to apply in the first place. sometimes, they are simply too proud to take welfare of any kind until they are near starvation. these are only a couple of the problems.

one of the biggies is that these people see living in the city as a very temporary thing. they see themselves as country people who will shortly return to the good life of the farm, which in most cases never existed for them as the good life or is not the good life anymore and hasn't been for a long time. but, they see the country as more of a friend than the city.

the country was good to me and my belly. i think i was the last generation for that, before the huge farm system took over with the mechanized cotton pickers, choppers, and bean pickers. my grandmother owned a 200 acre farm and during my childhood we lived close to the land and provided work for a number of farmworkers. in other words, our cotton pickers, choppers and bean pickers were people not machines. at that time we all could live a decent life off the land until disasters like the flood of 1956 hit us and the machines and big farmers began to take over. a way of life died. the migrant farmworkers like the ones above, are the casualties left-over from that way of life and are great gaping wounds in a society that still uses them for beasts of burden but doesn't care for them in any other way.

i am thankful for the good memories of food i have from the farm: bologna, white beans, and onions for lunch after working in the field. blackberry cobbler with great thick dumplings, and chocolate cake, with homemade sugar icing. and, fresh ground sausage with



hot spices in it topped with white gravy thick with black pepper and flavored with sausage drippings. white bisquits, freshly rolled-out made from flour and baking powdered to just the right amounts by skilled grandmotherly hands. i can still see the fried chicken piled crunchy high on the table with fluffy mashed potatoes and the succulent juices dripping from the corners of cousins' mouths as they bit into a well-rounded leg.

thanksgiving day full of turkey and dressing fixed with a sage with the dressing seasoned with giblet juices combined with fresh quail for breakfast, midnight catfish orgies, and all-night eating parties. there's wild rabbit fried in brown gravy, and black-eyed peas, with corn-bread, and pecan pie for dessert. oh, and fresh honey eaten with the comb, fresh taken from the hive.

and watermelon and mush-melon busted on a hot summer day. we would eat the heart out of one and throw it away because we had a whole field to pick from. fresh tomatoes from the garden, and new green peas so sweet you want to run out and make love with the good earth that grew them. and, green onions from that garden, and grandma saying that the green part at the bottom was the best, when i wanted to throw it away.

and, there was the planting of that garden on warm spring nights. digging in the dirt at dusk to put the tomato plants in, feeling the mud as we together sunk the roots of the plants in the ground. there was a great feeling of satisfaction as we stood back and looked at a new green row of plants.

and the gathering of corn. grandma's instructions about only taking ones with black headed husks so that we would be sure of taking only the ripe, sweet ones. and mostly, working in the earth. watching grandma work and tan in the sun as we gathered the corn. there was joy in seeing her happy weathered face under her bonnet and the wizened eyes for all seasons. there was no fear of a growling hungry stomach there. only quiet.

if you understand the quiet of a sundown over a field, then you know why country people find it hard to accept the empty indifference of city living as a permanent existence. even if they never had the good life of the country, it's a dream that's hard to give up. and, why should anyone give up dreaming?

billie rensberger



### FOOD STAMPS

The food stamp program is a preventative health measure used to supplement the food budget for people on limited incomes. If you live in St. Louis City go to the Division of Family Services at 627 N. Euclid ( phone 361-5651). If you live in St. Louis County go to the Division of Family Services at 1260 Andes (phone 991-4260). The best times to go and apply for food stamps are between 8:30-11:30 and 1:30-4:00

When you go and apply you will be questioned about your income and expenses and asked to verify everything. To make the processing of your application go faster you need to bring the following only if they apply to you:

1. Rent receipts for the past 3 months.
2. Paid utility bills: electric, gas, water, sewer, and phone(long distance calls are not included in your budget) for the last 3 months.
3. Paid medical expenses (doctor, dentist, prescriptions, glasses, etc.)
4. Paid child care expenses (only acceptable for working mothers or mothers going to school).
5. Paid tuition receipts for those currently enrolled in private schools, trade schools, and colleges.
6. Your bank statement as long as it is under \$1,500. If you have a checking and savings account it must total less than \$1,500.
7. Pay check stubs, or some type of verification of your income. If you show all your bills are paid and that you have no income at all or savings, you will be asked to explain it.

Don't mention the following to your caseworker: combined checking and savings accounts totalling over \$1,500, trust funds or stocks and bonds.

If you live in a household with unrelated individuals you must prove that you do not store your food together or eat together. When you go in and apply clearly state that you and your friends don't eat together or store your food together. The purpose of establishing "separate households" is both of you can qualify for food stamps separately and get more stamps for a smaller cost to each of you. A home visit will probably be made to verify that you are separate. When the caseworker comes you should label your food and your roommates food with tape clearly identifying what food belongs to you and your roommate for this show-and-tell special." Be sure to emphasize to the caseworker that you prepare and eat the food alone to further document that you alone are considered a "seperate household" even though you live with others. You and your roomates can apply at the same time or individually.

It usually takes two weeks to one month to process the application before you will get the stamps. Depending on your income and your budget you may be asked to pay a certain amount to purchase your stamps. One person household will be sent a card entitling them to \$50. 0 worth of stamps each month. You take the card plus your food stamp I.D. card to a designated bank and purchase your stamps. Most large grocery chains in the area accept food stamps for bank and purchase your stamps. Most large grocery chains in the area accept food stamps for paper products, pet food or cleaning products. When you go shopping you seperate non-edible items from your food and pay for them seperately.

If you want a friend to be able to use your food stamps when you are not around or sick she

will need identification stating she is your "authorized representative," ask your caseworker for details. Your friend may need to have a picture food stamp I.D. taken in order to use your stamps. Once you have been approved for food stamps you must reapply every three months or the stamps will be discontinued. Be sure to follow this same procedure for your reapplication.

Speaking personally as a former caseworker and now as a potential food stamp client I found the entire situation degrading and humiliating for both client and caseworker. You and your caseworker will fill out many forms. The paperwork alone takes at least two or three weeks to reach its final destination before you can receive your food stamps. If you run out of food before your stamps come that is your problem. Very few emergency food stamps are issued from your local food stamp office.

The entire food stamp program gives an individual just enough food to get by on - but not enough food to keep the oppressed poor and minority groups healthy and strong. The food stamp program is a bandaid covering the cancer of poverty.

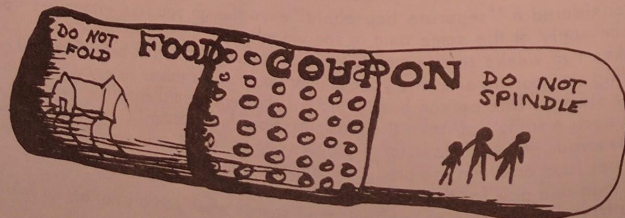
Remember to bring all your receipts and stay cool and calm. Bring a book or a magazine to the office. ~allyson

**"THE FOOD STAMP PROGRAM  
IS A BAND-AID COVERING THE  
CANCER OF POVERTY."**

To eat is not an acknowledged right by our government. In fact, our need to eat is used by the government to control us and use us to its own end. The end is to make money and sustain the power structure.

The crucial information here is that the decision makers in our government are the same men who own the biggest corporations in the country. They have plenty of food to eat and fat kids, so they don't see the need to change anything. Rather, they design systems to keep things as they are. What they need from us is a hungry supply of laborers who will work when we are needed. And they want us to feel guilty if we get hungry if we are not working for them. They do this by defining for you what your criteria of needs are and by collecting information from you in a degrading manner. There are at least five forms to fill out, all for "the records". One for your case file, one for the county records, and one for the big IBM. What lengths the government goes to keep tabs on us! The forms are intimidating and are written with the underlying assumption that if you are applying for food stamps, you are untrustworthy. Example; the first form you are handed to sign, Acknowledgement of State Fraud Provisions. The whole procedure implies it is your fault you are poor and hungry, have kids to feed and don't have a job. **IT IS NOT YOUR FAULT.** It is the limitless greed of those who control the resources of this country which keeps the food off your table. So, if your race, sex, class, age, educational level, priorities or inclinations have forced you to try to get food stamps in order to not starve, remember that the food stamp program is really a beneficent facade (smiling face) for a government whose real investment is in keeping that food off your table unless you do things their way.

~clare



## FAT LIBERATION: FEAR OF FAT



"Fat Liberation--What's that?" you are probably asking yourself. And if you are, that confirms our thinking that it would be worthwhile to reprint excerpts from the article which follows. It's from Big Mama Rag and was written by Woodwoman.

### HATRED OF FAT

Several years ago the Ladies Home Journal published a survey showing that women are more afraid of getting fat than of all the pain, hatred, and killing in the world. In what contempt we hold our bodies--how lucky for the weight loss business which has swelled to an \$11 billion industry.

Most people accept without question the prevailing myth that obesity is caused by overeating and laziness. It follows, then, that the fat person has only herself to blame for the societal prejudices which deprive her of civil rights, medical care, and human dignity.

### ? OVEREATING OBESITY?

The truth of the matter is that the average fat person eats about the same amount, or less, than the average slim person. What actually causes fatness has not yet been ascertained, but there is strong evidence that it may be hereditary. Obesity indicates a body type, not the presence of a disease. (Often fat people do end up eating compulsively. However, fat activists point out that it is hardly surprising that someone would grow obsessive around food if they spent their entire lifetime being told that they eat more than other people while knowing they don't.)

While all fat people are subjected to daily discrimination and outright ridicule, fat women face the most frightening oppression. In a world where women are valued primarily as sex objects, attractiveness to men and economic survival go hand in hand. As a researcher noted in the Journal of the American Dietetic Association, "young women are acutely aware of the value of a slim, well-shaped figure both as a social and an economic asset". After all, if you don't give men their enjoyment, you forfeit your rights in their world.

Indicators of women's fear of fat include the fact that 85% of all amphetamines prescribed are taken by women, and 83% of those prescribed are for weight loss. Also, one consequence of starvation diets is the development of pulmonary tuberculosis, and twice as many women between the ages of 15 and 24 die of TB as men!

### IS FAT UNHEALTHY?

Another major myth about obesity is that it causes ill-health. Hypertension, gallstones, varicose veins, heart disease and early death are all traditionally linked with obesity. It is said to cause anything from depression to severe psychosis. So doctors send their fat patients away with printed diets, declining to treat them until they've lost weight. Some doctors even refuse to deliver fat pregnant women, holding that they are prone to toxemia and difficult deliveries, when, in fact, toxemia is a condition prevalent in women who have not had adequate pre-natal care.

Prescribing a diet for obesity is the height of irresponsibility, when over 95% of those who diet regain their lost weight within 5 years. The practice of continually losing and regaining weight is what makes being obese unhealthy. Diets put a great deal of strain on the heart; it was her constant dieting which atrophied the muscles around her heart and caused the death of Cass Elliot.

Also, serum cholesterol levels increase during weight gain, but there is no

evidence that they decrease when weight is lost, so that the person who diets and regains the weight will end up with a higher cholesterol level than she started out with.

Diet pills, the kinds freely available at drugstores as well as those prescribed, contribute to the strain on the cardiovascular system. Amphetamine use has caused deaths from cardiac collapse and hemorrhages, as well as side effects of nervousness, irritability, headaches, depression, constipation, nausea, and skin eruptions. Phenmetrazine HCl, marketed as Preludin, is highly addictive and has been known to provoke severe psychosis.

As for gallstones, varicose veins, and early mortality, there is no proven correlation between these conditions and obesity. In fact, markedly overweight women actually have a lower mortality rate than underweight men.

Dieting, on the other hand, has been credited with damaging nerve and other protein tissue, upsetting body chemistry and contributing to tuberculosis, pneumonia, typhoid fever, colitis, diarrheal ailments, anemia, and diseases of the teeth, bones, and nerves.

Because a body which has been starved utilizes calories more efficiently than one which hasn't, the fat person who diets must eat very much less than the average person in order to maintain weight loss. In fact, many fat people are actually malnourished. As one researcher states, "weight reduction (in obese study subjects) could be maintained only by means of chronic undernutrition."

#### SELF-HATRED

Those psychological symptoms of depression and neurosis not directly attributable to drug side effects can feasibly be traced to the effects of years of self-hatred and despair. In a study of obese girls at a typical summer camp, it was noted that they displayed "characteristics strikingly similar to the traits sociologists have shown to be typical of youngsters in oppressed minority groups who were victims of intense prejudice." Not surprisingly, some women have been reported to have suffered "emotional disturbances of psychotic intensity" while dieting.

Even though a 1966 government publication on obesity and health suggests that it is "social pressures" and "a conflict with the standards of society" that "cause such psychological symptoms as obsessive concern with body image,

#### A CASE IN POINT

That fat people can be happy and healthy in a judgement-free environment has been proven by studies conducted in the '60's in an Italian immigrant community in Roseto, Pennsylvania. The village's 1700 fat inhabitants eat high calorie, high cholesterol Italian food, yet deaths from heart disease are one-third, and incidence of diabetes one-quarter the national average. Researchers, baffled, investigated this community three times before finally being forced to conclude that "contentment" might have something to do with their findings. The inhabitants of Roseto think that fat is far out, and there are no feelings of shame or guilt attached to obesity, nor any pressure to reduce. When they left the village to live in everyday U.S.A., however, they fell prey to the stress-related diseases from which the average fat American suffers.

#### WHO PROFITS?

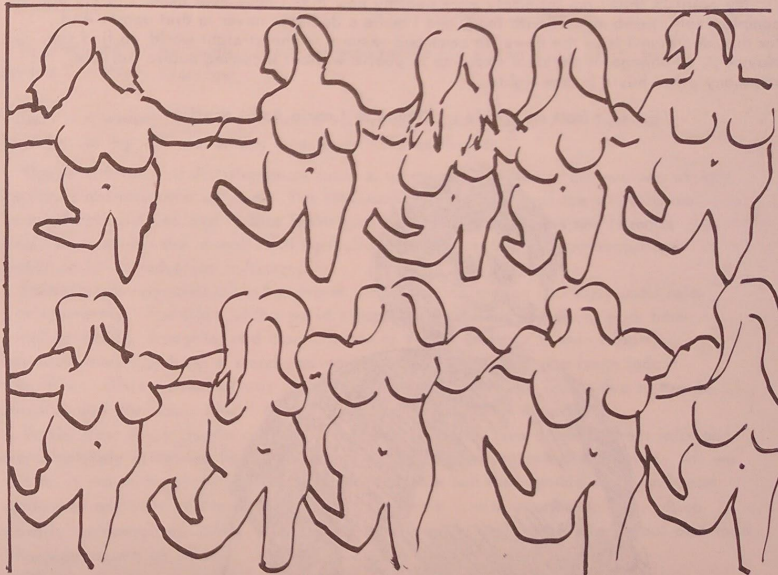
It is clear that a major reason for the continued oppression and mystification of fat people is profit. It's a perfect setup: make life intolerable for a certain group of people; then identify their distinctive characteristics as a disease and offer to cure it. One researcher states unequivocally that "at present it is incurable," but this doesn't stop the profit-mongers from promising high-priced miracles to passivity, withdrawal, and expectation of rejection," it predictably suggests that treatment be the prevention and "curing" of the obesity, thus throwing responsibility for the prejudice of the society back onto the fat person, people made gullible by misery. Not so different from the medicine show quacks offering colored water as a cure for all ills.

The doctors whose patients come back time and time again for the diets which will fail and, later, for treatment of hyper-tension and drug-related illnesses; the surgeons who cut sections out of intestines (resulting in severe damage to internal organs and chronic malnutrition); the dentists who wire jaws shut; the

psychiatrists who "treat" chronic depression, neurosis and even psychosis; the diet food manufacturers; the producers of weight loss pills, diet diuretics, and appliances; the proprietors of "health clubs and fat farms; organizations like Weight Watchers; all the entertainers, columnists, cartoonists, and women's magazines who manufacture jokes and advice at fat people's expense-- all these are reaping the profits.

#### FAT PRIDE

Meanwhile, fat people aren't getting any thinner. They are, however, getting a lot angrier. Fat liberation groups have been in existence for several years. Fat Power, by Llewellyn Louderback, was published as long ago as 1970. The only existing group to combine the principles of feminism with those of fat activism, however, is the Fat Underground, a Los Angeles organization. These women have produced some excellent literature, outlining specific areas of concern and refuting widely-held myths about obesity. Of particular interest to those who might want to start their own groups is an account of the progress of a fat problem-solving group, whose members emerged from the experience with radically altered perceptions of themselves and society.



" THE 'PROBLEM' IS NOT MY BEING FAT...  
BUT HOW I AM TREATED BECAUSE OF IT"

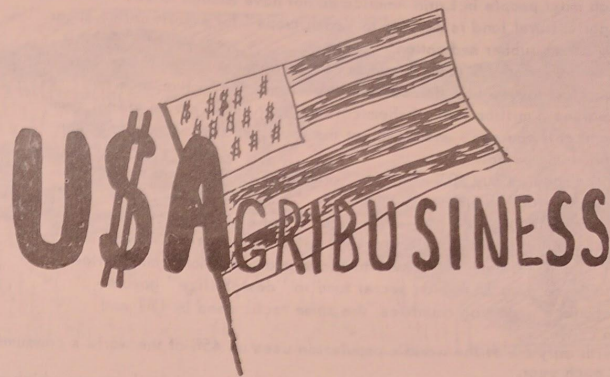
A few years ago I spent three months going out every day to look for a job and it was easily the most degrading and humiliating experience of my life. There is no prejudice quite so blatant as that which exists on the job market against fat women. I couldn't get a job as a dishwasher and no secret was made as to why. The only employers who hire people like me are those few who are smart enough to know that once they get me, I'll most likely be so grateful that I'll never complain, never quit, and never ask for a raise because we both know what my chances are for ever getting hired anywhere else.

There is little validation anywhere for our struggle. We are rarely encouraged to love ourselves (even by our "liberated" feminist sisters), to consider ourselves beautiful, to nurture ourselves. We are expected to hate ourselves, deprive ourselves and consider ourselves ugly. We desperately need each other's support to feel strong, powerful, beautiful, and most important- angry. Yet we are so accustomed to despising our own bodies that we despise the fat bodies of our sisters... I feel more solidarity with a fat suburban housewife than I do with my slender lesbian sister, although I can expect as much support from the housewife as I could from a closet dyke who believes herself to be sick and perverted.

When I lost 60 pounds, very fast, once in my life, I had to get my head into a mind set of self-hatred, non-nurturance, complete self-denial to do it. When I tried to get out of that head set, I felt I would have to spend every second of my life fighting the urge to eat. I felt I had no control. I tried to fill up my life with so much activity that I wouldn't have time to eat. I knew I could never relax. I felt like the effort would drive me crazy. The thought of getting fat again and everybody seeing it and losing respect for me, the thought of losing the power I had gained by acquiring a "normal" appearance, was so terrifying I was in a state of panic. No one who knew me then had any idea how close I came to killing myself at that time. My mother still carries pictures around of me when I was on the verge of suicide to show people how beautiful and healthy I once was.

My point is that I am infinitely more healthy now than I have ever been. I rarely eat compulsively, numb myself with food, and I made a decision never to diet again. And for this decision I lose the power to command respect in the straight world, to find employment, to engage in physical exercise in public without incurring public ridicule, and many other basic human rights.

(Excerpt from an article in Plexus by Laurie Ann Lepoff)



"To give food aid to countries just because people are starving is a pretty weak reason." -- Henry Kissinger

"Food is a weapon. It is the principal tool in our negotiating kit." -- Earl Butz, Secretary of Agriculture, former director of Ralston-Purina.

The production and distribution of food is, of course, the basic cornerstone of any society's economy and survival. For thousands of years much of the entire human range of activity was tied to this basic survival need. Most myths and legends credit women with the invention of agriculture - the first stable, purposeful approach to food production in history.

Farming has remained a hand-to-mouth difficult subsistence life style until relatively recently. For much of the world's population this backbreaking work hampered by floods, droughts, and crop failures is still a reality. In this country, however, there has been a steady movement from rural areas to the large industrial cities. This movement was rapidly accelerated during the 1930's due to the depression and the "dust bowl" drought conditions in much of the country.

Today most of us live in cities, work at industrial, service or government jobs and are completely alienated from the process of food production and distribution. All we can do is watch helplessly while food costs double and then double again and read confusing and contradictory stories of "grain deals" with other countries, which usually encourage us subtly to blame starving folks in other countries for our own food shortages and high prices.

What is the true situation? The truth is that food production and distribution, like everything else in this country has been taken over by huge corporations called agribusinesses. The small number of wealthy white men who own these corporations have quietly been buying up most of the farm land in the country, taking advantage of the many folks who went bankrupt in the 30's and then making it impossible for the other small farmers to survive. Not content to control food production in this country alone these corporations have become international in scope, buying up (or just ripping off) land in poor Third World countries. One of the largest of these agribusinesses is good old Ralston Purina right here in St. Louis. It is useful to know a few facts about these powerful gangsters who are creating starvation conditions for most of the people in the world and making food inflation and poor quality of food a continuous headache for us here. The facts:

- Although most people in Latin America do not have enough to eat, two thirds of the agricultural land is devoted to "cash crops" for export: coffee, sugar tobacco, cacao, rubber and cotton.
- In 1968 we imported 332 million pounds of fish from protein-deficient Latin America. Half the world's fish catch that year was fed to livestock.
- The U.S. uses 3 million tons of chemical fertilizer each year on lawns, cemeteries and golf courses - enough to cut the fertilizer shortage in the under developed world by half.
- Six grain companies buy 90% of all U.S. grain and the top two handle 50% of the world's grain shipments.
- Ralston Purina the world's largest producer of pet and livestock food also owns 580 restaurants, food factories, feed mills, fisheries and hatcheries in Brazil, Chile, Colombia, Mexico and Nicaragua. Del Monte and United Brands had created a \$5 million secret fund to "destabilize" governments in banana exporting countries, the same tactic used by ITT and

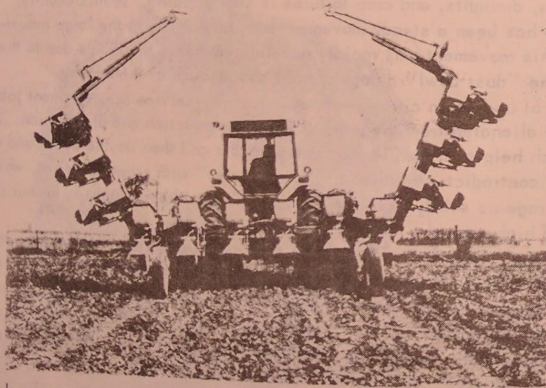
Kennecot in Chile.  
 -- The US with only 6% of the world's population uses up 45% of the world's consumable resources each year.

-- Our food aid to other countries is shrinking each year but our food exports which create large profits for agribusiness has increased from \$9.4 billion to \$21.5 billion in just 2 years (1972-74).

-- Half of the cultivated land in the United States is devoted to livestock feed. The consumption of beef has more than doubled in the last 3 decades. Through the uneconomical route of feeding cattle to feed people, it takes nearly a ton of grain to support the average American, compared to 400 pounds for the average Third World person.

-- Large corporations have taken over the production and processing of foods from planting to retailing, allowing them, rather than small independent people to make the profits at each step of the way. For example, Hunt Foods Inc. an 800 million dollar business has bought since 1943 United Can Glass Co. for containers, Ohio Match for advertising, Wesson Oil, Canada Dry and McCall Corporation. In turn, it was taken over by Norton Simon a 1 billion dollar corporation in 1968.

-- The same friendly folks who brought you B-1 bombers, napalm, "destabilization" of elected governments and genocide in Southeast Asia and Latin America- i.e. Dow, ITT, Litton industries and others are heavily invested in food production and distribution.



The greedy corporations have also gifted us with overprocessing, over synthesizing of foods, and the addition of thousands of cancer causing additives in order to make their production and distribution tasks easier and their profits higher. Instant wonders and frozen delights are attractive to weary working women who must start a full load of cooking and cleaning after a strenuous 8 hour workday. These nutritionless, over processed artificially colored and often dangerous products are heavily promoted



since they are a goldmine of instant profits. For example a package of Lipton's Beef Stroganoff With Noodles costs \$2.61 a pound for noodles worth 37¢ a pound. Instant potatoes can be sold for about 5 times the profit margin of fresh potatoes. Sugar frosted cereals charge about 90¢ a pound for the convenience of avoiding sprinkling a little sugar over your bowl of corn flakes. Even "fresh" foods are not immune to corporate tampering. Mosts fresh produce is picked green and then dyed or doctored to appear colorful and appetizing. Tomatoes are reddened by spraying them with an etylene gas. Oranges are dyed with carcinogenic food colorings. Supermarket aisles are lined with neat packages of poison cleverly disguised as food.

The truth is that the entire food production and distribution system of much of the world is in the hands of a few wealthy white agribusinessmen (and their buddies in government) whose interest are power and profits, not human well being.

So next time we go into a supermarket, let's remember the real reason we're getting ripped off and forget the myths about "rising production costs", "food aid to ungrateful countries" and "consumer insistence on convenience foods." Those are all lies to try to convince us that the enemies are starving people in other countries, obscure farming issues that we're, of course, too dumb to understand, or our own greed.

We must also beware of simplistic "ecology" solutions, no matter how well meaning. Eating less meat or learning good ways to cook soy beans or growing your own vegetables are

useful and healthful ideas, but will not by themselves solve or even dent the world food crisis. Meat is not the problem in the world food crisis, capitalism as represented by agribusiness is the problem.

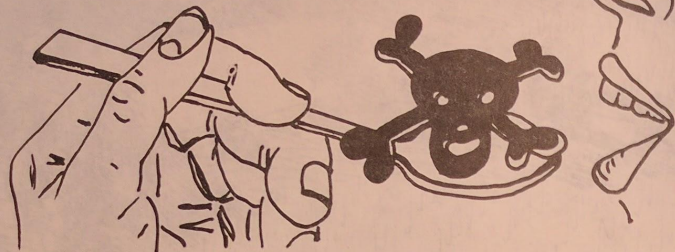
The power brokers of the food world will not be challenged easily. Major struggle on many levels will be necessary to even dent their stranglehold on the food market. We must support struggles of food workers in the fields and the factories. Keep in touch with your local United Farm Workers representatives to learn which products should be boycotted. Support local food co-op efforts. Learn the facts about agribusiness domination of the U.S. and the Third World and share them with your friends. Support the struggles of Third World people to rid their countries of ravaging American multinational corporations. The only true solution to the world food crisis is for the peoples of the world to regain control over the production and distribution of food. Only then can the excellent new food technology now so terribly and criminally wasted by agribusiness insure a hunger free existence for all.

*Judy*

Foot Notes

- 1 Thanks to the San Francisco Mime Troupe for food facts and quotations.
- 2 The American Food Scandal, William Robbins





This Dr. Dyke is compiled to inform you about the chemicals and processes that almost all the food you can buy are subjected to, whether or not you are informed of this on the label. I try to explain what the chemicals are, what the processes mean, how they damage the nutritional value of the food, and some ways that you can tell if its been done to the food. Being informed about the processes and chemicals that transform nutritional food into money making objects for rich men will not stop the food for profit system, nor will it make it possible for you to find or eat a "pure" diet. More than anything else, my pur-

pose in compiling this information is to inflame your anger every time you go to the grocery store and are unable to find food unprocessed with patriarchal poisons. Secondly, through education (and if you have lots of time and money) you can have some more control over how much non-nutritional food and chemicals you personally are ingesting.

#### KINDS OF ADDITIVES

**Preservatives**---(butylated hydroxyanisole and butylzted hydroxytoluene, BHA and BHT, are two of the main ones, used in almost everything that is processed that has oil or fat in it.) They are chemicals that "plasticize" organic material. They are petroleum products used to replace natural anti-oxidants that are destroyed in factory processed oils and fats. Anti-oxidants delay rancidity. The chemical preservatives interfere with the normal functioning of vitamins and enzymes. Vitamins and enzymes control the essential life process of cells being broken down and rebuilt. With vitamin deficiencies cells die, when enzymes are destroyed cells produce tumors and cancer.

**Emulsifiers**---(polyoxyethylene compounds) They are used to permit the dispersion of one liquid in another liquid. The lecithin in egg yolk is a natural emusifier. Today synthetic emulsifiers are used mostly as a cheap way to extend food (make more bread from less dough) and to give old bread the appearance of freshness. They are used in place of natural fats, milk, and eggs. The result is that the nutritional value of some foods is reduced by about 20% from what you would expect from a homemade version of the same product. The synthetic emulsifiers also promote the absorption of poisons and can cause kidney and bladder stones which in turn cause cancer. They are used in ice cream, sherbert, cakes and cake mixes, icings and other dessert and sugar confection type things, bread, and as a chewing gum base.

**Artificial Coloring**---All there is to say about this is that coloring food has no other purpose but deception (manufacturers call it "improving consumer acceptability"). Lots of dyes have been proven carcinogens (cancer causing) but most of the hundreds that are used have not been tested at all except by the chemical companies that market them.

**Stabilizers**---(alginates and sodium carboxymethylcellulose) These are used in similar ways to emulsifiers; to improve texture, and lower calories and production costs. They are made from cotton linters and are totally undigestible material causing intestinal obstruction, thickening of the arteries and cancer. Among other things, they are in ice cream, popsicles, cake topping mixes, fruit drinks and baby foods.

**The Bad Things They Might Be Doing To Your Meat** (and there isnt any way of knowing) First of all, the way cattle is raised and fed is to get the most meat the cheapest way. To make the feed cheaper it may consist of plastic pellets, ground up newspapers, wood chips, or wheat straw. 80%-85% of all cattle get hormone treatment with stilbestrol (hormones are chemical secretions which stimulate organs) Stilbestrol makes the meat watery and fatty but adds no protein. It is a proven cancer inciter, especially breast cancer, may cause excessive menstrual bleeding and for girls to mature faster. It is especially dangerous in repeated small amounts, like if you eat meat everyday. Calves are also fed antibiotics (to make them grow quicker), tranquilizers (to make them eat more), and pesticides (so that their shit will kill flies rather than breed them). Tested meat shows contamination from all of these things, and all have affects on people though long range effects have not been researched. After the beef is cut up it is common practice to add enzymes, artificial color, or sodium sulfate to mask the color and deterioration. These chemicals destroy vitamin B and can cause liver cancer.

**Poultry** -- About 90% of all commercial chickens are fed arsenic (a carcinogen) because it causes early maturation, more eggs, improves the color of the skin and yields more profits. Almost all chicken feed has antibiotics in it to make the chickens grow faster and to inhibit disease caused by unsanitary conditions and overcrowding in poultry factories. The chicken meat may also be dipped in antibiotics to extend the shelf life about three times. There is no consumer benefit from this use of antibiotics.

**Eggs**---Eggs that you buy at the supermarket are layed by confined battery hens that are fed synthetic vitamins and dyes (to make the yolks darker) and antibiotics to keep the disease level down. These eggs have less protein than farm eggs from a free ranging hen. Also, eggs lose their nutrition with age and factory eggs are treated so as to stay in cold storage longer and dipped to maintain the appearance of being fresh. With farm eggs from a small local farm you have a much better assurance that they are fresh.

**Hydrogenated Oil** -- You will find this ingredient on a lot of foods if you look. It is the main ingredient in peanut butter (Jiffy, Peter Pan, etc.). Hydrogenated oil is made by heating oil, putting it under pressure and bubbling hydrogen through it. The chemical structure of the oil is totally changed. Then the "oil" is bleached, filtered, and deodorized. This destroys all vitamins and minerals and changes the proteins so that they are destructive to your body. Oils are an important source of Vitamin E, which is totally lost during hydrogenation. It is also lost through heat bleaching and filtering which is done to almost all commercial oil. The only oil you should use is unrefined (which means the oil is not extracted with solvent or through very high heats). The oil should be dark, have a flavor, and should be kept refrigerated. If it is clear, odorless, and out on a shelf it means it has been processed, even if it doesn't say so on the label (it usually doesn't).

**Butter** -- There is no way of knowing what has been done to any dairy products that are bought commercially because the dairy industry is exempt from labelling laws and anyway, they only apply to interstate trade and most dairies are local. If butter is not marked sweet cream butter it is probably made from stale and sour cream returned to the dairy. It is then processed to neutralized its acidity, bleached pasteurized (heated), and flavored. Probably dyed too. A real yellow color indicates good vitamins (that the cow was grazing on good green pasture). Salt is added to lengthen shelf life, but the longer the butter has been on the shelf, the less it has in it for you.

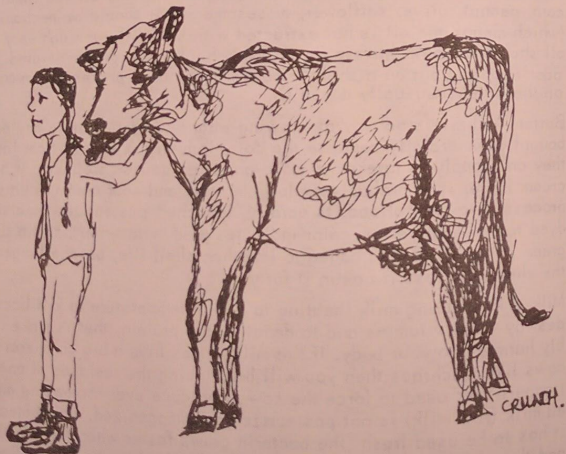
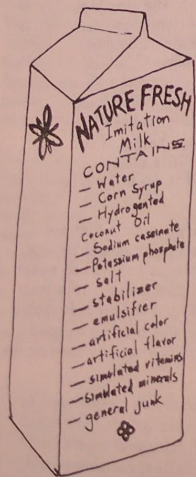
**Milk** -- Pasteuring milk (heating to a high temperature to kill bacteria) has been shown to destroy some vitamins and to denature the protein, that is make it less useful (and possibly harmful) to your body. If the milk comes from a big commercial dairy that treats its cows like machines then you will be drinking the residues of antibiotics, hormones, and tranquilizers used to force the cow to produce ever increasing amounts of milk. Unprocessed milk (raw milk) is not pasteurized or homogenized, which means to the consumer that it has to be used fresh (the bacteria grows faster when the milk hasn't been pasteurized) and the cream will separate from the milk which means you get more. Only raw milk, which is against the law to sell commercially, comes even close to being the "nearly perfect food" that the milk industry advertizes its product as being.

Cheese -- Cheese may be bleached with benzoyl peroxide which destroys Vitamin A. Most cheeses are dyed.

Produce -- This is about all the things that are done to make you think that you are getting fresh produce (like adding perfume to a plastic flower). Root crops like onions and potatoes can be treated with a sprout inhibitor (sprouting can be a sign of age). Old produce of this sort loses most of its vitamin C whether it looks fresh or not. The sprout inhibitors stop

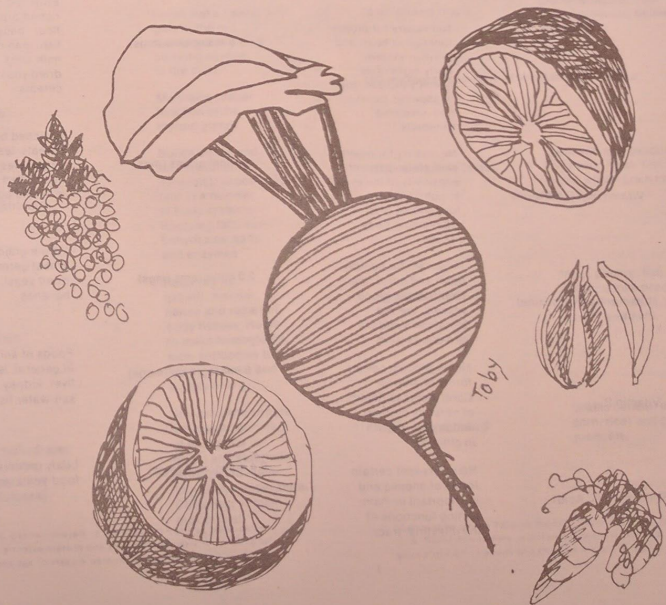
the cell division in the plant (and you?) and have been shown to cause cancer. Untreated onions will be starting to get green at the top and brown at the bottom. Treated onions will remain light in color. Other chemicals added to the produce are growth regulators, herbicides/weed killers, and hormones to keep the fruit on the vine longer or make it ripen quicker. Commercially harvested fruit is often picked before it is ripe in order to be shipped and manipulated so as to be most profitable. But fruit that is not vine or tree ripened never develops its vitamin C (in other words, don't waste your money on tomatoes in the winter). Lots of things can be done to artificially ripen fruit (make it appear ripe). Tomatoes are soaked in a brine through which sulfur dioxide has been bubbled, or gassed with ethylene gas. Produce shipped long distances are treated with toxic chemical preservatives sprayed on the produce or in the packaging. Two of these chemicals are biphenyl and 2,4-dichlorophenoxyacetate, both of which cause destruction of chromosomes and genetic mutation. Or the produce is coated with mineral oil or wax, both of which are dangerous to ingest. It seems the only way to avoid this type of treatment is to eat only locally grown, seasonal produce, or canned produce.

Commercially Canned Produce--- The vegetables are soaked in lye or other chemicals to easily remove the skin. Calcium and tin salts are added to keep them firm and green. In fresh produce, the potassium/sodium (salt) ratio is well balanced for the body. These two minerals work together in keeping the nervous system and muscle tissue healthy. In canned vegetables in which salt is added the ratio is greatly changed, sometimes reversed. In the heating and rinsing of vegetable most of the vitamins C, B1 and 2 are lost along with the flavor. Sugar is almost universally added to make the tasteless vegetables marketable.



Bread-- The difference between "milled" wheat and "stoneground" wheat is that in the milled wheat the roller crushes the wheat destroying the cellular structure and reducing the quality and quantity of proteins. Roller milled wheat leaves behind both the germ (center) and bran (outer covering) and with them more than half of the vitamin E, many of the B vitamins and most of the minerals. For some people 100% whole wheat flour (all of the grain including the germ and the bran) is hard to digest, in this case milled wheat might be preferable to stoneground. But milled wheat is available in both bleached and unbleached states. There is absolutely no reason to prefer bleached over unbleached flour. Flour is bleached with chlorine dioxide which is considered poisonous. It also destroys the rest of the vitamin E. Bleaching is done to whiten the flour which used to be a sign of quality because it meant the wheat was milled which was more expensive to do than stonegrinding. Bleaching also makes the flour "age" faster which is good because aged flour is better for bakers to work with. It is commercially more profitable to bleach flour than to wait for it to age naturally. With all the additives that are put into commercial bread, only about 50% of it is flour. About 75% of the 80 chemical additives that are sanctioned for use in bread are never found in a home kitchen. Synthetic oils (mono- and diglycerides), artificial flavoring and dyes, and emulsifiers, and sugar are the main ingredients. The baking industry are the largest users of sugar.....

I could go on, but the idea must be clear by now. After awhile all the facts just blur together. There is more reason to distrust rather than trust any food that you have to buy. To direct my own anger that rises from what has been done to our food I try to keep in mind that the revolution I am working towards means free food for everyone, eliminating the possibility of anyone making a profit off our need to eat through ingenious deception. ~ Clare



## Major nutrient chart

Nutrient	What it does	U.S. Recommended Daily Allowance*	Major dietary sources
Vitamin A	Important for normal growth in children. Necessary for good vision. Essential for healthy skin, eyes and hair, and in general for the health of the skin and all mucous membranes.	5 000 International Units (IU)	Milk, butter, fortified margarine, eggs, liver and kidney, leafy green and yellow vegetables.
Vitamin D (including D <sub>2</sub> & D <sub>3</sub> )	Necessary for strong teeth and bones. Helps the body utilize calcium and phosphorus.	400 International Units (IU)	Milk, cod liver oil, salmon, tuna, egg yolk.
Vitamin E	Essential for the functioning of red blood cells and to protect essential fatty acids.	30 International Units (IU)	Vegetable oils, wheat germ, whole grain cereals, lettuce.
Vitamin C (Ascorbic Acid)	Essential for healthy teeth, gums and bones. Builds strong body cells and blood vessels.	60.0 milligrams (mgs)	Vitamin C fortified juices, citrus fruits and juices, berries, tomatoes, cabbage, green vegetables, new potatoes.
Vitamin B <sub>1</sub> (Thiamine)	Necessary for proper function of heart and nervous system. Early signs of deficiency include loss of appetite, constipation, insomnia, irritability.	1.5 milligrams (mgs)	Enriched cereals, enriched bread, enriched flour-based products, fish, lean meat, liver, milk, pork, poultry, dried yeast, whole grain cereals.
Vitamin B <sub>2</sub> (Riboflavin)	Necessary for healthy skin. Helps prevent sensitivity of the eyes to light. Essential for building and maintaining body tissues.	1.7 milligrams (mgs)	Enriched bread, enriched cereals, leafy green vegetables, lean meats, liver, dried yeast, milk and eggs.
Vitamin B <sub>6</sub> (Pyridoxine)	Important for healthy teeth and gums, the health of the blood vessels, the red blood cells and the nervous system.	2.0 milligrams (mgs)	Whole grain cereals, wheat germ, vegetables, dried yeast, meat and bananas.
Vitamin B <sub>12</sub>	Helps prevent certain forms of anemia. Contributes to health of nervous system, and proper growth in children.	6.0 micrograms (mcgs)	Foods of animal origin in general, lean meat, liver, kidney, milk, salt-water fish, oysters.
Folacin (Folic Acid)	Helps prevent certain forms of anemia and is important in maintaining functions of the intestinal tract.	0.4 milligrams (mgs)	Leafy green vegetables, food yeast, meats.

\*Established by the FDA as the U.S. Recommended Daily Allowance (U.S. RDA) of vitamins, minerals and protein essential for maintaining good nutrition in adults and children 4 years of age and older.

## Major nutrient chart

Nutrient	What it does	U.S. Recommended Daily Allowance*	Major dietary sources
Niacin (Niacinamide)	Necessary for converting food to energy. Aids the nervous system. Helps prevent loss of appetite.	20.0 milligrams	Enriched cereals, enriched bread, eggs, lean meats, liver, dried yeast.
Pantothenic Acid	Necessary for the body's use of carbohydrates, fats and protein.	10.0 milligrams	Almost universally present in plant and animal tissue.
Biotin	Essential for the functioning of many body systems and use of food for energy.	0.3 milligrams (mgs)	Egg yolk, green vegetables, milk, liver, kidney.
Calcium	Helps build bone and teeth. Aids in clotting of blood. Helps muscles and nerves react normally.	1000 milligrams (mgs)	Milk and milk products, cheese, ice cream, cottage cheese, yogurt.
Iron	Helps make hemoglobin, the red substance in blood carrying oxygen to the cells.	18 milligrams (mgs)	Enriched flour, whole grain-based products, beans, red meats.
Iodine	Maintains proper function of the thyroid gland.	150 micrograms (mcgs)	Iodized salt.
Phosphorus	Builds bones and teeth (with other minerals); important in a number of body systems involving fats, carbohydrates, salts, and enzymes.	1000 milligrams (mgs)	Milk and milk products, milk and milk products, soybeans, beans, peas, grains, and nuts.
Protein	Required for growth, maintenance and repair of body tissues. Helps to make hemoglobin, form antibodies to fight infection, and supply energy.	65 grams (gms)	Meat, poultry, fish, eggs, milk and milk products, soybeans, beans, peas, grains, and nuts.
Carbohydrates (starches, sugars and cellulose)	Starches and sugars are major sources of energy for internal and external work and to maintain body temperature. Cellulose furnishes bulk in diet.	None established	Grains (wheat, oats, corn, rice) and grain products.

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In the last issue of Moonstorm I wrote (in "Emma Goldman, Anarchism, and Collectivity") about building a network of working collectives as a way for us to make our lives better and to make models for the re-ordering of society. I define "working collective" as a small group of people responsible to each other to accomplish tasks with everyone in the collective having equal decision making power. I thought that connecting existing collectives and supporting new ones could build a network that would be a formidable new revolutionary movement. Since then I have recognized some of the limits to this strategy. The problems arise around the number of people that are affected by the collectivity, and further, does this alternative network really challenge the corporate empire? Collectives are by definition limited both in numbers and to a great extent to people with enough class privilege to not be discouraged and alienated by the low pay and general insecurity of trying to work in an alternative antiprofit situation within a capitalist society. Working in a collective may be a way to make a lot of personal growth (learning to take responsibility, learning to organize without a boss ordering you around), but a collective's relationship to everything outside of it still divides the users from the producers, the decision makers from those who are affected by the decisions. Working in a collective is less oppressive because the decision makers (owners) are the workers, but a collectively owned and operated enterprise is not necessarily different from any corporation in its relationship to the consumers.

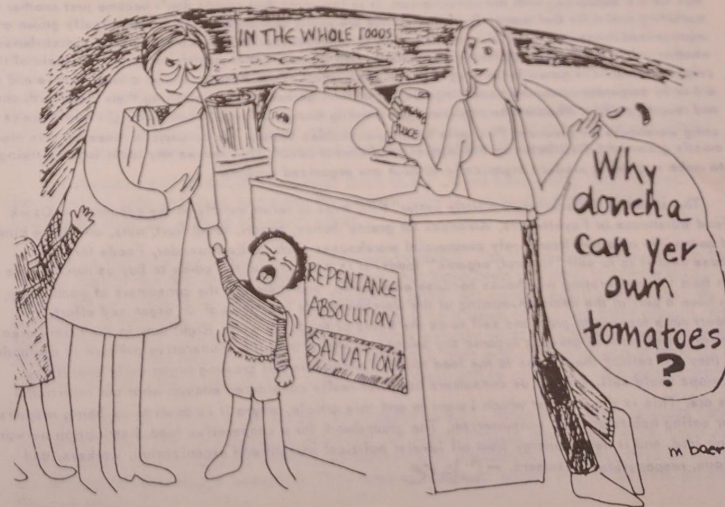
Here upon I realized that I had been thinking of the words "collective" and "cooperative" as interchangeable concepts. But they are not and it was in thinking about the differences between them that I thought more about the relationship between producers and consumers; in what structure are they most responsible to each other? I realized that "collective" described a method of internal organization, and "cooperative" was a concept of the relationship between producers and consumers and distribution workers and consumers. The concept of a cooperating society recognizes that the division between producers and consumers is unnecessary; the body of workers and decision makers can be made up of the consumers. In a truly cooperative society, all aspects of life are thus integrated. We would identify ourselves and each other as both producers and consumers, benefit would only be mutual unlike capitalism, under which one benefits through the exploitation and deception of others.

### The Neighborhood Coop

I am writing this article as I am becoming involved in working at the Forest Park Food Coop (FPFC), my neighborhood consumers coop, and also as I am thinking that organizing around common neighborhood interests (like food and housing) is a good way for me to get in touch with more women than I meet through Lesbian-identified activities.

By reading the mail addressed to the coop I found out that there is an extensive cooperative food distribution system in operation and that it is having alot of political struggle within it. It is being documented and communicated in a whole network of cooperating food system newsletters, newspapers, and magazines. The SCOOP, from Minnesota; TURNOVER newsletter of the People's Food System in the San Francisco Bay area; COMMON GROUND, newsletter of the west coast cooperatives and collective food workers; CATALIST, newspaper of the Fed-Up cooperatives in Vancouver; and FOOD COOP NOOZ, national newspaper out of Chicago were among the things that I read that had open the kind of work and struggle that's going on. I saw a need to clarify the issues, especially in relationship to what is going on here in St. Louis. That is what I am doing here in the rest of this article.

Not everyone working in food coops sees their work as a process towards revolution. Some see it as no more than a safer, healthier, cheaper alternative to the grocery store trip. The membership meetings held at FPFC are very poorly attended. Out of the hundred or so people who identify as members, maybe ten ever come to meetings, held monthly, at which all operational decisions should be made. From this I gather that most of the members have trouble identifying as other consumers of food, and that they don't have time or are uninterested in working in food distribution as a process towards changing society. Just getting enough people involved to do basic operational stuff is about the level of struggle going on at FPFC. In other places where there is a broader base of people working in the food system the struggles are around internal structures and ways of becoming more politically effective, meeting the needs of more people who have less money. Coops often have a "hippy type" atmosphere, selling natural foods out of home made bins with most workers being young down-weary mobile types who are already into natural food and also have become relatively comfortable in their role as libertarian sub-culture. Although a loose structure atmosphere is created by and most comfortable for the workers, it also alienates many older and working class people from the coop. When this became an issue in a Minneapolis coop, a small group of people with a heavy Marxist-Leninist revolutionary strategy tried to make alot of policy decisions for the coop. The kinds of policies they supported placed less value on the purity of food. They suggested carrying sugar and canned products which are not nutritional but are part of the regular diet of most Americans. They supported creating paid working positions and



advertising them in newspapers to make them available to working class people. Another issue arose around making a distinction between working and non-working members of the coop. At some coops, in an effort to identify with the working class, the usual coop policy of having two different markups (markup is a percentage added to the wholesale cost of each item to cover overhead) one for working members and a higher one for non-working members was challenged. This was changed to a "one markup for all" policy at some places because, although it is partially the volunteer labor that keeps the coops' overhead low, it discriminates against and alienates working people who don't have "free" time to volunteer. All of these policies seem progressive to me, but I don't support the way these decisions were made at some coops. They were made by a few people who were out to seize control of the coop. And although they claimed to be acting in the interests of the largest group of members of the coop, they were not necessarily agreeable to most of the working members of the coop. This spotlights how difficult it is to develop a decision-making method for co-ops - which decisions are voted on by members? which are made by the workers? the paid staff? does the staff form a collective that has too much power? how to make the co-op efficient without decision-making being centralized in one or a few people? At FPC, because the monthly meetings at which any policy and operational decisions could be made are so poorly attended, all decisions are made by one or two people who have devoted limitless amounts of time and energy to maintaining the co-op. This means that when these activists burn out, the co-op will fold.

I think the existence of the co-op has become so important to me because I see this form of neighborhood organizing as the essential link in the whole network between farmers and distributors and individuals all whose right it is to have control over what food is available to them.

#### The Cooperative Food Distribution Network

There is a broader aspect to co-ops than all this that goes on at the neighborhood consumer level. This broader network is made up of the farmers, truckers, processors, warehouses, and consumers. The goal of developing a cooperative food distribution system is for people to get direct control over the production and distribution of the food they eat and their health. It is to free farmers from the straits of having to sell either their crops to the large corporations, or their farm; it is to free food workers from oppressive working conditions, and to free consumers from having to buy "grown and processed for profit" foods. These are the long range goals. They will only exist in a society where things are a lot different, so the cooperative movement needs to consider their revolutionary strategy if it is going to achieve these goals.

The most important decisions being made at co-ops now are from what sources do we buy our food, who we are supporting with our consumerism. It is important that co-ops don't become just another marketing outlet for Del Monte, Dole, etc. There are really few warehouses for organically grown and bulk unprocessed foods. Commercial warehousing has no concern for the source of the food it distributes, whether it has been grown by farmers concerned with its nutritional quality or merely the yield of their crops. Whether it is grown by farmers who feel their part of the life cycle with a view to love and mutual aid or by corporate machines squashing life out of farm workers while poisoning their crops with chemicals and reaping profits. Whether the producers are growing money or food. In our area right now there is no cooperating warehouse for produce. FPC gets all its perishables through the commercial lines; that is produce mostly grown and distributed by the biggies on the west coast. This leaves any local farmers trying to make it growing produce organically without any organized support.

The situation for staples is a little better. FPC tries to relate mostly to the cooperative Ozark Food Warehouse in Fayetteville, Arkansas for grains, honey, tamari, dried fruit, nuts, and some kinds of beans. We also buy from purely commercial warehouses such as Earthwonder, Foods for Life whose deal it is to sell "natural, organic" foods. It is a priority at the co-op to buy as much as we can from the cooperating warehouse because each co-op, and therefore the consumers at each co-op, can have a part in the decision-making at the warehouse. We can, through an organized effort, support more farmers to grow and sell to us the kinds of foods we want. Right now in the Ozark area there are more farmers growing organic soy beans and wheat than the cooperative network is demanding; they are selling their crops to the feed mills. Farmers are not growing organically everything the co-ops could sell. And we as consumers have not really considered enough what our nutritional needs are. This is the point at which I want to end this article, where it is down to us being responsible for our eating habits and our consumerism. The groundwork for a cooperative food distribution network is being laid, and it needs energy from all levels: political insight and organization, workers, and conscious, responsible consumers. -Clare

## MIDWEST WOMEN'S FESTIVAL



The 4th annual Midwest Women's Festival will be held in May of 1977 at Cuivre River State Park. Past festivals have had significance on two levels; the personal and the cultural. On the personal level, many women have made contacts that have enriched and enlarged their lives. Then, past M.W.F.'s have had meaning as general gatherings at which the women attending have been able to express our culture in our own space. The importance of this aspect of M.W.F. cannot be denied. The original reason for having these gatherings was to provide an "open" space for women only, in which to share our lives, live together for a week, and be refreshed and recreated from the experience.

In the process of planning these past three M.W.F.'s we have pretty much gotten the practical side of things together. We are now able to put together the food and scheduling aspects without too much effort.

Now is the time we begin to ask ourselves is M.W.F., as it has been, enough? Do the results justify the amounts of time and energy that have been put forth to create this event? Are the results too much on the personal level, not enough political results? We are beginning to feel that somehow, something more than a week of fun and folly should come from these M.W.F. gatherings. We don't yet know exactly what it is that we want to happen differently, and we haven't gotten enough feedback from women who attend to give us much help either. We would like to hear complaints, constructive criticism, and compliments too.

For those of us who have worked to produce M.W.F., there have been rewards beyond the week itself. We hold planning meetings for 3-8 months in advance of each festival. Generally, these meetings have been small festivals in themselves, usually held in the country, sometimes for the whole weekend. They have often been social events to look forward to in themselves.

From the beginning our group, usually 4-8 women, was loosely organized. Two years ago we began to call ourselves a collective in order to express our way of functioning by general consensus. Working together as a collective has not always been smooth or easy. One thing we have learned is that in this kind of structure everyone has to take responsibility and participate fully, otherwise power in the group will settle with one or a few people. When this happens an unbalanced situation exists and the group cannot function properly because of it. Another important lesson we learned was the necessity of dealing with personal problems and conflicts within the group as they come up. Generally speaking, the focus of our efforts have been very practical, work-oriented - to put on a festival, this we have done. One of our failings has been not to deal enough with conflicts among members, openly as a group. Another shortcoming has been not to spend much time on the why's of our effort, why have a M.W.F., how will this cause change?

Changes have occurred within our organization this year. First, the membership has changed so that only one original member (myself) remains, two having moved, one having resigned because she did not believe the M.W.F. was going in the direction she wanted to go. Secondly, we now have some office space and a phone number. Previously, up to half our membership has lived in the country and a member's home was our contact address. It is now at the Women's Self-Help Center at 8129 Delmar, Room 204, U. City, Mo. 63130, phone 862-2202. We are able to share this space because several of our current collective members work there. We hope some aspects of planning will be facilitated by having an office and phone in St. Louis.

At the beginning of this article I said we are looking for new directions for M.W.F. Three possibilities come to mind. First, we would like to begin meeting the criticism that M.W.F. has been elitist because, for the most part, it's a middle class group, serving only middle-class lesbian women, to the exclusion of poor and black women. This is certainly a valid criticism, and we will be looking for ways this year to begin to change that situation. Secondly, we would like to see more emphasis on activist feminist groups and thinkers. To effect this change we will be inviting some organized groups that are working for ERA, pro-abortion, women in prisons, etc. Suggestions for groups to invite would be helpful. The third possible direction for change is toward a permanent location in the country for M.W.F., a Missouri (or Midwest) Women's Land Trust, so we can have this space available year round for women's events. This last project goes beyond the M.W.F.

Above are some of the ways we hope to change M.W.F. and to go further. For the upcoming festival we need some help too. First in the area of childcare. We all agree that it is necessary to provide a meaningful experience for the children who come, as well as relief for their mothers. We need some women who genuinely like children and would enjoy setting up this program. Later, as the festival time draws near, we will need some help transporting things there and getting the camp organized the first day of the festival. We can always use help getting out our mailings too, this is usually fun and doesn't take too long if there are enough women there.

Before finishing this article I'd like to say a little about finances. The time and energy we put into organizing M.W.F. is seen as a service to the women's community. None of us are paid. We spend our own money on transportation to and from meetings, and sometimes have to front money for postage, food, camp deposits, printing, etc. We have accumulated a small amount of money from sales of T-shirts, cookbooks, and a quilt to start off preparations this year, but we still have to have the registration money from those who attend. Our budget is around \$1,200 for the entire festival, the bulk of that being food. Most of this money comes in shortly before the festival as pre-registration money and is often already spent as it is received. Therefore, in order to make it possible for women to come who cannot afford to pay we are asking that those who can afford it donate more. The fee we ask is to cover expenses and no more. So, if you can, give more.

Lastly, we would like to thank women who have worked with us before, in the collective, and women who have helped us in other ways. It's taken all our efforts to have this event.

For more information, or to volunteer, or give comment or feedback write:

May Hla  
c/o Women's Self-Help Center  
8129 Delmar, Rm. 204  
U. City, Mo. 63130  
phone: 862-2202

Pat Hight  
Rt. 1, Box 222  
Defiance, Mo. 63341

## ANOTHER VIEW OF THE MID-WEST WOMEN'S FESTIVAL

The preceding article on the Midwestern Women's Festival by Pat Hight tells how only she of the original four organizers is left on the collective. I am the one who resigned.

Not only did I resign from the festival in July, 1976, but I also took \$200 (a little less than half) of the festival treasury with me. Following is a discussion of reasons involved in my decision to take this action. The discussion is divided into 1) reasons for resigning and 2) reasons for taking part of the treasury.

1) My resignation was rooted in the very convictions which led me to help form and continue the festival. That is a conviction and commitment to fight for and promote a feminist revolution. I originally saw the festival as a place to bring women together to share their knowledge, skills, resources and to make contacts to further and strengthen the struggle towards a feminist revolution. Women did come and exchange skills and energy but it was directed towards their personal benefit without any sense of responsibility to a mass movement.

Also I saw the five-day festival as operating as a self-maintaining collective with direction coming out of shared leadership. This mode of operation was necessary to take the burden of

maintaining and leading the festival off the shoulders of the few women who were organizing and facilitating it. This was not to be realized either, the responsibility of maintenance at the festival has always fallen on the organizers rather than being picked up by the women coming.

I think these two ideals failed to be realized partly because we, the collective, did not state them strongly enough in our literature. As this became increasingly more apparent, I pushed for a strong statement of purpose which involved making demands of the women coming to share these priorities at least while at the festival. After a lengthy struggle a majority decision was made not to state them more strongly with the majority feeling being that it was not necessary, that the structure was satisfactory as it was.

Another reason I think these ideals failed was because of the attitudes of the women coming to the festival. An example was an attitude of apolitical individualism. Or an attitude that the festival that we provided that they came to consume as if they were going to Six Flags. Or an attitude that the feminist revolution is over when one attains personal betterment, fulfillment or security. Or an attitude that individual solutions for surviving (like small alternative business, subsistence farming, and collective living) were revolutionary activities and participating in them was a political act. They are neither revolutionary activities nor political acts because they are individual solutions to survival and do not represent a viable alternative for most people.

My resignation also grows out of my growing consciousness of class differences. Differences which I think can be exemplified by referring to the previously stated attitudes. These attitudes

are very much encouraged, some by the prevailing "Middle Class-TV culture" and some by the new counterculture. I think all the attitudes share the reality that they are equally advantageous to those with economic privilege and disadvantageous to those with little economic privilege. They are all attitudes which are pushed by those of economic privilege and those with less economic privilege are encouraged or pressured to adopt them. And they all serve to maintain the economic system as it is, so that those with privilege keep it and those without stay without.

Over time it became more and more apparent to me that the festival was structured for and oriented towards women of economic privilege. When I objected and criticized this and wanted to struggle together to change this I was not supported by the collective. My dissatisfaction with the festival was dealt with as my personal dissatisfaction since the other collective members and the women they were in contact with were satisfied with it. Ultimately the majority decision was that the festival was good the way it was, that it probably needed details ironed out, but that a major change in orientation and direction was not desirable.

With the adoption of these two majority decisions it was apparent that the commitment to struggle with my criticism was ended and my criticisms were rejected. Without even a commitment to struggle with the rest of the collective I felt it was futile to continue my struggle with them.

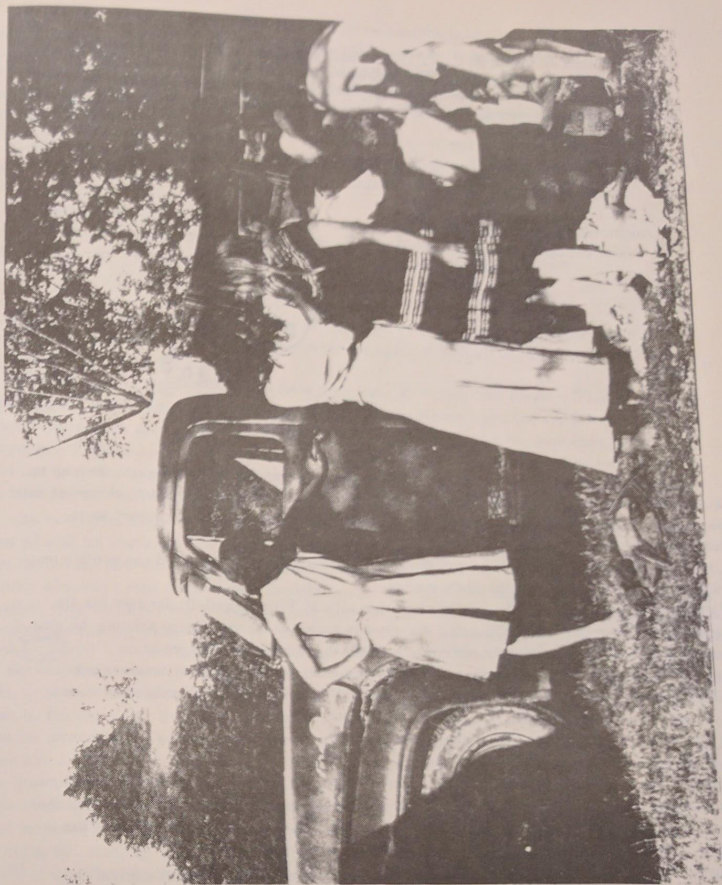
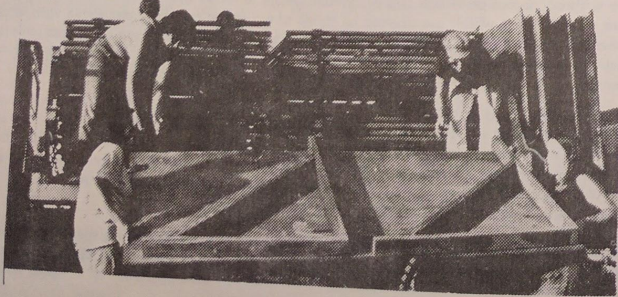
1) As I dealt with the prospect of resigning from the festival, I did not feel comfortable with giving up the power base I had worked so hard to help build. My discomfort arose firstly, from knowing that my criticisms were not personal dissatisfactions at all, but criticisms which were shared by many other women. I therefore felt that I represented a group rather than just myself. Secondly, the majority of the collective had essentially decided not to work with me as well as me deciding not to work with them. And thirdly, because I was still committed to fighting and struggling for a feminist revolution.

I felt that for me to be denied any of the power base would not only be a majority penalty for my minority position, but also render my three years energy input a waste of my time. This was completely unacceptable to me.

I therefore demanded time to copy information out of the festival file, and part of the treasury with the understanding that the money was not for my personal use, but for the use of another women's group with whom I shared similar politics. I was leaving them and therefore gave up any claim to the name and reputation the festival had built. My demands were ultimately met. My position was felt

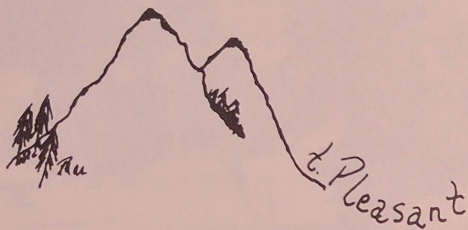
to be righteous by three members of the collective with whom I met and discussed the issues. I have never heard what the response of the other members was.

The file information remains in my immediate possession. The \$200 from the treasury remains in a separate savings account and will be used only to further political activity by a group of working class women. It will not be used by me for my personal benefit. Pam Parsons



my feet will hold me up my feet won't let me down  
my feet are growin roots in the solid ground  
oh, mama, mama, mama spread the news all  
over town - Ther're these wimmin in st. loney  
with their feet on solid ground.

On the weekend of August 20, 21, 22, 1976 a National Women's Music Festival was held out side Mt. Pleasant, Michigan. Many well-known and many not-so-well-known women musicians came to perform. It was organized by the We Want the Music Collective, a group of about eight women. It cost \$15 to attend the festival and over 2,000 women came from around the country.



i want to talk about this nation of ours that's coming out everywhere. last august i went up to mt.pleasant, michigan, to help the wimmin's music festival come together. the practical side of setting up the land for an unknown number of wimmin and the stage for an outdoor concert, went something like this:

**LAND** it was rented from a developer who lived in detroit- the collective paid one month's rent, but had access to the land for the whole summer.

**WATER** we had none until three daze before when a local, friendly well-driller used his 4in. rig(a pretty big machine that drills with a 4in. pipe) in exchange for some house painting. he also loaned us an electric pump and the power company had to come out and hook us up.

**TENTS** not one of our easier moments- we searched endlessly- calling army reserves over and over again- red tape frustrations -ended up renting 7 from a knights of columbus and were only able to set up two of them.

**ELECTRICAL POWER** we rented a huge noisy generator from detroit and bought (too) many barrels of deisel fuel to run it.

**SOUND** for months the system was coming from detroit, until the last week when the rental men decided they couldn't let their equipment go without one of their male technicians-- so -- we connected with people in chicago who would. there were some imperfections- but basically it was a good system that put out a lot of sound.

**LIGHTS** they came with the sound- power distribution was shaky, so spotlights couldn't be moved during a song 'cuz it would interfere with the pick-up and delivery of the music.

**FOOD** a refrigerator truck was rented and plugged in where the pump was(at the side gate) and lots of produce was bought from a wonderful womin at a near-by farmer's market.

**OTHER** oil drums were borrowed from local county and city yards for garbage. also, snow fencing to act as a boundary between the camping area and the road and plywood road blocks to discourage cyclists on access roads thru the land

**STAGE** ahhhh the stage, we rented scaffolding from a construction company in saginaw, there was work to do on the land in the HOT august sun: digging fire-pits, blocking roads, building the stage, staking the parking lot . . .

2x10 lumber from a local lumber yard and a billowing, yel bw and white stripped tent to keep out the dew and sun from lansing, with poles from ann arbor. we bought t 3/4 in. plywood with hopes of reselling it at 75% of the cost.

my first few daze at lyons street(the office of the we want the music collective- wwtmc) were spent listening and trying to make sense of things. others came early and together with wimmin from the community, we began to organize how things would function once everyone got there- registration, child care, first-aid, food, and the biggie- security- there were lots of planes to meet and from the land.

this is all very sketchy- i could go on for daze. try to imagine this- we had no pick-up of our own, so moving things around was a big hassel sometimes. always hustling pick-up trucks.

wimmin called constantly, wanting tickets and directions and every day when ticket orders came in the mail it took 2 or 3 wimmin to fill them. then, daily, a mad dash to the p.o. with all sorts of urgent mail, hoping to get it on the afternoon bus out of town.

again - this is sketchy and doesn't give you any idea how much time and energy went into every little detail - or all the sore telephone ears - or the dynamics of how we were collective, ahhh ~ yes ~ the old same struggle.

there were lots of highs- letters and calls everyday - 40 wimmin from omaha - 50 from pittsburgh- 40 from bloomington - magic ferry bus picking up wimmin along the way from oklahoma. wimmin coming from all across the country and in a few daze they'll be here. how many? estimates ranged from 1,000 to 3,000 - 700 prepaid tickets. sitting together at night, exhausted and stuffed after our 'late' dinners- laughing for hours - high with anticipation - high with being where we were the first time we've had an outdoor wimmin's music festival and we're pulling it off YEE! HAW!

now to the less tangle level - who are we? this gathering of 2,000 wimmin? there we were from all over the continent- speaking several languages- together- but we weren't alone. there were men there, too, they came to the gate at night, drunk. they were locals, not at all accustomed to wimmin who didn't want them around. daylight brought the sightseers: car-loads, truck-loads-men, couples, even families. see, it was hot! very hot!! so alot of us took off our clothes. part of the camping and parking areas were visible from the normally lightly-traveled gravel road. there was fresh, cold well water, pumped from near the side gate to a hillside within the camping area. almost all day long there were wimmin playing and showering. the plastic water pipe was set up on a 6 ft. pole, so there was about a 20 ft. stream of water thru the air. it was what kept us going thru the heat, by the end of that day we realized we needed a barrier between us and the goons across the road, so we parked a line of vans near the shower, of course, that just made it a bigger challenge. some men set up a tripod with a scope and sold "viewing" time, another buzzed us all weekend in his little plane, i felt like i was on miami beach!!!

so whatdaya do? repress yourself and put your clothes on? BOO! if not, it would be nice to find an easier way to deal with it. we need to talk about how to deal with men who come around at night, too, also, the importance of sharing this and the other chores involved with maintaining 2,000 of us so that the work load is shared and we don't burn ourselves out.

friday nite i was at the main gate when three car loads of drunk boys drove up, they wanted to come in, they ignored us when we told them they weren't wanted and should just go somewhere else. they had heard about all these wimmin on the land where they usually ride their cycles and couldn't believe they weren't the main attraction. there were about eight of us out there and apparently someone went back and alerted the camp 'cuz within ten minutes there were about 400 of us. we were all angry, some wimmin wanted to physically get rid of the hecklers and others were trying to prevent that because, no doubt, the boys would have been stomped and cops called in. it was a lousy situation without many alternatives, we talked to them and shoved them away from us and with a spin of their wheels and a shower of sand and gravel, they were gone.

there was a meeting after that, wimmin reacted in different ways and tried to talk with each other. it wasn't easy. some were afraid to get back to sleep and some left the next morning



WHAT A DRAG!! all these lousy feelings, mostly anger, caused by eight boys! saturday's breakfast found us munching carrots and juicy cantaloupes over discussions of the night before, we talked with each other about the pros and cons of physical confrontation, we couldn't afford to get into armed retaliation (violent self defense) because we didn't have any weapons to call on and the men of the community certainly did. there was another meeting saturday morning and wimmin expressed anger, fear, disgust, and confusion, we decided we wanted to protect ourselves and eliminate all the scattered fear that roused us to battle when men were snooping around, we wanted to be unified and strong at a moment's notice. several wimmin, trained in riot control, helped us spell out specifically what we'd do if anything else happened. we divided up by geographic areas certain ones would go to designated spots. each group had a spokesperson. someone who felt she could be strong and confrontive, physically and verbally, they all met together with the "riot control" wimmin. it made us feel a little more secure, but it was real military.

at 3 am sunday morning we got up to the sounds of honking horns, our signal to hustle to our "posts", by this time a lot of us were itching to get our hands on some man, but we didn't and whatever had alerted us had passed no one was hurt so we went to catch a nap before dawn,

by sunday i didn't care about security anymore; i was too tired and over worked. i began thinking we should just let some men come in and 200 or so of us could surround them in silence and they'd melt into the ground from our burning glares. i realize this isn't necessarily the answer the point i want to make is that we don't have the answer yet. there doesn't seem to be any place wimmin, especially large groups, can go without being hassled by men. how do we deal with obnoxious hecklers? how do we deal with our own violence as well as theirs?

now, i want to talk some about the music aspects of the festival. there were a lot of wimmin to do music; more than there was time. there were schedule changes for this reason or that and several performers didn't like what they got. sound checks ran over into the open mic time which wasn't scheduled in from the beginning. that was unfortunate, a lot of wimmin could have performed, but didn't get the chance.

all performers were paid the same plus travel \$. a lot of \$ was spent flying in wimmin whose schedules were already too tight for them to drive. i was glad to see the "big names", i wasn't happy with our reactions to them. we call it star tripping, here. it reminded me of early Beattle daze with all this swooning and sighing setting performers up on a pedestal, separating us from them. i think performers who get these reactions from their supporters should talk about how it makes them feel. we need to confront each other with attitudes we've carried over from the patriarchy. wimmin's music shouldn't be an extension of "cock-rock" it's important for us to share our music as well as the rest of ourselves.

Music has been treated mysteriously in our culture. lots of wimmin believe they can't sing because they were told so by some perverted, perfectionist teacher in the third grade. voices can be developed with practice, like lots of other things we think we "can't" do. music gets us loose, brings us together. it's a powerful tool for organizing as well as, individual and together expression. when performers are willing to be accessible to wimmin who support them (just hang out and be friends) than the myths that keep so many from making their own music will begin to vanish. we don't need a repeat performance of male entertainment, based on money \$\$\$ and egos.

i don't think that wimmin should be paid to fly in this year when the rest of us can't afford it. if wimmin music makers don't have enough time to be with us then they shouldn't come. The idea of the weekend together is to be together - there are many wimmin who come and we can share what we have.

the we want the music collective is planning another festival for august. i'm sure there will be some changes as it's the second time around, but there will definitely be boys there and well known performers, so do some thinking, talking, writing so we can work things out a little easier.

julie

we wanted to give you a financial breakdown of the festival as close as we have been able to calculate. since the spending of women's money is a subject dear to all our hearts, it is important for us to be accountable to you for how we spent your money.

what we want you to share with us is your reactions, feedback, criticisms of the festival. we are considering putting together a book of festival information, experiences, stories, photos, jokes, analyses, etc. - a scrap book of sorts - a space where women who attended, performed, worked on, and organized the festival can share experiences and give feedback/criticism/alternatives. if you have anything you would like to submit, send it to: we want the music book collective, p.o. box 51705, new orleans, la. 70151.

if you have criticisms and analyses of the festival that you would not want to have published, but still want to share, send that to: wwtmc, 1501 Lyons St., mt. pleasant, michigan 48858. we are in the initial stages of organizing a second festival (summer '77) and are doing what we can to analyze our past work. we need your input to help us gain a broader perspective of what we have done; the more input we receive from you the more we can learn and grow.

for those of you who don't know, we had the festival filmed. it has been developed and, by the time you read this, edited. plans for it's distribution aren't solidified, yet. a woman from wisconsin gave enough money to cover most of the cost, but we need more. if you have any financial support sitting around that you would like to contribute to the film, the book, or perhaps the next festival, then please send it to the mt. pleasant address given above.

this year there will be workshops as part of the festival. if you have any suggestions, or would like to give a workshop, please write the collective. wimmin who want to perform should send them a tape, cassettes are fine.

915.11	stage (buying & renting wood, scaffolding, canopy, nails)
193.16	water pump, electricity, hook-up)
452.00	portajons (legally required chemical toilets)
220.17	mail
5,713.00	travel (performers, technicians)
274.95	printing
92.87	advertisement
65.48	office supplies
215.96	truck rental
67.75	child care supplies
64.75	health care supplies
2,080.17	food
1,500.00	sound equipment
237.95	light equipment
245.70	gasoline (collective)
428.57	power (generator rental, fuel, and hook-up)
425.79	recording (taping and copies)
1,532.00	telephone*
550.00	instrument rental
410.00	film (shooting only)
400.00	land rental
252.00	insurance (3 days)
800.00	salary (collective plus)
4,775.00	salary (performers and technicians)
60.00	tent rental
21,971.63	

\* we have to say a bit more about this atrocious phone bill. we are in an area where practically all our business, from finding toilets to figuring out technical equipment, had to be done with long distance calls. most of what we were dealing with was totally new for us and that meant more and longer telephone calls.

note: if you are on the mailing list and don't want to be - drop us a card and we'll evict you. remember material for the book goes to the new orleans address, all other festival correspondence should come here to mt.p.

in strength,

the women of we want the music collective

# BILLIE JEAN CLAY: NOT GUILTY



On Sept. 22, 1976, Ms. Billie Jean Clay, a black psychiatric aide, was acquitted in St. Louis Circuit Court of charges of assault with intent to maim, in connection with apparent cigarette burns inflicted on six mentally retarded adult patients at St. Louis State Hospital.

The acquittal came after almost 8 months of effort by Billie Jean, her attorney, Doris Black, and the Billie Jean Clay Legal Defense Fund. The small defense committee, composed of women, some of whom had known Billie Jean prior to her arrest, persisted in their belief that Billie was the victim - not the perpetrator of criminal acts at the St. Louis State Hospital and a logical scapegoat for the cover-up the hospital was hoping to pull off.

The events which led up to Billie Jean's arrest started on January 11, 1976 at the St. Louis State Mental Hospital where Billie Jean was employed. On that morning, it was discovered that six patients had been burned on various parts of their bodies and faces. The burns were determined to be second and third degree burns. Cigarettes, ashes, and matches were found in and around some of the patients beds. It was determined that the burns could have occurred within some 12-14 hours or longer prior to being discovered. An "internal investigation" was immediately set-up by the hospital administrators. Billie Jean had worked the evening shift on the ward where the burns occurred leaving sometime around 10pm to catch her bus. No burns were discovered until the following morning around 8 am. Two days later the police were called in. During the entire "internal investigation" at which time all staff on the ward were questioned, Billie Jean was not called in for questioning. Then, on January 14th, as she reported to work for her regular shift, Billie Jean was met by the police and arrested. The major television stations were there as well as other news media to cover this "sensational" story. Her picture appeared on television and in the local newspapers accompanied by headlines such as, "Psychiatric Aide Accused of Torturing Patients". With such willing and cooperative publicity, St. Louis State Hospital's cover-up seemed to have worked.

Shortly thereafter, some women connected to the YWCA Women's Justice Program who knew Billie Jean, contacted her. Doris Black, a black woman lawyer, was then retained for Billie Jean's defense and "The Friends of Billie Jean Clay - A Legal Defense Fund" was formed. We were convinced that Billie Jean's arrest was a case of scapegoating.

Why did the hospital scapegoat Billie Jean? Throughout her life Billie Jean had been a victim - of institutional racism, economic inequality, and the legal violence of the State. Because of this, she did not like her conditions and she did not like the white sea of power which surrounded her, and so she became an addict and a street person - a victim of the slow genocide which the white power structure of this society perpetuates. After she had several children to support, she also became a prostitute in order to support her habit and her children. On the streets, in and out of jail became her way of life. A few years before her employment at State Hospital she became involved with some women connected to the Women's Justice Program at the YWCA who were working with women in the city jails. Billie Jean decided she needed to fight back and pull herself together. With the encouragement of these women she decided to apply for some "straight" jobs so she could live better and support her children. She got a job as a psychiatric aide at State Hospital and was working there a little over a year prior to her arrest. For a while things seemed to be looking better. Of course, the racism was still all around her and the exploitation, but Billie Jean was holding her head above the water. She did not know, of course, that when she entered that "straight white world" she would be the first to

have the finger of condemnation pointed at her when they needed a scapegoat to cover-up rampant institutional brutality - when they needed to find "one bad apple in the barrel" to explain to the public when they needed to save their skins. An ex-addict, ex-prostitute in their midst was their logical scapegoat and they knew it.

There has been much to cover-up at St. Louis State Hospital over the last several years. News stories about how female teenagers incarcerated in the hospital for "anti-social behavior" were experimented on with drugs that produced "psychotic episodes". Stories were told via the staff grapevine about how there were unexplained deaths and that rape and brutality were everyday occurrences - there were rumors that the hospital would lose their accreditation unless there were some changes made. The hospital administration, of course, has taken the position that these "problems" are due to cut-backs in funds and that the result is staff shortages, i.e. that there are not enough jailors to watch over the inmates. In our opinion, however, in any captor-captive institution the brutality will remain. At best you can humanize it a little - maybe some piped-in Muzak, a bit of bright paint, perhaps a few more arts and crafts. But the persons who most often seem to involve themselves in a human, caring, and personal way with the patients in a mental hospital are the aides. The psychiatric aide is critical to the functioning of any mental hospital. Without them the whole institution would be in a state of chaos. As an occupational group, they are the lowest paid, least status group in the hierarchy of the hospital. They are usually Third World people. In St. Louis, aides are predominantly black. On the other hand, the persons with the higher-paid, higher-status jobs are mostly white. The aides and the patients then are at the lowest end of the hierarchy. Both aides and patients are directly oppressed by the doctors, nurses, teachers, and social workers above them. The patients must win the approval of these persons in order to get out of the hospital or in order to survive if they must remain in it. The aides must win approval if they are to keep their jobs - and the job may be the only way to remain just outside the poverty level for themselves and their children, particularly if they are women, and the only bread winner. As we will see later on, the prosecution's strategy at the trial, in collusion with the State Hospital, was to play patients against aides, one oppressed group against another.

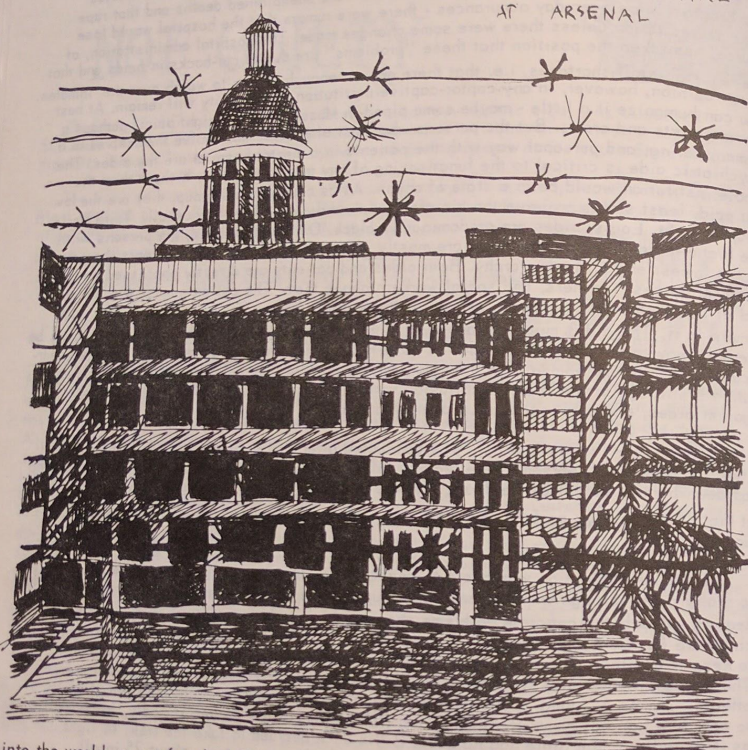
A Grand Jury "investigation" was conducted after Billie Jean's arrest. At the investigation, no other staff persons were brought in for positive identification by the patients who had been burned except Billie Jean. She was indicted, but 4 of the 6 counts were dropped at that time. Finally, on Sept. 19, 1976 the trial was to begin in the court of Judge Gary Gaertner.

As the jury selection was about to begin, Billie Jean was very nervous, we needed to really come through with the emotional support she needed. She wanted our help in dealing with all the concrete problems she would face; clothes to wear in the courtroom, childcare for her daughter during the trial, pick-up her food stamps, groceries - help her to keep it together. She started out feeling like a tiny speck in a vast ocean of power. There was a tremendous temptation for her to take the plea bargain the prosecution had offered - it was a "good" bargain - just a light sentence if she would only plead guilty to acts she had not committed. The Circuit Attorneys office wanted it badly, because as it turned out, the State had no case. Billie Jean decided to take the risk, to fight back and go on with the trial. The committee and other supporters, about 25 in all, said of course we'd stick by her. Doris Black believed in her innocence, believed she'd been scapegoated.

The trial started - the jury selected. There were seven blacks and six whites. They were city people, working class people. It seemed almost as if it were a jury of her peers. As luck would have it. The judge granted the defense attorney's motion that the jury be sequestered (not allowed to go home, read newspapers, listen to the radio or see t.v., etc.) due to pre-trial publicity. Kayla Vaughan, a law student and a member of the "Friends of Billie Jean Clay" agreed to assist Doris at the trial. The prosecution began to present their case. John Chancellor, assistant circuit attorney for the City of St. Louis, presented envelopes, several of them containing cigarettes, ashes, and matches found on or near the patients' beds. The prosecutor called his witnesses: the head nurse of the unit Billie Jean worked in who is now Acting Superintendent of the St. Louis Developmental Disabilities Treatment Center, a teacher on the unit, the psychiatrist was called - all poised, cooperative, respectable. They had not seen Ms. Clay do anything wrong, yes, she had been a satisfactory employee. Everyone carefully covered themselves. They understood that two

of the patients had said that Ms. Clay had "done the burning". They would be put on the witness stand at a later time. Then the prosecution called the black aides. All the other witnesses had been white. They covered themselves, but were not co-operative, were hostile at times and said nothing incriminating about Billie Jean. The prosecutor acted annoyed. He was now ready to bring in his two key witnesses - both permanently incarcerated at the State Hospital, brain damaged and with minimum physical functioning. John, one of the witnesses who had been burned around his ear, was able to speak. He would be the first witness called. His teacher wheeled him into the courtroom - rarely was he able to go out

MISSOURI STATE HOSPITAL  
AT ARSENAL



into the world, sweet-faced, childlike innocence, he took the stand. The judge smiles at him; the prosecuting attorney smiles at him. He smiles back. "Who burned you, John?" John looks around confused, he does not know which lady is Ms. Clay. The prosecutor stops smiling, annoyed. Doris Black goes over to John to cross-examine. "John, am I Ms. Clay?" "Yes," John answers. "Did I burn you, John?" "No," he answers, "you wouldn't burn me, you're a nice lady." John is wheeled out. There is a recess. Some of us stay around the courtroom to watch that the teachers or others don't have an opportunity to coach the two patients from the mental hospital. The jurors file out, a few smile at us. Just before court reconvenes we get a tip. Billie Jean ought to change her jacket - the next witness has been coached to identify her by the color of her jacket. Quickly, we find a jacket for Billie Jean to change into. The court is called to order. The next witness is wheeled in by his teacher, lying down in his wheelchair. Ralph is a crippled young man, his body shriveled - his face alert, intelligent, serious. His teacher is put on the witness stand, a key figure in his life. She will interpret to the jury as Ralph does not speak. She will "read" his eye movements and he will shake his head in response to questions. "Yes" will correspond to an up and down movement with his head and eyes, "No" will correspond to a side to side movement with

his head and eyes. We are told that Ralph is their prize patient, their "pet"; he is so intelligent". The prosecutor looks around at Billie Jean and exclaims, "How is he going to identify her, she's changed her jacket!" His face turns red, he tries to cover, making a joke out of it. He says, taking the offensive, "Your honor, why is the defendant changing her clothes all the time?" Ralph is wheeled up to the witness stand. "Ralph, did you see Ms. Clay burn John with a cigarette?" Ralph shakes his head yes, interprets the teacher. Ralph, "is Ms. Clay in the courtroom?" No response. Billie Jean is asked to move forward in her chair. Doris Black is asked to move her chair back by the judge, so that Billie Jean is in clear view. Still no response. The lawyers confer with the judge and the decision is made to wheel Ralph so that he is directly in full view of Billie Jean. He is asked again to identify the defendant - no response. The lawyers confer with the judge a second time. He is asked again "Is this Billie Jean Clay" and this time responds. The teacher interprets "yes". The defense attorney is told that two people in the courtroom have seen the recess. The two people in the audience volunteer to take the stand and the judge agrees to hear what they have to say. The teacher who is accused of the prompting, takes the stand and denies this. The judge then orders the trial to proceed. The prosecuting attorney again puts Ralph on the stand. "Ralph, did I coach you, tell you what to say?" Ralph shakes his head. "Yes," interprets the teacher. We are dumbfounded. But, of course - the truth is often spoken in our society by the so-called "crazy people" - outcasts, mutes, maimed and disabled - for they are often incarcerated in mental hospitals because they see the world clearly and speak the truth about what they see. Red faces and nervous laughter going around - the prosecutor, the judge, the teachers - their "fool" has made a fool of them.

The closing arguments are then presented; John Chancellor, arrogant, playing to the white jurors as if they were fools, defending himself, not being able to make a case for conviction based on any evidence. Doris Black's closing statement, on the contrary, was powerful and moving. Talking with the jury as real persons, she spoke to them with respect. The court is recessed. It seemed for a brief time like a peoples' court with a peoples' lawyer.

The jury delivered their verdict in 1½ hours. As we filed back into the courtroom the guards had been instructed by the judge to search everyone. They did this apologetically, as they had been for acquittal all along and friendly to us. By this gesture, the judge was recognizing that he had indeed presided over a political trial. The verdict was announced, "Not guilty". The guards cautioned us, the judge had said, "no shows of emotion" in the courtroom. We poured outside and screamed for joy and hugged Billie Jean and Doris and one another. The jury came out shortly and we clapped for them. Many smiled back at us. It was a small ripple in a vast sea of power... but ripples make waves.

#### POSTSCRIPT

The media coverage during and after the trial was mediocre, biased, and relegated to the back pages. No television lights and front page headlines to celebrate Billie Jean's acquittal. Several days after her trial articles appeared in the two St. Louis daily papers headlines, "Juror May Have Been Intimidated". The gist of the articles was that a young white woman on the jury told someone that she may have been intimidated by some or all of the black jurors into voting for acquittal. The story was picked up several more days and finally laid to rest when the Circuit Attorney said they had spoken with the woman and that the allegations had been a misunderstanding. The racist nature of this news story was apparent. It was clear that when a black woman is acquitted by a predominantly black jury and represented by a black woman attorney that this is an embarrassment to the Circuit Attorney's office. All the more so in this trial because the prosecution, in collusion with the St. Louis State Hospital lied and told others to lie, and did not have a shred of substantive evidence to base its case on. Perhaps too, the white power structure of the City of St. Louis wanted to intimidate prospective black jurors in the future from voting easily for acquittal or from asserting themselves to white jurors. We all know the media serves the interests of those in power - and we saw this clearly played out here in St. Louis. For this reason, we felt it important to let people know the real story of the trial of Billie Jean Clay.

# NEWSBRIEFS



## through the looking glass

THROUGH THE LOOKING GLASS is a new monthly newsletter that focuses on women and children incarcerated in Washington state. Their purposes are: 1) to remind people that women and children are locked up, to tell about the conditions they live under, how they are selected for the different forms of incarceration and the consequences for the prisoners, their families and friends, and all of us. 2) to encourage analysis of different forms of incarceration, such as prisons, jails, juvenile institutions, foster homes, mental hospitals, nursing homes, halfway houses, destructive families and exploitive, dangerous and confining jobs. 3) to communicate ideas on how to improve life conditions, reduce the numbers of women and children who are confined, and shorten sentences. 4) to communicate sympathy and encouragement across the barriers that have been put up to keep us in or out.

Through the looking glass is free to women and children who are locked up, and to poor people. Others should pay for themselves and for somebody who can't afford it. \$5 a year Box 33702 Seattle Washington 98133

## grand Juries

Grand juries are being called all over the country in the third world, women's, lesbian, native americans, and left communities. The purpose being to gather information and to try and stop political activity that's threatening to the government. We need to resist, by educating ourselves to how grand juries work and to create community and national wide support to choose non-collaboration as a tactic of resistance.

I have recently come in contact with a newsletter, QUASH, (meaning to have a subpoena or indictment dismissed) that is put out by a group of women from the grand jury project in New York. Quash, focuses on the education of the public about grand jury abuse and reports information on people who are dealing with subpoenas from grand juries. Quash comes out every six weeks and subscription are \$3 a year. Write Quash Grand Jury Project 853 Broadway New York, N.Y.

There is also, grand jury comix published by Edge City Comix and printed by Jackrabbit Women's Press. It is available from: Amazon Reality Co. P.O. Box 95 Eugene, Oregon 97401. Grand Jury Comix explains why you should not testify and informs you of your rights.

## Lureida torres

New York (LNS-liberation news service)- Lureida Torres was freed Oct. 28, after over 4 months in Federal custody for refusing to cooperate with a grand jury, conducting an investigation into the Puerto Rican Independence movement in the U.S.. Lureida a former New York City schoolteacher and member of the Puerto Rican Socialist Party, (PSP) had been called before a Federal Grand Jury in New York last January, when she and others refused to speak to FBI agents. The investigation had been triggered by a services of bombings. One in which a group called the FALN (Armed Forces of Puerto

Rican National Liberation) had taken credit. Lacking evidence, the FBI has been conducting investigations against independence groups and individuals who support the Puerto Rican struggle. The government's theory is that if one believes in independence, one must know something about the bombings.

Lureida was a prime target because of her membership in the PSP, one of the leading independence parties in Puerto Rico. The excuse of the bombing investigations provided a cover for a far ranging intelligence gathering effort by the FBI, designed to reconstruct the membership and internal structures of organizations supporting the liberation of Puerto Rico. The FBI's clear strategy was to associate in the public eye those advocating independence for Puerto Rico with terrorism.

Lureida was jailed on June 24th because of her refusal to testify and stayed in until the grand jury expired on October 28. Over 250 people gathered in front of the Metropolitan Correctional Center to greet Lureida with a candlelight vigil after her release from that institution. Other inmates of the institution indicated their solidarity by holding matches to the windows of their cells.

Lureida greeted those assembled saying that she never felt alone while in jail, since she felt the support of those for the liberation of Puerto Rico. She said that her jailing was an act of repression directed at the Independence Movement, and that she was willing to go to jail again if necessary.

## A.O.I. - another big brother

The first step towards categorizing all Americans has begun. In the next few years millions of poor and non-white Americans will be required to carry a plastic tamper-proof ID card magnetically informed of its carrier's personal history, appearance, and finger prints. The tide will roll slowly beginning with 5 million legal aliens who either live in the U.S. or cross the border daily to work here. It is estimated this group will be issued ID cards within the bicentennial year from the Immigration & Naturalization Service.

The next sector of society required to carry the wallet sized personal data will be six million heads of households (mostly women) receiving food stamps, according to the U.S. Department of Agriculture. If this system of tagging only heads of households fails, all 18.8 million Americans receiving food stamps may receive the identity card.

The Department of Agriculture Office of Investigation (AOI), is the 3rd largest federal investigation agency in the country. It has matured into an international force capable of making food a weapon abroad while controlling its distribution here at home. The AOI has some 650 paid employees, an unknown number of unpaid informers, 20 field offices, and a director intent on sharing the spot light with more notorious agencies such as the FBI and the CIA. AOI keeps tabs on thousands of Americans suspected of wrong doing or who complain about one of the hundreds of USDA Programs.

Reprinted from Women of the Fifth Estate

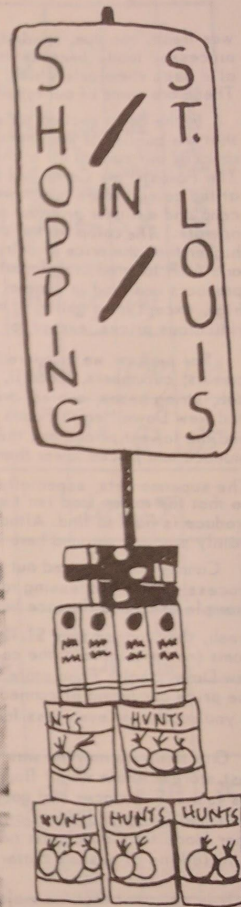
~Diana



Food, farm  
 &  
 Feminism

We were there once  
 Women of the earth  
 planter of seeds  
 harvester of foods  
 builder of shelter  
 witches, potters, healers  
 we are there again  
 in a present (time)  
 women working to regain  
 the past & future

*Ann Arky and Ann ONYMOUS*



In this article we want to talk about the availability, prices and quality of food in the St. Louis area, using information we have collected by doing a small food survey. Where we shop and what we eat depends on where we live, how much time and money we have, what foods are available, and what foods we've learned to eat. We hope this article will make women question our shopping and food habits- to think twice about shopping at the local supermarket, and to be aware of the quality of the food we buy and eat. But the information we've collected reveals that our choices of what to buy and eat, where to buy our food and how much we pay for it are pretty limited. And so we hope this article encourages women to be angry about our lack of choice and concerned enough to support radical changes in our economic system.

We checked out 11 retail suppliers: 3 chain supermarkets, 1 fancy supermarket (called "fancy"- actually it is a store with above average supermarket prices in a wealthy neighborhood which aims to have wealthy customers- e.g. they don't accept food stamps.), 2 small groceries, 1 produce stand, 1 food co-op, 1 health food store and 2 farmers' markets. We filled out questionnaires concerning prices and quality of dairy products, vegetables, fruits, meat, fish, canned goods, beans, rice, nuts, etc. We evaluated quality by noting whether the produce

was fresh, not ripe, spoiled, or o.k. We consider less processed foods better quality than processed foods because processing robs food of nutritional ingredients that are healthy and also uses chemicals which, at best, haven't been confirmed as safe for humans (see Dr. Dyke). These are some of our results.

In the dairy section we compared the price of milk, cheese, yogurt, and eggs. We also noted that the quality of the cheese and yogurt varied according to the store. Most of the places we checked out carried all of these items, except for the produce stand and the farmers' markets. The Forest Park Co-op had the most consistent low prices. But there are two prices for all food at the co-op. There is a lower price for workers- people who work at least 3 hours a month for the coop and a higher price for non-workers (see article on co-ops for more explanation of how they operate.) The co-op worker prices are usually the lowest, but even the non-worker prices are no higher than the price of dairy products in the major supermarkets. We went to Schnucks's, Kroger and A&P located in different sections of the city and county. Their prices and quality of dairy products and food in general all seemed pretty similar. Magic Market prices were unreasonably high, except for a gallon of milk which was average. And New Dawn, a health food store, had ridiculous prices, except for yogurt (\$3.45 for 1 lb. of swiss cheese).

For produce we compared the prices and quality of 11 vegetables and 6 fruits including lettuce, carrots, cucumbers, broccoli, green peppers, mushrooms, onions, potatoes, tomatoes, corn on the cob, string beans, apples, oranges, bananas, grapefruits, pears and strawberries. Magic Market and New Dawn Health Foods didn't carry produce. The Forest Park Food Co-op and Souland Market had the lowest prices and the freshest looking produce. The Loop market had fresh looking produce and prices lower than the supermarkets, but higher than the food co-op or Souland.

The supermarkets, especially the A&P, had spoiled produce. Some of the produce is packaged so that the rotten food isn't even discovered until you've eaten half the food. Local home-grown produce is hard to find. Although there's a number of produce stands in the city, they carry mainly produce shipped here from other parts of the country.

Canned goods turned out to cost more than fresh produce. Plus, while we pay extra for the processing, the processing robs the food of its nutritional value, its no benefit at all. An example of cost difference between fresh and canned goods is seen in the price of mushrooms.

Fresh, they ranged from \$1.10/lb. at the co-op and Souland, to \$1.60 at Schnucks. Canned mushrooms (not available at the co-op or Souland) cost between \$2.04 at Krogers to \$3.44/lb. at New Dawn Health Food store. The price per pound of fresh foods is the produce weight alone. The price per pound of canned goods includes the weight of the liquid the food is packed in, so you really get even less for your money.

One thing we noticed was that certain foods that are healthier for you are not available in most stores. Whole wheat flour was sold in only 4 of the 11 places we went to. Brown rice was found in 5 places and good peanut butter (without hydrogenated oil) was sold in 4 stores. The Food Co-op and New Dawn were the only places that carried nutritional yeast and herbs. Other foods the Co-op sells not usually available other places are kelp (a kind of seaweed), tahini (a kind of sesame butter), and a large variety of nuts, beans and grains.

It is apparent that the major retail sources of food are the large supermarkets. This food is overpriced, poor quality, and there is a limited variety. The costs of middlemen, packaging, and advertising all contribute to this horrible situation. And it is also apparent that these large supermarkets discriminate against Black and poor people because there are fewer stores accessible to buy food in those neighborhoods than in white, middle-class suburbs. All this is perpetuated because a few large corporations concerned with profit and not health maintain control of the food industry.

We are encouraged by what is available to get our complete diet at the supermarket- a one-stop grocery trip. It is hard to break the pattern of doing our grocery shopping simply at one place- but when we start paying attention to the price and quality of the food we eat, it becomes necessary to try and find other sources of food.

And that is no simple task! Food co-ops and markets like Souland offer some alternatives to shopping at supermarkets. First of all they offer cheaper prices. And many food co-ops have begun to challenge the bad eating habits we are all taught by providing healthier food and information about nutrition and food quality. But outdoor markets and co-ops also have limitations. Not many food co-ops have begun to deal with the fact that their information and better quality food are mainly available to white, middle-class people.

## Food- Price Comparison

	Souland	Co-op	Loop	Kroger	A & P	Schnucks	Hoffners	Magic Market	J & V's	Serve-U	New Dawn
Milk		.76		.78	.78	.75	.89	.91	.85	.89	
Cheddar Cheese	1.89	<del>1.67</del> 1.86		1.98	1.69	2.05	1.99	3.00		1.90	2.84
Eggs	.70	.63	.79	.71	.79	.72	.95		.89	.83	.95
Cucumber	.10	<del>.14</del> .18	.18	.25	.20	.25	.20		.20	.25	
Onions	.13	<del>.12</del> .13	.15	.25	.23	.25	.29		.20	.29	
Apples	<del>15</del> 16	<del>24</del> 32	.25	<del>44</del> 16	<del>33</del> 16	<del>39</del> 16	<del>49</del> 16		.20	.39	
Frying Chicken	59 /lb.		69 /lb.	69 /lb.	49 /lb.	65 /lb.					
Tomato Paste	.20			.18	.17	.17	.25	.29		.30	.35
Pinto Beans		<del>27</del> 30					.35				
Whole Wheat Flour		<del>18</del> 21	.27	.27			.19				.65
Peanut Butter				.73	.66	.89	.92	1.15	1.00	.94	.87
White rice				.35		.39	.49	.79		.78	
Brown Rice		<del>40</del> 45					.45	.62		.49	.90

Most people need extra time and a car to go to co-ops or markets rather than a local store. But even if everyone had the transportation and time to shop at Soulard or food co-ops these stores don't have enough food to feed the population of St. Louis. Creating a food distribution system that provides healthy, cheap food to all people depends on major economic changes in our capitalist economy.

Clearly we as individuals do not have much control over what we eat and where we can buy our food. And we won't until we create a food distribution system that is based on all peoples' needs and not on profit for a few white men.

Janice & Sue



Krogers - Lindell and Sarah  
A&P - South Grand  
Schnucks - Lindbergh near Highway 40  
Hoffners - 705 DeMun  
Serve-U-Market - LaClede and Newstead  
Magic Market - Big Bend and Manchester (Maplewood)  
JV's Produce - Southwest and McCausland (Maplewood)  
Forest Park Food Co-op - 4357 LaClede (near Newstead)  
New Dawn Health Foods - 3175 South Grand  
Soulard Market - Lafayette and 7th St.  
U.City Loop Market - Delmar and Kingsland

## STERILIZATION ABUSE

This article is about sterilization abuse. I want to define sterilization abuse, give information to establish its existence, discuss the myth of overpopulation, and say why I think this is or should be a concern to lesbians.

### What Sterilization Abuse Is

First, sterilization is an operation which renders a woman permanently incapable of reproduction. Hysterectomies and tubal ligation (burning or tying of the fallopian tubes) result in sterility. This is a fine thing for a heterosexual woman who knows she never wants another child. No attack is being made on a woman's right to sterilization. The problem is that in the last decade millions of women all over the world (largely non-white) have been sterilized without their knowledge or against their will. The ways in which sterilization abuses have occurred are 1) operations performed without a woman's knowledge immediately following an abortion or childbirth. 2) consent to the operation obtained under duress as when a woman is actually in labor. 3) consent forms signed by a non-English speaking patient who does not know what the consent form says 4) pressure by doctors or social workers to choose sterilization as the form of birth control, and 5) threats of loss of benefits from the state or federal government (like Aid to Dependent Children or health services of government funded clinics).

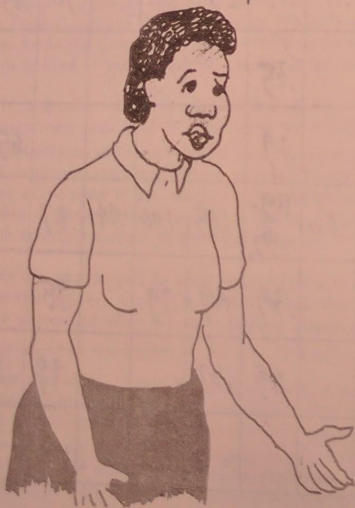
### Evidence Establishing Sterilization Abuse

All of the above mentioned forms of sterilization abuse are widely documented. In the late 1960's Congress began enacting programs for family planning and appropriating millions of dollars for domestic family planning. Naturally many women were very happy to have access to birth control. None of the funds were specifically earmarked for sterilization but it was clear that sterilization was to be offered as a contraceptive method. In many cities the goal of sterilization of those on public assistance became an unwritten policy. The facts of one case which attracted national attention will serve to illustrate this: in January of 1971 Alabama Community Action Committee (funded by the Office of Economic Opportunity) discovered Minnie Lee Relf, Mary Alice Relf, Katie Relf, and their parents Mr. and Mrs. Lonnie Relf living in subhuman conditions on the outskirts of the city dump. The Relfs were a family of poverty stricken rural blacks. They were forced into this condition as a result of the disappearance of the need for farm workers and field hands in the agricultural South. These jobs had previously maintained the family. The agency found them an apartment in a housing project and told them about public assistance programs that they could qualify for. One of these programs was the Montgomery Family Planning Clinic where the two younger girls (12 and 13) were sterilized on July 14, 1973. The older girl (17) escaped it by locking herself in her room and refusing to go when the clinic people came to pick her up. The law suit which arose from this incident resulted in some federal guidelines put out by the Dept. of Health, Education and Welfare (HEW) for non-therapeutic sterilizations (those which aren't necessary for physical health). The National Welfare Rights organization also brought a lawsuit in behalf of pregnant women who had been told by their doctors that if they wanted their babies delivered, they had to agree to undergo sterilization. These are not isolated examples. An article in the New York weekly newspaper, The Guardian said that 1/5 of all married black women and 1/7 of all Native American women have been sterilized. Louis M. Hellman, Deputy Secretary for Population Affairs, HEW, testified that more than 100,000 poor people annually are sterilized with HEW funds. Lots of people in America are sterilized and most of them are poor.

There is also a major population control campaign waged by the US government going on in underdeveloped countries. One-third of the women of child bearing age in Puerto Rico today are sterilized. The foreign aid branch of the State Department, Agency for International Development (AID), is putting hundreds of millions of dollars

I CAME FOR  
this month's BIRTH  
CONTROL pills.

Didn't I Mention  
we STERILIZED you  
DURING YOUR CAESARIAN  
LAST MONTH?



into sterilizing women in Third World countries right now. There is a two-year old program in International Education in Gynecology and Obstetrics (PIEGO) operating out of the Washington University Medical School. PIEGO trains about 150 Third World doctors a year in sterilization techniques. They come from India, Latin America, and Africa for 4-6 week training course.

They live in the Forest Park Hotel and 100% of their travel, training, and lodging expenses are paid for by AID. When they return to their countries, they are presented with a gift from AID of a \$5,000 laparoscope (an instrument for performing sterilizations by tubal ligation). Their training in St. Louis consists of the observation of human sterilizations and practice on rabbits. Then they go home and perform a sterilization on a human being. AID maintains and services 455 laparoscopes in 53 countries.

The question in my mind is why? Why is the US government (through AID) spending millions of US taxpayer dollars on preventing births outside the United States? One excuse is that it's better to sterilize people than starve them. There is terrible overpopulation/food shortage. Well, that's not true.

#### Myth Of Overpopulation

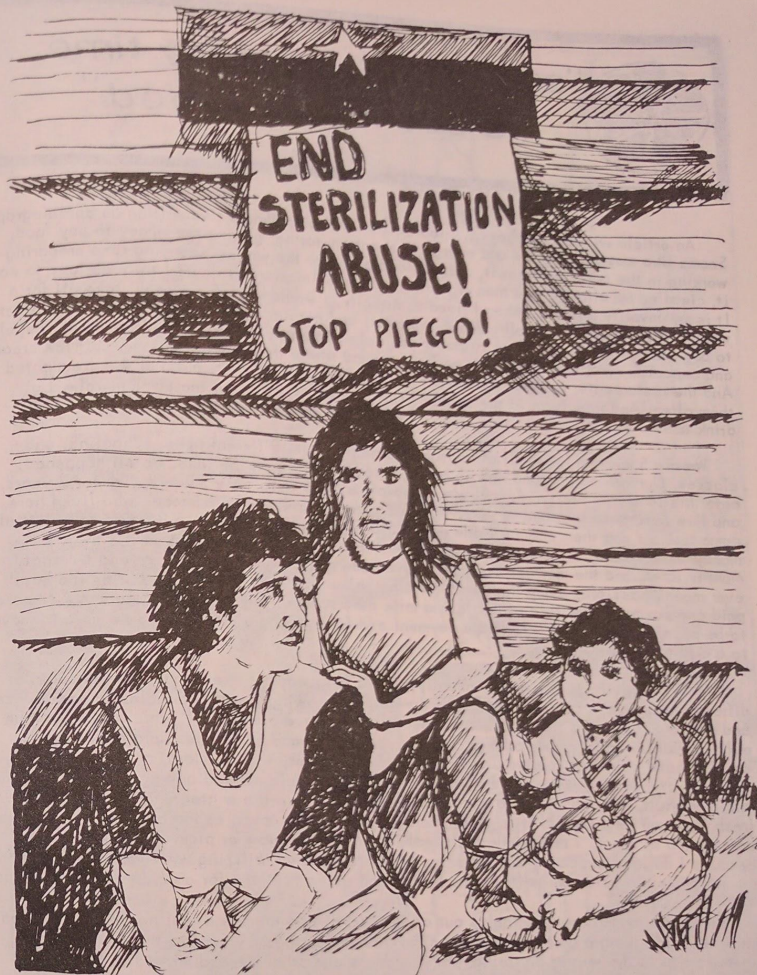
It is clear that there is starvation in the world- not just in India or Latin America, but in the United States. It's very clear that poverty and hunger are widespread. But the explanation to this hunger and poverty is not that there are too many people in the world. Latin American countries have no surplus of people, in fact they have too few. By too few I mean too few for the people to maintain and sustain themselves as well as develop their countries. Without adequate numbers of people it is impossible for natural resources to be mined and transformed into tools. Roads and railroads need to be built for people to get around and to carry goods between the country and the city. These tasks call for numbers of people to work together; numbers in excess of those required for growing food. Brazil has 38 times fewer inhabitants per square mile than Belgium. Paraguay has 49 times fewer than England. Overpopulation is a myth sponsored by Zero Population Growth—a group funded by the Rockefeller Foundation. The fact is that world food production is growing faster than world population, however the distribution of this food has shown a growing inequity. The problem is not too little food, it is where it goes. The fact that food production has outstripped population growth in the last decade does not mean that the earth can feed an infinite number of people-- but it does show that factors other than the ratio of mouths to feed are responsible for hunger.

Not all the food produced in Third World countries is eaten there. For example, the governments of Pakistan and the US made an agreement with a company, New Jersey Corn Products Corp., for the sale of all corn grown in Pakistan by Green Revolution technology (US farming techniques using insecticides, fertilizers). Corn Products Corp. converts the corn into sweetener for sale to soft drink manufacturers in the US. By 1973, 2/3 of the Green Revolution rice produced in Columbia was going to feed cattle and to breweries in developed countries. In Guatemala, the US corporation, United Fruit Co., owns 50% of the good land. It grows bananas largely for export to other countries. The reason the US government wants to keep the population growth down in Third World countries is not humanitarian. United States' interests are threatened by rapid population growth and growing unrest in Asia, Africa, and Latin America. AID and United Fruit are desperately attempting to stave off the day that Guatemalan people begin to jump or trample the company's fences and eat the fruit grown on their land, by their hands. The US is trying to preserve its economic interests abroad by controlling population growth.

#### Why Is Sterilization Abuse A Concern To Lesbians?

You might think that the issue of sterilization abuse is irrelevant to lesbians. If you read the August '76 issue of Lesbian Connection you might remember the reporting of the woman worker who was required to get sterilized to work at the GM plant in Canada. GM required women to be sterilized because of dangerous radiation they are exposed to that causes birth defects. LC posed the question- What if this woman was a lesbian? Some lesbians would like to keep their reproductive ability intact in case they decide to have a child. Considering all the women who have their uteruses unjustifiably yanked out by doctors, I think it is safe to assume that it happens to lesbians.

Another and more important reason that sterilization abuse is a concern to me, is that it is an attack on women- all women- by the State. By threatening abortion



rights of whites and by forcibly sterilizing non-whites the State seeks to control our ability to reproduce. The State wants certain races and classes to reproduce and certain races not to reproduce.

There has been widespread criticism of the women's movement (from without and within) that it is white and middle class; doesn't relate to black women, working women; that it focuses on personal fulfillment. I think there is some validity in these charges and that we must begin to meet these criticisms by actively working to overcome the vicious classism, racism, and sexism that sterilization abuse embodies. There are ways to challenge these oppressions other than fighting sterilization abuse. I think that people should be aware of the population control campaigns, overpopulation mythology, and what it means for women's autonomy and particularly what it means for Third World women. And finally, if there is doubt in your mind that sterilization abuse is a widespread campaign against certain races and classes of women consider: 1) who gets sterilized, 2) who pays for it, and 3) why. -Kayla





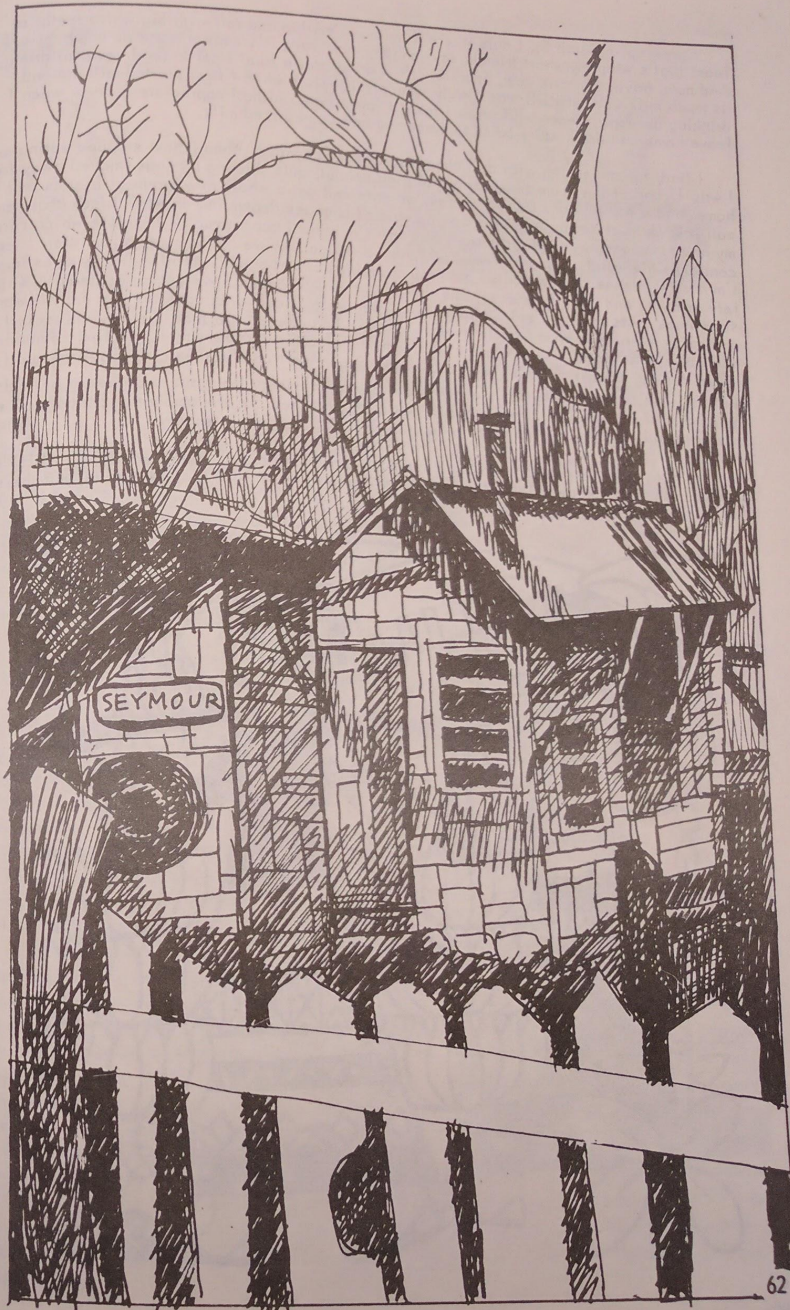
"seems like most my time...  
is spent on... food"

An article on food she says...A topic most relevant; almost like writing an autobiography. Seems like most of my time and energy is spent on eating; getting the money to buy food, working in the garden to grow it, putting food away for the winter, spending time preparing it, cleaning up after it, and then digesting it. Burp. Amazing, isn't it? I truly do love to eat. It is my favorite pastime. When I lived in the city, I would work for a week, take off for a week and basically spent all my money on rent and eating. I loved going to Soulard Market to buy fruit and vegetables, to Pratzels (a Jewish bakery in Delmar Loop) for bread, bagels, and cupcakes, and to Ted Drewes on South Grand where they make their own soft ice cream. And the restaurants; being a vegetarian there weren't a whole lot, but 3 or 4, I frequented them often. And now livin in the country, it's a different plot, but the same moral - Eat, drink and be merry.

We are 5 wimmin here, all of us from different cities, different ages, schooling, and classes. Our common ground now is being dykes and livin on the land. We all happened onto this land in a pretty unusual way. Two of us have been here 5 years, two for 2 years, and I've been here just over a year. We mostly ended up knowing someone who lived here, came to visit and then stayed. None of the 5 of us now living here put in any of the initial money for the land; there was a down payment made by one woman who moved away 6 months later, and the mortgage payments have been made by whoever's here and by whatever means possible; a hay operation for a neighbor (cutting, raking, and baling the hay) paid one payment; the sale of cattle and milk paid another few. There have always seemed to be people who donate part of the payment and for one or more of the people here to move to a city to make the money.

We live frugally so the money usually goes a long way, plus our food trip here is alot different than in the city. We eat out of the garden, growing fresh vegetables to eat, freeze, and can, from the wild fruits we have around and we have a milk cow, which gives us our milk, cream, butter, yogurt, cottage cheese, ice cream, and sometimes hard aged cheese. We also have chickens to give us eggs (which can be very inconsistent) and goats for milk and/or meat (for those who eat meat). We've just lately started buying oranges, bananas, and grapefruit, which I'd like to see more of, especially in the winter when I really crave fresh fruit and vegetables. It is a real treat to buy food in town, especially something like an avocado or bread. I definitely don't feel like I want to grow or pick everything we eat because I do love avocados and bananas, but it feels good utilizing what we have around us, which is the wild things (fruit and herbs) and using the land for a garden and a milk cow.

I really enjoy eating vegetables out of the garden and there's a feeling of satisfaction knowing and having a part in the chain of events that brings my food to the table. We dig up the earth in the winter or spring, put in manure and other needed minerals, hoe it to break it up, plant seeds or young plants, water, mulch, weed, and care for it continuously; then harvest it, deal with the surplus, then put the plants to sleep (pulling them up and laying them on the ground or in the compost to decompose) so as to enrich the soil for the next year. It is a long, continual and circular process and it feels good to be aware of it and helping it along. Since growing my own garden, I feel more grateful and appreciative of what food is. And I feel this is better for me physically and psychically because we put all of our energy into it and know there aren't any chemicals in it, and that it is fresh grown with love and care. Sounds schmaltzy, huh? Well, it is. Of course, that doesn't mean to say we don't worry about our tomatoes getting frosted or the bugs eating the squash, the drought or the flood; and I do get tired of eating so many green peppers during the few weeks they're ripe and then there's always the 5 foot tall weeds...



I grew up in South St. Louis where they grow 'em big and tall with big white teeth (at least that's what my short friends say) and my mom says it's cauz I drank so much milk. And now, havin our milk cow, Sparkle, it's a dream come true. I get to (and have to) drink as much milk as I want. It was a truly wonderful feeling when I first started milking and drinking her raw, creamy milk; now I take it for granted, altho I appreciate it anew when I leave home and drink store-bought decreamed and pasteurized milk.

I find, too, when I'm goin thru changes, my diet changes. When I first stopped eating meat I was 17 and at the same time got out of high school, quit shaving my legs, moved away from home, had a falling out of sorts with my parents and got a whole new group of friends and politics. My diet seems to go through a cycle of changes depending on what I feel about myself my environment, my money situation, and who I'm with. I can't exactly correlate which change controls which diet because I feel each change is good for me in one way or another. I feel I'm a very intense person and so go through times of eating very healthy (in my eyes, a variety of foods and none in excess) and then I go through times of overeating constantly which sometimes lasts months, and wanting chocolate which I feel is an addiction for me if I want it and eat it everyday. What I try to avoid is putting bad energy into food, i.e. telling myself how bad chocolate is for me while at the same time eating it. I feel that if I think something is bad for me, then it certainly will be. I know sugar isn't good for me or productive, but I also don't believe it will kill me. It's a matter of how much energy I put out to digest or get rid of toxins that I eat versus how much good I get out of it. I feel for the amount of chocolate I eat, that the result is zero; no harm, no good, maybe just a loss of my energy.

I mainly try to stay away from that man-made stuff (processed, bleached, BHA'd, BHT'd, overcooked) cauz I know intellectually and intuitively that it ain't no good for me, but the stuff that mom nature makes... I trust. -Linda



245-T, 24-D

## The Dangers of Herbicides



A withering rain of chemicals called herbicides is steadily being poured down on our country's forest, farmlands, and roads. Manufacturers and users of a substance called 2,4,5-T, assert that this herbicide is merely a weed-killer, but in fact, many members of nature's community including women and unborn children are endangered and victimized by it use.

### WHAT IS 2,4,5-T WHAT ARE ITS USES

2,4,5-T and 2,4-D are chlorinated hydrocarbons and have the effects of hormones on plants, stimulating their growth until the veins and bark burst open, causing death and rapid decay.

Applied by a helicopter to be absorbed thru the leaves, or injected into tree trunks, these defoliant are commonly used in the U.S. for weed and bush control and to clear cattle pasture. 2,4,5-T and 2,4,-D were created during WWII at Camp Dietrich, Maryland, the army's center for chemical warfare. This herbicide and others are used extensively by the U.S. Forest Service to help lumber companies make money. Hardwood trees are destroyed (defoliated) and fast-growing pines are planted which are later harvested by lumber companies.

Men who push these poisonous herbicides, owners of chemical companies who made one billion dollars profit on herbicides in 1972, large land owners who allow their land to be used for profit in this way, and university agriculturists who push their careers by pushing herbicides, should be stopped.



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the controlled-release fertilizer



Ethrel should be used in accordance with label directions and only on those crops registered for Ethrel use.

Growth Regulators  
Miticides

Herbicides  
Nematicides  
Insecticides

Lead off your season with Vortex. To keep your vegetables from being eaten alive — and to keep profits from being eaten up, too. CAUTION: This product can be dangerous if not handled and used properly. Please read the entire label and use only as directed.

Spray adjuvants

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Helps nature help you. Kinoprene, the active ingredient in Enstar 5E, mimics the naturally occurring whitefly and aphid hormone that regulates growth and sexual development in these insects. Spraying with Enstar 5E results in a disruption of the normal life cycle.

**Jiffy-Mix Plus**

These herbicides are also sprayed directly on food crops; apples, rice, wheat, and corn to mention a few. Over 500,000 acres of the Ozarks were sprayed in the years 1972, 1974, and the spraying continues.

40,000 tons of 2,4,5-T and 2,4-D were dropped on the Vietnamese countryside. 16% of the South Vietnamese land was defoliated and poisoned by ariel spraying in a program of chemical warfare called "Operation Hubs."

Users of 2,4,5-T and 2,4-D are warned by a long list of precautions not to inhale the fumes or spill the chemical on their skins; not to spray near lakes, streams or dwellings; not to plant crops till 3 months after treatment. These precautions are ineffective when used and more often than not, ignored.

One sample plot of land sprayed indicated the chemical present at 88% to 96% of its original intensity for more than 467 days after being sprayed. Run-off from sprayed land has contaminated water supplies for more than five years. Drifting spray is another serious hazard -- the possibility of drift is 50% to 80% even in the most favorable conditions. A California laboratory found traces of 2,4,5-T in the tissue of victims five years after exposure.

Growth regulating herbicides work by penetrating plant cells where they either rearrange or destroy chromosomes. The

Bionetics Research Study by the National Cancer Institute was motivated by the widespread use of herbicides in Viet Nam. It revealed that "in all amounts it can be taken and in all varieties of herbicides used, there resulted an increased incidence of abnormal fetuses in laboratory rats and mice". And the harsher realities in Viet Nam is an "epidemic" of birth deformities and still births, especially in areas heavily sprayed.

In the Ozarks two years ago, 2,4,5-T was sprayed on land above a spring that people were drinking out of. Since then six out of the eight babies conceived there have died, one was severely deformed with a cleft head and no legs.

Women's bodies are also severely affected by herbicides. Our monthly cycles are altered. Women over 60 years of age have begun monthly bleeding again and women of 14 years have bled so much they were forced to get hysterectomies.

2,4,5-T is in your water. It's in your food too, especially if you eat high on the food chain. Animals are at the top of a long food chain in which herbicide have accumulated as one organism was eaten by another. In other words, each time an animal eats grass of

**Because Cepha, an ethephon plant regulator, is also The Harvest Regulator that lets you manage—really manage—your harvest for more profits.**

**With it, you not only get uniform ripening from 7 to 14 days earlier. You can also schedule ripening, cut labor costs, increase once-over yields from 3 to 8 tons per acre, speed up harvesting, eliminate equipment waiting time, concentrate field maturity.**

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ETHREL<sup>®</sup> plant regulator gives you a degree of control over your harvest you never had before. And now, on more crops than ever before.

Ethrel improves color, loosens fruit for easier picking, and lets you switch from hand to mechanical harvesting to reduce labor costs. Ethrel helps you get early crops to market sooner for premium prices and can often save late ripening crops from late season rains or frosts.

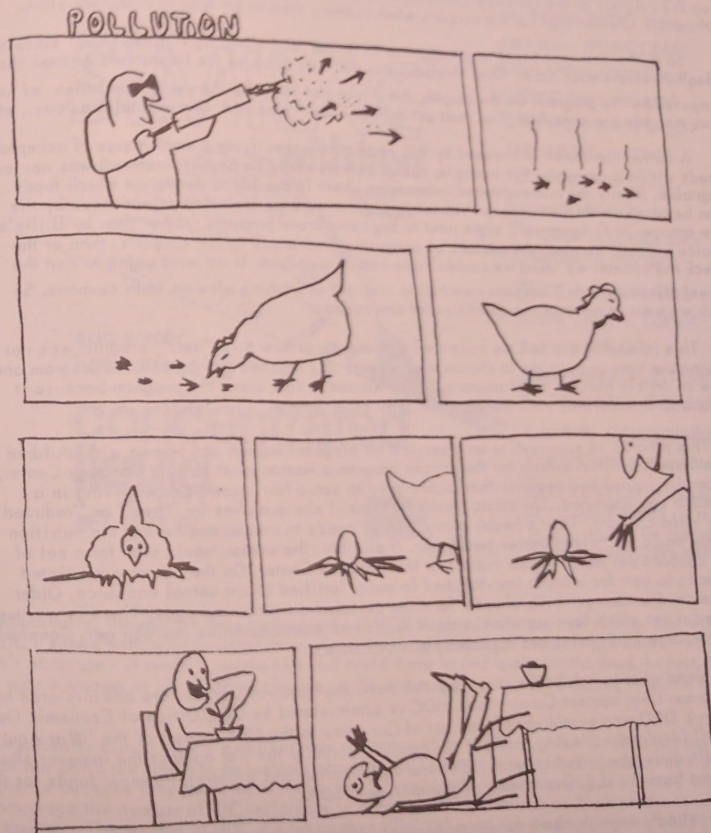
Ethrel works. It does what nature does—only earlier. On your timetable.

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a grain contaminated by poisons, like herbicides, that poison is stored in the animals body. So if people are eating at the very top of food chains they become the final consumers and thus the recipients of the highest concentration of herbicide residues. Cattle are high on the food chain as are their milk, cream, and cheese.

About the only thing we know to do to stop the use of herbicides in Missouri is to write senators and congressmen for the state of Missouri. Ask the member of congress to procure a copy of the Congressional Hearing Report April 7 and 15, 1970 serial 91-60. In this report Congress lays out a mandate against herbicides. The report is entitled "Effects of 2,4,5-T on Man and the Environment". For more information, you could write Women's Center Committee on the Environment, 210 N. Locust, Fayetteville, Ark. 72701.



# Women's, Infant's, Children's Supplemental Food Program

There is a new national food supplement program designed to make you waste twice as long in the grocery store and insure you buy specific brands of food. Of course it's not advertised that way. The informational booklet on the WIC (Women's, Infants', and Children's) supplemental food program says nutritious foods are provided for pregnant women and women with children.

I came into contact with this program when Billie Jean Clay, who was in court, needed someone to pick up her food coupons for her. With the note Billie Jean signed for me I picked up the coupons at the Gateway Center. I had to sign the vouchers to receive the coupons and therefore I had to sign for the coupons when cashing them in for food at a grocery store.

So Billie Jean and I had to get together to do her food shopping - inconvenient since we don't live near each other. Then shopping was difficult because the limitations of food choice imposed by the program. On the coupon, the 5 types of food and the exact quantities of food you may buy are specified. You must get milk in 5 quart amounts, cereal totalling 36oz., etc.

A further limitation is imposed by WIC regulations specifying a small range of acceptable foods within a category. For example, not all cereals could be bought - oatmeal was not acceptable. Really the mimeographed information sheet is needed to determine which foods can be bought with the coupons. Without this sheet we were forced to select foods by the few orange "WIC Approved" signs next to big name brand products, rather than by Billie's choice of food. We made the mistake of computing food totals for 1 1/2 coupons, then at the check out counter we found we couldn't use part of a coupon. If we were going to use the cereal allotment from 2 coupons - we had to also get everything else on both coupons. So back we went to refigure our quantities for one coupon.

This shopping trip left me frustrated and angry - at how this "help" program was not valuing our time or our right to choose what to eat. So I decided to research the program and write an article about it for Moonstorm. I also wanted to talk about the program because it deals with the realities poor women, especially black women, have to face.

This program is supposed to be a service for pregnant women and women with children up to 5 years old. To qualify for the coupon program a woman must go to a Gateway Center, a federally funded health clinic that is designed to serve low income people living in a particular neighborhood. The clinic must determine if she qualifies for "free" or "reduced price" medical care. Then a health clinic worker needs to recommend her for the nutrition program and a WIC staff member certify her. If eligible, the woman would sign for a set of three coupons per month for six months at the Gateway Center. On the coupons are listed the food you get: for infants: iron-fortified formula, fortified infant cereal and juice, Older children and women get milk, cheese, fortified cereal, fruit juice and eggs. There is a mimeographed sheet which lays out what kinds of foods and what quantities you can get. Generally only the large food chains are approved places to shop.

Who and what is behind the WIC program? Well, the Gateway Centers are administered by HDC (Human Development Corporation). HDC is administered by OEO (Office of Economic Opportunity). OEO was established by an act of Congress in the 60's as part of the "War Against Poverty" (evidently a losing battle or perhaps it's actually the war against the impoverished) OEO falls under the jurisdiction of HEW (Health, Education and Welfare), however funds for the food come from the U.S. Department of Agriculture (USDA).

Interestingly enough, the information booklet is not put out by HDC or OEO or USDA but Ross Laboratories. Ross Labs are part of a multi-million dollar corporation called Abbott Laboratories based in North Chicago, Illinois. The reason for the drug company's input, I was told by a woman administrator in the WIC program, was that the drug companies were pushing to estab-

lish and support the coupons in order to sell their products - iron fortified infant formulas and fortified cereals.

The old supplemental food program distributed food commodities, canned food, evaporated milk and powdered milk at the Gateway Center. Now WIC coupon recipients are cornered into getting Similac or Enfamil baby formulas. If you take a look at the ingredients of these products you'd see a list of at least 19 or 20 chemicals. It's unclear which ingredients are nutrients, which are harmful and which allow the baby formula to be canned and unrefrigerated at the grocery stores. One substance in the formula, carageenan, has never been conclusively proven to be non-toxic (non-poisonous). In fact, studies in 1959 as well as 1969 revealed giving carageenan to lab animals produced ulcers, liver lesions and reduced growth rates. It is outrageous that the WIC coupon program was established with the push of big business, not based on concern for the health of women and children, but in order to make more money, and advertise their product.

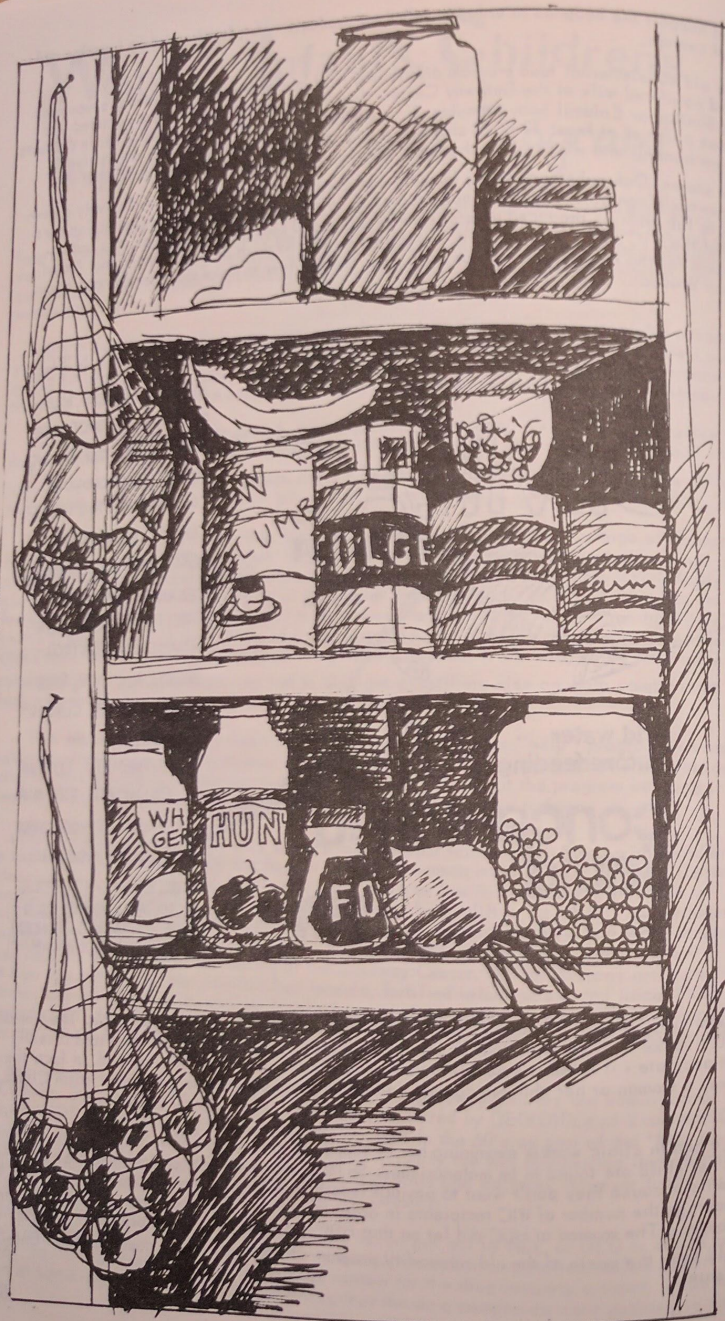


## INGREDIENTS:

AN HOMOGENIZED, MODIFIED MILK PRODUCT MADE FROM WATER, NONFAT MILK, LACTOSE, SOY, COCONUT & CORN OILS, MONO & DIGLYCERIDES, SOY LECITHIN, ASCORBIC ACID, CARAGEENAN, FERROUS SULFATE, ZINC SULFATE, NIACINAMIDE, ALPHATOCO-PHENYL ACETATE, POTASSIUM CITRATE, COPPERIC SULFATE, CALCIUM PANTOTHENATE, VITAMIN A PALMITATE, THIAMIN CHLORIDE HYDROCHLORIDE, PYRIDOXINE HYDROCHLORIDE, RIBOFLAVIN, FOLIC ACID, MANGANOUS CHLORIDE, VITAMIN D3 CONCENTRATE & CYANOCOBALAMIN.

Apparently, though, the drug companies and HDC don't exactly see eye to eye. The woman at HDC I spoke with was hesitant to send me the drug company's booklet. She said it really wasn't accurate - it made it sound like you could come in and apply for the food. In fact, the only way a woman or her children can get on the program is through a Gateway Health Clinic.

There, a health clinic worker examining her, is supposed to recommend her for the program if she or her child are found to be malnourished. So HDC wants to restrict the number of WIC recipients because they don't want to pay out federal funds while the drug companies want to encourage the number of WIC recipients in order to sell and advertise their products on the WIC coupons. The woman at HDC did let on that HDC did want the coupon program because it would save the costs of the old commodity program of transporting the goods to each Gateway Center.



I have many criticisms of this program and our present food system that makes some "low income" food program necessary. However, I think any woman who can take advantage of getting the food should apply.

All the women at the Gateway Center where I went were black. Why is it that black women would need extra nutrition, "need" the WIC program more than white women? Because food is less accessible to many black women, who don't have decent sources of income. Black women have less access to basic resources, suffering both the discrimination against women and the discrimination against blacks in this country.

WIC coupons are supposed to be part of a nutrition program. There should be clear facts available to everyone about what minerals, vitamins, etc. are essential for what specific aspects of health. This program teaches nothing but simply steers the coupon recipient into buying specific brands of foods.

The motivation for what foods are selected for the coupons has to do with money, not women and children's health needs, the purported goal of the program. Finally, the program doesn't begin to deal with why so many people are malnourished in this country, while the US has a tremendous amount of wealth. Even if the program were informational, poor people don't have the money to buy enough food. The program actually supports this condition by subsidizing the large corporations which control and perpetuate poor quality food at high prices.

Clearly the WIC program is not going to bring about change for good, healthful diets for the women and children who aren't getting a fair share of this country's food supply. ~ SKE



# UNITED FARMWORKERS



We live under this system of capitalism which requires us to be competitive and possessive in order to take care of ourselves. This article talks about one way capitalism affects agriculture; it's the story of the problems and oppressions of the farmworkers. Some people own land and grow food to sell to us. These growers make more money by farming with cheap labor (that means people who don't have much choice about how they can make enough \$ to feel healthy dry and warm).

When the National Labor Relations Act (NLRA) became law, 1935, it gave industrial workers the right to vote for the union of their choice and bargain with their employers. But, it doesn't apply to agricultural workers (farmworkers) because rural legislators who owned land and wanted to protect their \$ interests, threatened to vote the entire law down if it did. Farmworkers risk losing their jobs if they even talk of unions. They live and work under unhealthy conditions because most growers are concerned only with their own personal profits.

The way farms operate without the United Farmworkers Union (UFW) goes like this. A grower has a field of lettuce to be picked; he needs 150 workers for two weeks. So, he hires a "labor-contractor", for four or five thousand dollars, to show up with a crew of workers. The labor-contractor has control over the workers. He brings in "illegals" from other countries and poor people from big cities because they are cheap labor. (It's illegal for people from other countries to come here and work without going thru government rigmarole: literacy tests, medical tests, even a test on the constitution, a certain "residency" requirement, and endless paper-proof of existence.) People from Puerto Rico, Mexico, and other Latin American countries are hired here by labor-contractors who promise them a better life. They usually don't speak English so they are dependent upon the labor-contractor who is out to rip them off. He

does this by often withholding wages and/or deducting outrageous prices for meals, soda, beer, clothes and rides into town, from their pay. It's common for him to withhold wages til the end of the season and by then workers might be intimidated off the farm or fired outright, leaving their entire earnings. He forces whole families (including children) to work for one person's wage by telling a man he's too old to turn out a good day's labor. He hassles wimmin by threatening to fire them if they don't put up with his macho-sexism or let him rape them. He decides how much workers will be paid. The labor-contractor has a whole lot of power over the workers and the land owner/grower gets his crop harvested cheaply. Everybody's profit is higher at the expense of the farmworkers.

The UFW is a union based in Cochella, Ca., which for about the past ten years, has been struggling with growers and the state government to be more responsive to the people who work their fields. California produces a huge percentage of fruits and vegetables Americans eat, summer and winter as well.

Farmworkers work 12 hours a day, 7 days a week. It's backbreaking labor, done in the sun. Jessica Govea, assistant director of organizing for the UFW, talks about their mistreatment.

The conditions are deplorable any way you cut it, before the contract. For instance there is no drinking water, no toilets in the fields... and that there's no toilets is then you're out in the open vineyards, if we're talking about grapes. It's a very big embarrassment. Some people end up with internal problems because of going thru the day without taking care of their bodily needs. I started working in the fields when I was five and worked summers til I was sixteen. It was always a great source of embarrassment.

Farmworkers want better working conditions. NO CHILD LABOR. NO CARELESS USE OF PESTICIDES. Farmworkers are often expected to return to a field that's been sprayed or dusted with harsh chemicals without waiting long enough for them to be washed into the soil. Sometimes fields are sprayed while workers are in them. Even profit-motivated chemical companies warn that humans should stay off of sprayed fields for a specified length of time. TOILETS IN THE FIELDS. HIGHER WAGES. and BETTER LIVING CONDITIONS. Since farm labor is migratory, workers live on or near the land they're working. The only structures are an inadequate number of shacks or cement-block rooms, usually without plumbing or even windows and doors. They also want a hiring hall to take the place of the labor-contractor. Under a UFW contract the grower would have to agree to these demands. When he needs workers he would get them thru a hall set up by the union. The union hall gives out jobs on the basis of seniority, that is, those who have been members of the union longest get the jobs first. This is an inducement to join the union. It may discriminate against workers who had not earlier joined the union because of the dangers of being pro-union on many ranches.

Of course growers aren't anxious to sign contracts, so in the 60's the UFW started organizing boycotts. Boycotts are when consumers refuse to buy a certain product, as a means of protest, forcing the supplier (grower) to do whatever the consumer wants. It started with table grapes (the green ones) and then iceberg lettuce and Gallo wines. The UFW and it's supporters across the country, worked hard on picket lines and talking with neighbors, distributors, store owners and managers. After 4 or 5 years of boycotting and workers' strikes some growers began to feel a \$ loss and signed contracts. That was towards the end of the 60's and lasted only til the contracts ran out. Then, from 70-72, the growers began to sign new contracts with another union, the Teamsters, without the workers' consent.

The International Brotherhood of Teamsters (IBT) is the largest (roughly half a million men and wimmin) and the richest union in the states. They include a variety of occupations such as, cops in Michigan, teachers in various states, truckers nationwide and many more. The "Reader's Digest", the "Los Angeles Times", and leftist author Lowell Bergman have recently published articles undeniably linking the IBT with the Mafia.

Teamsters have been talking about organizing farmworkers for years. But, they have never gone out and worked with them to any significant extent, til the growers approached them. Basically, because they are racist and not really concerned with the rights of poor people. They want the contracts so they can get \$126,000, in monthly dues, from farmworkers. Suddenly they had contracts at several hundred ranches where they hadn't even talked with the workers. Workers found, thru the grapevine, that they weren't going to get a new

UFW contract 'cuz growers had signed with the Teamsters. Farmworkers were now paying dues to the Teamsters' union and if they didn't like it they could only quit because they had no right to vote for the union they wanted. With them, the Teamsters brought back the labor-contractor system. For years the farmworkers had worked on boycotts and strikes and now they were sold out to the Teamsters.

A man named Ralph Cotner is head of the anti-UFW drive in Cochella, which resulted in the beatings of hundreds of UFW members and burnings of the homes of several union activists.

In '72, when the UFW lost its contracts, some workers quit and some stayed on paying dues to the Teamsters. But, many went out on strike and began working on the Gallo boycott as well as resuming those on grapes and lettuce. The focus of the next three years was an election law which would insure elections on ranches without workers having to risk their jobs. The final step in getting that law occurred right here in St. Louey. Enough people refused to buy booze at 905 Liquor Stores, convincing them they should not stock Gallo Wines. When Gallo realized they had lost St. Louey's business, as well as much across the country, they went to Jerry Brown, governor of Ca.

During his campaign, Brown had promised the UFW support if they would help him get elected and they did. But, in May of '75 he met with labor and grower representatives and key legislators to work on a compromise collective bargaining law. (collective bargaining means that organized workers have the right to meet with management so both can present their views and demands in hopes of coming to an agreement.) We'll see clearly that Brown didn't support farmworkers. What these men came up with was the Agriculture Labor Relations Act (ALRA). It was signed into law after passing the state assembly and senate, in January '75. A board of men was selected by Brown to carry out elections on ranches where workers wanted them.

Elections go like this. If workers want a union they must get 20% of the workers on the ranch to sign a card for that union, then it can be on the ballot. Teamsters use labor-contractors to intimidate workers into voting for the IBT. Some workers, scared of losing their jobs, sign a Teamster card when he hands them one. Others may stall a bit, putting him off, then, later run into a UFW organizer who reminds them the contractor has no record of caring about workers' needs. So, they sign a card of the UFW and an election is held about a week later. Under the act, 350 elections were held in the Fall of '75; farmworkers won 250 of them.

Once an election is won the workers still have to negotiate contracts with the growers. Some growers refuse to negotiate and fire pro-UFW workers. That's illegal, according to the ALRA and one of the board's functions is to take growers to court for these and other crimes against farmworkers. By January of '76 the board had spent all of its funds and by February 6th the growers, Teamsters, and their legislators had stopped elections by refusing to give the board more money to hold them. Once the UFW began to gain a few rights they were a threat, so the men who control the money took away their rights.

In order to reappropriate funds it takes a 2/3 majority of the legislature. The growers had 14 senators openly on their side; that was enough to block reappropriation. They would only give more money if the law was watered down. Gallo, Brown, the Teamsters and growers knew the board's budget wasn't big enough. They had succeeded in calling the Gallo boycott to a halt without giving much to the farmworkers.

At this point the farmworkers decided to go to the people of Ca. Within 3 weeks they collected over 1,700 signatures on petitions demanding the election law, Proposition 14, be on the general ballot in the fall. If the public would have voted for it they would have been saying, "we, the people of Ca., believe farmworkers have the right to vote for the union of their choice, therefore the legislature has to appropriate enough \$ to conduct elections & this law cannot be amended. It would have taken control of the law out of the hands of the politicians and put it directly into those of the people. When the growers realized there was a good chance 14 would pass they launched a 3 million dollar advertising/propaganda campaign against it based on the access rule.

Prop. 14 has an access rule which states that any union organizers can be on company property for one hour before and after work and for one hour at lunch to talk with workers about issues of the elections. They must be identified and there is a limit of one organizer per 10 workers. It's necessary to make this law because most workers live on company property where growers have called in Teamsters to harass workers and have had UFW organizers beaten and falsely arrested. They don't want workers to hear from all sides.



WOMAN-CHILD WORKING ON AN ONION RANCH  
IN 108° WEATHER IN METTLER CALIFORNIA

Growers argued that the access rule was a violation of their constitutional right to private property and would only lead to the violation of more of their rights. They pitied small property owners against the UFW by creating this lie. As the access rule applies only to election situations in agriculture, small property owners have nothing to lose. Growers said, "farmworkers don't need to have 14, they already have this board which insures their rights." In spite of the growers campaign, 38% of the voters in Ca. voted for Proposition 14. But, that wasn't enough and it failed.

There were some changes made in the board and the new board "modified" the access rule; making it less accessible:

- access is limited to 120 days/year
- unions(including good 'ole Teamsters) must be provided a list of workers' names and addresses if 10% of the workers ask for a union
- unions must notify growers in advance if they are coming to a ranch
- access can be denied in covered areas such as greenhouses and similar structures
- access can be denied in covered areas such as greenhouses and similar structures

There are a few more limitations, including denied access to unions who "constantly overstay the true time limits".

The growers claim that if the board runs out of \$ more funds will be allocated. If they aren't, farmworkers will have boycotting and strikes as their major retaliation since there won't be a general election for a few years. We see that boycotting can be a powerful tool, but it takes a long time and hard work to make the public aware. We could make it easier by actively joining boycotts(picketing, leafleting, demonstrating, could make it easier by actively joining boycotts(picketing, leafleting, demonstrating, and talking with store owners and managers). But, as long as the growers are allowed to control the land they will have power over the workers and the food they grow.

One way we can work towards changing this inequity is by boycotting table grapes, non-UFW lettuce, Gallo and H.P.Metzler. Metzler is a grower who has refused to negotiate and fired about 20 UFW families since they won an election on his ranch last Fall. He's from del Ray, Ca. and owns land near Fresno where peaches, grapes and almonds are grown. They are sold under the brand names of "Sunmet" and "Mr.M." at Straubs and National among other St. Louis stores. Tell these store managers you don't want them to buy his products and, if it's possible, that you won't shop there. Encourage people you know to do the same.

The UFW has been concentrating alot of energy in Ca. in hopes of setting a legal precedent. But, we're likely to see more actions in Fla. this year. As of June '76 they were planning to merge with the Asociacion de Trabajadores(ATA), a Puerto Rican farmworkers' organization based in New England.

St. Louis used to have a UFW house on Taylor and Forest Park, but when I went there I found the house had been trashed and everyone was moving out. Their phone was disconnected, but they may still be collecting their mail at: p.o.box 8177, St.Louis 63156. The official publication of the UFW is El Malcriado, La Paz, Keene, Ca. 93531. The UFW needs full-time volunteers- pays room and board, traveling and \$5/wk. Write them if you are interested.

Julie

References for this article:

"El Malcriado" 11/18/76 and 9/17/76 UFW's paper, LaPaz,Keene,Ca.93531

"The Grower" Dec.'76 a supplement to "The Packer" KansasCity,Kan.

"Outfront" Sept.'76 a community paper from Amherst,Mass.

an interview with a St.Louis UFW organizer from their house on Forest Park.



like winds whirling thru lime orchards  
 heated rain bending back trees  
 living rocks splashed against florida seaweed  
 she's coming here she just hit the coast  
 windar shades rolling down afraid  
 she might do something unpredictable  
 the children jump into the clothes chute  
 afraid she might be contagious  
 conversations are locked in the top desk drawer  
 yes, now we are prepared  
 i just hope they've got her drugged up so she  
 doesn't start raving about what she'd like to do  
 to the guy who gave her shock treatments  
 And they put fishbowl's on their heads  
 and started planning their vacations in the living room  
 and they didn't hear her  
 when she came in and said  
 Hi! How is everyone? Zuum



Sister Spud proudly presents her  
complete protein



Bet you thought  
this would be  
a split pea  
recipe

# POTATO SOUP

Cheap · Quick · Versatile

steam or saute to taste.

- 6-8 med. potatoes  
sliced thin or cubed
- 2 onions sliced
- 4 stalks of celery chopped

Add milk & seasonings.  
either 1 1/2 qts. water and  
1 1/2 cups powdered milk  
or 1 1/2 qts. milk

- 2 t. teaspoons paprika
- 1/2 t. black pepper
- 2 t. parsley
- 2 t. dill or caraway
- 2 t. salt or  
1 1/2 T. tamari

Heat til herbs cook in  
and then add more  
to taste.

Serve warm OR chill and serve with cucumber  
and yogurt.

makes 6-7 servings.

each cup has 9 grams of protein which is  
10-12 % of your daily need.



## BIBLIOGRAPHY OF BOOKS TO READ ABOUT THE POLITICS OF FOOD

A. Books that have useful information about nutrition, food processing, what is added to food and what is taken away. They are almost entirely fact books. These books are written with the view that consumers should be angry about the quality of their food, and even the additives. Few solutions talked about. Mostly consumer awareness.

Consumer Beware; Beatrice Trum Hunter-- Available at the Forest Park Co-op Library  
Eaters' Digest; Michael Jacobson

A Consumer's Dictionary of Food Additives; Ruth Winter  
Nutrition Almanac; published by McGraw-Hill Paperbacks

B. Books about the economics and politics of food. Good information about who has the power in the food industry and how they are using it.

Eat Your Heart Out: Food Profiteering in America; Jim Hightower-- Co-op Library

Small Is Beautiful; E.F. Schumacher

Food For People; Lery and Jacobson

Food Price Blackmail; (a comic book) published by United Front Press

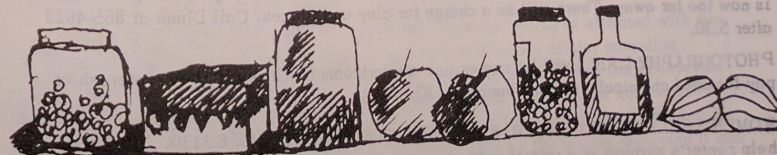
Earth Journal; issue on food, published by Minnesota Geographic Society--Co-op Library

Country Woman; issues 18(politics) and 20(food)

C. Books about getting the nutrition that you need from sources that are less exploitative of natural resources.

Diet For A Small Planet; Francis Lappe Moore

The Tofu Book; William Shurtleff and Akiko Aoyagi



In California, less than one tenth of 1% of the farms own 40% of the cropland, just a few own almost half of the farmable land, and these few control what is grown and how much goes to market.

Bank of America owns and or controls 101,462 acres of land (most of which taken by foreclosures on small families.).

# Trades to Trade Skills to Share

**ANIMAL CARE:** advice on animal care and health problems; call Grundle 225-5386

**ARMADILLO CARPET AND FURNITURE CLEANING:** using a shampoo-extraction method; free estimates; contact Kathy or Bev 863-1564 we will barter

**WOMEN'S CAR REPAIR COLLECTIVE:** a service by and for women; american and foreign cars repaired; assistance and tool and space rental available; workshops offered; most fees based on a sliding scale; we will barter; for appointments and more information call 664-0922(number is listed in the directory under WCRC)

**TINKER-BARRETT PIANOS:** renovated pianos for sale; tuning \$20; repair at reasonable prices; open to bartering; renovated pianos \$250;and up; contact Mary Beth and Lois 721-3979

**TIAMAT PRESS:** a women's press; we do printing,layout,typesetting,design,binding, leaflets, booklets, pamphlets, posters, stationary, invoices, etc.; colored inks and papers available; labor charged on sliding scale; we will barter; free estimates; call or visit 644-3059, 7213 Lanham, Mon. to Fri. 10 - 5

**INDEPENDENT CONTRACTORS ASSOC:** a collective of five women; roof repairs, tuckpointing, and painting; rates based on income; free estimates; contact 865-2832

**THE WOMEN'S EYE:** St. Louis's first feminist-owned and operated bookstore; 905 S. Yale Ave, 781-4844; (½ block south of Clayton Road between Big Bend and Skinker in Richmond Heights); Wed., Thurs., and Fri. 11:30 a.m. - 8p.m., Saturday 11a.m.- 5p.m.

## DIANE DRAGONWAGON: POTTERY WORKSHOP

I will be able to share what techniques I know on the potters wheel and in stoneware glazing and firing. My small pottery studio in my basement will be available probably a nite or so a week and an arranged weekends. There is an electric wheel and electric kiln. I am looking for sources of clay, because Springfield, where I've been paying \$16 per 100 lbs., is now too far away. There will be a charge for clay and glazes. Call Diane at 865-4623 after 5:30.

**PHOTOGRAPHY LAB:** I will let women use my darkroom facilities if they replenish or pay for used chemicals, or bring their own. 832 9532

**WOMEN'S SELF HELP CENTER:** 8129 Delmar, 204 St. Louis, Mo. 63130. This self help center's purpose is a referral and information service to connect women to the resources, such as medical and legal resources, that exist in the St. Louis area. There are women staffing their telephones from 9:30 4:30 Monday thru Friday. The Center will facilitate and assist in any projects that St. Louis women are interested in organizing. The Center is also working on setting up a Rape Task Force. You can call for their calendar of events, put together from newspaper clippings and news from women at the center. They have a speakers bureau, focussing on topics such as rape, self defense, ERA, etc. Their phone is 862 2202. To have a part in the center go to their volunteer action women meeting, every other Saturday.

**PEOPLE'S CLINIC:** The People's Clinic is a non-profit community oriented volunteer based health care service licensed as a clinic by the city of St. Louis. The clinic is governed by a community health council of 15 members and is staffed by over 80 volunteer members. They operate a general medical clinic open 3 evenings a week (Mon., Wed., & Thurs., 6 to 9pm)

This clinic serves the Skinker DeBaliviere area of St. Louis, extending its boundaries east to Union and the Loop area of University City. Residents pay a membership fee to use the clinic services. Non residents may use the clinic but pay a fee each visit. The clinic provides initial, primary care for patients and have a referral services with the City Hospital System, St. Lukes, and Barnes Hospital. They also run a day time immunization program for children, an outreach program for the elderly, a monthly educational health column in a neighborhood newspaper called the Paper, and other health care services. Their number is 721-5577. The clinic is run by women and men.

**WOMEN' GARAGE:** This is an independently operated garage run by and for women which offers these and many other services: a mechanic working in garages since 1970, a barter or energy exchange payment system, repair on foreign & domestic cars, classes & workshops, sliding scale rates, engine repair & rebuild tune ups, oil changes & lubrication, and other kinds of repair. Call 832-9532

**ST. LOUIS WOMEN'S HEALTH COLLECTIVE:** This collective is affiliated with the women's self help center and operates a women's self health clinic, providing instruction in gynecological self examination, some laboratory tests and counseling services for women in the area. The tests offered are GC cultures for gonorrhea, blood tests for syphilis, pregnancy tests, pap smears, slides for vaginal infections and bi-manual a full gynecological exam. This exam is shared by the women receiving it and the staff. The collective is interested in demystifying medical practice and sharing information with one another. The clinic is located at 6010 Kingsbury Ave. in the People's clinic from 10:00 am to 1:00 pm on Saturday. The Clinic also offers a self help workshop focussing on such topics as breast examinations, gynecological tests, sexuality, menstration, contraception, menopause, and the traditional health exam. Fees for the workshop are \$2 and there is an initial fee for the clinic of \$5. Phone is at the People's Clinic at 721-5577 or 862-2202.



This is Moonstorm's Ad Page. In order to conserve the space usually taken up with display ads we are listing here some of the books and publications we receive on exchange for Moonstorm or that we read and like. All are available to borrow from Titanat Press. Call first: 644-3059

### Publications

**AMAZON**; bi-monthly midwest newspaper for women.  
Amazon Collective  
2211 E. Kenwood Blvd.  
Milwaukee, Wis. 53211

**LESBIAN CONNECTION**; national free to lesbians, needs donations, "switchboard in print", prints at least part of everything sent.  
Ambitious Amazons  
PO Box 811  
East Lansing, Mich. 48823

**HERA**; women's newspaper from Philadelphia, local coverage, plus more.  
2041 Walnut  
Philadelphia, Penn. 19103

**OFF OUR BACKS**; women's newsjournal, national and international news.  
1724 20th NW  
Washington D.C. 20009

**WOMEN'S PRESS**; women's newspaper from the Northwest.  
PO Box 562  
Eugene, Oregon 97401

**PLEXUS**; Bay Area women's newspaper.  
2699 Dwight Way Rm. 209  
Berkeley California 94704

**GAIA'S GUIDE, 1977**; annual international bar/club, switchboard, center restaurant etc. directory for gay women.  
\$5.00  
115 New Montgomery St.  
San Francisco, Calif. 94105

**LESBIAN FRONT**; lesbian magazine.  
PO Box 8342  
Jackson, Mississippi 39204

**DYKE**; quarterly lesbian magazine.  
For womyn only.  
Tomato Publications  
70 Barrow St.  
New York, N.Y. 10014

**GOODBYE TO ALL THAT**; lesbian publication.  
PO Box 3301  
Austin, Tx. 78764

**AKWESASNE NOTES**; newspaper by Native Americans about the independence struggles of indigenous peoples, international.  
Mohawk Nation  
via Roosevelttown  
New York 13683

**PUERTO RICO LIBRE**; bulletin of the Puerto Rico Solidarity Committee, monthly.  
PO Box 319 Cooper Sta.  
New York, NY 10003

### Books

**THEY WILL KNOW ME BY MY TEETH**  
by Elana Dykewoman Wagaera Press  
distributed by Old Lady Blue Jeans  
PO Box 515  
Northampton, Mass. 01060  
stories of lesbian struggle and survival  
for women only. \$3.75 incl. postage

**SAFE HOUSE**  
by M.F. Beal and friends  
published by Northwest Matrix  
1628 E. 19th St.  
Eugene, Oregon 97405  
about women in the SLA, women and revolutionary violence.

### The Greasy Thumb Automechanics Manual for Women

Written by Barb Wyatt  
Illustrated by Julie Zolot

### Against The Grain: A Carpentry Manual for Women

Written and Illustrated by  
Dale McCormick

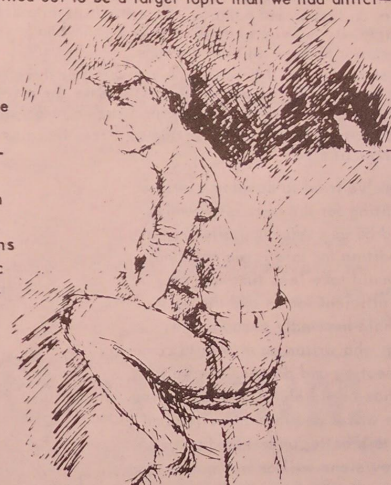
Order from the **Iowa City Women's Press**  
116½ E. Benton St.  
Iowa City, Iowa 52240  
or from your local bookstore

Also from Akwesasne Notes, **VOICES FROM WOUNDED KNEE**: the story of the liberation of Wounded Knee in the words of the participants, \$4.95

The collective for this issue was: janice, sue, diane, clare, barb, julie, diana & nancy. THANK to: kristin, cactus, linda, anne, laura, & diane dw for help with typing, lay-out, proof-reading, paper-cutting, & camera-work. ALSO to everyone who will help with collating, folding, stapling, & distributing. storm

# WHO WE ARE

Moonstorm is a lesbian feminist publication in St. Louis which has been coming out 2 to 4 times a year for the past four years. There are now eight women in the collective which edits, produces and writes most of the articles in Moonstorm. We meet at least once a week for 2 to 4 hours and once a month on Sunday afternoon we have 4 or 5 hour meetings discussing our direction, focus and politics. Moonstorm has not come out in a long time-about nine months. While we are not very happy about the length of time between publications, we are moving towards a process of editing and working together that feels healthy and stimulating. The reason that there is such a long period between issues is that our topic for this issue "Food" turned out to be a larger topic than we had anticipated. We had 20 or more articles to edit, and while editing them we stuck stalwartly to our editing policy of printing only articles with values that we support. By this we mean that while Moonstorm is a magazine for lesbians to communicate ideas, thoughts, knowledge and feelings, we do not want to print anything offensive to a woman in the collective. Our meetings are long discussion groups, and everyone learns and questions issues around the topic for our magazine. We are trying to become clearer in what we say, avoid long rhetorical phrases, and solidify our feelings around certain issues, such as how to make change in this country, to how much we support struggles of oppressed peoples whose issues are not directly feminist or lesbian.



For this Food issue, we solicited and received many articles from women outside the Moonstorm collective. Copies were made of the articles and passed around to women in the collective and read hopefully before the meeting. This was done with all copy in this issue. The woman who wrote an article was asked to come to a meeting to discuss her article and any criticisms that we may have had. If she could not come to a meeting, a list of criticisms of her article were written up and discussed with her by a member of the collective. This process was very, very slow. Discussion of the writing was lengthy and coming to a consensus about what the author's was willing to revise, was tedious and difficult. The process of making copies, and the discussion and editing of the articles, described above, was used when editing articles written by women in the Moonstorm collective too.

Our collective has had in the past two months, two or three meetings discussing the purposes of Moonstorm, who our readership is and what the value is of being a lesbian publication. We've tried to define our politics more clearly. Moonstorm is definitely a



magazine with a lesbian-feminist focus. We do not print articles by men. We support all struggles around sexism, racism, ageism, classism, and imperialism. All of us are concerned about Moonstorm's content and outreach. We realize that we are a collective of eight white lesbians, most of us having middle class backgrounds, and life styles, and that Moonstorm is primarily distributed to and read by white women. No articles are written by Third World women, or Black women. In the Food issue, we have included two articles on welfare and food stamps which may relate to lower class or black women. But we intend to work harder on being aware of our own privilege and solicit articles and newsbriefs from black women, working class women and Third World women.

We are also committed to making change in this country for all people. Revolution is huge change in which people in positions of power are shaken. We want to get out more information about where power is and who's controlling it. How do power holders get shaken? What can women do to take more power into their own hands? We want to present a better personal and analytical approach to how we see power and its connections to economics. How women are kept in their place and oppressed by this present government has a lot to do with economics. We have to start working now on analyzing power, class, and money, and understanding how change will occur.

The Moonstorm collective has been fairly stable throughout this issue with the same 8 women coming every week to meetings. We are open to new members especially when women leave our collective and we're short on input and energy. If a woman wants to join Moonstorm, she should get in touch with a woman in the collective, or write to Moonstorm, and come to a meeting. We want to work well with anyone who joins and has basically similar values about our politics and working together. Also, every woman in the collective makes a firm commitment to come to every meeting. During production we need women to type, do layout and paste-up. We are willing to teach these skills to women who would like to help. By helping in production, a woman who is interested in joining the collective can check out how we all work together.

Moonstorm will be coming out now two or three times a year. We are searching for new way to speed up our process and still make the magazine all we want it to be. Our format has changed a little bit. We are printing on larger paper and we have access to and are learning to use a variety of type at Tiamat Press that has many changeable fonts with a variety of sizes of type.

We've tried to develop a system of editing for the next issue which would be as useful and effective as our editing for this issue on Food, but would take less time and be more efficient for us and the writer. We whole-heartedly encourage any woman who writes an article to come to a meeting and discuss her work. This has been helpful and productive for the writer and the collective and leads to a better understanding of what revisions will or will not be made, and why. If a woman who writes an article can agree to the changes that the collective would like to see made in her article, then, we



may print a paragraph after her article explaining our criticisms. If we cannot come to some compromise about editing, the article will not be printed.

Here is an outline for our next issue which will be about violence. We hope that this will give anyone who would like to write an article some idea of the kinds of topics we're concerned with. We are interested in theoretical and personal articles. We are also interested in printing specific information and news (local, national, and international) connected to violence.

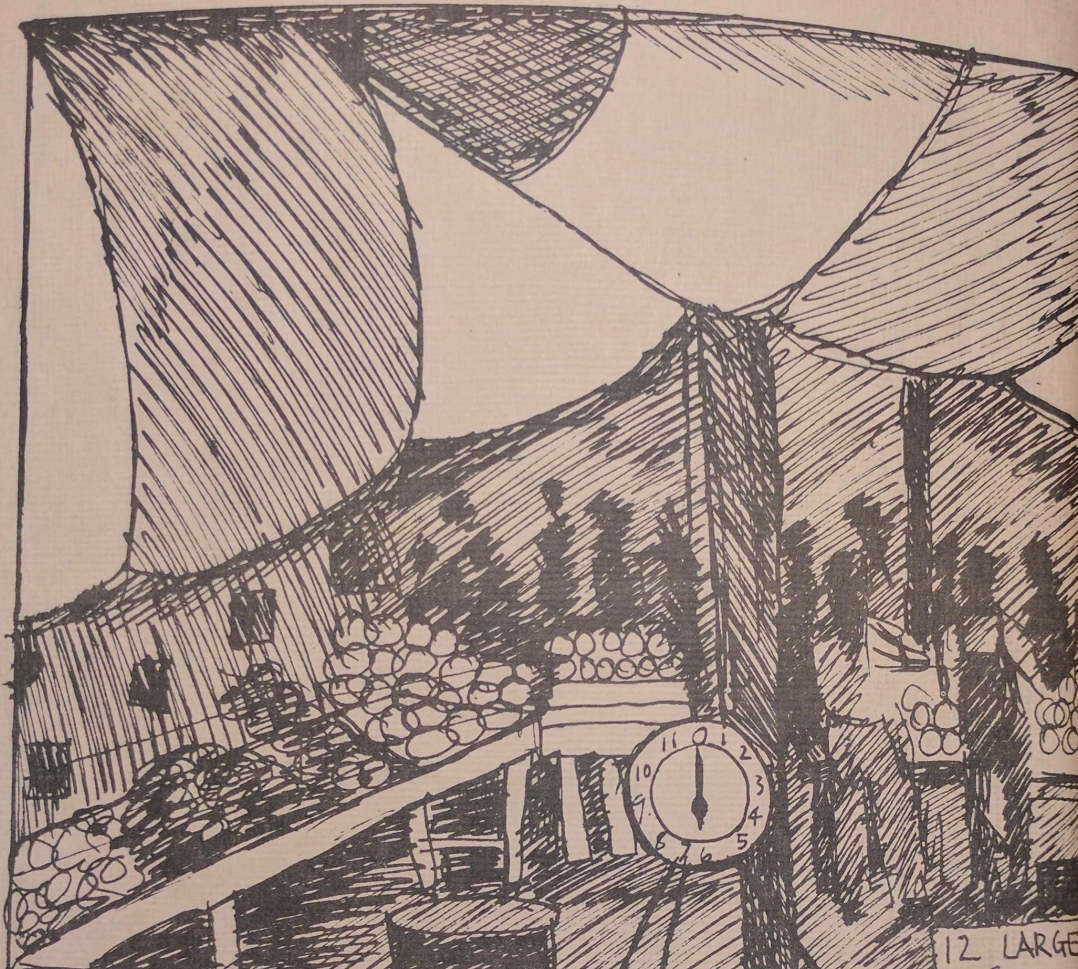
- I. Violence of the State; analysis and information about how institutionalized violence is used against people
- violence supported by T.V., movies, radio, etc.
  - violence and prisons; especially local jails and prisons
  - violence and mental hospitals; shock treatment and drugs
  - medicine; civilized medicine
  - the legal system; Grand Juries
  - sports; football, etc.
  - armed forces
  - the defense industry; weapons as big business

- III. Violence of individuals and to ourselves
- families; parents & children, wives & husbands
  - alcoholism and drug addiction
  - crime; rape, theft, murder
  - citizen's who aid police like Women's Crusade Against Crime
  - workers' sabotage
  - armed resistance; being offensive to take power, when is armed resistance necessary?
  - how do we feel when other people do violence and we don't feel it is the time to be violent? how do we support them?
  - women killing their rapist
  - guns

- III. Women and Violence
- women's socialization; we are socialized to be less violent than men and to feel and be physically weak
  - differences in experiences and attitudes towards violence between women of different races and classes
  - violence among lesbians
  - rape

copy deadline for the next issue is May 1<sup>st</sup>. There will be an open meeting for feedback & discussion of Moonstorm on Monday, April 25<sup>th</sup> at 8:00 p.m. at Tiamat Press 6443059

SUBSCRIBE	<h1 style="margin: 0;">MOONSTORM</h1> <p style="margin: 0;">lesbian-feminist magazine - St. Louis, Mo.</p>
	<p style="margin: 0;">\$1.00 - single copy \$3.00 - next 3 issues</p> <p style="margin: 0;">send us your writings, graphics, reviews, news, poems, fiction, cartoons</p> <p style="margin: 0;">write: Moonstorm P.O. Box 4201 Tower Grove Station St. Louis, Mo. 63118</p> <p style="margin: 0;">name _____ address _____ city _____ state _____ ZIP _____</p>



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