



The *Public i*, a project of the Urbana-Champaign Independent Media Center, is an independent, collectively-run, community-oriented publication that provides a forum for topics underreported and voices underrepresented in the dominant media. All contributors to the paper are volunteers. Everyone is welcome and encouraged to submit articles or story ideas to the editorial collective. We prefer, but do not necessarily restrict ourselves to, articles on issues of local impact written by authors with local ties.

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THE PUBLIC I

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You don't need a degree in journalism to be a citizen journalist. We are all experts in something, and we have the ability to share our information and knowledge with others. The *Public i* is always looking for writers and story ideas. We invite you to submit ideas or proposals during our weekly meetings (Thursdays at 5:30pm at the UCIMC), to post a story to the web site (<http://www.ucimc.org>), or to contact one of the editors.

- Become a citizen journalist; write a news story or opinion piece.
- Make a tax-deductible contribution.
- Help distribute the public i around the Champaign-Urbana area.
- Help with fund-raisers.
- Join the editorial board.

The Public i: A Project of the UCIMC

The Urbana-Champaign Independent Media Center (UCIMC) is a grassroots collective whose mission is to provide forums across all media types for community members to voice issues, ideas, and opinions which are underrepresented in the mainstream media. We are part of a global network of over one hundred IMCs on six continents dedicated to creating news, independent of corporate or government control. We will empower people to "become the media" by providing tools, training, and support needed for the production and distribution of independently produced information.

A Message from The Public i Team

We hope you enjoy this edition of the *Public i*, an independent newspaper that is produced entirely by volunteers. The paper is supported by sustainers and accepts no advertising. We edit the paper by consensus and though we thoroughly believe in the process, it can also be quite cumbersome. It involves a lot of discussion, much passing of information back and forth, endless chasing down final versions, and attending to details over and over again.

Producing a paper in this way is a demanding job and we need help. Whatever the paper is going to be in the future rests in the hands of those from the community who are willing to step forward to produce it. Because of the transitory nature of the community we live in - some of our key players have moved or are moving on. We need experienced writers, and novices too. We need Mac Quark layout help. We need distributors. We need a photographer. We need artists. We need contributors who can come to weekly meetings. We need proofreaders. We need a poetry coordinator. We need your monetary support. We aren't kidding.

We are collecting submissions now for future issues. We accept dang near anything for consideration - humor, personal profiles, memoir type articles, research papers, drawings, collage, letters, collection of quotations, investigative articles, interviews, etc.

We would like a future issue to focus on Crime and Punishment. Here are just a few of the submission possibilities: Writings from prisoners. Your own personal reflection on crimes of your past. The death penalty. Guns and gun control. Book or movie recommendations. In-depth look at the States Attorney office. Cost of local parking tickets. Enron and corporate crooks. C & P at an international level. Another future issue is planned around religion.

First draft deadline for the August issue (no theme) is Thursday, July 17. First drafts for the Crime and Punishment issue are due Monday, August 11.

Determination of future issues depends on who responds directly to this request. You can email us at imc-print@ucimc.org or come to a meeting. Our weekly meetings take place Thursdays 5:15-6:30pm at the IMC 218 W. Main, Urbana IL. We will take a few weeks off and start meeting again on Thursday, July 10. Looking forward to a heartening response!

Sustaining Contributors

The *Public i* wishes to express its deep appreciation to the following sustaining contributors for their financial and material support:

World Harvest International and Gourmet Foods
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Socially Responsible Investing

The AFL-CIO of Champaign County

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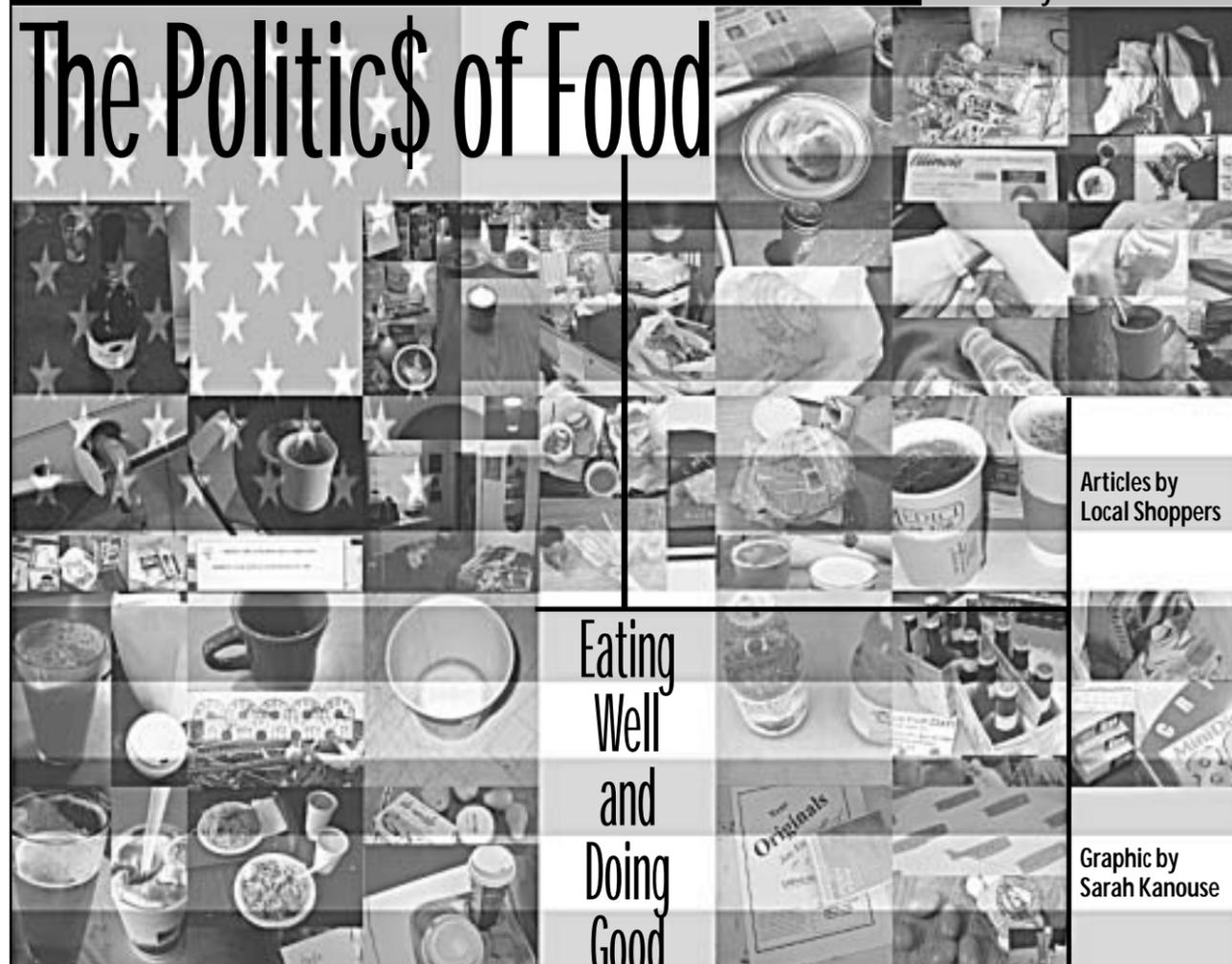
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Published by the Urbana-Champaign Independent Media Center June-July 2003 • V3 #5



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The PUBLIC



Food Democracy

June-July 2003 • V3 #5

by Mary Gambol



Originally from the south side of Chicago, Mary Gambol has spent 8 of the last 10 years in the CU area. Envisioning her most prominent activist role as an educator, she has actively chosen to make education her profession finding the largest source of hope for the future in "young people." While describing herself as "opinionated, healthy, smart, loving (and) tardy," she is most proud of rescuing her 3 dogs, "bringing them home, and giving them a family." When asked to imagine herself in 5 to 10 years she responds, "I try not to plan that far into the future, that way I won't get stuck on some path."

TODAY, IN AN ERA OF GLOBALIZATION, the movement and trade of food has intensified tremendously. People, products, and ideas cross national boundaries with increasing quantity and speed. Individuals live, work, and raise families in countries different than their homeland. When immigrants' geographic ties to their country are severed, they often retain their national identity by continuing to use their native language and consume their original foods.

Through food exports and imports, globalization helps some immigrants to retain their national identity. But that is only part of the story – globalization affects groups quite differently. Across the developing worlds, people have depended on local foods to meet their nutritional and cultural tastes. Local foods are fresh, inexpensive, easy to obtain, and represent hundreds, sometimes thousands, of years of national or cultural heritage.

"EXPORT FIRST" – THE GLOBAL MARKET

Globalization and its most powerful components (the global market, transnational corporations, and bioengineering promoters) present a major threat to what Vandana Shiva terms food democracy – the "equitable distribution and access to safe, culturally appropriate food." As the global market grows uncontrollably, some nations look to global food interests over national or local food interests. This is not always by choice. Countries that receive money from the World Bank must follow World Bank developmental policies. Currently the World Bank is advising all developing countries to shift from "food first" to "export first" policies.

The "export first" policy is based on the premise of guaranteeing food security – enough food for a nation to feed its people. The World Bank believes that food security doesn't depend on self-sufficiency (locally grown food for local consumption) but rather that food security depends on self-reliance (buying food from the international market). Countries desperate for aid accept monies from the World Bank and must follow the outlined development policies.

Thus, the farming of cash crops (crops that can be sold on the world market, like cotton, flowers, shrimp, corn, soybeans) increases. This switch from local crops to global cash crops has occurred in numerous developing countries. As a result, the global market is flooded with cash crops, and prices fall accordingly. In the end, a country's exports earn less, there is less money to buy food from the global market, and there is little locally produced food on which to fall back. Both Russia and Indonesia moved from local to global crop production, and both rapidly went from self-sufficiency to hunger (Shiva, 2000).

"STOLEN HARVEST" – TRANSNATIONAL CORPORATIONS

People do not have access to diverse, safe, culturally appropriate foods because a handful of large corporations control global food production and availability. Unconcerned with community health, these corporations are destroying small local food production in search of profits. Ten corporations have control of 32% of the commercial seed market and 100% of the genetically engineered seed market. From 1995 to 1998, Monsanto spent \$8 billion buying seed companies; it bought Holden (which controls 25-40% of US corn) for thirty times its market value and Mahycho, India's largest seed company, for twenty-four times its market value (Shiva, 2000).

Transnational corporations now control (directly or indirectly) what is grown on 80% of the world's arable lands; they use more than 100 million migrant workers as labor, many of whom have been forced to sell their own family farms to these corporations (Nabhan, 2002).

This shift from local to global production is particularly troubling, considering the fact that small-scale local food production has been ecologically sustainable over time. For hundreds of years, farmers have saved seeds from successful crops and crossed them with other successful plants to create hybrid species that are adapted to a

local ecosystem. For example, more than 6,000 varieties of rice are grown in India (Shiva, 2000). Careful, selective breeding over generations of farming has resulted in diverse varieties particularly suited to local climates and tastes.

In contrast, large-scale food production is characterized by monocultures. Large corporations prefer global monocrops that facilitate centralized control over production and distribution. Transnational agribusinesses threaten regional diversity in cultivated plants. For example, great intraspecies variety have been cultivated within rice and corn; many sub-special varieties have been domesticated and adapted to suit local farming practices, unique climates, distinct ecosystems and a range of cultural tastes. Farming has been transformed from the local art of producing indigenous food into a global act of manufacturing mass amounts of a few varieties of plants.

STEALING SEEDS, AS CONDONED BY THE WTO

To make matters worse, the World Trade Organization's (WTO) Trade Related Intellectual Property Rights (TRIPs) allow corporations to claim patents on seeds. While farmers worked for generations to cultivate particular varieties of rice, multinationals seek to obtain exclusive patents based on knowing genetic sequences or a general hybridization that is within the common domain of an indigenous culture.

Rice Tec, a transnational grain corporation, now has a patent on basmati rice. Rice Tec took an existing variety of basmati rice and crossed it with a dwarf species, an act which many Indian farmers commonly do. Now Rice Tec owns the patent and has the potential to make farmers growing this type of basmati rice pay royalties.

The concept of "owning" a particular seed or part of nature is simply incomprehensible to most farmers around the world. Saving seeds and trading seeds with others is an integral part of the farming culture. This time-honored tradition is now illegal under patent laws if farmers happen to develop and trade seeds that have been patented by corporations.

Claiming that their seed patents were being violated, Monsanto has taken direct actions against farmers. In 1997, Monsanto sued the Winterboers, a family who sold their soybean crops to other farmers as seed. Since the original seed from which the soybeans were grown was patented to Monsanto, a judge ruled in Monsanto's favor. In 1998, Monsanto hired private detectives to investigate farmers illegally saving and sharing seeds, which they had been doing for years before Monsanto had patents. Seed-saving farmers in Kentucky, Iowa, and Illinois were forced to pay fines up to \$35,000 each.

Currently, Monsanto is in court with Percy Schmeiser, a Canadian farmer of over fifty years. Monsanto is suing for theft of property (genetically engineered rapeseed). Schmeiser, an organic farmer, explains that his organic fields were invaded by genetically engineered pollen from the Monsanto fields nearby. Recently, the Supreme Court of Canada agreed to hear Schmeiser's appeal of a pro-Monsanto ruling in a lower court.

"FEED THE WORLD" – BIOTECHNOLOGY'S EMPTY PROMISE

There are many terms used to refer to biotechnology and its products: bioengineering, genetic engineering, genetically modified organisms (GMOs) or transgenics. Choose to call it what you wish. Monsanto wants the public to call it a miracle, as illustrated in their \$1.6 million European ad campaign:

Worrying about starving future generations won't feed them. Food biotechnology will. The world's population is growing rapidly, adding the equivalent of China to the globe every ten years. To feed these billion more mouths, we can try extending our farming land or squeezing greater harvests out of existing cultivation. With the planet set to double in number around 2030, this heavy dependency on land can only become heavier. Soil erosion and mineral depletion will exhaust the ground. Lands such as rainforests will be forced into cultivation. Fertilizer, insecticide, and herbicide use will increase globally. At Monsanto, we now believe food biotechnology is a better way forward (Shiva, 2000).

Monsanto and other transnational bioengineering giants have started using a "feed the world" discourse as part of their rhetoric to garner support from wary nations and individuals. If one takes a close look at genetic engineering and world hunger, it is readily apparent that the "feed the world" discourse is really just an empty promise.

Most significantly, the "feed the world" promise is misreading the problem. More productive crops will not end world hunger. According to the United Nations' World Food Programme more than enough food is already cultivated to feed the citizens of the world

with a nutritious and adequate diet; actually one and a half times the amount required is currently produced (Nabhan, 2002).

One in seven people currently go to bed hungry, not because of a shortage in food, but because inequities in political and economic power deny food to people! The real contributors to world hunger are a lack of income to buy food, a lack of infrastructure (roads to get products to markets and people), and unfair global trading policies that disadvantage farmers in developing countries.

Furthermore, genetic engineering techniques are developed on crops important to industrialized countries not on crops upon which hungry people depend. Transnational corporations sell genetically modified seeds at very high prices, especially when considered in terms of local economies. Genetically modified seeds certainly represent no use for farmers who can't afford even traditional Western farming technology (like fertilizer and machinery). The large amounts of fertilizers, herbicides, and pesticides that monocrops (genetically engineered or not) require are simply unaffordable to most of the world's farmers. In the end, biotechnology is engineering for convenience and profit; the needs of commercial food processors come first, rather than the local ecology, nutritional needs, or cultural tastes of poor people.

"CONTROL" – THE REAL BIOENGINEERING AGENDA

Let us take a closer look at what bioengineering is and what some unstated goals and possible consequences are. All living organisms have genes, which are specific nucleic acid sequences that convey sub-cellular and cellular level instructions. Selecting and moving a gene can transfer certain characteristics. In a laboratory setting, genetic engineers change the genetic makeup of cells by moving particular genes across species to produce, hopefully, the desired characteristics. Bacteria and virus genes are inserted into corn and soybean genes to make the plants herbicide-resistant. Fish or nut genes have been inserted into tomatoes so that tomatoes have a longer shelf life.

Unfortunately, bioengineering has led to more corporate control and bigger profits. For example, Monsanto has patented the "Roundup Ready Soybean." This soybean is designed to be resistant to Roundup herbicide, a chemical that is highly toxic to plants and fish but not to people or other mammals. Monsanto developed a crop resistant to an herbicide that it manufactures, so sales of the seed inevitably lead to sales of the herbicide. This matching of seeds to herbicides leads to a monopolistic control. Monsanto also demands that farmers sign contracts permitting Monsanto to inspect farmers' fields planted with Roundup Ready crops. It is unlikely that Monsanto would ever work to decrease plants' reliance on chemicals, since this would affect profits. (And it is clear that profits, not people, are Monsanto's main concern!)

GENE TRANSFER

Perhaps the biggest threat to food is not at our tables but in the fields through potential of gene transfer. Wind and insects are natural carriers of pollen. Studies have demonstrated that wind could easily carry pollen from genetically engineered to other natural varieties of a plant. In 2001, University of Maine scientists finished a two-year study of this phenomenon. They confirmed that conventional corn crops with no genetic engineering were contaminated (at 1.04 - 1.65% frequency of occurrence) by wind drift of pollen from genetically engineered crops. In their report, they stated that farmers who plant within 100 feet of genetically engineered crops could expect some pollen transfer. They also found that the conventional corn seed contained low levels (0.16%) of genetically engineered seed (Jemison and Vayda, 2001).

A particular risk of genetic engineering involves the consumption of genetically modified foods that unintentionally incorporate non-native allergens into a food product. A study from the University of Nebraska found that the ingestion of genetically engineered soybeans containing Brazil-nut genes caused reactions in individuals allergic to Brazil nuts (Nordlee, 1996). A gene spliced into a living organism (e.g., soybeans) which causes the growing plant to produce an allergen or toxin may remain intact after the plant is harvested and processed. The allergen or toxin may then cause harm to a human or other living creature which ingests it.

This is an alarming finding, made even more alarming by the fact that the United States does not require genetically engineered foods to be labeled as such. Thus, consumers regularly buy produce that has genetically engineered organisms without any information

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Kraft and Genetically Engineered Foods

by Sam Packard

Sam is a Parkland student and sandwich shop boy native to Pennsylvania. A hard leaning liberal on the brink of radicalism, he becomes surprisingly moderate once inside the doors of the IMC.

THE ISSUE

The issue of genetically engineered and modified foods has been on the agenda of corporations, political and environmental groups, and scientists for a good number of years now. But it happens to be an issue that isn't attracting too much attention, despite the fact that it affects most American consumers.

Genetically engineered foods come from plants that have their genetic makeup altered in order to achieve new characteristics, such as producing pesticides, resistance to chemicals, or simply adding nutrition and increasing the yield of the crop. Seems simple enough, but the issue is getting more and more controversial while genetically engineered foods become more and more prevalent and increasingly difficult to avoid. While we live in a pretty decent town, serving as a home to the Common Ground Food Co-op, Strawberry Fields, World Harvest, and various other sources of organic and international foods, we are also home to the largest Kraft Foods plant in the country (see sidebar), a company which is not only the most prominent supplier of foods here in America, estimated to have its products found in 99% of American households, but the largest supplier of GE foods worldwide. The fact is, unless your cupboards are completely bare of brand name foods, you're probably hosting one kind of GE food or another. Some go so far as to say you're participating in the biggest biological experiment in history.

"Wait, hold on one minute here," says the American consumer, "that's one hell of a claim to be making. What exactly do these people mean, and why haven't we heard about it yet?" Well, generally speaking, the only time a big uproar about corporate practices hits the American mainstream is when they are taking part in something devastating to the environment, oozing with human rights abuses, or has obvious political conflicts of interest. A good percentage of the American public doesn't have a lot of faith in corporations on those fronts, but when it comes to our own safety and the foods on our table, we generally believe that the Food and Drug Administration does its best to keep decent quality, safe foods on the shelves.

And it does, for the most part. Compared to the rest of the world, we have pretty rigorous standards for the products approved for our consumption. The problem is that the FDA has stated that GE foods are similar enough to conventional foods that they don't need to be tested before they go to market. This is obviously not true, scientists and environmental organization have pointed out, and despite the fact that numerous individuals and groups have presented strong evi-

dence for either side of the issue, there is too much that we don't know about GE foods due to inadequate testing.

While the pursuit of genetically engineered foods isn't an inherently bad thing, the way its manufacturers and developers are going about pursuing it is somewhat irresponsible. While most people might have the impression of genetically engineered foods as research confined to laboratories, most of the genetically engineered crops are being grown in open-air fields, which provides potential for contamination of other crops being grown by other conventional farmers. There are two big risks in the potential contamination issue. First of all, the biotech industry is developing what are called biopharmaceutical crops, crops that are made to produce enzymes, chemicals, or pharmaceutical drugs including blood thinners/clotters, HIV and hepatitis vaccines, and even abortion drugs. While they aren't growing these crops to go to market, the chance that the open-air crops can pollinate and contaminate other crops that will make it to our table, doesn't fall too short of appalling. It might be a different story if farmers knew where these test plots were, but the locations are considered confidential information, so farmers are virtually helpless if they just happen to be nearby. The second risk associated with contamination is one we see in the ongoing case of Percy Schmeiser. Percy is a seed developer who had spent fifty years developing his canola crop. All this research went down the drain when a Monsanto brand genetically modified plant contaminated his crops. As if this were not bad enough, Monsanto sued Percy for growing these crops without permission from the company. As absurd as it is, Monsanto actually won the case, and Percy is currently appealing.

There are environmental risks associated with the GE foods movement, and many see this as an outrage that is enough to justify one's anger towards Kraft and its involvement in GE foods development. Some people, though, may see GE foods as something that could be beneficial in the long term, and don't necessarily see Kraft's involvement as something bad. But consider that outside of its simple involvement in and encouragement of GE foods, the major controversy that has brought the public's eye towards Kraft was when its Taco Bell line of taco shells were recalled in September of 2000. This was because they were found to contain a brand of Starlink GE corn that was not approved for human consumption. 2 to 3 million boxes of taco shells were recalled.

KRAFT'S POSITION

Despite numerous attempts at dialogue between Kraft and GE foods campaign

groups, despite the Starlink controversy, despite the many concerns of consumers and the ban on GE foods in Europe, and in the face of major companies such as Gerber, McDonalds, and Kellogg proclaiming themselves GE free, Kraft has repeatedly refused to back down from their position. Which, to some extent, some would see as reasonable, right? If there are benefits to be reaped from the development of these foods without severe adverse effects to the health of consumers and to the environment, and it is in their economic interest, who could blame them? This is not the case, though, claims Kate Madigan, a member of the Illinois Public Research Interest Group, and a part of the GE Food Alert Campaign, a coalition of organizations working to raise public awareness on the issue, and engage Kraft in dialogue about it. She says that companies that have stopped using and producing GE foods, such as McDonalds and Gerber, have seen no related financial difficulties. In fact, many of them have increased their profits. She also says that many of the characteristics that are being developed in foods using this method can be,

and have been, achieved using conventional methods. When I asked Kate what their motivations could be for continuing with these programs, she responded, "I'm baffled."

As adamant as they are, Kate also tells me that Kraft seems to have started responding to pressure. During the early phases of the campaign, the coalition tested a number of Kraft foods, and found GE corn in many of them. Last October, they tested products again, and found many of them without the GE corn. This points to Kraft phasing these ingredients out, but they have yet to see a conclusive indication, she says. In Europe, the determining factor in achieving a ban on GE foods was consumer pressure and activism, and there has been some activism here in the US as well. Among 600 events that have been held across the country so far, last year thousands of consumer advocates from 150 cities converged in New Jersey for a week of education and demonstrations. If progress were to be seen, we would have to see an increase in participation, not only from political and environmental activists, but also from consumers, farmers, and everyone who has been affected by this issue. In fact, there has already been quite a diverse crowd involved. "Our activists are led by mothers," says Kate, "by farmers who don't want their crops contaminated, by students, and by employees who don't want to work for a company who is irresponsible in their use of genetically engineered foods. This is a very mainstream campaign, this affects everyone."

YOUR POSITION?

However, before you pile into the greenmo-

Kraft Foods is the largest food company in the United States and the second largest in the world. The plant in Champaign, at the corner of Mattis and Bradley Avenues, is their largest in the country (1.6 million square feet). It is also the largest industry in Champaign-Urbana and the fourth largest employer (1,300 people), after the University and Carle Clinic and hospital. Look at a map of the county and you'll see the area of the Kraft plant is in grey-tone. This is because of an agreement made in 1987 that established this as a self-contained and independent entity, outside the city limits, subject to its own special rules and conditions concerning such things as building inspections, security, and refuse. According to the City planning department Kraft makes payments for fees and services that are equivalent to property taxes. But, one wonders, who is the mayor of Kraft?

bile and head for the picket line, think about what it is you're protesting. Are you only protesting Kraft's involvement? If so, do you demand that they stop using GE foods completely, or just until proper testing is achieved? Do you want GE foods to be taken out of the market altogether? There is currently a large movement for regulations that would have genetically engineered foods included on a product's nutrition labeling. Each movement has a following, and it depends on what you believe. For example, you may be so skeptical that you believe GE foods could have no potential benefits. But studies have shown that the modification of plants can have a substantial impact on the yields and nutritional value of crops in third world countries. Florence Wambugu is a farmer in Kenya who has used genetically engineered sweet potatoes to keep her family's farm going, and to feed her family and the community. "It's like penicillin," she says. "Some people are allergic to it, but the medicine has cured far more people than it has hurt." There have also been studies of certain GE crops that have actually shown potential for positive impacts on the environment where they were grown. And the idea of a cancer-fighting tomato, which is in the works, and other similar ideas could lead you to believe that there really is some potential in the movement.

However, if you want to protest Kraft's role in the game, I'm behind you. For the time being, this situation is a mess, and greater responsibility needs to be seen on behalf of the FDA and companies like Kraft to recognize that GE foods are not the same as conventional foods, and should require proper testing and/or labeling. You can find contact information for Kraft's major players and a plethora of information on Kraft's involvement at www.krafty.org, and at the GE Food Alert Campaign (www.gefoodalert.org). There are numerous other organizations active right now, and there is so much information available online, it's a shame not to hop on a search engine and educate yourself.



Some go so far as to say you're participating in the biggest biological experiment in history.

Hold the Pepperoni

by Ricky Baldwin

Striking meatpackers at Tyson Foods have called for a national boycott of Tyson-made pizza toppings – particularly at Tyson's biggest pepperoni customers, Pizza Hut and KRAFT FOODS, makers of

DiGiorno.

Tyson, best known for its chicken processing, is muscling into beef and pork, which led it to purchase IBP Fresh Meats (formerly Iowa Beef Processors) in 2001. The pepperoni plant that's on strike, in Jeffer-



son, WI, was an IBP plant, and its labor contract is the first out of the twenty or so former IBP plants to run out since then. In negotiations, Tyson demanded a 32 percent cut in pay and benefits, among other things, to try to lower the

workers' living standards to that of Tyson's chicken plants, mostly in the South and largely nonunion.

The union (UFCW Local 538) has been fighting this since last June. In February, they finally walked out and called for a boycott of Tyson-made pizza toppings (Pizza Hut and Kraft's DiGiorno, Domino's, Jack's & Tombstone).



YES – BOCA BURGERS, TOO

Kraft's products can be found in 99% of households in the US. Many of Kraft's foods contain inadequately tested and unlabeled genetically engineered (GE) ingredients such as GE corn, GE soy, GE Canola and dairy products from cows treated with engineered bovine growth hormone (rBGH). Between 60% and 70% of food on the grocery store shelves contains GE ingredients. Mounting scientific evidence suggests that GE foods may present serious hazards to human health and the environment (www.gefoodalert.org). In addition, hundreds of Americans have reported allergic reactions to the FDA after eating Kraft and other brand name corn products likely to contain GE ingredients.

Unfortunately, because they aren't labeled, if you or your family were made sick by eating food with GE ingredients, you wouldn't be able to trace the cause of your illness or avoid these foods in the future. Consumer polls show that 80-95% of Americans want GE foods to be labeled – mainly so we can avoid buying them. Currently, certified organic products or products labeled non-GMO or non-GE are your best bets for avoiding these risky foods.

The list below is a partial guide to Genetically KRAFTed products that have tested positive for GE ingredients in independent lab tests. If you want to find out more or get involved check out www.krafty.org. To find organic alternatives go to www.organic-consumers.org or Franken Fun Food at the Krafty website.

BEVERAGES

Powdered drinks
Country Time
Crystal Light
Kool-Aid
Tang
General Foods International Coffees

READY-TO-DRINK

Capri Sun
Country Time
Crystal Light
Kool-Aid Bursts
Tang

CONVENIENT MEALS

Meats
Oscar Mayer cold cuts: turkey, bologna, and salami
Louis Rich cold cuts: turkey, bologna, and salami
Oscar Mayer hot dogs
Louis Rich hot dogs

MEAT ALTERNATIVES

Boca burgers, chicken patties, and sausage links

DINNER KITS AND LUNCH COMBINATIONS

Stove Top stuffing
Taco Bell taco shells
Kraft Easy Mac
Shake n Bake
Lunchables

FROZEN PIZZA

California Pizza Kitchen
DiGiorno
Tombstone Mexican pizzas

SALAD DRESSINGS AND CONDIMENTS

Kraft salad dressings

SEVEN SEAS SALAD DRESSINGS

Kraft Mayo
Miracle Whip
A 1 steak sauce
Philadelphia Garden Vegetable cream cheese

DESSERTS AND CONFECTIONERY

Jell-O
Cool Whip
Altoids
CremeSavers
Life Savers

READY-TO-EAT CEREALS

Post
Alpha-Bits
Banana Nut Crunch
Blueberry Morning
Cranberry Almond Crunch
Golden Crisp
Great Grains
Honey Bunches of Oats
Honeycomb
Oreo O's
Pebbles
Raisin Bran

Waffle Crisp

COOKIES

Barnum's Animals
Biscos
Café Creme
Chips Ahoy!
Old Fashioned Ginger Snaps
Lorna Doone
Mallomars
Newtons
Nilla
Nutter Butter
Oreo
Pecanz
Pinwheels
SnackWell's
Teddy Grahams

CRACKERS AND SNACKS

Better Cheddars
Cheese Nips
Corn Nuts
Flavor Crisps
Harvest Crisps
Honey Maid
Premium
Ritz
Triscuit
Waverly
Wheatworth
Wheat Thins
Jenny Craig energy bars

Prairieland Community Supported Agriculture

by Sandra Ahten

THE BIGGER PICTURE

Community Supported Agriculture is a system in which consumers receive food directly from the farmers who produce it. But unlike a farmers market system, supporters of community agriculture actually share in part of the farmers' risk. That is, they pay in advance for a portion of the farmers' total crop. Crops that do well will be abundant in the share, crops that do less well will be less abundant. For their part, the farmers have a stable income that doesn't depend on sunny weather on farmers market days.

Why would anyone support CSA farmers when they could just as easily go to the supermarket or pick what they wanted from a farmers market stand?

CSA members receive their produce at prices that are slightly cheaper than the farmers market.

CSA members' food is typically produced via sustainable organic methods. Unlike typical monocrop production systems, CSA members' fruits and vegetables are produced as part of a large organic cropping system that relies on crop rotations and other natural methods to break weed and pest cycles. While CSA members might like mizuna lettuce in their shares each week, they accept that a variety of greens and crops are necessary to help their farmer maintain an organic system. They know that the maintenance of this system is essential to their having favorites like mizuna lettuce for years to come.

Unlike conventional agricultural production, an organic CSA production system isn't based upon the degradation of natural resources. CSA members' food is produced without harming our water supplies with pesticides and silt, and without contributing to pollutants that result from transporting food cross-country.

CSA supporters have a say not only in how their food is produced with regard to the environment, but with regard to society. They can mandate that farmworkers earn fair wages and have good working conditions. Too much organic produce in our country is produced by farmworkers who earn substandard wages. Paying nonliving wages to workers ultimately hurts the surrounding community. For example, workers who cannot afford preventative health care often are treated in emergency rooms which cannot turn patients away for inability to pay. This

results in higher health care costs for everyone.

Because their food is produced nearby, CSA members' food also may be more nutritious as it does not have to be picked "green" for long-distance shipping.

Finally, producing food locally results in a greater percentage of dollars remaining in the local economy. What's more, buying food directly from the farmers who produce it ultimately reduces the need for federal farm subsidy programs which have encouraged resource degradation and concentrated land ownership.

THE LOCAL PICTURE

Prairieland CSA is one of a handful of community supported agriculture programs in the state of Illinois, the number of which is now stabilized after a serious decline in the late 1990s.

Unlike most CSAs, PCSA was started by community members who wanted to strengthen ties between themselves and local farmers. Since 1994, PCSA has operated as a non-profit organization matching consumers with local organic farmers.

Before the growing season begins, PCSA shareholders sign agreements with local farmers who agree to grow crops and bring them to neighborhood locations each week during the growing season. Shareholders receive an average of dollar amount of produce each week. However, the volume of their produce resembles a bell curve. Shareholders also receive information on how to prepare and store their produce, as well as information about the farms and membership activities such as farm tours, potlucks, volunteer workdays, and community education and outreach efforts.

There are still shares left for the 2003 season. The cost of a full share is \$325. Full-season shares are 23 weeks from June 18th through November 19th.

Half-season shares are 12 weeks from September 3rd through November 19th and the cost is \$180.

To contact PCSA by postal mail, write to Prairieland CSA, P.O. Box 1404; Champaign, IL 61824-1404. You also can reach them by email at pcsa@annabarnesmedia.com or by phone at 217-239-2686. Their website is www.prairienet.org/pcsa. Information for this article came from their website.

A Gourmet Feast of the Senses

by Dorothy Martirano

I FEEL CHEATED when I have to miss the Farmer's Market in Lincoln Square on Saturday mornings. There's just something very appealing about open-air markets, this one especially so because of its incredible variety. There is everything from produce, baked goods, meats and poultry to arts and crafts, information about various community groups and services, and live music and theater. You could call it an informal community social event. I like to sample the baked goods (I call it breakfast) while I shop.

You'll find fresh produce, herbs, cut flowers, potted plants, bedding plants, and hydroponically-grown crops. The very best of fresh, local produce, much of it grown without pesticides and herbicides is available here. The types of produce tend naturally to vary with the seasons. Strawberries and asparagus are plentiful now, and apples and butternut squash will appear in the fall.

One doesn't usually associate meat with farmer's markets, and while I don't eat a lot of meat and poultry, when I do, this is my favorite place to buy. There are two meat and poultry stands at the farmers market: Moore Produce and More, and Maple Lane Pork Farm. Jim and Diann Moore sell hormone and antibiotic-free, pastured lamb, goat, pork and beef, and free-range poultry. Maple Lane sells a variety of items including smoked and cured meats, and uses antibiotics sparingly and only when necessary.

More information about both of these family-owned operations is available here: <http://co-op.champaign.il.us/fp/local-food/meat.html>



Wrap Your Peace Sign in the Red White & Blue When Spending Your Green

by Joan Cole

"EVERY DAY, MILLIONS OF AMERICANS pledge allegiance to the flag, sing 'America the Beautiful' and 'This Land Is Your Land,' and memorize the words on the Statue of Liberty without knowing the names of their authors, their political inspiration or the historical context in which they were written. ... Most Americans are unaware that much of our patriotic culture – including many of the leading icons and symbols of American identity – was created by artists and writers of decidedly left-wing and even socialist sympathies." (Patriotism's Secret History by Peter Dreier & Dick Flacks. *The Nation*, May 16, 2002)

On March 19, Adbusters, the culture jamming activist network, publishers of the magazine of the same name and known for such campaigns as Buy Nothing Day and the Corporate America Flag, launched "Boycott Brand America" as an action to protest the impending war on Iraq. Yes, it is correct to blame the transnational corporations' domination of our government for our involvement in that war. And yes, avoiding McDonalds, Philip Morris, Texaco, Wal-Mart, Pepsi, Coca-Cola, Gap and the like is a commendable action. But does the slogan "Boycott Brand America" only reinforce the already too prevalent notion that progressives are poisonous ranting traitors? Wouldn't it be a more effective "culture jam" to take back the flag and the long history of dissent as patriotic? Rather than dissociating ourselves from things red white and blue, we need to instead dissociate the transnationals and use patriotic iconology to show how they are destroying community and enslaving us in a regime of taxation without meaningful representation. Symbols and stories are fundamental. Knowing history is fundamental. We cannot allow the colonization of the symbols of freedom. Citizens must own their history.

THE CAUSE OF BOSTON IS THE CAUSE OF US ALL

At the birth of this nation, the patriotic side of the struggle was the side struggling against being nothing more than a profit center for a multinational corporation.

Nearly 200 years after its founding in 1600, the East India Company had grown massive and worldwide. But its debt-financed growth brought it to the brink of bankruptcy. Its stockholders, who just happened to be most of the members of the British government, including the King, passed a series of laws granting it monopoly and exempting it from taxes. Colonists had been protesting with nonimportation (a refusal to use imported English goods) since the Stamp and Currency Acts of 1764, but this particular attack on the New England-based tea wholesalers and small tea houses led to one of the most famous acts of civil disobedience in American history. On the evening of December 16, 1773, members of the Sons of Liberty dressed up as Indians and tossed overboard 90,000 pounds of tea from the first tax-free shipment. A popular pamphlet of the time, *The Alarm*, written by "Rusticus," asked: "Are we in like Manner to be given up to the Disposal of the East India Company, who have now the Assurance, to step forth in Aid of the Minister, to execute his Plan, of enslaving America? Their Conduct in Asia, for some Years past, has given simple Proof, how little they regard the Laws of Nations, the Rights, Liberties, or Lives of Men. Fifteen hundred Thousands, it is

said, perished by Famine in one Year, not because the Earth denied its Fruits; but [because] this Company and their Servants engulfed all the necessaries of Life, and set them at so high a Rate that the poor could not purchase them."

On Oct. 25, 1774 a group of women met in a home in North Carolina to write the "Association Signed by Ladies of Edenton" as their way of saying that "the cause of Boston was the cause of us all":

"The Provincial Deputies of North Carolina having resolved not to drink any more tea, nor wear any more British cloth, &c. many ladies of this Province have determined to give a memorable proof of their patriotism, and have accordingly entered into the following honourable and spirited association. I send it to you, to shew your fair countrywomen, how zealously and faithfully American ladies follow the laudable example of their husbands, and what opposition your Ministers may expect to receive from a people thus firmly united against them."

This is just a single story from a long history of the unfinished struggle for independence in this country. As a progressive, I think it's important to embrace patriotic symbols and remind people what the flag is supposed to stand for. I do not acquiesce to the idea that the flag stands for McDonalds and Wal-Mart and Halliburton. We need to hold America to her promise of fairness, equality, freedom and justice.

Franklin Delano Roosevelt said, "These economic royalists complain that we seek to overthrow the institutions of America... What they really complain of is that we seek to take away their power. Our allegiance to American institutions requires the overthrow of this kind of power. In vain they seek to hide behind the flag and the Constitution. In their blindness they forget what the flag and the Constitution stand for."

BUT WE ARE AT WAR

Contrary to President Bush's call for us to go out and spend money in response to the 9/11 terrorist attacks, the World War II era gives us an historical example with which a shunning of consumerism is completely compatible.

We're at war? Fine. Let's embrace the patriotism of WW II and slogans of that era. Wartime means sacrifices. Frugality. "Use it Up--Wear it Out--Make it Do--Or Do Without." "Should Brave Men Die So You Can Drive?" On a poster of the WWII homefront big letters proclaimed "Make Yours a Victory Home" and a series of lifestyle actions were suggested, actions which could build a more sustainable and environmentally healthy community: (paraphrased) Find time for community work. Raise and share food. Walk and carry packages. Conserve everything you have. Save 10% of your salary.

LOCAL IS PATRIOTIC

There's a good reason for the nostalgia in our culture for World War II and the decade after. In that era, known as "The Great Compression," average incomes rose as never before, and the rich-poor gap narrowed as never before. That's because most of the growth of the economy went to Middle America – rather than to the top 5 percent as we saw in the recent so-called boom. To quote FDR again, "The test of our progress is not whether we add more to the abundance of those who have too much; it is whether we provide enough for those who have too little."

Keeping your dollars local will reduce the profit of shareholders of multinational corporations, where the greatest fortune is already concentrated. But more importantly, if we shop with our neighbors, we will help create jobs which are more likely to pay a living wage. Locally owned small businesses actually create more than 90% of the new jobs in our economy.

Across the nation, 11,000 local pharmacies have closed their doors since 1990. Independent bookstores now account for less than 20% of book sales. Neighborhood hardware stores are disappearing: two chains have captured more than 25% of the market. An economic impact study done on the possible siting of a Borders Bookstore in downtown Austin



found that "For every \$100 in consumer spending at Borders, the total local economic impact is only \$13. The same amount spent with a local merchant yields more than three times the local economic impact." Local merchants spend a much larger portion of total revenue on local labor to run the enterprise and sell the merchandise. They keep their profits in the local economy, rather than immediately shipping it out to absentee shareholders. As Michael Shuman notes in his book *Going Local*, "A community in which money flows out quickly and never returns slowly bleeds to death."

The first step is to show people that they really can make decisions for themselves about production, work, technologies, food and lifestyle. The mental habit of self-reliance is supported via community self-reliance, which boils down to producing locally for local needs, owning businesses locally, and recycling finance locally. All across the country, small businesses and farmers have been abandoned at every level from city councils and chambers of commerce to state and federal legislatures. They are fighting back by affiliating in local and national networks, cooperatives and alliances. Typical Independent Business Alliance schemes involve consumer education efforts, directories of local businesses, decals in participating business windows, and even discount cards for consumer members of the alliance.

Every effort makes a difference. Don't let the perfect become the enemy of the good. Do what you can, with what you have, where you are. And let's do it all with a "peace" and a "flag" sticker in our window.

Joan Cole is a stay-at-home mother who was radicalized by the entry of her son into this world. She got active with the *Prairie Greens of East Central Illinois during the Nader 2000 campaign*, and is also involved in primary caregiver rights issues at a national level. In her previous life, she worked in IT. Joan says, "I know that I am 'just an egg' in the endeavor of living more sustainably, and I know there are people in this community who have been at this much longer than I have. I would like to see a group get together and begin working on economic democracy projects, such as a local business directory. If you would be interested in getting involved with this, get in touch with me and we'll get something started." Joan can be reached at jscole@advancenet.net.

SOME SOURCES:

Dreier, Peter & Dick Flacks. "Patriotism's Secret History". *The Nation*. May 16, 2002.

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Hartmann, Thom. *Unequal Protection: The Rise of Corporate Dominance and the Theft of Human Rights*. Rodale Press, 2002. You can read excerpts, and the real history of the Boston Tea Party at www.thomhartmann.com.

Rebellions from the Winter 2003 issue of *Yes!* magazine, available online at

<http://www.futurenet.org/24democracy/hartmann.htm>
Livable City - Quality of Life for all of Austin <http://liveablecity.com/> (source of the study on Borders bookstore).

LIFESTYLE CHOICES

By Joan Cole

* Pay attention to where you spend your money. Spend less in the transnational corporate ruled economy; spend more in your local economy, with locally owned independent businesses and cooperatives.

* Use less energy.

* Buy more food locally from farmers and local processors. Grow some of your own food.

* Drive less; walk, bike and take public transportation more.

* Never borrow money for consumer purchases or entertainment, pay cash or don't buy.

* You are not your wardrobe.

* Waste not, want not. Avoid buying new stuff whenever possible. Patronize the aftermarket - buy used, barter, garage sale, etc.

* Don't let the perfect become the enemy of the good. Do what you can, with what you have, where you are.

Local Grocery Shopping

by Sandra Ahten

Grocery buying presents a real quandary for those wanting to “shop local.” In a time gone by the “homemaker” allowed much of her (or his) work to include time for food including growing our own, meal planning, shopping, and preparation. Today it feels like an indulgence to allow time in our schedule for this kind of work. Or, if not an indulgence, it may seem like an impossibility because of time constraints. I go through periods where it feels like my busy lifestyle dictates that I buy my groceries in a one-stop-shopping mode.

As a practical matter we also have to consider the economic impact of shopping at locally owned stores, which are smaller and don't have the “buying power” of the chains. It may be better for the community's economics. But is it more economical on MY bottom line?

My strategy for shopping is to try my best to shop with integrity. I may be able to justify one-stop-chain-store shopping; but how do I feel about it? When I live my life with integrity, when my values match my actions, I find that I can be fully alive. I have to shut-down less. I have more energy. This extra energy actually allows me to have more time in my life. And we all know that “time equals money.” So I can be richer for shopping locally too.

I believe all of that and still I have to find ways to make practical application of shopping locally. First let me say that I don't always do it. There are things that I buy at the local big stores. These include prepared cake mixes, non-stick spray and Healthy Choice Fudge bars. I know, I know. If I were some little perfect organic domestic goddess I wouldn't even have these things on my shopping list. But I'm not. Sometimes I even pretend like Healthy Choice Fudge bars are healthy.

Of the big stores only Jerry's IGA's are locally owned. They are owned by Kirby Inc., which owns eleven other stores besides the three in Champaign Urbana. Schnuck's is a privately held corporation with more than 100 stores primarily in St. Louis and the Midwest. County Market is owned by NFI, (Nieman Foods Inc.) based in Quincy, Illinois and operates stores, including Cub Foods and Sav-a-Lot, in four states. Meijer's also operates in four states and is based in Grand Rapids, Michigan.

THE GROCERY LIST

I keep a grocery list. This helps in several ways, but mostly if I don't have at least a basic list going I begin to feel overwhelmed. When we feel stressed our natural reaction is to turn to old habits and try to make things easier on ourselves. Staying as organized as possible is important when changing habits. A grocery list also helps if you are enlisting other household members to shop. I divide mine into three sections. 1) Buy local, 2) buy at the big store, and 3) get it somewhere else. One of the biggest wastes of money is buying non-food items at the grocery store.

EXPENSIVE VERSUS SANITY

I do not recommend clipping coupons, mail-in rebates or being over-zealous about sniffing out bargains in store ads. If you have a lot of time this may be a good strategy for saving money, but for me it just makes me hate grocery shopping

and in the end, when I have forgotten my coupons for the fourth time, after I spent six hours organizing them by expiration date, I find that it just makes me feel incompetent.

I find that a HUGE part of my food bill goes to eating out at restaurants. If I have good foods on hand at home – no matter what price I paid for them in the store – it keeps me from eating out as much, and that more than justifies the extra money spent at the store.

I avoid “convenience” foods. Instead I suggest you develop several meals that are convenience foods at your house. The qualifications: the meals are easy to prepare and everybody in your house likes them. Develop this list of convenience meals and make sure that you always have the ingredients for these on hand.

SAVE MONEY, MAKE IT CONVENIENT AND HAVE FUN

I find it interesting and fun to shop at local stores. I try to not make it a big deal and keep it as simple as possible. It takes me about 20 to 30 minutes to shop so I look for these periods of time, between appointments, before meetings, at the end of my work day, etc. I find that the more I shop at the locally owned the easier it becomes to shop there. I get to know the layout of the store, the inventory and the shopkeepers. I ask for help if I need something and this saves me time. Once you know the inventory you'll find that there are many items that are much less expensive at these smaller stores. At the Food Co-op (see article in this issue) the spices are an incredible savings. Buying in bulk (out of bins, without prepackaging) may also create savings. Last week I thought I splurged by buying a bag of Raisin Bran at the Food Coop for \$7.25. I thought it seemed extravagant at the time, but when I got home I compared it to the box of Total brand Raisin Bran that I had on my shelf. The Total cost about \$5. However, the box only held 24 ounces as opposed to 32 ounces. Percentage wise this would have driven the box of Total to about \$6.65. So I had to pay just 60 cents more for getting organic food, not contributing to the landfill, and keeping the dollars in the community. It seems worth it to me, especially when balanced with the things that I find less expensive there such as bulk tofu, soy milk, and maple syrup.

Often the locally owned stores have things you can have for lunch. While I'm indulging in the delicious egg rolls from the Sunshine grocery I'll pick up dried mushrooms, soy sauce, and a variety of vegetables. If I'm at Strawberry Fields for a Bar-B-Q tofu sandwich I'll package myself some oatmeal or buy a bag of carrots. Natural Gourmet, which has a Thai deli, also has organic coffee. Yes, it may be more expensive than Maxwell House. But Maxwell House just isn't enough incentive to brew at home instead of stopping at the coffee shop for the much more expensive cup – fresh ground mocha decaf provides that incentive.

A FEW MORE HINTS FOR GROCERY SHOPPING

- Keep your refrigerator cleaned out so you don't let food you do have go to waste. It makes putting away groceries so much easier.
- Sometimes the Lincoln Square Farmers Market is fun for

the social occasion that it is. But if you just want to get to the vegetables and not mix and mingle try the smaller market at Country Fair shopping center at Springfield and Mattis in Champaign (Wednesdays from 7am to noon).

- Look for roadside farm stands where the produce is often less expensive than at the market.
- Prepare your menu for the week around what you already have. Substitute ingredients that you might not have in the cupboard.
- Ask staff to help you rather than wasting time looking for items.
- Meat is a good source of protein but it's expensive and questionable for many reasons. Cheese, poultry, eggs, peanut butter, dried peas, beans, lentils, and some fish are less expensive and excellent sources of protein.
- Buy locally grown foods; they are fresher, more nutritious, and ecologically smart.
- Herbs are especially easy to grow yourself even in a small space.
- Most bargains are found on the higher and lower shelves. Most expensive brands are at eye level to get your attention. Pretty packaging costs you money. You are not only paying for the product, but for the packaging (and advertising) as well.
- Convenience foods are more expensive, you are trading money for time. Slice, season, mix, and cook it yourself.

THE OTHER LIST

I try to never buy personal care or houseware items at a chain grocery store. This really drives the cost up. I buy what I can in the way of hardware, paint, and garden supplies at True Value Hardware. Both the store in Urbana and Champaign are owned by local Bob Cooper. I buy all housewares at Farm and Fleet on North Cunningham in Urbana. The price is right and while not local (their corporate offices are in Appleton, Wisconsin) – at least it is helping the tax base of Urbana, which needs all the help it can get.

A Partial List of Locally Owned Stores

- AM-KO Oriental Foods**, 101 E. Springfield, Champaign, 398-2922
- Chang's Oriental Market**, 505 S. Neil Champaign, 356-9288
- Common Ground Food Co-op**, 403 S. Wright, Champaign, 352-3347
- El Charro**, 55 E. Green, Champaign; 337-6647
- Jerry's IGA**, 2110 Round Barn Road, Champaign, 352-8715; 2010 S. Philo Road, Champaign, 367-1166; 312 Kirby Ave, Champaign, 352-0019
- Lee's Oriental Market**, 303 Cedar St, Champaign, 351-8949
- Natural Gourmet**, 2225 S. Neil, Champaign, 355-6365
- Roundbarn True Value**, 2010 Round Barn Road, Champaign, 652-1100
- Strawberry Fields**, 306 W. Springfield Ave., Urbana, 328-1655
- Sunshine Grocery**, 117 W. Washington St., Urbana, 384-6668
- Sunnycrest True Value**, 1303 E. Colorado, Urbana, 367-6458
- World Harvest International Foods**, 519 East University Ave., Champaign, 356-4444

Where in the World Did You Get That Jacket?

by Sandra Ahten

I GAVE IN TO AN IMPULSE BUY last week and bought a new jacket for \$29. When I got it home I checked the tag and found that it was made in Vietnam. Yikes, pangs of guilt. I know that it was made with sweat shop labor. Slave labor really. I find no way to buy new clothing without these feelings. So normally I just avoid buying new clothes. When the urge to buy hits me I try and show a little restraint until I can get my fix in the second hand market. This not only assuages my guilt – it saves me lots of money. Last year I spent a total of \$407 on clothing. That includes those things that I didn't buy in the aftermarket like some shoes, bras, and pantyhose (which are a requirement for my day job).

My favorite place to shop for clothes is at

the Goodwill store. Salvation Army is less expensive, but they don't have dressing rooms nor as big a selection. I understand that Goodwill actually rotates their stock and ships it to a store in Springfield after a period of time. You pay about \$3 for a shirt, pants or dress. Salvation Army does carry more non-clothing items like furniture and dishes. I recommend donating items to Salvation Army. I once donated a perfectly good microwave oven to Goodwill. I went back the next day and found the microwave in the dumpster.

I also shop at Karen's Closet. This store bills itself as upscale retail, which it is. Only name brands and nothing too funky here. It is well sorted and sized with roomy dressing rooms and a large selection. It is a good

place to shop for work clothes. There is a teenage version of this store called Plato's Closet. Both stores take consignments by appointment and are adamant about the quality, condition, and it being the appropriate season.

If you like more retro, a little funky, or downright outrageous there are a number of shops in downtown Champaign that might be the ticket including Carries, Dandelion, and Le Shoppe.

I love going to what in these parts are called garage sales whether there is a garage involved or not. I don't waste my time trying to map out which sales are where, but instead let luck be my guide and just follow the signs. Two good tips if you are a serious saler: (1) Wear body hugging slinky clothes

with some easy-to-pull-off loose clothing over them. This is best for fitting without a dressing room. (2) Take time to peruse the merchandise. It sometimes taking some digging to find the gems.

- Carries**, 204 N. Neil, Champaign 352-3231
- Dandelion**, 9 Taylor, Champaign, 355-9333
- Goodwill**, 1102 N. Prospect Ave, Champaign, 356-4021.
- Karen's Closet**, 231 N. Mattis Avenue, Champaign, 355-9395
- Le Shoppe**, 110 E. University Avenue, Champaign, 61820
- Plato's Closet**, 29 E. Marketview Drive, Champaign, 366-8200.
- Salvation Army Thrift Store**, 119 E. University, Champaign 373-7825



Favorite Local Businesses

Several people responded to our request for tips about good places to shop locally. This is by far not an exhaustive list of the many excellent locally owned and operated businesses but it does indicate places that people felt strongly enough to write to us about.

Contributors: Linda Evans, Belden Fields, Phyllis Brussel, Gabriele Cooper, Sandra Ahten, Paul Mueth, Lisa Chason.

ART MART

127 Lincoln Square Mall, Urbana, 344-7979

Mon-Fri 10am-8pm, Sat 10am-6pm, Sun noon-5pm.



I love shopping for toys and kitchen tools at Art Mart at Lincoln Square mall. I like the feel of Art Mart and we like wooden toys. My son loves to play with the trains while I shop. Art Mart has a great selection, a friendly

staff, and reasonable prices. – LE

Specialty foods. Great coffee. Space to eat a snack or lunch. Unusual and always changing selection of table settings, kitchen related stuff, cards for all occasions, gifts, candles etc. – PB

INTERNATIONAL GALLERIES

114 Lincoln Square Mall, Urbana, 328-2254

Mon-Fri 10am-8pm, Sat 10am-6pm, Sun noon-5pm

An eclectic collection of jewelry, pottery, prints and posters, candles, wind chimes, incense, and more. They feature local artists' works. Also custom framing. Great place to look for gifts and art. – LC

SKANDINAVIAN LINK

1707 W. Kirby Ave, Champaign, 356-4646

Mon-Fri 10am-6pm, Sat 10am-3pm

I really like to shop at Skandinavian Link at Old Farm shopping center. The staff and owner are very helpful. They keep track of certain toy brands so others can come in and buy things for your child and you don't end up with duplicates. They have great sales and a fun area for children to play while you shop. – LE

ANDY'S SHOES

115 W. Kirby, Champaign, 359-7500

Mon-Fri 9:30am-6pm, Sat 9:30am-5pm, Sun 12:30pm-5pm



I buy all my kids' shoes at Andy's Shoe's. If I bring them in and they haven't outgrown the old pair of shoes, Andy won't sell me a new pair. He just tells me to come back in a couple of months. Do you think one of the big chains would do that? – GC

The owner Andy Pomokoy says "it's important to be honest and good at what you do" when you are fitting children's shoes. It is responsibility that he takes seriously. The store all types of shoes, but only for children up to about 7 or 8 years of age. Andy has been in business since 1984 in the same location. – SA

ILLINI EYECARE

518 E. Green, Champaign, 351-6110

Mon & Thurs 9-6, Wed & Fri 9-5:30, Sat 9-1



I lost my glasses last week and was badly in need of a pair of new lenses I could put in some old frames very quickly because I had to grade a lot of papers. So, at the urging of my wife, I called the large chains in Market Place

Mall to see how much it would cost me and how soon I could get them. I was promised one-hour service in one and one day service in the other. In one place, the minimum cost for plastic lenses was \$99 for the scratch-resistant coated lenses. In the other, the range was from \$89 to \$109.

Then I called Dr. Curtis Johnson's Illini Eyecare on Green Street in Campus Town to see if the expected higher cost would be worth the convenience of the location. Low and

behold, they offered me scratch resistant lenses for \$65. And they could do it in half an hour. Two lessons:

(1) Small business is not always more expensive than the large corporate chains despite the advertising propaganda of the latter to the contrary, and (2) Campus Town businesses are not always trying to rip off students and other university people as is sometimes assumed. – BF

JANE ADDAMS BOOK SHOP

208 N. Neil, Champaign, 356-2555



Mon-Sat 10am-5pm, Sun 1-5pm
Jane Adams bookstore is a rare find in many communities, but they are located conveniently in downtown Champaign. We love to peruse the shelves and we invariably find a book that we have no idea how we lived with-
out. – LE

PAGES FOR ALL AGES

1201 Savoy Plaza Ln, Savoy, 351-7243

Mon-Sat 9am-11pm, Sun 10am-9pm

My family buys way too many books at Pages for All Ages. Some days we go more than once to this wonderful locally owned bookstore in Savoy. We walk or ride our bikes to Pages several times a week and find it hard to leave without an armful of books. We love the live music and tea too. If Pages does not have a book in stock, the extremely knowledgeable and helpful staff is eager to special order books. I heard about a book on public radio one day and couldn't remember the author or the title. I felt foolish and asked a staff member and they quickly took me to A Bondwoman's Narrative...just the book I was stumbling to find. I was very impressed and have never hesitated to ask for a book by subject alone again. – LE

LINCOLN BOOKBINDERY

1601 N. Coler, Urbana, 328-2613

If you have a book that you treasure and it's coming apart, this is the place to go and have it fixed like new. – PB

ORPHEUM CHILDREN'S SCIENCE MUSEUM

346 N. Neil, Champaign, 352-5895

Tues 9am-6pm, Wed-Sun 1pm-6pm



When looking for something to do with our three-year-old during inclement weather (we are after all in the midwest), we have been saved more than once by The Orpheum Children's Science Museum. In fact, when the skies clear up it is hard to convince my son to leave. – LE

PRESERVATION AND CONSERVATION ASSOCIATION (PACA)

44 E. Washington St, Champaign, 359-7222

Wed 4pm-7pm, Sat 9am-noon



This warehouse store is operated by a "club" of folks who "promote preservation and re-use of buildings or areas of historic or architectural significance in Champaign County." They saved the famous Ricker House (Green and Coler in Urbana) from becoming a parking lot, or worse. Their architectural salvage center is a place to look for that odd part that will get your old door working again, or enough stuff to entirely refit your abode in period décor, or perhaps that objet trouve that makes for a conversation piece in an otherwise antiseptic apartment. Check it out. – PM

GRIGGS STREET POTTERS

355 W. Griggs St., Urbana, 344-8546

Mon-Fri 11am-4pm; also by appointment

Some very talented potters turn out beautiful as well as useful things here. Really fun to visit and see work in progress. – PB

CINEMA GALLERY

120 W. Main St., Urbana, 367-3711

Tues-Sat 10am-4pm, Sun 1pm-5pm

Many wonderful displays of local art and crafts – all for sale, or you can simply walk about and admire the beautiful things. (There are rooms beyond the main entrance) – PB

ENGLISH HEDGEROW

406 N. Lincoln, Urbana, 365-0055

Mon-Sat 9am-5:30pm

In addition to being a full service florist, this store sells many items to catch a gardener's fancy. Many items from England, reflecting the English background of the owners. They also specialize in handcast metal signs. – PB

JACK'S GREENERY

1017 W. Bloomington Rd, Champaign, 359-9009

Mon-Fri 9am-7pm, Sat 9am-6pm, Sun 10am-5pm

I really like Jack's Greenery. Their plants are of excellent quality and Jack and his wife know a lot about plants. They even help me load the plants into my car. They will also order any special plants or heirloom vegetables. – GC

FOODS AND BAKERIES

MIRABELLE FINE PASTRY

124 W. Main, Urbana, 384-6460

Tues-Fri 8:30am-6pm, Sat 8am-3pm



My breadmaker is now collecting dust since I started buying bread at Mirabelle in downtown Urbana. I love the smell of fresh baked bread. The staff is very helpful with ingredient inquiries and they even remember regular customers. – LE

Going into Mirabelle's is like going into a real French bakery and the bread and pastries are every bit as good. Pastries can be made to order. This bakery has totally spoiled me. – PB

STRAWBERRY FIELDS NATURAL FOOD STORE & CAFE

306 W. Springfield Ave, Urbana, 328-1655

Mon-Sat 7am-8pm, Sun 10am-6pm



Coming from the DC area, I thought local organic "health food" stores were a thing of our past, but we are so happy to have Strawberry Fields in the community. We love their "deli" food and the fact that vegan food is labeled. (Thank you!) It is great to walk into a store and see the owner working or eating his own

food. The staff is incredibly friendly and helpful. – LE

Maybe the only source for shade grown, organically grown coffee beans. – PB

NATURAL GOURMET

2225 S. Neil, Champaign, 355-6365

Mon-Sat 9am-6pm



Since we live in Savoy, we are overjoyed to have Natural Gourmet close by. They have a great selection of supplements and other grocery items. The owners and staff are always helpful and happy to point out something new a customer might

want to try. – LE

COMMON GROUND FOOD CO-OP

403 S. Wright, 352-3347

Mon-Fri 3pm-8pm, Sat 11am-4pm, Sun 11am-7pm

Common Ground Coop at the IDF is one of our favorite places to shop for groceries. I love the coop system and all the workers we've meet have been wonderful. Many days they have member baked goods and they specialize in locally grown organic produce. We are so lucky to have the coop in CU. – LE

SUNSHINE GROCERY

117 W. Washington, Urbana, 384-6668

Everyday 7:30 am to 7pm (hours can vary)

Owner operated, dedicated to serving the neighborhood. Knows customers by name. The best fresh eggs you can buy. Owner makes egg rolls that high school students love to eat for lunch! – PB

Local



WORLD HARVEST INTERNATIONAL AND GOURMET FOODS

519 E. University, Champaign, 356-4444

Mon-Sat 10am-9pm, Sun 11am-6pm

Food tasting: every Saturday 11am-5pm



A fantastic assortment of foods from everywhere. We go there especially to buy olives, olive oil, cheese and the best dark chocolate bars in existence. If you need an unusual item, the store's owner will order it for you in a flash. – PB

SOME CAFES & RESTAURANTS

CAFE KOPI

109 N. Walnut, Champaign, 359-4266

Mon-Thurs 7am-11pm, Fri-Sat 7am-midnight, Sun 8am-11pm



If you enjoy reading *The Paper* or *The Public i* and drinking tea in a comfortable setting, look no further than Cafe Kopi in downtown Champaign. We are always running into people we know at Cafe Kopi and it is great place to meet. I love the hummus eggplant experience and the art work is always a treat. – LE

VERDE GALLERY

17 E. Taylor, Champaign, 366-3202.

Gallery: Tues-Sat 10am-10pm

Café: Mon-Sat 7am-10pm

Verde gallery and cafe in downtown Champaign has quickly become a family favorite. My three-year-old son loves to sit down with some soy milk and a magazine and "read." I love to look at the art and my husband is always up for their coffee. – LE

WALNUT STREET TEA CO.

115 S. Walnut, Champaign, 351-6975

Mon-Fri 10am-6pm, Sat 10am-5pm

A great assortment of teas and coffees, pots and cups, biscuits and jams, etc... and if you can walk out the door without buying a melt-in-your-mouth caramel you've got real will power. – PB

JARLINGS CUSTARD CUP



309 W. Kirby, Champaign, 352-2273

Mon-Sat noon-10pm, Sun 1pm-10pm

This is really good, creamy-smooth frozen custard. I know people who mark the opening day of the store in the Spring on their calendar, and who have a farewell cone at the close in Fall. Then it's a long, dull winter. – PB

STRAWBERRY FIELDS NATURAL FOOD STORE & CAFE

306 W. Springfield Ave, Urbana, 328-1655

Mon-Sat 7am-8pm, Sun 10am-6pm

...the café...

TIMPONE'S

710 S. Goodwin, Urbana, 344-7619.

Mon-Thurs 11:30am-10pm, Fri 11:30am-11pm, Sat 5pm-11pm

Just the best Italian food anywhere. – PB

RED HERRING COFFEE HOUSE

1209 W. Oregon, Urbana, 367-2340.

Only open during the U of I school year for lunch 11am-2pm and sometimes for Friday night pasta night (recommend calling ahead)

I am always happy to eat at The Red Herring restaurant in

the basement of the Channing-Murray Foundation. As a vegan, I am happy to have lunch or Friday night pasta with my family and non-vegan friends at the Red Herring. Great tasting healthy food at a child-friendly place...what more could I ask for? – LE

KENNEDY'S

2560 South Stone Creek Blvd., Urbana, 384-8111.

Mon-Sat 10am-10pm, Sun 10am-8pm

Good food and a really nice view over the golf course. Large parties can be accommodated. – PB

SILVER CREEK

402 N. Race, Urbana, 328-3402

Mon-Thurs 11am-10pm, Fri 11am-11pm, Sun 10:30am-3pm; 4:30pm-10pm

Good food at a reasonable price. Very pleasant surroundings. Good Sunday brunch. – PB

THE COURIER CAFE

111 N. Race, Urbana, 328-1811

Sun-Thurs 7am-11pm, Fri-Sat 7am-midnt.

Breakfast, Lunch and Dinner everyday.

A popular, fun, good place to eat. Real wood booths. Good coffee. – PB

MILO'S RESTAURANT

156-D Lincoln Square, Urbana, 344-8946

Tues-Sun 11am-2pm, 5pm-9pm; Fri-Sat 5pm-10pm

Some of the best food in town. Outdoor tables in summer (entrance is from the east side of Lincoln Square). – PB

SWEET BETSY'S

805 S. Philo Road, Urbana, 344-0414

Mon-Sat 7am-3pm, Wed 7am-7pm

Unbeatable sandwiches and hearty soups. In the summer there's nothing like a Lemon Shake-up to quench the thirst. – PB

It's Not Your Mother's Co-op

by Rubina Kahn

Rubina is from Villa Park, IL and has lived in Urbana for four years. She studied political science at the U of I. Along with her job at the Market Development Department for the C-U Mass Transit District she is currently the Board Vice President and Fundraising Chair of the Illinois Student Environmental Network. Of her past she says: "I was homeschooled after my mother passed away and took care of my family for almost three years. As the eldest daughter in an Indian household I had to take on the motherly duties. I was twelve years of age, cooked, cleaned and did the laundry...even gave advice to all my siblings. They still call me for motherly advice!" And when asked about the future: "I'm a person of many interests...I could be in Washington lobbying our officials for cleaner air and water— or on a hiking trip in Australia! I would be happy in either of these positions."

THE COMMON GROUND FOOD COOPERATIVE (CGFC) is celebrating its 25th anniversary. This little gem of the community is tucked in the Illinois Disciples Foundation building on Springfield Avenue between 5th and 6th Streets. The non-profit grocery store owned and operated by its members has come a long way since its inception in 1978. Shoppers now have many conveniences such as bar code scanning, a produce bin stocked year round, full freezers, and easy access bulk bins for everything from peanut butter to olive oil.

The food cooperative, which works to provide wholesome food at a fair price, allows members to have control over their consumer habits. Members pay a one-time fee of \$30 for individuals; \$50 family (2 adults & dependents) or \$60 for a household (3+ adults and

dependents). Curious souls can come in for a peek, a tour, and a shopping expedition without becoming members.

The democratic style that emanates from this cooperative is ideal in a world where corporations tell us what we need and should want. The cooperative is responsible solely to its members and the members determine all aspects of the cooperative's operations. Molly Stentz, one of the managers and paid staff at the coop, says that members trust the coop because "They know that we put time in screening our products." That time and effort is definitely visible in the store.

The inventory includes all sorts of foods and household items. There is a large assortment of dried fruits, grains, flours, pastas, and rice, soy and tofu products, organic milk and eggs. Household cleaning items such as dye-free and chemical-free laundry and dishwashing detergents are in stock. You can purchase a variety of personal hygiene products that won't harm your body internally or externally.

One of the CGFC's largest local suppliers of vegetables is Blue Moon Farms, located in Urbana. Tomahnous Farms in Mahomet supplies organic eggs, some vegetables and herbs. Linder Farm in Buckley, Illinois produces popcorn and black beans. The farmers provide the organic sustenance as the CGFC, in turn, helps to sustain local farmers.

Their are large rooms for storage, including a refrigerated walk-in storage room for all the items that need to be kept cool, and in that room are two large freezers housing such items as the soy-based ice creams, vegan burgers, tofu dogs, etc. The dry storage room is large and very well organized to help in the process of inventory and make things conve-

nient when re-stocking shelves in the store.

THAT'S NICE. BUT LET'S TALK MONEY

One consideration of shopping at CGFC is certainly cost. It might be that you will pay more for the foods you buy there in comparison to a regular grocery store. This depends on your own time investment in the Co-op and what you purchase. While buying prepacked juices, milk, and free range eggs may be more expensive than buying items off of the shelf of the big-stores, it is not really an apples to apples comparison. A true comparison of products that are nutritious, locally produced and packaged in an environmentally friendly manner and in a way that supports workers show similar prices. You can actually save money on purchases of some bulk items in comparison to overpackaged, over-advertised items from the local big guys.

There are different workers status discounts that members can also take advantage of. As a shopper you may choose not to work at all, to be a regular worker (one hour per week), or be a core worker (3 hours) and receive a 16% discount. There are a variety of jobs available ranging from operating cash registers, restocking shelves, or managing business affairs. Working members may make bread, sweets and deli items to sell. Members pick jobs that they enjoy.

The satisfaction of knowing that you are contributing less to a corporate-run society seems to be benefit enough, but there is a lot more one contributes when becoming a member. You are aiding local farmers and helping them live and grow so that they can continue to provide wonderful organically farmed produce. Feeding on organic foods has health benefits for you and your family.



When one gets in the habit of buying more fresh and nutritious foods, the body does not need to consume as much to stay healthy and energetic. This can provide a cost savings in your overall food budget. It is great knowing that your food was not inundated with hormones or chemicals and dyes, and your overall healthcare costs could decline as you begin to "eat healthy".

The Co-op offers non-intimidating ways of healthier eating. The exchange of recipes, advice, knowledge, and opinion enriches your experiences as an informed consumer. They offer cooking classes, special events, and potlucks.

The Common Ground Food Co-op is located at 610 E. Springfield Ave. There is usually plenty of parking in the Illinois Disciples Foundation parking lot. Store hours are M-F, 3-8pm, Saturday, 11am-4pm and Sunday from 11am-7pm. 352-3347. www.commongroundcoop.org.

HUMAN RIGHTS



George Bush's Father Trained the Man Who Killed My Father

An Interview with Jeremy Glick of *September 11 Families for Peaceful Tomorrows*

By Ricky Baldwin

JEREMY GLICK, whose father was killed in the World Trade Center, has traveled around the US speaking about peace as it relates to 9/11 and Iraq on behalf of "September 11th Families for Peaceful Tomorrows," a group of family members of those killed in the Sept. 11 terrorist attacks. I spoke to him on April 10, 2003, when he was in Champaign-Urbana for a speaking engagement sponsored by the Anti-War Anti-Racism Effort (AWARE) and other local groups.

Baldwin: Anti-war activists get asked a lot about their motivations, but I wonder if you think it's different for you, or how that might have changed after Sept. 11?

Glick: Nothing has really changed. I mean, obviously everything has changed for me personally since 9-11. My family life has been devastated. I'm without a father. So of course that's changed. But really 9-11 has only just made me more disciplined, because I felt a greater sense of personal or immediate urgency. I've always been opposed to US and any other form of imperialism.

But it also just generally reminded me of my limited, my mortality, the fact that my life isn't necessarily guaranteed for any period of time. So it makes me a lot more disciplined and a lot more sparing with my time in the sense of sacrifice. I've always been involved in social justice issues. It's just that this social justice issue has an exceptionally personal component.

Baldwin: What about the group, September 11 Families for Peaceful Tomorrows?

Glick: They came along with their own momentum. I've been involved in political prisoner and anti-imperialist and local issues in various urban centers in the New York and New Jersey area. The Peaceful Tomorrows organization is an anti-violent organization of 9-11 family members that opposes aggression against Afghanistan and Iraq. And I have an immense amount of respect for them, obviously with their personal pain and also the way they're converting their subjective experience into fodder to struggle for social justice.

I think that it's very frustrating for a 9-11 family member to listen to how that day, and

not only the lost loved one but the pain of the living family member, gets evoked over the top from the mouth of bourgeois politicians and the Right in the media. So I think it's really important that there are people that were directly impacted that are being so principled and so thoughtful.

Baldwin: Do you think that there's a special role or a special place for that in the anti-war movement?

Glick: Yeah, they're speaking from a very powerful moral high ground. But I think they also have to be careful about talking from experience. It seems to me that the system could produce, you know, ten 9-11 family members who don't have a very thought-out analysis, and are just warmongers. So I'm always cautious about speaking only from my personal subjective position. But I think that their analysis is more correct than the pro-war analysis.

Also, in terms of the 9-11 subject, family members are like the cross in a vampire movie. It deflects a lot of criticism, you know, that you're being insensitive to the families' members who lost loved ones. I mean, people say that to me anyway. But actually I don't think that the leadership should be that. My whole thing about 9-11 is that, those political conditions, that instability, of murder, or terror, domestically, on a quotidian, day-to-day level, is shared by, for example, the Black and Latino working community in New York City. They know exactly how it feels to be under the gun like that, and have that much instability and emotional insecurity that's because of structural terror, or extralegal terror, whether it's at the hands of the economic system or the hands of the NYPD.

So, the [9-11] family members are strategically important. They certainly need to be heard. They certainly need to be enfranchised so much more than they have, because the

media has completely shut them out. And a lot of 9-11 family members are not concerned about going to war, or bombing, or retribution. I'm not being clever – I'm sure that there are some that are. But most 9-11 family members, regardless of their political orientation, are tired of feeling exploited. Because if you lose a loved one, whether it's your husband or your wife, or your child, or your grandmother, or your uncle, or your dad in my case, or your brother or sister, it's a private loss. And it's a private loss that's been co-opted by a public sphere, both a media sphere and a government, like a civic sphere. You're just like, ease up, buddy, can I have a little, little space to, like, mourn?

I understand the bumper stickers, but people that lost a loved one in 9-11 aren't going to ever forget. That bumper sticker is not doing anything for me. I mean, in my family there's conservatives – everybody isn't radical – but even the non-radical were like, I don't want American flags brought to the funeral or memorial service – not because my family has a problem with the American flag, but my mom felt like it was a co-optation.

You know, "This isn't a political event – I'm trying to mourn my husband."

But in the global situation, you can't privilege my father's life over an Iraqi's or somebody in Palestine. And you can't privilege my pain, because I lost a North American US-citizen father in the Trade Center, over somebody in Chile on September 11, 1973, who lost his father in the US-sponsored Allende coup.

I'm not a pacifist. If the people of Iraq wanted to take up armed struggle to democratize their civil society, I would support that. But it's not what we're witnessing. I don't love Saddam Hussein. I don't consider Osama bin Laden my friend. I consider him an armed extension of Bush's power. So if you're going to hire thugs to kill people, you're as culpable

as the thugs that kill people.

Baldwin: Rita Lasar and some others from the Peaceful Tomorrows group went to Afghanistan after the bombing, and when they came back they were calling Afghanistan "Ground Zero Two," with the World Trade Center being "Ground Zero One." Do you see a connection?

Glick: Yes, George Bush's father trained the man who killed my father – when George Bush, Sr. was head of the CIA. It doesn't get any more basic than that. But I'll tell you a funny thing. The summer before 9-11, I went to the Bruderhof, which is a Christian, communalistic society. They were sponsoring a magazine I write for, and a bunch of us were on this retreat.

That Sunday when I got back – I remember it was in July, right before July 4th, and right behind where my apartment is there was a housing project – Memorial Homes, New Brunswick, New Jersey – and that Sunday it was firebombed, because the city is becoming immensely gentrified. Nobody died in that, per se, but I went to Ground Zero with a federal escort in October, and it was horrific. Even though this was public housing and it really wasn't ideal circumstances, they were still people's homes, and those people were not given what they were promised in terms of relocation. And if they did get relocated, they were low-income people that didn't have access to cars, and they weren't sensitive to where they relocated them and how this would tie into public transportation so they could continue their jobs.

So it was just a blight, it was a devastation upon a community that was already devastated. And, to be frankly honest – and maybe this has to do with repression – I didn't feel what I anticipated, which was this scary moment, like, "Oh my god, this is where my father died," because it's so big and you can't really look. But the first thing I thought was, "Oh my god, this looks exactly like the imploding of the projects. It's just on a bigger scale. That's exactly what it looked like. And I daresay that the two were related politically."



Food Democracy (continued from page 1)

regarding the source.

"NO GMO!" – PROTESTS AGAINST GENETICALLY ENGINEERED FOODS

Across the world, people are reclaiming their rights to non-corporate, non-processed indigenous foods. Protests against genetically modified organisms (GMOs) come from various nations, producers, and consumers worldwide. Perhaps the largest and most powerful objections against genetically engineered foods have emerged from industrialized nations in the form of trade restrictions. Numerous European countries and Japan have banned both genetically engineered produce and imports with genetically engineered ingredients. Brazil has banned genetically engineered crops; in May 2002, the Brazilian government burned 770 bushels of soybeans after they were found to be genetically modified. This was part of 2020 bushels confiscated from fifteen farmers who were arrested for violating Brazil's laws against the production of genetically modified crops (Numbers, 2002).

Farmers are protecting their livelihood and reclaiming their rights to protect the earth and its diverse species. South Asian farmers recently caravanned across Europe to call attention to their opposition to genetically engineered crops and the free-trade measures which are allowing corporate theft of their ancestors' seed cultivation work. Lal Shankar, an Indian peasant leader, described their struggle as "a fight of indigenous agriculture and traditional systems against the North-dominated gene technology and free market." Another protestor, farmer Kumud Chowdury put in plain words why she was there: "My husband is taking care of our farm, while I am here to kill Monsanto before it kills families like mine." (Rosset, 2001, p. 231)

Monsanto's introduction of genetically engineered cotton in India moved Indian farmers to formally protest. In 1998, the Karnataka State Farmers Association (KRRS) issued an open letter to the country (and the world) that outlined planned protests against Monsanto Corporation's agricultural practices in their country:

On Saturday the 28th of November, at midday, thousands of farmers will occupy and burn down the three fields [where trials of genetically engineered cotton are being conducted] in front of cameras, in an open, announced action of civil disobedience. These actions by farmers against biotechnology, called Operation Cremation Monsanto, which will not stop until all the corporate killers like Monsanto, Novartis, Pioneer, etc. leave the country. (KRRS, 2001, p.229)

These actions received wide media coverage in India.

More recently, there was genetically modified crop sabotage in Drome, France as reported by the newspaper, Liberation, on August 14, 2001. An unknown group destroyed fields of experimental crops belonging to Novartis. Less than two weeks later, thousands of miles away, another field of genetically engineered crops was destroyed in the Southern Philippines. Eight hundred protestors, including farmers, church people, students, indigenous people, and civil society groups uprooted experimental corn in Monsanto's fields on August 29, 2001. Within ten minutes the protestors had uprooted the 1,700 sq. meter experimental field.

Consumers have been protesting as well. In San Diego, the Biodeviation 5 protest of 2001 was an effort to educate the public about genetic engineering and patents – corporations' theft from nature and farmers. The teach-in included topics such as: how the biotech industry is threatening the survival of family farms; the relationship between biopiracy, patents, and globalization; biotech's irresponsible science; and organic farming (Tokar, 2001). Similar themes were echoed at the

2003 Biodeviation 7 conference in St. Louis last month.

After public protests, Trader Joe's grocery (a large supermarket on the west coast of the US) has pledged not to use genetically engineered food ingredients in their store brands. The Organic Consumers Association is planning more protests at grocers who do use genetically engineered food ingredients in their store brands. Reflecting market demands, there are grocers that use genetically engineered food ingredients in their US store brands but not in their store products sold in the European Union.

"THE NEW GREEN REVOLUTION" – ORGANIC FARMING

The world's population is growing rapidly, so how can agriculture meet the increasing demands? Both producers and consumers are supporting the option of organic farming. While organic foods are often presented as a "luxury of the rich"; in reality, organic farming is a low-input, low-cost option to the current trend towards biotechnological foods. Most farmers in the world are organic – they can't afford chemicals.

Organic farming is based on the sustainable agriculture practices that have been in use worldwide for centuries. Through careful selection of seeds suited to the local ecology, diverse crops can be grown without the use of synthetic pesticides, herbicides, or fungicides. Organic agriculture uses no genetically modified organisms. According to the National Organic Standards Board, established under the Organic Foods Production Act of 1990, "the primary goal of organic agriculture is to optimize the health and productivity of interdependent communities of soil life, plants, animals, and people by seeking to restore, maintain, and enhance ecological harmony" (OCA, 2001).

Organic agriculture delivers quality products to consumers and

(continued next page)

HUMAN RIGHTS



The US Response to WMDs (other than in Iraq)

by Margaret E. Kosal



While wishing she were back climbing in the Everest region of Nepal, Margaret finds inspiration on the topographically-challenged plains of central Illinois in the amazing people around her. Described by the director of the Sunshine Project as “not suffering fools gladly,” she firmly believes in the need to reclaim science from co-option by corporations “science is NOT property, especially not the property of CEOs, shareholders or corporate executives.”

IN THE LAST MONTH OF SO, the US has been involved in high-level discussions regarding the proliferation of weapons of mass destruction (WMDs). In one case, the tone presented by the US administration is very different than that employed earlier this year by the US to justify the recent military foray to Iraq. In the other, the rationale for more military actions like the one against Iraq is being established. To other countries, the US presses for nonproliferation while it pushes forward new nuclear capabilities of its own.

NUCLEAR NONPROLIFERATION

Late March saw the convergence of parties to the Treaty on the Nonproliferation of Nuclear Weapons (NPT) in Geneva. Two years from now will mark the Fifth Review conference of the only international treaty intended to limit the spread of nuclear weapons and to hasten the disarmament of those countries which do possess nuclear armaments. While speaking toward the treaty's goals of nonproliferation, left unsaid in US Secretary of State Colin Powell's message was that the US is concerned with nonproliferation by other states.

Harsh words contending the need for “strict enforcement,” “resolute action” and choices that “require dealing firmly with countries” were made with reference to North Korea and Iran. Earlier this year North Korea withdrew from the NPT after revealing intentions to resume its nuclear weapons program. There are legitimate suspicions that Iran, which is party to the NPT, has secret nuclear weapons facilities; the capability for gas centrifuge uranium enrichment was confirmed in late February during International Atomic Energy Agency (IAEA) inspections. Remember the US administration pontificating about Saddam Hussein's alleged attempt to purchase aluminum tubes? Those would be for gas centrifuge enrichment. “The time for business as usual is over” for those other countries, in the words of the current US administration.

The touting of the vague Moscow Treaty (the “handshake agreement” between G.W. Bush and Russian President Vladimir Putin to putatively dismantle all but approximately 2,000 strategic nuclear weapons by 2012 with no verification

protocol for either side) by US representatives to the NPT meeting was explicitly countered by a group of NGO's. The International Physicians for the Prevention of Nuclear War, the Women's International League for Peace and Freedom, and Greenpeace said directly what representatives from other countries had only been hinting ... that US nuclear weapons policies are threatening the NPT.

OUTSIDE ANALYSIS OF US NUCLEAR POLICIES

The NGOs criticized US strategies and documents that propose integrating nuclear weapons into military responses, indications of an intent to resume underground nuclear testing, and abrogation of the Anti-Ballistic Missile Treaty (ABM) in order to pursue missile defense and space-based weaponry. Further jeopardizing to the NPT has been the explicit threat to use nuclear weapons against non-nuclear states in response to non-nuclear attack. Specifically criticized was the development of new ballistic missile systems and new nuclear weapons, e.g., the Robust Nuclear Earth Penetrator, which is better known as the “bunker buster.”

Back home in the US, Los Alamos National Lab has announced the resumption of production of plutonium “pits” – the grapefruit-sized balls of weapons-grade plutonium that are pretty much only used for nuclear weapons applications. These are not dual-use items.

CHEMICAL NONPROLIFERATION

As the NPT meeting was winding up, the First Review Conference of the Chemical Weapons Convention (CWC) convened in The Hague. The CWC prohibits the development and demands the complete elimination of all chemical weapons. The CWC was designed to have ‘real teeth’. Explicitly delineated are full verification and inspection regimes (lacking in the biological weapons treaties).

In his opening address to the Review Conference, the head of the US delegation Stephen G. Rademaker, Assistant Secretary of State for Arms Control, made a number of statements that seemed to be setting the stage to justify further military actions, as the specter of chemical weapons was used as rationalization for the recent attack at Iraq. “We confront a number of countries around the world that have or actively are seeking chemical weapons.” The countries targeted by Rademaker's rhetoric were Iran, North Korea, Libya, Syria and Sudan. All have (or there are legitimate suspicions that they have) pursued development and acquisition of chemical weapons.

Rademaker repeatedly emphasized the US administration paradigm that the absence of evidence is not necessarily evidence of absence, but he extended further that line of thinking with the suggestion that inspections are fundamentally flawed. No other means to verify accordance with the CWC



under international protocols were offered to the conference delegates.

The other (unspoken) option is US military intervention.

STOCKPILE DESTRUCTION AND INSECURITY

The US has met the treaty's timetable for destruction of 22% of its chemical weapons stockpile, which once consisted of some 31,000 tons of chemical warfare agents. The case in Russia is much different where just over 1% of its 40,000 ton stockpile has been destroyed. The security of the remaining chemical weapons to potential terrorist threats was also highlighted, although perhaps not as forcefully or with as much importance as is warranted considering the potential consequences of insecurity. Completely overlooked was the question of stockpile (in)security in the remaining 24,180 tons of US chemical weapons.

DEVELOPING COUNTRIES AND CWC IMPLEMENTATION

One problem highlighted at the review conference was the failure of nearly half of the state parties to implement any domestic measures to ensure compliance to the treaty. Only one quarter of the 152 nations party to the convention have fully adopted the national enforcement requirements. The US Congress has passed legislation in accordance as specified by the CWC, with some exclusions to the benefit of the chemical industry.

Developing countries account for the majority of those failing to fully implement the treaty. A lack of resources, both financial and technical, and dearth of expertise are cited as reason for non-compliance by most developing countries. This deficiency of resources for chemical weapons nonproliferation is not going to discourage terrorists. The US has pledged aid to developing nations – a real, pro-active means to limit proliferation of chemical weapons or a course for preemptive US military intervention?

supports small family farms. Organic Valley is a Wisconsin-based cooperative and one of the largest suppliers of organic fruits, vegetables, and milk in the country. The farmers running the operation have chosen to cap production in order to prevent market saturation. They never produce more than can be sold, which guarantees that each farmer has a consistent income. Profits are not the bottom line, as 28-year-old organic dairy farmer, Travis Forgues, explains, “Organic farming shouldn't be about making money; it's about how many farmers we can save” (Paul, 2002).

The “modern” farming industry [Monsanto and company] argues that organic farming is inefficient. Recently, Cardiff University, the German Agriculture and Environment Minister, the International Federation of Organic Agricultural Movements (IFOAM), and Greenpeace investigated the impact switching to organic farming methods had for resource-poor farmers in developing nations. The document, “The Real Green Revolution” found: Indian organic cotton farms to have 20% higher yields than conventional farms, Madagascar rice yields increased 300%, and Brazil increased their maize yields by 20-250%. Nicolas Parrot, from the University of Cardiff, emphasized the need for farming techniques to be embedded in local communities and environments: “agriculture need(s) to work with and respect the local environment” (Parrot, 2002).

LOCAL AND GLOBAL - BUILDING ALLIANCES

In July 1999, indigenous peoples' organizations, non-governmental organizations, and networks in more than thirty countries came together and signed a statement against WTO agreements, specifically the Trade Related Aspects of Intellectual Property Rights (TRIPS). The group clearly stated their opposition to the application of patents over nature.

The application of this form of property rights over living things as if they are mechanical or industrial inventions is inappropriate. Indigenous knowledge and cultural heritage are collectively and accretionally evolved through generations. Thus, no single person can claim invention or discovery of medicinal plants, seeds, or other living things.

On a national level, in December 2001, Canada banned the pesticide lindane, which is used to treat canola seeds. As a result, the Crompton Corporation (the US-based agrochemical producer of lindane) sued the Canadian government for \$100 million. They claim that the ban on lindane violates national treatment, minimum standards of treatment, and the performance requirements provisions of NAFTA chapter 11 (OCA, 2001). Canada claims it is acting in the best interest of its people. Crompton apparently is acting in the best interest of profit.

Over one thousand Canadian organic farmers

have gathered to sue Monsanto and Aventis, companies that own genetically modified rapeseed. The farmers allege that the companies' genetically modified plants have contaminated their organic fields. When the farmers took their organic produce to market, their crops tested positive for genetically modified organisms, which are prohibited by strict organic standards. Thus, the farmers could not sell their crops as organic and are suing the corporations for lost profits and to block the introduction of genetically engineered wheat into the area.

In an effort to fight the monocultures of bio-engineering and to protect biodiversity, seed banks are being established and used throughout the world. Seed banks work to preserve ancient varieties of plants that are native to an area. They promote the ancient cycles of seed selection, seed saving, and seed replanting. Farmers select and save the best seeds from a good crop to share with other farmers and to plant again the next season. Seed banks return power to the local farmers, so farmers can depend on one another instead of transnational corporations to obtain seed.

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IMC Needs New Building, Now More Than Ever

by Meghan Krausch

AS MANY READERS MAY KNOW, ON Thursday, May 8, the City of Urbana shut down the Urbana-Champaign Independent Media Center performance space because of fire code violations. While the IMC membership respects the city's codes and understands the importance of safety in public buildings, there is widespread disappointment in the way the city carried out the closure. As it stands now, there is no clear way to bring the space up to the standards set for assembly spaces of fifty or more people.

The city has given assurances that the office space; library; radio, video, and print production room; and art gallery areas of the IMC (everything but the back room) will remain open. Meetings with fewer than 50 people will continue at the IMC. As a music venue, however, the IMC has now shut its doors.

A SUDDEN DECISION

The IMC has consistently been transparent with the City of Urbana about the use of the room as a performance space, and has publicly advertised events for the past year and a half. The performance space, the focus of the recent citations, was inspected eight months ago and the minor issues raised at that time were promptly resolved. All of the major violations that have been cited by the city preexisted the IMC's use of the space and the majority of the issues preexisted the annual inspection that occurred eight months ago.

After an inspection on May 5, the city gave the IMC twenty-four days to complete six repairs in order to comply with the Urbana Fire Code. The violations were not deemed serious enough by inspectors to warrant closing the performance space to public use. Within 48 hours, IMC members formed a plan of

action and began fixing the problems. On Thursday, May 8, officials returned unexpectedly to the IMC and issued an official notice of closure. The IMC was not informed of why this sudden change in requirements had occurred.

RELOCATION

In the short term, the IMC will be forced to relocate its shows and to reduce the number of performances. The IMC Booking Group will not stop booking shows--the group is planning several outdoor festivals and other benefits.

The IMC Booking Group will continue to do everything in its power to maintain a presence in the community and to follow through on its commitment to all-ages performances. The IMC Folk Music Series has been relocated to the Channing-Murray Foundation, and at least one show, Q and Not U on June 6, has been relocated to

the Illinois Disciples Foundation.

FINDING A PERMANENT HOME FOR THE IMC

The only long-term solution to the current situation is to acquire a new space. The IMC is redoubling its Capital Campaign efforts towards raising funds to purchase a permanent home for the IMC. The IMC will not be able to reopen its previous performance space, but hopefully within the next 12 months it will be able to buy a building of its own that complies with all city requirements for public assembly. The goal is to raise \$100,000 by December. The IMC has already raised over \$30,000 in just a few short months.

If you would like to help with the Capital Campaign please contact the Independent Media Center at 344-8820 or info@ucimc.org. You can also donate at <http://capital.ucimc.org>.

American Contradictions

by Willy May

Someone sits on a pieces of put together stone.	before someone is allowed the necessities to commune with the sun.
Someone is hungry	Someone knows that someone
Someone wants to take something in, make it part of someone's self and so in, make someone's self a part of it.	trained by coercion is ill equipped to commune with the sun, though that someone might have
Someone wants to commune with the sun with the dynamic living green making living possible.	exuberant access to food commodities.
Someone wants but is told someone must coerce and be coerced	Someone trained by coercion doesn't know how to commune
	Someone thinks, sitting on a pieces of put together stone, listening to someone's some body's stomach
	Someone smiles, sunrays gently caress someone's face.

LIVING MORE SIMPLY

A class that will examine the idea of living in a way "outwardly simple, inwardly rich." We will discuss the trend to question consumerism and the high-consumption lifestyle as unsatisfying, but without going to extremes of self-denial or asceticism. Some topics considered: The pros and cons of frugality in purchases and the use of disposable products and recyclable materials. Advertising's effects on us. The need to acquire ever more "stuff." Living better with less clutter and waste. The rise of recreational and addictive shopping. Motives for simplifying: economic, ecological and moral/ethical/religious concerns.

TIME: 7-8 pm.

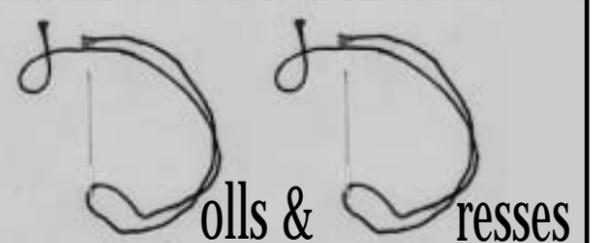
DAY: Tuesdays

DATES: June 24-July 22.

COURSE FEE: None, but there is a \$5 registration fee for nonmembers of the University YMCA.

INSTRUCTORS: Jane Heaton, Bill Strutz & Ron Szoke.

LOCATION: University Place Christian Church, Wright at Springfield, Champaign. (Ample free parking is provided.) Call 337-1514 for more information.



olls & resses
An Art Show Curated by Sandra Ahten
Opening June 7, 7-9pm Show runs June 7-30
Middle Room Gallery, IMC, 218 W. Main, Urbana

FEATURING WORKS BY:

- | | |
|--------------------|----------------|
| Robin Arbiter | Sarah Kanouse |
| Colleen Brodie | Liza Ryus |
| Danielle Chynoweth | Barbara Smith |
| Patricia Fordan | Jana Uebele |
| Julie Guyot | Allen-Martian- |
| Deena Love | Vandever |

CHANNEL
BY 05
DR 26
DA 03

Kid Korner: Fun Political Activities

Weapons Labyrinth

Help W. find the WMDs.

START HERE

Collect the Debts

Draw lines to form a picture.

1. Locate oil-rich country on a map.
2. Stage illegal & expensive war.
3. Use oil money to pay off war debt.
4. Cut taxes to win re-election!

Tic Tac Totalitarian

1. Choose your favorite dictator.
2. Player with biggest military wins!

Finger Puppet Regime Change

with replaceable heads o' state!

1. Cut along dotted lines & tape to finger.
2. Wag finger while espousing democracy.

Crossword: Corporations Making Money in Post-War Iraq

by Gabe Stanton

ACROSS

5. Behind pro-war media
7. _____ Industries (tank maker)
10. _____ Services (anti-union company)
15. Another construction company w/ties to DOD
16. Dead mollusk or oil co.
18. Organizing local policing

DOWN

1. _____ Triangle Institute
2. Got the largest contract
3. Ist Viceroy of Iraq
4. Reason for war/business
6. Owns ABC, guilty of pro-war TV
8. Country supported invasion
9. Bog Oil supported sanctions
10. Shiite group supported by U.S.
11. Big Oil
12. One of seven deadly sins
13. Co. it owns built bombers
14. Cheny was former CEO
17. English Big Oil



IMC Shows - <http://shows.ucimc.org>



Bitch and Animal

Mon.
June 2nd 8pm

"What Animal and I do best is improvisation," says 28-year-old Bitch, a self-identified "queer elegant queen" who hails from Detroit but now, with 25-year-old partner-in-art Animal, calls Brooklyn, N.Y., her home. "I think of us more as performance artists than musicians, really."

Indeed, after one listen to the duo's sophomore disc, *Eternally Hard*, with its torrid brew of sexually and politically charged spoken-sung lyrics, stripped-down instrumentation, and assorted tribal-edged percussion, you'll understand what she means.

— *The Advocate*

Location: Channing-Murray



**Holly Figueroa
Joni Laurence**

"Holly Figueroa's roots run deep into the murky waters of American music, touching on gospel, folk, jazz, avant-garde and Americana." — *Minor7th*

Tue. June 17th 8pm

Location: Channing-Murray



**MJ Walker and Fictive Kin
Buster's Dream**

Sat. June 21st 8pm

Enjoy the honest bluesy porch music of these two amazing folk groups. Fictive Kin is an easy going musical family. They're among the finest folkies on the Chambana scene. Buster's Dream has a high and lonesome mountain folk sound with hints of Woody Guthrie.

Location: Channing-Murray



Fri.
June 6th
6:30pm

Q and Not U

French Toast, The Dynamo Theorem

Q and Not U (Dischord Records) will tour in support of their new record *Different Damage*. This date is a makeup for the April 14 date, which was cancelled due to their drummer breaking his foot. This show also features French Toast (w/James Cauty of the Make-Up and The Nation of Ulysses) and locals The Dynamo Theorem.

Location: IDF

Ripley Caine, Doria Roberts, Eleni Moraites
Sat. June 14th 8pm

"when life knocks you down, [Ripley] is what you listen to just before you pick yourself and get back in the fight." — *rebecca - grrrifest 2002*

"Just a girl and her guitar can sometimes blast above the rowdiest rock. That's the case with Doria Roberts. Her lyrical wisdom and simple strums combine to make for one grooving gig. Roberts' music is both political and emotionally savvy." — *Curve Magazine*

Location: Channing-Murray

Middle Room Gallery

218 W. Main, Urbana

Sat. June 7th evening

Group art show opening.

<http://gallery.ucimc.org>

Adam Brodsky

Sat. June 28th 8pm

Anti-Folk! Outrageous, dorky, in your face songsmithing. If you like Dan Bern or Hamell on Trial, you'll love Adam Brodsky. If you hate Adam Brodsky, you'll love Adam Brodsky!

Location: Channing-Murray

Skeleton Danse

Champaign-Urbana's Monthly All-Ages Gothic Dance Party

Fri. June 27th 8pm

Goth/Industrial DJ Dance Night

Skeleton Danse is dead. Undead, undead, undead.

Location: Channing-Murray

New Locations

Channing-Murray - 1209 W. Oregon, Urbana

IDF - 610 E. Springfield, Champaign

All shows are all ages, no alcohol, no smoking.

Advance tickets for select shows available at Record Service, Record Swap, and Dandelion.

Events @ IMC

AWARE - Sun. 5pm
Yoga - Wed. 5pm
Prairiegreens - 1st and 3rd Wed. 7pm

IMC Meetings

Steering - Wednesdays 8pm
Librarians - Tuesday 8pm
Tech - Wednesday 7:30pm
Finance - 1st and 3rd Wed. 7pm
Print - Thursday 5:15pm
Shows - Thursday 7pm

Möbius poem

(READ UPSIDE DOWN AND BACKWARDS SAME AS RIGHT-SIDE UP AND FORWARDS)

by Mark Enslin

!wanswans:jamsueseueijewelsiajay...
hotjewelempiresnewjeanshuedwotshew
jelloploypoomdebaytdebated(sailoies)"asnotapew"
sitinsloom/tenboltsellastloquat/swayuopanel
sewered seas umayhem=xvirtueninjaspaintuapui
ssantjin x (saipanssitinswims)saipanssioux-deal
boydottdoysteamswoolsatinsmel

lawsuitesloomsweatshoptophog
leap=x noissuedies(swimsuitissuedies)x virtuess
indentuiedservivantjinx=wayhewn seas pajamas
slavedonhems/tenboltsellastloquat/woolsuitis
"madetouse"(saidlies)pategapthegapwoodyholdollar
maystompanysuermausajidwalamartoy
...hereislamarianasanswer:suem suem!