

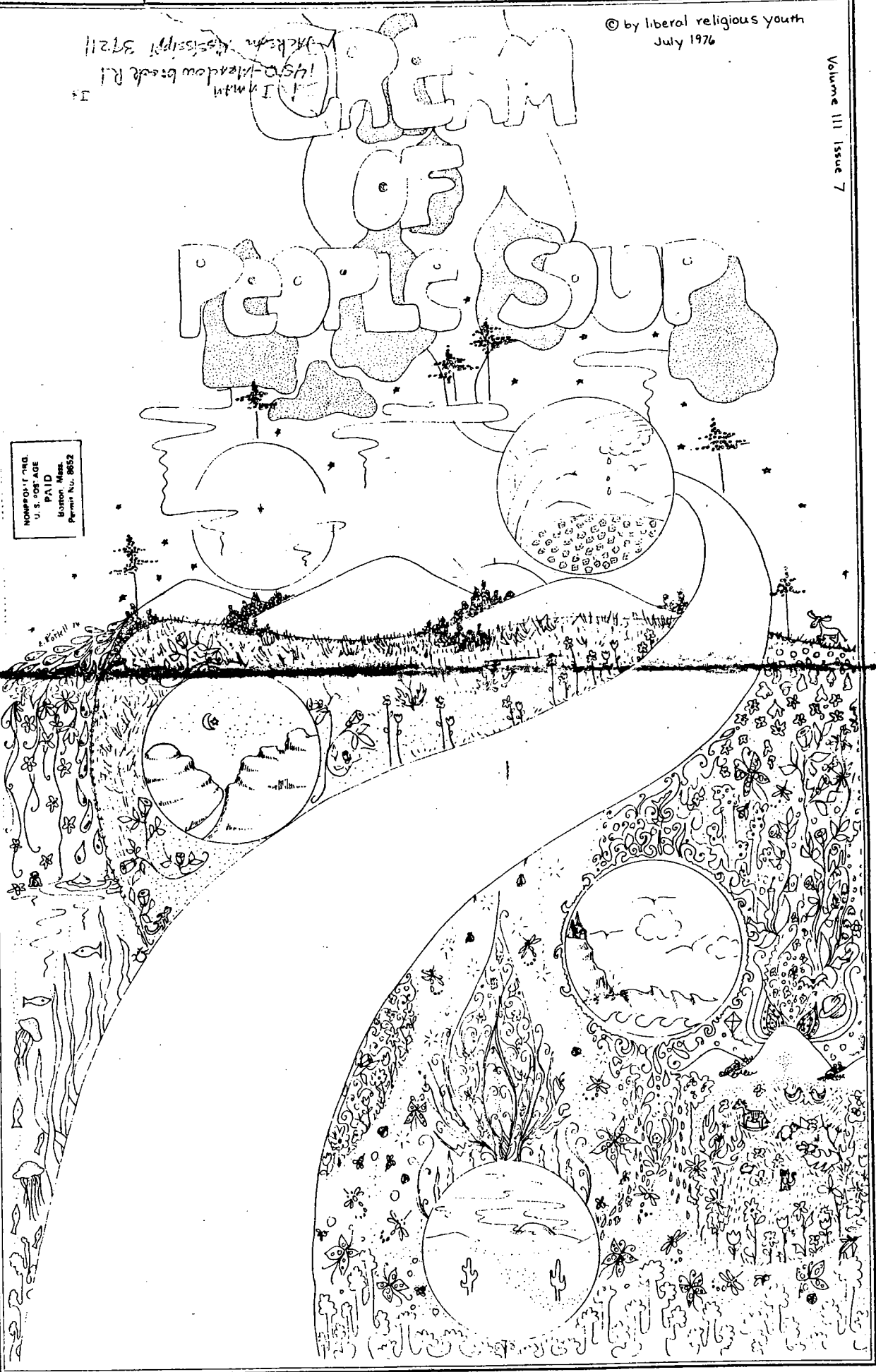
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July 1976

Volume III Issue 7

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CREAM OF PEOPLE SOUP

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A special thanks to Luci Hagan
for typing.

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newspaper are welcomed. It is
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energies, both spiritual and
physical. Any contributions of
news items, short stories,
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are welcome and will be con-
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must be in black ink, and photos
must be black and white.
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the ol' budget jes couldn't
stand the pain.

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Boston, MA 02108

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Timmer, where are you? I miss
you're co, send me your address.
We just gotta write. Lotsa
things happened, went to jail
in Louisiana, got sunburned in
Feb. in FLA., thumbed up and
down east coast of U.S. (N.H.,
to Fla. and back), got
married this a.m.! Write soon
as you can! New Address!
Mr. & Ms. James Bathalon Jr.
705 Union St. #4
Manchester, N.H.

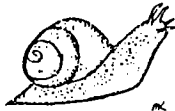
Glaucus/Horizon/Chris Murphy:
Also Chris Blaisdell: Where
are you? Please tell me if you
get a chance, Oh, Please!
Smudge & Belfry

Dear Stacey, Todd, Cathy & Phil-
I love you all. Please write or ca
ll because I am very lonely!
Love Kyle- 3647 Therese
Wayzata, Mn. 55391...473-4750

To Denise in K.C.-
Cocaine all 'round my brain!
- Joanie

HEIP! I'm dying of boredom and
loneliness in West Hartford-
Somebody write. even if you don't
know me. Dec Kegeles-114K. Main S
t. West Hartford Ct. 06107

To all my friends who don't
know where I am;
Linda Steiger: 274 Band Rd.
Boulder Creek, Calif. 95006



Hey LRY'ers... I'm drowning in
a lack of care. I'm in a small
group of people starting a local
group, in a little conservative,
fundamentalist town. We'd sure
all like to know your out there.
Suggestions would be appreciated.
Can't wait to hear from you! love
you all,,, Gordon Klement
304 Moultrie Pl.
Santa Paula, Calif. 93060

P.S. If you like to write, so
do I. Send your address & maybe
we can get something going.

Melvin (K.C.) LRY and other Tolke
in lovers: If you've read the
trilogy & the Hobbit, try to get
"A Guide To Middle Earth" by
Robert Foster. Also you may
enjoy the Earth-Sea trilogy by
Ursula K. LeGuin. Oh, there is a
club for Tolkien nuts: the
"Tolkien Society". I'm not a
member, just heard about it. I am
a member of the St. Pete Fla.
Lry If you want to contact me,
place another "personal"



Please Write I'm also a hobbit
lover! ms. Ali, 15- Cheryl-Ann.
Dr. Rutland, Ma. 01543

Todd- his name is Mark, but
I'm not really sure, so I'd
like to get to know you better.
almost for sure I'm coming up,
so send directions (and a picture)
Love Kyle...

Hey folks! keep these
short!! Remember the
U.S. Post Office is for
letters! Isn't it worth 13¢?

To Janet H. in Omaha- How do
you do sweetie-poo? A big howdie
and a hug to John! - Joanie H.



wayne- watch a sunrise
for me... stacey

To Everyone, Star lry 76,
It's kind of hard to explain
but you'll know what I mean.
Keep the Star Feeling as long as
you can There aren't many
beautiful things left. See you ne
xt year. Love Peter



To Grunt Allen in K.C.- Here's
the personal you've been hopin'
for. Read it proudly. I love you.
- Joanie H.

Help no LRY's here or church.
I'm alone and scared. Need a
heck of a lot of letters and
friends to pull me through. I
will write back. Rebecca Mc-
Connell, 700 L. Spruce St. #6
Deming, N.M. 88030

To Kate, Barb and Pam,
To top off a saJ farewell, all I
had left to remember you by all
washed out in the first wash. I
shouldn't have used a watercolor
pen. How about a repeat with a
permanent magic marker? P.S.
Kate, you got your wish. Now
you can draw something else.
See you soon, Love Peter P.P.S.
Send me the letter Q

HEY LRY-er's! I am still here at
215 Commonwealth, Flint, Mi., 48505
Would appreciate any and all
inquiries as to my state of mind,
etc., from folks I love and miss;
also from people I love but haven't
met yet. After July my address
will be 11318 Grand Oak Dr., #1,
Grand Blanc, Mi., 48439. Yes,
mommykins and daddykins have
decided to move back to "Big
White", as it's known by those wh
o know, and they're taking me
with them. But it's not so bad,
thank you for askin', because
I'm off for Higher Education in
the fall. And me a high school
dropout. Ah well. Such is life:
Bozo goes to college. P.S.
Supernut where art thou?
Phone me or something, dear girl,
I miss you (I also thought you'd
dig having your very own
personal in the Personals.)
Long Live Lesbian Refugees from
Yugoslavia!

To the North Star Federation-
the most beautiful people I will
ever know...
Farewell to you and the youth I
have spent with you. It was but
yesterday we met in a dream.
You have sung to me in my
aloneness, and i of your
longings have built a tower
in the sky. but now our sleep
has fled and our dream is over,
and it is no longer dawn. the
noontide is upon us and our
half walking has turned to
fuller day, and we must part.
if in the twilight of memory
we should meet once more, we
shall speak again together and
you shall sing to me a deeper
song. and if our hands should
meet in another dream we
shall build another tower in
the sky. (Gamble Alden Life
Insurance Co.) i will always
love you all. -stacey bamford.

Dear Hartford Local, although
i'm known by my bitching &
depressions about LRY, i wouldn't
bitch about it unless i really
thought it could be better.
same with depressions, if i
thought there was nothing that
could make it better, i wouldn't
care. If i thought you were the
more "typical" Hartford(etc.)ites
i wouldn't bother trying to
explain my feelings to because
i'd know you wouldn't listen.
And if you were i wouldn't
feel comfortable with you & i
probably would have quit. I just
wanted to explain this because
i probably won't see you over
the summer- if i don't, please
keep in touch. Love Dec. P.S.
Jen, i wasn't "acting" at the
last LRY meeting during the strok
ing...

Kevin Bell, This is (fuckin,
fuckin) Lizbeth alias "S. Belle"
where are you? I need some direct
ion or rather, a sounding board
won't you please write c/o
Hazel Thornton- 200 Spillers Ln.
Houston, Tex. 77043 now if not
sooner (I'm now in the sooner
state) Manges Moj, L- also
Kendermota Cha Cha- I am
a Commie Rat.

to: wimpy (good friend, great
person, much lovd LRY person
from Phx AZ) from: all of us who
need you, luv you and wish we ha
d you back again. THE BEST OF
LUCK(lifesavers) and lots of LOVE
You better make very sure you get
to continental. PLEASE Be care-
ful and write to us let us know
what you are doing.

To Audrey, I can't go anywhere
far, work conquers all. When
can I see you again? The Star
feeling is starting to wear off.
What can I do? Talk to you later.
P.S. Send me the letter L.
Love Peter.



To Paul and Martha, Well we
finally made it home after
missing our town of Well
Try Route " sometime. It's
lots of fun. I'm hold on, I made
a small error. Mom's going to 2nd
family week so your guitar will
take a little longer than planned
but I haven't forgotten. P.S. How
s your ear? Love, Peter

Hello, i am looking for someone
to play a few games of chess by
mail. Should be fairly good to
so so as far as talent goes.
applicants should be ready for a
lasting relationship. Thanks-
write to: Ken Kerr
1430 N. Church St.
Rockford Ill. 61105

"Orangebird, Ice, Kangaroo,
Smiles, David, Torro, and 7th St.
I miss you here in Colorado...
HUGS & KISSES-- Wimpy "

Cyndi-Ilove you ... no B.S.

Warning: #10-- Beware of
pefilte fish in the harba.

David Innes: Please get in
touch with me sometime! I
haven't seen you since NERO
midwinter 74, or so, Are you
still alive? Love Harry
Shuman... 933 E. 7th St.
Plainfield N.J. 07062...

To all my friends in the midwest
I have now moved to California.
Here is my new address-
Jay Loftis- 1024 Circle Creek
Lafayette, Calif. 94549

People Soup readers, Hopefully,
I'm going to be a foreign
exchange student from our high
school next year. I want to go to
a french-speaking country, but
I don't really care where. Does
anyone know of some interesting
french-speaking countrys where
there are exchange opportunities?
I know there are several in Africa
(and that does excite me! wow!)
but I'd like to know of others
people have had contact with.
Some places, the educational
system is bad enough that it
wouldn't be worth going there to
study. But how do I know what's
good and what isn't? I'd also
like to hear from kids who've
been to other countries and know
what kind of problems I'll be
up against. Any information will
be appreciated and helpful. So
write! Thanks-Laurie Horton
R.D. #1, Box 42
Alfred Station, N.Y. 14803

Oh- if I do end up in some exotic
far away place, I'll write the
Soup and let you know what it's
like... Tarzan strikes again?


LIBRARY PACKET

A Packet
of LRY Programs
Consisting of games,
guided fantasies, and
inspirational experiences
for hours and hours of fun
and learning for your local LRY
group. (Great for conferences too!)

Some examples of what's in the packets
are: The Animal Game
Hand Cream Orq4
Memories
Active Listening
Scene scenes
Peer Perceptions
Rumor Clinic

**59
PAGES!**

If you or your local are interested, send just 50¢ for each
Program Packet to: LRY
25 Beacon St
Boston, Ma.
-02108-



FPS: a magazine of young people's liberation is informative, scintillating, and thrilling to read. Its subject is liberation. Liberation of all of us from a society that oppresses it's youth (among others). Articles examine the forces that cause this oppression, and suggest means for change. The most recent issue is entitled "HIGH SCHOOL WOMEN'S LIBERATION". It contains articles on "Growing up Gay", "The myth of equal Delinquency", "Singin' the Sexist Blues", and "Questions Every High School Woman Should Ask."; to name only a few. **SHOULDN'T YOU BE GETTING THE ONLY REGULAR MAGAZINE OF YOUNG PEOPLE'S LIBERATION? FILL OUT THIS FORM AND RETURN IT TO:**

FPS
2007 Washtenaw
Ann Arbor, Mich. 48104

Name _____

Address _____

City _____ State _____

zip _____

Send me one year for \$10
 two years for \$18
 three years for \$24

Payment enclosed Bill Me

New Subscription Renewal

NOTICE:

A retainer was left at
GA. If it is yours ...
please write to us,
LRY 25 Beacon St. Boston 02108

Many times an issue of People Soup will have a plea for articles, information, and graphics. The reason for these pleas is that LRY's newspaper needs input from its readership. The Executive Committee could be only a newspaper staff and spend all of its time on People Soup - but that isn't its purpose. People Soup isn't the Executive Committee's, it belongs to all LRYers. Because we wonder how many people truly feel that their input is valuable, because we wonder how many people just aren't sure what sort of input we want, because people ought to know the reasons why LRY has a newspaper -- we thought that we would let you know.

Unfortunately, an author's name was left out of the last Soup. Beverly Hendricks, our last apprentice, wrote the article on page 8 titled Not A Tourist. Read it and accept our apologies.

- 1) COMMUNICATION- A channel for relating experience with workshops, programs, problems and the solutions used that will be useful to others rather than just reading material.
- 2) ARTICLES BASED ON THE THEME OF THE PARTICULAR ISSUE-
- 3) ARTICLES TO INFORM- such as social issues like Senate Bill I. These are more objective, hopefully, than what is classified in the Biofeedback pages.

Between the 5th and 6th issues of Soup we had an onslaught of artwork sent in. Why did it slow down? What a teaser to pull on us faithful souls. Please send it again, it was beautiful- but it has to always keep coming. If your work hasn't been included yet consider these factors: was it in black ink? perhaps the size is awkward for us to use, or maybe it just hasn't been used yet--have faith it will be used appropriately. Please send more, for the Soup needs its spice...

--the stove

- 4) ENTERTAINMENT- poetry, personals, and the artwork.
- 5) BIOFEEDBACK- interchange of opinions on certain issues that pertain to the world at large or more specifically, LRYers.
- 6) FED'S UPS AND DOWNS- announcements about federation or local activity, including conference information.

Interested in a conference to work on solutions to issues that affect the world? The Fourth Annual UN Youth Seminar will be January 12-14, 1977. This conference has dealt with themes such as "political prisoners," and "the international balance of power" in past years. A meeting to plan the Seminar's theme will be held by youth of the New York area, in early fall. If you are too far away --your input is still valuable and will be received by Bob Brown (address below).

The Seminar includes workshops, discussion, simulation games, movies with resource people from government departments, universities and volunteer agencies appropriate to the theme. It is held at the Church Center of the UN Plaza--so some awareness of the UN's activities is gained.

Arrangements will be made with one of the UU societies and your sleeping bag will be needed. Registration is \$7.00 plus \$9.00 for accommodations. Scholarships are available. For more information, or to share ideas (to request scholarship aid simply indicate why you have a need), write to Bob Brown: c/o UU-UN Office, Room 7D, 777 UN Plaza, New York, NY 10017. The seminar is sure to be another high-energy and positive force created by those youth who participate.

Jan Vickery Knost is the minister of the First Church and Parish in Dedham, Massachusetts. We became acquainted with him through his position on the UUA Board and his offering LRYers copies of The Invisible Sun for a reduced price. In addition, \$1 from each of these copies will be donated to LRY. If you would like this book of poems send a note and \$2.50 (perhaps some postage) to LRY 25 Beacon St. Boston, MA 02108.

Mahatma

sandals shawl and spectacles
begging bowl and pipe
were left to time
in substance
that he owned

and yet beyond
and for eternity
a figure lives
forever

he was the david of his time
the sun
it never set
upon the empire all called britain
that was goliath

he took it all to task
and won
o'er salt and spindle

it was that simple substance salt
the means
of strike-ing for his people (all)
and new concern for freedom

he lived in peace
yet brought destruction
to an empire
by the way he preached
ideas

his motherland
(oft charged with chaos - pakistan
was thus unchained
and in that cause
he won far greater glory
than mere battles do

he won for man

To Ghandi,
and no wonder

JVK

-- just us typewriters,
Jennifer, Gary, Carlotta

BIOFEEDBACK MONITOR SYSTEM

Dear People Soup,
I have read many letters in Soup's Bio-Feedback from older LRY'ers, saying that they're "sad to leave all you wonderful people, LRY was fantastic, but..." and they all go to say how good LRY was before and what a shithole it is now.

I have been an LRYer for a year now. I have seen and heard a lot of opinions. I haven't done much about trying to change LRY for the better, 'cause I didn't want to seem too pushy or whatever. But now I'd like to tell you what I think as a younger, "rookie", LRYer.

A lot of times when we look back on the past, we seem to remember basically what we want to remember, the good things. Compare it with the present and you'll probably come up with your plain, average, everyday shithole.

I have also noticed that at meetings we generally sit around "shootin' the shit" or playing Wink. I have no objections to doing that all the time, that is, if you're a snail or a goldfish. I think what makes LRYers pissed off the most is that they're expectations and needs aren't being fulfilled. Why aren't they being filled? Because most of us are waiting around for someone to do something. That's what we get, someone doing something, whatever. And I'll tell you now, that doesn't quite cut it, does it?

This is our LRY! We have the power, the ingredients and the potential to do it! So let's get our ass in gear!

Lots of love and hope,
"The Hobbit"

P.S. I think LRY is super and it's going to get better, I know it is.



Dear Persons,
Since January of this year I have been working with the people of downtown Harrisburg, PA. We have been trying to organize our selves to avoid being chased out of the last place we have to congregate after 7:00 P.M., the place being the streets of downtown Harrisburg.

Being a member of the LRY for 4 years as a member and advisor of DVF, I feel that the LRY would do the Youth and others concerned a lot of good. The people need to get organized to help themselves solve their problems of where to go after 7:00, what to do, and finances to do this with. We know that the LRY does this in all of the locals. What I would like to suggest is that the people of downtown start an LRY local for the area. There already is a local in Harrisburg, but since this local has fallen apart a couple of times and is not on good terms with the church, I feel a separate local would do a much better job and prosper into a strong and stable local of about 35 members. But to do this we will need a lot of help and support from everyone in the LRY. Anyone interested in helping us with this project should write to:

"Fang" Dennis Dougherty
314 8th Street
New Cumberland, Pa 17070

The people of downtown Harrisburg would like to get to know the LRY so if things work out for the good, we will hold a conference for all of us to get together to exchange thoughts by the start of the fall. So if enough of you write to me and offer your assistance, we can have a new local in the LRY.

Working for the good of all,
"Fang" D. Dougherty

Dear People Soup,
My local recently received a letter from Continental complimenting our local programming. The letterhead read "Liberal Religious Youth A Non-Denominational Youth Organization." This letterhead speaks of a trend in LRY away from the UUA. In my experience this trend is largely supported by LRYers who are not Unitarian Universalists. I find this trend very distressing because I think LRY is a denominational organization; it is, and I think it should be, intimately related to the Unitarian Universalists Association. Whether or not LRY is legally affiliated with the UUA is outside the scope of this letter, however LRY should affiliate if it is not already affiliated.

The UUA provides most of Continental LRY's funding. Of the several dozen local and fed advisors I've met since I joined LRY, I have never known an advisor who wasn't a UU first. Local churches provide LRY locals with a place to meet and sponsorship which helps legitimize LRY's existence to society's authority figures (like police). In my limited dealings with police and LRY, I have been supported by my church. I feel most denominations wouldn't have provided this support.) Some churches contribute to local LRY budgets.

On the other hand, some local LRY groups contribute to their church's budget. LRY provides churches' need to staff their committees. (In the past year LRYers from my church have served on the church Board of Trustees, R.F. Committee, Maintenance Committee, Youth-Adult Committee, and Shared Property Management Committee). LRYers are active in UU districts and at the Continental level. Annually there are quite a few LRYers at General Assembly. LRY is active in denominational issues, LRY apparently had not a small role in assuring continuing funding for the Office of Gay Concerns at the '75 GA.

This interdependence in no way threatens LRY autonomy. LRY membership, decision-making process, budget, resource people, etc. cannot legitimately be dictated by the church any more than LRY can dictate church membership, budget, etc.

I do not mean to imply that all LRYers should be Unitarian Universalists. I believe LRY to be open enough to be able to include and be attractive to youth of liberal religious beliefs regardless of denomination, if any. Yet I don't think that our inclusion of non-UU youth should allow our relationship with the UUA to be called into question.

All this reminds me of the debate the Continental LRY Board had two years ago on what LRY's symbol should be. There were three attractive symbols in the running. A couple of non-UU LRYers began to speak out against having a symbol with a flaming chalice in it. Peter Malven counted 13 (a simple minority) of the Board members wearing flaming chalices, but these people didn't affirm UUism very strongly. Looking back it seems incredible: Unitarians in a Unitarian organization didn't affirm their Unitarianism in order to avoid offending a small non-Unitarian faction.

What I've been saying amounts to this: those of us LRYers who are also Unitarian Universalists must begin affirming our UUism. Those of us who are not UU's must know we are welcome in LRY even though it's affiliated with the UUA. LRY's relationship with the UUA is very important. Both LRY and the UUA would suffer if that relationship were destroyed.

Sincerely,
Karl Kharas

Editor's Note: I feel it necessary to clarify the point about the stationary on the Continental office. True, the letterhead stated LRY as a non-denominational youth organization. But the choice of the word "non-denominational" was only because our minds were ignorant of a better word, such as "non-creedal." We have since then clarified this point by changing the letterhead to say "A non-creedal youth organization affiliated with the Unitarian Universalist Association."

But my comments in no way deny the attitudes that Karl has put forth for consideration. I support what he has said, that we must recognize our relationship with the UUA as an asset.



Dear Sirs:
As a former member of LRY I am used to the more radical opinions expressed in People Soup, but the article by Liv about the connection between capitalism and sexual inhibition is simply too much. It represents a pathetically paranoid form of leftism which finds a conspiracy behind every social ill; ironically, it is best paralleled by the brand of right-wing cretinism that links international bankers, Jews, communism, and sex. Mr. Liv (gender here is indeterminate), posits that the nuclear family is essential to capitalism because it encourages privacy and isolation. How privacy and isolation promote the purchase of unneeded goods and the extraction of labor from unwilling workers is beyond me. Such a system would be more likely to foster distinct ethnic cultures and confident individualism, and in fact it does so, as the very existence of LRY demonstrates.

The author goes on to suggest that mogamous heterosexuality provides an outlet for men's need to dominate others. In this instance, he suggests that workers' wives are the victims. Unfortunately, he fails to explain (1) Why this does not translate into a general feeling of individual power and potency expressed in labor unrest; (2) Why capitalists don't want workers totally demoralized; (3) Why women don't dominate men by withholding sex; (4) Why women are hired by private industry in spite of the "need" for them as housewives and submissive sex tools. Furthermore, he gives absolutely no explanation of the mechanism by which horrible plutocrats such a perverse standard on an unwilling populace. Historically, Arabian wives have been the most oppressed women in the world, in spite of the fact that until recently most Arab families have lived hand to mouth off the land, with few large economic organizations. The recent industrialization of these nations has been accompanied by a gradual liberation of their women.

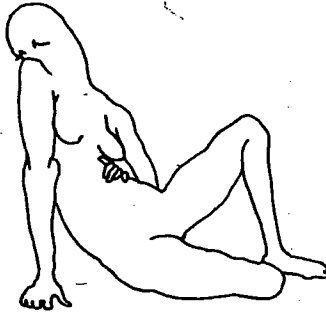
Liv suggests that Marxian socialism would eliminate America's sexual repression by granting all workers collective control of capital. I cannot imagine a more collectivized nation than mainland China. Unfortunately for the author's theory, that country is incredibly puritanical when it comes to matters erotic.

Capitalism is a system whereby people take risks with their money and sometimes receive a dividend for taking those risks. By scattering economic power, it reduces the possibility that the central government can exercise tyranny over a nation. It does not bother me that it is a corporation which sends me Playboy's luscious monthly dividend. Capitalism may or may not have faults which are worthy of discussion. Reform is not aided by frantic and fatuous theories of conspiracy.

Sincerely,
Bryan H. Jones
P.O. Box 2923R
TCU Station
Ft. Worth, TX 76129

The sexual revolution has resulted in an interesting chain of circumstances in LRY. Sexual awareness is important, and LRY can be a good place to learn more of one's own sexuality, as well as of others'. Sexual freedom--the opportunity to express oneself in the lifestyle of one's own choosing, be it gay, straight, bi, or whatever, is also an important cause which has found a great deal of acceptance in LRY. However, this acceptance has brought about what might be considered a "new" minority--virgins. I find it interesting that I've never heard anyone "admit" to being a virgin--much less raise a cry of protest against the present unjust social structure which oppresses us.

virgins: the new minority?



What happens then, is that we start taking for granted that everyone we encounter is experienced, and while that may be true for a majority of LRYers, those of us who are not experienced often feel left out in the cold, or that something is wrong with being a virgin. It feels pretty lonely to live in a social category that is neither accepted nor outcast, simply ignored, without even the comfort of knowing who, if anyone, is in the same boat with you.

Many women have endeavored, with a varying degree of success, to rebel against past standards of social and sexual behavior. One of the injustices being rebelled against was the half of the "double standard" which promulgated the notion that while men were free to express their sexual energy, and "sow their wild oats", women were forbidden sexual pleasure until such time as they were ready to dedicate their entire lives to one man. In modern times, and in LRY especially, women more free to do with their lives and bodies as they wish, without the dictation of obsolete rules of behavior.

possible--it boosts his ego, and while some may consider that type to be an asshole, others mostly males, will be envious. To be gay in LRY is acceptable, although there are still, unfortunately, a few "queer" jokes, and to be bisexual is often considered open-mindedness. The point of view from a non-experienced standpoint is rarely, if ever, spoken for, as those in that situation either have nothing to say, lie, in an attempt to conceal their virginity, or remain silent, striving for acceptance in one of the previously mentioned categories.

But what about the pressures guys feel? Why must men be made to feel inadequate, immature, or incomplete until they've "made the big score"? It's still considered "macho", even in LRY, for a guy to be able to make it with as many women as possible as soon as

As for myself, I'll take advantage of an opportunity to change my status if and when the situation warrants. In the meantime, I've refused to be ashamed, or consider myself an outcast. As for others, all I can say is that some people can handle sexual relationships at certain points in their lives while others

cannot, and I can't presume upon others by exposing unwarranted advice. All I'm saying is that we should be a little more aware of the feelings of those around us. After all, not having had sex does not mean you're a prude, or immature, and getting laid does not make you a real man, or prove your femininity. Being yourself; making your own decisions for yourself when you want to is a mark of maturity. Awrite?

50 Beech Road
Glen Rock, N.J. 07452
Andrew Velonis

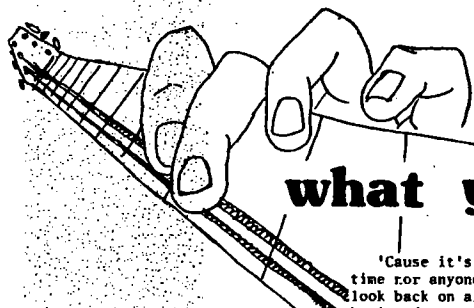
writers!

INTERESTED IN EXPLORING YOUR WRITING POTENTIAL? The past two issues of the Soup have carried short paragraphs advertising the need for new writers in the field for next year. And to my relief, people have responded with exuberance. I have written to you all and I want to restate that I hope you will all apply for these positions. Send a sample article as well as more information explaining the types and topics of articles you might write as a writer in the field.

If you are interested but have not yet written, I will save you the time by saying that all you must do is what I wrote in the previous sentence. Write the article as if you are already a writer in the field, have confidence of your capabilities. Sift through past issues of People Soup, if you have trouble sparking ideas. Brainstorm a bit--there is really quite an unexplored spectrum of issues to choose from.

Write your letter candidly, anything that you feel is pertinent to making a decision is your responsibility to explain. Remember that the new executive committee will most likely not know you.

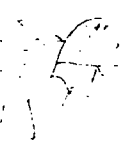
Encouragement is what you need...all it takes is self discipline, confidence to trust your ideas, and the objectiveness to criticize yourself. If you don't try be prepared to explain to yourself why. If it is fear--learn to overcome it, do it anyway. You'll feel better even if your fears come to be reality. Send your article and application by the end of August, so that the new executive committee can included you in the decision making in early September.



what you know

I'd like to take this opportunity to tell you something you already know. At least you say you know it and that you understand it. In fact you say it so often and so loud that hell, I get to wondering if you really do know it at all. All that stuff about how you can do anything you want to. About how you can learn to do what you always wanted to do, and it doesn't matter what chromosomes you have got stored up in your genes as long as you're willing to work like hell. So long as you have a hand at the end of each arm, if you want to play guitar. So long as you have plenty of muscles and tendons to stretch, if you want to dance your blues away. Willingness to listen to the rain and wind and earthworms, if you want to help food grow out of the ground. Readiness to face those blocked-up dark spaces if you want to learn to cry. All that stuff. And that's what it takes. Readiness. You can want and want but you've got to do. Wanting isn't so scary. It's when you try to make it real that things get tough. That's when you've got to start puffing to yourself like the little train in that "story-book", "I can do it, I can do it". And when you find that then the battle's been won. It's all that all kinds of work to make that "I can do it" your throat turn into a song or get those tendons to be a tennis union. It's all that all kinds of work to make that "I can do it" your throat turn into a song or get those tendons to be a tennis union. It's all that all kinds of work to make that "I can do it" your throat turn into a song or get those tendons to be a tennis union.

'Cause it's not worth your time nor my time nor anyone else's time to sit around and look back on all the things you regret not having done in your life. It's not worth it. No value there. Only thing that's good for is to feel that little demon inside that tells you how worthless you are. But that's our demon. We all have it. We can either feed it or starve it. I could stay up all night with my pens and my stencils and my smelly inks and make a real pretty card. It could have your face on it in three colors, some words that you or maybe someone else said that happened to strike my fancy. And I could look at that in the morning and feel real good. Maybe I would have learned some new way to twist a line or lay down a color. And then I'd feel even better. But I'd feel a whole lot finer and a whole lot more satisfied if I could pry you and prod you and scold you and tickle you until some time around dawn you start smoking from the ears and rattling and rumbling and move your pen across the paper and come out with something that looks like this:



or maybe this:



and then I'd know that something of real beauty had just occurred. I went out yesterday and bought myself a dulcimer. I don't buy things too often--I earn my keep by working low-paying shit-jobs of various descriptions. Now it may sit around for a month or five before I even put the darn thing together. And then I may get so poor one day that I turn around and sell it for a ticket out of Angola, Indiana. But I decided four years ago that I was going to learn how to make some strings talk and whether they say simple things or grand ones I don't yet care. It's just that these days sittin' around and wishing just doesn't seem like a real option any more. There it is. It helps if we feed one another a few "can do's" from time to time. And maybe even help each other out in the things we want to do. Like the fine and hardworking folk who put out this newspaper. I'm sure that if you sent them a few lines and squiggles that you drew that they'd get all excited and put them into the line and squiggle folder so it doesn't keep running dry. Hell, I'd gladly kiss goodbye to all those museums and music records much as I love them, to see a crayone or whittle blade in every hand, a guitar or bongo or cello or saxophone or every lap. It's like holly near says about seeds not getting in the ground just by sittin' around thinking about the harvest. Guess that's it. I have to go now and help out there a little. Keep those lines and squiggles coming. Love, Andrew Velonis

YOUTH CAUCUS

-Jennifer Shaw

The purpose of Youth Caucus is to help individuals to be more involved in the denomination. The specific direction has been better representation of youth at General Assembly. To accomplish this goal the following were done: 1) Publicized Youth Caucus and General Assembly in *People Soup* and in the *UU World*. 2) Contact was kept with those people who expressed an interest in attending GA. 3) A scholarship plan was designed and implemented with the cooperation of the Youth Adult Committee. 4) At General Assembly, the group met daily to form a Caucus and to help individuals to be better informed delegates

Over forty youth from throughout the country developed friendships and cooperation which resulted in their becoming a strong force during the week of General Assembly. The most obvious examples, the block of seats occupied by youth during plenary sessions and at the Garrison Theater when Cesar Chavez and El Teatro Campesino presented a program. But more important than being an invincible group was the constant interaction of its individuals amongst the rest of the Assembly's people and activities. Encouraging it is, to see how Youth Caucus affected this year's GA.

The by-law amendment sponsored by Youth Caucus passed with comparably little opposition. The change is the inclusion of the word "age" after the word sex in section C-2.3 Non-discrimination. The sibling amendment, which also passed, was the addition of the words "affectional or sexual orientation" after the word sex in the same paragraph. Both of these items will appear on next year's agenda to be voted on for the necessary 2/3 majority to finalize the process of changing the UUA's by-laws.

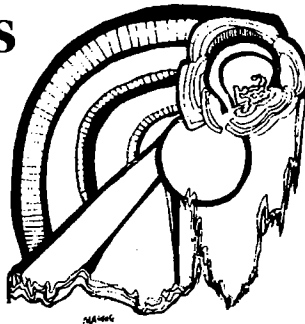
Youth Caucus is not by itself in working against ageist attitudes and practices. One of the business items that YC took a group stand on dealt with the economic security of older women. It passed after being amended to call for more specific action than the original resolution suggested. The Unitarian Universalist Women's Federation sponsored such activities as a worship entitled "Older is..." and a presentation by Maggie Kuhn of the Gray Panthers. Ted Machler of the UUA's Committee on Aging and Carlotta Woolcock (LRY) jointly led a workshop on aging and ageism. YC feels a most obvious direction is to involve people in this kind of intergenerational activity in our societies and districts.

Saturday afternoon, the last business session of the week, several items were brought to the agenda as a result of communication during the week. Jaki Gemme, who has been working on the development of a new



college age program, had led a practice "the Current State of Youth Ministry". Several of the persons attending this practice felt there was a need for a resolution declaring the UUA's support of its high school and college aged people. The resolution most specifically advised the UUA Board that youth, college age, and intergenerational programming are a priority in considering the distribution of any surplus in the 1976-77 budget. It also encouraged interaction with and support of high school and college aged people in our societies and districts. While Youth Caucus was not the originator of this resolution it found itself taking a strong stand on this issue that obviously affects those individuals that YC represents.

The other issue that Youth Caucus had planned to take a stand on was the Nuclear Power resolution. But the issue of debate became more than a question of whether or not there should be a moratorium on nuclear power until safety procedures have been better investigated. The resolution itself, many people felt, was not well written. A substitute resolution titled Energy was not satisfying either. It ignored the specific nature and purpose of the original resolution. Most people seemed to feel that maybe there should be still another alternative that looked at



the issue of energy as a whole yet called for the specific action that the Nuclear Power resolution called for. The original resolution was voted down in favor of the substitute on Thursday. But when Saturday's agenda was carried out there was a reconsideration called on the issue and the original Nuclear Power resolution was voted in preference to the more general Energy resolution. The complexity of the arguments arising caused a diversity of opinions within the caucus and no group stand could sum up those feelings.

Some business items which the Caucus did not feel possible to take a stand on but did investigate were temporary biennials, the possible changes in the roles of the moderator vice moderator, and president, and the Commission on Appraisal's request for their budget to be controlled by the General Assembly. All of these issues were discussed by persons who were well informed or had strong views. The chairperson of the UUA's Board Committee to Study Roles and Functions of President and Moderator made a presentation clarifying the present roles and the different possibilities that have been considered. The Commission on Appraisal explained its request and the reasons behind it. Two individuals who joined our meeting one evening spoke their opinions of the advantages or disadvantages of biennials and/or having them for a temporary period.

The general feeling of the group seemed to be one of strength and friendship. The Caucus made itself known and heard and therefore a visible force. But success is also determined by how the individuals felt about each other. Reflecting on the long days that were extended by late nights of talking, singing, dancing, and participating in worship services, it is easy to remember the companionship that I look forward to next year. General Assembly is an exciting gathering for all of us in the Unitarian Universalist Association to join together in.

scholarships

This has been the first year of a special scholarship program to support youth delegates who might otherwise not be able to participate in General Assembly. Youth Caucus working with the UUA Board's Youth/Adult Committee, collected and distributed such funds.

A mailing was sent to district presidents, UUA Boards members, and UU organizations which included a briefing on Youth Caucus, its fundraising attempts for the scholarships and applications for the scholarships. Societies were encouraged to recognize youth interest by considering them for delegate status and paying their delegates fees. Advertising the availability of these funds through the *UU World* and *People Soup* allowed for more personal contact.

People receiving and donating represent the outreach of this effort. \$950 was donated by these sources: Peg Gooding, Mary Ella Zippel, Ohio Valley District, Unitarian Fellowship of the Desert, St. Lawrence District, Metropolitan New York District, Prairie Star District, UU Council of Michigan, and the Sunday School Society. People receiving scholarships came from all areas: for example Massachusetts, Minnesota, and Arizona.

We feel this has been a successful effort and expect it to be more effective next year as a result of increased awareness of the program. Please accept the responsibility of getting your church/fellowship or district to make a donation to the Youth Caucus Scholarship Fund, 25 Beacon St. Boston, MA 02108. If you begin now, there is more time as well as more money available.

SCOYP

Monday the 21st, the UUA Board met to finish its business before the first session of the Assembly. At this meeting, the remaining positions for the Special Committee on Youth Programs were filled. The committee is a whole consisting of youth and adult individuals who represent various peoples of our denomination -- DREs, LRYers, ministers, advisors, non-LRY youth, etc. Chairperson, Elaine Smith (Washington), Leon Hopper (Boston), Kim DeRidder (Tennessee), Ann Heller (California), Tom Greenspond (Alabama), Eric Joselyn (Minnesota), Jennifer Shaw (Kansas). The charge of this committee is to study existing youth programs in the denomination including LRY, and to make proposals, including budget proposals, to the Board as to the best ways for the UUA to develop, offer and support programs for youth generally of high school ages.

Ithaca, NY

The 1976 General Assembly is past and work on Youth Caucus at the 1977 GA must begin. General Assembly will again be held on a campus, this time in Ithaca, New York -- Cornell University. The major task is publicizing GA as a meeting that needs youth input. We must encourage our peers that indeed, it is an interesting experience and that it is possible for us to participate. We must encourage our churches/fellowships that we are willing to accept the responsibility of representing them. Talk to people - raise the issue at a general meeting or in casual conversation.

It's very likely that you have more interest in meeting and activities closer to you than a continental gathering. Find out when your church/fellowship or district has their Board, committee, and general meetings. Some districts have scholarships available for people traveling long distances -- check into it. Get involved in the social affairs of your church/fellowship: potlucks, supper, discussion groups, special interest groups etc.



IDEAS

Intergenerational activity is essential. It allows people of different ages to develop communication skills that have often been neglected. Communication and interaction are necessary to understanding each other. We all need a chance to have fun and talk, share ideas and opinions.

Find some people who are interested in planning an intergenerational day at your church or fellowship. Get a range of ages involved so that your planning is done with the same consciousness as your goal. In planning remember to do an exercise that brings folks together and begins to break barriers. Low risk, fun and easy. The rest of the day should include fun, some awareness exercises, communication exercises, perhaps a presentation. The day might be the first meeting of people interested in working together on a specific task or it might be to get to know the people in your society.

*You might want to start a discussion group that is for any age, not just high school or the 30-50 crowd.

*You would probably find a lot of satisfaction in beginning a foodcoop. And certainly the more people and ideas the better.

*I'm sure there are projects at the church/fellowship or within the community that could be a focus.

*Perhaps you would want to plan a day similar to this for the community at large, or a weekend conference for your district.

RESOURCES:

The Aging and Awareness packet of the UUA Committee on Aging; REACH packets from the UUA education dept.; Project Listening - IRIA curriculum; La Creme de People Soup volume III Issue 3 February 1976 - LRY; LRY packet of Programs; Growth Games or Values Clarification - available from a bookstore. Your ownself.

FOOD FOR THOUGHT

THOUGHT FOR FOOD

INTRODUCTION:

Early in June, amidst plans for General Assembly, creating a Soup, attending Youth/Adult Committee meetings, and going to a RE conference, I dreamed of this Soup. With the exuberance of my last major project, I set about beginning on the subsection of this Soup. I saw the theme of "food" being presented in three sections: 1) reprinted articles presenting various issues concerning food 2) ways to implement these philosophies; action to take as an individual in your eating habits and as part of a community. 3) a final guide to send you to further resources for more information and to organizations to help you along. I was so excited the night I conceived of this that I reread *Diet For A Small Planet* by Frances Lappe. I couldn't sleep with all the paragraphs that kept forming in my head. I had to sit up half the night writing about my thoughts.

As I indicated I was busy and the week before General Assembly brought the realization that I didn't have the time needed. But to be corny, "yes, I've been saved". Barb Stone had just appeared to be an apprentice. Thankful for her interest, I ran off to my sleepless week in Southern California at U.A. I had explained my thoughts only briefly and she began the task of researching. Even so the magnitude of my dreams was really more than could be expected - I have a good imagination that I put to work on too much at once. The fact that you are presently reading our propoganda is Barb's responsibility. My dreams would have been no more than that. I am really unfair in writing this introduction which should be hers.

LRY is a fantastic network of people and energy. We have power that if focused can create tangible results. LRY has and always will have potential. LRY is only what we invest into it. Its goals are open enough to allow and demand that each individual must share the responsibility of its existence. We all determine what LRY is. This is not a statement of despair but rather encouragement that the focus this Soup is a direction that LRYers have available to them, if they are inspired. If not other issues can be pursued in a similar fashion. The ideas here should not be left undiscussed--question what is written, read more, follow your thoughts. Let them become the topic of workshops, let them affect the kind of food you eat at conferences, at home, and at school. We don't have to agree on the issues, just that the issues are important to our lives.

I would like to see this as the impetus for dialogue, and action in all of you-Pre-sumptuous. I would like to see future issues of Soup reflect this interchange of thoughts and activity. I hope that someone other than me will be willing to share through the Soup. Hope you benefit from this. Send criticisms.

-JENNIFER

- MENU -

APPETIZER:

Sauteed Mushrooms by Clorox
wrapped in Bacon by IIT

SALAD:

Tossed Salad of Dow Chemical Lettuce
and Gulf & Western Tomatoes

ENTRES:

Turkey by Greyhound
Ham by Ling-Temco-Vought

VEGETABLES:

Carrots by Tenneco
Artichokes by Purex
Apple Sauce by American Brands

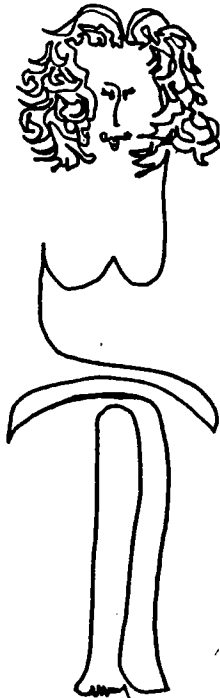
BEVERAGES:

Wine by Heublein
Beer by Phillip Morris
Tea by Unilever
Orange Juice by Coca Cola

DESSERTS:

Chocolate Cream Pie by IIT
Pudding / R. Reynolds
Ice Cream by Unilever
Almonds by Tenneco

-Agribusiness Accountability Project



junk it

reprinted with permission of Ballantine Books, from the appendix of *Food For People Not For Profit*.

This list of the Terrible Ten foods was compiled by the Food Day staff as an educational tool: these foods epitomize almost everything that is wrong with our food supply. Many of them are high in sugar or fat and contribute to America's major health problems: tooth decay, obesity, bowel cancer, and heart disease. They are, for the most part, produced by giant corporations that have driven smaller companies out of business. In short they represent the low quality, high prices, and monopoly power rampant in the American food industry.

Rather than eat a food which is part of the Terrible Ten, JUNK IT! Encourage your friends to do the same.

Here are the Terrible Ten:

1. *Wonder Bread*. Ordinary white, enriched bread made by Continental Baking, a division of IIT. Wonder Bread costs up to 30 percent more than other white breads. The Federal Trade Commission recently accused IIT-Continental of using unfair marketing practices to try to monopolize the baking industry.
2. *Bacon*. Perhaps the most dangerous food in the supermarket, bacon contains nitrosamines which the federal government admits are part of "a family of chemicals, some of which have been shown to cause cancer in test animals." These fat-laden strips cost up to \$1.59 a pound.
3. *Sugar*. The Department of Justice recently indicted six large sugar refiners for price fixing and conspiracy to reduce competition. The Health Department should indict sugar for contributing to obesity, tooth decay, diabetes, and heart disease.
4. *Gerber Baby Food Desserts*. The major ingredients of these baby foods is water, for which the consumer pays 40 cents per pint. All these desserts contain added sugar which can help foster a child's sweet tooth. Gerber controls more than 60 percent of the baby food market.

5. *Frute Brute*. This breakfast cereal candy contains about 40 percent sugar and costs about \$1.40 per pound. The price does not include the cost of dental bills Frute Brute may promote in young children, but it does include the cost of TV advertising aimed at children. General Mills, the maker of Frute Brute, has long been the junk breakfast cereal leader.

6. *Breakfast Squares*. Another invention of the Betty Crocker kitchens of General Mills. The two main ingredients of these squares are fat and sugar whose undesirable effects are not cancelled out by added vitamins and minerals.

7. *Prime Grade Beef*. High in fat, high in cost, high in cholesterol, beef is fattened in feedlots with grain that might otherwise be consumed by hungry people.

8. *Table Grapes*. The United Farm Workers are conducting a nationwide boycott because growers refuse to sign UFW contracts. Union bargaining power is the only way through which the people who harvest our food can be adequately fed, clothed, sheltered and housed.

9. *Pringles*. The ultimate insult to the potato, this reconstructed, chemically preserved chip is one-third more expensive than regular chips and at least 13 times as expensive as potatoes. Pringles' long shelf life permits nationwide distribution and may enable Proctor & Gamble to monopolize the potato chip market.

Coca-Cola. "The real thing" contains no nutrients and is more expensive than milk. Coca-Cola Co. also peddles its wares in underdeveloped countries where the beverage may replace nutritious foods in native diets. If you want the "real thing" get something real--milk, fruit juice or water.

ufw

Cesar Chavez and La Teatro Campesino renewed interest and hope in the farmworkers' struggle with their presentation at General Assembly for the many who were there. I do not feel able to stir up those emotions by writing a paragraph in the Soup. But, I do want to remind us all that the UFW needs our continuing awareness and support. Please pay attention to signs and headlines rather than letting them slide by with comments like "yeh I think the UFW is real good". If we allow ourselves to become ignorant of what is currently happening we are denying our support from those who need and expect it. Efforts like the UFW are only existant because the people have made them. The following is reprinted from WIN Magazine (April 1976) with thanks.

Wines:

1. All Gallo wines, which include the following labels: Paisano, Thunderbird, Carlo Rossi, Eden Roc, Red Mountain, Triple Jack, Andre Champagne, Boone's Farm, Spanada, Tyrolis, Ripple; Any wine produced in Modesto, California.
2. All Franzia Brothers wine.
3. White River Farms wines: Tavola Red, Winemasters Guild, Roma, Famiglia Cribari, J.Pierrot, La Boheme, Cresta Bianca, Mendocino, Garrett, Alto, C.V., Virginia Dare, Lodi, Ocean Apray Rose, Tres Grande, Cook's Imperial, Room Reserve, Saratoga, Citation.

Lettuce:

All iceberg head lettuce which does not display the UFW eagle. If there's any doubt (many supermarkets rewrap the lettuce) ask to see the shipping crate.

Grapes:

All domestic table grapes which do not display the UFW eagle (check the shipping crates here also).

Raisins and Prunes:

All Sunmaid and Sunsweet products, including Diamond brand walnuts.

Cheer up, you can still have Italian Swiss Colony, Christian Brothers, Paul Masson, Almaden and High Tor wines.

BON CHEMICAL

APPÉTIT

Reprinted with permission of The New Republic, Inc. Originally appeared in "The New Republic" November 30, 1974.



The glop oozed in the cooking pan in a lava-spread of fakery. Mingled with the sauce, like rocks in creekbottom muck, were artificial meatballs, a concoction of imitation beef with textured vegetable protein all of it flavored by a mystery chemical called D515. Next to the pan were toothpicks and napkins, and a slap-happy cook urged you to nibble. The fake meatballs were free, sample munchies from the Bush Boake Allen Company, Norwood, New Jersey. For \$600 the company had rented space on the vast floor of the Rivergate Convention Center a few blocks from the French Quarter. Its exhibit booth was one of 290 at the 34th annual meeting of New Orleans of the Institute of Food Technologists. These are the fake food artists—the chemists, engineers, researchers, additive mixers and other rabids, offering a vision of the world in which we will be led by the tongue to the brimming lid of an all-chemical blender, when food will come to us not from home kitchens but from Laboratory Central owned by Feed-o-Matic, Inc., from one super vat of test tube potions in which tastes and flavors are measured by stomach-tingle machines. If a stranger comes to the land he will say: I'm hungry, take me to your chemist.

The Institute of Food Technologists will be happy to oblige such a stranger. It presents itself as the savior of the race: "(Our) members are concerned with the advancement and application of new and existing knowledge to the improvement of the food supply for the benefit of mankind." But there's a hearty appetite for profits as well. Stein-Hall tells buyers: "To boost your sales and profits, Vintage Vanilla is the vanilla you need."

Even as they scratch at the scabs carried by consumers from the wounds of high food prices, the fake food artists wage war games against nature. Durkee offers technology that tops nature. "Givaudan, makers of imitation beef, chicken and lobster flavors, has 'flavors that nature envies.' ... It is as though these companies were announcing that the Second Creation has come and in the new Garden of Eden stands a tree from which the Almighty Chemists hang a fake apple. Indeed, in the tradition of proud devils, one firm goes beyond Mother Nature to take on God the Father: Seacor, in ocean kelp, states that "All aligins come from the same original manufacturer. Then we go Him one better."

All this would be of little public concern, except that the cries of "BonChemical Appetit!" come when increased warnings are being sounded about the health dangers of many American foods. It is no longer just the carrot juice and yogurt groupies who worry, but others also, from school nutritionists who don't want their children exposed to government approved and IIT-made Astrofood, to the nation's 104,000 dentists who must yank and fill teeth rotted by "junk foods." It is not that science and chemists are dirty words—such a dismissal ignores the many benefits to come from the labs—but that citizens have become an experimental control group. Citizens too busy to keep up with the food industry tend to think of additives—average per capita consumption is five pounds a year—those long unpronounceable names listed in small print among the can of box labels, but manufacturers' vats contain not only large measures of the tetrasodium pyrophosphates or sodium carboxymethylcelluloses (two of the 32 additives allowed by law in ice cream, 50 percent of which can be air), but also such common additives as salt or sugar. In Lipton's noodle Cup-a-Soup line, for example, its expensive chicken noodle soup has more salt than dehydrated chicken. Health authorities keep

warning that excessive salt intake is involved in such threats to human life as high blood pressure, obesity, heart disease and tooth decay. Even for those who are willing to take their chances with additives and fakery, the busyness of the technologists means something else: we have raised a whole generation on fake foods, made possible by chemicals bolstering fat, water and carbohydrates, and void of vitamins, proteins and minerals. Children are more familiar with Cool Whip than cooled fruit, Corn Diggers instead of freshly dug vegetables. Senate hearings on television revealed that 70 percent of all the TV advertising directed at children is for sweets or snacks. "Parents who dare serve their teenagers a real potato risk being told that it tastes funny." As indeed it does, with palates dulled by the cuisine at roadside joints: Americans consume 30 pounds of frozen french fries, a rise of 460 percent since 1960. In the same period, consumption of fresh vegetables dropped seven percent.

In 1971 snack food sales alone totaled \$3.4 billion, with a six percent annual growth rate. In the shopping aisles, citizens see the newest product—such as Egg Beaters, the fake eggs from Fleischmann's which cost about 50 percent more than hen's eggs, or Pringles, the reconstituted potato chip packaged saddle shape for nearly two dollars per pound. The competition to reach the aisles is fierce. In 1969, 9450 items were introduced into supermarkets but less than 20 percent fulfilled the sales goals of their producers. That represents a lot of flops, meaning that pressure is on the chemists not to refine old foods but to create new ones. Once a god in the lab is finished creating a "food", others in the company will decide what to charge the public, keeping in mind that the price of the successful items must also carry the cost of the failures. A vice president of research and product development at Libby, McNeil & Libby wrote for the IFT magazine of the "corporate view of new product development." It "is important to understand that a product cannot be expected to be a winner forever. It will most certainly suffer declines for any number of reasons. A good management realizes this and is prepared to constantly introduce new products or modified products which will be capable of generating new profit dollars for the firm at the time when those older products are beginning to suffer profit declines." On whether the public actually needs any of the new products the technologists feverishly create, the man from Libby was candid: "The implicit assumption behind any new product development program is that there is a consumer need in the marketplace which must be filled, and the company which is successful in developing a product or service to satisfy that need will enjoy success in the marketplace. However, today's consumers really don't need anything in the way of new products, but they are constantly searching for something just a little bit better or different... If a marketing man looks at (the) product spectrum and asks if there is any way to add another kind of orange juice product to the segmented market and make a profit of it, the immediate temptation is to ask, 'who needs it?'" Rather than being put off by that question, "a company could come along with an orange juice product to which additional color or sweetness has been added, or to which an important nutritional component has been added and do well with it in the marketplace."

The last is exactly what many food companies have been doing. Just when the public is learning that much of its food is nutritionally worthless, products are now being "fortified." The alert manufacturer has it both ways. In the past he made nutritional bilge-flavor and color added—but now he adds vitamins to persuade shoppers that the bilge is good for them. Thus Kool-Aid is now fortified, as are Hostess Twinkies. The vitamins serve as cheap sales come-ons; they turn foods into vitamin pills that do nothing to counteract the potential damage of high levels of sugar, fat and salt. As for the economics of food fortification, Michael Jacobson of Washington's Center for Science in the Public Interest and author of Nutrition Scoreboard explained the methods of General Mills. "It makes both Wheaties and Total. They are identical except that Total is fortified with one-third cents worth more vitamins. That one-third cents becomes twenty-six cents at the supermarket. It's cheaper to buy Wheaties and a multi-vitamin than to buy Total."

"When you talk to food technologists," Jacobson says, "everyone points the finger at the other guy. Oh yes, sugar is a problem but our candy is only a minor part of anyone's diet; we don't intend it to replace real food. Our Jell-O is intended to be eaten in moderation. Soda pop, yes, contains sugar but no one eats enough soda to ingest too much sugar. Every segment of the industry disclaims responsibility. Yet, the fact is, that several hundred thousand Americans are dying prematurely every year because of the food they eat.... The food industry puts the blame on the American public, saying that it consists of nutritional fools. Yet, on the other hand, the industry says of its so-called pleasure foods that it is only giving the public what it wants. Are the leaders of the industry saying that they are being led around by fools? ... If the public wants something that industry scientists know contributes to a bad diet and to some of our most serious illnesses, should industry try to sell as much of it as fast as it can?"

Jacobson is not the only critic of the food technologists. Even its own members are having gut feelings. Prof. George F. Stewart, who won an award from the IFT this year for his "pre-eminence in and contributions to the field of food technology" told a reporter at the 1973 convention in Miami Beach that he was depressed by the bizarre sights among the exhibit booths. "I worry about it. I think it's awful. I don't know where it's taking us. There's a lot of stuff being put on the market that's not food." Some critics, aware of the Department of Agriculture's estimate that only 50 percent of American family diets are good—down 10 percent from the previous decade—are beginning to see the irony of a nation surrounded by food but looking for ways, says Dr. D. Mark Hegsted of Harvard's School of Public Health, to "avoid malnutrition," Hegsted, speaking recently before a group of food editors in Dallas, felt that "50 percent of the products in grocery stores today could be thrown out and nobody would be the worse."

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They Recycle Everything In China

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by Boyce Rensberger

China appears to have raised agricultural production and evened the distribution of food so successfully that she seems well protected against the food shortages now afflicting the underdeveloped world, according to 10 leading American farm researchers who visited China late in 1974.

For example, to supply growing quantities of fertilizer needed to increase yields, the Chinese have augmented the traditional use of compost, manure and human excrement with inorganic fertilizer produced by some 800 "backyard factories" that turn coal and water into nitrogen fertilizer.

Farmers would, for example, plant rows of wheat, wait for it to sprout and then plant two rows of corn between the wheat rows. Before the corn was high enough to shade the wheat, the grain would be ripe and harvested. Two months later the corn would be ready.

Chinese farmers told the scientists that this particular system yielded 40 percent more food than would the same acreage if the two crops were planted separately.

"They have been tremendously successful in getting all available knowledge into use at the farm level", Dr. Wortman said. He added that agriculture seemed to be organized in a way that facilitated the spread of new techniques.

The basic farming unit in China is the "production team", a group of 30 to 40 households that till large individual plots of land. Each family also has its own smaller plot, mostly for its own vegetables.

From 20 to 40 production teams are organized into a "production brigade". Ten to 20 such brigades constitute a commune. A commune may include 25,000 to 30,000 people.

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Nobody but the technologists, that is, Of the 356 papers presented at the IFT convention in New Orleans, not one came from an independent consumer or representative of a consumer group, even though such groups -stomach defense leagues- now thrive in all areas of the country; only a few papers touched on issues of food safety of nutrition. Instead of consumers being present, the papers were given either by food company technologists, university professors-many of them getting consultant money from industry- or governmental officials from agencies like the FDA or USDA. In 1969 the House Intergovernmental relations subcommittee disclosed that of 49 upper level FDA officials who had lately resigned or retired, 3/ joined or served as consultants to companies they had just been regulating.

The special alarm of the fake food convention is not only that so many firms annually assemble to display their newest samples of worthlessness but that the technologists appear to work in isolation from the real world. The same week the Institute of Food Technologists was meeting food news pressed in. Canada banned all beef from the US because our meat is chemicalized with diethylstilbestrol (DES). In Washington the Consumer Protection Agency bill was being opposed by such powers as the Grocery Manufacturers of America and the National Association of Food Chains. Another bill, seeking to remedy the 40 percent of all US food plants found to be filthy, was opposed by parts of the food industry. At the FDA a petition was rejected calling for warning labels on packaged foods that do not list all ingredients- a measure designed to alert millions of citizens with allergies, high cholesterol levels, dietary problems and certain religious beliefs as to what's in it for them.



Management decisions are made at commune level, though brigade and team leaders share in responsibility. Each commune specializes in one crop, which is sold to the government. But communes also devote a portion of land to a variety of other crops in an attempt to be as self-sufficient as possible.

A family's income is determined by the success of the crop raised by its production team. The scientists said they felt that this maximized the incentive for hard work. The method contrasts with that of other collectivized-farming countries where the farmer's income depends little, if at all, on the result of his work.

In China, the government buys the team's major crop at stable prices, the scientists were told. Accountants for each production team then subtract costs from income, take out a further 6 to 7 percent in tax for the government, and apportion the remaining money equitably among the member households.

Each family is urged to be as self-reliant as it can. Each farm family raises most of its own vegetables and usually keeps a few chickens and pigs for eggs and meat.

The pigs live mostly on vegetable material that is not used in many other countries--leaves and stalks of vegetables, corn stalks, table scraps and cottonseed hulls. In turn, the pig provides manure that is spread on the fields.

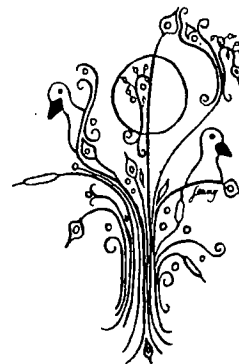
"They recycle everything in China", Dr. Wortman said.

He told of one commune that specialized in carp and silk. Dirt dug out to make ponds for the fish was heaped for the planting of mulberry trees on which silkworms live. The carp, considered an underwater pig, is fed much the same way. Droppings from the silkworm, rich in digested mulberry leaf are also fed to the carp. Periodically the rich bottom sediments from the ponds are scraped out and spread under the mulberry trees as fertilizer. The ponds are set among the trees to share the moisture....

Instead of offering leadership that might help solve such problems, the technologists mostly inhale the ether of their own cleverness, in a trance over such new products as fake cheese, xanthum gum and counterfeit chocolate. It is as if they take seriously what Mark Twain said, that the "secret success in life is to eat what you like and let the food fight it out inside." But that statement came along before the IFT was monkeying with the food supply. Evidence suggests that the food is indeed fighting of out inside of us, except that what is being defeated in internal battles is not other foods but the ester's blood, muscles, and bones.

We are beginning to learn that diet and disease are more closely related than previously recognized. Occasionally dramatic examples come forth, such as the astonishing physical fitness of the two Japanese soldiers who recently emerged from jungle hiding since 1945. Both had perfect teeth, testimony not only to their sugarless diets but also that dental health is entirely possible without Crest or Listerine. The health lesson of the soldiers was as old one: disease is best avoided by a sound diet that can resist bacterial invasion rather than by depending on drugs after the invasion.

Until the facts become conclusive-research suggests, but has yet make cancer of the colon and rectum the second most common cancer- all of us are part of the food scientists' control group. One of these years, bored by creating new foods, they will go to their annual meeting and announce a new disease, saying "last year you couldn't die from this." An exhibit booth perhaps between the fake meatballs and the imitation watermelon flavorings, will display a corpse- floating in chemicals from Stouffer's, embalmed with Cool Whip, and ITT Wonder Bread stuffed in its mouth to prevent the hollow look.



excerpted from *Emptying the Cornucopia*, written by Catherine Lerza reprinted with permission from *The Journal of Current Social Issues*, Fall 1974

Some ways in which agriculture can return to ecological (and economical) production methods are:

*A return to the use of manure and crop rotation systems as replacements for chemical fertilizers. Studies show that if feedlots were decentralized so that manure could be generated close to a point of application, the waste from one dairy cow or two fattening steer could replace the 112 pounds of nitrogen fertilizer used every year on an acre of corn produced in the Corn Belt. Crop rotation could save 1.5 million calories of fossil fuel energy per acre per year while helping to control some weeds, pests and diseases.

*The replacement of current preventive pesticide doublings with a treat-only-when-necessary pesticide application policy. Such a switch would reduce pesticide use and could decrease energy consumption by 35 to 50 percent below present levels. The National Academy of Sciences has recently recommended such a policy change in its publication, *Productive Agriculture and a Quality Environment*.

*The widespread introduction of biological control of pests. Rather than pouring pesticides over cropland, nature can control pests if sterile males or natural predators are introduced into pest population.

*A partial return to human labor on the farm, coupled with the introduction of renewable, decentralized alternative sources of energy to power farm activities. Wind power and hydropower can easily be reinstated on many farms, while the development of solar power and the generation of methane gas from animal wastes could substantially lower the impact of rising fuel costs on the farmer and lessen the impact of farm technology on the land. Ironically, the major agri-business corporations cannot afford to make these energy and environment saving changes--the "economies of scale" prevent them from doing so. But across the country, a few small farmers, hoping to avoid the financial squeeze of rising fuel and materials prices, are taking the organic plunge. Last winter a Los Angeles Times writer visited 12 organic farms in the Midwest, and reported glowing success stories on all of them. Utilizing manure, crop rotation, diverse crops and biological control to maintain high crop yields and soil quality, the farmers have found that their land produces as much, or more, than farms which rely on chemicals. Ralph Engelken, a 12-year organic veteran, claims that it takes two years to complete the chemical-to-organic switch. Completely satisfied with the results of his organic labors, Engelken says that he spent \$3.25 an acre for fertilizer on his 700-acre farm in 1971 while chemical-using farmers spent \$30 an acre. He applies only 15 tons of fertilizer on each acre of his land, mainly manure from his livestock, which sharply contrasts to his low farm neighbors who use, on the average, 200 tons of various chemical fertilizers an acre. Engelken's yields range from 185 bushels of corn an acre to 125 bushels, comparable or better yields than his non-organic neighbors.

