

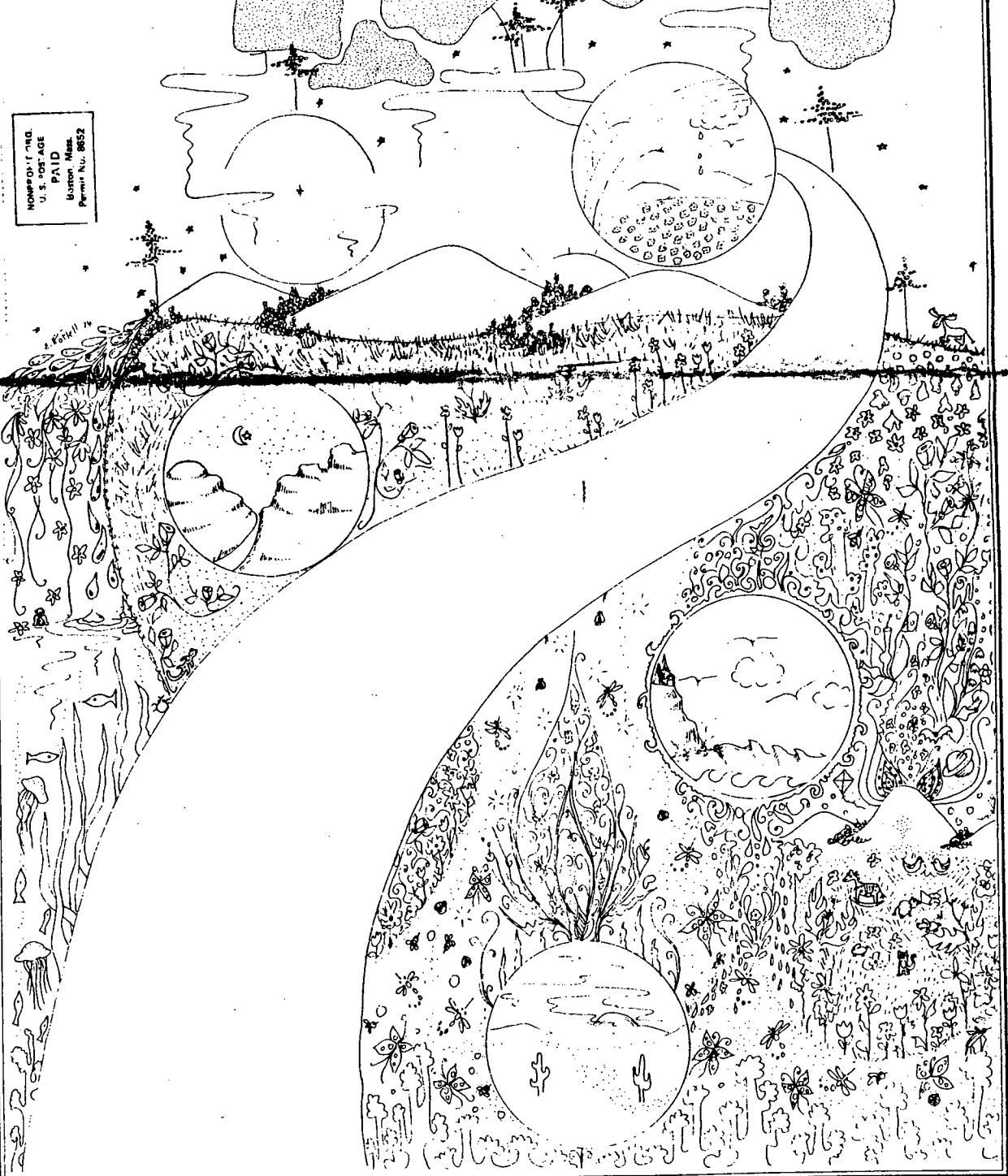
© by liberal religious youth  
July 1976

Volume III Issue 7

1450 Meadowbrook Rd.  
Jackson, Mississippi 39211

# CREAM OF PEOPLE SOUP

NO POSTAGE  
NECESSARY  
IF MAILED  
IN THE  
UNITED STATES  
PERMIT NO. 8552  
BOSTON, MASS.



**People Soup: Volume 111 Issue 2**  
Published eight times a year by  
liberal religious youth. All  
rights reserved. LRY publica-  
tions are free to get any of the  
material contained herein. Any  
other publication must have the  
permission of the publisher in  
writing.

Cover: Elaine Raffell

Staff for this issue:

Kim Marshall  
Barb Stone  
Shannon Custer  
Lou Dishi  
Carlyotta Woodcock  
Jennifer Shaw

Art Credits:

Corinna Maschan  
Maggie Dale  
Ian Conway  
Jenny Lane  
Gery Becker  
Carol Thornton  
Barb Stone  
Cardo Lewis  
Seth Deitch  
Cathy Carney  
Bev Hendricks  
Cheryl Sanders  
Cam  
Olivia Holmes  
James Finley  
Nancy

A special thanks to Luci Hagan  
for typing.

Your contributions for this  
newspaper are welcomed. It is  
made possible through your  
energies, both spiritual and  
physical. Any contributions of  
news items, short stories,  
poems, editorials, or artwork  
are welcome and will be con-  
sidered. None can be returned.  
Drawings or other artwork  
must be in black ink, and photos  
must be black and white.

We cannot pay for contributions,  
the ol' budget joes couldn't  
stand the pain.

Address all correspondence to:

People Soup

25 Beacon St.

Boston, MA 02108

Advertising Rates:

Personals that are not for  
individual financial gain are  
free.

Page Fractions:	LRY	Other
1/6	\$5	\$20
1/3	\$8	\$35
1/2	\$15	\$60
Full Page	\$35	\$100

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.

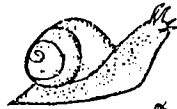
Glaucus/ Horizon/ Chris Murphy:  
Also Chris Blaisdell: Where  
are you? Please tell me if you  
get a chance, Oh, Please!  
Smudge & Belfry

Dear Stacey, Todd, Cathy & Phil-  
I love you all. Please write or call  
me 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

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

To all my friends who don't  
know where I am:  
Linda Steiger: 374 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 of 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 Tolkein nuts: the  
"Tolkein 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"

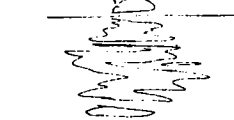


Please Write I'm also a hobbit  
lover! ms. Ali, 15- Cheryl-Ann.  
Dr. Rutland, Ma. 01543

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 it?)

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  
Denning, N.M. 88030

To Kate, Barb and Pam,  
To top off a sad 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 who  
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 Moi, I- also  
Kendhermota Cha Cha Cha- I am  
a Commie Rat.

to: wimpy (good friend, great  
person, much love 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 1 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 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 all  
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 Harpy  
Shumanan...933 E.7th St.  
Plainfield NJ. 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 Orgy
- 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 sexual Delinquency", "Singin' the Sexist Blues", and "Questions Every High School Woman Should Ask."; to name only a few.

SHOULD 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.

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.

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.

We hope that this helps to clarify a few minds and encourages some of you not so brave souls to try out your writing ability. (It is shocking to realize that from a readership numbering more than 5000 that so little trickles in to us to print. Interesting fact- we print almost everything we receive and yet there is never enough.) If you can do it for your classes then I'm sure you can do it for the Soup. Try us, we'll like it. If you have any questions or you'd like to try out some ideas on us before beginning-- just write to LRY 25 Beacon St. Boston, MA 02108.

-- just us typewriters,  
 Jennifer, Gary, Carlotta

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.



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

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. He is 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

# BIOFEEDBACK MONITOR SYSTEM

Dear People Soup,

I have read many letters in Soup's Bio-Feedback from old 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 stationery from 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 monogamous 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.

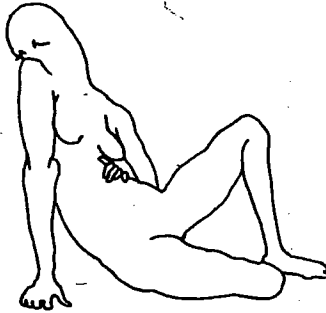
What happens then, is that we start taking for granted that everyone we encounter is experienced, and while that may be true for a majority of LRYers, those of us who are not experienced often feel left out in the cold, or that something is wrong with being a virgin. It feels pretty lonely to live in 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.

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

## virgins: the new minority?



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.

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 expounding 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

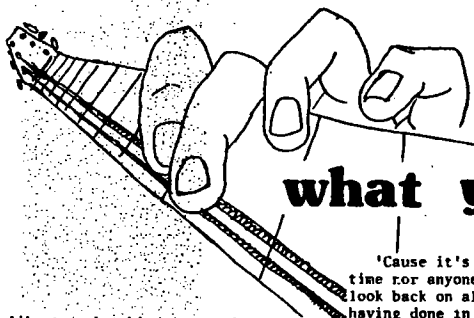
## writers!

**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 into 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 know that then the battle's been won. It's all that kind of work to make that "I can do it" turn into a song or a poem or a letter to be a tennis union member or a teacher, which you look at and say "I can do it". And then you go on to the only way there is to go

'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.

Well, 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 another person. Keep those lines and squiggles coming.

Love  
the writer

## 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: potluck suppers, 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 - UUA curriculum; La Crene 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

7

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 propaganda 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 ITT

#### 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

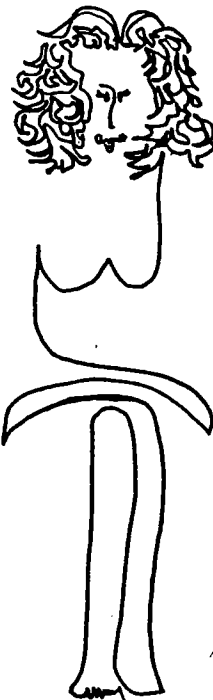
#### BEVERAGES:

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

#### DESSERTS:

Chocolate Cream Pie by ITT  
Pudding 'n' R.C. 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 ITT. Wonder Bread costs up to 30 percent more than other white breads. The Federal Trade Commission recently accused ITT-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 existent 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, Tyrolia, 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 Spray 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

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

## APPETIT

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 DS15. 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 ITT-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—as 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."

continued on next page



# They Recycle Everything In China

reprinted with permission from *The New York Times*, October 1974

9

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.

Continued from page 8

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, 31 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.

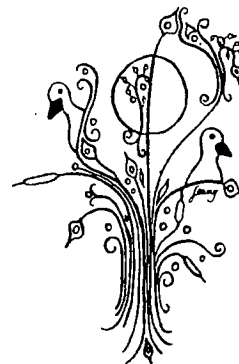
"They recycle everything in China", Dr. Wortman said.

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 eater'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 Iowa 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.

Over the past two decades, the use of packaging has increased dramatically. Packaging no longer protects a product; it is instead an integral part of the advertising, promotion and display of consumer goods.

According to the US Environmental Protection Agency, consumption of packaging materials grew 43 percent per person between 1958 and 1971, from 412 pounds to 591 pounds per capita. Although packaging manufacturers claim the increase in packaging consumption has made delivery of goods to the consumer more efficient, a comparison of product consumption with packaging consumption tells an entirely different story.

For example, per capita consumption of fresh produce dropped 11.3 percent between 1958 and 1970, from 90.2 pound per person to 80 pounds per person. During the same period, the packaging used to deliver fresh produce to the consumers rose from 5.3 pounds per capita to 7.3 pounds per capita, an increase of 37.7 percent. While consumers were purchasing less fresh produce, packaging consumption steadily rose over this 12-year period.

The Author D. Little Company, in a report by the Ad-Hoc Committee on Packaging (composed of packaging material manufacturers), estimates that approximately 42 million of the 125 million tons of commercial and household refuse generated annually are packaging wastes. Comprising approximately 47 percent of all paper production, 14 percent of aluminum production, 75 percent of glass production eight percent of steel production and 29 percent of plastic production, packaging is the largest single component of the municipal waste stream.

Packaging consumption has increased as a response to a number of forces. So packaging manufacturers say they are only responding to consumer demands for "convenience." But the consumers that manufacturers are appealing are not those who shop at supermarkets, but rather the retailers themselves. As the A.D. Little report *Packaging in Perspective* explains, "Self-service retailing, an innovation directed at increasing labor productivity, is a very important aspect of our present society.... The package has played an important role in this development."

## Packaging: The Costs Add Up

Increased packaging consumption is closely related to the substitution of raw materials and energy for labor in the economy. This shift has affected both the environment and the labor force. Supermarket chains have cut labor costs by increasing their use of products in easily stacked and handled packages which require less labor to place on the shelf or to store than traditional packages. This accounts for the array of over-packaged goods currently glutting supermarkets and drug stores--shampoos and toothpaste in plastic, metal or glass containers placed in individual boxes for easy stacking; nails and other hardware items that are pre-weighted and packaged in cardboard and plastic containers; or cream cheese wrapped in foil and placed in cardboard boxes. These "innovations" save the supermarket chains money; they also provide benefits for other industries as well.

Packaging materials manufacturers have gladly met an ever-expanding demand for their products from the supermarkets. The American Can Company, best known for its strident lobbying efforts against beverages container legislation, is an excellent example of industry's response to the new demands for packaging materials. According to Moody's Industrial Manual, American Can's investment in the continued growth of packaging consumption extends beyond the one-way can. It now produces a wide range of packaging materials--from paper cartons and other materials used to package bread, butter, cheese, margarine and frozen foods to paperboard milk and cream cartons as well as products such as Northern and Gala paper towels, and Dixie cups, plastic silverware and paper plates. In addition to these products, American Can is protecting its other investments by fighting beverage container and source reduction legislation. Not only does the company produce the one-way container, it also manufactures and leases or sells the equipment used for filling, closing and handling American Can products to packaging industries.

The growth and diversification of companies like American Can Co. has been dependent upon their ability to externalize many of their business expenses by passing such costs on to the consumer and taxpayers, and into the environment.

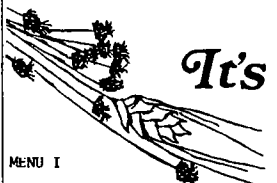
At the supermarket, consumer options are almost completely limited to packages which are environmentally damaging and, often, expensive. For example, in a recent survey of the availability of beer in returnable packaging (Summer, 1974), less than 15 percent of the 361 liquor stores in the District of Columbia carry beer in returnable bottles. Beer in returnables could be purchased only by the case and had to be requested because it was not prominently displayed, as were one-way glass and can containers. This survey found on the average an astounding 81 cent-per-case price differential between nonreturnables and returnables--evidence of the consumer savings possible with a low energy, resource conserving packaging system.

Because material used for packaging is growing rapidly--an estimated five percent per year--its environmental impact is exacerbated. According to the US Environmental Protection Agency, in 1972 per capita packaging consumption had remained at the level existing in 1958, over 560 trillion BTU's of energy could have been saved, the equivalent of 267,000 barrels of oil per day. This energy savings is 42 percent of the energy currently being used for packaging materials nationwide.

Written by Patricia Taylor, reprinted with permission of Environmental Action, Inc. For more information on solid waste write: Environmental Actions, Inc. Suite 731, 1346 Connecticut Ave.N.W. Washington, D.C. 20036

This article is excerpted from the August 10, 1974, issue of *Environmental Action*.

## It's YOUR Choice



### MENU 1

Breakfast yogurt and wheat germ  
grapefruit juice  
tea  
Lunch peanut butter on  
wholewheat bread  
skim milk  
toasted soy beans  
fruit salad  
Dinner lentil soup  
chicken leg  
broccoli  
romaine salad/oil and  
vinegar  
whole wheat raisin  
cookies

### MENU 2

Breakfast coffee with cream  
doughnut  
Lunch bologna and cheese sandwich  
on white bread  
whole milk  
twinkies (Hostess cupcakes)  
Dinner steak  
iceberg lettuce salad  
oil and vinegar dressing  
french fries  
boiled string beans

### Nutrient

### Menu 2

### Menu 1

Protein	milk, steak, cheese	milk, yogurt, lentils, peanut butter, chicken, soybeans
Vit. A	milk, cheese	milk, yogurt, broccoli, romaine
Vit. E	oil	oil, wheat germ, whole grains, soybeans
Vit. C	--	Broccoli, grapefruit juice, fruit salad
Niacin	steak	peanut butter, chicken
Thiamine	steak (and small amount in bread, if lentils, soybeans flour was enriched)	whole wheat bread cookies, wheat germ
Calcium	milk, cheese	milk, yogurt, lentils, broccoli, whole grains
Iron	steak	peanut butter, lentils, broccoli, soybeans, whole grains raisins

\*RDA - Recommended Daily Allowance

There is no general rule about the safety of food additives. Even if they are harmless, they may enable the food industry to create a totally synthesized, un-nutritious food with no food value except calories. Arguments against food additives vary, but of



## WORLD FOOD CRISIS A SELF-EDUCATION PACKET

PUBLISHED BY

THE COMMITTEE FOR SELF-EDUCATION  
11 GARDEN ST. CAMBRIDGE, MASS. 02138

IS OVERPOPULATION REALLY THE MAIN CAUSE OF WORLD HUNGER & POLLUTION?

HOW DOES THE U.S. CAUSE WORLD HUNGER?

WHAT ARE THE ~~Political~~ <sup>Political</sup> implications OF FOREIGN FOOD AID?

A Packet containing a series of articles on these and other subjects

### SOME FACTS FROM THE PACKET:

- \* You are probably eating twice as much protein as your body can use.
- \* Only 20% of Foreign Food Aid goes to truly impoverished countries.
- \* The U.S. Government bought up the excess grapes during the Chavez grape boycott and shipped them to Vietnam as Food Aid.

THIS PACKET IS PREPARED BY A COLLECTIVE EXPLOREING THE POLITICAL AND ECONOMIC FORCES EFFECTING THE CONTROL OF FOOD. THE PERSPECTIVE REFLECTS THEIR INVOLVEMENT IN CHURCH, COMMUNITY, FEMINIST, STUDENT, FOOD CO-OP, ANTI-IMPERIALIST AND HEALTH GROUPS.

COST: 2.00 (It's WORTH It!)

most concern is the synergistic effect of having so many different additives in so many foods present at the same time in the body. The danger is of them combining to form unknown, dangerous combinations. Several food additives have been quietly removed from use because there were many documentations that they were toxic or cause cancer. However, the food industry is not anxious to make such discoveries and to publicize the health hazards. Prevention is the only solution right now.

DON'T BE DECEIVED--IF YOUR'RE STILL ALIVE  
--by Ruth Crocker and Barbara Yost

Written for the Self-Education Packet, July 1975. See the advertisement above

# THE CHANGING FACE OF FOOD SCARCITY

Lester Brown and Erik Eckholm

This is excerpted from the article "The Changing Face of Food Scarcity" found in Food for People Not for Profit.

--from Bread Alone by Lester R. Brown with Erik P. Eckholm, © 1974 by The Overseas Development Council. Published by Praeger publishers, New York.

...World population growth continues to be rapid, but rising affluence has now emerged as a major new claimant on the world's food producing resources.

Most of us can readily understand the impact of population growth on the demand for food. A 3 percent increase in population generates a 3 percent increase in demand for food. But the impact of rising affluence is not as readily understood. One way to visualize it is in terms of per capita grain requirements. Only about 400 pounds of grain per year is available to the average person in the less developed countries. Almost all of this minimal supply must necessarily be consumed directly merely to meet minimal food energy needs. Very little can be converted into livestock products. By contrast, the average North American can rely on using nearly one ton of grain per year. Of this, less than 200 pounds is consumed directly as bread, pastries and breakfast cereals. The remainder, the great bulk of the ton, is consumed indirectly in the form of meat, milk and eggs. Thus the average North American requires five times as many agricultural resources--land, water, energy and fertilizer--as the average Indian, Nigerian or Colombian.

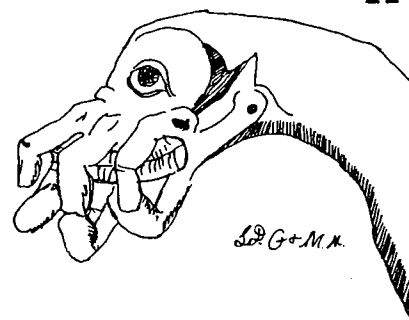


As the world food economy becomes more deeply integrated--combined with the fact that all countries depend on common reserves of phosphate, potash, and fossil fuels--difficult moral issues are coming to the fore. In an interdependent world plagued with scarcity, if some of us consume more others must of necessity consume less. For example, if the Soviet Union again unexpectedly purchases a substantial share of the world's exportable wheat supplies, then consumers in low-income countries will again be deprived of supplies needed merely to maintain their minimum food needs. If an affluent minority throughout the world keeps on expanding its consumption

of livestock products, grain prices may be pulled out of reach of the poorest quarter of mankind. And if Americans continue to drive large automobiles, consuming such a disproportionately large share of the world's available energy supplies then farmers in India will not be able to obtain fuel to operate their irrigation pumps. The world food problem has many new dimensions, but none more complex or difficult to deal with than the moral dimension.

For a variety of reasons, for example, special attention in the developing countries needs to be focused on the often neglected smaller farmers. Growing evidence suggests that small farmers, when they have access to needed inputs, credit, and supporting services, engage in labor intensive cultivation and produce considerably higher yields of food per acre than farmers on larger estates. The recent shifts in emphasis by the World Bank, the US Agency for International Development, and other development agencies to give greater attention to small farms and rural development is an important step in the right direction. To the extent that these efforts are successful, they will simultaneously contribute to the solution of several acute problems. Small farm progress in most developing nations can help improve income distribution patterns, reduce unemployment, slow the swelling flow from the countryside to the cities, and greatly expand national and world food supplies. And by spreading the benefits of economic progress among the poorest groups, a rural development strategy centered on small farms can create the social environment in which the motivation to limit family size is greatly increased.

Future population growth will be reduced either because of rising death rates, as is likely already occurring in several African and Asian countries, or declining birth rates. The choice is between famine and family planning. This prospect underlines the need for a crash effort to reduce birth rates both among the more affluent--who exert such a disproportionately large per capita claim on the earth's scarce resources--and in the poor nations, where birth rates are so inordinately



high. An accelerated effort is required to stabilize world population rapidly by launching immediately policies to make family planning services available to everyone, to meet the basic social needs of the poor that affect motivation for smaller families, to encourage new social roles for women, and to reorient national economic and social policies to promote low fertility.

A simultaneous effort is needed to simplify diets among the more affluent, reducing their per capita claims on the earth's scarce agricultural resources. Important economic, ecological, and health considerations--all involving self-interest--now join the basic moral question of the distribution of scarce resources to argue for the simplification of diets among the rich, particularly for the substitution of high-quality vegetable protein for animal protein. The substitution of vegetable oils (margarine) for animal fats (butter and lard) in the United States over the past generation provides an example both of the kind of change required and of its feasibility.

The changing nature of the food problem also calls for a major shift in emphasis on the production or supply side of the problem.

## SURPLUS DISPOSAL

PL 480

Written for the Self-Education Packet, July 1975. See the advertisement on page 10

Virtually all current US food aid falls under the rubric of Public Law 480, the "Food for Peace" program. P.L. 480 was established in 1954 by the Agricultural Trade Development and Assistance Act. Among the objectives of the program as it was set up were:

1. To keep domestic farm income levels high and to promote the stability of American agribusiness by ridding the market of any surpluses.
2. To expand trade between the US and its allies.
3. To make it easier and cheaper for the US to trade and to sponsor programs in countries with soft currencies.
4. To efficiently combine the domestic wellbeing provided through these programs, with the needs of American foreign policy.

## Agribusiness Involvement of 16 of Top 20 Companies

Corporation	Forbes 500 Rank by net profits for 1973*	Type of Involvement**
Exxon	2	agricultural chemicals
General Motors	3	farm equipment
Texaco	5	agricultural chemicals
Ford Motor	6	farm equipment
Mobil Oil	7	farm fuels, lubricants, agricultural chemicals
Standard Oil (Calif.)	8	agricultural chemicals
Gulf Oil	9	agricultural chemicals
Sears, Roebuck	10	retail agricultural products
Eastman Kodak	11	nutrition and food processing products
F. I. duPont	12	agricultural chemicals
General Electric	13	financier, manager, developer
Standard Oil (Ind.)	14	agricultural chemicals
ITT	15	baked goods, food services, agricultural chemicals
Shell Oil	18	agricultural chemicals
U.S. Steel	19	agricultural chemicals
Procter & Gamble	20	food products, animal feed

\*Forbes, May 15, 1974. \*\*Source: Agribusiness Accountability Project.





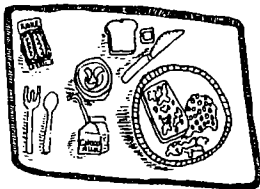
### Improving your School Lunch Program by Mary T. Goodwin

Bombarding children with a variety of junk foods may undermine their health. Educational institutions should set an example, and should not encourage children to eat foods that are debased by excessive amounts of sugar, saturated fat and potentially harmful food additives. Availability is one of the most important factors in food selection.

School lunches should be a model of good nutrition, an example of a well-balanced meal. With mothers working, and the increasing popularity of snack foods, the teaching role of the school feeding program is more important than ever. In addition, the school lunch is part of the student's life from kindergarten through high school graduation.

Today, children in many school districts across the country are issued a carton of milk, a plastic "cold-pak", and an aluminum foil "hot-pak". In some areas, these are called pre-plated lunches. Many of these lunches are produced by huge corporations such as Morton's (an ITT-subsidary), Glidden-Durkee (a Smith-Corona-Carchant subsidiary) and Pronto (a division of Hershey foods). To feed needy children in schools without kitchen facilities, many districts took the pre-plated lunches because they seemed to cost less than on-site prepared meals. However, pre-plated lunches are energy-intensive, using energy in processing, refrigeration, transportation and freezer storage. School boards would be wise to discuss what will happen to the costs of pre-plated lunches as energy costs continue to rise. It is hard to find justification for these programs other than that they provide meals when all other options are closed. The disadvantages of pre-plated lunches far outweigh their dubious benefits. The quality of food deteriorates in the cooking, freezing and reheating of the lunches. This processing adversely affects flavor, color, texture, taste and general appearance. Variety is limited by the fact that many foods do not freeze well. Nutrients originally present in foods are frequently processed out or greatly reduced in the finished product. The paper, plastic, foil and cardboard used to package the pre-plated lunches generate undue amounts of solid waste. As school kitchens close, low-income persons employed in them lose jobs. And the over-riding message children receive from these lunches is that eating is only a mechanical process as their is stripped of its emotional and social connotations. The fast food industry, the system's biggest booster, is also its biggest beneficiary.

OH BOY!! IT'S....  
**LUNCHTIME**



Our resources are not unlimited. The ecological ramification of throw-aways are far-reaching. Consider the value system this encourages in children.

Try an archeological study and measure the garbage. What is the cost of the food wasted? How many people could be fed with this food? Why is the food being wasted? Considering the high cost of food, world food shortages, and world famine, it is inexcusable to waste food.

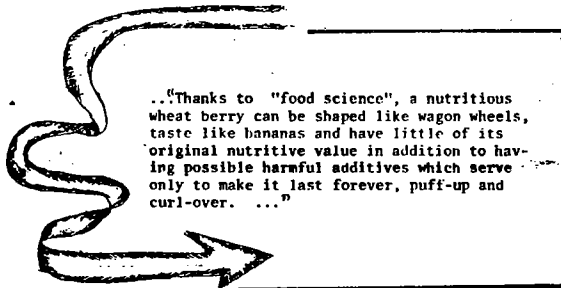
## FOOD



This is an action program for the use of LRYers all over the continent. Food problems could be a major focus of LRY this coming year and this is to give you some suggesting as to how to implement the ideas from your reading. The action section is broken down the following way: action you can take on your own, action you can take as a family, action you can take in your local, and action you can take in your school. Ideas found here are from the Unitarian-Universalist Service Committee's Hunger Packet (available through your church). Food for People not for Profit, (a ballantine book), Bad Fruit (an LRY publication available by writing to LRY, 25 Deacon Street, Boston, mass.02108) and from special help from John McAward at the MUSC, and indirectly from Jean Farmer.

Please use People Soup in the coming year to share experiences that you have had in your effort to improve food problems as they will be helpful to LRYers all over. If we all work together we can be a powerful working unit and get done the objectives that we all feel to be valid. There are many aspects to this problem and maybe one or two will be more appealing to you, your local and federation than others. Work on those. Get involved, get together, get something done. Make LRY an effective functioning unit for the benefit of all.

## SCHOOL LUNCH



"Thanks to 'food science', a nutritious wheat berry can be shaped like wagon wheels, taste like bananas and have little of its original nutritive value in addition to having possible harmful additives which serve only to make it last forever, puff-up and curl-over. ..."

### FOOD ACTION: HOW TO IMPROVE YOUR SCHOOL LUNCH

1. Organize; the first step in making a change in your school lunch program is to ORGANIZE a group of interested students. Form a group by planning a convenient time and place for a meeting. Get lots of posters and other publicity up and around for this initial meeting. Go to other churches' youth groups, your school, and other youth groups in the community. Plan some activities to loosen up the group so that you will be able to function effectively as a unit. Try the interview game in which everyone numbers off; one, two. Spend 10 or 15 minutes interviewing the person to your left. This can be done on a personal level or on the level pertaining to the issue at hand. Then the person on your right has a chance to interview you. Take some more time to introduce each person to the group at large. It is important that your group be a functional one in order to be effective. (for other kinds of introduction games write here for the program packet.) Have the group assign responsibilities to individuals (not necessarily the people who called the meeting.)

2. Research: Take a good look at the food in the lunch line to check for:

a. quality in the food. Have the vegetables been overboiled-- this causes loss of valuable vitamins and minerals. (steaming is much better). Have whole grain flours been used? Were the foods premade or made in the school kitchen? Are there tasty desserts that are not laden with sugar and harmful ingredients?

b. arrangement of the food. How is the food arranged in the line? Are the desserts and junk food placed prominently at the front of the line where students can get them and use up all their money before they come to the nutritious foods? Are the nutritious foods displayed attractively so that students will want to buy and eat them?

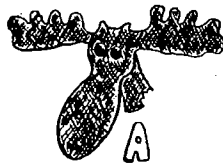
d. What choices are available? Is there a variety of foods that are appealing and good for you. Just because things are good for you does not mean that they do not taste good. On the contrary, lots of people PREFER the taste of whole grains (brown rice, etc) to refined foods. Are there meatless main dishes? Are there foods that are lower in calories? Is there a choice between having whole wheat or rye bread or is there just white bread? Is there skin milk in addition to chocolate and whole white milk (maybe you could get the school to change the chocolate to skim milk).



# ACTION

d. What kinds of desserts are available? Does your school support big business by buying Hostess twinkies? Does it dress you in sugar by serving jello? (just because hospitals serve it doesn't mean that it's good for you). With sugar prices what they are today a change may actually be a financial benefit to your school as well. Are FRESH fruits available or just canned fruit floating in a bath of sugary syrup, with red dye no. 2 maraschino cherry halves?

e. Convenience. Is it easier to go to the soda and candy machines than to wait in long lines for the hot lunch? See what can be done to hasten long waits. Is exact change available before getting in line? Are there enough people serving behind the lines? Is the system behind the lines organized so-as to be in its most efficient state? Make sure that it is just as easy to get wholesome food as it is to get junk food.



## CHOCOLATE MOOSE

f. Food Personnel. What qualifications do the people have who determine what you eat? Who determines what food is placed on the line? Believe it or not lots of the people in charge have no nutritional background. Your school nurse may be able to help with nutritional information.

3. Implementation: Check with the food directors first. See if they will put a few new healthy food items out. The demand for the healthy food over and above the garbage food, will be more of an incentive for those in charge to keep it on the line. Don't get discouraged if you hit an obstacle. There are many paths to choose and no school systems are exactly alike, remember that you are working for the fight to control your body by being able to decide what foods to put into it. Try the principal, school nurse, teachers, PTA, or the whole school district's board. Show them that you have the support of parents, teachers, doctors, dentists, as well as the student body by circulating petitions.

A tip from Jean Farmer, a Unitarian-Universalist woman from Bloomington, Ind. who waged a successful campaign for more nutritious lunches in her school district, is to AVOID RESISTANCE. This means that there are many possible ways to go about this effort so it's important to not waste your time choosing the method that will not work. If the path you choose to take is blocked, then take a different path instead of going through an impossible roadblock. Choose the path of least resistance; if your method is not working find a new one. If you cannot go through the food director, go through the principal's office, or the district food service of the PTA or all of these. Most important no matter which path you choose TALK!!

TALK to students--get them involved!  
TALK to your parents  
TALK to doctors and dentists  
TALK to your faculty  
and keep talking--communication and constant reinforcement is essential (if a parent of an LRYer is in a position to be of assistance, let her or him help. Use all of the resources you have.)

4. New Curriculum. Get courses added to your curriculum that will teach you more about food, politics, nutrition, prices etc., find a teacher who is knowledgeable and would be willing to teach (make sure the teacher is the kind who really cares). Get together a petition and get your parents involved too. In some states if 20 students with parental approval get together the school has to put the course in the next semester's curriculum. Find out the rules in your school for adding new courses. Below begins a list of different class subjects and topics that could be introduced as one day projects, units, "mini-classes", or even courses.

If you would like to see them become courses you must begin now, in order for them to be included in next years curriculum. Even if you have graduated before they come into effect, your efforts have not been in vain. Some possible courses of subjects for lectures and discussion are:

### Home Economics

- \* Meatless cooking: how and why
- \* Nutrition-personal health. (The trouble with this is to find someone to teach it who doesn't have the same attitude as General Mills.)

### Science

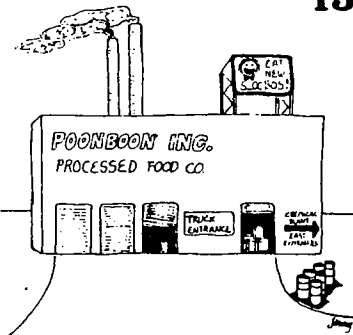
- \* Nutrition: The effects of under-nutrition of the minds and bodies of the world's populations.

World population: Population curves, cycles and why and how they become dangerous.

- \* in bio-chemistry, learn what is happening in your body when eating sugar (you'd be surprised), protein, etc.

### Social Studies

- \* Learn about "balance of payments." We import raw materials from nations with a negative balance, while ours is positive. Are they producing foods of non-nutritional value and where does their export go?



\* Investigate: India Famine 1956-66

Chile- pre and post Allende  
Cambodia- before '68  
and in '74

Tanzania vs. Kenya: examine income and political philosophy.

Do we force countries into dependency?

- \* Use the books and films listed in the UNESCO's bibliography in the classroom. Have a discussion after viewing films.

Survey class (or on your own)

- \* Find out how much food is consumed in your school in dramatize the contrast between our luxury and Third World starvation. Publish your findings in your school paper. LOOK FOR ASPECTS OF YOUR EFFORT THAT UNITE "ATHER THAN DIVIDE!!!!!!!" (this is good info. for any endeavor) This means that if you get food enthusiasts who don't eat meat or don't eat something else, get together on what you all agree on, which is to eliminate junk food and make school lunches more nutritious. Don't waste valuable energy (and time) on arguing over the more minor issues, when what you really want, you all agree on.

7. Make sure that there is one person in your group (not the director) who will be in communication with the continental office and People Soup to tell us how the effort is proceeding. More important than telling us what the good points are is telling us what problems you have had. TELL US WHAT GOES WRONG, AS WELL AS WHAT IS WORKING.

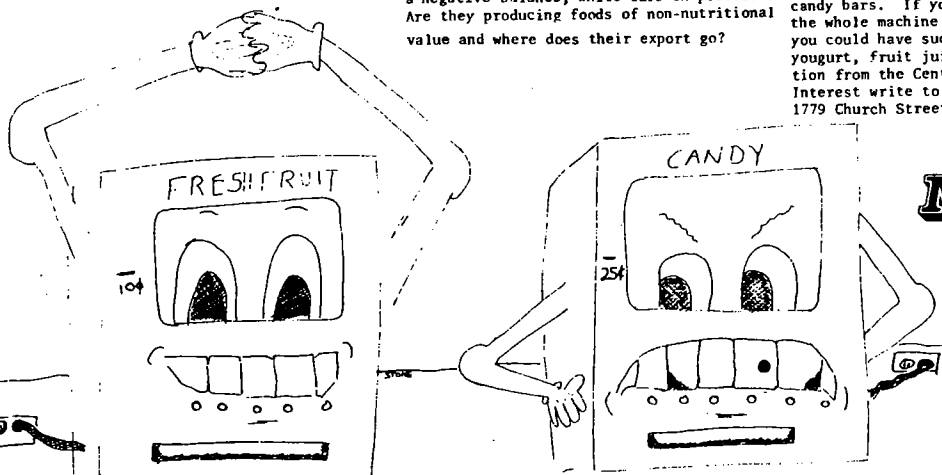
8. For more information about a school lunch program that's working, write to the director of the Milwaukee schools, Tom Farley, and ask for a sample of a weeks menu to see the top notch job he's doing.

### 9. Vending Machines.

Whats in the vending machines in your school?

Who owns the vending machines at your school?

Who decides what goes in them?  
Who gets the profit from them?  
Who gets the health hazards from eating the junk food they contain?  
The Center for Science in the Public Interest is trying to petition to switch the vending machines at the governments supply contractor (GSA) to contain some healthy food as opposed to total junk. Start a petition in your school. Get students to sign a petition asking to change the content of your vending machines to contain nuts (like us!) raisins, and granola (without sugar) instead of candy bars. If you can get them to change the whole machine to a refrigerated kind you could have such treats as fresh fruits, yogurt, fruit juice, milk. For more information from the Center for Science in the Public Interest write to: The Food Project, CSPI, 1779 Church Street N.W. Washington, D.C. 20036



# MORE



ACTION: Things you can do to implement change.

## you

### Suggestions for individual action

\* Make a change in your diet so that it is nutritiously healthful and politically sound. Inform those around you why you are eating as you are; in addition to helping yourself your reasons better, it will also help others broaden their awareness.



A very good piece of cheese.

\* Use energy and natural resources wisely. Remember, you can make sure that you do not buy things with excessive packaging, do not use fertilizer for cosmetic purposes (on your lawn, for example, you can use natural fertilizer rather than commercial, see the UUSC Hunger Packet), ride a bike or walk somewhere instead of using a car (patronize public transportation), encourage friends and family to do the same.

\* Keep yourself informed. Read, talk, and ask questions. The UUSC packet, Food For People Not for Profit, and Diet for a Small Planet are good starters. They also can refer you to other materials (the later two are Ballantine books and can be obtained for reduced cost by writing to Bullfrog Films, Inc., Box 114, Milford Square, Pa. 18395--\$1.50 each, including postage and handling).



## family

### Family Action

\* Help the person who usually cooks (if it is not yourself) to make dinners using meatless but complementary protein dinners (see Diet for a Small Planet, and Recipes for a Small Planet). If your family relies primarily on white bread (buying famous brands supports big business), a fresh homemade loaf of whole wheat bread hot from the oven may convince them to switch. It's not even hard to make. Having a few friends over to talk to while waiting for the bread to rise may be fun, but if you're making it for your family, better double the recipe so that there will be some left for your family.

\* Urge your household members not to buy or eat junk food. Remember the four main reasons: junk food is nutritionally poor, medically harmful, energy wasteful, and costly.

\* Start buying things in bulk with little or no packaging. This usually means off brands and/or co-op buying. It saves energy and does not contribute to big business.



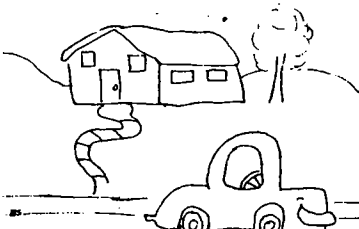
\* Cut coffee consumption. Coffee consumption contributes to the exploitation of the coffee growers and contributes to the profits of big business. Use herbal teas instead. For example, peppermint, sassafras, red ginger, lemon grass, chamomile.

\* Reduce alcoholic beverages consumption. Grain used to produce alcoholic beverages is protein rich. The protein is destroyed in the fermentation process. (UUSC packet)

# ACTION

continued

\* Draw an imaginary circle around your house with a radius of one mile. Have your family agree that there will be no more daylight car trips in the circle except for bad weather. Walk, ride a bike, shop with a cart or wagon. The biggest energy drain in the food process from seed to stomach occurs when we transport our groceries from market to home in our two ton vehicles. Charge a 25¢ penalty for each trip. (from UUSC packet)



LEAVE YOUR CAR AT HOME

\* Shop at a farmers market. This reduces your grocery bill, helps farmers get better prices, insures fresher produce, and does not help big business. It can also be more fun than going to the grocery store. There may be one in your city already, but if not you could try and start one. (see Food For People, not for Profit.) For more information on how to start one, write to: Natural Organic Farmers Association, RD 1, Plainfield, Vt. 05667.

## local

### Action your local can do:

\* Join a co-op or start one. Starting one may sound like a bigger job than you had in mind, but with publicity, church/fellowship members and interested others could come to a meeting sponsored by your local. There are many good books available on starting co-ops (for example, Food Coops, by William Ronco--Beacon Press 1974; Food Coop Handbook, Houghton-Milton 1975;

Loop Handbook Collective, 4.95) To find a co-op near you, write to the Food Coop Project, Loop College, 64 East Lake St., Chicago, Illinois 60601.

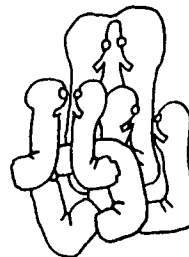
\* Have one meatless dinner each month; a potluck to try out new recipes would be fun. Maybe even make the dinner together if your church fellowship has a kitchen you can use.

\* Read a book together. Diet for a Small Planet, for example, would be a good, easy reading book you could start with, Food for People, Not for Profit, is another good book for starting with. Read a few chapters a week, before you get to the meeting (an assigned set of material so that everyone has a common background from which to discuss) Get a discussion going for your meeting. Exchanging ideas still fresh from reading enhances the material.

\* Borrow the UUSC Hunger Packet from your church fellowship. Read it and discuss it.

\* Have a speaker come and talk and answer questions. Possibilities are people from church fellowship or school, an authority on nutrition, food politics, or big business, or an organic farmer.

\* After discussing and researching some of the issues revolving around food, your local could have a program and supper for the public or your church/fellowship. Surely, an appropriate theme for a presentation will arise from discussion during local group meetings. Not only does this raise awareness to some important issues and expose people to some valuable recipes, but it is also a lot of fun, shares with a larger community that LRP is a part of, and raises money. One style for supper is to have delicious non-meat complementary protein as the main dishes. This style allows alternatives to be exposed.



\* Play a simulation game. For example: at a meeting, or a conference, place in a bag, six white chips (representing the US population); 33 blue chips (representing population of other developed nations); 61 red chips (developing world's population); for a conference of 100 (multiples of these numbers for smaller gatherings). Have the people with the 6 white chips sit at a table where each can receive a full course meal with dessert and choice of beverage in over-generous servings. The people with red chips should divide the same amount of food served to the six with red chips. At still another table the 61 remaining people should divide one-half the amount of food served to the first two groups.

Games like this can be found in the UUSC Hunger Packet. They can also be presented for your church/fellowship. For more complete simulation games for local or for conferences, write to Simulation Games, Student Division, Population Institute, 110 Maryland Ave., NE, Washington D.C. 20005.



A good fish (named Tony).

Don't forget your presentation or lecture to provoke some interchange of thoughts to be followed, hopefully, by action.

Plant a garden together or get the whole church/fellowship involved and use some extra land owned by your church/fellowship.

\* Urge your church/fellowship and school not to use commercial fertilizer for cosmetic (non-food growing) purposes. Natural fertilizer can be used instead. (For more details



and information on why this should be done see the UUSC Hunger Packet.)

\* Start a campaign against vending machines. You can do this by not using them, or to get more involved see the section in this issue on how to improve your school lunch.

\* Find articles about food problems and political aspects of the food problem and post them prominently in your church/fellowship or at school for everyone's benefit.

\* Get involved in action against the use of cans and non-returnable bottles. If soda, for example, does not come in a returnable bottle or can, do not buy it. In some states there is legislation outlawing non-returnable containers. Check into this, start a campaign for this legislation in your state. Refusing to buy soda helps the campaign against big business, tooth decay, pollution, and aids your health and economy.

# FEEDING THE MASSES

CARLOTTA WOOLCOCK

15

What constitutes good food at a conference? When the food is nourishing, plentiful, balanced, good tasting, and served with some regularity, then I believe the food is good. But when I am served imitation peanut butter on Wonder bread, macaroni salad, and Koolaid all in one meal, my body starts to complain from all the starchy garbage being fed into it. I can't count how many times I have gone to a weekend conference, and been given either peanut butter and jelly on white bread or nothing to eat, on Friday evening. Or, for that matter, how many conferences have I planned that have offered the same bill of fare, maybe with the option of vegetable soup added. There actually is very little wrong with this food (except maybe the white air bread). I mean, some of my best friends are peanut butter and jelly sandwiches. (I guess what I am trying to say is that the examples I am using are stereotypes of conference food for me, and in actuality I am a passionate lover of macaroni salad and I am not putting it down). There always seems to be a crisis happening in the kitchen. These crises range from not enough food, or no food at all (so the conferees who have been travelling long hours and are starving are raiding the refrigerator of tomorrow morning's breakfast), to the person organizing the food having no experience as a cook except when they were helping their mother (or father) prepare meals, and is trying to cook for the conference like they are helping with dinner. These are the times when you see people heading out to MacDonalds.

I think that there are basically two reasons there tends to be crummy food at conferences. The first is money. Since conferences are always on a limited budget, the food planners tend to buy what is cheap, instead of quality food. But what most of these people don't realize is that for the same amount of money they are spending at a grocery store for cheap food, they could spend at a wholesaler and buy much higher quality food. It just takes some advance calling around and planning.

Another way to save money when buying food is to locate merchants that will give discounts to non-profit religious organizations (we are one you know!). Generally this requires a letter from your minister, or from this office stating so and so is a representative of Liberal Religious Youth, etc. I know that in Cleveland, where I grew up, we could always get discounts at the grocery stores, and almost always at the open air market. The second problem is that the people who are doing the cooking have little or no

Cooking for Large Groups is not as difficult as it may seem at first. There are just some basic things to remember.

1. At all times try to keep calm and organized. If you organize your work beforehand, then the whole project will go much smoother. When it is 6:00 P.M., you are starting a meal that takes 2 hours to make, the people at the conference are pounding on the kitchen door, and the ingredients aren't here, DON'T PANIC. If you, the person who is planning the food, are not collected, then other people will be frantic too.

2. The food should be well balanced. People will have more energy if they are fed a well-balanced, nutritious diet. There is no reason for serving alot of starch at conferences. Many times the meal will consist of oatmeal for breakfast, sandwiches on white bread for lunch and lasagna or spaghetti for dinner. If you go to the extra effort of planning the meals beforehand, and searching out places to buy the food you want cheaply, then you need not serve unbalanced or starchy meals.

3. Estimating numbers of people that will be coming is a hard thing to do unless your publicity went out well in advance. Probably the best, but hardest thing to do is to plan for a stretched-out type food (food that can be served, reheated, and served again as people come in; like stew, carrots and celery sticks, fresh fruit, etc.) and plan to serve something like pancakes for breakfast. Both of these dishes can be stretched to feed more if you have underestimated on the number of people. Then, when you know how many people will be there, you can buy enough food to make up the difference. If you have overestimated, you can do two things. One, sell the leftover food to the church members. Two, rearrange your menu so as to make use of the leftovers. There are merits to both. If you don't have much experience as a cook, then it is best to sell your leftovers to the church members because you won't be as adept at creating something good from leftovers as a person who cooks alot.

4. Using recipes is always a good practice to follow. You can follow them word for word, or use them as a base and adulterate them as needed.

5. Ordering and cooking in advance is helpful. Although there are many things you cannot cook in advance, bread, muffins, spaghetti sauce, and other things like that can be prepared in advance. Even cakes, jello, soups and cookies can be cooked in advance. The hardest part of this is the estimating of



how many people to cook for. Like I said before, if you don't have any idea how many people are coming, then you shouldn't try to cook very much in advance.

6. Abundance of food is important. Always have enough food so that 1/3 to 1/2 of the people can have seconds. That way everyone will have as much food as they want, and people who weren't expected to be there can eat.

7. Having the members of the conference do the cooking and clean-up is always a good idea. This makes each person attending the conference responsible for some small aspect of making the conference happen. The people who are planning the conference are not doing it to entertain everyone who comes, as it is the people who make the conference good or bad. The best method I have ever seen for leaving everyone to do some sort of work is to sign up to work in the kitchen cooking and or cleaning. The number of times this must be done depends on the number of people at the conference and the length of the conference. Then just have someone in the kitchen who has planned the food and can tell people how to cook it.

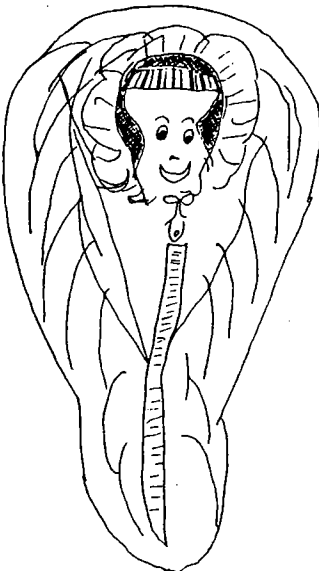
BELOW AND THROUGHOUT THIS SOUP ARE SOME RECIPES THAT ARE ADAPTABLE FOR LARGE GROUPS.

## RECIPES:

### THE STANDARD CORNELI-STONE MIDNIGHT YOGURT

Boil 2 gallons of milk in a heavy pan. Stir constantly so it will not burn and make a mess of your pan. Cool down the milk so that you can leave your finger in it for a slow count of 10, but hot enough so that your finger would not be alive if left in for 11 counts. When the milk is at that temperature, add 8 heaping tablespoons full of plain yogurt. It is important that this yogurt has had no extra chemicals added, as they kill the bacteria that grows to make the yogurt. Mix well so that the culture is spread evenly through the milk (so that the little yogs can multiply happily). Then pour the milk into quart jars and bundle them in wool blankets and then in down sleepingbags-variations are allowed here. Wait 10 hours - don't just sit around, go to sleep or something so that when you get up in the morning you can unbundle the yogurt from its comfy nest and eat it. YUM

MAKES 32-8 OUNCE SERVINGS



### WHOLE WHEAT BAGELS

1 envelope dry active yeast  
 1/4c. lukewarm water  
 1/4c. butter or marg.  
 1/4t. sugar or honey  
 1t. salt  
 1c. scalded milk  
 approximately 4c. flour (if using whole wheat flour, you will need to double the amount of yeast)  
 1 egg, separated  
 soften the yeast in the water, dissolve butter, sugar or honey, and salt in scalded milk. Add softened yeast to milk mixture and mix well. Add 1/2 of the flour, and stir in well. Add the rest of the flour gradually. Knead on floured board. Grease top of dough and place in greased bowl to rise.  
 (you may speed this by covering with a warm damp cloth and leaving it in a warm, NOT HOT place until double in bulk.) (maybe 2 hrs.)  
 Knead again, divide dough into 4th's & roll each into fingers. Cut into 6" lengths and form into O's. Let rest 10 min. Drop into water that's just below boiling. let cook (until puffy, solid, and lighter in color, turning once.) carefully remove and put on a greased cookie sheet. Beat egg yolk with a little water and brush on top- sprinkle with coarse salt if desired- Bake in 400° oven 15-20 min. or till golden brown.  
 makes 20-24 Yummy Bagels!!



Reprinted from DIET FOR A SMALL PLANET  
(Revised Edition) by Francis Moore Lappe.  
Copyright © 1971, 1975 by Francis Moore  
Lappe. Reprinted by permission of the author  
and Raines & Raines.

**Rice Con Queso**

6 servings  
average serving=approx. 17 g usable protein  
39-47% of daily protein allowance

**Have ready:**

- 1½ cups raw brown rice, cooked, with salt and pepper (about 3 cups)
- ½ cup dry black beans (or black-eyed peas, pinto beans, etc.) cooked (about 1 1/3 cups)

**Mix together:**

- prepared rice and beans
- 3 cloves garlic, minced, pressed
- 1 large onion, chopped
- 1 small can chilies

**Assemble:**

In casserole repeat layers of:

1. rice-bean mix
2. ricotta cheese, thinned slightly with milk or yogurt until spreadable (use ½ lb altogether)
3. shredded jack cheese (use about ¾ lb all together)

**Topping:**

- ½ cup shredded cheddar cheese

**Optional garnishes:**

- chopped black olives,
- chopped fresh onions
- parsley

End with a layer of the rice-beans mix. Bake at 350 F for 30 minutes. During last few minutes of baking, sprinkle grated cheese over the top. Garnish.

This is an ideal dish for a buffet dinner. My guests always ask for this recipe!

Complementary protein: rice + beans  
rice + milk product

**Easy Whole Wheat Crust****Have ready:**

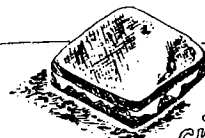
- 6 tbsp butter, softened slightly

- Sift into medium-sized mixing bowl:  
1 cup whole wheat flour  
1/8 tsp salt

Cut the butter in very small pieces. Mix ingredients with your fingers until pastry resembles cornmeal. Press over bottom and sides of 9-inch pie plate or cake pan. Bake for 10 minutes if you are using cooked filling, five minutes if you will be baking it with the filling.

**This pie crust may be varied as follows:**

1. If you are using a filling that does not contain the equivalent of at least 2/3 cup of milk or 1 oz of cheese to complement the whole wheat flour, add 1/8 cup softened soy grits to the whole wheat flour.
2. If you are using it for a dessert crust add 3 tbsp brown sugar.



SWISS  
CHEESE ON  
WHOLE WHEAT

**Greek Cheese and Spinach Squared**

6-8 servings  
average serving=approx. 14 g usable protein.  
32-39% of daily protein allowance

**Have ready:**

- ½ lb whole wheat or wheat-soy noodles

**Mix together:**

- 3 beaten egg yolks (set whites aside)
- ¼ cup butter, melted (optional)
- 2 tbsp honey
- 1 lb cottage cheese (about 2 cups)
- 1 cup yogurt

**Fold in:**

- ½-1 cup raisins (optional)
- cooked noodles
- 3 stiffly beaten egg whites

**Choose topping:**

- whole wheat bread crumbs
- wheat germ

Pour into an oiled 2-quart casserole. Choose a topping and dot with butter. Bake at 375 F for 45 minutes.

This is a delicious and elegant dish.

Serving suggestion: Accompany with green peas and fresh fruit salad (chopped apples, bananas, oranges, etc.) with a yogurt-and-honey dressing.

Complementary protein: wheat + milk product

**A Corny Recipe**

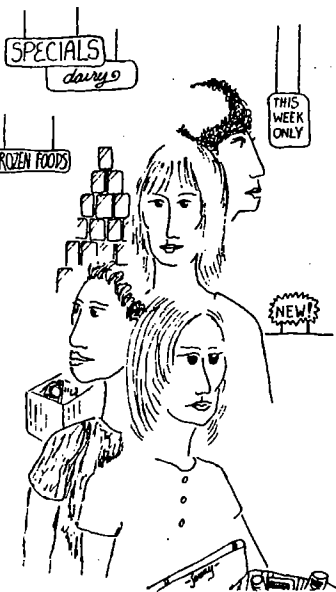
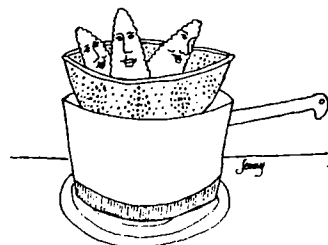
Barbara and Julianne's lazy summer steamed corn on the cob.

**Ingredients:**

- water
- corn on the cob
- pan
- colander or steaming device
- two lazy or one normal person
- source of heat

**Directions (how we do it)**

While Julianne seductively strips the corn of its silky hair, I put a shallow layer of water in a big pan and effortfully turn on the heat, walk to the chair and sit down comfortably. Next step, Julianne puts the corn in the colander (a steaming device will do but ours isn't big enough so we use a colander which works just as well.) So with the colander in the pan of boiling water, Julianne puts the lid on securely and joins me at the table for the strenuous task of waiting for the tasty kernels to finish their steam bath. To see if they are done tickle them with a fork. They will be not hard nor mushy when done (about ten minutes). Then I get out the plates and Julianne dishes up the succulent treat. We both eat the treat of our feat and make this story complete.

**Cold Zucchini-and-Buttermilk Soup**

4 servings  
average serving=approx. 5 g usable protein  
12-14% of daily protein allowance

Buttermilk, so much cheaper than yogurt, can be the basis for many delightful and practically instant summer soups. Here is just one example, but many other vegetables and fruits might be used.

**Saute well:**

- oil as needed
- 1 medium zucchini, chopped coarsely
- 1 medium onion, chopped
- 1 clove minced garlic

**Blend all in blender and add:**

- 3 cups buttermilk
- salt and pepper to taste

Chill and garnish with dill or parsley.

**Simple-Elegant Cheese Pie**

6 servings  
average serving=approx. 12 g usable protein  
28-34% of daily protein allowance

**Have ready:**

- whole wheat "pat-in" pie crust in 8 or 9 inch pie plate (see page 204). (There is no need to add the soy, as this pie has enough cheese to complement the whole wheat.)

Bake for 5-10 minutes at 350 F (until lightly browned).

**Remove crust from oven and fill with:**

- 1 sliced onion, sauteed or not (optional)
- ½ cup marinated Italian sweet peppers (optional, but it is my favorite, available in most grocery stores)
- ¾ lb cheese, sliced (This can be any cheese you like that will melt nicely. I prefer Swiss and Muenster, or Gruyere, but cheddar, American, etc., will work as well.)

**Cover the cheese with:**

- 2-3 tomatoes, sliced

**Sprinkle over top of tomatoes:**

- about 2 tbsp oil
- 2 tbsp oregano (to taste)
- pepper (to taste)

Bake at 350 F for about 10 minutes, until cheese is melted and bubbly and tomatoes are cooked. This should not brown. Let cool slightly.

Serve as you would a quiche--as an appetizer, or as the center of a meal with a salad, etc. It is as good as a traditional quiche, without spending all the time it takes to roll out a crust and grate the cheese.

**Other options:**

If you want this as a special dinner pie:

Place about 1/2 lb sliced and sautéed mushrooms around the tomatoes (Just remember to sautee the mushrooms in as little oil as possible, or the pie will be greasy.)

Or, if you want it to be more like a regular quiche, you may pour one egg, beaten with a little milk, over the cheese before baking and delete the oil and oregano.

Complementary protein: wheat + milk product.

## Soybeans become Tofu

Now readily available in most supermarkets, tofu or soybean curd is well on its way to becoming a common ingredient in the American diet. It is the "health food" par excellence, being high in assimilable protein, low in calories, low in saturated fats, high in vitamin and mineral content, and easily digestible! But while it is instantly edible, its bland taste requires that it be combined with other foods and flavors to make it tasty.

Since soy and grain proteins, possessing exactly the opposite strengths and weaknesses in protein components, complement each other so beautifully in boosting the amount of protein assimilable by the body, it is best to learn to use tofu and grains together, or at least to combine both the tofu and grain dishes at the same meal.

Including tofu in one's diet can be very easy to do, once one gets the knack. Here are a few ways:

Combine 1/2 cup diced tofu with 1 cup cooked oatmeal; heat through.

Combine diced tofu with peanut or other nut butters and use as a sandwich spread.

Blend tofu with Lipton's Onion Soup Mix to taste and serve as a dip with crackers.

Use in diced or mashed form with your favorite spaghetti or curry sauce (instead of meat).

Add diced tofu to any canned soup just before serving.

Mash and mix with scrambled eggs.

Combine with sautéed green peppers and onions seasoned with soy sauce and serve over cooked rice.

Combine with canned or fresh fruit and serve with cookies or cake.

Combine with mixed greens and serve with garlic bread for a well-balanced lunch.

Supermarket tofu is mass-produced and comes water-packed in a polyethylene container that has been thermally sealed with a sheet of transparent film. As soon as it is brought home, it should be removed from its container, drained, placed in a glass jar, and put in the refrigerator. It will stay fresh this way for another two or three days. After that it can be kept in salty water for another four or five days; the salt will, however, take away some of its delicate flavor. It can also be freshened by being placed in a pan of scalding hot water for 2 1/2 - 3 minutes.

Adapted from *Bean Cuisine: A Culinary Guide for the Eco-Gourmet* by Beverly White, copyright © 1977 by Beverly White, to be published in February and reprinted here by permission of the publisher, Beacon Press, Boston.

## Miso

Miso is a delicious product made from soy beans and grains. I have never made it, but understand it to be a fairly involved process that includes fermentation for a period of about 2 years. Koji, a bacteria, is mixed into rice that has been cooked until soft and allowed to grow for a few days. Then soybeans which have been cooked until soft are mixed into this combination and allowed to grow for at least two years. (Don't try to make it from a skeptical explanation like mine, I'm only trying to brief the procedure.) It has a very salty taste (due to the salt added in the recipe) and is dark brown to black in color. The texture is not smooth but is spreadable. It has a very strong flavor, which some people find necessary to be combined with other ingredients. Although I find it tasty as itself spread on a finger or perhaps bread or a cracker.

It is an excellent soup broth adding both color and flavor. I have never actually used a recipe when cooking with miso, but just added to whatever seemed to need it as a seasoning. It should be added just before serving rather than cooking it for a long time.

Sorry that I haven't more information, especially as to nutritional value. Most co-ops would probably be able to offer better information and advise you of a specific recipe if you would like to brave what sounds to be an exciting experience.

-Jennifer

### How to Make Bean Curd (Tofu)

--reprinted from *Living High on the Bean* a culinary guide for the ecogourmet, by kind permission of Beverly White

Soak 1 c. soybeans overnight. Drain. Grind thoroughly in a blender, adding 5 c. of water gradually. (Or use a food grinder, adding the water at the end.) Pour into a cloth bag and squeeze out all the liquid. Heat the liquid, allowing it to boil up three times. Stir enough to prevent it from sticking to the bottom. Add 1/2 t. Epsom Salts (Magnesium Sulphate). Stir just enough to mix well. Let stand 30 minutes or until set. Spread a cloth or four thicknesses of cheesecloth in a colander or flat sieve; pour the curd into it and allow it to drain thoroughly. (A weight in the form of a pan of water can be placed upon it to speed this process.) When firm, set in water to leach out the Epsom Salts and change this water two or three times before using. Store in water or brine in the refrigerator. Use as a side dish (for extra protein) with a little soy sauce, or add to soups and vegetable dishes. It can also be fried and sprinkled over a dish as a garnish. For Japanese or Chinese dishes it should be cut into 1 inch squares or balls.

I tried this recipe one day while in a hurry and it turned out to be a much bigger project than I thought. It really isn't hard but it's pretty messy and takes waiting time between steps. I do recommend you try it, it makes tasty tofu, but leave yourself plenty of clean-up time. ....Barbara

---

We thought that this was so appropriate that we decided to reprint it from the last issue of Soup. Sorry if you find it redundant

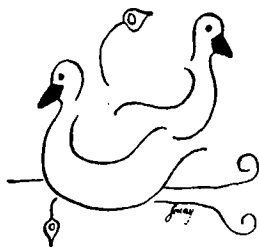
## Sprouts

-Gary Decker

When you were in Kindergarten did you ever bring lima beans, grapefruit seeds or whatever to put them in a cup with moist cotton and stash them away in the closet? I did. I remember how my classmates and I were excited about what might be happening in our individual containers for those several days that we waited. When we took them out we found that our seeds had sprouted long shoots with tiny leaves. I guess this was supposed to show us the way that plants grow and to inspire in us an awe of the mystery of life. They all got dumped in the garbage. So it goes.

These days I am still playing with sprouts but I don't throw them out, I eat them. I find that sprouts are a delicious and versatile food. They go well in soups, salads, bread, casseroles, etc. They are great raw as an all sprout salad or as munchies. I particularly enjoy them sautéed in oil then to have eggs scrambled over them. YUM! Just use your imagination on them and they will respond. I find that most often sprouts are sweet, crunchy and sort of nutty tasting. But this can vary greatly depending on what is sprouted.

Sprouts are also economical and nutritious. By taking some inexpensive raw grains, beans, seeds or nuts and adding only water in the proper conditions you can greatly increase their content of vitamins, minerals, enzymes, proteins, chlorophyll, etc. Hard to digest starches are broken down into natural sugars. Lastes are subtly changed. Also the volume of the sprouted material is increased making it more filling. So what you get is more food of better quality from the same amount of money, just by adding water!



And sprouting is fun. Of course that is a personal evaluation but I really enjoy seeing those little seeds shooting out tails and growing like crazy. They sit in their jar looking happy and encouraging me to eat them. Well, I guess getting into the personalities of sprouts takes a little bit of getting acquainted first. So...

...just how does one go about getting more nutrition out of your pennies, more taste and versatility out of your pantry and more fun in your kitchen? Well, I know of two methods of sprouting that are used pretty commonly and successfully, but before you start you must choose what it is you are going to sprout. You can use a multitude of things just so long as they are alive. Pre-cooked beans won't sprout no matter what you do to them. Some things that I have sprouted or heard of being sprouted successfully are: mung beans, alfalfa seeds, soy beans, lentils, wheat, buckwheat, sunflower seeds, sesame seeds, garbanzo beans, adzuki beans, peanuts, celery seed, rye, radish seed, fenugreek, peas, fennel, ...the list goes on. (hereafter I will refer to this collection of sproutables as beans for the sake of convenience.) Experiment with different beans to find which ones you like.

Before starting either method you must soak the bean for 12-15 hours (4 for small seeds like sesame, alfalfa, celery, etc.) This soaking tells the bean to wake up and get ready to grow. Then you must keep them in a dark, moist, room temperature environment for several days.

One way to do this is to spread the soaked beans out in a single layer on a moist towel in a pan. Cover with another moist towel and a piece of plastic or wax paper to keep the moisture in. Set aside in a dark place where they won't get disturbed and check them occasionally to make sure that the towels stay damp. That's all there is to it. Use paper or light cloth towel as a heavy wet towel might cramp the beans and not leave enough room for them to grow. The disadvantage to this method is that you might get mold along with your sprouts. The advantage is that it calls for very little attention. The beans just sit there until they are ready to munch.



This other method uses a jar covered with a piece of cheesecloth or nylon stocking bound on tightly with a rubber band. You can use this jar to soak in and simply turn the jar upside-down to drain. Rinse with room temperature or luke-warm water (we don't want to unduly shock our little buddies, now, do we?) and drain well. Let the jar rest on its side (for better ventilation) in a dark place or even on the counter, just so long as you keep them out of strong light. I keep mine out 'cause it's easy to forget about when stashed away in a cupboard. Rinse the beans well and drain completely twice a day for three to five days. This constant rinsing will prevent any mold from invading while maintaining a moist atmosphere for little sprouting friends. You may want to set the jar out in the sunlight the last day of sprouting to encourage chlorophyll production. Particularly good in salads!

You may well wonder why I'm so vague about how long it takes before the sprouts are done. You'll just have to use your own judgement. Time varies according to what is sprouted, temperature, moisture, etc. Also, different beans should be allowed to grow to different sizes. Some sprouts, like garbanzo or sunflower are done when just a small tail has budded out. Others may grow long tendrils of two or more inches with leaves starting on the ends. So taste sprouts occasionally as they grow. If they get too big, sprouts may tend to taste woody, green or bitter. Anyhow, when you feel that your sprouts have grown enough, rinse 'em off and put 'em in a closed container (so they don't dry out) in the refrigerator (so they'll stay crisp and stop growing. Or eat them on the spot.

continued on next page

# 18 Teeth

From Abraham Nizel, a dentist on the faculty of the Tufts University School of Dental Medicine, presented before the US Senate Select Committee on Nutrition and Human Needs, June, 1974.

1. Children and particularly adolescents are the most caries susceptible group. They have the highest sugar intake and eat the poorest quality diets.
2. Over the last ten years, at Tufts University School of Dental Medicine my students and I have done thousands of diet evaluations on patients with rampant caries. We never have found a single patient whose caries problem could not, in part, be traced to the patient's inordinate consumption of sugar.
3. The estimated average number of between-meal exposures to sugar-sweetened snacks in caries-susceptible individuals ranges between five and eight per day.
4. Sugar-sweetened beverages and hard sucking-mints are the worst offenders. Television advertising of these products influences their increased usage.
5. The children's knowledge about nutrition acquired from secondary school systems is extremely inadequate.

The following improvements in four general aspects of food and nutrition-- labeling, advertising, education and research-- can help significantly in preventing and controlling dental decay and save the government money in any future national dental health program:

- \* Every package of sugar-sweetened life savers, cough drops, breath mints, candies, chewing gum and soft drinks should be labeled with a statement warning that excessive frequent daily use of these products can produce significant amounts of dental plaque and dental decay. Label the types of carbohydrates--starch, sucrose, glucose--that are present in processed foods just as the types of fats (saturated and unsaturated), are being identified.

- \* Require whole truths when advertising the health value of sugar and sugar products. Misleading statements like "Sugar. It isn't just good flavor; it's good food" which tout quick energy but does not describe its tooth decay-

ing properties is not telling the whole truth about its effects on health. Ban the advertising of sugar-sweetened products on children's television programs.

- \* Provide grants for nutrition education programs in medical and dental schools so that physicians and dentists will understand the interrelationship between the science of nutrition and health problems. It will help physicians and dentists to practice nutrition, prescribe proper diets, and deal knowledgeably with food fads, misinformation and myths. Better nutrition

education programs are needed especially at the high school and college levels. Professional nutrition educators, not health teachers, should be hired for these purposes.

- \* Financial support by the government for a clinic research program on diet and dental health... Clinical research should be supported for testing reasonably acceptable sugar substitutes such as miraculin, a protein, and the use of caries-inhibiting additives to sugar products such as phosphates.



Barbara Stone

Tooth decay is just one reason for putting an end to the advertisements we let children watch at the expense of their health and at the gain of large corporations. "The food industry became convinced long ago that nutrition couldn't sell its products. The advertising agencies turned to toys, fantasy, sex appeal and hilarity to distract the food purchases from worrying about ingredients." (R.B. Choate) Television advertising during children's viewing time has reached astounding proportions. Twenty ads per hour on Saturday mornings to lure unsuspecting children to ask their mothers and fathers for the goodies that their favorite TV hero is selling. This compares to ten or twelve ads that are on prime time adult viewing slots (adults hopefully being better able to sort advertising fact from fantasy). Nine out of ten of these commercials are singing the glories of some kind of sugar-sweetened or fried delectable such as breakfast cereals, candy, cookies, and soft-drinks. These "pseudo-foods" are rapidly replacing more solid unprocessed foods on children's diets. Empty and harmful calories are replacing the nutritionally sound foods that would supply them with the vitamins and protein they need.

"There is an abundance of epidemiological and experimental evidence that indicates that sugar unquestionably is the principal cariogenic (cavity causing) agent in the diet...Some of the important conclusions from the

Swedish study were that the amount of sugar is not of paramount importance but rather that the form of the sweets (retentive worse than non-retentive) and the frequency of between-meal using were the prime factors in promoting caries activity." (Abraham Nizel) Television watching shows the change in life style from a formerly active to one in which we sit around more, thus burning less calories. The junk food advertised leads children to establish poor eating habits and tricks them into thinking that they want something that they ordinarily might not want. The Federal Communications Commission (FCC) has the power to take these ridiculous ads off the TV as they did for cigarette commercials. So far they have not acted. The interrelatedness of big business and government is probably a main reason why this has not happened. One can hope that with education and encouragement our brothers and sisters, friends and parents can be helped out of the trap that large corporations have set for us through advertising.

facts are from Abraham Nizel (Statement on Sugar and Dental Caries) and Robert B. Choate ("The Sugar-Coated Children's Hour")

## Bibliography

*Bean Cuisine*; Beacon Press (to be published in the fall) by Beverly White.

*Diet for a Small Planet*; Ballantine Books by Frances Moore Lappe.

*Food Coop Handbook*; Houghton Mifflin by the Food Coop Collective

*Food Coops*; Beacon Press by William Ronco

*Food for People Not For Profit*; Ballantine Books by Catherine Lerza and Micheal Jacobson.

*Recipes For A Small Planet*; Ballantine Books by Ellen Buchman Ewald

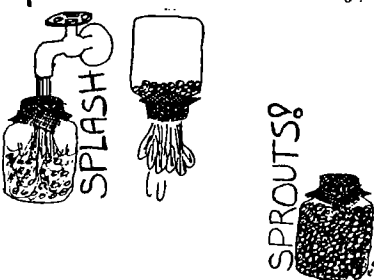
*World Food Crisis - A Self-Education Packet* prepared by the Committee for Self-Education 11 Garden St., Cambridge MA.02138 \$2.00

Please note the original sources that are credited where included in the Soup. We feel that these sources must be good ones if the excerpts are; we just haven't read them, yet.

Please don't pass by other likely good books just because they aren't listed here. Send a book-review if you do find others.

\*Includes extensive bibliography of books, publications, organizations, etc.

## Sprouts continued from previous page.



Another cautionary note: Don't fill that jar up with beans. For instance, alfalfa seed, an especially prolific sprouter, will fill a 2 quart jar starting with only THREE tablespoons!

So that's where sprouts come from. I'm no authority on the matter and there may well be some inaccuracies contained herein. But that's OK because the fun is in the learning. I've told you what I know, you've got to find out what is relevant to you. I just hope that you'll give sprouts a try and start experimenting. And don't get discouraged the first few tries. I know I had a lot of failures! Persistence will reward you with a new dimension in eating. Enjoy!

By way of a bibliography (if you want more specific information on nutritional content, what beans sprout well, how beans look when they are ready to be eaten, recipes, other sprouting methods, etc.) I unfortunately have little to suggest other than to try your local library or health food store. I've seen articles on sprouting in "Organic Gardening and Farming" and "Prevention" magazines, both from Rodale Press, Emmaus, (sp?) Penn. Also "The Mother Earth News". A great little pamphlet can be obtained from Hippocrates Health Institute, 25-Rexeter St., Boston, Mass. 02116

## THE HIGH COST OF FOOD PROCESSING

	package size	price per pound	price per package
fresh potatoes	20 lb	\$1.99	\$1.10
fresh potatoes	5 lb	.79	.16
sliced, canned potatoes	1 lb	.25	.25
frozen French fries	1 lb	.35	.35
frozen potato puffs	1 lb	.35	.35
frozen French fries	10 oz	.35	.56
(extra crisp)			
instant mashed potatoes	1 lb	.71	.71
potato sticks	7 oz	.47	1.07
potato chips	10 oz	.69	1.10
Tuna Helper (potatoes and artificial mushroom flavor sauce)	7.5 oz	.59	1.26
Crisp-i-Taters (potato snack)	6 oz	.55	1.47
Hamburger Helper (sliced potatoes with a sour cream and beef-flavored sauce)	7 oz	.63	1.53
Instant potato soup mix	5 oz	.49	1.57
Munchies (potato crisp snack)	5 oz	.53	1.70
Chipsters (potato snack)	4.75 oz	.51	1.72

Reprinted with permission from *Organic Gardening and Farming*, Rodale Publishing Company, April 1974. Found in *Food for People Not for Profit*.

## Notice Of Racism

Looking at these posters you may be taken in by what appears to be humanitarian efforts to help the poor of "developing" nations. Behind these efforts are unconscious racist attitudes and ignorance of what those poor people's real problems are.

### \*RACIST ATTITUDES:

"We know what's best for you" - PATRONIZING (we want the whole world to live like us in small nuclear families, with our values, our economic system, etc.)

"Your culture is wrong"

"A small family is a happy family--in India" (We're afraid of them getting too powerful by sheer force of numbers.)

### \*POPULATION CONTROL:

Righteous with our attitudes, we more and more offer birth control not as a choice but as a mandate. In Puerto Rico, for example, 34% of women of childbearing age have been permanently sterilized in white hospitals, often against their will. Sometimes these women are offered badly needed money, sometimes they are misled as to what the operation is, sometimes they are sterilized against their will when in the hospital for something else.

### \*WHAT CAUSES POVERTY?

These posters tell us that overpopulation, lack of education, and unemployment are the basic problems behind poverty. But the people who live in "developing" countries disagree. They see their land bought out by foreign corporations who plant coffee, cocoa, sugar, and rubber for profitable export rather than food for the hungry people at home. The farmers are forced to crowd into cities to find work, where they mostly find unemployment. Most of those who are employed must accept starvation wages. Foreign corporations created these conditions in their pursuit of profit; this, not overpopulation, is the problem.

### \*IT'S OUR PROBLEM TOO:

We suffer, though not as extremely, similar problems of unemployment, low wages for most, and other exploitation. Companies here threaten to move to Taiwan, etc. where labor is cheap, if their employees unionize, or if unions demand much power over working conditions and policies. We also suffer when we are called to war to defend the holdings of multi-national corporations against national liberation movements, such as in Vietnam. Our problems and the problems of "developing" nations come from one and the same system, which is based on what makes profit rather than what people need.

### \*WHAT WILL END POVERTY?

Educating some to be "good" (obedient) workers, giving a few more exploitative jobs, controlling their population to keep unemployment at a non-dangerous level, and arrogantly imposing our cultural values and ideas of upward mobility for a few, does not challenge, but maintains poverty. To challenge poverty we must stop the system of allowing profit to determine people's lives, and the corporations that live off it. We can support national liberation movements. We can educate ourselves about their and our own problems. We can oppose the efforts of people like Kissinger, who, in order to maintain the system, keep U.S. corporate interests alive and avert popular revolution in Rhodesia by trying to substitute black puppets for white rulers.

It is good that people care about poverty.

But we must be on guard against our racist attitudes and lack of understanding, or else we change nothing.



In many churches throughout this country you will find bulletin boards littered with pictures of starving African children, or white teachers helping non-white people to read books, to count, or to understand birth control. On one such bulletin board in a Unitarian Church in Los Angeles, Liz Katz and Liv wrote and posted the following. They want to encourage others to copy it, cut it out, or write similar expose's and post it in their church.

## THE 'R' IN IRF

There was only one half-hour to go before the New Year began. I was at our New Year's Eve Party in Mainz, Germany, and I was all ready to celebrate. My pockets were full of fireworks and my stomach was full of beer. Then, a man that I had not yet had the chance to meet, a German who has friends in IRF in the Mainz area, came up to me, introduced himself, and said:

"I would like to know why IRF is a religious organization. I asked someone this question, and they were not sure how to answer. But they said that you were the person to ask. (This is one of the occupational hazards of being a minister.)"

I have never been a person to turn down a discussion about religion. I am also not a person who misses the midnight festivities at a New Year's Party so our conversation did not last very long. However, it did make me decide that perhaps this would be a good time to write down my thoughts on why IRF is a religious organization.

The subject is not a new one. The process of defining what the "R" in IRF means to us has been going on since IRF began. In 1972 we had our last sharing of ideas in FT around this subject after a controversial worship service at the Vars conference. Now we are in the process of revising the wording of our "aims and purposes" as stated in the constitution, and we need to examine again what it is about IRF that makes us want to be known as a "religious" fellowship.

One of the difficulties in talking about religion in IRF arises from the fact that religion and religious institutions exist in different ways in different countries. In Germany, for example, the churches are supported by tax money collected by the government, and many people who do not wish to support the existing churches in Germany say to me that they are "not religious people". This is so different from what I know in North America, where church and state are completely separated, and churches must have the voluntary labour and voluntary support of their members to stay alive.

These cultural differences are a problem because many people identify the meaning of "RELIGION" with the doctrines and the structure of whatever religious institution (such as churches) that they are familiar with. So, I hear people say:

"Well, the churches that I know have only older people in them, and I find them boring, and I don't believe in many of the doctrines or ideas they talk about in those churches, so I am not a religious person."



I think this is a great mistake, for "Religion" is not any specific kind of church, or any particular belief about life. Rather, religion involves the deepest and most basic feelings, attitudes, and beliefs that each one of us has about our individual lives, and about the larger life that we share together as members of the human race. Paul Tillich, the great German theologian, defined religion simply as our "ultimate concern" in life.

So we are all "religious people", and we all have a religion, because whether we do it consciously or not, we all go through life with some ideas and feelings about why we are here, and how we should live, and why we suffer and die. We make moral decisions about our actions based on those "religious" attitudes. Show me someone who does not have a religion, and I will show you a corpse.

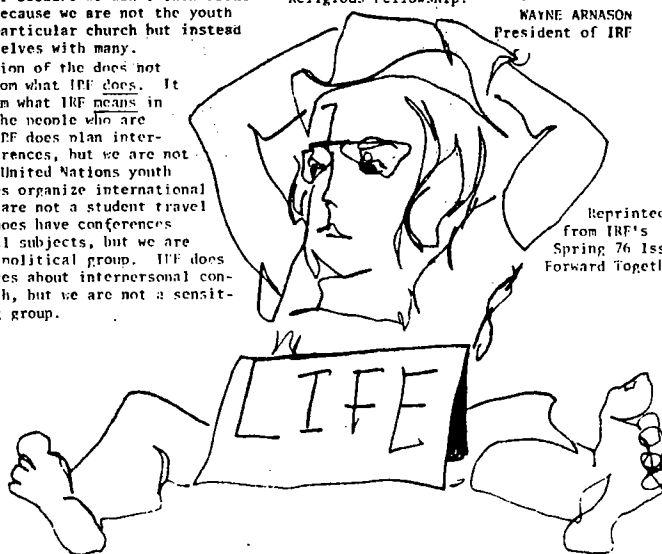
I get annoyed when I hear people say that IRF is not a religious organization because we do not have regular worship services at our conferences, or because we don't talk about theology, or because we are not the youth group of any particular church but instead affiliate ourselves with many.

The definition of the does not simply come from what IRF does. It also comes from what IRF means in the lives of the people who are part of it. IRF does plan international conferences, but we are not the same as a United Nations youth club. IRF does organize international tours, but we are not a student travel agency. IRF does have conferences about political subjects, but we are not a student political group. IRF does have conferences about interpersonal contact and growth, but we are not a sensitivity training group.

We are a religious group, however. We are a religious group in my opinion because we offer a group atmosphere and a community where people can explore and discover and change their deepest feelings about themselves and about each other. No one will tell you what to believe in IRF and no one will tell you how you should live in the IRF community, but experiencing the process of IRF challenges you to ask these questions for yourself. Although I have been training for the Unitarian Universalist ministry for a number of years, I have never had the chance to belong to any local church near my home for very long. Many times I have thought that my real "church", where I found my religious community, was in the youth groups I have belonged to such as IRF.

To say that IRF is a religious organization is to express not only a definition of what we do or what we are today. It is also to express what we hope to be, what we try to be. If people who come to IRF find a free and comfortable space where they can find for themselves a new self-understanding and a new commitment to other people, then we are doing what all the churches in the world have been trying to do for centuries, and we should not be afraid to call ourselves "International Religious Fellowship."

WAYNE ARNASON  
President of IRF



Reprinted  
from IRF's  
Spring 76 Issue,  
Forward Together.



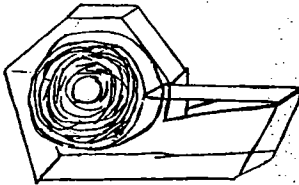
Dear People Soupers,  
 IDEA: I found a great activity for locals or conferences in an old sexism packet. It's a little game where everyone has a sex change. Everyone involved in the game become the opposite sex. Then males and females separate into discussion groups and discuss their feelings, reactions, and how it will affect their future. Both groups rejoin to exchange their ideas. It really gave the K.C. local some heavy thinking on ground-in sexism.

Shelley Cantrill

# PROGRAM

Dear Folks,  
 Our local did the stroke economy activity. I feel it worked out pretty good. Only one thing in my opinion was wrong. Most of the things that were said (not all) were "surface" strokes (i.e., I like your hair, I like your clothes, I like your smile, etc.). Those are great; for people who don't know each other very well. Our local used to be pretty tight and the strokes made me realize we weren't so close anymore. I'd like to do more sensitivity things with our local, if anyone has any ideas (hint, hint). I'd like to be closer to the people in my local. Thanks for the strokes--they feel real good.

--Pam Stapel



## THE TAPE GAME

This game shows how sometimes a label can "make or break" you, it's a good guessing game.

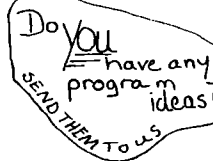
What you need is a roll of masking tape, a felt-tip pen, and a group of about six to eleven people. Each person puts a piece of tape on his/her forehead. Then the person who leads the workshop writes a label on that piece of tape. S/he may use some of the below labels, or make up some others.

### SAMPLE LABELS

Look up to me  
 Mock me  
 Ignore me  
 Just tolerate me  
 Love me  
 Hurt me  
 Take care of me  
 Try to pick me up  
 Honor me  
 Mimic me  
 Despise me

When everyone has a label, the leader should ask the group to relate to each other, using their labels. After a while, people may be able to guess what their piece of tape says, if not, tell them. It's interesting to discuss the experience later. If you decide to do it again, try not to give negative labels to the same person twice in a row.

Variation: Think up a situation and act it out, using labels.



## RELAXATION / HEALING

Lie down on your back with your knees up and your feet flat on the floor. Your arms loose by your side...

Become aware of your breathing. Don't try to change it. Just notice the way it is. Slowly begin to deepen it. Imagine your body as a balloon filling up, with the fresh air going all the way into your abdomen, giving you life. Don't force it. Just draw in the air slowly, filling all of yourself, and then let it drain out. Air is what keeps you alive. It is the only thing you need constantly. Without air you would quickly die. It supplies energy to all of your body.

Imagine the air around you as being pure energy, particles of beautiful light. It is a good, healing force, the energy of the universe. Imagine drawing this energy, this light within you with every breath. Imagine it flowing in, down your spine to a spot halfway between your bellybutton and your genitals. This is the center of your body, the place of your life energy. Draw the beautiful, healing light into this center, and on your exhale, let the light/energy flow out to all parts of your body. Nourish them; healing them, making them alive. Now as you exhale, send the energy, along with it all your body tensions, and worries, out through your feet. Imagine it flowing out and downward, connecting you to the earth. You can feel how stable you are, how gravity is holding you down. Let everything go through your feet.

Now imagine the most beautiful color in the world. Imagine yourself floating in that color, surrounded by that color. Imagine it going all through you, soaking into your body, healing every cell. Become that color. Absorb it with each breath.

Now imagine a feeling that you'd like to have, whatever you need most right now. Breathe that feeling in. Take what you need from the universe. Surrender yourself to the feeling. Take it in until all your needs are filled, until none of your longings are left, and you feel complete, secure, and you know that your being is good, whole, and you are alive in this space and it is good.

Become aware of your breathing again, and slowly bring yourself back to this room. Be Aware that you are relaxed and have healed yourself and that it is always within your power to do this.

## PINS AND NEEDLES--Leadership Styles

Goals: Demonstrate 3 basic types of leadership: Autocratic, Democratic, Laissez-faire. To make people aware of how different kinds of leadership effect those being lead.

Group Size: Group must be large enough to divide into at least 3 groups of 5 or 6 or 7.

Materials: Materials needed are: a package of paper, drinking straws for each group, straight pins for each group, copy of "observer worksheet" for one person in each group.

Leader divides group into at least 3 groups of about 6 people each. One person in each group is an observer. This person gets a copy of "observer worksheet" and doesn't participate in group's activity. Another person in each group is the group's leader. Each group leader meets with the leader of the whole exercise, and is given instructions as to what style they should lead their group in. The 3 types of leadership are: (1) Autocratic Be a dictator, give orders, don't accept any one else's suggestions on how structure is to be made. (2) Laissez-faire--Stay out of decision making as much as possible. Let the group do whatever it wants. (3) Democratic--Try to guide the group in deciding as a whole on what to do. Don't let ideas go unnoticed or acted on without making sure first that there's some kind of consensus. There should be at least one group of each leadership style. The leaders are not to let their groups know what they're doing as far as the leadership styles they are trying to act in.

Now each group is to take 15 or 20 minutes to build a structure with their pins and straws. When they are done, each person rates on a 1-5 (bad-good) scale these things: (1) satisfaction with the leader; (2) Satisfaction with group participation; (3) Satisfaction with the product. Groups bring their structures to a common area.

Each person tells how s/he rated the 3 aspects of the activity. Leader tells the three styles of leadership, then tells who was assigned each one. Discussion follows, focusing on how different styles affect group participation, group satisfaction with both the product and the whole activity; individual leader-leadee relationships; groups sense of ownership for the product; leader's satisfaction with group participation and the product; what are specific advantages and disadvantages to each style. How did it feel to lead this way; how did it feel to be led this way.

If the group likes, they can get back into their 6 person groups and discuss (with help of observer's worksheet) the particular interaction of that group.

Observer Worksheet: You are to observe group behavior. (1) Who was the group leader? (2) Describe (with examples) his/her leadership style. (3) Notice other people's behavior in relation to the leader's style (examples). (4) Group atmosphere--how did it feel? what ways and how did it affect the group atmosphere? (5) How was participation? Give specific examples.

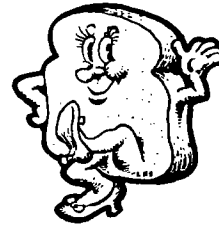


**Music and Creativity**--Before the meeting, set crayons, paint, paper, glue, scissors, construction paper, string and anything else you can think of in the center of the room. Put on some music and dig in.

**Hand Cream Orgy**--Split the group up into groups of not more than 10 and not less than 6. Have them put their hands, minus jewelry etc., into the center where the leader pours hand cream over them and then go from there. If they get into it, then go around pulling off shoes and socks, 'cause feet are just as much fun as hands.

**Lying**--See who can make up the most believable or unbelievable lie.

**The Grapevine**--Sit in a circle and have one person whisper a sentence or two into the ear of the person sitting next to him. The sentence passes from person to person until it reaches the last one. It can only be said once each time. The last person says out loud what s/he heard and then the originator repeats what s/he started. Compare all the various versions and discuss the implications.



Singing and dancing slices of bread play a vital role in the life of any successful local program.

# IDEAS

**Mock Trial**--Have and take part in a mock trial, serious or humorous. Get someone to be the judge, the prosecuting attorney, defense attorney, bailiff, state and defense witnesses, and a jury.

**Group Story Telling**--One person starts a story. S/he breaks it off at a certain point and the next person takes over. As each person adds to it, it keeps going until the last person, if s/he can end it. If they can't it keeps going around until someone finds a way to do it.

**Human Machines**--Divide into groups of three. Each group creates and acts out the machine that it designs. The groups come together and take turns showing their machines while the rest of the group tries to figure out what it is.

**Circle Game**--Leader assigns numbers to people so that each can clearly see the person with the next lowest number. #5 watches #4, #4 watches #3, etc. To begin with, #1 initiates a movement. #2 must copy #1; #3 in turn copies #2, and so on until the movement has been performed by everyone. #1 meanwhile leads into a new series of movements, so that a "chain of command" is formed. The more alert the group, the shorter the lag between first and last parties, and the more fluid the actions.

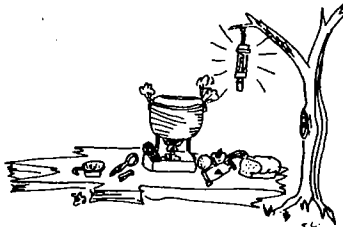
**Monster Flight**--(Two teams) Each team forms a "dragon" by lining up and holding onto the waist of the person in front. The "head" of each dragon then attempts to catch the "tail" of the other. Since each team must function as a single "living" entity, this exercise demands group concentration on a common activity. Also, the personality of the beast is up to the group and allows for infinite variations.

**Memories**--Everyone is supplied with large piece of paper, a drawing utensil and a partner. Each person then draws a floor plan of a house that they lived in before they were ten years old. Allow 5-10 minutes. When finished each tells about their house, their favorite rooms, hiding places, feelings associated with different parts of the house, etc.

**Dreams**--Find a partner and tell each other about a dream you had, how it made you feel and what caused it. Then become a circle and have each person tell the group about their partner's dream and discuss the implications of dreams.

**Skits**--Some people get together, before the meeting and think up some situations. For example: A girl picks up a guy in a bar or vice versa; try to tell your father that you just wrecked his new car, etc. They may sound very corny, but it's surprising how funny they can be when they are spontaneous. Just ask for the number of people needed for each skit. After you have the correct number of volunteers, tell them the situation simply and let them go on from there.

**Electricity**--Everyone is seated in a circle and holding hands. One person starts a squeeze and it is passed around, either to the left or the right. Concentrating, maybe with your eyes closed, sends it around even faster and makes everyone higher. Experiment and send two in one direction or one to the left and one to the right.



**Non-verbal Communication**--People can be arranged in a circle. One person goes in the middle and closes his or her eyes. People then go up individually and express how they feel about them. They can do this anyway they want, except through talking. No one is forced to go into the center and no one has to relate to the person if they don't want to. You can then discuss how you felt about it.

**Mailboxes**--Have everyone make themselves a mailbox out of small paper bag and hang them on the wall. Each week people can write each other notes and put them in their mailboxes. Sometimes someone can bring in a treat for everyone and leave it in their mailbox.

**The Name Game**--This is a process for learning names of the group you have just come in contact with. Form a circle of however many there are. The first person says her/his name (first name); the next person repeats the first person's name and then his/her name. All around the circle, the people say the names of all the people before them and then their own. After everyone has had a chance, have everyone change places and do it again.

**The Animal Game**--If there are more people than 6-10 in your group it is a good idea to split up into two smaller groups for this program. Each person writes down, in secret, what kind of animal they would like to be and in what setting. Example: A monkey in a park. The papers are folded and thrown into the center. One person is appointed to read them. As each one is read the group decides among themselves which paper belongs to which person. The decision must be unanimous. The person is given the piece of paper that the group feels belongs to him/her. Some people can receive more than one and others may receive none at all. Go around the circle and have each person read the paper that they have been given. The person should tell if it is theirs or not, how it does or could relate to them, and then give it to the person who it originally belonged to. Have that person then explain his/hers to the group.

**Show and Tell**--Ask everyone to bring in something that they would like to share. Have paper and pencils for those who do not have something for whatever reason, so that they can draw a picture of what they would like to show. Split everyone into couples and have the couples explain to one another what s/he brought, why it was brought and what it means to them. During the middle or close to the end of the rap, tell the people that their partner is going to show your things/pictures and tell the group what you said. Bring everyone into a circle and each person talk about their partner's thing.

**Paper Bag Game**--Everyone is given a paper bag. On the outside they paste pictures and things telling what they feel others think of them. On the inside they put things that they feel about themselves. Afterwards, take turns explaining why each person put on (or in) what they did and let each person get feedback on what they said. No one has to show what is inside their bag, and no one can look inside another person's bag without permission.

## DARLING, IF YOU LOVE ME....

This is a game for fun, and laughter. It's best played if you've got a bunch of people in a silly mood.

Sit in a circle. One person is "it". "It" chooses a person and tries to make him/her laugh. But the only thing "it" can say is "Darling, if you love me, won't you please smile?" "It" can say it any s/he wants to, but cannot tickle the other person. "It" can move around the circle until someone finally breaks down and laughs, then that person has to be "it". The object of the game for the people who are not "it", is, of course, not to laugh. And the purpose of the game as a whole, is just to have fun. Play this game sometime at three o'clock in the morning.



## FIELDTRIP REPORT

CARLOTTA WOOLCOCK

June 6-12 I spent the week at a TOAKtm conference in Beaver's Bend, OK. The way I ended going is sort of complicated, but the basic reasons were that Richard resigned and I was going out west for General Assembly.

I got to Dallas three days before the conference. The first thing that struck me was that I was definitely back in Texas. (I had spent alot of time there, relatives and all) I recognized the smell. It is sort of a very mild, hazy sweet smell. Hard to describe, but very definite. Of course there was the heat, and the long, flat expanses. It was a wonderful feeling to be there, and out of Boston.

I spent the next three days futzing around Dallas with Amy, the person with whom I was staying. The night before we left for Beaver's Bend, one of the people who was going in our car came to spend the night so that we could get an early start. Our talk was centered on the people I would meet, past conferences, and speculations on the upcoming one. I was feeling like, so what, what's a conference. I've been to alot of summer camps; I know what they're like. Eventually some of the energy rubbed off on me and I managed to get excited enough to clean the kitchen.

I woke the next morning when the rest of the people going in our car started arriving. The other two people I had been staying with had been up at least since 5 A.M. Soon everyone was there, the car packed and we were off. One of the aspects of LRY I have always enjoyed is travelling to conferences with a carload of people. This was no exception. By the end of the ride I felt like I actually knew some of the people in the car, I was beginning to make some friends.

The energy level rose as we got closer and closer to camp. Just before we got there we took a wrong turn. It was SO disappointing to travel to the end of this road and then not be where we wanted to be. When we finally got to camp we practically burst out of the car. We were greeted with warm hugs by the people from Little Rock who had arrived before us. The next few hours were spent exploring the camp, playing red rover, swimming and just generally settling in, having a good time.

At orientation we did some getting acquainted activities and by the end of the evening was feeling good about there and being with each other. The week was off to a good start. Throughout the week I had many challenges and many good times. I was constantly defending my stand on not eating meat. I was one of two people there who didn't engage in the stuff; and I began to feel rather self-righteous about my beliefs. Eventually though, the most prejudice people listened to my reasoning and quit sneering after I explained my ideals.

In TOAKtm their week-long conferences have very definite themes. The workshops centered on the theme, and there is a "theme speaker" who is responsible for a presentation to the whole group every day. The theme of this conference was "Creativity and Imagination". One night during the theme talk we divided into groups. Each group was responsible for deciding on a creative way of changing the schedule the next day. The following day was great. The morning was supposed to be silent, in the afternoon we were supposed to only sing, everyone had to make their eating utensils for dinner, and in the evening we would sit around a fire and stargaze. We got up at 7:15 for an early morning worship service. The service was held on cliffs overlooking a beautiful green valley through which a river flowed. The sun was reflecting on the river and from where I was sitting, on the edge, I could watch the turtles swim in the water some 50-60 feet below. It was enough to instill silence in me even if I wasn't already silent. The afternoon of singing didn't happen, but at dinner I saw lots of people stabbing away at their food with a funny-shaped stick. We spent the evening singing and just talking. That night we had a sharing circle. For a sharing circle everyone sits in one big circle, a candle is lit and passed to each person in the circle. The idea is for everyone to share something they are feeling, or has happened to them recently (of course anyone can pass). We all ended up standing with our arms around each other, singing songs--getting half way through one verse, and not knowing the rest so we would only sing the chorus--etc.

I almost felt like a new LRYer after that conference. I think that over the past two years or so I have fallen victim to the disease that seems to be rampant in people who have been in LRY for awhile. The newness and excitement of being with people who cared about me began to wear off, and I had grown. By being in LRY for awhile, I had seen the bad side, and my attitude had gotten progressively more cynical and negative as my time in LRY got longer. I have developed a very sarcastic view towards activities like sharing circles, because they so often seem phony and corny. I think the main thing I learned there was to accept other people's feelings and needs because they are as valid as my own. I think that in society today the emphasis is leaning toward "me" and rights of individuals, but emphasizing the fact that we must respect and care about each other. I think that all of us needs to start accepting each other, even the people that are most disgusting, as having feelings and needs (as cosmic as they may seem) as real as our own.

The other aspect of the conference that made it energizing was the way work was done. Both cooking and cleanup were done by everyone, no one was excluded. The rule was that you had to, as a person attending the conference, clean up and cook twice. The way it was organized was that each person had to sign up to cook, and clean whatever meal they wanted to. So many times I see local group members, or conference planning committee members doing all the work at conferences, and the people who attend it are just sitting around. I felt that just that little aspect of each person having to contribute to the running of the conference, and doing it willingly showed the high commitment to the community that people had.

I think that going to that conference convinced me that people are willing to care about each other. I also learned that somewhere somebody realized that LRY doesn't just happen magically, but it takes a commitment on the part of everyone in it to work together to have it. I think that if we start learning to be more open, and tolerate and accept each other as we would ourselves, then whatever the "LRY experience" is will become a reality for all of us again.



## Fed's Ups &amp; Downs

M.A.F.--Had a successful conference June 18-20 in Poughkeepsie, N.Y. Elected new Exec. Comm.

L.A.R.C.--Had annual summer conference in Jasonville, Ind. July 11-17.

J.A.F.--Nothing happening. Anyone interested in doing something good write: Barb Hayes, 128 Broadmead, Princeton, N.J. 08540.

S.M.F.--Is planning a conference but can't find a site. As a result there has been a massive delay in elections. There is a chance of a merge with C.M.F., N.S.F., B.S.F., and Essex Fed.

C.M.F.--Elected new board at Spring Conference in Madison, Wis.

S.A.M.--Nothing happening. Knoxville is only local still in existence other than Knigsport. Possible fall conference.

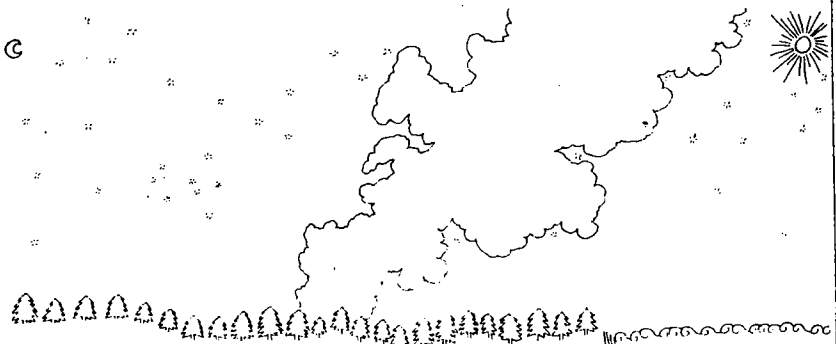
E.C.F.--Unicamp LRY week August 29-September 4. \$70. Contact: Unicamp of Ontario, 268 Aberdeen Ave., Hamilton, Ont. Canada.

A.C.--Had it's first annual SAC Summer Conference in Summit, N.J. July 16-19.

D.V.F.--They are having their "Mid-Summer Madness" conference Aug. 20-22 in York County between Harrisburg and York, Pa. It's an outdoor conference. They have tents but could use some more. It costs \$10.00. They have HOT showers, it's on 200 acres of land, great food, and plenty of workshops going on. For further info: Fang, 314 8th St., New Cumberland, Pa. 17070.

Sunco, L.S.D.--Had annual TriFed conference with S.A.M. in Winston-Salem, N.C. June 25-July 2. It was pretty good. Elected Frogmore Committee.

If you don't see your Fed. listed here it's because no one bothered to send anything in.





When I was pretty young, 7  
or 8, I bought a safe. It was a small  
safe with a two number combination; I  
liked it.

It cost me one or two dollars  
and after I paid for it I had no money  
left to put in it.

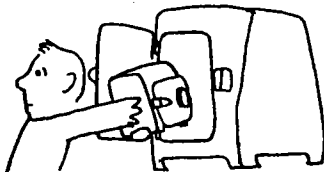
Having a safe made me content,  
for I knew that anything that I put in  
there was safe from burglars. Sure, a  
big strong burglar could probably break  
it apart but it would make so much noise  
that everyone in the house would wake  
up.

Then my big brother told me that  
a burglar would just take the whole safe  
and break it open when he was in a safe  
place. (no pun intended)

I was heart-broken, shocked into  
reality, and had my first experience  
with contempt of the business world all  
at once. Well, what are big-brothers  
for anyway?

But I've still got my safe.

Peter Towbin  
Little Rock, Ark.



The ground softened and became mud.  
The sky cracked in two  
then sealed up again.  
There was no light.  
It was dark, and gray, and dim.  
Great noises echoed from above.

The area was drenched with moisture.  
Loose land ran down stream.  
Animals ran for shelter.  
Birds stayed on the ground.  
As a small child reached up his hand  
and wiped away a tear from the face of God.

Nancy Hickam  
Lawrence, KS

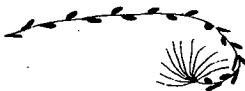
# Poetry

Oh Ginch I was with you only one day but you impressed me deeply.  
I was a child then, wide-eyed and open-mouthed at the triple  
suicide scars on your wrists.  
I asked you for a cigarette, "Smoking is bad for your health," you said.  
Isn't slashing your wrists? I asked. No, he said, "I would have died  
perfectly healthy."

Cyndi Joseph

Calm your young cynicism  
Accept a shattered dream  
As just a shattered dream  
Realize when you're born a fool  
It's not that you don't know whom to trust  
It's just that you in your idealism  
forget to see  
until afterwards.

--Rita Tomkins  
Hawthorne, N.Y.



## THERE ARE ONLY MALE DEMIGODS

Standing  
Night lights in blue reflection  
Singing intense  
Song confessed-Tell them all!  
Composed with  
A fine guitar clicking rhythms  
Standing tall  
In high-heeled black velvet sandals  
Dark red satin  
Darker red lipstick  
Smoky eyes like a twenties' vamp  
Theda Bara without the chains  
Chains gallant, gold and glistening  
Chains in time to keep from listening  
Chains to keep her in place

Technological  
Bred with a mouth flaunting the latest  
From some holy book of proverbs  
Some book on sensual massage  
Some authority defining human essence  
Solid hands  
Technically  
Running through an amazingly  
(simple) metal bass riff  
Hey Hercules!  
Do you feel, really feel  
All those emotions you seem to stir up?  
Can I talk to you on that level  
Without becoming a piece of your act?

Men are musicians, women are groupies  
Strong and hard, romantic and soupy  
Men are artists, women like crafts  
Paint to the chord some passive ass

Calm  
Before the fire  
Lightly walking away to avoid a scene  
Still no one is listening  
Kindled  
And suddenly alive  
To a vague and puzzled asking of  
"Where's the lady with the long flowered dresses  
Soft poems  
With lots of smiles?"  
I'll tell you where she is  
Action and reaction  
And a deeper cause  
Flooding the hollows of innocent dreams  
Hollows made by non-woman space  
Hollows of all that worship

Jennifer Lane 7/11/76  
Brookline, Mass.

## ONE SIP

One sip. It burns as it crawls slowly down my throat  
Lava hardening in my face, pained stomach.  
Another sip. I run my thumb down the middle of my forehead  
to my nose, and it feels like someone else's.  
More sips. Now melancholy, I look at the plain white walls.  
The acid rock pounds in my ears. Now happy, satisfied, the  
complex computer of my mind begins to shut off, one  
bit at a time, glad for a rest. Sitting crosslegged--  
Stupidly dazed, my mind a blank, I try to stand, and  
I become the man in the middle of the merry-go-round.  
Hugging the wall, I make it to the stairs and slowly  
crawl up the carpeted mountain. Collapsing on the bare  
mattress I sigh  
And wonder why.  
Why I do what I do  
And what will the next day bring?

Cyndi Joseph  
1206 Vanderbilt Ave.  
Niagara Falls, NY 14305



# There Arches

Condensed from FPS-Sept. 1975

According to one survey, American kids are more likely to recognize the face of Ronald McDonald than of President Ford. It's no wonder. After all, kids can't vote for president but they can influence where the family eats dinner; as a result, Ronald gets a much better plug on Saturday morning TV than does Gerald Ford.

In fact, thanks to its rapid expansion and high-cost publicity campaign, McDonald's is known to everyone. Few people can even hear the name without thinking of a hamburger fries and a shake.

If you're a vegetarian, of course, you skip the hamburger; if you're dieting you skip the fries and the shake. What if you're against exploiting young people? In that case, maybe you should skip the meal altogether.

For a fast food chain to exploit its young workers is nothing new. They all do it. But McDonald's has done it with an efficiency that sets it apart from all others.

Some 150,000 people work at McDonald's 3000 outlets, most of them under 21. Few are paid much more than the minimum wage. The people who benefit the most from this low paid labor are those who own the stores and the company. Ray Kroc, head of the McDonald's Corporation, estimated in 1971 that 60 to 70 owner-operators were millionaires, and that good operators could turn a before-taxes profit of \$50,000 to \$75,000 a year. And that remember, is in 1971 dollars.

There are others who benefit from McDonald's. The chain primarily tries to attract young, well-off suburban families who like to eat out often but can't afford regular restaurants. McDonald's low prices allow these families to get a meal without having to do any of the preparation or clean-up work - and it hardly costs any more than to eat at home.

## PHONEY SMILES...

What do the young workers, who make these benefits possible, think of their jobs? Not much. "I hated it!" says Nancy Boris\*, a former employee. "I hated every damn minute of it."

At one time Nancy couldn't have worked at McDonald's at all. For many years the company refused to hire women, especially teen-aged women, because Ray Kroc believed "they attract the wrong kind of boys". Federal legislation forced the company to drop that policy.

Other forms of discrimination remained. Nancy spent most of her time bagging French fries, cleaning the lobby and taking orders at the window - jobs commonly filled by women. Men at her restaurant tended to work the grill ("It takes a lot of muscle to scrape that grill properly" said one manager) and backroom, carrying boxes of food up from the basement.

In her first day on the job Nancy spent 45 minutes watching two filmstrips in the basement staff-room. One was a pep-talk about McDonald's. It told how the company had expanded from only a handful of stores in 1955 to thousands today. The secret, confided the filmstrip, was the QSC formula - Quality, Service and Cleanliness.

Dozens of employees were shown in the filmstrip, recalls Nancy, and "every single one of them had a McDonald smile on their face." There were also warnings about proper conduct: you're a Do-Bee if you keep yourself neatly groomed and are a good "team member"; you're a Don't Bee (and, soon, a Fired-Bee) if you ever give away food to your friends.

The second filmstrip was about Nancy's first job assignment - cooking French fries. It told how the cybernetic deep fryers would automatically adjust to compensate for the moisture and temperature of the frozen fries, while lights and buzzers and managers would tell her when to take out or put in new trays. It takes no judgement of skill to produce consistent batches of French fries - just a willingness to follow orders.

There were two dozen more filmstrips in the cabinet telling about other jobs. The assistant manager who was breaking Nancy in promised her, "If you work hard, you'll get to see them all."

## ... AND REAL HEADACHES

Then she was taken to the French-fry machine. "He gave me five minutes of instruction, then left. I knew what I was supposed to do but it wasn't automatic yet, I had to think about it and that made me sort of slow. Nobody knew or cared that it was my first day on the job, workers come and go so fast nobody could keep track, so every

body was yelling at me for not keeping up. Not only that the air conditioning was broken that day, and it was the middle of July. I was standing there over the hot fat, which occasionally splattered into my face, and I had this horrible headache. When I complained after four hours, saying that I thought I would pass out, they said I'd have to wait for the ten minute break.

"Future days weren't quite so bad, mainly because I knew what was coming. Working the window was a little better because it wasn't so hot, but I hated always having to smile and say 'May I help someone please?' and 'Thank you, come again.' They think it's so important that their employees smile, but they don't give a shit whether you've got anything to smile about."

Whether you're cooking fries, working the grill, mixing shakes or dressing burgers, the work is always monotonous and deadening. "If you have time to lean you have time to clean" chant the managers, that slogan's popularity ranks second only to "QSC". Most workers decide they want to neither learn nor clean, at least for McDonald's, and quit within 3 to 5 months. Nancy herself lasted only 9 weeks.

## THE "MCDONALD'S MINIMUM"

If the work at McDonald's is grueling and tedious, the pay is no better. You begin at the minimum wage level - for Nancy that was \$1.80 an hour minus social security, state taxes and federal taxes. There are no fringe benefits.

Your first two weeks are considered a probationary period - at the end of that time the manager evaluates your performance. If it's satisfactory you get a raise - usually 45 or 40 an hour. Otherwise you get fired. Quite a few workers are fired at this point, and each store hires more people than it really needs to allow for this "weeding" process.

McDonald's success rests on keeping wages low, and the company knows it. In 1972 Ray Kroc made a \$255,000 donation to Richard Nixon's re-election campaign. Soon after his re-election Nixon amended a proposed minimum wage law so that; while the minimum wage for most workers was raised to \$2.20, it stayed the same (\$1.80) and in some cases actually decreased for young people. Observers in Washington promptly dubbed this the "McDonald's Minimum" though Nixon denied any connection between Kroc donation and the proposed law. Congress rejected Nixon's amendment and passed a new minimum wage law that applied to everyone. Nixon vetoed that bill as inflationary.

Wherever workers try to challenge this low wage, the company is ruthless. The employees' handbook warns that you can be fired for "enticing, coercing or influencing others to fail to maintain production standards" - in other words, for union organizing. There have been a few spontaneous, isolated strikes - in Boston an entire crew walked out in the middle of a rush hour (singing one would hope "We deserve a break today") - but there have been no organizing drives with widespread or longterm success.

The company tries to increase productivity by getting workers to compete. At Nancy's store, cashiers receipts were checked each hour and the manager sang out the name of whoever had the most sales. Since pay raises are based on performance it's not surprising that "there was much eager competition for this recognition, and the may-I-help-you-pleases were loud and insistent" when this game was being played.

## BEWARE OF TEEN-AGERS

While McDonald's may like profiting off young people as workers, it isn't eager to serve them as customers. Headquarters forbids stores to have juke boxes, pin-ball machines, or candy, gum or cigarette machines - all thought to attract high school and junior high kids.

And at Hamburger University, which all new owners attend, Hamburger Professor Doug Moreland warns, "Watch out for teen-agers. They can definitely affect your profit picture by driving away your adults. They are extremely noisy and messy. They'll use profanity, and that can never be allowed at any McDonald's. They'll neck on your lot - and you better nip necking right in the bud." To McDonald's the only good kid is one who increases your profits.

Jon Schaller, who is now a member of the Youth Liberation staff, once worked at a McDonald's. Information from this article came from interviews with several employees, Katherine Lantto in *Issues in Radical Therapy*, Red Tide, the New York Times, and Take-Over.

\* Not her real name

## THE ALTERNATIVES

McDonald's work resembles high school in many respects. And one co-worker of Nancy's: "A lot of the kids were in my classes in 11th and 12th grade. Pretty much the same ones that liked school like working here, and the ones that didn't like school don't like it here... They really are pretty much the same. You have to be willing to do as you're told, and always be wanting to please the adults in charge. And not mind getting bored. Pleasing the adults is really important-even if you do good work they can tell whether you look up to them or hate them and if you hate them... well, they don't like that a bit."

Ray Kroc would probably respond to such criticisms by saying "It's a free country. Nobody's forced to work for me. If you don't like it you can quit"

But is there really that much choice involved? Life isn't that simple-there are more forces at work than Kroc wants to admit. By the time you finish twelve years of public school you're prepared to do just one of three things: go to college, join the Army or work at a place like McDonald's.

Sure, if you don't like cooking French fries you can quit, like Nancy did, and type insurance forms instead. But if you want a job that pays a reasonable salary yet involves work that is socially useful, and that allows you room for personal growth, forget it. Jobs like that don't exist.

Ray Kroc, to return to that imaginary conversation, would probably reply that "I can't pay you any more. I can't pay you any more. I can't make work more satisfying at the cost of being less efficient. If I did that our profits would drop. Investors would pull out, we'd have to close down our restaurants, and you wouldn't have any place to work."

That's true to a certain extent-if you make certain assumptions. It's true if you assume that the reason for having jobs is to allow one person to make a profit off somebody else's labor, and that jobs should exist only if they are profitable for some body.

But is that a valid assumption? Does work have to be like that? Because we've lived all our lives in a country where life is like that, it's hard to imagine things being any other way.

Yet there are alternatives. Today, in countries like China, people are trying to build a society that puts human needs first.

In such a society jobs would exist not because they were profitable, but because they filled a social need. Thus there would be adequate day-care, which is not the case in the U.S. right now, because even though it's not profitable many people need it. McDonald's being profitable but unnecessary, would have to fold up its Big Mac boxes and leave.

With no Ray Kroc always looking for ways to increase profits, jobs could be organized instead to meet the needs of the people involved. The people doing the work could make decisions about what to produce, and how to arrange the tasks.

## MAKING THE CHANGE

There are, of course, several barriers to achieving this. For one thing all the Ray Krocs are still around. They like things as they are, and plan to keep them that way. If Kroc was willing to fork over \$255,000 to Nixon just because the minimum wage was threatening to go up, how much more do you think he would have given if the whole system was threatening to go up?

We also have barriers within ourselves. All of us have been taught, through school and through society in general, that it is a "dog-eat-dog world". We're told that people are naturally competitive and that a society based on cooperation, on working for the community instead of for private profit, can't possibly work because it "goes against human nature". But is that really human nature or does it just reflect the way we learn we're supposed to behave?

Lots of people have already done considerable writing and thinking about these issues, and about how our society could be improved. By studying what they have said, and expanding on it, we can hasten that process. It will be a long and hard job, but not an impossible one.

Nancy Boris has never met Ray Kroc; she didn't even know who he was until she took her McDonald's job. Nevertheless, she says, "I feel as if I've hated him all my life." They represent two conflicting interests. Kroc is out to increase his profits-to "stay green"; Nancy to make a living without losing her sanity. Even if they never do meet that conflict will be there. It will be there as long as there are Ray Krocs in this world who put profits before people.