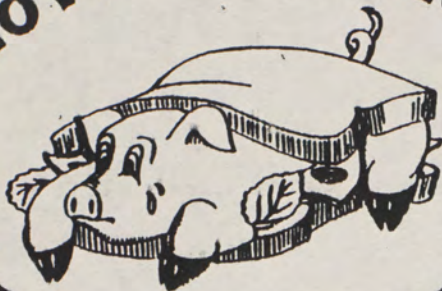


AKRON Ohio 44303

news

LOVE ANIMALS



DON'T EAT THEM



c/o Conconi
Wash Post
DC 20071

Personnel Director

C Span 400 N Capitol
DC 20001

DC 20001

Dear friends at C Span,

We like all your hosts but especially
Bruce and Bob Clark. With unequalled subtlety and gentleness
Bruce
says to a caller:
'Could you put that comment in the context of an election
question?'

We wish that like CNN you would focus on the questioners at
presidential press conferences.. and give their names.

Your pre election format

- a. American Enterprise Institute
- b. Brookings Institution
- c. Kuwaiti leaders
- d. the National Journal

show that even C Span must bow to the establishment
to stay on the air.

NOV 13 AMS'D

National Journal is one of those Black Budget funded papers which
sprang up out of nowhere.

When you have to choose between a defense symposium being aired..
or a live call in show.. please always choose the latter. No one
is as interesting as your infinitely varied callers.

Sincerely,

Fruitarian Network

Akron Ohio 44303

cartoon by

printed on scrap to save
sentient trees, their
resident animals, money,
time, and energy

references would suggest he lived when the earth was "divided", likely in the period of the tower of Bable.

RAGAU or REU, means FRIENDSHIP. He is listed only by name.

NACHOR is listed only by name. The Hebrew meaning is ONE WHO SNORES or THE SNORER. He was Abraham's grandfather.

THARA was the idoliter who began the journey from Ur Abraham's father, died when the former stopped at Haram. The meaning may be, A WILDERNESS CAMP.

In Abraham the two genealogies of the gospel writers take on a common thread. In the remaining sections (L) signifies the person is from Luke's geneology, (M) means Matthew's, and (B) means both genealogies.

ABRAHAM (B), means THE FATHER IS HIGH. We should all know this man well. He was the founder of Jewish nation. No more need be said.

ISAAC (B), means ONE WHO LAUGHS. Remember his mother laughed when she heard the angel's prediction of his birth. He is a patriarch, familiar to all Bible students.

JACOB (B), the SUPPLANTER, is the next patriarch in the list.

JUDAS (B), better known as Judah, in the old testament means PRAISED. He was the founder of the tribe of Judah.

THAMAR (M) means PALM TREE. This is the first woman in the geneology, and was wife of Onan by whom her father in law Judah, fathered twin sons. The palm tree was an important symbol to the ancient Hebrews.

GOD BLESS AMERICA

(dedicated to each of us who move in the sea to sea torchlight of our Mother, the Statue of Liberty)

God bless
the Polish of Chicago
the Rumanians of Cleveland
the Puerto Ricans of Brooklyn
the Cubans of Miami
the Mexicans of Phoenix
the Lebanese of Detroit
the Irish of Boston
the English of Charleston
the Asian Indians of Washington
the Chinese of San Francisco
the Japanese of Hawaii
the Scotch of Burlington
the French Canadians of Portland
the American Indians everywhere
the Swedes of Minneapolis
the Norwegians of Pierre
the Germans of Cincinnati
the Haitians of Baltimore
the Jews of Manhattan
the Jamaicans of New Orleans
the Vietnamese of Arlington
the Portuguese of Providence
the Italians of Queens
the Russians of Seattle
the Koreans of Denver
the Greeks of Stamford
the Turks of Los Angeles
the Iraqis of Philadelphia

God bless the bees of America
who take the nectar, fragrance,
and pollen of each country's
flowers.. without harming any
bloom.. to make the
most beautiful bouquet: the USA

The United States was born on July 4, 1776.
At the time the Declaration of Independence
was signed, the planet uranus was on the Eastern
horizon. This planet has an orbit of 84 years.
84 years after 1776, 1860, the U.S. was involved in
a war.. again 84 years later in 1944, American
men were again embattled. Now the United States
faces a rare conjunction of Saturn, Uranus, and Neptune
in Capricorn.. a stellium which occurs perhaps
once every thousand years.. and this group
of planets is now opposed to the U.S. sun in
Cancer as well as 2 other Cancer planets. This is
a time for peace, with tragic consequences for
any foolhardy military actions.

Evangeline Adams theorized
the uranus-war connection in
the chart of the U.S.

THE PEACEFUL SURVIVE

(to Rep. Ron Dellums,
the conscience of Congress)

Gladiators lie in gladioli
decked graves
while above them the peace-
ful walk in the glade

NAMELESS ROSE ALL NAMES ROSE

(to Lady Bird
Johnson)

While spies are
discharged for
their memories,
poppies are
dispatched for
their forgetteries,
and petunias for
a lover's bouquet.
Hummingbird sucks
hyacinth for his
honey
..and painter
pleasures peonies'
pastels.
Dandelions' dance
cut short for their
greens.
Lakes starred with
lotuses scotched
for their smells.
Apricots revere the
blossoms which were
their mothers.. but
Lady Bird loves
larkspur for itself.

(Irma Mason coined
the word forgettery.)

NO PISTOLS

(to Sen Edw M
Kennedy)

Pistolfree bees
pedal
over petunia
petals pastel
..petals which
shroud the
seedbearing pistils
taken to queenhive
mortar and pestel

THE EMPEROR HAS TOO MANY CLOTHES

(to Rep. James Traficant
who heightens public
awareness of money
spent on 2000 Capitol
Hill police and their
gold braid)

As the emperor walked
past, courage in his
soul arose
and he for all the
town cried out
the emperor had
too many clothes

INFINITE PARENTS

(to civil rights leader
Rep. John Lewis)

Thousands of
ancestors together
brought him to being
on Mother Earth.
Thousands of
individual acts
of love.. brought
him into birth.

RED AND BLUE MAKE PURPLE

(to Governor
Michael Dukakis)

He ends the blood
of unjust wars.. red
is his peaceward
passion. He works
to end all suffering..
blue is the hue
of his deep
compassion. He shows
silent and controlled
serenity. White is
his pure and shadeless
dispassion.

NOT STAINED GLASS

(to Senator J. Biden
whose sword of intellect
is sheathed in kindness)

some leave church
stained glass for
unfiltered light of
sun.. and abandon
vestal virgin pyres
for direct helios
fire

ONE PATH

(to human rights
worker Rep. John Conyers)

The mind sees many
paths..
the heart is magnetized
to only one

MELTING ICE

(to Rep. Les
Aspin)

Atlanta convention
luncheon.. ah ice
sculpture eagle was
brought in.. his
pointed beak frozen
with resolve. as the
afternoon did revolve
the eagle began
to dissolve.. drip
drip drip from his
beak, perched on
lofty mountainpeak..
gathers at the base
.. a miniature
Chesapeake. From 1
pointed bill he
became all points..
from 1 ice function
to water capable
of infinite function.
Is flexible water
more powerful than
ice?

**

NO BREEZE SALE

(to honest Tony
Celebrezze)

The pure don't try
to sell the breeze
or purchase the seas
or buy the sun
or block river's run

BRANSTOOL

(to Gene Branstool
running for Ohiowide
office)

The 5 countries with
the highest rates of
intestinal cancer have
the highest per capita
meat consumption. These
are Argentina, the U.S.,
Chile, Canada, Australia.

..
The emperor's poems
here may be published if
they remain individually
unedited and give author
and dedicatee attribution.

INVULNERABLE

(to Rev Jesse Jackson)

The lightning flash
and thunderous crash
turned the tree to ash
but in sea made
no splash.

COURAGE

(to Bruce Babbitt)

Is he the miner's
canary checking for
lethal gas in the
shafts? Is he the
poison taster for
his sovereign, the
people of the United
States? Is he like
the marine, first to
land, on D Day beaches
of bloodied sand?
Was he targeted by
organized crime?
Because he had vision
beyond his time?
He is all of these
and though he did
not win, he the
locomotive which
pulled.. other
cars further along
the line.

HEREDITARY CROWN

(to Rep Joseph Kennedy)

The founding fathers
declared the United
States would be a
democracy, but they
engraved in the
Constitution one
excoption: the 8th
District of Massachu-
setts.

POLYSTARRED

(to Senator Patrick
Leahy who won a 74 to 25
peace vote)

A dawn sky with
parallel layers of clouds..
by the rising sun
made into a flag of hope..
with pink cloud bars,
on blue sky stripes,
polystarred by stellium
of peace

For information on meatless
call FARM 301 530 1737

PETA 202 726 0156
Zagar 219 397 9297
Spira 212 873 3674
Albo 212 246 2096
Robinson 607 545 6213
Galvin 202 289 4854
Gregory 617 224 6706
Schofield 617 734 4068

POLITICS, ED.

Democrat

ADAMS' APPLES

(to Senator Brock
Adams, D of Washington)
(based on a theory of
Fr Ron Lengwin of KDKA
TV and Pittsburg Diocese
Communications that the
apple Adam ate was the
heart of the first
slaughtered animal)

These Adams' apples
are different..
they have a crimson
sky skin flecked
with constellations
of gold star..
they have polysaccharides
and disaccharides and
monosaccharides...
God's perfect fruit
sugar.. which bypasses
the pancreatic need
for insulin.. They are
a natural source of toxin-
bouncer Vit C. Their
neurotransmitters according
to Linus Pauling give
primacy to human brains.
They are orthomolecules
reforesting the earth..
and stabilizing weather
.. providing home
for wildlife animals..
Each apple is the temple
of seed which itself
is the greatgrandfather
of infinite orchards.
Some might make
apologia for Annapolis
apples.. but we prefer
Washington's. Though he
sinned in cutting down
the cherry tree, he did
it to make room for apples.

FRANKING PRIVILEGE

(to Rep. Barney
Frank)

The only franking
privilege we want
in the Congress..
is to hear
year after year..
the cataract of
brilliant speech
as Barney Frank
others teaches.

ISAIAH'S LION LIES DOWN WITH LAMB

(to former Governor
Lamm of Colorado
who reputedly fired
his chef for telling
the press that the
governor of cowboy-
dominated Colorado
was vegetarian)

The governor's chef
was on the lam..
for squealing that
Colorado's Governor
Lamm.. never ate
a leg of lamb.. much
less a whole living
lamb

VIETNAM SLAUGHTERHOUSE

(to Rep. Andrew Jacobs
who so often said during
the Vietnam War 'Many
eat the meat but few
visit the slaughterhouse'
that he became a
vegetarian)

No living animals
allowed in the diner
.. only their dead
flesh.. on which to
dine
There are no bare feet
where people eat..
only cadavers..
corpses called meat

GOLD FURNACE

(to former HEW
Secretary Joseph
Califano who
opposed smoking)

Some have lungs..
converter furnaces..
which turn gold coins
into the ashes of
cigarettes. He
leads them to pure
breath, the source
of all energy and
peace.

10-10-88

Dakwah movement is Islam in its most modern phase in Melasia.

- is its [↑] state religion.
- 14 million in pop.
- Abos - before Islam
- Islam was a political force.

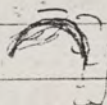
Islam - 7th cent. (Mohamed)

midint exp. of Islam (westernized)

modern 19th - 20th cent.

Islam

- muslims are patriarchal



- There are many students here from Malaysia.

- Govt. thinks it's enough to have Islam as a state religion, but it will soon not be enough.

Economy

S.E. Asia has been proposed as the origin of the Vegeticulture ^(or slip) to be before the seed culture.

- They first planted yams - used for cortisone. They probably domesticated this, then rice replaced vegeticulture. There are indications that seed plants were grown in Thailand 8-10,000 years ago.

- Rice is very versatile.

• seed culture exhausts the soil faster than vegeticulture.

• Rice occupies 2/3 of the area.

• a very lg. # of people are used in producing, farming, etc.

• Burma & Thailand 2 biggest ~~exporters~~ ^{exporters} nations of rice.

• Irrigation - began on the mainland. Used in growing rice. It is successful.

• Hydraulic societies - can use their water effectively to grow food.

• The Thai are behind in irrigation.

* The Philippines are the best seed irrigators.

- many types of rice to choose from.

- glutinous - is gummy - On the mainland they like this.

- non glutinous - A lot of people they like this dry rice.

LIGHT OF GOD:

(to Sen Cohen)

Through temple window
the light of God streams.
Through church stained
glass the light of God
gleams.
In mosque mirrors the
same light beams.

LIGHT LADDER

(to Julie Eisenhower)

They point us to the
stars' light lattice
but they let us make
our choice of ladders.

(Julie said her parents
let their daughters know
they could accomplish
anything, but never
forced a particular
path upon them)

LIZ'S EYES

(to Senator Dole)

When he looked
into Liz' eyes
he suddenly did
realize
.. he had been
resurrected
.. he had been
re-Lized.

BEN GAY AND ARTHUR ITIS

(to former Surgeon
General Koop in gratitude
for his work on AIDS)

He found his wife had
been in bed with
Charlie Borse, Ben
Gay, and Arthur Itis..
but he need not have
worried.. for vegans
don't get AIDS.

Not a single several
veared nondairy vegetarian
as been found with AIDS)

FLAGGED WITH FLOX

(to Henry Kissinger
who declined to hunt
boar with Brezhnev
saying he did not
like to kill animals)

In the meadows flagged
with flox
In the County of Fairfax
the fair Unfair did
hunt wee fox
and then ate flanks
of roasted flocks

PHLEBITIS

(to Richard Nixon who
attempted to reestablish
civilian control of the
CIA and lost to old
Eastern money.. the result
was the setup of Watergate)

Why worry if the fleas
bite us? It reduces
cholesterol and cures
our phlebitis

AMTRAK ANTHRAX

(to the Secretary of
Transportation.. may there
be more fresh fruit and
vegetarian alternatives
in mass transit)
(Soviet scientists came
to the U.S. recently to
study Smithsonian anthrax
strains.. because of
a breakout in their herds)

Don't worry about anthrax
when traveling on Amtrak..
you're in more danger
from the meat in your home..
according to the USDA
there are 106 ways..
to get sick from a cow.

NEPTUNE

(to Nancy Reagan)

Were Nancy's moon
and her neptune
nately nadired
by Nader's noon?
Was she silent
about the nonmammal
meals she gave her
husband.. to protect
him from further
cancer?

GOLD WATER

(to Senator Barry
Goldwater in gratitude
for network promotion
of the Pritikin
vegetarian diet)

Earth's sun God
gives his gold
to reflecting water.
He looks for gold
in the Lord of Light
and not in God's
mirroring waters.

LORD V. LUCIFER

(who Charles Colson
who sees the divine
in society's outcasts)

Satan matter has corners.
God Spirit has curves.
The devil's mirror
only evil reflects.
The Lord's mirror
only good projects.
Lucifer's hell is
cold not hot
for it's a place
where God is not.
But since God is
omnipresent.. within
hell is his heaven.

BURNING BUSH

(to Barbara Bush who
is a factor in her
husband's protection
of the seashore and
of elephants)

You are the burning
bush
not consumed by your
desire
.. for the leaves
themselves are woven
of
the flames of God's
own fire
and the tongues of
light which leap from
them are a glow
born from your love
You are the silent
hush
of the Burning Bush
... the still
hovering of the
Dove

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may be reproduced if they
remain unedited individually
and include dedicatee and
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are not necessarily the
opinions of dedicatees
or those whose phone nos.
are listed. Printed on scrap
to save sentient trees, their
resident animals, money,
time and energy.

STARLINGCIDE

(to Senator Danforth,
owner of Purina and
the monkey chows Purina
markets to lab research
facilities, the starling
killer it markets to
farmers, and Chicken of
the Sea)

Swami Bananananda said..
the best diet for monkeys
is bananas.
The best habitat for monkeys
is the jungle.

(ananda: Sanskrit for
spiritual ecstasy)

POLITICS. ED.

STARKIST

(to Senator Heinz,
owner of Starkist
Tuna)

For dolphin-protecting
nets,
Heinz have the stars
kissed.
Now the tunafishies
want their flesh
included.. they
are wearing signs
saying 'I'm a dolphin
I'm a dolphin'

For information on meatless diets
call FARM 301 530 1737
PETA 202 726 0156
Zagar 219 397 9297
Spira 212 873 3674
Albo 212 246 2096
Robinson 607 545 6213
Galvin 202 289 4854
Gregory 617 224 6706
Schofield 617 734 4068

SADAM

(to Saddam Hussein)

Dear Saddam, May you
live up to the Sanskrit
meaning of your name..
Sad.. eternal am.. mother
of all beings.

(Sir William James of the
Asiatic Society said that
Sanskrit, the mother of
all languages, was more
copious than Greek, more
perfect than Latin, and more
exquisitely refined than either.
When a Sanskrit syllable is
sounded in electromagnetic
material, the sound vibration
makes the same pattern in the
receptive media as the character
is written. Each syllable of
Sanskrit is linked to the
vibration of a particular star
and therefore astrologers are
consulted in the naming of
children.)

NEWS

Republicans

ELEMENTARY WATSON

(to Dr. Fauci,
chief of AIDS
research at NIH
who verified at
the international
AIDS conference a
link between the
eating of monkey
meat in Zaire and
AIDS)

My dear Watson,
it's elementary..
the answer is quite
alimentary

(For information
on AIDS patients
from around the world
coming to Boston for
raw fruit and vegetable
AIDS cure, call the
Wigmore Foundation
196 Commonwealth
Boston)

ARTHUR ITIS ALONE

(to the present
Surgeon General)

Don't you believe those
moneyed hacks saying
there is no cure for
arthritis.. it comes
from uric acid crystals..
needle shaped.. which
gather around bone
joints.. uric acid..
that pre-urine present
in animal muscle cells
when they are butchered
so that humans can eat
them. Henry the Eighth
speaks from the grave
to say.. 'In my day,
only the rich could
consume enough meat to
get gout'.



Seeing stars (****)?
 * In class activity.
 ** Do at home on your own.
 *** Monitored all semester.

V. CHART DUE DATES:

A. In order to be in control of your own program, you will test and then monitor change occurring to you during the semester. So that I can record your progress/change, specific charts will be turned in on three different dates. Staple your data together before you give it to me. As soon as I have completed reviewing all data, it will be returned to you. (It will be of help if you make a "pocket" on back inside cover for returned data & handouts.)

1. Due Wednesday, October 2 (11 charts):

- * I - A Commitment To Fitness (Preface & p. 1)
- ** II - Index Card of Information - A Profile on You (p. 17)
- ** IV - Your Current Body Composition and Ideal Weight (p. 19, 20; 71-76)
- * V - Pre Physical Fitness Testing and Appraisal Results (p.21-23 & Tables)
(Only 2. A,B, or C and bottom line)
- ** VI - Sizing Up The Bare Facts (p. 24-26)
- * VII - Monitoring Body Measurements (p. 26-28)
(Only Section A and Section B, "Initial")
- * VIII - Posture Problems: Detecting and Correcting (p. 28-29; 47-52)
(Pre-Assessment side only. Include your photographs with chart.)
- * XII - Flexibility and Strength & Muscular Endurance Evaluations (p.32-37)
(Pre test data lines only of Flexibility A and B; and Strength & Muscular Endurance A; and either B or C (this you must do on your own at the SRC weight room with a friend).
- ** XIII - Reflecting Upon Your Emotions (Directions on pages 37-39.)
- *** XV - Plotting Your Resting Heart Rate (done at home) (p.112; 113)
- ** XVI - How to Figure Your Training Zone (p.112; chart XV)

2. Due Wednesday, October 30 (4 charts):

- 4 9 ** IX - My Daily Consumption (for two weeks, so use both sides of chart) (p.29-30)
- 8 10 * X - Figuring Weight Maintenance and Weight Assessment with Long-Range Goal Setting (Step 1 and Step 2 "Today's"; "Goals" dates and goal weights only). (p.31 & chart IV)
- 11 ** XI - Approximate Energy Cost of Various Activities (p.31-32)
- 14 ** XIV - Establishing Change in my Problem Eating Habits (p.95-97)

3. Due Monday, December 2 (6 charts)

- *** III - Recording Weight Maintenance, Loss, and/or Gain (done at home) (p.19)
- * V - Post Physical Fitness Testing and Appraisal Results (p.21-23 & Tables)
(Only 2. A,B, or C and bottom line; marked different from pre test).
- ** VII - Monitoring Body Measurements (p. 26-28)
(Remainder of Section B; note: you must do this at home; no class time will be provided. Tape measures usually available at Equipment Center).
- * XII - Flexibility and Strength & Muscular Endurance Evaluation (p.32-37)
(Same tests as before done in class. Retest yourself on B or C of Strength & Musc. Endur. test). Remember to calculate your "change."
- ** XV - Plotting Your Resting Heart Rate (done at home) (p.112; 113)
- *** XVII - Aerobics Heart Rate Monitoring (done in class only) (p.113; 114-116)
(Record data by placing each days date where it says "class" and record continuously without leaving classes or weeks blank.)

Wednesday, Dec. 11 is our last class meeting time. **Answer, BUT DO NOT REMOVE, from your book pages 184-186. This will be an important day for you to realize changes you've made. You will be given all your data charts back at this

APOLOGY FOR APPLES, OR "FRUIT TO MEAT: 90 to 1" by [redacted]

Back when I was eating meat, if someone had told me that one day I would be trying for a diet of total fruit, it would have seemed like punishment. But as time flows on, it becomes clear that just as meat and dairy products contribute to starvation, disease, and animal suffering, so do vegetables.

A very fertile area of ground will yield, on the average: 1200 lbs of meat; 4,000 to 8,000 lbs of dairy products; 20-40,000 lbs of vegetables; or 108,000 or more lbs of fruit. The yield of fruit is much greater with tri-level agriculture, which involves fruit trees with fruit bearing vines growing around their trunks, and other plants (corn, tomato, etc) growing in between. I define fruit liberally as; *"any plant product, or anything the plant produces for reproduction, which eventually drops off."* This definition includes: nuts; berries, seeds, cucumbers; pumpkins; squash; tomatoes; beans; corn; apples; pears; etc. The variety is astounding. Whereas to most a fruit diet would seem a straitjacket, fruit is the most varied food family of all. Fruit's yield is at least *ninety* times that of meat per acre and at least *four* times that of vegetables! When you stop to consider that last year *one-billion* people suffered from hunger and malnutrition, 400 million people are on the verge of starvation, and 12,000 people die of hunger each day, the agricultural efficiency of fruit is indeed something to keep in mind.

FRUCTARIAN VS. VEGAN

A fructarian diet offers superior or nutritional advantages to both the vegan and vegetarian diets (vegan means no dairy products).

1) Many leafy greens have harmful concentrations of oxalic acid which can end up causing calcium oxylate kidney stones. A leafy green is a solar energy battery, designed by nature to provide energy to a plant. It was not designed for the fructarian intestinal tract of a human (who has the longest tract of all); nothing like the four-chambered stomach of a grass-eating cow, or the very shortest intestinal tract of the carnivore. Anatomically, we are most like the fructarian apes.

2) The insecticide (or biocide) concentration is most in meats, second in dairy products, third in vegetables, and lowest in fruits. Plants absorb insecticides through the hairs of the root tip and deposit these poisons in the roots, stems, and leaves.

3) Cellulose is very hard to break down. We are not South American rodents with teeth which move from side to side for grinding these plants. We cannot make use of cellulose in the same way other animals can.

4) Green fruits are a good substitute for the traditional salad. Some are cucumbers, peppers, some squash, green beans, lima beans, honeydew melons, limes, and avocados.

THE BRAIN: In particular our brains are good evidence for the fructarian diet. Ascorbic acid from

fruit (vitamin C) speeds up the flow of electrical messages across brain synapses. Acetylcholine and all other neurochemical transmitters are fruit-based chemicals. Fructose, the natural sugar in fruit, breaks down at different times to give a very even energy flow to the brain. Whereas meat takes four hours to digest, fruit takes 20 minutes. Fruit requires the least diversion of blood from the brain for the digestive process.

THE ETHICAL QUESTIONS

REINFORCING TREE BASED PRODUCTS: There are many levels of the fructarian diet — the highest is the eating of sweet fruits which have dropped off not plants, but trees. Every time we eat a tree food product we are reinforcing a network of forests rather than of stripped bare, brown November fields. We are also reinforcing everything a tree does: purify air; prevent erosion; stabilize weather; give wildlife homes; protect the water table; support privacy; be beautiful; heat the Earth in winter; and cool the Earth in summer.

THE EATING OF PLANTS AND SUFFERING: Ahimsa means refraining from causing suffering. Many vegetarians believe that plants have consciousness and therefore that it is wrong to kill them. Reverence for life means reverence for the life of all living things. *Plant Liberation*. But the eating of plants hurts animals as well. Very few of us grow all our own food. Most of us are reinforcing a system in which huge harvest threshers rip through nests of red-winged blackbirds, shred snakes, crush toads, and carve through field mice. Fawns have had all four legs severed by these huge machines. Tree-based food products (apples, pears, peaches, etc) require more careful harvesting and require that the tree be left to grow.

We can all do something this fall about covering the Earth with more trees, filling it with a rainbow of pastels in the Spring and an intense blaze of bright colored fruits in the Fall. Plant 10 or 12 fruit trees this fall in your yard or a friend's. Who knows how long our present system can continue to feed us?

Going All The Way

[redacted]
Akron Ohio 44303



how many
billions of
human hours,
how many
billions of lbs
of fertilizer
are wasted in
the unnecessary
agriculture
system. Tree
products require
no backbreaking
tilling of the
soil.

Nuts and beans are potential trees and plants, but are included in a liberal definition of fruit as a plant product. Beginning fructarians tend to eat n beans, ds in

For information
on fructarian action,
send 2 stamps and
address to
Fructarians
(American Vegetarians)

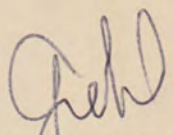


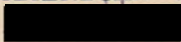
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THE ESSENCE OF TRUE COMPASSION

It, indeed, seems ironic that civil libertarians, philanthropists, and all those who proclaim to espouse the ideals of humanity and justice, will be the first to ridicule those of us who claim that animals, too, have rights. Their vehement opposition to this idea is, actually, quite understandable. When such a person is confronted with the fact that innocent animals die violent deaths to satisfy his appetite for roasted corpses, the concept he has of himself is challenged. It has long been established that a vegetarian diet is more healthful than one which includes meat or fish. Thus being deprived of the excuse that meat is essential to his survival, the "civil libertarian" will dogmatically state that animals have no rights (that they were ment to be eaten and their skins and furs used to adorn the "superior" human body). To make themselves appear less cruel and more devoted to humanity than we are, they will charge us with being more concerned with animal rights than with the oppression of humans. One need only look at a list of famous vegetarians who set a course of peace and freedom for mankind, to prove the fallacy of this charge. Men like Ghandi, Tolstoy, Shaw, Shelley, Upton Sinclair, and Romain Rolland devoted their lives to improve the plight of oppressed peoples in their respective societies. They were also highly critical of the needless slaughter of animals for food. Their concern for the decent treatment of animals did not dimisich or interfere with their efforts for fair and just treatment of humans. Indeed, it takes no effort to abstain from the spoils of slaughtered creatures (meat, leather, and fur) while working to create a better society for people. A fleshless diet is even more conducive to working for and maintaining an atmosphere of peace. Shaw, in his essay, "Killing for Sport", states that he has endeavored to devote himself to "life and creation, not death and destruction". How can one work for life and creation when that very food which sustains your life has caused needless suffering and untimely death to a harmless creature? The question of the rights of animals is not, then, a question of priorities, as the guilty philanthropist would have us believe, but rather it is a question of consistancy in one's philosophy of life. The use of such words as peace, freedom, justice, or mercy become meaningless rhetoric in a society that derives pleasure from killing.


AMERICAN VEGETARIANS


AKRON, OHIO 44313

AVIS

(to that employee
owned company)

In the heat of
suffering
the bar was arced
and the cross became
a bow which sparked
their arrow for
its wished for mark

in the pressure of
change the Pinocchio
cross became a bird
in flight..
inspiring all others
with its light..
thank you Avis
thank you Lark

NUMBER 41

(to Ethel Thurston
of AFAR 175 W 12
NYC)

Was it misnumbered?
This perfume numbered
5? Take 1 part
ambergris from a sperm
whale.. add some drops
of castor ripped from
a killed Canadian beaver..
and 1 civet cat rotated
in a drum to frighten it
into secreting perfume
fixatives.. and 38 musk
oxen castrated for 1 oz.
of musk.. adding up to
Perfume No. 41
**

THIRTY PIECES OF GOLD

(to all who make their
living through the marketing
of animal flesh)

The moon scattered 30 silver
slivers to Judas upon the shore
but the following morn the sun
turned them all to gold.
No matter what the sin
redemption is entire.
Only God can kill.. says
God the Lord of Fire.

EVEN LARD IS PURE

(to those kosher soap makers
who substitute coconut and
other nonanimal oils for lard)

99 and 44/199% pure.. the soap ad
says.. and though the oils have
come from the screams of innocent
slaughterhouse pigs..all God's play
is holy.. even burning animal fat
yields a pure and divine fireflame

MARRIOTT

(May they and all
fast food owners
increase daily their
vegetarian meals)
(For information on
alternative food movements
call Dr Hershaft 301 530 1737)

The sun from his chariot
threw amnesty lariats
forgiving Iscariot
and blessing Marriott

THE JOBS OF APPLES

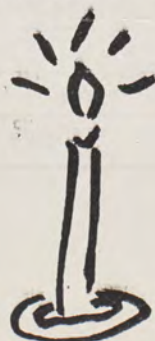
(to Stephen Jobs,
founder of Apple Computers)

What are the jobs of apples?
Each morn to bask in the sun
and with his liquid light
to swell
and watch while cider
within upwells

For information on turkeys:
Thanksgiving
PETA 202 726 0156
FARM 301 530 1737
SPIRA 212 873 3674
Fund For Animals 212 246 2091
GIEHL 212 874 1792
SHALES LOS ANG 820 8329
ROBINSON 607 545 6213
ZAGAR 219 397 9297

SACA 202 543 8983
TSU 717 322 3252
JV 301 486 4948

to
Saion Lehman



Financial News

FRANK PURDUE'S
BABY CHICK

(to the love between
Frank and his pet chick)

All the King's men
cracked Humpty into yellow
and white
Unlike lovable bigeared
Dumbo, egg of Dumpty will
never take flight.
Frank Purdue makes white
chick flesh yellow.. with
petals merry gold.. many
birds and blooms are pecked
to death with one beak stone.
All those billion birdie
bodies.. the ensconcing tomb
.. of pain he felt
when at age 6 his father killed
his wee pet chick.

GOLDSMITHED ROSE

(to the employees of Goodyear,
which corporation divested
itself of old oil to end a
takeover attempt by Goldsmith)

All life is sacred but if one
has to choose
The Japanese beetle
is greater than rose.
Crawling in greenmail armor
over the God-goldsmithed rose..
ready to turn gold petal fire
into pedaled insect flight.

(greenmail: private stock
agreement)
(may the beetle like the bee
take the fragrance and let
bloom be)

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Lehman herein may
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KTU	FUNCTION	CONTACTS	J1	J2	J3	J4	J5	J6	J7	J8	J9
S-C 400()	LINE CARD (400D2, 400E, 400E-MOH)	18	●	●	●	●	●	●	●	●	●
S-C 401A	MANUAL INTERCOM	18	●	●	●	●	●	●	●	●	●
S-C 401AP	PAGING ADAPTER	18	●	●	●	●	●	●	●	●	●
S-C 407B	SELECTOR CIRCUIT (10-STATION)	80									
413A	AUXILIARY RING UP CIRCUIT	18	●	●	●	●	●	●	●	●	●
414A	RING DOWN TIE-LINE CIRCUIT	20	●	●	●	●	●	●	●	●	●
S-C 415A	AUTOMATIC DC SIGNALING TIE-LINE CIRCUIT	18	●	●	●	●	●	●	●	●	●
416A	STATION TIE-LINE CIRCUIT	20	●	●	●	●	●	●	●	●	●
S-C 417A	ADD-ON CONFERENCE CIRCUIT	40									
418A	SHORT RANGE TIE-LINE CIRCUIT	20	●	●	●	●	●	●	●	●	●
419A	AUTOMATIC RING DOWN TIE-LINE CIRCUIT	80									
420A	LONG LINE CIRCUIT	18	●	●	●	●	●	●	●	●	●
S-C 421A	POWER FAILURE TRANSFER AND GENERAL PURPOSE RELAY	40	◐	◐	◐	◐	◐	◐	◐	◐	◐
422B	STATION BUSY SELECTION CIRCUIT	40									
423A	DIAL TONE, STATION BUSY TONE, AND AUDIBLE RING BACK CIRCUIT	20	●	●	●	●	●	●	●	●	●
S-C 424A	SELECTOR CIRCUIT (19 STATION)	80									
425B	FLASHING LAMP CIRCUIT	80									
S-C 426A	AMPLIFIER, BAND SEPARATION, AND LIMITED CIRCUIT	80									
S-C 427B	FREQUENCY RECOGNITION AND TRANSLATION CIRCUIT	80									
S-C 428A	MULTILINE EXCLUSION CIRCUIT	40	◐	◐	◐	◐	◐	◐	◐	◐	◐
429A	SUPPLEMENTARY HOLD DETECTOR CIRCUIT	40									
430A	FLUTTER GENERATOR AND LIMITER CIRCUIT	20	●	●	●	●	●	●	●	●	●

CP 3753A

 INSTALLERS
 ASSIGNMENTS
 