DI.Y. GUIDE II

Dismantling Capitalism
Food Travelling Art
Record and Book Publishing
Building & Fixing Abortion

Please make a donation to cover printing costs—
we're overthrowing capitalism as fast as we can.
D.I.Y. 'till we fucken die!

CONTENTS

Dismantling Capitalism

- Action direct...
- Fore-arm guards
- Shopping tips
- Software piracy
- D.I.Y. spelling and grammar
- Traveling
- Travelling on trains
- Backpacking
- Evasion communiqué
- Postal jailing
- Herbal gynecology
- How to abort

Building & firing
- Sewing
- D.I.Y. oil change
- Quarter pipe

Record and book publishing
- Records, CD's, 'zines
- Book publishing contacts
- Postal jailing

Food
- Food not bombs
- Cook it yourself
- Wheat flour egg noodles

Intro to plaster

Black & white photos

Safety pin tattoos

DISCLAIMER - hey FBI and other assorted types of pigs: all articles contained in this publication are for entertainment purposes only.

to obtain additional copies of this, send donation to:

Crimesthinc.

Urb'n Pirates

P.O. Box 2133
Greensboro, NC 27402

2695 Rangewood Dr.
Atlanta, GA 30345

Dismantling Capitalism

Action Direct...

Forge-arm guards
Shopping tips
Software piracy
D.I.Y. spelling and grammar
Traveling
Travelling on trains
Backpacking
Evasion communiqué
Postal jailing
Herbal gynecology
How to abort
Building & firing
Sewing
D.I.Y. oil change
Quarter pipe
Record and book publishing
Records, CD's, 'zines
Book publishing contacts
Postal jailing
Food
Food not bombs
Cook it yourself
Wheat flour egg noodles
Intro to plaster
Black & white photos
Safety pin tattoos

Why Protest? Why Direct Action?

Direct-action demonstrations have returned with a raging fury, destroying international capitalist institutions and multi-national corporations with their creative and passion. As opposed to the boring marches of yesteryear, direct action means putting your body on the line!

Form an Affinity Group

An affinity group - which is simply a group of friends who are willing to act as your team in the protest. This is important because cops tend to beat and arrest protesters who are alone and without protection. If you can't find an affinity group, at least find a buddy to watch your back!

The affinity group should be secure, or know each other and feel safe around each other.

Historically, the affinity group comes from the Spanish anarchists who organized forming affinity groups with their neighbors who they had been friends with and worked with for years. The affinity group should accept the same level of tactics. You don't want to be in an affinity group that is doing some action you disagree with.

You should have some methods of communicating with each other if separated, being anything from a free voice-mail account, to a cell-phone, to remote comm units. You can get cell phones not registered in anyone's name (like yours) from truck stop vending machines. Also, remote comm units (walky-talkies) are only about $50 a piece. Pros use digital Secured Cell Phones for security.

An affinity group should also be small enough so you can keep your eyes on all the members at once and keep track of their safety - which usually tends to be at max 4 or 5 people. If you have more than that you could form an affinity group cluster, which are multiple affinity groups that try to stay in the same area and do logistics together.

Now that I'm at the Protest, What do I do?

There are many things you can do before a protest. Most of the rest of this is geared towards people who want to either march or do some type of confrontational direct action that involves the police. Other roles are equally important, and you can always play more than one - or invent a new one! Protesters need people to do the grunt work of organizing, which includes writing calls to action, scouting march routes and direct action sites, creating web-sites and other publications with the schedules, helping with logistics, and so on. These can be done at either the site of the demonstration (locals appreciate help) or in your local community. Protesters always need to be ready to go - so the convergence center - when they get into town so they can find food, housing, trainings, and schedules of events. The center needs to be manned, food needs to be cooked, and child-care should be provided. Those who want to document these protests can be the media, which usually at larger protests band together under IndyMedia, an international network of locally-based media activists. Check out www.indymedia.org to get in touch. Most protests have medic squads with red crosses that are trained to help injured protesters. If interested in this, you know one of the 'Mantic Torgans' at the convergence center. People are needed to be legal observers who take note of police brutality and can offer legal advice on the spot to protesters, or answer a 'legal' number of people can call while in jail.

Logistics (or where the hell do I eat and sleep!)

'Logistics' refers to the fine art of getting all of your affinity group to the whatever city the protest is at and making sure everyone has enough food to eat and places to sleep. Do it yourself! Never rely on the organizers to do it for you! Enough people already do, and the organizers can usually barely handle it. It's usually as simple as sending up an advance scout to check out the territory and talk to local organizers.
Types of Protests

Each large demonstration has its own character, and this is what allows the smart affinity group to determine what the best route of action is. Protests now generally involve the boring marches of years past by making them into festive “Carnivals Against Capitalism”, using decentralized leadership, and taking direct action against the institutions that are being demonstrated against.

Decentralized leadership is usually concretized by a spokescouncil meeting in which every affinity group can have a delegate (or spokespeople) to one another. These meetings are open to any and all, and the identity of the leaders is not necessarily the same. The goal is to make the demonstrations a tool for everyone to use but not necessarily the leaders. This is a way to make everyone feel they are part of the movement.

Surprise matters. If the cops don’t know your coming or vastly underestimate your numbers, then y’ou stand to get away with a lot more. In Seattle for the WTO protests, the cops vastly underestimated the number of protesters and had little experience in dealing with trained individuals. This led to a very brutal manner—police not which ultimately caused just as much chaos as the protesters, causing the protesters to be shut down. At the protests of the 2000 Republican National Convention the exact opposite happened—not only did the police heavily spy on protesters’ meetings, they also radically overestimated the protesters, so when protesters tried to resist Seattle with trained civil disobedience and anarchistic “direct action” nearly five hundred people were arrested.

Be aware of the attitude of the locals about your protest. In Quebec in 2001 at the FTAA protests, the locals—mostly separatist French Canadians—were horrified that the mostly English-speaking government put a giant fence in the middle of their downtown and were using an army to prevent the native Chead up. Cops began tear-gassing anti-FTAA protesters, locals joined in throwing rocks at the cops—causing a near-idilida风格 anti-cop insurrection. This is opposite of the 2002 anti-WTTP in New York City, where the locals were still in shock from the World Trade Center bombings and so reacted little to the protests.

Protests take several differing forms. First, most protests involve a street march (a march that goes into the street and is led by one or a few leaders). To make a street march legal it may require a permit from the police, which they may or may not give—although a permit usually only decreases the chance of the cops attacking, and in no way guarantees a peaceful march. Peaceful marches allow many people (like older people, people with children, etc.) to participate. However, often the march will be unplanned and torn up by the police. They will get in front of the march or behind it, and send cops in the middle and/or down the sides of the street in riot lines.

Demonstrators often engage in direct action against institutions or corporations. Direct action is simply acting without instruction and confronting power. What exactly is direct action and what is meant by “economic actions” (actions against symbols of power) is up for debate, but in practice it’s everything one could do it streets besides marching. There are many ways to do this, for example, one popular technique is a banner-hang where a banner, washed down with water in filled plastic bottles if needed, is hung without permission in a public spot.

There’s also property destruction, ranging from smashing windows of corporate storefronts to spray-painting “fuck the bosses” tags throughout town. Sometimes this is even organized or not among the protesters against the cops. Try to find out what type of protest you’re going to beforehand, since this influences what your affinity group want to do. Having a gas mask and armor at a permitted march is all right, but not in a full-scale riot!

Most protests in North America are caught up trying to repeat victories of the past, namely the WTO protest at Seattle. After September 11th, it should be clear that there are “No More Seattle’s”. Every demonstration is different, and every demonstration can challenge and even topple power.

Types of Protests

Protesters are not one large homogenous mass, but consist of many differing individuals. First, there’s always the marchers, which consist of the vast majority of people at any protest. These people are usually members of their local affinity groups but usually engage in no more than minor activity. They engage in no significant direct action, don’t have much experience in dealing with police repression, but in sheer numbers and enthusiasm they usually appear to die of death or any demonstration.

The unions usually march in large marchers, and sometimes have their own. They are usually older and multi-racial, so cops usually feel a bit worse about attacking them while whites or youth of color. However, if the union leadership doesn’t march in the exact opposite direction of the showdown with the police, union members (specifically the Longshoremen) can often fight cops with the best of them, and are one of the few groups who actually have some social power at protests.

There’s usually also at least one three-letter or four-letter acronym group, whose name usually has “Action” or “Direct Action” in it. Usually a local based group of youth, these folks often participate in some type of civil disobedience and usually help organize the logistics. They are often experienced in civil disobedience, though sometimes not.

Then there’s the giant coalition, which usually involves activists trying to get a large group of multi-
cultural folk out to the protest. This usually results in an uneasy coalition between white student activists, activists of color, direct action people, Black Bloc anarchists, and community activists. Definitely something which needs to be done, but hard in practice to get working.

The Puppetists or puppeteurs provide lots of the giant colorful puppets that are used to help get the message out and make the protest colorful. They usually have some type of warehouse, and lately the police have been raiding the warehouses and stopping puppets from getting out on the streets.

There’s also the Black Bloc, which is an anarchist formation that specializes in both non-style direct action and provocative self-defense from the police. They stand out due to their wearing of black, and often “blo-cut” (get close together) to remain tight. However, if you don’t have a function group, the most exciting and yet safest place to be is usually in the Black Bloc, since they take extra steps to defend themselves from police while waiting for a chance to strike a blow against capitalism. Just take a black hoodie! Usually they manage to constrict away from the rest of the protesters and generally organize autonomously. It’s useful to have a spare-set of non-black clothing so you can escape the police who target kids in black.

There are usually unsung groups at every protest. For example, one group which started in Italy and attempted a revival in New York City is “Ya Bastal”, who dressed in armor and either yellow or white suits and nonviolently confronted the police and took blows.

All of these groups and many more can work together to bring down institutions of wealth, privilege, and power. Usually their success is measured by how well they work together both in organizing and in the streets, and how they take their own autonomous initiative in the protest. Remember— we’re all fingers of the same fist and together we can smash capitalism!

Dress for Success

First, take out all piercings—they let your flesh get easily torn. Remove contacts and replace with glasses, these if any form of pepper-spray is used your contacts will trap it inside and might tear your vision forever. Don’t dress in sweaters or fleece either—that traps chemicals also. Wash your clothes several times in detergent-free soap (detergents enhance the police’s chemical weapons effects), like Castile Soap, and the “Original” Dr. Bronner’s works. Wash your body with Castile soap, and do not use chemical-trapping oils, moisturizers, Vaseline, makeup or sunscreen. If you have long hair, tie it back in a pony tail or braid, so it can’t be grabbed by an attacker. Always wear light clothing, synthetic and water-resistant, and generally don’t use any of the clothes in your closet. And reinforced shoes such as steel-toe boots that protect your feet from being run-over are best. Write the legal number (where to call when you get arrested) in permanent marker a few places on your body where sweat won’t make it disappear!

To protect your eyes and lungs from tear gas, get a gas mask with shatter-proof lenses. US M17 masks are good, less obvious and cheaper than a gas mask is a Jandama soaked in vinegar or even carrying around a fresh lime with a hole in it so you can re-soak your banana in lime juice! Always have back-ups and pre-rinse your face in a zip-lock bag. Just apply it to your mouth to breathe through when tear-gas starts coming at you.

If you want to have armor of some type for defense, for example. These are an outer hard layer of cardboard or plastic with a soft inner shell of foam works well, blended with duct tape. However, if you’re most important to cover your most easily damaged parts—your joints and neck can be covered in tape-like duct tape and bandaged gloves will protect your fingers. A rubber glove over the top of that will allow you to pick up hot tear gas canisters and throw them back. Your neck can be protected in the back by some hard shell that is connected to a helmet, or a scarf.

Your head is definitely the part of your body that needs the most defense. Bicycle helmets are tight but don’t protect the back of your head or the face, so something like a football helmet mask (removal) or motorcycle helmet works. Inexpensive hockey masks are cheaper—just make sure to attach with sturdy tape.
made out of vinyl, not cloth or paper – and should be painted well in advance so the paint is dry. Banners coated with thick PVC piping (of at least 1 inch thickness, the top), available from any hardware store, can provide backdrops that won’t break easily under police assault.

PVC piping can be segmented and combined with various types of tapes to make open square banners also. Taped banners with eyelets or scots will defend you against projectiles such as rubber bullets but lower ones allow you to see where you’re going. Banners on the side are also important to protect the flank, and since the police usually also come from behind back banners or puppets are useful. Flags with PVC poles also work well, and can be used defensively to poke the tees of oncoming opponents. Use banners to defend yourself against cops and their chemical attacks!

The march should have bike scouts that can check ahead to see when and if the cops are attacking, and relay via comms to groups in the march. It is the responsibility of those with comms to spread news, but not to remember to be calm and not to panic or spread news you don’t think is reliable. The front of the march is usually the first attack first if they want to stop the march, although some cops also come from behind or will attack the middle in an attempt to split the march. Once the cops attack the march it is crucial to link arms (as illustrated below) so you won’t get snatched away by the cops or beaten, and to be alert and calm. If the march is split you will be more arrestable and stopped so try to aggressively run up with the other side of the march by filling up any space the march has left and then marching towards the thin line of police which has split the march. If the cops intersect themselves in the march, sometimes in a police car, blocking the cops vision with banners and signs, as well as having those around them walk slowly can eject the cops.

When Cops Attack

Cops usually will attack the march or direct action at some point. They have some common tactics – the first is the snatch squad, whose purpose is to extract and arrest a particular person from the crowd, usually someone they feel is being a leader or aggressive. They usually have a commander who will be dressed differently, perhaps with a white shirt or some other distinguishing clothing. The commander will usually point the riot gear covered snatch squad at the person.

The best effective way to deal with a snatch squad is to get the person who is to be snatched away from the crowd by putting as much distance in between the target and the snatch squad as possible. If that can’t be done, then attempting to surround and block the vision of the officers will paralyze their attempt to snatch.

If the cops actually get a hold of someone and begin the process of arrest, there are many ways to unnerve someone. One is the puppy-play, in which the person being arrested, who is near the ground, is jumped on by as many nearby demonstrators as possible. The “arrestee” should protect his neck and the “puppers” should try not to injure the person. If a bunch of people, especially on top of the person the cop is trying to arrest, arresting that person is impossible, although the cops can try to grab people off the pile.

If the cops are normal at protests, and are usually easily identified by having their plastic cuffs or police radios visible (sometimes from their back-pockets). They also look like cops usually – short hair, muscular frames and dressed in what they consider to be normal street clothing. However, sometimes they try to be “blend” and look ridiculous – for example, head-to-toe six-foot-black-covered jumpsuits are probably cops. The best way to deal with them is to keep your cover by having the whole crowd yell at you. Just be careful with yelling that, since you might mistakenly call a fellow demonstrator a cop.

Often the cops will grab you by your wrist in an attempt to arrest you. Simply twist your wrist around so that their hand is twisted (and weaker) and your wrist strongest point (the back of your wrist, so your wrist is down and cuffs is up) is in their hand, and pull up. You can also just pull both your hands together and yank up to escape.

Police usually also try to attack with chemical weapons: Pepper-spray (OC) and tear-gas. Tear gas is shot as a very hot canister into the street, which can rapidly fill a block or two with thick white smoke and an irritating gas, making it very difficult to breathe. Pepper-spray is deployed through a foam or liquid spray in little spray bottles the police carry with them, and is very painful – especially to the eyes.

First Aid – Quick!

Police, being the bastards they are, usually attack people who are hurt by them, so if someone is injured try to get in front of them and block them from the police. Then call loudly and clearly for “Medics!”

Medics should be identified by the bright red cross or star on their body. If the person is being pepper-sprayed in the eyes, first ask if they have contact lenses, and if so remove them immediately.

Use water to flush out the chemicals by having the pepper-spray victim kneel on the ground and tilt their head back and to the side a little bit. Using your thumb carefully pry the upper eyelid of the spray victim open, and then open their eye and squat bottle to squirt a stream of water at the eye to remove the spray. Use a strong stream of water to flush out the eyes, using a sweeping motion that starts at the inside corner of the eye and moves to the outside.

FLUSH the chemicals out – the water should flow! Do on both eyes. Use just water – or water with 4 drops of Rescue Remedy (an item available from many army surplus stores) per quart. For skin burning and continued pain you can use “LAV”, which is just one part water and one part antacid to soothe the pain. Make sure that after actual medical attention is gotten, to remove any contaminated clothing as quickly as possible last you re-exposes yourself painfully! Then shower in the科普, 55% soap and Castile soap. Wash the clothing several times with a harsh detergent.

If someone is injured, you can put their arm around your shoulder and try to lift them up with their back to carry them safely. If you have two people, you can form a two-person seat by having one person grab half of the other person’s body (at the shoulder and leg) and another grab the other half, and then lift them up. Be very careful with the head – don’t move it. The main reason to believe they might have a head or neck injury! Moving someone with a head or neck injury wrong might paralyze them.

Got caught?

Try as you might, the cops just might be able to catch you up to you. Once this happens, you can either surrender or try to escape. If it looks like other cops are going to come to your aid or a wrist break might save you, put up a struggle to escape. Careful struggling against cops, since they will be put down as a lazy assault charge against an officer – as well as any physical contact with the officer! Once it looks like you can’t escape, go you should preferably go prone and compromise your self. This will make the officer drag you very slow and will generally make the arrest go less smooth for them. It a cop or any other agent of the law asks you something, ask “Am I free to go?” If he or she says “No”, then you’re detained, which means you’re not arrested but they are free to ask you questions and hold you. Don’t answer – cops are trained to lie and entrap you, so anything you say will be used against you.

To be safe, always say “I am here to remain silent. I would like to speak to a lawyer.” Say it multiple times, all the time – it will aggravate them but you know your rights. Don’t ever tell them anything.

If you’re arrested, they’ll put little plastic cuffs on you (make fists while they do this so they won’t be so tight) and then they’ll take you to some horrible place for processing, which is when they take your picture, ask your name, and take all your items, and then put you into a jail for up to 48 hours, where you wait all arrangement; where a judge will read you your charges and ask for a plea. Either the judge (in which case you will have a “not guilty” entered in) or plea “not guilty.” “Not Guilty” can be changed to “Guilty” later but not vice versa. Once in jail you can choose to practice jail solidarity. In which everyone who was arrested refuses to give their name. They have to call you you’re “Jane Doe,” and if lots of protesters do it they might just let everyone out without charges in frustration but if they’re really determined to process everyone (as at the Philly Republican National Convention in 2000 when they kept 450 people in jail for up to two weeks) they will just keep you there till you break down.

After you are arrested you will be sent to prison for quarantine for a few days, where they will put you in silly looking jumpsuits while supposedly letting you go for dinner. Then you will be out of jail for 24 hours. A lot of people who are in jail and there are because of crimes committed against them by the government – so don’t be scared, but use common-sense in dealing with them. We are all prisoners till everyone is free!

Breaking the Cops

The cops are weak – and only human. Despite their uniforms and legal use of violence, they can definitely be broken. The easiest way to break a police line is, if your group is mobile and large enough, to just look for a weak spot (where your outnumber the cops considerably) and attack it with whatever you have at your disposal – anything throwing things slugging it, or even heavy verbal intimidation. Cops might just throw back or scatter. One of the scarier yet perhaps most effective is the simple countdown and charge – when you reach a predetermined number of people you charge. Giant puppets and dumpsters – almost anything – can also be used as “battering rams” and charged at police and barricades. Police barricades themselves are often the best items to use against the police!

Remember that the best offense is a good defense – you can use all sorts of things like newspapers to block exits and otherwise litter the street to make sure they can’t follow you. Dumpsters near bars are often deadly alcohol, thus easily flammable – igniting will lead to massive confusion and panicking by cops. Having enough people surrounding the cops always causes them to panic. Remember that a panicking cop is deadly, but often will cause so much chaos that she or he can disrupt any sense of legality many the police have, and are more easily neutralized as a threat. Always think of creative ways to get rid of the cops – if the cops are in heavy riot gear, you can always just outrun them. For a ‘mobile’ Black Bloc
can wreak havoc to property and defend themselves by moving faster than the heavily armed police who ride behind. If the cops are on horses, the horses will panic if a whole crowd jumps together, knocking the cops right off!

Creative use of nearby fences may strike sheer terror in the hearts of the enemy.

Running Away

Half of fighting is actually striking your blow, and the other half is escaping! After all, it would be dishonest to say that the cops don't have guns and the legal ability to put anyone away for many, many years. Always try to have an escape route. The feared police "mass-arrest" only happens when you can't escape! If the march is chosen for some pre-set plan, have escape routes that are checked by scouts to make sure they aren't occluded. But as you are marching or running around, just keep your eyes open and be aware of the situation (particularly the location of the police) at all times. In cities, look for storied or alleys to jump in or, in the woods, dense foliage to hide behind. Sometimes the best escape is staying still and letting the crowd and the police pass you by. Sometimes its better to stay in front so when the police try to arrest the slow masses, you can jump ahead of the police. Keep rendezvous points with others so that you most likely will get separated from people you want to see again. Commis aren't only to remain in touch with tactical information, but also to keep in touch with people you've been separated from.

You're actually fucking doing it!

There are few experiences in this world as full of action and joy as that of outright revolt through the confrontation of power. Using your whole body to fight back -- you regain your own lost sense of power that for years work and school tried to grind out of you. There's a million ways to express your revolt, and there are but a few.

You can lock-down, which means locking your body to an object to disrupt the normal doings of power. For example, at the Seattle WTO protests hand lock-downs (detailed in the next paragraphs) managed to physically prevent delegates from getting in. You can also lock, which usually only serve as a short and dangerous delay, by grasping hands or interlocking legs.

The area can be appled considerably by hard-locking, which means either locking yourself to an object with a physical lock, such as a U-lock, or normally used to lock bikes. You can also lock your body together with another demonstrator, usually under rain force (with chicken-wire PVC piping). The cops will have to bring out specialized drats in an attempt to get you out, which causes them all sorts of chaos. All types of lock-down lead inevitably to arrest. If you want to block roads, you can also break it down through moving dumpsters and other objects into the streets.

A car can be strategically broken down in a major intersection -- or even lit on fire! Throwing rocks -- the hot tear-gas canisters the cops shot at you (with thick rubber gloves offcourse) -- or even dumpstered donuts -- on cops can scare them. If you want, you can even make a Molotov cocktail with this simple recipe: Just fill a bottle more than half way with gas (add styrofoam to make flames stick to target), and stick a gas soaked rag in the base. Light the rag -- throw immediately at your target. The sky is truly the limit with what you can do -- just make sure you can get away with it!

After the Protest

After the protest, it's not all over! You should do a press conference afterwards so people know how they went past the corporate media increasingly refuses to report on anti-capitalist events. Remember to fax the press and give them a reminder call at least a week in advance! Don't forget about the people who were arrested -- make sure they survive the ravages of the legal system. In addition, showers and dinners can be used to raise legal fees, and notes can be provided to court, and you can help make this a long-term strategy for dealing with repression by saving "legal" money, ahead of time. Remember -- the law is there to silence our voice -- and when a lone voice is silenced, we all lose every word we all need.

Remember that protests are trials by fire -- and you and your friends will get burnt. Do everything in your power to help others stand strong and keep fighting. Being a loving, kind, and caring human being in addition to a hardened revolutionary warrior is vital. In the end, our relationships with other human beings and the earth is what needs the revolution -- and this includes those in our everyday lives. Every brick thrown is an act of love.

FORE-ARM GUARDS

FUKI R. BATONS

Sick of getting nailed over the head with police batons while engaging in your favorite pastime? These fore-arm guards may just help you out...

They're pretty simple to make, materials are cheap (or free if stolen or人民银行), they go through metal detectors, and depending on how you put them together they can be extremely low profile.

What you need:

Fabric: Whatever color/type is your favorite, but you should be able to sew through it easily, and it should be able to take a beating without disintegrating. You'll need a yard or two of a normal bolt of fabric.

Sewing supplies (needle, thread, pins, scissors, tape measure)
2 yards of nylon or cotton strap material (1" wide)
4 strap fasteners (like on the straps on backpacks) -- they usually come in packs of two
3" diameter PVC pipe -- this can be picked up at your local hardware store -- they may think you're making a potato cannon, but they should let you pick some up. You'll need somewhere between two and three feet

A cross cut saw (normal wood saw) without massive teeth -- this is for cutting the PVC

Sandpaper (fairly fine grit) or a sharp utility knife

Foam: Open cell foam can be bought at fabric/craft stores. 1/2" foam is enough to cut the pain of a hard crack across the arm so it's nothing. For people with smaller arms, however, this can be rather cumbersome and high-profile -- 1/4" might be better in that case. Even with no foam, the guards will still prevent broken arms and severe bruises, but foam makes the whole experience far more comfortable.

First thing to do is saw the PVC into the correct length. Measure from your elbow to your wrist and subtract two inches. This is the length for your two pieces. The cutting is best done outside, as the smell created isn't real great. After sawing your PVC into two pieces, each pipe piece needs to be split into six pieces (like splitting wood -- you don't end up with six cylinders, you end up with six strips). The easiest way to split it in six is to saw across the entire piece (so as to make two cuts) at evenly spaced intervals. It doesn't matter too much if they aren't all exactly the same width, mine sure as hell weren't. Also, six is just the number I used...I wouldn't recommend any less, but more might be okay. This is a fairly physically intense process...so take your time and wear work gloves.

Keep the two sets of pieces separate, as mixing the 12 pieces might give you some weird looking (though probably still useful) guards. After sawing, the pieces will be pretty rough so sand them down smooth the edges with the utility knife. They don't have to be real smooth, but remove the sharp edges.

Next comes the fabric. The first piece you'll need to cut is as such: The width should be the length from elbow to wrist plus four inches. The length should be the circumference of your arm (distance between your biceps and your elbow) plus 6 to 10 inches. At these very wide for different-shaped people, some will find that you won't use all the PVC, while others might need to cut some extra slats to get all the way around the arm... The second piece of fabric you need is the same width as the PVC is long and the same length as the first piece of fabric. The rest of the directions will assume that the pieces are longer than they are wide, so if that isn't the case, then switch it around in your head.

Hem the sides of both pieces (fold the edge over and sew it down so that the fabric doesn't roll), then lay the second piece on top to the first, centered in regard to width, and sew them together along one of the shorter edges. This is now the top.

Slide a piece of PVC between the two pieces of fabric and against the top seam. Pin the fabric layers together to create a sort of sleeve for the PVC flat. Make it as tight as you can, then sew a seam along the pins to make the sleeve permanent. Repeat this with each piece of PVC until you either run out of fabric or run out of PVC. You should now be able to wrap the guard around your arm for a fairly close fit.

Next wrap the sides of piece 1 (as in top, sides, and bottom) around the end of the semi-exposed PVC. Sew these down to piece 2 to keep the PVC from sliding out of the sleeves. Sew the straps on as you like, but make sure that you can pull them tight as (in some cases that the buckle and the beginning of the strap don't hit other when you cinch it).
Cut a piece of foam that will entirely wrap around your forearm, and you have the option of sewing it to the guard or just leaving it free (I just left mine free). Less hassle that way and when it counts the foam should be cinched tight to your arm and not going anywhere.

These took me about two hours per guard, sewing everything by hand.

**SHOP LIFTING TIPS**

we decided it would be a good idea to include some tips on shoplifting since a lot of the projects we're presenting in here require supplies that can be somewhat expensive. (I figure that the majority of the people reading this will have already read the zine or book called *Fusion*, so I'm not going to include any of the information that is in there. If you are interested in obtaining that book, contact Crimethinc. For East- the address is on the intro page.)

(Compiled by the "catharsis tour 01/02/ transcontinental petty theft brigade")

decos
-after you've pocketed what you need, ask an employee up front for an item that is unavailable (for instance, in a grocery store, ask if they carry kerosene), this will give you an excuse to be in the store without buying anything.

-this one requires two people- one well-dressed and one sketchy looking: walk in separately, have the sketchy kid walk around and look suspicious, but actually stealing anything, meanwhile, the well dressed kid is filling up her bag/pockets and exits the store, the sketchy kid, which has hopefully attracted all the attention from anyone who would care, leaves the store sometime after at no actual risk.

-if there are employees (or customers) around that aren't necessarily paying attention to you, but are aware of yr presence, it is a good idea to take 2 of the item you are about to steal off of the shelf and put one back.

-after you've got what you need, bring an item (without a tag) up to the front and ask the price on it, put item back and leave.

-if yr stealing a lot of stuff, it is a good idea to purchase one cheap item so you have a reason to be in the store.

-fill yr backpack and pockets full of goods and fill a hand basket with random items, go through the line, and when you have been run up, act as if you have forgotten yr wallet at home, say you'll be back for the items later.

-at office supply stores with self serve copy centers, you can steal books, sticker paper or other large, flat items by doing the following:

1) bring in a backpack with yr own books from home.

2) non-chalantly bring items you are going to steal over to the copy machines.

3) spend some time making some photocopies from yr books.

4) when no one is watching, slide the items in between the books and into yr backpack.

5) pay for the photocopies and leave store.

-girls can ask boy employees about specific brands of tampons and afterwords, they will often feel uncomfortable enough to not look in yr direction again.

other scams

-(this one is a funny story) three of my friends entered the grocery store, kid A and kid B walked around and found a cheap item to get in line with, meanwhile, kid C filled a cart with beer. kid A, who was in line at the front, faked a seizure. of course, everyone freaked out, kid B took care of kid A to "calm him down" and to assure employees that everything would be okay and they didn't need to call for help. meanwhile, kid C had pushed the beer-cart out the door without being noticed.

-(another story) a friend told me of a night in washington state on which a herd of kids frantically ran into a grocery store, filled their arms full of toffuti, and ran back out, leaving employees stunned enough to be helpless.

-this one's good for stores with two exits or at busy times: bring a few bags from the trash (with the store's name on it) and fill them up in a corner of the store somewhere, have a receipt of some sort in yr hand and walk out super casually, as if you haven't paid.

-damage item (or throw it in the trash can if there is one around) and wait for it to show up in the dumpster.

-slightly damage or scratch item and sneak it up to the front desk, attempt to return the item and let the employee find that it is damaged, and most likely refuse to take it back, act like an irritated customer and leave the store with the item, (or maybe the employee doesn't notice and gives you store credit or cash.)

I have found that with return scams, it is less sketchy to place the item in some sort of bag or yr backpack and get in a normal line and ask "can i make a return here?"... they will send you over to the return desk, which I think looks a whole lot better than just walking up to the return desk from inside the store, even better than that, get the item out of the store altogether, and have a friend go in and return it, or come back another day, that way, the most you can get busted for is shoplifting, which is far less of a crime than "obtaining property/cash under false pretense".

-dressing rooms are a great place to cut off security tags, you can sew up the hole later. (if yr stuff has been counted, make sure you still have the item you want in yr hand as you walk out.)

-remove expensive item from box and place in a box with a cheaper price on it, be careful with certain items (don't do this with shoes) because employers check inside, in that case, be prepared to be the irritated customer that didn't want the item that turned out to be inside the box. also, sometimes you can switch price tags, but avoid bar-codes, cuz those get scanned and then you lose whatever, at the majority of the people that try this, the worst that can happen is that you get kicked out or have to pay for it.

-at most stores, you can go to the stocking areas at the back of the store and ask for boxes for moving, have a few people to carry lots of empty boxes, except for one or two that you quickly fill up with food before walking out the door. don't make them heavy though- they have to look as light as air when yr carrying them.

-eat food while in store.

-concealing

-since women often have handbags, it is easy to walk around a store with it in the front of a cart and fill it up with items.

-i found this great backpack at my house after a show that has a random zipper running vertically down the part that goes against yr back. it is the greatest shoplifting bag ever! it is so easy to walk around sticking items in my backpack without ever opening the top or taking it off, you could easily install a zipper like this in yr bag, you can get all kinds of zippers at craft stores. I'd suggest getting a quiet, smooth-moving one.

-good hiding spots: cargo pockets (obviously); tuck in bottom shirt and slide things through collar; (my favorite) wear a baggy hoodie, suck in yr tummy and slide books or other flat items half way into yr pants using the elastic of yr undershirt and fasten yr pants to hold items in place- pull hoodie over them-so quick and easy; bend down to tie yr shoe and put stuff in yr sock; stick items in the sleeves of winter or flight jackets that have tight cuffs on the sleeves; bring an opaque water bottle with wide mouth to put small items into; sew extra pockets into yr clothes.

-precautions

-it is good to know the law wherever you are since they vary from state to state. for instance, in north carolina, return scams and shoplifting items over $100 are felonies and concealment can be prosecuted.

-look through the windows of a store for cameras before entering, make note of alarm sensors and security personnel. if you look on the ceiling for cameras, move yr eyes, not yr head.

-pocket items away from where you have taken them off the shelf if employees (or customers) have seen you in the area.

-always look for security tags inside packages if the store has an alarm system, it is usually safer to take the item out of the package anyway.

-look out for fucken do-gooder customers like the fucken redneck that beat up my friends in asheville. (what's up murdock and pixie!! we'll fucken kill 'em!!)

-keep walking and ignore alarms if you set them off because employees are often slow to react. you can also walk into a nearby store and ditch the item.

-you might want to bring money with you to purchase the item in the event that you get caught. sometimes the store will settle on that and leave the pigs out of it.

-watch out for walmart, they will FUCK you. they will prosecute you in criminal court and then try to fine you up to $1000, with the threat of a lawsuit if you don't pay. thanks a lot sam! you should fucken die!

-don't argue with us for yr hands in yr pockets, try pulling out some money to count or a "shopping list" to look at.

-mirrors: flat mirrors are almost always 2-way to be safe, assume that someone is indeed watching you, for the round ones- if you can't see the employee, then (she can't see you, but be careful, because sometimes they have cameras behind them).
D.I.Y.: Spelling & Grammar

L1Z

Spelling doesn't really matter as long as you get your point across—Shakespeare (or Shakespeare or Shakespeare) had trouble spelling his own name. That said, there are times when misspelled words will undercut what you have to say, especially when you are trying to present a large audience about ideas that may be understood.

The last thing you want to do is write an impassioned, articulate letter about your deeply held beliefs and have someone pick it apart because of a few misspelled words.

Here's a guide to a few often-used and seldom-misspelled words.

Bourgeois (pronounced something like "booz-uh"): No wonder you can't spell it—it's French. Try remembering it in pieces: "Boo" means town (just like the "Boo"-ween on a lot of city names) and "geois" means of or having to do with. Put together it means a dull, respectable, materialistic middle-class town-living kind of person, neither peasant nor aristocrat, neither millionaire nor bum.

Distribution: The short form may be 'distro', but the full word is still 'distribution'.

Existence: There's no logic to this one, so you'll just have to memorize it. Existence is spelled with an E and Resistance is spelled with an A. It helps if you get used to the slightly different pronunciations and say them both in your head ("existence", "resistance", "exist", "resist"). Good luck.

Grief (also "chief", "relief", "sieve", "belief", and "chief"): Remember this little rhyme: "I before E except after C or when sounded like A as in 'neighbor' or 'weigh'". Foolproof with one exception, to be explained later.

Hierarchy: Another I-before-E word. Even easier if you remember that 'hierarchy' is spelled the way it is pronounced—"hierarchy". The adjective is 'hierarchical'—it's a little confusing, since the adjective for "patriarchy" is "patriarchal", but that's just one of those inconsistencies you have to live with in the English language. Hierarchical. Hierarchical.

Hypocrite: This word comes directly from the ancient Greek for actor, "one who pretends to have virtues he doesn't possess." The "hyp" indicates that (as in hypocrisy) the subject in this case it means 'underhanded'. If you remember the root it's easier to remember the spelling. As a bonus—even good spellers get this one wrong—its companion word is spelled "hypocrisy", with an S in front of the Y, not a C.

Independence: Like "existence" it ends with an ence. Tell yourself (Emma Goldman, of course) that "there is no dance in independence".

Insurrection: Two Rs, Pronounce it that way in mind: "Insur Rection", not "Insur Ection".

Parvurt: Each syllable has a specific meaning in Latin. "Par" means thoroughly, "vurt" means turn aside. Put them together and it makes sense. The common misspelling "parvurt"—if it were actually a real word—would mean something like "turn aside before". Probably not what you had in mind.

Prejudice: Prejudice means to pre-judge something; if you remember the correctness of the word it's easier to spell. For some reason the J and the D often get reversed.

Privilege: This one trips up lots of people. Pronounce it in your mind as priVeLge, not priVeLge or priVeLge. And remember, there is no D in "privilege"—don't spell the last syllable as "ludge".

Tragedy: Say it in your mind as you spell it—"tra-jed-y". People often mistakenly reverse the G and the D.

Ward: The major exception to the I-before-E rule. Pretty easy to remember if you tell yourself that "ward" is weirdly spelled.

What you will need:
1. A Windows computer (doesn't have to be more than 300 MHz, but it helps)
2. A relatively fast internet connection. Modems will suffice, but they make the process far slower and more annoying.
3. About 1 Gigabyte of hard drive space on the computer
4. A CD burner and a CD or two.

Ever since Napster (and for those hardcore computer folk, even before that), Joe and Jane Six-pack have had access to libraries of unimaginable size chock full of software and music. Whatever you want is basically there for the taking if you know where and how to look. Every Microsoft product, every graphics bundle, every game written, damn near anything you can imagine (and a hell of a lot you can't imagine) are on-line somewhere. You won't find this stuff through web surfing, so you gotta get a different program (or two... or six) to find the stuff. Currently (winter 2002) there are about five or six programs that can be used by newcomers to effectively pirate software. I'm not advocating the making of copies to sell to other people, but as for your own personal use or to distribute someone else's overpriced software for free... well that's another story altogether. Anyway... to get yourself a program, go to http://www.download.com and search for distributed downloads. There are a number of them out there now, to name a few: Kazaa, imesh, winmox, edonkey, and morpheus. My personal favorite is edonkey, and it can be found at http://www.edonkey2000.com. However, due to the less-than-legal implications of most of these pieces of software, they have rather short livespans. The good news is that due to the nature of the beast, when one is shut down three more sprout in its place. So if you search around for peer-to-peer download programs you will be sure to find more than enough to suit your needs.

Once you've downloaded and installed your program, it's time to start the fun. They all have a search function, so do your thing and find your software. What you're looking for among the search results is a very massive file...there are a number of ways these things come, so here's a quick guide. CD images usually end with .iso, .cino, .cd and these should be in the range of 500-700 MB. Specific programs are needed in order to burn these... .iso is a file for Easy CD Creator, which is probably the most prolific burning program out there. It's unfortunately also one of the worst. Sometimes you just gotta deal though.... .cino is a file for a program named Clone CD. This is a better choice for burning... if you can find files of that type. Other downloads you might encounter would end with .zip or rar—these should be between 150 MB and 700 MB. You need winzip (http://www.winzip.com) or winrar to open these, but they don't need to be burned to a disk in order to be installed. Usually with these you can just run a setup file or an exe to use them. Pretty simple usually.

If you encounter a file with an ending that you don't have any ideas about, (like .bun, .trb, .cino, or .cino) go to http://www.google.com and search for it. Typically a quick answer to just about anything can be found there (the engine fuckin' rules).

The other way to steal software is to find a demo version (usually available for download from the company) and "buy" it. Usually what happens is you get a crippled version, then once you input the serial number the shit unlocks itself. Well... a simple way to find said serial number is by searching for it on google. Just enter "Clone CD serial number" or whatever, and it should come up with a page that has one or two of them within the first ten or twenty results... Good luck and good hunting.
TRAVELLING

TRAVELLING ON TRAINS

ISABELL

So I’m supposed to be writing something about how to ride trains and all I can think of to write about is why you SHOULDN’T ride trains. The truth of the matter is, I love riding trains. But that statement is a lot more complicated than it sounds. I love riding trains because I feel as compelled to do it as I used to cause I have fond memories of its being the only way to get to the far side of the tracks. And it look at least from a year when I learn to ride trains, after I’d done quite a bit of travelling, for me to honestly love it. I’m so glad I learned it, I think my experience would have been really different if I hadn’t learned it as a boy. So basically, this is one big disclaimer, but I hope you’ll learn something from it.

HOW TO RIDE TRAINS (WITH DISCLAIMERS GALORE)

First off, this is not a foolproof guide. This is off the top of my head and I’m sure there’s lots of important stuff left out. This is a starting point, but I suggest you go on your first trip with someone who knows what they’re doing (which doesn’t mean they’ve done it once for a minute) or at the least with someone else in case your legs get cut off and they need to get a rope for help. Cause that really could happen, never forget that. At the same time, reading about this will never teach you as much as just doing it. I would suggest taking this down to your local train yard (if you call Amtrak in Toronto and ask them where the train is) probably know) and looking at what I’m talking about to get better idea. Experienced train riders die, I’ve known it to happen. It is super fun, but don’t be flip about it, realize always what you’re dealing with.

How to know what train to get on: There are several things you need to consider. Where you want to go, what you want to see while you go, how fast you want to get there.

Types of trains: There are two main types of trains: hotshots or intermodal (IM), and junk or general manifest (GM). Hotshots are made up of piggyback cars, which look like the back trailer of a Mack truck with wheels and all on a flatbed train car, and containers which are big rectangular boxes used to carry things such as cars. Jumps are used to pull up on the front of the train and block it. Hotshots are more of a priority train. They carry more important cargo longer distances. Jumps pull over on siding tracks to let hotshots pass. Hotshots are faster and usually go one from crew-change to the next. Junk is slower and will often stop to drop or pick up cars. Hotshots are higher security, junk is lower, but both are accessible depending on the yard.

Where its going: A crew change guide and a map are really helpful to figure out where a train is going. The crew change is put just about every year. It has every crew change point in the U.S. and Canada, and some information about each stop. Almost every town has a yard, but not all yards are crew-change points. Crew-change is where the trains stop to let off an engineer and conductor and let a new pair on. Some hotshots stop for the crew-change then keep right on going, some trains stop to drop off cars, pick up cars, do work, change units (engines), whatever. The crew change guide will have info about what trains leave from what area of yard, but this is not fool proof. Ask around or look in zones to find out where you can get a copy of the crew change. It’s all distributed for free by train riders, you can probably just copy it, or find the origional.

Maps help a lot, too. If a train yard is small, it probably just runs along the tracks. There may only be two directions a train will go in, so you can tell that if the units are pointed south, its probably headed south, unless the track does a crazy loop past the yard.

You can also ask yard workers. This can be very helpful but is best to use as a last resort, cause every once in a while they’ll turn you, in less time than you might think. Once they’ll have them when their done cause they don’t want to be stuck in a yard, they’re with a co-worker who might not be down. Never ask them in view of the yard security tower for the same reason. Don’t scare them or sneak up. Just act natural and friendly. Try to make your questions very specific, don’t keep them talking needlessly if they don’t see it coming. It’s probably a good idea to use some train jargon like “intermodal” or “unit” so they feel that you know what you’re talking about. Then they won’t be so afraid you’ll hurt yourself. This is probably especially true for workers who don’t know what you’re doing. When you leave try to pick a route where they can’t really see where you’ve gone in case they call you in. Then lay low a little while. Check against your info to make sure the two things line up. Most rail workers won’t lie to you, but every once in a while they do. Go with your intuition.

So now you’ve picked a train going the speed, route and place you want. What car?

Always be sure you have a good idea of what type of car you are getting on before you go. Some cars do not have floors, it’s just open between the wheels and the track below... be very careful, look first, double check yourself out. On a hotshots, as I said, there are piggybacks and container/wells. You can pretty much look at piggybacks to see if its empty. Some of the trains are on flatbeds and you can climb under the trailer and lay down. Make sure to look it has a floor. One of the types of piggybacks that are NOT ridable have smooth sides. Check all of them, though. Piggybacks are a nice ride for when it is windy and cold and don’t provide a lot of cover... I don’t recommend this in or out of a hot yard (one with lots of security), or in the cold or rain, since there are no walls. On hotshots there are also container cars. As I described earlier, these are the actual train car, and the container is a rectangular box dropped onto the rails. If the well is 48 feet long, and the container is 40 feet, there is extra space in the container for you! You Just have to make sure to get a 48 with a floor. The ones with ribbed sides that are one over the wheels (rather than curved or angled) DO have floors... but always look first before jumping right in.

Junk trains have several possibilities of ridable cars. Grainers, which are hard to describe, have "puddles" or open ends, which also have floors. Some of these also have holes that you can crawl in to hide if need be. Boxcars are always ridable if they’re not full of cargo, and if the doors are open. If you share a boxcar with cargo be careful the door might shift while the train is moving. It’s also a good idea to make sure doors are wedged open firmly. On coal trains, you can ride with the coal if you want, but you will get very dirty.

Getting off and on trains: Personally, I choose not to catch on the fly unless I absolutely have to and I feel very confident about it. Some people like to always catch on the fly, this is up to you. Catching on the fly (jumping on a moving train) is much more dangerous, but can be exciting. Whenever you get on a train, face the front of the train. First put your closest hand on the ladder, then your closest leg, then turn to face the car and climb the middle. Jumps make sure there is a floor. So if you are on the engine, and the direction the train will be moving, first put your right hand on the ladder, then your right foot, then lift your left foot and turn to face the train and climb the ladder. This is so you are facing with the train and can easily run in a comfortable and safe distance if the train starts moving. Personally, I would never get on a boxcar by the fly cause I don’t have the upper body strength to feel confident that I wouldn’t go under the train. If you’re getting off a stopped boxcar do it quickly, pull yourself up either with a handle on the door or with both arms on the floor, then climb in.

To get off a train, you should always be going in the direction of the train. You are more likely to have to get off a moving train than on. If you’re slowing down at a yard and don’t want to have to wait for the center of the yard, you can get off while going more slowly. This is one reason to do so more safe to to get on than off with ribs and droppers. To get off at a dropper, jump up on the back of the dropper, and then use the reverse of getting on. Climb to the bottom rung of the ladder. Face the front of the train so that one of your arms and legs are still on the ladder, the other is hanging off. Once you feel a feel for the speed (it should be pretty slow) put your foot down and let go.
immediately start running or you'll fall flat on your face. Run at an angle in the direction that the train is traveling, but away from the train. So if you're on the left side of the train you should run to your right arm and leg on the train, and up to your head and turn forward and to the left at an angle away from the train. As for boxescar, I don't get off on the fly. You should only get off of trains that are going pretty slow. You can always wait for it to stop if you don't mind being further into a yard.

General train patterns: When a train is about to leave it "airs up." This makes a loud honking noise and it usually happens right before it starts to move. When units (engines) detach from a train, or a train stops, it often "breaks" and makes a loud, sudden "PSSHHHHIT!" sound. Trains no longer use cowbells. They use "Freddie" (Frickle/Rear End Devices). These are little boxes that attach to the last coupler of the last car of a train. They have a flashing red light on them and carry some newly computed info about a train. Trains with freddies on them are fully made up trains that are about to leave. Junk trains do a lot of dropping off and picking up. Generally cars on the first half of the train are dropped off first, so that's the worst place to be if you want a long ride. There are two types of units "yard dogs" or "worker bees" which move strings and cars around inside the yard, and units that move trains between yards. Yard dogs have a more grumbly "paw-paw" sound, long distance units have a smoother sound.

Other yard safety stuff: Never cross trains or strings of cars over the couplers, between the cars, or under the train. You never know when a string or gate may come. It might have units attached further up or get pushed by another train. Never cross close to the end of a string for the same reason. It might move and squish you. Always remain aware of your surroundings, where strings of cars are, where people are, where tracks split, etc. Stay out of sight unless you must ask a question. Most other hobos you might run into don't want to be approached if you see them from afar. Some yards are hotter than others. Stay away from the yard in the crew change guide first so you have a better idea what you're dealing with, but know that the crew-change can always be wrong or out of date. Bulls often ride in white SUV/van type vehicles. Steer clear cause many will arrest you.

I've probably left out lots of important info and safety tips, so find someone to tell you about this in person, walk you around a train yard, take you out on your first few trips. This type of info is always best transmitted in person.

WHY BOTHER TRAVELLING?

So before you hit the road, or the tracks as the case may be, you should probably have a vague idea of what you want to get out of it. Are you just doing it because everyone else is? Cause you wanna prove that you can? Cause you wanna see the country? Cause you wanna see the world? It's fun? It's some kind of escape? It's some kind of hobby? It's some kind of addiction? Change of pace? You've probably started travelling for all these reasons and more. The main thing I've gotten out of it is that the United States no longer seems abstract. I was legally a U.S. citizen; a "member" of a continent. But really only on the most recently revealed side of the equation; the other side is more abstract. How weird is it? Travelling has made me aware of types of people I never even knew existed before. Like "the militia member truck driver," "the single mom who loves hitchhikers," "the guy who wants to put you on the train right then!" Etc. It's fun and good for me personally, but at this point I've done a fair bit of travelling and want to settle down and do activist work in my home town. I feel a kind of snobbery; I'm not proud of when I think about it. A lot of people feel like travellers roll in to town and are like dumpsters all the best spots leaving nothing for anyone else, get drunk and pass out on the couch, then move on leaving nothing in return. This harsh stereotype isn't really fair, but there is something to it. What's the point really?

Well I think there's a way of travelling that gives you the adventure and excitement you want while still contributing to the communities you visit. Old times usually leave something behind at their catch-out spot for the next train-roid to come through. Shouldn't we take this as a model for what we want to do in the communities we visit. Mutual aid is about exchanging.

So here's some ideas for responsible, fulfilling travel. Some of them I thought of, some of them I've seen in action:

• Start a travelling hostel in an RV. I know two groups of people doing this right now. One steals radical books from corporate stores, and resells them for less to pay for gas. The other distributes books for Auto/negra.

• Do the dishes. Do the dishes.

• Share skills that you have either formally or informally. One example is the Pollenators from Oakland, CA. They organized a tour of mostly transcendently gifted women and men travelling to various collectives helping them start projects and learn how to do things. They built a greenhouse, taught about permaculture gardening, installed greywater systems and more, plus got to have a fun time travelling. More informally, you can just be conscious where ever you go of what you have to offer. And let people know you can teach them if they want to.

• Help out. Even if you don't have anything concrete to teach people, you can always pitch in and help. You are in the unique position of having no schedule, no obligations, no projects in whatever town you roll in to. You can be the extra pair of hands that gets the bike library done, the flyers wheat-pasted, the shelves built, the dishes done, the zine library organized…you get the idea.

• Network communities. You can help transmit messages from community to community, like freight train riders did from the IWW during the depression/early 70s. Ask people what projects you've seen going on in different communities, take flyers about events from place to place. Introduce people, put them in touch with folks in other towns who could help them with what ever they're working on.

• Gather information. You can ride trains from town to town doing interviews for your zine or book. Or just checking out what is going on. Or, you can inform about it and just keep your ears and eyes open and talk to people about what you've seen.

• You can go early to protests. You can help out in ways that other folks might not have time to. You can open up spaces for folks to stay in, help out in the convergence space, help people figure out how to get around town when they arrive, etc.

• You can take a load off your hosts. Dumpster for them, steal for them, cock for them, clean for them. They will love you, I promise.

• You can get to know travellers outside of your own community. Talk to truck drivers, people who live in RVs, old folks who hitch around. Tell them why you travel, learn from them. Give them your email. Ask them about themselves. You'll both learn a lot. Anyway, I'm sure you can think of other ideas. There is nothing wrong with travelling for the hell of it. But consider these ideas if you like, me, are feeling burnt out on aimless travelling. Travelling in and of itself is not revolutionary. But the way we do it can make it revolutionary. Travelling can either be an individual way to exist happily in a fucked up society, or it can be the thread that sews together all the pockets of revolutionary activity through out the country. It's up to you.

WHY YOU SHOULD LEARN ABOUT TRAINS FROM A TRANNY OR A WOMAN

I learned to ride trains from my ex-partner, who is male. He is a great guy, caring, thoughtful, sweet, etc. But the fact remains that he is a guy and I am a woman. I think it's really important to recognize at this point that there are power dynamics between men and women. Physical, sexual, like riding trains are generally considered to be "male" or "macho" skills. I never felt fully at ease learning from him, through no fault of his own. Learning these things from men feel competitive, like I'm not good at it as them, like I'm just reproducing the same old dynamics I grew up with. I didn't have any other options at the time, there weren't any women that I knew of available to teach me.

So my suggestion is that if you are a woman or a tranny out there reading this, and you know how to ride trains, organize a skill share. Take a few friends out on trains. I think it's especially important to teach other women and tranms how to ride trains, but teach boys too, it's good for them to have the experience of learning a skill like this from someone other than another man. If you want to learn to ride trains and don't know any women or tranms who can take you, go ahead and learn from a boy, but consider why aren't there any tranms or wimmin accessible to you to learn from? Realize that all people have different styles of train riding. Some people ride in a very athletic, sports like way. They get a kick out of trying to catch the fastest train possible and take the least chance. Some people are more relaxed and want to enjoy the experience without rushing. Some people always catch the fly, some people never do. Some of this stuff is gendered, some of it is person. I highly recommend that once you learn how to ride a train try it out with lots of different people cause you will learn something from all of them, and become more confident in what you already know. It wasn't until I rode trains with folks other than my Male partner that I realized how much I knew, developed my own style of train riding. I realized I had stuff to teach other people. Gender always matters, yes even when it comes to travel and train riding.

And boys, support wimmin and tranms you travel with, notice when you're hickhiking if a woman is getting sexually harassed or cut out of the conversation. Check in with them before and during and after. Find out before you travel how they want you to support them if they get harassed, then follow through. Ask questions about how wimmin feel about situations. Make decisions together, don't let yourself fall in to the predictable gender roles of man as leader, woman or tranny as follower. Share skills, share information and communicate. Boys, if you are teaching someone else how to ride trains, do it in a sharing way that empowers them to become an equal partner in the train riding experience. Ask their opinion, include them in decisions, give them info, boost their confidence, encourage them to try things they might feel nervous about.

backpacking

This damn article somehow managed to be detailed.

Most of the hiking that I've done in the recent years I've done alone. I was out walking for either a week or a month. I suppose this article is more slanted in that direction, but the information itself can be used
for any type of backpacking trip, whether you’re with others or it’s only a few days. I haven’t really been out in the woods with too many other people aside from my older brother, so most of this I’ve learned from growing up backpacking with them and then the rest I picked up by myself. There’s a feel to it that I’ve acquired over the years, that can’t really be generated into an article like this, so most of the information I’ve written about here is just basic stuff like supplies you may need, ideas on types of food to bring, how light your load should be, etc. So all of this is really only a small portion of what I think I’ve really learned. The rest you can find out for yourself.

--Sara White. <gotatemude@yahoo.com>

Backpack. The easiest and most common bag to carry all your stuff in is a hiking backpack. The difference between one of these and a regular backpack, aside from the size, is that they are built with a metal frame and a hip belt so you can carry all your supplies (which may amount to 30-40 lbs); that weight becomes distributed on your hips as opposed to your back. The hip belt rests roughly in the middle of your hipbone and the shoulder straps are tightened tightly enough so they rest on the front of your shoulders, not the top of them. It might take a while to feel as if the backpack complements your own specific body structure. Use your own judgement when re-adjusting your pack; sometimes all you need to do is loosen the straps and then tighten them again if it feels a little disconcerting while you’re walking. The general rule is that you should never carry more than 2/3 of your own body weight. On your back are different types of framed backpacks: external and internal. I’d have to say the internal ones are generally better. They’re more mobile and considerably less bulky.

Shelter. Sleeping bag. If you’re going to bring a tent you want it to be as light as possible, but it’s pretty much the main bulky thing that takes up space and adds to the heavy. I’ve got a tent I used on a long trip that weighs about 4 lbs and takes up about 1/3 of the main area in my pack. There’s two different parts to it: the actual tent, made of some sort of nylon waterproof breathable hi-tech type shit, and then the fly, made of the same wonderful material, which goes on the outside and extends a little beyond the tent to catch rain and everything stays dry. There’s also a “porch” thingy on the front of the fly where they extended the front about 2-3 ft for anything you want to keep outside, but it’s all “in the tent”. It’s good to use a piece of tarp to place underneath the tent before it’s all set up so the bottom won’t get cut up by twigs and rocks. Make sure though that if there’s extra tarp, fold it under the bottom of the tent so rainwater won’t get trapped inside and get the tent soggy. Any type of plastic overhang, such as a tarp, works just as good to keep you covered at night and cuts down on your weight a great deal since you won’t be carrying a tent. Make sure though that you set it up good enough so that if it rains, you’ll stay dry.

Two kinds of sleeping bags: synthetic or goose down. Synthetic seems to be a little more padded than down, but it’s also more bulkier. Goose down sleeping bags are made out of goose feathers. Not vegan. However, they’re much lighter and easier to make small and they keep you much warmer. The only real disadvantage towards having a down bag is that if you get them wet, they become totally useless until dry again. Rarely do they ever get wet, though if they do and you take care of them and have a waterproof stuff sack. Both kinds of sleeping bags are made for a specific type of temperature range. Anything that’s made to handle below freezing and/or up to 30 or so degrees would probably be able to complement both the cold and hot weather. If your sleeping bag isn’t warm enough get some silk clothe and make a rectangular silk sleeping bag sheet to fit inside the bag and it’ll make it 5 to 10 degrees warmer. There’s also a bunch of different kinds of sleeping mats you can use if you need/want one. Thermarestes are inflatable, and most of the rest of them are made of really compacted foam type stuff, such as a Z-rest. The benefits of having one of these to put underneath your bag is that if you keep you a little warmer during the night, they might be more comfortable on your back depending on what you’re used to, and if you have a down bag it reduces the chances of it getting wet when it rains.

Clothing. Shoes. Socks. Synthetic materials like nylon, polyester, capelinel, wool, polypropylene, etc. made into shirts, shorts, socks, pants, coats, hats, gloves, etc. are not only great for keeping you warm and dry. If they get wet, they dry faster than cotton and they don’t weigh as heavy on your skin. In winter season wearing cotton anything, even half cotton/half polyester, shouldn’t be considered at all, however when it gets real hot in the summertime cotton will absorb the moisture from your skin and keep you cooler.

Taking care of your feet is a necessity. Wearing 2 layers of socks, a thin nylon or polyester liner underneath a thicker wool or polyester sock, helps to keep you from getting blisters while also preventing the outer layer from wearing too thin too quickly. It’s better to have a few pairs of each so you can switch every other day or wash one pair and have another for backup while that pair is drying. Also, be aware about drying your socks too near the fire; synthetic material burns (melts) real easy, so if you’re not careful enough your socks will turn into a useless pile of plastic. If you get blisters, which will happen if you walk long enough, the best thing to use is athletic tape. It stays in place with all the friction your feet have and prevents the blister from getting worse. Check your feet every now and then, when they start to hurt, when you feel a specific area rubbing wrong, when your feet get tired, when they “need to breathe”. See an area that looks like a potential blister (it’ll be red or tender) slap some tape on it. It helps to keep your toenails trimmed because if you walk downhill for a long period of time your toes will be repeatedly jammed in the front of your shoes and your nails are too long all that pressure is being put on them and it can hurt real bad.

If you want your feet to stay real dry it’s good to have leather hiking boots with very few seams. There’s a bunch of different seam sealer leather/synthetic waterproofer waxy treatment stuff to apply on your shoes so they’ll last in puddles and in rain. After a while and if it’s not working anymore, clean your shoes and apply it again. Any kind of boot not made of leather is fine too and
Maps. Compass. 

Don't want to get lost, or you already know the way, always have a map, always have a compass. They make maps called topographical maps, which show the elevation of specific areas by using lines to draw out the hills, roads, streams, and valleys and come in a special sense when you're shown in person, but basically the closer the lines are together the steeper mountain; the farther apart they are, the more level the land. Sometimes the trail might not on the map be running directly perpendicular to the lines corresponding to the mountain, it might be going along with those lines, which means the trail only runs along the side of the mountain as opposed to running up or down it. Another map is different sugar, grits, dried beans, a specific scale so familiar with the mile/inch marker thing, which tells you how many inches count for one mile.

Fire. Never burn live wood. Never cut down trees for wood unless they look dead and gloomy as hell. Dead trees and twigs and branches can always be found if you look hard enough. I use this handy little retracted saw that's real light and real useful for cutting logs that are too big. If there isn't an area made for a fire, make one by brushing away all the nearby leaves; form a circle with a bunch of rocks so there's no worry of the fire accidentally spreading. Start off small, by breaking up twigs and setting them up against a slightly larger twig stuck in the ground to form a cone looking thing. If any paper waste you've accumulated to help get the fire going. Make the twigs as compact as possible without restricting any oxygen from getting to the where the fire starts. Matches or a lighter will work if the sun is not shining and/or you don't wear glasses. Feed the fire respectfully and try not to suffocate it. Always put it out after your done, either with water or by blowing out with big heavy rocks. Sometimes the rocks contain the coals overnight and you might have a few hot coals to start a fire in the morning. Certain areas of parks and forests may restrict you from starting a fire above the tree line, and some restrict fires altogether so just be respectful if where you're at, whether it's private or public land, and use your better judgement if you're going to break any "rules".

Injuries. Medical kit. Various. I've never really had any serious injuries or incidences... Just blisters and muscle pains and bandages and cuts ankles and cuts knees and chaffing. Basic things that might make it better: bandaid, ointment, herbs, athletic tape, aspirin, needle, thread, soap, aloe vera, a multi-purpose knife, rope, baby powder. Vitamins might be a good idea if you're not getting enough of something specific, though I've never been too keen on them.


Fuel and water intake is extremely important when you're walking in the woods. Your calorie consumption should be somewhere between 2000 and 3000 in the summer and around 4000 in the winter per day. If you're walking more than 10 miles a day most days you'll be burning off, and the more you eat, the more energy you'll have. Since it's colder in the winter, your body is going to be working a little harder to keep up with your legs and stay warm at the same time. Drink obscene amounts of water. Whenever you see a creek or a stream, fill up because there might not be another one for a while. Any sort of food with lots of carbohydrates, sugars, proteins, nutrients, etc. is good. If you're gone for long, since you'll be carrying food for a week or so, all of it needs to keep fresh and be as light as possible. Nothing in cellophane bags or wax paper or this individual bag or a big tube, like triscuits or ramen or oatmeal, dump that item into a suitable plastic baggy to reduce your weight and save room. For example, if you want soy sauce to bring find a small plastic tube and fill it in that; if you want peanut butter on pita bread, put the peanut butter on before you go and stuff all the pitas in a bag. Good basic stuff: dried fruit, mixed nuts, candy, granola, cliff bars, cheese, chocolate, girt, chocolate chips, ramen, pop-tarts, pita bread, bagels, hot chocolate, koolaid, tea, macaroni, scalloped potatoes (from the box), pepper, salt. At the end of the day, no matter what part of the country you're in, you're going to have to hang your food up in the air at least 10 feet to prevent bears and deer and other animals from snatching it up in the middle of the night. It's good to tie a rope between two trees and hang the food in the middle of the rope that way it's away from the trunk of a tree but still in the air. Never leave any food in your tent or else the smell will attract animals. It's never a good idea to cook in a tent either.

I'd say the most convenient way to cook anything that needs to be cooked is a little camping stove. Some of them burn a mixture of butane and propane (these ones are found in the unreturnable canisters, some specific to a brand name stove) and some take white gas, also known as Coleman fuel. I've got a butane/propane stove made by a company called Primus. It's never caused me any problems and I've used it quite a lot, it's convenient and small and lights up very quickly, however these kind of stoves are not as good to use in the long run as Coleman stoves. Coleman fuel stoves don't tend to freeze in cold weather and the canisters which hook up to the stoves are refillable; white gas is more readily available than the butane/propane specific canisters and they heat up whatever's cooking quicker. The only small drawback is that it takes a little longer for the stove to actually light up.

Aluminum mess kits are good to have; they're light and durable.

I mentioned water earlier, having to drink a lot of it... As far as cleaning the water... I've personally gone for weeks not using any sort of water purificationally, be it iodine tablets or a filter; I was in a pretty secluded area of the forest and I was careful to get water from a spring if I could. The main thing to be weary of is giardia, this tiny thing of worms which causes you to shit incessantly for a week or something. I've heard it's real painful. There's also animal shit that washes down from the tops of mountains near where the water flow begins that might be potentially bad for you; animal blood is another good thing. If there's a river or a walk where people fish, chances are there's gutted out scaled fish floating downstream or swaying off to the side of the bank that could contaminate the water. If it's a fairly populated area of the woods with lots
of traffic that means lots of people and lots of just about anything that could be thrown into the water. I've never been too keen on iodine tablets, but I just never really used them when I was young. There's a bunch of different water purifier/filters you can get, all of which seem to do the same thing: make the water free of anything that could get you sick. Sometimes if you're real high up, and you can see where the spring breaks through the mountain, or the trail keepers have placed a tube in the ground and there's water coming out of it, that water is more than likely really clean and safe to drink as is.

There's plenty of other stuff to be aware of when you're walking around. People are my main aggravation: they suck real bad sometimes. I'm more weary of them than animals. The best thing to do if you see a bear is stare straight ahead and never run them down. When you chase you, I had an encounter with a coyote once; we were about 10 feet close; he was eating some apples, I was walking back to the tent; I just slowly walked away and he didn't eat me or anything. Pooping is real fun in the wild. You can either not use toilet paper and wash your butt in the stream if there's one nearby, or wipe and bury your toilet paper, or burn it in the fire. And never ever eat snow because your body doesn't really take ice very well; melt it first.

EVE RTHING I NEED TO KNOW: LEARNED DRINKING NOISYSPRAY IN BY-THE-TRACKS Evasion Comminiqué #2 2.5-A HOBO Primer

The "travel" idea, as I remember it, was a defining case of "form following function". What else could I do? They'd kicked me out of every place in town. McDonalds for the "McMurder" stickers. Safeway for looking guilty, committing theft, and being on possible probation for my bold sense of entitlement to their garbage. The supermarket where I read the paper each morning for crossing into that grey-area of misdemeanor theft, just this side of arrestable and that side of the register. And the little mall whose bathroom I groomed myself in each morning - yet to actually physically throw me out, but only because I locked the door. I always made it in while the tanning bed was occupied and his head turned, but it remained the debilitating effect of a raging battle over legal deed of ownership to that little space under the sink, between pipe and porcelain, where I stored my shaving cream and toothpaste. Whatever, I owned it. Day after day, I'd pull back soggy paper towels, pull my toilettries from the trash, and dream a little dream - of Midwest sunsets and a sad country song... Until that point, the relationship with my town had been like that of those rag album covers, with the big-baller sticker boasting 80 stories tall behind a skyline of the city, each elbow resting on a skyscraper, below his name spelled in diamonds, lookin' down over his dominion and noddin' with a grin, as if to say - "Whose your daddy?", but knowing the answer.... Street by street, this hood-one-mine was becoming occupied territory. I returned six 8-foot pipes at Home Depot, cleared my throat, and sang the song of hoboes - "Coked-out trucker, it is for you my heart sings...."

Since then, I've hitchhiked roads both ten lanes and two, I've loved in Chicago and lost in Oberlin, been on boxcars and band tours. I've learned things, lessons forged in hunger and frostbite, those lonely nights that make the best stories. In Olympia, 6 years after my first ride, I sit a little bruised from the years tocked out of, learned in blood. Use this not to spare yourself the injuries, but so that you yourself may know the bliss of bleeding....

PART I

Q: "SIR, WHY DID YOU SNEAK INTO THE DINING HALL?"
A: "IT'S WHERE THE FOOD IS."

UNIVERSITIES For my years of student Union Building naps and top-floor-of-the-library research, I feel someone owes me a degree in something. In the libraries and student lounges, having life's questions answered in a book, I look up to wonder about the biggest question of all - why I'm the only bum doing this. Now if you've never or have I tripped over another sleeping on the roof of the library, I sort of nervous about it, but would like to raise a sweeping 2-point proposal: 1) We, the vagrants all acknowledge that, in 2002, "shock value" is pretty much dead, put on something a little more practical and a little less punk, and 2) Go deep cover as "college students". Let these campuses be our country clubs. The University: where there's always an empty room to sleep in, a new book to read, an event with free beer, or just speaking to attend, a beer room for all. Dawn dining hall to crash. And if you bureaucracy as records as I do, you'll have a blank tape for the Media Room stereo. Keep in on the down low, but UNC-CH has a whole-floor AC/CE buffet, the most colorful known to bum or billionaire. There's somnolent in the walk-in freezer, and it's unlocked! WHAT TO PACK Lay everything on the floor you're certain could not be lived without and cut it in half. Replace every "multi tool" with a book and every tent with nothing at all. Steal $130 and order a Vango Ultralite 700 sleeping bag (www.amg- outdoor.co.uk/vango). A cloaking device the size of your head. Settles at the bottom of a small "college kid" backpack, bringing all who cross my travelling path to ask - "That's all you carry?" HITCHHIKING Clears your head. Raises "Getting there" from "half the fun" to all of it. Puts you in confined spaces with members of famous bands at rates disproportionate to their numbers in the general population. Unfocused notes: It's a good day when you're wise enough to stay just this side of the "No Hitchhiking" sign on on-ramps. Never hitchhike on the freeway. Who are these people hitchhiking on the freeway? Or while walking? With one hand on each shoulder I wish to shake free an answer..... Pretend like you're not dangerous and put on a nice shirt. Make eye contact. Smile. Give them room to pull over. Leave your hand on the sign post below mine. Handwritten messages are functional in the movies and almost nowhere else. The punk girl will stop about once every six years. Be nice and talk - it's the only reason they picked you up. Truckers are great for long rides and bad music, can be solicited at the "Enter" door of truck stops, and short of a ride, can be hit up to put out a call for a ride to others on their CB! Oh, and never spill the driver's pot! So there I was, in a passenger seat after the More Than Music Fest, rolling him a joint. Lightning strike me, rolling my first joint on a straight edge record. No mortal standing before the eyes of god will understand what happened, but after a slow-motion stumble they lay more drugs on the floor than the paper - or the Honeywell 7. There was an abrupt turn for the shoulder. "You can get out here..." SLEEPING My vagrancy career began with a point to make: that bushes and park benches were kind of unnecessary. In the intermediate years, I've learned that if I choose the head turned, it is there misconceptions and others. Like how I've seen the inside of a food stamp office, or ever really been axed to death. Now, at night, after pushing the limits of "liberal tolerance" towards burns in arenas both private and public, I take a little walk..... What they call "living without dutiful purpose" can be exhausting.... Where: Roof tops (strip malls, donut shops, and so on; access by ladder, dumpster, etc.), storage closets (hotels), apartment buildings, universities, etc. - open with knife, university libraries overnight (hide well), movie theaters overnight (behind the screen), little used staircases (big hotels, university buildings, shopping malls - whatever stays), hotels, "Exit Only" always a solid bet - it says "Alarm Will Sound", and it's probably lying). The sleepy traveler is like the skateboarder, always scrutinizing the landscape for the little features we exploit for our sport. Places to stay are overrated. Because you know, if I waited for a place to stay, I'd never leave home..... SHOWERS. In seismic departure from my brethren, I clean myself often and feel quite good about it. Where: University locker rooms, hotel swimming pools, and when suburban-llocked, 24-Hour Fitness gives a free day-pass to all "prospective members"! FOOD I don't know, there's food lying around everywhere. Just take it.
request accuring me the best new hardcover I've read this month...for 60 cents. "You look cool, I have a question..." JIGGLE DOORKNobs. Finding an unlocked door is like a really good dumpster - forgoing the enjoyment of a great thing, I can only get depressed, thinking of how many more of the same I'm missing at that moment. I dwell on this quite a lot. So when I'm in the tunnels behind the mall, I'm checking. In university buildings at 1 am, I'm tugging. Failing this, the "credit card/knife to the door" trick from TV sitcoms really does work! By the grace of a 7-year statute of limitations, I recall the night I stood before the wide open glass door of Rite Aid at 1 am. Stores don't burglarize themselves, they need our help! A travel hobby that continues to the present time. I think of my recent post-breakup wandering delivering me to another unlocked door, where I found a dusty projector.... and several months of free rent!

"Freedom is the one god I worship"

Contact: Evasion c/o Crimethinc. Atlanta evasion@crimethinc.com Evasion #3 Coarse and unnecessary 100-page epic out soon

ABORTION

We decided to have two articles on herbal abortion because it is a complicated subject. We figure, the more information, the better. We encourage men and women to read and talk to friends as much as possible now, so that if an unwanted pregnancy does arise, you will know how to deal with it promptly. Also, I think the articles repeat some of the same information, but I think both authors have a lot to offer. And as for the recipe - it is comforting to know that two independent sources are reporting the exact same thing. If you need help, email me (stef@crimethinc.com) and I can probably put you in touch with a woman who can help you through this.

herbal gynecology

I stopped using conventional methods of birth control about four years ago. Condoms give me yeast infections and make sex really painful and birth controls pills suck because they fucked up my body real hard. At first I just used luck and lots of drugs living in a constant state of paranoia. So I decided to do some research to make sex a little less stressful of a situation. None of these methods are 100 percent foolproof and they only work if you have diligence, patience and a wicked rand person you trust a whole lot. It also means getting tested for STDs together before you start giving up condoms (because you never know). So here's what I know from personal experience.

Sperm: Sperm can live inside you (a woman) for five days before dying. So they need warm wetness for five days to survive. If they get exposed to air without warm wetness they die. They choke to death, poor little guys. Oh well...we want them to die!

Not getting pregnant: I have an extra-ordinarily consistent menstrual cycle so I chart as my method of birth control. Most women ovulate around Day 15. When you're ovulating your discharge gets thicker and stickier (I get really horny) and there are thermometers you can use to help you figure out when you're ovulating. I've never done that so I can't say much about it other than to say it exists and you can buy them cheap on the internet. A good website for all this kind of information is www.geocities.com/sister_reuz. I got a lot of good stuff there. I personally ovulate right on Day 15 and now I have gotten to the point where I can feel it happen. The first day you start your period is Day 1 so count ahead 15 days to get to ovulation. Since sperm can live inside you for five days I try to stay away from unprotected sex starting on Day 10. Definitely by Day 13 I won't let him cum inside me and from Day 10-13 if I let him I like to use natural spermicide.
Decotions: A decotion is to roots and barks what an infusion is to herbs. You will be able to tell the difference between roots, bark and herbs just by appearance. To make a decotion take one ounce (medium handful) of dried roots and bark, two cups of cold water which you mix with roots and bark, cover and simmer slowly for 20 minutes. DO NOT BOIL! Then strain. Just like infusions, this can be refrigerated for two to three days but remember do not boil it even to reheat it.

Herbal Inducer: For the recipe I used you need the following materials, which you can procure at most natural food stores (it is important to get the actual herbs and not pills or liquids). Motherwort, mugwort, goldenseal root capsules (you can make capsules yourself for much cheaper by putting the goldenseal root into empty capsules), blue cohosh root (I used black cohosh and it still worked), fresh ginger root. Pennroyal can be substituted for mugwort, which can be tricky to find.

Step One: Infuse 1/2 ounce (14 grams, medium handful) of motherwort and 1/2 ounce of mugwort/pennroyal in two to three cups of boiling water. Simmer covered on low heat for 20 minutes and strain.

Step Two: Make decotion of one ounce (28 grams) of blue cohosh root in two cups of water. Simmer on low heat for 20 minutes and strain.

Step Three: Mix the infusion and decotion together. Drink it hot—drink 1/4 cup four to five times a day or drink a total of 1 1/2 cups daily taking small doses every hour.

Step Four: Take a goldenseal root capsule three times a day and chew on fresh ginger and/or drink as many ginger infusions as possible. I just drank fresh ginger "tea".

You want to stop taking this recipe after about five days when you start bleeding. I took it for eight days. It smells wicked bad and you smell like it when you sweat, but it worked for me. When I started bleeding it was real heavy and real dark and I had god-awful cramps. I also took hot baths because it's supposed to increase effectiveness. It actually made me a little dizzy and I totally lost my appetite. Maybe I was just really nervous, but I didn't really eat and I think all the ginger tea made me feel a little high. I let it sit out on the kitchen table in a Mason jar until it got real thick at the bottom and then I just chugged it down because it was disgusting.

I only used this once. It seemed better than going to some clinic where I might get shot or shown on the evening news. That's mostly what I like about it — no one has to know and it is relatively easy considering the enormity of the situation. I think if I had to do it over I'd do it again. I don't want kids, especially not now.

How to Start your Own Fetus
D.I.Y. Herbal Abortion

EMILY

All of the stories I've listened to concerning the personal experiences of clinical abortions have consisted of dread, anxiety, pain and loss of privacy. I've seen so many friends and loved ones "go under the vacuum" that it blows my mind to know that nearly half of all conceptions spontaneously abort themselves for a variety of reasons. The saddest thing is that women turn to clinical abortions because they have severely limited options. The idea of women being able to abort their own fetuses is an empowering one! It means that as women and gals we can provide ourselves with the care we desperately need in an environment that is accepting, safe and organic. We can care for ourselves; we do not need to rely on the medical establishment for our reproductive freedoms. I have experienced firsthand the success of herbal abortions using emmenagogues (herbs that encourage menstrual flow by promoting uterine contractions). Herbal abortion is an option for you!!! Here's a rundown of important and helpful info and a recipe to use as a secret weapon.
Herbal abortion is an extremely viable option but only when added to an already naturalistic view of the female body and reproductive system. You see, when a woman is ovulating (usually 7-14 days after your period), she is most fertile and ready for pregnancy. In fact, during ovulation, our immune systems are almost always lower than in the rest of the cycle. This means that our bodies cannot recognize sperm—that sticky wet stuff—as a foreign and conspiring agent. So our bodies just allow the baby-causing army in as if it were no big deal. If you allow these squirming intruders on your sexy and fertile soil, they'll set up shop and if they have it their way, you will be pregnant.

So your soil has been invaded while your immune commandos were at lunch and now your fucking pregnant. Okay, what really sucks is that those little over the counter tests that we all love to steal are not going to give you reliable results until you've already missed your period. Herbal abortions are most effective when taken around the time that you would be receiving your next gift of flow. So if you wait for the test to confirm your suspicion, you will have less time to act. So ladies be smart and keep tabs on that sexy and beautiful body. If you are pregnant your tits and belly will be swollen and warm, you'll pee a lot, you may pukey, you'll probably be dizzy, and you will have bouts of fatigue that will pair themselves with spells of intense focus that border on euphoria. This euphoria can be attributed to a tell-tale sign of pregnancy—the "glow." Women glow when they are pregnant. I shit you not. So your pregnant and it is within the first eight weeks of your pregnancy, your uterus is large and fat and yours; herbal abortion can personalize your experience.

Okay here's what you do. Call your local abortion provider and set up an appointment, you can always cancel it silly! Cancel! Cancel! Cancel! Now, breathe and find yourself someone that you love and trust who can provide support and strength through this herbal extravaganza. NOTE: this person may or may not be the father of your fetus. Remember hot stuff, for this herbal remedy to work you have to be at the end of your cycle because you cannot abort an egg before it has attached itself to your uterine wall. Wow, getting lots of Vitamin C and taking wild carrot seeds can help prevent the sperm invaders from attaching to your sacred wall, Preventative Measures! Counter Attack! So here's the recipe that has saved my ass from the waiting room and vacuum. Remember, herbs are not toxic, but if they can defeat your invaders and kill your leta they are powerful things and not to be fucked with by the un-educated. Talk to your local herbalist, and the health food store or get yourself a local-ass field guide to herb harvesting and like I said earlier, have a back up plan.

Secret Weapon Recipe

Get your glowing hands on these herbs: Motherwort, pennyroyal, goldenseal root capsules, blue cohosh root and fresh ginger root. Get access to a kitchen.

1) Infuse 1/2 ounce (a medium handful) of motherwort and 1/4 ounce of pennyroyal in 2 oz of boiling water steep the mixture by covering it on low heat for 20 minutes, now strain the mixture.
2) Simmer 1 ounce of blue cohosh root in 2 cups of cold water for 20 minutes (covered) then strain.
3) Mix steps 1 and 2 together.

Drink piping hot, just like that pregnant body of yours. Drink 1/4 cup of secret weapon 4 or 5 times per day, or drink one and half cups a day, drinking a little every hour.

Take 2 goldenseal root capsules 3 times a day—chew fresh ginger and make some ginger tea and drink it all the time.

Do not take this recipe for more that a week. If your enemy is not defeated, don't cancel that appointment. 1 started bleeding within 35 hours of my first assault on the sperm warriors.

This mixture tastes like death. Drink with honey, breathe, grab a friends hand, and when you start bleeding dance. Good luck hot stuff.

Building/Fixing

SEWING

STEP

every revolutionary-anarchist-punk-work-free-squatter-trainhopper-motherfucker should know how to sew. Contrary to popular belief, sewing is not just for housewives and fashion punks. Being able to make things with your own hands, usually out of found materials, and being able to fix belongings that I already have instead of acquiring new ones makes me feel more in touch with my surroundings and more in control of my life. So here's a few tips and some fun projects you can do:

genuinly started
- choose a needle, if yr sewing something delicate, use a thin needle, if yr sewing through canvas or leather, use a thick needle.
- thread the needle. I find that these two options are the best:

- single
- double (when you sew, make knots after yr first and last stitches so yr seams don't come apart)

some tips
- dental floss is great to sew with, it's much stronger than thread and you can melt the ends when yr done so they won't come untied. It is much more expensive than thread but as easy to steal. make sure you get the waxed kind—very important. If yr using floss to sew clothes with, make sure you pull the ends through to the outside before melting them, or the melted ends will irritate yr skin.
- fishing line is useful for repairing high-stress areas like rips in sneakers or backpacks.
- fillers are a great help for sewing through leather, canvas or other thick materials, use the fillers to push the needle through and then to pull it out the other side.
- if you fold in the edges of patches about 1/4" before sewing, it will prevent them from fraying.
- also, you can get fray-stopping glue to put around the edges of patches, or normal glue will work too, if it’s not going to be washed.

- you have a habit of sewing things on crooked, you can safety pin the pieces together before sewing.

- if you find that, because I am right-handed, it is easiest to sew from the right to the left so I can use my left hand to hold the fabric together in front of the stitch and my right hand to sew.

some projects

photo fabulous belt
1) go to one of many grocery stores that have those little child belts on their carts and cut off 3 or 4 sets of them, depending on how large your waist is. make the cut as far back as you can, since you will need the straps as much as the clips.
2) leave one set of clips attached to the straps and remove the strap material from the other pieces. (you can either make yr belt “one size fits you” or you can make it adjustable by leaving the extra little plastic piece on there).
3) line the pieces up, overlapping by about 1 1/2" at every intersection, you should have one half of the clip at one end, and the other at the opposite end. safety pin the overlapping parts where you think they should go. try the belt on and adjust the pins until you have a perfect fit.
4) sew the joints together like this:

if you go over the stitches twice and with dental floss, you can be assured that yr belt will last for a long time.

yay, yr done! pretty easy, eh? if you plan on strapping anything heavy to the belt, such as a multitool or a flashlight, you might want to sew a piece of leather or other super sturdy material where the object will hang. this will prevent the belt from bunching under the weight. also, you can put studs/spikes on the belt to make a cheap and vegan punk rock accessory.

modifying a tee-shirt
if you have a tee-shirt that is too big for you, you can do a bit of cutting and sewing to make it fit perfectly.
1) find a shirt that fits you perfectly, this will be a guide to work from.
2) find a table and lay the fitting shirt on top of the large shirt making sure they are both perfectly flat. use the necks and shoulders of the shirts to line them up and make sure everything is centered. fold the sleeves of the top (fitting) shirt in over yr torso.
3) cut the excess off of the sides of the large shirt about 1/4" from where the fitting shirt lies (including the sleeves), cut the excess off of the bottom of the shirt about 1" from where the fitting shirt lies.
4) sew up the sides of the shirt leaving an estimated amount of space for the sleeves. use the “punk stitch” if you turn the shirt inside out when you sew, the stitches won’t show when you wear it. however, if you have a matching color thread, or you just don’t care, the shirt will be far more durable if you stitch twice on the inside and the outside.
5) hem the bottom part by folding the material on the bottom of the shirt inside by about 1/2", sew the pieces together where they meet using the “easy stitch”. take care not to pull the thread too tight or it will cause the fabric to bunch.

6) lay the sleeves of the fitting shirt over the sleeves of the large shirt like this:

once again, cut around the fitting shirt leaving about 1/4", lift up the fitting sleeve and cut the large sleeve in approximately the same place where the sleeve and torso of the fitting shirt meet (essentially, trimming the extra length off of the sleeve).

7) sew the edges of the sleeves together to make a tube.
8) line the sleeves up by laying the torso and the sleeves flat on the table and making sure that the seams you made on the sleeve lies exactly opposite of the seem that is on the shoulder of the torso. re-attach the sleeves with safety pins taking care not to pin the front to the back.
9) use the “punk stitch” to attach the sleeves to the torso using extra stitching in high-stress areas such as the armpits. also, sew up any open parts that are left from possibly over-estimating the space that the sleeves would take up.
10) rock out yr nice fitting shirt.

shoulder bag
this one is a bit more advanced, but actually a lot easier than one might think.

you will need:
- a large piece (or several smaller pieces) of canvas or other durable material (perhaps a mailbag or heavy army pants or jeans, etc.)
- some sort of long strap (an old belt, or connect two backpack straps - be creative, dig through the trash and you’ll surely find something)
- clips, buttons or velcro (those aforementioned grocery cart clips are great)
- safety pins
- medium to thick needle
- waxed dental floss to sew with
- scissors
- pen

1) if yr working with smaller pieces, you will have to figure out how to connect them during this first step. draw and cut out a pattern like one of the ones below. A= length. B= height. C= width. measurements A, B, and C will be determined by the size of bag you desire. (if yr having trouble figuring out the measurements, you can cut it out of paper first and fold it to see what the outcome will be.)

2) safety pin the bag together like in the diagram below. to connect the pieces, fold about 1/4" of each piece to the inside and pin the two folds together. pin on the outside.

3) make sure that all the edges and corners are lined up perfectly. it is much easier to adjust the pins now than it will be to re-sew later.

4) use the “punk stitch” to Sew over the edges that were already attached. this will help the bag keep its shape.
5) (this step is not necessary, but aesthetically pleasing) use the “punk stitch” to sew over the edges of the flap. you can round the corners if you wish.
6) turn the bag inside-out and use the “no-fray stitch” to strengthen the inside seems.
7) find a way to attach yr clips, buttons or velcro. stuff the bag with some random stuff so that you can determine where the flap should attach to close
when the bag is in use, there’s a million different ways you can do this step so yr on yr own.
9) add an extra piece of fabric on each of the sides where the shoulder strap will be attached.
10) find the length you need for the strap by pinning it to the bag and trying it on.
11) sew the straps on like this go around at least twice, if not 3 or 4 times, since this seem will be taking all of the weight.
12) specialize yr bag by adding pockets that fit yr needs. you can cut the pockets off of cargo pants or other things, or you can make yr own.

DIY OIL CHANGE
DEATHSNAKE

you will need:
- 1 wrench (adjustable or an exact size- check the car manual and it might say the size) unless you have a socket set. the size of the wrench/socket will vary from car to car, but you’ll only need to loosen one bolt
- one or two gallon jugs or buckets (to drain old oil into)
- a new oil filter (specific to the make and model of your automobile- ask someone for help at the auto parts store, or look in the big book that they should have near the filters)
- 4-5 quarts of oil, depending on the vehicle (most take 4), make sure it is the correct formula oil for your automobile.
- wheel ramps or a high curb

the oil in your car/truck/van should be changed every 3000 to 5000 miles and should be checked regularly. it is okay to change the oil 30 to 45 minutes after the engine has stopped running.

if you have wheel ramps pull the automobile, front first, onto them and place a brick or two behind each of the back tires. if you do not have wheel ramps, pull up on a high curb.

now that you can get under your automobile, you can start draining the oil. directly below the engine, underneath the car, there is an oil reservoir that has one bolt on the bottom of it (on some cars, it might be on the side towards the bottom), place your container for old oil underneath that, with your wrench, unscrew the bolt and DON’T FUCKING LOSE IT! (if you have trouble getting the bolt off, you might try putting some sort of strong pipe over the handle of the wrench to extend it and give you a bit more leverage- ask for help from someone who is stronger than you.) with the bolt off, oil will start rushing out of the car, once all of the oil is out of the car, screw the bolt back on tightly.

now, under the hood of the automobile find the hole where you usually put the oil in, commonly marked with a thing, and put in your quarts (or more perhaps) of oil. when everything is out from under the automobile, pull it off the ramps or curb and let it run for ten to fifteen minutes. this will allow the new oil to circulate through the engine and new filter.

the old oil can be taken to most FULL SERVICE gas stations where it will be sent to an oil recycling center. if they can’t take it, they can tell you where you can bring it instead of dumping it down a storm drain or something.

How to Build a Quarter Pipe
ANDREW

Today we are going to build an 8 foot wide, 3 foot high quarter. these are the tools and supplies you will need:

TOOLS:
circular saw
jig saw
measuring tape
2 hammer
2 power drills
black sharpie
string

MATERIALS:
2 sheets of 1/4 inch plywood
2 sheets of 1/8 inch plywood
1 8 foot by 1 foot piece of sheet metal (the same thickness of a street sign)
1 box of 3 1/4 inch 16 bright common nails
1 box of 2 inch wood screws
1 box of 3 inch wood screws
1 piece of 3 inch round galvanized pipe.
1 think that’s it!

first off, plans on spending about $100 to $200 hundred bucks. i can guarantee you that the only thing you’ll find on a construction site are 2x4’s (that’s assuming you were planning on welding wood). n.k., so let’s start; the first thing you want to do is cut your transitions. lay one sheet of 1/4 inch plywood on a really flat surface, and give yourself some serious room.

this is the most important part of your ramp, so you don’t want it to fuck up, it’s a good transition for a 3 foot high ramp or 7 feet, so what you want to do is take one end of the string to the sharpie and then measure 7 feet down the length of the string, look at fig. 1 for reference. when you have done this, you’ll want to proceed by placing the sharpie (please the center of the plywood, get your buddy (jig saw) hold the string tight 7 feet away, but directly in line with the edge of the ply, your buddy is the center of the 7 foot circle (there should be about to draw, so go for it, making sure the string is tight and your friend doesn’t move start your transition, look at fig. 1. make sure you get this right, cause this is what will determine whether or not your ramp will be fan or angly.

ok, so now you have your transition drawn. measure 3 feet up your transition (see on fig. 1) and mark it. this is how high your ramp will be, measure 3 feet up the side of the ply to get the mounting height and then mark it. now, draw a line connecting to two marks. your plywood should look like fig. 2.

now with your jigsaw, carefully cut on the sharpie line. when finished, place your newly cut frame onto the other side of the ply you just cut from(fig. 3). in other words, you can get two transitions out of one sheet of plywood. now trace it and cut it out.

when you have both transitions cut, you’ll want to measure and mark over it and draw both transitions(fig. 4). where compete, count how many marks you have and then grab that many 2x4’s. measure the 2x4’s to 7 feet 11 inches. then mark it out. when completed, sit back and enjoy a nice beverage while brainstorming all the insane sessions this ramp will endure. n.k., breaks over you and your buddy should now be equipped with a hammer and a good and healthy supply of nails. now, one after another, nail in the 2x4’s, make sure the line you marked on the transition is the center of your 2x4, your ramp should now look like fig. 5.
now put the transition box aside and let build the deck box. this should take you a total of 10 seconds to build, so get ready, measure two 2x4's at 7 feet 11 inches, cut and next make a mark in those 2 by 36 inches, cut enough 2x4's at 21 inches to meet the lines, this includes the end pieces, your deck should measure 7'11" by 3' and look like fig.8.

let's go back to the transistor box, on the back side of the box (fig. 7, p1 a and b) measure and cut and nail in 2x4 to fit in the bottom. this will help stabilize your ramp. next, measure and cut two 3 foot long 2x4's (fig. c and d), to make the coping (pipe (made you buy), it's what will take the abuse you will bestow upon this gem of a ramp). perfect, you'll want to drill two holes on the sides of the coping, so it can be mounted to the tray (fig. 8 p1 a).

the deck box should be nailed into the transition at about 3 feet and 1/4 inches up (fig. 9), place the coping onto the top of the ramp and screw it down, but make sure you roll it towards the front of the ramp so that when you start plying the ramp with the two layers you are going to layer it with, the coping sticks out 1/4 of an inch.

now start laying your ramp, use the box of screws (or whatever you do to this), ply the deck with the other 1/4 inch ply and cut it to fit. you'll have to add some 2x4's to the base of the deck and tray for stability, lastly, screw on the sheet of metal to the bottom of the ramp and slide the living hell out of it, your ramp should look like fig. 10.

obviously, that's the only way to do it! i'm going to walk you through the basic steps (you can probably get the finer details from others you know who do this--just try writing your favorite d.i.y. labels or 'zines--) and provide some contacts, which will hopefully help to demystify the whole thing.

mastering music
after the recording process, you need to master the sound recording. this ensures that the mass-produced versions will have the crispness and quality of the original recording, that the bass and treble will be balanced and so on. this is also a chance to improve one more time on whatever you think the original recording was lacking, up to a point, if you go to an expensive, fancy place (if the guitars are totally panned left and right and are quieter than the centered vocals, for example, you can ask the mastering person to try to bring out the guitar by shifting the emphasis to the panned sounds). you should be able to find a decent mastering place somewhere. i always go to the kitchen in chapel hill--you can get in touch with them through 800.603.2584, which is their cd replication number. if chapel hill, north carolina is far away from you, ask their advice for a place closer to you. they're expensive, by the way.

vinyl mastering and plating
this is complicated, but if you're making a vinyl record, after the sound mastering, comes the vinyl mastering--making the master from which the vinyl will be plated. i've copied this summary out of someone else's how-to guide:

your best bet might be frankford/wayne in new york, (212) 362-8300. they are a bit pricey, but do a great job. and are reasonably quick. john golden, (805) 498-3490, also does a good job, but is usually backed up, and might take awhile. richard simpson, (213) 462-2545, is the quickest and the cheapest, but the quality is not super great. i wholeheartedly recommend james g. lee record processing, (310) 768-1001—they are quick and excellent. it is important to plate your record as quickly as possible after it is mastered, because the master oxidizes quickly and it will not sound as good. this is one advantage to using one place to do everything, because it's all in house and close to each other. if you are mastering in ny and plating in la, make sure that both places know what's coming and going and that they fedex your master promptly. another important consideration is whether to do two or three step plating. you can only make a plate from a master one time, and after that the master is useless. you can only make one stamper one time from a plate, and after that the stamper is useless. a stamper can only make about 1000 records before it is useless. for these reasons, i expect to make more than a 1000 records or if you might want to repress more later, you should do a three step plating process because this allows you to make additional plates and stampers without re-mastering.
Vinyl Making
The cheapest is United, (615) 259-9396. Their vinyl is thin (hold it up to the light, and you can see through it) and doesn't sound as good, but it is much much cheaper than elsewhere. I use Bill Smith, (312) 322-6386. The vinyl is the thickest I've seen for 7's, and the quality is excellent. He usually takes his time, and it doesn't get done until I call and harass him, but it is worth it. I've never used Alberti, (213) 286-5446, but I've heard mostly good things about them. Their vinyl thickness is somewhere in between United's and Bill Smith's. There's also Erica records, the place that does most of the novelty records (funny shapes and colors and sizes and so on) out in southern California, and others... for years I used a place in Ann Arbor to make 12''s that was cheap and fast and just downright good. I swear their name was Allied or something like that, but I can't find their contact on the internet right now. There can't be more than one 12" pressing place in Ann Arbor, anyway.

Packaging--and CD manufacturing
Many places will offer to do everything you need for you, but that's not what you want--you want to know how the whole process works, and you want to save yourself (and thus everyone else) the money it will cost to pay them to make things simpler for you. If you're doing anything that is four color, you're going to need to get the films shot for the printing yourself (four films, one for each of the four-color printing that goes to make the full color print) and send them to the printing place. This should be possible at a graphics/printing place in your town (or nearby, if you live in the woods). One contact you'll want to have is Bags Unlimited (800.767.BAGS, 7 Canal Street, Rochester, NY 14608)--you can get most of the materials you'll need for external packaging there: record sleeves, CD cases, etc. Again, you can save money by getting all the parts separately, although (as I'll discuss relating to 'zines in a second) as you get busier with your projects you might actually want to save yourself a bit of time collecting CDs, if it's cheap to pay them to do it. For printing and cover art, as well as CD manufacturing, I know some people use imprint at www.iloveimprint.com (941.497.0510---Walt/Imprint). I've worked with them before to make a cardstock color cover for a 'zine I was printing on newsprint. Speaking of CD manufacturing, you should be able to get the CDs for 70 cents apiece, in this day and age--anyone who wants to charge you more is probably a front company just having someone else do the manufacturing and charging you for everything. K-Disc, the same people I mentioned above who do Kitchen Mastering (800.683.2584), make our CDs through a company they front for (here I am changing my story already--but they don't push up the prices for CD manufacturing, only the packaging, which I do elsewhere), and they do a fine job (it helps that they're involved in the mastering process, so they have high standards for CD replication quality).

Myself, for printing CD inserts and record jackets and so on, I've always used Dorado press (717 Arroyo Ave San Fernando, CA 91340. Phone, 818-365-4433).

'Zines and Newspapers
If you plan on making a lot of copies (a lot!) of a publication, it might make sense to save the Kinko's theft for smaller things, posters, and so on, and just print your 'zine on newsprint. This depends above all on how many of the 'zines (or for that matter records, etc.) you think the world needs, since there are few greater ironies than the eco-warrior punk label which makes hundreds of records that never sell, that just sit around as instant waste... Anyway! Newsprint can be quite cheap, if you find a company off the beaten track, in some place where inflation hasn't set in yet. I've always worked with is Benson Press (Colin Davis--919.894.4178), in North Carolina--they're quite cheap (we're talking to them about printing 10,000 of these DIY Guides with them for about $1500) and pretty fast (one week). One thing to remember with newsprint is that most of the costs will be setup fees, so it really isn't much more expensive at all to make more numbers in one run. Shipping can be quite expensive (you can ask about them sending it as airway freight, and you just picking it up at the train station), so try to find a truck to go pick the 'zines up in yourself if you can. As for supplying the artwork to them, Benson actually takes camera-ready originals, same as a Kinko's copier does, but other places will want everything on a computer disc, which is one of those complicated things I still don't understand!

Another printing place, that I've found to be cheaper for tabloid-sized printings, is Prompt Press (856.963.9111)--they're the ones who do Slug and Lettuce printing, and did the first three Harbingers. They're in New Jersey, which may be closer to you. You might do best just to call up newspapers in your own town and ask them where they get their printing done.

Finances
Keep track of all the costs of the various stages of production, so you can work out reasonable wholesale and individual prices. Keep in mind that you'll need to send out copies for review and so on, and also that if you set the wholesale price exactly at the cost price, that means you'll have to sell every single record/CD/etc. (and get paid back three months later, at best!) before you have your initial money back. If you want to use the money to do other, d.i.y. projects, let alone fund free projects (which is important, and can be one justification for selling stuff), you need to set the wholesale a little higher to get the money back in time to do raising the money itself will be the hard part in this capitalist day, but you've probably already started thinking about that.
For newsprint printing I recommend always using the cheapest paper they have, as this will save you tons of money, also, adding a second color ink to a few pages is fairly inexpensive and adds a little adventure to the otherwise adventure-free process. In some instances you will find a printer who is so cheap, that even with freight, they still beat the pants off everyone else (see Hignell, below).

For my price has always been the most important factor, but it is also important to get a quality printing job, so always be sure to request some samples (try getting ones as similar as possible to the project you are doing) sent to you by the printer before you commit. Usually they will send these to you very quickly and, of course, no charge be suspicious of any printer who doesn't do this. If the sample looks good to you, then go for it.

That's about it, but I do seriously desire my experience to be a community resource rather than a protected asset, so if you have any questions, feel free to email me at turkishoval@crimethinc.com.

Book Printers
Hignell Book Printing * Winnipeg, MB (Canada) * 1.800.304.5553
These folks printed both Days of War and Evasion, and are very, very inexpensive. Even though we have to pay freight all the way from Winnipeg to Olympia, the price still beats others by a significant amount-in part due to the weak Canadian dollar against the triumphant and glorious American dollar and due to the emancipating NAFTA, there are no duties or taxes. They are very friendly and easy to work with and I feel the quality is amazingly good, but since you probably have seen the aforementioned books, judge for yourself. Tell them you were referred by Nick Adams.

Newspoint Printers
Prompt Printing Press * Camden, NJ * (856) 963-9111
Eagle Web Press * Salem, OR * 1.800.800.7980
These are two printers we have used for Harbinger, Eagle Web Press is much better, in my opinion, but only if you do significant quantity. Both printers extremely low costs and quality make them worth the effort of trying to figure out how to get the printed project to where you are, even if you live far away.

Media Mail is the postal salvation of punk rockers and insurgents everywhere, it is cheap and only takes a few days longer than first-class. This is the newish mail class formerly called "Fourth Class Book Rate" with only a few changes—here is the Post Office's own description of this class "Generally used for books (at least eight pages), film (16 mm or narrower), printed music, printed test materials, sound recordings, play scripts, printed educational charts, loose-leaf pages and binders consisting of medical information, and computer-readable media." That "sound recordings" part means everything: vinyl, tapes, cds, wax cylinders, DATs, you name it. Also, even though it doesn't say so, video tapes are included also.

Media Mail is almost always the cheapest way to send stuff. The first pound is $1.33 and then about 45¢ for each additional pound. Geographical proximity does not affect Media Mail rates. Over the last few years the delivery times for Media Mail have gone down to the point where they are going in about seven postal days, and most things take no longer than fourteen postal days. A few exceptions are very light items, 6 ounces or less (these should go first class) or with books or printed matter under 15 pounds that are going somewhere geographically close, for instance a city sixty miles away (then you go sound Printed Matter). And remember, even if you aren't sending books, etc, don't be afraid to tell them "Media Mail" anyway, if they ask just say it's books, or tapes, or ... and that's it.

In my history of thousands of trips to the post office, I've never seen a single person have their package opened to verify the contents. Just act confident and reap the rewards.
Priority Mail is a sometimes efficient and always quick way to get things there. The base rate is $3.95 and the Flat Rate Envelope (more about this in a second) is at the two-pound rate of $3.95, with $1.25 for each extra pound up to 5, after which geographical proximity enters the equation, and that is just too complex to list here, but suffice to say, the shorter the distance it's going, the cheaper it is.

The flat rate envelope here is the real hidden secret—it is almost identical to the normal priority mail envelope, app. 9"x12" red, white and blue, with "Priority Mail" and the USPS eagle all overt, but also look for the words "Flat Rate Envelope! 2 lb. postage rate regardless of weight." You can stuff as much weight into this envelope as possible and it will always cost only $3.95 as long as you can get it to close properly. It is not uncommon for me to get about 5 pounds of books and literature in there, at an extra cost of only $3.95. It would cost $70.70 to mail a 5 pound bag! The 2 lb. limit is more than enough for most purposes. Stuff it with packing material to make it fit into the envelope, and then tape shut. The going rate for first class mail is $3.00, which is not too bad for the extra time and effort. It is much cheaper than Priority Mail, but you can save money by using the flat rate envelope, which is much cheaper than Priority Mail.

Delivery Confirmation is available for both Priority Mail and Media Mail. I highly recommend that you purchase this for the extra 50¢ if you are concerned about the packing getting lost or tampered with. This option lets you know if your package is lost or stolen, and you can buy delivery insurance for your package if you need it.

International Mail has been totally screwed by the Postal Service in the last year, and sending anything but letters, or maybe a single CD has become an expenditure requiring serious fundraising. Not only do the prices of non-letter air mail go up by up by up by up, but you have to pay extra for non-letter surface mail prices. For non-letters you will have to fill out a customs form, always mark "Gift" and try to keep the listing of contents believable and somewhat accurate. Keeping the total value listed below $20 will help get it through customs with less hassle.

Global Priority Mail is the reason they raised all the other rates to make GPM look like a deal, which I suppose, it is now. Global Priority Mail envelopes come in large and small sizes, large is $9 and small is $5 to most countries in the world (Canada and Mexico are $8 and $4). These are both flat rate envelopes, so no matter how much it weighs, it's the same price, however they have a maximum weight of 4 pounds. GPM is very secure and takes between 3-7 days to get where it's going.

Surface rate is sometimes cheaper than the other alternatives, but beware that it takes 6-12 weeks for things sent via surface to arrive. Only use surface when timely delivery is not an issue.

There is a little-known mail class called M-Bag. This is only practical when sending 12 or more pounds of material, but once you reach that level it can be very cost effective. Only printed matter can be sent via M-Bags, this includes books, magazines, posters, or packages that can be sent. You know, "printed matter". You just package your box of stuff and address it as normal, when you get to the PO tell them you want to send it M-Bag and they will get a bag to put your box in and you will fill it out a tag. You can send stuff in a M-Bag via air or surface but the catch is that sometimes these things take months, I would say they average about 6 weeks.

In general, the Post Office keeps an excellent web site at www.usps.com that is very expansive and informative. You can also get specific info about a package you want to send by going to their Postage Calculator (http://posting.usps.com), after entering the cost of your package, you know, "Printed Matter" which lists all the prices, zones, and classes of mail available. If you ever have any doubts, check the web site to become versed in what options are available before going to the post office—the clerks can smell uncertainty and ignorance from a mile away and this makes them hate you.

Also, be warned, there is another rate increase scheduled to take effect on July 1, 2002. This will cause the basic stamp rate up to $3.95 from 34¢ and increase the priority mail from $3.33 to $3.60. However, our beloved Flat Rate envelope will actually decrease in price from $3.95 to $3.85, so it's not all bad.

Twice a week in my town we serve free food. Good food, too: vegetable stir fry, homemade soup, French bread, cakes, baked potatoes, green salad, fresh fruit, cookies. All sorts of people come to eat: homeless men, women with small children, punk kids, middle class businessmen, students, travelers; when the weather gets cold some people come and sometimes people walking home from work see our FREE FOOD sign and stop and take a plateful. Anyone who likes to eat is welcome to eat and anyone who likes to cook is welcome to cook. Sometimes we have just two or three people working in the kitchen, sometimes we have so many that it's hard to turn around, but we always have fun, and every new cook brings some special skill or knowledge that makes each meal different from the last. We figure that between the servings on Sunday and Thursday we serve about 100 meals a week—that's more than 3000 meals a year on an annual budget of something under $250.

The concept behind Food Not Bombs is so simple that you could start one on your own even if you'd never seen anyone else anywhere; chances are, that you have already been to a Food Not Bombs or read about a Food Not Bombs or heard someone talking about Food Not Bombs or seen a Food Not Bombs patch on someone's jacket. Food Not Bombs is one of the fastest-growing movements within the radical anarchist community and one of the most effective not only at feeding people and redistributing resources but in getting new people involved in activist politics. You don't need any of these mounds of discarded food and all those people who could use a good free meal without beginning to question the basic principles of a society that values consumption over common sense. Food Not Bombs is the gateway drug to activism.

If you don't have a Food Not Bombs in your town, it's time to start one. The basic necessities are:

- A place and time to cook.
- A place and time to serve.
- A core of volunteers and some transportation.
- Basic large-size cooking pots and pans, serving containers and utensils, and a few staple ingredients.
- Food.

There are also a few things you don't need to start a Food Not Bombs:
- High-quality cooking skills.
- Money (or at least not much of it).
- Permission.

An understanding of and agreement with the three principles of Food Not Bombs: Although there is no central office or board of directors of Food Not Bombs, the groups adhere to three basic principles—Consensus, Nonviolence, and Vegetarianism. Consensus is another way of saying non-hierarchical organizing, which is in itself a way of saying anarchism. Food Not Bombs is not a charity with "us" giving food and "them" getting it. As an anarchist organization part of its purpose is to provide people food that means to affect the things in their own lives that are most important to them, and to break through the barriers of class, race, gender, age, ethnicity and all the other artificial boundaries that keep people separated from one another. It is an opportunity for people to decide for themselves how much they want to be involved; the power in Food Not Bombs lies with the people who choose to use it, within the framework of consensus by the group.

Food Not Bombs is a practical hands-on protest against the violence of poverty and hunger. An empty stomach is as painful as a punch in the stomach; chronic hunger is as damaging, both physically and psychologically, as a gun to the head. Poverty shortens lives; it leads to addictions, eats away at pride and self-reliance. Hunger destroys health, saps energy, takes up time. In some parts of the world—nearly San Francisco where thousands of people have been arrested over the last decade for the simple act of serving meals at the Golden Gate Park—Food Not Bombs is met with violence and repression. The typical Food Not Bombs reaction is to simply keep serving, with back-up food if necessary. Food Not Bombs is based on direct action, not coercion; when it is met with coercion it takes action.

Food Not Bombs meals are always vegetarian and often vegan. The reasons are several: production of meat is an inherently violent process and the whole food run counter to the Food Not Bombs philosophy of nonviolence; vegetarian meals like the ones cooked at Food Not Bombs are healthier than meat-and-potato meals, and serve as a vivid demonstration that meat is not an essential ingredient; vegetarian meals are less expensive than meat-centered meals, so resources can be stretched further; and meals prepared without animal products are safer and less prone to spoiling.

If you can agree to these principles you are ready to start your own food Not Bombs. What else do you need?

A place and time to cook. Food Not Bombs meals are cooked in all sorts of kitchens, from punk houses to churches to community centers to mobile propane ranges. A public kitchen in a church or community center is ideal if you have one available, not only because it is probably already outfitted with the institutional-sized pots and pans you will need for cooking in quantity, but because a wider variety of people may feel more
comfortable cooking in a neutral setting than they would in a private home. Whatever kind of place you cook, make sure you choose a place that has some permanence and, if it’s in a hotel, that the hotel management agrees to let Food Not Bombs use the kitchen if you work hard to find a place that is accessible to people with disabilities. Allow a minimum of an hour and a half for cooking.

A place and time to serve. This may take a little experimenting before you get it right. Start by finding out when and where other groups serve meals in your community so you are not duplicating efforts—one way to do this is to go to a local soup kitchen and simply ask the people eating there where else they eat and if they have any recommendations about when and where you should serve. In most communities Food Not Bombs serves outside and of often in highly visible locations (in Lafayette, for instance, weekly services are in Lafayette Park across from the White House) both to make the meals easy for people to find and to make the unavoidable point that hunger exists in America and that people can be fed. In addition to regular, consistent servings, Food Not Bombs groups often make themselves available to serve food at conferences, protests, and other special events.

A core of volunteers and some transportation. It is surprisingly few people to put together an active, self-sustaining Food Not Bombs, but it may take a little while to get the right mix of volunteers. Put up flyers, talk to people, table at shows and events, rope in your friends to start, but keep working to make your volunteer group as diverse and committed as possible. This is important first of all because it is natural for any volunteer group to devolve into a small group of the same people who show up every week; if those people burn out or have trouble getting along the whole organization can fall apart quickly. In communities where there are several Food Not Bombs serving volunteers often sort themselves out into affinity group-like teams of people with similar tastes and backgrounds. This is fine so long as all interested groups are represented somewhere—the same types of people may not have the means to contribute—never forget to remember that open doors are not enough. Some people—just not homeless people, but older people, younger people, middle class people, your moms—may need extra encouragement to feel that they are welcome in the kitchen. Transportation is an obvious problem— you’ll need at least one car or bicycle to pick up food and perhaps carry it to the location where you serve. Keep that in mind as you recruit volunteers, and make sure you’ve got back-ups.

Basic large-size cooking pots and pans, a few staple ingredients, and serving containers and utensils. If the kitchen you are using does not have big pots and pans you’ll need to get some. Basic cooking equipment includes a large soup pot, a large frying pan, some baking trays (disposable foil pans can be reused for quite awhile), big spoons for stirring and serving, and sharp knives. Staple ingredients include salt, pepper, vinegar, oil and veggie oil (if you can afford it—olive oil makes just about everything taste better and you can stretch it by mixing it with cheaper canola oil). Serving containers can be anything from plates and bowls to recycled plastic tupperware boxes; ask around for donations and you’ll be surprised how many people have dishes and pans to give away.

Food. Believe me, the food is out there. Start by asking your local food coop, if you have one, to save its wilted and spoity vegetables and other eats for you. Go to bakeries at closing time and ask for the bread they are going to throw away (bakers tend to bake much more than they can sell for some reason; in my town they often put the bread out over the back door by the back door rather than in the dumpster if someone can use it). A local steak house gives its leftover baked potatoes at the end of the night, plus their pretzels and tomatoes—talk to restaurants and caterers about what they might be willing to donate. If you still need more food, go dumpster diving: we have a standing Wednesday night date to go through three grocery stores and dumpsters to see what we can find, which yields us enough not only to serve 30 or 40 people the next day, but to put extra groceries out for people to take home. If you dumpster food, however, make sure that you are not stripping dumpsters other people depend on—we don’t do our dumpstering in a suburban neighborhood where we are not competing with anyone.

What you don’t need.....

Highly developed cooking skills. It helps to have at least one volunteer with some cooking experience, but cooking really isn’t all that hard. A few simple guidelines:

★ Just about anything can be soup. Saute onions and garlic in oil, add water (enough to fill up your pot about 3/4 of the way), drop in chopped vegetables, bring to a boil, and stir to a simmer. A few drops of rice vinegar to taste and season with salt, pepper and nutmeg if you’ve got it. Fill the pot as full as you can and keep turning the greens as they cook—they will shrink dramatically. Keep adding greens, stirring and turning occasionally. Turn off the heat before the greens are completely limp and colorless and cover the pot until you are ready to serve. Takes about 30 minutes.

★ Cut potatoes (you can use sweet potatoes as well as regular potatoes) into rough squares, no need to peel them unless the skins are really dirty, but wash them first if you are leaving the skins on. Drop the potatoes in salted water and boil until they are soft when you poke them with a knife. Drain the pot and mash the potatoes. Add margarine if you have it or oil if you don’t, mornin with any milk or some of the cooking liquid from stir fry (liquid from greens is better than mashed potatoes). Add salt and pepper to taste; parsley and garlic are good too. Takes about 1/2 an hour, more if you’ve got a lot of potatoes.

★ Cut up any kind of greens (anything except lettuce) using everything but the stems, and put them in a frying pan or pot with a little oil to prevent sticking. Add a very little water, and the house guests agree to let Food Not Bombs use the kitchen if you work hard to find a place that is accessible to people with disabilities. Allow a minimum of an hour and a half for cooking.

★ Cut potatoes (you can use sweet potatoes as well as regular potatoes) into rough squares, no need to peel them unless the skins are really dirty, but wash them first if you are leaving the skins on. Drop the potatoes in salted water and boil until they are soft when you poke them with a knife. Drain the pot and mash the potatoes. Add margarine if you have it or oil if you don’t, mornin with any milk or some of the cooking liquid from stir fry (liquid from greens is better than mashed potatoes). Add salt and pepper to taste; parsley and garlic are good too. Takes about 1/2 an hour, more if you’ve got a lot of potatoes.

★ Beef. We need you to create a menu that includes: 1. We are a hungry bunch who like to eat. 2. We like to make dishes that are healthy, but aren’t too complicated and don’t take too much time to prepare. 3. The day dumpster diving we often end up with a certain kind of ingredients (potatoes, tomatoes, carrots, onions, peppers and other perishable greens). 4. When we buy ingredients we don’t like to spend much money. 5. We often cook for a larger group of people. 6. The end result is not always that great...

In hope to change point 6 and to inspire some revolt in the kitchen, I’m going to offer you some cooking recipes. I tried to keep in mind the above listed stuff.

— Spanish Rice —

1/2 lb. rice
2 tablespoons oil
1 onion, in small pieces
3 tomatoes, in pieces
2 peppers, in small pieces
1 bay-leaf
1/2 teaspoon curry powder

Heat a skillet and add the oil. Wash the rice and let the grains simmer in the oil all until they’re almost dry. Add the onion, tomatoes, peppers, some salt and the bay leaf; stir everything well and let it simmer for 5 minutes. Now add 2 cups of warm water and a cup of curry powder, again stir well. Cover the skillet with a lid and let it simmer on very low heat until the rice is tender and most of the water is absorbed, this usually takes at least half an hour. Add some more salt in the end if you think it needs more, and if you like spicy food you can add more curry powder than indicated.
This will feed 3 people, simply multiply the proportions if you cook for more. Take notice of the space in your skillet when you multiply, you might need to use 2 or more skillets.

As you might have guessed this dish originates from Spain.

---

**Lentil Soup**

| 1 lb. lentils (whatever colour) | 1 bay-leaf |
| 1 lb. tomato puree/sauce | the peel of half an orange |
| 4 whole cloves of garlic | olive oil |
| 1 teaspoon oregano | 3 bouillon cubes |

**Optional:**
- a couple carrots, chopped
- some green beans, chopped
- a couple potatoes, diced

Bring 2 quarts of water to a boil in a big pot, and add the lentils. Let the lentils cook until they are a bit tender - during this time, add the bouillon cubes, the bay-leaf and oregano, the orange peel (in pieces as big as you can) and the garlic cloves. So the lentils have become a bit tender, now add the tomato sauce/puree and a few dashes of olive oil - stir well. After a while add the green beans/carrots/onion/potatoes if you use them. Again stir well and let it simmer, but let the soup take its time to cook - don’t be afraid to taste every now and then. Whether it needs to cook longer, or whether it needs more of anything, you can experiment with this soup if you wish: add different greens, use more or different spices, use more or less water.

Take out the bay-leaf and the orange peel before you serve the dish.

This will serve 5 to 6 people, multiply the proportions if you need to feed more. This recipe especially is relatively easy to prepare for a large group of people.

This dish originates from Greece.

---

**Platki zemlinski / Potato pancakes**

| 3 medium potatoes | 2 egg whites or 1/4 cup egg substitute (beaten well) |
| 1 onion, chopped fine | 3 tablespoons flour |
| 1/4 teaspoon black pepper oil |

Peel and shred the potatoes. Put the egg (substitute) in a large bowl, together with the onion, flour and pepper. Add the shredded potatoes and mix everything very well. Take a skillet and add some oil, put it on medium heat. Scoop a spoonful full of the mixture on the skillet and shape it into a patty - cook until crisp and brown on both sides.

I personally put some salt, cayenne pepper and soy sauce in the mixture, to give it extra flavour.

This dish originates from Poland.

Eat well, and remember to not let the cook do the dishes!

---

HOW TO MAKE WHEAT FLOUR EGG NOODLES FROM SCRATCH

JENINE

1 1/2 tbsp salt, 1 egg yolk or substitute, 4 1/4 cups plus 1 tbsp all purpose flour plus more for dusting

1) In a bowl, dissolve the salt in 1 cup cold water by stirring it with a fork. Add the egg (substitute) and beat the mixture until everything is well blended.

2) Sift the flour onto a work surface or into a large bowl and make a well in the center with your fingertips. Pour in the water and egg mixture, a little at a time. As you pour, mix the flour and the liquid slowly with the other hand to make a dough (you may not need all of the egg mix).

3) Knead the dough vigorously with both hands until it is smooth and firm. Use the heel of one hand to push the dough firmly across the work surface, then roll it up and work with both hands to get rid of all of the creases and air bubbles. This kneading should take about 8 minutes.

4) Put the dough into a bowl and cover it with a damp dish towel. Leave it in a cool place (not in a refrigerator) for 2 to 3 hours.

5) On a floured work surface, roll out one quarter of the dough to make a thin, rectangularish sheet. This rolling will take some time - the dough should be very elastic.

6) Once the dough has been rolled out thinly and evenly, leave it for half a minute or so to dry a little, then sprinkle a little flour over the surface. Fold the sheet to make three equal layers. Then, perpendicular to the folds, cut the dough into strips (you can use a ruler as a guide for cutting straight strips). The width may vary from narrow to 1/4 or even 1/3 wide. Repeat this process until all the dough has been rolled, folded, and cut.

7) Spread out the noodles on a large tray and leave them to dry for 5 to 10 minutes then they're ready to be cooked. Fresh noodles should be cooked and eaten as soon as possible, but cooked noodles will keep in a covered bowl in a refrigerator for at least a week.

---

ART

**Introduction to Plaster and Simple Flexible Molds**

KATE

**WORKING WITH PLASTER**

Plaster is manufactured from gypsum, a rock mineral found throughout the world. Water is added to the dehydrated material to begin a chemical reaction which hardens into a solid. There are two different types of plaster which vary in density or hardness and softness. These are identified by their manufacturers names. Plaster of Paris is the softer material while Hydrocal is the harder and has greater durability and strength. Both of these have their advantages. Soft plaster is less expensive and easier to handle. It tends to be easier to model and use for art projects while Hydrocal is far better for making molds for casting multiple objects.

Water is the key to understanding plaster. For optimal results in mixing hard or soft plasters, the water needed to combine chemically with 100 parts of plaster is less than 20 parts of water by weight. But, to mix plaster the right way, the mixer has no means needs to be acquainted with water per volume mixing except by what your own eyes tell you. It is important to know that a bucket of water will mix quite a bit of plaster if you only need a small amount as to not waste your supplies. Mixing each batch of plaster involves 3 steps: sifting, soaking, and stirring.

**Materials for mixing plaster:**

- bucket with water
- bag of soft plaster
- plaster of Paris

1) Sifting. We begin with the amount of water used for one batch of plaster in our bucket or pan. We take handfuls of dry plaster and sift them through a kitchen sifter.
so that the only plaster that is making it into the bucket has no moisture in it. Sift the plaster evenly into the water until smallise islands rise out of the surface of the water. This means the water is fully saturated.

$1$ sifting

$2$ Soaking. The second step to mixing plaster is completely inactive. Here, we do nothing at all. We do not disturb the island until the dry parts of the islands have soaked up enough water to be visibly moist which takes about 2-3 minutes.

$3$ Stirring. The last step is physically moving the plaster and water combination which becomes the chemical reaction. We put our hands and sometimes our whole arms into large batches of plaster, stir from the bottom to the top making a fist and opening it, grabbing at unmixed clumps of plaster. Stir constantly until the plaster is smooth and even. Cpas your hand without beading away. The plaster is ready to pour into your container like a mold or a plastic bag.

**FLEXIBLE MOLDS**

What is a mold? A mold is a container that is a negative space that another material can be poured into to make a positive multiple times.

**Materials for flexible molds**

- latex
- soft brush
- shellac apple for casting
- rubber mold
- apple for coating
- object to be casted (apple), apply one layer of shellac before latex.
- place apple on a smooth surface like masonite.
- apply first coat of latex to base, creating a skirt. Apply several layers and cheesecloth.

At a flexible mold material, thorough drying time between layers is essential to a strong mold. It is also necessary to allow 48 hours of drying time after the last layer is applied.

After the latex is completely, a plaster support mold must be built around the flexible mold do that no distortion occurs when a material is poured into the latex. This is described in detail through the illustrations and the how-to mix plaster guide. Good luck!

**Support mold in plaster:**

$(this is to insure that no distortion occurs when a material is poured into the rubber mold.)$

$4$ All costs of latex have been applied. a thin coat of coating spray is added to insure release from plaster.

$5$ Add plaster to the second half the same as the first.

$6$ Insert small pieces of wood into the saw, but not where the keys are (it is important that you use wood because it absorbs shock, no screwdriver, tape gently do not force and it will pop open on its own.

$7$ Now we are left with the plastic support mold, latex rubber mold and object inside. Remove the object.

$8$ Now we can prepare materials to be poured into the rubber mold with the support mold on the outside. Tie a rope or put a buggy cord around the support mold so it doesn’t slip and make a big mess.

If you are casting a grenade, you can melt chocolate and give everyone chocolate grenades for valentine’s day! Good luck.

**Black & White Photography**

Gareth
Camera:
For the last 10 years I’ve used a SLR (Single Lens Reflex) camera, the benefits over Fixed Focus style camera’s is that you can change the Film Speed, Shutter Speed, the type of lens used and the size of the aperture. This variety of uses that becomes available widens the whole nature of photography. You can pick SLR type camera’s second hand and are often abundant as they have become fashion items to most households, and subsequently change them when different models are designed and produced. When choosing/stealing one, look out for the following positive attributes:

Variable shutter speed, wide range of film speed settings, (say 16 - 3200, but we’ll talk about that later), auto setting, manual focus, a good lens, start with an average zoom lens which gives 28 mm - 70 mm variations and a hotshot for the flash gun.

One of the better ways of seeking photography is to get accustomed to taking pictures, yeah, I know it sounds obvious, but experimenting with using a camera is the best way, and remember the slower the film the is the best way, and remember the slower the film the is the best way, and remember the slower the film the is the best way, and remember the slower the film the is the best way, and remember the slower the film the is the best way, and remember the slower the film the is the best way, and remember the slower the film the is the best way, and remember the slower the film the is the best way, and remember the slower the film the is the best way, and remember the slower the film the is the best way, and remember the slower the film the is the best way, and remember the slower the film the is the best way, and remember the slower the film the is the best way, and remember the slower the film the is the best way, and remember the slower the film the is the best way, and remember the slower the film the is the best way, and remember the slower the film the is the best way, and remember the slower the film the is the best way, and remember the slower the film the is the best way, and remember the slower the film the is the best way, and remember the slower the film the is the best way, and remember the slower the film the is the best way, and remember the slower the film the is the best way, and remember the slower the film the is the best way, and remember the slower the film the is the best way, and remember the slower the film the is the best way, and remember the slower the film the is the best way, and remember the slower the film the is the best way.

The better ways of seeking photography is to get accustomed to taking pictures, yeah, I know it sounds obvious, but experimenting with using a camera is the best way, and remember the slower the film the is the best way, and remember the slower the film the is the best way, and remember the slower the film the is the best way, and remember the slower the film the is the best way, and remember the slower the film the is the best way, and remember the slower the film the is the best way, and remember the slower the film the is the best way,

Film:
For the last year I’ve been using a film called “Ilford Professional 3200”. It’s a black and white film (it maybe Euro specific, try Kodak’s version). 3200 is the fastest film that I use, the benefits speak for themselves once you’ve become accustomed to it, but basically, it’s an ideal film for dark and low light situations such as a gig, or other circumstances. You can use it for landscape photography, because of the qualities of the natural world that the film pulls forward. But, but, but, don’t just go on what I say, you can try loads of different films, all do a variety of things, such as it’s the grain that’s often the greater the sharpness of the film, or the faster the film that you choose the film. Just see what you can get your hands on, load it in, and see what the negatives produce. One tip that I’ll share, is that, if you get a 400 speed film, you can effectively “ease” it, to 3200, or 1600, or 800 speed, the quality isn’t the same as a purely 3200 speed film, but similar effects can be found.

Flash:
A flash is a necessity in low light situations, you can get away without it, but it takes many, many efforts, and patience to make mistakes. One of the problems of flash, is that it can cause a “flattening” of the image. One way to combat this problem is to fasten some tissue paper over the lens, or to create some device out of a shiny surface to reflect the flash upwards to the ceiling of the room you maybe in. My suggestion is to read up on the different flash guns available.

Filters:
Their are amazing devices, they come in 100’s of different styles, a polarizing filter is amazing for days where the sun is bright, the sky blue and just the right amount of cloud. You can turn the filter to emphasise the depth of contours the clouds have, and contrast stronger between the sky and the cloud. A red filter for example is often used to bring out the blue sky and cloud effects for b/w film. It can also be used to enhance contrast, to make skin tone smoother and white; backgrounds will darken giving prudence to the subject. There are a variety of red filters all slightly different tones for desired effects. For example you can use an orange filter to reduce the visible haze on a distant landscape subject.

Lens:
For the last year I have been using a 16mm wide angle lens which gives a massive and wide viewing range. It’s your to gain a degree of empiricism with a 35mm lens, as it’s a recognized standard to developing your art.

I’ve just tried to give a brief insight into the beginnings of photography. It’s a dense subject full of masses of variations of taking a subject. But hopefully these guidelines will lead you to a desired direction.

The Darkroom
OK, this is where the subject can change vastly, in the darkroom you can develop the film into negatives, and then create images through enlarging the subsequently developed negative. I’ll just give a brief inlay into the procedures of black and white film developing and enlarging of negatives into prints.

Developing Film
All film is sensitive to light, so the procedure for extracting the film from its cassette has to be done IN COMPLETE DARKNESS. You’ll need equipment to develop a film. Where can this be found? Well, most community art spaces will have a darkroom, as do most colleges and universities. If there isn’t one that’s accessible, if you and your friends want to get something together research through various books and magazines to see what’s the best deals you can get hold of. By sharing the cost of equipment will prove invaluable. When learning to develop film to load it in the real etc, use some old film that you don’t mind misusing, as the skills involved to load film in the darkness can’t be got first time, it’ll take perseverance.

All techniques to enlarging your developed films can be found in the books of the authors I have previously mentioned. One of the beauties of enlarging film negatives is that you can find endless energy to creating the desirable image of your choice. You can make certain areas of the print darker or lighter, you can enlarge a certain section of the print, you can increase and decrease the contrast, tone the print whilst it develops it, such as sepia and blue tones. You can experiment with different chemicals, different ways of using the enlarger.... It’s all down to making use of all the variations that the darkroom can offer and you making the best of them.

I’ve missed all the technical information because I didn’t want to bamboozle you with unfamiliar
WARNING: This page is an utterly shameless plug for our book Recipes for Disaster: An Anarchist Cookbook, skip this page immediately to proceed to the DIY Guide before it's too late.

Hundreds more recipes have been collected in our new anarchist cookbook. Armed with this book, you'll be able to:

- Make and disseminate your own front page for corporate newspapers
- Start a cooperative providing free bicycles to your community
- Lay down permanent tile mosaics of your own design on asphalt roads
- Throw inflammatory piñata parties at street fairs
- Construct and deploy gigantic inflatables
- Enter your anarchist group in the local 4th of July parade and win first place
- Transform predictable rock concerts into unpermitted street marches
- Shut off the gas at corporate fast food franchises
- Smack pies into the faces of corporate and political demagogues
- Sabotage business as usual and transform life into a joyous game
- Escape from any police who might consequently try to pursue you
- And so much more!

... you can do all that stuff already, of course, but this book might help provide a little of the necessary impetus, and save you the trouble of debugging schemes others have already spent time perfecting. Order the book and/or request more informative literature and incendiary material from: www.crimethinc.com or The People’s Republics of CrimethInc. / P.O. Box 13998 / Salem OR 97309

$12 postage-paid
624 pages, extensively illustrated
I watched this motherfucker with my own two eyes. I watched every one of his expressions and mannerisms as he ripped into his own flesh and blood as he pushed all of the necessary buttons in the face of another human being armed only with the standards of his civilized society. The two entered a hospital room where Mack's mother was dying, hooked to machines. She wasn't supposed to hang on much longer. He tried to make her aware of her grandson's presence. She responded. He took her hand and started making references to a popular TV show. Then hit on the nurse that came to empty his mother's colostomy bag...
At 30 plus images per minute and easy answers to that problematic thing called life...

Nothing beats

TV

Why do you think for yourself?

We now return you to your reading...

NERD

Thanks T.V. You've always set the standards I base my empty life on. I owe ya one.