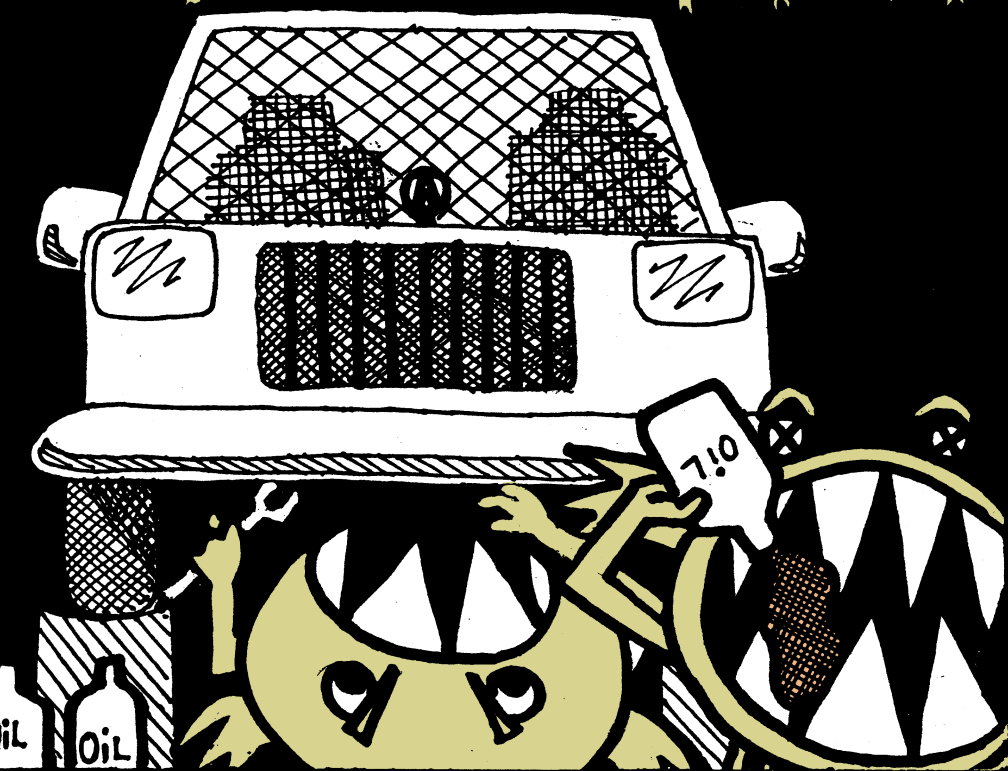


DIY GUIDE II



DISMANTLING CAPITALISM

FOOD

TRAVELLING

ART

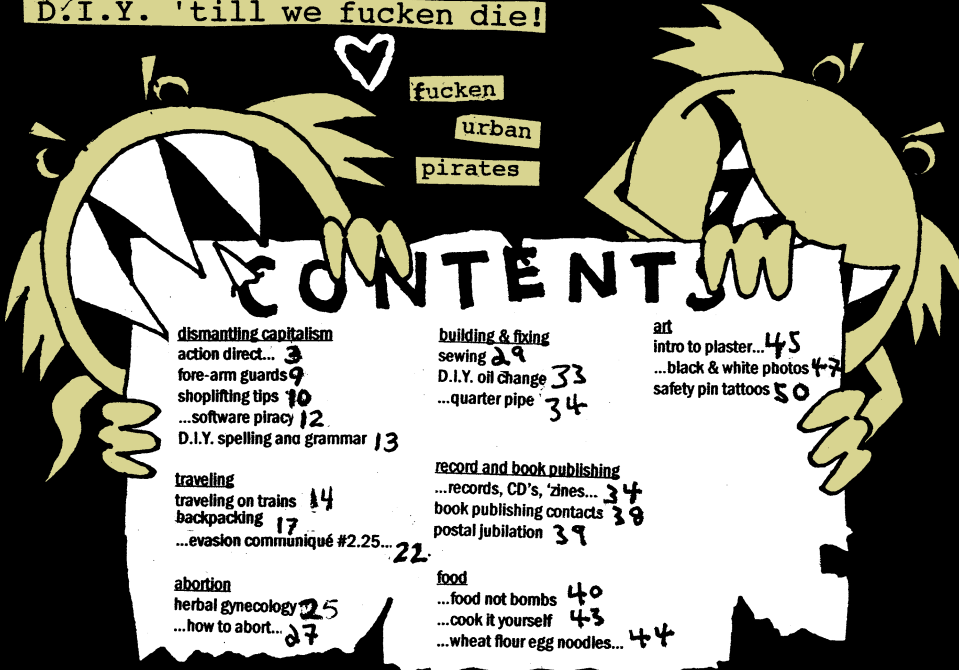
RECORD AND BOOK PUBLISHING

BUILDING & FIXING

ABORTION

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hello! welcome to the second issue of the D.I.Y. Guide hosted by "the vermin". a lot more time and effort went into the creation of this issue, so i hope it's quality will surpass that of the first one. if you want to reproduce this by scamming photocopies, please do by all means. if you'd like to help us with distribution please contact me (stef@crimethinc.com or at crimethinc urban pirates). thanx this issue is dedicated to barefoot scotty- yr efforts are recognized and much appreciated. ☆ D.I.Y. 'till we fucken die!



fucken
urban
pirates

dismantling capitalism action direct... 3	building & fixing sewing 29	art intro to plaster... 45
fore-arm guards 9	D.I.Y. oil change 33	...black & white photos 47
shoplifting tips 10	...quarter pipe 34	safety pin tattoos 50
...software piracy 12		
D.I.Y. spelling and grammar 13		
traveling traveling on trains 14	record and book publishing ...records, CD's, 'zines... 34	
backpacking 17	book publishing contacts 38	
...evasion communiqué #2.25... 22	postal jubilation 39	
abortion herbal gynecology 25	food ...food not bombs 40	
...how to abort... 27	...cook it yourself 43	
	...wheat flour egg noodles... 44	

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

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Action Direct Guide to Protesting

HARRY



Why Protest? Why Direct Action?

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

While definitely not always the most appropriate response to a political crisis, they can be effective. Perhaps it gets media attention, perhaps it unites groups who have never worked together before, but it definitely allows one to build the courage to confront your enemy face-to-face. Demonstrations tend to be dictated by: **What you want to do** and **What the cops are allowing you to do**.

The cops may allow you to do anything you want, especially if they are panicking or not present. The most common occurrence in street protests is that the cops confront the protesters, and your reactions in this situation determine the fate of the protest and yourself.

Form an Affinity Group

Have 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 by 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 bucks a piece. Pros use digital Nextel 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! Protests 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 a place to go – *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, go to one of the "Medic Trainings" at the convergence center. People are needed to be legal observers who take note of police brutality and can of fer legal advice on the spot to protesters, or answer a "legal" number 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 this 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



(much safer than calling over the phone), bringing up your own food with you, and calling friends or other contacts ahead of time to arrange a place to sleep. Try to find out the schedule of what's going on before hand! Most protests have web-sites (usually multiple, with different groups having their own web-site) with schedules. The best way to digest all the opposing events is to write a list of events that interest you right before the protest.



It's not a protest, but a festival..

Types of Protests

Each large demonstration each has its own character, and this character is what allows the smart affinity group to determine what the best route of action is. Protests now generally try to differ from 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 sends a delegate (or spokes) to one meeting a day (usually starting the day before the protest and continuing each day till the protest is over), where decisions will be made by *consensus*. Unlike majority-rule voting, a decision is made in consensus when everyone agrees to a proposal for action made by a group. The proposal is hashed out via discussion by the spokes and then either consensus happens or someone blocks it, or steps aside. If its blocked, its not consensb and the process continues. Usually the best use of these meetings is to just gain information.

Protests differ in *size*, and the difference between a Reclaim the Streets in a small town versus a mass demonstration in the Capitol is immense. For example, in Washington, DC there will be tight police surveillance, and the cops will be extremely well-equipped and well-trained to deal with large protests to make them ineffective, while in the local Reclaim the Streets the town cops might not even have riot gear, and will probably have no idea that you're reclaiming the street, smashing the state, or whatever else.

Surprise matters. If the cops don't know your coming or vastly underestimate your numbers, then you'll be able 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 lock-downs, so they reacted in a very brutal manner – a police riot which ultimately caused just as much chaos as the protesters, causing the meeting to be shut down. But at the protests of the 2000 Republican National Convention the exact opposite happened – not only did the police heavily spy on protesters meeting, they also radically overestimated the protesters, so when protesters tried to repeat Seattle with trained civil disobedience and amorphous "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 immense amount of Anglo-Canadian cops to patrol their city. When cops began tear-gassing anti-FTAA protesters, locals joined in throwing rocks at the cops – causing a near infitadla style anti-cop insurrection. This is opposite of the 2002 anti-WEF protests 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 streets) at some point. 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) to participate. However, often the march will be unpermitted, and the cops will try to break it up. They will get in front of the march or behind it, and send cops in the middle and/or down the sides of the march in lines.

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

There's also *property destruction*, ranging from smashing windows of corporate storefronts to spray-painting revolutionary tags throughout town. Sometimes this is even meant to provoke a insurrection or riot 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 will want to do. Having a gas mask and armor at a permitted march is absurd, 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 Protesters

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 organized in loose affinity groups but usually engage in no more than aggressive marching. They don't have much experience in dealing with police repression, but in sheer numbers and enthusiasm they usually spell the life or death of any demonstration.

The *unions* usually march in legal marches, and sometimes have their own. They are usually older and multi-racial, so cops usually feel a bit worse about attacking them than white students or youth of color. However, if the union leadership doesn't march them in the exact opposite direction of the showdown with the police, union members (especially 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 even "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 folks 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 *Puppetistas* or *puppeteers* 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 riot-style direct action and proactive self-defense from the police. They stand out due to their wearing of black, and often "bioc-up" (get close together) to remain tight. Honestly, if you don't have an affinity group plan, 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 converge 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 unusual groups at every protest. For example, one group which started in Italy and attempted a revival in New York City is "Ya Basta!", 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, since if any form of pepper-spray is used your contacts will trap it inside and you might lose 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 *Castille Soap*, and the "Original" Dr. Bronner's works. Wash your body with Castille 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-repellant if possible – since that will also deflect chemicals. You should also be able to run in your shoes, 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 black 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 *bandana 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-up and pre-soaked bandanas in a zip-lock bag. Just apply it to your mouth to breathe through when tear-gas starts coming at you.



"Be Prepared" - armor can come in very useful

Marching Tactics

Marches should have a clear starting point and an ending point. Marches can also be used as launches for more sketchy activity such as "break-away marches" to commence some direct action or Reclaim the Streets. Marches usually require tough banners, and these banners can be some of your best defense against police assaults while giving your march cohesion. Banners can be tough if they are



Our art is our weapon

ONCE,
they
peed
ON SERA'S
bed.

ut he
VERMIN"
ARE THE
things
that
live in the
walls at
CEDAR St.



made out of vinyl, not cloth or paper – and should be painted well in advance so the paint is dry. Banners linked with thick PVC piping (of at least 1 inch thickness on the top), available from any hardware store, can provide backbone that won't break easily under police assault.

PVC piping can be segmented and combined with various types of joints to make open square banners also. Tail banners (with eye slits or scouts) 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 toes 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 can relay via comms to groups in the march. It is the responsibility of those with comms to spread news, but 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 part attacked first if they want to stop the march, although 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 (*soft-lock* - see illustration 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 are much weaker and can be more easily arrested and stopped – so try to aggressively rejoin up with the other side of the march by filling up any space the march has left open and then slowly marching towards the thin line of police which has split the march. If the cops interject 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.

This is what soft-locking looks like!



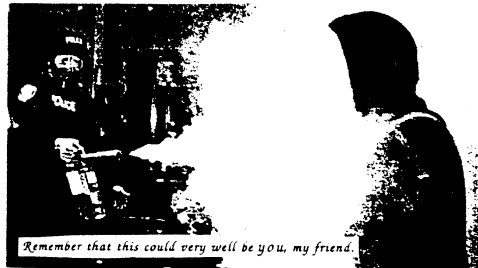
The most effective way to deal with a snatch squad is to get the person who is to be snatched away from the squad by putting as much distance in between the target and the snatch squad as possible. If that can't be done, then attempting to surround and block the vision of the officers will paralyze their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

If the cops actually manage to get a hold of someone and begin the process of arrest, there are many ways to *un-arrest* someone. One is the *puppy-pile*, 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 "puppy-pilers" should try not to injure the person. If a bunch of people are physically on top of the person the cop is trying to arrest, arresting that person is impossible, although the cops may try to grab people off the pile.

Undercover 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 just look like cops usually – short hair with large, muscular frames and dressed in what they consider to be "normal" street clothing. However, sometimes they try to "blend" and look ridiculous – for example, head-to-toe six-foot black-covered ninjas are probably cops. The best way to deal with them is to blow their cover by having the whole crowd yell "undercover" at them. 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 wrists strongest point (the back of your wrist, so your wrist is down and palm is up) is in their hand, and pull up. You can also just put 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.



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.

Medics should be identified by the bright red cross or star on their body. If the person were injured by pepper-spray 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 quickly use a squirt bottle to squirt a stream of water at a slight outward angle into the eye, 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 "LAW", 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 lest you re-expose yourself painfully! Then shower in the coldest possible water and Castille 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 to safety. If you have two people, you can form a two-person seat by having one person grab one half of the other person's body (at the shoulder and leg) and another grab the other half, and move the person away. Be very careful with the head – *don't move them if you have the slightest 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 up to you. Once this happens, you can either surrender or try to escape. If it looks like other protesters might come to your aid or a wrist break might save you, put up a struggle to escape. Careful struggling against cops, since this will likely be put down as a felony assault charge against an officer – as will almost any physical contact with the officer! Once it looks like you can't escape, go you should *preferably go prone and completely limp*. This will make the officer drag you very slowly and will generally make the arrest go a lot less smoother for them. If a cop or 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 going to remain silent, I would like to speak to a lawyer". Say it multiple times, all the time – it will aggravate them but you're within your rights. *Don't ever tell them anything!*



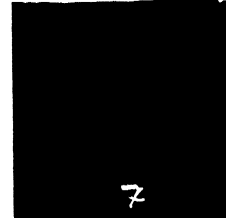
Going limp brings new meaning to "Going out in style"

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 till *arraignment*, where a judge will read you your charges and ask for a plea. Either remain silent (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 you're 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 "John Doe" or "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 2000 where they kept 420 people in jail for up to two weeks) they will just keep you there till you break down.

After you are arraigned you will be sent to prison for *quarantine* for a few days, where they will put you in silly looking jumpsuits while supposedly testing you for diseases. Then you will be put in prison (a more long-term facility than jail, also houses convicts) or back to jail until your bail bond (a giant fee told to you at your arraignment) is paid, which is usually 10% of your bail. For example, if your bail is \$10,000 then someone has to pay them \$1000 dollars or you wait in jail or prison until your court date. Remember that most people in jail and prison are there because of crimes committed against them by the government – so don't be scared, but use common-sense in dealing with them. We're all prisoners till everyone is free!

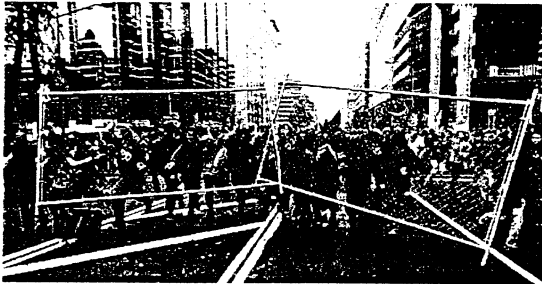
Breaking the Cops

The pigs 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 – including throwing things rushing it, or even heavy verbal intimidation. They cops might just withdraw or scatter. One of the scariest yet perhaps most effective is the simple countdown and charge – which requires more co-ordination than most groups have, but which Ya Basta! has used successfully. 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 newsstands to block off exits and otherwise litter the street to make sure they can't follow you. Dumpsters near bars are often deeply alcoholic – thus easily flammable – lighting 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 legitimacy 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 wreck havoc to property and defend themselves by moving faster than the heavily armed police who trudge 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 pigs



Running Away

Half of fighting the man is actually striking your blow, and then 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 following some pre-set plan, have escape routes that are checked by scouts to make sure they aren't occupied. 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 stores 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 your right by. Sometimes it's 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, because you most likely will get separated from people you want to see again. Comms aren't only to remain in touch with tactical information, but also to keep in touch with people who you've been separated from.

You're actually fucking doing it!

There are few experiences in this world as full of liberation and joy as that of outright revolt through the confrontation of power. Using your whole body to fight back – you regain your own long 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 here 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 hard lock-downs (detailed in the next paragraph) managed to physically prevent delegates from getting in. You can *soft-lock*, which usually will only serve as a short and dangerous delay, by grasping hands or interlocking legs.

The ante can be upped considerably by *hard-locking*, which means either locking yourself to an object with a physical lock – such as a U-lock normally used to lock bikes. You can also lock your body together with another demonstrator, usually under reinforced (with chicken-wire) PVC piping. The cops will have to bring out specialized drills in an attempt to get you out, which causes them all sorts of chaos. All types of lock-downs 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 ofcourse!) – 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 top of the bottle. 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 it went since the corporate media increasingly refuses to even 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. Benefit shows and dinners can be used to raise legal fees, and rides 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 some of the words 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 stay 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

FUKY R. BATONS

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

They're pretty simple to make, materials are cheap (or free if stolen or dumpstered), 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 to nearly 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 or 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 (distance around) your arm at the fattest part near the elbow, plus 6-10 inches. As these vary widely 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 unravel), then lay the second piece on top of the first, centered with regards 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 slat. 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 make sure 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-LEEFING 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 Evasion, 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. Far East- the address is on the intro page.)

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

decoys

-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 seperately. have the sketchy kid walk around and look suspicious without 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 rung 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 some of 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 afterwards, 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 had 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 sometimes employees 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 they'll know what's up.

-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 undies and the waist of yr pants to hold item 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. thanx a lot sam! you should fucken die!

-if employees see you with 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 (s)he can't see you, but be careful, because sometimes they have cameras behind them.

a D.I.Y. guide to SOFTWARE PIRACY

by Roger Thatt

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 imaginable, every game written, damn near anything you can imagine (and a hell of a lot that 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 www.downloads.com and search for distributed downloads. There are a number of them out there now, to name a few: Kazaa, imesh, winmx, edonkey, and morpheus. My personal favorite is edonkey, and it can be found at www.edonkey2000.com. However, due to the less-than-legal implications of most of these pieces of software, they have rather short lifespans. 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 enough 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, or .ccd 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 ya just gotta deal though.... .ccd 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 (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 .bin or .que or .nrg) go to www.google.com and search for it. Typically an 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.

D.I.Y. Spelling & Grammar

LIZ

Spelling doesn't really matter as long as you get your point across--even Shakespeare (or Shakspeare 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 persuade a larger audience about ideas that may be unfamiliar to them. The last thing you want to do is write an impassioned, articulate flyer 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 often-misspelled words.

Bourgeois (pronounced something like "boojwha"): No wonder you can't spell it--it's French. Try remembering it in pieces: "bourg" means town (just like the -burg or -boro ending on a lot of city names) and "eois" 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, eXISTENCE, resiSTANCE.") Good luck.

Grief (also "thief", "relief", "siege", "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--"higher-archy" 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 "hypo" part indicates under (as in hypodermic--under the skin)--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, would disagree) that "there is no dance in independence."

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

Pervert: Each syllable has a specific meaning in Latin. "Per" means thoroughly, "vert" means turn aside. Put them together and it makes sense. The common misspelling "prevert"--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 root 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 priVILege, not priVALege or PriVELege. And remember, there is no D in "privilege"--don't spell the last syllable as "ledge".

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

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

HOMONYMS: Homonyms are those words that sound the same but have different meanings. It gets confusing when both meanings sort of make sense (or neither meaning exactly makes sense, as sometimes happens with cliches). Here are a few commonly confused words:

Its and It's: Not really homonyms, but two words that give people a lot of trouble. True, you normally put in an apostrophe when you want to show that something belongs to someone, but not in this case. Here the possessive is simply "its" because "it's" is reserved for the contraction of "it is". "It's too bad its head is so small."

Rain, Reign and Rein: "The teargas canisters rained down and confusion reigned." In other words, teargas fell as steadily as rain and confusion ruled. "Rein in" means pull up short as with a horse's reins.

They're, Their and There: Three completely different words. "They're" is a contraction of "they are". "Their" means it belongs to them. And "there" is a place. "They're moving all their shit over there."

Toe and Tow: It's "toe the line" not "tow the line"—stand where you're told with your toes lined up along an imaginary line, not haul a rope.

PERSONAL PRONOUNS: No one gets *he, she, him, her, me* and *I* right all the time, but for some people misused pronouns can be as grating as fingernails on a chalkboard. It's actually not that hard to get it right if you think it through. Look at the sentence "She handed the balaklavas to he and I." Now strip it down to "She handed them to I." Sound right? Of course not. It should be "She handed the balaklavas to him and me." ("She handed the balaklavas to him. She handed the balaklavas to me.") It's the same with "Her and me went dumpster diving." If you wouldn't say "Her went dumpster diving," or "Me went dumpster diving" don't say "Her and me." The right sentence would be "She and I went dumpster diving." It gets easier the more you try it.

T R A V E L L I N G

travelling on trains

ISABELL

So I'm supposed to be writing you something about how to ride trains and all I can think of to write about is why you SHOULD^N'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, but I don't feel as compelled to do it as I used to cause I have a lot of qualms about parasitic travelling. And it took at least a year from when I learned to ride trains, after I'd done quite a bit of travelling, for me to honestly love it. I'm so glad I learned, but I think my experience would have been really different if I hadn't learned from 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 leg gets cut off and they need to go 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 your town and ask them where the freight train yard is they'll 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 with ribbed siding dropped down into "wells." Containers can either be double-stacked (DS) or single-stacked. Junk is made up of a mix of box cars, grainers, tankers, lumber cars and whatever else. Basically any mixed freight is junk, even if there are a few containers or piggybacks mixed in. Hotshots are priority trains. They carry more important cargo longer distances. Junk trains pull over on

siding tracks to let hotshots pass. Hotshots are faster and usually go from one 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 out just about every year. It has every crew-change town in the U. S. and Canada, and some information about each yard. Almost every town has a small 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 and 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 a yard, but this is not fool proof. Ask around or look in zines to find out where you can get a copy of the crew change. It's all distributed not for profit by train riders, you can probably just copy it from some one.

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 and a while they'll turn you in, though less often than you might think. Only approach them when they're alone cause they don't want to be seen giving info if 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 too long, especially if they don't seem into talking. Its 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 women, cause rail workers might be more likely to assume you 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 get on. Some cars do not have floors, its just open between the wheels and the track below...be very careful, look first, double check yourself etc. On a hotshot, as I said, there are **piggybacks** and **container/wells**. You can pretty much look at piggybacks to see if its rideable. Some of the trailers are on flatbeds and you can climb under the trailer and lie down. Look to make sure it has a floor. One of the types of piggybacks that are NOT rideable have smooth sides. Check all of them, though. Piggybacks are a nice ride for warm weather, but they can be 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, the well is the actual train car, and the container is a rectangular box dropped down inside. 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 square 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 rideable cars. **Grainers**, which are hard to describe, have "porches" on either end, which sometimes have floors. Some of them also have holes that you can crawl in to hide if need be. **Boxcars** are always rideable if they're not full of cargo and if the doors are open. If you share a boxcar with cargo be careful cause it might shift while the train is moving. Its 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 on and off 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 up. Always make sure there is a floor. So if you are on the left of the train facing 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 that you are facing with the train and can easily run in a comfortable and safe direction if the train starts moving. Personally, I would never get on a boxcar on 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 on a stopped boxcar do it quickly, pull yourself up either with a handle on the door or with both arms on the floor, then crawl 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 feels more safe to me than getting on. To get off a ladder, basically do 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 get 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 have your right arm and leg on the ladder, put down your left leg, then run forward and to the left at an angle away from the train. As for boxcars, I don't get off on the fly. You should only get off 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 hissing noise and it usually happens right before it starts to move. When units (engines) detach from a train, or a train stops it will often "break air" this makes a loud, sudden "PSSHHHTT!" sound. Trains no longer use cabooses. They use "Freddies" (Fucking 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 sort of computerized 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 "put-put" 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 could move. 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 acknowledged if you see them from afar. Some yards are hotter than others. Check out a yard in the crew change guide first so you have some 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/off road type vehicles. Steer clear cause many will arrest you.

I've probably left out lots of important info and safety tips, so find some one 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 cause everyone else is? Cause you wanna prove that you can? Cause you wanna see the country? Cause you wanna have some fun? Kick the money/work addiction? Change the world? I 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 country that I had mostly only seen on the other side of a glass screen or in a photograph. How weird is that? Travelling has made me aware of types of people I never even knew existed before "the militia member truck driver," "the single mom who loves hitchhikers" "the rail worker who wants to put you on the right train" etc. Its 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 "travellers." A lot of people feel like travellers roll in to town, ruin all the scams, dumpster 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 time hobos usually leave something behind at their catch-out spot for the next train-rider 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 an exchange.

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 infoshop in an RV. I know two groups of people doing this right now. One steals radical books from corporate stores, and re-sells them for less to pay for gas. The other distributes books for Auto-no-media.

*Do the dishes. 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 transgendered folks and wimmin to travel 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 you 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 from the IWW did before there were phones. Tell 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 be informal about it and just keep your eyes and ears 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 squats 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, cook 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 dudes who hitch around. Tell them why you travel, learn from them. Give them your zine. 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 that 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 girl. I think we all recognize at this point that there are power dynamics between men and women. Physical skills, 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 types of things from men makes me feel competitive, like I'm not as good at it as them, and 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 wimmin and trannies 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 wimmin or trannies who can take you, go ahead and learn from a boy, but consider: why aren't there any trannies 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 most risks. Some people are more relaxed and want to enjoy the experience without rushing. Some people always catch on the fly, some people never do. Some of this stuff is gendered, some varies person to person. I highly recommend that once you learn to ride trains you 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, and 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 trannies you travel with, notice when you're hitchhiking if a woman is getting sexually harassed or cut out of the conversation. Check in with them before during and after. Find out before you travel how they want you to support them if they get harassed, then follow through. Ask questions to find out 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 decisions and communicate. Boys, if you are teaching someone 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

SERA

This damn article somehow managed to be real 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 dad and my brother, so most of this stuff I learned 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 extensively walking in the woods is about. The rest you can find out for yourself.
--sera white <gogetemdude@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 comfortably 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 compliments your own specific body structure. Just use your own judgement when it comes to readjusting your pack; sometimes all you'll need to do is loosen the straps and then tighten them again if it feels a little discomfoting while you're walking. The general rule is that you should never carry more than a 1/4 of your own body weight. Oh yea, there are 2 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 and as small as possible. 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 month long trip that weighs about 4 lbs and takes up about a 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 sides/bottom of the tent so when it rains, 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 still "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 underneath and get the inside of 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, heavier, harder to compact. Goose down sleeping bags are made out of goose feathers. Not vegan. However, they're much

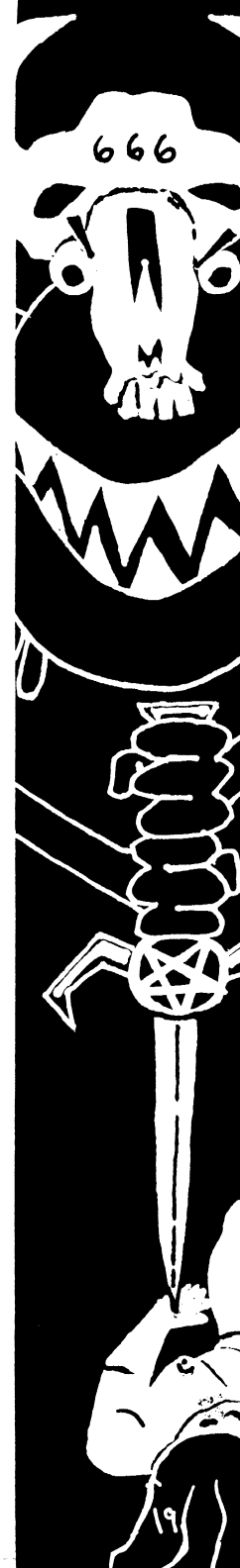
lighter and easier to make small and they keep you much much warmer. The only real disadvantage towards having a down bag is that if you get them wet, they become totally useless until dry again. Rarely do they ever get wet though if you take care of them and have a waterproof stuff sack. Both kinds 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 compliment both 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 to use if you need/want one. Thermarests 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 they keep you a little warmer in winter time, 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, capiline, wool, polypropylene, etc. made into shirts, shorts, socks, bras, coats, hats, gloves, etc. are good 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 weary about drying your socks too near the fire; synthetic fabric burns (melts) real easily and 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 white athletic tape. It stays in place with all the friction your feet create with shoes and socks on 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 you're tired, when they need to breathe, and if you 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 shoe and if 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 it'll wear thin, so once you notice it not working anymore, clean your shoes and apply it again. Any kind of boot not made of leather is fine too and





can be waterproofed as well, though it's life span may be a little shorter.

Maps. Compass.

Unless you 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 mountains and valleys and such. It makes more 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. And every map is different because they're drawn to a specific scale so be 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 retractable saw that's real light and real useful for cutting logs that are too big. If there isn't already 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 teepee looking thing. Use any papered waste you've accumulated to help get the fire going. Make the twigs as compact as possible without restricting any oxygen from getting to where the fire starts. Matches and/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 covering it 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 of 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 backaches and sore ankles and cuts and bruises and chaffing. Basic things that might make it better: bandaids, 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.

Food. Cooking. Water. Filters.

Food 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 of that 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 cans or glass jars. If it came in a box or an 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, oatmeal, brown sugar, grits, brown rice, chocolate chips, ramen, poptarts, 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 need 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 take a mixture of butane and/or propane fuel (these ones are found in the unreuseable 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 purification ally, 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 some sort, 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 not good thing. If there's a river nearby your 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. And 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; I just never really used them when I was younger. 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 broke out of 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 stand still. Never run away from them because they'll 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 my 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.

**"Everything I need to know, I learned
DRINKING HAIRSPRAY
down by the tracks"
EVASION COMMUNIQUE # 2.25 - 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 "Meat is Murder" stickers. Safeway for looking guilty, cornering me on the possibly the only day that year I hadn't stolen juice. Thrift Store 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 salon guy had his head turned, but there 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 toiletries 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 one of those rap album covers, with the big-baller shotcaller looming 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-once-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 to write on lessons 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 the biggest question of all - why I'm the only bum doing this. Never have I tripped over another sleeping on the roof of the library. I'm 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 someone famous speaking to attend, a locker room to shower in and a dorm dining hall to crash. And if you buy as many 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 AYCE buffet, the most colorful known to bum or billionaire. There's soy milk 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-oudoor.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 tag on the sign post below mine. Handwritten signs 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 pop! 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 fumble there 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 the falsehood of these misconceptions and others. Like how I've never 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 bums in arenas both private and public, I take a little walk.... What they call "living without dutiful purpose" can be exhausting.... Where: Rooftops (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 - very top and under stairs at bottom. "Fire 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-locked, 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.



PART II

ADVANCED VAGRANCY - TRACT FROM THE INNER CIRCLE

TALK TO STRANGERS "More afraid of you than you are of them"; spiders, editors, and locals. My social skills are whack, but traveling creates this rad "nothing to lose" climate, crucial for social ease and crime in unsustainable levels. A small town saturday night, a high school hangout and one man of mystery - the closest I'll ever come to celebrity. Strangers..... sometimes they let you sleep on their couch! Or like Seattle last weekend - their basement floor.....

BE STRAIGHT If the experience isn't it's own "high", you're probably kind of boring, and stepping over you outside the 7-11 is getting kind of old.....

LEAVE WITH LITTLE OR NO \$\$\$ I read somewhere - "The less you spend, the more fun you have."

SCAM, STEAL Paying for things on the road is kind of uncalled for. I look at theft like those answer raps of the 80's - like UTFO dissin' Roxanne, and Miss Shante returning with a scathing rebuttal - it's a response (theft) to an insult ("work or suffer"), done without looking them in the eye, but the point is made. And it only takes one well executed "hit" to retire on! Yo, pass the mic, and the soy milk! Two solid crimes - 1) Money: Receipt from trash outside retail store + corresponding item + left hand technique followed with a "return" of the item makes every receipt as good as cash.... 2) For the basics, the "left-hand technique" is unapproached in its success rate and finesse. One chooses a moderate amount of merchandise to be stolen, and an inexpensive ticket through the line, like, say, a bottle of water. The item(s) to be liberated are held casually at one's side, below the counter and outside the cashier's line of sight, while paying for the inexpensive item. Take your change and walk out. They are not looking for this. I feel that, in 2002, "concealment" is like a long roundabout method for a result more quickly achieved by just arresting yourself. Picture a man - identity known by none - who has practiced the left-hand technique twice daily for 7 years without arrest. You often question it, doubt the statistics, but then, you're often in court.....

EXPLORE America's underground geography.... there are whole worlds out there. Someone should write a book about trespassing. I really cherish my time creeping behind Fire Exits and over barbed wire, up ladders and through college doors opened with a pocketknife. Had I not been sneaking - quite illegally - around the campus construction site, where would my life have taken me if not down that manhole, to a tunnel network four stories underground.....Just like the Goonies! **ALWAYS ASK** To this day, asking before taking pains me as deeply counterintuitive. But worker disenfranchisement is at an all time high, and so goes the free stuff. Pink hair, the little band pin, her being the singer for that really great band you say last month: things I've seen on the road leading to an illicit understanding and "no charge". The little people look out for each other. It was a punk girl and bold

request accruing 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"

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Evasion #3 Coarse and unnecessary 100-page epic out soon

A B O R T I O N

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 know that 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 womyn who can help you through this.

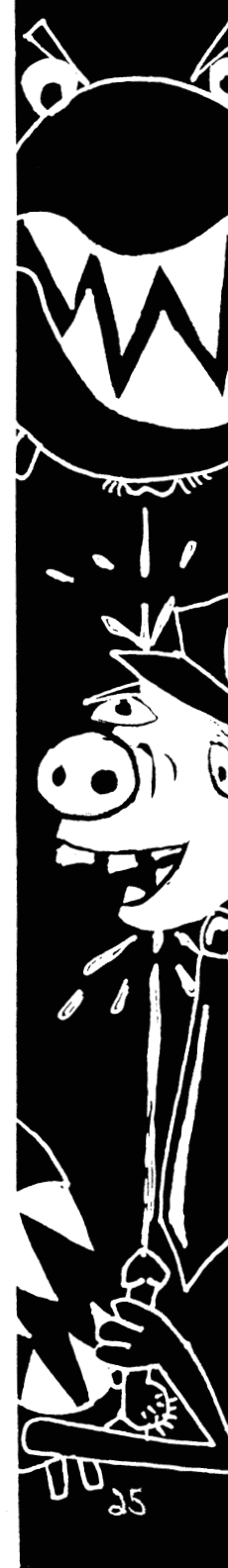
herbal gynecology

ERYN

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 rad 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_zeus. 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 get ovulation. Since sperm can live inside you for five days I try to stay away from unprotected sex starting at 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.



Spermicide: Fourteen drops of pure lemon juice, honey to taste and cornstarch to desired consistency. Rub it all over everything getting as much of it as possible around and in and on all the sex parts. It's messy but wicked fun. I guess the acidity in the lemon juice kills the sperm.

Day 13-17 I try not to have sex at all because those are the most fertile days of my cycle and I don't want babies. Your or your partner's cycle may not be exactly like mine so while you're still figuring out which days are baby days you want to give yourself plenty of room on both sides of ovulation just to be safe. Like I said, it's not foolproof and it's super important to know your cycle. From Day 18 to 33 when I start my period again I'm theoretically "safe" and sex is my favorite pastime. *(Editor's Note: I personally don't feel like the method above is a safe form of birth control for many of the women who will be reading this guide. Most of us don't have set routines, we don't always eat right or enough, we may travel a lot, or be in close quarters with other women for lengthy periods of time, some may smoke pot or use other drugs—all these things can affect the regularity of one's menstrual cycle. I do believe that this could be somewhat reliable for those with cycles as timely as Eryn's, but for the rest of us, I don't think it's a safe idea. And I think it's tragic that not only is this world such a scary and terrible place that we have to be afraid to bring new life into it, but that almost every form of birth control totally sucks. But we do what we have to do.)*

Sometimes, though, when you're first trying to learn your body, you mess up and get pregnant. This sucks for some people (people like me) who don't like doctors. I refuse to go to clinics or anything like that so when my period was late and I knew I was pregnant (because I'm never late) I decided to bring about menstruation herbally. I wouldn't suggest using these methods on a regular basis unless you're trying to fuck yourself up, but for emergency situations I feel like it's OK.

One method is to insert a sprig of parsley as far as possible into the vagina before going to bed and removing it in the morning. You want to do this for three or four days accompanied with parsley infusions.

Making infusions: Two cups of boiling water per one ounce (large handful) of herbs--this time parsley. Add the plant material to the boiling water and remove it from the heat and cover it. Let it sit for 20 minutes, or "steep" as they say. You don't want to boil it even when reheating it because it boils out the potency in your plants. It can be kept in the refrigerator for two to three days in tightly capped jars. Take two teaspoons of this four times a day.

You should read this 'zine called Hot Pants (Hot Pants/CP871 SUCC.C/ Montreal, Quebec/ H21 416/ CANADA)—diy gynecology. It's got a lot of recipes and useful information if you can find it. I never used the method above so I can't say how it works.

After the first few moments of a risky sexual encounter, to avoid pregnancy you could insert a non-chewable Vitamin C table at 500 milligrams into your vagina. Use one to two tablets every 12 hours for three days. Since vitagmin C is really acidic it tends to burn after awhile and I developed a wicked nasty yeast infection.

Curing yeast infections: Take plain natural yogurt that is unpasteurized and contains live lactobacilli and insert into and around vagina. It takes some getting used to but it works and high doses of vitamin C after risky sexual encounters does really work.

If it is a few weeks later from the initial contact you may need an herbal inducer (also called an emmenagogue—anything used to stimulate menstruation). I took one that combined infusions and decoctions.

Decoctions: A decoction 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 decoction 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 foods 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. Pennyroyal 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/pennyroyal in two to three cups of boiling water. Simmer covered on low heat for 20 minutes and strain.

Step Two: make decoction 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 decoction 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 Abort your own fetus? D.I.Y. Herbal Abortion

EMILY

All of the stories I've listened to concerning the personal experience 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, peaceful and organic. We can care for ourselves; we do not need to rely on the medical establishment for our reproductive freedoms. I have experienced first hand 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 run down of important and helpful info and a recipe to use as a secret weapon.

SEWING

STEF

every revolutionary-anarchist-punk-workfree-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 my 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:

getting 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)

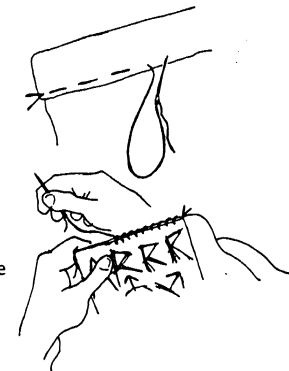
some stitches

(i don't know any of the real names for these so i just made up my own- i'll refer to these later in the article.)

1) "easy stitch": this one's real simple. it's most useful for edges that have been folded over or in situations where there's not room for a different stitch. i think the diagram is pretty self explanatory.

2) "punk stitch": this is the most practical stitch in my experience. it's really strong and really quick. pinch the edge of one piece of fabric to the folded edge of another like this: push the needle through the two pieces on the side facing you about 1/8" or 1/4" from the fold and pull it through the other side. next, bring the needle over the fold and repeat.

3) "no-fray stitch": this stitch is good for material that is likely to fray or for inside seams on clothes and stuff. this one is like the "punk stitch" with an extra step. hold the material the aforementioned way. push the needle through the material about 1/8" to 1/4" from the fold and pull it through the other side. pull the thread through leaving a small loop. bring the needle through the loop from the back (if you go through the front, it will knot). pull the thread tight and repeat all the steps.



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.
- pliers are a great help for sewing through leather, canvas or other thick materials. use the pliers 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.

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 primed and ready for pregnancy. In fact, during ovulation our immune systems are almost always lower than in the rest of our cycle. This means that our bodies can't 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 squirmy intruders on your sexy and fertile soil they will set up shop and if they have it their way, you will be pregnant.

So your soil has been invaded while your immune commanders 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 suspicions 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 puke, 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 fetus and its fate are 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 fetus 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 kick-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 1/2 ounce of pennyroyal in 2 or 3 cups 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 a 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 than a week. If your enemy is not defeated, don't cancel that appointment. I started bleeding within 36 hours of my first assault on the sperm warriors.

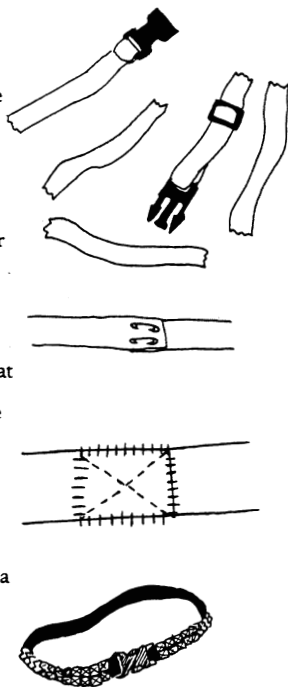
This mixture tastes like death, drink with honey, breathe!, grab a friends hand, and when you start bleeding dance! Good luck hot stuff.

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

ghetto fabulous belt

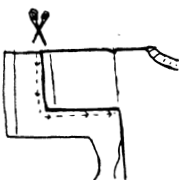
- 1) go to one of many grocery stores that have those little child belts on their carts and cut off 3 or 4 sets of them, depending on how large yr waist is. make the cut as far back as you can, since you will need the straps as much as the clips.
 - 2)leave one set of clips attached to the straps and 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.



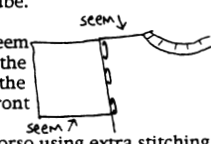
modifying a tee-shirt

- 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 it's 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 seem you just made on the sleeve lies exactly opposite of the seem that is on the shoulder of the torso. reconnect 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.



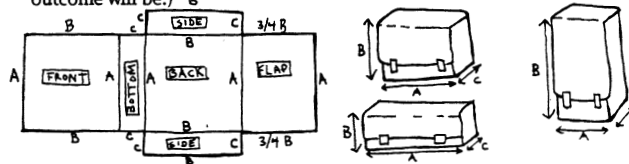
shoulder bag

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

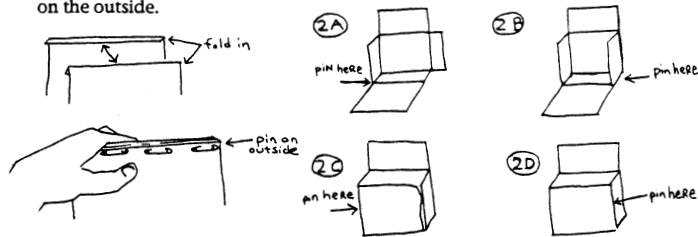
you will need:

- 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

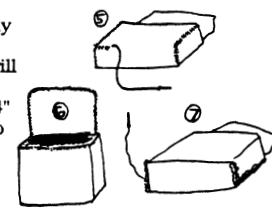
- 1) (if yr working with smaller pieces, you will have to figure out how to connect them during this first step.) draw and cut out a pattern like one of the ones below. A= length. B= height. C= width. measurements A, B, and C will be determined by the size of bag you desire. (if yr having trouble figuring 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 pinch 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 stitch the seems together with dental floss. melt the ends of the floss when yr done with each strand. you might need pliers for some of the sewing if the material is thick.
- 5)(this step is not necessary, but aesthetically pleasing.) use the "punk stitch" to sew over the edges that were already attached. this will help the bag keep it's shape.
- 6)fold in the edges on the top part about 1/4" and use the "punk stitch" to make a seem. do the same on the edges of the flap. you can round the corners if you wish.
- 7)turn the bag inside-out and use the "no-fray stitch" to strengthen the inside seems.
- 8)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.

D.I.Y. OIL CHANGE

DEATHSNAKE

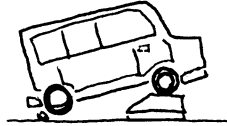
you will need:

- 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 an 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 onto 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- or 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.



from underneath the car you might be able to see the oil filter. it will be white and close to directly above the oil reservoir. in some automobiles it is easier to get to the filter from the hood, others from underneath. the oil filter should be able to be unscrewed by hand. if not, there is a special oil filter wrench you can get (again, there are different sizes for different filters) or you can try tightening a leather belt around it to give you some more leverage while turning. (editors note- we had to change the oil in our tour van and the filter would not come off. rob ended up sticking a screwdriver in through one side and out through the

other and was able to turn it like that.) it's tough to unscrew the filter when it is warm, so let it cool down if that is the case. when the oil filter is off, you are ready to put the new one on. before doing so, take a dab of oil (on finger) and rub it on the black, rubber, o-shaped ring on the new filter. screw the filter on and tighten it.

now, under the hood of the automobile find the hole where you usually put the oil in, commonly marked with an oil can icon and put in your four 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 cannot 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 hammers
- 2 power drills
- black sharpie
- string

MATERIALS:

- 2 sheets of 1/2 inch plywood
- 2 sheets of 1/4 inch plywood
- 1 8 foot by 1 foot piece of sheet metal (the same thickness of a street sign)
- an ass-load (20) of 8x2x4's (you can never have to many 2x4's)
- 1 box of 3 1/2 inch 16d bright common nails
- 1 (maybe 2) box of 3 inch wood screws
- 1 8 foot long .2 inch round galvanized pipe.
- i think that's it

first off, plan on spending about \$150 to \$200 hundred bucks. i can guarn-damn-tee you that the only thing you'll find on a construction site are 2x4's (that's assuming you were planning on stealing wood). o.k., so let's start. the first thing you'll want to do is cut your transitions. lay one sheet of 1/2 inch plywood on a really flat surface, and give yourself some serious room.

this is the most important part of your new ramp, so you don't want to fuck it. a good transition for a 3 foot high ramp is 7 feet. so what you want to do is tie 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 (pt.a) on the corner of the plywood. get your buddy (pt.b) to hold the string tight 7 feet away, but directly in-line with the edge of the ply. your buddy is the center of the big 7 foot circle you are 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 fun or shitty.

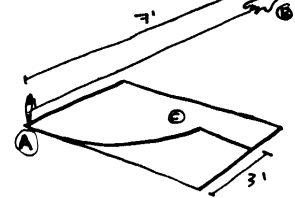


fig. 1

o.k., so now you have your tranny drawn. measure 3 feet up your transition (pt.c 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 matching height and then mark it. now, draw a line connecting to two marks. your plywood should look like fig. 2.



fig. 2

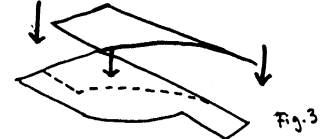


fig. 3

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

when you have both transitions cut, you'll want to measure and mark ever 8 inches down both trannies (fig.4). when complete, 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 and cut it. when completed, sit back and enjoy a nice beverage while brainstorming all the insane sessions this ramp will endure. o.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 tranny is in the center of your 2x4. your ramp should now look like fig.5.

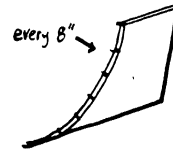


fig. 4



fig. 5

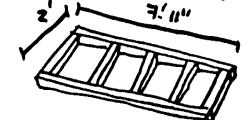


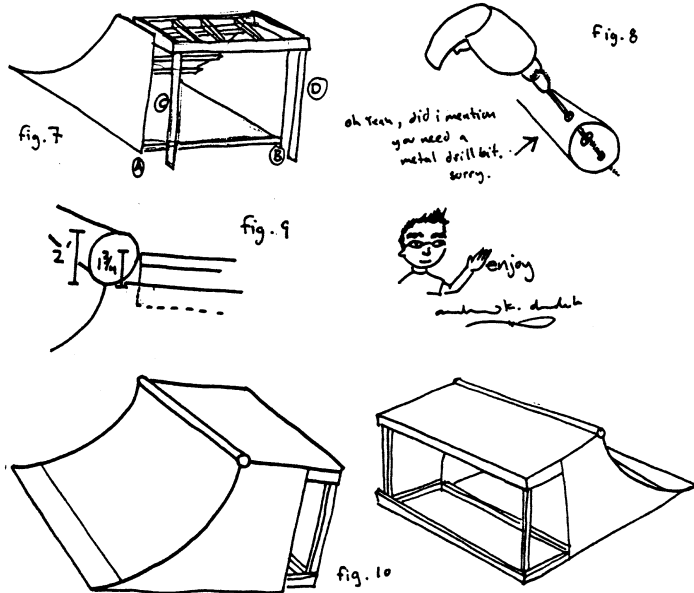
fig. 6

now put the transition box aside and lets 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 em'. next make a mark on those 2 by furs every 12 inches. cut enough 2x4's at 21 inches to meet the lines. this includes the end pieces. your deck should measure 7'11" by 2' and look like fig.6.

let's go back to the tranny box. on the back side of the box (fig. 7, pt. a and b) measure and cut and nail in a 2x4 to fit in the bottom. this will help stabilize your ramp. next , measure and cut two 3 foot long 2x4's (pt. c and d). to make the coping (the pipe i 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 tranny(fig. 8 pt. a).

the deck box should be nailed into the transition at about 3 feet and 1 3/4 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 gonna layering it with, the coping sticks out 1/4 of an inch.

now start layering your ramp. use the box of screws i made you buy to do this. ply the deck with the other 1/2 inch ply and cut it to fit. you'll have to add some 2x4's to the base of the deck and tranny for stability. lastly, screw on the sheet of metal to the bottom of the ramp and skate the living hell out of it. your ramp should look like fig. 10.



RECORD AND BOOK PUBLISHING

A quick note to go along with this section... To whom it may concern: it's important that y'all know that Crimethinc is whatever you make of it. It's just an idea that some of us share and it's up to you to give it form. There is nothing special about the crimethinc cell that put out days of war, nights of love or the cell that put out a zegota cd. There is nothing special about this guide. Yr badass and you can do anything! Make a book, movie, cd, anarchist chess set, illegal art project- call it "crimethinc", or don't. Call it whatever you want, or don't call it anything at all. Just do it. You can! Here's some advice and our contacts. If you have any questions about any of the following, email me (stef@crimethinc.com) and I'll try my best to get you whatever info you need, or I will put you in touch with someone who can walk you through the process. Good luck!

Self-releasing
records, CDs, zines
and other such things...

B-DOGG

...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 version 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 guitars by shifting the emphasis to the panned sounds). You should be able to find a decent mastering place somewhere near you; we 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) 302-8300. 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 a stamper one time from a plate, and after that the plate is useless. A stamper can only make about 1000 records before it is useless. For these reasons, if you 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 collating CDs, if it's cheap to pay them to do so. 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 (800.603.2584), 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. The one I've always worked with is Benson Press (Colin Davis--919.894.4170), in North Carolina-- (we didn't print 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 railway 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.



Initiative

All the contacts in here are not supposed to work as a comprehensive resource--some of them will go out of date sooner or later, and there are millions of other companies--but just to serve as an example of where we get our shit done. Anyone with a computer that has internet access (or a library to use one in) can find a wider selection of all these possible contacts just by searching at www.google.com. Don't take my word for it--please do go search yourself: this is all about you learning that you can do every step of this process yourself! Whenever you don't understand something, just insist that the people you're speaking to explain it for you--don't try to pretend you understand everything, that just keeps you dumb. If you have any questions about any part of this process, write us a letter here at the DIY Guide address and we'll help out. Everyone should know how to do all this stuff in our community, so it won't be a privilege to have the capability to make art and culture (though the financial resources, and others, are still distributed unfairly). Good luck.

BOOK PUBLISHING CONTACTS

Every Bit of Inside Knowledge I Have About Getting Books and Newspapers Printed Based On The Experience of Publishing Two Books and a Few Harbingers Which Isn't Very Much, I Know by Turkish Oval (aka Nick F. Adams)

It would require an entire book for me to lead you by the hand through every stage of book publishing and printing in general, and in fact, there are many books already written about this exact subject matter which cover it quite thoroughly, although from a decidedly un-anarchist perspective. Two good ones that you can probably get from your library or borrow from a Barnes & Noble are *The Self-Publishing Manual: How to Write, Print and Sell Your Own Book* by Dan Poynter and *How to Self-Publish Your Book With Little Or No Money! A Complete Guide to Self-Publishing at a Profit* by Bettie E. Tucker. While these books can be very helpful, I feel obliged to mention that I consulted no books when going through the process of publishing, and any fearless adventurer who simply pursues the matter can get by easily enough without them (and with severe headaches).

So instead of a comprehensive guide, I'll instead provide a few tips that might not be in any books and a small list of contacts that have served me well.

Using either Google or the phone book look up "web offset printing" (for newspapers or newsprint zines) or "book printing" (for book printing). In phone books these are both in the "printing" section.

The first step in getting something printed is to get a quote from the printer. You tell them what you want and they tell you what it will cost. At first this will be a shaky process, but once you learn their terminology and bizarre business practices, it will seem rather simple. Make sure to ask if everything is done "in house" (this means that they do all the work themselves instead of farming it out to even more business you have to pay) as this will keep them entirely responsible for the finished product and keep the cost down. Call many, many places to get quotes on the same project--you'll be amazed at how much the price varies, and the more places you call the higher the odds of a really cheap price.

Everything I work on is designed on a computer, so one issue is getting the stuff I want to print to the printer. If you do the work on a computer, make sure the printer accepts artwork on disk and make sure that is included in your price quote. Also check to make sure that the software you use is supported by them. Having the disk output to film somewhere besides the printer usually leads to very real, costly problems. If you do your work in manual paste up land, god be with you.

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 more depth to the publication.

Sometimes the cheapest printer will be a fair distance from where you are, but they will be so much cheaper that you will still want to use them. They may offer to freight your job to you or deliver it themselves, but both of these will probably be fairly expensive. What we have done in the past is hitchhike or take a bus to where the printer is, rent a uhaul and drive the stuff back ourselves, this often saves hundreds of dollars and adds a little adventure to an 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 me, 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 at, 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 Printer

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.

Newsprint 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 solid 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.

POSTAL JUBILATION

by turkish oval (who has "M-E-D-I-A M-A-I-L" tattooed on his fingers and one thumb)

Knowing the right words to say to the postal clerk can save you hundreds of dollars, establish strategically important friendships with the clerks themselves, and make you the envy of smug businessmen who had just moments before smirked at your dirty feet. Having your shit together at the post office will instantly outweigh your appearance and the potentially controversial subject matter you are mailing, and facilitate getting your packages where they need to go in a quick, secure, and cost-effective manner--which is the whole point here, right?

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 new-ish 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, youname 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 and most packages now get 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 (these should go Bound 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 have 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 \$3.50 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 that 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 over it, 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 one of these guys, costing me only \$3.95 instead of the \$7.70 it would cost without the magic words "Flat Rate Envelope" printed on it--this is a major victory in the war against the man: abusing his own policy, meant to swindle consumers, to swindle him instead--through the usual absurd punk ingenuity, ha! Stuff these fucking envelopes to the gills and laugh all the way to the post office!

In general Priority Mail actually does get there in 2-3 days and in my experience far fewer of these packages are lost than any other kind. Be warned, sending heavy stuff, like say 24 books, can be really expensive, up to \$30.

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 everyone who handles the package know that they are a little more accountable since there is a record of it being in their hands and when. This is not insurance, tracking, or registered (all of which are much more expensive) but I have not yet had a problem with any package with Delivery Confirmation.

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 have the prices of non-letter air mail gone up by up to 200%, so have 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 \$30 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-Bag, this includes books, magazines, posters . . . you know, printed matter. You just package your box o' stuff and address just 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 out a tag. You can send stuff in a M-Bag via air or surface but the real savings come when you choose surface. 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://postcalc.usps.com>), and also at the bottom of that page is their "Simplified Domestic Postage Rates and Fees" 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 raise the basic stamp rate up to 37¢ from 34¢ and increase the basic media mail from \$1.33 to \$1.42. However, our beloved Flat-Rate envelope will actually decrease in price from \$3.95 to \$3.85, so it's not all bad.

F O O D

How to Start A Food Not Bombs

LIZ

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 business people, students, travelers; when the weather is nice we eat outside 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 60 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 one anywhere else; chances are, though, 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 at getting new people involved in activist politics. You can't look long at all those 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:

- ★ An understanding of and agreement with the three principles of Food Not Bombs
- ★ 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.

- ★ Highly developed 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, all 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 to "them"; as an anarchist organization part of its purpose is to provide people the 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, sends people into addictions, eats away at pride and self-reliance. Hunger destroys health, saps energy, takes up time. In some parts of the world--notably San Francisco where thousands of people have been arrested over the last decade for the simple act of serving food in 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: the production of meat is an inherently violent process and therefore runs 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 house, that all the house members agree to let Food Not Bombs use the kitchen); 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 that is to go eat at 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 often in highly visible locations (in Washington DC, for instance, weekly servings 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 takes 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 servings 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 somehow: some types of people may not have the means or the experience to form a group of their own. One of the nicest things that can happen is that the people serving and the people eating begin to overlap. I was telling a woman recently that we had several homeless men among our volunteers. "That's good," she said. "It means more to them if they have to work for it." That statement simply doesn't make sense in the Food Not Bombs context: there is no "they"--and cooking is too much fun to call work. It is nice, though, to make Food Not Bombs a welcoming place to people who are often made to feel that they don't have anything to contribute--never forget to reach out, and always remember that an open door is not enough. Some people--not just homeless people, but older people, younger people, middle class people, your moms--may need extra encouragement to feel that they truly are welcome in the kitchen. Transportation is an obvious ingredient--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 doesn't 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, spices, vinegar and oil (olive oil if you can afford it--olive oil makes just about anything 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 tofu 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 spotty vegetables and other expired goods for you. Go to bakeries at closing time and ask for the bread they are going to throw away (bakeries tend to bake much more than they can sell for some reason; in my town they often put the bags of leftover bread out by the back door rather than in the dumpster in hopes that someone can use it). A local steak house gives us their leftover baked potatoes at the end of the night, plus their prepped lettuce 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 store 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 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 lower the heat to a simmer. Add spices and herbs to taste. For a thicker soup put in a handful of rice, some pasta, some lentils, or some diced potatoes. Takes about 45 minutes.

★Stir fry is basically like soup without the water. Follow the directions above, using a big frying pan instead of a pot. Serve with rice or other grains. Takes about 45 minutes.

★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--the greens will give out their own moisture as they cook. Add a little 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; do not 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; moisten with soy milk or some of the cooking liquid from stir fry (liquid from greens is too bitter for 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.

Money. Most of your food will come to you for nothing--that's part of the point. You may, however, need some start-up money for pots and other equipment, and you'll need to spend money occasionally on oil, rice, etc. Don't turn down donations--you can put out a jar if you like (I prefer not to do it at regular serving because I don't want anyone to feel bad about not making a donation, but it seems to me that a donation jar at a special event is fine). Other ways to raise money include benefit shows, yard sales of dumpstered items, and selling patches or other things. Don't let lack of money keep you from starting a group--it will work out much more easily than you might think.

Permission. The only permission you need is the consensus of the group--you don't need approval from a central office or anyone else to get started. Some people worry about the legal liability of giving away free food; you can explain to them that your activities are covered by the "Bill Emerson Good Samaritan Food Act", a federal law protecting people who give away food from lawsuits (to see it for yourself check www.house.gov/combest/donor.htm). If you feel that you need a permit from your city to set up a serving in a park or other location by all means look into it, but most groups don't bother--in fact, one of the underlying points of Food Not Bombs is that no one should have to ask permission to serve food to people who want it. For legal tips and lots of other helpful information check www.foodnotbombs.net.



- Nutritional arson by Marinus van der Lubbe -

Hello! To start off I'm gonna make a couple generalisations about us punks:

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. Through 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 gonna offer you some cooking recepies. I tried to keep in mind the above listed stuff.

--- Spanish Rice ---

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

Heat a skillet and add the oil. Wash the rice and let the grains simmer in the oil 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 the curry powder, again stir well. Cover the skillet with a lid and let the dish simmer on very low heat. Wait until the rice is tender and most of the water is absorbed, this usually takes at least a 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 Lb. tomato puree/sauce
4 whole cloves of garlic
1 teaspoon oregano

1 bay-leaf
the peel of half an orange
olive oil
3 bouillon cubes

optional:
a couple carrots, chopped
some green beans, chopped

an onion, 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 you 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, just let the soup take it's 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 ziemniaki / 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 spoonfull of the mixture on the skillet and shape it into a pattie - 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 tbspn salt, 1 egg yolk or substitute, 4 1/2 cups plus 1 tbspn 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 dishtowel. 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, rectangular-ish 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 1/2" or even 1" 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.

A R T

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 by 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.



bucket with water



bag of soft plaster

materials for mixing plaster:

- 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 with our fingers into the water. If a bag of plaster is particularly dry then sift through a kitchen sifter

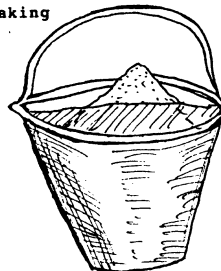
so that the only plaster that is making it into the bucket has no moisture in it. Sift the plaster evenly into the water until small islands rise out of the surface of the water. This means the water is fully saturated.

#1 sifting



sift plaster w/ hands evenly into bucket

#2 soaking



bucket w/ plaster island indicating that water is fully saturated

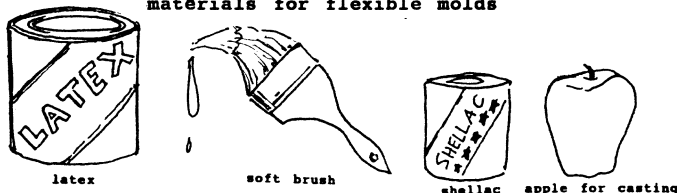
2) Soaking. The second step to mixing plaster is completely inactive. Here, we do nothing at all. We do not disturb the island until the dry parts of the islands have soaked up enough water to be visibly moist which takes around 2-3 minutes.

3) Stirring. The last step is physically moving the plaster and water combination which begins 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 and coats 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



1.) Latex. An air curing latex rubber may either be water based or ammonia based. Some folks prefer ammonia based because of its fast drying time. Latex is incredibly versatile as a mold making material because many kinds of materials can be poured safely with no problems including wax, plaster, polyester resin, and concrete. However, latex has its disadvantages such as its slow drying time and amount of coats needed for one mold (10-15).

2.) Choose an object to be casted. Coat the object with shellac for easy removal from the mold. latex is normally applied with a brush--a soft brush should be used for this task. The layers may be applied to the entire object ending at the bottom like a skirt which can be removed like a sock on a foot.

3.) The first coat is the most important because all surface details will be detected based on this. When it has dried (2-4 hours later, depending on room temperature) a second and a third are added with allowing time to dry in between. After the fourth coat is applied, 2 inch strips of cheese cloth should be added to the wet coat and allowed to dry. Three more coats of latex are added, each allowed to dry, one more coat of latex with the cheese cloth, and the final coat of latex. This brings the total to 13 coats of latex plus the three layers of strengthening cheese cloth.



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 the base creating a skirt. apply remaining layers and cheese cloth.

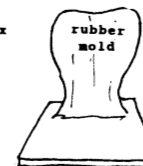
As a flexible mold material, thorough drying time between layers is essential to a strong mold. It is also necessary to allow 48 hours of drying time after the last layer is applied.

After the latex is complete, 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.)

#1 all coats of latex have been applied. a thin coat of cooking spray is added to insure release from plaster.



#5 add plaster to the second half the same as the first.

#2 object is divided in halves w/ a thin barrier of oil based clay called plastecine. you can use it over and over because it never dries.



#6 insert small pieces of wood into the seam, but not where the keys are (it is important that you use wood because it absorbs shock- no screwdrivers). tap gently- do not force- and it will pop open on it's own.



#3 with prepared plaster, begin by splattering onto one half without getting any on the other half. build up the plaster 2" to 3".



#7 now we are left with the plaster support mold, latex rubber mold and object inside. remove the object.

#4 clay is removed and several cone shaped holes, called "keys", are dug into the surface about 1/2" to 3/4" deep. this will lock the other half tightly to this one. spray the keys and plaster with cooking spray.



#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 bungi 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 valentines day! good luck.

a pocket guide to
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 families, 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 you won't get amazing at the start. (Which is always the argument of ? in the eye of the beholder). If you become unsure of the technicalities involved with styles of camera and the various terminologies go to your local library, and look for the following artists and descriptive photographers as; Michael Langford and John Hedgecoe, both write in a fully accessible language to the methods of taking pictures.

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 situation such as a gig, or other night time photography. 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 things, such as the slower the film the greater the sharpness of the film, or the faster the film the grainier the film. Just see what you can get your hands on, load it in, and see what the outcome prevails. One tip that I'll share, is that, if you get a 400 speed film, you can effectively "push" 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 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:

These 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 emphasize 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 in portraiture to make skin tones smooth and white; backgrounds will darken giving prominence 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 good 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 as 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 your own 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

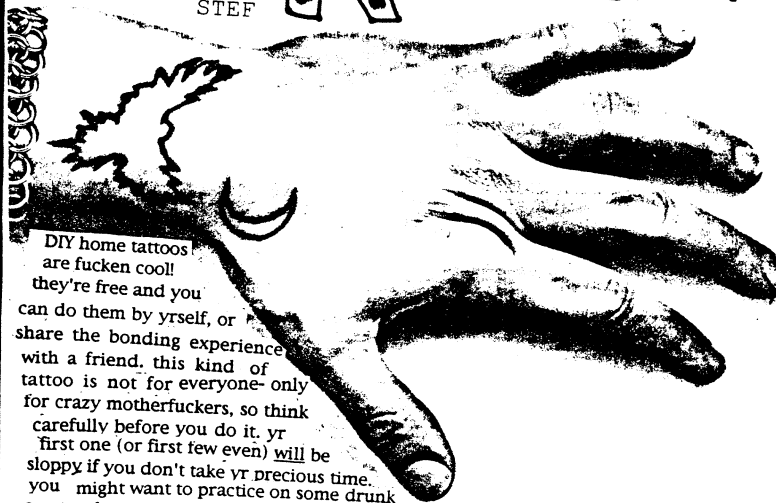
terminologies which can be found in most texts, I've given a guide to getting you started so everything is not alien to you. If you need to look at the various styles of photography out there, something that becomes inspirational, check out the following:

Glen E Friedman - for all music pieces.
 Don McCullen - for pure emotive live shots, his time in the Vietnam War, the crisis in Bangladesh and then poverty striven areas of England will make you cry.
 Ansel Adams - for amazing landscape prints.

Just see what you can create, and the world of black and white photography can be at your design. If you need to communicate with any problems you ensure or just general queries, e-mail me at fifteen_counts@yahoo.co.uk, or Gareth PO BOX 1251, Hunters Bar, Sheffield, S11 8XG, UK.

Safety Pin Tattoos


STEF



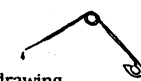
DIY home tattoos are fucken cool! they're free and you can do them by yrself, or share the bonding experience with a friend, this kind of tattoo is not for everyone- only for crazy motherfuckers, so think carefully before you do it. yr first one (or first few even) will be sloppy if you don't take yr precious time. you might want to practice on some drunk crusty who doesn't care (kidding. sort of) or on a pumpkin.

you will need:

- medium size safety pin (you can use any sort of sharp pin- i personally find these the easiest to hold)
- black india ink (art supply)
- a clean bottle cap or something similar to pour a bit of ink into
- lighter
- paper towels or tissues
- cup of water
- fine tipped pen
- razor
- a good light
- bacetracin or other stuff for tattoos (nothing with alcohol!)
- a design (designs need to be lines only- solid shapes are really difficult using this method)

- 1) wash and shave the area where the tattoo will be. wash yr hands.
- 2) draw the design on with the pen and make sure it is how you want it.
- 3) bend safety pin to create a 90 degree angle like so:

 it will be easier to hold like this.
- 4) hold the end of the safety pin in an open flame until it turns orange for a few seconds. this will sterilize it. let the pin cool down and don't set it on anything dirty.
- 5) pour some ink into the cap.

- 6) dip the tip and side of pin in the ink.
- 7) carefully lay some ink over about 1/4" of a line on yr drawing.
- 8) even more carefully, push the pin into yr skin where the ink is. make a dot about every 1/16".
- 9) continue laying down ink and pushing it into yr skin until you have covered the entire design.
- 10) once you've gone over all the lines, take a wet paper towel and wipe away the excess ink and the original drawing. you should have a very light dotted line to work from now.



- 11) lay some ink down again and fill in the missing parts. work on small sections at a time and frequently wipe away the excess ink so that you can see what you are doing.
- 12) once you've filled in the missing parts, go over all the lines again to make them nice and dark.
- 13) scrutinize the tattoo and go over any weak spots.
- 14) wash it with soap and water and apply bacetracin. care for the tattoo in the following weeks as you would any other tattoo (wash several times a day, always keep moist with bacetracin- or lotion after 4 or 5 days, and don't scratch it!).

the hungry punk by dan and chaldean





I WATCHED THIS MOTHERFUCKER WITH MY OWN TWO EYES. I WATCHED EVERY ONE OF HIS EXPRESSIONS & MANNERISMS AS HE RIPPED INTO HIS OWN FLESH AND BLOOD AS HE PUSHED ALL OF THE NECESSARY BUTTONS AS HE ALL BUT SPIT IN THE FACE OF ANOTHER HUMAN BEING. ARMED ONLY WITH THE STANDARDS OF HIS 'CIVILIZED' SOCIETY. THE TWO ENTERED A HOSPITAL ROOM WHERE MACKS MOTHER WAS DYING. HOOKED TO MACHINES. SHE WASNT 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 MOTHERS COLOSTOMY BAG..

SMALL



HEY MACK, DONT FEEL BAD. LOOK TO ME FOR ALL THE ANSWERS AND MANUFACTURED FEELINGS you need

THANKS T.V. YOU'VE ALWAYS SET THE STANDARDS I BASE MY EMPTY LIFE ON. I OWE YA ONE.

AT 30 PLUS IMAGES PER MINUTE AND EASY ANSWERS TO THAT PROBLEMATIC THING CALLED LIFE.....

NOTHING BEATS

TV



why think for yourself?

WE NOW RETURN YOU TO YOUR READING..
NERD