

# BEYOND THE WALL

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Free

Interview with UK Punk Bands: **Broken Bones, GBH, Varukers, and Vice Squad.** Page 14  
Interview with Total Chaos and Resilience. Page 16

Health - Body Building - Cycling - Yoga - Art - Punk Rock



Weight Training: Page 3

Interview with Robert Cheeke Vegan Bodybuilder - Page 2.

Los Angeles Restaurant Reviews - Page 6

Interview with Political Artist Mark Vallen - Page 12.

Southern California local Punk Rock scene report - Page 20.

**Yoga Beginnings:**  
Though Yoga's Origin is shrouded, evidence links the earliest Yoga tradition back at least 5000 years to the beginning of human civilization. Scholars believe that Yoga grew out of Stone Age Shamanism, because of the cultural similarities between Modern Hinduism and Mehrgarh, a neolithic settlement (in what is now Afghanistan). In fact, much of Hindu ideas, rituals and symbols of today appear to have their roots in this shamanistic culture of Mehrgahr. Early Yoga and archaic shamanism had much in common as both sought to transcend the human condition. The primary goal of shamanism was to heal members of the community and act as religious mediators. Archaic Yoga was also community oriented, as it attempted to discern the cosmic order through inner vision, then to apply that order to daily living. Later, Yoga evolved into a more inward experience, and Yogis focused on their individual enlightenment and salvation. The first archaeological evidence of Yoga's existence is found in stone seals excavated from the Indus valley. The stone seals depict figures performing Yoga postures. These artifacts officially put Yoga



on the History books circa 3000 B.C., and more importantly link it to the great Indus-Sarasvati Civilization. The Indus-Sarasvati was the largest civilization in the ancient world and exceptionally modern for its time. Named after the two rivers that flowed through India, the Indus-Sarasvati was a maritime society, exporting goods throughout the Middle East and Africa. They constructed multistory buildings, a sewage system, and

laid out geometrical brick roads.

**What is Yoga?**

Yoga is a complete science of life that originated in India many thousands of years ago. It is the oldest system of personal development in the world encompassing the entire body, mind and spirit. It is the union between a person's own consciousness and the universal consciousness. The Ancient Yogis had a profound understanding of man's essential nature and of what he needs to live in harmony with himself and his environment. They perceived the physical body as a vehicle, with the mind as driver, the soul as man's true identity, and action, emotion and intelligence as the three forces which pull the body-vehicle. In order for these to be integrated, these three forces must be in balance. Taking into account the interrelationship between body and mind, the Yogis formulated a unique method for maintaining this balance - a method that combines all the movements you need for physical health with the Breathing and Meditation techniques that ensure peace of mind. The classical techniques of Yoga date back more than 5,000 years. (continue on page 4)

## Nobody Walks in LA

Los Angeles' legendary sprawl can be a conundrum for those who yearn to travel through the city in the open air. Its beautiful nearly year round here but everything is spread out so far that walking isn't a practical reality. The solution? Sure a convertible is a "classic LA" extravagance but that's not what I'm getting at. Of course I am talking about a machine much older and abundant worldwide than the automobile: the bicycle. Long time Los Angeles cyclists may remember a time when bicycling wasn't much of a viable option. I grew up in a time before there were bicycle racks on buses or any of the metro trains (aside from the generally useless metro link trains). Of course at that time I hadn't any need to commute or any social engagements requiring travel across the metropolitan area. When I entered my late teens, however, I saw racks on



nearly all MTA buses and a rail system that, although very limited in comparisons to other major cities, can get you closer to where you want to go. I quickly learned that a bicycle and your legs could do the rest. Personally, I think buses are more trouble than they are worth. When I am crammed into a packed bus I am overwhelmed with proletarian ephemera. The crying babies, singing drunks, and people desperately clinging onto their "personal space" (continue on page 7)



Animal Acres was founded by Lorri Bauston, who is considered the "pioneer" of the farmed animal sanctuary movement. In 1986, Lorri co-founded Farm Sanctuary, which opened the country's first shelter for farmed animals. For 18 years, she directed the group's shelter and fundraising efforts. Through her farm animal sanctuary efforts, Lorri has directly saved thousands of animals from the cruelties of factory farms, stockyards and slaughterhouses, and brought national attention to the plight of animals used for "food production." Lorri's work has been featured in hundreds of newspaper, television and radio news stories, including guest

appearances on CBS This Morning, Animal Planet, and PrimeTime Live. Animal Acres is a refuge for animals, and a sanctuary for the soul. Farmed animal sanctuaries are a place where cows, pigs, and chickens reach out and touch the human heart. These "animal ambassadors" gently teach people to extend compassion to ALL beings through one-on-one interaction. For many people, it is the first time they have ever looked into the eyes of pig or chicken, and it can profoundly affect the way people view and treat farmed animals. Since the Animal Acres sanctuary opened its doors in Fall of 2005, a steady (continue on page 9)

Beyond the Wall of Injustice comes out every 3 month. If you have any ideas and suggestions to make this a better publication email me. Next issue will be out in early August. Email- diyzine@yahoo.com

Beyond the Wall, P.O. Box 2692, Costa Mesa, California. 92646 web site: www.diyzine.com / When your done reading this please pass it to a friend / Peace and Liberation. From - Jang Lee

Interview with Robert Cheeke  
President of Vegan Bodybuilding & Fitness



**Name:** Robert Cheeke  
**Title:** President of Vegan Bodybuilding & Fitness ([www.veganbodybuilding.com](http://www.veganbodybuilding.com))  
**Age:** 26 years old (born March 2, 1980)  
**Birth place:** Corvallis, Oregon  
**Current Residence:** Corvallis, Oregon  
**Vegan:** 10 years  
**Bodybuilding:** 6 years

Growing up in Oregon, I lived on a farm and had many farm animals as pets. I always had a love and appreciation for animals and from an early age, I was concerned about their well-being. However, it wasn't until Dec. 8, 1995 that I decided to give up consuming meat. My older sister, Tanya, was organizing Animal Rights Week at my high school. I decided out of respect for her (a vegan since the age of 15) that I would become a vegetarian for the week. I attended lectures, listened to speakers, read literature about animal cruelty and watched videos about factory farms and animal testing, and that week of becoming vegetarian has lasted for the past ten years. Ten months after becoming vegetarian, I became vegan. Ironically, two years after giving up animal products, it was me who organized Animal Rights Week at my high school in Corvallis, OR. I also became active in an environmental awareness group at school called "Students for Peace through Global Responsibilities (SPGR). I was active in promoting veganism for a long time, and I still am through my fitness company. I have been able to promote vegan bodybuilding on a world-wide stage through articles in major magazines, TV appearances, my vegan fitness movie, and my through my website. I love being vegan and knowing that I am having a positive

impact on the environment and society. I have more energy than most people I know and I very rarely ever suffer from any illnesses or fatigue. I eat a vast array of natural and organic foods that keep my body fat percentage low, protein intake high, energy levels high, keep my bones strong, and allow me to put on quality muscle. I believe that an animal-free diet is one of the best things you can do for your health, and the well-being of our environment.

In 2000 I started taking weight lifting seriously and competed in the 2000 Body-for-LIFE challenge.

In 2002 I started my business Vegan Bodybuilding & Fitness ([www.veganbodybuilding.com](http://www.veganbodybuilding.com)) in hopes to become well known in the fitness industry and promote veganism on a world-wide level.

**Vegan Nutrition:**

The bulk of my diet consists of fruits in the morning; protein sources such as nuts, protein drinks and bars for snacks; green vegetables, beans, tofu and other protein and calorie-rich foods for lunch, and a variety of fruits, vegetables, beans, legumes, and grains for dinner. A typical meal for dinner may include a lentil soup with chopped of veggies, steamed or raw broccoli, tofu, and brown rice. Potatoes, tempeh, beans, and nuts are also staples of my diet and are often consumed around dinnertime. I typically just drink water before and after meals but for dinner I may include soy milk, almond milk, or natural fruit juice. I focus on eating every 3 hours to stay in an anabolic state with a positive nitrogen balance for maintaining and building muscle. Taking in nutrients every 2-3 hours ensures that your muscles will always be fueled and nourished, providing the best

opportunity for growth and achieving desired results. Eating every 3 hours may sound challenging but if you prepare your foods for the day in advance, it is really quite simple. You don't have to eat an entire meal, just take in protein, carbohydrates and fats every 3 hours and it will add up to a sum of calories that will not only maintain muscle but build muscle, combined with a weight-training or exercise program. Drinking water every two to three hours will also keep you well hydrated, assist with processing of protein foods, and will help you accumulate a gallon a day which is a minimum goal for most bodybuilders.

**What kind of supplements and protein powder do you take?**

As a vegan bodybuilder I've used a bunch of different supplements in the past. I am a natural bodybuilder and have never taken any harmful substances, just natural supplements, mostly vitamin-based. I don't believe supplements are necessary, but they do seem to assist with bodybuilding progress. Over the years I have used soy protein powders, multivitamins, specific amino acids such as L-Glutamine for muscle recovery, Vitamins C, E, and B-12, flax oil, evening primrose oil, and a number of other natural vitamins, minerals and nutrition supplements. Currently, I am using hemp protein as my main source of supplements. I am specifically using a brand called Vega ([www.myvega.com](http://www.myvega.com)), a vegan meal replacement, containing much more than just protein. It contains a vast array of vitamins and minerals, maca, chlorella, and nutrients for energy and recovery. Vega comes in powder and bars of 3 flavors (natural, chocolate, berry). I use both the powder and the bars, and berry is my favorite flavor.



**Give us a little bit of your weekly work out schedule in the gym.**

1 Week Sample Training Program  
**Day 1** - Chest and Biceps  
Chest Flat bench dumbbell press 1x12, 1x10, 1x8  
Decline barbell bench press 1x12, 1x10, 1x8  
Incline barbell bench press 1x12, 1x10, 1x8  
Cable cross-overs 1x12, 1x10, 1x8  
Biceps  
Barbell bicep curls 1x12, 1x10, 1x8  
Alternating Hammer curls 1x12, 1x10, 1x8  
Concentration curls 1x12, 1x10, 1x8  
**Day 2** Back and Abs  
Back  
Chin-ups 1x12, 1x10, 1x8  
T-bar rows 1x12, 1x10, 1x8  
Deadlifts 1x12, 1x10, 1x8  
Cable rows 1x12, 1x10, 1x8  
Abs  
Hanging leg raises 1x20, 1x20, 1x20  
Rope pull-downs 1x20, 1x20, 1x20  
front and side crunches 1x20, 1x20, 1x20  
**Day 3** REST  
**Day 4** Shoulders and Triceps  
Shoulders  
Dumbbell Lateral Raises 1x12, 1x10, 1x8  
Behind neck Seated Military Press 1x12, 1x10, 1x8  
Over-head Dumbbell shoulder press 1x12, 1x10, 1x8  
Front cable or dumbbell raises 1x12, 1x10, 1x8  
Triceps  
Rope triceps pull-downs 1x12, 1x10, 1x8  
Skull crushers (french press) 1x12, 1x10, 1x8  
Dumbbell kickbacks 1x12, 1x10, 1x8  
If time permits Dips 1x12, 1x10, 1x8  
**Day 5** LEGS  
Leg extensions 1x12, 1x10, 1x8  
Squats 1x12, 1x10, 1x8...if time permits go up to 5 sets (two more 1x8)  
Leg press 1x12, 1x10, 1x8  
Hack squat 1x12, 1x10, 1x8  
Lying Hamstring curl 1x12, 1x10, 1x8  
Standing calf raises 1x20, 1x15, 1x12  
**Day 6** REST (cardio such as basketball)  
**Day 7** REST  
This is just a sample week. Exercises change all the time and sometimes I focus on more reps, fewer reps, and alter the number of total sets too. I've been known to do up to 8 or 10 sets of leg press when I'm doing a pyramid session that day. I typically don't like to spend more than four days in one week weight training.

I train pretty hard for 60-90 minutes and want to allow my muscles time to recover. Rest is very important. When it comes to training, more is not necessarily better. If that were the case, we'd train all day long. Our bodies need a break to recover and grow, and ultimately, improve.

**What food works best for recovery and energy?**

The best foods for energy are carbohydrates. Simple carbohydrates will provide energy quickly, while others like complex carbohydrates will act as a fuel source for sustained energy. Within about an hour before training I will eat fruits such as bananas, oranges, apples and grapes. Fruit tends to digest within about 30 minutes so I don't feel full, but energized at the gym. Hours before the gym I may eat vegetables and grains for prolonged energy that will carry over into my workout. For recovery, I think amino acids and protein are very important. The amino acid L-Glutamine is the most important for recovery and I supplement with that as well as take in a protein shake and protein-rich foods, such as beans, tofu, nuts, protein bars, or a big green salad with spinach, broccoli, chickpeas, and seeds. Carbohydrates and fats are also important for recovery and those are included in my protein smoothie, via supplements or, in most cases, occur naturally in the whole foods I eat after workouts.

**How do you get your vitamin B-12?**

I supplement with B-12 and eat a variety of foods that are fortified with vitamin B-12, such as



soymilk, tofu, smoothies and energy bars. Only very little is required so it does not seem to be a problem to find good sources via supplementation.

**Any suggestions for vegans who want to get into body building?**

Before you begin a bodybuilding program, you should take a moment to determine what your goals are. That answer will guide you to the specific approach to take for best results based on your own personal challenge. Bodybuilding success takes a long time, that's just the way it is. Most of the individual attention to detail and specific personal goal-oriented techniques are performed after a year or two of basic beginning bodybuilding training. My recommendation is to stick to the basics, with special attention to consistency and a sound nutritional program in your initial building phase. There are a few important things to consider as you embark on a successful bodybuilding journey. Do not feel at

a disadvantage as a vegan, there is no need to feel inferior for any reason. Stay positive and continue to challenge yourself from week to week.

Nutrition

Bottom line, nutrition is the most important aspect of bodybuilding. Things to consider... each day consume approx 1.5 grams of protein per pound of bodyweight... take in around 3,500 calories per day focusing on quality bodybuilding foods. ...drink a gallon of water or more each day...stay consistent with your nutrition program....consume 6-10 meals per day eating every 2-3 hours....combine protein, carbs, fat, and water with each of those meals....use supplements to enhance nutritional balance ensuring a complete and effective nutrition program.

Training

I'll say it all day long, consistency is key to success. Don't skip workouts, don't give half-efforts in the gym, and don't neglect certain muscle groups just because they

aren't as fun to train. When performing an exercise try to get 3-5 sets in with 30-60 seconds rest between each set in most cases and 60-120 seconds or more rest for larger muscle groups especially when using heavy weight. Take a couple of minutes rest between different exercises or muscle groups. Try to limit workouts to 45-65 minutes + a 5-10 minute warm-up before you start the actual workout. Stay focused on the task at hand and put concentration and meaning into each rep, each set, each exercise and each muscle group.

Lifestyle

You have to live the bodybuilding lifestyle to see results. This means remembering to consume high amounts of protein and carbs immediately after training during your post-workout window of opportunity. It means getting eight hours of sleep each day. It means no drinking, smoking, or engaging in activities that will be counter productive and hinder your ability to achieve results. It means being goal-oriented and driven by intrinsic motivation. It takes a lot of discipline, but I can tell you from experience that the end result is worth the hard work and sacrifice.

-Robert Cheeke

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Exercise & Wellness

*Benefits of regular exercise: Improves Psychological well-Being , Increases Longevity, Maintains Capacity During Aging, Increase Bone Mass, Reduces the risk of Diabetes, Reduces the risk of Heart Disease...*

*Appreciation for fitness/exercise: mind - spirtly - body*

*Dimensions of Health: -physical - emotional - intellectual - spiritual - social*

*Physical fitness, good nutrition and weight control, proper stress management and healthy behavior are all key componenets of a lifestyle that leads to wellness.*

*Depressed or lonley people who experience a heart attack are less likely to suffer subsequent heart attacks if they exercise regularly, new study findings report.*

*-Moderate exercise may cut breast cancer risk  
-weight training helps older men and women.  
-exercise helps depressed heart attack patients.*

**SEATED DUMBBELL TRICEPS EXTENSIONS**

Sit holding the dumbbell in both hands behind your neck:



-Inhale and extend your arms straight until they are above your head.  
-Exhale as you complete the movement.

The vertical position of the arms greatly stretches the long head, which helps work this region. It is important to contract your abdominal muscles to avoid arching your back. If possible, use a bench with a short back for support.



Research Report / Training Tips

*"Exercise can help you sleep better. In a 12-week study, subjects on an aerobic and strength-training program reported falling asleep faster, sleeping longer, and waking up less frequently than before they start exercising.*

*"Drinking 8 glasses of water a day isn't enough for most active people. The simple way to tell if you're hydrated is to monitor your urine. If it's dark and scanty instead of clear and plentiful, you need to drink more.*

5 ways to feel happier

*Try one of these suggestions the next time you're down. They really work.*

*WORK OUT - Exercise distracts you from sad thoughts, works tension from your muscles, and triggers the release of endorphins and serotonin (natural mood lifters). Just a 10 minute walk can make you feel more hopeful and think more clearly.*

*LISTEN TO MUSIC - Any kind of music stimulates the (continue pg.4)*

amygdala, the part of your brain that creates happy feelings. Your heart rate can also increase with the beat of a fast song, which can energize you. So pop in an upbeat CD, even if you don't feel like listening to it at first.

**EAT HEALTHY CARBS** - Carbohydrates provide energy for your body and brain. If you don't eat enough of them (like you're on a low-carb diet), you can feel tired and crabby. Try to get at least one healthy high carb food (something rich in fiber, like whole wheat bread) at every meal.

**OPEN THE BLINDS** - Getting more sunshine (directly or through a window) lifts your mood, though experts aren't sure exactly why it works. So go outside as often as you can. Or try sleeping with the shades up so you

awaken to a brighter bedroom. **MAKE YOURSELF LAUGH** - Research shows that laughing, even if it's forced initially, helps you feel better because the act of laughing triggers your brain to produce endorphins. So try watching a sitcom and chuckling along with the laugh track next time you're down.

(Mood lifter: Eating carbs, like whole-grain pasta, may help you feel more energetic. Another way to cheer yourself up: Wear something you really like! Knowing you look good puts you in a better mood.)

### CONCENTRATION CURLS

Sit on a bench. Hold a dumbbell with an underhand grip and rest your elbow on the inner side of your thigh:

-Inhale and curl the dumbbell  
-Exhale as you complete the movement.  
This isolation exercise allows you to control the range, speed, and alignment of the movement.



It works mainly the biceps, brachialis, and brachioradialis.

A good illustrated book to get is: **Strength Training Anatomy** By Frederic Delavier



Variation with Chest Machine: Stand or sit, depending on the machine, and grasp the bar or the handle:  
-Inhale and press  
-Exhale at the end of the movement.

This safe exercise is excellent for beginners. Beginners can gain strength this way before trying the free weight bench press.



In ancient times, the desire for greater personal freedom, Health and long life, and heightened self-understanding gave birth to this system of physical and mental exercise which has since spread throughout the world. The word Yoga means "to join or yoke together," and it brings the body and mind together into one harmonious experience.

Yoga is a method of learning that aims to attain the unity of mind, body, and spirit through these three main Yoga structures: Exercise, Breathing, and Meditation. The exercises of Yoga are designed to put pressure on the Glandular Systems of the body, thereby increasing its efficiency and total health. The body is looked upon as the primary instrument that enables us to work and evolve in the world, a Yoga student; therefore, treats it with great care and respect. The Breathing Techniques are based on the concept that breath is the source of life in the body. Yoga students gently increase their breath control to improve the health and the function of both body and mind. These two systems prepare the body and mind for Meditation, making it easier for students to achieve a quiet mind and be free from everyday stress. Regular daily practice of all three parts of this structure of Yoga produce a clear, bright mind and a strong, capable body.

### SIX BRANCHES OF YOGA

**Hatha Yoga** is the path of Physical Yoga or Yoga of Postures is the most popular branch of Yoga. Hatha Yoga considered the body as the vehicle for the soul. It uses Physical Poses or Asana, Breathing Techniques or Pranayama, Meditation in order to bring the body in perfect health and for the more subtle spiritual elements of the mind to emerge freely. The practice of Hatha Yoga will result to the union of the body and the soul, it aims to make the body perfect and fill it with life force.

**Bhakti Yoga** is the path of heart and devotion or the Yoga of devotion. Yogis who practice Bhakti Yoga sees the Divine in everyone and everything he encounters. This led him to develop love, acceptance and tolerance for all. Bhakti Yoga teaches a person to have a devotion to God and all things through devotion to life and love.

**Raja** means "royal". Raja Yoga is the path of Yoga that focuses on meditation and contemplation. It is based on the Eight Limbs of Yoga which was discussed in the Yoga Sutra. This Yoga path teaches deep self respect through self mastery. The self here is honored. Raja Yoga believes that the universe exists for the self, giving the self an illusion of centrality which

results to self respect and respect for all creatures. Raja Yoga is also referred to as the King of Yogas, majority of its practitioners live in spiritual or religious orders.

**Jnana Yoga** is the path of Yoga that deals with wisdom and knowledge or the Yoga of the mind. Jnana Yogis pays tribute on man's intelligence. They try to surpass limitations by unifying intellect and wisdom. Jnana Yoga tries to obtain existence beyond doctrine and ideological controversies by accepting all other philosophies and religion. It also uses an open, rational and curious mind in studying the spirit.

**Karma Yoga** believes that your present situation is based on your past actions. Karma Yoga is the path of service; it refers to the energy of action. This path requires you to be selfless. Performing a selfless service is the essence of Karma Yoga or consciously choosing a future that is free from negativity and selfishness knowing that your life is a consequence of your past actions. Karma Yoga practices try to change your action towards the good - good words, good thoughts, good deeds, in order to change your soul. By being selfless, you change your consciousness which leads to a change in your destiny.

**Tantra Yoga** is the path of ritual and perhaps the most misunderstood path. Some may think of Tantra Yoga as sorcery, witchcraft, magic spell or some mysterious formula. Most people perceive Tantra Yoga as sexual. All of these perceptions are far from truth. Tantra is the knowledge concerning Tattva (Truth or Brahman) and Mantra (mystic syllables). It utilizes rituals to respectfully experience the sacred in everything we do, not just sex though sex is a part of it. It aims to expand our awareness in all states - whether awake or asleep. Tantra Yoga practitioners must have purity, humility, devotion, courage, dedication to his Guru, cosmic love, faithfulness, contentment, dispassion, non-covetousness, and truthfulness.

### DHARMA PUNX (book)

This is the story of a young man and a generation of angry youths who rebelled against their parents and the unfulfilled promise of the sixties. As with many self-destructive kids, Noah Levine's search for meaning led him first to punk rock, drugs, drinking, and dissatisfaction. But the search didn't end there. Having clearly seen the uselessness of drugs and violence, Noah looked for positive ways to channel his rebellion against what he saw as the lies of society. Fueled by his anger and so much injustice and suffering, Levine now uses that energy and the practice of Buddhism to awaken his natural wisdom and compassion. Noah is now a Buddhist teacher currently lives in Los Angeles. [www.dharmapunx.com/](http://www.dharmapunx.com/)



**Inclined Plane:**

1. Sit with your leg stretched out in front of you.
2. Place the palms of your hands on the floor on either side of the body.
3. Raise your buttocks and lift your body upward, pushing your hips up and making your body as straight as possible.
4. Let your head hang back and down gently, keeping the soles of your feet flat on the floor and your

arms and legs straight. Hold this for five breaths.  
**FLAB - FIGHTING FACT**  
 Muscle will replace flab-even hard to hit area such as the muscle in front of the shoulders.  
**STRENGTHENS AND TONES:**  
 Muscle in front of the shoulders, biceps.  
**STRETCHES:** Front of the body.  
**IMPROVES:** The Lumbar region's tone.



**Upward Facing Dog:**

1. Scoop up your chest and pull your whole body forward, rolling over the tops of your toes until the soles of your feet are facing the sky.
2. Open and lift your chest, straighten your arms, and raise your body so that only your hands and the tops of your feet support

your entire body. You can try to lift your thighs by tightening them and your buttocks.  
 3. Arch your spine and stare directly forward, or gently drop your head back.  
 4. Curl up your toes, lift your hips, and stretch back into Downward Facing Dog.



**Punk Rock Yoga is flowing Hatha yoga (vinyasa) with a twist. We practice yoga in unconventional spaces using unconventional music, and when we can, live musicians. Our goal is to create peace amidst the urban chaos and embrace the ancient yoga tradition of Do-It-Yourself. We believe yoga is for everyone, no matter your shape, age, or hair color.**  
 Visit our web page:  
<http://www.punkrockyoga.com/>

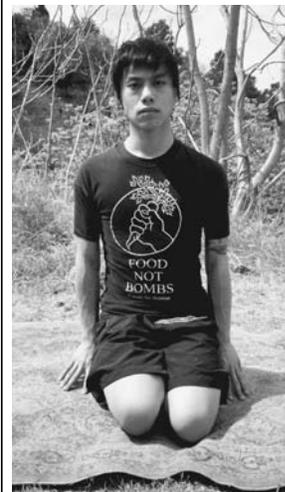
**Arm, Shoulder, and Triceps Stretch:**

1. Kneel on the floor and interlace your fingers behind your back. Try to have your spine straight if you can.
2. With your shoulders pushed back and your arms straight, lift your arms as high as you can, feeling a good stretch in your arms and shoulders.



**Neck and Shoulder Stretch:**

1. Sit on your knees, buttocks to heels. Pull your shoulders down and rest your arms next to your body.



4. Rotate your shoulders forward in little circles, bringing them back to their original position. Repeat this shoulder roll five times.
5. Gently lower your chin toward your chest, stretching the back of your neck.
6. Gently lower your head as far back as you can without feeling pain, stretching the front of your neck. Bring your head back up to the starting position.
7. Gently lower your head to the right, holding your shoulders away from your ears. Repeat the other side.
8. Return your head to the center. Turn your head to the right, keeping your head level. Look over your right shoulder as far as you comfortably can. Turn your head back to the center, and repeat to the other side.
9. Close your eyes and sit for a few breaths before moving to the next pose.

2. Lift your shoulders towards your ears.
3. Rotate your shoulders backward in little circles, bringing them back to their original position. Repeat this shoulder roll five times.



*Much respect and thanks to:  
 Glenda Twining*

### Five reasons to Buy Local

1. Local produce tastes better and it's better for you. A recent study showed that fresh produce loses nutrients quickly. In a weeklong (or more) delay from harvest to dinner table, sugars turn to starches, plant cells shrink, and produce loses its vitality. Even in California, produce may have traveled surprisingly far to get to your grocery store. Food grown in your own community was probably picked within the past day or two. It is crisp, sweet and loaded with flavor.

2. Local food supports local farm families. Fewer than one million Americans now claim farming as their primary occupation (less than 1%). Farming is a vanishing lifestyle. And no wonder: the farmer today gets less than 10 cents of the retail food dollar. Local farmers who sell directly to consumers cut out the many middlemen and get full retail price for their food - which means farm families can afford to stay on the farm, doing the work they love.

3. Local food protects genetic diversity. In the modern industrial agriculture system, produce varieties are chosen for their ability to ripen simultaneously and withstand harvesting equipment. Shippers demand produce with a tough skin that can survive packing, transport, and a long shelf life in the store. Only a handful of hybrid varieties of each fruit and vegetable meet those rigorous demands, so there is little genetic diversity in the plants grown. In contrast, local farmers that sell direct to you or direct to your local restaurants and grocery stores grow a huge number of varieties selected because they

have the best flavors, provide a long harvest season, and come in an array of eye-catching colors. Many varieties are heirlooms, passed down from generation to generation because they taste good. These old varieties contain genetic material from hundreds or even thousands of years of human selection. They may someday provide the genes needed to adapt to a changing climate.

4. Local food preserves open space, and supports a clean environment. As the value of direct-marketed fruits and vegetables increases, selling farmland for development becomes less likely. A well-managed family farm is a place where the resources of fertile soil and clean water are valued. Good stewards of the land grow cover crops that prevent erosion and replace nutrients used by their crops. Cover crops also capture emissions and help combat global warming. In addition, the patchwork of fields, hedgerows, ponds and buildings is the perfect environment for many beloved species of wildlife. That landscape will survive only as long as farms are financially viable. When you buy locally grown food, you are doing something proactive about preserving the agricultural landscape.

5. Local food is about the future. By supporting local farmers today, you can help ensure that there will be farms in your community tomorrow, and that future generations will have access to nourishing, flavorful and abundant food. Look for the Central Coast Buy Fresh, Buy Local label and taste the difference!

Support Local Produce Farmers:  
<http://www.farmernet.com/>



Soul Vegetarian at the Hollywood Farmers Market

If you love soul food you will love the Soul Vegetarian food at the Farmers Market. And the food is all vegan. They have the best macaroni there. I go there every Sunday for lunch. You can have them put anything on the plate like spaghetti, bar b que tofu, kale, corn bread, rice and beans etc.. And they even have vegan desserts. All Soul Vegetarian products are made from the highest quality organic kosher ingredients and contain no animal or dairy products. Friendly and good customer service. You can read more about them on this web site: <http://soulvegetarian.com/>

## Restaurant Review



**California Vegan Restaurant**  
7300 W. Sunset Blvd. #A,  
Hollywood, Ca. 90046  
323-874-9079

The best thing about this restaurant is the lunch and dinner special which comes with salad, rice, spring roll, miso soup and a choice of Thai dishes that's on the menu. My favorite appetizer is the Raw Tammy Rolls which has glass noodles, soy fish, veggies and house sauce. They have 5 different types of curries, wraps, 7 different types of burgers, and more. Good customer service and everything is dairy free with no msg and no white sugar. To see a full menu check out their web site: [www.californiavegan.com](http://www.californiavegan.com)

**Hollywood Vegan**  
1769 Hillhurst Ave.  
Los Angeles, Ca. 90027  
323-664-2345

This is a new vegan restaurant. They have 12 different types of Burgers and sandwiches, 4 different types of burritos, hash browns, appetizers, salads, soups, dinner combos, and more. Pretty much same as California Vegan, Vegan Express and Truly Vegan restaurants. My favorite dish is the Rock N Roll Noodles.

### Mama's Hot Tamales Café

2124 West 7th St.  
Los Angeles, Ca. 90057  
Tel 213-487-7474

This spot is right across the street from the Redline station and MacArthur Park in Westlake. Open 7 days a week with a lunch hours from 9:30am- 3:30pm.

Parking is hard to find, but they do offer validated parking (south of La Vina Church). This place is not all vegetarian. However there are 3 vegetarian Tamales on their menu which is Coast of Oaxaca Tamale, made with black beans and squash. Peru tamale made with spinach, mushrooms, garlic and onions. And Valley of Oaxaca Tamale, made with cheese and jalapeno slices. Other veggie items are burrito, salads, rice and beans, and vegetable soup. There are many different types of tamales: Guatemalan, Mexican, Colombian, Peruvian, Honduran, Nicaraguan, and Salvadorian. All of their produce is certified organic and comes from local farmers markets.

They are a non-profit apprentice operated business training restaurant for street vendors designed to provide valuable experience cooking and serving tamales and refreshing drinks to the public.

Visit Anahuak next door which is a radical revolutionary shop. See Anahuak store on page 19.



### Hollywood Farmers Market

This goes on every Sunday from 8am - 1pm. Featuring over 150 vendors, and live music by local artist. There's no address because the streets are blocked and the vendors set up the booth. Cross streets are Ivar Ave and Salma Ave. This is the best spot to go grocery shopping for organic produce. The place gets packed around 11am so it's a good idea to get there early. For more info about this place you can check out this web site: <http://www.farmernet.com/>



# Restaurant Review



**Truly Vegan Restaurant**  
5907 Hollywood Blvd.  
Hollywood, Ca. 90028  
(323)466-7958

This is a nice little restaurant is on Hollywood Blvd. Right between a massage place and a tattoo/smoke shop, and a block away from the 101 freeway. You can park right across the street at the 76 Gas Station, however most patrons are unaware of this. In my opinion this is one of the best and most reasonably priced Asian restaurants. The menu offers and array of Thai Cuisine as well as sandwiches, wraps, Shabu and Sushi. I highly recommend the breakfast Protein which is

Pancakes with scramble tofu, soy bacon bits, and cheese (dairy free). My favorite lunch/dinner item is Truly Spicy Noodles, which are flat noodles, house Jalapeno sauce, chili sauce, bell peppers, basil, tofu and sprouts. Their menu features over 81 different items. A truly wonderful dining experience. Free delivery available.

### Vegan Express

217 Cahuenga Blvd. West,  
Los Angeles, CA 90046  
Phone: 323-851-8837  
The menu here is half Thai and half vegan variety foods. This place is popular and from what I understand this was the first vegan restaurant in Los Angeles. They have the best curry soup and tasty vegan chicken nuggets. Good customer service and you can watch the chef make your food.

### Vegan Glory

8393 Beverly Blvd.  
Los Angeles, CA 90048  
Phone: 323-653-4900  
Same as all the other vegan restaurants in L.A., good service, and same menu.



**VP DISCOUNT HEALTH FOOD STORE**  
8001 Beverly Blvd.  
Los Angeles, Ca. 90048  
323-658-6506

One of the best health food stores in the L.A. area to buy organic produce. Compared to Whole Foods and Trader Joes

the organic vegetables and fruits are far more reasonable. They offer a wide selection of vitamins, sports and nutrition supplements. There are many protein powders to choose from, they are very friendly and offer great customer service, ask for Kevin or Billy in the vitamin department. The manager, Andy has done a great job improving the stores variety. They also have a deli area in the Vitamin Dept. Their deli offers fresh squeezed organic juices, shakes, sandwiches, tacos, tamales, soups and salads. The deli is not all vegetarian, however they do offer vegetarian and vegan friendly options. The best option in my opinion is one of there freshly made deli sandwiches, in which you build your own. Major cross streets are Beverly Blvd and Fairfax.



(continued from page 1)  
really takes its toll on me. It becomes painfully clear that to ride the bus we have traded in that precious personal space for a seat to rest our tired appendages. And not only has your freedom of movement been waived you've also paid a service charge of \$1.25 for that seat, which you may or may not be lucky enough to procure. My clausterphobia aside, the fact that I can usually catch up to busses riding my bicycle leads me to avoid sharing the sardine can with my fellow salt of the earth. When I am out there on my bicycle I feel free. Free enough that I can be that crying baby, that singing drunk or whatever variation of sane or insane I choose. And although I hope motorists see me on the road, they don't really see ME while they are locked within their two tons of steel. For the most part they're locked in traffic, locked into the melodies of todays hottest Jamz, locked in what MUST be very important phone conversations or whatever. We're all out there in traffic together but I am alone on my bicycle. I guess a major difference for myself between cycling and riding a bus is that doing the former I can (and do) have conversations or sing to myself. Loud. Try doing that on the bus and keeping up your facade of mental health.

Well don't feel too comfortable out there insane cyclist because at a surprisingly fast rate, YOU ARE NOT ALONE. Indeed, in Los Angeles there is a growing tribe of people who ride bicycles. And for many different reasons. Not only do people ride for fitness or cheap transportation, there are those who ride for socio-political gratification, to gather socially, to play with others, and even for those whom the bicycle plays a considerable part in their very identity. Its been called a sub-culture, a "scene", a cult (see David Perry's book of the same name for an extensive history of the bicycle and its zealous companions), and a political movement. Whatever you call it exists in very concrete forms in Los Angeles due to long running campaigns such as Critical Mass, the Los Angeles County Bike Coalition, and the Bicycle Kitchen as well as by more upstart phenomena Midnight Rydazz, this past year's Bike Summer and Bike Winter, Choppercabras and more. Whether you're just visiting, thinking about it, or live here and want to have some free/cheap fun on your bicycle there are many projects alive in Los Angeles that make it easier and more fun to pedal around the city notorious for its traffic and freeways. All right, meet me at



Wilshire and Western in about 20 minutes and we'll go for a ride. Critical Mass happens every last Friday in cities across the world. Here in Los Angeles it meets up at the Wilshire/Western Red Line Station. Critical Mass is a group ride with a vague political focus. Traditionally it intends to show rush hour motorists that we (bicyclists) are "not holding up traffic, we are traffic". There is no scheduled route, so basically Critical Mass rides are for the sake of riding in a group. Many people on these rides feel the need to affix political slogans to the ride by chanting or wearing signs opposing oil addiction and the world-wide conquest that such habits necessitate. Others are out there just to have a good time and feel empowered by riding with a large group. Whatever the riders' motivations, Critical Mass is a global institution in the radical-liberal-hippie bicyclist world. CM rides have also sprung up in the periphery of the Los Angeles area in the past year or so. Santa Monica, Pasadena/North East Los Angeles, and Long Beach now host their own CM rides.

Every second Friday of the month finds the corner of Echo Park and Sunset (in Echo Park) over run with every walk of cycling-life. Here you will find Critical Mass politicos, party-seeking hipsters, messengers, weekend warriors, bmx kids and just about any variation on two wheels. At 9:30 the Midnight Rydazz meet up and the route for that night's "party on wheels" is disseminated. Each ride has is organized around a theme and the route is printed upon spoke cards and passed around. Some of the more memorable themes I've seen were the Cult Ride, Metal ride, Make Out Ride, and Nerd ride. People cool enough to be in the know dress up before hand and play up to the theme. The rest hang out for a while, (continue on page 8)



(continued from page 7)  
socialize, drink lots of alcohol and eventually the group sets off into the night. As for the rides I've been on (quite a good percentage) they vary greatly in intensity. There is no telling whether the ride will be a quick jaunt through Downtown or a drunken tour de Pasadena and back. I'd say be prepared for both as I've seen plenty of people turn around in exhaustion or marooned on the sidewalk fixing a bicycle that was not ready to meet the challenge. Rydazz eschew the motto "no rider left behind" but many times in practice this is not a viable reality. Lately with the rides getting so large (around 600 rydazz) and attracting so much media attention, the party, bar, or whatever haven't been able to contain the huge turnout, let alone the ride itself. Recently MR set off on its 2nd year anniversary ride with a group so massive that it resulted in many careless accidents and a large police presence. These rides are still a very fun way to spend a free/cheap night out (literally) but be very cautious about inexperienced, inebriated, or pushy riders. I advise much discretion when it comes to drinking as the police aren't exactly there to make sure we have a good time. A completely different scene is riding with the Choppercabras Horror Cycle Club. Claiming the San Fernando Valley as their turf, the Choppercabras are the brain child of Paul DeVerla owner of Atomic Cycles in Van Nuys. Choppercabras is a far cry from both Midnight Rydazz' Eastside fixed gear hipsterism and Critical Mass' liberal shouting matches. Very much in the punk rock spirit of making your own fun out of what might be ugly or dangerous to others, these are a bunch of guys who love to "chop" up bicycles creating monster bikes by mixing and matching various parts. By welding two (or more) frames together they create "chopper" bikes that can be extra long

or high off the ground among other creative mutations. A certain "don't give a fuck" attitude comes along with the Choppercabras. Some of their creations can be as dangerous as they are fun to ride. Every crazy idea is worth a try, as long as its in the spirit of fun. Although some of these choppers can be challenging to handle, they welcome riders of all skill levels to join their monthly pedal n' pub crawls and seasonal events. The latter are mellow mass rides around the valley as well as full on bicycle demolition derbies. For those adventurous and foolish enough Choppercabras provide many different contests to test your bicycle's strength and your body's resilience when met with the asphalt behind Atomic Cycles. To quote from one of their bulletins: "if you do decide to tilt, you will most likely get hurt. You may get hurt really bad, so don't come crying to us. You were duly warned."

This past year has seen Los Angeles' bike culture has grown in part to the re-opening of the Bicycle Kitchen (see elsewhere in this magazine for details on that) and a month of events known as Bike Summer and its subsequent spin-off Bike Winter. Bike Summer is a month long celebration of the bicycle that occurs in a different city each year. June 3-July 2005 saw the baton passed to the city of angels and, needless to say, we rode hard with it. During Bike Summer there were rides, film screenings, art and music shows, and just about anything you can think of that related to bicycles. The name "Bike Summer" served as a hub for a disconnected community to come together around. With Bike Summer being such an overwhelming success a few months later the community launched Bike Winter, a weeklong chain of events. During Bike Winter it was very clear to me how much the bike culture in Los Angeles had

blossomed. People I didn't know at all were setting up elaborate events and there were plenty of new faces in attendance. I think when people saw how the community rose to the occasion of Bike Summer they became inspired to start their own clubs, activities and projects.

Before the Bicycle Kitchen opened up a legit storefront with a million volunteers and bicycles overflowing into the streets, it consisted of a handful of mechanics fixing bikes in a very casual atmosphere. Beer was drank, music was cranked, and prices were negotiable back when the Kitchen was operating out of a room in a local housing co-op. Times change and with growth came the need to get serious and contribute to the community in a more inclusive way. Now, the shop's growing inventory and open hours make it a dependable community resource. In the months following Bike Summer we have seen an offshoot appear in East LA called the Bike Oven, which very much evokes the spirit of the Bike Kitchen's earlier days. Bike Oven opens its doors once weekly and revels in informality and laid back fun. People are encouraged to "Show up, and work on your bike in some dude's garage, with a bunch of tools - totally free of charge." The Oven exists to help the community help itself by learning practical skills and teaching them to others. Oh, and have a good time. The Oven encourages contributions of cheap boxed wine to "keep everyone well lubricated."

Clubs and gangs of secretive origin, membership, and activities have sprung all over LA as well. Some of these clandestine groups include Shadow Battalion, Urban Bike Assault, Bike Swarm/Bike pLAuge, and the LA gears Bike Gang. Local Bike Messengers are always putting on alley cat races where anything goes. These are definitely not for everybody but recently we've seen a lot of the non-messenger bike community come out to these. Things are always changing around here so the best thing to do is check [www.bikeboom.com](http://www.bikeboom.com) for a monthly listing of events, lube up the chain and get moving! See you on the streets.

For info:  
-Critical Mass LA meets at Wilshire/Western at 6pm, Santa Monica meets every FIRST Friday at 6:30 (for locations check [www.SantaMonicaCriticalMass.org](http://www.SantaMonicaCriticalMass.org)), North East meets every THIRD Friday at 6pm at 151 N. Ave. 57 in Highland Park, and for

info on long beach email [DISRUPT\\_DESTROY@HOT-MAIL.COM](mailto:DISRUPT_DESTROY@HOT-MAIL.COM)

-Midnight Rydazz meets at 9:30 at the corner of Echo Park and Sunset. Some information on the rides can be gathered at [www.bicyclekitchen.com](http://www.bicyclekitchen.com).

-Choppercabras' Pedal N' Pub Crawls meets every first Friday 8:30pm at Atomic Cycles 17322 Saticoy Van Nuys 91406 For seasonal events check [www.choppercabras.org](http://www.choppercabras.org)

-To find out where Bike Summer will happen next or petition for your city check out [www.bikesummer.org](http://www.bikesummer.org).

-to add your own events or check on what's going on city wide check [www.bikeboom.com](http://www.bikeboom.com)

-East Los Angeles Bike Oven Wednesdays 9pm 130 W Avenue 42, free

-Bike Plauge/Swarm have a zine manifesto, hit em up at [bikeplauge@gmail.com](mailto:bikeplauge@gmail.com)

-bike gangs can be found on the social networking site/haven for sexual predators known as [www.myspace.com](http://www.myspace.com).

-messenger events can be found at [www.messenger.org](http://www.messenger.org).

-I can be reached at [weekendwarrior@trackbike.com](mailto:weekendwarrior@trackbike.com)

*To The Extremo: I Rock The Road Like A Vandal*

*Reading adventure stories/books has always been a part of my life. Hearing about trekking in the Himalayas, backpacking in Latin America, desert crossings in Africa, peace workers in the Middle East...these stories always took me to a far off place and reading them was an acceptable way to spend a rainy day when I could not be out riding.*

*Traveling to ride BMX trails all over the country was always adventurous, but was never an Adventure the way the ones I read were. Simply, these stories were about people I would never meet who were doing things that were out of my reach. This I fully accepted. But something changed when I was 23. Sitting in a stranger's living room, after being released from a hospital in Flagstaff, Arizona, I came across The Ultimate High by Goran Kropp. An account of his 7,000 mile bike trip from Sweden to Nepal to climb Everest w/o oxygen or Sherpas. Another story of a far off place by a person I would never emulate, but the timing was different. See I was on my first bike tour, a 3300-mile trip from California to Pennsylvania, when a driver lost control in the snow and hit me head-on at 55 mph. Luckily, my only injuries were a broken wrist and some bruised legs (and a destroyed bike).*

Reading his account had two seemingly opposite effects on me 1) It made my mishap seem trivial (some of his friends died on the mountain that year and he had to hike past their frozen bodies) and 2) The realization that adventure is subjective. Fully I was on an Adventure! After ten days of rest I was off again with a new bike. Sure, I was not going to write any books, but I had rain storms, head winds, sketchy sleeping spots to be found, trucks to fight off and broken bike parts/tools to overcome.

Riding in Los Angeles is its own Adventure every day, do not let anyone tell you different! Advocates like to champion the safety of bicycle commuting, but we all know it is dangerous. Hell, most of us enjoy the danger element. Admit it. The light turns yellow and you sprint. When you split lanes at 20 mph you think about the envious motorists and your near Nirvana state of consciousness. You may not be fighting off polar bears, but when the bus drifts left, the work truck drift right and you have to move your arms into the center of your bars, you are risking life and limb. After momentarily being pissed off, we chuckle at the Extremo (or often Extrema) in the X-Terra who swerved and almost hit us. We know that they use people like us to sell dumb-ass SUV's to people like them. Their adventure happens in a box (after they leave the work box); ours is real. When the pavement is hot, we feel it. Potholes may spill their coffee, but they can kill us. Right-wing paramilitaries may not kidnap us, but we have well-funded armed and dangerous gangs that don't want us in the street (like the LAPD). On more than one occasion I have had a bike related incident escalate to a gun being pointed at me.

Should we seek out danger? No. Ideally, I do not want to almost be hit on a daily basis. I would much prefer riding conditions to improve. But meanwhile we need to accept the Adventure/danger element of our bike riding lives and harness it. Sitting in a bar is far less exciting than the ride to/from. Remember that next time you are bored. Our adventure merely needs realization to be at the level of the stories I have read. Trust me.

Matt Ruscigno

Bands that supports Animal Rights Movement:  
AUTONOMY -  
[www.myspace.com/autonomy](http://www.myspace.com/autonomy)

GATHER -  
[www.myspace.com/gather](http://www.myspace.com/gather)

7 GENERATIONS -  
[www.myspace.com/7generations](http://www.myspace.com/7generations)

## William from ANIMA MUNDI helping farm Animals



(continued from page 1) flow of animals has come through the gates. Some of the first new residents were 78 hens rescued from an egg factory farm when the facility closed due to leasing problems./ The hens arrived thin, with missing feathers and long, overgrown nails, after spending an eternity in bare wire cages. The birds, who had never seen the outdoors or had a moment of comfort, were soon taking sun baths in the courtyard and nestling into soft straw beds.

Farmed animals are often the victims of natural disasters, though rescue efforts are rarely done for them. When caring people came to the aid of chickens who became the victims of Hurricane Katrina, we had to open the doors of our chicken coop again, and we welcomed 25 chickens who were being raised for meat production in Louisiana.

Next came 13 tiny Turkeys rescued from factory farms. Once destined for the Thanksgiving plate, our feathered friends will now spend their holidays at Animal Acres eating pumpkin pie! Every week, the turkeys almost doubled in size due to the turkey industry's abusive breeding practices that have produced abnormally large birds. Still young enough to run and play, the turkeys love to run toward caregivers with wings flapping for the



sheer joy of it.

Our youngest new residents are three little piglets who were born at a stockyard and abandoned after their mother was sold for slaughter. Now, they have a team of "mothers" (and a big sister named Bagel) who brings them warm

bottles of milk, clean their barn pen, and scratch their soft bellies still covered in "peach fuzz" fur.

These and many other suffering farmed animals who survived untold cruelties and neglect are now healthy, happy and alive, because people care enough to become Animal Acres members. Animal Acres is open to the public every Sunday and offers one-hour guided tours at 11am and 1pm. No appointment is necessary for Sunday tours. School and group tours (of 10 or more people) are also available by appointment. Please call 661-269-0986 or email us to schedule a school or other special group tour. Meet our farmed animal friends and



hear about their rescue stories during our special "meet & greet" tours. Cuddle with a cow, give a pig a belly rub, talk to turkeys — and learn why it's so important to rescue and protect ALL animals.

Tour fees are \$3.00 per adult and \$2.00 per child. Your tour fee helps pay for animal feed, bedding and veterinary care.

Over 150 rescued farmed animals call Animal Acres "Home Sweet Home" and we invite YOU to become a member of our sanctuary family too! Animal Acres is a volunteer-based organization and we depend on dedicated advocates to make our rescue, education and advocacy efforts possible. Thank you from ALL of us for providing hope, rescue and sanctuary.

### FARM CHORE DAYS

Join us for a Farm Chore Day! Chore days are held every Saturday from 10 a.m. to 3:00 p.m. Volunteers are asked to arrive

as early as possible to help with special barn cleaning projects, painting, gardening & grounds maintenance, and other projects. The work is mainly outdoors — wear farm clothes (rubber boots if you have them are helpful) and a hat and sunscreen as needed. Volunteers are welcome to bring a packed vegan lunch and have a picnic in our beautiful courtyard with our turkey friends!

### 2006 EVENTS CALENDAR

#### Animal Acres Hoe Down

Saturday, May 6 -

Join us for a jamboree for farmed animals! A fun and educational event with veggie food booths, music, films, farm tours, and presentations from noted movement speakers. If you know someone who loves animals (but still eats them) bring them to an animal rights Hoe Down!

#### Walk for Country Critters Sunday, August 6-

Help raise needed funding for our sanctuary and educate people about compassionate living choices as we walk down the Venice Beach boardwalk. Your participation will help us open our doors to many more suffering farmed animals, and open peoples' hearts and minds.

#### Animal Acres Gala Saturday, September 9-

Celebrate 20 years of rescuing farm animals with Animal Acres founder Lorri Bauston, who started the first shelter in the country for farmed animals in 1986. A gala evening with celebrity guests, gourmet vegan dinner, auction for animals and entertainment. Proceeds benefit our Emergency Rescue Fund.

#### Contact:

Animal Acres  
5200 Escondido Canyon Road  
Acton, CA 93510  
Phone: 661-269-0986  
Email: [info@animalacres.org](mailto:info@animalacres.org)  
Web: [www.animalacres.org](http://www.animalacres.org)



## Jackie Joice Page



**My Surrogate Grandmother**  
by Jackie Joice

She was born in Manuel County, Georgia, and then she and her family had to suddenly move to Boley, Oklahoma, a state where Blacks established over 20 towns with ownership of businesses and land; more than any other state in 19th century America. She lived the rest of her life in the city of the Angels.

In Los Angeles our houses were side by side. Our houses had large front yards with long driveways. I played hopscotch and jumped rope in her driveway during family gatherings. My brothers and I called her Aunt Madie. Because of her fair skin, Aunt Madie was one of those black women who got away with wearing red rouge, pink lipstick, and cinnamon or toffee colored pantyhose. She rolled her hair with pins when she wore her blonde wigs. Blonde wigs that my mother warned her about during the 1960's riots. "You better take that blonde wig off" my mother who wore and Angela Davis afro advised. "I'll run'em over with my car" answered Aunt Madie.

Nothing could scare her not even when Black people held up their fists at rallies and on street corners.

Aunt Madie babysat me for \$35 a week while my mom worked 40 hours and caught the bus all the way to the San Fernando Valley. When I was eighteen Aunt Madie called me on sunny mornings to drive her 1976 Impala to Woolworth's or Newberry's. I backed the large cream-colored vehicle out of the garage biting my lip as I navigated down the long driveway. I drove down two streets (not counting ours) to reach our destination. This linear direction made it easier for me since I had recently received my driver's license. At Woolworth's Aunt Madie purchased McCall's patterns, sewing supplies, or garlic tablets for her blood. At home she

also sent me to the corner store. The corner store that battled with monthly graffiti. "Get me a pound of chicken fryers, pressed ham, or hog head cheese" she ordered as she handed me wrinkled dollars bills and coins.

Her father was half Irish. Anytime aunt Madie demonstrated some form of aggression or verbal directness, her relatives blamed her Irish heritage. She cooked on almost every holiday, collard greens, corn, okra, most of which she grew in her backyard. She educated me on the names of flowers, snapdragons, birds of paradise, and roses; I can still identify if I stumbled upon a garden today.

Aunt Madie's bedroom was a boudoir that looked like it belonged to Scarlett O'Hara. Standing inside her bedroom felt like being in a mansion somewhere on a plantation in Georgia. There was a popcorn factory on the corner of our street so occasionally the scent of roasted popcorn blew through the lace and chiffon curtains that decorated her bedroom windows. The wallpaper was decorated with pink rose patterns and she had a sewing machine that rested in the corner. Aunt Madie taught me how to use the sewing machine. She peeked over glasses as I chose fabric to experiment on. She had a cream colored vanity dresser with expensive bottles of perfume and a silver comb and brush. I thought her furniture was more distinguished from the other older neighbors on our street. Her living room was filled with Victorian style lampshades, tables, and chairs. Porcelain figurines with milk white faces sat on spotless shelves.

Her couch was covered with thick plastic. On afternoons of summer vacation bible school and crafts she taught me how to knit and crochet. I used to sit on the couch and crochet or knit doll clothes. On lazy and hot afternoons, I spent hours sitting on the steps of her porch. I bit into crisp peaches from her peach tree. Drank lemonade made from lemons off her lemon tree. Together we watched our neighbors argue, fight, and celebrate. We watched the mailman, the stray dogs, the ice cream trucks with muffled sounds, hustlers, and the sirens on police cars. She instructed me carefully making sure she prepared me domestically. At the time I was too young and naive to realize that I was in a well-constructed domestic training course. As I got older I was jealous of girlfriends who had real grandmothers to bake cookies, sip tea and watch reruns of sitcoms with. Unfortunately, my maternal

grandmother passed away when I was around four or five and my paternal grandmother suffered from a mental illness. Now I'm married and aunt Madie's gone. Now I find myself trying to recall certain things she told or showed me. One day as I sat at home I had a moment of truth. I reviewed and rewinded my life and realized that I did have a grandmother. A grandmother I called aunt Madie.

### **My Aunt Connie's Kitchen** by Jackie Joice

According to one of the many dictionaries lying around my apartment the definition of debutante is- a girl making her first appearance at the fashionable parties of high society. Did I attend one? No. However, debutantes were very popular among Black American females when I was growing up. My best friend attended one. All I can remember is my best friend's preparation and nervousness along with trying to make a decision on what type of dress she wanted to wear. I guess it was sort of a rite of passage for African American females.

There are several rituals for "rites of passages" among young girls of African cultures. What defines a "rites of passage" especially for African American girls? One evening my mother and I went to visit my Aunt Connie in Gardena, CA. Two of my older cousins, Liz and Debbie from Central California were staying with my Aunt Connie at the time, and my Aunt Connie's daughter, Suzette were present. I was the youngest among my cousins that night. My mother didn't specifically bring me over Aunt Connie's for the procedure that took place that night. I just happened to be at the right place at the right time.

My Aunt Connie's kitchen was decorated like a kitchen in a Redbook magazine. I was around the age of ten or eleven when Liz dragged me into the kitchen and placed a chair right in front of the stove. My mother and my Aunt Connie were most likely in the living room watching one of those night time soap operas. Liz asked me to sit down and shouted to my cousins to bring her a sewing needle, a face towel, a small piece of cardboard, petroleum jelly, a hand mirror and rubbing alcohol. My cousins, Suzette and Debbie buzzed around like medical interns as they randomly opened hallway drawers and medicine cabinets searching for the requested instrument and items. Once Liz requests were fulfilled Suzette and Debbie stood in the entrance of the kitchen and watched on as Liz prepped for my procedure. All the

items were neatly placed on the tile counter top. Liz thoroughly washed her hands like a surgeon in an operating room. Liz placed an ice cube in a face towel and instructed me to hold it on my right ear until my ear lobe was numb. As I sat in the chair with one arm to my ear for nearly a half an hour I listened to the muffled laughs and conversations that took place around me. Finally the ice cube melted and my ear lobe was ready. Liz dabbed my ear lobe with some alcohol and then placed the tip of the sewing needle over flames. She used the small piece of card board and placed it behind my ear. Liz slowly pushed the hot metal tip of the sewing needle through my fleshy detached ear lobe. I felt no pain only pressure. She yelled to one of my cousin's to bring her the broom. My cousin rushed into the kitchen pantry and got the broom as Liz held the needle in my ear. Liz plucked one of the straws from the broom and broke it to about an inch. Liz burnt both ends of the straw, applied a glob of petroleum jelly on my ear and then lodged the straw rod into my right ear. She repeated the procedure for my left ear; numbing, dab of alcohol, piercing, glob of petroleum jelly, straw rod. The ritual was complete. There I was with two newly pierced ears standing in the pages of a Redbook magazine, my Aunt Connie's kitchen. Liz held a mirror in front of me. I had already begun to envision the type of earrings that I desired to wear. Why with my allowance I could at least afford some colorful, quirky, and inexpensive ones from a drug-store. Before my mom and I left for home, my cousin Liz gave me detailed instructions on the care of my newly pierced ears.

Jackie Joice is at:  
[www.myspace.com/jackiejoice](http://www.myspace.com/jackiejoice)

Eve's Sister  
I dissolved into the  
1. red earth of Ghana.  
Melted without a trace  
like goat's butter  
from warm rain  
I dissolved into the streams and  
dreams of East Villages  
where they said Ju Ju was alive.  
I inhaled fire and spat out the sun  
My blood is the same color as  
palm oil my lips were moistened  
by the juice of fertile fruits  
I twirled my tongue in a whirlpool  
of rivers and scooped white meat  
from cracked coconuts.  
I soaked my thighs in honey  
and danced among  
butterflies and beehives  
I stretched and touched the sunset  
with my finger tips  
and brought heaven back to  
red earth.  
By Jackie Joice

**My Response to those in support of HR4337**  
By Jang Lee

Following the March 25th "Grand March" and recent High School walk-outs in opposition to the HR4337 bill, I've been engaged in discussions over various internet message boards around the issues of immigration. Before I reiterate some of the main themes in these discussions, I want to make it clear that most of us here in the United States - with the exception of American Indians - come from many different countries. Even for those of us born here, our families, generations back, either came from various parts of Europe as middle or upper class folks or indentured servants, in chains from Africa to be slaves, or as cheap labor from nations in Asia. The South Western states (California, Arizona, Texas, etc.) were stolen from Mexico. I could go on, but I think it's all of our responsibilities to study this history. Not the histo-



ry we get from conquerors, slave-owners, capitalists and land-owners, but the history that has emerged through the struggles of radical movements and individuals representing the most oppressed and exploited peoples.



One of the myths I constantly come up against is this notion that "illegal immigrants" are taking away "American" jobs. The real "persons" taking jobs are those corporations who first moved to Southern, anti-union states to pay less wages and offer no health care in the 80's and now, more often, to third world nations where labor laws are almost non-existent because of structural adjustment programs enforced by the International Monetary Fund and World Bank. Practically everything we consume (shoes, clothing, technologies, toys, etc.)

is produced in places like China, Taiwan, Indonesia, South America, etc. (not to mention here in prisons across the country). The bottom line for corporations is profit. It only makes sense that they will look for opportunities of cheap labor wherever they can find them.

Most of the jobs that immigrants (especially immigrants from third world countries) take are those that many "Americans" - either aspiring to be middle class or fighting for a living wage - will not do. Who washes dishes at most restaurants, picks the produce that we purchase in markets or eat in meals, works under terrible conditions in sweatshops like those in L.A.'s fashion district?

Another thing that I'm hearing from folks is that "illegal immigrants" are abusing the welfare system. The truth is, to obtain any of these state services, you have to go through a very grueling and strict process. This process requires fingerprinting, photos, tons of paperwork, full background checks, social security information or proof of residency, etc.

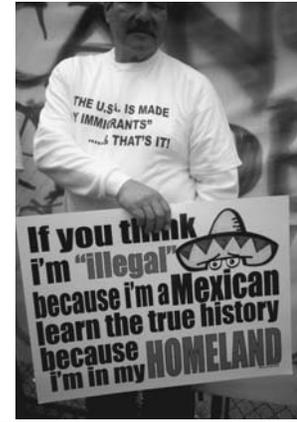
My friends and I attended the March 25th rally because we strongly believe in human rights, which citizens of all countries are

entitled to. We, as human beings, need to support one another and be in solidarity across borders. I think it's important to be critical of the propaganda and lies we are being bombarded with from politicians and the corporate media.

Turn off the T.V. and get out into the streets for the real news. Tune into alternative media such as KPFK 90.7 FM and [www.la.indymedia.org](http://www.la.indymedia.org)

**HUMAN RIGHTS HAVE NO BORDERS!!!**

**LETS ALL HELP EACH OTHER! UNITY!**



**WARNING: Joining the Military Is Hazardous To...**

Military recruiters tour the country selling a dangerous product with glamorous ads, just like tobacco companies or drug pushers. The ads promise opportunity and adventure -- but don't believe the hype.

**Joining the military is hazardous to your education.**

The military isn't a generous financial aid institution, and it isn't concerned with helping you pay for school. Two-thirds of all recruits never get any college funding from the military. Only 15% graduated with a four-year degree.

What about going to school while you're in? Many GIs report that military life leaves them too busy and exhausted -- and doesn't really make time for them to go to class. Joining the military is hazardous to your future.

**Joining the military is a dead end.**

After you've spent a few years in the military, you're 2 to 5 times more likely to be homeless than your friends who never joined. And, according to the VA, you'll probably earn less too. The skills you learn in the military will be geared to military jobs, not civilian careers; when you come out, many employers will tell you to go back to school and get some real training. As former Secretary of Defense Cheney declared, "The reason to have a military is to be prepared to fight and win wars...it's not a jobs program."

**Joining the military is hazardous to people of color.**

During the Gulf War, over 50 percent of front-line troops were people of color. Overall, over 30 percent of enlisted personnel but only 12 percent of officers are people of color, who are then disciplined and discharged under other than honorable conditions at a much higher rate than whites. When recent studies showed a slight dip in young African-Americans' (disproportionately high) interest in the military, the Pentagon reacted with a new ad campaign. They're targeting Latino youth with special Spanish-language ads. The recruiters' lethal result: tracking high achieving young people in communities of color into a dead-end, deadly occupation.

**Joining the military is hazardous to women.**

Sexual harassment and assault are a daily reality for the overwhelming majority of women in the armed forces. The VA's own figures show 90 percent of recent women veterans reporting harassment - a third of whom were raped. Despite the glossy brochures that advertise "opportunities for women," the military's inherent sexism is evident from sergeants shouting "girl!" at trainees who don't "measure up," to the intimidation of women who speak out about harassment and discrimination - not to mention military men's sexual abuse of civilian women in base communities.

**Joining the military is hazardous to your civil rights.**

If you aren't willing to give up your

rights, the military isn't for you. Once you enlist, you become military property: you lose your right to come and go freely, you're ordered around 24 hours a day, and you can be punished by your command without trial or jury. Free speech rights are severely limited in the military. You can be punished for being honest about being lesbian, gay or bisexual. Worst of all even if you hate your job, you can't quit.

**Joining the military is hazardous to your health.**

The military can't guarantee you'll be alive at the end of your eight-year commitment: they can't even promise you won't be desperately ill from "mystery illnesses" like those of the Vietnam and Persian Gulf wars. Whether it's atomic testing in the 1950s, Agent Orange during the war against Vietnam, or experimental vaccines and toxic weapons in the Persian Gulf, the military shamelessly destroys the health of its personnel -- and then does its best to downplay and ignore their suffering. Joining the military is hazardous to your mental health. Through callousness, intimidation, harassment, physical and psychological abuse, and lies, the military can seriously damage your mental and emotional well being.

**Joining the military is hazardous to the environment.**

The US military is the single largest and worst polluter in the world, from toxins at bases to nuclear-tipped missiles to the destruction of ecosystems from South Vietnam to the Persian Gulf. And in today's military, the

tanks and weapons are coated with depleted uranium from toxic nuclear waste!

**Joining the military is hazardous to our lives.**

The "adventure" in the commercials is code for war, the "discipline" code for violence. The military trains recruits to employ deadly force, yet recruiters rarely discuss the dehumanizing process of basic training, the psychological costs of killing, or the horrors of war.

**Questions Recruiters Don't Want You to Ask**

Military recruiters glorify war -- and then sell it to you. Like cigarette pushers, recruiters will say anything to get you hooked.

**Job Skills?**

\* Why do veterans earn less than similar non-veterans? Why are veterans imprisoned more often? Why are 1/3 of all homeless people veterans?

**Money for College?**

\* Why do 65% of recruits who pay the required \$1200 into the Montgomery GI Bill never get a dime in return?

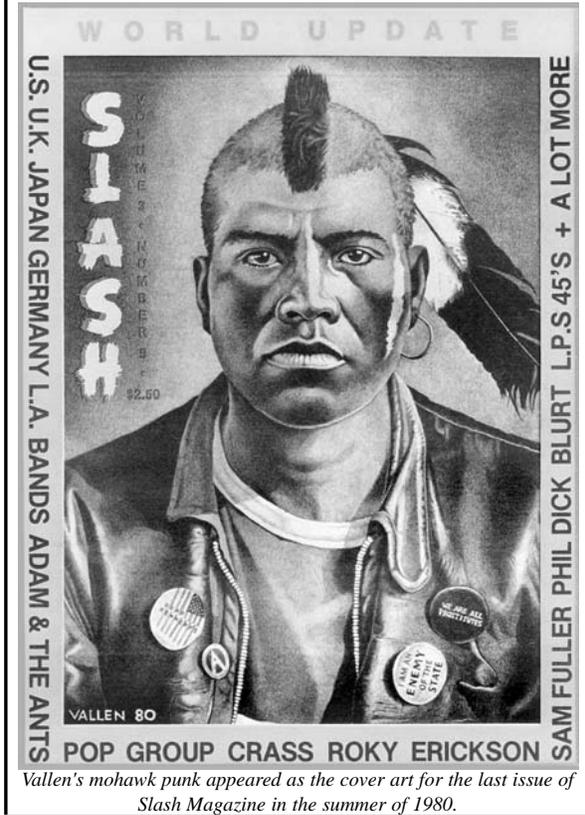
**Discipline?**

\* How does getting yelled at and ordered around provide self-discipline?

**Opportunity?**

(continue on page 20)

"Come Back To Haunt You." 1980 - Pencil on paper



ValLEN's mohawk punk appeared as the cover art for the last issue of *Slash Magazine* in the summer of 1980.

#### Interview with Mark ValLEN

**Tell us about the Los Angeles art scene, are you part of it?**

As an LA artist I have little choice in being involved in the city's art scene, but it's as diverse and multi-layered as any other scene. In it you have amateurs, wannabe's, hacks, poseurs and professionals; people who are lacking talent and others who are truly gifted; those who pursue their craft for lofty reasons and those who seek nothing more than fame and fortune. The art world itself is divided into spheres where people are categorized by motivation, ability, education, connections and much more. There's a huge difference between an artist who sells art in the park and one who sells in galleries or is collected by museums - it's all very politicized. It's always been part of my nature to go against the grain, so I never really had much interest in developing a "career" as an artist, I just did what came naturally - which was to draw and paint. I've only just recently begun to pay attention to the elite art world of galleries and museums, but I mostly see them as walls to be breached.

**You used to do street wheat pasting and the city gave you a big fine. How did they catch you?**

I refuse to testify under the protection afforded me by the Fifth Amendment to the Constitution of the United States of America. We still have a constitution, don't we? I'm not sure what parts we are still allowed to use - I'll have to check with Homeland Security. But all seriousness aside, yes, I used to engage in street art by wheat-pasting posters on the walls of the city. In fact, I was the first to do so in Los Angeles starting in the late 1970s. My work was largely anonymous and sometimes bilingual, but I gave up street pasting after I saw others in LA were building a damned career out of the practice. I took great offense at that, as I believed (and still do), that the best street art is always done incognito - it's not about ego and careerism - it's about imparting ideas.

**I've seen some of your work on t-shirts, books, and cd inserts. How do you feel when someone uses your art work without your permission.**

It's always disrespectful to have the fruits of your labor used by someone else without permission, payment or credit. I think that not receiving credit for having created an artwork is the worst insult to a visual artist, and I see this happening all the time. If a single image created by an artist is good, then why not credit the artist so that people can look them up to see

their entire body of work? It's like repeatedly hearing a great piece of music on the radio but no one every tells you who it is!

**Is there any type of music you listen to while you draw? Or do you need silence?**

That depends on my mood, sometimes complete silence is what I require. Most often though I'm listening to music, and my girlfriend Jeannine tells me that people would be shocked to know what I listen to, which is just about everything - folk, blues, movie soundtracks, jazz, world music, opera, punk, you name it. I was around eight years old when I purchased my first record, Edvard Grieg's "Peer Gynt Suites," followed by Tchaikovsky's "1812 Overture." I still listen to European Classical music today - it's standard fare in my home. On the opposite end of the spectrum there's my passion for punk. Mostly I like the late 70's sound from the UK and Los Angeles. Pistols, X-Ray Specs, Siouxsie and the Banshees, that sort of stuff. But I also love the "peace punk" sound exemplified by UK bands like Crass and Discharge. Since I'm an LA boy I naturally favor the hometown bands that started it all in '77... Bags, Weirdos, Germs, Fear, Screamers, Black Flag, that crowd - all of which I saw in performance and will never forget.

**What art classes did you take in college and what influenced your work?**

I went to Otis Parsons Art Institute in the early 1970's where I wanted to study drawing, painting and print-making, however, I was greatly disappointed in art school. I was expecting training in traditional methods of art making, and instead the teachers kept dissuading me from that path, insisting that I pursue the abstract and conceptual. After a while I simply lost interest and quit art school, so for all intents and purposes I can say that I'm self-taught. Nevertheless, my self-education was extensive and rigorous, a mix of endless reading and applied theory and practice - a process I'll continue to the end. The best advice I have for aspiring artists is to study, ready everything pertaining to the arts, devour it all - history, theory, and technique. But fuse that knowledge with real life experience, because making good art depends on what you know about life.

**You used to do work with 70's punk bands. What is some of the stuff you did that we should know about?**

I'm most well known for the covers I created for *Slash Magazine*, one of the very first and most influential punk publications in the US. I was always drawing portraits of people involved in LA's punk movement, and most of those artworks have never been seen - someday I'll get around to exhibiting them. I also did lots of work quietly "behind the scenes" so to speak - like creating flyers for various bands or events. I also did some post-production work on *The Decline of Western Civilization* documentary by Penelope Spheeris.

**What about in the 80's? What work did you do in the punk community and the activist community?**

Those were the Cold War years, when President Reagan and allies like Maggie Thatcher of England were expanding their nuclear arsenals in preparation for an atomic exchange with the Soviets. Another big issue for me was the US-backed wars raging in Central America and the tens of thousands of war refugees flocking to safety here in Los Angeles. Stopping the nuclear madness and assisting the poor people of Central America was of paramount importance to me, and all of my artworks at the time were devoted to those ends. During that period I worked to bring punks closer to the activist community, and visa versa. I remember showing up at LA's first demonstration against Reagan wearing my best punk outfit; black bondage pants, day-glo yellow shirt, black leather jacket, combat boots, a crew cut, wrap around black plastic sunglasses and plenty of spiky bracelets. Mind you, it was 1980, and out of around 10,000 people I was one of a handful of punks at the rally - everyone else wore earth color flannels, sandals, bell bottoms,

"Portrait of Suzy." 1980 - Color pencil on paper.



ValLEN drew his portrait of a fellow Hollywood punk rocker in 1980.

and sported long hair. Most reacted as if I had just landed from Mars. but a certain number of people were excited by my presence. The "movement" needed to be invigorated with punk attitude, and so my friends and I handed out antiwar flyers at punk clubs and agitated at punk concerts. Sure enough - it wasn't long before large contingents of punks started showing up at antiwar demonstrations!

**What has changed now compared to the 80's. Like the punk scene, street protest and politics?**

Everything has become much worse! Punk started by thumbing its nose at the mainstream, today it is the mainstream! My worst fear in 1980 was that the US would attack and occupy Nicaragua as it did in the 1930's - but today we occupy Afghanistan and Iraq. The masses are full of fear, governments and leaders are more deceitful than ever before, the corporate media keeps everyone sedated with lies, our civil liberties are disappearing, we are all teetering on the brink of an ecological disaster, things are quite a mess - yet, I still haven't given up on the idea of a better world. I think that as long as people maintain a positive vision, and actively work towards it - all good things are possible.

**Tell us about your most recent project?**

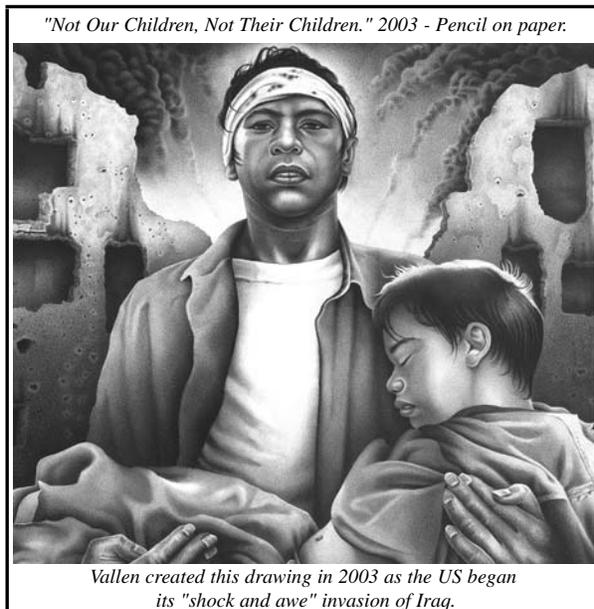
I've been developing plans to supersede world governments with artist's councils, but the biggest stumbling block for the project so far has been in acquiring enough paint to repaint all former govern-

ment buildings in rainbow hues. that and filling international parliament and congress halls with artist's easels. My plot is almost ready for implementation - soon, artists will be running things!

**Any other radical artists that we should know about?**

Artists have always been free thinkers - and throughout history they've made enormous contributions to the expansion of freedom and liberty. I'm especially fond of artists who create in times of great duress and upheaval - like the German Expressionists of the 1930s. Artists like Otto Dix, George Grosz, and the others who made art during the rise of the Nazis, did so at great personal peril; but they also managed to express the deepest humanity at the moment of civilization's darkest hour.

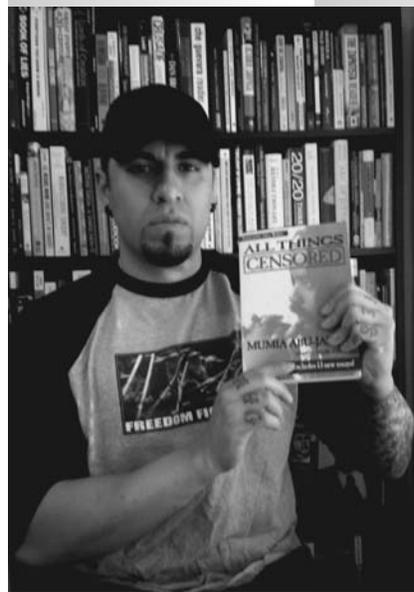
I've also been deeply influenced by the Mexican Muralists of the 1930s, who believed art could be integrated into the daily lives of people through the creation of monumental works of public art. Everyone should make an effort to study the life and works of artists like David Alfaro Siqueiros, Diego Rivera, José Clemente Orozco, and the other revolutionary artists from that time. If your readers are interested in knowing more about such things, I encourage them to visit my website, Art For A Change, located at: [www.art-for-a-change.com](http://www.art-for-a-change.com)



*"Not Our Children, Not Their Children." 2003 - Pencil on paper.*

*Vallen created this drawing in 2003 as the US began its "shock and awe" invasion of Iraq.*

Ralf Camacho is a longtime activist and organizer who's roots trace back to the anarcho punk scene of over a decade ago. At age 19, he moved to Brooklyn N.Y where he was introduced to the East Coast Hardcore Music Scene. Now at age 29 living in the LA area again and listening to everything from conscious hip hop to John Lennon, Ralf believes that music is progressive in content can be a tremendous agent of social change. After what he refers to as a dark period in his life where he battled with excessive drinking and other abusive behavior-Ralf is back on track and living a straight-edge lifestyle. Along with a drive and desire to bring about revolutionary social justice, Ralf places a great deal of importance in his personal mental physical health. With an ever growing faith in the power of individual resistance Ralf has dedicated himself to creating awareness and finding like minded people in the hopes of bringing about a collective consciousness based on equality and true justice for all.



this science is designed to only benefit a small group of ruling class elites. Their role is to control production and distribution / our role is to consume. In their never ending quest to fill corporate coffers, underdeveloped countries are turned into vast proletariat colonies where the peoples right to self determination is a mere fantasy. Giant corporations revel in these countries because natural resources are abundant; environmental regulations are nonexistent and labor is cheap. The United States makes up 5% of the Earths population, yet we consume 40% of its resources. Under the current system we are conditioned to measure success and self worth not by what we contribute to society, but by how much wealth we can accumulate.

Media: The communications industry or profession. Like most industries, media has also been monopolized. The term mass communications is synonymous with indoctrination of the masses. This instrument of the rich is fraught with corporate and government ties. For example, NBC, the countries leading news agency, along with MSNBC, CNBC and numerous news magazines is owned by General Electric one of the nations largest defense contractors. With our mainstream media controlled by corporations, who profit from death and misery, its no wonder why we know so much about the personal lives of celebrities and so little about the struggles and hardships of the people who make our clothes and produce our food.

Revolution: A sudden or momentous change in a situation. Throughout the history of human kind, there have been popular

**REVOLUTION OF CONSCIOUSNESS**  
By Ralf A. Camacho

Everyday on every continent of this diminutive sphere, men, women and children are displaced, exploited, oppressed and subjected to unfathomable horrors. The most extreme human rights violations occur in third world countries where the majority of people have little or no say over the governing of their own lives let alone their nations. At the root of all this suffering is a system whose primary objective is to control the world economy and maximize profits for a few transnational corporations. Damage caused to the earth and its inhabitants is a bi-product of the process of corporate globalization. Its time to ask ourselves what role we play in all of this.

struggles and revolts against repressive regimes and institutions. Revolution is not confined to any specific region or era. It is in essence a timeless process that serves to bring about physical, mental and spiritual emancipation. Revolution is the catalyst for social justice. We are at a critical point in history where the decisions we make in our everyday lives will determine whether future generations will judge us for our inaction or praise us for having paved the way to genuine freedom and absolute liberation. Its time for progressive thinking and revolutionary soul searching, so lets gather all our courage and positive energy and collectively work towards the formation of a universal Apex Union.

Economics: The science of production, distribution and consumption of goods and services. Unfortunately

Los Angeles  
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# Interview with UK Punk Bands



GBH originally formed in 1979 in Birmingham, England, initially known as "Charged GBH", to avoid confusion with a band similarly named, later dropping the prefix after it was discovered no other band existed. The name Charged GBH is derived from the British legal phrase, Grievous Bodily Harm. Their first album, "City Baby Attacked By Rats", was released in 1982 to critical acclaim and it's follow up, "City Baby's Revenge", released in 1983 fortified the typical GBH sound - noisy and distorted hardcore punk rock. All through the 80's and 90's GBH continued to release records and tour the world. GBH have toured everywhere, extensively in the U.S.A., through Mexico to Brazil and Argentina, from Israel and across Europe to Poland and even in Japan. Bands like Metallica, Nirvana, Sepultura, Slayer (who covered "Sick Boy" on their recent punk covers C.D.) have all cited GBH as an influence. 2002 sees the release of a new album "Ha Ha". In 2006 of this year they did a US tour and SOS records re-released "Punk Junkies" CD. This interview was done with the vocalist Colin.

**Are you all vegetarians? Was it for health reason or animal rights reason?**

Only Jock and myself are veggies (Ross is a total carnivore and won't eat vegetables! He has to have at least 2 pound of raw meat per day) I never really ate a lot of meat before I was a veggie (must be 10 years or more now) I do it partly for health reasons and partly for animal rights. I heard once that the average American by the age of 30 will Have 10 pounds of undigested meat in their stomach, that just did it for me.

**You recently played with Conflict in England. How was the show? Was it strange playing in front of Anarcho Punk crowd?**

We draw all sorts (vive le difference). The Conflict show was great and don't forget when we first started we toured with Discharge a lot so we were used to Anarcho crowd. They are not as fierce or overly political as people think they are.

**Is this the original line up?**

Well we went through a few drummers. They all seemed to leave to get married (or were asked to leave). We also fired our management as they were nothing more than common thieves and drug dealers constantly ripping us off. We are much happier now we run ourselves.

**What was the best GBH gig?**

There has been so many it is impossible to choose one in particular. But one memorable one was when we played Belgrade just before the war. It was touch or go weather we got into the country at all, we were stuck at the border for a few hours. The Hungarian Mafia offered to smuggle us in, but I didn't Fancy that as we may have never been allowed to leave! At the last minute we got a phone call to say it was O.K. When we arrived at the venue about 2,000 kids were waiting outside and went crazy when they realized the show was gonna go ahead. These people virtually had nothing but were so hospitable to us. It restores your faith in human nature.

**What make you still going strong?**

Life constant struggle and the reasons from the question above!

**You guys sell GBH skateboards online. Can you do any tricks?**

The only trick I can do on a skateboard is fall off! Outlook skateboards offered to make some GBH boards and as we are up for most thing we said "O.K." I have heard of Tony Hawk.

**What do you look forward to on this year British Invasion show?**

The whole event really. To meet old friends and make new ones.

(Sadly GBH did not play the British Invasion show due to the big riot. Many thanks to Colin for doing this interview)



Vice Squad is a punk rock band formed in 1978 in Bristol, England.. Songwriter and vocalist Beki Bondage (born Rebecca Louise Bond) has been with the band in the original line-up and when the band reformed in 1998. And now in the year 2006 they are still going strong and touring the U.S.

This message is from their manager Stu:

WE WOULD LIKE TO THANK EVERYBODY WE WORKED WITH IN 2005 FOR YOUR BELIEF AND SUPPORT, WITH YOU WE HAVE TAKEN THE BAND OUT AROUND THE WORLD IN 2005 AND PROVEN THEY ARE ONE OF THE BEST LIVE ACTS ON THE PUNK /ROCK CIRCUIT WITH A BRILLIANT GUITARIST IN PAUL, SOLID RHYTHM SECTION IN TONY AND MIKE, AND IN BEKI WITHOUT DOUBT "THE" FINEST FEMALE SINGER IN PUNK ROCK.

2006 IS SHAPING UP TO BE EVEN BUSIER. THE BANDS BRAND NEW STUDIO ALBUM TITLED "DEFIANT" IS NOW FINISHED. IT SHOULD BE OUT THIS SPRING ON SOS RECORDS IN THE USA AND WE WILL LOOK TO SECURE A RELEASE IN EUROPE AS WELL. THE SECOND HALF OF 2006 IS LOOKING PRETTY BUSY WITH FULL TOURS TO JAPAN AND THE USA/CANADA ON THE BOOKS AS WELL AS A FEW FESTIVAL APPEARANCES, A FEW UK SHOWS, A FEW EUROPEAN SHOWS AND WE WILL STILL BE LOOKING TO BOOK MORE. IF YOU WANT THE BAND TO PLAY, SIMPLY GET IN TOUCH WITH ME TO SORT IT OUT.

stutaylorpro@hotmail.com.

This interview was done with the vocalist Becky Bondage.

**Are you still involved with Animal Rights organizations?**

Yes I am still involved with several animal rights groups. I got into

the idea of Animal Rights as a young child, once I understood they felt pain like we do, I could see no justification in causing them to suffer. Most children feel that way because they have a natural sense of justice, but society in general tries to get them to see animals as there for human use only I held a jumble sale for the RSPCA when I was 10 because that was the only animal welfare charity I knew of. I joined Animal Aid a few years later when a punk mate showed me one of their newsletters. It was good to know there were thousands of other people who felt the same way I did and now theres millions.

**What made you continue Vice Squad?**

Because I couldn't escape it. I played and recorded in other bands for years but people still associated me with Vice Squad and kept asking me to play the old songs, so in the end I gave in and did the Holidays In The Sun festival, but only to see how it went because I had a lot of bad memories from the old days and was very suspicious about the whole thing as I'd been ripped off so badly in the past. To cut a long story short we ended up playing in Slovenia and I was hooked again.

**What's the difference in the punk scene compared to the old days?**

A more professional attitude from promoters and record companies. I don't think the word punk means its ok to treat people and fans badly. Overall I think the scene is better now than it was in the 80s, people tend to be more aware of whats going on around them.

**What countries have you toured? Did you get any culture shock?**

Weve played in USA, Germany, Spain, Austria, Slovenia, Italy, Czech Republic, Slovakia, Greece, Ireland, Holland, Belgium and Norway. The only culture shock was that apart from a few notable exceptions they treat bands better outside the UK (ie feed you etc).

**What does your song deal with?**

Frustration, Corruption, Injustice, War, Punk Rock, Poverty, Defiance and Christmas!!!!

**What are your long term and short term goals?**

In the short term its mastering the new album and getting it released in as many places as possible and playing (continue on next page)

in as many places as possible. Were hoping to tour the USA and Canada again this year and hopefully first tour to Japan as well as Sweden and more TBC. My long term musical goals are to continue improving as a singer, songwriter and guitar player and continue being a noisy bastard.

**Your opinion about illegal music internet downloads?**

If its a rich and famous band, they arent going to starve, but smaller bands probably are suffering because of it. The bands royalty was / is always a very small percentage of what the cds sell for so the chances of earning a living from music was tiny even before downloading became so widespread. The main fuss comes from the major labels who are losing out big time because of it and its always hilarious seeing the rich and powerful suffer, but in this case other big corporations are making money from the downloads. The point is that you wouldnt expect a plumber to unblock your toilet free of charge, yet we all think nothing of taking someones artistic work without paying, and when its a rich artist it wont hurt them. Yet on the other hand you wouldnt expect someone acting on behalf of the plumber to give him 3% of the fee you paid and keep the rest for themselves. The music business has always been one huge rip off where most artistes are concerned. I have songs on release which I wrote and didnt sign away to a publisher and which therefore are legally mine, yet a certain label has released said songs without my permission. Do I care if you download these stolen songs without paying the thief in question - No. I strongly suspect the whole download debate is being used as yet another excuse to pay the artiste even less than the usual pittance and that most people who download also buy a lot of cds and go to lots of gigs so theyre still keeping music afloat.

Thanks for the questions.

Vice Squad

www.stutaylorpromotions.co.uk  
www.lastrockers.com  
www.myspace.com/vicesquad



Interview with Paul (aka Oddy) bass player from Broken Bones.

**On the Broken Bones 'Without Conscience' CD booklet you added some list of gun violence history that took place in America. Why was this important to you?**



I think that the people who die from needless gun violence is very alarming. Here in the UK we don't have the easy access to them like in the US, it's why I support the 'Stop the NRA' campaign over there. I wanted to make people aware of the situation although they don't need it because guns are everywhere in the US. **How long have you been playing the bass guitar and what year did you join Broken Bones and Conflict?**

I've been playing Bass for about 24 years now. I joined Broken Bones (I think) in 1983 & joined Conflict in late 1985.

**Broken Bones first came to Los Angeles in 1984 and then you guys were here couple years ago touring with Total Chaos. What changes have you seen in the American Punk scene.**

It was 1985 in LA, and last year with Total Chaos. There haven't been many changes in the scene there. It seems to me like a new younger generation have taken over now. There are more kids into the punk scene than in the UK. Now you get the older people mixed with the younger ones which is great.

**In England hunting got banned. How did this happen and what**

**actions did the animal rights groups took? Was this by voting?**

It was voted in the government buildings. When the present government got re-elected, they promised a ban on hunting foxes to get more votes. The ban is very vague, and there is a lot of loopholes that the hunters get around. The Hunt sabbers are making sure that they don't break the law and getting everything onto video for evidence to give to the police.

**Can you tell us about the "Time for Anger, Not Justice" CD compared to your early releases.**

We all think that it's the best we've done so far. My personal opinion is that it's better than Dem Bones.

**What do you look forward to on this year British Invasion?**

Just looking forward to showing what we're good at and that's playing hardcore punk. also, playing to a bigger and wider audience, and you can't forget Ezzats birthday too! (this interview was done before the British Invasion show and it got broken up during Broken Bones set)

**Any suggestions or ideas to the young punk kids who wants to form a band?**

Get your own sound, your own identity. If you like a song you write then go for it.



**VARUKERS interview**

*This funny interview was done by Marvin from the Varukers.*

**The Varukers have a EP out from few years ago called "Nothing Changed". What kind of change would you like to see in Punk Rock?**

*We would like to see all the punk rockers change their socks and pants at least monthly, and see more punk bands knighted or put on the Royalty list so as we can attend huge banquets with Her Royal Highness (English sarah that is...)*

**What's the best and the worst thing about touring the country?**

*The best thing about touring the US is the shows/punks...we have a lot of friends over there who'm we have known for time, and it's getting like a home from home to us...the CA shows are ALWAYS mental and well attended very enthusiastically. Worst thing about the States is the fucking customs..they don't like the fact that we are all drug addled criminals, so entry can be quite a problem. Some of us can't attend Invasion as we've recently got out of jail and know customs would send us packing back to Blighty*

**On your old CD "One Struggle One Fight" you have a song called Protect not Dissect. Here in America a lot of high school kids have to dissect frogs in Life Science class. What action could kids take if they do not wish to participate?**

*Firstly, we recommend that the kids voice their objections in a coherent, plausible context. Failing that, throwing the fucking things at the teacher and/or expressing an interest in dissecting a human child (preferably theirs) would be a good thing. < site for students who do not wish to dissect: www.cutoutdissection.com >*

**The Varukers organized a memorial benefit concert for Stig from Icons of Filth. Why was he so important in the punk community?**

*Not only was Stig and old friend, but he was an avid believer in the punk scene. His lyrics and attitude were an inspiration to us on a punk and friendship level. He never asked for any reward in return for his toils, so we thought it would be fitting to give something back to his children. Stig R.I.P. Brother (Co-incidentally, he died at an Icons/Varukers squat gig in London)*

**Any new projects that the Varukers are working on?**

*Yes, Rat is in a project band from Stoke called Discharge who allegedly sound like Varukers. Biff plays in the awesome Sick On The Bus and Jackoffs...Marvin and Sean play in the ultra-heavy MYWAR... see y'all real soon...*



**What is going on with this new album?**

It is a super political album. We were inspired by the sickness of the current administration. We feel frustrated and angry- our music represents that.

**You've toured with so many UK bands this past 2 years, how did you land all of these tours?**

Over the last 15 years we have made a lot of friends, with many different bands. Some of the UK bands hadn't toured the US in many years and asked me to help them out. For example "The Exploited", Wattie vowed never to tour the US again, because of rip off promoters and bad booking agents. After a continued correspondence of almost 8 years, Wattie finally agreed to a US tour, as long as I kept a close eye on all his US tour business and that we toured with them. That kind of got the ball rolling. The first tour was a success, Wattie was happy. Other bands heard about that and they wanted the same trust-worthy business relationship with someone in the states. So I worked with Conflict, Broken Bones and Blitz. Plus it was a dream come true being able to not only play with the bands I grew up listening to, but to bring them to the next generation.



**I see that many of these same bands are now signed to SOS Records. Did you have something to do with that and what is your affiliation with the label?**

In 2001 I had a previous label, which I released "Punk Invasion" on. In 2002 "Funeral Dress" agreed to put out a record on the label, but I didn't have the funds. But I did have an old friendship with a powerful promoter, named "Ezzat Soliman". He liked the idea and that was the beginning of SOS

Records, it has been a perfect collaboration. With his help, I could sign and support bands that I believe in.

**Since you guys tour so much, what were some of the problems you have encountered on road?**

That is a hard question, because we have had many. I guess I will start from the beginning- lets call it "The Years of Chaos".

In 91' we did a mini tour with "Resist and Exist" in California. We had 4 shows; the first was in a warehouse in Orange County. The cops shut the show down before we could even play. Joe Bastard (bass player) started asking kids if they knew a place we could play at. They said they had a friend that lived down the street and we might be able to play there. He wasn't home, but there was a closed gas station next door and they had an outlet in the back. So we plugged in and played for about a 100 kids, from the show. The cops came after 3 songs and planned on arresting us. But the owner of the station showed up and dropped all charges.

A couple of days later we played 2 gigs in Berkeley. One at Gilman St. with Resist and Exist and the other at Punks for Presses, which was Rancids first show and they opened up for us. After the gig was over we were hanging out with Tim and some of the guys from Filth. Joe B. was throwing beer bottles across the street, cops came and arrested him, ending that tour.

Many other things happened throughout years, riots here and riots there. Joe B. getting arrested in Hart Park in OC in 92' for in sighting a riot and in 93- the riot in Mexico City. In Mexico City the venue was too small and all the kids couldn't get in, so they tore that part of the city up. In 94' on our first tour for Epitaph, Joe was arrested twice- first, assault and battery on a police officer and second, assault with a deadly weapon (a beer bottle) on a liquor store owner. Then 2 days later Gearbox (drummer) got arrested for possession of Mary Jane, all mind you in a 5 week tour.

Next tour with the "Mighty Mighty Bosstones" in 94', we burned a US flag on the stage in Prove, Utah. Some of the club staff were so mad, they called the cops- which in turn escorted us out of their state and threaten us never to come back.

In 95' with the release of "Patriotic Shock", which has a lot of anti racist lyrics, was deemed a threat to the Aryan nation. We had hate mail coming into Epitaph and the tour was crazy. There were Nazis at our shows protesting all through

the south and some parts of the east coast. Joe B. got jumped at one show and 2 ribs got broken, but they didn't hurt him. Shortly after that tour, we went to Europe. During the tour in Germany we heard about the Chaos Days.

Which is a big punk rock gathering in the city of Hanover (usually thousands of kids) there were no bands scheduled to play, because of previous riots. But there was a folk festival happening called the Harvest Festival at a large park. It was an out door free event, that happened to have a stage. The punk kids from the Chaos days saw us there. We were on tour, but we had the day off, so our driver took us to check out this festival. Shawn (guitar player) is German, so the kids asked us to play the festival and we said how can we do that? Just because there is a stage, doesn't mean we can play. So a bunch of them made their way back stage and demanded the promoter to let us play. He said "no they aren't on the schedule and there is no time". So they threatened to riot and he finally agreed. The promoter gave us 20 minutes and right before our last song, Shawn says in German "this song is called Riot City- so let's riot"! All hell broke loose, by the middle of the song- the police had shown up and the crowd exploded into the biggest punk rock riot, I had ever seen. It lasted 3 days and it was all over the news, that "Total Chaos" a punk band from America in sighted it- I still don't know if we did?

Many other problems have happened throughout the years, but nothing as big as that, until the Montreal, Canada riot in 2003 with "Exploited" and "Total Chaos". Canadian immigration were being asses and wouldn't let us through the boarder. The promoter even called them, when they found out we were stuck there. He told them the kids were getting restless and they told him to tell the kids that we were not coming. Again all hell broke loose; they turned over 50 cars and destroyed 7 city blocks- causing a million dollars worth of damage. Maybe next time the fucks will give the kids what they want.



**Shawn Smash from Total Chaos**

Total Chaos is one of the first (if not the first), to start the reemergence of "street style" punk in the early 90's. Signed to Epitaph records in 93', they released, "Pledge of Defiance" in 94', "Patriotic Shock" in 95' and "Anthems from the Alleyway" in 96'. They sold over 200,000 titles throughout their 5 year stay on the label. They left the label in 99 and in 2000 they released 2 limited addition demo recorded CDs. Their older recordings were entitled "The Early Years" and newer recordings "In God We Kill. In 2001 they self released "Punk Invasion", kicking off a hell of a year with hardcore touring from Japan to Europe and back to the states playing at the Vans "Warped" tour. After 4 years, they have a new album, "Freedom Kills", on SOS Records- which is clearly their most political album to date. Very reminiscent of their hard style (Patriotic Shock), but laced with solid battle cries. I have lots of questions, so let's see what is going on with the band. This interview is done with the vocalist Rob Chaos.

**How do you feel about having all of your original members (except for Joe Bastard) playing along side of you again?**

It is good, because we went through so many line-up changes after Gearbox left in 95'. It feels good to have him back, we are more united.

**You guys have been around along time- most bands don't last 5 years, how did you manage 16?**

Truthfully, a lot of bands take things to seriously. They get overly business like with the music. It causes conflict and the band self destructs. Total Chaos is more like a group of friends. We treat the band like a big party, but we still don't forget what we stand for.

**How do you deal with the negative side of the music scene: rumors, judgment, and negativity?**

I started seeing and hearing negative rumors and judgments towards the end of our stay on Epitaph. From us supposedly being "sellouts", to driving in limos or yes my favorite, "we have hairstylist". Weird and ridiculous, but the worst aspect is how kids don't think for themselves (punk kids). It is like having someone tell you, "you've stolen something", and you know you didn't. It can piss you off, if you let it.

For example, I got an email on myspace from a New York punk girl. She told me that I was dropped off in front of some fancy hotel (in a limo), was rude to her and acted like a rock star. Let me tell you where I was actually on that supposed date, I got a ride from Mike Blanks (from Blanks 77) to the "Holidays in the Sun" in Jersey. He got in a fight with his ex girl and left without telling me and I was stranded in Jersey, with no money and no place to stay. Some cool punk kids let me crash on their hotel room floor. But the girl that wrote the email, (regardless of me telling her it couldn't have been me, because of what I just explained) refused to believe me and kept stating the same shit. Fuck it, she probably is a nut. But unfortunately it wasn't the first time I heard weird shit from kids. Basically, always ask the band- if you write me, I'll write back. I'm far from a rock star.



**You've been in the punk rock scene for 22 years. How has it changed compared to today?**

In the 80's it was not safe at all to look punk; to dress punk or call yourself punk- everyone hated punks. Kids complain to me today about their trials- cops following them, getting hassled, and maybe called a freak.



But in my time it was everybody- red necks, jocks, gang bangers and police. We had to travel in packs, just to walk down the street. The times I wasn't with friends, I got beat down. Gang bangers would jump me, cops would threaten to beat us and jocks, always started shit- times were hard. Don't get me wrong, I know the youth have also suffered. I was hurt and pissed off when I found out about Bryan Deneke, a punk murdered for being a punk. But that type of violence was common back in the 80's. You would go to a show and there would be "suicidals", "skins", and different types of punk gangs. There were at least 20 to 30 fights at every show. Compared today, you go to a gig with 5,000 kids and there is not one fight. The scene has mellowed out. Sometimes, as crazy as it sounds- I don't think the scene mellowing out is a good thing. The scene isn't as strong as it use to be, we've become over run by back stabbers and shit talkers. There feels to be less unity.

**You have been quoted as to saying "it is all about the kids". What do you think would help the kids become more unified?**

My suggestion would be not to hate on one another. If you love the music, the scene and you are hanging out at the same shows, respect one another for that common bond.

If you hear or see someone talking shit, say something, let them know that's not cool. Because the lack of respect only weakens, not strengthens the scene.

**Lastly, what do you expect for Total Chaos in 2006?**

Put together some great package tours for the US; tour Europe, Japan, South America and work on a new record.

**Do you have any final words for the kids?**

Divided we are paralyzed- United we are strong. Punks Unite!!!! Also check out our new Union of the punk group: <http://groups.myspace.com/theunionUVP> [www.totalchaospunk.com](http://www.totalchaospunk.com) [www.myspace.com/totalchaos](http://www.myspace.com/totalchaos) [www.myspace.com/totalchaos2](http://www.myspace.com/totalchaos2)



Interview with Resilience  
Answered by Johnny & Spyte

**Tell us the brief history of your band.**

We formed in 2000. It all started when I (Johnny) heard that some guys were jamming and trying to start a band, so I told them I played bass. They said come on down. When I got there another guy was already playing bass, so I said I play drums too. We made our first cd's all on our own, late night at Kinko's with the assembly taking place in my kitchen. Our shirts were, and still are, printed in a backyard shed. We mailed out 100's of cd's to all of the bands that we liked. We started playing shows and getting a local fanbase. We got a van and started spreading the noise.

**Can you tell us about how you got your equipment stolen at the Key Club in Los Angeles and how this kind of situation can be avoided for other bands.**

Watch your shit, because people working at venues supposedly monitoring it don't necessarily care and aren't always going to do it. I (Spyte) got two guitars taken, one was custom. A lot of money



and work gone.

**Whats the punk scene like in Northern California? What does unity mean to you?**

The scene has had its ups and downs, like most scenes I'm sure. There's been lots of house parties with venues and warehouses popping up all the time and then they're gone. The scene is what you make it. There's new faces coming in all the time, lots of youth and energy. Unity is having a sense of community and helping out others, hoping they will do the same.

**What are your musical influences a lot of kids are telling me you guys are Oi band.**

All of our musical interests and experiences include a lot of old school punk music and oi. Josh listens to some crust as well. The Clash has especially influenced me (Johnny), I saw them live twice.

**What's your opinion about George W. Bush...**

Where do we begin?... First of all, please try to keep in mind that George W. is one of the few people we can openly see (since he is a figure head/puppet). We have always seen presidents as a type of actor. What and who he represents is the real problem. He is a kind of rich kid raised in surroundings of elite white wealth. Because of this, he cannot relate to the majority of the people in this country and especially the rest of this world who is made up of many different ethnic backgrounds and are 99% working class. Never forget that the ruling class is only 1% and they will use any means necessary (incarceration, fear, violence, war, starvation, racism, lies, etc.) to stay on top. Ask yourself a question: Are they truly in power over us? Their hands and sweat have made none of what is around you, people like yourselves and us have built this reality. In short, fuck him and his "veni, vidi, vici" (coninue on page 18)

(Resilience interview continued from page 17) cowboy attitude and everybody in the world like him.

**Any Favorite tofu dish?**

Interesting question. The band members lifestyles (eating habits, health habits) aren't really reflected much in the lyrics of the songs. Two of us are vegetarian/vegan, the other 3 of us have an open diet. We try to and will probably always try to keep our message a general anti-follower, anti-establishment mentality. Live how you want, that is the only way. Fury likes all tofu dishes, and spyte likes most of them. We have all tried these type of dishes.

**Tell us about your latest release.**

We have an upcoming 7 inch (vinyl) split with 3 songs from us

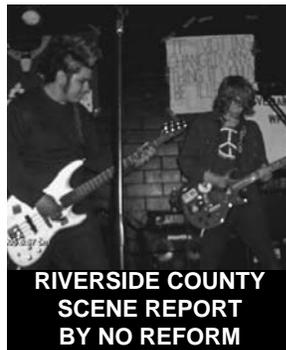
and 3 songs from Funeral Dress, the Belgian punk rock band, but that probably won't come out till the British invasion punk fest in 2006. Our most current release is our 2nd full length album called "sound of strength". The new album is similar to our 1st, but it has a bit less of an Oi feel and is a bit more street, it also has a kind of bigger sound (more ring outs in the guitars and stuff). It has a similar mental stand point on all the social and political topics that we scream about, still the underdog versus those in power. The sense of trying to tell people to challenge the way they think and to realize their own self worth and individual strength has grown with our growing frustration towards everyday american societies (and the rest of the worlds), carelessness!!! This is obvious in the lyrics and feel of songs like the title track, "Sound of Strength".



**NO REFORM BIO-**

We are No Reform from Moreno Valley, CA. We've been around since the summer of 2003, and though having multiple line-up changes, we've kept to our basic style and purpose. No Reform is a blend of underground punk rock, leftist politics, and peace and love driven anger toward atrocities and injustice in our society. We play our music to give people good music to listen to, but also to get people educated, motivated, organized and mobilized to push for positive social change. We do not try to come out in a way that tells how you should be, but rather we present our analysis along with facts which can then be used to draw up personal conclusions. Our lyrics mostly deal with our ideas or how we see things, but not all are to-the-point serious. We as a band support various causes by leafleting at our shows, hanging banners, attending and encourag-

ing others to attend demonstrations and conferences, and also by putting together and playing benefit shows. The broad issues we speak out on include human rights, peace, government, revolution, violence, and animal rights(all but one of us are vegetarian/vegan). In conclusion, No Reform is a band dedicated to two main goals: to make some music kids can rock out to, and to push for forth positive change with dignity and respect.



**RIVERSIDE COUNTY SCENE REPORT BY NO REFORM**

We currently reside in Moreno Valley, CA, which is a city in Riverside County. When No Reform first started, there was very near nothing of a punk scene. With a fellow punk band from the area called The Invalid 6, we began to build up a scene very slowly by playing shows together. As our area began to grow, it became apparent that our scene was a very cool one. We never had fights, and people were cool and polite. The scene today is not exactly the same. Fights and near-fights are becoming routine, punk gangs are emerging, people are bitching about having to pay at benefit shows, people talk shit on

animal rights supporters, etc. The overall spirit of the shows and the community seems to be on a downward spiral sadly. With The Invalid 6 and other bands breaking up, there is a lack of bands in the area also. Our friends Vomit Clot, however are a new band who have been making shows and trying to build up whatever they can. More and more kids are more concerned with alcohol and their ego than the music or the community or the cause. As for the activist scene in Moreno Valley, it seems very close to non-existent. We do our little part by saying what we say in our lyrics and what we present as education (leaflets, fact sheets, speeches). There has been a few actions such as a few animal rights demos and an anti-Nike demo that have gone in the last 2 years or so, but things seem to have faded into nothing in the last year. A plan we hope to soon put into action is the creation of an organization (The Community for Peace and Human/Animal Rights). And on one last note we'd like to mention a great organization based in the Riverside area call the Riverside Area Peace and Justice Action (RAPJA)(www.rapja.org).



- MEMBERS ARE-
- ADAM-VOCALS
- JAVIE-BASS
- XAVIER-VOCALS
- DANIEL-DRUMS
- RICKY-GUITAR
- IVAN-GUITAR

**ALTERNATE SYSTEM BIO**

We began in mid - 2003. Made some songs recorded etc. 2004 we started playing shows recording some more. Were political Peace Punk band from Orange. To describe our sound it's loud, fast, and distorted. Our lyrics are about war, reality, power, greed, destruction, and life. And the fucked up world we live in today.

To Check out our MP3's please visit [www.myspace.com/alternatesystem](http://www.myspace.com/alternatesystem)

Contact email: [alternate\\_system@hotmail.com](mailto:alternate_system@hotmail.com)



**New Collapse**

[www.myspace.com/newcollapse](http://www.myspace.com/newcollapse)

We're from Los Angeles and have been playing since 2002. Our music tends to be aggressive. The instruments are distorted keyboards, drums, and vocals. It is hard to describe what we're about. All I can say is the three of us are pretty emotional people and somehow we trans-

late it through our music. If you ask what we're emotional about I would say anything from feelings of rejection (through our parents or otherwise) to dealing with everyday struggles (poverty, pollution, repetition of work, the city, etc.). We are notpretentious and realize that we have it alot better than most people without homes, food, a job, etc. Still we are affected by our surroundings and I

think our music reflects that. If you're wondering what we sound like - Some have described us as "synth-punk" however we don't claim any labels. At this time we enjoy playing loud, aggressive type music (w/keyboards) because it's what we feel. I guess in essence that is what we're mostly about -expressing how we feel. The way we play / perform is just the way it comesout.

# Socialized Crucifixion



*Socialized Crucifixion performing at the International Women's Day event at The Smell Venue in downtown Los Angeles.*

Our band formed in late 2004 in Southern California when bassist, Manny and drummer, Roy asked Jeannette (vocals) and original guitarist, Manuel to join the band. This original line up lasted only about four months, playing few shows, before Manuel dropped out and our good friend Manda (now guitarist) offered to fill his spot. Previous to Manda joining the band, our views and beliefs weren't too solid and we weren't all on the same page when it came to where we each stood "politically". Once she joined the band, we formed and strong bond which really helped us to focus on our goals and the direction in which we wanted to take our band.

Ever since, we've been working on addressing several issues and ideals through our band such as veganism. Being that we're all vegan, we feel that it is our responsibility to speak out for the voiceless. We all chose a vegan lifestyle as a result of our anger towards the unheard injustices of the meat and dairy industry, vivisection and animal testing labs, circuses, fur farms, hunting, domestic animal abuse and any other animal torturing sick fucks. Ethics played the biggest part in our decision to change our whole lifestyle around and switch to a complete vegan diet. We also came quick to realize that the mass production of animals also poses a significant threat to the human race as well. There are also health factors involved with the consumption of meat and dairy products such as osteoporosis, heart disease, cancer, obesity, high cholesterol, and many more. We chose a vegan diet rather than vegetarian because we all realized that by consuming egg and

dairy products we were still supporting the rape, torture, and slaughter of countless animals. We said fuck that shit. After all, who are we as humans to claim as superior beings?

All of us have always been big on avoiding a consumer lifestyle by resisting and boycotting specific corporations, advising others to a non-consumer lifestyle as well. After realizing that by drinking and smoking cigarettes we were still supporting big businesses, supporting drug induced apathy, and ultimately going against our own beliefs. It was then that we made the decision to be straight-edge, living a drug and alcohol free lifestyle. Through our own experiences with alcohol and drugs we were able to see that drug dealers care about their profits as much as those greedy corporate bastards did, showing no concern for their victims lives, only their money. Also, it is known that certain drugs, cigarettes, and alcohol is tested on animals, giving us another reason to resist. In the punk scene, there aren't too many people who are straight edge or have even considered breaking their habits as well as stereotypes of being drunk, mindless teens going through a phase of rebellion. When entering the punk scene, many kids feel pressured in a way, or obligated to drink, if that's what they see the other kids doing all around. That is their perception of what punks are supposed to be doing at shows. Wearing "X's" on our hands, to us, is an attempt to encourage people to challenge the norm, as well as give comfort to those who really don't want to drink and to let those kids know that they are not alone. It's really important to not discourage other people's decisions to use drugs, drink, or smoke but rather

encourage and share the reasons why we choose not to, hopefully giving people motivation to make the change on their own. Pressuring people and forcing our ideas on them will only make them feel isolated and build a negative relationship between us and that is not what we want.

Out here in our area there aren't very many punks with anarchist views. We've noticed that over the past couple of years the punks we did have in our area have burnt out and left the scene, conforming to a regular lifestyle again. When we question why these people left the scene, we find that the main reasons might be that they feel punk has lost its meaning. Whether punk to them meant drinking, the fashion, rebelling simply for the sake of rebellion, or truly wanting social change and just seeing no progress. Punk has become so diluted. People go to the shows and don't listen to the music and the message these bands are trying to send out. People buy CD's or records and don't even read the lyrics, so how do we expect to make any change when the passion that was once there has been lost?? As a band, we want to bring passion and anger to people to bring about change and spread our ideas.

Our music style has progressed throughout our short time playing together. We try not to stick to one certain sound when we write our music. It varies from hopeful sounds that speak of the successes of anarchism to angry fast paced heart pounding songs with growling female and male vocals, distorted bass, powerful guitar riffs, and continuous hard drum beats, all saying "fuck you" to sweatshop labor, government, human suffrage and forms of oppression. We will be releasing a 5 song 7" record on NEW EDEN RECORDS (a vegan-straight edge label) in spring 2006 featuring 3 newly recorded songs as well as 2 re-recorded tracks from our first self-released full length CD "Our Rise Is Your Fall".

**Contacts**  
If you want to check us out please visit our Myspace at:  
[www.myspace.com/socializedcrucifixion](http://www.myspace.com/socializedcrucifixion) or feel free to send a letter through snail mail to:

**SOCIALIZED CRUCIFIXION**  
P.O. Box 1175  
Ontario, CA. 91762  
OR E-mail us:  
[socialized\\_crucifixion@yahoo.com](mailto:socialized_crucifixion@yahoo.com)

# GAIAN MIND



Gaian Mind- Organic Gardening, Free Food Distro, Vegan Potluck, Open Mic Nights, Silk Screening, Film Nights, Recycling, Eco-Art Gallery, Coping Co-op alternative therapy group, Sisters Circle Womens group, Open Counseling, Tool library, Free School, Raw / Living Cafe and much more...



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The retail shop is open 12-6 Monday-Saturday.

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Anima Mundi was chosen as a name because by definition it is something that everyone is a part of -- a collective entity; a unified energy; a global tribe.

In nature, when any entity is cornered, be it by an aggressor, predator, or tyrant, in order to survive it will use whatever means are available to ensure its survival. It will fight back. In these times, when the world and all who exist upon it have indeed been cornered by those in power -- who care nothing for our protests, our dissenting voices, our passive resistance, our civil disobedience -- our only option is direct action.

**THIS is Anima Mundi.**

**WHO:** We are a revolving collective of members, the first line-up of which is currently coming together.  
**WHAT:** We use music as our primary medium to educate, challenge, question, expose, support, connect and inspire.

**WHEN:** We came into being on November 3rd, 2004 in the shadow of the Bush "Re-election."

**WHERE:** We are based in Los Angeles, CA.

**WHY:** Have you looked around lately?

Listen to Anima Mundi music at <http://myspace.com/animamundi>

(continued from page 11)

\* The opportunity to be harassed? Discriminated against? Kicked out or prosecuted for having sex? Why do people of color represent 1/3 of all enlisted personnel but only 1/8 of the officers?

**Adventure?**

\* Does dropping bombs on kids really sound like fun? How about killing or dying for oil?

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You want to go to college. Or you want job training. Perhaps you want to travel. You have a sincere desire to serve your community and your country, to make the world a better place. Military recruiters are trying to take advantage of those desires to convince you to enlist. In fact, you're far more likely to move ahead in your life by seeking out civilian opportunities -- and you won't have to join a violent institution to get there.

**MONEY FOR COLLEGE**

Financing College Without Joining the Military

\* Luckily, alternative ways to finance college exist. CCCO help you sort out the (often confusing) financial aid process to find the money you need.

**Joining the Military is Hazardous to Your Education**

\* Military recruiters will promise "money for college," but it's neither free nor automatic: only 35 percent of those who sign up receive any college money. Why?

**JOB SKILLS TRAINING**

Military training, even in electronics or computers, is largely for highly specialized military uses: on average, veterans earn less than non-veterans, and a special federal job training program for veterans has over 50,000 on the waiting list.

For real job training options, investi-

gate your local community college: affordable two-year programs can result in immediate, well paid employment in a diverse range of fields, such as computer repair, graphic design, or medical technology. Explore internships with local employers, from newspapers to battered womens shelters to medical technology; apprenticeships with trade unions; and school-to-work agencies like Ready-to-Work and the Private Industry Council, who can match your interests to appropriate private employers -- and pay you while you're learning skills to last a lifetime.

You can look for internships at Rising Star Internships.

<http://www.rsinternships.com/>  
Inroads specializes in internships for youth-of-color. Or you may be interested in service learning opportunities.

To find career advice and referrals, or if you're looking for job training or jobs, try JobWeb!

<http://www.jobweb.com/>

Another meta-site that lists jobs available around the country and has tons of links to other valuable job search services on the web is JobNet.

<http://careerweb.westga.edu/JobNet.htm>

A third free job search service, 4Work, lets you search for jobs, internships, part-time jobs, and volunteer opportunities. Once you sign up with 4Work, they will email you when jobs matching your criteria get listed.

<http://4-work.8media.org/>

Many teenagers, twentysomethings, and the young-at-heart find summer employment as camp counselors, and the CampPage site lists opportunities nationwide.

<http://camppage.com/employt.htm>

You don't have to go to boot camp, give up your civil rights, and train to fight wars in order to have a future.

For more info go to this web site:

<http://www.objector.org/>

The drummer of the band, Ben Axiom and his friend Emily run a space in Long Beach called the **Gaian Mind**. From what I've been told, a lot of youth hang out at this place. They hold weekly vegetarian potlucks, workshops teaching youth how to garden, and more.

A band that I highly respect is **Seven Generations**. They are an anarcho-, vegan, straight-edge band from Orange County. I've booked them a show once, and they are really amazing on stage. The singer is very outspoken about the bands lyrics and politics.

The band that I've been managing (I do not sing for them), is called **Autonomy**. They are an old Southern California Feminist, Peace-punk band that reformed. We recently did a benefit show for Anarchy Journal Magazine in the Bay Area. Autonomy also played a couple shows in Mexico with **Fallas Del Sistema**. A split with Battle of Disarm (Japan) is in the works for the future.



One of my favorite bands right now is **Aztlán Underground**, whose singer used to play bass in the early 80's peace-punk band The Iconoclast. I would describe their music as a mixture of different styles of alternative music with an emphasis on their indigenous roots and culture. Their most popular song includes the line "We didn't cross the border, the border crossed us!"



**Another Destructive System** have been playing some shows around the Southern California area. They are planning to record an album with old and new songs. Right now they are looking for a label to put this out.

**Anima Mundi** plays in the peace-punk style. They got a lot of responses recently due to their uncompromising beliefs against macho slam dancing at shows. Until this day, kids still talk and debate about this issue. This band is heavily into animal rights. Anima Mundi is planning to self-release a CD this year.

Recently, veteran punk band **Armistice** and **Scarred For Life**

played great shows at the Showcase Theater in Corona. Look out for upcoming releases and shows. Scarred For Life has a split EP with Disclose (Japan) coming out on the Long Beach label, Despotec Records.

So.Cal. Latino Hardcore band, **Mugre**, made up of folks from bands like Harto, Knife Fight, Esperanza, etc. have been playing shows a lot lately. They sing and talk a lot about issues of violence in the punk scene, immigration, resisting white supremacy, etc. They have two EPs scheduled for release. One on Collapse Records and the other, a split with L.A. one person D-beat band, **JUTRO**.

**Shows:**

It seems like there has been a drought in show spaces. But from what I've been told there are a lot of shows happening in backyards and warehouses from Long Beach to Compton to East Los Angeles.

**Punks and Activism:**

Lately, I've been seeing a lot of younger punks attending rallies and marches against the war, against the racist immigration bill in Los Angeles, and more. I'm glad to see young people getting more aware of social and political issues, especially when young people are shut down and disrespected daily. I have a lot of respect punks organizing punks like the example of the Gaian Mind space in Long Beach. A lot of the older punks rarely spend time with the younger crowd, but I hope this changes.

This isn't a punk organization, although there are some younger punks involved: the **Southern California Anarchist Federation**. The Orange County chapter has been putting on Anarchist cafe/picnic events in Tustin. The Los Angeles chapter has a youth collective that is begging to organize open mic events at the Youth Justice Coalition Center. This open mic is open to all youth, especially kids into Hip-hop and punk. The L.A. chapter do a lot of great community organizing.

In the next issue, I would like to do a more comprehensive scene report and reviews of music.

Please send me information about your band and any CDs, Tapes, or Records for review to the Beyond The Wall of Injustice PO Box. Labels, please send us your releases and promos. Beyond The Wall, P.O. Box 2692, Costa Mesa, Ca. 92646  
Email - diyzine@yahoo.com



**SO CAL MUSIC SCENE REPORT**

As of late, a lot of punk rock shows have been going on in places such as Long Beach, South Central, East Los Angeles and Corona. This report is not going to be as comprehensive as it could be, so I apologise beforehand if your scene isn't represented. It's not so easy for me to attend all the shows and know all the bands.

The most popular vegetarian grind-core band is **Phobia**, who will be releasing another new CD in the future. Watching this band live is an intense experience. Their drummer

alone, sounds like a machine.

Another similar sounding band, **SABU**, has been playing for some time now. If you fancy Phobia, I'm sure you would appreciate SABU as well.

Jimmy, formerly of Resist And Exist (RIP), has joined the Riverside band, **Holokaust**, as a second guitarist. Their music combines Discharge with early 80's peace punk bands like Antisept.

Anarcho-punk band, **Against Empire**, have released their own LP/CD on Threat To Existence Records and they will be going on tour this summer with Mala Sangre.

**Resistant Culture** has video out that you can download at [www.myspace.com/resistantculture](http://www.myspace.com/resistantculture) Resistant Culture describes their music as "Tribal Grind."

