The Public i, a project of the Urbana-Champaign Independent Media Center, is an independent, collectively-run, community-oriented publication that provides a forum for topics underreported and voices underrepresented in the dominant media. All contributors to the paper are volunteers. Everyone is welcome and encouraged to submit articles or story ideas to the editorial collective. We prefer, but do not necessarily restrict ourselves to, articles on issues of local impact written by authors with local ties. The opinions are those of the authors and do not reflect the views of the IMC as a whole.

EDITORS/FACILITATORS:
Glynn Davis
Brian Dolinar
davep
Belden Fields
Bob Illyes
Paul Mueth
Neil Parthun
Niloofar Shambayati

The Public i
Urbana-Champaign IMC
202 South Broadway
Urbana, IL, 61801
217-344-8820
www.ucimc.org

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The Daschle-Lambrew position, as expressed by Barack Obama during the campaign, has led to the idea that single-payer (SP) is the only politically feasible solution currently available in the USA. This is exactly what middle-road reformers have been arguing for decades. But what if we choose to sidestep the argument over what is “politically feasible” and whether any significant step forward has ever been achieved without challenging the mainstream’s (corporate) concept of what is “politically feasible”?

**OUR GOAL AND COMMITMENT**

What our nation needs now is a commitment that we are going to begin evolving, as quickly as possible, to a system that will accomplish this one goal: allow everyone access to all medically appropriate care—regular, preventive, critical, and chronic. Let’s address this matter squarely, not as a sideshow issue. Let’s make a real commitment, let’s push forward a legal commitment to the Right to Health Care for every American, just as (as long as we watch them and regulate for good quality care) “we have agreed that our goal is NOT getting just 80% or 95% of Americans into some insurance program that picks and chooses who is eligible for some restricted quality of coverage. (Who is volunteering themselves or their family to be in the left out 5%?)” And let’s make it a real commitment, let’s push forward a legal commitment to the Right to Health Care for every American, just as solid as the Right to Education (K–12) which was enacted in 49 State Constitutions. Let’s make the Right to Health Care in 2009 a demonstration of how this nation will unite and stand up for the least fortunate, for those whose health is failing, for those whose loved ones are terribly stressed not only by the illness, but who are also burdened with approaching family financial ruin with our cruel system. Let’s unify as a single caring society.

We know that achieving this goal is possible. Other industrialized nations are spending about half what we spend per capita and all their people enjoy full access to needed care. After we make this commitment to the Right to Health Care, if then the insurance companies cannot affordably and usefully employ in achieving the goal, we’ll leave that up to them and the Obama Department of Health and Human Services. If the insurance companies cannot, and want to be honestly and energetically involved in a system delivering care to all who need it and it’s financially stable, then fine (as long as we watch them and regulate for good quality care). If they do not wish to be involved anymore, then we might have no choice but to single-payer, eliminating private insurance and saving the wasted administrative portion (25–30% of current health care expenditure).

Recently, conservatives have voiced concern that single-payer plans have in common is an increased role of for-profit health-care insurers. But what if we choose to sidestep this argument over what is “politically feasible” and whether any significant step forward has ever been achieved without challenging the mainstream’s (corporate) concept of what is “politically feasible”?

Improvements over current lapses in coverage, even if they are expensive. And maybe I would not vote against them, if I were sitting in Congress. But what we cannot allow is for them to be touted as the real thing. They are not universal plans for health care. They are not guaranteed care to all Americans. They are not serious proposals for keeping health care affordable. It’s not just a matter of “better than than nothing” semantics. It’s a matter of keeping in mind what our country should be (all-inclusive, with abundant, broad opportunities) and what we should provide for each other as a civilized people. It’s a matter of putting the commitment first and foremost and then beginning the discussion anew about how we are going to realize this agreed upon principle.

AGAIN, BEWARE OF THE HUCKSTERS

In closing, remain aware that these plans for incremental reforms like to insert a final step after several others (benefiting private insurers)—a final step in which “finally” the other programs we have proposed will be further expanded so that everyone in our nation (or state) will be included.” That’s just shrewd marketing for the incremental reforms, otherwise the commitment would be primary not an afterthought. Organizations and politicians making such proposals are just trying to “dress up” their corporate-friendly incremental reforms with a final “hypothetical” step, which they honestly know will never come to be.

**Unifying Our Nation and Resolving Our Crisis in Health Care**

By Dennis Lazof

Dennis Lazof, a native of Illinois, was a resident of Champaign-Urbana during 1982-87 and produced a show on WEFT on foreign affairs. He now resides in Durham, NC and works primarily on health care policy as a human rights (www.Everybodyinobodyout.org)

**The Social Advocacy group from Uni High roundtable discussion:**

“We Who Believe in Freedom Cannot Rest: Cross Generational Voices on Building Social Justice Movements**

April 18, 1 pm a the Independent Media Center (202 S. Broadway in Urbana)
Beyond the Chief

nature, and the
understand the complex histories of forced removal and
upon, and live upon. By re
reminders of those whose lands we now walk upon, work
wards to enhance this effect. Additionally, each of the
Cheyenne-Arapaho artist, visited the University of Illi-
tance to colonial imposition.

"Fighting Illini," are printed back-
other. Each sign is appraised at $10,000 each due to artist
it was bent in at the center, the ends pulled in toward each
someone had used a shoulder or foot to crush the sign, as

"What April 7 Means For Urbana Schools"

TAXING DIFFERENTLY

When people think of school taxes, many think of them as a euphemism for property taxes. While property tax, paid
by those who own real estate, makes up the basis of local school funding, the proposed school tax would be based on the local sales tax. The increase would affect everyone living in Champaign County, including those not officially
related with the Urbana-Champaign area. This factor might hinder the Urbana School District’s efforts to pass the mea-
sure, according to Urbana High School social studies teacher, Michael Pollock. "It is more difficult to pass that type of referendum," he said. "You have the entire Cham-
paign County, including rural folks who generally feel that the tax unfairly impacts them.

Pollock added that the benefit of having a sales tax rather than a property tax is that it brings in a lot more money, which led Champaign and Urbana to lobby the state for allowing the sales tax to be applied to school-
based referenda. "Cities like Champaign and Urbana got the state legislature to pass a law allowing counties to
increase the sales tax, not property tax, for schools." That one percent tax increase, to Pollock, makes the financial possibilities limitless: "The tradeoff for this, and a way to sell this to the public, is that you agree to put it on a sales tax which affects everybody but is also paid, to a significant degree, by those from outside the county. For example, people who come to Champaign-Urbana for ball games or to see families... when they buy stuff here, they are helping to repair our schools.

Urbana school board member Cope Cumpton, a sup-
porter of the tax increase, said that the passage of the ref-
ereendum could help the district intimately. "There is no other revenue stream that supports schools in this way,
our funding has been decreasing steadily and school facili-
ties are deteriorating all across the country." Cumpton added that there are a number of factors that have led to this situation. "Property tax or Champaign County; revenue formerly available to the schools has been drastically cut by tax caps... we desperately need the money." She cited other counties such as Williamson and Coos which are see-
ing "dramatic educational benefits" from passing a similar sales tax increase.

IS THE STATE TO BLAME?

Much of the money that makes public school possible comes from the state. However, due to recent state-wide budget problems, along with stringent oversight laws, many districts have not had the adequate funding needed to improve school programs. Pollock believes that, "The problem with school funding in Illinois is that the state has pledged in its own constitution that they will pick up 50 percent of the cost of public education. The balance of the cost is supposed to come out of local initiative." But "The state of Illinois has not fulfilled their 50 percent pledge... so there is a greater and increasing responsibility for paying for schools through the local taxes.

The damage done to the exhibit, then, provokes much
wonder due to the political significance of the signs. Of the
signs in the exhibit showed considerable damage when Robert Warrior, the Director of the Native American House, John McKinn, the Assistant Director of the Native American House, and I passed by the sign on the after-
noon of Monday, March 16. The sign that was damaged was the "Peoria" sign, one of three signs installed directly
outside of the Native American House. It appeared as if
someone had used a shoulder or foot to crush the sign, as
it was bent in at the center, the ends pulled in toward each other. Each sign is appraised at $10,000 each due to artist
work, cost of materials, and cost of installation.

The monetary damage done to the sign is significant,
but is it more significant than it seems? Was the perpetrat-
or merely a drunk college student on their way home
from the bar, picking up random things to destroy? Or
was the damage to the sign a malicious attack on the
Native American House and the "Beyond the Chief" exhib-
it? As a Native student and an employee of the Native American House, who has dealt with the overwhelming
racist attitude of many folks on and off campus and who
has witnessed many verbal attacks on the Native Ameri-
can House, on Native stu-
dents, and on Native peoples and communities in general, it is difficult to dismiss this incident as a harmless prank.
Because the "Peoria" sign was singled out, the intent of the
perpetrator further comes into question. A picture of the
"Peoria" sign is what was used by the Native American
House to widely publicize the "Beyond the Chief" exhibit and the Heap of Birds visit and presentations at the Uni-
versity. Not only was the "Peoria" sign the most recogniz-
able sign of the exhibit, but the Chiefs of the Peora
Nation, Chief John Fremont and Second Chief Jason Dol-
lahie, had visited campus as part of the "Meet the Chief"
event less than one week prior to the damage done to the exhibit. All of this makes one wonder if the damage done to the exhibit is just as symbolic as the exhibit itself. Did the perpetrator intend to attack the Native American House? Or is this a reaction against the accusations created by the Native American House, especially those surrounding, "chief illiterate?"

We may never know the answers to those questions. But, what still remains evident by this occurrence
and the commentary after this story was reported by the Daily Illini is this com-
community's dire need for educa-
tion about Native peoples, communities, and nations by
Native peoples. This is what the Native American House and American Indian Studies
program try to achieve with programs like 'Meet the Chief', which is a series of events called an exhibit "Beyond the Chief.

It is just unfortunate that our efforts always seem to come at an additional cost.
Acupuncturists Without Borders
By Paul McGuire

Paul McGuire is a veteran of the Iraq War and former Army officer who served in the 82nd Airborne Division.

On March 10, 2009, the U.S. Senate Armed Services Committee held a hearing on the increasing number of suicides in the armed forces. The high ranking officers attempted to provide a strategy for preventing this crisis among the military services following a January where US soldier suicides exceeded combat deaths and 2008 which ended with the highest number of suicides on record.

The Pentagon officials made a tepid attempt at addressing the genuine root cause of these suicides. One could easily surmise that eight plus years of war and occupation in Afghanistan and Iraq, with multiple troop deployments, ultimately set the groundwork for the disturbing trends that followed.

The officers proposed strategies to mitigate the issue perhaps until they can redploy the individuals again or at best, release them from the military whereby they are no longer their concern, thus washing their hands of the situation. Regardless of the military’s response to this crisis, local communities are taking notice of the stresses and anxiety of our veterans.

One such organization, Acupuncturists Without Borders (AWB) is an example that such caring and committed professionals can achieve when they take a proactive strategy in helping communities during what they call “crisis resulting from disaster or human conflict.”

AWB is providing a community veteran’s clinic for U.S. military veterans, current members of the Armed Forces, and their immediate support network.

AWB was formed in 2005 in the aftermath of hurricanes Rita and Katrina with a vision to partner with local organizations and offer the services of volunteer acupuncturists to provide treatment to interrupt this cycle of pain and abuse and relieve suffering.

The local clinic was formed with the help from AWB acupuncturist Katie Davidson, in conjunction with Urbana-Campaign Friends Meeting House at 1904 E. Main Street in Urbana. The clinic is held every second and fourth Tuesday of the month from 6:30-8:30 pm at Friends Meetinghouse at 1904 E. Main Street in Urbana.

It is also open to family members who are taking care of veterans.

The treatment consists of having 5 small needles placed into both ears while sitting relaxed in a chair for approximately 20–40 minutes.

The clinic is held every second and fourth Tuesday of each month from 6:30-8:30 pm at the Urbana-Campaign Friends Meeting House at 1904 E. Main Street in Urbana. Much research has shown the positive effects of acupunctural treatment for stress and anxiety reduction. Articles about such treatments have appeared in the New York Times, Military Officers Association of America, and the

Continued on page 4
Native American Health Care Lagging Behind

By Rebecca Franz

Despite the passage of legislation and increased funding, Native Americans continue to experience disparities in health care compared to the general population. This article discusses the historical context of Native American health care and the challenges faced by Native American clinics today.

HISTORY OF NATIVE AMERICAN HEALTH CARE

Federal health care services for American Indians were first established in 1824. Federal policy towards Indians at that time was primarily aimed at military containment. The Federal Indian Health Service (IHS) was created in 1955 to serve American Indians and Alaskan Natives.

TRADITIONAL HEALTH AND HEALING

Historically, there have been many conflicts between the IHS and the people it serves. The initial aim of IHS was one of disregard for native beliefs and traditions to the detriment of the health of the Native Americans. Each of the over 500 tribes in the US, though similar in some characteristics and experiences, have very different traditions and practices. The preservation of these individual identities is vital to them and their mental and physical well-being. As with any community, it is important to view the health and health care of Native Americans from a cultural perspective as well as a purely medical one.

Facts about Native American Health Status and Care:

• Native Americans have the poorest health record and the lowest life expectancy of any ethnic group in the U.S.
• The ten leading causes of death for Native Americans are diseases of the heart, malignant neoplasms, unintentional injuries, diabetes mellitus, cerebrovascular disease, chronic liver disease and cirrhosis, chronic lower respiratory disease, influenza and pneumonia, suicide, and homicide.
• 13 percent of Native American youth are more than twice as likely to commit suicide as youth nationally.
• The average age of IHS facilities is 32 years, compared with the national average for health care facilities of 9 years.
• The IHS estimates that current mental health staffing for Indian health facilities meets only 43% of the need.
• The Level-of-Need Funding Workgroup for the IHS estimates that it would cost about $15 billion to bring Native American health services up to par with the services offered throughout the rest of the United States. This would include $8 billion in one-time investments to bring Indian health facilities up to modern standards and $7 billion per year to staff and operate thereafter.

Acupuncturists Without Borders

Continued from page 3

As a combat veteran, I know how tough it can be returning back to civilian life, and those of us who are lucky enough to make that seamless transition should never forget that there are many who do not. Many suffer from feelings of isolation, despair, anxiety, depression, and worse yet PTSD.

Through the clinic’s work, we claim no cure at merely healing or fixing such symptoms, but rather we seek to restore a sense of relief and stress to the occupants of the clinic.

I decided to try the treatment out and found it to be a very relaxing experience.

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National Center for Complementary and Alternative Medicine, the authors state that, “In the treatment of anxiety neuroses, generalized anxiety, preoperative anxiety, and post-traumatic stress disorder, (PTSD) acupressure and acupuncture seems very promising.” There have been very positive responses from veterans and family members who have attended the clinic.

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As many of us know, HIV/AIDS has become a major epidemic in Africa. In 2007, the UN estimated that about 1.9 million people were newly infected with HIV in sub-Saharan Africa. We see many billboards and other media reminding us about this distressing fact, often urging us to buy something in order to help Africans in their impoverished and destitute land. Bono’s Product Red campaign comes to mind, with companies such as Starbucks, the Gap, and Apple donating a small portion of their earnings to fight the spread of AIDS in Africa.

Yet, HIV/AIDS doesn’t just happen in Africa. It’s an epidemic across the world that even includes developed countries like our own. In fact, our own caveats health officials have just released a report stating that 3% of Washington D.C. residents are infected with HIV/AIDS. That may not sound like much, but it’s actually a higher rate than is currently suffered in West Africa. Still, this percentage is only the diagnosed cases — health officials admit that the number may actually be much higher. The pervasive image of the HIV-positive, starving African is not only paternalistic and condescending; it also blurs us to the fact that we have the very same issues to deal with in our own country, and even in our own community. Regrettably, our tendency to focus our charitable efforts overseas often diverts attention from the struggles of our own.

Unfortunately, we often focus our charitable efforts overseas, and even in our own community. As much as there is to criticize about our nation’s health care system, it does lend some support to the HIV-positive individuals (whether that aid is enough is a topic for another article entirely). Locally, we have an organization that exclusively helps HIV-positive individuals. The Greater Community AIDS Project (GCAP) was conceived almost 25 years ago in Champaign-Urbana. GCAP is a non-profit organization that seeks to support those living with HIV/AIDS. For instance, GCAP provides food through the Eastern Illinois Food Bank to families who have been affected by HIV/AIDS. The organization also has an Emergency Assistance Program which helps HIV-positive individuals pay for such necessities as housing, utilities, medication, and transportation. GCAP also owns two houses, the Champaign and the State Street House, which are used to house HIV-positive individuals until they can care for themselves.

GCAP also reaches out to the public by hosting two annual events with which community members can easily get involved. One is a Holiday Gala, which helps raise money for the organization. The other is the more well-known Artists Against AIDS. This yearly event raises money for and awareness about those living with HIV/AIDS.

This year’s event will be held at the Orpheum Museum from April 24-27th. Local artists will donate their works for sale and the proceeds will benefit GCAP, in turn assisting hundreds of area HIV-positive individuals and their families. Mike Benner, GCAP’s Outreach/Interim office manager, says Artists Against AIDS “helps to bring HIV and AIDS to people’s attention. It reminds them that HIV/AIDS isn’t a disease happening in some far-off corner of the world or even just in major metropolitan areas of the United States. There are hundreds of individuals here in East Central Illinois who are HIV-positive and in need of some sort of supportive services. Artists Against AIDS, which is a volunteer-run event, gives testimony to the compassion of people throughout our community.”

HIV/AIDS is a worldwide epidemic and Africa as a whole remains the most hard-hit area of the world in terms of how quickly the disease is spreading. I’m not arguing against Americans who are trying to help stop the devastation in Africa. However, too often, that sort of philanthropy can easily be twisted into a manipulative marketing ploy, or an ego boost, or perhaps most egregiously, a blind- eye to the fact that HIV/AIDS is a real problem in our own community.

For more information about HIV/AIDS in Champaign-Urbana or about Artists Against AIDS visit gcapnow.com

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Single-Payer Lobby Day Press conference with Quentin Young has worked with Physicians for a National Health Program (PNHP) since 1987, a Chicago-based not-for-profit organization. He is the current National Coordinator and CEO for PNHP. He was personal physician to Martin Luther King Junior during his stay in Chicago, and also to Chicago mayor Harold Washington, author Studs Terkel, Illinois Governor Pat Quinn, a young activist named Barack Obama, Rep Mary Flowers, lead sponsor of HB 111, the Health Care For All Illinois Act.

Other speakers at the press conference were Jerry Jenkins, Donna Smith of the National Nurses Organizing Committee (NNOC) Dorothy Ahmad of the NNOC and a Chicago-based not-for-profit organization.

The discussion included historical reference to the late Sen. Simon’s attempt to improve the Clinton HealthAmerica Act by allowing for a State Single Payer Option whereby states could try a universal plan with federal support equivalents, present allocations.

Web Resources available on UCIMC website under Single-Payer Lobby Day.
The Mystery Of Heart Disease and the Need For More Research

By Fred Kummerow

CHOLESTEROL AND HEART DISEASE

Cholesterol is a life sustaining substance needed to make every cell in our body. It is not a source of calories like sugar and fat. Eight hundred milligrams of this crucial substance is made in our liver every day just one of those milligrams is equivalent to the weight of 10 crystals of table salt. The normal American diet contains only 400 mg of cholesterol per day, half as much as supplied by our own bodies.

After a meal, the fat and cholesterol in the intestinal tract appear in the blood as tiny droplets called chylomicrons. These are gradually cleared from the body by the liver. Two fat carriers are formed in the liver from protein that carry the cholesterol and fat in the blood. These are the LDL and HDL lipoproteins.

A high LDL level indicates that you have eaten too much fat; a low HDL level indicates that you have not eaten enough protein, or enough food that contains the 8 essential amino acids to make the necessary apoprotein. (These are listed in my book, “8 essential amino acids to make the necessary apoprotein.”)

Fibers contain enough unsaturated fat to cancel out the effect of saturated fat. When a source of fiber is present in the diet, 70% of the cholesterol is absorbed in the blood. They are formed from cholesterol in the liver.

The cell membranes that encase each cell are largely composed of protein and lipid portions of the cell, but allow the calcium and lipid plaque that eventually lead to atherosclerosis in the arteries. What we do not now know is why higher levels of oxysterols and oxysterols are formed in the liver of patients with heart disease.

Because sugar is soluble in blood and requires a minimum of processing to become glycogen, or stored sugar, it is used as the first source of energy. But after the sugar in the blood decreases enough, LDL begins to provide the energy. The reason that so many Americans are fat around the waistline is that their diet contains so much sugar and fat that they eat subsequent meals before they have used up the initial energy sources. That fat is stored around the waist.

DANGEROUS CHANGES IN THE CELLULAR STRUCTURE

The cell membranes that encase each cell are largely composed of cholesterol. They change in composition during a person’s lifetime. This is a natural process that results in hardening of the arteries (atherosclerosis) to some extent in all of us as we age. One way to show this change is to study the veins of artery by-pass patients.

By-pass procedures include finding veins in legs, or perhaps arteries in arms, that can be harvested and then used to by-pass the diseased arteries leading to the heart in the same patient. Of particular interest is the chemical composition of the veins that have been used as arteries to the heart in second by-pass patients. These veins were clear when they were first used in a by-pass. However, in second-time by-pass patients, they too became clogged and required replacement. By studying the chemical composition of those veins, we found changes occur that cause calcium deposits. They contained forty times more calcium that they did when first inserted.

Oxysterols are what regulates the level of cholesterol in the blood. They are formed from cholesterol in the liver. Eight years ago, in our lab, we found that patients who had undergone by-pass surgery contained a higher level of these oxysterols in the blood than those patients who did not need a by-pass.

We grew (cultured) human cells along with synthetic oxysterols. Those cells cultured with an oxysterol resembled the composition of the clogged cells in the vein of the second by-pass surgery. This revealed that oxysterols are a risk factor in heart disease.

These changes in cell structure allowed calcium to flow into the cell and disrupted its normal functioning enough to kill the cell. When the cell dies, enzymes remove the protein and lipid portions of the cell, but allow the calcium to remain embedded in the cell wall. It is this calcium and lipid plaque that eventually lead to atherosclerosis in the arteries.

What we do not now know is why higher levels of oxysterols and oxosterols are formed in the liver of patients with heart disease.

We do know, however, that antioxidants in the blood are necessary to keep the polyunsaturated fatty acid LDL from forming oxidized, or “bad,” LDL. This is continually being done in most people. However, in some people there are just not enough antioxidants in the blood. We have found one antioxidant that keeps LDL from becoming “bad” LDL. Once oxLDL is not found in the blood, the possibility of atherosclerosis forming in the arteries is diminished.

THE IMPORTANCE OF UNSATURATED FAT AND FIBER

In 1957, Dr. Edward Ahrens reported the results of a study entitled, “Dietary Fats and Human Serum Lipid Levels.” He used an all-liquid diet consisting of salt-free table salt. The normal American diet contains only 400 mg of this crucial mineral. (These are listed in my book, “8 essential amino acids to make the necessary apoprotein.”)

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April 2009

www.ucimc.org / www.publici.ucimc.org

They’re Human Too: Health Care and Athletes

By Neil Parthun

Most fans view professional athletes as superhuman. While these athletes show a level of skill that makes most people gasp in amazement, it is important to remember that they are flesh and bone human beings. When the stadium lights come on, the crowd roars; there are significant medical issues, like concussions and mental health challenges, faced by athletes that deserve to be discussed publicly.

In 2006, then Dallas Cowboys wide receiver Terrell Owens (TO) allegedly attempted to overdose on pain pills. Owens had received a prescription days earlier for pills. Owens had received a prescription days earlier for 40 pills due to finger surgery. The receiver had only taken five pills up to that point, which is why Owens’ spokesperson was shocked to find the bottle empty one evening and Owens putting two pills into his mouth. After attempting to use her fingers to retrieve the pills, that were swallowed. Owens’ spokesperson called the Dallas Fire and Rescue Team.

According to a 911 report, the Dallas Fire and Rescue team found and removed an attempted suicide of a 32-year-old man who “ingested an unknown large quantity of Rx pain medication.” The police report further stated that Owens had admitted to taking the remainder of the medication and answered, “yes” when asked if he had done so to harm himself. After the media frenzy began, TO’s spokesperson stated that it was a misunderstanding and that Owens had “25 million reasons to be alive” — referring to TO’s contract.

On Sept. 7, 2008, young Tennessee Titans quarterback Vince Young threw two interceptions. While these mistakes would shake any player’s confidence, Young appeared to refuse to re-enter the game and was injured when he finally did so. Later that night, friends and Titans’ advisors were worried about Young and notified police after he did not return phone calls. There were also allegations that he had mentioned “suicide” to his manager and that he had access to a gun. Like Owens, Young’s personal relation staff said that this was a misunderstanding.

The stories of Owens and Young take on new importance when discussed with the testimony of two-time Pro Bowler and Philadelphia Eagles player Shawn Andrews. Andrews has said: “I’m willing to admit that I’ve been through a very bad time with depression. I’m finally decided to get professional help. It’s not something that blossomed up overnight. I’m on medication, trying to get better.”

After the Vince Young scare, Andrews suggested that depression was the silent scream of many NFL players. “A lot of guys you wouldn’t even know about,” he said: “A lot of guys are going through what I’m going through and don’t admit it. I think guys are sensitive to it. If they haven’t been through it, they know somebody has.”

Andrews said he was attempting to deal with his medical issues, the Eagles fired him $15,000 per practice that he missed. When asked about the fines, Andrews made his positions known: “Football is important, it’s means to an end, but my mental health is a lot more important. That’s a helluva lot of money. Money’s good, money’s a necessity, but it’s not everything. I can’t put a price tag on my mental state.”

Andrews alluded to the fact that many men are sensitive to depression. But there is an open stigma in dealing with mental issues for men since admission is often seen as a sign of weakness. It is within this framework that the Young and Owens’ misunderstanding can best be understood. As Mike Mesner, professor of Gender Studies at the University of Southern California wrote: “Therapists will tell you that it’s much harder for men than for women to realize the signs of depression and to ask for help.”

Quinipple that for a famous man. Being an NFL star is like being put on a national stage as the ultimate man: tough, decisive, invulnerable. Superman isn’t supposed to be depressed, so depression gets viewed as a source of shame, like failing at manhood. In failing to deal and speaking with the very human reality of men’s vulnerabilities, it seems to me the football establishment is once again giving boys and men a very unhealthy image.

The issues of male depression are not only associated with the presence of their bodies in society. Multiple studies show that repeated concussions are linked to depression.

One 2007 study examined 2,500 retired NFL players and found that those who had suffered at least three concussions had triple the risk of clinical depression compared to teammates. Those with one or two concussions were one and a half times more likely to be diagnosed with depression. There are tragic examples that show this trend:

• Tom McLane: NFL player who was found dead on May 25, 2008. An examination of his brain at Boston University’s School of Medicine found that he had chronic traumatic encephalopathy (CTE)

• Terry Long: NFL player whose autopsy showed brain damage from his career that contributed to his depression and suicide.

• Andre Waters: NFL player who committed suicide.

At his autopsy, the pathologist stated: “the condition of waters’/brain tissue was what would be expected in an 85-year-old man, and there were characteristics of a brain that had been through early stages of Alzheimer’s.”

The doctor believes the brain damage had come from or had been quickened by successive concussions.

Wayne Chebret: New York Jets lineman had at least six concussions during his career from 1993 to 2005. He occasionally returned to games in which he had been knocked unconscious. He recently acknowledged that he has depression and memory problems so that he cannot make a routine drive without a global positioning system.

CTE is a degenerative disease. According to the New York Times and the LA Times, CTE “affects the parts of the brain that control emotion, rage, hypersensitivity, even breathing, and recent studies find that CTE is a progressive disease that eventually kills brain cells.”

The new research appears that athletes may face the effects of the disease long after they leave the field. Given the health risks, it is logical to ask why these players would still play. First, the team doctors that treat injured players have an inherent conflict of interest. These doctors have a compulsion to get injured players back on the field since that is in the best interest of the franchise.

Second, injured players that get replaced run the risk of losing their starting job to a replacement player. Losing a starting job is risky because there are no guaranteed contracts in the NFL. With no guaranteed contracts, a player could be cut at any time. But most importantly is the lack of education about the seriousness of concussions. Ted Johnson, a former NFL player who retired due to frequent concussions stated: “It’s not like when you get into the NFL and there’s a hardship that says ‘These are the effects of multiple concussions so beware.” The NFL is a multi-billion dollar industry. If they wanted to take a stand for mental health care, they could educate fans about diseases that millions face. These franchises have a duty to properly treat athletes with appropriate medical care and give them job security so that they don’t risk their long-term health to ensure their pay. It is time to treat our athletes as human beings who have medical problems. It is time for corporations to take the responsibility for assisting in their health care.

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To be honest, it’s been a difficult three years. I’ve thought many times of giving up the blog, it’s a lot of work. When I dis- cured NPR reports, I try to create short, engaging and sometimes humorous posts embedded with links that document the inaccuracies of the original stories; it’s a time consuming challenge. However, one aspect of blogging has been a lot of fun – creating graphics to accompany many of my posts. Photoshop and images from the Internet have allowed me to offer my posts. Photoshop and images from the Internet have allowed me to offer challenging power and hold- ing accountable. In the meantime I hope that my blog will encourage people to fill the basic function of journome in a democracy — challenging power and holding accountability. In the meantime I hope that my blog will encourage people to fill the basic function of journalism in a democracy — challenging power and holding accountable. In the meantime I hope that my blog will encourage people to fill the basic function of journalism in a democracy — challenging power and holding accountable. In the meantime I hope that my blog will encourage people to fill the basic function of journalism in a democracy — challenging power and holding accountable. In the meantime I hope that my blog will encourage people to fill the basic function of journalism in a democracy — challenging power and holding accountable. In the meantime I hope that my blog will encourage people to fill the basic function of journalism in a democracy — challenging power and holding accountable. In the meantime I hope that my blog will encourage people to fill the basic function of journalism in a democracy — challenging power and holding accountab...
Unemployed Movements of the Thirties

By Jim Barrett

Throughout the early years of the Depression, with private charity overwhelmed and the government continuing to follow a laissez faire course, the millions of unemployed were forced to rely on their own resources and self-activity. Little government welfare existed before the summer of 1933 and the major public works programs we associate with the New Deal only began to take hold in the mid-thirties. In this situation, workers without work found ways to sustain themselves through collective efforts. Coal miners in the anthracite region, thrown out of work and faced with a cold winter without heat, set up "bootleg mining operations," providing energy for their families and friends and marketing the pillared coal on a small scale in Philadelphia and other cities. Skilled workers bartered skills, with a carpenter doing repairs in exchange for a haircut, or an electrician turning the power back on in exchange for some garden vegetables. Young people in particular road the rails in their millions in order to take the burdens of their families and to find some companionship and adventure on the road.

By far the most impressive efforts were the unemployed movements that burgeoned in the early thirties. The earliest and largest movement was organized by the Communist Party. The Communist International declared March 6, 1930 "Unemployed Day," calling for huge demonstrations throughout the world. On that day, millions marched in Paris, London, and Berlin, but also in New York, Chicago, and in smaller industrial communities throughout the United States. In the wake of the demonstrations the Party established the Unemployment Councils of the USA to provide a structure and leadership for movements that were popping up spontaneously in the neighborhoods of American cities. The Unemployed Councils organized major marches on state capitols and in DC to demand unemployment insurance (a major factor in the eventual passage of the 1935 Social Security Act) and greater spending on welfare. They also organized large demonstrations around the country. Their most important achievements, however, were likely much more modest actions in working-class neighborhoods where they protested welfare cuts and evictions, sometimes simply moving the displaced families back into their homes. The neighborhood structure of the councils made it easier for them to mobilize quickly and some of the most effective councils were in the immigrant and Black neighborhoods of Chicago where the movement was so successful that Mayor Cermak was forced to declare a moratorium on evictions in 1931. While the radicals within the movement did raise broader political issues, the main focus was on the everyday problems facing the unemployed. The councils met regularly and were led by unemployed people within the various neighborhoods. Despite the importance of the Communist movement, similar organizations derived from a variety of other political organizations, religious communities, and spontaneous groupings of all kinds. Priests, rabbis, and ministers took part, as did small businessmen, housewives, and others who saw the effects of unemployment within their communities. In 1936 many of these groups came together in the Workers' Alliance, a broad front organization led by an alliance of socialists and communists which protested cuts in welfare and public works, lobbied on behalf of the unemployed, and represented employees on WPA and other public works projects. While there is no doubt that the New Deal programs alleviated much of the sufferings of the unemployed and also provided an environment in which employed workers were able to build powerful unions, the continuing existence of the unemployed movement provided a basis for protest and lobbying as a more conservative Congress cut social spending and rolled back New Deal programs in the late thirties. The election of a relatively more progressive government in late 1932 only increased the need for independent organization on the part of working people. Without the organized unemployed movement and the powerful industrial unions created in mid-thirties, the meager welfare state measures of the depression might have been quickly dismantled in a conservative reaction. Instead, these movements mobilized their members in the streets and voting booths and New Deal measures were preserved and modestly expanded during and after World War Two, creating a safety net for the unemployed and a modest redistribution of the nation's resources toward its working-class families. There are many lessons for us in the history of the unemployed movement but given our current situation, this notion of a movement that can both press a responsive government for greater attention to the unemployed and also protect legislative and budget change when it finally comes, this might be the most important lesson.

Throughout Europe people are raising their voices ahead of the G20 Economic Summit in London...
IMC Fest is a three-day event taking place the same weekend as the Boneyard Arts Festival.

April 18th at 12PM:
“We Who Believe in Freedom Cannot Rest: cross-generational voices on building social justice movements.” A cross-generational roundtable discussion on building social justice movements and strategies: This panel discussion, moderated by Books to Prisoners, will include youth and adult representation from Tammi Year Ten, The Education Justice Program, CU Citizens for Peace and Justice, The Campaign for Comprehensive Sex Ed, and the UI High School Advocacy class. We will focus on subjects such as: successful strategies for mobilization, the driving force for social justice organizations, and the personal experiences of individuals. Along with the roundtable discussion, original works of art donated by inmates from Danville Correctional Center will be available for viewing and purchasing with the proceeds going to Books to Prisoners. Join us for conversation.

April 18th 12–5:30
Documentary film maker Laura Zinger will sell prints by painting press artist Amos Kennedy, as well as copies of Danville Correction Center.

On Display April 17–19:
1) “The World We do not Live in (Yet): visions from Danville Correction Center” Drawings and Paintings by artist at Danville Prison, work for sale-proceeds go to Books to Prisoners, a UCIMC project that provides books to Illinois inmates at no cost, offering books by mail to all Illinois inmates and operating lending libraries in our two local county jails (www.books2prisoners.org/).
2) Selected work from the following artists - Rober—
3) University Art Club Artist Collective: Jennifer Miller, Cassandra Tu, Kyle Preuss, Miranda Singler, Adam Fabianski, Minerva Dorantes, James O’Brian, Baoshen Li, Emma Loret de Mola, Angela Pflammatter, Jamie Leavitt, Vickie Svasas, and Anna Aguilar
4) Clara Hoag—From sex to saints and their arti—facts, art, women, children, money, and commodities, we place power in that which is unknown, misunderstood, unattainable, or changing. I focus my work on this fetish trend. When I work, I think of martyrs, saints, the power of faith, censorship, abduction, mechanism, and spirituality. I intensely influenced by African art, art history and religion, and I consider my pieces to be representations of misunderstanding and miscommunication. The physical and occasionally violent nature of my work lends itself to a reconsideration of what it means for an object to have power, and how that power can be destructive, subversive.
5) “Urban(a) Visions” by Danielle Chynoweth

Music
Music: April 17th:
6:00-6:30W Megan Johns
6:40-7:10 Morgan Orion and the Constellations
7:20-7:50 Kate & James Hathaway
8:05-8:35 Headlights touring band/TBA
8:50-9:35 Headlights
9:50-10:20 Sunset Stallion
10:35-11:05 Common Loon
11:10-11:50 Santa
12:05-12:50 JigGaw
1:00-3:00AM Dance Party w/DJ Belly & Wildcard.

Music April 18th:
6:00-6:30W Oceans
6:40-7:10 Mordechai
7:25-7:55 Curb Service
8:10-8:40 Agent Mos
9:40-10:10 World’s Worst Flying Machine
10:25-10:55 New Ruins
11:10-11:40 We Landed on the Moon
11:55-12:05 Elsinore
12:50-3:00AM Dance Party.

Music April 19th:
4:00-4:30W The Diamond Stretch
4:45-5:15 We Must Dismantle All This!
5:25-5:55 Cazabelle,
6:05-6:35 Mars
6:50-7:20 Yossarian
7:35-8:05 Post-Historic
8:15-8:45 Casados
8:55-9:25 Michael Kammin
9:40-10:20 Duke of Uke-With Short Film
10:35-11:25W Kilborn Alley

SUMMER CONSTRUCTION & WORK BASED LEARNING PROGRAM FOR MINORITIES AND FEMALES
The Summer Construction Education and Work-Based Learning Program will take place again this summer. These programs give preference to minorities and females.
There will be one program for high school students 16 years of age or older, and one for adults. Students will be paid as they are introduced to the elements of the various building trades. The program will run from July 6-31. The application deadline is April 20. Interested high school students can contact their High School Guidance Office or call Lori McDonald at 355-1382. Adults should contact Ms. McDonald.

Billy Mills Lecture
Tuesday, April 7, 7–9PM
Levis Faculty Center, Third Floor
919 W. Illinois

A member of the Oglala Sioux tribe, Billy Mills is the only American ever to win a gold medal in the 10,000-meters race in the Olympics. His win at that distance at the 1964 Tokyo games is widely recognized as one of the greatest upset victories in Olympic history.
Mills began distance running while attending Haskell Institute in Lawrence, Kansas, and continued the sport at the University of Kansas, where he was a 1958 and 1959 All-American in cross country. A national spokesman for “Running Strong for American Indian Youth,” he has been inducted into the U.S. Olympic Hall of Fame, the U.S. Track and Field Hall of Fame and the National High School Hall of Fame.
The 1984 movie Running Brave was based on his Olympic victory.

THE PEOPLE’S COMMUNITY POTLUCK
Sunday, April 5, 6–8 PM, Independent Media Center, 202 South Broadway, Urbana
The idea behind the People's Community Potluck, a food-sharing communal gathering to discuss the launching of a Central Illinois Social Forum. This Forum, modeled on the World Social Forum, would be formed to harness the talents and resources of local organizations and individuals to improve the conditions of working people, unemployed people, poverty-stricken people, and those who are physically or mentally unable to care for themselves. Given the sorry state of the economy and government economic policy over the past 8 years, which has been most concerned with the well-being of the very wealthy, and given the dismal state of Illinois’ government and economy, organizations and individuals at the grass-roots are going to have to use their social consciences and talents to find local ways of supporting the most vulnerable people in our communities. Additionally, we will have to pressure government at all levels to support an economy for and by the people, rather than for and by the already extremely well-off. We cannot just rely on the new administration to turn things around. There must be pressure from the bottom up. We envision new local Social Forums as a stimulus for coordinated action and communication for a democratic, egalitarian political economy. Movement and organizational activists are welcome to come and share their ideas and food with other socially conscious activists.
Two Award Winning Performers Offer Workshops at UC-IMC

A rare opportunity for local guitarists and songwriters to learn from two award winning performers is offered on Saturday May 9th from 2pm to 4pm at the Urbana-Champaign Independent Media Center. The fee for the workshops is $5.50. Contact Ed Hawkes at 217-493-4654 to register.

The guitar workshop is offered by Robert Bovlin, one of the most talented acoustic guitar players in the music business, he will show you how to take your flatpicking and fingerpicking to the next level, no matter what kind of music you like to play; jazz, bluegrass, country, folk, Celtic, whatever... Robert Bovlin was a previous winner of National Fingerpicking and Flatpicking Contest at Winfield KS, and is a 25-year veteran of the Nashville recording industry. He has toured with Maura O’Connell, Kathy Mattea, Tom T Hall, the Osborne Brothers, Bill Monroe, and many others. A talented instructor, Robert spent time as a faculty member at East Tennessee State University, teaching in their bluegrass music program. If you are a guitarist this is an opportunity you don’t want to miss.

The songwriting workshop is taught by Wil Maring an award-winning singer song- writer. She has won the Merlefest Songwriting Contest, been a Kerrville New Folk Finalist, and performed her original music on the Grand Ole Opry. This workshop is designed to help songwriters of all levels focus on the creative process of songwriting, learning to avoid creative “traps”, create awareness, and find inspiration in everyday life.

“I think Wil is one of the most talented singer/songwriters around... love her music.”

—Carl Jackson, Grammy award-winning singer-songwriter/producer

Please visit Wil Maring’s website at www.wilmaring.com for much more information, including mp3s and contact information.
a Crime” was the slogan of the march, as it took up all three current targets of U.S. direct and supported aggression. The demonstration was smaller than many previous national antiwar rallies, reflecting the work that needs to be done to rebuild the anti-war movement.

The date signified the six year anniversary of the war in Iraq, which was largely ignored by the media due to the misconception that the war is over. The Obama administration has made it clear that there will be a large residual force in Iraq, even after all of the combat troops withdraw. Furthermore, many troops being pulled out of Iraq are being shifted to Afghanistan. For a candidate who won much of his support on an anti-war platform, this is not an antiwar presidency. And finally, the march took up the occupation of Palestine, with the United States still funding 2.5 billion dollars a year in support of Israel’s blatant human rights violations and war crimes.

Seventeen students from the University of Illinois traveled to D.C., including members of the Campus Antiwar Network, Iraq Veterans Against the War (IVAW), and the International Socialist Organization, to participate in the first national march against the Obama administration. From the Pentagon to the corporate offices of Boeing, KBR and Lockheed Martin, we marched to exercise our democratic rights and let the establishment know that we refuse to support their imperial wars.

Various chants were significant for different groups. For IVAW, “You got bailed out, we got sold out!” was especially powerful for people who fought in Iraq and became disillusioned with the destruction and violence that took place.

Local activist Pete Rhomberg of the Campus Antiwar Network (CAN) addressed the crowd and described Obama as a “president of first steps,” who closed Guantanamo, but kept open the Bagram detention center in Afghanistan, and who is withdrawing some troops from Iraq, but sending them to Afghanistan. Rhomberg argued that “it’s up to us” to make sure these are just the first steps and not the last.

The A.N.S.W.E.R. coalition (Act Now to Stop War and End Racism) made fake coffins draped with flags representing civilians and service members who died in these conflicts and placed them in front of the buildings of corporations that have profited off of these wars. With more than a million Iraqis and thousands of American troops dead since the invasion, people cannot forget the human costs of the war.

While many view the war in Afghanistan as the “good war,” it is important to grasp the failure of the stated U.S. military goals. The unfortunate pattern is that increased US military activity has led to increased violence overall and to increased numbers of civilian casualties. The Taliban is stronger today than it ever was, and since 9/11 terrorism has increased.

The US strategy of bombing civilian areas where suspected “insurgents” are located has killed mostly women and children (who comprised 72 percent of the victims in the first eight months of 2008) and is a clear violation of national and international law (Articles 48 and 50 of the Fourth Geneva Convention). Moreover, it ultimately fuels more violence by strengthening support for insurgents among the Afghan population. 2008 was also the deadliest year to date for US and NATO troops, with 294 killed.

Antiwar activism must be reenergized in every city and on every campus before it can take on the enormous national character that movements in the past have taken. The energy and enthusiasm from the crowd showed the potential for rebuilding a much stronger movement – one that connects all three occupations and demands an end to war, no matter who sits in the White House.