



# Peach War Press

to CO-WORKERS AT S.I.C.C.

We are putting out this paper because we have a vision.

We want to

build a community conscious of its needs and working together to meet them;

put "academic" disciplines and institutions to work for non-academic purposes -- solving day to day problems of real people;

make an alliance between the schools and people outside them for progressive change in what goes on in the name of education.

Last year the UFCT chapter here at SICC, and this year the PSC, voted to support the idea of such a paper. Both times the city-wide union cut off funds.

We're in operation again, but

WE NEED YOUR HELP TO KEEP GOING.

We need your subscription (a \$10 supporting subscription if you can).

We need your mind and body

--contacting, writing, typing, researching, distribution, lay-out, photographs.

JOIN US!

Do you know a story which needs covering?  
Can you work on the next issue?  
Will you subscribe now so we can keep growing?

*Frank*  
Frank Battaglia (Trailer 20, 390-7779) for the SICC staff who've worked on one or more issues of the Peach War Press

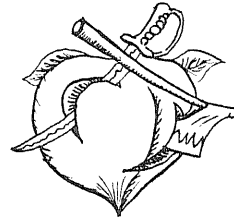
Hirotsugu Aoki  
Bob Baker  
Frank Battaglia  
Bill Bernhardt  
Claude Campbell

Dick Currie  
David Falk  
Ed Hack  
Joan Hartman  
Peter Keil

Herb Liebman  
Clara Melman  
Julie Nichamin  
John Shawcross  
Ted Slans



A Newspaper for Community on Staten Island



# Distrigas Attorney Heads S.I. Conservative Party!

By Mickey Schipani and Debbie Matsen

The February 10th, Bloomfield explosion took forty lives.

The issue now facing the people of Staten Island is whether construction of such tanks should be halted. A number of obstacles stand in the way of this seemingly sane decision.

The construction of eight naphtha tanks is currently planned on a 213 acre site in Bloomfield which is owned by TETCO. Three 38 million gallon District Gas tanks are presently under construction in Rossville and gas deliveries are scheduled to begin this July. These tanks are the largest of this type in the United States and possibly the world.

TETCO and Brown & Root Construction still seem to have the upper hand. The officials of TETCO denied that the incident in Bloomfield was an explosion and said that every possible safety precaution was taken in the construction of the now shattered tank. John Lee, of Purven & Lee Inc., the general consultants for the LNG construction in Rossville, states, "It is totally foolhardy and frankly irresponsible to believe that a city like New York can eliminate well designed and conceived safe provisions for future energy supplies."

The attorney for Industrial Gas Corporation (District Gas) is Mr. Daniel Mahoney. Mr. Mahoney is also Chairman of the New York State Conservative Party on Staten Island, which is more or less like a stepper party. Many elected officials in office now seek the support of the Conservative Party.

Despite these obstacles, public sentiment is strong in opposing the tanks. BLAST (Bring Legal Action to Stop Tanks), a group of Staten Island citizens led by Pat Mercurio, is trying to achieve the following goals:

1. To obtain passage of laws with the following minimum requirements:
  - a) To stop construction and operation of Liquid or synthetic natural gas plants in densely populated areas.
  - b) The firms seeking to construct or operate such plants be required to follow guidelines set by research teams approved by local community board agencies.
2. To bring court action to insure that applicable laws are obeyed.
3. To make available to the public information concerning all phases of operation of these gas plants and their effect on the community, and

"And the sons of poor men porters and the sons of engineers ride their father's magic carpets made of steel. Mothers with their babes asleep rocking to the gentle beat and the rhythm of the rails is all they feel. 'Good mornin' America, how are you? Say, don't you know me, I'm your native son. I'm the train they call the City of New Orleans, I'll be gone 500 miles when the day is done". (Ario Guthrie)

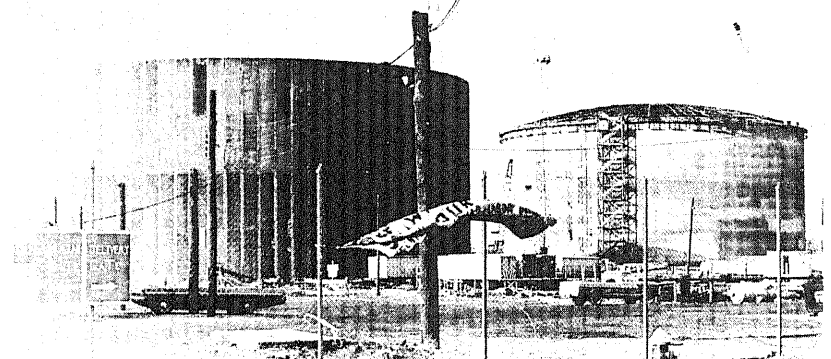


by Julie Nichamin

Railroads first spanned this country accompanied by predictions of unending expansion and success. But all too often the success and expansion that did take place was at a great human cost. For example, thousands of Indians were killed during the "building of the west", and hundreds of laborers died while constructing the great rail lines hitching coast to coast.

The train Ario Guthrie sings about, the "City of New Orleans", is a train that is dying, "disappearing with the railroad blues". It symbolizes the clash of dreams and reality in this country. The "City of New Orleans" was meant to equalize people's dreams and life ambitions, but in the long run it proved to be not such a magical carpet.

Ario sings this song as a statement of a new consciousness about America. For this column, the new consciousness is a train that can take people where they want to go. This train the New Orleans Express, is a train moving in the direction of decent, caring relations between people. It is a train that must be suitable to our times and our needs, and that can only happen when we put it together ourselves.



Two of the three 38 million gallon (each) tanks under construction in Rossville

Municipal Service Administrator Mancus, (appointed by Mayor Lindsey) states that "there is no basis to stop the tanks' construction." Even the Environmental Protection Agency has stated that the LNG tanks are "as safe as the tanks in your car."

Despite all of the above statements regarding the safety of these tanks, the fact remains that forty men lost their lives in the tank. The current theory as to what actually caused the Bloomfield explosion is given by Fire Chief John T. O'Hagen. He states that "pockets of gas trapped inside the polyurethane lining of the tank were ignited by the fire from the heating irons of the workers." Is that the result of the ultimate in safety precautions?

Political machines must also be contended with on all levels. No governmental regulations were set on these tanks. Although the basic plan was rejected by the Fire Department and the Board of Ports and Terminals in 1967, an appeal to the Board of Standards and Appeals got District Gas their permits.

The fictitious fuel shortage we now have was created by the American Gas Association (AGA). This "gas shortage" not only forces President Nixon to approve of importing gas from Algeria, (which provides import taxes for the Federal Government) but also benefits local politics as well.

To give the public an opportunity to voice its opinion by giving it notice of all pertinent activities regarding these gas plants.

The Center for United Labor Action (C.U.L.A.) which is also concerned about the workers who will have to work on these tanks is making leaflets and petitions available to the public.

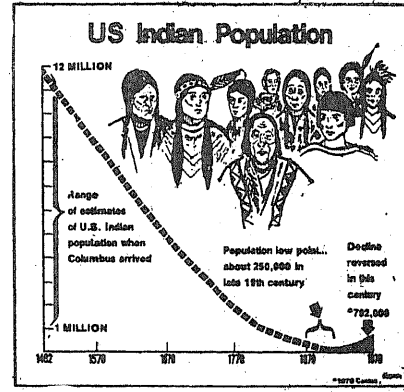
Politicians are picking up on public sentiment. Borough President, Robert T. Conner called for the tanks to be built on man made islands in the ocean. Councilmen Curry and Gaeta got their rezoning legislation passed although it will not affect the tanks already under construction. There are also approximately a half dozen investigations being held, including a Grand Jury investigation led by District Attorney John M. Bratsted to determine if there was any criminal negligence on the part

( continued on page 4 )

Like the old "City of New Orleans", schools in this country are supposed to be equalizers of dreams and paths to the fulfillment of people's lives. But these institutions have had the same kind of failures. They have been caught in the same decay and mis-use of resources. And people have been riding along trying to ignore the fact that their surroundings are falling apart.

But it is possible to decide that these conditions do not have to be accepted. In New Orleans and Baton Rouge, a group of students and community people recently made their decisions.

Leonard Douglas Brown and Denver Smith were two black students at Southern University in Baton Rouge, first generation students trying to get an education to improve their lives.



This is the third issue of the Peach War Press. It's still being put out mostly by people from SICC and Richmond College. We're still working for community on Staten Island.

We don't guarantee solutions to the problems around us, but we do hope to cooperate with other people in the borough, developing a greater chance of correcting real and common grievances.

In a borough where taxes go up as social services shrink, where land use is a free for all among big developers, where changing employment patterns aggravate racial and sexual discrimination... there's a need for all the people affected by changes to get together to shape the changes. A first requirement is information. Without it we will be helpless victims of greedy big shots.

We feel it is past time for a paper on Staten Island that is willing to print the whole story.

When we named our paper the Peach War Press we didn't anticipate the actions native Americans would take in 1973 at Wounded Knee. We just knew that the real history,

( continued on page 4 )

**GOOD NEWS !!!**

The ceasefire agreement finally signed on January 27, 1973 marked the beginning of a hopefully permanent chance for life to begin again in North and South Viet Nam.

What they found at Southern University was the poorer half of a dual educational system. The state of Louisiana maintains two university systems, Louisiana State University (LSU) and Southern University (SU). LSU is a predominately white university, with 3 times the enrollment of Southern University (which is 99% black). Yet LSU receives 5 times total budget funding as Southern U., and the state contributes 64% more in funding per student to LSU as it does to Southern University.

This is reflected in conditions at Southern University: Lack of proper medical facilities, crowded classrooms. The program and administration do not meet the needs of black people as they see it for themselves and their community.

In October, students at Southern University began to organize a movement to protest conditions at their school. They asked for more participation of students and faculty in running the university. They asked for improved living and studying conditions. They asked for higher wages for cafeteria workers. They asked for student control over the spending of student fees. And they asked for courses related to the needs of the black community.

The all-white Louisiana Board of Education and the Governor of Louisiana backed the Southern University president in refusing to meet student demands. The students went on strike and occupied the administration building. They were supported by the people in the community who supplied them with food, vitamins and blankets. Members of the black community ringed the administration building in solidarity with the students on the day when the Governor threatened to bring police in to clear the building.

At that time, the Governor did not want to meet a peaceful demonstration of community people in support of the students with force. He agreed to meet some of their demands.

A few weeks later, on November 16, four student leaders were arrested. 3000 students came to the administration building to demand an explanation of the arrests. They did not occupy the building. The president of SU promised to investigate the arrest and report back in a couple of hours.

# STEELYARD BLUES

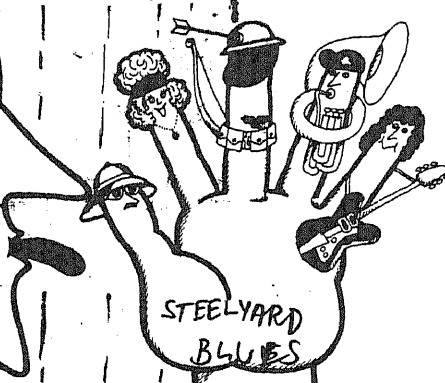
## Pro & Con

by Arlene Kirsch

Steelyard Blues is a lesson on how to get fun and freedom in our authoritarian society (the two are inseparable when you think about it). It is an honest, in-depth, study of a counter culture struggling to survive within a prejudiced society. The main attraction is supplied by two brothers, each with his opposite world and values. Veldini (Donald Sutherland), a free-thinking fun-loving individual, is determined to live by his own set of values. He does wrecking work to afford his demolition derby hobby. His friends are "deviants" by society's standards, but some of the healthiest human beings ever portrayed on the screen.

by Thelma Flynn  
and Rosanna Murray

Often when one disassociates oneself from society, his perception of it may become extremely biased. In Steelyard Blues, Jesse Veldini (played by Donald Sutherland), a "reformed demolition derby thief" is released from prison in the custody of his brother Frank Veldini, District Attorney. Since Frank is running for the office of Attorney General, it becomes advantageous for him to assist Jesse in finding an occupation and a place of residence. Jesse's career opportunity leaves plenty of room for advancement. At the local zoo, dressed in his clean white uniform, he proceeds from cage to cage removing animal wastes. His apartment turns out to be a tenement slum, which is owned by his concerned brother.



Opposite Veldini and company we meet Frank, an older brother, who is a pillar of society and a stereotypical District Attorney. Bent on leaving his brother (society) at any cost, he decides to play "Big Brother" in the Orwellian sense and control Veldini's life forever.

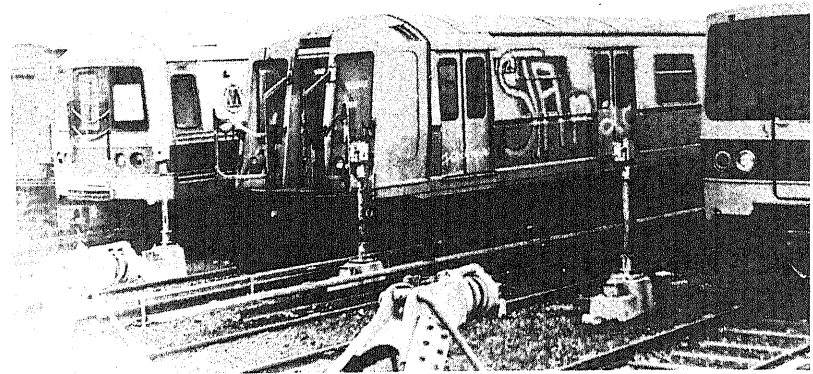
Veldini's friends know that the tighter the lid's on him the faster he will blow. It's the individual vs. the encroachments of authority, and the race is on. Frank has aspirations. To reach the top he is willing to sacrifice anything or anyone. Therefore, he decides to bust his own brother and jail him for two years. This tactic is obviously outlaws and since the direct approach has failed, Frank decides to get to his brother through the "outlaws" he stays with. (Remember the Jefferson Airplane singing "We are all outlaws in the eyes of America," from "We can be together?")

Examining Veldini's friends, one can easily understand why society has judged them without examining its own structure first. The Kid, Veldini's younger brother, is a long-haired college dropout guitar player. Another friend is Eagle (Peter Boyle) an unemployed human fly who's deemed insane by clinical psychologists, as opposed to radical therapists, such as Laing. Last we have Iris (Jane Fonda) society's classical crutch, a prostitute. Because of her relationship with Veldini, she becomes Frank's bait to reach Veldini under the pretense that her line of work is illegal and immoral.

Iris and Veldini interact in a true and honest manner. As a matter of fact, the whole group of friends functions on the principle of mutual trust for one another; the premise is that freedom (joy) can only be achieved in a world where people are true to themselves without infringing upon the needs of others. They trust each other sufficiently to sustain that vital interrelationship which is the heart of any struggle. Because they sustain that struggle among themselves, they make one force strong enough to defeat the authoritarians whose hierarchical structure spreads thin their power, creates slaves, and breeds competition and hostility.

The film is an excellent statement of the fact that the personal is political -- one of

the basic tenets of the women's movement as well as of true freedom. If you have already made these connections for yourself, then go see your fantasy played out on the screen. If you haven't, grab an opportunity to bring all the different aspects



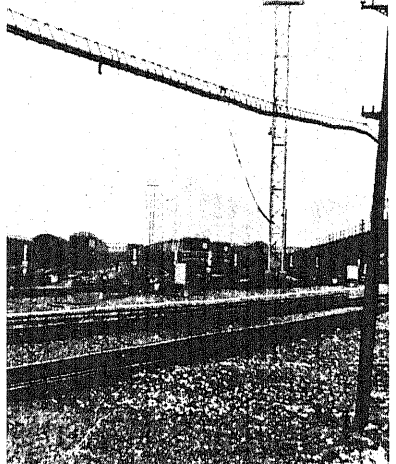
## THE GREAT TRAIN ROBBERY

This article originally appeared in Strike Back. The voice of the Bell Telephone Worker's Action Committee, which is a militant caucus within the Communications Workers of America.

So the fare is up again on the subway. And they are blaming it on the transit workers again. So what's new? The con game goes on, a few bankers get richer while the working people of New York get poorer and blame other working people. Here is how it works.

When the subways were first built, the city spent \$355 million to dig the tunnels, 60% of the total cost. The city raised the money to do this by selling tax free bonds, which were bought by the big banks. These same banks then formed the private subway companies. For example, the IRT was run by the Rockefeller banks. The agreement was that the companies were guaranteed a profit before any money would go to the city to repay the debt. But the city never got anything; every year the money taken in was just enough to cover operating costs, maintenance and profit. (Strange coincidence). That meant that the taxpayers had to pay the interest on city bonds through the subway fares and taxes, we were forced to provide a double guaranteed annual profit to the banks (1) Their profit on running the subways, and (2) The interest on the bonds.

But this deal wasn't good enough. During the Depression the subway companies cut maintenance to maintain their profits. By 1940, the subways were ready to fall apart, so the companies sold them to the city. To raise the money to buy and rebuild the subways, the city again sold bonds to the same banks. The banks no longer had headache of running the subways, but they were still guaranteed a profit. By 1940 the city had spent almost \$1.5 billion to buy and rebuild the subways.



Staten Island Rapid Transit's debt is 3 times current assets, according to the S. I. Advance (issue dated Feb. 9, 1973).

of your life processes together and experience the possibility of a world of healthy values which generate a free, loving and joyful society. I think that Steelyard Blues is the best anything I've ever seen.

To do this bonds were sold which committed the tax payer to pay 1,833,000, 000 in interest alone.

And it didn't stop there. In 1951 a \$500 million bond issue for a Second Ave. subway was passed by the voters. But after the bonds were sold (to the same banks) the city decided not to build the new line.

In 1953 the city handed management of the buses and subways over to the Transit Authority. This was supposed to make Transit self-sustaining on fares and economize through business-like management. In reality, the subways never have been and aren't now self-sustaining-paying interest on the huge debts makes that impossible. Because of this the Transit Authority lets equipment deteriorate. The TA saves money and the city has to replace new equipment that much sooner. Meanwhile, New York subways are probably the most dangerous in the world. It all adds up to an expensive and dangerous ride for us and lots of money for a few bankers.

The TA and the city try to cover up this robbery by blaming deficits, fare hikes, and bad equipment on the transit workers. (Ma Bell does the same thing to us). Like the rest of us, they are struggling to keep ahead of inflation and also like the rest of us they are losing. In real wages (what their pay can actually buy) they have lost 8% since December, 1967. It is unlikely that their current contract will cover inflation in the next two years. But in any case, it is not the raise in transit workers wages which cause the problem. The fare has gone up 700% from 5c to 35c in the last 25 years, but wages haven't gone up that much.

The recent 29% rate increase that New York telephone got is a similar situation. None of the money is to be used for wages, no matter what kind of contract we get. The money is all to be used to maintain the company's rate of profit so the company will have a higher credit rating and will be able to borrow more money. And, of course, later there will be another rate increase to help pay that loan back. And of course, it will all be blamed on us and our strikes.

We, together with all workers, should oppose the phone company's rate increase, as well as the subway fare increase, and all other attempts by big business to keep up their profits at our expense. In the long run, they will have to answer to us!

Those who worked on this issue not mentioned in the by-lines include:

- Robert Barringer, Frank Battaglia, Claude Campbell, Bill Ciardiello, Brenda Dineen, Ed Hack, Claire Holman, Dean Johnstone, Citizen Kane, Peter Kell, Dino Lagravinese, Gary Libow, Sheila McKenzie, Phyllis Manginelli, Helen Pappas, Bob Potter, Eric Russell, Tara Ryan, John Shawcross, Danny Stumpf, Michael Yalango.

## WE WON ONE!

BY CAROL EAGLE AND LANCE HERMUS



On Tuesday, January 22, 1973, the citizens of Randall Manor, S.I., did what is considered by the majority of the public to be an impossible task. They won a major battle against "big business"; namely the New York Telephone Company. This article is based on a story told to me by Glenda Ernst, whose rights and the rights of her community were threatened by the Telephone Company.

In 1947, the New York Telephone Company building on 335 Forest Ave and Hart Blvd. was an unobtrusive building. It was thirty feet high until they expanded thirty feet more in 1966 making the building sixty feet high. Steel beams were swinging over roofs of nearby homes. When they were dropped, the noise drove people from their homes.

In 1968, the company put up a microwave tower with a giant crane. At night it hung over Mrs. Sorensens pool at 68 Gregg Place. A woman at 78 Gregg Place said that she too had found a crane in her backyard during the 1968 construction of the addition to the building.

In March of 1972, the New York Telephone Company applied to the building department for permission to extend the building another 30 feet, thus making the building 90 feet. The community took action against the company. They claimed that the company was breaking zoning laws. Randall Manor is a C-1-2 neighborhood in which only local and service businesses may be established. The community also went out and got petitions signed against the Telephone Company, claiming that the thirty foot addition would be endangering the community.

They also claimed that the rate of noise pollution would be intolerable. The community also got a building report saying that the floor area was out of ratio and that the building was too high.

In April, the community applied to the Community Planning Board to get these plans appealed. They didn't receive any action until the 26th of June. On August 14th there was a meeting with the Telephone Company. They refused to guarantee the safety of the children of the neighborhood, and stated that it would take 18 months to 2 years before construction was completed. In other words, people wouldn't be able to use their back yards for this entire stretch of time.

Eventually, the Community Planning Board voted against the addition, but it proved useless since Sec. 73.65 of Public Utilities states that if the utility can prove that the building site or addition is needed they can get it.

Between postponements of the case and writing letters presenting this case to political figures such as John March and Congressman Murphy, and meeting with the Board of Standards and Appeals, there wasn't any agreement foreseeable for quite some time. Glenda Ernst spoke on WTVR radio about the situation but didn't obtain any response.

Glenda then met with 4 other people who shared her concerns, and began to set a plan of action. A demonstration

was set for October 13th. "Stop Ma Bell" leaflets were handed out informing people of the demonstration and describing exactly what was going on. They were captioned with the words, "Tell Ma Bell To Go To Hell". Interestingly enough, employees of the Telephone Company were among the volunteers to hand these out.

The following information on the demonstration was given to me by Lance Hermus who helped me write this and who was actually there. Nobody showed for the demonstration except the five members of the committee. But what they were lacking in number, they weren't lacking in spirit. The five met in Manhattan at an office of the company. They insisted on seeing the president. Two policemen in a squad car watched every move they made as they handed out leaflets. The members were then met by the company's chief engineer and brought into an auditorium instead of a conference room where they therefore refused to talk. They were then brought into a conference room where for the next couple of hours, the main topic of conversation was the concern for the safety of the community. The Telephone Company stated that there were millions of dollars spent on the safety of the workers but inadvertently agreed that nothing is spent concerning the protection of the environment.

Claude Campbell said that S.I.C.C. would offer their resources to conduct an impartial engineering study of the construction plan to determine if it is a safety hazard. The company agreed to a one month postponement of the Board of Standards and Appeals hearing to complete such a study on the case. At this time, the "Stop Ma Bell" committee adjourned for the time being.

A six week postponement was derived through the safety clause. The next hearing was set for January 22, 1973. In the time allotted, the three engineers assigned to the study came to the conclusion that the 30 foot addition would be a safety hazard.

Through research it was also found that the information given on potential telephone lines was obsolete. With the help of the Department of City Planning it was found that many of these lines would never exist, which means that the Telephone Company's estimate of future lines was much higher than the actual growth.

When January 22 came along and all these facts were brought up in court, that they were defeated. So rather than tarnish their court record of no defeats and in the hope of keeping the project alive for the future, they withdrew from the case. So after all this Glenda and her friends had won the battle.

The point we have to make now is although the battle has been won, has the war been won? Not yet. The Telephone Company's representatives said they will return with the proposition in 2 to 5 years. So the community still has a long uphill fight ahead of them. But I think in that time they will be prepared to win the war, not just the battle.

## A GI'S STORY

by Blanco Williams

Being black and from the wine corners and ghetto streets of Cleveland, Ohio, it was pretty easy for me to relate to Vietnamese children.

I was reluctantly drafted into the United States Army in February '63, and joyously discharged in January of '67. I would like to share with everyone the most important and rewarding experience of my military service.

On completion of stateside training at Fort Knox, Kentucky, I was assigned to the 9th Ordinance Company, Can Ham Bay, South Viet Nam. I was a "Spur Walker" — a soldier with the job of distributing ammunition to field and combat troops.

I was making the rounds of my assigned area one day when I noticed a small object, possibly a dog, near one of the ammunition storage huts. I went over to investigate. It turned out to be a small Vietnamese boy. He was sitting there with his eyes wide open, contemplating a joint he was smoking. When he saw me coming toward him he bolted. I caught him just as he was getting away through an unauthorized hole in the compound fence.

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During the next few weeks we tried to locate them in a number of orphanages. It was a useless task though, everyone in Viet Nam is overcrowded. So we took care of them ourselves. We made sure they ate properly and had decent clothes to wear. We had their illnesses and deceases cared for and never gave up trying to find them a home.

As time went by our original eight dwindled as, one by one, we were rotated back to the states. I was the last to go. I remember being torn apart at the time. I wanted to go home so badly, but I knew that the children would be left to themselves again to revert to the little savages they had been when we found them. But I couldn't stay. I stole myself and left for the states like all the rest.

I got back to Fort Dix with only a few days to go until my discharge. I should have been happy, but I couldn't

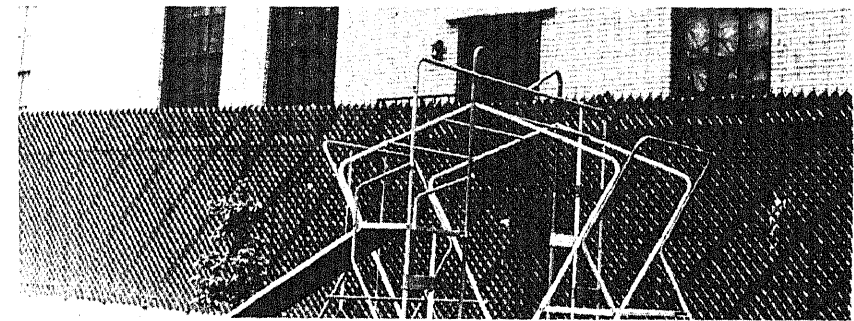
get the kids out of my mind. I knew I had to do something, so I contacted the others. They all felt as I did, but the only idea anyone could come up with was for all of us to chip in some money to keep supporting them. I collected \$400 from everyone. The only flaw in the plan was that none of us could be sure that the money would be handled properly, or that it would ever reach the children. I spent long hours thinking of a way to cope with the problem. There didn't seem to be any way to go until my discharge. I should have been happy, but I couldn't

Before the shock of my drastic action was over I was back with the children. They were still there, that is, two of them were still there. The rest were dead or missing.

You never get used to death, no matter how many times you see it. But I kept myself busy by helping the living. It was quite a chore now, along with the two survivors, I adopted eighteen more.

I only had a six month hitch there the last time. It went by really fast. When I had to ship back again I felt just as bad about leaving as I did the first time. But I couldn't stay any longer. They were a little better off when I left, I hope they are still being cared for. I hope they stay alive and well.

I'm living on Staten Island now. Perhaps I'll go back to Viet Nam someday. But if I never make it I'll always remember one thing, a little boy with green gleaming from his eyes, smoking a joint.



During construction to increase the height of its Randall Manor facility from 30 to 60 feet, the Telephone Company would not be able to guarantee the safety of children playing in neighboring backyards. Residents prevented the Telephone Company from further expansion, from 60 to 90 feet in height, but what the Company plans to do in the future to further expand is uncertain. (Photos by Lance Hermus).

## Peach War Press

PEACH WAR PRESS / APRIL 1973

## Discrimination costs 81 billion!

There's one reason why U.S. business practices and promotes discrimination and prejudice that it doesn't like to talk about: the reason is a cool 81 billion dollars.

In 1966 (all figures are from the U.S. Bureau of Labor Statistics) 47 million male, white workers earned an average yearly income of \$8,700. The same year, the 6 million Black, Latin and Asian-American men workers in the U.S. earned an average yearly wage of \$4,300.

In that same year, the 22 million white, women workers averaged only \$4,000, while the 4 million Black, Latin and Asian women workers cited in the report fared worst of all with a yearly average of only \$2,800.

While it's undeniable that all workers are underpaid, discrimination (and the prejudice

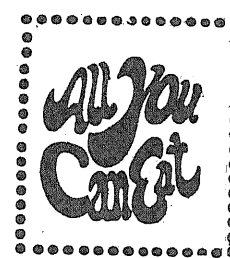
that is used to justify it) against Black, Latin and Asian American men and women, and white women, results in a colossal increase in profits to the corporations. In fact, the amount of pay which these workers are being denied—just compared to their male, white counterparts—totals \$81 billion.

Discrimination makes U.S. business at least \$81 billion richer, and U.S. labor \$81 billion poorer.

In other words, discrimination is built into the profit system, and all workers suffer from it. While the workers who are discriminated against directly suffer most, this divide and conquer tactic means lower wages and worse working conditions for all working people.



LOREN - JAPANESE BAYTON



By Naomi Louis

Does my food contain poison? This is a question everyone should ask himself. Many people eat foods with questionable additives everyday without stopping to think of the effect the contents have on them.

It's a funny thing that manufacturers remove nutritive factors from foods and sell them to farmers to keep animals healthy. Wheat germ, for example, is removed from wheat in the production of white flour. It is then fed to pigs to insure they bear healthy offspring. Many exposes have proven that much of the food you buy is diluted junk jammed full with additives, preservatives and artificial colorings which make it stay fresh and look pretty.

### Eat Natural

You should try to keep your diet natural. By avoiding processed foods you'll eat less, feel better and probably live longer. Although it is quite difficult to break old eating habits, it is worth it in the long run. When you see the results in yourself you will be convinced of the value of a natural diet.

There are many different diet theories. Read up on them and experiment to find out which is best for you. Aim for better health, increased energy levels, a clear mind and efficient digestion.

Meanwhile, you can experiment with good, high energy foods. Make pancakes from whole wheat flour and add wheat germ, eggs and powdered milk. Wheat germ, powdered milk and brewer's yeast are great added to many foods. They raise the protein and B Vitamin content significantly. Mix eggs with powdered or whole milk, add a little wheat germ or brewer's yeast, then scramble them or use the mixture for french toast. There are a million variations. Keep your diet balanced. Use your imagination!

Good food isn't the only factor in good health, but it is an important one. Remember, you are what you eat. Be healthy!

### Healthful Food List

Honey, molasses, or natural sugar (never white sugar, it is negative energy and depletes the body of calcium and B Vitamins) fresh fruit and fruit juices, fresh vegetables (grow your own this summer—it's fun), cheese eggs, milk butter, all nuts (especially almonds), raisins and unsulfured dried fruit, wheat germ, brewer's yeast and powdered milk, whole grains (rice, wheat, corn) whole grain flour, noodles and spaghetti, spices and herbs (aid in digestion) herbal teas, beans lentils, peas, vegetable oil (without additives), bean sprouts (soy, alfalfa) Tamari sauce.

Adele Davis, "Let's Eat Right to Keep Fit", New American Library.

## TANKS TANKS TANKS

(continued from page 1)

of TETCO concerning the disaster. Perhaps the most promising study is that of Staten Island Community College and Richmond College, led by Vito J. Fossella of S.I.C.C. The Scientific and Engineering Council of Staten Island, as the group is called, will study the dangers involved in the construction and use of these tanks. This study will be submitted to the Board of Standards and Appeals and to Congressman John M. Murphy for use in the Federal Power Commission's hearings in Washington.

It is not too late to prevent another disaster from occurring but we must work fast. Anyone interested in helping should find a C.U.L.A. petition and sign it, or call C.U.L.A. at 741-0633. You should also watch your local newspaper for announcements of future demonstration. We strongly recommend that you write Congressman Murphy supporting his stand on banning the tanks.

## Peach War Press #3

(continued from page 1)

like the real story of what's happening now, affects people's lives even though they don't know it.

One of the earliest incidents recorded on Staten Island was a war that started when an Indian woman was slain for eating a peach.

The Peach War still wouldn't have happened if the Indians could have gotten justice from the white governor. Instead the Indians who went to the fort in Manhattan to get the governor to invoke the white man's law against the slayer were fired upon.

It was felt by most that the Peach War resulted from the attack of the Indians on Manhattan. In reality it was the result of racial prejudice shown by the "Supreme" white man toward the "lowly" Indians.

The truth is not always brought into focus as it should be.

This paper is a joint effort toward better understanding our surroundings.

We need help from you. Even a paper like ours costs money. We aren't asking for contributions, though we will gladly accept any. Your subscriptions are what we need. It's not much, for a couple of dollars a year you will have a news source that will give you the most pertinent information that affects you and the community in which you live.

There are surely many things going on in Staten Island that we don't know about. Pass the information on to us. We will gladly investigate the situation.

If you feel you have the time and interest to give us a hand, contact us; we need you. And even if you cannot find the time, write to us and let us know how you feel about what we are doing. We can only make it if we work together. Help us if you can. Send your check or money order payable to:

PEACH WAR PRESS, c/o S.I.C.C. 715 Ocean Terrace, Staten Island N.Y., 10301.

## NEW ORLEANS EXPRESS

(continued from page 1)

Almost immediately after the president left, sheriff's deputies and state troopers moved onto the campus. As the university's Roman Catholic chaplain said: "We negotiate with industries hours, weeks, but we could not wait five minutes for students. The officers who could not wait five minutes to negotiate with people were the same ones who were there 24 hours to guard property."

Leonard Brown and Denver Smith were waiting with the other students outside the administration building. A few minutes later they lay dead, killed by buckshot from a sheriff's deputy's shotgun.

People rebel for a reason. Events at Southern University began as a peaceful protest movement of students and community people asking for decent living and studying conditions and a say over the nature of their schooling. They ended with the police being called on campus, the slaying of two unarmed black students and the closing down of the school. The Board of Education and the Governor want to maintain their control over Southern University.

The state legislature controls the purse-strings of the university. As the NY TIMES REPORTS: "Because of that control, black colleges have been described as slavery—as a 'peculiar institution'. They were established as an alternative to blacks attending white schools, but they were never adequately supported." Now, rather than putting more money into these schools as separate institutions, some states want to maintain control by merging them with white schools. But these authorities are now facing a more united group of students, faculty and community people who want the institution to serve their needs.

There is a great deal of fear now on the re-opened Southern University campuses. But the students are continuing to come together and demand basic respect and equal treatment. They still want adequate funding for their school and the right to define the school's programs according to the needs of their community.

The New Orleans Express is a train moving toward the discovery that new solutions are needed to people's problems in this country. These solutions can't be reached without people working together. But once people do work together, they can't be stopped.

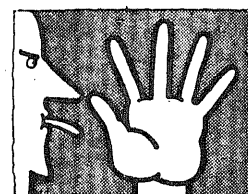
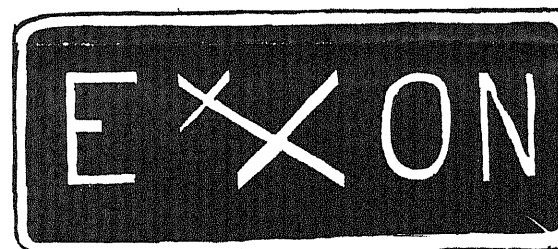
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