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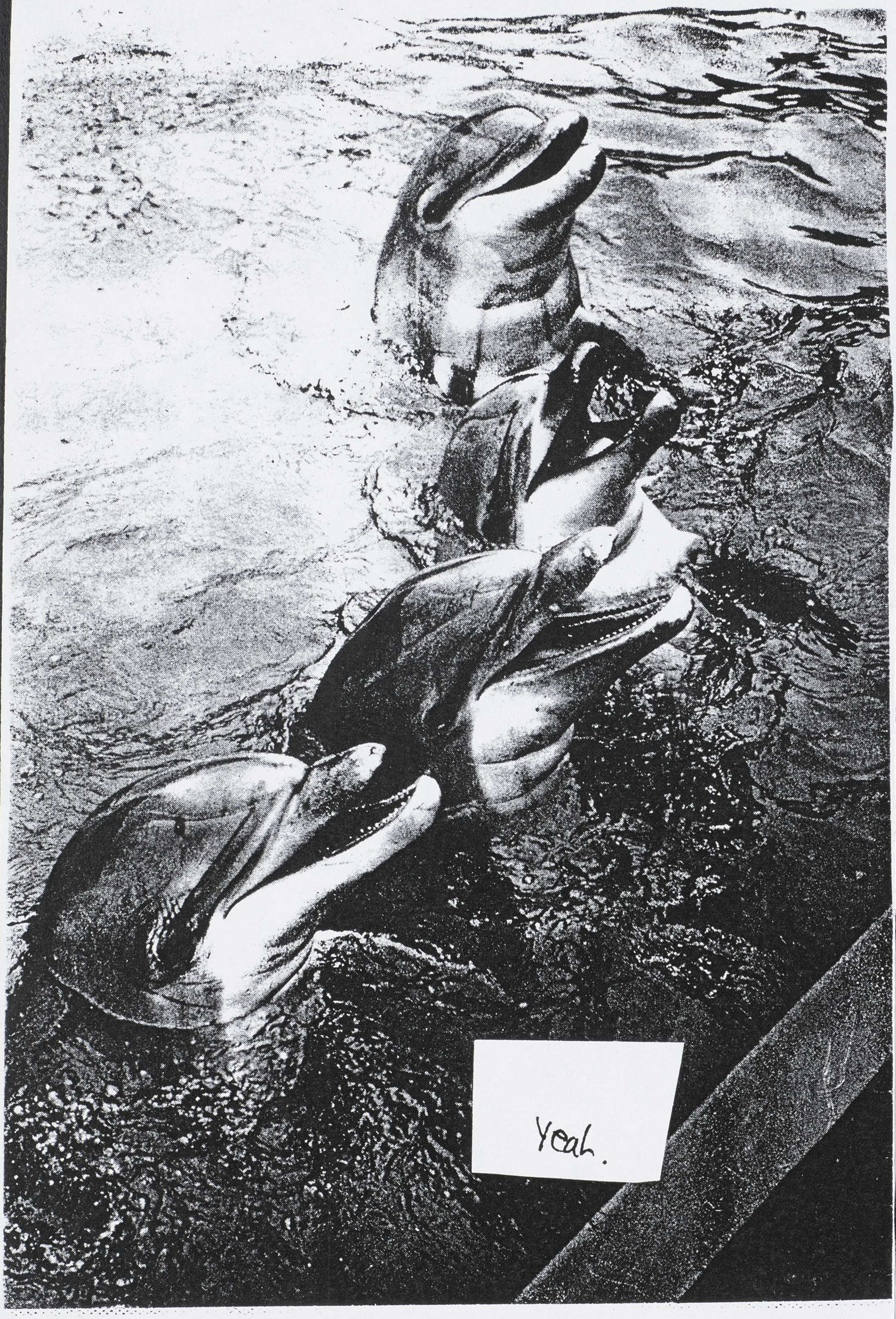
April Fools' Day


Yeah.

Baking the cake
that says
don't die

Olympia, WA. Spring 1995

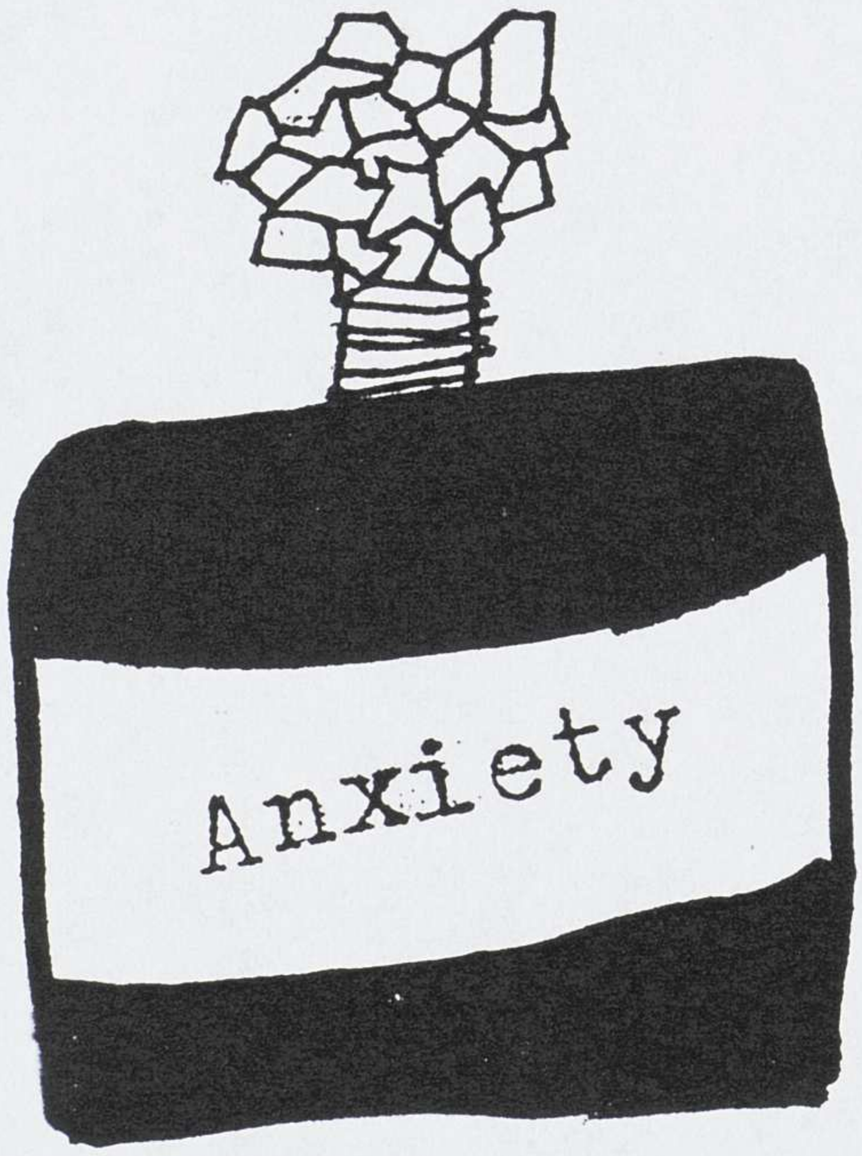
For a longtime I have put off finishing this writing. I kept thinking I was out of my element by talking about addiction. But then I thought, I'm a fucking alcoholic (whatever). I am allowed to talk about this stuff. This is the shit that saves my life (writing) and I will not leave this discussion to the so-called experts.

I guess part of what I'm trying to do is make something for me and my friends and whoever else that maybe can't deal with the strait world options in terms of getting "clean" and/or "sober" but, are thinking about how addiction figures into our/their lives. ANYWAYS.

I've been fascinated with addiction for several years now cuz I'm an alcoholic (obviously I'M more complicated than that one word but you get the picture) Plus I really love to sing but for some reason I also love to smoke and since the one makes the other way less enjoyable and fun (the kind of singing I like best is slightly athletic), ThIS addiction in particular REALLY interests me.

Like why do I feel so compelled to do something that makes me feel bad, and limits my ability to do the thing I love doing the most?

I think part of it is guilt. I feel guilty when I feel good.



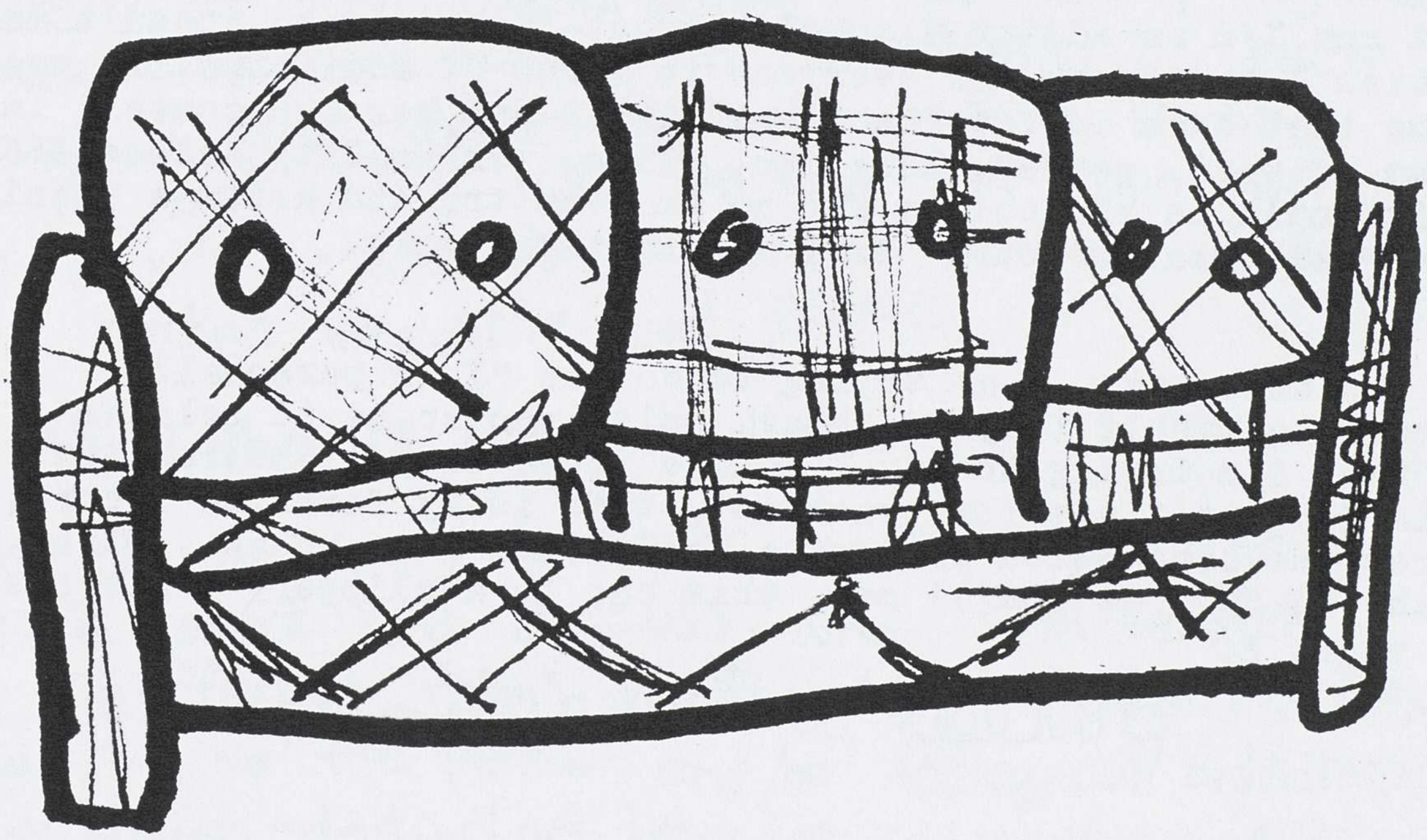
Anyways I decided to quit drinking April 1st, like 4 years ago. And it was pretty cool cuz there were these kids (Christina Calle was one of 'em) and they had these parties at their house that didn't revolve around drinking. They had a BBQ once where we all brought food. Those parties were really important to me because it made me realize that some people just didn't drink or use and they

still had fun. (I think the house was called The Puget House)

Right now I don't go to many parties cuz its hard for me to be around drinking and/or smoking. I get jealous sometimes that some people can do stuff non-addictively. Its also really hard for me to hang out with people who do use addictively

The thing is it really sucks that I am distant from so many people, especially other addicts/alcoholics. I mean, it makes sense that I can't hang out that much BUT this separation is keeping me away from the very people who understand addiction best, and its keeping me from telling the people I love who happen to be addicted to alcohol or whatever, what recovery feels like.

I guess thats where writing comes in.....



In writing this stuff I have had to think a lot about how to share information without acting all bossy or being condescending. If sometimes I state things in a really obvious way, it's probably safe for you to assume it's because I am somewhat limited as a writer and yet REALLY want to get this information acrossed however I can; and not that I think you, the reader, are stewpid or something.

I think writing is a good way to communicate some of my ideas about addiction and recovery because it is a medium that gives xxxthe reader a lot of power in certain ways. (Like it would suck to xxxxxxxxxxxxxxxxxx be stuck in a room with my big mouth spouting off about addiction, I know) This way you can decide what you think about my ideas (or that you don't even care) in yr own time and space, without any hassles....I think thats really important since the very nature of so many discussions about addiction can be so moralistic and bogus.

When I refer to my own addictions/alcoholism, its because I think its important that I am able to analyze something I am a part of. MEANING: This is an attempt to write strategically about a "subject" that is not outside of myself.

This doesn't mean that I am planning to bore you with the details of my life or that if you disagree with me you are disagreeing with my very existence.

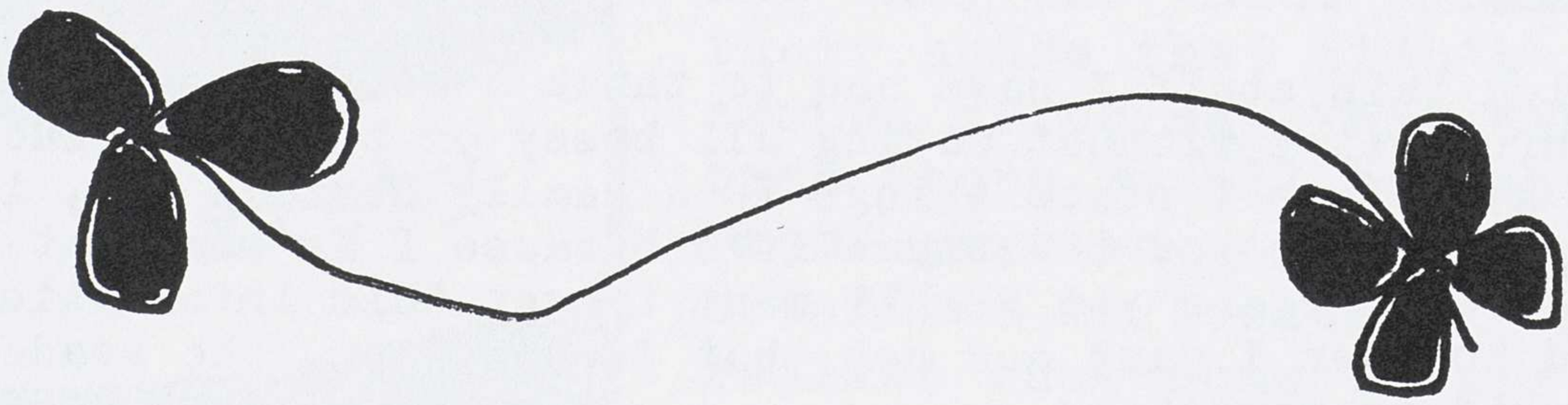
What I am trying to do here is to share some of my ideas about addiction and recovery with my direct community (I guess that would mean you) AND to fuck with the whole idea that one must be either 'PRO' or 'ANTI' something in a really obvious way in order to even talk about it.

~~I mean~~... But

Just cuz I'm an addict/alcoholic (what-fuckin-evah) doesn't mean I think I can speak for everyone in terms of addiction. It seems to me that each addict functions within his/her own context in terms of race, gender, location, class, personality,access,etc.... So it would be ridiculous for me to even try and write a "manifesto" or a "universal account" of how addiction works.

At the same time, I am trying to do the "I am personally revealing myself to you" thing, only insofar as it relates to what I'm trying to say. (I hate those zines that're like this is what I ate for breakfast, this is my favorite record, heres the confession of what a bad person I am, blah...blah... blah...) BUT, as you'll see, this can be a slippery tightrope to walk. SO

proceed with caution



I am Really Scared of sounding like I am Barney™ or something

Who wants to talk about addiction if everyone is gonna immediately assume whoever brought up the conversation is obviously a SELF RIGHTEOUS strait edge kid who doesn't know shit or else a total 'JUST SAY NO' type freak.

Living in a small town means we talk about addiction sometimes it goes like this! "She got so drunk, she fell down the stairs". ha. ha. ha.

I mean, I have been totally self righteous about my sobriety at times. (usually because it was the only thing standing between me and a cold fourty ounce) THE THING IS, even though I think addiction sucks pretty bigtime, I am not at all into the idea that **everyone** who drinks or uses **is** an addict or that addicts are fucked up, dirty, bad people.

I mean that is just not true.

What I am trying to do is create a place to write about and discuss "what is in between" or "different from" being, like, **A TOTAL PURITAN**, 'just say No' type person and/or acting out addictive-joy killing-destructive behavior. (I hate that word, it sounds so socail worker)

anyways, when I was drinking and doing lots of drugs I thought I was the total opposite of people like Nancy Reagen, Jerry Falwell + George Bush.

Like when I think of Nancy Reagan, the word 'PURITAN' comes to mind. Nancy doesn't use drugs, drugs're bad. Nancy's a good → pure → god fearing lady.

The thing is, as an addict, I may have more in common with Nancy Reagen then I might like to think.

Let me explain.

The 'Just say No' PURITAN type idea tells us that we'd better not give into our desires even just a little bit or else BAD THINGS are gonna happen to us. (it starts with a puff off a joint, next thing you know you're hooked on cocaine → acid → heroin)

PLeasure to this line of thinking **is dangerous.**

As an addict, I prove this theory right, by attempting to regulate or control **pLeasure** by controlling my intake of drugs/alcohol/nicotene.

(I always thought it was funny when people would talk about addicts/alcoholics as these really 'OUT OF CONTROL' type people. It seems to me that many of us are actually attempting to gain control - even if it kills us - thru our addictions)

When I overdo drugs/alcohol/nicotene to the extent that the pleasure they once gave me is now gone, I have gone one step further towards saying **I hate pleasure!!!!**

- If I didn't believe that pleasure is dangerous, why would I regulate it so heavily?
- Why would I overdo it to the point of negating it?

Thru recovery I've learned that **pleasure is NOT a bad thing**. I don't have to avoid "it" completely or overdo "it" to the point of extinction. It's all a big sham.

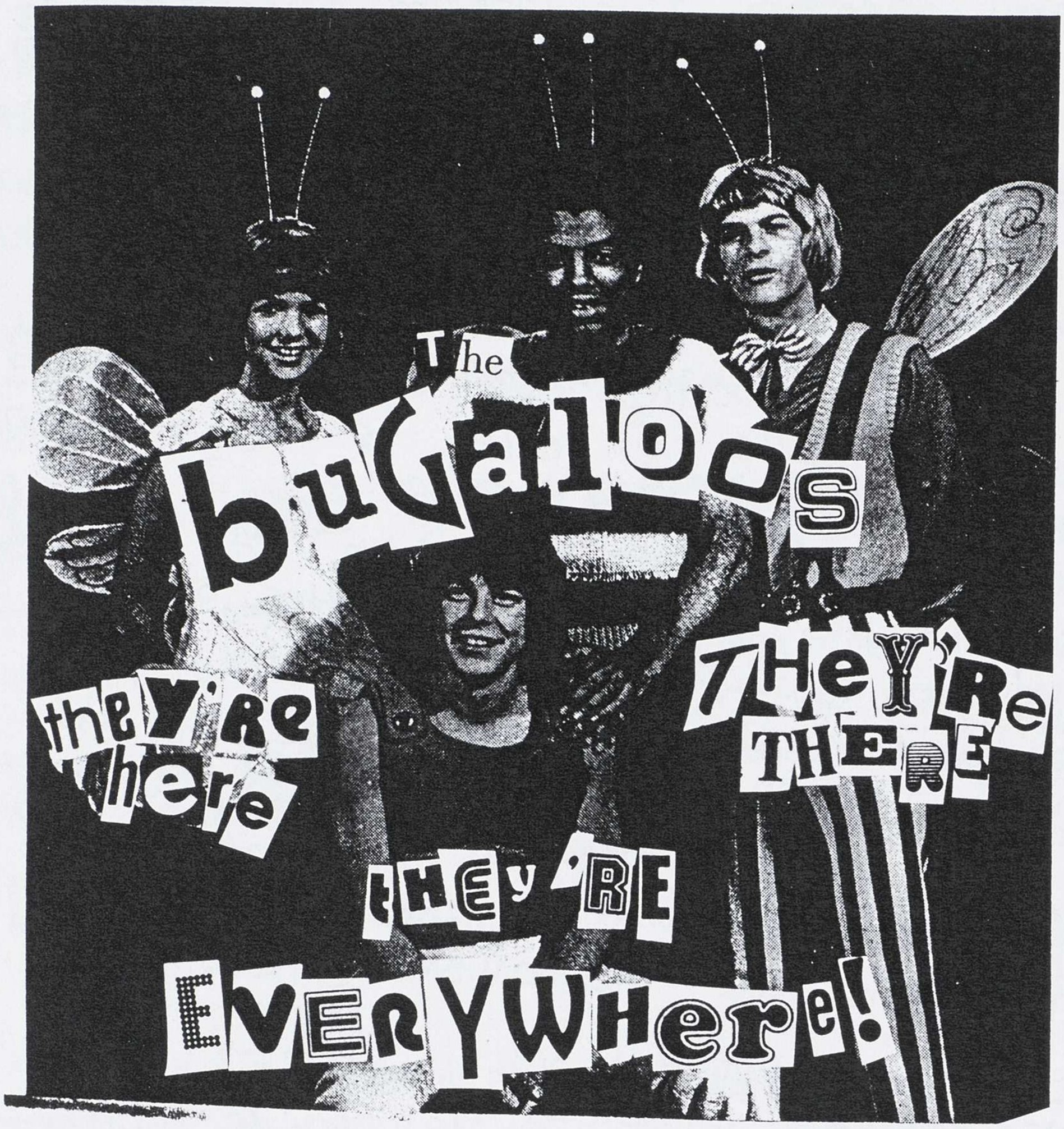
desire is hella rad.

I mean, our bodies are totally incredible. They have ways of telling us when the shit feels good and when it doesn't. I used to feel so disconnected from my body that it was easy to ignore the signals. "it" gave me Like the puritans who live theis lives in complete self loathing denial, afraid of the power theis bodies possess/create, I lived my life unaware of, AND → OR ignoring the fact that these internal "stop" and "go" mechanisms exist.

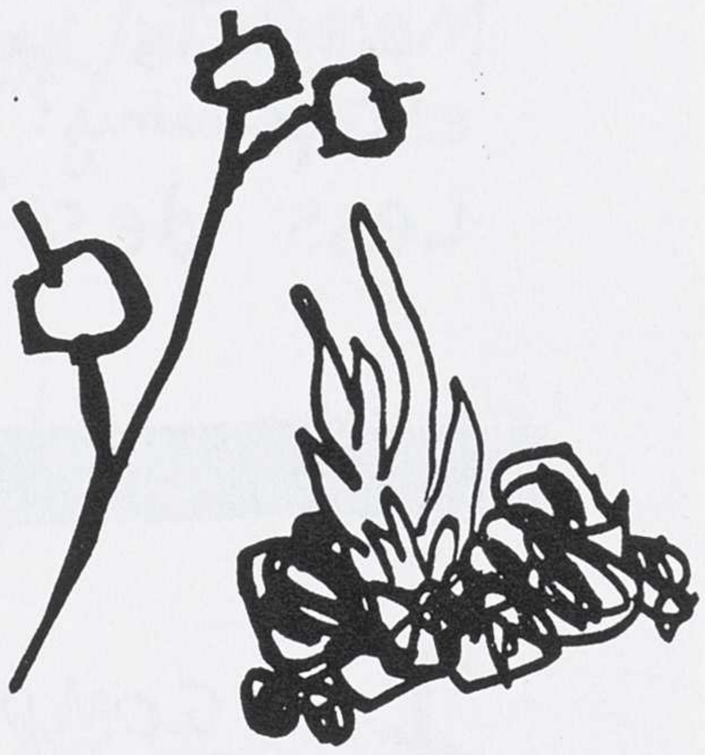
Because my addiction begins where listening to myself ends → I try to decide in these moments what I ACTUALLY DESIRE (pleasure, escape, why?) and then fulfill that desire in Less destructive-self-hating ways. (or maybe not.)

In completing this work I have had to explore my own connection to addiction and to admit that my battles are far from over.

As a typical addict (there really isn't one but....) I am caught in a perpetual cycle of perfectionism + self hatred, over doing + under doing, super success + super failure.



"Spoons are for Stirring Coffee"



"Long-Hair" David

OFFICE: 705-4753 PAGER: 741-1375

this is the guy to call about changing yr needles in for newones

At times, even the way I deal with my addictiveness can be addictive — I must be either "completely chemical free" or "totally fucked".

Trying to be the perfect "chemically free" person has kept me away from the people I love who are unable +/or unwilling to attempt such a ridiculous state of "purity" — it has also kept me from finishing this zine. (My obscenely high standards often make projects take way longer than they should)

By putting this work out, with all it's flaws, vulnerabilities and mistakes, I am admitting to my community and to myself one of the main things my addiction tries to hide, my humanness.

Like the recovery process itself, this writing will never REALLY be completed. For the past 4-5 years my recovery has been a fairly **PRIVATE** matter. And while I did attend AA meetings during the first month that I attempted sobriety, I stopped going after that. I have pretty much, **MADE DO**, with the short yet inspirational conversations I've had with other addicts/alcoholics over the past few years, and, **Lots** of journal writing. **and**, all though I have not been perfectly chemical free or anything, I attribute the success' I have had to the fact that I see my recovery process as being connected to political change.

Recovery, to me, is about stripping my addictions of their false sense of glamour + rebelliousness in order to expose how they actually function in my Life.

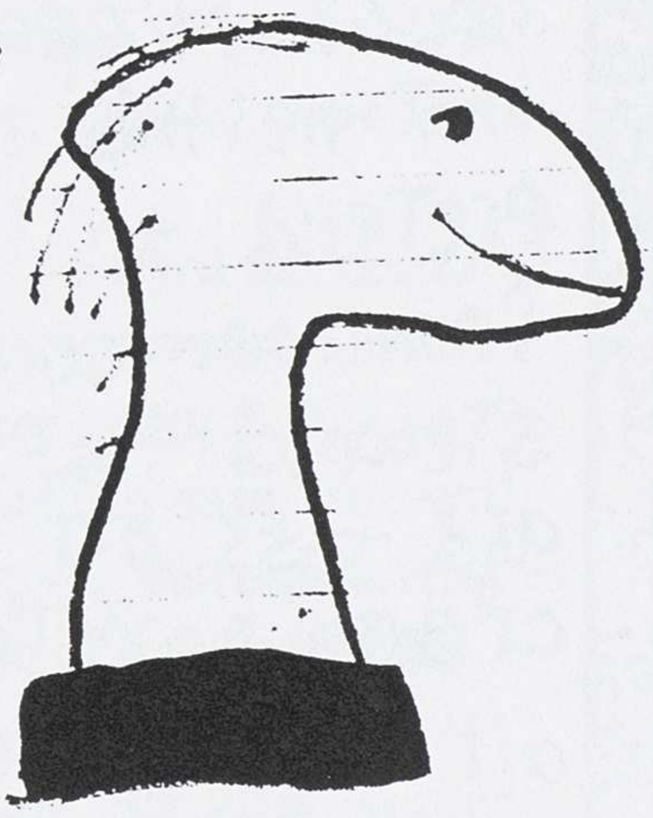
I mean, obviously it's a lot more complicated than just "okay I'm not gonna do that anymore."

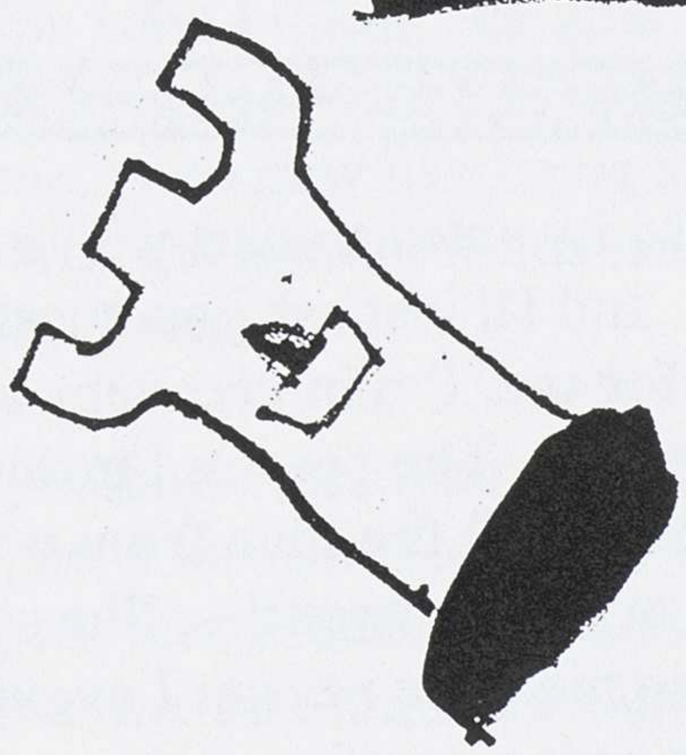
Thru recovery I have had to face how my addictions have helped keep me quiet in relation to the individuals and the institutions who have hurt me **And** how I have used my addiction as an avenue thru which I could avoid my own complicity in a society that is not only misogynist, but also class biased and white supremicist.

I want us
The Heroes That
don't die At the
end
of the movie

Stuff maybe to do when you are trying to quit an especially destructive habit

- Watch TV (the author especially suggests PERFECT STRANGERS)
- Learn to play chess, find chess buddy, become competitive, tour with a chess team
- Join the YMCA (they have scholarships for as low as $5 a month)
- Listen to Records
- Take a Long bath
- Make tapes
- go to the Library
- Draw pictures
- Drink a dr. pepper
- Make Long distance phonecalls even though you shunt.
- Eat food that is bad for you but tastes delicious.
- Make something interesting happen
- Eat food that is good for you and is delicious
- Prepare a big meal
- go to the well and fill up a bottle of water and then drink it all day Long
- write a ridiculously time consuming zine about addiction.





The following is a conversation between **Brian Sparhawk** and Kathleen Hanna. Brian is the bass player for **Fitz of Depression.** I wanted to interveiw him cuz I heard he'd been in recovery and, seeing how the 'real' press only mentions the word "heroin" when someone famous dies, I thought it would be cool to talk with someone who has lived with, thru, and in spite of his addiction. It was good talking with him especially since so many people totally laugh at me when I mention AA or recovery or anything that sounds even slightly self help bookish (aka Nerdy)... I mean sure, a lot of recovery programs, books, support groups, etc..... have elements that neither me or Brian can deal with or even pretend to like (at least that's what I gleaned from our conversation) But we're not so stewpid that we can't use what applies to us and toss out what doesn't. Besides, untill we create something better, those Nerdy things're all we have except each other.....

K: Okay so I wanted to start with maybe you talking a little bit about recovery...and I'll just ask you questions according to whatever comes up.
B: Well, for me, I'm in recovery and I've been clean for a little over 2 and half years. The reason I got into recovery was cuz I used on a regular basis, all the time from when I was like 13 years old, all the way, into like, my early twenties, like straight everyday, and it slowly began destroying me. The reason I eventually came to the decision that I really needed to quit was, uhm, severe paranoia and, you know, health

complications. I became physically sick and I had a couple of O.D.'s and ended up in the hospital. When I got into recovery I stayed clean like 13 monthes and it was really cool because it was the first time that I had not been on drugs, y'know, had not been on any kind of chemicals of any kind that were mind altering, and it was the first time, I guess, that I saw clearly, since like preteens.

K: Right.

B: So, basically, it was just a severe growth period, cuz like I really believe that when you use, you know, the way that I did, which is like daily,every day, you know I was always on something, it stunts you emotionally and spiritually. It stops you from growing, from being in touch with that part of yourself. So, I was basically, I don't know what age, but emotionally I was probably 13 or 14 years old.

And so I didn't know like any of the skills like how to relate to people, or like my self esteem was non existent. And so I went thru a growth period for like 13 monthes that was just incredible

K: It must've been really accelerated.

B: It was scary. And when I went back and relapsed it was really intense, cuz I'd gone thru this period, and I ended up being really suicidal and I ended up in St.Peters at the psyche ward at the end of the day.

K: Did that happen right after you used again?

B: Yeah. Well when I relapsed it was at this really stressful time, like I was in this relationship and it was going really bad and the person I was with was also using and had used, like the day before and then I went and used, and um, ended up becoming suicidal just because, you know, I thought, `I'll just get fucked up and it'll all go away like it used to', but it didn't, it just intensified it and I ended up not being able to cope with it.

K: Sometimes I think that one of the reasons why it was so hard for me to get into recovery, I'm an alcoholic, right, so one of the reasons why I didn't wanna get better was cuz I didn't really wanna be healthy enough that I'd be able to deal with myself. Cuz you know once I started feeling safe, like with my friends and had a support network like I hadn't before, I started having to deal with all kinds of feelings that I hadn't before. You know and so after you get healthier and get in a safe enough environment that you can, you know, feel things, it's really scary, you know what I mean, cuz after so many years of avoiding it I'm faced with stuff that happened to me in my childhood, I'm faced with stuff that I've done, you know like being abusive in certain situations, and I'm just like FUCK why get healthy if this is what I'm gonna have to deal with? Do you know what I mean?

B: I *totally* know what you mean.

K: Its weird cuz once I did stop drinking, you know and then sometimes I will like, relapse, or whatever, and its, for me, a lot worse too. Cuz you know I'll be thinking "Shit I'm going backwards, I'm really fucked up" and also you know, my body had changed alot and so the way that it affects me when I

drink now is just alot different, you know. I mean even with cigarettes, once I clean my body out of the nicotene, even if I smoke one cigarette, it feels like I smoked a whole pack.

B: Yeah. I totally know what you mean. For me, being in a safe environment and dealing with my problems, that was part of the reason I relapsed the first time, it came to a point where I had to. I mean, I wasn't gonna use anymore, (in the same way that I used to) because if I did I was gonna die, physically die from doing it and so again I was sort of forced to deal with it. And its not comfortable, and like you said it's really hard, and I have some abuse issues from my childhood, some physical abuse issues, sexual abuse issues from my childhood that I've had to deal with, that I'm still dealing with, obviously, because you deal with that stuff, you know, continually for the rest of yr life, it just doesn't go away because you've worked thru yr stuff, its there continually.

K: Right. Right

B: So yeah, I can understand why that would turn a lot of people off and they'd say "I don't wanna deal with that stuff and so I'll just stay loaded". But, I don't know if its the same way for everybody, but for me, it was literally a matter of life or death. It took physical life or death for me to deal with it, and you know, I don't wanna die. I have too much to live for. I have a little girl. I have a great band. And a lot of things that're really cool.

K: Its also like, you know, I write a lot, and writing is really important to me but after I quit drinking it was really hard cuz I used to always write when I was loaded, it was like a pattern with me where I would always have a beer next to me when I was writing. And so there was this thing I had to deal with when I quit drinking of like "Who wrote that stuff?" (Some of which I was really proud of.) "Who wrote it?" Was it me or the booze? And also I went thru a period where I just couldn't write cuz I associated it so much with getting loaded, and so if I sat down to write, you know, I would just really want a beer. And so I had to do the thing of like , "Okay I'm not gonna be able to write for a little while." And I was like FUCK *I don't wanna have to give up writing,* I mean, if I have to give up writing to give up the booze then that's just too much to give up. But then I had to say *wait,* you know *my fathers a really severe alcoholic,* and you know I was afraid that I was gonna be an abuser, cuz I can be really abusive in relationships and stuff, I was like *I don't wanna grow up to be like my Dad is,* and thats where I saw myself heading, you know, towards just being this fucked up person for the rest of my life and destroying my liver and losing friends and so I was like *woooh, okay maybe I am going to have to give up this thing I love because I associate it with drinking.....for a little while at least.* And I did, but eventually, after like 6 monthes or a year I was able to start really writing again and this really amazing thing happened: I realized it wasn't the booze it

was me who was writing.....Cuz you know not only were my failures and defeats and stuff associated with drinking (like me saying, "Oh I did that fucked up thing cuz I was drunk" like using it as an excuse) but I had also attributed my successes to it. Like "oh I was drunk and had this one brilliant artistic moment" or something, which is something I wanted to ask you about since yr a musician.....I was talking to Long Haired Dave,* you know, and he was saying you know if you work all day doing roadwork you've got a higher percentage chance that yr gonna get hit by a car, and if yr a musician you've got a higher percetage chance of dying of heroin, or drug dependancy...

B: Yeah, well, cuz yr right there all the time..Thats the weird thing. I went thru a peroid of time where I was trying to get clean and I was playing in bands and I would always relapse when I was playing. Like we're in a bar and I'm playing and I'm around people who are drinking all the time and, um, for me it just came to a point where I took like eight monthes off from playing in bands, just stopped doing it, and I didn't know if I'd ever return to playing in a band or like touring or doing anything like that. But the time was just right (with fitz) cuz I finally figured it out. I'm doing this not cuz I wanna get fucked up. I'm doing it cuz I love to play and I love the music. Once I figured that out, it was way easier, cuz now I know I'm there (in a club or bar) for a reason. You know when you go to a club, and everybodies hanging out and drinking and stuff, that's just not what I'm into, its when we go up and play, thats what I'm there for.

What you were talking about before, too, with writing, I went thru that exactly. Like, 'Did I write this or the booze and the drugs?' You know....and so I went thru this period for like 6 monthes where I didn't write at all and then right after that I went thru this period where I wrote steady for like four or five monthes. I wrote all these songs, a couple of 'em that are like on the Fitz record and countless other ones that are really good, that I really love...

K: Thats really cool

B: Yeah, it was intense. And it was just like one of those things like 'Okay it wasn't the booze' and, um, having a clear mind and being off it, I was way more focused and so much more in touch with how I really feel. I mean, when I was drunk, stuff would come out that was really good, but it was never really focused. But now it's a lot easier for me to channel those feelings into the music when I write.

*Long Haired Dave or Long Hair David as he s most well known is, basically, in my mind THE REASON why Olympia has a needle exchange program, like at all. He works with the Oly AIDS Prevention Project doing education, the exchange, etc....(see his card on upco ming page He also provided me with some info & graphix about shooting clean, etc.)

K: One thing about being an artist or a musician or a writer or whatever that I've found is that theres such a stereotype, right? Like oh you know, we're all really tragic and wasted all the time

B: and moody

K: And hard to deal with,etc.... and I was like talking to this agent type lady in LA onetime and she said something that really stuck with me about how she was working with this one band that was having a hard time cuz, you know, the singer was just outta rehab and quit smoking and everything, and she was like, "I hate to say it but he was a better singer before he got clean." And I've heard a lot of that, you know, the idea that you create better when yr tortured or fucked up or whatever. Or even in punk rock the idea is that the more you destroy yr body the more punk you are, whereas, what I think is that punk is about having fun and empowering yrself within a community, and, y'know, that you can do things and it's not just the people who have a lot of money and access to everything that get to control what gets made or talked about or whatever.WE can get our equipment together and make music with our friends and stuff, and I just hate the idea that punk is about self destruction and that's one of the reasons I wanted to interview you, because yr involved in punk rock and yr trying to do something that isn't about destroying yrself.

B: Yeah.yeah.

K: I mean even just being on stage, and part of this is cuz I'm a singer, but theres this Rolling Stones song or whatever and it goes something like "Do you wanna see me cut myself up on stage" or, *shit, how does it go?*

B: Oh I know which one yr talking about. "If I tore my heart out , spread it all over the stage?"

K: "Would it satisfy yr teenage lust if I broke down and cried..."* Well, sometimes I feel like that. Like people really wanna see me break down and cry and freak out and stuff on stage and y'know thats just not positive at all. I mean, I don't want people to pay five bucks to watch me freak out. I want people to pay five bucks to come in and watch me totally shine, you know what I mean? I mean, I don't want people to only be interested in stuff I do that's depressing or self destructive. But you know, I don't wanna create something thats like (said in a totally goofy clown voice) *"You can be sober and have a funtime too, hyok!"* .....either.

B:I know what you mean. Just cuz I'm clean doesn't mean that I have battled all my demons and I'm like this positive person, cuz, I'm Not. It's like, I'm still self destructive, just not to the point that I was before . I mean I see it in Olympia and in a lot of places, you know people who are losing their battles with addiction, and the main thing I see is physical death and emotional death. I see people who are dying and really hurting themselves and the main thing I wanna say is that you don't have to do that. You can stop doing that. I don't think a lot of people know that, you know what I mean? And I just want people to know there are other avenues that you can go besides dying. And it isn't easy, you have to deal with everything eventually in yr life once you get clean, which I'm sure you know.

K: What would be a good first step for somebody?
B: A good first step for somebody would be to get in contact with people who are clean and learn more information about it. For me, when I was first introduced to any recovery it was a book that somebody gave me. Somebody just handed me a book and I totally read it. And that totally enlightened me because before that...
K: Do you remember the title of that book?
B: Yeah, but I'd rather not say. But it was a book. (pause) It just enlightened me completely. It told me things that I just had no idea even existed, you know what I mean? It told me things about myself, about recovery in general, like that people don't have to die.....When I was growing up I got the idea somewhere that heroin addicts died, that there was no way to kick heroin ,you just died.
K: Um hmmm
B: And I think that maybe theres other people out there that have that same delusion or that same idea..
K: Well, I've never used heroin, and I feel really lucky, cuz when I was using what was available to me was, like, you know, I did a lot of speed and stuff, crystal, and, like, hallucnigins and stuff, but never heroin. Mostly cuz it just wasn't available to me. Cuz, I mean, I probably would of done just about anything. But I have that same misconception, and that was one thing that definitely made me not seek heroin out, cuz I had heard that once you use it you can never get off it.
B: Yeah, it's hard to get off it. It's one of the harder ones to kick, but there are ways to get off it. I know people who've gone cold turkey off it and survived. I'm not suggesting that that's the easiest way to go about it, but you won't die from it. I know what yr saying though, for me it was always the availability of it. Alcohol was easy so we did a lot of alcohol, marijuana, you know we were always smoking pot. And then it became cocaine and then crack cocaine,you know, and it was just there. It infilitrated the metal scene that I was a part of and at first everybody was doing it and then nobody was doing it but me and two other people...
K: Yeah, I feel pretty lucky that my main thing was alcohol in this one way just cuz I've had it a lot easier than some of my friends just cuz the actual chemical nature of the drug is a lot different then heroin.
I'm just lucky that the scene I was in didn't have access to that. I just see so many kids right now who do have access to heroin and its so popular right now, it just freaks me out. Not like I'm saying,(sarcastic goofy tone) *"Gee, I wish crystal was still the cool thing"* Cuz I think any kind of drug can be really devasting to a person no matter what it is, depending on how its used. I mean, I'm not a "just say no" person or anything. Like I think that some drugs might be okay for certain people in certain situations. I just know that for me it's usually not. And I can fool myself into thinking "Just once it's okay," but I end up feeling all the old fucked up feelings and guilt associated with relapsing and stuff so its just not worth it to me.

B: I'm totally like that too. I'm not a "just say no" person either. I mean, I know a lot of people who use who aren't addictive personalities who aren't addicts and you know thats perfectly fine. I mean if you can use drugs recreationally, thats great. More power to you. That's what drugs and alcohol are intended to be, recreation, have some fun or whatever, it's just when you have a problem with it...

K: Well there's also a lot of other ways to get high. Like I run, you know, and I get a real high off of running, and sometimes I'm like, woooh, am I just like dry drunking it, you know...

B: Well it depends on if yr dealing with yr feelings or not...

K: Yeah. But then I think, you know, I'd much rather be addicted to bottled water and running then, you know, getting drunk everyday, or stoned or both. Or there's music, you know, cuz I think it's really important that people have something to replace *getting wasted* with. It's not so easy as *okay I'm gonna quit and then I'm gonna be this perfect person and I'm not gonna be addictive anymore*....I mean yr gonna have to face yr addictive personality. And, I mean, I come from a school of philosophy, just from being thru my problems, where I think that alcoholics and drug addicts of all kinds are the most incredible, creative people. And I just think all our energy has a tendency to get channelled into these really destructive, boring things, and if you can just channel it into yr music or yr writing or listening to stuff or reading or whatever you do, I just think that you can find a whole new thing. I mean, I just think that we are some of the most incredible people on the whole earth and that that's part of the problem. The society we're in just doesn't applaud the things we're good at. You know what I mean?

B: I *totally* **know what you mean. And also I think that as addicts and alcoholics..... we've been thru the full spectrum of living . I think a lot of people don't see the true bottom of emotions and the true bottom of life you know? They're living on like a normal plane of up and down, you know, but we experience all of it and that's the reason why we're so intense because we've experienced so much in such a short amount of time.**

K: Right. Right.

B: Like I'm 28 and I 've lived like several lives because of the addiction. It's taken me so many different places, and I've seen so many things.

K: You seem really mature. (I'm 26.) That's one of the reasons I wanted to interview you too..... 'Member when we were on tour* and we were in that place, uh, it was really cold, we were sitting outside, I was wearing that hat? Anyways we were just talking, and you just seemed really articulate or something. Like you could say stuff really clearly and I was like *god you should be on a talk show or something* cuz just the way you talk, I can totally understand. I guess I'm trying to say that maybe theres some positive things that come out of addiction , Cause you learn a fucking lot.

*BIKINI KILL (the band I'm in) and FITZ OF DEPRESSION (the band Brian's in) toured together fall'94

I guess what I'm trying to do now, I mean, I **know** how to live really intensely and rollercoastery, and so now what I'm trying to do, I mean, I know this sounds really dumb or whatever, but, I take a real joy in like the fact that all the stars are out tonight.... And I never woulda noticed that when I was wasted. I would just be trying to figure out "Where's the next party?"

B: **The moon in Texas. When the suns coming up on the moon in Texas. I was drivin and everyone else was asleep and it was like heaven. I just sat there for like an hour and a half watching it.**

K: I saw it too.....I think ex-addicts can totally see joy in stuff that may seem really small to other people cuz it's like, I was so in denial for so long that when I have one moment where I am like REALLY **there**, it can just be amazing. Like when this girl told me my band changed her life, and it actually felt really good, I took the compliment.

B: **Or like playing some of the bigger shows that we played together, like those shows we played with you guys in North Dakota, in Fargo and in Minot. I just had this feeling walking off of stage, that totally satisfied feeling. And that's why I still play live, for that feeling. Even though it's not always like that, as I'm sure you know. I mean sometimes you walk off stage and just feel like Shit.**

K: Right.

B: **And other times you walk off and feel totally fulfilled.**

K: right.

B: **I've never had anyone tell me it changed their lives. I had this kid one time a long time ago, he tattooed my name on his arm. (laughter) It was this metal kid and he came up to me, and I was really wasted, this was before I got into recovery, and he came up to me like "Look at what I did" And I told him, you know "Thats REALLY stupid", I wish I wouldn't of told him that now, but, I was like (laughing) "That's REALLY dumb, why'd you do that?" But you know it was like a major compliment.**

K: Well Brian, you know, I have yr name tattooed on my butt and I didn't want to tell you but now that we're talking I think that.....it's safe to tell you now.....and.....uh....are there any closing type words you have?

B: **I would say look around. You can find stuff in the phonebook, in the newspaper, you can find hotline numbers also.....**

K: Like crisis lines?

B: **Yeah. They'll give you all sorts of information. Or like talk to me. I mean (laughing) I'm not gonna let you print my phone number or anything. But people know who I am.**

K: Or like come see the Fitz and know that it's possible to get over and still be out there doing stuff, or come see the Bikini Kill.....

B: **Yeah, I think that's really important, (that people know we're in recovery and that we're still doing stuff) cuz a lot of people think you get into recovery and you get really boring. But for me that didn't happen at all, not at all. I think if anything, it's gotten more intense. I mean, I live more on a straight line then so up and down, but its an intense straight line...**

K: Cuz you can feel everything

B: That's for sure.

K: That's the part that sucks and the part that's good, but at least its real.

B: Yeah a lot of times I just don't wanna deal with things.

K: There's other ways to zone out though. Like listen to yr favorite record or do Tv. Tv can be fucked up, but watch fuckin Perfect Strangers, you know, watch some stupid fuckin show.....

B: Or rent a movie. Movies are good cuz there's no commercials. I mean you still get commercials in 'em, like everytime they pop that can of Pepsi, you know what I mean (laughing) But its more subtle than like Tv where they just barrage you with all the Shit they want you to buy.

K: Or like play board games, like chess

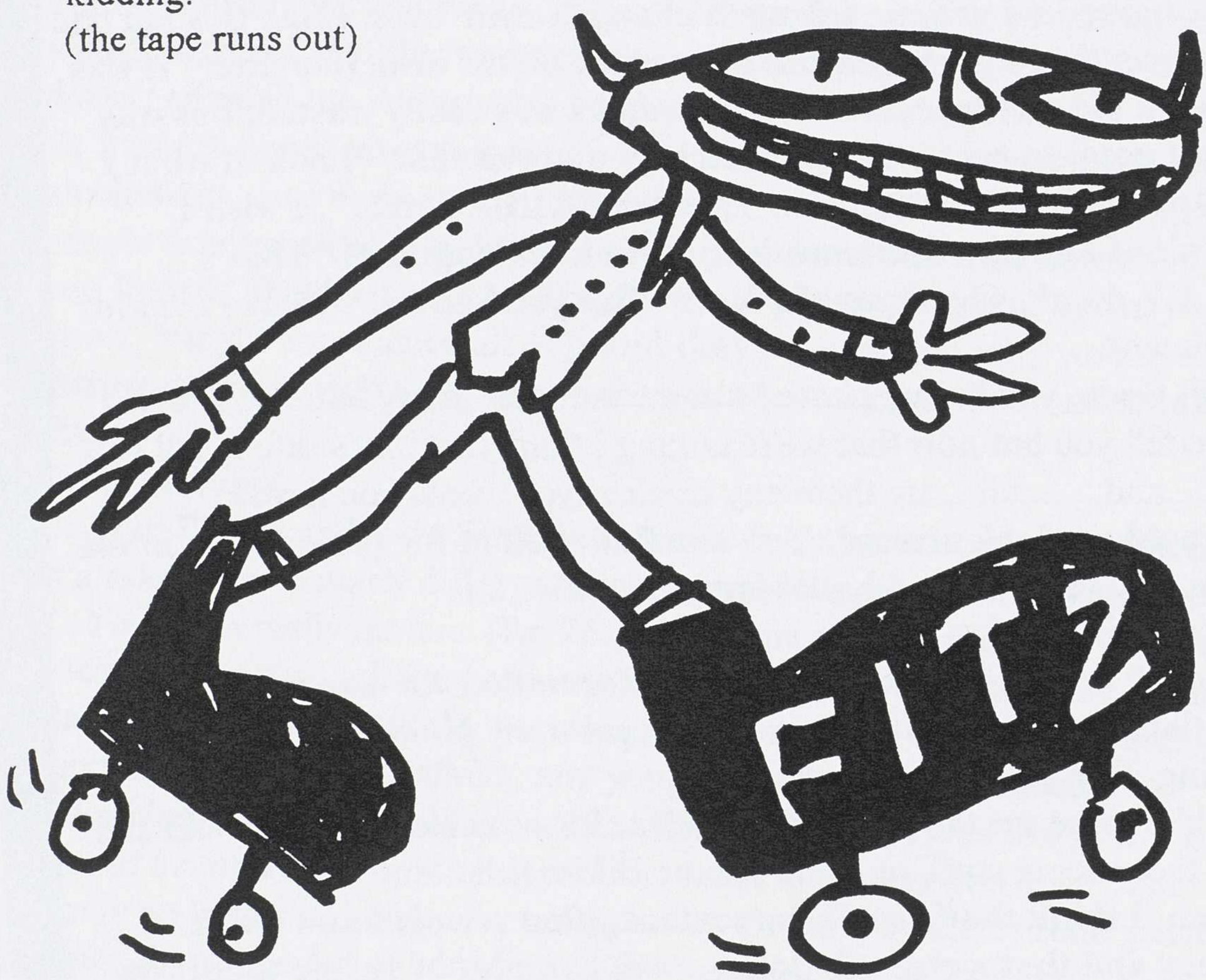
B: You play chess? I play chess.

K: I'm good at it. I beat my boyfriend everyday. He's never won a game yet * and he was in Chess club in highschool.

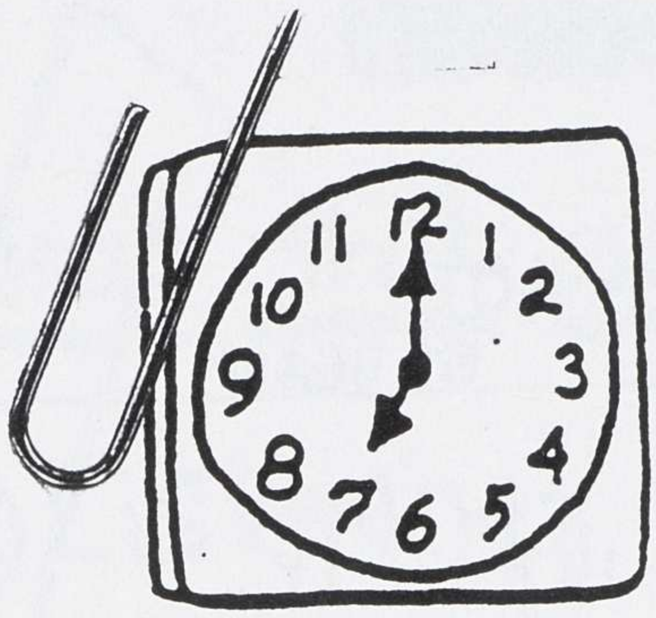
B: WE should play sometime. I hadn't played in a really longtime and then we were in, uh, uh, Missouri or Ohio, one of those places, and we stayed at this house and there was this kid, this boy that played chess and they had a chess set and we played maybe 10 games. I beat him like 8 times.

K:. He was probably high and that's why you beat him. ha.ha.ha. Just kidding.

(the tape runs out)



*Since this interveiw was done my boyfriend has beaten me in chess once.



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5

a. cool
b. fucked up
c. dead
d. all of the above

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I'M SORRY... no, i'm not

BY BEAN

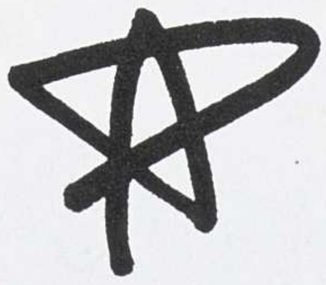
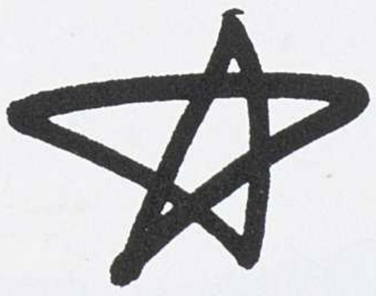
i'm sorry that i don't believe it.
I'm sor ry that i care.
no i'm not.
i'm not sorry that i still believe
we are capable of creating something.
that i don't think punk i s just a
big joke and that we should be little
nd make fun of ourselves for still believ
ing that everything we do makes a difference
i don't care that it's no longer punk to have
fun anymore. that it's no longer punk to
criticize the society we live in.
so what if i keep talking about abolishing
wage-slavery while i keep working. it
fuc king beats the hell out of writing songs
or zines about how we are all hypocrites
and all our actions are worthless.
WE ARE ALL HYPOCRITICAL SUNCUMPS, WE ARE NEVER WORTHLESS!
SO IF YOU'RE BEING ALL PUNK AS FUCK AND
TALKING SHIT ABOUT PEOPLE WHO AT LEAST
TRY TO DO SOMETHING THAN I'M (NOT) SORRY
BUT I GUESS THAT MEANS I'M NOT PUNK ANY
MORE AND IF THAT'S WHAT PUNK IS I'M FUCKIN
GLAD I'M NOT AS PUNK AS YOU.

I AM A FUCKING IDIOT.
I STILL THINK WE CAN CHANGE THE WORLD.

this page is taken from Bean's fanzine, he's from Oakland only I can't find the zine or his address but he said I could print this even though he hasn't seen the rest of this zine + is not resp. for the content of anything but this. which I ♥ Thanks Bean.

Things that are better sober.

1. Listening to Elvis Costello.
2. Sex (although the occasional pre sex bonghit is NOT to be underestimated)
3. hashbrown parties
4. driving
5. [redacted] most conversations
6. Perfect strangers
7. Skating
8. Popping wheelies
9. The MOON in Texas.

Like when I desire someone there is this thing where I am freaking out that maybe they don't like me the same amount back (why is that the ultimate goal anyways?) AND SO I am queasy and freaking out and maybe this is love but I don't believe in that but I really wanna fuck him/her (I am a glamourous bisexual) but do they wanna fuck me and whats going on this is freaking me out and I have NO control over this other person really.....but if we get drunk together or smoke pot or chainsmoke all night then there is this activity that maybe will eat up all that energy, that rad, ferocious, you are the hottest person I could imagine in the world right now and you are standing right in front of me. The energy is desire. The desire to be like "Yr so fucking rad" or "I really care what you think of me right now", but it's corny and awkward and I don't know if I will be rejected or even whats gonna happen in the next five minutes so I do this cool chainsmoking don't say anything don't look into each others eyes let's just get stoned thing because it's all about control and I've got lots of it ONLY
FUCK THAT FOR REAL.

Face it DRuGS are Grunge

Destroying the Tape Loop that sez self destruct

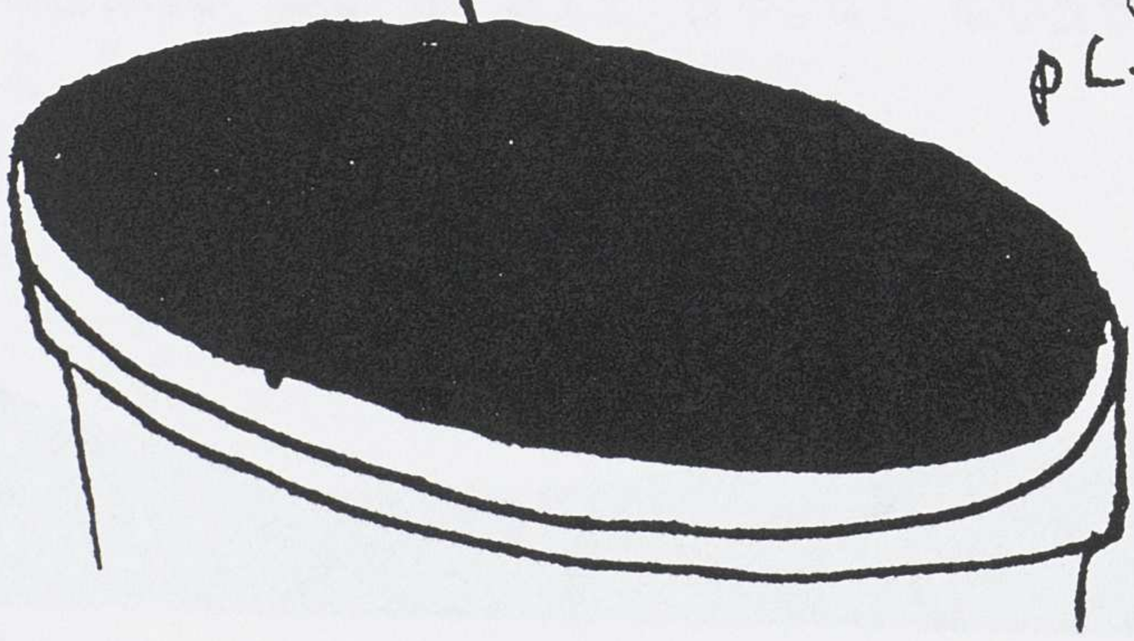
A lot of straight world type ideas about detoxing or getting clean focus too much on the individual, I think, and not enough on the fact that we are individuals who live in a sick, addictive society.

I am interested in the intersections between oppression & addiction cuz I think it is entirely political and specific WHO is most suceptible to certian addictions, and, I also think internalized oppression (think self hate) and emotional/spiritual bankruptcy, has every thing to do with it.

Making these connections, like between capitalism and addiction, or sexual/physical abuse and addiction, or sexism and addiction, HELP KEEP ME SOBER.

Like there are lots of reasons why the people who profit most from "THE AMERICAN WAY" would love to watch those of us who recognize it for the sham that it is, DESTROY OURSELVES. (running around in my hamster wheel of drunk-sober-hungover drunk-hungover sober again, keeps me from fighting back strategically) ALSO:

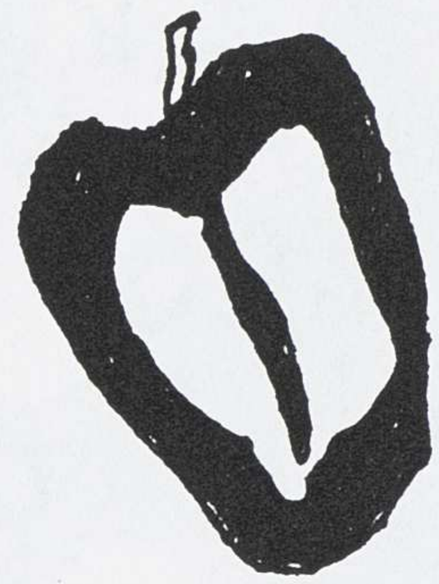
I've had people trying to make me feel like I'm a piece of shit for what seems like forever, why do I need to reinforce their dumb ideas by destroying myself, even when "they" are not around?



It gives me great pleasure TO NOT LET ANYONE trick me into ruining my own life.

La la la Lady

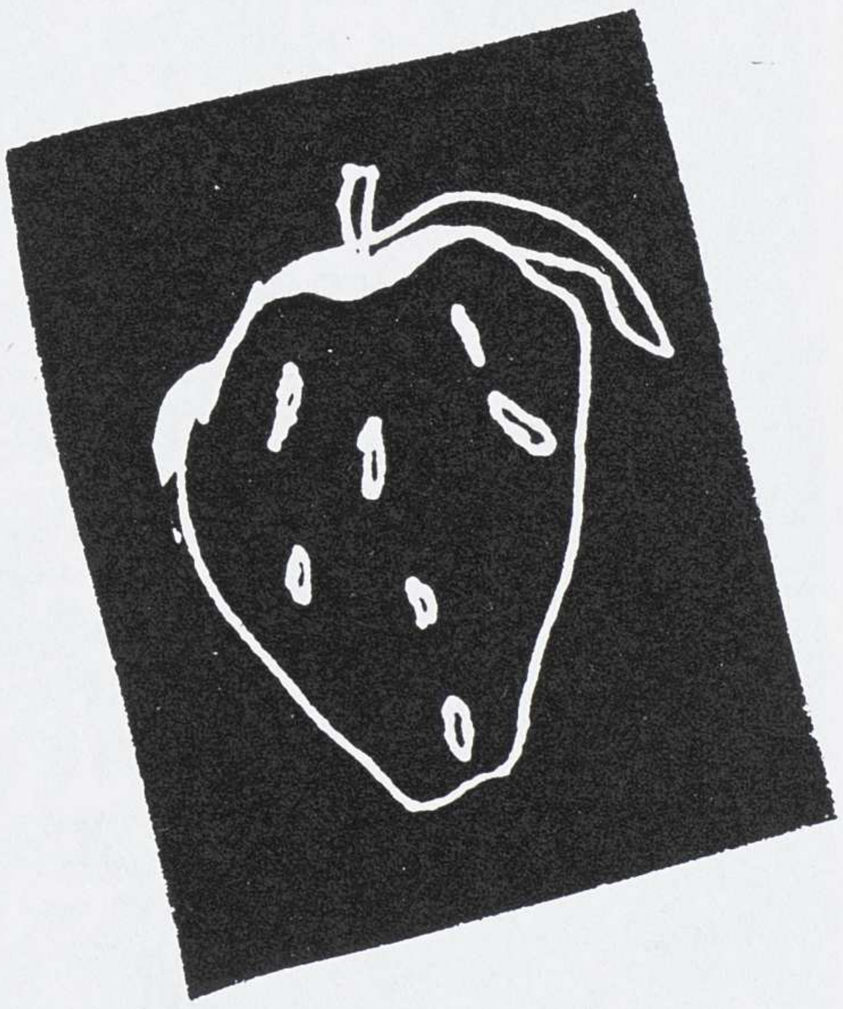
Among women (and maybe other kids who're told they are bad bad bad) this idea can be especially important because it seems like we have been taught that to feel good means not to be us and so if we do feel good ,we are, in a sense, fucking up. Going against the grain of who we are supposed to be.



Using drugsand/or alcohol destructively may be one way that we can "Take ourselves down a notch" before someone else does.

Killing Ourselves is Not Subversive.

Also, in a culture that constant - ly tells us and shows us thru brute force, that we do not own our own bodies, addiction can be a way for us to claim that we do. Its my body I can put this in it if I want. Its my body I can destroy it with too much alcohol. Its my body I can deny "it" delicious food and nourishment.



And while these things might make us feel in control for short periods of time, they do not contribute towards ending oppression in any real way.

Part of the idea of this zine is that it's not bad or wrong to wanna get high, it's just why do it in totally destructive ways?

List of ways to get Nat-urally high:

1. Running or other exercise

2. give yrself a foot massage

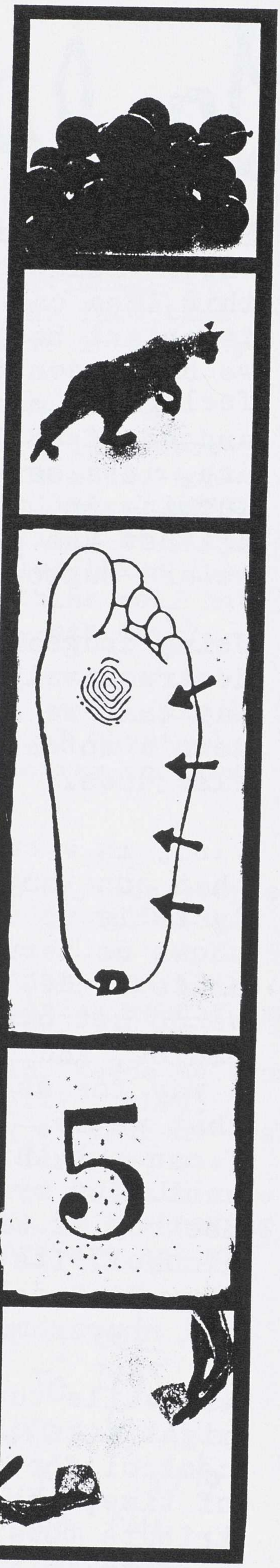
3. stay up all night

4. sex (with yrself and/or others)
5. meditate
6. Drawing/writing/making music
7. eat delicious food very slowly and concentrate on every bite

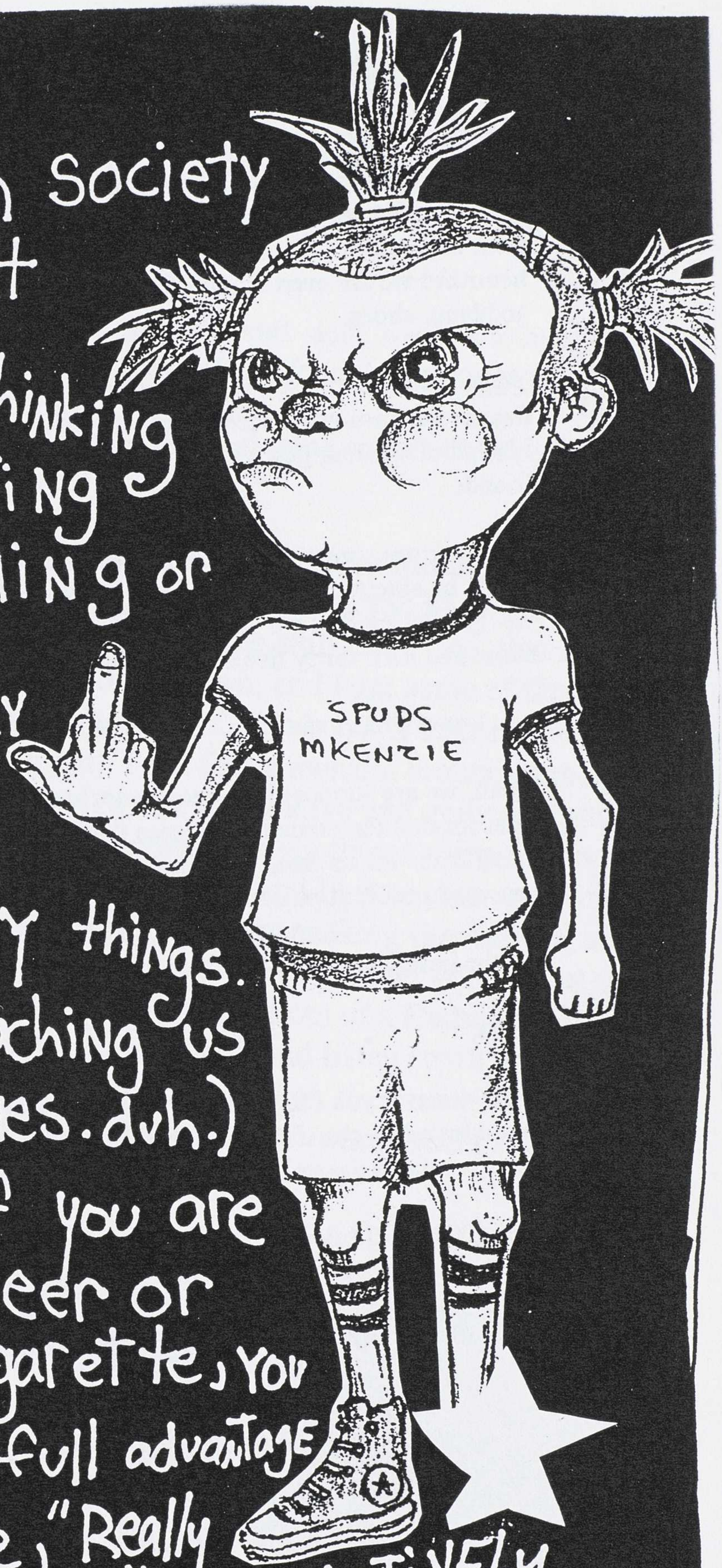
8. Do crime, if possible (late nite petty vandalism of state property maybe or prank phonecalls to yr landlord is always good)

9. Drink too much water.

(It's true some of this stuff is not possible for everyone and doesn't deal directly w/addictive behavior or whatever. But whatever. Also some stuff costs $ but so does alcohol nicotene, etc...)



Mainstream society tells us that sitting and thinking or masturbating or "just" reading or listening to music are lazy "extraneous", unneccesary things. (they are teaching us to be machines. duh.) However, if you are drinking a beer or smoking a cigarette, you are taking full advantage of yr leisure, "Really taking a break" and ACTIVELY having a good time. YOU ARE PARTYING! wooh hooh!



She's very Anti Hobbit.

Yeah we are supposed to stay **drunk** and **depressed** and **immobile** and **fucked up** so the rich educated writers that we imagine are watching us from the inside of our heads can come in and write about how **tragic** and **beautiful** we are even though at some points we can't even tie our own goddamn shoes.

Yeah, we are supposed to stay **self hating** and **feeling gross** so we"ll be **desparate enough** to accept their *"Highway To Heaven"* version of reality, instead of creating new visions with and beside our friends. our friends. our friends.

Yeah, we are supposed to stay so **disconnected from our bodies** that we won't be able to tell the difference between **sick** and well to the point where we get **so sick** that we **have to** go to their doctors for their fifty dollar an hour cures and their thirty five dollar medicines.

you know what I mean.

Yeah, we are supposed to **keep searching the aisles and the check out lines** for that ten percent fruit juice that'll make us feel better, that hairstyle that'll make me us "feel" sexy and that drug that'll make us "feel" more at peace, at peace, at piece with the world.

All the best soap opera stars know...

Yeah,

And whatever you do, **gurl,** just DON'T **strip down nude and be bare assed lovin' it,** cuz if you feel good in yr body you won't need that perfect victoria secrets ensemble, or that red light bulb, calvin klein.

And DON'T **think** about why "certain" people get raped and beaten and are constantly harrassed, underpaid,ignored,fucked over ,or how we all feed into this in one way or another, cuz if you do then you might just **stop watching Oprah ,Hard Copy or A Current Affair**, looking, just looking, looking for answers.

The answers that never satisfy. Like the sugary drink that makes you want salty food or the salty meal that makes you crave the desert that is cleverly coming arounnd the corner right now, to falsely satisfy even the biggest of hungers.....

Yeah, they don't want me to realize that the answers they are giving me, thru the blue haze on the Tv screen, are just making me feel more **hopeless,** more **depressed**, more **addicted**, **and** more **fuckin bored,** cuz if I did I might go down to my church, my community, my punk club, my friends, and start demanding some fucking answers.Like **right now.**
Right now.Right now.

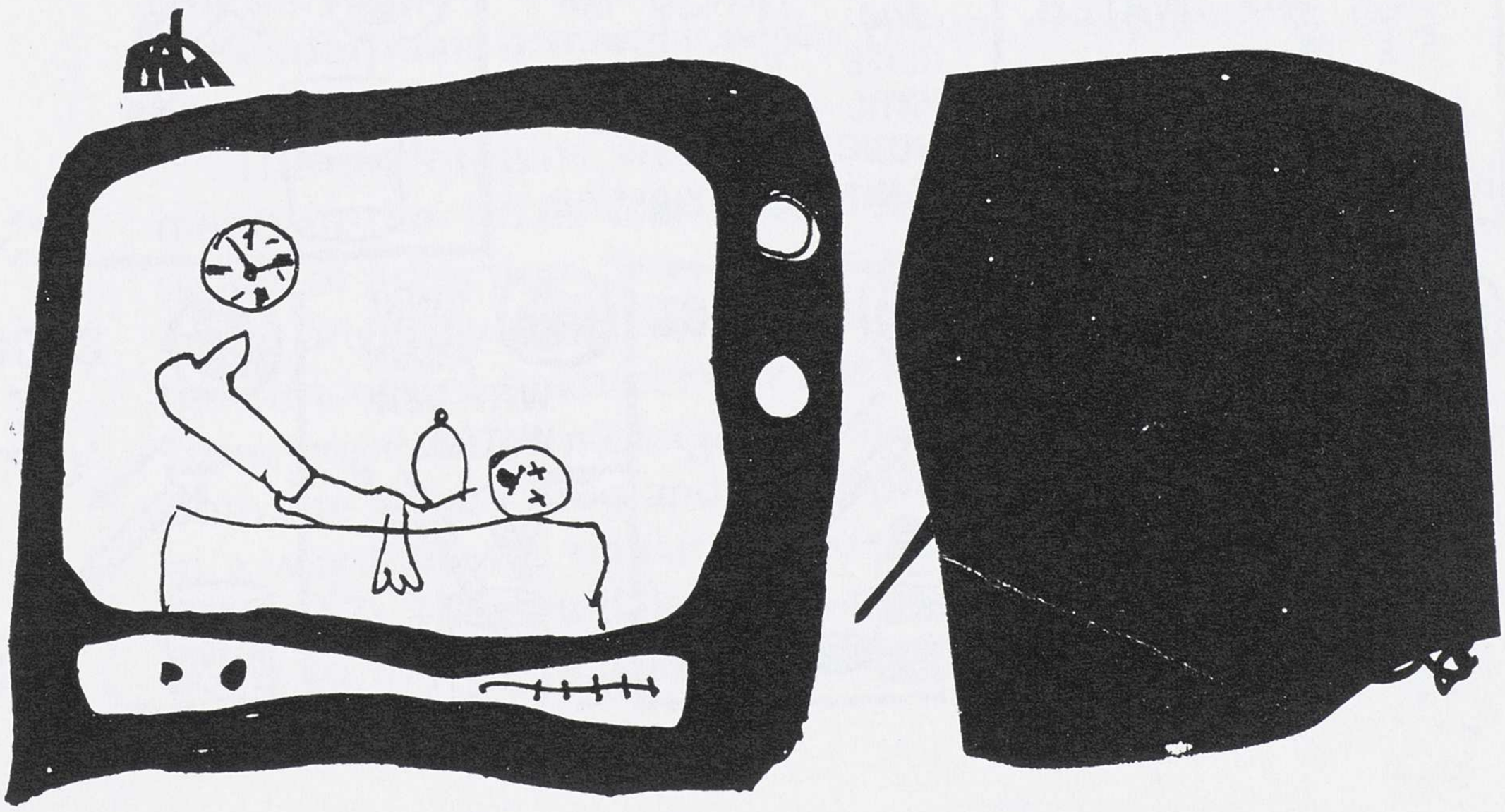
That's right. I might just start letting someone in on this pain.
I might burn something down. I might attract others with my questions, and I might, I might, I might, start **knowing** myself.

And you know fer damn sure thats *not* the answer Ed MacMann wants to hear when he comes knocking on my door.

Cuz the people who profit most from **the shit** don't want us to make it out of our own little *'I'm livin in my own private Idaho'* tape loops alive.

They want us to think that coke is **the real thing** and that Michael Bolton invented soul.

They want us to stay away from the well in the parking lot acrossed from the Eastside Tavern, cuz when I go there, you know, instead of going to the eastside tavern, to drink the stuff thats free ,that comes outta the well in the middle of town, and I get some of that delicious cold water in my mouth and, you know it tastes different than the beer I'm used to but, I can feel it swishin around in mouth and it feels so good so icy cold like being alive and quivering and warm all at the same time and now its in my throat going down more crystal clear than any uncola ever could and I get another taste but this time I spit the water into words that start speaking themselves, saying " I don't need to consume yr fucking products to feel good about myself and I don't need to look for God in the bottom of a Budweiser can cuz I have a scene I love and friends who talk and listen (with wide open mouths) and a soul thats alive and oh fire enough to know that addictive consuming of yr Kenny G bullshit what fuckin ever will never ever ever ever
satisfy this thirst.



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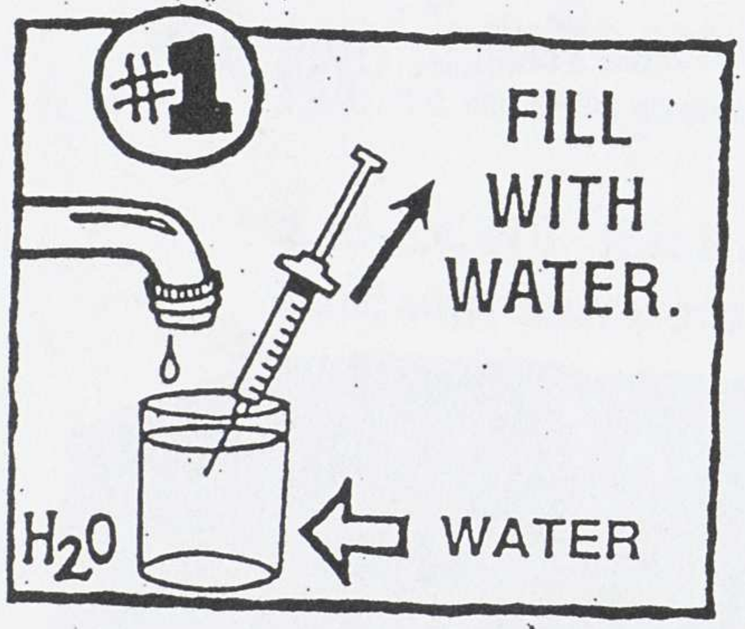
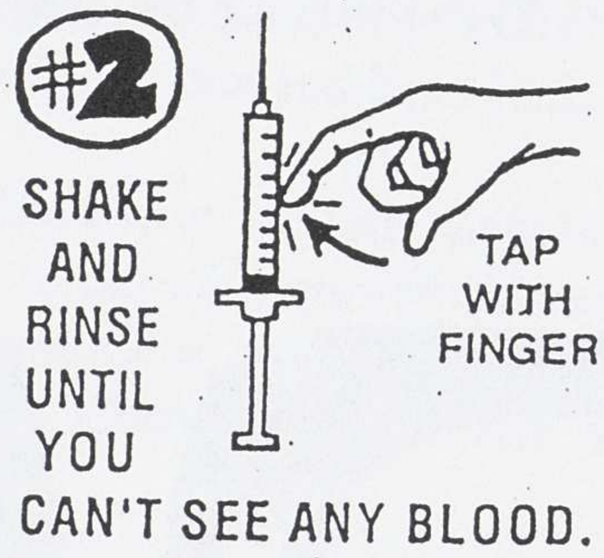
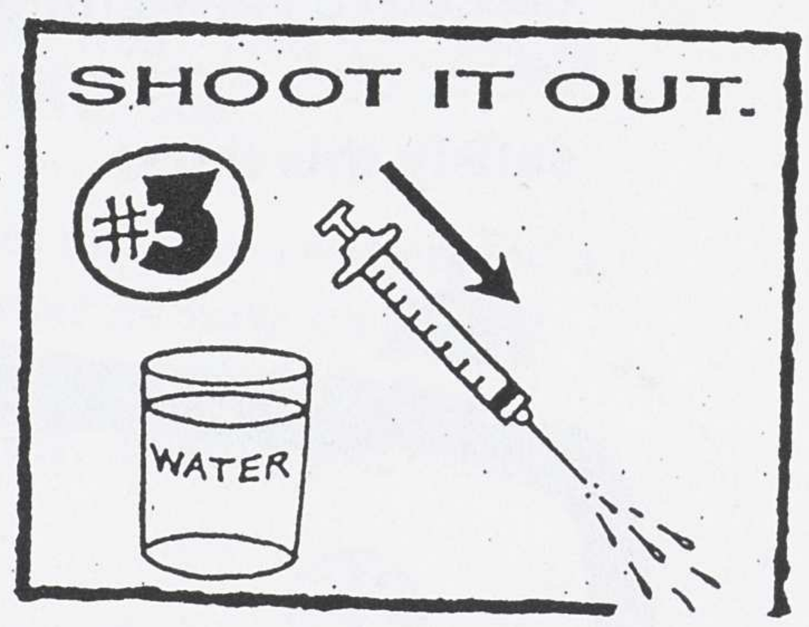
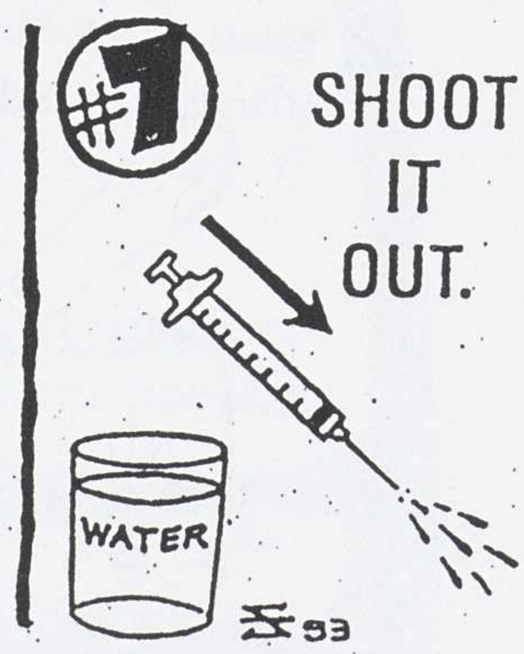
HOW TO CLEAN YOUR WORKS









HEROIN AND THE BODY[4]

Whenever you stub your toe, do you notice how the pain goes away after a few seconds? Granted, if you hurt yourself severely, the toe may be sore for days afterward. But the initial pain seems to go away pretty quickly. The reason is the action of a group of chemicals produced in the center of the brain, near the brain stem, called the *endorphins.*

As scientists researched the secret of opiate addiction and the areas of the brain that communicate feelings of pain and relief, they began to unravel the mystery of brain chemistry. They found that the endorphins play a key role in communicating pain and relief in the center of the brain, where the cerebrum, the midbrain, and the brain stem converge. They also found that the endorphins, the body's natural painkillers, can be replaced by heroin in the cerebrum and midbrain of the heroin addict.[5]

The midbrain is surrounded by the large mass of the cerebrum and is located just above the brain stem, the part of the brain that connects with the spinal cord (see Figure 16). These areas of the brain are considered primitive because they control aspects of survival and deep physical needs, such as the decrease of pain and the experience of pleasure. Structures shared by the midbrain and the cerebrum include the hypothalamus, the thalamus, and the *locus ceruleus.* The locus ceruleus is the most important area of the midbrain in addiction. It is here that the endorphins are replaced by opium, morphine, or heroin.

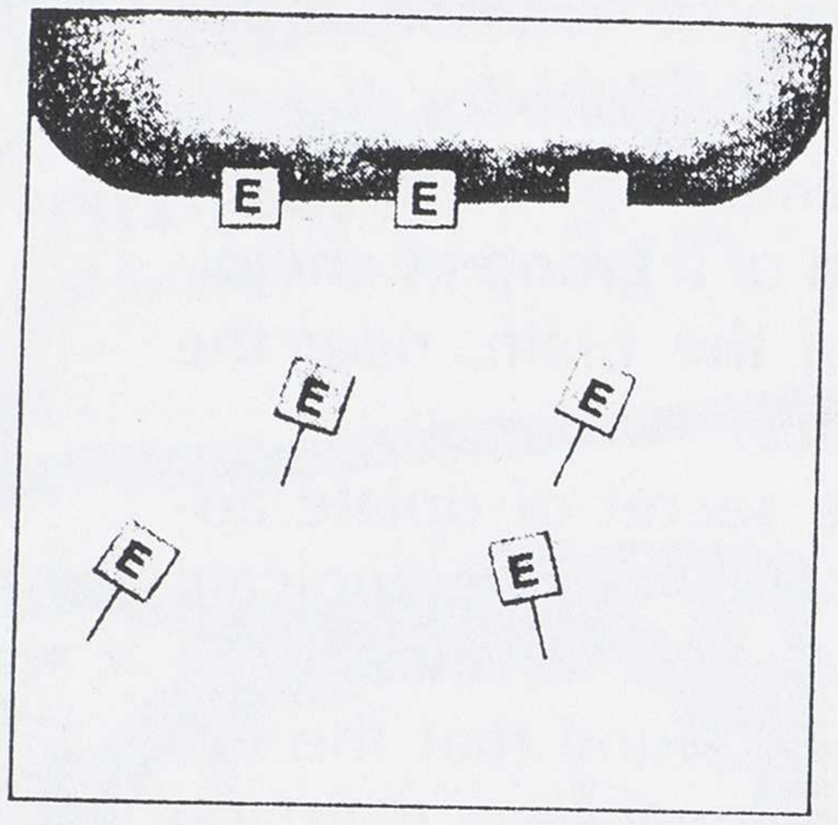
The endorphins were discovered during experiments in the 1970s that were designed to reveal the secret of addiction. Scientists found that these molecules, originally called *opioids,* attached themselves to the surfaces of brain cells in the locus ceruleus in the same positions as molecules of morphine and heroin. Both the opiate drug and endorphin molecules acted in a way that was similar to a key opening a lock (see Figure 17). They modified messages of pain or pleasure going to the brain. These locations on brain cells are

This was stolen out of a book... from timberland library

and for your science buffs:

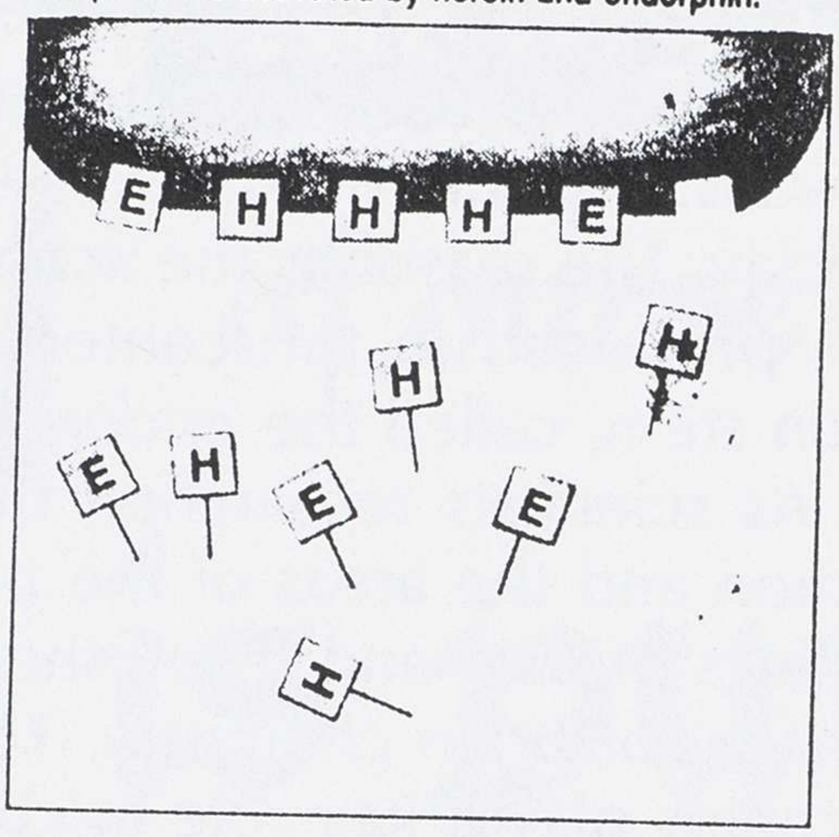
1) *Normal*

Before the use of heroin, endorphin receptors on the membranes of the locus ceruleus are activated by endorphin molecules.



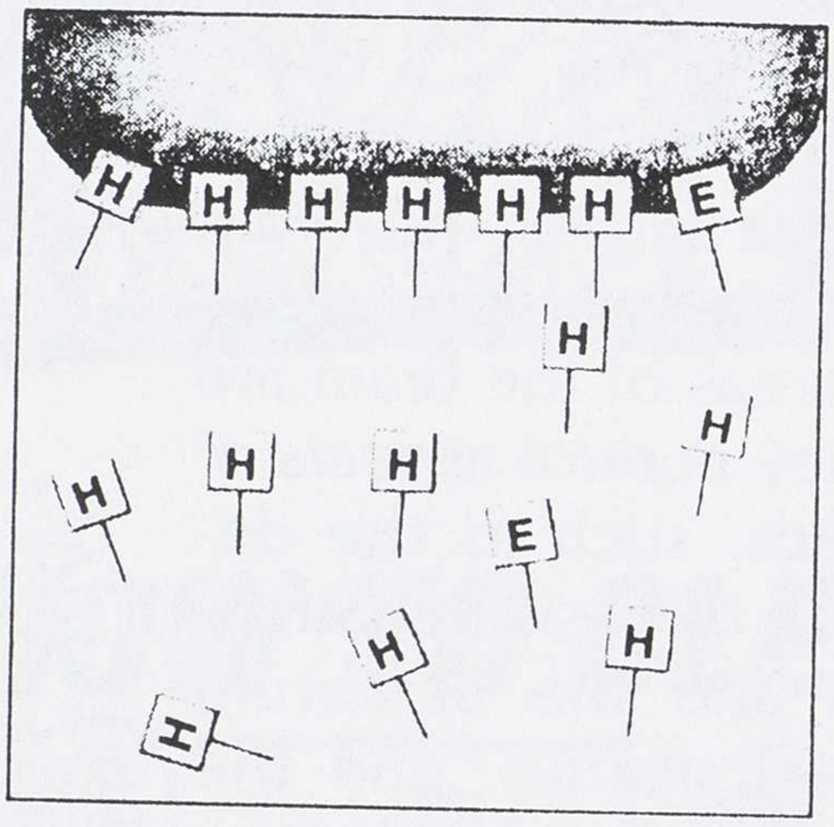
2) *Beginning of addiction*

After exposure to heroin for a few days, the membranes become more active than usual, and more receptors are activated by heroin and endorphin.



3) *Addicted*

After several weeks, normal production of endorphin molecules drops off, heroin reacts with the endorphin receptors, and even more receptors have been activated.



4) *Withdrawal*

Endorphin production ceases as one of the effects of heroin addiction. During withdrawal from heroin, in the absence of endorphin, a sense of illness is transmitted to the brain, and then to the body.

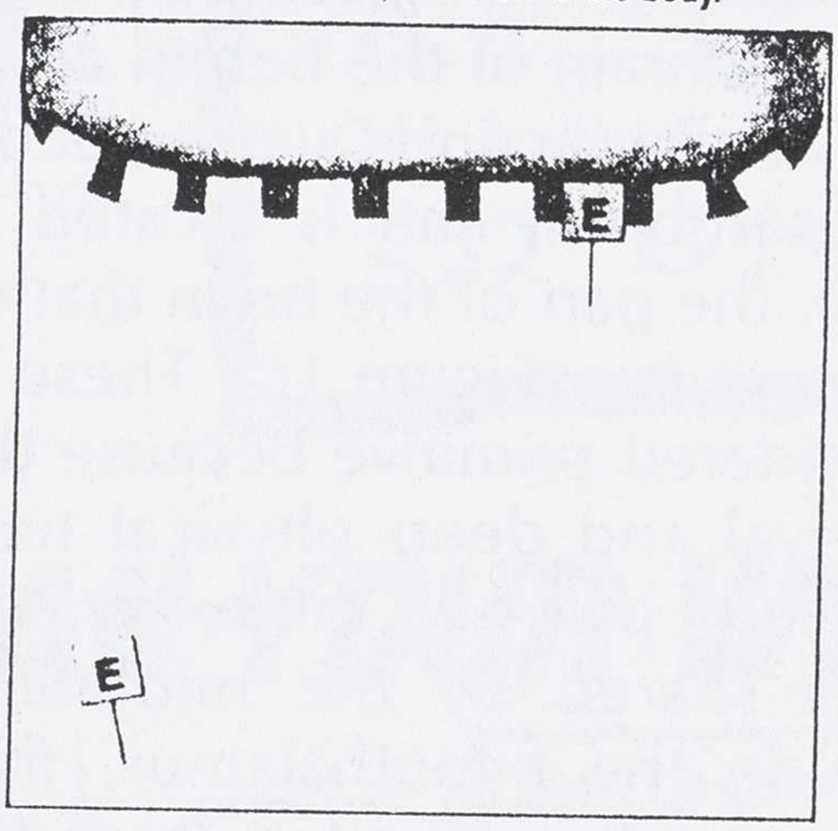


FIGURE 17: OPIATE RECEPTORS IN THE BRAIN

This is a theoretical model that explains what happens to the locus ceruleus in the pons during drug addiction and withdrawal. The membranes of the locus ceruleus have cells that produce endorphin, and cells that have receptors for endorphin. At the most basic level, when an endorphin molecule locks into a receptor, it communicates a sense of well-being in the body. Opiate molecules react with endorphin receptors.[1]

watch us educate

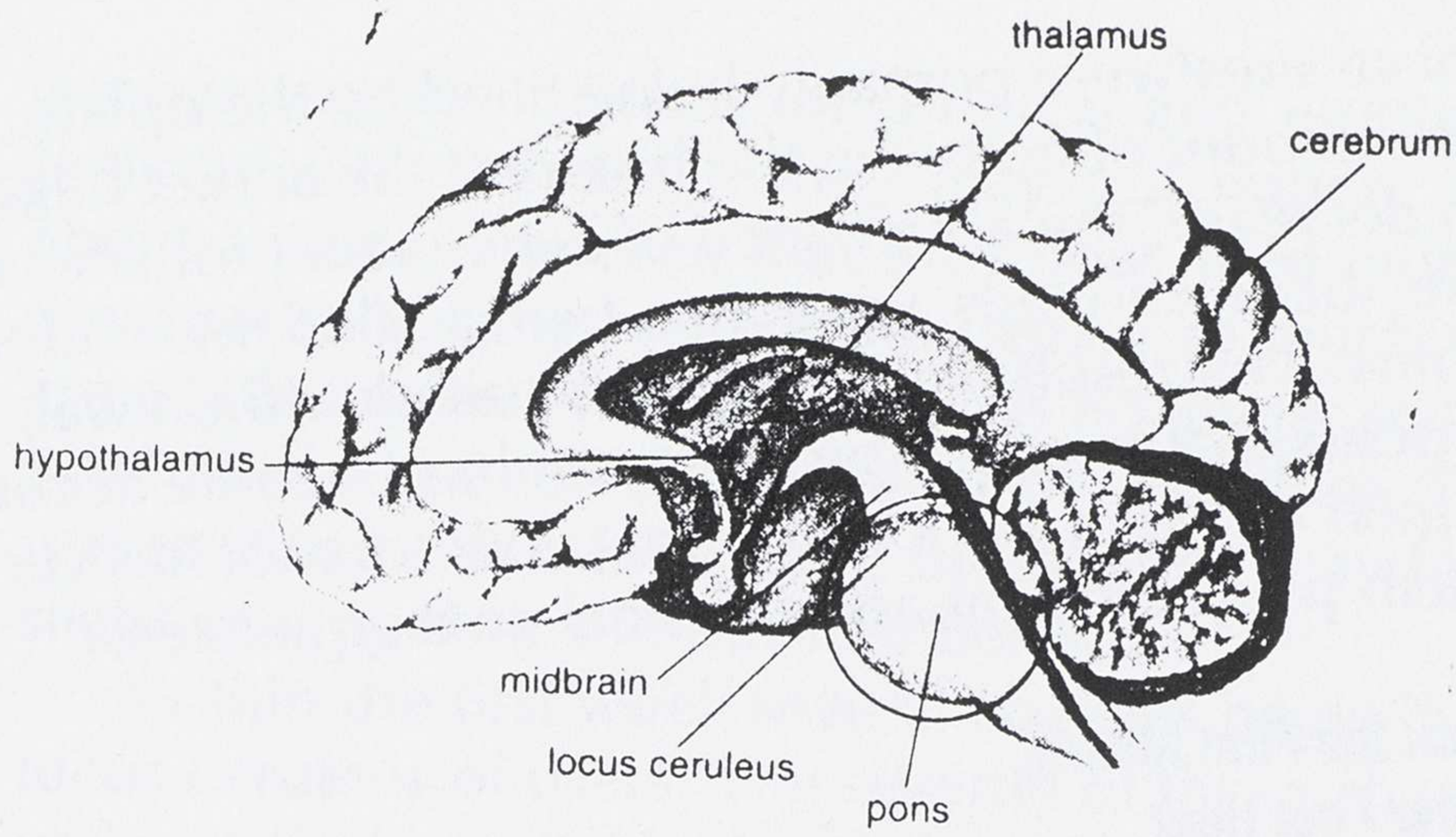


FIGURE 16: THE MIDBRAIN AND THE PONS
Although it is a small area in the base of the brain, the midbrain is a regulatory center for all body processes. It is located below the massive cerebrum, thalamus, and hypothalamus, and above the pons, which is the bridge from the spinal cord into the brain. The body and brain are linked to each other by nerve fibers traveling between the pons and the midbrain. The locus ceruleus is a small area of blue-colored tissue located in the pons. It communicates the body's condition of well-being or illness to the midbrain, which in turn regulates the body's reaction and distributes the information to areas of the brain.

known as endorphin receptors. Once a receptor is filled, the communication of pain diminishes.

When the brain cells in the locus ceruleus were exposed to heroin, scientists found that this area of the brain became hyperactive; that is, more receptors on nerve fibers there reacted with the heroin molecules. The opiate in effect was competing with the endorphins for receptor sites in the brain. As heroin use continued, the production of endorphins gradually decreased in the brain of the addict. More receptor sites became active in the locus ceruleus, and

ourselves and each other

these sites were primarily being filled by the opiate. If the amount of heroin in the blood of the addict began to decrease, the abundance of active receptor sites in the locus ceruleus were not being filled by endorphins. The result was a reaction called withdrawal, a process that occurs after the brain has become accustomed to the presence of a drug. Withdrawal has very harsh psychological and physical consequences.

From the First Minute to the First Hour

It takes about a minute for the first dose of heroin injected into a vein to reach the brain. However, the first reaction that a person has to heroin is not the sleeplike, dreamy state of the addict. The initial sensation is nausea. Most people vomit when they try heroin for the first time. This is the body's reaction to the presence of poison. After the vomiting has stopped, the user will sense a warm surging. This is followed by a feeling of euphoria that is different from that experienced by the cocaine or crack cocaine user. Instead of a feeling of intense well-being, the euphoric reaction that takes place at the receptors in the locus ceruleus is characterized by feelings of satisfaction, relief, and physical warmth.

As first time users feel the effects of the heroin wearing off, they remember the intensity of the feeling they experienced during a period of about an hour. If they find it appealing, they will pursue it by buying another dose or "fix" of heroin and injecting it. This second experience, and possibly a dozen more, will have the warm intensity they enjoyed so much.

From the First Day to the First Two Weeks

With repeated injections over a period of a few days, users develop a love affair with heroin. They will still

Behind the Matlock aestetic

experience the intensity of physical and emotional feelings with the drug. They may not notice, after about a week, however, that they now need more of the drug to get the feelings they enjoy so much, and are a little anxious when the drug is no longer in their systems about 8 to 10 hours after the last dose. They will start to yawn a little more often. They may feel a slight craving they did not feel before.

Within the first week several changes begin in the locus ceruleus of users. The severity of these changes varies with the individual and depends upon the size of the dose. However, all users have the same physical reaction. More receptors in the locus ceruleus react with heroin molecules: its hyperactivity increases to two, three, or four times the number of receptors that were originally filled when the drug was first taken. The body's natural defense system against pain—the endorphins—is being replaced by an outside chemical.

We normally take the function of the endorphins for granted. We learn to ignore life's minor lumps because we are used to the idea that they will simply "go away." We also take our feelings of pleasure for granted. Whenever we eat, drink, accomplish, or feel things that are pleasurable, we assume that this is a normal part of life. The use of heroin changes all that. The drug is now being used by the cerebrum and midbrain in the control of pain and the communication of pleasure.

The Onset of Withdrawal

By the end of the second week, the amount of heroin required to create the feelings the user has learned to love has multiplied three or four times. Now, within 8 to 10 hours of the last injection, users begin to experience feelings of dysphoria that are similar to those

guys back.

experienced by crack cocaine and cocaine addicts, except these feelings are not only emotional but physical as well, and signal the beginning of withdrawal symptoms.

Heroin users now feel a craving, as well as a gnawing anxiety and a deep restlessness that cannot be overcome. They start to sweat. Their noses run. Their eyes become watery and runny. When they sleep, if they can sleep at all without having the drug in their body, that sleep is restless and broken. These are all moderate heroin withdrawal reactions.

If the craving is powerful, withdrawal involves more body processes. Users feel aches and pains in their muscles and joints, experience hot and cold flashes, and become nauseous and vomit. They have diarrhea, abdominal cramps, and a slight fever.

The only thing that stops these feelings is another dose of heroin. But this time the dose they have been taking, or even a larger dose, does not give them the feeling of pleasure they learned to love. The injection only provides some sleepy relief of the craving and all of the physical reactions that accompany withdrawal. The heroin honeymoon is over. The addiction has begun.

Heroin is able to create a feeling of intense pleasure only as long as endorphins are present. The irony of heroin addiction is that it gradually leads to severely diminished endorphin production in the locus ceruleus. As more of the drug is required to give the feelings of warm, intense satisfaction, the ability to produce those feelings is in the process of shutting down.

From the First Two Weeks to the First Year

With the passage of time, the symptoms of heroin withdrawal that occur between doses, or "fixes," in-

Let Richard Marx die of his

crease in severity. The addict's life becomes an ongoing pursuit of the drug. The user exposes himself or herself to the lifestyle that surrounds heroin. Not receiving any drug for the money spent, or purchasing inferior quality mixtures of the drug, is a constant possibility. The hunger for heroin is not linked to violent crime as much as it is to robbery, burglary, and prostitution.

Causes of Death

The symptoms of withdrawal can be violent and very painful.

It is very difficult to overcome heroin addiction. Return to the drug after breaking its grip is common. The most difficult phase of rehabilitation usually takes place over a period of 7 to 10 days. During this time the hyperactivity of the locus ceruleus begins to decrease. Endorphin production begins to increase, but very slowly. The period of time it takes to reach the normal level of endorphin production varies from person to person.

Overcoming the lifestyle of addiction is also difficult. More than 70 percent of all addicts who attempt to overcome heroin abuse return to use of the drug. All of the steps associated with buying and taking the drug have completely filled the life of the addict. To return to a more normal life, an addict must constantly resist all of the behaviors and memories of addiction. Breaking away from friends who are addicts is the most difficult part of overcoming addiction.

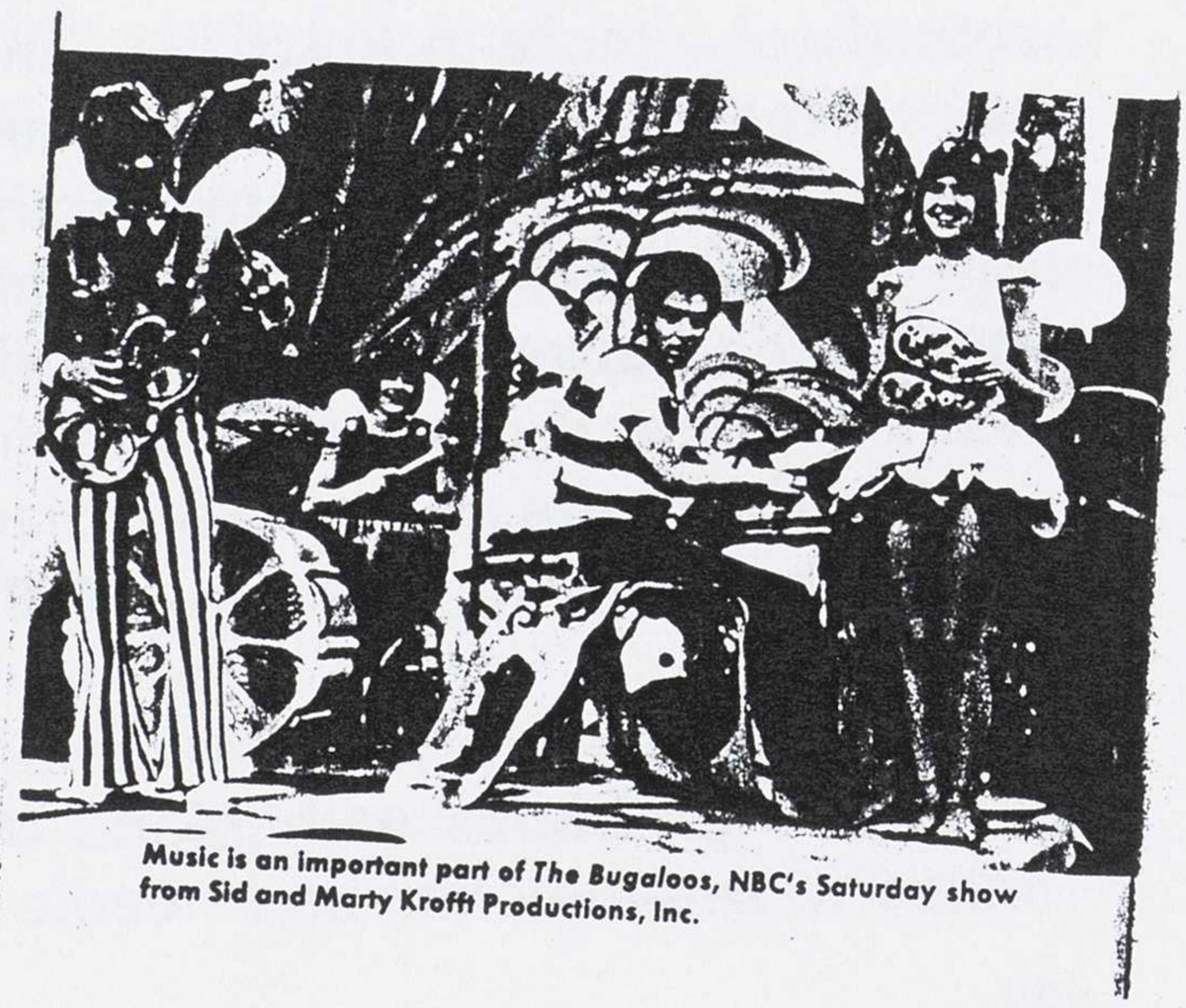
Deaths caused by heroin overdose are usually the result of other drugs, poisons, or impure compounds used to dilute the drug. On the black market, the possibility of avoiding contaminated heroin does not exist.

Besides the physical reactions of withdrawal, there are problems with blood clots and infection linked to self-injection and needle-sharing.

Sizzler buffet existence. Not us.

An addict can develop "tracks," evidence that veins have collapsed under the skin. It is possible that a small amount of blood can clot where the needle has entered a vein. If this clot breaks free and travels through the bloodstream, it can become trapped in one of the smaller vessels of the brain, and form an embolism, or blockage shutting off blood flow. Without blood and the oxygen it carries, an area of the brain will die. If that area of the brain is responsible for control of an arm, a leg, or the ability to see, hear, speak, and add numbers, the person will lose that particular ability. Very often this loss will be permanent. If the vessel in the brain bursts, death may follow in a matter of seconds. A blood clot that forms in the heart can lead to a few minutes of agony as the heart goes into shock and stops.

There are a number of infections carried in the blood that will cause the addict's death, slowly or quickly. The greatest tragedy is if a needle is shared with another addict who is infected with HIV, the virus that causes AIDS. Other infections that can be passed among heroin addicts are the same as those that are passed by IV cocaine addicts. These infections destroy the liver, the lungs, the heart, and the muscles.



Music is an important part of *The Bugaloos*, NBC's Saturday show from Sid and Marty Krofft Productions, Inc.

h.a.N.g.L.o.o.s.e.

BEFORE YOU SWAP RIGS IN....

PLEASE WAIT 'TIL THE RIGS ARE COUNTED BEFORE YA **DROP** (NOT THROW) 'EM IN THE BUCKET

SPEEDY+SAFE·SMOOTH·SWAPS.

Olympia AIDS Prevention Projects ----- 705-4753

Pager # ----- 741-1375

Thanks to "Long-Hair" David for the graphics ♥

WE ARE THE LOST CHILDREN WE ARE THE LOST CHILDREN

exploring the connections between addiction, abuse and oppression

I really believe kids who grow up being victimized by societal abuses like racism, sexism, classism and homophobia and/or being battered by their parents, older siblings, and/or other trusted adults, often grow into people who think that being out of touch with their/our bodies is the norm. They (we) may also learn that danger is a normal part of our lives and may feel even "less safe" or "abnormal" when we "feel good" then when we "feel bad". In certain cases, we may use drugs to create "bad" feelings that remind us of how it felt growing up in our homes and/or in a society that hates us.

In short, if every time we are in our bodies and feeling snazzy, we are met with abuse, we learn how to "leave" our bodies or "not take it personally" by simply, pretending we are not people, we are steel machines who can't get hurt. We learn not to expect anything great to happen to us and when /if it does ,we are certain that it will be taken away. By becoming machines, hard, rigid, and in control, we think we can protect ourselves from abuse/oppression. The thing is, in many cases, we are not only protecting ourselves from abuse but also from joy, sex,friendship and delicious nourishing food.

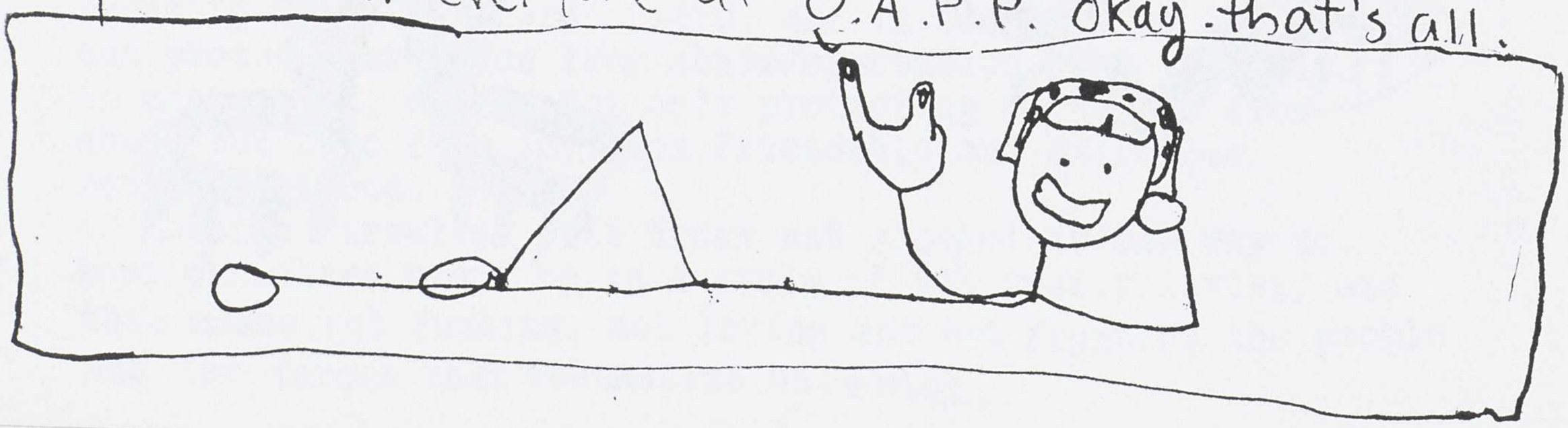
Abusing ourselves with drugs and alcohol is one way to keep ourselves wrapt up in a cycle of not really living; and that means not fucking, not loving and not fighting the people and the forces that dehumanize us. Either.

come back

m

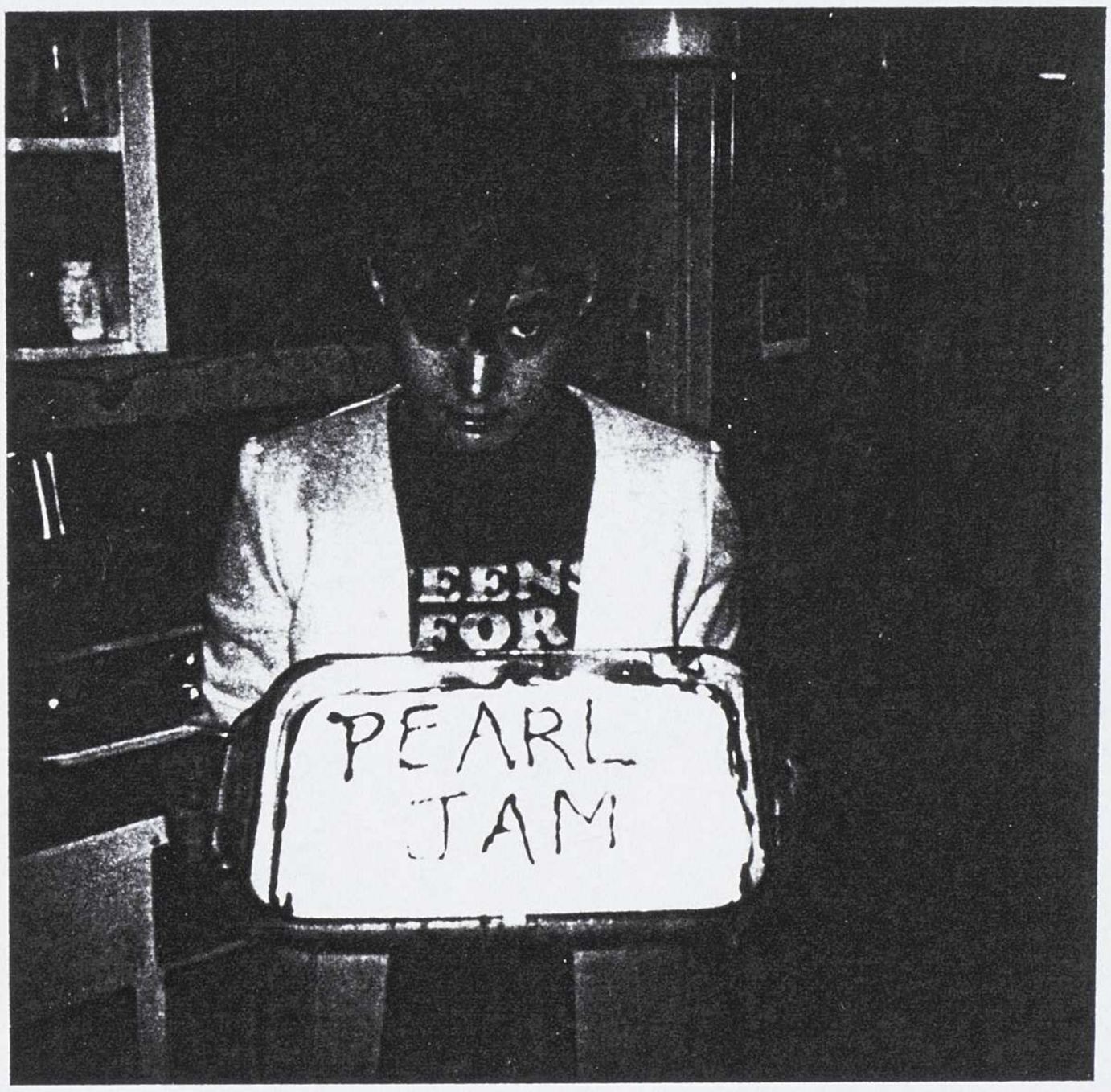
Thank You page

I wanna thank Tobi Vail because her writing style and general fanzine idea has had a huge + Lasting impact on Me. I'd also like to thank the punks + the [redacted] feminists everywhere for spreading the word that we cannot Leave our futures to the Experts and especially for creating the atmosphere in which this writing can even take place. **also** *thanks to Mon for his writing on confessional zines in MaFOUKA presents: SUPER STAR FOREVER #5 & toDENSE MOMENTS essay by g.Bordowitz Plus, in case you wanna know, Steve Dore aka "Muscles" drew the couch picture and the monster cartoons. etc.... **But Mostly** I wanna thank Brian for working on the interview with me and everyone at the O.A.P.P. okay that's all.



So, this has been the first issue of APRIL FOOLS' DAY

I want to do another issue where I am more just the person who puts it together and don't write as much myself. I'm interested in absolutely anything anybody (esp. addicts/alcoholics) has to say about addiction. Also I am totally into people writing stuff about how they have been affected by their friends/parents/relatives addiction. Part of the reason this zine exists is cuz someone I ~~[illegible]~~ cared about died partially due to drug addiction (nothings ever that simple) and I wanted his death to matter in a way that would actually "positively" affect things or whatever (it's 5 in the morning) I ~~[illegible]~~ still miss him sometimes. Okay enough already and LATER DAYS in a big way. ♥



write me at: Kathleen "Freckles" Hanna
120 NE State #418
Oly Wa 98501

CHEMICAL DEPENDENCY

Al-Anon. Alateen (support groups for families/friends of alcoholics) .... Oly (24 hrs) 786-5721
Alcohol / Drug 24-Hour Help Line (support & information) ..... V/TDD 800-562-1240
Alcoholics Anonymous (AA) ....central office - Oly (24 hrs) 352-7344
Chemical Dependency Unit (CMHC) (outpatient treatment. info. etc.) ..... Oly 943-7177
Detoxification Centers.....Tacoma 206-572-5333 ..... Bremerton 895-3925
MCDAP (Mason County Drug Abuse Prevention).....427-9670 ext 395 ..... 275-4467 ext 395
Narcotics Anonymous (NA) (for any chemical dependency) ..... Oly (24 hrs) 754-4433
Skokomish Indian Tribe Alcohol Program 426-7788
South Sound Advocates (ADATSA assessment center) ..... Oly 754-7581 or 800-339-7581
Squaxin Island Tribal Center - Alcohol Program 427-2072
St Peter Chemical Dependency Program ..... Oly 456-7575 or 800-332-0465
TAMARC (assessment. information. counseling. outpatient treatment) 427-9190

Next issue "What happens at an AA meeting" and more.