

## THE FREE STORE FORCED TO CLOSE

What happened to the free store?" is a common question I hear these days. As a member of the Confluence Collective, I've seen what a great community resource the free store really was. For those who are unfamiliar, a free store was set up on the porch at 1450 Elm. It's exactly what it sounds like, free. No profits are made off the transactions. People drop off what they no longer need and take what they do. It was disappointing to see such a popular and regularly used community resource disappear. Coming soon to a weekend near you: Free Yard Sale.



### "DEMOCRACY" FROM FIRST PAGE

oligarchy that cares little for the people most affected by their decisions. This is our land, not Shell's or Halliburton's and our children are the ones who are gonna have to live with the pollution and scarcity of water that is going to be the result of Washington's addiction to the oil industry. As Shell representative Steven Mut said, "Profit, planet, people," is the goal of Shell's oil shale development in the region and as you can see, 'We the people' are last on the list.

## State of Disunion

|  |  |
|--|--|
| NUMBER OF<br>GALLONS OF<br>WATER<br>needed to produce 1<br>pound of wheat:<br>25                           | NUMBER OF<br>GALLONS OF<br>WATER<br>needed to produce 1<br>pound of meat:<br>2,500 |
| AVERAGE NUMBER<br>OF YEARS<br>a dairy cow lives:<br>25   | AVERAGE NUMBER<br>OF YEARS<br>a factory farm dairy<br>cow lives:<br>4              |
| APPROXIMATE<br>NUMBER OF<br>CHILDREN<br>in the world:<br>2,200,000,000                                     | APPROXIMATE<br>NUMBER OF<br>CHILDREN<br>living in poverty:<br>1,000,000,000        |
| PERCENT OF<br>THE WORLD'S<br>POPULATION<br>that controlled 25% of<br>the world's assets in<br>2004:<br>.13 | PERCENT OF THE<br>WORLD'S<br>WEALTHIEST<br>bodies that are<br>corporations:<br>51  |
| 2004 BUDGET FOR<br>THE DEPARTMENT<br>of Homeland Security:<br>36,500,000,000                               | NUMBER OF US<br>TROOPS THAT<br>have died in America's<br>war in Iraq<br>2,508      |

## CALL TO ACTION

The Red Pill is looking for volunteers: graphic designers, writers, poets, cartoonists, artists, and photographers are needed. Get your work published now. Help distribute The Red Pill in your community, church, and school: contact us at [editor@gjredpill.org](mailto:editor@gjredpill.org). You can also do your part to keep us in print by donating time, paper, film, copies, and of course money (it doesn't print itself).



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[editor@gjredpill.org](mailto:editor@gjredpill.org)

IF YOU WANT TO KNOW THE TRUTH TAKE

GRAND JUNCTION,  
COLORADO

## The Red Pill



NO OIL

SHALE

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## THIS IS WHAT DEMOCRACY LOOKS LIKE?



Recently three United States Senators, two of which hold positions on the Senate Energy Committee, stopped by Grand Junction on a tour that's aim was to include an open discussion and dialogue with the residents of the Grand Valley and surrounding countryside. Unfortunately it seemed that Senators Pete Domenici (R-NM), Orrin Hatch (R-UT) and our very own Ken Salazar (D-CO) had already been bought and paid for by Shell Oil company and their highly skilled lobbyists. After taking a tour of Shell's experimental oil shale extraction program, the three Senators convened at Grand Junction City Hall, and to the Red Pill's reporters, the spectacle they put on resembled anything but an open and democratic process.

For the first 40 minutes of the session, the Senators did nothing but blow their own horns and pat each other on the back. It was shameless advertising at its worst and a large circle jerk at its best. The chairman of the committee, Pete Domenici sounded almost offended at any prospect of oil conservation and while I'm not blaming it on his age and senility, he didn't even mention sustainable renewable resources as a possibility. The only thing he seemed to be concerned with was usurping the place of Saudi Arabia as the world's number one reserve of oil. "Shaking the World," as he called it, or creating a vast American empire built on oil shale, a mineral which the majority of is located within 150 miles of Grand Junction. If President Bush is concerned with America's addiction to oil, then Senator Domenici is only concerned with increasing that addiction.

Just like a methamphetamine addict that can't find a steady supplier, he is willing to endanger his hearth and home to create a dangerous chemical in his bath tub.

The other two Senators were anything but an improvement over the ancient and dilapidated Chairman. Senator Orrin Hatch is one of the 25 top recipients of oil money in Congress and Senator Salazar was too scared of his fellow aristocrats to disagree with anything they said. The true dog and pony show started when the testimony of 'witnesses' began. With a list of witnesses nearly a dozen long, everyone invited to speak was involved with the oil and gas industry in one way or another, with one lone environmentalist, Steve Smith, from the Wilderness Society. Smith only received five minutes of testimony while the Senators chatted and laughed among themselves. It was obvious to nearly everyone present that the public had been left out in the cold when the decision to pump billions of dollars into the oil shale business was decided. Just as when the federal government sold our watershed to the natural gas industry, they have sold the west's natural heritage to those who only want to profit and then leave.

If this is what our democracy looks like, then we have no right trying to push it upon the people of Iraq. When men elected by the people stop caring about the public and only listen to the whispers of insidious corporations whose only care is profit, then we have taken a wrong turn and ended up in an aristocratic

### "DEMOCRACY" ON SIXTH PAGE

[editor@gjredpill.org](mailto:editor@gjredpill.org)



## WHY NOT KILL THE RICH?

There's a question for you to mull over a bit. Do you really think that all of mankind is related, and that we are all brothers and sisters, with only illusory differences? The answer is yes, of course, we are so related to each other our dna is virtually identical.

Since we are all related, doesn't it make sense to protect our world's children from harm? Aren't we entitled to protect ourselves and our loved ones from unwarranted attack? Well, the fact is that we don't protect our human family and are doing worse everyday. There are currently 30 full fledged wars going on in the world right now, and approximately 70% of the victims are children. If we go by the generally accepted figure of 100,000 innocent war dead in Iraq, that's 70,000 innocent Iraqi children we have killed. Are their lives not worth defending?

Two million kids have been killed in war since 1999. There are twenty million war orphans in the world, and 8-10,000 maimed by landmines. 1.6 million die of diarrhea from having their water supply destroyed by warfare, with another 25,000 dying from war related starvation.

Do you feel good about this? Is this enough unrequited death to raise your hackles and your instincts? It pisses me off to no end and sometimes I wonder if my chanting, marching and protesting is doing any thing at all.

Do you own an aircraft carrier, a cruise missile, or depleted uranium munitions? Well, yes, as a taxpayer, you actually do. Are you in control of your weapons? Absolutely not. For the most part, believe it or not, neither is the military. Major civilian multinational corporations with very wealthy individuals at the helm really, literally call the shots.

It is estimated that all war is actually perpetuated by a very small cabal of 25,000 people. Is it immoral to suggest that we start targeting these literal merchants of death for what they are, legitimate war targets? What if killing off a few well connected elites can save millions of innocent lives?

They're easy to find. Look up tax records. You know where the real rich people in your town live. These are people with over three million in assets and making over 250,000 a year. These are the people whose investment portfolios

make the bombs rain down.

Gated communities? Greatest invention since the lightbulb. They are announcing their uberwealth, and they may think we are locked out, but by god, they are locked in! Their kids are in private schools, they vacation in exclusive locations; we can find them pretty easy. The sick part is that they think that they are innocent, with no blood on their hands.

War is on, whether you want to admit it or not. It is a cultural class war, with millions of casualties, mostly children. Like it or not, your future holds nothing but confrontation. Ignoring the inevitable will not make it go away.

Colonial America, South Africa, and Northern Ireland are good examples of conflicts where violence supplemented non-violent tactics towards victory. Isn't it a bit arrogant to sip chai tea in our insular North American home, and merely hold up little protest signs while there are children who are literally stepping over starved and dismembered corpses and land mines on their way to retrieve rancid water from five miles away?

There is truly a class and wealth based war declared on the world's poor and we are getting our asses kicked. Human life is lost in large numbers everyday due to decisions that are being made in boardrooms of sociopathic criminals who see death as a continuum on their profit/loss analysis.

It is a truly disturbing question to ask, but it must be asked at this time. What is more moral: dropping napalm and white phosphorus from a multi-million dollar aircraft over a civilian village, or a single bullet hole to the head of an immoral, overpaid defense contractor in the backseat of his Lexus limousine? It's called targeted assassination. The U.S.A. and Israel use it all the time because it is so effective.

Non-violence has a definite place at the table when we are dealing with the 95% of the population which does not dictate when a war occurs, kills and maims. As for the psychopathic 5% who cause all the destruction for profit, they should be shot like the maddogs they are.

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### Every Sunday • 7PM

Weekly Vegan Dinner. We'll cook the main dish. Please bring a vegan side dish, dessert, or drink. Dinner starts around 7:00PM. *The Confluence Collective (1450 Elm).*



### Every Tuesday • 7pm

The Free Skool @ The Confluence Collective (1450 Elm) is a grassroots effort designed for collective skill-sharing.

Anyone is free to attend or teach a class.

Upcoming Free Skool classes include Fertility Charting on Tuesday June 27th @ 7pm.

## THE FEMINIST EVOLUTION

In Russia, Aloyna Pisklova, 15, was entered into a Miss Universe online beauty pageant as a prank by friends.

She has now unbelievably become a feminist icon. Her popularity sky-rocketed into an Internet phenomenon. Aloyna scored 40,000 online votes, twice the votes of her nearest competitor. She was disqualified though before the finals because of her age, competitors have to be at least 18.

Aloyna supporters created a website and fan club for this feminist heroine called "Say No to Barbie Dolls." They issued a statement saying, "People who voted for Aloyna voted against...products of the same type and trademark, which are made into cult objects." Aloyna's friends submitted unprofessional photographs for the competition of Aloyna with a natural smile and no make-up; the appearance of a common real-life girl. Another statement from "Say No To Barbie Dolls" says the vote for Aloyna was "against unnatural beauties who cannot be distinguished from each other, fake emotions, smiles and gazes reflected in the lenses of professional photographers, products of the same type and trademark, popular music, cigarettes without nicotine and coffee without caffeine."

Several anti-globalization groups also back her cause and she has received offers from political parties and other Russian organizations. She received the largest ever Internet vote in Russia, creating Russia's feminist icon, named the apropos anti-barbie. On the beauty pageant's website Aloyna has received "The Viewer's Choice Award." Her supporters maintain that a vote for her represents a vote against large faceless corporations and the "Barbification" of society.

Her T-shirt's slogan says "Barbies no pasaran," which is an old anti-Fascist slogan from the Spanish Civil War that is embraced by anti-globalists and means "they shall not pass." She was offered to fly with the competition's winner to Ecuador but turned it down because of school exams, she did however request a prize and was given a puppy. •



### Thursday, June 22nd, 2006 • 5PM

The Colorado Roadless Area Task Force Public Hearing This is your last chance to speak up and help save Colorado's last wild places. Country Inn, Grand Ballroom 718 Horizon Drive. For more info check out [www.roadless.net](http://www.roadless.net).

## OIL SHALE: NOT AN OPTION

Western Colorado, along with Eastern Utah, and Southern Wyoming, contains 1.5 trillion barrels of oil (Rocky Mountain News). The oil barrens are drooling as we speak, bribing our government to allow them to rape the region. I say rape, because that is what Oil Shale drilling will do to our environment. A problem with Oil Shale extraction is the amount of heat it takes to extract the oil (700 F), using incubator-like equipment. This process causes the rock to expand, much like popcorn, which means the extracted rock cannot be replaced into the ground, creating piles of useless rubble, leaving the landscape pockmarked for life (FuterPundit). The product of the process is the nastiest gooey pile of oil-like substance. It is then sent through massively pollutant oil refineries to transform it into fuel, creating unusable hazardous byproducts that contaminate the air and groundwater. Secondly, we live in a desert, where water is a precious resource, more precious than fueling a fleet of soccer mom SUVs. Oil Shale extraction requires 3 barrels of water per one barrel of oil; this equates to 4.5 trillion gallons of water (RAND)! As if fighting for Colorado's water rights isn't bad enough. We live in a city where there have been city mandated regulations on how often and when you can water your lawn. Do we really need oil this badly?

If these large oil companies come into the region, they will not improve the economy, regardless of what they say. Oil Shale extracting is hard work and risky work providing a promise of high wages, but at the cost of laborers safety, and the safety of our environment. Not only that, the boom in employment will disappear once all the wells have been drilled and the pipes are in the ground. Large oil companies will do what all corporations do, suck money out of the local economy into the vacuum of stock holder's pockets. This kind of industry is known to bring in higher crime rates, including higher levels of drug/meth trafficking, a problem we are all too familiar with here in the Grand Valley. We do not need to consume more oil, what are we going to do when the oil is depleted, and water has become more expensive than the fuel we use to drive to the grocery store? One step forward would be to create a long lasting reliable public transit infrastructure that is lacking in the west. Furthermore, the consumer culture of car ownership instigates an isolation of the individual from community, where public transit could foster stronger interdependent community environments. Do not be fooled, this issue is not about alternative energy, it is about money and capitalism, a global disease.

Angry and enraged yet?  
Get involved!

Contact Western Colorado Congress for more information about oil shale development in our community 970-256-7650. •

### Friday, June 23rd, 2006 • Noon

A Voice of Reason will be holding a lunch hour vigil to end the war in Iraq and Afghanistan. 16 PEACE signs will be provided, if you bring your own, please keep it the simple peace sign.

*At the intersection of 12th and North.*

# A LOOK AT R

I first heard about raw foodism from my brother about five years ago. He had been at an Earth First! rendezvous and met several "forest punks" who were spreading the word about their new diet - one that consisted of uncooked vegan food. He was impressed by the idea and shared it with enthusiasm. Immediately, I knew it was something I wanted to try. It just made so much sense.

Raw foodism is simple, really. Cooking destroys nutrients, breaks down beneficial fibers, and kills digestion-aiding enzymes in food. An obvious consequence of this is that one must eat more to get the necessary nutrients. That excess, in turn, taxes the digestive system directly and the body as a whole. The definition of what is cooked and what is not varies in regards to the temperature, but the generally accepted limit is 108 degrees fahrenheit. This applies mostly to dehydrating, either for preserving or preparing unique raw foods. Simplicity, though, is a large part of the diet - eating fruits and vegetables as they are with little or no preparation.

Proponents of raw foodism claim that cooked food diets are responsible, in large part, for many degenerative diseases that plague the human race. A cooked food diet hinders the body from naturally ridding itself of foreign toxins, metabolic waste, and bacterial and viral invasions. On the reverse, eating exclusively raw has a cleansing effect that has been claimed to eradicate several "incurable" diseases, including cancer. This is largely because of the powerful cleansing effect that the diet has, one that can be felt almost immediately after the transition.

The health benefits of eating a well-managed and balanced diet of raw food can vary, depending on who you ask. They tend to range between self-praising exaggerations and blatant lies. My experience thus far tells me that it's not a god-sent miracle diet fad but that it is just a really healthy diet that, unsurprisingly, leads to exceptional health and mental clarity.

Most of the drawbacks to raw foodism, as in any unique diet, are social. It's difficult to explain to "normal" people, and I have met my share that are disappointed because of my withdrawal from the status quo. Also, eating is a social tradition deeply ingrained in most human cultures. I tend to eat by myself more often than I used to and as a consequence I feel less a part of the community I live in and with. In the end, though, I continue because I see what the standard american diet does, leaving people crippled with disease and chronic

# AW FOODISM

illness, aging before their time, losing vibrancy that can and should continue through their whole lives. So, if I piqued some interest in you, I recommend finding a few books or doing some internet research on the subject (there's quite a bit of info out there so you shouldn't have any trouble). Even eating a little more raw now and then can have positive effects on overall health. If I can offer no better argument, I'll just say that in trying anything new there's at least the virtue of challenging what we think we know and the feeling of freedom when we step outside our comfort zones. As a final thought, think, what is the only species on the planet that cooks its food?

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Monday, June 26th, 2006 • 7pm

Immigrant Rights meeting. Meetings are open to all people and are conducted bi-lingually.

At the Riverside Task Force Center.

July 1st -7th • 2006

The Rainbow Gathering is back in Colorado and it will be taking place north of Steamboat. For directions check out [www.welcomehome.org](http://www.welcomehome.org)

August 4th-6th, 2006

1st Annual Rocky Mountain Collective Retreat to be held at Enoch Lake, CO. The goal is to better organize and network with regional activists. To get involved contact Connie at 245-3720

## R.I.P. SGT. RUSSELL DURGIN



I have never been connected to war. I live in Grand Junction. I am completely removed from the far off and distant lands of Iraq or Afghanistan. I have few acquaintances in the military, and even fewer friends who serve. Only one friend served in Iraq and one in Afghanistan in any kind of dangerous (read: fire-zone) role.

I've never really been connected to either war. Any war really. I've protested them, organized against them, hated them, but I've never been connected to one. I'm not alone in this- most of the country could read through casualty lists and not find a name that they can connect with a person; especially the majority of people in the peace movement. That's why Cindy Sheehan is so popular. She is our connection to war. It is her pain, her grief, her anger—and our empathy.

This is why I've 'dropped out' of the peace movement. I didn't have a connection, an understanding, any comprehension of the situation. The TV can tell me that 2,500 soldiers have died in Iraq and several hundred in Afghanistan. The newspaper can tell me that a suicide bomber killed 14 people in a Shiite mosque. I still didn't have any connection.

Last Wednesday, I got a call from my mother. She left a message on my answering machine saying that she had some bad news and needed to talk to me. I called to get the news that a friend of mine had died in Afghanistan. He had been shot in a firefight in the largest military operation since we entered Afghanistan in 2001. There had been fierce fighting between coalition soldiers and Taliban militias, and all of a sudden, these words that I've heard time and time again sunk in. Fierce Fighting. Firefight. Military Operation. Two soldiers died in Iraq today. Iraq. Afghanistan. War. Dead.

I've been listening to these words for years and I never really knew what they meant. What does it mean to be in a firefight? Or what does it mean when a soldier was killed by an IED outside of Baghdad? It doesn't mean that another soldier died. It doesn't mean that I feel the pain. But what does it mean when the soldier that died is a friend, a classmate, someone I used to play sports with and walk the hallways of school with. Who used to beat everyone but our social studies teacher at arm wrestling- even the gym teacher. The kid who I would cheer on as he crushed the ball out of Town Field or who would cheer when I scored a goal. It means I don't need a Cindy Sheehan anymore. I know the anger and the grief as my own now. I know what it's like to

lose a friend to war now. I've always known that every soldier is a friend to someone or a father's child. I knew, but I never understood what it meant. I do now. •

Rest In Peace

*Sgt. Russell Durgin*  
June 13th 2006

## OPEN LETTER TO HOMELAND SECURITY

Open letter to the Homeland Security "Sneak and Peak" folks:

- Please be careful to NOT let any of the cats out. Watch the orange and white, Tigger, who is very good at rushing out an open door.
- Please forgive the mess. Been meaning to clean it up, but...well, you know how it is.
- Iced tea in the fridge-help yourself. Glasses in left of sink cabinet. Ice in freezer container.
- I would appreciate if you don't rip anything up with your efforts. What looks like junk to you might be treasure of me.

I hold no hard feelings toward you in just trying to do a job for which I'm sure you are poorly paid and likely poorly appreciated, if at all, at the "higher levels" of what must be the most bizarre agency in recent history.

It can't be easy or very rewarding. I've worked in a few such jobs. Thankfully I'm now retired! Someday... (Are you counting the days?)

Take care, be well and please join with me; in heart, mind, and spirit; in hoping and striving for a better world.

Bill •



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