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PEOPLE UNITE IN STRUGGLE

The March of August 31st is of political and historical significance because it marks the unity of workers, students, and members of the community in opposition to the injustices and abuses of economic and political repression as well as illegal deportation of undocumented workers.

The first part of the Moratorium was a march from Belvedere to Ruben Salazar Park in East Los Angeles. The March itself was highly organized and well monitored. It was apparent that months of statewide planning went into the preparation of the March. People of all age brackets and various political groups were present, with an estimated 5,000 people total. It was noted that striking workers were in the forefront of the March.

The March in East Los Angeles was held simultaneously with other marches throughout the nation, in such places as Colorado, Texas, New York and Illinois. The culmination was a rally at Salazar Park in which speakers addressed themselves to current problems affecting the workers today. Among the speakers were representatives from Asian and Black groups, the Puerto Rican Socialist Party, Se-Cunam (Independent union in Mexico), a striking worker from Superior Steel Company, a member of El Comité de los Tres, and a speaker from the American Indian Movement (AIM), Humberto Corona was the co-ordinator of this rally.

There was virtual unanimity among the speakers concerning the problems facing workers today. Mentioned was the fact that workers of this country are now faced with the problems of unemployment, inflation, high crime rate, "shortages", police brutality, and high prices. These are the same problems workers confronted in the 1930 depression. Those being symptoms of a decaying economic system, capitalism.

The speakers tried to tie in the same problems which we are now suffering from with what happened in the 1930's. In so doing



they showed some of the lessons that can be learned from those experiences. One was that the capitalist use the immigrant workers as scapegoats and accuse trade unions of causing inflation by demanding higher wages. Another lesson was that economic speculation and rapid growth to the point of collapse brought high yields to the Capitalist. Such actions left the Capitalist financially stable while the workers stood in long lines for a bowl of soup.

One of the main themes expressed in the Moratorium by the speakers is the historical role of the undocumented worker, the abuses and injustices heaped upon them at the hands of the capitalists. They explained one of the main preoccupations of the capitalist is how to maintain division among the workers. The capitalists consistently try to use the undocumented worker to accomplish this end.

The capitalist are partially successful since the undocumented workers are forced to work for lower wages and thus leaving them open to the manipulation of their exploiters.

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EL PUEBLO SE UNE EN LA LUCHA

El Moratorio del 31 de Agosto tiene un significado político e histórico tremendo porque marca al unidad de trabajadores estudiantes y miembros de la comunidad para la oposición contra las injusticias y abusos de una política económica opresora como también la deportación ilegal de trabajadores sin documentos.

La primera parte del moratorio fue una marcha desde el parque Belvedere hasta el parque Ruben Salazar en el este de los Angeles. La marcha fue muy bien organizada, en base a seguridad y otros aspectos que pudimos notar. Personas de todas edades y diferentes grupos políticos estaban presente con la estimación de 5000 personas. Pudimos notar que trabajadores en huelga se encontraban al frente de la marcha.

La Marcha en el este de los Angeles fue efectuada simultáneamente con otras marcha a través del país, como en Colorado, Texas, Nueva York, y Illinois. La culminación fue una reunión popular en el parque Salazar donde oradores presentaron los problemas que confrontan a la clase trabajadora hoy. Entre los oradores habian representantes del partido socialista Puerto Riqueno, D Se-UNAM (unión independiente en Mexico) huelgistas de la Compañía Superior Steel, El Comité de los Tres, y representantes del Movimiento Indio-Americano. El señor Huberto Corona fue el coordinador de la reunión.

Entre los oradores habia unidad sobre los problemas que afectan a la clase trabajadora hoy. Mencionaron que los trabajadores enfrentan en estos momentos los problemas de desempleo, inflación, alto índice de crimen, escasez, brutalidad de la policía, y precios altos. Estos son los mismos problemas que los trabajadores en los años '30's tuvieron que confrontar y todos estos son síntomas de la decadencia económica de un sistema capitalista.

Los oradores trataron de explicar algunas de las lecciones que se pueden aprender de la Depresión del 30's. Una fue que el capitalismo usa a los trabajadores sin documentos como excusa por los males de la sociedad. También



acusan a las uniones trabajadoras de causar la inflación por demandar el alza de los salarios. Otra lección es la especulación y rápida expansión hasta el punto de un colapso traída por los capitalistas para alcanzar el máximo de ganancias. Esto deja a los capitalista en una situación económica bastante segura, mientras los trabajadores permanecen en largas colas para tomar un plato de sopa.

Uno de los puntos más importantes expresado por los oradores es el papel del trabajador sin documentos. Un papel que históricamente esta marcado por maltratos, abusos e injusticias que han sido causados a manos de los capitalistas. Una de las preocupaciones de los capitalistas es como mantener la división entre la clase trabajadora, por medio de la amenaza de los trabajadores inmigrantes. Por la

razón de que los trabajadores sin documentos están forzados a trabajar a menos salarios los capitalistas obtiene su excusa necesaria para tratar de dividir la clase.

Hay casos en que ciertas uniones caen en la trampa de acusar al trabajador sin papeles como su enemigo, en vez de acusar sus verdaderos enemigos, los capitalistas, que crean las condiciones de inflación, desempleo, etc. Es trágico observar los capitalistas usando los líderes de la Unión de Campesinos (UFW) como instrumentos para mantener esta división entre los trabajadores. Hay que observar que los capitalistas usan diferentes tácticas para con brutalidad e injusticia explotar los tra-

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BERNARDO GALLARDO VICTIM OF POLICE REPRESSION.

During the month of August, Bernardo Diaz Gallardo, Chicano parolee was found dying from a shotgun wound in front of his home. His roommate Arthur Lopez, and another man, Harold Villa were booked on suspicion of murder.

Gallardo's murder was a chilling affirmation of his own suspicion that his life was in danger. Ironically, however, he was not afraid of his friends but in fact of the San Diego Police.

This fear of the police drove Gallardo to seek help from his attorney, the Legal Aid Society, and the city Community Relations Office, from what he described to be police harassment. He told his attorney, as well as these other agencies that he was being forced by certain law enforcers to become an informer. He claimed that police threatened that he would lose his freedom, or worse if he didn't go along with their plan. Gallardo also knew that if his friends thought he was an informer they might retaliate.

According to an attorney from the Legal Aid Society "Gallardo was scared to death" when he came to their office and told the attorney about one of his encounters with the police. According to Gallardo he and some friends had been stopped by police at a liquor store. Their car was searched but police had found nothing but an empty can of beer. Gallardo claimed that the police first threatened to charge them with possession of an open container, but then one policeman pulled out a packet of marijuana from his pocket and said he would plant it on Gallardo if he didn't co-operate. Afraid he might be charged with parole violation, he agreed and was driven to the 28th St. Bridge where patrolmen pulled out photos of other ex-cons who were police informers. According to Gallardo the officers said "if he didn't join" they would "set him up" or somehow put him in hot water. Gallardo said he agreed but was not going to snitch on his friends.

Other encounters with the police continued. On Aug. 6, the police made an unannounced search of his home, leaving it in shambles and confiscating various items which Gallardo later had to reclaim.



On yet a later date, police went to Gallardo's home and when he refused to answer the door he heard one officer shout "we know you're in there and we're going to get you."

The L.A. attorney said Gallardo reported one last incident before he died. Gallardo told him that police had passed him on the street and had pointed an accusing finger at him. The next day he was murdered.

Before he died, Gallardo, assisted by the Legal Aid was seeking an injunction against the police to stop the harassment. His complaints and reports were taped by those helping him but were later subpoenaed by the police.

The murder of Bernardo Gallardo raises many questions to be answered. His accounts of harassment by the police are not isolated accusations by some ex-con. These accusations are in fact part of the growing list of complaints concerning the corruption of the S.D. Police, its abuse of authority, its disrespect for working people, and its selective law enforcement practices. These complaints involve accusations ranging from requests by police for sexual favors and molestation to the various criminal means it uses to secure informers as in the case of Bernardo Gallardo.

One organization, the Ad Hoc Committee for Chicano Rights, has consistently attempted to air these complaints of police harassment to the public, with the purpose of putting pressure to bear on the higher state officials to investigate these allegations in order to protect citizen (particularly the Chicano community) from this type of treatment.

In light of this most recent incident concerning Bernardo Gallardo, this Ad Hoc Committee for Chicano Rights held a community meeting and press conference to discuss the case, ideas about what should be done and to air specific demands to the community and state officials.

These demands included the following:

- an immediate investigation of Bernardo Gallardo's murder by an outside body
- the immediate firing of Police Chief Hoobler for allowing rampant corruption
- the immediate suspension of the two policemen involved
- immediate permission for Chicano Representatives to hear the tapes Gallardo made, but which were confiscated by the police.

Following this meeting the San Diego Police suspended two of the officers in question, both of whom had previous records of similar types of activities.

The real question underlying this issue of police abuse could best be summed up by a statement made by Bernardo Gallardo's sister, who with her family attended the community meeting. She said essentially, "what good does it do to fire the Police Chief, because when a new Chief comes things will remain the same as long as policemen feel they can use their power to intimidate Chicano people and especially parolees."

This statement is a clear reflection of the reality most oppressed working people must endure. As inflation and unemployment skyrocket it becomes increasingly clear whose interests the state officials and the police serve. We live in a capitalist society based on an economy where a few large multinational monopolies own the majority of resources and machinery, where politicians are bought (as Watergate has shown) by these corporate bodies, and where laws are made in the interests of the wealthy. Hence it is logical that police, as officers of this state, are selective as to whom they serve and how they administer justice. This is especially true in their treatment of minorities who provide the major source of cheap labor and very often experience the heavy hand of the police more frequently. It is the Chicano community who suffers when police are used to break strikes, as with Farmworkers, or deport working "illegal" aliens or when they use their power as they did with Bernardo Gallardo. It is no surprise that given this system there is selective law enforcement. Richard Nixon was pardoned for his political crimes in order to prevent further suffering for his family. (suffering with a \$150,000 a year pension?) But what compensation do the majority of working people receive in similar situations?



The observation made by Gallardo's sister has wider significance. While firing Chief Hoobler might begin to solve the immediate problems of abuse by police authorities, and selective law enforcement, we cannot lose sight of the real source of our problems. We must not abandon the broader struggle against class privilege. Only with the elimination of class society, will the need for police and police violence end.

NO MAS AGRESION!



POLICE BRUTALITY IN SAN DIEGO

According to police Chief Hoobler of San Diego:

"The murder rate is up 45%; rape 14%; robbery 30%; and residential burglaries 70%. This drastic rise in the general crime rate has occurred in a period of one year. Hoobler claims that two of the reasons for San Diego crime rate are rising inflation and high unemployment. Presently, San Diego has one of the highest unemployment rates in the entire nation. For a fact, these are two major economic problems facing the people as well as the nation. The first causes the buying power of the dollar to decrease while the second leaves people without a salary to support themselves or their families. These two chronic problems that continuously plague the capitalist system lead to despair and possible crime.

In time of economic crisis, when discontent is common amongst the people, the police play a more central role in maintaining tight control of the established order (capitalism), and anyone who poses a threat is dealt with in a severe manner. In other words, such actions as strikes by workers for better wages and social conditions are stifled by "legal" action such as court injunctions or harassment on the picket lines by the police.

Considering that we are now on the verge of an economic depression the police are forced to heighten security by assuming greater powers and as well as adjusting the laws where need be to serve their own purpose. Since the principal job of the police is to protect private property (i.e. businesses, factories, corporate farms, banks, etc.) it is natural that those who threaten the privileged existence of the property owners (i.e. common workers and national minorities) are the ones singled out for the brunt of their attack. What makes this situation even worse is that these poor people are the ones least able to protect themselves against the injustices of the law.



San Diego is a prime example of police abusing their powers and convicting the innocent. This is proven by the fact that there have been over 500 complaints filed against the police in the month of July alone. At the present time there is also over \$13 million dollars sued against the city of San Diego for their police malpractices. The local paper is filled with cases of police being suspended and fired for abusing their authority. For example, the two officers involved in the slaying of Bernardo Gallardo were suspended for 20 days and an officer named Wiggins was fired after being indicted on 8 counts for falsifying evidence and five counts for perjury. Wiggins went as far as to arrest a Chicano for an alleged robbery when at the time of the said robbery the suspect was in the county detoxification center. The repressive acts of the police have intensified to such a degree that a broad base

of Chicanos, Blacks, Asians, and whites have united in an effort to fire the Chief of Police, Ray Hoobler.

The continual wavering up and down of the economy has caused high unemployment and great despair among the general populace. While we witness the rich throw clamps over their back accounts, the workers stand in line at Welfare and Food Stamp centers. It is this type of crisis that forces the police to show their true nature—to protect the property and possessions of the rich. Since, the workers generally own very little or no possessions at all, one will witness a great difference (double standard) in how those with money are treated in comparison to those without any. The malpractices of the San Diego Police are a prime example of how the police can take and bend the law to serve their own purposes, even to the extent of justifying murder (i.e. Bernardo Gallardo).

LA BRUTALIDAD DE LA POLICIA EN SAN DIEGO

Segun el jefe de Policia de San Diego, Ray Hoobler, ' El porcentaje de asesinatos a subido 45%, raptos 14%, asaltos 30% y robos residenciales 70%. (San Diego Union 9-6-74)

Este cambio fenomenal ha ocurrido en el periodo de un solo ano. Segun Hoobler el cambio se ha llevado a cabo en San Diego por dos razones: la alta inflacion y el alto porcentaje de desempleo. San Diego tiene unos de los niveles mas altos de desempleo en la nacion.

Estos son dos mayores problemas economicos, primero causado la disminucion del poder del dolar mas y mas cada dia y el aumento de personas sin un salario para soportarse asimismo o a sus familias.

Estos problemas pertenecientes al capitalismo traen con ellos la desesperacion y la posibilidad de "crimenes".

En estos tiempos de problemas economicos, cuando el descontento es comun entre el pueblo, la policia toma su papel central. El de tratar de mantener un estricto control sobre las masas minoritarias y la clase trabajadora en lo general.

Cualquiera que ofrezca una amenaza sera tratado de manera severa, en otras palabras acciones de Huelga por los trabajadores exigiendo mejores condiciones sociales y salarios (lo cual es una amenaza al sistema capitalista) seran enfrentadas por la violencia del sistema, sea en las cortes o en las calles.

Considerando que en estos momentos nos encontramos en la puerta de una depresion economica la policia se encuentra en el poder de asumir mas fuertes poderes para ajustar la ley al beneficio de la clase que ellos sirven—Los Ricos.

Como el principal papel de la policia es proteger propiedad privada, negocios, fabricas industrias, bancos y fincas, es natural que aquellos con pocos recursos de propiedad como es comun entre los obreros y



El juez como servidor del patron apunta a huelgista para que la policia los arresten.

grupos minoritarios, estos seran los mas afectados por el ataque y opresion de la policia. Lo cual hace la situacion peor porque estas gentes tienen los menos chances posibles para defenderse a si mismos contra las injusticias del sistema y sus leyes.

San Diego ha sufrido el abuso de la policia, hasta la condena de personas inocentes, viendose que hasta el momento han habido mas de 500 reclamos en contra de la policia, y esto solo en el mes de Julio.

tambien al presente han habido 13 millones de dolares en demandas contra la ciudad por las acciones ilegales de la policia.

Los periodicos locales han tenido sus paginas llenas con los relatos de las injusticias de los Policias. Por ejemplo, el caso de los oficiales involucrados en el caso de Bernardo Gallardo, suspendidos por 20 dias, (por ser colaboradores a la muerte de un hombre, lo suspende y esto es justicia.)

Otro oficial llamado Wiggins fue expulsado del departamento despues de ser enjuiciado por 8 cargos de falsificar evidencia y 5 cargos de perjuicio. Wiggins hasta llevo arrestar a un chicano por alegarse un robo, para el cual en ese momento el se encontraba en el centro de detoxificacion de la ciudad.

Las condiciones han a un punto donde a un punto donde a un punto donde blancos se han unido con el proposito de destituir al jefe de la policia Ray Hoobler.

La BRUTALIDAD de la policia parece aumentar con el paso de los dias tanto tambien a traves de la nacion.

Los problemas de la brutalidad de la policia son sintomas de la decadencia de este sistema.

Estos problemas no se van a resolver bajo ningun mandato gubernamental, porque la policia y el gobierno son una y carne, inseparables, porque uno depende del otro para su existencia.

Estos problemas se resolveran con el cambio completo del sistema que permite estos abusos, y ese sistema es el capitalismo.

Los continuos problemas de la economia como el desempleo y la inflacion han causado grandes preocupaciones entre la clase trabajadora, mientras que los ricos cuentan sus ganancias. Ala vez cuentan con la policia para protegerle sus ganancias.

Estas son las condiciones que desmascaran a la policia en su verdadero papel, como defensores de la clase Rica y sus servidores.

Los maltratos de la gente en San DIEGO a manos de la policia son buen ejemplos de como la policia puede ajustar la ley a servir el beneficio de la clase rica (Burgesia) hasta justificar un asesinato (Como en el caso de Bernardo Gallardo).

La unica manera en que podremos para estos abusos es cuando la clase trabajadora se una y derote a sus opresor (la Burgesia).

SOBRE LA NUTRICION

VITAMINA A

Espinacas, Perejil, Berro, Aceite de Hígado de Bacalao, Hígado de ternera, Huevo, Semillas del Rosal, Acerola

RAZONES

- (Por Mujeres)
1) Ayuda el piel en quedondose suave
2) Ayuda la membrana mucosa resistane contra infection
3) Promover ojos saludable

VITAMINA B1 (tiamina)

Soya, Chicharos, Lentejas, Jamon Crudo, Nuez de la India, Germen de trijo, Frijoles, Avena

RAZONES

- 1) Ayuda en sueltando energia de la comida
2) Ayuda en la funcion de la systema nerviosa
3) Ayuda en digestion normal
NOTA: Los Razones son igual por riboflavina y Niacina.

VITAMINA B2 (Riboflavina)

Huevos, Leche, Chicharos, Coliflor, Champinones, Sesos, Hígado ternera, Sesos ternera, Espinacas, Soya, Cacahuates, Nueces, Trigo entero, Pepitas, Semilla Girasol

Vitamina B3 (Niacina)

Germen de trigo, Cacahuates, Hígado de ternera, Rinones, Pescado, Pan Negro

Vitamina b6 (Piridoxina)

Legumbres secas, Hígado, Semillas de girasol, Platanos, Soya, Carne Magra.

RAZONES

- 1) Ayuda pa prevenir anemia
2) Ayuda en la funcion de bioquimico

NOTA: Los razones son igual por B12 y Acido Folic.



VITAMINA B12 (Cianoco balamina)

Germen de trijo, Hizado de ternera, Mariscos ACIDO FOLICO

Espinacas, Hígado, Soya, Lentejas, Ostiones, Papas, Fresas, Hongos

Otros vitaminas de Complejo B son Amida Nicotínica y Acido Pantoténico que puedes hallarlo en hígado.

VITAMINA C

Semillas de rosal, Limon, Naranja, Toronja, Pasa de Acerol Corinto

RAZONES

DE CORINTO, Acerola

RAZONES

- 1) Ayuda en fabricacion de materiales que sostenan celula de cuerpo junto
2) Pa saludable pareres de venas de sangre
3) Ayuda en resistar infecciones
4) Ayuda en prevenir fatiga

Vitamina D

Aceite de hígado de pescado, Mantequilla

RAZON

- 1) Ayuda en la fabricacion de hueso con calcio y fosforo.

Si usted ha notado, toma muchos tipos de comida para poder conseguir una nutricion balanceada. Esto presenta un problema para la clase trabajadora y para ta un problema para la clase trabajadora. Pero a la ver se sabe que muchas gentes nunca estaran en la posicion de poder conseguir or proverse de esta clase de comida. Muchas personas continuaran sosteniendose abase de tortillas de maíz y frijoles, pero efuerzos deberian presentarse para poder descibir que clases de comida son las que realmente tienen la vitaminas necesarias para nuestro cuerpo.

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NOTES ON NUTRITION

VITAMIN A

Yellow fruits, dark green and deep yellow vegetables
Butter, milk, cheese, liver, eggs

REASONS

- 1) To help keep skin smooth and soft
2) To help keep mucous membranes firm and resistant to infection
3) Promotes healthy eyes

VITAMIN B (Thiamine)

Meat, fish, and poultry
Eggs, dried peas and beans
Milk, cheese
Whole grain and enriched breads and cereal

REASONS

- 1) Helps in the release of energy from food
2) Helps in the function of the nervous system.
3) Helps in normal digestion.

NOTE: The reasons are the same for Riboflavin and Niacin.

VITAMIN B2 (Riboflavin)

The foods are the same as in thiamine.

VITAMIN B3 (NIACIN)

The foods are the same as in Thiamine.

VITAMIN B6 (Pyridoxine)

Meats, potatoes, dark green leafy vegetables, whole grains and dry beans.

REASONS

- 1) Helps prevent anemia
2) Helps in biochemical functions.

NOTE: The reasons are the same for B12 and Folic Acid.

VITAMIN B12 (Cyanoco balamín)

Milk, cheese, eggs, and meats
Green vegetables, whole grains and dry beans.



Folic Acid

Green vegetables, whole grains and dry beans.

Other vitamins of the B-Complex are: Niacinamide and Pantothenic Acid which are found in liver.

VITAMIN C

Citrus fruits, broccoli, cabbage

REASONS

- 1) To make cementing materials that hold body cells together
2) To make walls of blood vessels firm
3) To help resist infection
4) To help prevent fatigue

VITAMIN D

Fish liver oil, butter

REASONS

- 1) To help build calcium and phosphorous into bones.

If one notices, it takes many types of food to have adequate nutrition. This presents a problem to the working class as a whole. But it is recognized that many people are unable to afford some of these foods. Many people will continue to subsist on corn tortillas and beans, but efforts should be made to recognize which foods have the essential vitamins. Vitamins are substances that the body must acquire in the diet for normal function, structure, and growth. Usually they act in small quantities with other chemicals synthesized within the body to form enzymes required for metabolism. A deficiency of any one vitamin can lead to disease.

MORATORIO EN SANTA ANA ¡EL PUEBLO UNIDO, JAMÁS SERÁ VENCIDO!

EL 24 DE AGOSTO 1974 EN SANTA ANA CALIF., se marcara para siempre como el dia glorioso en que 500 personas Mexicanos, Latinos y Blancos sensitivos Contra La Migra y los Capitalistas que han usado el Departamento de Inmigracion con o otra de sus muchas armas represivas en contra de la gente trabajadora. La marcha y la manifestacion en el Parque Birch senalo que como en muchos otros lugares en el pais, el pueblo obrero esta comprendiendo(y a la vez actuando) que la unidad de la clase trabajadora es mas necesaria que un papel que el gobierno reparte. Este moratorio, que fue parte del Moratorio Nacional Contra la Migra por la Coalicion Nacional Pro Leyes Justas de Inmigracion puso enfasis en la necesidad de conocer el camino mas fuerte en la lucha. Se noto que la gente que participo en este acto de protesta eran obreros, estudiantes, familias y gente de la comunidad en general. De esta realidad fue precisamente a lo que se dirigieron los oradores en la asamblea. Antonio Rodriguez, del Comité Nacional por Liberacion de Los Tres, hablo de la situacion de nuestra gente que no tiene documentos. El

y otros oradores se dirigieron a cuestiones esenciales que ahora es muy importante saber a base de las continuas campanas de terror que el gobierno esta llevando acabo.

Principalmente, que la gente no viene aca voluntariamente sino las condiciones miserables en Mexico y en el resto de los paises Latinos forzan a miles y miles dejar su tierra y sus familias. Antonio Rodriguez, que es el abogado del Comité, apunto que el imperialismo de los EEUU controla enteras economias con su capital financiero, que es responsable por la tragedia que para nuestros hermanos en Latino America significa un desempleo de casi 50%, carestia acuda de la vida, y la mas horrible represion a manos de los gobiernos titeres, como lo es el PRI- gobierno de Echeverria.

El movimiento estudiantil en las ciudades de este condado siempre han luchado, aunque muchos estudiantes Chicanos han querido verse inconscientes de las tareas que no afrontan. Isabel Chaves-una hermana estudiante-hizo una fuerte llamado a todos los estudiantes que sigan la lucha y esten en el frente para defender los derechos de todos los obreros con o sin papeles. Isabel menciono que MECHA-una organizacion estudiantil en las escuelas-perdiera su camino revolucionario totalmente si no empieza a dirigirse a las problemas de su clase de origen obrero y apoyar la lucha que sigue la comunidad entera. Advertiendo que los estudiantes Mexicanos en las escuelas no son para estar unido con la batalla del obrero Latino aqui y en los paises Latinos. Les recordo al movimiento estudiantil que no se dejen engañar. Nuestros padres como obreros han construido las escuelas con su sudor y su sangre, y ademas son los obreros que producen la material adentro de los salones para el beneficio de estudiantes. Cuando la clase obrera este mucho mas fuerte, los grupos estudiantiles en las escuelas tambien seran fuertes.



tambien proponen levantar cargos racistas contra obreros Mexicanos diciendo que el obrero Latino es responsable por las grandes infecciones de enfermedades venereales porque son sucios. Asi pisen a continuar la justificacion para hacer mas deportaciones y redadas, y mas importante-no permitir que el pueblo obrero se una a mas fuerte en su trabajo o comunidad.



El animo de la marcha se demuestra en la caras de estas personas

Si realmente quieren "cerrar" las fronteras, entonces que se cierren totalmente la frontera a esas empresas multi-nacionales que oprimen pueblos Latinos Americanos y pasan billones de dolares a este lado. Antonio Rodriguez advirtio a los participantes que analizen las situaciones economic-politicas para ver a quienes realmente se les pasa beneficios cuando la clase trabajadora sigue siendo explotada por las corporaciones multi-nacionales.

El movimiento estudiantil en las ciudades de este condado siempre han luchado, aunque muchos estudiantes Chicanos han querido verse inconscientes de las tareas que no afrontan. Isabel Chaves-una hermana estudiante-hizo una fuerte llamado a todos los estudiantes que sigan la lucha y esten en el frente para defender los derechos de todos los obreros con o sin papeles. Isabel menciono que MECHA-una organizacion estudiantil en las escuelas-perdiera su camino revolucionario totalmente si no empieza a dirigirse a las problemas de su clase de origen obrero y apoyar la lucha que sigue la comunidad entera. Advertiendo que los estudiantes Mexicanos en las escuelas no son para estar unido con la batalla del obrero Latino aqui y en los paises Latinos. Les recordo al movimiento estudiantil que no se dejen engañar. Nuestros padres como obreros han construido las escuelas con su sudor y su sangre, y ademas son los obreros que producen la material adentro de los salones para el beneficio de estudiantes. Cuando la clase obrera este mucho mas fuerte, los grupos estudiantiles en las escuelas tambien seran fuertes.

Ruth Chaidex, Presidenta de C.A.S.A. del Condado de Orange estaba presentando los oradores durante la manifestacion y ella incluyo puntos muy importantes. Ella aclaro que muchos programas sociales del gobierno que existen en el Condado que dirijen coyotes Mexicanos vendidos (poverty pimps) siempre han servido para aplacar a nuestras quejas y problemas pero para nunca resolverlos. Estos programas como S.E.R. y Teacher Corps que reciben miles de dolares por ano del gobierno opresivo, siempre dicen que "representan" a la Raza pero en realidad ayudan a dividirnos porque no quieren ayudar al obrero sin documentos y nunca se ponen al frente para denunciar a la policia y la Migra cuando estas dometen atropellos contra nuestra Raza trabajadora.

Representan a los intereses ricos.

Soledad Alatorre, Presidenta de C.A.S.A. en Los Angeles felicito a todos los marchantes por este acto de consciencia que por seguro ayudara para unificar aun mas gente para pelear por el derecho del obrero inmigrante y su familia. Hablo brevemente de la campana del gobierno de los EEUU para esterilizar forzosamente y secretamente a miles de mujeres Mexicanas. Esta explotacion sigue mano a mano con el mismo que tratan de ser contra las otras mujeres de otros grupos pobres en el pais. Aconsejo que todos esterilicemos muy "truchas" en las operaciones femeniles que hacen en muchos hospitales.

SIGUE EN LA PG. 12

CHILE AND THE AMERICAN WORKERS

A year ago today--on September 11, 1973--the Chilean military assassinated the Constitutionally elected President of Chile, Salvador Allende and took over power.

Then, one of the most sinister massacres of workers, peasants and students, started immediately.

Thousands of people were shot in the streets, in military barracks, in stadiums and even in their own homes. Tens of thousands have been arrested and tortured. An equally large number were fired from their jobs or forced to withdraw from the schools they were attending. Congress was closed down, the Constitution and the laws were abolished, and each and every Human Right was, and continues to be, violated. Democracy was replaced by Fascism as a system of government.

How can all of this be explained and understood?

The people of Chile--and especially the working class--has a long history of unity and struggle.

In September 1970 a leftist coalition (Popular Unity, UP), backed by the powerful Central Workers Union (Central Unica de Trabajadores, CUT) won the presidential election.

Salvador Allende's government did not plan to build socialism. Its main objective instead was to transform the economic and social relations in order to achieve independence from imperialism and allow a truly democratic participation of the working class (blue collars, peasants and service workers) in the whole process of running the country.

This hurt--naturally--the dominant forces. It also hurt imperialism when basic resources such as copper, nitrate, iodine and iron, were nationalized. It hurt the monopolies when workers started to run big corporations. It hurt the big landlords when the land was distributed among the peasants. And thus, imperialists, monopolists and landlords united--at national and international level--to keep the workers from becoming the masters of their own destiny.

The CIA, the ITT, Anaconda, Kennecott, big trusts, and political as well as police agencies serving them, organized, promoted and financed all types of conspiracies, boycotts, embargoes and plots. Management sabotaged production and hoarded food and goods in general. Landlords armed themselves to murder peasants and to destroy agricultural production.

Everything and every effort was useless. Neither imperialism nor the bourgeoisie or landlords could change the policy of the Popular Government or bend the will of the people.

Never before in the history of Chile was there more freedom and more respect for the law and for human rights. Mass media could speak and attack the government--and this, they did to the point of infamy. The right wing political parties--the opposition, as they were best known, enjoyed absolute freedom of action. No party or political organization was ever persecuted, and every citizen was guaranteed the right to organize and to speak out, even against the government.

The nationalization of the corporations was done along the lines of the existing legal codes. Imperialist companies were represented by the lawyers of their own choice. All changes and transformations were carried out under the laws written by management, but now applied by a government of the workers.

Imperialists, monopolists and landlords were confronted with their laws, with the weapons they themselves created. And they were cornered by the mass struggle, which was the support of Allende's regime.

At this point the reactionaries changed their tactics completely and their look. The democratic and institutional mask worn until then was dropped to show their true face: a fascist and dictatorial one.

Imperialism and the bourgeoisie are not interested in democracy, but in dominating and exploiting the workers. "Democracy" in the hands of the bourgeoisie is only a mask to cover up their really oppressive system. And so, when the mask of democracy is not useful anymore, the bourgeoisie throws it away like it would do with trash; then, it oppresses, exploits and represses openly. Fascism is the maskless face of exploitation and domination by the ruling class.

This is what is happening in Chile today. This is Chile's lesson for the workers and true democrats everywhere.

Now, if Imperialist exploiters and national exploiters united against the Chilean workers, the answer has to be equivalent to that. Workers of this continent and around the world should support and defend Chilean workers who are being murdered, tortured, jailed, persecuted and starved. This kind of solidarity is part of the same struggle. Those who exploit the American worker are backing the military junta in Chile. The weapons to kill Chilean workers and peasants are provided by imperialism. A part of the work and taxes of U.S. citizens becomes weapons and aid for repression in Chile.

cont. on pg. 11



WORKERS OF CHILE (above) AND U.S. WORKERS DEMONSTRATE THAT THERE IS SOLIDARITY AMONG WORKERS OF ALL COUNTRIES

DEMONSTRACIONES COMO ESTAS SON SEÑAS DE LA SOLARIDAD DE CLASE QUE EXISTE EN EL MUNDO



San Francisco

CHILE Y LOS TRABAJADORES AMERICANOS

Hace un año, el 11 de septiembre de 1973, los militares asenaron al presidente Constitucional de Chile Salvador Allende, y se aduenaron del poder. Inmediatamente comenzó una de las más siniestras masacres de obreros, campesinos y estudiantes que recuerde la historia de América.

Miles de personas fueron fusiladas en las calles, en los cuarteles, estadios o en sus propias casas. Miles han sido detenidos y torturados. Otros tantos han sido despedidos de su trabajo o de sus estudios. Se cerró el Parlamento, fueron abolidas la Constitución y las leyes, se violaron y siguen violando cada uno de los Derechos Humanos. La Democracia ha sido reemplazada por el Fascismo como sistema de gobierno.

Como puede explicarse todo esto? En Chile, la clase obrera y el pueblo tienen una larga historia de unidad y lucha.

En septiembre de 1970, una coalición de la izquierda (Unidad Popular) con el apoyo de la Central Unica de Trabajadores (CUT) triunfa en las elecciones presidenciales.

El Gobierno de Salvador Allende y la Unidad Popular no se planteó construir el socialismo. Su objetivo era transformar las relaciones económicas y sociales para lograr la independencia del imperialismo y lograr la participación democrática de los trabajadores (obreros, campesinos, empleados) en la conducción del país.

Esto afectaba a las fuerzas dominantes. Afectaba al imperialismo, al nacionalismo, las empresas mineras (cobre, salitre, yodo, hierro, etc.), las compañías monopolistas, al ejército y los sindicatos. La nacionalización de las empresas mineras y de salitre y yodo, la reforma agraria, la nacionalización de las empresas de transporte y de comunicaciones, la reforma educacional, la reforma de la salud, la reforma de la vivienda, etc., fueron medidas que afectaron a los intereses de las clases dominantes y a los intereses de los trabajadores.

los campesinos. Y el Imperialismo, la Burguesía y los Terratenientes se unieron nacional e internacionalmente, para impedir que el pueblo pudiera ser dueño de su destino.

La CIA, la ITT, la Anaconda, la Kennecott, los grandes trusts internacionales y los organismos políticos y policiales a su servicio, organizaron, promovieron y financiaron todo tipo de conspiraciones, boicots, embargos y atentados. Los empresarios sabotearon la producción, acapararon los productos alimenticios. Los terratenientes se armaron para asesinar campesinos y destruir la producción agraria.

Todo fue inútil. Ni el imperialismo ni la burguesía ni los terratenientes pudieron variar la política del Gobierno, ni torcer la voluntad del pueblo.

Nunca en la historia de Chile hubo mayor libertad y mayor respeto por los derechos humanos y las leyes. La prensa y la radio tuvieron amplias garantías y pudieron atacar y oponerse al Gobierno, oportunidad que utilizaron hasta la infamia. Los partidos políticos de derecha tuvieron absoluta libertad para atacar. No hubo partidos ni organizaciones políticas alguna perseguidos, y el gobierno permitió a todos los ciudadanos el derecho de expresarse y de organizarse, incluso contra el gobierno.

propio gobierno.

Las empresas nacionalizadas lo fueron de acuerdo con las leyes vigentes. Las compañías imperialistas tuvieron sus abogados que ellas mismas designaron. Todos los cambios y transformaciones fueron realizados utilizando las normas jurídicas existentes, las mismas normas jurídicas elaboradas por los patronos, pero puestas ahora al servicio de un gobierno de los trabajadores.

El imperialismo, la burguesía y los terratenientes fueron enfrentados con sus mismas leyes, con las propias armas que habían creado. Y fueron acorralados por la presión y la lucha de las masas que eran el apoyo del gobierno de Allende.

Entonces fue que la reacción cambió totalmente de táctica y fisonomía. Y arrojó de lado la máscara democrática e institucionalista, para mostrar su rostro auténtico: fascista y dictatorial.

Al imperialismo y a la burguesía no le interesa la democracia, le interesa explotar y dominar a los trabajadores. La "democracia" en manos de la burguesía es solo la máscara de un sistema de opresión. Y cuando esta máscara ya no le es útil, se arroja a la basura y entonces, explotan y reprimen abiertamente. El fascismo es la cara que muestra de la explotación y la dominación de la clase patronal.

THE JUNTA AND ITS FACIST MECHANISM

The political constitution of 1925 that ruled Chile stated the functions of the three powers of Government : Executive, Legislative and JUDICIAL.

Nowadays, the Executive power is held by GENE RAL Pinochet, Commander in Chief of the Army. The Legislative power is held by Pinochet himself, and the Commander in Chief of the Navy (Merino), the Commander in Chief of the Air-Force (Leigh) and the Commander in Chief of the Uniformed Police or "Carabineros" (Mendoza).

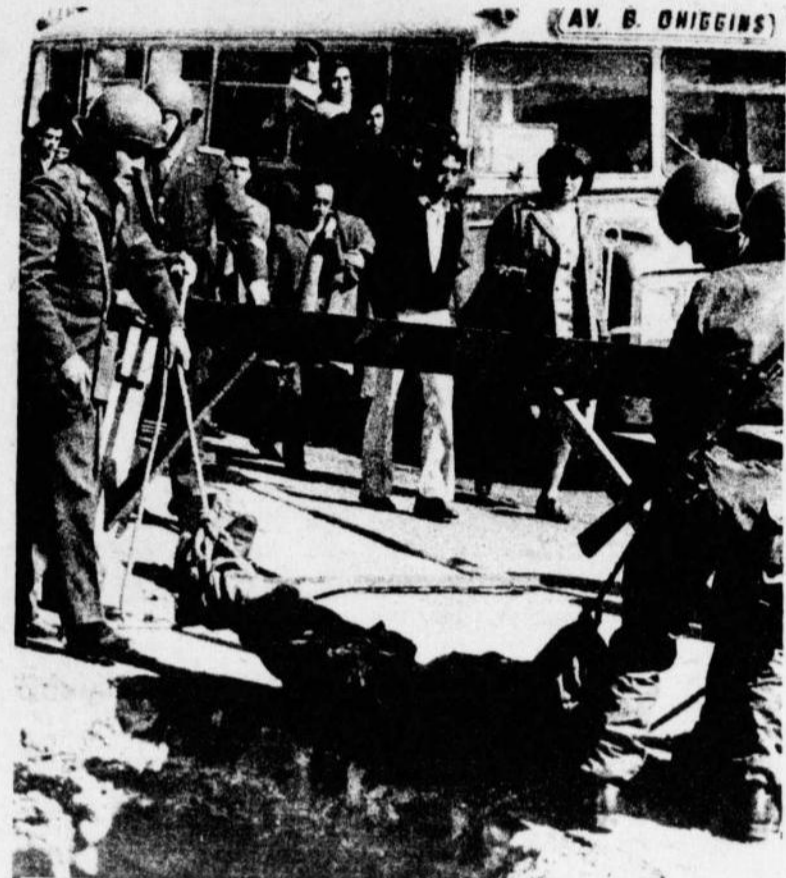
The Judicial power has been deprived of any jurisdiction to try the so called "military trials of war times" which were established by the military Junta again at those considered their "enemies". In relation to this, the Chilean Foreign Relations Minister of the Allende government was able to make this statement to a Mexican newspaper: "Under this curious interpretation of the law, I am an enemy of Chile because of being a Socialist, and in this war situation, I am an enemy even after having been the Foreign Minister.

The power in Chile is administered by high fascist military officials. Therefore it is disgusting to see politicians and religious leaders repeating the same errors, by fooling themselves and the world thinking that the junta is going to respond to their appeals for clemency.

Furthermore the members of the military junta have arrogated to themselves the power to dictate the new constitutional regulations. Just four people without the least opposition, have established the absolutist limitations which they intend to use to govern the Chilean people.

The Municipal power, which was elected by universal voting in an election all over the country has been eliminated. The Juntas de Vecinos, Assemblies of all the people living a quarter or small district, have lost their right to hold meetings.

All the political parties that supported President Allende's government were dissolved and declared to be illicit, illegal, associations, since the first day of the Junta. All the other political parties were made to go into recess. Since its first declaration the Military Junta declared the purpose "to extirpate the Marxist-cancer" at the same time of prohibiting the left-wing political organizations.



THE BRUTALITY OF THE POLICE HAS NO LIMIT

Their action against Marxist-Leninist philosophy and against the socialist principles is made clear by the illegal confiscation of all their facilities, the burning of books, imprisonment, persecution, torture and conviction of their leaders, militants and supporters. All possible sources of expression is interfered, all the country's press is kept under control; no opposition, progressive or left-minded expression is allowed. At the same time, all the universities are intervened, near a 40% of their teaching staff have been expelled, and the same happens to the students.

During 1974, the Junta went further than persecuting the Marxist political thought; they pointed out that their intention was "to do away with the political chaos of the last 30 years" giving special emphasis to the participation of the Christian Democratic Party, the political basis that facilitated the conditions for the military coup and that today has found all its media suppressed, its workers persecuted, its militant expelled from their jobs at the TV complexes, and from other positions where they can become dangerous to a system that every day shows its reactionary origins and that has been called "Fascist" by some EUROPEAN, Latin Americans and some American news media.

LA JUNTA Y SUS METODOS FACISTAS

La Constitución política de 1925 que regía a Chile, disponía el funcionamiento de tres poderes del Estado: Ejecutivo, Legislativo y Judicial.

Hoy el Poder Ejecutivo lo detenta el general Pinochet (Comandante en Jefe del Ejército). El Poder Legislativo lo ejerce el propio Pinochet, el Comandante de la Marina (Merino) el Comandante de la Aviación (Leigh) y el Comandante de la Policía o "Carabineros" (Mendoza).

El Poder Judicial ha sido desprovisto de toda jurisdicción para conocer de los llamados "procesos militares en tiempos de guerra" que la Junta estableció contra los que considera sus "enemigos". Sobre ello el Canciller Clodomiro Almeida pudo declarar a un diario mexicano: "Bajo esa curiosa interpretación jurídica, resulta que yo para la ley militar soy enemigo de Chile en cuanto socialista y en "situación de guerra".

El poder en Chile está en las manos de los militares facistas. Así es que de pena ver la manera en que ciertos grupos políticos y religiosos se engañan a ellos mismos y al mundo en pensar que la Junta le va a responder a sus aclamaciones por clemencia.

Por otra parte, la Junta se ha investido del poder para dictar normas constitucionales nuevas. Cuatro personas, sin oposición alguna, establecen el marco absolutista dentro del cual pretenden colocar al pueblo chileno.

El Poder Comunal, que se elegía por sufragio universal en un acto electoral que se realizaba a lo largo de todo el país, ha sido caducado. Las Juntas de Vecinos carecen de libertad de reunión.



La brutalidad militar no tuvo límite

Neruda: "My Poetry Is Here To Fight You"

Those who, in 1948 during the first massive repression of the Chilean people outraged, persecuted and banned from Chile their most illustrious countryman, the Nobel prize poet PABLO NERUDA, are the same who dressed in uniforms plundered his house and rushed his death, in September, 1973, precisely one year ago.

Why did the story happen again? Why the bourgeoisie have to necessarily proceed in the same way, consequently and without hesitation, in 1948 and 25 years later? Why neither then nor now do they recognize their guilt? Why will they not accept the words of the poet? Neither the Chilean nor any other Latin American bourgeoisie. And why will they always retreat in horror from his verse? What is there in his poetry? What do his What do his poem talk about? After all, why would they like to see his poetry also dead?

I. Because my poetry was born to denounce the executioner and the exploiter.

Amamantaste América, hijos terribles

Sauria, escamosa América enrollada al crecimiento vegetal, al mastil erigido en la ciénaga: amamantaste hijos terribles con venenosa leche de serpiente, tórridas cunas incubaron y cubrieron con barro amarillo, una prole encarnizada. El gato y la escorpión fornicaron en la patria selvática.

Las oligarquías

No, aún no secaban las banderas, aun no dormían los soldados cuando la libertad cambio de traje, se transformo en hacienda: de las tierras recién sembradas salió una casta, una cuadrilla de nuevos ricos con escudo, con policía y con prisiones.

Aquí nosotros, allí vosotros

Hicieron una línea negra: "Aquí nosotros, porfiristas de México, "caballeros" de Chile, pitucos del Jockey Club de Buenos Aires, engomados filibusteros del Uruguay, pisaverdes ecuatorianos, clericales, señoritos de todas partes" "Allá vosotros, rotos, cholos, pelados de México, gauchos amontonados en pociglas, desamparados, andrajosos, piojentos, pillis, canallas, desbaratados, miserables, sucios, perezosos, pueblo"

Todo se edificó sobre la línea

El policía custodió la muralla y el hambriento que se acercó a los mármoles sagrados le dieron con un palo en la cabeza o lo enchufaron en un cepo agrícola o a puntapiés lo nombraron soldado. Se sintieron tranquilos y seguros. El pueblo fue por calles y campañas a vivir hacinado, sin ventanas, sin suelo, sin camisa, sin escuela, sin pan.

Ellos se declaran patriotas

En los clubes se condecoraron y fueron escribiendo la historia. Los parlamentos se llenaron de pompa, se repartieron después la tierra, la ley, las mejores calles, el aire, la Universidad, los zapatos

Así gobernarán

Su extraordinaria iniciativa fue el estado erigido en esa forma, la rígida impostura. Lo debatieron como siempre, con solemnidad y banquetes, primero en círculos agrícolas, con militares y abogados.



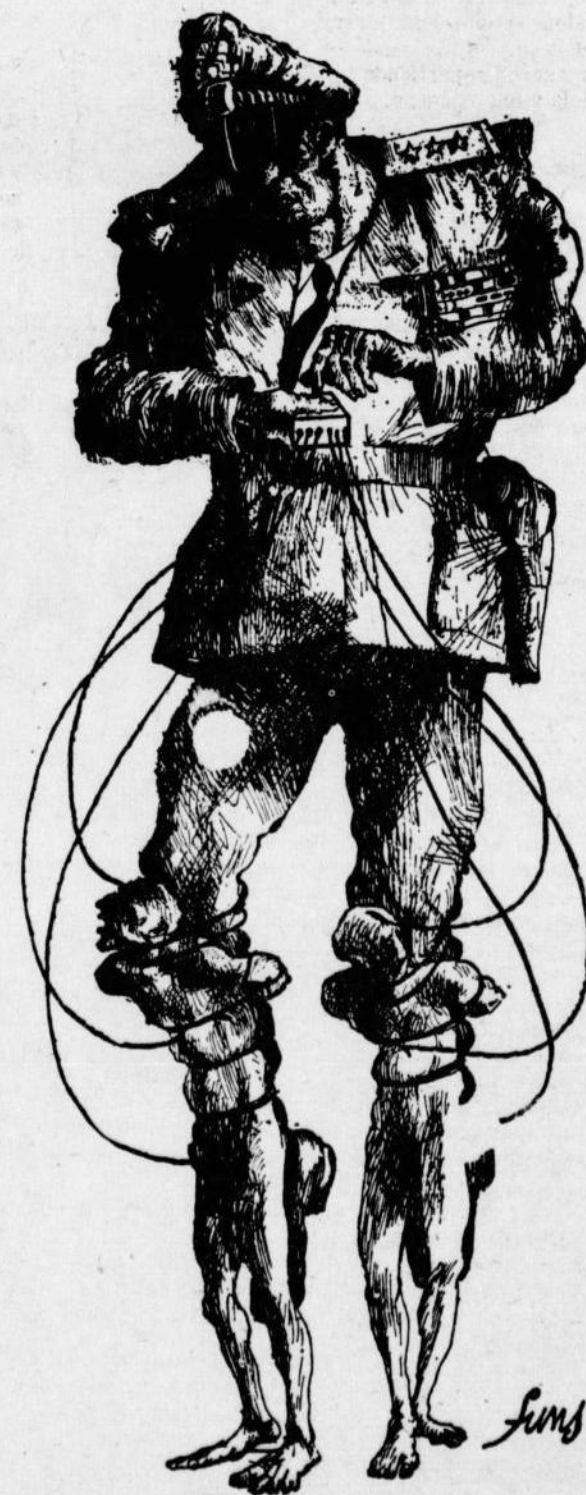
Y al fin llevaron al Congreso la Ley Suprema, la famosa, la respetada, la intocable, Ley del Embudo. Fue aprobada. Para el rico la buena mesa. La basura para los pobres. El dinero para los ricos. Para los pobres el trabajo. Para los ricos la casa grande. El tugurio para los pobres. El fuero para el gran ladrón. La cárcel al que roba un pan. París, París, para los señoritos. El pobre a la mina, al desierto.

Los oligarcas chilenos.

Cuando ya todo fue paz y concordia, hospital y virrey, cuando Arellano, Rojas, Tapia, Castillo, Nuñez, Pérez, Rosales, López, Yorquera, Bermudez, los últimos soldados de Castilla, envejecieron detrás de la Audiencia, cayeron muertos bajo el mamotreto, se fueron con sus piojos a la tumba donde hilaron el sueño de las bodegas imperiales, cuando era la rata el único peligro de las tierras encarnizadas, se asomó el vizcaíno con un saco, el Errázuriz con sus alpagatas, el Fernández Larraín a vender velas, el Aldunate de la bayeta, el Eyzaguirre, el rey del calcetín. Entraron todos como pueblo hambriento, huyendo de los golpes del gendarme. Pronto, de camiseta en camiseta, expulsaron al conquistador y establecieron la conquista del almacén de ultramarinos. Entonces adquirieron orgullo comprando en el mercado negro. Se adjudicaron haciendas, látigos, esclavos, catecismos, comisarías, cepos, conventillos, burdeles, y a todo esto dominaron santa cultura occidental.

Grotescos, falsos aristócratas de nuestra América

Grotescos, falsos aristócratas de nuestra América, mamíferos recién estucados, jóvenes estériles, pollinos sesudos, hacendados malignos, héroes de la borrachera en el Club, salteadores de banca y bolsa, pijes, granfinos, pitucos, apuestas tigras de Embajada, pálidas niñas principales, flores carnívoras, cultivos de las cavernas perfumadas, enredaderas chupadoras de sangre, estírcol y sudor, llanas estranguladoras, cadenas de boas feudales:



AL PRISONERS AT CAMP IN PISAGUA IN NORTHERN CHILE

II Because my poetry was born to demand punishment.

Chile

Cada pueblo con sus dolores, cada lucha con sus tormentos, pero venid aquí a decirme si entre los sanguinarios, entre todos los demandados déspotas, coronados de odio, con cetro de látigos verdes, alguno es como el de Chile?

Juramento

Recabarán, en estos días de persecución, en la angustia de mis hermanos relegados, combatidos por un dictador, y con la patria envuelta en odio, herida por la tiranía, recuerdo la lucha terrible de tus prisiones, de tus pasas primeras, tu soledad de torredón irreductible, y cuando, saliendo del páramo, un hombre y otro a ti vinieron a congregar el amasijo del pan húmedo defendido por la unidad del pueblo augusto. Recabarren, hijo de Chile, padre de Chile, padre nuestro, en tu construcción, en tu línea fraguada en tierras y tormentos nace la fuerza de los días vendederos y vencedores. Tu eres la patria, pampa y pueblo, arena, arcilla, escuela, casa, resurrección, puño, ofensiva, orden, desfile, ataque, trigo, lucha, grandeza, resistencia. Recabarren, bajo tu mirada juramos limpiar las heridas mutilaciones de la patria. Juramos que la libertad levantará su flor desnuda sobre la arena deshonrada. Juramos continuar tu camino hasta la victoria del pueblo.

Pido castigo

Por nuestros muertos, pido castigo. Para los que de sangre salpicaron la patria, pido castigo. Para el verdugo que mandó esta muerte, pido castigo. Para el dictador que ascendió sobre el crime, pido castigo. Para el que dió la orden de agonía, pido castigo. Para los que defienden este crimen, pido castigo.

Mientras temblaban las praderas con el aglope de Bolívar, o de O'Higgins (soldados pobres, pueblo azotado, héroes descalzos), vosotros formastes las filas del rey, del pozo clerical, de la traición a las banderas, pero cuando el viento arrogante del pueblo, agitando sus lanzas, nos dejó la patria en los brazos, surgisteis alabrando tierras, midiendo cercas, haciendo áreas y seres, repartiendo la policía y los estancos.

Y el pueblo, qué paso con el pueblo?

El pueblo volvió de las guerras, se hundió en las minas, en la oscura profundidad de los corrales, cayó en los surcos pedregosos, movió las fábricas grasientas, procreando en los conventillos, en la s habitaciones repletas con otros seres desdichados. Naufrago en vino hasta perderse, abandonado, perdido por un ejército de piojos y de vampiros, rodeado de muros y comisarías, sin pan, sin música, cayendo en la soledad desquiciada donde Orfeo le deja apenas una guitarra para su alma, una guitarra que se cubre de cintas y desgarraduras y canta encima de los pueblos como el ave de la pobreza.

Así fue devorada, joven América, tu vida

Así fue devorada, negada, sometida, arañada, robada, joven América tu vida De los despeñaderos de la cólera donde el caudillo pisoteó cenizas y sonrisas recién tumbadas, hasta las máscaras patriarcales de los bigotudos señores que presidieron la mesa dando la bendición a los presentes y ocultando los verdaderos rostros de oscura saciedad, de concupiscencia sombría y cavidades codiciosas: Rama de fríos mordedores de la ciudad, tigres terribles, comedores de carne humana, expertos en la cacería del pueblo hundido en las tinieblas, desamparado en los rincones, en los sótanos de la tierra.

III Because my poetry was born to struggle against tyranny and for singing to the victorious people.

Patria, hoy nacerás del pueblo como entonces

Patria, naciste de los leñadores, de hijos sin bautizar, de carpinteros, de los que dieron como un ave extraña una gota de sangre voladora, y hoy nacerás de nuevo duramente, desde donde el dictador y el carcelero te creen para siempre sumergida. Hoy nacerás del pueblo como entonces. Hoy saldrás del carbón y del rocío. Hoy llegarás a sacudir las puertas con manos maltratadas, con pedazos de alma sobreviviente, con racimos de miradas que no extinguió la muerte, con herramientas hurafas, armadas bajo los harapos.

Nuestra lucha continuará

Hermanos: sabed que nuestra lucha continuará en la tierra. Continuará en la fábrica, en el campo, en la calle, en las salitreras. En el cráter del cobre verde y rojo en el carbón y su terrible cueva. Estará nuestra lucha en todas partes, y en nuestro corazón, las banderas que presenciaron vuestra muerte, que se empaparon en la sangre vuestra, se multiplicaron como las hojas.

El día inmenso

Mil noches caeran con sus alas oscuras, sin destruir el día que esperan nuestros muertos. El día que esperamos a lo largo del mundo tantos hombres, el día final del sufrimiento. Un día de justicia conquistada en la lucha, y vosotros, hermanos caídos, estaréis con nosotros en ese vasto día de la lucha final, en ese día inmenso.

Cayeron otros antes

Yo no vengo a llorar aquí donde cayero: vengo a vosotros, acudo a los que viven. Acudo a ti y a mí y en tu pecho golpeo. Cayeron otros antes. Recuerdas? Sí, recuerdas. Otros que el mismo nombre y apellido tuvieron. En San Gregorio, en Lonquimay lluvioso, en Ranquil, derramados por el viento, en Iquique, enterrados en la arena, a lo largo del mar y del desierto, a lo largo del humo y de la lluvia. Desde la s pampas a los archipiélagos fueron asesinados otros hombres, otros que como tú se llamaban Antonio y que eran como tú pescadores y herreros: CARNE DE Chile, rostros cicatrizados por el viento, firmados por el sufrimiento.

Llegará el día

Mi pueblo, pueblo mío, levanta tu destino! Rompe la cárcel, abre los muros que cierran! Aplasta el paso torvo de la rata que manda desde el Palacio: sube tus lanzas a la aurora, y en lo mas alto deja que tu estrella iracunda fulgure, iluminando los caminos de América.

MI PUEBLO VENCERA

Esta mi corazón en esta lucha. Mi pueblo vencera. Todos los pueblos venceran, uno a uno.

Estos dolores se exprimiran como paneles hasta estrujar tantas lagrimas vertidas en socavones del desierto, en tumbas, en escalones del martirio humano. Pero esta cerca el tiempo victorioso. Que sirva el odio para que no tiemblen las manos del castigo, que la hora llegue a su horario en el instante puro, y el pueblo llene las calles vacías con sus freccas y firmes dimensiones. Aquí esta mi ternura para entonces La conocéis. No tengo otra bandera.

THE LIBERATION OF GUINEA-BISSAU THE END OF COLONIAL OPPRESSION

After 10 years of armed struggle led by the African Party for the Independence of Guinea and the Cape Verde Islands, five centuries of Portuguese colonial domination was ended, and Portugal finally recognized the independence of Guinea-Bissau. On August 26, a Peace Agreement was signed in Algiers by Portuguese Foreign Minister, Mario Soares and Deputy Defense Minister, Pedro Pires.

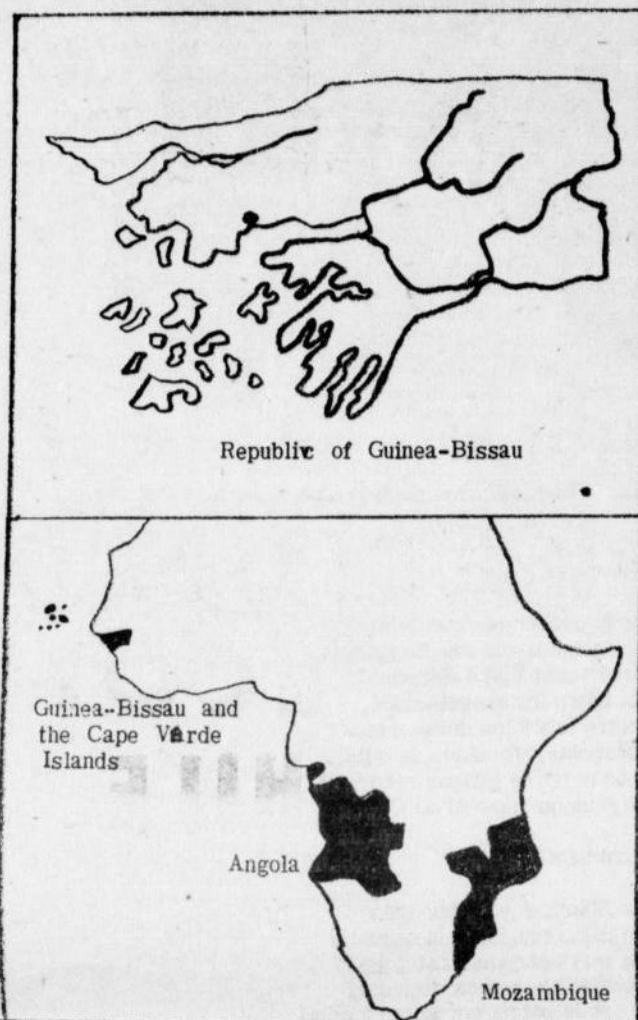
Behind the signing was memory of the fact that the Portuguese had killed thousands and maimed tens of thousands more. People were without homes, entire villages were destroyed, and families decimated. Among the dead was the leader and founder of the PAIGC, Amilcar Cabral, assassinated 17 months ago by African Portuguese agents who infiltrated the PAIGC. Cabral lived to see over 80% of the national territory liberated and he presided over the first general election in November, 1972, which laid the basis for the Declaration of Independence in September, 24, 1973.

The PAIGC, a Marxist-Leninist party, led the peasants of Guinea-Bissau and the armed militants of the Popular Revolutionary Armed Forces (FARP) to a military victory over colonialism. The armed struggle which began in 1963 was a continual series of victories for the PAIGC.

These African people defeated the oldest European colonial power. The Portuguese used the most advanced war techniques developed by the U.S. Army such as Napalm, strategic hamlets, aerial bombings of villages and more. The strength and determination for freedom of this tiny West African country with a population of about 500,000 people was assisted throughout the world by all the Socialist countries Cuba, China, GDR, and the Soviet Union. Military aid such as the AK-47 rifles, ammunition SAM 7 anti-aircraft rockets and other light and heavy artillery was used to destroy the fortified posts occupied by the Portuguese. The PAIGC began a guerrilla war which progressed into mobile war requiring larger and heavier weapons. During the last months of war, the PAIGC controlled the land and air so effectively, that tanks and other armored vehicles were used to attack the last fortified cities on the mainland.

By 1968, over 80% of the national territory was liberated and Socialist economic, political and social institutions were created. A system of People's Stores was created to provide the people living in the liberated regions with manufactured goods such as radios, bicycles, shoes, cloth, and sugar. These stores, also insured fair prices by eliminating the parasitic middleman. Based on Socialist philosophy, the stores accept the peoples agricultural products in exchange for the manufactured goods brought into the country by the PAIGC. The peso was established as the official monetary unit (\$1-25 pesos).

In the area of health, the PAIGC has made tremendous advances. The Portuguese had only 3 hospitals and a few dispensaries in the whole country. By 1968 the PAIGC had built 4 hospitals with a total of 200 beds and the equipment and trained personnel to perform surgery. There are now 8 major hospitals and dozens of dispensaries established to give daily assistance to combatants and the people. Hundreds of nurses were trained, some in Socialist countries, others inside Guinea-Bissau by those educated abroad.



Progress in the field of education was extremely rapid, particularly under the conditions of armed struggle. By 1968, 127 primary schools were functioning in the liberated areas with an enrollment of 13,500 pupils aged 7-15 year. This is a glaring contrast to the colonial conditions when there were only 56 primary schools with a maximum enrollment of 2,000, a 99% illiteracy rate and only 14 university-trained men. Since then, the PAIGC has trained over 500 people for civil service and technical -professional careers, over 500 young people are studying at higher, secondary and vocational schools in friendly European countries, while 15,000 children attend 156 primary and 5 secondary boarding and semi-boarding schools with a staff of 251 teachers. Amilcar Cabral, before his death said " This is the greatest victory of the people of Guinea and Cabo Verde over the Portuguese colonialists for it is a victory over ignorance, fear, and disease; Evils imposed on the African inhabitants for more than a century by Portuguese Colonialism".

In the area of social development, the PAIGC has created a national consciousness that was forged in armed struggle and in the development of new social and economic institutions, schools, hospitals, health centers and People's Stores. The elimination of tribalism was the first major goal, since the district of other peoples was deliberately developed by the Portuguese. This colonial tactic of "Divide and Conquer" made it easier to control the African population which was too busy fighting each other to fight the Portuguese. Now the children of Guinea-Bissau attend multi-ethnic schools which break down many of the old myths associated with tribalism. Portuguese is the official language which now allows communication between people who for centuries were unable to speak to each other.

The greatest accomplishment of the PAIGC in the liberated areas was the National Election held during November 1972. This General Election created the first National Assembly in Guinea-Bissau with 120 members, 80 from the Popular masses and 40 from the Political cadres, military, technicians and others from the PAIGC. This election was the most visible proof of the creation of a functioning independent African State. One year later on Sept. 24 1973 the PAIGC declared the Republic of Guinea-Bissau (RGB) an independent state. Within one month 74 nations have recognized the new African Republic. The RGB was also admitted into the Organization of African Unity as the 42nd member, a member of various International organizations such as the Postal Authority, Civil Aviation Agency and the General Conference on War, despite the objection of the U.S. When the Portuguese signed, the RGB had already been recognized independent by 103 countries.

The National Liberation Struggles in Guinea-Bissau, and in Mozambique and Angola, Portugal's other African colonies, drained Portugal of over 52% of its national budget every year. By trying to hang onto the territories Portugal became the most impoverished country in Europe. Hundreds of thousands of young Portuguese men, sensing the justness of the African struggle and the futility of fighting, left the country every year to avoid the draft. Many deserted in Africa, some returned to Europe to expose the fascist methods of torture and political repression while others joined the Liberation Forces and fought along side the African Revolutionaries.

cont. from p 6

Chile

Something has to be done against this. Chilean workers and peasants, especially the women's groups, know that only the American workers can stop this criminal aid.

The immense majority of the American working class is in favor of the restoration of democracy in Chile, of putting an end to the "state of war" decreed by the junta; in favor of respecting human rights, of ending lynchings, torture and arrests. What is important is that this attitude be known by everybody. It is important that you protest to the military junta in Chile. It is important that you support solidarity with Chile.

If every working man and woman contributes with a grain of sand, there soon will be a mountain to stop repression and fascism.



RESTAURACION DE LA DOMINACION ECONOMICA

Inmediatamente que la Junta Militar derroco al Presidente Salvador Allende, comenzo la tarea de 'restauracion' de los tradicionales intereses economicos que dominaban la sociedad chilena: el capital monopolico extranjero, el capital monopolico nacional y el latifundio.

Una de las primeras medidas de la Junta fue la devolucion a los antiguos dueños de un centenar de empresas que ya habian sido incorporadas a la propiedad estatal y que constituian una base importante de la llamada Area de Propiedad Social. Este sector era base del desarrollo economico independiente de acuerdo a los postulados de la Unidad Popular. En Junio pasado, por ejemplo el organismo estatal CORFO puso en venta acciones de su propiedad por un valor de cuarenta millones de dolares, las cuales quedaron disponibles para una minoria de alta acumulacion economica, con vinculaciones extranjeras, la cual pasa a manejar para su propio beneficio parte importante del patrimonio industrial del pais.

Las grandes corporaciones extranjeras que habian sido nacionalizadas en funcion de la tesis de independencia economica, y cuyos bienes estaban bajo la administracion del Estado, han resultado igualmente favorecidas. La ITT obtuvo la devolucion de parte de las acciones del Hotel 'Sheraton San Cristobal': la Dow Chemical recupero el manejo de las plantas petroquimicas chilenas del sur del pais. En Julio de hizo el anuncio del pago de US\$ 253 millones a Anaconda Co. por sus mineras nacionales en 1971 a traves de una reforma constitucional y una ley aprobada por distintos partidos del Congreso. Asi mismo todo el proceso interno de reclamacion por dichas nacionalizaciones hecho ante los Tribunales de Justicia competentes ya habian concluido con el rechazo a los reclamos de tales corporaciones. Tambien resultado sorpresivo el anuncio de pago de 41 millones de dolares a Cerro Co., ya que esta compania habia llegado a acuerdos con el gobierno del Presidente Allende por una compensacion de 18 millones de dolares por sus propiedades nacionalizadas. Un nuevo anuncio de pago a KENNECOTT CO. esta en curso.

Estas medidas coinciden con la aprobacion de un Estatuto de la Inversion Extranjera, el cual levanto las protestas de los gobiernos de Peru, Bolivia y Colombia, los cuales ven en esta decision chilena un quiebre de los contenidos y acuerdos

LA OPRESION CULTURAL Y SUS CONSECUENCIAS (O LAS EXPLICACIONES DE ERCILLA)

La lectura de las secciones de informacion cultural publicadas en diarios y revistas en el regimen fascista del Chile de hoy, permite formarse una opinion sobre el caracter de la opresion cultural, deatada por la Junta de Gobierno Militar.

Algunos ejemplos: el numero 2023 de la revista "Ercilla" del 8 de Mayo, publica un reportaje sobre las "dificultades" de las editoras chilenas. Ercilla explica la disminucion de la venta de libros con dos argumentos: Primero, 'las dificultades economicas por las que atraviesa el pais', y segundo, 'el TEMOR de los profesores de recomendar a sus estudiantes algun texto' que los militares puedan considerar subversivo o que "contenga ideas foraneas". Ante el temor y la duda, los maestros prefieren dar el pizarron y la tiza.

El articulo de "Ercilla", sigue explicando la razon de la disminucion de las ventas de discos "los antiguos compradores de discos, PREFIEREN comprar ahora los articulos mas indispensables para vivir... (alimentos, ropa)".

En otro numero de Ercilla (2025) reconoce publicamente la politica cultural de la Junta al aceptar como estandar nacional "La preferencia por lo extranjero". Continua "Ercilla": "esta realidad provoca la desesperacion de los artistas populares chilenos: a cualquier hora del dia las radios transmiten exclusivamente musi-

ca extranjera, rock, etc."

La realidad es otra. Los artistas populares han sido detenidos, perseguidos y torturados. Una de las principales editoras de discos DICAP, fue destruida sistematicamente, y con ella las matrices para imprimir los discos de los artistas mas populares en Chile. Uno de ellos, Angel Parra, se le prohibe cantar, y por supuesto sus discos estan prohibidos en las radios, hoy vive cultivando la tierra. (Angel Parra, estuvo detenido 4 meses en el Campo de Concentracion Chacabuco).

Una carta publicada en Ercilla 2024, muestra a los extremos de lo obscuro que llega la Junta: "los Domingos en Canal Nacional de TV, exhiben 'el show de Julie Andrews' EN INGLES..."

En sus esfuerzos por explicar las dificultades de la Junta en materias culturales, Ercilla se refiere al retrato en el comienzo de las actividades de la Orquesta Sinfonica de Chile, que es parte de la Universidad de Chile. Esto se explica segun Ercilla porque "este es el conjunto musical mas afectado por la crisis politica (...) de los ultimos anos". Agrega "las orquesta chilenas afrontan en la actualidad la falta de ejecutantes. Desde fines del ano pasado se ha producido una emigracion considerable."

Aunque Ercilla no lo menciona, lo que esta detras es la imposibilidad para muchos musicos Chilenos--la atmosfera de ideas progresistas -- de soportar la atmosfera de represion dentro de la cual se pretende que realicen.

CHILE



alcanzados en el Pacto Andino. En 1971 los paises del Grupo Andino en un significativo paso en pro de la independencia economica, crearon un Regimen Comun de Tratamiento al Capital Extranjero. Su proposito fue establecer normas conjuntas para evitar la antigua situacion de disputa del capital extranjero que terminaba por perjudicar a los paises latinoamericanos y favorecer al inversionista extranjero que, con su dinero en la mano jugaba entre los paises buscando mejor oferta. Las protestas surgidas de los otros paises miembros del Mercado Andino, se justifican porque el Estatuto dictado por la Junta Militar chilena quebranta lo avanzado dentro del marco latinoamericano por los acuerdos andinos.

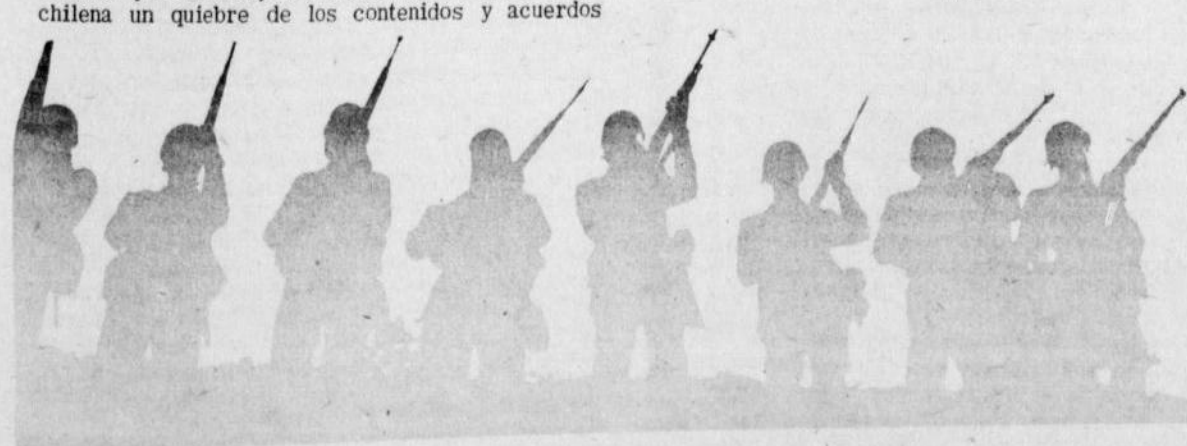
La Reforma Agraria no solo esta detenida, sino que se han dictado normas que hacen regresar la situacion a condiciones favorables a la constitucion del latifundio. Normas sobre compra y venta de tierras puestas ahora en vigencia, mas la presion sobre los campesinos con mecanismos economicos sofocantes, ya estan creando condiciones para que la tierra vaya concentrandose nuevamente en pocas manos.

Toda esta politica de claro beneficio para la dominacion de un sector minoritario sobre el total de la sociedad chilena, se une a un proceso de rapida regresion en la distribucion del ingreso por la via de una inflacion con altisimos porcentajes un 678% desde agosto de 1973 hasta julio de 1974. Los reajustes han tenido un caracter regresivo con lo cual el salario real baja de un poder comprador 100 en agosto de 1973 a un indice 43 en julio de 1974.

Los responsables de la politica economica y comercial promueven un amplio sistema de libertad de precios. Segun el decir de un comentarista frances 'esta es la unica libertad que se aprecia en el pais'. La organizacion sindical esta destruida, la negociacion colectiva de las condiciones de trabajo no existe, toda huelga esta prohibida y no existe la posibilidad de exigir que se cumplan incluso las normas que la propia Junta emite, puesto que los dirigentes sindicales son a menudo denunciados como 'subversivos' a los servicios de inteligencia militar.

Asi, la mayor parte de la poblacion chilena vive en dramaticas condiciones de pobreza y dificultades economicas. Si condiciones parecidas pueden haberse registrado durante el Gobierno del Presidente Allende, aquellas eran consecuencias de una liberacion del pais, mientras estas son el resultado de una politica sustentada en los mas anejos postulados anti-sociales del capitalismo. Y con ellos, la Junta Militar logra como resultado atraer inversionistas 'porque existen condiciones de seguridad para la inversion'.

La propia revista 'Bolshoi Week' rechazada en Chile, el 10 de agosto, a Chile como un pais donde se realiza la revolucion social, la cuestion de guerra civil por el sur de Chile se generaliza.



cont. on p. 15

INTERNATIONAL MONETARY FUND: WORLD ROBBERY

In Indonesia, for example, controls were removed from the prices of public utilities and petroleum products on IMF orders causing a sharp rise in the cost of living. Domestically controlled enterprises are hard hit and often bankrupted by the measures demanded by the IMF. On the other hand, these measures give the foreign firms a strong advantage (in addition to the specific incentives for foreign investment the IMF encourages); the IMF is hostile to any type of development not carried out by, through and for private foreign capital. To this end, it systematically vetoes any possibility of domestically controlled growth.

The effects of IMF policies are often devastating. In Indonesia, for example, a large number of nationally owned industries were forced to close down due to competition from foreign consumer goods imported on credit; their employees were thrown out of work. In the Philippines in 1962, IMF austerity programs plunged the country into economic chaos. The IMF program included such standard requirements as devaluation of the peso and an end to import and export controls. As a result, the external government debt rose from \$275 million in 1961 to \$737 million by 1966. The IMF stabilization program in Argentina between the years 1958-1963 had similar effects. As a result of IMF policies, the balance of trade and payments worsened and the cost of living rose by 400% over the 5 year period - a larger increase than had been registered in any previous 5 year period.

In 1957, the government of India was forced by a monetary crisis to abandon its nationalist and social welfare policies as a condition for an IMF loan. In 1958, the IMF represented by the American banker, G.J. Eder, even forced the popular Bolivian government to pass legislation favorable to American investors as the condition for IMF loans.

The CIA often helps the IMF to enforce its

policies. When the progressive Brazilian President Goulart attempted to defy the IMF, the CIA, with the help of the U.S. trained Brazilian military overthrew Goulart. The CIA was also behind the military coup in Ghana when President Nkrumah refused to capitulate to IMF stabilization and austerity programs.

IMF policies also harm U.S. workers. By laying the groundwork for the establishment of "runaway" shops, big business takes jobs away from U.S. workers and exploits Third World workers both within the U.S. and outside the country.

The IMF poses a serious danger to Third World countries. By encouraging foreign investments to the detriment of the national economy, by creating conditions favorable to the development of "runaway" shops and by favoring development beneficial to western big business, the IMF plunges Third World countries into economic chaos and deepens their dependency on the west.

The International Monetary Fund poses a serious threat to Third World Nations. It is dominated by western capitalist countries who comprise only 1/4 of its membership but hold 3/4 of its quotas and 2/3 of the total votes. IMF missions descend like vultures in the wake of right wing coups in countries such as Ghana, Indonesia and Brazil. Only the U.S. military can rival the IMF as the key institution of imperialism in the world today. The work of the IMF often eliminates the need for direct military intervention in order to preserve a climate friendly to foreign investment.

IMF has enormous resources (about \$29 billion) which it administers in short-term loans to cover balance of payment problems but it also acts as an international credit agency. All of the major sources of credit in the western world (such as USAID, World Bank and the various Regional Development banks) will refuse aid to a country that persists in defying IMF "advice." IMF advice invariably contains three main elements:

- 1) The curtailment of public expenditures for welfare and government investment in development projects.
- 2) Devaluation of local currency in terms of the U.S. dollar
- 3) Encouragement of foreign investment through policies which range from anti-strike legislation (and action) through tax benefits to guarantees of profit remittance.

If the government implements IMF policies it is given temporary relief for immediate exchange difficulties through new loans to the government, re-scheduling of old loans and credit for the import of consumer goods from the west. After the military coup of 1965 in Indonesia, the new debts contracted after the government adopted IMF recommendations were so large that one business weekly warned:

"The Indonesian economy has won a reprieve from bankruptcy but can expect eventually to be strangled by its foreign liabilities...Do donors really intend to force Indonesia into bankruptcy in the long run? Or does the West believe the enormous debts are essential to control Suharto? (the reactionary dictator of Indonesia.)

If the government is unwilling to take IMF advice, it will find itself unable to obtain credit in the western world and its difficulties will be blamed on its "socialist" policies rather than on crippling debts and lack of aid. The stabilization program imposed by the IMF is hostile to even mild social-welfare measures, whether government pensions, decent wages or public utilities. All such programs which involve income redistribution through government policy are considered distortions of free market forces and thus undesirable by IMF advisors. IMF loans have many strings attached. IMF guidelines call for the payment of low wages to the workers, guaranteed markets for overpriced and often defective and obsolete western goods, no strike clauses and anti-worker legislation.

DE LA PG 5



La gente Latina en Orange County exuccho en esta muy especial demonstracion que es necesario unirnos todos y no dejar que el gobierno (la policia y La Migra incluidos!) ataque a ninguna parte de nuestra gente, con o sin papeles. El sistema capitalista la podio enganar a muchos pero vemos que nunca podran enganarnos de la realidad que este pais fue construido por muchas nacionalidades y inmigrantes y que ellos son los mas honrados productores. Somos la gran mayoría-la clase trabajadora-y que ellos son la memoria de ricos que nos oprimen a todos enteritos. La llave es unirnos enteritos para construir una fuerte lucha contra esta pequeña minoría y sus servidores vendidos. La manifestacion no termino ese 24 de Agosto sino que toda esa area oyo muy claramente que apenas hemos empezado y todos gritamos, juntos, seguros sin reserva

EL PUEBLO UNIDO JAMAS SERA VENCIDO

CULTURAL OPPRESS IN CHILE

THE CULTURAL OPPRESSION AND ITS CONSEQUENCES
(or The Explanations given by "ERCILLA")

A reading of the cultural sections published in newspapers and magazines under the fascist regime of today, allows you to get the picture of the cultural repression unleashed by the Government Military Junta.

Here are some examples: In ERCILLA Magazine No. 2023 of May 8 of this year, we find a report on the difficulties "that the publishing houses in Chile are having." ERCILLA explains the reduction on the sale of books with two arguments: First, "the economic difficulties experienced by the country at the present time" and second "the FEAR that teachers have of recommending any text to their students for simple reading", a text that might be considered subversive by the military, or a text which might contain alien ideas." In the face of fear and doubt the teachers prefer to use black board and chalk.

The article in ERCILLA goes on to explain the reason for the reduction in the sale of records: "the people who used to buy records, PREFER to buy more indispensable goods such as food and clothing."

In another issue ERCILLA (2025) recognizes publicly the cultural policy of the Junta when it accepts, as a national standard "the preference of foreign things." ERCILLA goes on: "this fact is producing despair among the Chilean popular singers; at any time during the day the radios broadcast only music from some foreign countries, rock, etc.

We see that the real reasons are quite different. The popular artists have been arrested, persecuted or tortured. One of the main record producing houses, DICAP, was systematically destroyed and with it all recordings and matrix indispensable to put out more records by popular interpreters.

Angel Parra was forbidden to sing and his records were outlawed. He is now working in the country as a farmer. Before that, he was held for four months in the Concentration Camp of Chacabuco.)

A letter published in ERCILLA 2024 shows the extremes of absurdity to which the Junta has gone: "...on Sundays, the National Channel of TV, No. 7, shows the 'Show of Julie Andrews'...in ENGLISH!!!"



In its effort to explain and justify the difficulties the Junta is going through in cultural matters, ERCILLA talks about the delay in the opening of Concert Season of the Chilean Symphony Orchestra which belongs to the University of Chile. This according to ERCILLA can be explained because "this is the musical group most affected by the political crisis (...) of the recent years." It further adds: "the Chilean Symphony Orchestras are facing at this moment a serious problem because of the lack of interpreters. Since the end of last year a considerable exodus of interpreters has taken place. In spite of the fact that ERCILLA blames the good contracts coming from foreign countries and paid in dollars, the real cause for this situation is the impossibility for many Chilean musicians, the majority of them sponsors of progressive ideas--to bear the atmosphere of repression within which the artistic activity is supposed to take place.

Vitaminas son sustancias que nuestro cuerpo debe adquirir en la dieta diaria para un funcionamiento normal, crecimiento y energías. A veces actúan en pequeñas cantidades con otros químicos sintetizados para formar enzimas en el cuerpo requeridas para el metabolismo. La deficiencia de cualquier vitamina podría acarrear enfermedades. Muchos nutricionistas convalidan que un alto índice de vitaminas o un exceso pueden producir un efecto tóxico para el organismo. Un exceso de vitamina A ocurre más frecuentemente en niños. Dependiendo de la en la fuerza de la intoxicación, muchos niños pueden desarrollar pérdida del apetito, pérdida de peso y retardo mental, otros síntomas son el crecimiento del hígado spleen y fuertes dolores de cabeza. Sobre dosis de Vitamina D puede causar daños en los vasos de la sangre, alta presión de la sangre y otros problemas.

Frijoles pintos

Frijoles pinto es una de los platos principales de las familias Mexicanas. Alguna información deberíamos tener acerca de su valor nutritivo. Proteína de los frijoles es un proteína incompleta porque no tiene una deficiencia de algunos amino ácidos esenciales. Los frijoles necesitan ser comidos con queso, leche, carne o algunos derivados de animales o aves o productos de la dieta diaria. Esto hara un mejor uso de la proteína que se encuentra en el frijo. Proteína encontrada en las carnes es mas completa porque contiene todos los Amino-Acidos esenciales necesarios para la proteína sintetizada en el cuerpo.

Frijoles refritos deben ser refrigerados para protegerlos del desarrollo de bacterias que pueden surgir al ser dejados a la temperatura del cuarto. Las vitaminas tiamina, riboflavina, y niacina son fuertes al calor es decir el calor no las destruye. Pero estas son tambien solubles al agua, es decir si los frijoles son cocidos en grandes cantidades de agua, las vitaminas se quedaran en el agua y seran desperdiciados al tirar el agua.

TORTILLAS de HARINA

Las tortillas de harina contienen los siguientes principales ingredientes: harina, manteca, polvo de hornear y agua. Al primer vistazo se cree que la única fuente de nutrición vendra de la harina. Muchas familias san harina blanca enriquecida porque es mas barato. El proceso de enriquecimiento y blanqueamiento deja la harina menos deseable que la harina de trigo completo. Harina de trigo entero siendo un producto para mas nutritivo y natural tiende a ser mas expenso. Como todavia nos falta por ver algun dia un burrito echo con tortilla de trigo entero, un medio de hacer tortillas mas nutritivas es agregando huevos y leche en polvo. Puede que no llegen a tener la misma flexibilidad, pero suficientemente flexible para hacer un burrito.

FROM PG 4

Most nutritionists agree that an excessive amount of vitamins can produce a toxic effect. An excessive amount of Vitamin A is found more frequently with children. Depending on the severity of the intoxication, children may develop loss of appetite, weight loss and retardation. Other symptoms are the enlargement of the liver, spleen and severe headaches. Vitamin D overdose can cause hardening of the blood vessels, high blood pressure and kidney problems.

PINTO BEANS

Pinto beans are one of the main staples in the Mexican diet. Some knowledge should be known about their nutritional value. Bean protein is an incomplete protein because it lacks some of the essential amino acids. The beans need to be eaten with cheese, milk, meat, or some animal or dairy product. This will make the best use of the protein present in the beans. Animal protein is complete because it contains all essential amino acids necessary for protein synthesis in the body. Refried beans should be refrigerated to lessen the hazard of bacteria growth that can occur when left at room temperature. The vitamins thiamine, riboflavin and niacin are heat stable, that is, they are not destroyed by heat. But they are also water soluble, as if the beans are cooked in large amounts of water, and the water is thrown away, the vitamins go with the water.

FLOUR TORTILLAS

Flour tortillas contain the following main ingredients: flour, lard, baking powder and water. At first glance, it seems the only nutrition would come from the flour. Most families use enriched, bleached flour because it is less costly. The process of enrichment and bleaching leaves the flour less desirable than whole wheat flour. Whole wheat flour is a more naturally nutritious product and is therefore more expensive. As we have yet to see a whole wheat burrito, one way of making tortillas more nutritious is by adding eggs and powdered milk. They may not be as flexible, but flexible enough to make a burrito.

URUGUAY NO DEMOCRACY



Enemy of his people

Democracy was denied to the Uruguayan people last week. President Juan Bordaberry, who seized control with the help of the military last June, denied the appeals of more than 100 parliamentarians for a return to normal democracy. The parliamentarians said the people should be allowed to speak for themselves "through democratic political parties". Bordaberry, in a national broadcast, stated that political parties often ignored the popular will, and therefore "it is not valid to claim that the people cannot make their views known without political parties". While it is true that political parties do not fulfil the people's will it is ludicrous to expect a right wing dictator to do so. Bordaberry has shown blatantly that the Uruguayan people must take the steps to wrest the power from the parliamentarians and establish a system which truly reflects the will of the people.

LEAD POISONING

The Corporations in the U.S. have shown time and time again that they do not care what happens to people in the scramble for profits. Another example of this anti-human credo has come out recently. The culprit is a subsidiary of Gulf Resources and Chemicals, the Bunker Hill Company lead and zinc smelter in the Coeur d'Alene district of Idaho. It was shown that 98% of 175 children tested for lead poisoning had the disease. More tests are being made on 925 more children and there is no reason why the results should be any different. In fact, the results did show that 63% of the children had a level of lead in their blood which exceeded the level which is considered lead poisoning. If a case such as this were isolated there might be a valid excuse. Yet the Capitalists again and again subordinated the health and well being of not only their workers, but of many people who have virtually nothing to do with production. Ecology has become a big fad in recent years and undoubtedly these ecologists will jump on this issue and demand such ineffective measures as more laws or governmental regulations but they fail to realize that nothing this government will do will correct the situation if it is believed profits will be damaged. In fact very little can be done in this system which places profits above human life.

10 AM
September 21, 1974

KDP
MARCH TO
PROTEST
THE 2ND



Marcos and his American Corporate Allies grow Richer while the people suffer

MAR TIAL LAW
IN THE
PHILLIPINES
IN
NATIONAL CITY
FROM
ELTOYAN TO
PARK KIMBEL

PRENSA POPULAR, P.O. Box 109
U.C.S.D., La Jolla, California

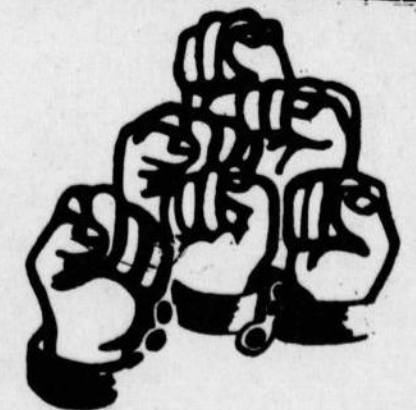
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THE BATTLE FOR CYPRUS - ANOTHER GAIN FOR U.S. IMPERIALISM

The fierce and bloody fighting on the eastern Mediterranean island of Cyprus has not been caused by a bitter nationalist feud between the Greek and Turkish Cypriotes. It is the result of the latest act in the power play between the imperialist nations fighting for control and domination of southeastern Europe and the Middle East.

Cyprus, the third largest island in the Mediterranean, is less than 50 miles from Turkey and 100 miles from Syria. Its strategic size and location make it very valuable to any country interested in threatening or actually attacking the Middle East, the Soviet Union, or Turkey.

Britain was the first modern imperialist power to occupy Cyprus. The island was one of the spoils of World War I that Britain took from Turkey, and it became a British colony in 1925. Britain quickly built bases for its navy on Cyprus. The British military was then strategically located to enforce the policies of the huge British oil companies in the Middle East. This military presence on Cyprus also opened the way for British big business to come in and dominate Cyprus's economy.

The American capitalists also exploited the colonial status of Cyprus. The Cyprus Mines Company (now CMC) turned hundreds of millions of dollars of Cyprus copper into millions of dollars of profit for the Mudd family of California. Other profits made from the copper and the labors of the Cypriote people turned CMC into a huge multinational corporation with current investments ranging from cement plants in Hawaii to iron mines in Peru.

"Divide and rule" is the tactic most successfully used by the imperialists to control Cyprus. The foreign capitalists give support and recognition to small reactionary nationalist groups on Cyprus which advocate struggle between the Greek Cypriote majority (80% of Cyprus's 650,000 people) and the Turkish Cypriote minority. In this way the people's frustrations are channeled into violence among themselves instead of into struggle against their main oppressors, the imperialists.

After World War II, the US was busy establishing puppet states in southeastern Europe. By killing off the Communist and other leftist forces in Greece and Turkey, the US was able to impose fascist military dictatorships in those countries and use them as military outposts in the area.

Cyprus had now begun to fight for its independence from Britain. A large number of Greek Cypriotes favored "enosis" or union with Greece, but the Cypriot Communists and other leftists, the main forces in the anti-British fight would settle for nothing less than complete independence for Cyprus. The 1959 treaty between Cyprus, Britain, Greece, and Turkey, which

gave formal independence to Cyprus establishes this independence by forbidding either any union of Cyprus with Greece or Turkey or any future division of Cyprus.

Archbishop Makarios, the president of Cyprus since its independence, has been a generally progressive, anti-imperialist leader, so much so that Kissinger and the US State Department refer to him as the "Castro of the Mediterranean". This isn't really true however, because Makarios and Cyprus are unfortunately not socialist. But the strong influence of the Communist Party of Cyprus forces any Cypriote government to have an independent, progressive and anti-imperialist political program. Because of this, Makarios became an influential leader of the huge non-aligned block of nations, maintained friendly relations with socialist countries, and wouldn't blindly follow Washington's orders.

Western sphere of influence and posed an ever greater threat to the imperialist powers of the West. Not only was this growing independence threatening the "substantial private economic investment" of British and American capitalist, it also threatened the existence of the foreign controlled military and intelligence bases on the island. Five of the top British RAF bomber squadrons, two with nuclear capability, are based in Cyprus. Britain and the US also carry out extensive surveillance from facilities on Cyprus. The US could no longer allow an independent Cyprus to exist if the US wanted to protect the interests of its oil monopolies in the Middle East.

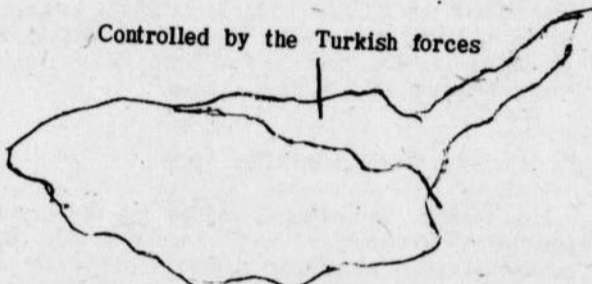
The war started on July 15 when the 650 Greek army officers who were in charge of the National Guard of Cyprus used the Guard to stage military coup. Washington, through its ambassador to Greece and several of the 60 CIA agents in Greece, discussed the upcoming coup with the ruling Greek junta 18 days before the attack. One week before the coup Makarios, realizing what was about to happen, unsuccessfully tried to get the Greek junta to remove its officers from the island. And on July 12, the U.S. Ambassador to Cyprus, Roger Davies assured Makarios that nothing was going to happen.

Britain quickly flew in 650 Royal Marines, three squadrons of armored cars and its Undersecretary of the RAF to protect one of its air bases and the 30,000 military personnel associated with it. Everyone but Greece and the US agreed that the coup was just a cover for Greek expansionist aggression.

The U.S. ambassador to the UN stopped a resolution submitted by the non-aligned nations which called for the removal of all of the Greek military from Cyprus and the return of Makarios as president. This was allegedly done to give the U.S. State Department enough time to arrange a settlement between Greece and Turkey. Kissinger had no desire to remove the invaders from Cyprus because "he feared that this would create a vacuum of authority and might precipitate a civil war with the Cypriote Communists taking to arms."

The result of these maneuverings was the invasion of Cyprus by Turkey. Neither the governments of Turkey nor of Greece had any desire to help the Cypriotes. The ruling classes of these two countries were only interested in furthering their own interests by taking over as much of Cyprus as possible.

Then the U.S., Greece's best friend while it was winning, went over to the Turkish side.



One reason for this switch was that compared to Turkey, Greece was expendable. The Greek junta was very shaky due to its fascist policies and a 1973 inflation rate of 53%. In fact, when the junta called up 200,000 reservists into its army, it lost the last of its popular support and collapse. Also, the junta had no other friends in the world except for the U.S. Turkey, on the other hand, had been receiving very small amounts, but nonetheless friendly support from its neighbor, the Soviet Union. Turkey is a more strategic part of the U.S. military empire and had to be firmly won over to the side of the U.S.

A more important reason for the U.S. support of Turkey was the "divide and rule" policy the U.S. uses in Cyprus. For years Washington has wanted to abolish the 1959 Geneva accords on Cyprus by splitting the island between Greece and Turkey and turning it into a U.S. controlled military base. For that reason, as soon as Turkey had invaded Cyprus and had started to seize territory, the U.S. called for a larger Turkish role in the governing of the island.

The present situation seems to be generally advantageous to the U.S. imperialist. Makarios has been replaced by a conservative president friendly to the U.S. Cyprus is divided and firmly in the hands of the West. Turkey is once again friendly with the U.S.

The one minor setback for U.S. imperialism was the downfall of the junta in Greece. Unrest caused by political repression and economic inflation made the junta unworkable.

The new Premier Caramanlis is still very reactionary, known in the past for torturing leftist political prisoners, and also a very good friend of the U.S. Still there is much popular unrest in Greece. Because of this Greece was forced to withdraw from NATO. Now, because of the anti-US feelings of the Greek people, it is very dangerous for Americans in Greece. Anti-US demonstrations occur almost daily and larger and larger segments of the Greek people are demanding the removal of all U.S. bases in Greece.

The war in Cyprus has been tragic. Thousands of workers have died for the interests of their imperialist rulers, and the people of Cyprus have once again been colonized. The US has temporarily gained a new staging ground to use for intervention in the affairs of the peoples of the Middle East. But the US cannot control Cyprus for long. The Cypriote people have a long history of violent struggle against their oppressors, and it will only be a matter of time before they liberate themselves from imperialist rule.



Anti-American demonstrators at the U.S. embassy in Nicosia.

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The People's wars in Africa finally brought down the fascist dictators in Portugal. The primary goal of the young army captains who took power on April 25, 1974 was to end the colonial relationship which they knew was a burden to Portugal. However, the PAIGC had to convince Antonio Spinoza, chosen to head the country that his plans for a neo-colonial settlement would not be accepted.

Negotiations for a peace settlement and withdrawal of Portuguese troops began on May 24 in Algiers. The Portuguese plan for a neo-colonial federation of former Portuguese colonies tied economically and politically to Portugal was firmly rejected by the PAIGC. The PAIGC would only accept complete withdrawal of all Portuguese military forces. The PAIGC had proven that it was capable of a total military victory and it was only a matter of time when the Portuguese would be forced out of its heavily fortified posts, towns, and the former capital, Bissau.

After 3 months of negotiations, the Portuguese finally signed the document of recognition of the RGB. One year later the people of Guinea-Bissau had proclaimed themselves independent, Portugal was also forced to recognize that fact.

Although, the Portuguese have agreed to recognize the independence of Guinea-Bissau, the true independence of the Cape Verde Islands is still to be negotiated and will probably be "granted" in one year. The people of Cape Verde have held mass demonstrations to show their overwhelmingly support of the PAIGC. Cabral was a Cape Verdean, as are many of the people living in the urban areas of the RGB.

The Portuguese have agreed to allow the PAIGC to participate in a national election campaign. This stall on the recognition of independence of the Cape Verde Islands is obviously another futile attempt to establish neo-colonial control. The people of the Cape Verde Islands their brothers in Guinea-Bissau and the PAIGC that governs them both will not allow this to happen.

Simultaneous negotiations were also conducted in Lusaka between the leaders of FRELIMO, the Mozambique Liberation Front and the Portuguese Government for the independence of Mozambique. Mozambique has also been "granted" independence but is now negotiating about concrete transfers of power. Southern Mozambique has a large white population, the majority of which do not want to lose their power. Many racist whites have formed vigilante militias that violently killed over 200 Africans on Sat. September 7. There is the possibility that the racist whites who have tried to take over the port city of Lorenzo Marquez will continue to resist FRELIMO and receive support from South Africa, much like Rhodesia although, the Portuguese government sent troops into the city to end the violence. No matter what happens, FRELIMO will continue its struggle until Mozambique is FREE!

The situation in Angola is more complex. There are 3 African Liberation Movements,



MPLA (Popular Movement For the Liberation of Angola), FNLA (Front for the National Liberation of Angola) and UNITA (National Union for the Total Independence of Angola). The MPLA is recognized as the movement supported by the most people, by the OAU, the Socialist countries and most of the African Liberation Support Committees in the U.S. The MPLA controls much of the Eastern regions of Angola. The FNLA, led by Holden Roberto is highly suspected of being supported by U.S. corporate and U.S. AID funds.

The FNLA is now motivated to push for a negotiated settlement with the Portuguese because representatives of Gulf Oil can receive a better deal from the FNLA than from the MPLA. UNITA is a relatively weak tribal organization which controls little territory and exerts virtually no influence nationally.

The Portuguese are stalling on the "granting" of independence to Angola because it is the richest of all the colonies. It is a major source of income for Portugal. Portugal granted major oil concessions, particularly in the Cabinda region, to Gulf Oil which has discovered huge deposits it wants to exploit. If negotiations break down in Angola, or if the Portuguese insist on neo-colonial control of Angola's economy, the MPLA has vowed to continue the armed struggle. The Paigc and Frelimo have already offered their assistance to the MPLA. The independence of Angola is guaranteed.

The people of Guinea-Bissau have again proven that a principled National Liberation struggle led by a Socialist, Marxist-Leninist Party will eventually achieve victory. The science of Marxism-Leninism is again proven to be the correct guide for revolutionary action, by providing an objective view of mans social history and prescribing the correct type of political party will construct a better society. The Republic of Guinea-Bissau joins the growing socialist international community that will constantly prove that Capitalism and its Imperialistic empire is crumbling.

The African Liberation Support Committees in the U.S. and other Western countries were not as instrumental in the defeat of Portuguese colonialism as was the support for the heroic people of Viet Nam in the struggle against U.S. imperialism. However, support for African Liberation Movements is growing. This support will be crucial in the Liberation of the remaining areas of Africa that are oppressed by South Africa, British and U.S. corporations.


Now that the Portuguese colonies have been liberated, the borders of South Africa are now open for the direct infiltration of Revolutionary forces trained in Zambia, Mozambique, and Angola. The prospects for urban and rural guerrilla warfare in South Africa grows each day. U.S. corporations which include General Electric, General Motors, Ford, Chrysler, IBM Xerox, U.S. Steel, Union Carbide, Standard Oil of California, Firestone, Goodyear, Texaco, Exxon, Mobile, Dow Chemicals, have a direct interest in the preservation of the racist apartheid South African government. We must protest their support of the South African economy and demand that they end all economic activities in South Africa.

We can assist our brother and sister in Africa through our support of the boycott of Gulf Oil products until the MPLA has reached a settlement. We can sign the petition to expel South Africa from the United Nations, and we can support the boycott of South African products.

The best way to celebrate the victories of the African people of Guinea-Bissau and Mozambique is to support the National Liberation in Southern Africa



PROCLAMAÇÃO DO ESTADO
24 de Setembro de 1973



AMILCAR CABRAL
24 de Setembro de 1973
ADORADOR DA NACIONALIDADE

ESTADO DA GUINÉ-BISSAU

FROM PAGE 1

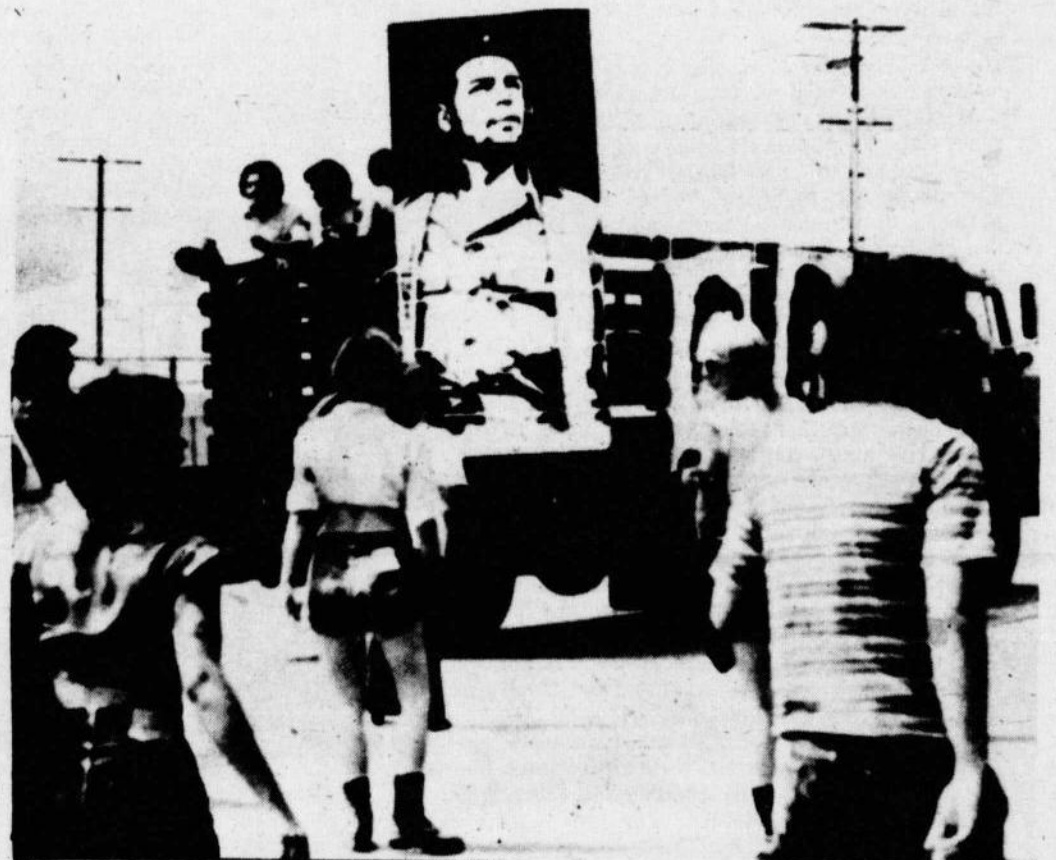
MARCH HASTA LA VICTORIA

It is tragic to observe the capitalists using the leadership of the UFW as one of the tools to maintain division among the workers. It must be kept in mind that the capitalist use various tactics to ruthlessly and unjustly exploit workers to the fullest, gaining as much profit as possible.

It was apparent from the March that people are coming to the realization that the problems they are confronting will only be solved through the working people controlling the means of production (their own livelihood). Their problems will not be solved by federally funded poverty agencies who are short lived and successful only in pacifying the people with crumbs. The problems which confront us now will only be solved by developing an awareness of who are the real exploiters (the capitalist) and who are the exploited (the working people). Once attaining this knowledge the next step is to unite the workers to put an end to the exploiter. The Moratorium of August 31st can be seen as an initial expression of working class solidarity against the exploiters.



AIM LEADER RUSSEL MEANS AND BERT CORONA ADDRESS THE CROWD
RUSSEL MEANS (REPRESENTANTE DEL MOVIMIENTO INDIO-AMERICANO) Y HUMBERTO CORONASE DIRIGEN A LA ASAMBLEA



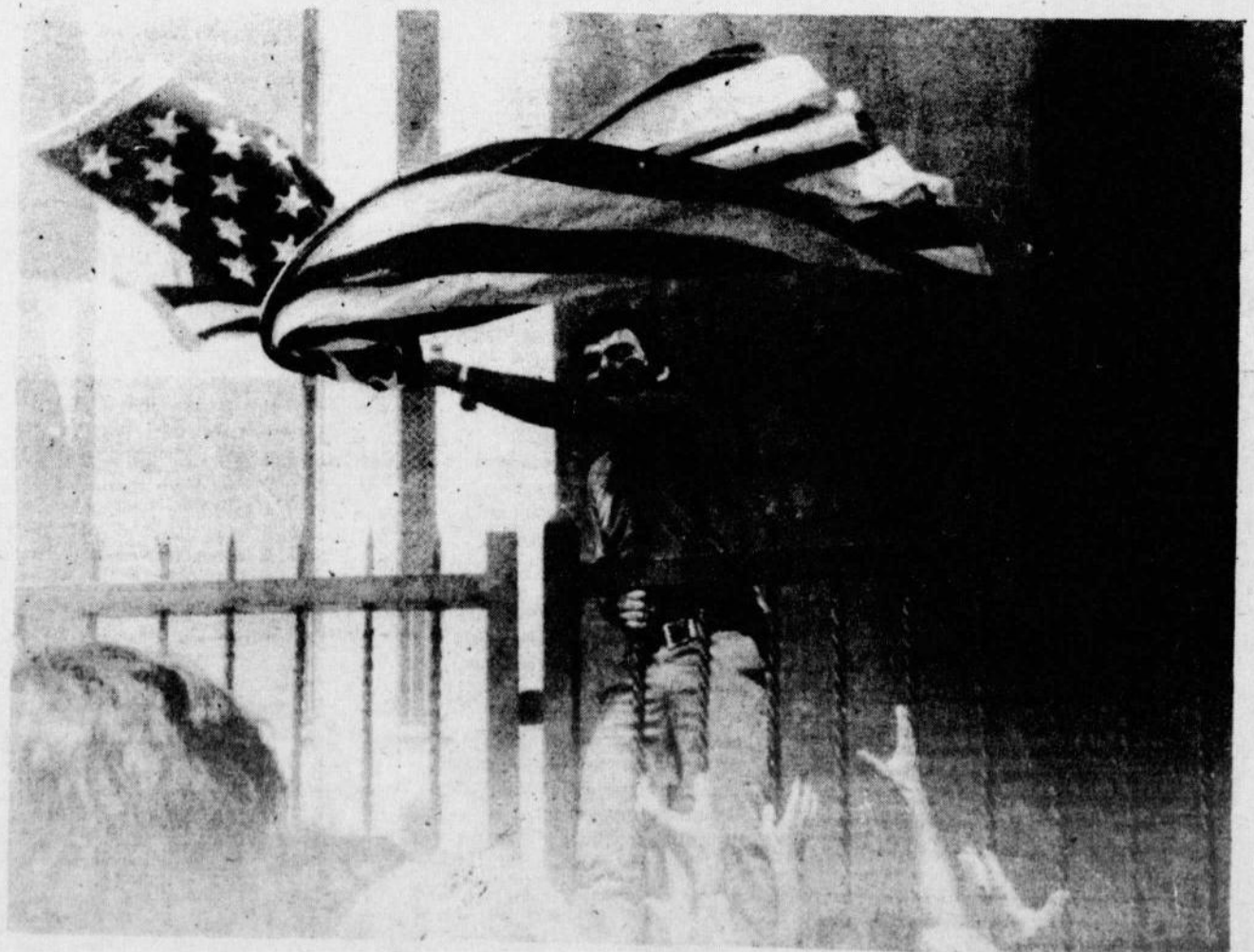
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LA MARCHA

bajadores con el intencion de conseguir para ellos mismos, las mas altas ganancias.

Fue aparente del Moratorio que el pueblo esta llegando a realizar que los problemas que nosotros confrontamos solamente podran ser solucionado por medio del control de las masas a los medios de produccion. Los problemas no seran solucionados por agencias gubernamentales que dicen que ayudan a los pobres, pero la realidad es que solo existen por poco tiempo y logran solamente pacificar y adormecer al pueblo con algunos pedazos de migajas.

Los problemas que nos confrontan en estos momentos seran solamente solucionado por medio del desarrollo de un despertar de conciencia para lograr aver quienes son los verdaderos explotadores (los capitalistas) y quienes son los verdaderos explotados (las masas trabajadoras). Una vez entendiendo este punto el proximo paso sera a unir los trabajadores para poner un fin a sus explotadores. El Moratorio del 31 de Agosto pude ser visto como una expresion inicial de la solidaridad de la clase trabajadora contra sus explotadores.



VARRIOS
UNITE NOW!!