

TEM EYOS KI hundred years war

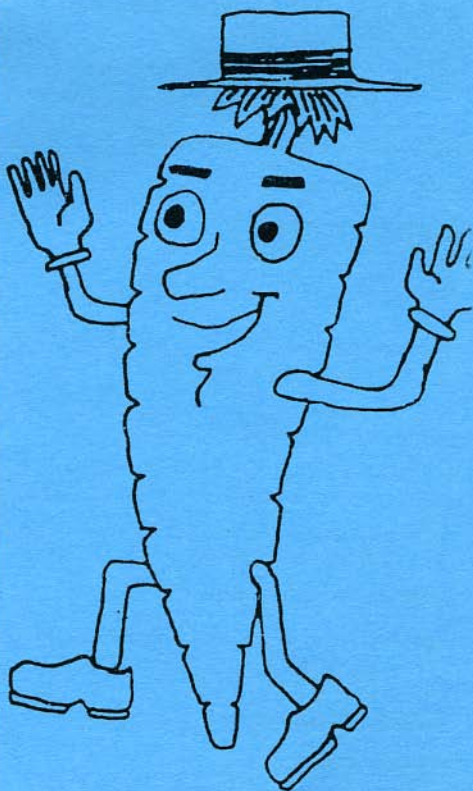




marian records
7205 garonimo
n. little rock AR 72116



WE WILL ALL



EVENTUALLY DIE.



KIDS KILL KIDS

the kids are rotting. the kids kill kids
what could drive the rich and white
what could spawn the violent flight

INVESTIGATE INTERROGATE
get inside their heads
search under their beds
manson. goth. satan.

there's the trail of dead
inside the whitest walls
the teenage criminal

no concern for minorities
there just animals

HE SURE FITS THE PROFILE

HE'S YOUR BLESSED WHITE CHILD

the hammer strikes on racial terms

scapegoat cults for power games

only sought culprit in minority crime

no greater influence. implication

ITS JUST A GRAVE THEY DUG FOR THEMSELVES

ITS JUST A GRAVE THEY DUG FOR THEMSELVES

ITS JUST A GRAVE THEY DUG FOR THEMSELVES

ITS JUST A GRAVE THEY DUG FOR THEMSELVES

KIDS KILL KIDS KILLING KIDS

KIDS KILL KIDS KILLING KIDS

jon benet ramsey was murdered just like tens of thousands of other kids every year in america... bred and fed to be an american sweetheart, taken before her time; economic privilege allowed for a three-year-long investigation, on the hearts and minds of anyone who might flip on the TV. so what happened to those other ten thousand? there's something missing here, tied in with media representation and racial foundation... some suburban white kids go on a shooting spree in their high school or maybe make a suicide pact together at home and immediately there's some larger culprit, be it satanism, heavy metal, video games, comic books, marilyn manson, or even, *gasp*, that rap music these kids are getting into these days. the real kicker is that there's rarely a scapegoat sought in minority crime—the notion stays pounded in our skulls that violence and crime are inherent in minority youth. media covers the act but not the foundation or the circumstances. policing comes in, barricades erected, to rectify the symptoms kind of like an antibiotic, trying to fix the crime with the very power structures that perpetuate such division, such racist expectation! so many questions of “unsafe” streets and “bad” parts of town, covered by the TV, following the feature story on whether or not Doom and Tomb Raider really caused the deaths of that little white boy in Idaho...

PURGE

satin steps to mark the death
encircling empire won by grace
dynasty of elegance
lady in waiting
satin steps to mark the death

awing and hailing
a powdered face
adoring gaze
the emperess praise
her classical taste
reduced to this
to win the stage

STANDING OVATION

THE ROAR OF THE CROWD
TO ENCOURAGE THIS SHROUD
ANOTHER PURGED BEAUTY SLEEPING
skeletal harvesters reaping
Kwashiorkers lie weeping till death
lie weeping till death
vestal starving silhouette. PURGE
unthwarted to excell
AND CHOKE VOMIT

bowing to the porcelain throne
the sweat builds on corset clones

ravished body. painted face
the swollen lips. delusion of grace
obelisk of skin and bones
stretched and taught. perfection honed
quest of empire. debauched on throne
emaciated queen

WALKING CORPSE SKIN COLD

SELF HATE NOW SELF CONTROL

DEVALUMENT TO IDEAL OF BODY

LOST IN TRADITIONS MOLD

directors cut to pick the best
classical scene. the weight selects

find your strength

from within

beauty will follow



Stop Starvation Imagery

the unmatched elegance and grace of a ballerina are revered traits often sought by girls and young women in the United States. Alone, that desire is not negative in nature; however, the desire to partake in daily routines of shaving legs, arms, underarms, and "bikini line" (because the director finds feminine body hairs grotesque), daily exercises that retard the development of the breasts and hips, a diet that results in a vanishing menstrual cycle and weekend purge-circles with the other ballerinas in the company, is needless to say self-destructive. It is difficult to watch friends practice in a deep-rooted self-hate, especially when positive encouragement doesn't seem like it is enough. Any addiction is painful to watch dissolve a loved one. After witnessing a 5' 7" girl who was advised to shave down her weight, resulting in a mere 86 lbs., I have found a particular disdain for classical ballet. I think of you and wish you would believe me when I tell you, "you're beautiful." Feeling ugly is a mouse-trap someone set for you. You are of divine nature. Realize this.

kwashiorker—w. african dialect meaning "displaced child"; also a form of malnutrition.

Some Basic Principles For Understanding, Referring, And Preventing Eating Disorders

1. Anorexia nervosa and bulimia nervosa are not completely distinct disorders and in this regard are both very serious.
2. Eating disorders command our attention because they are prevalent and serious not because they constitute a dramatic, fascinating "epidemic of our time." Regardless of their good intentions, poorly prepared and titillating education/prevention programs carry the distinct possibility of legitimizing the disorders and/or teaching dangerous weight management practices.
3. Eating disorders and sub threshold variants are far too prevalent, but there is no "epidemic" of eating disorders. Such talk is counterproductive to a long-term and constructive solution to the problem of eating disorders on campus.
4. People with eating disorders are people struggling with fantasies, motives, anxieties, and coping mechanisms that are established and vigorously reinforced by our culture. They are not "ics" "anorexics" or "bulimics."
5. People interested in eliminating eating disorders and in reducing the misery and ineffectiveness attendant to weight preoccupation, unhealthy weight management, and binge-eating must begin with an examination of their own attitudes, behaviors, and lifestyles.
6. It is useful to conceive of eating disorders as part of a spectrum of problems created by the intersection of:
 - our cultural obsession with slenderness as a physical, psychological, and moral issue;
 - the distorted meaning of both femininity and masculinity in today's society; and
 - the developmental psychology of adolescence and early adulthood
7. Many more women than men suffer from eating disorders and disordered eating but eating disorders are not "just a women's issue."

Identification And The Offering Of Help

Referral And Treatment

8. Know the warning signs of anorexia nervosa and/or bulimia nervosa, including those of an emergency. People with eating disorders require immediate attention, including quite possibly hospitalization, if they are:
 - unable to function effectively because they are too weak or too sick or too caught up in binge eating and purging
 - suicidal
 - acting out in a bizarre or disorganized fashion via tantrums, promiscuity, substance abuse, self mutilation, etc
 - unable to keep any food "down"
 - consistently behaving in ways that leave family and friends "at wit's end" or frightened, angry, exhausted, and over-involved

9. Although people with eating disorders are typically frightened by their own behavior, they enjoy some aspects of it (e.g., losing weight) and they are convinced that stopping will bring the terror of "becoming fat." Ambivalence + secretiveness + cleverness + the overlap between the symptoms and culturally sanctioned practices = problems in detection. Even if you know a lot about eating disorders, and even if you know the person well, do not be too hard on yourself or others if you fail to detect the non-emergent signs in a timely fashion or at all.

10. Be aware that there are high-risk groups, but do not be misled by stereotypes. In general risk is increased significantly by an emphasis on the following combination: slender appearance + competition + perfectionist goals for achievement.

11. Know how the psychological effects of an eating disorder, including the effects of starvation (e.g., emotional instability, self-absorption), may reduce a person's ability to benefit from the concern and efforts of family, friends, and mental health professionals.
12. Remember that the purpose of detection and referral is not accurate labeling or other demonstrations of expertise about "eating disorders." It is:
 - identification of a problem,
 - communication of care and concern
 - effective referral.

13. Collaborate with concerned friends so as to:
 - affirm their concern
 - identify emergencies
 - increase their awareness of resources
 - support mature decision-making
 - protect their rights
 - remain open to further consultation

14. Collaboration (as opposed to "saviorism") is essential to effective and ethical identification and referral of eating disorders.

15. Most people (e.g., Parents, Deans, Teachers, Coaches) are not trained therapists. Thus, they should never become, either intentionally or inadvertently, the sole and private salvation of eating disordered individuals who need someone with whom to talk, who need a "break" with regard to course deadlines, who are afraid of their own parents, who don't like the counseling center personnel, etc.

16. Although not all people who evince warning signs of anorexia nervosa and/or bulimia nervosa actually have a serious eating disorder, it is good to remember that eating disorders are complex and potentially chronic problems. Consequently, they require professional evaluation and multidimensional treatment.

17. Family and friends neither cause nor cure eating disorders, but they contribute significantly to prevention and recovery.

18. Give serious consideration to the distinct possibility that the "chemical dependency model" currently so popular in the understanding and treatment of substance abuse is not appropriate for the treatment of eating disorders.

19. Staff should be trained and otherwise encouraged to collaborate with professional "counselors" in making effective referrals and receiving feedback about the process. If your school or organization has no "policy" for identification and referral of problems such as eating disorders, work to create one and be clear of implementing preventive lessons without one.

Prevention

20. Eating disorders are not simply a "women's issue." _____ male _____ are at risk for eating disorders, and there is no doubt that male-female interaction and relationships can influence how women think about and treat (or mistreat) their bodies. Consequently, prevention programs should target various groups of males, including athletes, fathers, fraternities, etc.

21. A campus committee on the prevention and treatment of eating disorders is a potentially useful way of developing programs which incorporate a broad range faculty, staff, and students.

22. Prevention education should be carefully planned so as to avoid all of the following: histrionics, the unwitting transmission of distorted attitudes and weight management practices, and misinformation.

23. Given the current absence of an integrative theory about the emergence of eating disorders and related conditions during the adolescent or young adult years, no one currently knows how to prevent them. Nevertheless, action is necessary. It seems likely that adults and adolescents as models, teachers, advisors, and agents of social influence can play a role in prevention by helping people and social "systems" (e.g., schools, teams) to:
 - evaluate thoroughly and, where necessary, change customs and subcultures that encourage objectification of the body, glorification of slenderness, prejudice against body fat and overweight, and discrimination against women.
 - tolerate diversity, including diversity in body weight and body shape. This will require education about the genetic and other biological processes underlying body weight and body shape.
 - understand the negative effects of "dieting"
 - develop a flexible acceptance of body shape and of self.
 - learn healthy ways to cope with anxiety, frustration, loneliness, and other forms of psychological (interpersonal) distress.

24. Considerable work remains to be done in creating prevention programs that:
 - focus on elementary school-aged children
 - are tailored to the developmental level of the target audience.
 - incorporate materials aimed at parents and other influential adults (e.g. physicians, coaches)

the flesh eating disorder

**my god the days of wine and roses
are over. to boldly go where none
have gone beyond all limits of self-
restraint a silent NO is a NO still
there. in a scene not meant to cloak
your hideousness, a feat so foul it
undermines all we've sought to build.**