

# ANTI-THROX EX MACHINA



free!  
version 0.4



## *Anthros Ex Machina*—The Do It Yourself Issue

This has been one of the harder introductions for me to write. Mostly and ironically due to my own laziness. Sure there are plenty of excuses, but really there are never any excuses—only doing or not doing. But enough of the Yoda stuff. What I really mean to say is welcome to the Do It Yourself Issue . . . .

This was really Spackle's (the *Anthros* Art Lackey) idea. I am more the person of passion or apathy. Spackle however has the consistent feeling of responsibility to the world—or at least the people around him. Part of this responsibility is teaching those around him and encouraging them to greater achievements (by showing them how to Do It Themselves, of course). And if he isn't fulfilling his responsibility in some fashion or another he feels guilty. So he gets the kudos for being the driving force behind this issue.

However, I feel the same way as Spackle sometimes. I think to some extent everyone does. That desire to just to do something for anyone, especially anything creative or synergistic, anything taught, anything that inspires or shows someone how to achieve through himself. And if we don't feel such a responsibility to other people or society as a whole, then at least we owe our thoughts a life outside of our heads and dreams a place other than bed—that is to say—learn how do to something ourselves. To learn to stop living vicariously and soft spokenly, to put ourselves to action.

So this issue is about that whole Doing It (what It may be) Yourself. 'Cause you can't really rely on anyone except yourself to accomplish you goals, can you?

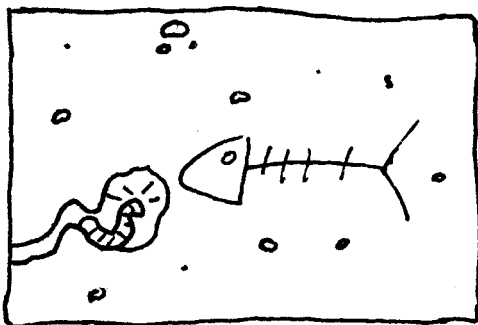
- Melchior



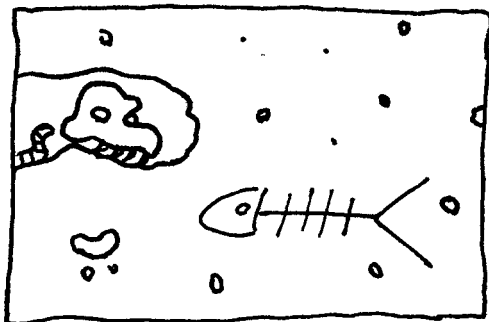
# THE ADVENTURES OF MAX OF Pleistocene Fish

"How to ruin your  
life in 3 easy steps:"  
Part 1.

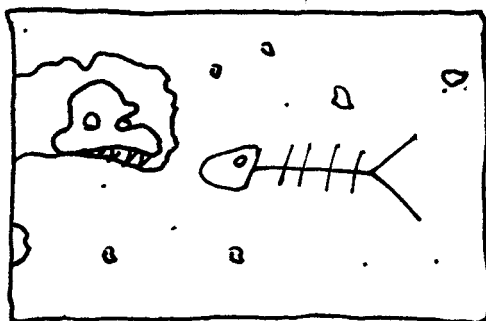
Today the worms  
found out I wanted  
to date a Brazilian  
Suckerfish.



I was excited  
until they brought  
me the skull of  
a sloth. She called  
herself 'Claire.'



Stupid asexual  
nematodes.



## Word of the Month: D.I.Y (*Do It Yourself*)

(and I'm not talking about that lame-ass "punk rock" mantra crap either.)

Ever find yourself sitting around with your friends, complaining yet again about how you could do something better? Read a publication (most likely this one) and think once again, "Man, this sucks!"? Visit a local propitiator of ambiance and atmosphere and say for the hundrith time, "This place is lame!"? Do you constantly find yourself wondering if this is the best the world has to offer?

You have haven't you? Come on, admit it, we all have at one time or another...

Well now think to yourself, "Shut up you whiny pratt! If you don't like it, do something about it!"

Think you can do it better or don't think something has been done? Then do it yourself damn it!

This is what we've been trying to do with this magazine all along. We had a vision of what we wanted so we started putting out *Anthros ex Machina*.

We've decided to dedicate this issue specifically to D.I.Y.. We wanted to be a resource for those of you who would like to do something more.

Give our stories, instructions and thoughts a read, or cut out paper fish to impress your friends. Maybe use it as a stepping stone to more thoughts, actions and creations of your own. (As always we are accepting submissions.) Or just use it to prop up one side of the table so you don't spill your coffee while playing chess.

Either way, just consider doing something yourself.

- Spackle, Art Lackey

(This month's issue is doubly dedicated to all the creators of other independent publications, owners of independent businesses and all those who do it for themselves.)

**vegetarian** *noun* - a person who does not eat meat for health or religious reasons or because they want to avoid cruelty to animals.

**vegan** *noun* - a person who does not eat **or use** any animal products, such as meat, fish, eggs, cheese or leather.

Now for all you cynics and skeptics out there I am going to say right up front that I think it is impossible to exist without harming some life. Which brings me to my second declaration; I only call myself a vegan for convenience of communication because I think the only true vegan is a dead vegan. We walk down the street, we step on things we don't realize. We inhale a lung-full of air, there goes a family of microorganisms. Oops! However, most vegans would agree that the whole idea isn't worth giving up because of this, it just becomes a matter of drawing your lines so to speak. For instance, I personally eat honey, which some 'vegans' do, but my friend Kylan, who eats cheese and dairy, doesn't. His reason is that male bees are often ripped in half to get their sperm for insemination and doesn't want to ingest the karma of a direct death. I personally rationalize it by drawing the line somewhere around insects. Vegetables are living matter too, but it appears to have less impact on the world, then say, raising beef. Also, I make the assumption that if bees are collected for honey there is a positive side affect that more plants are being fertilized. Thirdly, someone reminded me lately that, in nature, the male bee dies after copulation anyway. Basically, if you are concerned and aware you can limit your impact on the world around you. I would argue this is what most vegans are trying to do. But, let's slow down a minute.

\* \* \*

The first problem that arose with my choice in diet was the implied expectation that I explain all my motives for being a vegan. The problem with this is that there are millions of reason why people are vegetarians and vegans, and even more

nuances and facts involved in each one of those reasons. It would take me a few years worth of *Anthros* to begin to explain these reasons, so basically the best I can do is give a brief overview.

My personal reasons consist of environmental concerns, my ethics, biological/evolutionary considerations, and my socio/political beliefs, not to mention the health reasons and those are just the ones that spring to mind. The first stereotype that arises in people, it appears to me, is that vegans are all 'tree hugging hippy-types'. Personally, I strongly believe that humans are omnivores and that we are really nothing more than part of the animal kingdom. I feel our culture puts all together too much importance on the role of humans in the world and therefore make very specio-centric decisions. Hell, I think humans are *way* cool with our opposable thumbs, bipedal movement *and* well developed vocal chords to boot, but I don't have any reason to believe that we are the end all, be all. I feel we are, like every other living thing on this plant, part of the food chain, and thus entitled to our spoils.

So why not eat meat you ask? I don't feel that being a part of food chain means we should continue to eat the food chain as our society has become comfortable with.

I don't feel it is normal or natural to raise vast amounts of wasted flesh through agribusiness, using atrocious conditions as a means to keep cost down, or to continually impregnate cows for their entire shortened life spans to force them to give more milk, more often than they ever would left to their own devices.

The most frequently heard comment by any vegan (after "You know there's meat in there, don't you?") is "I could never give

up cheese/milk.” For me this was the easiest decision to make rationally. I believe we are the only species that drinks milk after the infant stage, much less something else’s milk. Western Culture is one of the only cultures in the world that drinks milk later into life, and most didn’t historically drink milk until recently.

I will not dispute that humans have evolved into an organism which can eat meat: our teeth, intestines and binocular vision prove this nicely. Interestingly enough our teeth and intestines also prove that we evolved into something which can live off vegetable matter as well. Our intestines are longer than pure carnivores, but shorter than herbivores. It is believed that this is because when eating meat it is important to absorb nutrients quickly, but expel waste just as quickly, because the meat becomes rancid the longer it’s around. Likewise, it takes longer to absorb nutrients from vegetable matter because the nutrient density is not as high as meat, so it needs to be processed longer, without the need to expel it as quickly. Also, carnivores have teeth for ripping and tearing, while herbivores have teeth for grinding. We have both.

So does this mean we should therefore eat meat, because we are supposed to? Of course not, if we look we can see how agribusiness negatively affects our environment and see that humans can derive all nutrients needed from non-animal sources, and we can make better choices. Besides, our culture lives a **DRASTICALLY** different life-style now then when we were evolving into omnivores.

With our enlarged brains and superior reasoning skills, we should be able to realize that every organism has it’s niche in the overall ecosystem. More importantly we should be able to see the patterns that when an organism overflows its niche, devouring its food sources and polluting its inhabitable area, it is heading for evolutionary trouble. I feel it’s hard to deny that we are using our land resources very poorly and that our

agribusiness practices of growing animals (and vegetables incidentally) are doing some serious damage to our little home here.

As far as my socio/political reasons go, I find it hard to support a system that spends billions of dollars a year, of tax payer’s money, to keep the meat and dairy industry afloat. And that doesn’t even begin to touch that “Got Milk” crap. The dairy industry themselves, though ever so quietly, admitted that calcium from milk is not a significant defense against osteoporosis. Research has suggested that milk isn’t even a very good source of accessible calcium - the amount of protein in milk doesn’t allow us absorb it all. Coincidentally, research has also shown that it is nearly impossible to *design* a diet of non-junk food that would lead to calcium deficiency. Don’t believe me? Listen to the new Milk commercials on the air these days. They aren’t toting milk as the super food any longer, they’re selling an image instead.

All this and I haven’t even gotten to the issue of the crap meat agribusiness churns out these days; nothing about how the *Atlantic Journal-Constitution* published a survey in which 60 of the 84 poultry inspectors interviewed no longer ate chicken based on what they saw while doing their jobs; nothing about the huge increase of colon, breast and prostate cancer or heart disease in meat eaters. And most of all I didn’t say anything about the way most people can feel a significant positive difference in their bodies after even just lowering their intake of meat and dairy products.

But I digress. As I said, it would take volumes to cover it all, this article is just to introduce readers to some of the reasons people may be vegans. I strongly encourage you learn more about at least some of the various reasons people live this life-style, I don’t want you just taking my word for it. There are a lot of great books and papers out there on the subject. I would suggest hunting around the ‘net’ a bit or checking out some articles at the library. I do need to



warn you though, that even though a lot of these sources have great intentions, some feel a need to make everything as ‘cheesy’ and ‘PC’ as they possibly can. An extremely informative book, with only a smattering of mind-numbing ‘cheese’ is called **Diet for a New World**, by John Robbins. He wrote another book called **Diet for a New America**, that I have not read but heard is

also very good. From what I know of the two books I would recommend the previous because it has more facts and statistics which I found more enriching. Hell, I will BUY you a copy if you think you will read it.

Well enough about all that, let’s get on with the food . . .

Here are some things you will want to avoid if you are interested in limiting your consumption of animal products. It may seem overwhelming, but just remember this is a reasonably full list and if you cut out or down on a bunch of them you are kicking ass.

**Meat** - This should be an easy one. If you need substitutes try seitan, store bought wacky products (there is a great fake sausage out there) and there is always good old tofu.

**Eggs** - Eggs are a bit trickier to cut out than one might think, aside from occasional cravings for omelettes, because they seem to serve as a binder and a riser in baking. Fortunately there are a good number of viable options. A common solution is a product called **Ener-G Egg Replacer** (you can probably buy it in most co-ops or health food stores), it does a good job of replacing the rising action of eggs. I have had very few problems with it. As far as a binding agent goes I would suggest ground flax seeds. Blend them up with some water to make a really mucousy substance (yeah it might look gross but it’s just some seeds and water). You might need to fool with the amounts to get it right but I think it is about 1/4 cup flax goo replaces an egg. It does a good job of keeping things from being all crumbly. I have heard blended tofu works as well as a replacer.

**Milk and Milk Products** - Things like cheese, yogurt, sour cream and all that stuff you probably think you can’t live without. **The first rule is if it says “NON-DAIRY” it probably still has milk derivatives.** Milk is the easy one, just buy soy or rice milk (soy makes me a bit phlegmy, but steams for coffee better, probably because there is more fat in it). Cheese substitutions are one of the only things that I have not been overly happy with. There are some fake cheeses on the market but either they have animal products in them or they feel like melted spatula in your mouth. I solve this problem by not making food that needs to have “cheesy” stringy cheese. Pizza is a new experience, but not at all a bad one. There are some good soy cream cheeses though.

**Lard** - Lard is animal fat so use vegetable shorting instead.

**Butter and Margarine** - Be careful, almost all margarines contain either whey or mono- and di-glycerides. The “light” margarines are sometimes safe but they tend to taste like crap. Your local health food store or co-op will usually have a couple brands of soy margarine or canola margarine which are safe and pleasantly fatty. Hain’s and Willow Run are good ones and are pretty common.

**Mono- and Di- Glycerides** - This is derived from animal fat and is in fucking everything! Excuse me but it is the scourge of every vegan. When I am reading ingredients, it is the first thing I look for because it is big and obvious and, like I said, in everything. There is vegetable mono- and di- glycerides, but it will say so if it is.

**Whey** - It's a by-product of milk, as in Little Miss Muffit. It is unnecessary in anything you will be cooking that I can think of. I am not really sure why it is in everything, I am pretty sure in tortillas it is used as a dough conditioner.

**Casein(ate), Calcium/Sodium Caseinate** - This is a milk protein used in most fake cheeses and in a lot of other foods, but also in paints, adhesives and plastics. Don't worry about substituting it.

**Lecithin** - Derived from egg yolk, it is used in foods and grooming products as an emulsifier. Soy lecithin is fine though.

**Lactose** - Research has shown that humans naturally lose their tolerance to lactose after breast feeding stops, so, basically, substituting something for lactose is unnecessary. Because Western Society, and cultures that have been westernized, continue drinking milk after our early years we have built up a tolerance to it. When things say they are "non-dairy" it means they have no lactose, but often still have other milk or lactose derivatives. If you are buying things from a co-op or health food store that say non-dairy they are less likely to have derivatives. I have never seen a non-dairy creamer without them, but I really haven't looked too hard.

**Rennet** - So this is a bit of a gross one, rennet is calf stomach lining. It is used in a lot of cheese so if you are a Lacto-Ovo Vegetarian you might want to avoid this as well. Solutions are to stop eating cheese or buy rennet-free cheese.

**Gelatin** - Gelatin is made from boiling down animal bones and skin, and is used in food, grooming products and photography paper. You can use vegetable gelatin, agar-agar or gwar gum. I have heard there is a product called Gelatine which is vegan.

**Bone Charcoal (or Bone Black)** - Derived from animal remains and bones. It is used by manufacturers to absorb flavors and odors from liquids and gases.

**Honey** - This is, of course, from Bees. There seem to be two major schools of vegan, those who use honey and those who don't. I talked a little about this in the intro, basically if you do, do, if you don't, don't.

**Maple Syrup** - The jury is still out on this. An article in Vegetarian Journal stated that some companies use a little bit of lard as a foam reducer, but that most major companies don't because it isn't as cost effective or necessary as just using synthetic foam reducers. But who the hell knows what those are. If you are concerned about this you can contact the company and probably ask what they use as a foam reducer, though most companies are a little less than helpful when trying to find out what is in their product. Otherwise I would suggest doing more of your own research.

**White and Brown Sugar** - Many refineries use animal charcoal to filter it during the processing. So here is probably where you are saying, "WHAT THE HELL SWEETENERS CAN I EAT?!" There are a few brands of sweeteners out there

that are perfectly safe and tasty. Two of the major ones are Sucanat and Turbino, they are crystallized cane juice for the most part. Also I have heard Beet Sugar doesn't need to use animal charcoal in the processing. Also you can use concentrated fruit sweetener, rice syrup, or safe maple syrup.

**Fructose** - It is derived from white sugar, but is further refined and broken down.

**High Fructose Corn Syrup** - Same story as above, but it is derived from corn. The fiber and protein are often used as livestock feed.

**Molasses** - By-product of sugar refining, lard is also used to reduce foam.

**Distilled Vinegar** - They use charcoal for filtering. You can use rice wine vinegar or apple cider vinegar.

**Bee Pollen** - Sometimes used in foods, medicines and grooming products. Basically just buy the ones with out it.

**Tallow** - It is cow fat that is use in candles, soaps and rubber. Like everything else read the ingredients and buy things like vegetable soaps and paraffin candles.

**Starkey Acid** - Derived from tallow, also used in rubber and soaps.

**Animal Protein** - Often used in grooming products.

**Keratin** - Made from animal hooves, horns, nails and hair. It is found primarily in grooming products.

**Collagen** - Protein in animal connective tissue, bone and cartilage. It is found primarily in hair care products.

**Urea** - Derived from animal urine, it is used in shampoos and to make fertilizer.

**lanolin** - Oil from wool. Found often in hand lotions and other grooming products.

**NOTE:** Basically for all the grooming products if you just look for the kinds that have the label saying they are not tested on animals and contain no animal products you are fine. You can find a slew of safe grooming products at your local co-op or over-priced yuppie market. If you are really lucky you can buy them in bulk to save the container and money.

**Chocolate** - Almost ALWAYS contains milk or other milk products. There are some brands of dark chocolate that are AOK but watch out for lecithin as well. I used to hate dark chocolate, now milk chocolate usually tastes like crap to me.

**Beer** - Many beer companies use animal charcoal in the filtering process or add whey or sugar. Some, like Guinness stout (oh the horrors) use lard as a foam reducer.

**Natural Sponges** - Well they are dried sea sponges and have of course been killed. This is another one you might want to use your discretion on based on where you draw your lines. Also, natural sponges make for good reusable menstruation products, because, as any potter knows, their absorption are second to none. And, well, they aren't synthetic.

**Lactic Acid** - Fermented lactose used to tan leather. Dude, you aren't supposed to be buying leather anyway. I personally own a couple leather products; mostly things I owned before going vegan or things that someone else was going to throw away. Just a word to the wise, don't get in a discussion with ANYONE about your eating and life-style habits if you are wearing leather shoes unless you have a good argument or at least address it in the beginning.

## **Breakfast**

This one is pretty easy in most ways. Like cereal? Read the label on the box, see if you want to eat it, still safe? Then buy some soy or rice milk. Like potatoes? Chop up a bunch, throw in some veggies (broccoli, zucchini anything that you have that you thinks sounds good), cook it all up, throw in some spices (even just a bunch of pepper and some salt will make it yummy). You can also scramble up tofu in a similar manner. Also, invest in some nutritional yeast, it's good for B vitamins, especially B-12, which you should definitely read about before going vegan. If you have no idea what it is, which most of us don't, it is a yellow flaky substance that you can use in lots of recipes. It has a sort of cheesy smell to it. Miss the staples?

### French Toast

1/4 - 1/2 Cup - Flour  
1 Tbs - Nutritional Yeast  
1 tsp - Cinnamon  
1/2 - 1 tsp - Vanilla  
Enough Soy Milk to make it battery

Mix it all up, dunk a slice, throw it in a skillet or pan on Med to Med High heat. The rest should be obvious. Don't worry it gets easier with practice.

### Pancakes

2 Cups - Flour  
1 tsp - Baking Soda  
1 tsp - Baking Powder  
2 Tbs - Oil  
Enough Soy Milk to make it battery

Mix it all up, pour down some dollops, cook on Med to Med High heat. Cook the first side till the bubbles start popping on the top, then flip it.

## **Lunch and Dinner**

Not going to say much about lunch, for me it's generally a time for leftovers or sandwiches. PB+J is always a winner, also humus or soup. Dinner on the other hand is when I have the most fun. If you want something quick and easy throw together a stir fry. Chop up some good veggies, throw in some tofu or tempe; add seasonings based on your mood. Remember you don't have to always use soy sauce and start the rice steaming before working on the veggies. If you want something a little more complex here are some suggestions.

### Curry Tofu with Broccoli

1 - Onion (chopped to you liking, I suggest bite size)  
A few Cloves of Garlic  
1 Can - Coconut Milk  
1 Cup - Veggie Broth (check your bullion for lactose)  
1 - 3 Tbs - Curry Paste (can usually buy this at the store, use powder if you need to)  
1 Head - Broccoli (Cut to bite size or a little bigger)  
1 lb - Extra Firm Tofu (Cut to bit size or a little smaller)  
1 Can - Peas  
1 - Small Lime (smoosh it around to juice it up before you cut it)

Saute the Onions and Garlic in some oil (I prefer olive oil). Throw in the Coconut Milk and Veggie Broth and dissolve in the Curry Paste. Bring to a boil then throw in the Broccoli and Tofu. Simmer until the Broccoli is just about done. Toss in the Peas, bring back to a boil. Squeeze in the Lime and serve over rice or noodles.

## Tofu Pot Pie (stolen from “Bark and Grass”)

### Pie crust:

- 2 Cups - Flour
- 1/2 Cup - Margarine
- 1 tsp - Salt
- 1/2 Cup - Water

### Pie Filling:

- 1/4 Cup - Flour
- 1 Tbs - Nutritional Yeast
- 1 tsp - Salt
- 3/4 Tbl - Garlic Powder
- 1 lb - Extra Firm Tofu
- 2 Tbs - Olive Oil

Veggies - Broccoli, Carrots, Zucchini, Potatoes, Onions, or anything else

### Gravy:

- 1/4 Cup - Flour
- 1/2 Cup - Nutritional Yeast
- 1/3 Cup - Olive Oil or Margarine
- 1 + 1/2 Cups - Water
- 2 -3 Tbs - Soy Sauce or Tamari
- Some Pepper

*Crust:* Soften Margarine, mix with Flour Salt and as much Water as needed to make it rollable. Separate into two balls. Roll one out and place into a 9-inch pie pan and bake for 15 minutes at 400 F. After everything else is done roll out the other ball for the top.

*Filling:* Combine Flour, Nutritional Yeast, Salt, Garlic Powder and Tofu into a bag and shake. Saute Tofu in Oil until brown then throw in the other Veggies and cook until the gravy is done. I sometimes nuke the Potatoes and Carrots for a bit first to help them along.

*Gravy:* Toast the Flour and Nutritional Yeast in a small pot until they get a little brown and give off a nutty smell. I usually do this at Medium High, but don't let them burn. Stir in Oil and let it come to a bubble. Add water and stir until it thickens. Add Soy Sauce and pepper. When done pour it over the veggies and mix it all together, throw it all in the pie crust and cover it with the rest of the pie dough. Poke some holes and cook it for about 30 minutes at 375 F. Eat it up, yum.

## Tofu BIG Vamou (altered from *The Great Chicken Mamou*)

### Sauce:

- 1+1/2 Cups - Finely Diced Onion
- 6 Tbs - Margarine
- 2+1/4 Cup - Veggie Broth
- 15 oz. Can - Tomato Sauce
- 2 Tbs - Veggie Worcestershire Sauce
- 2 Tbs - Sugar
- 1 Tbs - Garlic
- 1/3 Tbs - Black Pepper
- 1/4 Tbs - Basil and White Pepper

### Tofu:

- 1 lb - Boneless Extra Firm Tofu
- 6 Tbs - Margarine
- 1/3 Tbs - Cumin
- 1/4 Tbs - Basil, Garlic and Thyme

*Tofu:* Cube the Tofu to bite size pieces. Melt the butter in a little bowl then mix the spices into it. Pour it over the Tofu and mix it around. Try not to damage the Tofu. Spread the Tofu onto a cookie sheet one layer thick allowing some space between the cubes. Broil the hell out of it until the Tofu is browned. Turn it every 15-20 minutes to cook it evenly.

*Sauce:* Saute the Onions in the Butter until they become transparent. Add the rest of the ingredients and simmer it until sauce thickens. Add the Tofu and cook for 15 more minutes. Serve over angel hair pasta, penne or any other pasta you think sounds good. You may want to experiment with the amount of pepper you use depending on your taste. I have also found this is good with Merlot or Shiraz wine.



## **Ten things to do today.**

- 1) Read something that someone loaned you.
- 2) Write about what you saw today.
- 3) Socialize. Listen a lot, you'll complain less that way.
- 4) Get in an argument with your friends.
- 5) Get punched in the stomach. Don't worry, you were expecting it.
- 6) Make a yummy dinner.
- 7) Be impetuous. Go ahead and kiss that girl (or boy).
- 8) Make some copies of something cool. Give it to your friends.
- 9) Come up with insightfully pointless exercises for the people in your writing group.
- 10) Look at the moon. Try to put a handle on it. Look! Now it's a ping pong paddle!

**Which picture most fits your life?**

a)



b)



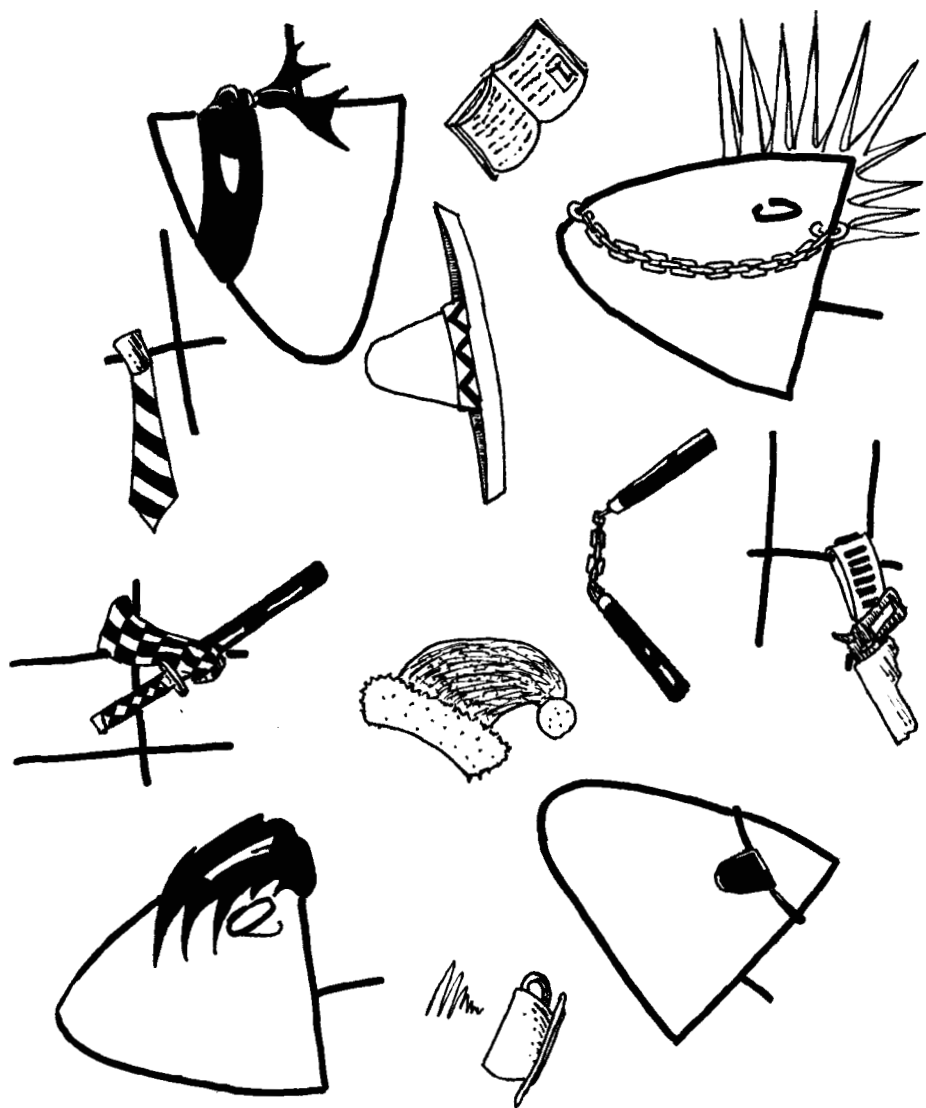
c)



If you answered *a*, *b*, or *c* finish reading this 'zine. Then go do something.

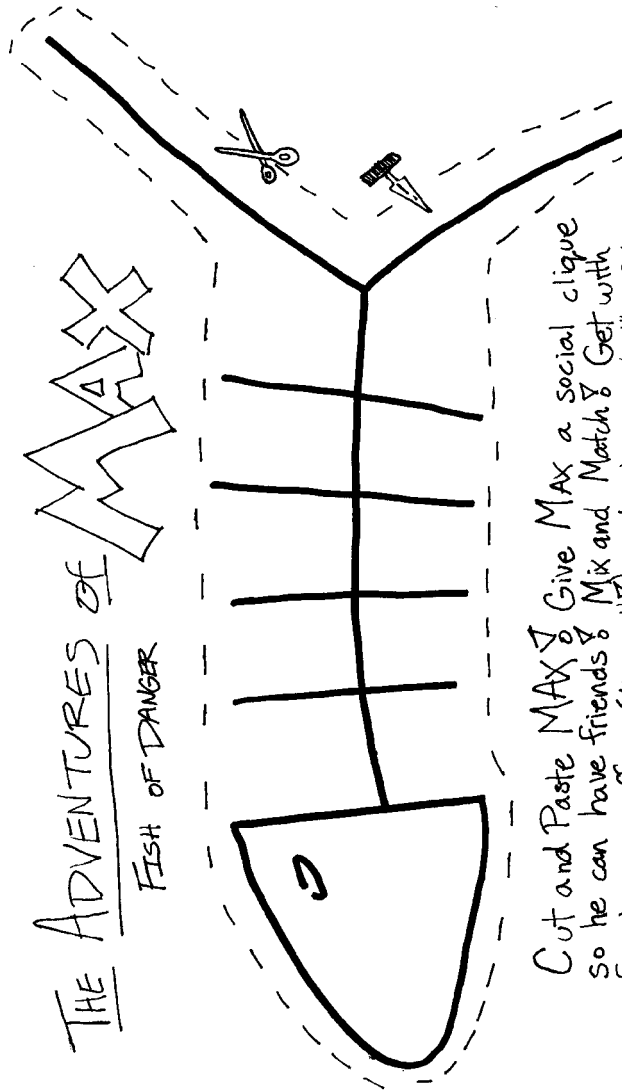


remove center-fold for hours of fun.



# THE ADVENTURES OF **MAX**

## FISH OF DANGER



Cut and Paste MAX! Give MAX a social clique so he can have friends! Mix and Match! Get with friends over coffee (tip well!) and stage a battle of the MAXs! Can impoverished Punk MAX beat Santa-Lawyer MAX? Will Gotham MAX save the day? And what about the mysterious Zapattista-Ninja MAX?



For Sides  
Eat!

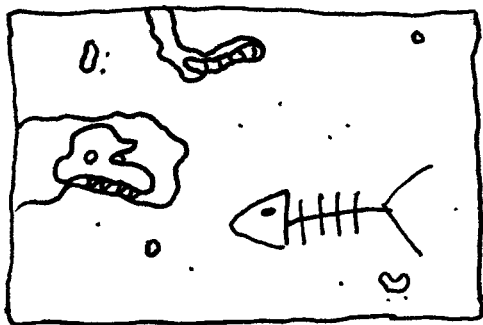
1. Cut MAX out. Watch those fingers!
2. Tape/give/spit/le/honey on accessories.
3. Attach a popsicle stick or coffee stirrer.
4. Chase people around with MAX and make a lot of noise!

remove center-fold for hours of fun.

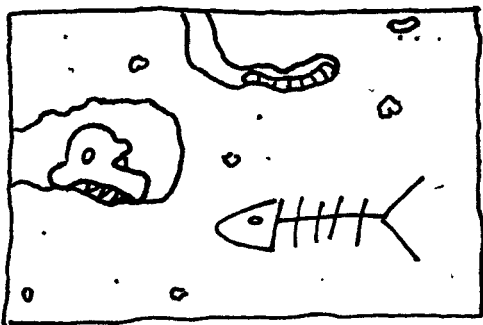
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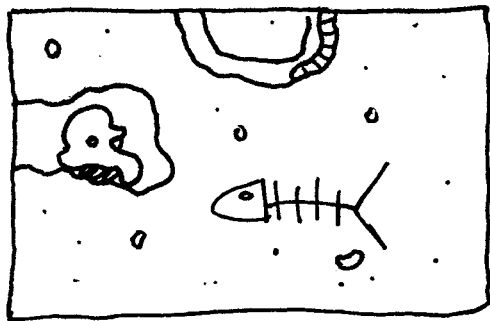
The worms brought me Claire and now she won't leave.



She insists on asking me questions, like how I slept, and how my day was.



I don't do anything so my answer is always the same.





This is where the disclaimer should go...





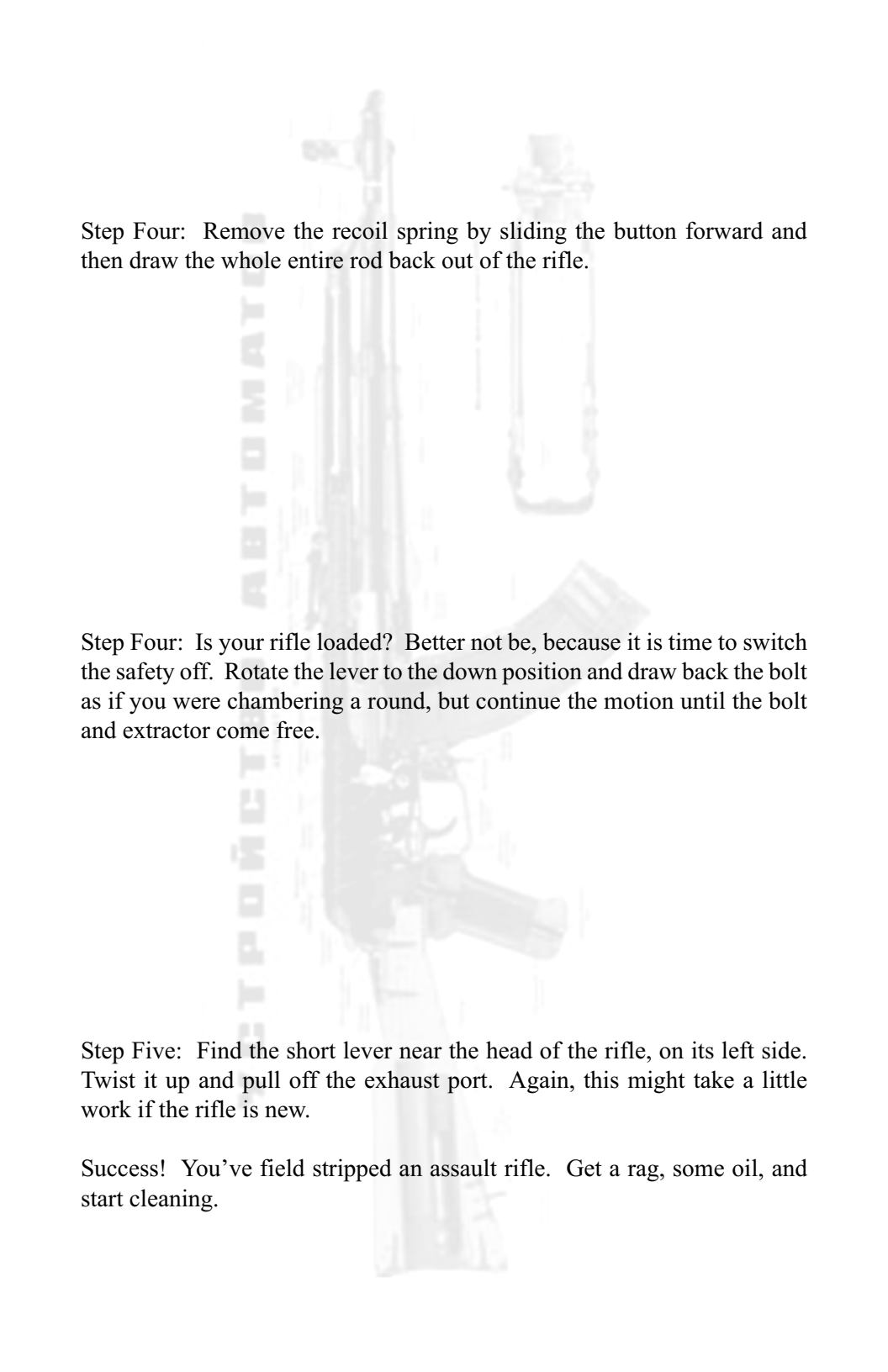
## How to Field Strip an AK-47

Step One: ALWAYS inspect every firearm every time you handle it to determine if it is loaded. If you don't know how to check, DON'T PICK IT UP. You're going to get somebody shot, and chances are she is your friend. Or was, until you put a bullet through her foot. Keep your friends, check your guns!

To determine if an AK-47 is loaded, find the safety, on the right side of the receiver, just above the trigger. Flip it up, so that it is level with the receiver. Now the rifle won't fire or load a cartridge. Draw back the bolt as if you were loading a round, and look into the receiver. Any cartridges chambered? No? Good.

Step Two: Remove the magazine by thumbing forward the level just in front of the trigger guard. The magazine will rotate out towards the barrel of the rifle. Cartridges in the magazine? Check again to make sure the rifle isn't loaded.

Step Three: Find the button on the top rear of the receiver, just above the stock. Press it forward and down into the rifle while pulling the dust cover back and up. Depending on how new your rifle is, this might take a little work.



Step Four: Remove the recoil spring by sliding the button forward and then draw the whole entire rod back out of the rifle.

Step Four: Is your rifle loaded? Better not be, because it is time to switch the safety off. Rotate the lever to the down position and draw back the bolt as if you were chambering a round, but continue the motion until the bolt and extractor come free.

Step Five: Find the short lever near the head of the rifle, on its left side. Twist it up and pull off the exhaust port. Again, this might take a little work if the rifle is new.

Success! You've field stripped an assault rifle. Get a rag, some oil, and start cleaning.



## MOLOTOV COCKTAIL AL A ABBIE HOFFMAN

Molotov cocktails are a classic street fighting weapon served up around the world. If you've never made one, you should try it the next time you are in some out-of-the-way barren place just to wipe the fear out of your mind and know that it works. Fill a thin-walled bottle half full with gasoline. Break up a section of styrofoam (cups made of this substance work fine) and let it sit in the gasoline for a few days. The mixture should be slushy and almost fill the bottle. The styrofoam spreads the flames around and regulates the burning. The mixture has nearly the same properties as napalm. Soap flakes (not detergents) can be substituted for styrofoam. Rubber cement and sterno also work. In a pinch, plain gasoline will do nicely, but it burns very fast. A gasoline-kerosene mixture is preferred by some folks.

Throwing, although by far not the safest method, is sometimes necessary. The classic technique of stuffing a rag in the neck of a bottle, lighting and tossing is foolish. Often gas fumes escape from the bottle and the mixture ignites too soon, endangering the thrower. If you're into throwing, the following is a much safer method: Once the mixture is prepared and inside the bottle, cap it tightly using the original cap or a suitable cork. Then wash the bottle off with rubbing alcohol and wipe it clean. Just before you leave to strike a target, take a strip of rag or a tampax and dip it in gasoline. Wrap this fuse in a small plastic baggie and attach the whole thing to the neck of the capped bottle with the aid of several rubber bands. When you are ready to toss, use a lighter to ignite the baggie. Pull back your arm and fling it as soon as the tampax catches fire. This is a very safe method if followed to the letter. The bottle must break to ignite. Be sure to throw it with some force against a hard surface.

Naturally, an even safer method is to place the firebomb in a stationary position and rig up a timing fuse. Cap tightly and wipe with alcohol as before. The alcohol wipe not only is a safety factor, but it eliminates tell-tale fingerprints in case the Molotov doesn't ignite. Next, attach an ashcan fire cracker (M-80) or a cherry bomb to the side of the bottle using epoxy glue. A fancier way is to punch a hole in the cap and pull the fuse of the cherry bomb up through the hole before you seal the bottle. A dab of epoxy will hold the fuse in place and insure the seal. A firecracker fuse ignites quickly so something will have to be rigged that will deal the action enough to make a clean getaway.

When the firebomb is placed where you want it, light up a non-filter cancerette. Take a few puffs (being sure not to inhale the vile fumes) to get it going and work the unlighted end over the fuse of the firecracker. This will provide a delay of from 5 to 15 minutes. To use this type of fuse successfully, there must be enough air in the vicinity so the flame won't go out. A strong wind would not be good either. When the cancerette burns down, it sets off the firecracker which in turn explodes and ignites the mixture. The flames shoot out in the direction opposite to where you attach the firecracker, thus allowing you to aim the firebomb at the most flammable material. With the firecracker in the cap, the flames spread downward in a halo. The cancerette fuse can also be used with a book of matches to ignite a pool of gasoline or a trash can. Stick the unlighted end behind the row of match heads and close the cover. A firecracker attached to a gallon jug of red paint and set off can turn an office into total abstract art.

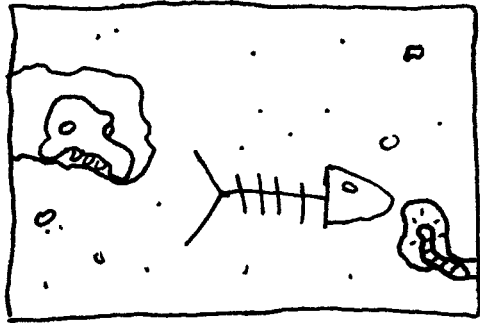
Commercial fuses are available in many hobby stores. Dynamite fuses are excellent and sold in most rural hardware stores. A good way to make a homemade fuse is described above under the Smoke Bomb section. By adding an extra few feet of fuse to the device and then attaching the lit cancerette fuse, you add an extra measure of caution. It is most important to test every type of fuse device you plan to use a number of times before the actual hit. Some experimentation will allow you to standardize the results. If you really want to get the job done right and have the time, place several molotov cocktails in a group and rig two with fuses (in case one goes out). When one goes, they all go . . .BAROOOOOOOOOOM!

# THE ADVENTURES OF MAX

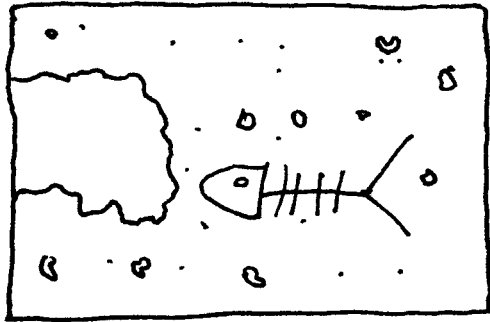
Pleistocene Fish

"HTRYL in 3 easy  
steps." Part III.

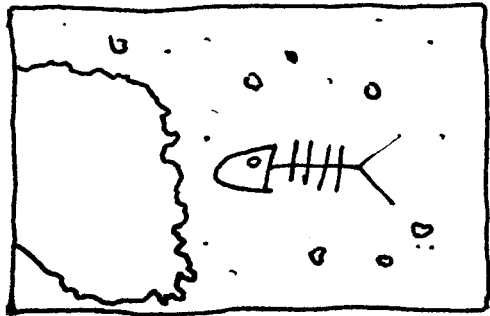
I didn't think Claire  
was listening when  
I complained about her  
to the worms.



She overheard us  
and left that day.  
Now no one bothers  
me about my day.



I miss the way  
she smelled-  
like eucalyptus leaves.  
They were her  
favorite.



## **How to Publish Your Own Free Independent Magazine**

1. Graduate from college with a BFA in something useful, like say... Pottery. (Anything from a Liberal Arts College is best because they leave you with no marketable skills and well rounded enough that you may still care about humanity)
2. Work at 7-11 until you got nuts from the boredom of dealing with drunken idiots. (This step is important for fostering your cynicism)
3. Quit your job at 'The Sev' and get a job at Kinko's working graveyards with 'cracked-out revolutionaries'. (Be sure to keep your eyes and ears open for 'zines that these people published 'back in the day')
4. Start dating one of your co-workers. (This becomes important later)
5. Work your ass off for two years. (It is important to make sure you work extra-extra hard so you can feel your employer 'owes' you something)
6. Quit because of the stress and because 'your employer never appreciated all the hard work you did anyway' then get an equally stressful job at an Internet Service Provider. (It isn't important where you go but it should be someplace that may allow for alternate publishing methods, i.e. E-Zines)
7. Channel your stress by working with your friends to put out a free independent magazine while getting discounts from your Significant Other. (Remember to save your money for when your S.O. quits for similar reasons you quit over a year ago - if you still can't afford it bribery may work)

(our thanks to Kinko's Ventures, Inc. and, as always, Vaginagirl)



# ONE WOLF

*exploration society est. 1537*

## Prologue

Prepare yourselves, my dear, sweet readers, for the experience of many lifetimes. In fact, if you are under any sort of stress relief medication, psycho-, hypno-, or even chemo-therapy, exhibit back pain, frequent nausea, or exczema, it is highly recommended that you read no further; this choose-your-own-adventure Lone Wolf Exploration Society epic is for the physically and emotionally fit only. However, if you persist in your infinite foolishness, we at the corporate Lone Wolf Exploitation Society headquarters refuse to be held responsible. Consider yourself warned, mortal.

## Opening Scenario (Section A):

You have just been presented with the keys to heaven by your cousin's best friend at a colleague's son's bar mitzvah. If you are Jewish skip to Section C. If you are atheistic skip to Section Q. If you are Buddhist might you proceed in all humility to Section L. If you are Animist move it quickly to Section V and quit gawking. If you think this whole thing is silly, you go to hell. If you are skeptical and don't believe these are the keys to heaven try punching your cousin's best friend and see what happens.

**Section B:** Congratulations! You are presented at the Pearly Gates with a huge round of applause and a feast and all manner of good tidings. Enjoy eternity.

**Section C:** Since you are at a bar mitzvah, this may be the most plausible choice. If you think that bar mitzvah are two really funny words, go to Section W. If you don't know what one is go to Section W. All other choices end in Section W. Go there.

**Section D:** Hair is not round. Just remember that.

**Section E:** Okay, if you're all for freeing Tibet, go to Section Z. If you think the keys will work best when combined with a nice Hollandaise sauce, go to the dentist at Section U.

**Section F:** You tried the keys at the Pearly Gates. Guess what? They didn't work! Ha, Ha, Ha! St. Peter looks at you, starts to chuckle, and waits for you to ask him what's wrong. Because you are a chuckle-head, you do not and spend eternity searching for bobby-pins to pick the Lock of Perilous Heaven. You really thought these keys would work? Look closely; they say VW on them. These are your car keys!! Chuckle-head!!

**Section G:** The lightening bolts of Zeus barely miss you, though you are ousted from Olympus and must create a subterranean society with your female Wilma following the complete destruction of humanity at mighty Juno's wrath. You find some solace with your new simian-like brethren,

however, and die in peace in the lap of Wilma.

**Section H:** You wake up and realize that this was all a dream. Man, a Big Mac sounds good, right about now.

**Section I:** You are mystified and amazed with the beautiful, gemlike object the strange, large-jowled friend of your relative gave to you. If you opt to throw them off a high mountain-top as a blessing to the higher powers, pick Section T. If you want to keep them for yourself so the bad people don't get them, go to Section J. If you want to go ahead and try them on the Pearly Gates, go back to F.

**Section J:** Okay, you are greedy, which means you probably are not made of sugar and spice. Thusly, you smell bad and they wouldn't let you get into heaven anyway. Superman suddenly appears and demands the sacred "Orb of Keldor." Since keys are obviously not orbs, you attempt to reason with the Krypton native, who rips the keys from your grasp and leaves, finally possessing the sacred artifact, for his home world. You are left breathless and resentful, impetuously dedicating your life to crime and vowing revenge on the city of Gotham, where you dress in brown spandex and fashion your supervillain schtick into an elaborate "Rabid Chipmunk" guise, biting any hand that tries to feed you.

**Section K:** You have chosen a path of enlightenment to lead you to heaven. By placing the keys in a leathern rucksack, you have shown disattachment and humility, both solid virtues. They don't impress Zeus, however, who, you find out has been taking a really long nap and is the true Master of all Terra and Firmament. He shuffles you off to Section G.

**Section L:** If you are a curious sort of person, go to Section E. If not, place your so-called keys to heaven in a plain brown

satchel and begin to meditate. Go to Section K.

**Section M:** You are a rational and plainly level-headed type of individual. These keys already belong to you; in fact, that drunk friend of your cousin's must have stolen them from your jacket. After the police cart him off, you drive off in your new VW with a smug air.

**Section N:** N stands for 'Knowledge.

**Section O:** The dentist finally wrenches the keys from the clutches of your hollandaise-coated canine's, but right as he's about to scold you for trying to eat metal again.... Go to Section H.

**Section P:** You survived, somehow, that plunge from the Himalayan peak. Now, never question Mother China again. You are sent to a reconditioning camp where you learn to be happy on seven rice grains and a swig of fetid water per day, no more, no less. When you die, you won't even be able to tell the difference.

**Section Q:** Ah, you must make a decision. If you simply can't accept the idea of a God, either as an abstract or concrete conception, due to either moral or perceptual reasons, proceed to Section G. We have a surprise for you. For the rest of you, who are willing to accept human infallibility, get it on to Section M.

**Section R:** You and the dentist join in a chorus of Swanee River, made comical by the gauze in your mouth. You thank him and realize that heaven exists in little moments like these.

**Section S:** Your keys start to sprout wings after you spit on them. Go to Section X to find out what happens next.

**Section T:** Please, please, tell me why you threw the keys off the mountain, honey?



Are you okay? Please, I need to know. Am I not enough for you anymore; don't you still love me? Please what is it? Just don't get upset like that again. It scares me.

Section U: Nobody likes dentists, but if you are scared go to Section O. If you are a brave little person, go to R.

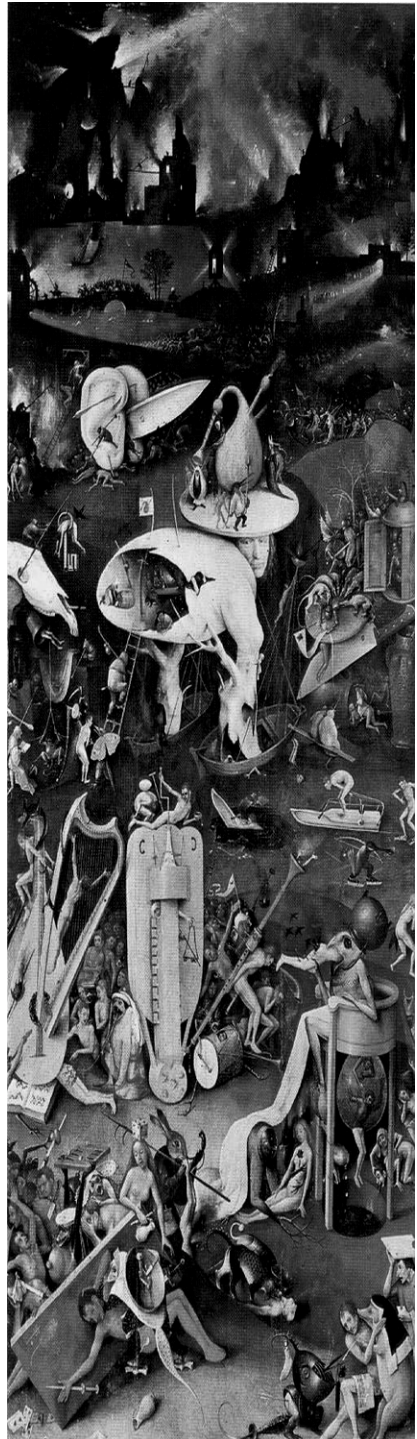
Section V: Okay, if you believe the keys are supernatural, be kind enough to move on to Section I. If you want to try spitting on your keys to see what happens, go to Section S. If not, animists are basically Buddhists so go to Section L. And don't argue.

Section W: Bar Mitzvah is indeed a funny set of words. If you know what the Cabbal is, watch out for Ninja shuriken and pretend you are Buddhist by going to either I or L. If not, don't worry; you just can't get into heaven.

Section X: Congratulations, your keys have turned into a pair of mini-angels hilariously named Claude and Stella. Their sitcom-like antics amuse you for hours. Play with them. Pet them. They are your friends. Paint Claude red and put him on your left shoulder. Call him "Evil Claude." Put Stella on your right shoulder. Listen to them argue. This, my dear friend, is truly paradise. Or a funny farm.

Y. Not a valid question.

Section Z: Because you support Tibetan freedom, you have made a popular decision. So, relieved you made the right decision, you take a pilgrimage to Tibet, where you plummet off one of those enormous spiritual peaks, which are lot bigger, colder, and slipperier than those calenders at the incense shop suggested. Go to Section P, if you dare.





## Guidelines for Submissions:

- 1) Any printable medium accepted (electronic format preferred).
- 2) Work must communicate with intent and communicate effectively.
- 3) Works addressing the author/artist's growing understanding of themselves or their environment and culture more favored in the selection process.
- 4) Send work or comments to [melchior@central-dogma.net](mailto:melchior@central-dogma.net) or mail to:  
A.E.M.  
804 1/2 West Myrtle Street  
Fort Collins, CO 80521

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007	Lone Wolf Exploration Society
A. Hoffman	Molotov Cocktail Article
Spackle	Vegan Info, "How to Publish Your Own Free Independent Magazine", building and facing
Melchior	"Ten things to do today.", "Which picture most fits your life?", other words and rants, head editor

some stoopid dogs press: 02.01