TIME IS RUNNING OUT TO EXPERIENCE THE ORIENT WITH ART BELL See Details On Back!

Art Bell



AFTER DARK



A Publication of Chancellor Broadcasting Company and Talk Radio Network

Anril 1995

WAS VINCENT FOSTER MURDERED?

By Christopher Ruddy

New revelations about Vince Foster's death may be developing into the top news story of 1995. Christopher Ruddy, former investigative reporter for the New York Post and acknowledged expert on the Foster case, here lays bare some of the unanswered questions and graving inconsistencies in the official explanation of Vincent Foster's demise.

would like to divide the Vincent Foster case into three parts: the body, the files, and the FBI. Vincent W. Foster was the Deputy White House Counsel and he died on July 20, 1993. He was one of the highest ranking federal officials to die under suspicious circumstances since the death of John F. Kennedy.

Let me give you a thumbnail sketch of the situation with regard to Vincent Foster's body.

I am not saying that this was a murder; I'm saying we don't know yet. But if you accept the official party line that it was a suicide, you have to accept the following:

- that this devoted family man of 25 years left work in the middle of the day, after eating a full lunch;
- that he did not say goodbye to his family;
 - that he left no suicide note;
 - that he made no final arrangements;
 - that he checked out his White House beeper,
- that he drove to an obscure Virginia park, Ft. Marcy, a place he apparently had never visited before:
- that he got out of his car and walked 600 feet through the heavily wooded park without getting a trace of soil on his shoes or clothing;
- that he climbed down the side of a steep hill, sat down, took out a 1913 antique Colt revolver that his family still cannot positively identify—a gun that had only two bullets in it—with no matching ammunition found at the home, which is unusual for gun owners;

- that he took the gun and placed it in his right hand using his thumb, even though he was left-handed;
- that he fired the gun and that it was found in an unusual position in his hand;
- that despite the barrel's being placed deep in his mouth when he fired it, there was no blood visible on the gun;
- that there were very few powder burns, with the powder being on the



Deputy White House Counsel Vincent W. Foster, Jr.

wounds but no powder burns on the rest of the mouth:

- that there were no broken or damaged teeth, all of the things that are not always the case but are usual or typical in this type of death;
- that his body was found looking so neat that even the lead paramedic, George Gonzalez, said it looked as though 'Mr. Foster was ready for the coffin;'
- that there was little blood at the scene despite the fact that he had two wounds—one in the mouth and one in the back of the head.

Honest Questions

I submit that if you ask questions about this death, you are not a conspiracy freak, you are not a nut. These are obvious questions.

Also, if you look at the blood tracks on Mr. Foster's face, which the FBI studied, his body would have to have been in at least three different positions, possibly four, after his death.

Let me explain this. Since there was so little blood at the scene, the pathologist hired by Independent Counsel Robert Fiske assumed that Mr. Foster died immediately, and that his heart ceased beating immediately, which is unusual. Your heart operates on an independent impulse system. It typically does not stop beating even though there is a wound to the head. It takes a minute or two. In this case they say the heart activity ceased immediately.

Yet, they found a number of blood stains indicating that Mr. Foster's head had been in a number of positions. In the first position, it had been in contact with his right shoulder because the blood stain on the cheek indicated that. In the second, the head had been tilted slightly to the right because blood was draining to the right. The third position indicated that blood had traveled from the right nostril up above the ear to his temple area.

He was lying on a hill, meaning that the blood in this case would have had to defy gravity. And then his head was found, as the confidential witness has said and everyone else has said and the photographs say, in a straight-up position. Something doesn't fit.

Then, of course, we had the situation of the unusual carpet fibers all over Mr. Foster's body. One of the points I made in a *New York Post* series in March was that the Park Police never did what is standard in this type of investigation. They should have suctioned Mr. Foster's clothing for unusual fibers and hairs. This is very standard. It determines whether someone else had come in contact with the body or the body had been in some unusual situation.

Mysterious Fibers

Mr. Fiske did this with his FBI investigators and what did they find? They found

(Continued on page 15)

Letters From Listeners ART-ICULATIONS

Predictions from the graveyard

You have quite a following on the Graveyard Shift at the Reno Main Post Office. Unlike Charlie, though, we have no way of calling in from work! So I made up a list of predictions from me and my fellow employees who enjoy the show.

Dan: Saddam Hussein will try one last desperate attack on Kuwait. This time he will use at least one nuclear device, resulting in his total annihilation.

Steve: Hang on to your Confederate money. Several southern states will secede, beginning with Georgia.

Dawn: It will be revealed that while Governor of Arkansas, Bill Clinton contracted and was treated for a social disease.

Lois: There will be new terrorist bombings in New York. Major buildings will be involved.

Reggie: O.J. Simpson will be found guilty of two counts of First Degree Murder.

Kay: The government of North Korea will self-implode, and Korea will quickly re-unite under the Government of the South. These events will unfold even faster than what happened in Germany. (Kay is originally from Seoul, Korea, and closely follows events from home.)

Stan: There will be new Tiennanmen Square-style protests all over China. They will not necessarily be in the same location, but they will be larger and far more widespread. They will be put down even more violently than before, resulting in a long period of oppression and isolation for China. (Stan is Chinese, and a native of Hong Kong. He has recently visited China, and bases this prediction on the mood of the people he's talked to there.)

Virgil: The Philippine Government will ask the U.S. Navy to return and reopen the Subic Bay Naval Base. (Virgil is Filipino.)

Rick (me): There will be a major UFO-related admission from the government. It will not be about Roswell, though, as it would be too sticky for them to admit they've now lied twice.

> Rick Jackson Reno, Nevada



"CONGRESSMAN ZILTCH COULDN'T TAKE IT ANYMORE... JUMPED UP AND STARTED YELLING, RAISE TAXES, RAISE TAXES!!"

A reminder to all you nephews

Just a quick note about a billboard I saw tonight. It had the traditional picture of Uncle Sam pointing in the middle of the sign, on the right were the words "Remember, he is your uncle," and on the left side were the words "Not your DAD!" I think we can safely assume it wasn't paid for by the Democratic Party.

Kevin Alexander, KFYI Phoenix, Arizona

Instant gun control

After listening to callers talk about gun control, about having someone buy a gun for someone else, and about the hassles involved with background checks, I am glad I am a licensed gun dealer in the State of Idaho. We have the Idaho Insta-check system. I call, and in five minutes I know if someone qualifies or not.

By the way, your newsletter is great.

Don Boise, Idaho

Donkeys, elephants and rhinos

I am a deputy sheriff in Pierce County, Washington, and I listen to your shows almost every night and like millions of other people, I love 'em.

Hopefully the Republicans won't blow the great opportunity handed to them by the voters, but if they do, I've thought of the perfect symbol for the new third party: the rhinoceros!

The rhino symbolizes the ancient wisdom of the ultimate (and undeniable) truths of life since it has been around just as long or longer than the elephant. It also symbolizes great strength and deliberation because of its mass and unstoppable motion. The best reason for the rhino to be the symbol is its horn. Mounted on its nose, the pointed weapon symbolizes a no-nonsense, takeno-crap attitude—in other words, cross me and you get the horn!

P.S. Please keep Charlie around so we don't forget what the people in his collective are like!

Steve Piotrowski Pierce County, Washington

AFTER DARK welcomes your comments and communications. Send letters to AFTER DARK, c/o Chancellor Broadcasting Co., 744 E. Pine Street, Central Point, Oregon 97502, or you may FAX them to 503-664-8261.

GUN CONTROL: Media Hysteria Strikes Again—and misses

By Art Bell

am outraged "wrote the mother of a cop to *USA Today* last December 30. Her letter was in response to a full issue the newspaper devoted to last December's media "gun scare"—The Black Rhino Bullet.

Of course, the anti-gun lobby has a name for everything: An inexpensive handgun is called a "Saturday Night Special;" a hunting rifle with a scope is called a "Sniper Rifle;" a military style semi-automatic rifle is called an "Assault Rifle;" and any bullet capable of penetrating body armor is called a "Cop Killer Bullet." Enter the "Cop Killer" Black Rhino, and needless to say, the mom mentioned above, and many other concerned Americans, were "outraged." That was the point, the whole point, and nothing but the point. Outrage is one of the most useful political tools-it is practically how things get done in Washington. If you can outrage enough people, you can create the kind of hysteria that makes for legislation, Washington-style.

With last December's breaking news reports of the Black Rhino's "new technology," it became an overnight success—not because it was the perfect ammo, but because it was perfect "ammo" for the media machine—an opportunity for legislation by hysteria. Of course, the media make up only one leg of what Ronald Reagan called "the Iron Triangle:" the liberal media, the liberal special interest groups, and of course, the liberal politicians who dominated the U. S. Congress for so many years.

In these After Dark pages, I like to stop and take notice of interesting events whenever I can, and this was one of them. Why? Because when the Iron Triangle kicked into gear over the Black Rhino story, it ground to a sudden stop only a day later. That doesn't usually happen, but in this case, there was a small problem connected to the fearsome Black Rhino bullet. It was a hoax, a bullet that as far as anyone can tell is no more powerful than any number of bullets on the market. Too bad for USA Today and the rest of the anti-gun crowd.

Sometimes the media leaps before it

looks—and falls flat on its face. On such occasions we get to see the media agenda in the clear light of day; it's as if someone tried to get the better of you when your back was turned only to find out you're watching him in a mirror. In this case, *USA Today's* anti-gun agenda was embarrassingly clear for anyone who cared to see it. The paper's editors were apparently afraid that the new Republican Congress would reverse all the gun-control "gains" of 1994, so they did what they could to stop that reversal. Let me review how it all happened.

Newsweek broke the Black Rhino "story" in its December 19th issue. On December 27th, after the Christmas holiday was over, USA Today made its move by publishing a small story headlined, "On

There was a small problem connected to the fearsome Black Rhino bullet.

It was a hoax.

sale soon: A bullet body armor can't stop." In it we were told that, "Rhino-Ammo makes a bigger hole [than Black Talons] because 90% of each bullet breaks into fragments. By comparison, only 10% of deadly hollow points break off."

But that was just the set-up. The next day, *USA Today* launched a full scale gun scare issue with no fewer than 10 articles, editorials, and charts on the subject. At least 12 times in that issue the reader is warned of coming attempts to roll back the gun-control legislation of the previous year, including the Brady Bill and the "assault rifle" ban.

So, with the 104th Congress only a few days away from convening, *USA Today's* headlines read: "New Ammo For Gun Debate." Perfect, right? Just when conservatives are feeling their oats, you slime them with a "Cop Killer" bullet. Except it turned out that the bullet didn't work. OOPS. That night, "Nightline" blew the cover on the hoax and the whole thing fizzled. Apparently no one had bothered to check the story out. The BATF said they



didn't even believe the "body-armorpiercing" Black Rhino existed. Many newspapers around the country were embarrassed, including the Associated Press, themselves a major part of what the NRA has called a "media feeding frenzy." Was this a case of bad journalism? Much more than that—it was a case of trying to propagandize the American public and getting caught red-handed.

But the media weren't the only one's caught. The second and third legs of the Iron Triangle were salivating and sharpening their knives when their turkey fell on the floor. Politicians like Charles Schumer and Diane Feinstein called for legislation, but then seemed to freeze in mid-sentence. The anti-gun lobby, including favorites like Sarah Brady's Handgun Control, Inc. and the Fraternal Order of Police were just beginning their usual demands for action when the news broke that there was no news.

The Iron Triangle failed, but not because the Iron Triangle system doesn't work. It does. Together, the three can whip things up in no time, everyone calling for emergency legislation, and pushing it over the top before the rest of the country knows what's really going on. The Iron Triangle failed because the media just picked the wrong story to get "public outrage" going. In the future-maybe even by the time you read this-they'll find a real story, some mass killing, and you'll get to watch the three "legs" do their dance. Meanwhile, they all looked a bit silly, especially USA Today. But don't kid yourself, they'll be back the next time there's an opportunity to create a little outrageand a little legislation.

CAN YOU AVOID THE NEXT PLAGUE?

"Bacteria are cleverer than men."

-Dr. Harold Neu, Columbia University

"Medicine's purported triumph over infectious disease has become an illusion."

—Dr. Sherwin Nuland in his best-selling book, How we die

"Right now the microorganisms are winning. They're so much older than we are.. and wiser."

—Dr. Richard Wenzel, University of Iowa

"AIDS does not stand alone; it may well be just the first of the modern, large-scale epidemics of infectious disease."

—Laurie Garrett, from her book The Coming Plague

"AIDS takes 10 years to kill its victim. The Ebola virus takes 10 hours."

-Richard Preston, author of The Hot Zone

In The Hot Zone, author Richard Preston describes the emergence of new or previously unknown diseases so dreadful that novelist Stephen King, the master of modern horror, calls the book "one of the most horrifying things I've ever read in my whole life." The opening chapter describes how Charles Monet, a Frenchman residing in Africa, mysteriously contracted the Marburg virus, a tropical disease related to the dreaded Ebola. Monet deteriorated rapidly until, in the middle of the waiting room at Nairobi Hospital where he had gone for help, he "crashed and bled out."

That's military biohazard lingo for what happens when your internal organs, disintegrated and liquefied by the virus, along with massive amounts of blood quite literally explode out of every body orifice, teeming with highly infectious and lethal viruses. The book is currently #3 on *The New York Times* Non-Fiction Bestseller list.

No wonder. The subject of new dis-

By David Kupelian



Nearly 400 young people—30% of the student body of a high school—tested positive for tuberculosis, at least 12 of which were a drug-resistant variety.

eases increasingly worries a public faced with ever-more-frequent reports of new "killer" viruses, "flesh-eating" bacteria and the like. Perhaps even more disconcerting are reports of "old" diseases we thought we had conquered re-emerging from false extinction to wreak their biologic havoc on mankind. Some recent examples:

• Westminster, California: Nearly 400 young people—30% of the student body of a high school—tested positive for tuberculosis, at least 12 of which were a drugresistant variety of this extremely contagious disease.

- Cincinnati, Ohio: In a rare epidemic of pertussis (whooping cough), 352 cases were reported, compared with 542 cases in the previous 13 years. Furthermore, since most victims had been vaccinated, an unusually hardy strain of the pertussis bacterium might be emerging. Nationwide there were more than 6,500 cases, the largest number in the past quarter century.
- American Southwest: The rare hantavirus, once unknown in the U.S., emerged from deer mice to rapidly kill a number of people, mostly American Indians. The absence of media coverage since then has left the impression that this threat has vanished. But according to the federal Centers for Disease Control and Prevention (CDC), "ongoing investigations of hantavirus pulmonary syndrome document that the geographic distribution of this infection goes beyond the desert Southwest." Indeed, at least 30 people have died in as many as 20 states.
- Milwaukee, Wisconsin: In the spring of 1993, contamination of a municipal water supply with the intestinal parasite Cryptosporidium caused the largest outbreak of waterborne illness in American history. An estimated 403,000 Milwaukee residents had prolonged diarrhea, approximately 4,400 persons required hospitalization, and over 100 died because of the outbreak.
- Gloucestershire, England: An outbreak of the "flesh-eating" bacteria of tabloid fame (Streptococcus-A). The common bacteria that cause strep throat generally produce no lasting harm if properly treated. But infections from certain virulent and lethal strains of Strep-A claim thousands of lives annually in America and Europe alone.

"Emerging infectious diseases" are defined by the CDC as "diseases of infectious origin whose incidence in humans has either increased within the past two decades or threatens to increase in the near future." Since the early '70s, Americans have been plagued by many newly-identified diseases and syndromes—AIDS, Legionnaires' disease, Lyme disease, toxic shock syndrome,

hepatitis C virus—as well as a host of old, once-"conquered" microbial enemies. And the list is growing.

Who's at risk?

Most diseases have certain associated risk factors. The most widely publicized of these is AIDS. Despite valid concerns over "casual" transmission, and there are documented cases of this occurring, the vast majority of Americans and Europeans contracting AIDS are either male homosexuals or intravenous drug users. Heterosexual promiscuity and contaminated blood are two other major risk factors.

Emerging infections transmitted by contaminated public water supplies, such as that in Milwaukee, are placing entire communities at risk. In point of fact, the municipal drinking water in most American cities is not processed in such a way that it can prevent an outbreak of cryptosporidium, since chlorination does not kill this microscopic cyst.

Another entire community at risk is children in daycare, the numbers of which have skyrocketed in the past decade. According to the CDC, these kids, now numbering more than 11 million, are "at a substantially increased risk for enteric infections, such as hepatitis A, giardiasis, and cryptosporidiosis; acute respiratory illnesses; and middle-ear infections." Indeed, Dr. Harrison Spencer, Chief of the CDC's Parasitic Diseases Branch told this writer that children in daycare are up to 18 times more likely to get sick than those not in davcare.

And what of the nation's sick and elderly, who are especially vulnerable to infections? At least six percent of patients acquire an infection while they are in the hospital, so-called "nosocomial infections." Nosocomial infections are the direct cause of 20,000 deaths annually and they contribute to an additional 60,000, putting them among the ten leading causes of death in the U.S.

Even the once "exotic" tropical infectious diseases are today having an increasing effect on Americans. Recent examples include severe illness and at least one death due to cholera among international airline passengers arriving in California; malaria among residents of southern California and immigrants in North Carolina; fever and

heart failure in New York and Canada among patients who received blood transfusions contaminated with the bloodborne parasite (Trypanosoma cruzi) that causes Chagas' disease in Latin America; and a newly described form of leishmaniasis among troops returning from the Persian Gulf conflict.

Worldwide, the situation is even worse. The incidence of many diseases widely presumed to be under control—cholera, dengue, yellow fever, diphtheria, TB—has increased in many regions throughout the world. The danger is greatest, of course, in the underdeveloped world, where epidemics of cholera, dysentery and malaria

Incredibly, milk is allowed to contain a certain concentration of 80 different antibiotics. All of this produces resistant germs in milk drinkers and meat eaters.

are spawned by war, poverty, overcrowding and poor sanitation. Just recently, for example, cholera killed as many as 50,000 people in the Rwandan refugee camps.

Why, at the end of the millennium, is medicine apparently losing so much ground in its fight against infectious diseases?

The myth of the magic bullet

"Because of the widespread use and misuse of antimicrobial drugs, their effectiveness in treating common bacterial infections is diminishing, resulting in prolonged illnesses, higher mortality rate, and higher health-care costs."

-Centers for Disease Control and Prevention

"We have a tradition of prescribing antibiotics to anybody who looks sick."

-Dr. Lee Green, University of Michigan

number of influences have converged to promote today's alarming increase in infectious diseases. In addition to the traditional precursors of disease such as war, poverty, lack of sanitation, promiscuous or dangerous sexual behavior, drug use and poor diet, there are factors unique to our time: drugs that suppress the immune system, unhealthful food processing, daycare facilities, environ-

mental pollution, global air travel.

But by far the most profound reason we are losing the war against the microbes is our almost incomprehensible overuse of antibiotics.

For the last several decades, doctors have prescribed, patients have demanded, and farmers have fed antibiotics in a virtual orgy of mindless overuse. Seemingly we have been oblivious to the danger—which has become today's reality—that drug-resistant strains would naturally and inevitably result from our misuse of yesterday's "wonder drugs."

It is not an exaggeration to say that, in general, doctors in America prescribe antibiotics indiscriminately, without, for instance, knowing whether an infection is bacterial or viral. (Antibiotics are ineffective against viral infections.) Indeed, it is standard medical practice.

Patients, for their part, demand antibiotics; if their physician won't give it to them, they go a doctor who will. And when they get their antibiotics, patients typically don't finish the entire course, thereby ensuring that only the most susceptible invaders are killed off, leaving hardened survivors to flourish and spread throughout the community.

Farmers are also major abusers of antibiotics. Farm animals receive 30 times more antibiotics than people do. Although they





For the last several decades, doctors have prescribed, patients have demanded, and farmers have fed antibiotics in a virtual orgy of mindless overuse.

treat and prevent infections, the main reason farmers like antibiotics is that they also make cows, hogs, and chickens grow faster from each pound of feed, since the energy they would otherwise put into fighting infections goes into gaining weight. Unfortunately, bacteria in the cattle become resistant to the drugs, and when people drink milk or eat meat this immunity may be transferred to human bacteria. Incredibly, milk is allowed to contain a certain concentration of 80 different antibiotics. All of this produces resistant germs in milk drinkers and meat eaters.

Drug-resistant microbes

AIDS awakened us from our antibioticinduced stupor, the belief that whatever ails us, just wait a little while and the drug companies will develop a magic bullet cure, and maybe a vaccine to boot. Hundreds of thousands of deaths later, and millions of HIV-infections (each a virtual death sentence) later, medicine has made pathetically little progress in its pursuit of an effective AIDS treatment.

Unfortunately it doesn't stop there. AIDS seems to have ushered in a new era of multi-drug resistant (MDR) diseases. So, not only is tuberculosis on a terrifying rampage, especially in America's inner cities (the American Lung Association calls TB "out of control"), but drug-resistant TB now accounts for one in seven new cases.

In January 1994 the CDC reported an epidemic of drug-resistant pneumococcus

in Memphis, Tennessee and rural Kentucky. The disease had spread through daycare centers like wildfire, leaving toddlers with ear infections, pneumonia, and in six cases, meningitis.

And while hospital-acquired infections are not new, widespread drug-resistance is. In 1992, 13,300 hospital patients died of infections that resisted every drug doctors tried.

The Andromeda Strain

"Antibiotic usage has stimulated evolutionary changes unparalleled in recorded biologic history."

-Dr. Stuart Levy of Tufts University.

"The more you use antibiotics, the more rapidly Mother Nature adapts to them."

—Dr. George Curlin, National Center for Allergy and Infectious Disease

"We know at some point vancomycin will succumb and the [Staphylococcus] bacteria will grow and proliferate unrestrained. It will be like the 1950s and 1960s, when we had nothing to treat this infection, and the mortality rates were as high as 80%."

—Dr. Thomas Beam of the Buffalo, New York VA Medical Center

While our antibiotics kill off most of the intended pathogens, the few that survive—drugresistant mutations—reproduce. It's basic adaptation. But with microbes, the evolution of resistant strains is extremely rapid, since they can produce a new generation in 20 minutes, instead of several months for higher animals.

Common staph (Staphylococcus Aureus) has always been the bane of hospitals. Ubiquitous and very hardy, it used to kill thousands of hospital patients every year by infecting their surgical wounds and causing blood poisoning. But with the development of antibiotics, staph became far less problematic—until recently.

Medicine has 100+ antibiotics. Today, 40% of staph in hospitals have become resistant to every antibiotic but one—vancomycin. Worse, microbes have the scary ability to transfer resistance to each other. Experts believe that sooner or later vancomycin will also lose its effect on staph due to another microbe, enterococcus. Currently, 20% of enterococcus are resistant to vancomycin. Since staph and enterococcus are often in proximity to each other—for instance, under a hospital bandage—it is only a matter a time before the unthinkable happens. When

CONTRIBUTING FACTORS

TO EMERGENCE OF INFECTIOUS DISEASES

SOCIETAL EVENTS

Economic impoverishment: war or civil conflict; population growth and migration; urban decay

HEALTH CARE

New medical devices; organ or tissue transplantation; drugs causing immunosuppression; widespread use of antibiotics

FOOD PRODUCTION

Globalization of food supplies; changes in food processing, packaging, and preparation

HUMAN BEHAVIOR

Sexual behavior; drug use; travel; diet; outdoor recreation; use of day care facilities

ENVIRONMENTAL CHANGES
Deforestation/reforestation; changes in water ecosystems; flood/drought; famine; global warming

PUBLIC HEALTH INFRASTRUCTURE
Curtailment or reduction of prevention
programs; inadequate communicable
disease surveillance; lack of trained
personnel (e.g., epidemiologists, laboratory scientists, and vector and rodent
control specialists)

MICROBIAL ADAPTATION AND CHANGE Changes in virulence and toxin production; development of drug resistance; microbes as cofactors in chronic diseases

Source: Centers for Disease Control and Prevention

staph becomes resistant to vancomycin, "we will really, really have a problem," warns Dr. Richard Roberts of Cornell Medical School. "Vancomycin is the last line." *Time* magazine recently summed it up this way: "Hospitals could become very dangerous places to go."

Flying the friendly skies with Ebola

Possibly the worst plague in recorded human history was the flu pandemic of 1918. This super-deadly strain of influenza infected half the world's population and killed 20 million. That summer and fall, people woke up tired and achy on Monday and were dead by the weekend. In Philadelphia and Baltimore, one out of seven people died.

And that was before international air travel.

If we were faced today with a new and deadly strain of influenza, acutely infectious through the air, it could take just a few days to cross the world and kill millions of people within a short period. The question is: Will another super-deadly strain, like the flu of 1918, appear again? Some researchers say it's like the question of whether California will experience a killer earthquake ("the big one"). It's not a question of if-but when. They say that inevitably another deadly mutation will occur, and thanks to modern air travel this disease would spread far more quickly and efficiently than its 1918 predecessor.

To bring home the role air travel plays in spreading disease, consider that recently a variant of one of the three most deadly tropical viruses ever discovered was found in the well-to-do Washington, D.C. suburb of Reston, Virginia. In its more deadly form, Ebola kills 9 out of 10 people, as it did in African villages in Zaire 20 years ago. "Ebola Reston," as it came to be called, surfaced in monkeys imported from Africa for medical research. After a terrifying few days, military biohazard experts concluded that this particular strain of Ebola, while lethal to monkeys, was harmless to humans. Everyone involved was very relieved that it didn't jump to humans and mutate into a deadly form like Ebola Zaire. We lucked out that

Today's airline travelers, human and animal, unwittingly transport deadly diseases all over the world, all in a matter of days, even hours. World health officials



An estimated 403,000
Milwaukee residents had prolonged diarrhea, approximately 4,400 persons required hospitalization, and over 100 died because of the outbreak.



went ballistic when the Indian pneumonic plague nearly landed on every continent in just two days last year. Many nations refused passengers and cargo from India.

The Ebola Reston affair illustrates how easily modern travel and global commerce can spread disease. Germs once confined to certain regions may now hitchhike to all parts of the world.

If we have learned anything from these examples, it is that emerging infections can affect people in a wide range of geographic areas, regardless of cultural and ethnic background or socioeconomic status.

What you can do

"The public health infrastructure is insufficiently prepared to confront today's emerging disease problems." This is not the criticism of some antiestablishment medical quack; it is the CDC's own assessment of just how help-

less the medical establishment is in dealing with emerging diseases. "Domestic surveillance systems for most infectious diseases are inadequate," continues the CDC, "and global surveillance is fragmentary at best. For example, foodborne and waterborne disease outbreaks may be either unrecognized or detected late, and the magnitude of the problem of antimicrobial drug resistance is unknown. For example, in 12 of the 50 states surveyed, no professional position is dedicated to surveillance of foodborne and waterborne diseases."

Although the CDC has developed a strategy to attempt to address these microbial threats (involving increased surveillance, research, prevention and control programs, and enhanced public health infrastructure), as a practical matter it is probably not wise to expect the government to keep you from getting sick.

The big three

If there is a positive side to this otherwise morbid scenario, it is that there is a great deal that individuals can do to help safeguard themselves and their loved ones against most infectious diseases.

Virtually all experts agree that there are three primary elements necessary to staying healthy and preventing disease: good diet, exercise, and positive mental attitude.

Diet: Despite what many diet books say, no one diet is "right" for everyone, because of the major differences in people's metabolism. You have to read and experiment until you find what works best for you. However, the following applies to everybody:

If possible, eat meat and poultry that has been raised without the use of antibiotics and growth hormones. The same goes for milk and milk products. Try to obtain organically-grown produce. Avoid junk food. Research the subject yourself and come to your own conclusions.

A word about water: Get a high-quality "point-of-use" water purifier, one that can remove not only disease-producing organisms like cryptosporidium, but chlorine, lead, asbestos, and pesticides as well. Chlorination has been strongly linked to several types of cancer, so it's best to remove it before you drink your tap water.

("Plague" continued on page 13)

AFTER DARK PRESENTS TH

DREAMLAND REPORT

In depth explorations of subjects and guests featured on Art Bell's weekly radio program "Dreamland"

NOSTRADAMUS, AIDS & OUR FUTURE

By John Hogue

Recently Art Bell's guest was John Hogue, one of the world's foremost authorities on Nostradamus. Hogue's just-released book Nostradamus: The New Revelations deals with the seer's predictions about our own time, and our future.

Although the world knows him as a 16th Century French prognosticator who accurately foresaw events hundreds of years off, Nostradamus was, in his day, also a renowned scholar, gourmet, chemist, and physician, who saved thousands from the Black Plague by prescribing herbal cures, fresh air, and unpolluted water.

According to Hogue, Michele de Nostradame (his birth name) accurately foresaw England's Civil War, the French Revolution, World War II, the Kennedy assassinations, the Chernobyl tragedy, and the end of the Cold War. Hogue shows how Nostradamus also predicted that the 1990s would be a time of "unprecedented social strife, disease, ethnic wars, ecological disaster and change," and explains how the seer's predictions apply to such contemporary phenomena as the California earthquakes, the Gulf War, andthe subject of this article—AIDS and other deadly diseases. The following was excerpted from Nostradamus: The New Revelations by special permission of the author for publication in After Dark.

In his fight against the bubonic plague, Nostradamus employed medical techniques which were centuries ahead of his time and there has been much speculation as to whether he was able to use his prophetic skills to save lives. Particular interest has been shown in Quatrain 25 of Century 1 where the prophet writes:

"The lost thing, hidden for many centuries, is discovered.

Pasteur will be honored as a demigod.

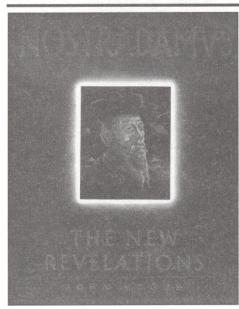
This happens when the moon completes

her great cycle.

He will be dishonored by other rumors as foul as farting."

When the 19th-century French medical pioneer Louis Pasteur first suggested that diseases were caused by bacteria and other germs he was subject to spiteful attacks from the medical establishment of his day. Once his theories had been proved, however, he was hailed by his contemporaries as a "demigod." Nostradamus correctly dates the establishment of the Institut Pasteur by reference to the last great lunar cycle which ran from 1535 to 1889, the year Pasteur's

According to Nostradamus' predictions, the plague may spread over half the world and kill two-thirds of humanity...



institute was set up.

It may have been Nostradamus' interest in medicine which prompted his visions of a future plague of the blood. He refers to this disease as one that will rain "milk, blood and frogs." In Nostradamus' 16th-century world, "milk" was often

used in folk medicine as a slang term for lymphatic fluids and semen, "blood" as the vitality-giver or the immune system, and all viral diseases were blamed on "frogs." In the light of this alternative reading of the prophecy, the riddle becomes a description of the modern plague AIDS (Acquired Immune Deficiency Syndrome) which is passed from victim to victim chiefly through blood, semen or intravenous drug use.

"A very great plague, with a great scab"

In Century 3, Quatrain 75, Nostradamus may have predicted the spread of AIDS through France, Italy and Spain:

"...Swords damp with blood from distant lands.
A very great plague will come with a great scab.
Relief near but the remedies far away."

Scientists working in both America and at the Institut Pasteur in France were able to identify the retrovirus associated with AIDS very quickly. Photographs taken under the microscope reveal a virus chillingly close to the prophet's term "gousse" which means "scab." Also, one symptom of AIDS is a rare skin cancer which covers the body in purple scabs. In the language of magic the sword is the symbol of the male phallus. Here the word may portray the male phallus as the chief vector in the spread of AIDS.

The spread of AIDS

Scientists investigating the origins of the AIDS virus have traced it back to a virus afflicting green monkeys in Central Africa as far back as 1945. These monkeys probably passed the virus by biting each other and humans. Over the next four decades the disease spread throughout Africa.

The virus is then thought to have moved into North America and Europe via Haitian laborers employed in Zaire in the early 1960s through to the mid-1970s. The disease surfaced first in the homosexual community, then in other sections of society, and over 9,500 fatalities were recorded between 1979 and 1986 in America alone. The worldwide estimate of infected victims stands at over 10 million.

As the prophet says, relief for AIDS sufferers has been "near"—thanks mainly to the fast isolation of the virus which enabled medical scientists to produce drugs such as AZT and DDI. These drugs, however, only slow down the effect of the virus on the immune system and in 1993 AIDS activists branded AZT as little more than a placebo.

Sadly, we do not yet have a cure for AIDS; the most optimistic estimates project little progress in the search for a remedy before the year 2000. There is also a strong possibility that new and virulent forms of the disease will mutate just as a cure becomes possible. In 1990, Sir Donald Acheson, the British Government's chief medical officer, predicted a "Hundred Years' War against AIDS" before it is eradicated. According to Nostradamus' predictions, the plague may spread over half the world and kill two-thirds of humanity before a vaccine is finally ready—"relief near, but the remedies far away."

In 1987, many criticized Nostradamus and the Millennium for its alarming interpretations of Nostradamus concerning the apocalyptic threat of AIDS. Unfortunately, as we approach the 1990s, those dire forecasts sound all too plausible as 20th-century statistics catch up with the augury of the 16th-century doctor. Late 1980s estimates of 20 million infected with the AIDS virus by the end of the century are proving to be far short of the actual infection rate. The early 90s has seen a dramatic and more widespread incidence of the disease. It has spread out of Africa to affect many other countries and is now appearing in the heterosexual mainstream. Shocking estimates released in 1992 from Harvard University's School of Public Health suggest that the infection from AIDS will spiral out of control by the first decade of the next century and that 110 million adults and 10 million children will be infected by the year 2000.

There is no guarantee that even these numbers are correct, as the disease seems to be spreading faster than the data collec-

tors can compute them. The Harvard report estimates the current rate of infection to be 5,000 people per day and, until recently, the fastest infection rate was in Africa. Now the disease is spreading fastest in South Asia; in Bombay's red light district, male laborers are contracting AIDS from a prostitute community with the highest per capita infection rate in the world. From Bombay the transient laborers return to their wives and families, exposing the vast population of rural India to AIDS. The Bombay red light district is also the plague's staging ground for a huge increase of AIDS in the Middle East, as many wealthier Arab clients, college students and cheap laborers working in India are carrying the virus back to their wives and families at home. If these trends continue, the situation in South Asia could, by the early 21st century, parallel that of Uganda, with 20 percent of the population

Shocking estimates released in 1992 from Harvard University's School of Public Health suggest that the infection from AIDS will spiral out of control by the first decade of the next century.

exposed to AIDS. Southeast Asia, North Africa and the Middle East could all go the way of Uganda by the 2020s.

In the deadly, rapid spread of AIDS and mankind's inability, so far, to fight it, we see the mathematics of a doomsday plague rise to meet Nostradamus' threat of two-thirds of humanity falling prey to this terrible scourge during the next century.

Current medical research shows AIDS to be transmitted primarily through anal intercourse and blood-on-blood and sperm-on-blood contact. According to this research, the highest First World risk group is the homosexual community. The second largest high risk group includes drug users sharing needles, hemophiliacs, and others needing blood products. AIDS is thought to have been carried to the Western hemisphere by Haitians returning from regular employment in Central Africa where the disease is transmitted through the heterosexual community by prostitution, ritual blood rites, scarification, and doctors at impoverished rural medical centers re-using needles.

New revelations also show that prosti-

tution is becoming a major bridge of AIDS transmission to the heterosexual communities of the developed world. The gravity of this development can be seen in the story of a male prostitute living in the conservative mid-Western American city of St. Paul, Minnesota in 1986. Upon discovering that he had AIDS, the man held a press conference on television so that his clients could recognize him and get tested for the disease in private. The AIDS sufferer admitted that he had had intercourse with 1,000 married men with families in the previous 12 months. It is possible that tens of thousands of similar cases exist throughout America and Europe.

New evidence also frighteningly points to another possible source of infection. Although dentists steam-clean their dental tools in an autoclave, it has been proved that simple disinfection of dental equipment will leave 20 percent of the bacteria hidden in the microscopic pitting of tools. At the time of this writing, tests and findings to discover how many AIDS viruses survive the disinfecting process are slow in coming. The U.S. government states that all American dentists are ordered to carry out regular steam sterilization with an autoclave, but several secret investigations with hidden cameras have shown that this regulation is often ignored. Dentists who have been shown by these investigations to be lax in the sterilization of their dental tools say that the autoclave is hard on the equipment, necessitating more expensive replacements. In the developed world this problem could be solved by a 10 to 20 dollar increase on the average dental bill.

Excerpted with permission from Nostradamus: The New Revelations by John Hogue, Chapter 11, "Plague of Blood," pages 169-174

TO FIND OUT MORE

You can obtain an audiocassette copy of Art Bell's complete 5-hour interview with John Hogue (5 tapes, Program #941115C) for only \$26.50 postpaid. For VISA and MasterCard orders call 1-800-917-4278. Or mail your check or money order to Chancellor Broadcasting Co., 744 E. Pine St., Central Point, OR 97502.

Also, you can obtain John Hogue's book, Nostradamus: The New Revelations at your local bookstores for \$28.95, or by calling 1-800-253-6476 (Visa and MasterCard orders).

BITS AND PIECES O' NEWS SHORT TAKES

HIGH PRICED GUN CONTROL: Sheriff Richard Mack, the Arizona lawman who successfully sued the federal government over the Brady Bill and its mandatory waiting period, has unearthed a bombshell of an internal document from Handgun Control Inc. It details what appears to be Handgun Control's plans for implementing the gradual elimination of private gun ownership in America. (Handgun Control has since disavowed the document.) Very simply, Handgun Control is betting that an elaborate licensing system will tax most gun owners out of their guns. As published in Mack's 1994 book, From My Cold Dead Fingers: Why America Needs Guns!, the box at right contains a partial summary of the fiscal impact of licensing firearms ownership under Handgun Control's alleged plan.

Here is how HCI justifies such a huge tax on firearms:

"This cost is not unreasonable, since it would offset considerably the estimated \$60 billion dollars in medical and social costs related to gun violence. If a gun enthusiast feels he needs such firepower, it is not unreasonable to require him to provide the money necessary to offset the cost to society of such firepower. Ultimately such action would take the glamour and attraction out of firearms ownership and decrease the numbers of gun owners in the U.S. to a manageable number."

PREDICTIONS: Harry Schultz, listed in the Guinness Book of Records for the past 14 years as the world's highest paid financial advisor at \$2400 an hour, is making some startling predictions for 1995. Among them:

- President Clinton will resign by June, 1995.
- After rallying strongly, U.S. 30-year Treasury Bonds will resume their decline, causing global chaos due to the ripple effect on world bond and stock markets.
- Federal Reserve's interest rate hikes will choke off U.S. economic recovery in mid-year.
- Gold bullion and bullion coins will outperform gold shares.
- Euro federalism will collapse as EC citizenry reject one-nation Maastricht Treaty concept.
- Japan will sidestep making trade concessions to the U.S. and shift its trade emphasis ever further into Asia.
- John Major will be replaced as Britain's Prime Minister.

Federal Handgun License Federal Rifle & Shotgun License State Gun License Fee Local Gun License Fee Arsenal License Fee Safe License Fee Ammunition License Fee Reloading License Fee Ammo Safe License Fee	Low \$50 \$30 \$74 \$48 \$300 \$228 \$55 \$130 \$55	High \$625 \$148 \$150 \$113 \$1,000 \$392 \$117 \$175 \$75
Ammo Safe License Fee Ammo Inspection Fee Total Annual Cost	\$130 \$55 \$588 \$1,558	\$175 \$75 \$678 \$3,473

YOUR TAX DOLLARS AT WORK:

The National Endowment for the Arts strikes again. This time it is funding an exhibit by "artist" Bruce Nauman, described by *The Washington Times* as "...60 works in video, voice, neon, holography, pornography, more pornography and perversion..." Displayed at Washington, D.C.'s famous Hirshhorn Museum, the exhibition includes:

- Homoerotic clowns—the erections blink on and off in neon.
- Four-letter profanity—the obvious words in neon.
- A film of the artist painting his naked torso in oil paint.
- "Learned Helplessness in Rats (Rock and Roll Drummer)"—a darkened gallery with ear-splitting solo drums while a video projector sends up alternate images of a hysterical rat up close sniffing through a see-through maze.
- "Carousel"—macabre cross between a slaughterhouse and a merry-go-round.

- "Violent Incident"—twelve TV monitors show scenes of an abusive couple fighting.
- "Clown Torture"—a dark, claustrophobic room is filled with the sounds of a clown shrieking, "No! No!"

AFTER DARK'S "HASN'T GOT A CLUE" AWARD for 1994 goes to Democratic Advisor Tony Coello, for his analysis of why the Democrats lost big in November: "I think the Reagan announcement Friday [about his Alzheimer's disease] is basically what did it," Coello said in the January 2, 1995 New Republic. "We were scoring on Reaganomics. But we were being very careful not to attack Reagan the man. Our polling showed the numbers were moving with us. But when he announced he had Alzheimer's... it was all over the evening news. And the country reacted. All of a sudden sympathy set in for the guy. I think it really stopped us. I don't know what else could have happened."



AK	Juneau	KINY	800 *	
AK	Anchorage	KENI	550	
AK	Fairbanks	KFAR	660	
AK	Kodiak	KJJZ	101.1	
AK	Kodiak	KVOK	5660	
AK	Seward	KSWD	950	
		KLAM	1450	
AK	Cordova			
AL	Birmingham	WYDE	850	
AL	Huntsville	WVNN	770	
AL	Tuscaloosa	WTNW	1230	
AZ	Globe	KJAA	1240 *	
AZ	Safford	KATO	1230 *	
AZ	Phoenix	KFYI	910	
AZ	Tucson	KTUC	1400	
CA	San Francisco	KSFO	560	
CA	Monterey	KNRY	1240*	
CA	Grass Valley	KNCO	830 *	
CA	San Diego	KOGO	600	
CA	Palm Springs	KNWZ	1270	
CA	Yucca Valley	KNWZ	106.	
CA	Santa Barbara	KQSB	990	
CA	Bakersfield	KNZR	1560	
CA	Santa Maria	KSMA	1240	
CA	Paso Robles	KPRL	1230	
CA	Fresno	KMJ	580	
CA	Merced	KYOS	1480	
CA	Santa Rosa	KSRO	1350	
CA	Sacramento	KSTE	650	
CA	Chico	KPAY	1060	
		KPCO	1370	
CA	Quincy			
CA	Redding	KQMS	1400	
CO	Denver	KTLK	760	
CO	Denver	KNUS	710*	
CT	New Haven	WAVZ	1300	
DE	Rehoboth	WGMD	92.7	
FL	St. Augustine	KFOY	1240	
FL	Leesburg	KQBQ	1410	
FL	Sarasota	WKXY	930	
FL	Sebring	WWTK	730	
GA	Albany	WALG	1590	
GA	Gainesville	KDUN	550	
GA	Dalton	KLSQ	1430	
HI	Honolulu	KHVH	830	
IA	Ottumwa	KLEE	1480	
ID	Boise	KIDO	630	
ID	St. Maries	KOFE	1240	
IL	Rockford	WNTA	1150 *	
IL	Ottowa	WCMY	1430	
正	Peru	WAIV	102.3	
IL	Morton	WTAZ	102.3	
IL	Champaign	WKTW	93.5	
IL	Springfield	WMAY	970	
IL	Herrin	WJPF	1340	
KS	Wichita	KFII	1330	
KS	Arkansas City	KSOK	1280	
KS	Liberal	KSCB	1270	
KS	Salina	KSAL	1150	
KY	Lexington	WLXG	1300	
KY	Russellville	WRUS	610 *	
KY	Owensboro	WOMI	1490	

PICK UP ART ON YOUR WAY HOME

WHERE YOU CAN FIND "COAST TO COAST AM" & DREAMLAND

LA	New Orleans	WODT	1280
MA	Northampton	WHMP	1400
MI	Sault St. Marie	WKNW	1400
MI	Muskegon	WKBZ	850
MI	Flint	WFNT	1470
MN	Brainerd	WWWI	1270*
MN	Winona	KWNO	1230
MN	St. Cloud	KNSI	1450
MN	Duluth	WEBC	560
MO	Columbia	KFRU	1400
MO	Kansas City	KCMO	810
MO	Cape Girardeau	KZIN	960
MO	St. Louis	WKBQ	1380
MO	Washington	KLPW	1220
MS	Greenville	WGVM	1260
MT	Billings	KBLG	910
MT	Missoula	KGVO	1290
MT	Missoula	KLCY	930 *
MT	Helena	KCAP	1340
MT	Bozeman	KMMS	1450
NC	Shelby	WADA	1390
NC	Chapel Hill	WCHL	1360
NC	Fuquay-Varina	WCRY	990
NC	Fayetteville	WFNC	640
NC	Southern Pns	WEEB	990
NC	Jacksonville	WLAS	910
NE	Lincoln	KLIN	1400
NE	Omaha	KFAB	1110
NE	Scottsbluff	KOLT	1320
NH	Manchester	WGIR	610
NM	Santa Fe	KVSF	1260*
NM	Albuquerque	KHTL	920
NM	Roswell	KBIM	910
NV	Las Vegas	KDWN	720
NV	Reno	KOH	780
NY	Jamestown	WJTN	1240
NY	Utica	WIBX	610
NY	Amsterdam	WCSS	1490
OH	Youngstown	WKBN	570
OH	Mansfield	WMAN	1400
OH	Springfield	WBLY	1600
OK	Oklahoma city	WKY	930
OR	Portland	KEX	1190
OR	Eugene	KPNW	1120
OR	Baker City	KBKR	1490
OR	La Grande	KLBM	1450
OR	Tillamook	KBMD	1590
OR	Coos Bay	KRSR	106.5
OR	Medford	KOPE	103.5
OR	Klamath Falls	KAGO	1150
OR	Bend	KBND	1110
OR	Roseburg	KTBR	950
PA	Allentown	WAEB	790
PA	Bedford	WAYC	1310 *
PA	Erie	WFLP	1330
11	DIIC	44 T. T.T.	1000

PA	Oil City	WOYL	1340	
PA	Beaver Falls	WBVP	1230	
PA	Phillipsburg	WPHB	1260	
SC	Spartanburg	WORD	910	
SC	Greenville	WFBC	1330	
SC	Columbia	WVOC	560	
SC	Sumter	WSSC	1340	
SC	Charleston	WTMZ	1250	
SD	Sioux Falls	KSOO	1140	
TN	Jackson	WTJS	1390	
TN	Memphis	WMC	790	
TN	Murfreesboro	WGNS	1450	
TX	Austin	KFON	1490	
TX	San Antonio	WOAI	1200	
TX	El Paso	KTSM	1380	
TX	Houston	KTRH	740	
UT	Salt Lake City	KCNR	1320	
UT	Blanding	KUTA	790	
UT	Cedar City	KSUB	590 *	
VT	Burlington	WVMT	620	
VT	Brattleboro	WKVT	1490	
WA	Bellingham	KGMI	790	
WA	Seattle	KVI	570	
WA	Wenatchee	KPQ	560	
WA	Moses Lake	KBSN	1470	
WA	Yakima	KUTI	980	
WA	Pullman	KQQQ	650	
WA	Spokane	KGA	1510	
WA	Tri Cities	KONA	610	
WA	Goldendale	KLCK	1400	
WI	Madison	WTDY	1480	
WI	Kenosha	WLIP	1050	
WI	Fond Du Lac	KFIZ	1450	
WI	West Bend	WBKV	1470	
WI	Stevens Point	WSPO	1010	
WI	Lacrosse	WIZM	1410	
WI	Janesville	WCLO	1230	
WY	Green River	KUGR	1490	

^{*} Dreamland Only

AFFILIATE UPDATE

The demand for "Dreamland" continues to build, and thanks to you we are close to our 100th affiliate for this show. Only through the constant pressure of your well-written letters to local stations can a once-a-week program boast such a list. If your local talk-station is still not carrying "Dreamland," please write them again. If you live in the Bay Area, please do the same for KSFO at 900 Front St., San Francisco, 94111. We are thrilled that they now carry "Coast to Coast" but would love to add the Sunday show as well.

Attention St. Louis: Thanks to your support we are now on WKBQ 1380. However, I know that many of you are having trouble picking up the signal. There are many reasons for this. WKBQ is asking the FCC if they can up their power at night and we hope they are successful. If it weren't for them we wouldn't be on in St. Louis with Art and Roger at all. Thanks for all your support.

BEHIND THE SCENES... ART PUSHES THE BUTTON!

By Alan Corbeth, President, CBC

More and more, letters have been pouring in from listeners. Curious listeners. People who actually cannot sleep at night (or in the day as the case may be with Art's listeners) until they know the real truth behind what makes the Art Bell program happen from a technical perspective. Being an engineer myself I can relate to the cold sweats and sleepless nights that go along with the age-old question, "How do they do that?"

Pick your question, I'll give away the magic: A) "Art can't be taking all the calls himself! Can he?" B) "You guys play the commercials don't you?" C) "You can't possibly expect Art to watch his own levels, take callers, do commercials, etc. Can you?"

Ladies and Gentlemen, it's time to take you through a night of sitting in with Art, plus you'll be magically transported to our Technical Operations Center (TOC) in Medford, Oregon.

Let's start the night at around 7:30pm in the pacific time zone. Average people are eating dinner and watching Wheel of Fortune. Art is just waking up. Usually he checks his VCRs, showers, and has dinner with his wife, Ramona. Sometime between 8:00 & 9:00pm, when I'm winding down from a long day at the Network, Art is just winding up. Not a night goes by when one of us can't resist picking up the phone and calling the other just to check in and touch base. We talk about new developments that occurred during the afternoon, and I update Art on how various projects are coming along. One common problem within the communications business is that in our zeal and fervor to communicate with everybody else out there, we forget to communicate with each other. Happens all the time. Anyway, we do the best we can to avoid falling into this trap. Oh yeah, Art, I forgot to tell you. I'm doing an article on how you actually do the show.

After the daily calling ritual, Art gets back to his VCR ritual where he catches up on the breaking news stories of the day. As you know, Art has an uncanny way of sifting through all the news and honing right in on the meat of the day's events, which he delivers to all of us during his monolog. Sometime around 10:30pm he enters his studio to organize all his material on the desk in front of him. To Art it's perfect order. To you and me, it looks like the neighborhood recycling center. In that pile

of paper, Art has his commercial log with all the commercials and the times they will play that night. He makes sure he has all the proper scripts in order and the proper commercial cartridges ready. At around 10:45 he switches on the Ku band digital uplink located in back of his house and calls into Medford for an audio and signal check.

In Medford, board operator extraordinaire Toni Howell (if you want some real behindthe-scenes stuff, we call her Little Toni Howell, LTH for short) is engaged in producing and operating all the technical equipment

If Art worked with a board operator or engineer at the same location,
I honestly feel it would hurt the show.
Art could stop smoking cigarettes with greater ease than to trust another warm body with his engineering.

for the show already in progress. (By the way, it's the Roger Fredinburg Show, "Radio's Regular Guy" heard on many of the Chancellor/TRN affiliates.) Anyway, when everything is up and running, Art calls Toni and asks her to check out how everything sounds on our end, where we uplink the show to the satellite. Thank God, things generally sound fine, and Art is almost ready to take off.

By 10:45 PST Art dials up the Chancellor/TRN channel on his satellite receiver and listens in on the final crescendos of Big Roger's Show. Rog signs off, the news comes on at the top of the hour, and Art listens for the one minute break for the local stations. After that, it's showtime.

Back in Medford, the technical shift just changed. LTH heads home for the night and either Alex Joyce or Ame Beard bring up Art's fader and hit the record button to immortalize the show until we recycle the tape. During the initial first minutes of the broadcast, all systems in the broadcast chain are carefully monitored. Levels are adjusted. The entire distribution system is listened to, and corrected if necessary. In Nevada, Art hits his CD player and the opening strains of Midnight Express, his theme music, are heard all over this great nation of ours. (For you purists, it's called "Chase," the first track on the album.) With that, Art is literally on his own for the next twenty-two minutes and fifty seconds.

The entire show is under the control of Art

and Art alone. He decides where to read his live commercials. He actually presses the buttons. He brings up the faders. He plays prerecorded spots. At about twenty-eight minutes past the hour, Art brings up music and closes down the first segment of the show.

While Art sifts through the recycling center on his desk, Medford takes over and fades the music to it's exact time. The technician initiates two automated tone systems, one subaudible, and the other, called DTMF, which is audible. That one is the beeeeep you can hear sometimes. These systems tell the various stations that are operating with automation systems when to start their local segments, when to play commercials, where to identify their stations as required by the FCC each half hour, and when to re-join the network. This space is actually designated for local stations to play their commercials for local businesses.

Medford also graces the network airwaves with PSAs (public service announcements.) As I said, most stations break away to do their own thing, but if a station chooses not to do so, or if their automation system malfunctions, we want to supply something with some redeeming social value, and not the dreaded fear of all broadcasters everywhere, "dead air." Back in Pahrump, at thirty-four minutes past the hour, Art plays his intro music and Medford fades it up. They check audio quality, adjust the levels, make certain that the show is still being recorded, and the CBC juggernaut is back under the influence and total control of Art.

Although we cut loose with the following statement all the time, it still seems to surprise people. So sit down. Art is not your regular guy. After all, that's why we all listen to him, isn't it? Among many other things, Art is very much an engineer. For Art to look at his own meters, make the necessary adjustments, play in his own commercial spots, and punch up his own callers is as natural to him as smoking his cigarettes. It is an addiction and an obsession. If Art worked with a board operator or engineer at the same location, I honestly feel it would hurt the show. Art could stop smoking cigarettes with greater ease than to trust another warm body with his engineering.

Art is a consummate engineer. Because Art can work all on his own, he can pace the show according to the mood and theme of the night. During his second segment, Art

("Art pushes the button "continued on page 14)

("Plague" continued from page 7)

long with a healthful diet, experts agree that nutritional supplementation is extremely important in this age of devitalized, processed, chemically fertilized, additive-laden and irradiated foods. Not only will vitamins, minerals, and herbs help compensate for lack of nutrients in food, they are also critical to building up the immune system and pro-actively protecting yourself against disease.

Popular books such as *Prescription for Nutritional Healing* by James F. Balch, M.D. provide detailed lists of vitamin, mineral, and herbal supplements helpful for specific conditions, and for improving immunity in general.

Exercise: Virtually all recognized

Dr. Harrison Spencer, Chief

of the CDC's Parasitic

Diseases Branch told this

writer that children in

daycare are up to 18 times

more likely to get sick than

those not in daycare.

experts agree that a good aerobic workout, at least 20 minutes a day three times a week—walking, biking, swimming, etc.—can dramatically improve your health, energy level, and general feeling of well-being. Along with exercise, sufficient sleep is also a must.

Mental attitude: Mental depression is

known to result in a suppressed immune system response—just one more reason a positive frame of mind is vital to one's well-being. Anger, either expressed or suppressed, is directly related to many "stress-related" conditions and is believed to compromise immune function. Therefore some sort of "quiet time," meditation, or reflective introspection is considered extremely valuable.

Connected to positive mental attitude is the avoidance of disease-causing practices: drug abuse and homosexual acts (AIDS), as well as drinking, smoking, overeating, and the like.

Conclusion

It's no joke any more. After all, this is the end of the millennium. You never know when an apocalypse might sneak up and bite you on the tail.

If you don't eat right, you're probably going to get sick. If you don't exercise, you're probably going to get sick. If you live an immoral lifestyle, if you're a nervous wreck or a worrywart, or if you're very

angry and resentful, you're probably going to get sick. And if you do get sick, you will probably need modern medicine to help you (most likely with a quick prescription for antibiotics!).

Clearly, then, the best medicine is prevention. In truth, when all is said and done—call it Providence or call it luck—those who live right, those who do all the right things and avoid the wrong things, seem to come out just fine, and somehow mysteriously avoid the plagues and misfortunes that befall others around them.

A final note: If AIDS has served as a warning about intravenous drug abuse and certain types of sexual practices, then this emerging age of new and deadly diseases is pushing us all toward an attitude we probably should have had all along; namely, of taking responsibility for our own lives

and health. For researching what's good to eat and what's not, and then putting that knowledge into practice. For researching which nutritional supplements are helpful, and taking them. For discontinuing our debilitating personal relationships. For exercising and never stop-

ping exercising. If enough people lived this way, perhaps the world's governments would catch on and urge people in this direction, instead of keeping them hoping and praying forever to the god of medicine to come up with yet another magic bullet.

Physician quotations from Time, "Revenge of the Killer Microbes," September 12, 1994, and Newsweek, "Antibiotics: The end of miracle drugs?", March 28, 1994.

About the author: David Kupelian is Editor of After Dark and former Managing Editor of the award-winning newsmagazine, New Dimensions: The Psychology Behind the News.

TO FIND OUT MORE

Art Bell's November 11, 1994 guest on "Coast to Coast" was Lindsey Williams, who spoke for five hours on the subject of new diseases. You can obtain a compete copy of this program (#941111C) for only \$26.50. For VISA and MasterCard orders call 1-800-917-4278. Or mail your check or money order to Chancellor Broadcasting Co., 744 E. Pine St., Central Point, OR 97502.

AFTER DARK

Editor-in-Chief Art Bell

Editor David Kupelian

Art Director
David B. Masters

Political Editor Robert R. Just

Copy Editor Dorothy Baker

Business Manager Alan Corbeth

Contributing Writers
Art Bell David Kupelian
Alan Corbeth John Hogue

Systems Manager Brian B. Saylor

Research Brad Pueschel Adrienne Pueschel

Pre-Press Production
Digital Media Inc.

To order AFTER DARK, call 1-800-917-4278 Subscription: \$29.95 per year.

Send correspondence to:

AFTER DARK
c/o Chancellor Broadcasting Co.
744 E. Pine Street,
Central Point, OR 97502

Art Bell's show lines: 1-800-618-8255, 702-727-1295 and 702-727-1222 Fax: 702-727-8499

Ordering line for Art Bell merchandise and tapes: 1-800-917-4278

POSTMASTER: Send address changes for AFTER DARK to Chancellor Broadcasting Co. 744 E. Pine Street, Central Point, OR 97502

For extra or back issues of AFTER DARK (\$4 per issue), or customer service problems, please write to AFTER DARK at the above address, or call: 1-503-664-8829

Vol. 1, No. 4, April, 1995.

AFTER DARK ©1995 is published monthly by Chancellor Broadcasting Company, 744 E. Pine St., Central Point, OR 97502.

All rights reserved. Photocopying, reproduction or quotation strictly prohibited without written permission from the publisher.

Unsolicited material cannot be acknowledged or returned.

"COAST TO COAST AM" WITH ART BELL Live Sundays 7 PM - 10 PM Pacific

	CUAST TO CUAST AIM V					Live Sundays 7 PM -		naifia	
	Live Monday - Friday 11 F				DDOCDA				COST
PROGRA		DATE	HOURS	COST	PROGRA		DATE	HOURS	COST
930619C	Al Bielik I/Philadelphia Experiment			\$25.00	940227D	Raymond Moody	02/27/94		\$19.50
930904C	John Lear, UFOs	09/04/93	5 hours	\$26.50	940306D	Linda Howe	03/06/94		\$19.50
931030C	Annual Ghost Show	10/30/93	5 hours	\$26.50	940313D	Professor McDaniels	03/13/94		\$19.50
931123C	Linda Thompson/Waco I	11/23/93		\$19.50	940320D	Michael Linderman	03/20/94	3 hours	\$19.50
931208C	Richard Hoagland/ Mars Observer			\$25.50	940327D	Dr. Richard Goldberg	03/27/94		\$19.50
940108C	Linda Thompson/ Waco II	01/08/94	5 hours	\$26.50	940403D	Bud Hopkins/ Alien abductions	04/03/94	3 hours	\$19.50
940312C	Al Bielik II/ Philadelphia Experiment	03/12/94	4 hours	\$25.50	940410D	Stocker Hunt/ Ouija board	04/10/94	3 hours	\$19.50
940318C	Linda Thompson/ Waco III	03/18/94	5 hours	\$26.50	940417D	Mark McCandlish	04/17/94		\$19.50
940408C	Charles Duke/ Sovereignty Measure			\$13.50	940424D	Richard Hoagland	04/24/94		\$19.50
940415C	Laurie Toy/ Prophesies & New Age			\$19.50	940501D	Phil Class & Stan Freedman	05/01/94		\$19.50
940427C	L. Thompson & Agent X/ Waco IV	04/27/94	5 hours	\$26.50	940508D	John Ronner/ Guardian angels	05/08/94		\$19.50
940429C	Mark McCandlish/ UFOs	04/29/94	5 hours	\$26.50	940515D	Mike Rigby/Near death experien.	05/15/94	3 hours	\$19.50
940502C	L Thompson/Waco V (Revolution)	05/02/94	2 hours	\$13.50	940522D	Sally Rail/ UFOs	05/22/94	3 hours	\$19.50
940506C	Ron Engleman/ Waco	05/06/94	3 hours	\$19.50	940529D	Tom van Flanderer/Astronomy	05/29/94	3 hours	\$19.50
940511C	Wally Kennit/ Branch Davidian	05/11/94	3 hours	\$19.50	940605D	R.W. Whitfield/ Polar Shift	06/05/94	3 hours	\$19.50
940520C	David Aikman/ Revolution	05/20/94	3 hours	\$19.50	940612D	Richard Hall/ UFOs	06/12/94	3 hours	\$19.50
940527C	Preston Nickels/ Mauntok Project	05/27/94	3 hours	\$19.50	940619D	Dr Chet Snow/ Out of body	06/19/94	3 hours	\$19.50
940607C	Richard Hoagland/ Mars	06/07/94	5 hours	\$26.50	940626D	Dr. Bruce Macabee/ UFOs	06/26/94	3 hours	\$19.50
940608C	Vance Davis, GI/Ouija Predictions	06/08/94	2 hours	\$13.50	940703D	Michael Linderman/ Aliens	07/03/94	3 hours	\$19.50
940610C	Shawn Morton/ Predictions	06/10/94	5 hours	\$26.50	940710D	Richard Hoagland/ The Moon	07/10/94		\$19.50
940623C	Sheriff Arpaio/ Citizens' Posse	06/23/94	2 hours	\$13.50	940717D	Robert Monroe/ Out of body	07/17/94	3 hours	\$19.50
940624C	Kevin Randell/UFO crash at Roswell	06/24/94	2 hours	\$13.50	940724D	John Zajac/ Great Pyramid	07/24/94	3 hours	\$19.50
940630C	Larry Nichols/ Clinton Chronicles	06/30/94	2 hours	\$13.50	940731D	Linda Howe/ UFOs & aliens	07/31/94	3 hours	\$19.50
940715C	Robert Pappalardo/Jupiter collision	07/15/94	3 hours	\$19.50	940807D	Shawn Morton/ UFOs	08/07/94	3 hours	\$19.50
950718C	Richard Hoagland/ Jupiter collision	07/18/94	5 hours	\$26.50	940814D	John Mack/Alien abductions	08/14/94	3 hours	\$19.50
940831C	Don McAlvany/ Being Prepared	08/31/94		\$19.50	940821D	Dr Carla Turner/Alien abductions	08/21/94	3 hours	\$19.50
940902C	John Lear/ UFOs	09/02/94	5 hours	\$26.50	940828D	Kevin Randall/ Crash at Roswell	08/28/94	3 hours	\$19.50
940907C	Larry Pratt/Gun Owners of America	09/07/94	2 hours	\$13.50	940904D	Dr Goldburg/Past life regressions	09/04/94	3 hours	\$19.50
940909C	Don Schmitt/The truth about Roswell	109/09/94	2 hours	\$13.50	940911D	Robt Whitfield/ Planetary physics	09/11/94	3 hours	\$19.50
940912C	Russ Wagner/ Virtual Reality	09/12/94	2 hours	\$13.50	940918D	David Scott/ Life after death	09/18/94	3 hours	\$19.50
940913C	Dr Duceburg/HIV not cause of AIDS	09/13/94	3 hours	\$19.50	940925D	Rich. Boylan/ Alien abductions	09/25/94	3 hours	\$19.50
941003C	J Wilkerson, J Vasquez/KGTV, UFC			\$13.50	941002D	Mark Davenport/ Time travel	10/02/94	3 hours	\$19.50
941005C	Wendy Dachau/ Alien abductee	10/05/94	1 hour	\$ 7.50	941016D	Sky Ambrose/ Alien Abductee	10/16/94	3 hours	\$19.50
941028C	Annual Ghost Show/ (No Guest)	10/28/94	5 hours	\$26.50	941023D	B&A Kirkwood/ St. Mary's message	10/23/94	3 hours	\$19.50
941111C	Lindsey Williams/ New Diseases	11/11/94	5 hours	\$26.50	941030D	Lea Hailey/ Alien Abductee	10/30/94	3 hours	\$19.50
941115C	John Hogue/ Prophecy	11/15/94		\$26.50	941106D	Katharina Wilson/ Alien abductee	11/06/94	3 hours	\$19.50
941130C	Bob Fletcher/Montana Militia	11/30/94	3 hours	\$19.50	941113D	Jim Deardorff/ ETs and the Bible	03/27/94	3 hours	\$19.50
941209C	Richard Hoagland/Mars & Moon	12/09/94	5 hours	\$26.50	941120D	Dave Talbott/ Worlds in Collision	11/20/94	3 hours	\$19.50
941214C	George Flint/Nevada Brothels	12/14/94		\$19.50	941204D	Randolph Winters/ The Pleidians	12/04/94	3 hours	\$19.50
	Congressman Bob Dornan	01/27/95		\$7.50	941211D	Dr. Chet Snow/Life after death	12/11/94	3 hours	\$19.50
	CONVENIENT ORDER FORM ON			ORDERS!	941218D	Dr. Raymond Moody/after Life	12/18/94	3 hours	\$19.50
					950108D	Stanton Friedman/UFOs	01/08/95	3 hours	\$19.50
	00000	7		70	950115D	Rich. Sauder/Underground Bases	01/15/95	3 hours	\$19.50
	XIIILUI				950122D	Scallion & Linderman/Predictions	01/22/95	3 hours	\$19.50
	800-91		TL		950129D	Darrel Sims/Investigator of UFOs	01/29/95	3 hours	\$19.50
					950205D	Shawn Morton/Predictions	02/05/95	3 hours	\$19.50

VISA & MasterCard call: 1-800-917-4278. Or mail check or money order to CBC, 744 E Pine St., Central Point, OR 97502

("Art pushes the button "continued)

plays his national commercials, deals with the callers, and takes the show up to 57 minutes and 50 seconds after the hour. At this point we go back to Medford where the encoding tones are entered, PSAs are played, and a five minute national newscast is supplied by Chancellor Broadcasting.

This exercise continues for four more hours every night. By the time Art has left the studio, had a good stretch, and is fixing himself something to eat, the technician in Medford takes the tape of the first two hours of the show and re-feeds them back to the network. Thus, every night we supply five

hours of live radio, and every morning, two hours of re-feeds, giving sevens hours of Art Bell each night for your listening pleasure.

What happens if, in the course of the night, we need to contact Art immediately? He's doing the show; the lines are jammed; it's the middle of the night. But we are prepared. There's a special "hotline" number that reaches a telephone located right next to him. It's our little red phone; it's the audio "back door" to Art's place. Not even my wife has this number, so don't ask. We also use this line to let Art know if there have been any difficulties with the network or problems with any of the affiliates.

There you have it folks. This is how the

Art Bell show comes together. If you could care less and just enjoy the show, great. You are free. You can relax and enjoy a phenomenon like the Art Bell show at the face value of what it is: a great radio show.

"DREAMLAND" WITH ART BELL

Join me in future issues of After Dark, when I will try to give you a feel of how we go about getting affiliates, how we as a small but rapidly-expanding network are actually set up, and, of course, the question paramount in everyone's mind: Does the government really tell us what to say?

Until next time, I wish you good listening, and hope you're getting some sleep. But not too much. We don't want to lose our audience.

("Was Vince Foster Killed" continued)

carpet fibers of various colors all over his clothing, including his underwear. Mr. Foster was a man who was known for wearing \$500 suits. Now I submit to you that men who wear expensive clothing don't go rolling around on carpets in the middle of the afternoon.

That is not the only thing they found. They also found body hairs of someone who had blond hair. Mr. Foster had salt and pepper grayish hair on his clothing and underwear.

We also find out that the X-rays are missing that would show exactly where the exit wound was on Mr. Foster's head. A technician who put the body in a body bag told me that he didn't need gloves to put the body in the body bag, that he didn't even have to wash his hand because there was so little blood, and that he didn't even remember an exit wound. The autopsy report says there was an exit wound.

The police report quotes the pathologist as saying that he looked at the X-rays and found no metal fragments in Mr. Foster's head. Yet the Fiske report says that the X-ray machine was inoperable

that day.

Reed Irvine of Accuracy in Media called up the company that was servicing the brand new X-ray in the office and discovered it had never been serviced between June and October. So either someone is lying or the X-ray machine healed itself or there is a cover-up going on.

What Did They Take?

There are two other critical issues here that would affect all of us and the administration of justice in the United States. The first is the file that was taken from Mr. Foster's office. Whitewater became a major story with the December 20, 1993 article in *The Washington Times* saying that three White House aides ransacked Foster's office and took documents. These aides were Bernie Nussbaum, Patsy Thomasson, and Hillary Clinton's chief of staff, Margaret Williams.

Even the most gullible members of the White House press corps had to admit that White House aides weren't going in there to get the health care reform task force papers. Mr. Foster dies at 6:00, the body isn't identified officially until 8:00 or 9:00,

and they are running into his office at 10:00 in the evening, an office that should have been secured as part of any police crime scene. They go in and they take documents. *The Washington Times* says that they took Whitewater documents.

The White House doesn't admit it the first day, but two or three days later the front page story of *The Washington Post* says the White House admits that Whitewater documents were taken. I have always said: Who says they were Whitewater documents? What *other* documents were in that office that necessitated their going in?

The third issue here is the FBI—the issue of whether the FBI was kept out of this investigation so that the less-experienced Park Police could handle it. Former FBI Director William Sessions has charged that he was fired the day before Foster's death and that this led to a compromised investigation from the beginning.

No Grand Jury

People have said to me: How can you argue with Mr. Fiske's conclusion that it was a suicide? Mr. Fiske did not employ a grand jury for any part of his investigation relating to Mr. Foster. He was using grand juries in every other part of his Whitewater probe. But no one in the Foster investigation was put under oath. No sworn testimony, meaning no penalties for lying.

I asked the most highly decorated living former FBI agent, William F. Romer, about this. He said he was shocked. Something can be inferred from this. He said in all of his 35 years in the Bureau they knew that if you didn't put people under oath, you are going to get a very different result.

I haven't really drawn any conclusions here. But the questions still need to be answered and I believe that new independent Counsel Kenneth Starr may very well come to a different conclusion.

Christopher Ruddy is a former investigative journalist for the New York Post. To receive his two Special Reports on the Foster case, please send a tax-deductible donation of \$7.00 to the Western Journalism Center, P.O. Box 2450, Fair Oaks, California 95628. If you would like to help the WJC sponsor an independent investigation into the Foster case, you may enclose an additional tax-deductible contribution.

GIVE THE GIFT TH	AT GLOWS	AFTER DARK!
Art	<u>Zell</u>	
AFTER	DARK	
Send orders and let	ters to:	200
CBC 744 E Pine St., Centra	al Point, OR 97502	人原气
☐ One year \$29.95 ☐ Two years \$57	.90 Three years \$85.85	STIP TO
I WANT TO SUBSCRIBE	TO AFTER DARK!	E VI
PLEASE SEND A GIFT SV	BSCRIPTION/TAPE	STO: 4 P
Visa/Mastercard#		Exp.Date:
To:		
Address:		
City:	State:	Zip
From:		
(Gift Givers complete this section) Address:		
City:		Zip
I Want To Order Tapes#		
		Price
		Price
		Total

Visit Hong Kong and Bangkok with Art & Ramona!

Time is running out. Join Art Bell in the exotic Orient this Spring! Make your reservations now.

Art has always wanted to see Hong Kong—and there isn't much time left. After 100 years of British rule, Hong Kong, the city famous for its bargain basement shopping and fabulous nightlife, will be turned over to the Communist Chinese in 1997. It will never be the same. So join Art in seizing the opportunity of a lifetime, before the door of democracy closes!

This memorable trip with Art Bell provides:

- Stunning first class hotels, exciting nightlife, sumptuous cuisine, bargain shopping, organized tours, as well as pri vate time to explore two of the world's great cities.
- Relaxed discussions with Art about this once-in-a-life time experience, and, of course, the issues that are cen tral to our time.
- Experience some of the world's most spectacular sights, from views of Victoria Peak to the beautiful beaches of Hong Kong's Repulse Bay.
- Enjoy the many photographic opportunites, including a fun photo session with Art and Ramona to remember the trip by.
- And then there's Bangkok, Thailand's "City of Angels"!
 Observe the culture of Thai life up close, and enjoy its
 specialties. Cruise the canals of Thornburi. Visit some of
 Thailand's most impressive WWII historic sites, and
 other memorable points of interest.

INCLUDED IN YOUR TRIP:

- —Round trip air travel on Japan Air Lines or Cathay Pacific Airlines
- —Sight-seeing in Hong Kong and Bangkok aboard private motor coach
- -English speaking guides
- -Admission to many temples, shrines, and museums
- -Gratuities to porters, and much more

Your choice of group bargain prices*:

\$2055 (Credit card payments) or \$1995 (Payments by check/cash)

To book space, or to get a detailed guide to this adventure with Art Bell, call 1-800-633-2732

* These prices are set for West Coast gateway cities.

Additional travel charges will depend on departure city.

Please call for information.



Bulk Rate U.S. Postage PAID PERMIT # 348 MEDFORD, OR

05662 02/95 VIOLET ROWDEN 2716 W WEILE AVE SPOKANE WA 99208-4566 *3 317*