



**Western Romance ##5** is done for FAPA and Fandom by Joyce Katz, 330 S. Decatur Blvd., PMB 152, Las Vegas, NV 89107, in May 2001.

Thanks to **Arnie** for the production help. The lovely logo is by Alan White, and the various fruit were picked up, here & there, here & there.

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Member fwa and afal.

## Worley-Gigs

It's been a tough year for Arnie and me. Like the rest of the CollectingChannel.com editorial crew, we were dismissed at the end of July 2000, when the company realized it was rapidly approaching bankruptcy.

At the same time, the entire support staff in the Chesapeake office was also fired, and only a handful of people left to steer what was left, as they tried to unload the entire shebang. They did sell it last fall, though none of the proceeds were allowed to trickle down to any editorial people, not even to repay deferred salaries or other debts.

After months of applying for 4-6 jobs a day, I finally connected with my first paying position this month. After almost 20 years in the electronic entertainment field, and about three years in the antiques/collectibles arena, the wheel has made another turn, and now I am a Witch Doctor.

I was picked by HerbalRemedies.com to write promotional materials about herbs and natural nutrients.

Knowledge about these exotic liquids and powders was not one of the prerequisites for the job. The Herbal Remedies store/mail-order-business is well supplied with all the Facts, and able to point me to Knowledgeable Sources for research. All I have to bring to the party is a sense of Gosh-Wow and Enthusiastic Missionary Zeal.

In actual fact, I have always had a skeptical attitude toward herbal healing. "If there is anything to it," my Good Doctor once told me, "the pharmaceutical companies would be all over them, making use of herbs to create new medicines." I believed him when he said it.

But he also said, "They are harmless enough, and some of them actually promote good digestion, so if you want to try them, go ahead. And if you find something that works, keep it up." He's a very broad-minded kind of fellow.

The most appealing thing about herbs is human hope, which makes us think we'll find miracle cures beneath every blade of grass. And by the time you have read all the "scientific data" about any one of these concoctions, it would take a hard heart indeed not to soften to the subject. "This must be true," I told Arnie about one of the miracle brews I was researching, "because it says so right here. They couldn't say so if it were not true."

Thus is even a hard-hearted skeptic from the Show-Me state moved to Faith.

So now I wear two hats. I still wear the crown, bestowed on me nearly 30 years ago in Brooklyn, as the "High Priestess of Fandom." Now add to that all the trappings of the Witch Doctor. Gee, ain't I the exalted one!

And just for your edification, here is my Very First Herbal Article. And it's all True.

# The Seeds of the Sun

## Grapefruit Seed Extract Is Nature's Own Cleansing Balm

By Joyce Worley

### Prologue: The Source of All Goodness

Early man didn't need scientists to tell the source of all goodness. Long before the stars were charted in their paths, before the phases of the moon were measured, before the birth of philosophy and wisdom, man knew that the burning ball of flame in the sky controlled his destiny.

The glowing orb that scattered darkness, that banished cold, that nurtured the crops, was the first Great Power that man understood. Before the first Pharaoh raised the first pyramid, men turned their eyes to the sky to give them life.



Before the valleys of the Tigris and Euphrates cradled civilization, the residents of the Indus River valley (where Pakistan is now) plowed and irrigated their fields under the burning sun. A thousand years before Babylon was more than a village, the Indus farmers cultivated magical fruits, bright balls of yellow and orange that seemed to hold the power of the sun within their skins.

Traders took seeds from this fabulous sun-fruit to Babylonia, to Sumaria, and to Mesopotamia. At first the plants grown from the valuable seeds were only found in the gardens of the king. It took another thousand years or so to move the trees out of Asia and into Italy and Spain.

Although Ponce de Leon is said to have scattered orange seeds in Florida, it was undoubtedly Thomas Jefferson who brought citrus fruit to America. Our third president was, beyond all else, an agricultural genius. He'd seen the oranges growing in Southern France, and wanted these golden sun fruits for the New World. But they didn't do well in Virginia, and his hopes for them were fruitless. Then the plant wizard Luther Burbank took citrus seeds with him to California. And there, in the Golden West, something wonderful happened.

### The Real Gold in California

Citrus thrived in California. This secret treasure of the Indus, that pleased kings and pharaohs, that traveled into Italy and Spain along with the returning crusaders, that reached the New World in the pocket of a President, this golden fruit of the sun found a home in the

Southwest United States. Later it would journey to many other places: Florida, Arizona, Texas, Mexico and points south. Eventually, with the invention of refrigerated railroad cars, citrus would become a sunny bounty served all over the world.

Botanists had everything to do with the development of citrus. Without the careful nurturing it received through its travels westward from Asia, we wouldn't have the perfect fruits we now enjoy. And as the gardeners tended the trees from the Indus River to the Imperial Valley, they gradually altered the product.

They taught lemons to grow on orange trees, and oranges to grow on lemon trees. They learned they could raise a crop of varied fruits all on one trunk. They mingled the Floridian citrus with California's fruit, and developed new strains. They imported Spain's Valencias, and they became the most popular oranges in America.

And they brought grapefruit into the groves and added it to the bounty of citrus fruit for the world to enjoy.

## **The Making of the Grapefruit**

Grapefruit came to our tables by a slightly different route. It is thought to have originated in the far eastern part of Asia, in Indonesia. Unlike lemons and oranges, we cannot trace its travels across the continent, but it is believed that the Spanish introduced grapefruit to the West Indies.

Sea captains picked the fruit in the late 1600s. One, named Captain Shaddock, carried the grapefruit to Barbados. Eventually it went to Jamaica, and from there it came to the United States.

But grapefruit was too sour and too bitter to be eaten without a great deal of sugar. Not many people enjoyed its taste. The sea captains had used it as ballast, and sometimes as a scrub for the decks of their ships.

As they developed modern oranges and lemons, the botanists learned a lot about how to work with citrus. They turned their talents to this bitter ball, improved it, sweetened it, and in the early 1900s they finally produced a fruit that people could relish.

## **The Miracle Inside**

A breakfast delicacy, a lunchtime refresher, an appetite builder before dinner, grapefruit has been a great favorite with dieticians and meal planners since botany improved on nature to produce more savory varieties. Served intact, in halves, in salads and in juice, the fruit was demonstrably a boon to healthy living.

But they still didn't know the half of it; they hadn't yet recognized the miracle inside. For that, we have to thank a very special scientist who came to this country from war-torn Europe.

A Yugoslavian educated in Germany, Dr. Jacob Harish was displaced by World War II. The horrors of war decided him to change his specialty, and he left off his studies in nuclear physics to concentrate on medicine, and eventually on immunology.

Dr. Harish came to the United States in 1957, continued his studies in New York, then moved to Florida in the early 60's. There, in the sunny south, Harish started experimenting with the small bitter seeds of the grapefruit.

The clues had been there all along: the health-giving fruit, its beneficial juices. Perhaps the old sea captains could have pointed to it, when they recognized that cleaning the decks with grapefruit inhibited the growth of mold and fungus.

By 1972, Harish had successfully shown that an extract made from the bitter seeds and the pulp of the grapefruit had the ability to halt the growth of bacteria and parasites on produce, fish and poultry.

## **A Disinfectant With No Toxic Side Effects**

The discovery that the oil from grapefruit seeds was an effective disinfectant would be cause enough to celebrate, but there was more. Most such antiviral solutions have a toxic side effect, burning the skin, producing harmful gases, or destroying the usability of foodstuff that's been treated with them.

This was not the case with Grapefruit Seed Extract. Part of the golden goodness of the sun, the grapefruit produces wholesome food, and even more wholesome seed oils.

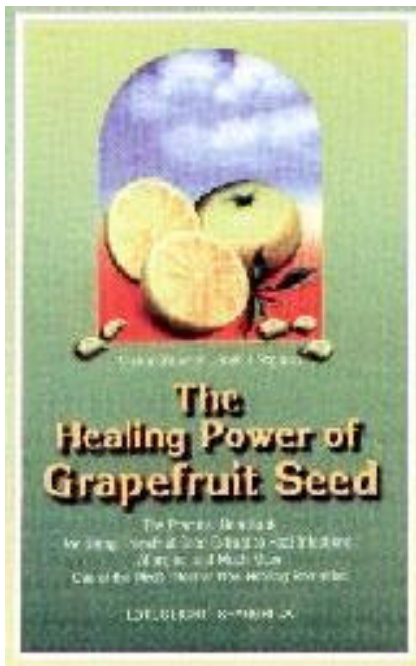
The experiments continued, and more surprises were in store. The magical elixir was found to be an antiviral, antibacterial, antiprotozoan, antimycotic. In plain words, it kills viruses, germs, fungus, algae, and parasites. It acts as a natural preservative for foods and cosmetics. It disinfects and cleans, with no harmful side effects.

And it has the most amazing effect on human health.

By the early 1990s, Grapefruit Seed Extract was being used by many health practitioners as both a preventative and a cure for many conditions. By the middle of the decade, most of the world was performing its own experiments on the little bitter pips inside the grapefruit. It was pronounced as beneficial by the FDA, USDA and the Pasteur Institute in France. The findings of the scientists of the world have been amazing.

## **Useful Inside and Out**

Now we know that the extract made from grapefruit



seed has many uses. This is the true gold from Asia, brought to us by way of the tropical islands, brought to perfection in Florida and California. Dr. Harish's conclusions have been tested by laboratories and universities, by scientists around the world. The results are in: this substance is useful both inside and out.

We now understand that most illnesses are caused by fungi, parasites, germs and other pathogens. By ousting these killers from our systems and our surroundings, Grapefruit Seed Extract gives the body a chance to achieve a naturally healthy state.

Just look at a few of the benefits it is proven to provide:

- It is more effective than alcohol to remove germs.
- A few drops in questionable water make it safe for drinking.
- Taken internally, it is an effective preventative for diarrhea.
- It stops the growth of algae in humidifiers and other water reservoirs.
- Mixed with water, it is an effective gargle to stop Strep throat germs.
- It cures sore throats.
- It is effective against oral infections of all kinds.
- It is a preventative and cure for Athletes Foot.
- It helps gum disorders and may even halt Gingivitis.
- It halts intestinal candidiasis.
- It is a safe treatment of Candida Albicans
- It helps external sores heal more quickly.
- It is useful in killing insects on garden plants without poisoning the plant.
- It kills parasites in pets without harming the animals.
- It stops yeast infections.
- It helps relieve pain from Arthritis.
- It stops bad breath by destroying its cause.
- It helps stop bladder infections.
- It corrects constipation



And this is only a partial list of the benefits of a few drops of Grapefruit Seed Extract.

## **How to Use Grapefruit Seed Extract**

Mix two or three drops of the Golden Extract with liquid, and you have an elixir of health. If it is mixed with soap, it is an effective cleaning agent. Mixed with water, it becomes a useful wash or spray, for skin, for plants, for pets.

Like the seeds of the grapefruit, the extract is bitter in taste. For internal use, it can be taken in water, or mixed with fruit juice to make it more palatable. It can also be taken in cap-

sule form, or mixed with your pet's food.

There are no contraindications with other medicines; it is safe to use even if you are taking prescription drugs.

## The Golden Apples of the Sun

Citrus fruits took thousands of years to travel from Asia to the rest of the world. And it took thousands of hours of work by botanists and grove-tenders to develop the perfect fruits that we now enjoy. These gifts of nature offer so much to the health and well being of mankind that they can truly be called the fruits of the gods.

These golden apples of the sun bring us vitamins and nutrients that are unequaled by any of the rest of Earth's bounty. Once they were food only for kings, but now they are available to all of us.

How fitting it is, how perfectly part of the Divine Plan, that they give us even more. Today, in these modern times, we know that the homely wrinkled seed from nature's bitterest citrus is the sweetest gift of all, with its ability to drive away the germs and fungi, parasites and poisons that cause most of our illnesses. \*\*\*



# Council Fires

*(Mailing Comments)*

**On East Broadway (Tim Marion)** Don't be depressed that Linda Bushyager is moving to Las Vegas. Look at it this way: you're not losing a friend so much as gaining a reason to visit Nevada.

I'm looking forward to Linda and Ron being here. The thing is, we need Fresh Blood. Las Vegas has experienced a great roll-over of personnel. It started with Snaffu's founder, Alex Borders, moving a couple or three years ago. To be honest, I was never that close to Alex, but it was a foreshadowing of the exodus to come. Then a year or two back, Woody Bernardi moved to Boston to be nearer his family. (I understand he is active in Nesfa.) Last year Tom and Tammy Springer moved to Washington, just across the border from Portland, Oregon. That was a deep cut. And now, this year, Ken and Aileen Forman have moved to Yucaipa, California. That's a nearly immeasurable loss; Ken and Aileen were central to every fannish activity in Vegas.

So I'm hoping the arrival of Linda and Ron this summer will mark the beginning of a new Golden Age in the Golden West.

**Ben's Beat (Ben Indick)** Thank you for your kind remarks about **Smokin' Rockets**. I thought Fred Chappell did a good job of lampooning SaM, but I didn't take his criticisms very seriously. The exaggerated misspellings and strange grammar may or may not have reflected SaM's style. But one thing he could never duplicate was SaM's ability to imbue the times he described with a sense of urgency and importance. You just can't take away from his many accomplishments, nor the value of his contributions. — Of course, I have a special warm spot for SaM because of his kindness to Arnie. It really was he who started Arnie on his professional career.

And thank you, Ben, for your comments on the horror of the massacre at Yahoo Falls. It is interesting that you write in this issue of your trip to Germany. I think you are right, that constant discovery and rediscovery of the past are lessons that perhaps will eventually bring an end to repetitions of these human disgraces. Or at least I try to retain that hope.

**Johnny Mop Journal (James Taylor)** I envy those people you mention who are on your company's health plan. I lost my health insurance when Collecting Channel went under. Now I am making do with one of those \$8 per month prescription plans. Doesn't pay much, but it's better than nothing.

I usually have several books going at the same time. I think most people do. It does produce unpleasant stacks of literature on the headboard of the bed. But I'm not likely to change now.

**Sansevieria (Dale Speirs)** I've always been under the impression that Canada has dealt with Native Americans rather more successfully than U.S. Is this true, or just a misperception brought on by my not knowing much about Canadian history.

Thanks for printing the stats of zines published annually. I see what you mean about the numbers fluctuating. But it does look like the paper-zine hobby tends to be on the decline.

**GHU FAPAliment (John Davis)** How nice of you to remember Max Keasler! I always appreciate it, on their behalves, when anyone mentions the old Poplar Bluff fans, and here you mention him both as a cartoonist whom you liked, and again to ask if I knew him. Indeed I did, and he was a fine and merry person. He and Ray "Duggie" Fisher were great pals, and Duggie introduced me to him in 1956. The last time I saw Max was on New Years Eve the year that he died....that must have been in the early 1960s. He was holding court, hosting a party for his friends, drinking flaming vodka, and joining in a chorus of Die Valkyrie which had perhaps more volume than melody. A very fine fellow, and we were devastated when word of his passing reached us later that year.

I couldn't get far enough away from your eye chart for FAPAns over 50 for it to make any sense, but I did find I could read it if I squinted real hard. But then I read the first two words, "No Sex", and that still didn't make much sense, so I gave up.

**Horizons (Harry Warner)** Although the BBC production of "Brideshead Revisited" didn't spell it out, I think it was hinted that Sebastian and Charles did have a physical relationship, based on a single scene on the beach in Venice, of the two boys walking with their arms around one another. But it is, as you say, ambiguous and rightly so: whether they did is completely unimportant to the greater theme of the story. I really loved this dramatization and the way it explores the definitions of Good and Evil, and how it makes its case that the pursuit of Good to the exclusion of Happiness is Evil.

It is my favorite of all the great BBC works (although "I Claudius" may actually be the finer work.) And I say that despite the fact that the actress who played Julia (I can't remember who) was perhaps not quite up to the climactic breakdown when she damns herself and Charles for their affair ("...living in sin....Christ hanging on the cross...") It's the entire crux of the matter, and could have used a more effective delivery.

**Visions of Paradise (Robert Sabella)** I think most people do categorize authors based on their favorite works. For example, my favorite modern author is probably Doctorow. That's largely because my favorite book was his very first, "Welcome to Hard Times" (a dark and melancholy tale of the Old West.) I also liked "Ragtime", "Daniel" and even tolerated "Loon Lake", but it was really that first masterpiece that kept me reading. However, his most recent, "City of Gold", simply has not managed to involve me. I've been reading it for over a year now, and though I keep slugging away at it, I can't manage over a few pages at a time because it's so self-indulgent and pompous.

Another great favorite is Larry McMurtry, the master of brilliant realistic dialogue. I fell in love with his writing when I read "Anything for Billy" (a Billy-the-Kid story) which I thought was absolutely super. Read quite a few of his other novels; liked a lot of them. Renewed my enthusiasm for him when I read "Zeke & Ned" (done with co-author Diana Ossana). This one is a picture of the Cherokees in the mountains on the border of Arkansas and Oklahoma, and was so good an image of some of my older relatives that I was totally entranced. That will be enough to keep me enthusiastic about McMurtry for several books to come.

Gee, thinking about it made me decide to reread "Billy". And when I got to the shelf, it was missing. I remember loaning it to someone.....who? That was years ago; dammit, one of my favorite books and now it's gone!

**Terminal Eyes (Tim Marion)** In fact I am also a big fan of Dr. Who. We taped many episodes when we were in Brooklyn. Unfortunately, they were all taped pre-cable, and who the World Trade Centers' shadows right across the middle of the picture. But I am glad we have them. In the eleven years we've been in Nevada, Dr. Who has never been on television.

Coincidentally, this very morning Arnie and I were watching a Whovian movie starring Peter Cushman as a dottering old Who, in a Dalek story made in the 1960s. But it wasn't Book; these Daleks had a completely different background story. And they came in colors, depicting their ranks I assume. This will never take the place of Tom Baker.

It's been so long...it does seem Hollywood could tackle Dr. Who. I'd love to see a new movie. Who do you think should play the Doctor? It should be someone with great Presence.

Well, I haven't worked through quite half the mailing. But it's deadline day, and I want to get this run off so I can get it to Ken for the collation.

Til next time,

Joyce Worley Katz  
May 2001



## **Free Radical (Steve Green)**

