

In a large saucepan, cook onion and garlic with hot oil over medium heat for 2 minutes. Add broth, pasta, and Italian seasoning. Bring to a boil; reduce heat. Simmer, covered for 5 minutes. Stir in broccoli and tomato paste. Simmer, covered 5 minutes or until pasta is tender. Add tofu and beans; heat through. Top with Parmesan cheese if desired. Serve it up!

* TIPS: in regard to Vegetable "broth" - that canned stuff is expensive (like \$1.39 a can) and if you check out the ingredients in it, you'll notice it's mostly tomato sauce, veggie juice, water and oil. Save your money and use for every cup, 1/3 tomato sauce and 2/3 water.

-Also, if you're into meat, you can substitute 2 cups of cubed chicken instead of the tofu.

TOP FIVE LISTS TO TAKE UP SOME ROOM

TOP FIVE HARDCORE PROPS

- 5) The Hardcore Hug / Hardcore Handshake.
- 4) Getting mic time / Doing back ups
- 3) Standing on the stage.
- 2) Being referred to onstage as someone's boy!
- 1) Song Dedication

TOP 5 MEALS WE COOK AT SFT HQ:

- 5) Rice and Bean Burritos
- 4) Barilla Pasta in Sauce w/ Garlic Bread.
- 3) Veggie Stir-Fry.
- 2) Tofu Scrambler & Home Fries.
- 1) Boboli Pizza With EVERYTHING!

TOP FIVE PROBLEMS WITH LIVING AT SFT HEADQUARTERS

- 5) Kitchen, living room and SFT warehouse all in one room.
- 4) Insane / drunk next door neighbors
- 3) 100-count CD boxes used as furniture.
- 2) Vato Rick "stopping by" at 3:49am
- 1) You can't eat compact discs.

TOP FIVE WAYS TO KILL A MAILMAN (by Dave Miranda of The 6 & V)

- 5) Mailbox bomb
- 4) Trained killer attack dog
- 3) Sabotage mail truck
- 2) Bow and arrow
- 1) Shotgun



A view through the barbed wire: Sick Of It All headlining the S.F.T. Records / U.N.D. Bikes summer blowout at Mulally Skate Park, Sept. 1996. The 6 & V, Neck and Fahrenheit 451 opened up.



The SFT King drawn by Mark Catalina was transferred onto someone's leg by Scott of Twin Moon Tattoo. Sorry, we forgot his name!!

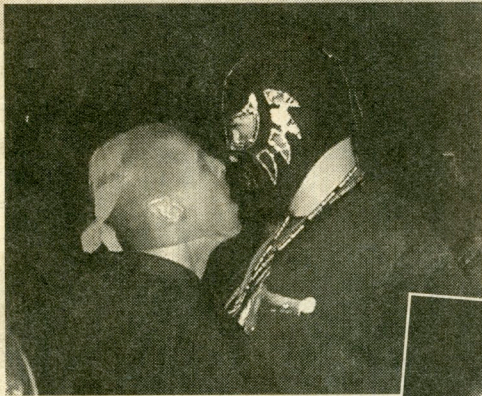


Fuckin longhairs! Dan Lilker of Brutal Truth / Nuclear Assault infamy with Kurt Stenzel of The 6 & Violence.



On July 13, 1997, SFT put on a slammin show at the ACME Underground, NYC - Much fun was had by all!

All photos this page: Jenn Torpie



Robbing liquor stores nationwide - No Redeeming Social Value's Dean Thriller and an unknown Luchador.



4 In Tha Chamber entertained Everyone In Tha Club.



(We tried to photograph NECK but they're so evil that their images could not be captured accurately on film!)

STRIVING FOR TOGETHERNESS RECORDS PRESENTS:
**IT AIN'T WHERE YOU'RE FROM,
IT'S WHERE YOU'RE AT!**
SUNDAY, JULY 13TH

THE TRIUMPHANT RETURN OF...
NO REDEEMING SOCIAL VALUE
LAST NYC SHOW BEFORE THE EUROPEAN TOUR!

THE EXCELLENCE OF EXECUTION -
FAHRENHEIT 451

Sweet 16
FIRST EVER NYC APPEARANCE OF
MASSACHUSETTS' OWN ALL-GIRL
PUNK ROCK HEROINES...

NECK
THEIR DEBUT ALBUM OUT THIS
WINTER ON SFT!

BROWN HARD CORE!

4 IN THA CHAMBER

- DJ KEVLAR SKILLS -

ALL AGES!

4 PM DOOR!

AT: ACME UNDERGROUND,
9 GREAT JONES ST. NYC

**PLUS TONS OF GIVEAWAYS ALL NIGHT COURTESY OF
S.F.T., MONKEY BUSINESS, EDISON RECORDINGS AND
MORE!! BE THERE OR WE'LL BREAK YOUR NECK!**



Don't front on the girls of Sweet 16 - They'll kick your ass and then write a song about it.

Lenny of Fahrenheit 451 was the official free-goods-giver-outer and enjoyed working the crowd into a greedy frenzy.





The S.F.T. Barbeque, 1997.



(L to R): Kevin SFT USA, Udo SFT Europe. Corporate scumbags.



L to R: Dean Redeeming (NRSV), Kevin 451, Loki, Cesar and Myke (District 9), and Jonathan the Unholy (Neck)



Kevin of Fahrenheit 451 represents.



Max Cavellera of Sepultura and Tom the original SFT intern (who has now moved on to greener pastures) pose at the 1997 Foundations Forum.



The Beast From The East - Japan's own Romantic Gorilla will be doing some US dates with No Redeeming Social Value & The 6 & Violence in March.



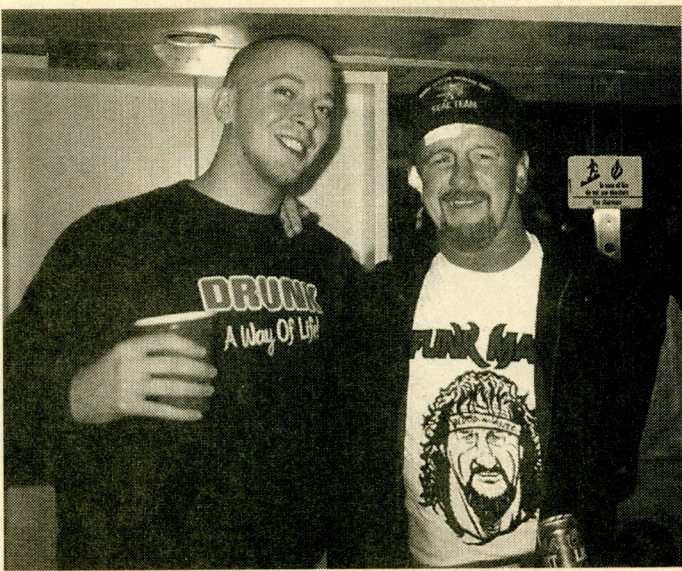
SFT

striving for togetherness



photo: John Dudeck

(L to R.) Taka Michinoku, Kevin Gill, and Terry Boy.



Hardcore's living legend Terry Funk shares some wisdom and a cold one with Kevin/SFT.

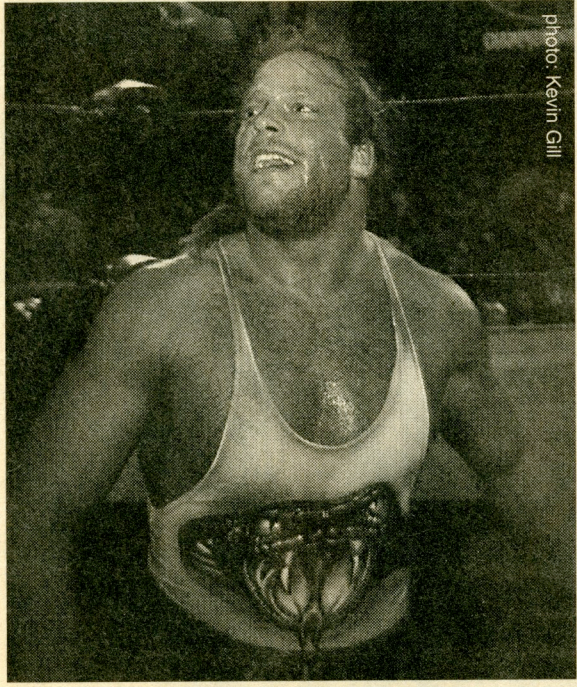


photo: Kevin Gill

"I can do that because I'm Rob Van Dam."



photo: Kevin Gill

Tommy Dreamer (R) grabs a handful of Sabu's (L) hair.



photo: Kevin Gill

Sandman and Tommy Dreamer rock the party.



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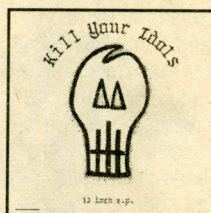
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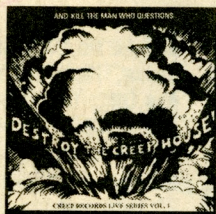
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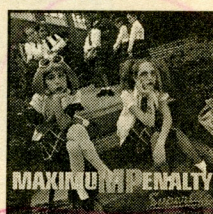
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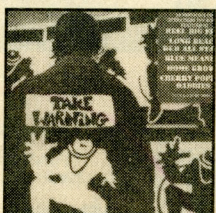
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SHEER TERROR

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Penalty
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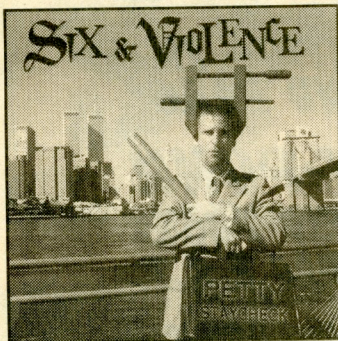
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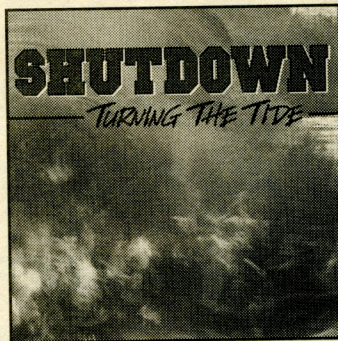
stickers

\$30 Total

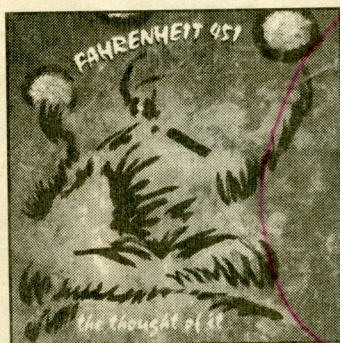
SFT RELEASES!



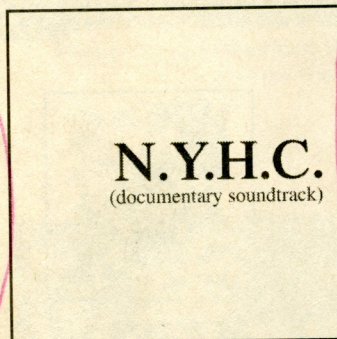
SFT 17 The Six & Violence, "Petty Staycheck". The Six Kings from Queens are back with their unique blend of hardcore, punk, metal and insanity. Petty Staycheck deals with issues ranging from being exploited by lame jobs, facing growing older and hard reality - combined with their usual twisted perspectives. Must be heard to be believed! CD **\$10**



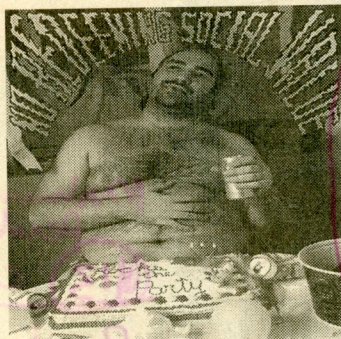
SFT 15 Shutdown, "Turning The Tide". Brooklyn-based Shutdown brings together a sound that combines the essence of traditional hardcore with a refreshing positive youthful perspective. "It's fast, catchy and has enough energy to power the whole city...what more could your hardcore infested mind want?" - Insight fanzine. CD **\$8.**



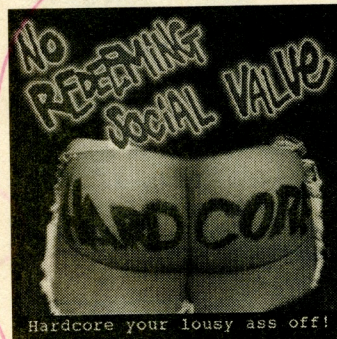
SFT 14 Fahrenheit 451, "The Thought Of It". Progressive, dynamic intelligent music that appeals to fans of hardcore, hip-hop and punk; Fahrenheit 451 deliver their debut release, "The Thought Of It" after phenomenal response to their self-released demo and live appearances. Hands down, this is the bomb! You snooze, you lose. "Hardcore has been taken to the next level." - Chord. CD **\$8.**



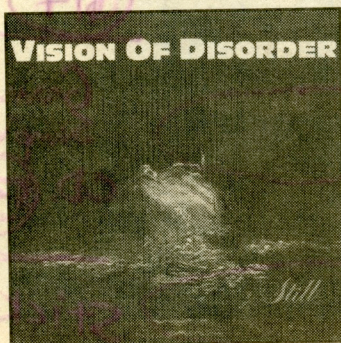
SFT 13 N.Y.H.C. Soundtrack SFT Records has captured NY's unstoppable scene, the way it was meant to be captured - LIVE! No overdubs, no crowd noise added in. No nothing but the real deal. 16 live songs by Madball, NRSV, Crown of Thornz, District 9, 25 Ta Life, 108, VOD. Plus interviews with all the above & more. **\$12.**



SFT 12 No Redeeming Social Value, "Rocks The Party". From the ghettos of Queens, NY to the stages of Wembley, UK, No Redeeming says "fuck you" to the politics of hardcore and the mad dummies in this hell hole we call society. Against all odds they continue to rock party after party worldwide. The debut CD offending you now! **\$9.**



SFT 16 No Redeeming Social Value, "Hardcore Your Lousy Ass Off". This is the result of one of NRSV's first attempts in the studio. It captures NRSV in the raw...Originally released as a 7", with 5 songs, we added a bunch of old unreleased stuff to a total of 11 tracks plus more messages. Vintage NRSV! **\$8.**



SFT 10 Vision Of Disorder, "Still". As one of the fastest rising stars on the NYC underground music scene, VOD receive huge acclaim from both fans and critics across the globe. This debut EP is available on compact disc along with two bonus tracks. Combine sick innovative riffs with tortured/melodic vocals. Brutality marries melody. **\$8.**



SFT 00 It's All Good. Authentic, old-school hardcore collides with the best up and coming bands on one killer compilation. Striving For Togetherness Records catalog numbers 1-4 have been reissued onto one CD along with cuts from District 9, The 6 & Violence, VOD and more! "A great release from a great label that's truly supporting the hardcore scene." - All That zine. **\$9.**

