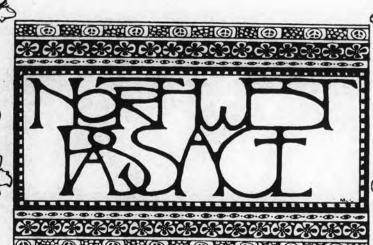


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BELLINGHAM, WASH.

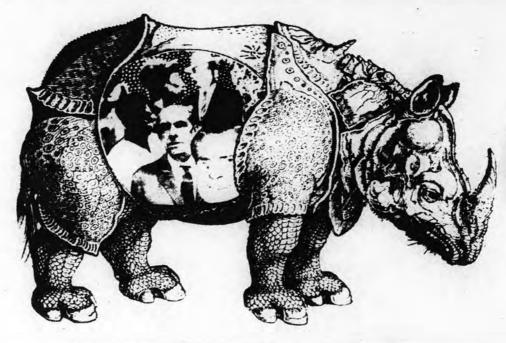


"In the beginning was the word..."

AUGUST 5, 1969

POP FESTIVAL
Obscenity
Bust
Poetry
25¢

NEWS



FRONT

Atlantis Peace Shop Busted

The City of Bellingham took a big step in some yet undetermined direction last Friday afternoon as they arrested the owner of Atlantis Peace Shop on charges of displaying and selling obscene matter.

Shim Hogan, owner of the shop at 1205 Cornwall, was booked under provisions of city ordinance 6758, which provides for the prosecution of those persons thought to be dealing in materials which are offensive to the public morals. He was later released on his promise that he would appear in court to answer the charges. A warrant was also out for Gary Smith, an Atlantis employee who was away at the time of the bust.

Taken as evidence were several posters, a painting and a bumper sticker. Present at the arrest was Bellingham Police Chief Cecil Klein, police officers Burley (who signed the complaint) and Gallensey, Ex-acting City Attorney Craig Davis, who just "happened" to be having lunch across the street, and Bellingham Mayor Reg Williams, who was all smiles. Needless to say, Atlantis had never before been blest with such an array of city officialdom.

Northwest Passage interviewed Mayor Williams and Davis in the Mayor's office immediately following the arrest. They had no official city statement concerning the matter, but they did reveal through affable peripheri that they view the case as a big game.

"This all will boil down to a plain matter of debate," pointed out Davis, who has been acting as city attorney in absence of Les Lee. "You (Northwest Passage) can think of many arguments to support your premise that the matter isn't obscene," he said. "And I can think of many arguments to support my premise that the matter

Fear them not: for there is nothing covered that shall not be revealed.

-- Matthew 10:26



is obscene. But I could turn it around and think of just as many arguments to support your side and you could probably do the same thing too."

(We couldn't find any arguments to support his side, but we're glad he could see it our way.)

They both agreed that to prove a matter obscene, in view of recent Supreme Court rulings, is a very hard and "touchy" thing to do. They were also very quick to assure us that this move by the city was in no way a political move, but the Mayor agreed that it had heavy "political overtones," in view of solidifying conservative faith for the upcoming city elections. If the city wins the case they have won a political victory. If they lose the case, they will certainly look bad, but the Bellingham conservative constituency will still be satisfied to know that their boys are striking blows for "justice."

So here we have this endeavor with the city making political gambits in the name of "equal enforcement." It is unfortunate, however, that this "touchy" game of logistics, with both sides equally seen according to Ex-acting Mr. Davis, involves police records and the revival once again of the excretions from anal-retentive conditioning.

The point is that this whole thing is ridiculous. Christ himself was tried and crucified on charges of obscentiy. What are the laws supposed to be protecting us against? How can material within a private establishment be considered obscene if the man on the street has a choice of whether he wants to view it? How can anything be obscene? Things are things. They are what they seem to be. A poster is a poster to us, and if city hall wants to fantasy sexual implications, then let their rocks fall as they will.



Food Co-op - Ottawa Plan

At a meeting held recently by various interested parties at 1610 10th Street in Bellingham, it was decided that an effort should be made to establish a Cooperative Food Store in the Bellingham area. Such a non-profit oriented endeavor would serve to combat the high cost of living in an inflated economy where the fastest rising prices on the consumer market are food prices.

It was further decided that the Co-op should stress those foods that are most conducive to good eating AND good health. There is ample information, based on government research, which would enable the Co-op to supply those foods necessary for healthful nutrition, at prices considerably lower than retail supermarkets. Nutritional information would also be dispensed at the Co-op.

Many people have been talking about a Co-op for months, but little has been done to actually make it a reality. Experience has shown that trying to raise large amounts of starting capital from donors etc. is a poor way to begin. It seems most feasible to begin by organizing those individuals who want to start NOW. We can build from there.

Recent investigation has turned up what seems to be a workable plan for a Co-op. It is known as the "Ottawa Plan," based on the structure of the Co-operative Supplies Depot of Ottawa Ltd. This unique plan has been successful in Ottawa; in fact, the Puget Consumers Co-op of Seattle is reorganizing itself, using the "Ottawa Plan" as a model.

The following is a practical explanation of the "Ottawa Plan". Following the outline is a form to be filled out and mailed by anyone interested in joining such an endeavor. It is absolutely necessary that you respond to this if you are at all interested in joining. We must know how many people would initially participate before we can begin to set up operations. Also, we can make up a mailing list to keep you informed of structural progress, meetings, etc.

THE "OTTAWA PLAN": PRINCIPLES

The strength of the "Cooperative Supplies Depot of Ottawa, Ltd." lies in its success in applying the co-operative principles of democratic control and service at cost in a new way. First: there are no hidden charges. The member knows what he is paying for.

There is no mark-up on merchandise. Capital is contributed at a known rate.

Second: each member undertakes to pay his portion of operating costs as long as he is a member.

PRICING

When a case of groceries arrives from the wholesaler, the case lot price is divided by the number of containers that is in the case. The result is stamped on each container and that is the price the members pay.

CAPITAL

In Ottawa each member is required to pay for two \$5.00 shares when he joins, and to purchase an additional share every three months until he owns twelve shares. No interest or dividend is paid on share capital. Ottawa started very small with only 8 or 10 members. Another group starting in a larger way may find \$10.00 adequate. It may be necessary to increase the share capital requirement substantially or to find a source of loan capital. CSD Ottawa borrows money from the members on a voluntary basis at an interest rate of 5%.

SERVICE FEES

CSD Ottawa takes off a financial statement every quarter. On the basis of cost in that quarter, the Board makes up a budget for the next quarter. A special general meeting of the members is called to approve the budget with or without amendment. The approved total is divided by 13 weeks and then divided by the estimated average number of members in the coming quarter. This calculation establishes the weekly service fee. In Ottawa at present the fee is \$2.25 per week. Anyone can join CSD and a member can resign at any time, but as long as he is a member he must pay the weekly fee.

The first time a member appears in the Depot after the start of the calendar week, he will find that \$2.25 is the last item on his cash register slip totalled in with his purchases. If he returns to shop in that week he does not pay any further fee. If he doesn't shop in that week at all, his service fee in the next week will be \$4.50. In order words, the fee is paid by every member regardless of how much he buys. Obviously expenses have to be

paid whether some particular member shops or not.

A member may withdraw from membership if he is moving away from Ottawa, or at any time on two months notice. Service fees have to be paid until the end of the notice period.

SAVINGS

The members of CSD Ottawa are saving substantially because the price is so low. A list of 85 carefully selected items has been price on three occasions in five stores in Ottawa in the past year. In summary we can state with considerable confidence that the average member purchasing a wide range of merchandise from CSD in a total of \$27 or \$28 a week, should be saving \$5.00 after paying the service fee. This amounts to about \$250 per year. It might be noted that CSD was not handling fresh meat until very recently and therefore no fresh meat was included in the comparison. Since CSD is now handling meat it is likely that the savings being made by the average family are even greater. As CSD moves forward into the purchasing of full lines of hardware, children's clothing, electrical equipment, drugs and other things, the reduction in living costs may be quite substantial indeed.

FURTHER CLARIFICATION

CSD is not a business in any ordinary sense of the term. It does not buy at one price, sell at a higher price and finance its operation on the margin between the prices. Instead it is a service—the cost of which is divided equally among the members. CSD brings in the groceries from the manufacturer or the wholesaler, breaks

the cases, prices the goods and spreads them around on the shelves in the store so the members can help themselves conveniently. Though somewhat less elaborate and more functional, CSD looks much like an ordinary store.

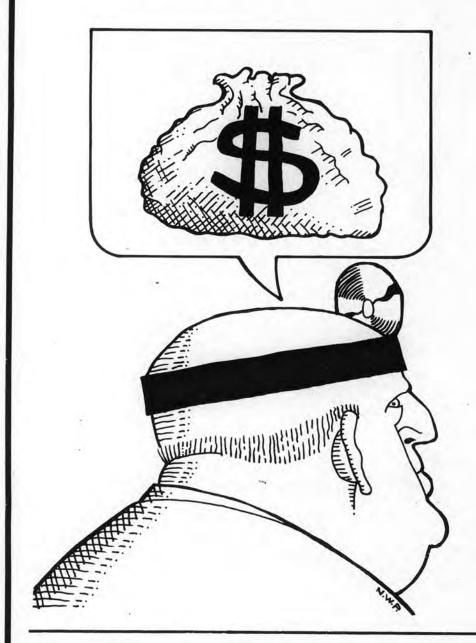
The result of this method of operation is that CSD is not dependent on sales volume for its income. It does not matter whether a member spends \$40 or \$30 in the week, or whether he buys expensive merchandise or cheap merchandise. He is quite free to buy or not to buy, for he is paying his share of the cost of operating the business in his service fee.

Some may ask whether it is fair to charge all members the same fee. In this respect CSD could be compared with the telephone. Every family pays the same for the telephone regardless of whether they make a great number of local calls, or none at all. The subscriber is paying for the service whether large or small at a flat rate. Indeed he is paying not only for the service but for the availability of the service. It is the same with CSD. The service CSD provides is to obtain the merchandise and make it readily available at cost. It is not unreasonable to suggest that this service has the same value for each member.

It would not have been possible to start CSD Ottawa without a great deal of voluntary work. Some members have put tremendous effort into its operation without being paid anything. And this is still true of officers and directors and committee members. However, there is very little work being done at present in the store itself that is not being paid for. CSD has seven full time employees and at any given moment one would likely find three or four other employees at work on a part-time basis.

	FOOD CO-OP
	1610 10th Street, Bellingham, Wash.
	I am interested in the food co-op
	Please send me information
	name
	address
	city phone

Physician, Heal Thyself



New York (LNS) - "I know most doctors are interested in the practice of medicine and not in the playing of politics. I believe your record stands for itself. Your patients know your worth." - Spiro Agnew, July address to the AMA.

The AMA record certainly does speak for itself: \$1.1 million spent for lobbying in Washington, ten times as much as the labor union lobby of the AFL-CIO. \$680,000 in political contributions to conservative candidates, consistent opposition to programs of free inoculation against diphtheria, polio, and smallpox; opposition to the establishment of red cross blood banks; opposition to federal grants for medical school construction and medical school loans; opposition to national health insurance, Medicare and Medicaid.

When the American Medical Association came to New York City to hold its "House of Delegates" and to sample various pills and tubes and wonder drugs displayed by huge pharmaceutical concerns, the good doctors expected to sit stolidly and smugly through a week of dull small talk, shop talk, and a reaffirmation of the American Doctor's dedication to his own interests. Physicians at the convention said things like "Medical attention is not a right, it is a service which must be paid for."

They didn't expect a young radical doctor, Richard Kunnes, backed by 150 protestors, to seize the podium at the Americana Hotel to lambast the reactionary policies of the AMA

The insurgent doctors ran down the ugly story of medical callousness; they attacked the AMA as "just a reflection of a corrupt society.

"I don't think we'll have a good health care system in this country until we have a thorough-going revolution," said the chairman of the New York Medical Committee on Human Rights.

And they didn't expect the large groups of women pickets protesting the present inhumane system of abortion laws. The most progressive of those laws does not even allow for such socio-economic factors as a woman's financial and emotional state. Through the expensive requirement of psychiatric recommendations and the prevailing moral climate, these laws have come to discriminate heavily against the poor and the unwed mother; thus the rich get abortions and the poor use coathangers.

At least 10,000 women die yearly at the hands of quack abortionists, while the number of illegal abortions performed in the U.S. during the same period reaches well over 1 million. The demonstrators, from various women's liberation groups, demanded that women have control over their own bodies and lives.

Dr. William Baird, currently appealing a conviction for dissemination of birth control information in Massachusetts, also showed up on the picket line. Baird cited several factors in the AMA's refusal to respond to the problem. One economic factor is that obstetricians receive more money from the birth of babies than from their abortion. Secondly, the issue is too controversial for the AMA to handle "comfortably."

But the general apathy and privilege are the principal impediments. A doctor knows he can always get an abortion for his wife or a friend.

Within the Americana, Vice-President Agnew called for the good doctors to fight "the plague of a polluted environment," thereby directing their social consciences far from home.

Pitkin Floors Town Meeting

Tuesday, July 22, a "Town Meeting" called by the American Civil Liberties Union was held. The subject, "Gambling, Law and Order: What is Good Legislation?" drew about 125 people to hear a panel discussion and participate in the same.

The main target of discussion was an anti-gambling law, on the books since 1909, which outlaws all gambling in the State of Washington. A recent ruling by Attorney General Slade Gorton calling for strict enforcement of the law has incurred the ire of many citizens. The law has been ignored for many years by law enforcement agencies under what is called a "tolerance policy."

But sudden enforcement of the law has raised questions on the entire system of law enforcement and legislative procedures in Olympia. Local enforcement agency representatives were on hand to give the local view, which was essentially: "The law is the law." Those present were Police Chief Cecil Klein, Sheriff Bernard Reynolds, City Attorney Craig

Davis, and County Prosecutor Stan Pitkin.

For the most part, the floor was monopolized by Pitkin, who effectively managed to evade the real issues involved in the discussion. He endorsed a new gambling bill (House Bill 453) which would remove criminal penalties on amateur gambling but which would be tougher on organized gambling.

Pitkin failed to explain why the only concerns to gain legislative exception to the 1909 law have been those of organized gambling-race-tracks, stock market speculation, insurance industries, and other forms of corporate gambling.

The main result of the meeting was a realization by local citizens of the poor legislative system in Olympia. The legislature meets only sixty days every two years. During this short session, the legislature doesn't have enough time to enact all the legislation needed to meet the immediate needs of the state, let alone repeal poor legislation such as the 1909 gambling law.

Boat Launch Waits For City

Nothing has been too much to do for certain Bellingham politicians lately regarding the creation of the park and boat launch proposed for Bayview Drive. The County Park Board received a letter from the Board of Public Works calling for a "meeting" to talk some more about it. The Park Board agrees, but no date has been arrived at down at City Hall. Just can't seem to get together.

The Park Board will lose a chance for \$40,000 in federal matching funds, if a decision is not made by August 15 to build the park. The funds will not be granted unless the city agrees to commit the land for at least 25 years. The Mayor doesn't want to do that, because he wants the city to have the right to use the land for other purposes at any time. Notably, waterfront oriented industry.

There are presently no parks or boat launches on the B'ham waterfront. There are only industries. Yup.

May The Best Man Win

The flag is up, and soon the scent of procrastinating politicians will be detected in the local wards of democracy. Would you miss your chance to vote? If not, then you better trip on down to see Al Loop, our local comptroller.

Voter registration eligibility for local elections requires that you have been a state resident for one year prior to the election, which is on November 4; a resident of Whatcom County for 90 days prior to the election; and a resident of the city for 30 days prior to the election. Registration is open until August 16 and the primary is on September 16, so there isn't much time left. Register now.



Nixon Starts Bid For Wallace Votes

Washington, D.C. (LNS) -- In a major effort to boost his own popularity and the strength of the Republican Party in the South, President Nixon is dismantling the civil rights legislation won at such heavy cost by the civil rights movement in the early 1960's.

The first six months of Nixon's administration offer proof that the President will do almost anything to cater to the reactionary racist forces in the South. The "Southern strategy" he adopted in his drive for the Republican nomination and in the campaign itself was clearly not a temporary expedient, but the foundation of Nixon's political coalition.

Underway is a concerted Presidential effort to cripple federal civil rights legislation in the areas of job discrimination, voting rights and school desegregation.

Nixon's alliance with the reactionary Southern forces will continue to solidify unless political conditions change dramatically. The Congressional elections in 1970 and the Presidential campaign in 1972 are the determining factors in this According to some alliance. reports, the President does not expect the Vietnam war will be completely ended by 1970 or 1972. As a result, taxes and inflation will continue to rise. Deflationary economic policies required to fight the balance of payments crisis will further depress working class incomes and increase unemployment. The budget squeeze will make any new federal programs impossible while continuation of the war will aggravate the university crisis.

In such a political situation, Nixon's advisors know their candidate will have tough going in the North, Midwest and West. The South, therefore, must be a solid and guaranteed base if Nixon is to run successfully.

One method of securing the reactionary South in Nixon's camp is to offer the racists greater control over the black population. In addition, Nixon owes a number of political debts to Sen. Strom Thurmond (R.-S.C.). Thurmond was key to Nixon's victory at the Miami RepublicanConvention by helping to hold the South in line for Nixon against California's Gov. Ronald Reagan. The Defense Department, under Secretary Clark Clifford, had given a number of Southern textile corporations the ultimatum to end discriminatory hiring policies or face losing valuable Pentagon contracts for military clothing. It was a test case many defense contractors were watching closely to determine whether the Pentagon would vigorously enforce its anti- discrimination regulations.

When Nixon took office, Thurmond and Harry Dent, a former administrative assistant who was appointed deputy assistant to the President, reminded Nixon of his campaign debts and re-election problems in 1972. A few days later, Deputy Defense Secretary David Packard announced an "agreement" that let the textile companies off the

hook and stymied federal plans to end job discrimination.

Nixon's biggest step to build Republican strength in the South took place June 25 when Attorney General Mitchell presented the administration's proposed legislation on voting rights. The 1965 Voting Rights Act expires in August, 1970, and either has to be extended now or new legislation must be proposed. Most non-Southern Republicans and Democrats strongly supported another five-year extension of the 1965 bill, fearing new proposals or legislation might set off a Congressional battle that would defeat the new proposals as well as any extension of the existing law.

Mitchell's recommendations played directly into Southern hands. He called for new legislation to bar literacy tests throughout the nation, authority for the Attorney General to send federal registrars to any state, an end to residency requirements for voting in Presidential elections, a Presidential Commission on voting frauds and literacy tests, among other recommendations.

On the surface, the proposals were reasonable, but in fact they were a disguised attempt to seriously weaken voting rights laws. First, the effect of broadening the scope of federal voting laws to cover every state--though voting discrimination is only common in the South-- would force the small Civil Rights Section of the Justice Department to spread itself across the nation and thus relieve the strong pressure they were exerting on the seven Southern states.

In addition, the proposals would weaken the legal powers of the Justice Department. Presently, the voting laws of the Southern states are virtually under federal control. The states are prohibited from changing their laws without permission either from the Attorney General or the Federal Court in the District of Columbia. This set of laws has allowed nearly 800,000 blacks to register in the South since 1965.

Under the administration proposals, the Southern states once again would be given the right to enact their own voting laws and the Justice Department's only method of control would be to seek court orders forbidding particular practices through case-by-case enforcement. The ensuing legal appeals would allow the South many more years of preventing blacks from voting.

Not everyone is happy with the Nixon voting rights plans-including some Northern Republicans who fear that an increase in the power of Southern Republicans is a threat to their own power in the GOP.

A week after Mitchell's voting rights proposal, Secretary of Health, Education and Welfare Robert Finch made another announcement designed to attract Southern reactionaries into the Republican camp. He revealed the administration would ignore the September 1969 deadline for all Southern school districts to be desegregated. Under the Johnson administration nearly 3300 of the



4425 Southern school districts have submitted desegregation plans. Most of them had done so because Johnson was adamant on the September deadline. If the school district did not get HEW approval for their plan, they faced an immediate cutoff of all federal aid.

Finch attacked the September deadline as "arbitrary," indicating that HEW would be understanding of the "special problems" of Southern school districts.

In a further weakening of school desegregation, Finch also announced that jurisdiction over the enforcement

of desegregation guidelines would be transferred from HEW to the Justice Department. Under present law, the predominantly liberal staff of HEW can cut off federal aid by simple administrative decision. Under the new procedure, enforcement is in the hands of Attorney General Mitchell--Nixon's campaign manager and the architect of the "Southern strategy." To enforce desegregation, the Justice Department says it will seek compliance through the courts--a long, time-consuming process that the South is certain to applaud.

Right-Wing Urges Cracked Heads

Washington, D.C. (LNS) - A new right-wing group, Americans for Effective Law Enforcement, has issued a position paper stating that the police may be sued for failing to quash campus rebellions, even if they have not been summoned by university administration officials.

Significantly, an account of the AELE's action was published as a "COPsule" in The Police Chief, organ of the International Association of Chiefs of Police. The cops say, "AELE states that to all appearances a law enforcement agency could be held responsible for allowing violations of the law to go unchecked or for violations of the civil rights of non-demonstrators. Plaintiffs in such legal action could be non-violent students who college studies are adversely affected, taxpayers who support the institution and contributors of funds

to the institution. In addition to the law enforcement agency, prosecuting attorneys might be held liable for failing to fulfill their lawful obligations."

The top cops are apparently warning their fellows that not only are they free to rush onto campuses when students demonstrate, without waiting for the invitation of liberal administrators, but also that they might face legal action for hesitating.

QUOTE OF THE WEEK

I hold it, that a little rebellion, now and then, is a good thing, and as necessary in the political world as storms in the physical.

- Thomas Jefferson

How Deserters Are Caught

When a man goes AWOL, these people should be notified to watch for him: the MPs at his base, the local police, the police in his home-town, the police in any other town where it is thought he might go (for instance, the town where his wife or girl-friend lives).

After he has been gone 30 days, he is listed as a deserter and these same police forces will be notified of that fact. (Being listed as a deserter doesn't have anything to do with whether or not he is prosecuted for desertion; it is just an administrative classification.) At this point, information on him is sent to the FBI, which then distributes his name to police forces throughout the country.

Most deserters are apprehended without any effort on the part of the authorities. They either turn themselves in or make a mistake which puts them in the hands of a local police force. If a deserter does not turn up after a few months, the FBI may send an agent to question members of the family and in other ways search for the man. If he is still not found they may repeat the attempt to find him later. (A deserter who has a security clearance should not expect to be treated in the way just described. The FBI should be notified immediately after his absence is noted and they will look for him.)

Deserters who stay in the U.S. are often caught because they make mistakes like these:

They go to their home-towns or the places where their families or girl-friends or wives live. Their families, friends, or neighbors turn them in, or the local police recognize them.

They stay near bases where they were stationed. They go near other military bases and are spotted as "military."



They are questioned or picked up by the police on another matter. This happens because they do not avoid the kinds of neighborhoods, companions, activities or ways of dress that attract cops. Or it happens because they are picked up on traffic offenses, for hitchhiking, or similar things.

They wear military jackets, boots, or other easily spotted clothing.

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They carry their military I.D. in the same place as the civilian I.D. they are using or keep it some place where it can be spotted. (It is best to keep the military I.D. available, however, to prove you were AWOL and not deserting if you are caught.)

They let family or friends know where they are living usually by writing letters which give their return address or which carry the post-mark of the city they are living in.

They tell their stories to people they meet.

They give confused or contradictory answers when asked about their draft status or about what they have been doing in the recent past-instead of having a simple story ready.

Some may get caught because they file income tax returns under their own names and use their old social security numbers--instead of changing their names or changing the spelling of their last names and then getting new identification and social security cards. (Anyone who lies on a social security application could be prosecuted for that and sentenced to up to 5 years in jail.)

For further information on how to spot deserters from the U.S. armed forces, contact the American Deserters Committee, Box 3822, Station D, Vancouver, B.C.

Thieu Must Be Kidding

Saigon (LNS) -- South Vietnam's puppet-president Thieu has invited the NLF to surrender and participate in elections under American guns. That's the gist of the "important announcement" made by Thieu on July II.

After the Midway meeting, Nixon assured the restless American people that Thieu would soon make an "important announcement" that would lead to peace. Then Theiu balked, probably reluctant to appear to be following direct American orders.

On July 10, Colonial Governor Ellsworth Bunker stomped over to the Palace to whip his understudy into line, and 12 hours later Thieu was blinking in front of the TV lights.

Thieu, who has arrested most of his political opponents on charges of violating the U.S.-written constitution, then violated the constitution himself

by proposing NLF participation in elections. (The constitution outlaws "Communism and pro-Communist neutralism" and provides for no national elections before 1971.) The NLF can even sit on an electoral commission to oversee the balloting.

There's only one condition: The revolutionaries have to "renounce violence," i.e. the Liberation Armed Forces must lay down their arms at the same time that the puppet forces are expanding their numbers and being equipped with everything from M-16's to jet bombers.

But the revolutionaries have been that route before. In 1954, in accordance with the Geneva Agreements, they buried their guns to wait for the elections they were sure would bring them victory. Then they stood by helplessly as the Diem regime mopped up the country and

imprisoned or murdered thousands of former Viet Minh cadres.

Nixon and Thieu may have an historical blindspot, but the Liberation fighters do not. That they would agree again to walk into the lion's den unarmed, or that they would consider any elections to be free while their country is occupied by foreign troops, is highly unlikely.

The Vietnamese, of course, understand that perfectly well, and are unimpressed by the "important announcement." "Thieu does whatever Nixon wants," as one civil servant put

But the fraud must be exposed in the United States. It should be made clear that Nixon and Thieu are still demanding the surrender of the NLF. That is the only possible interpretation of one side's asking another to "renounce violence."

Bust Benefit

A Bust Benefit for Mike and Karyl Matthaeus, Bellingham residents who were busted July 17 for grass, will be held at Larrabee State Park, Thursday, August 14, 3 to 7 p.m.

Eating starts at 4:30 p.m. with 150 pounds of succulent salmon, tossed salad, homemade bread, brown rice casserole and home-grown zucchini.

Music will be offered by Jack and Shirley and the Pottatch Treaty. Alcohol is prohibited except in containers other than original bottle.

Bring bread for donations and bring some friends.



Letters

Dear Editor-

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I was admitted to northern state hospital in 1967 where I remained for three months. The place wasn't bad at all. Dances twice a week-pool to play; all types of recreation and when the mood hits you, you can go into the nearby woods with your chick and do your thing. The people were nice and the staff was friendly all except for a particular psychiatrist by the name of Dr. Leidig who was unfortunately appointed to my case. He was an unfriendly man who was obsessed with playing a parental role. He was particularly down on me since I have taken LSD. In my opinion he should be expelled from the hospital for breach of ethics. There are a few unethical psychiatrists around and Dr. Liedig leads their ranks. For instance, it was a warm day so I decided to take my shoes off and go barefoot. Along came Dr. Liedig and promptly ordered me to put my shoes back on. We got into an argument and he called me obnoxious. Now any GOOD psychiatrist will tell you that the last thing that any doctor is supposed to tell his patient is that he is obnoxious.

Anyway I did my thing at Northern State for three months and then was released as an out-patient on the condition that I receive psychiatric help and agree to receive medication every two weeks.

Earlier this year I was scheduled to go to Northern State for one day to receive a blood count checkup and I met a chick who wanted to be turned on to grass. We went to my car to smoke and I gave her a joint to smoke at her leisure. As things went, she got caught and Liedig pumped it out of her that it came from me. He then called me into his office and confronted me with the joint that I gave her and after some admonishments ordered me to

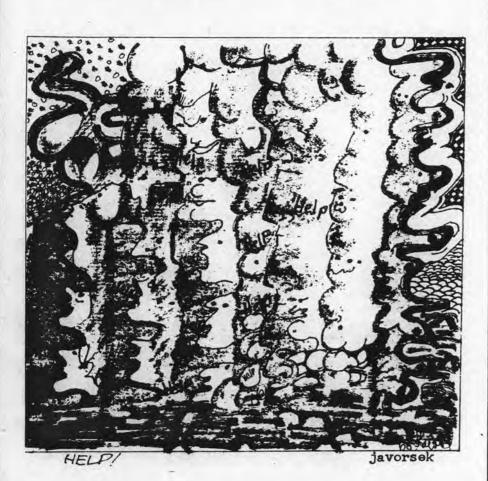
leave the hospital in a very boisterous manner. I complied.

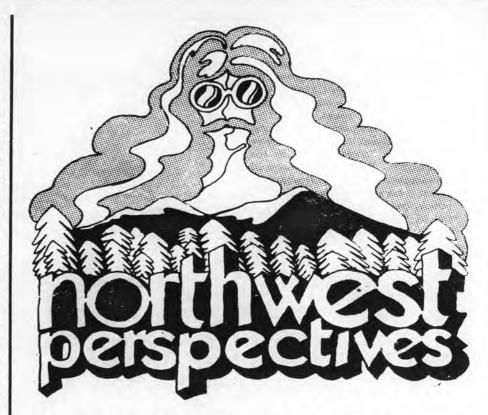
Next Thursday when I came to Bellingham mental health clinic to receive my medication, Dr. Liedig was there. He loudly and proudly informed me that he had turned me in to the authorities. There is a code of ethics that doctors adopt that states what goes on between a doctor and his patient is supposed to be confidential information. Dr. Liedig either missed out on this part of his training or he considers himself above this.

Anyway, I received my shot which is supposed to be intermuscular and accidentally the nurse hit a vein. When I proceeded to drive back home to Lynden I became dizzy and crossed the centerline on the highway and received a citation for it. The sheriff took me home when I explained the story and then I made a trip to my personal doctor in Lynden for an antidote. My doctor phoned up Northern State hospital to talk to Dr. Liedig and findout what medication was used so he could administer an antidote. Instead of Liedig giving my doctor the required information, he volunteered that I might have been smoking grass again

I now have a new psychiatrist He is an understanding fellow and agrees with me that Dr. Liedig acted unprofessionally in revealing information about me. I have talked to a lawyer and he says I have grounds to sue Dr. Liedig for breach of confidence and unethical conduct. Perhaps I should do so, but then again if Dr. Liedig can't understand me, perhaps I should try to understand him. Maybe he had an unhappy childhood or maybe he has an unhappy home life and is taking out his aggression on his patients.

armand neufeld





When Northwest Passage was conceived, we thought that it was hopeless to try to compete with electronic media for news coverage on a daily basis, as so many papers do. What was needed was a paper to unite all the fragments of information into some kind of whole, a more in-depth perspective. Reading, or watching, or listening to daily news reports, one can easily miss important factors unless he puts himself to the task of putting the fragments together.

Just for fun, let's take a case right out of last week's papers and see what we come up with. When Richard Nixon was in Thailand last week, he was quoted as saying that the "United States will stand proudly with Thailand against those who might threaten it from abroad or from within."

The day after Nixon made the statement, White House Secretary Ronald Ziegler was busy "clarifying" Nixon's statement. He emphasized that Nixon was not talking about sending troops if Thailand was threatened, and that none have been requested.

The third day's papers, after the statement, found Senators Gore and Pell voicing loud fears of another Vietnam type policy toward Thailand. Senator J. W. Fulbright, chairman of the Foreign Relations Committee, said he was waiting for a copy of a secret agreement which he says broadens U.S. commitments to Thailand. The State Department says that the document is a "military contingency plan" which is highly classified and under Defense Department control.

Putting these all together, we find that the Administration has been conducting military oriented business with Thailand that can't even be revealed to the Foreign Relations Committee. Yet, the administration claims that Nixon's statement had nothing to do with military commitments. It won't be good wishes Nixon would send to Thailand, should a revolution occur there.

The same week's newspapers show another Nixon statement to be a matter of controversy. Only this time it was a statement that had been deleted from Nixon's message to the Geneva Disarmament Conference, July 3. The statement read: "The specter of chemical and bacteriological warfare arouses horror and revulsion around the world." On July 30, a revised text, including the statement, was issued to the conference with the explanation that the deletion had been made earlier "for technical reasons."

But the July 28 P-I ran a story quoting Defense Secretary Laird as saying that the U.S. must continue to develop gas and chemical weapons as a deterrent to their use. He said: "As much as we deplore this kind of weapon, if we want to make sure this weapon is never used, we must have the capability to use it." Of course, neither the Nixon nor the Laird statement dared to mention that, presently, the U.S. is the only country using such weapons: napalm tear gas, defoliation chemicals and others in Vietnam--and Mace on her own people at home.

DEVIL'S DICTIONARY REVISITED

FIVE DAY OUTLOOK

Christian-One who believes that the New Testament is a divinely inspired book admirably suited to the spiritual needs of his neighbor. One who follows the teachings of Christ in so far as they are not inconsistent with a life of sin.

Education—That which discloses to the wise and disguises from the foolish their lack of understanding.

Radicalism-The conservatism of tomorrow injected into the affairs of today.

Fairhaven Unified Citizens for Cool are having a rough time beating the heat. Certain plants of yet undetermined nature are being destroyed by the same hot blasts that have been tearing down doors and upsetting the balance of interior decoration. The only respite from aggressive heat would seem to be a cooling rain: that seasonal blessing that brings additional growth in plants and a muddy garden hazard to comfort-conditioned predators.

ANTI-FASCISM CON

Panthers Conference

Author's name withheld upon request.

The Black Panther Party held the first of a series of Conferences on Fascism in Oakland, California, July 18-20. The conference was called to form a United Front Against Fascism in America. The attendance was composed of nearly 2000 delegates, ranging from students, labor unions, black policemen union, street people, clergy, soldiers, women, Chicanos, and other interested persons. The purpose was to set in motion machinery to combat forces of Fascism in America, starting with the community control of police, decentralization of the police and giving the people the power to choose their own police forces.

The Black Panther Party has been under constant attack from the repressive forces of law and order as an attempt to destroy Blacks who have the temerity to arm themselves and to give confidence to other blacks to resist racism. However, instead of being forced underground to resist the overt acts of repression, the Panthers will try to mobilize diverse sectors of the community in a demonstration of electoral politics against the naked and brutal police force.

The conference was broken up into a different set of panel discussions dealing with the questions of: Women vs. Fascism; Workers vs. Fascism; Students and Education vs. Fascism; People's Health vs. Fascism; Religion vs. Fascism; American Servicemen vs.

Words from the cell of Huey P. Newton, founder of the Black Panther Party, opened the conference. Huey pinpointed the most dangerous problem in the U.S. today: the centralization of state and local police-"too many people will say 'it can't happen here', refusing to recognize it has happened here and has always happened here." The purpose of the conference, Huey explained, was to coordinate a national program with all progressive, liberal, and radical people concentrating on the enemy. He stated it is necessary to make the alliances very soon before our 'government' is pushed aside by the military-industrial complex who will complete the Fascist cycle.

Bobby Seal, Chairman of the Black Panther Party, said that Fascism enters while the politicians espouse freedom of the press, speech and assembly but send in the police to destroy these freedoms. He further stated, "the two chief weapons of Fascism are demagogy and terror.

Seal made an appeal to the students when he said, "the students' struggle is going to have to start relating to the community. It is going to have to tell them why destructive weapons are made on the campuses of the universities. They are going to have to explain that the systematic oppression is planned in the university and why the National Gaurd is on the campuses." Seal said time and time again that there is a need to eliminate ideological bullshit and get down to business.

Before the panel on women vs. Fascism began, Herbert Aptheker, noted theoretician, delivered a long academic speech on the historical perspective to the analysis of Fascism: "Fascism is not to be confused with simple tyranny. Fascism is open, terroristic and unrestrained violence in the service of monopoly capitalism, a new quality in capitalistic rule. Fascism involves terror at home and aggression abroad, the tactics of ruthless repression. The trump card of Fascism is anti-communism. On that basis fascism builds its system of racism and anti-semitism." "Fascism is state power held by the most reactionary, most chauvinistic sectors of the national bourgeois."

The next panel discussion dealt with the question of Women vs. Fascism. Women from the panel stated that the relegation of women to type-writer tasks and bedroom duty were obstacles to leadership and the rights of self-defense. Roberta Alexander, from the Black Panther Party explained: "Black women are oppressed as a class. They are oppressed because they are black and oppressed by black men. When we struggle against male supremacy we struggle for unity."

The psychological roots of the oppression of women were explained by another speaker: "slut, cunt, cow bitch, broad and whore are accepted by male chauvinists and even women. Women: we are alienated, from the other half, from our children, from ourselves. We have been in competition for the castrated penis. No longer will we tolerate distortions from any kind of discrimination. We will take up the means to protect ourselves by any means necessary"

The conference continued with speakers from the United Farm Workers, Nathen Hare, Roger Alvarada and others from the San Francisco State Strike; Berkeley city Councilman Ron Dellums, Jeff Jeres of S.D.S., and a spokesman from the Young Lords of Chicago. The conference closed with an appeal to stop running around with more of the same superficial rhetoric and bullshit, and to come together to circulate a petition for community control of police and to form a hundred United Fronts Against Fascism across the country.

Right on, Right One





FERENCE 2 VIEWS





Conference A Bummer

by burt halprin

It could have all come together...but it didn't.

The United Front Against Fascism Conference was called by the Black Panther Party to unite all the anti-fascist forces in the country in a struggle against their common enemy. Specifically they wanted to see a nationwide petition drive for community control and decentralization of police initiated. Scarcely what you'd expect from black revolutionary pig-hunters like the Panthers. And hardly a program designed to excite young, white, radical veterans of the Pentagon, Chicago, and SDS campus struggles. But it did appeal to the middle- aged and the elderly liberals of the CPUSA and Democratic Party who played such a large role in the conference.

The dismal result of this "historic" meeting was certainly not due to a lack of pre-planning. The petitions were printed and ready before the conference opened and every speaker was scheduled in advance. Nor was it due to lack of participation. Why, everyone who is anyone was there: Chairman Bobby Seale and Minister of Education Ray "Masai" Hewitt of the Black Panther Party, running the conference with the discipline the Panthers are famous for; George Demerle, of the Crazies (in his Trojan helmet), running for Mayor of N.Y.C.; Mark Rudd, head of SDS, wearing a band-aid on his face to cover the result of an attack by the Progressive Labor Party and over-anxious to even the score; Ron Dellums, city councilman from Berkeley, talking of resigning; hippies, ghetto-dwellers, middle-aged executives, khaki-clad women revolutionaries, students, workers, priests, doctors, and Charles Garry, the top lawyer in the country and the white man with the most influence on the Panthers, and equally friendly with CPUSA.

But the conference was shaped to a much greater degree by those who were not there than by those who were. Huey Newton, Erika Huggins, Ahmed Evans, Martin Sostre in jail, Eldridge Cleaver in exile, Bobby Hutton dead, Los Siete de la Raza, Fort Dix 38, New York 21. The victims of American justice. Perhaps it was concern over the increasing numbers of political prisoners which lead to this defensive alliance against

so-called fascism.

Calls for unity sent to the conference by Huey and Eldridge went unheeded as the spirit of partisan factionalism continued its ascendancy on the left. Women's liberation vs. Panthers-- On Friday night the original schedule was change to place Herbert Aptheker, CPUSA theoretician and historian, before a women's liberation panel. Since things were running behind schedule, this meant the panel would probably have been cancelled. People rose in the audience to protest and heckle Aptheker. The Panthers called the protestors "pig provocateurs" and surrounded them with security guards. The panel was restored, in a drastically shortened

Panthers vs. PL, WSA, ISC, Spartacist—The Panthers banned Progressive Labor from the conference. They were kicked out along with WSA people "fingered" as friendly to PL. Literature critical of the conference was banned and people from Independent Socialist Club and Spartacist were prevented from handing out their pamphlets, even outside the auditorium.

SDS (National Office) vs. PL--The feud which led to the big break in Chicago was intensified. Not content merely to exclude PL, some SDS people took out after any member they saw, at one point chasing a car down the street while swinging a belt.

People vs. the Conference-Many people were very upset about the way the conference was fun-the top-down control, the lack of discussion or debate, the stifling of dissent, the preordained result, the alliance with Democratic Party and CP liberals, but what could they do? Criticism was definitely not encouraged or accepted.

All in all, the United Front Against Fascism Conference was a disappointing experience. It was the first time the Black Panther Party took the leadership role it has earned as the Vanguard of the struggle. The Panthers did not serve well in that role. People sat down and were lectured, sometimes with emotion and excitement and sometimes as boringly as in a high school. Few people (especially those under thirty) went away satisfied, few went away unified; it is to be hoped that all went away undiscouraged at the prospects of winning the fight against racism, imperialism, male chauvinism and...oh, yes...Fascism.

Latin American Military Dictatorships

by skip richards

Why are there so many military dictatorships in Latin America? Why is the military integral with the political power, and what kind of social and economic structure determines this situation to be so? This article reveals the mechanics of Latin American domestic political structures which are specifically designed to suppress popular dissent. With this story, the fifth by Skip Richards on Latin America, the perspective is set for a continuing examination of U.S. interests and policies in Latin America to be presented in future articles.

The highly stratified and rigid social structure of Latin America has required more than just centuries of custom to maintain it. Repressive political systems, dominated by the military in most countries, have been the main bulwark against social change. The army, allied with the landed families and the church hierarchy, has traditionally played the role of protector of vested interests, maintainer of the status quo, and thus prison warden for the poor. The political apparatus in most Latin American countries, when not dominated by the military, is usually made up of unrepresentative parties whose officials and candidates all come from the same (upper) class.

There are many historical roots today's political and military conditions in Latin America. The very fact of Spanish colonial rule, with its policy of systematic destruction of indigenous civilizations (and therefore power structures) left a political vacuum like unto that which Africa must deal with today. But the Spanish military tradition was probably even more influential in determining the political climate of Latin America. The Spanish fostered a military caste system in their colonies in which the army was above and free from civilian law, and in which the officer corps enjoyed many of the upper-class privileges. Certain aspects of this system continued after independence and, though modified, still operate today and influence both the extent of military control and the interests the military serves.

The process of gaining independence from Spain further involved the military in politics. The military leaders of the various revolutionary movements took over political control of their country when victory was attained. From independence to WWI, the political history of Latin America is the history of military dictatorship. Edwin Lieuwen, in his "Arms and Politics in Latin America," puts the number of successful "palace revolts" during that period at 115. There were, of course, countless failures during the same period. The most obvious characteristic of the revolutions is that although their perpetrators would often claim the support of the people and promise to help the masses, the typical case was nothing more than a change of faces? rarely was any social change made.

The political transformation of Latin America began as a result of the many socio-economic changes that started before the turn of the century and reached notable proportions at the end of WWI. I refer of course to the rapid urbanization and industrialization processes, plus the population boom and the growth of Latin America's place in world trade. All these factors, claims Lieuwen, forced the traditional power structure to give way a little to middle-level groups and the growing urban working class. As these groups gained in strength, puppet civilian governments and phoney constitutions began to be taken seriously until, in some countries, the outlines of an effective democratic process developed.

However, the military remained of central importance in political affairs, and when civilian governments proved incapable of handling the 1930's depression, once again all but three countries found themselves under military control. This situation continued during the war years, when the dominant political theme was the authoritarian preservation of the status quo. After the war, Lieuwen notes an upsurge of democratic forces that brought many civilian governments to power. The role of the military then became, on an everyday basis, much more subtle, yet when any civilian government would dare to stray too far left in either word or deed, it could expect to be replaced by military forces.

Military governments in Latin America were not all reactionary, however. Young officers with both a desire for power and social justice could and did seek control by leading a mass movement, and some reform measures were achieved by this means, although not many. Often this type of government was vulnerable to counter-revolution from the Right, or to corruption from within.

One glaring fact about Latin America's history of military dictatorships is that this form of government has been costly to Latin development. In countries where the lack of development capital is reaching crisis proportions, the military budgets and the corruption under military rule represent a tremendous loss. According to Peter Nehemkis in "Latin America: Myth and Reality," the present military budgets of some Latin countries are: Peru, 23 percent of national budget; Argentina, 21 percent; Ecuador, about 33 percent. Other countries have military costs running around 9 to 12 percent, which is still a crushing burden. Nehemkis claims that many countries have a "ransom" relationship with their military in which, as long as military matters, including the budgets, go untouched, the civilian government is safe.

The corruption under a military dictatorship is usually abominable.

Lieuwen estimates that Juan Peron, during his rule in Argentina, stole 700 million dollars just for himself; that Gomez in Venezuela got 13 million,

Perez Jiminez (also in Venezuela) got 250 million, and that Batista got 250 million out of Cuba. These are just a few of the more noticeable ones, but just this list represents 1.2 billion dollars worth of cash that Latin America desperately needs.

What are the causes of military domination and the frequent palace revolts led by military officers? Merle Kling, in his article "Toward a Theory of Power and Political Instability in Latin America," attempts to explain the frequency of coups by pointing out that, since class lines are rigid and means for economic advancement scarce, a career in the officer-corps and then control of the government allows ambitious men to make it before they are deposed by another officer's group. Jose Nun, in his article "The Middle-class Military Coup," claims that Kling's analysis only applies to the less developed countries, and that in more developed countries-- such as Argentina or Venezuela--the coups are fomented by the middle-classes who tend to lose elections to the oligarchy's

The question of coups appears to be complex, but the answer to the main question, why so much military in the first place?, is much easier. Internal security-the control and suppression of popular dissent when it threatens the established order--is the prime use of the armed forces in Latin America. It is for this end that the ruling groups in Latin America and the U.S. government cooperate. U.S. military aid is one of the most encouraging policies to Latin militarism that could be devised. Why the U.S. continues this policy shall be the topic of the next article.



ACLU Background And Acid Test



BACKGROUND

Hitler, Stalin, Mussolini-despots in all nations at all times have permitted freedom-- the freedom to disagree. Those who disagreed, who were "wrong," were imprisoned, banished, eliminated. The ACLU believes, as our nation's founding fathers believed, that meaningful freedom includes the right to disagree, the right to make political "mistakes" without being subjected to governmental penalties for having dared to think for oneself. It is in this spirit that the ACLU defends the civil liberties--and nothing else--of even the hated and feared, for when freedom can be denied to some, it may be denied to all. The ACLU's defense of freedom is in the tradition of Socrates, Milton, Voltaire, Jefferson and Thoreau. It is in the belief that what we do today must justify the courage, * faith and the FREEDOM to which their yesterdays have made us heir.

In 1920 the ACLU was created by fifty old-fashioned American citizens as a permanent, national, non-partisan organization, with the single purpose of defending the entire Bill of Rights for everybody. Among the founders were Jane Addams, Roger Baldwin, Clarence Darrow, John Dewey, Felix Frankfurter, Helen Keller, Rabbi Judah Magnes, Monsignor John Ryan, and Norman Thomas. This early roster deliberately included representatives of many political and social views. They were united in the belief that the rights guaranteed by the Constitution belong to all--without exception.

For more than four decades the ACLU has been in the thick of every sort of issue where constitutional rights of Americans have been challenged-from the Scopes evolution trial in Tennessee, the Sacco-Vanzetti and Scottsboro cases to countless unpublicized instances where suppression or prejudice have

threatened civil liberties.

ACLU took a leading part in the "Ulysses" censorship case, the Jehovah's Witness flag salute case, the termination of yellow-dog contracts and labor injunctions, the defense of employers'free speech in their relations with unions, the attack on loyalty oaths as a condition of government and a cademic employment, the establishment of the "one-man, one-vote" principle, the banning of religious services in the public schools and the continuing struggles to end segregation in schools, housing, public accommodations and employment.

In every case-big or small, involving pioneers of social reform, eccentrics, or just ordinary people--the target was the same: defense of a constitutional right.

As in the American governmental structure, the ACLU and its affiliates constitute a federal system-each self-governing except for problems common to all. The 80-member

national board, approximately one-half of whom are chosen by ACLU affiliates, meets regularly in New York City, site of the ACLU headquarters.

The work of the ACLU is carried on in the courts, the legislatures and the public forum. At the forefront is the group of more than one thousand lawyers located in 300 cities. They represent ACLU without fee, contributing service that would cost millions of dollars.

From a corporal's guard the ACLU has grown into an army of over ninety thousand members who serve as "watchdogs" by reporting civil-liberties violations and by carrying the ACLU message into their communities. The membership includes writers, business executives, teachers, lawyers, trade unionists, housewives, white-collar employees, clergymen, students--young and old, men and women. They range over the whole political spectrum but are united in their concern for the ideas expressed in the Bill of Rights.

TWENTY QUESTIONS ON CIVIL LIBERTIES

You believe in the Constitution and the Bill of Rights--but how do you feel they should be interpreted today? Short summaries like those below cannot include the many necessary qualifications, but your answers should tell you where you stand on some representative American Civil Liberties Union policies.

To check whether you and the ACLU agree on the statements below, put a circle around Y (for Yes) if you agree; if you do not agree, circle N (for No).

I. Any individual, citizen or alien, should have the right to criticize or oppose any government policy or official without penalty or restraint. Y

- 2. Congressional investigations, such as those by the House Un-American Activities Committee, into the political opinions and associations of citizens are essential to the nation's security. Y N
- 3. Segregation in public schools violates the equal protection of laws guaranteed to all Americans by the Constitution. Y N
- 4. A trade union member should be permitted to advocate laws prohibiting the union shop without propardizing his union membership. Y
- 5. Each member of a state legislature should represent about the same number of voters, regardless of whether they live in cities or rural areas. Y N
- 6. An innocent person might "take the fifth amendment", refusing to testify on grounds of self-incrimination. Y N

- 7. Religious exercises and programs, bible devotions and prayers should be barred from public schools.
- 8. Public authorities should have the right to ban books and publications from the mails, newsstands and libraries on moral grounds. Y N
- 9. Hotels, restaurants and barber shops should be permitted to discriminate against Negroes or American Indians if they want. Y N
- 10. Members of the American Nazi Party, John Birch Society, KKK or the Communist Party should have the right to belong to these groups, make public speeches and publish newspapers. Y N
- 11. Movies, books and plays presenting an offensive characterization of a particular racial or religious group should be suppressed. Y N

- 12. Everyone should have the right to leave any country, including his own, and to return to his country.
- 13. In their war against crime, policemen are justified in their use of wire taps and other electronic devices to listen in on private conversations. Y
- 14. Public funds should, if needed, be used to buy text books for parochial school children. Y N
- 15. Laws against the sale and use of birth control devices should be held unconstitutional. Y N
- 16. Those accused as security risks under the Federal Security Program should have the right to confront and cross-examine their accusers. Y N

cont. on pg. 17



in a big bowl, put 2 or 3 large dollops of ketchup, fol-lowed by 4 heaping tablespoons of mayonnaises 3 of sour cream, stir well, sprinkle with garlic powder fairly heavily, & add a teaspoon each of summersay. oury, & sweet basil. keep refri-

Stir-Fried Vegetables

use any 3 vegetables, or any 7, really, if you have that many. cut them rather small have just enough sesame all to cover the bottom of the pan put in the slowest cooking vegetables first (carrots, onions, cauliflower, broccoli), when they are about 12 done, put in the fast cooking ones (green peas, let-tuce, cucumbers, tomatoes (ripe & green), green onions, squash). the whole point is to get all of them to the same degree of just barely done-ness, when they're almost done, put in a tablespoon of soy sauce, and a teaspoon of rice vinegar. if you want, add a cup of water with two teaspoons of cornstarch & a little sugar. Serve with brown rice .

Sooo o good and good for you!

Cut up: Anything Carrots: in matchstick pieces, cool, salt. Cauliflower: in flowerettes, salt dust with flour, luse leaves & roots) Celery: chop very fine, use with onions or carrots. Broccoli: in flowerettes Corn-scrape off kernels, mix with chopped onions. Clams, Fish : salt Onions: In onion rings Parsnips: in long strips Scallops: let stand for awhile Shrimp: peel, clean, salt Turnips: in small sticks

Make botter: 1 cup wholewheat flour (or any mixture -- corn med, buck wheat, rye, riceflour); 1 to 14 cups cold water; 2tsp. salt; 1egg (optional) Cool it all -- put ice cube in batter if necessary. Heat a quart of oil to 3500 (hot enough not to burn but to cook batter in a couple of minutes.) Dip slippery things in flour, then in batter, now into oil. Strain oil through loose cloth for next experiment.

Zucchini: slices (don't peel)

Apples: small pieces

Spice Necklace

get whole cloves, all spice, nutegs, cinnamon, soak all but the cunding needle & heavyduty thread.

What most A erican others, housewives, and cooks need is to set a spell, get loaded, and think about what they're putting in their bodies. If you want to get what th

If you want to get your mind blown, just look in other people's carts in a supermarket --- white bread, TV dinners, instant mashed potatoes, cans of pop, white sugar -- carts stacked with unnatural garbage that does more harm than good to the body.

Desmond Dunne, in his Yoga book, Says

Clarity and the body and the state of the body.

the following about modern man's eating hobits: "The very earth is FORTIFIED with chemical manures. As soon as the crop begins to appear, it is CLEANSED with chemical sprays. The horvest is then CANNED, CARTONED, TINNED FROZEN. or otherwise PRESERVED for your convenience. To entile you alate, it has been FLAVORED. To please the eye, COLORED. To satscientifically NATURALIZED --- in a nice, hygienic, modern factory."

I'll say it again, it we're gonna build a new world, we hapta have healthy bodies---YOU ARE WHAT YOU EAT.

Ratwipe Molly's Grandfather Tales

it isn't so much learning a lot of recipes. the real goal is to be at home with food; food won't break. you can throw it around in a surprising number of ways & still get something edible, if not delicious try to concentrate on buying incredients rather than products. Instead of pies, breads, cakes, get flour, yeast, oil, etc. but (grow) Fresh vegetables rather than frozen or canned ones. walk into a kitchen full of raw mat

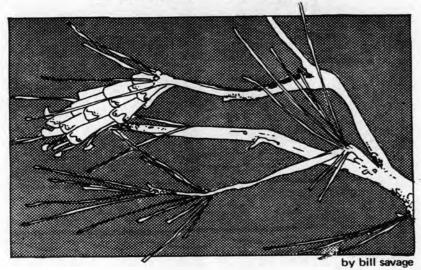
american women are neurotic in ways that attract anthropologists like flies. most of them say that their biggest problem is that a lot of their most important biological functions have been taken away. obstetricians knock them out & deliver their babies themselves. bakers bake their bread large corporations can their food for them . all this has been done, if not with the consent, at least with the silent opproval of american women, because, to people who have grown up in a puritan ethic, "duty" has heavy overtones of "unpleasant and hash." so advertisers speak of how "free" american womanhood is and what she's free of is essentially the right to nourish her family.

women are laxy. if someone offers to prepare our food for us (for a slight fee) we let them. it is only when we realize that pre-prepared food is almost as bad as no food at all that we will make an effort to make our own. for an experiment: spend 6 weeks without letting a bite of store bread pass your lips; then eat a piece read lables on conned foods carefully, & look up some of the ingredients in a chemical dictionary. read all you can find about DDT, and realize that it is used massively by large, indust rialized farms, find out about the rate at which your body dets rid of it. look on body food labels & try to find a preservative if babies can't eat them, why should we?

a lot of us are very bad at realizing when we're happy at most we can do it in retrospect. when you consider balking at spending 2 hours cooking instead of 2 an hour, think carefully: what else have you got to do? what does it accomplish? how do you feel when you've done it? you might come to the conclusion that, most times, there isn't anything else you can do better, or feel happier doing, for to be totally absorbed in a creative effort is tremendously therapeutic for your mind. it is, afterall, what your mind is for, the same as your body is for working if you don't exercise your body, if will turn on you. if you don't put your mind to full use at least once in a while, it will do the same.

if you walk into your kitchen, how ever, & do it while you really want to do something else, turn around & walk out again, cook when you feel relaxed & un-pressed for time, and your food will be the better for it. this doesn't coincide with mealtimes, then cook only once every day or 2, but cook a lot for example: cook a big turkey, with care, taking all day then don't cook the rest of the week. cook a big pot of beans & meat & rice & make a huge saldd to keep in the refrigerator being in the habit of niboling all day long is easier on your body than pigging it once or twice a day, & is an excellent way to lose weight, or keep from gaining it.

PINE TREE



Moon-wait on the Hoh

It is the day
of the last night of moon.
Tomorrow will be no different
I tell myself.
This forest
has government protectiona meadow of birch by the river
deer
and the sunset cliff.

Salami and rice tonight and peppermint candy. The last dinner served to the far virgin deep from rainforest valley.

Climbing yesterday
high in timberline skree
old Indian spirits
spoke storm-lipped
of privacy, mist and ice-ax luck.
I took the warning
with extra sweater and cigarette
turning back to animal valley
for crampon companions.

It is not yet America's evening. Mountain spirits-exiled from cedar bark
Indian tribes long gone
to business college-tell me only rock and ice
mystery
but who mans the moon
keeping space between
and what welcome
when we snatch
lady night from God.

My first Acidic Day

Eyes, hands, minds and matter--all mixed together Knowing and unknowing--seeing and not seeing Understanding-- some fragments falling Large wonderings and worlds of nothing Realms of unexplored caravans in the mind Colors, patterns, reality without reality Fear, anxiety, is there any truth to this? Total oblivion, a vast blackness Time and space suspended, straight life-- ended.

suree gould



For a Snuggie Freak

I have sung women in too many cities; ("and all but one's the same") Now I sing of the Sun. Thot patterns, lips, words, Dreams of cold mornings in a country house snared... by some strange spell of will-call diety. "Ah, yes," passed once our way and sprinkled our brains with jewels: Yet, all has come to naught-rhyme, having been forced (by us?) to become the souls of songs... I have sung women in many cities; (they mostly had grey eyes) But that's all one I will sing of the sum. I will sing of White Birds Diving, devining, In the Blue waters of Freedom. And flow away with me or we on a washingtonsundayafternoon Kitten-cloud.

kenneth

THE EXCESSES OF GOD

Is it not by his high superfluousness we know Our God? For to be equal a need Is natural, animal, mineral: but to fling Rainbows over the rain And beauty above the moon, and secret rainbows On the domes of deep sea-shells, And make the necessary embrace of breeding Beautiful also as fire, Not even the weeds to multiply without blossom Nor the birds without music: There is the great humaneness at the heart of things, The extravagant kindness, the fountain Humanity can understand, and would flow likewise If power and desire were perch-mates.

robinson jeffers



DDT

California garbage is probably cleaner than the ocean today, is why the gulls survive While all around the pelican in whose body and belly can exist the farmer's lethal gift concentrated in the slippery sardines of the sea.

As a result of an intricate hormone enzyme relation and DDT, the shells are too thin to support the mother's brooding body. She stands web-footed in her yolken tie to her future generation. Yellow pools of embryos drying unheard of sound of pelican crying.

Flying swift into feathered devastation, destruction of a pinnate nation.

Great bird love lost to an overdose of insecticide!

On Anacapa lay their shattered eggs

A newspaper item the sterile dregs of our reaction to Pelecanicide.

What good my tears upon a newsprint page, my rage at "conservation" at what, some bug upon a San Fernando broccoli stalk that even as I talk lies dying.

As to my garden's preservation I am glad the worms find it good and leave some left for me, so that I do not have to forage on the farmer-poisoned bounty of the sea.

goose mother

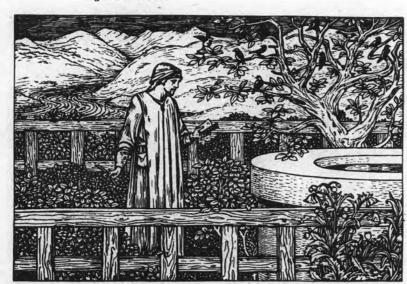
The Pacifist Gardener

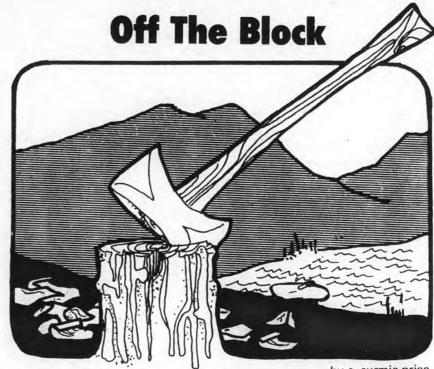
Upon my knees weeding the bastard weeds from the legitimate seedlings dusty with dirt and indecision.

My hand poised, an enemy's knife righteous soldier in the war of weed and salad. Life stabbed out in a burst of heedless malice upon those tender roots, while all around in proper rank and file grow shoots of my pre-packaged decision.

Then overcome by the pleasure of living moved at the thought of mercy giving I can hardly bear tearing the equisetum, encamped unknowingly, in the soil's incision.

goose mother





by e. curmie price

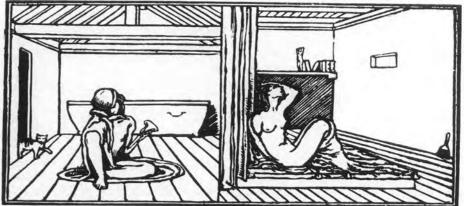
- 1. Variations
- Dido
 twice outraged
 by the Christian world
- 3. She punishes the air with hot words
- 4. She moves the air across a sudden sun

OCTOBER

Season of spare leaves and talking air; season of fire mountains and bearded men; season anchored in dust and brown autumnwe wade through you at midday, dreaming between blue sheets whipping across October.

Your voice is but a whisper now beside a stream that flowed from higher ground.
Down upon a spongy morning shore my footprints lead—some aimless drifting from your door.

laurence kee





THE YOUNGBLOODS

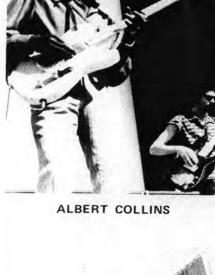


SIX DOLLARS A HEAD



IKE & TINA TURNER REVUE







BO DIDDLEY

Seattle Pop Festival Comes Off Good

The recently staged Seattle Pop Festival at Gold Creek Park in Woodinville was good experience for almost everyone involved. Producers of the show learned that tight organization is most efficient, and over-crowding stems from over-advertising. Those who attended the festival learned that barbed wire has a tendency to show up almost anywhere, and some of the performers learned that audiences will dig almost any loud noise, at times.

The whole thing came off with a good taste, though. Most of the music was good, with some of the more popular groups in the country playing sets. Towards the last night, however, things started getting a little relaxed. It all started with kegs of beer provided backstage in the artists' waiting room. Jim Morrison did his thing drunk on his ass, and the tight, big sound expected from The Doors just didn't come off. The audience was so keyed up for the performance, however, that fantasy set in when reality left off, which is a legitimate compromise of sorts.

Jimmy Page, lead guitarist for Led Zeppelin, managed to hold things together despite a lack, once again, of the drive that could have been.

The Youngbloods, Lee Michaels, Bo Diddley, Albert Collins and Ike and Tina Turner went over really well, however, and one must admit that the good entertainment was worth the admission price.

A few things we could have done without, though. Like barbed wire and paying clean-up crews one dollar an hour and charging money to stay overnight. But all considered, the first annual Seattle Pop Festival, produced by Boyd Grafmire, was really good and it reflected a lot of hard work and planning on the part of everyone involved.



LONNIE MACK



IT'S A BEAUTIFUL DAY



FESTIVAL ENTRANCE



FENCE KEEPS CROWD FROM STAGE



by rev. laurence kee

CONFESSION

Father, I am an acid head. Of synthetic drugs sing unknown origin, content, and place them expectantly in my belly to nourish thoughts I never held before **Bleeding insanity Christ climbs** down off his cross and says you gotta be kidding man this trip is just too heavy for my head. Romance is that delicate balance between a flower's growth and a young man's death. (don't you know, boy? they don't want you. a crazy man can't carry a gun.)

I couldn't stay to watch (sterile) so much more fun to be outside and when it was hopping around too much they didn't like it. see?
I've heard tell the man was probably stoned up there--a freak conspiracy courtesy uncle sam.

So what to do when one is insane and knows it more often than not? To play with anything throbbingtaste its borders between hits and drag queens.

But what if it got in the water supply, that love, what would they do if nothing really mattered and FOR CHRISSAKE YOU MEAN I can stink a little under the arm? Okay, now-ready? I want you to see this, mother, mother... IT FEELS SO GOOD... a fine freak once said that salvation is being rid of masturbation guilt.

ACLU

cont. from pg. 11

17. Students receiving financial aid from the government should be required to swear that they are not members of the Communist Party. Y N

18. Racial discrimination in housing, public and private, should be prohibited by law. Y N

19. Police are entitled to hold and interrogate arrested person as long as 24 hours before arraigning them in front of a magistrate. Y N

20. Teachers and students in public institutions should not be disciplined for expressing unpopular opinions. Y N

Check your score after you answer all twenty questions.

In the ACLU's opinion, you get 5 points each for answering YES to numbers 1, 3, 4, 5, 6, 7, 10, 12, 15, 16, 18, 20; and 5 points each for answering NO to numbers 2, 8, 9, 11, 13, 14, 17, 19. Few ACLU policies are approved by 100% of the members. IF YOU SCORE 75 OR MORE, then you agree substantially with the ACLU, and are a member in spirit. Put your belief in civil liberties to work by joining the one national organization which fights-52 weeks, a year--for the liberties you cherish.

For further information on membership of the Washington State ACLU, contact their office in the Smith Tower, Seattle, by mail, or call MA 4-2180.

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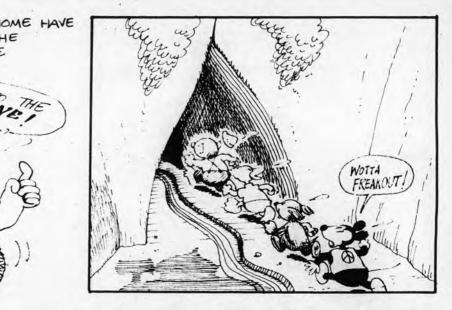
SEATTLE COLISEUM Saturday, August 9, 8:30 p.m.

tickets

Vancouver--Famous Artists, Ltd., At
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Seattle-- Bon Marche

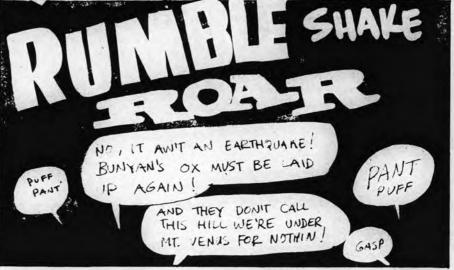








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HIP POCRATES



HAS MAX SCHERR SAVED THE NATION?

NOTE: For the last few weeks HIP POCRATES has not appeared in either the Tribe (published by former Berkeley Barb employees) or Max Scherr's Barb. When the Barb staff informed me they planned to negotiate for higher wages and improved working conditions, I told them they had my full support and that I would withhold my column from the Barb if they went on strike. Anyone on the staff with pad and pencil and the inclination could have figured out that Max was making a lot of money from the Barb. The staff formed a union called the Red Mountain Tribe. Newly formed unions such as the Red Mountain Tribe quickly become, not the wage agents we know today as unions, but true tribes.

Negotiations between Max and the Tribe changed from a group of employees insisting (justifiably, I think) upon more money to a tribe wishing to buy a newspaper. I informed Max and the Tribe that my connection with the Barb was that of a free-lance contributor. I had no desire to participate in owning or managing the Barb. The Tribe says they were locked out by Max Scherr. Max says the Tribe became uninterested in talking about wages and working conditions.

The \$150,000 Max is said to have asked from the Tribe was thought to be a bargain by them-- except for other conditions they regarded as impossible.

Max's Barb hasn't carried my column because I supported the strikers. The Tribe's paper hasn't carried my column because it's not the Barb.

Wit, style and accuracy are combined in the July 18th Time story about Max Scherr and the Berkeley Barb.

"He owned the Steppenwolf bar in Berkeley for seven years but, so the story goes, the toilet in the men's room broke down one day in 1965 and rather than lay out the money to fix it, Max simply sold the place and started an underground newspaper, the Berkeley Barb."

Max's present difficulties arose from the same syndrome. As filmmaker and critic Lenny Lipton said,

"This is probably the first time in history that a boss tried to sell a business to his employees in preference to raising their salaries."

Every few years Max makes a big change in his life. He wanted to see the Barb and some potential buyers were interested. But the best time to sell a business isn't when the staff is talking strike. When Billy Hitchcock backed off from buying the Barb, Max offered to sell the paper to his staff. No money down. They could pay it off in 3 years, double their salaries and have profit-sharing benefits at the end of each year.

But within a matter of weeks relations between Max and his staff passedfrom a group of people putting out a funky underground newspaper to a series of angry verbal confrontations betweenboss (owner) and employees (buyers).

When negotiations broke down, Max removed some expensive equipment from the Barb office and locked the doors. I drove by the Barb the same say. Signs pasted to the window said "MAX-PIG" and "MAX-FILTHY CAPITILIST" (sic). A few days ago, Max told me "I was wrong to allow policemen to be called 'pigs' in the Barb. Now I know what it really means." It means that calling a man a pig not only causes him to be more brutal but "pigifies" the caller as well.

The Red Mountain Tribe decided to print a "strike" edition. Max would also produce a paper. What to do about my column? I thought then and still believe the Barb staff should receive more money. But now the game had changed. Here was a situation in which a group of people was dissatisfied with the terms by which they were to buy a business. So I withheld my column from

both the Barb and the Tribe's newspaper.

Franklin Roosevelt was hated by the Communists in the 1930's because he took steps to save the country from internal destruction. Perhaps Max Scherr has pointed the way to saving the Nation in 1969. How?

In the tradition of Andrew Carnegie and Horatio Alger, Max became prosperous by selling newspapers on street corners. He has taught thousands of vendors the workings of capitalism, selling them newspapers for 7½ cents each which they in turn sold for 15 cents or more. Max also taught the Red Mountain Tribe that unions were necessary to protect workers from exploitation by employers, whether intentional or caused by a money hang-up.

Both the Tribe and Max learned that an Establishment is not without value. When the Red Mountain Tribe threatened to appropriate the Barb's name for their own, Max obtained a court injunction against them. In turn the Tribe has vowed to carry their grievances to the National Labor Relations Board. When he learned of this, Max said: "You see, they're going to the Man!"

Box Max and the Tribe have learned that exploitation and reprehensible tactics are the same whether used by "us" or "them". Because there really are no "us's" or "them's". We are all one.

Max Scherr will probably leave the Barb soon. I don't know what he'll be into next and I don't think he does either. But it won't be ordinary because Max is not an ordinary man.

DEAR DR. HIP POCRATES is a collection of letters and answers published by Grove Press. \$5 at your favorite bookstore.

Dr. Schoenfeld welcomes your questions. Write to him c/o P. O. Box 9002, Berkeley, California 94709.

STAFF

EDITORIAL frank kathman rev. laurence kee

GRAPHICS rev. michael carlson kenn fredericks gary hallgren greg gable rev. mike kerwick

MOLASSAS JUG shiela gilda elizabeth jarret bill schwabe cathi cohn

cindy green

with special thanks to dave , who defected to BUSINESS skip richards fred tremblay

TECHNICIANS melissa queen christina k.

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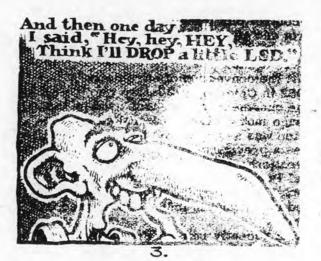


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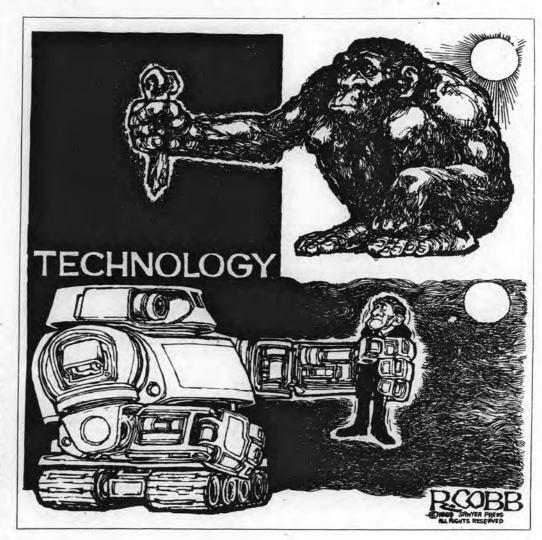














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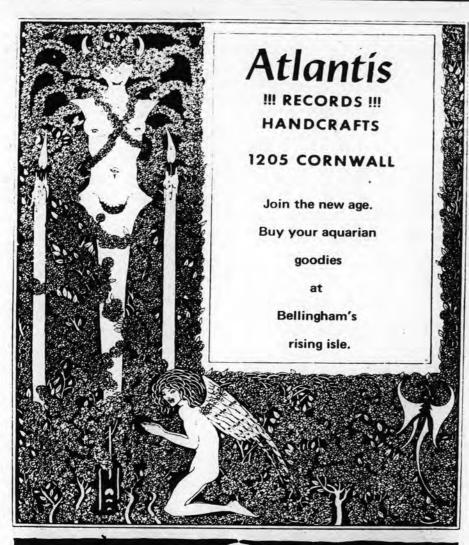


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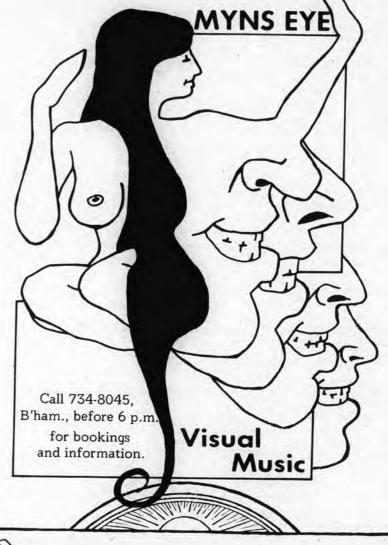
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