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Volume 4, Number 12

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March 29 - April 11, 1971
Bellingham, Washington



ORGANIC GARDENING SPECIAL!

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LETTERS to the EDITOR

Withdrawl Symptoms

Dear Northwest Passage people,

HELPI We miss the Passage, we are strung out on the Passage, we MUST have the Passage! Our brains are slowly rotting away from overexposure to the rotting press and TV. You gotta help us before we totally freak out and start eating Wonder Bread and making poison-spray commando raids on our garden and shining our shoes and applying for a BankAmericard.

The last issue of NWP we received was about Jan. 14 or thereabouts. Please send us the issues we missed and keep them coming. Hurry - we're getting desperate. We keep getting these insane urges to trade our van in on a new Mustang. Last night I went into a glassy-eyed trance and began craving TV dinners and Hostess Cream-filled Cupcakes with calcium propionate, BHA, and BHT to preserve freshness. It's that bad.

Tim and Karen Place
Eugene, Ore. 97403

Message from Prison

Dear Sir:

With only the sincerest intentions prompting me I write this letter.

Let me introduce myself. I am 28 years old and imprisoned for possession of 3/4 ounce (21 grams) of marijuana. I am serving 15 years minimum-mandatory for my first felony narcotic conviction which took place in 1966.

I would appreciate a free copy or complimentary sub. to your beautiful rag if possible. If not possible please remember me in your prayers while turning on.

Keep on smiling and printing the other side of the happenings. My soul is saddened by plastic, insincere people who talk about a measure of fair play for others. Never meaning what they say; never saying what they mean. Yes, Socio-dysgenic conditions threw my brothers and myself away like last year's newsweek. But we still hope for a new tomorrow.

Your consideration may provide fuel to the lantern of hope and love which we all carry within us.

Peace, Winston Vidor
Box 520-621672
Walla Walla, Washington 99362

How Many Cubas?

Dear Northwest Passage:

Ilene Crawford's account (Mar. 15 Northwest Passage) doesn't even qualify as good, entertaining bullshit. Instead it's a classic of that peculiarly mechanical, naive put-on, so characteristic of Communist propaganda.

Example: she writes, "Material incentives (high pay, bonuses, fringe benefits) to induce a worker to come

to work are not necessary in Cuba because the basic needs are provided by society."

That's a tiresomely trite way of saying "sweatshop conditions prevail," period. In what she says is true, why did Radio Havana announce in early February that to crack down on worker absenteeism running as high as 20 per cent, courts in Castro's castrated utopia are now handing out two-year penitentiary sentences for failure to report for work?

If socialist economic planning is so triumphant, why did the Maximum Chief himself in his speech early this year admit that the sugar production program was another disaster and that the fault lay with his administration?

In fact, if life is so damned appealing in Cuba, why did Crawford come back to the materialistic tawdriness of this capitalistic sink of iniquity?

Crawford, baby, you're so incredibly naive that one hopes you never run into some clown who starts out by telling you he's a Hollywood talent scout, see, and...

Norm Melson Jr.
Tacoma, Washington

Message from the Country

Dear Passage;

Really beautiful to get your letter the day we arrived here. We were sitting around here digging on the people we're staying with when some other friends dropped by - the postmistress just happened to be sorting mail when they were at Jones' Store (store and post office are all the same of course) when they saw our names on your letter; they took it expecting us to show up in the Slócan in a few days and here we were already at Tel and Heather's...Brought back some of what was good in Bellingham.

I'm sitting here on the floor trying to write on top of a typewriter case with the sun pouring in through the door. It's still winter here but there's blue sky every day and the air is dry and clean.

We're living in a really funky cabin in the middle of an orchard. There's a far out sauna right in the middle of the house which separates Muffy and Sasha's room from ours. There's also a kitchen at the girls' side of the house with a magnificent stove. We have water and all the wood we'll ever need. There's goats and dogs and chickens and a cow which gives us our milk and cream and butter (I've been getting into milking). There's also 3/4 acre of strawberries which might mean some bread when it happens.

Muffy and Sasha have been in a good space. Lots of kids around (old free school kids) and Tel and Heather have five young boys. Nancy and I are almost wary about celebratin. It's all so good.

Endless possibilities for anything...We'll keep in touch.

Love, man Love
Dan
and Nancy and Muffy and Sasha

I'll Never Be Anywhere Near the Same...

Dear Northwest Passage:

Keep seeing petitions to become a part of the "Passage" not just a spectator. Had some ideas I wanted to share but never would quite develop them. There are my thoughts which I'd like to share, since I feel like a part, but never quite know which part.

Sure feel free. Flu had me down for a while and some other things were weighting me down (the realization of just how much I've bitten off and how pitifully ignorant I am in the direction I've chosen, and a speed freak gravel truck ran over my puppy and broke her leg) but that slow mellow walk in the moonlight; sitting in the pasture, feelin' the trees and the mountains and the lonely rush of the Nooksack flowing over pebbles about a mile down the valley gently settled my problems in their proper perspective and the crispness of the cold night abetted by the warmth of the beauty in the trees and the mountain all covered with new snow and all the woods at winter's end with its blanket of snow, gettin' ready to kick the covers of winter away and jump up and laugh and frolick in the warmth and fullness of spring. It brings tears to my eyes 'cause I'll never be anywhere near the same after this winter and spring.

Peace, Maple Falls Bob

More on Sod Roofs

I read your article (March 1-14) on sod and moss roofs. a few questions from a beginner:

Why dig into the SOUTH face of a hillside for a shelter?

NORTHWEST PASSAGE welcomes letters from readers - reacting to the issues of the day, to articles which have appeared in previous issues, to argue with points of view, or whatever. Obviously, the shorter they are, the easier it is to find space to print them. Names will be withheld upon request.

Why earth-rammed or cement blocks for sidewalls?

Why glass for a front enclosure?

Just what are the environmental weather criteria that would decide for moss or sod for roofing? | Whatever,
Dan Bowen
Seattle

Dan Bowen wrote in and said that the article on roofs raised some questions in his mind.

1) Why dig into the SOUTH face of a hillside?

2) Why use rammed earth or cement blocks for a sidewall?

3) Why glass for a front wall?

4) What are the environmental criteria for a sod or moss roof?

As to questions, 1. and 3. In this part of the country with its many rainy and cloudy days, a south or southeastern exposure would take the best advantage of what sun we do get. Think in terms of a roofed over daylight basement as one approach to the idea. A skylight in the back would help. I think that it is a safe generalization to say that the use of indigenous materials would be ecologically sound. Sidewalls in contact with earth would have to be rot and moisture proof. Salvage brick, concrete block, rammed earth are all ideas. I have always assumed that an adobe house would not work in our climate. However, a couple that built one in Colorado told me that it would work if you had big overhangs.

What is available locally and FREE should be very important. Finished, the self renewing roof should blend in and be a part of the terrain. The front glass should tie the inside and outside together. It would be in this area that the basic family activities involving food, children, handicraft and in general, living would take place.

Bill Corr

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Cadillac

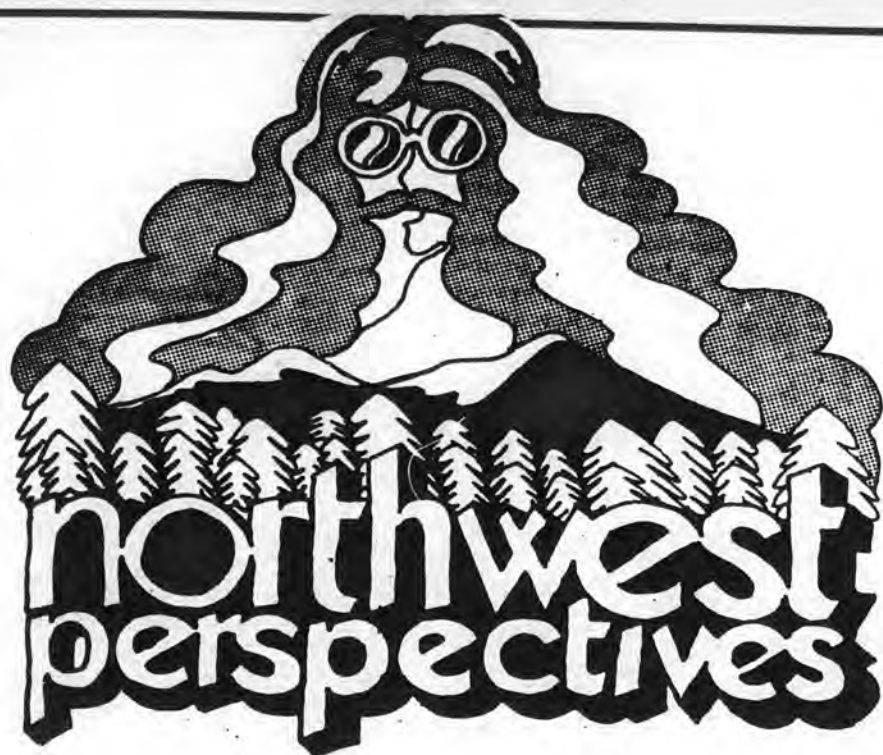
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ORGANIC REVOLUTION

During our recent four-day warm weather spurt, I rummaged around through the back shed and found the old, rusted, blunt spade that had been left by the house's previous occupant. Meandering over to the plot that one of our numbers had experimented with last year, I started turning the soil for this year's garden. It sure felt good. It sure felt like work, but it sure felt good. It brought back memories of the first garden I ever had, when I was four or five years old.

My parents got the 'back to the land' urge during the second world war. So they found themselves a couple of acres north of Seattle (in what is now the suburbs) and set up gardening — a Victory Garden it was in those days. We had vegetables and raspberries and rhubarb and all manner of fruit trees. Even chickens and rabbits and a calf at one time.

But after the war, food became plentiful again and we moved back to the city, forsaking the idyllic country life in favor of paved streets, paying jobs and a college degree for my father. And I never had a garden again. Until now.

Good food continued to be an important part of our life, though. There was usually meat once a day, fresh vegetables and fruits in season, and plenty of good bread, eggs and cheese. Not only did we eat well, but we made a point of eating together at least once a day. Though we never actually said 'grace,' there was a certain element of sanctity about mealtime. It was important to be home for dinner. The food somehow brought everyone together after a day of separateness consisting of school and work.

But times have changed during the last fifteen years. The proliferation of Denny's and McDonald's, the remarkable variety of prepared and processed 'foods' available in the supermarkets, and the gradual buildup of pesticides, herbicides and DDT in our bodies has had some remarkable effects. It seems that very few people are really into food anymore. The trend has been toward TV dinners and Pepperidge Farms cream puffs, rather than wheatberries.

At least it was until a few people started tuning in, turning on, and dropping out. Somehow all that tuning in has turned us on to our bodies — how they function and what they need to function best. And many people have decided that if we continue eating at McDonald's for very many more years, we'll all turn ourselves into giant plastic burgers — nonbiodegradable people!

And so we have a remarkable phenomenon happening this year — a coming together of the country freaks and the organic farmers. As people gradually get it together to flee the cities and find a place in a small town or in the country to rest and recuperate, they begin to think about learning to feed themselves — growing vegetables and sunflowers and raising chickens and bees. And one evening you find yourself at an organizing meeting for an organic farmer's co-op, where half the group has long hair and farmer brown overalls, and the other half has shorter, greying hair and shined shoes — the freaks and the farmers.

Somehow it makes sense that part of our rejection of Amerikan society should take the form of learning to feed ourselves. It has always struck me as peculiar that our schools taught us botany, but never taught us food raising, architectural drafting, but no house building, shorthand, but no pottery. Somehow all the basic skills have gotten lost in the space race shuffle. And we find ourselves grown men and women without the slightest idea how to bake bread, let alone raise our own wheat.

All of which makes the organic farming movement part of the revolution for me. It's part of how we are learning to take care of ourselves, rather than relying on Safeway and the Teamsters.

And so we have prepared this special spring Organic Gardening issue, just to turn you on to growing your own — sprouts, compost, even marijuana, if you happen to live in a place where it's legal. We don't pretend to be exhaustive. Not only do we not have the space, we don't have the knowledge. We're all just learning, experimenting, trying something new, and hoping that things won't get so bad that gardening will be a 'have to' rather than a 'choose to.'

So, go to it! The land is all around you. If you've got none of your own, borrow a neighbor's or a vacant lot. It's usually easy to get permission from the owner. Get out and dig a little. Sprout some seeds in your kitchen. Bake a loaf of bread. Gather some wild herbs. You, too, might discover that 'you are what you eat.'

When harvest time comes round in the fall, and you have more zucchini than you can possibly stomach, bring some round to the food co-op and we'll buy it from you. Then all your friends and neighbors who just didn't have it together at planting time can get turned on to some 'real, live food.'

—m.q.

STAFF

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We always welcome new people who want to help out - with reporting, writing, editing, layout, selling ads, doing circulation and distribution work, or whatever. Staff meetings are held Tuesday evenings at 7:30 at 1000 Harris St. and are open to all. Unsolicited manuscripts must be accompanied by a stamped, self-addressed envelope for return.



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Attention Readers

As a part of our last issue, in which we focused on the domestic prison situation, we announced our intention to mail the Passage to any interested prisoners. We asked you, our readers, to help us meet the expenses involved. And, to date, we have received absolutely no response.

Because we believe it is important to penetrate the isolation of prison confinement, we intend to continue our program of mailing the Passage to prisoners. As long as it is possible. Please help us help them. Send whatever you can to Prison Fund, Box 105 South Bellingham Station, Bellingham, Washington, 98225.

ORGANIC FARMING ON GUEMES ISLAND

by ann nugent

Guemes Island, resting close to Anacortes and a welcome retreat from it and the rest of the mainland, is the haven for Gene and Charlotte LeRoy. They own 16 acres and make their living farming organically. Since the demand for their vegetables exceeded their yield last year, they will increase their cultivation this year. They sell their vegetables to friends on the island and to friends in Anacortes, and to the Kagetsu Restaurant in Seattle's University district.

The dirt road leading into their property from the highway tunnels through woods before it reaches the farmed land and the buildings. Four acres of orchard appear first; over to the left stretch three acres of pasture, with the 75 year old, two-story, wood house visible beyond it; further on lie four sloping acres where the vegetables grow. Woods completely surround the clearing.

THE ORGANIC WAY OF LIFE

To Gene and Charlotte, farming organically is a way of life, a choice freely made as an alternative to the sterile existence in an over-systematized society. "We must get back to a self-sufficient way of life," insisted Gene. They have chosen to use their own resources, their own ingenuity to live and become alive as a result. They are boldly attempting to re-claim land that the agronomists have labeled unsuitable for farming. "Those governmental officials are always on a negative trip," Gene stated. "They're always good at telling you what NOT to do. They claimed that my soil is a glaciated type, and therefore too rocky and relatively barren compared to fertile river beds. To claim that therefore it is unsuitable for farming is a lot of bull." On the positive side, since the land has lain fallow for 30 years, it is uncontaminated by the recent abusive use of pesticides, herbicides and commercial fertilizers by mindless farmers. But the agronomist apparently doesn't think this an important factor. He's a recent breed who thinks that his purpose is to tell the farmer how to make big easy profits; he's obsessed with the result, not the process.

The organic farmer holds to a different philosophy. He regards the process of working in the soil and growing seeds as a pleasure in itself. An uncontaminated soil thus becomes of prime importance and quick profits don't matter. If the soil is full of rocks,

then the rocks can be removed. If the soil needs building up, then a few years of nurturing with heavy applications of organic humus will accomplish the task.

A good farmer must learn to adapt himself to his peculiar land conditions and make the most of what they have to offer. As we gazed over the four acre vegetable fields, we noticed that they slope gently downwards. The upper level is already plowed and one section is planted. The lower level is too wet

for planting now, but will be suitable for the hot weather plants a couple of months hence as it will provide moisture during the dry season. In the section where the planting has begun, we noticed little, yellow heads of onion sets poking through the ground. 20,000 of them have already been placed. Spinach, carrots, beets, lettuce, chard, and radishes seed are in too. Since Guemes Island warms up earlier than Bellingham, its planting schedule is about two weeks ahead.



PHOTOS BY JEFFERSON BAER

EXPERIMENTAL SEEDS

Gene insisted that proper seed selection is essential. "I use only seeds from Tillinghast's Seed Co., in LaConner or what friends have given me." Many of Tillinghast's seeds are produced locally. Gene never buys seeds that come from the East or the South. Eventually Gene will use his own seeds, developed from his own crops. "Seeds I develop myself will produce a more satisfying crop for they will already be acclimated to my peculiar soil conditions and climate." Janice Soderberg, who lived adjacent to his land last year, gave him hundreds of radish seeds that developed in her vegetable garden due to an over-supply of radishes that she let go to seed. Gene happily planted his "Janice seeds" this year.

Signs of experimentation were obvious elsewhere too. The apple orchard is as old as the house, but because the site has been abandoned and unused for 30 years, it has not suffered from the use of pesticides. Neglected but not hopelessly desecrated, the thick sod there needs to be broken deeply, and the soil needs building up. Gene has plowed the four acres and will sow cowpeas throughout. The long, leguminous roots of cowpeas will help to loosen the soil and supply nitrogen to it; cowpeas make good forage for the goats, and green manure for composting; they also produce edible peas.

Gene is building a new green house over near the pasture where the five goats romp. The ground has been excavated in the shape of a cross approximately 50 feet by 50 feet. He plans to build a chicken coop and green house on top of this excavated site. The coop will house 100 chickens fed on organic grain shipped from California. The floor of the coop will be layered with hay. At regular intervals the manure-hay mixture will be shovelled through a trap door where it will go to the compost heaps accumulating under the buildings the heat generated from the composting should give adequate warmth to the green-house and chicken coops. Gene and Charlotte have made humus for many years. They used to make tons of it in Blaine and sold it commercially there. Using the same techniques, he still makes it but for his own purposes, plowing it into his fields regularly.

continued.

GENE'S RECIPE FOR MAKING HUMUS

Break up the ground so it will act as a starting agent.

Add 6 inches of organic matter: grass clippings, hay, leaves.

Add two inches of cow manure or a half inch of chicken manure.

Add a sprinkling of dirt.

Repeat until 5 feet high, and at least 4 feet wide. This height will give the proper compression necessary to produce 160 degree heat.

Soak with water, but not too much.

Climb on top and punch holes deeply with a sturdy pole to aerate.

Turn the pile over every 10 days.

Humus will be ready in about two months.

Hand made cold frames rest near the house. The simple wood box frames, about 5 feet by 3 feet, are topped by old windows. Cold frames protect tender seedlings from frost. Inside them the cabbage, brussels sprouts, broccoli, and cauliflower are already sprouting. They're being given a headstart so that they can be harvested before the summer heat. Gene plans to make a hot bed soon. He'll lay an underground cable about 20 feet long which will maintain a 70 degree heat (He bought this for \$7.00 from G.E.) The hot weather plants will be enclosed in a frame topped by an old window of many panes. He'll start his peppers and cucumbers in it, and the steady heat will give them the push that hot weather plants need. He will plant his tomatoes directly in the ground, and will protect them from the cold with hot caps.

We went into the house for a cup of tea. Their cozy living-kitchen is a double room with a large woodburning stove dominating the center, and a weaving loom, a piano, a record player and stacks of books to the sides. But

the large table near the window caught our attention. It held a couple dozen, soil-filled, half-gallon, milk containers laid on their sides, split lengthwise and filled with soil. Many varieties of seeds such as eggplant, grapefruit, water cress, sweet marjoram, savory and basil were imbedded in them. Near-by several avocado seeds hung by toothpicks in bowls of water. "You can grow anything," Charlotte insisted. "When our greenhouse is built, we're going to try growing oranges, figs, -----everything."

A large wire drying rack suspended from the ceiling over the stove held a goatskin. At other times during the year, the rack is apt to hold such edibles as orange peels, parsley, and sliced apples. The weaving that is in process contained various textures of weeds and mosses as well as spun fibres. As we sat at the hand-made wood table sipping tea made of rose hips, catnip and peppermint, and eating dried apples dipped in honey, Charlotte, explained to how she makes her goat's cheese. We have the recipe; it's too long for this issue but it'll be published soon. We also talked

of the difficulties in finding a good soil mix for seed starters, and we asked Charlotte what she used in her cartons on her table.

"I use a mixture of humus, sand and loam, topped by a sprinkling of vermiculite. I hike over to the woods and dig up some rich leaf mold, but its apt to be too acid so I have to be careful and not use too much."

We mentioned that many commercial enterprises sterilize the soil to prevent damping off.

"You don't need to do that," she insisted. "It's unnecessary. Humus is light and spongy, and mixed with sand and loam, it is an ideal medium. I've never had trouble with damping off."

We were sorry to leave their tranquil retreat. It was a rare sunny day and it felt good to walk around on their farm and play with their goats, but we had to catch the ferry, and Gene and Charlotte undoubtedly were eager to make the most of a lovely day by working in their fields.

"It's a lot of work, but never toil," Gene said. "What you need though, is faith, faith that whatever you attempt to do will work out o.k."

urgent

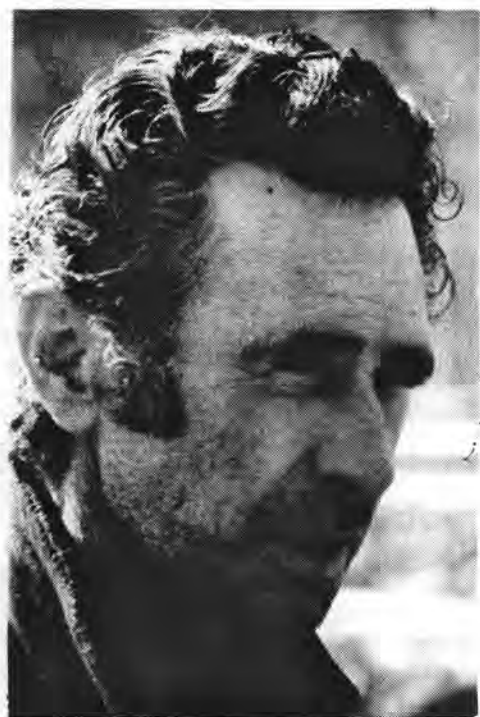
SEEDS

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continued...



"Work But Not Toil"

"The Good Earth Farm came about through searching for a way of life. I was not content with what I had come to realize through my own ego-pursuits and certainly there was little glory to be found in the method and achievements of my society.

Maybe I was tired - tired of toiling and killing and of trying to live up to the expectations of others when, hell, I couldn't even live up to my own.

So I asked around a lot, but it always came back the same, "This is a cruel world, boy, you've got to get out there and struggle and fight hard." Well, I had got out there and struggled and fought hard, but it always came back pretty much the same - more struggling and more fighting

But then I came upon a verse in the Bible, somewhere in Matthew. Jesus said, "Consider the lilies of the valley, how they grow; they toil not..."

Everything's been fine since. The earth is good, and we have a lot of fun.

Gene LeRoy

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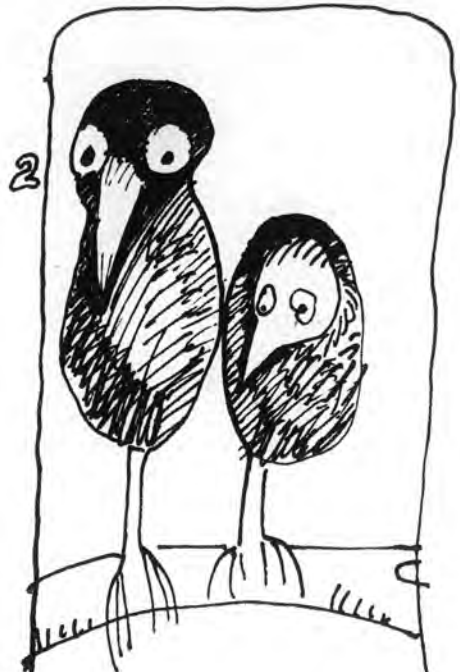
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Dear Readers,
The "Lopsided Garden" is this week's winning entry in the continuing Graphics Contest. Keep 'em coming in....



One day
Simon & Pinky
were
garden-watching.
Work was
scarce but
this garden
was strangely
wormy and
an old man
was
spreading seeds
over the soil



The peas  grew lopsided

Scarecrow bent with them



loc

by janie

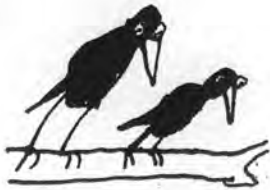
One of the latest is Tilt store is an old sign out from

Inside, the drawers full of counters and fertilizers and corner knit helping people

The best they are more locally produced this environment good genetic depleted soil

MEXICAN C

4



Simon and
Pinky followed

and...



and...



even...



When the old man
came and saw
he smiled and
said, "Psaw."



He put strings
on the peas
and suddenly
everything
grew
straight.



The End.

local-grown seeds

by Janice Soderberg

One of the most unusual stores that I've been in lately is Tillinghast Seed Company in LaConner. The store is an old fashioned building with a wrought iron sign out front.

Inside, the walls are covered with small wooden drawers full of seed packets, and there are many counters stacked with organic and non-organic fertilizers and garden supplies. One lady sits in the corner knitting and another lady is at the counter helping people with whatever they need.

The best thing about Tillinghast's seeds is that they are mostly grown in this area. Because they are locally produced, the seeds are specially adapted for this environment. Also they are more likely to have a good genetic make-up than seeds grown in the more depleted soils of the south and east.

Seeds for some plants are grown in Idaho and California, as hot weather crops do not produce very good seed in our cool climate.

As you comb the walls, you will find several different kinds of seed for most plants; You can tell the woman at the counter what conditions exist in your gardens, and she will help you pick a suitable type of seed for whatever you want to grow.

The seeds generally cost 30 cents for a good-sized package, and they can also be bought by the pound for lower rates.

We made a special trip to Tillinghast for our seeds this year. We found that besides getting better seeds, we got to see LaConner, which is a wonderful town to visit.



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HEAP GOOD GARBAGE . . .



photo by Buck Meloy

This is a story about reconstruction. Aha, you're probably already thinking about civil war, carpetbaggers and scalawags. That's because we were all trained carefully in schools to believe that our pasts and destinies somehow had something to do with a "nation" called America which was "united" by divisions called "states" which were resolved by "compromises".

Well, if you want history, then go sit in a desk in a classroom for another eighteen years, and if you want lies, go to the politicians, who "pour from the barrel new lies on the old and are praised for kindly wisdom", to use the words of poet Robinson Jeffers. And money, don't forget about money. We were all trading our precious time for it.

This is a story about compost. So why am I wasting all this space ranting about schools and politics and money? Because it is that very framework of thinking and living which is the very reason why most people are NOT making compost today. It is the reasons war is now being waged on the earth and on us by the profit-mongers and their quite willing consumer cohorts, "the silenced majority".

I would also include a few scathing remarks about our religious and sexual upbringings, except that it's 7 A.M., I've just run out of coffee, and I don't want this article to verge on bitterness. Amen!

ANY FOREST FLOOR

On any forest floor or grassland plain, a cycle from life to death and back to life again is taking place -- a process virtually unknown to the crowded urban man of modern industrial society. Called "composting", it may prove to be the guiding principle in nursing both man and his environment back to health. Not only that, but it'll also help you to raise a damn fine garden this year. It is the heart of the organic method of agriculture.

Composting is the process by which micro-organisms and bacteria decompose all organic matter and turn it into a rich, dark humus. It is Nature's own way of restoring the soil and building fertility. It is the best way.

Nature began making compost with the births of the first primeval forests and grassy meadows. To the fallen leaves and dead grass, the insects added their manure and dead bodies, and soon the earth was replenished with the organic matter and nutrients needed by the soil so that life could continue and flourish. What Nature took out, she unflinchingly gave back. Go into the back country, a place untouched by hands and clean of machines, and see what happened...

Gardening and farming disrupt the natural cycle of life. Selective, intensive production, industrial as well as agricultural, swims against the tide -- for Nature as a whole strives toward diversity, Composting is the link between agriculture and Nature's own way of replenishing the soil. **The proponents of chemical fertilizers worked on a theory so simple that it swept most of Western agriculture unthinkingly along with it. They analyzed the ashes of all the various plants and vegetables to determine their chemical content and proportions thereof. They reasoned that all that was needed for successful farming was to supply the plants with the same proportions of the same chemicals. It sounded good and seemed to work, so governments rushed to subsidize their efforts, and huge chemical industries flourished in the aftermath. So they injected their dope into the earth and put her on a speed trip.**

Although the "agri-chemists" had recognized the necessity of organic material in the soil (but only for its physical properties such as the ability to retain water and soluble chemicals), they minimized its value. Followers of the organic method have since found that the activity of micro-organisms and bacteria play an important role in plant resistance to

disease and insects and in breaking down the soil nutrients to a soluble form.

Very basically, that's why we should be building our compost heaps. Here's how.

In aerobic composting, micro-organisms convert carbon into energy, creating heat. A good heap will have temperatures up to 160 degrees or more. Both the vegetables you'll be growing and the micro-organisms which decompose the composting materials need nitrogen, phosphorus and potassium in order to thrive. Most of the materials you'll gather will have plenty of phosphorus and potassium, but the lack of sufficient nitrogen is the most common cause of composting failures. Without it, the heap will not heat up sufficiently to decompose the materials.

Farmyard manure, not completely rotted, is the best source of nitrogen for your heap. About one-fourth of the materials you use should be manure, for that is how Nature does her own best composting. If you do not have access to farm manure, why not raise your own? You can raise a few chickens and rabbits in your backyard, and carefully save their droppings for compost. One doe rabbit and her offspring in a year will produce about six cubic feet of manure; besides that, they will provide you with food to eat and fur with which to make clothing. Rabbits can be raised in cages and present little problems to neighbors, if you happen to live in an uptight suburb.

Composting micro-organisms need moisture in order to live. This means that you'll have to periodically water your heap. If you water it too much or leave it uncovered in the rain, the materials will mat down and cause the air supply to be cut off, and anaerobic processes will take over. Try to keep your heap about as wet as a damp sponge from which you can't squeeze any more water. You will also need to turn your heap with a pitchfork periodically in order to loosen it up to maintain a good air supply.

We can now proceed to describe some of the specific methods used to build a compost heap.

HOW TO DO IT!

The basic principle behind building a compost heap is really quite simple -- that is to create an environment which is conducive to the rapid multiplication of natural micro-organisms and bacteria (already present in organic materials) which decompose and break down the matter into a rich and fertile humus.

There are two basic processes by which composting takes place -- aerobic and anaerobic. If you make a well-ventilated heap, those micro-organisms which thrive on air will multiply and go to work; the aerobic method is the fastest. If you exclude air from the heap, those bacteria which thrive on an oxygen free environment will take over and decompose the materials, although very slowly.

You can use just about any organic materials you can find to make your heap -- leaves, grass clippings, raw garbage, weeds, hay, sawdust, garden residues, and manure -- but there are certain things which must be considered in order to make an efficient heap.

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THE STORY OF COMPOST

by frank katham

THE INDORE METHOD: This method was devised by Sir Albert Howard, a British agronomist and the father of the organic method of agriculture, who spent some 40 years of experimenting in the Indian state of Indore.

You can make compost by this method using either open piles or by constructing a bin. Bins have the advantage of giving you more control over the moisture and air supply in your heap.

The Indore heap should be about five or six feet wide, three to five feet high and ten feet long or more. The width and height are important because, unless there is enough mass, the heap will not heat up efficiently. First, spread a six inch layer of plant wastes over the area to be used, then a two inch layer of manure and bedding, then a one-eighth inch layer of topsoil (urine impregnated is best), then a sprinkling of lime, phosphate rock, granite dust or wood ashes.

In the western part of Washington, lime is generally important because the soil in this area tends to be acid, and you will need balance the acidity with lime, which is alkaline. Ground limestone is best because the soil and plants use it as they need it; do not use "quicklime" as it will put your soil on another speed trip.

Next, you should water the sandwich layer you've just made and continue the layering and watering until the heap reaches the desired height. In the process, make some ventilator pipes out of chicken wire and place them vertically several feet apart along the center of the heap.

In a few days, the heap will heat up. Turn it and water it in two or three weeks and again two or three weeks later, making sure that you turn the outer parts to the inside of the heap so that they will properly decompose. The compost will be finished in about three months.

THE FOURTEEN DAY METHOD: Using the same proportions of the same materials used in the Indore method, you can make compost in a matter of only two weeks. The key to it is the shredding or grinding up of all the materials. The catch to it is that you'll need a little machinery, whereas the Indore method was designed so that only hand tools need be used.

Shredding the materials greatly increases the surface area upon which micro-organisms can multiply; aeration of the mass is improved and there is less tendency toward matting; moisture control is improved, and turning is easier. Compost shredders are available commercially, or a rotary lawn mower will work well.

No layering of materials is necessary. Just mix everything up before or after shredding, water it, and pile it up about four or five feet high. A bin which allows good aeration is especially good for this method. Overnight, the pile will heat up and be cooking along at about 160 degrees. You'll not be able to put your hand down into the center of the heap and hold it there without burning it. Turn the heap in three days and moisten it. Then turn and water it every two or three days for two weeks. Your heap will be sufficiently decayed to use in your garden as fertilizer or mulch in 14 days.

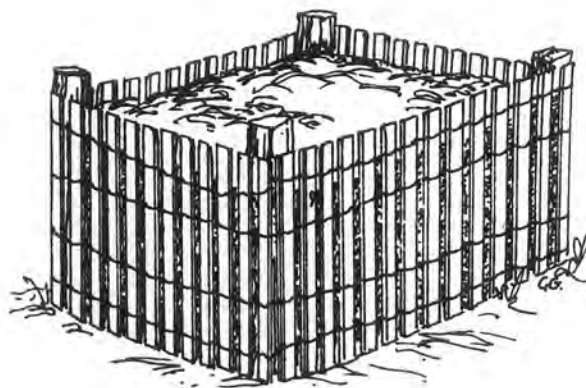
Another advantage to this method is that less nutrients are leached out than in heaps which sit for three months.

EARTHWORM BINS: A good method of disposal for your daily garbage wastes is to feed it to earthworms. It passes through them and comes out the other end in the form of the finest humus known.

Construct wooden boxes or cement pits two or three feet square and two feet high. If they are to be outdoors, you'd better make lids too, as direct sunlight and heat will kill the worms. You can start out with a mixture of about 70% weeds and clippings, 15% manure, and 15% topsoil. Mix them well to avoid overheating. Then introduce about 500 commercially sold worms to the bin (commercially produced worms thrive best under these conditions since they were raised this way). You should also feed your worms a mash of wheat, barley, corn, or other grains, and some coffee grounds. Soon the worms will propagate, and the bin will be swarming with them. Add your garbage every day or so, and it will be consumed so fast that it'll never get a chance to smell. Every few months, you can remove about half of the compost, using what's left as a starter for the next batch, and add it along with many of the worms to your soil.

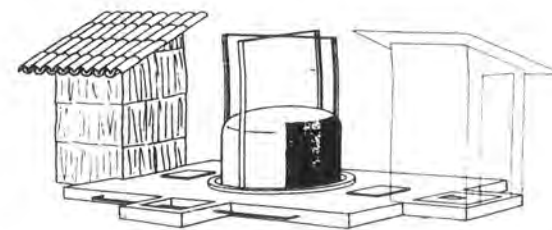
SHEET COMPOSTING: Large farms do their composting by growing cover crops of "green manure", that is, crops high in nitrogen such as legumes, and plow them under while they are still immature and rich in nitrogen. The composting takes place right in the ground. I won't go into this method since few readers will have use for it.

WINTER COMPOSTING: I'd like to add at this point that composting processes tend to slow down in cold weather. So in the winter, you can keep an active heap going by insulating it with bales of hay on the sides and a cover on the top. The hay can be used as mulch in spring and summer or as material for your warm weather heaps.

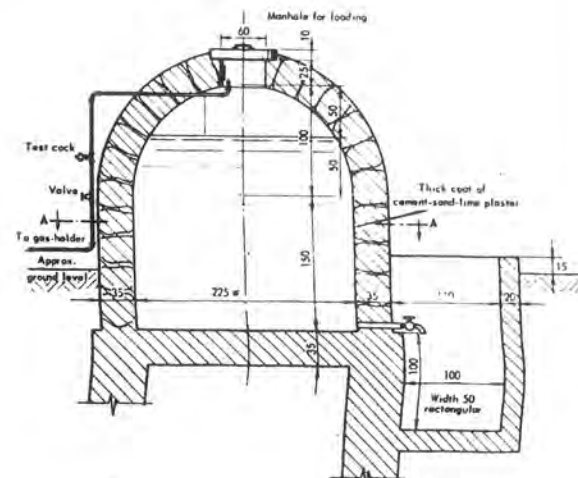


ELECTRICITY FROM DUNG?

One of the most intriguing composting methods for the homestead is an "anaerobic manure digester". With this, you can produce methane gas which will power a gasoline engine to generate electricity, a stove, and a heater. It consists of one or more air-tight pits with a capacity of four to five cubic yards of manure. Anaerobic micro-organisms cause a slow reduction of carbon in the manure and garbage and produce methane gas which is collected in a central holding tank with a capacity of two or more cubic yards.



SKETCH OF MANURE GAS PLANT WITH LATRINES



CROSS-SECTION OF INDIVIDUAL DIGESTER UNIT

The holding tank has a floating cover and is about three-quarters full of water. The water seal keeps the gas from escaping. As the production of gas decreases, the floating cover lowers and keeps the gas pressurized. A valve dispenses the gas. When the manure is exhausted of gas, the resultant humus is removed and used as compost, and the pit is filled again. Pathogenic organisms do not survive the composting, so it's okay to use your own poops.

These digesters work best in mild climates. The higher the temperature, the faster the gas is produced. Freezing weather requires extra attention and insulation to prevent freezing of the digester and contents.

BACK IN THE CITY

Finally, I'd like to say that there is no reason why principles of composting should not be applied to the disposal of organic wastes in the cities and towns, and every reason why they should. A number of systems have been designed for this purpose and are currently in use in Europe, Asia, and to a limited degree in the U.S.

By composting all organic garbage and human sewage solids, and salvaging metals and other non-compostables during the process, we could be returning all of our waste back to the land from whence it came, thus completing the necessary cycle of life. Instead, we prefer to treat them with chemicals and dump them in the rivers and oceans, or put them in space-consuming landfills.

This article is by no means complete. Rodale Press, publisher of Organic Gardening and Farming Magazine, has a book out called The Complete Book of Composting, which has a thousand pages covering everything I've talked about and much more.

Here is another revolution, but shovels and pitchforks are the only weapons.

Growing Smoke

by buck meloy

Domestic marijuana growers are unlike other gardeners in that the majority of them had never planted a seed of any kind until some stoned passion possessed them. Whether planting the first marijuana seed was done for economic reasons, or to remove its explosive presence from a joint, does not matter. The important thing is that most of us are not professional farmers, and we need all the accurate, non-technical information we can get to keep our stash crops from going bust.

But first it must be pointed out that the growing of marijuana is illegal in a number of places. Therefore only where it is legal should you follow these directions since highly intoxicating marijuana plants will surely result.

Like any plant, marijuana needs dirt, sun, and water. And while adult plants can generally survive in any half-decent soil and even in very little sunlight, they will simply stop growing and dry up without at least some water once in a while. All of what follows assumes that these three vital elements will be provided for.

THE SEED:

Seeds, as you may have noticed, will be found in any decent lid. Since the strength of the variety from which you select your seeds is the biggest single determining factor in the potency of your plants, pick them carefully. Generally, any seed of average or greater size will be fertile if it has not been completely dried out (as from age or heat). Squeeze each firmly between thumb and forefinger. If it crushes, it wouldn't have grown anyhow. The "good" ones may now be either sprouted or planted directly in the earth.

SPROUTING:

Seeds of most varieties will not take well outside until the spring sun has begun warming the soil regularly. To enable the earliest start, therefore, many growers first sprout their seeds by leaving them between wet paper towels at room temperature for the few days until little shoots push through one end of the seedcase.

They are then transferred to peatmoss, sprouting soil, or other fertile soil (with the sprout end pointed up) until such time as they become hardy enough for transplant in their permanent locations. They may also be started in commercial seed starter kits available at any garden supply store. Adding 20% or so fine sand to any soil used will greatly improve the plant's ability to form a healthy root system.

STARTING PLANTS OUTDOORS

Although marijuana requires a great deal of water for maximum growth, it will not survive if planted someplace having inadequate drainage. It will likewise suffer in soil that compacts too easily (here's where sand helps). Thus, the best soil is one that is rich in nutrients, naturally loose, and near a source of water to make necessary watering easier. The plot selected should also be one which will receive a great deal of sun (reflected light, like

that off white building walls, works well enough for many city heads). Caution: tender, young shoots growing in strong direct sun will require regular watering to keep them from burning up prematurely.

Soil that supports other crops well is usually fine for weed. The presence of earthworms is a good sign as they usually are turned off by the same things that turn off grass plants. And they will keep the soil loose as well. If in doubt as to soil quality, organic or chemical fertilizers may be used, but they must be worked well into the soil more than a week before planting (the longer before, the better).

The soil should be spaded (you know, broken up into little pieces), and seeds which have been soaked in water not longer than overnight should be placed in 1/2 in. deep holes and covered with lightly packed soil. They should be planted at least 3 feet apart, several seeds to a hole if you expect to have an opportunity to thin them about two weeks later. Or, to avoid wasting your time with possibly unfertile seeds, use sprouted seeds one to a hole (see above) being careful to avoid damaging the tender new shoot. Water thoroughly, and wait for the miracle of growth.

TRANSPLANTING:



If you have made it this far, congratulations. But don't get cocky because transplanting will surely cost you some plants. The objective is to lose as few as possible, and this requires great care. Your plants are ready to transplant after they have grown a second or third set of regular (serrated) leaves. The soil which is to receive them should be as similar as possible to the soil in which the seedlings were grown, and should have holes in it with a slightly larger diameter than the width of the dirt clod surrounding the seedling. The seedling itself should be handled with the greatest possible care and should be transferred with as much of the original soil still clinging to the roots as possible.

Carefully lift it in an upright position from its container and place it in its new home. Fill in around it with



loose soil, and water moderately. Growth will be retarded for a week or so, and many of the transplants will appear to die. Before pulling them up in a rage, wait. Some will recover, maybe even most. Let them know you love them by talking to them or singing. It helps.

POSTOPERATIVE CARE

Once your plants have gotten over the shock of transplanting, their rapid, lush growth will amaze you. If you are in an area with little summer rain, weekly watering will serve you well. Apart from watering, no further care is necessary unless you are unfortunate enough to become victim of some unusual local condition.

How long must you wait before you can sample the fruits of your labors, I hear you asking. It depends. When the plants have developed a little bushiness, you can help yourself to any reasonable quantity of lower leaves (dry them in a super-low oven until they get crumbly enough to use).

Better yet, prune your plants by snipping off the top leaf cluster just above the next lower set of leaves. This will briefly retard the plant's growth, but when it resumes it will concentrate its energies into making new, multiple stalks off the sides of the original main stem. This process may be repeated on the new stems also as soon as they have grown a third set of leaves. The result will not only be smokable prunings, but your plants will grow in a bush shape instead of soaring above the fence for your neighbors to see.

Female marijuana plants are by far the most potent, and their potency is greatest just as they begin forming seeds. Thus, they should be harvested at that time. Everything is smokable but the main stem(s). The female at maturity can be recognized by its greater bushiness, its fluffy leaf clusters at the tips of its stems and stem axes, and of course its greater wallop. The male is generally slightly taller, sparser, and grows little plump green things that hang down on separate stems from the main ones. And it will have relatively little or no potency. Males should be harvested as soon as they show evidence of releasing yellow pollen from their hanging things as pollination is reputed to weaken females.

Harvesting is accomplished by the simple expedient of pulling a plant up by its roots and hanging it upside-down for a week or two until it is dry enough to use. If you have insufficient patience for this, it's low-oven time again.

If you really want to get into it, or if this brief how-to proves inadequate for your particular situation, send \$2.50 to Agrarian Reform Company, Box 2447, Eugene, Oregon 97402, for a copy of *The Cultivator's Handbook of Marijuana*, the most comprehensive and interesting to read book in print

for the home-grower. Those Agrarian Reformers are so far out that they've come up with a way to graft hops to grass producing presumably legal hop crops as strong as any weed, and they tell how in their book.

May the Great God of Cannabis smile down upon you. And we look forward to receiving samples of your fine handiwork in the fall.

THE FACTS ABOUT ABORTION REFERRAL SERVICE

The New York State Abortion Act provides for the performance of abortions by licensed physicians in accredited hospitals and their affiliated out-patient clinics, up to and including the twenty-fourth week of pregnancy. There is no residency required for a therapeutic abortion and for those seventeen years or older, parental consent is not necessary.

The Abortion Referral Service (ARS) is a self-supporting organization whose function is to assist those women confronted with problem pregnancies. ARS makes all necessary arrangements with Board Certified obstetricians and gynecologists in fully accredited hospitals and clinics. This medical attention can be provided within 24 hours after your initial contact. If necessary, we will gladly assist in transportation arrangements.

For immediate confidential information and assistance, call:

ABORTION REFERRAL SERVICE, INC.

Philadelphia 215-878-5800
Miami 305-754-5471
Atlanta 404-524-4781
New York 212-582-4740

8 A.M. to 10 P.M.
Seven days a week.

Please, don't delay! There is no need in today's world for illegal or expensive abortions.

SUNFLOWERS!

by cindy green



In January, Organic Gardening and Farming Magazine printed an article entitled "Will the Russians Bury Us In Sunflower Seeds?". Aside from the obvious overtones, it gave some pretty interesting facts concerning sunflower production -- mainly that Russia devotes 12½ million acres to this valuable food crop while in the U.S. sunflower yield is so minimal that the USDA doesn't even bother to tally the acreage.

Quite a shame when you consider that the sunflower is one of nature's perfect foods, extremely rich in protein, calcium, phosphorus, thiamin, niacin, riboflavin, and lecithin. Sow while we Americans are being entranced by "technological tom-foolery" and paying out extra money for degraded convenience foods, the Russians are setting in the park, cracking sunflower seeds with their teeth. Who is fooling whom?

Besides producing nutritious seeds, sunflower cultivation has many rewards for the home gardener. They are good for shading your compost heap, they provide privacy and can be used as support for pole beans. Planted in clumps, they choke out any would be weedy intruders. And best of all, they attract birds! Seed eating birds like chickadees and goldfinches (the Washington State bird) raise their nestlings on insects, presumably plucked from your garden. These birds prefer the smaller flower varieties whose seed is easier for them to reach and eat.

All sunflowers, by the way, aren't gigantic yellow monsters. You can purchase a wide variety of colors

and sizes from your catalogs -- and maybe even plant a row or two of the smaller strains to keep your birds happy and your garden healthy.

Here's how to grow prize sunflowers. Prepare a moist rich deeply cultivated soil. They prefer a pH of 6.0 to 8.0 so lime accordingly in the fall. For seed, choose a variety from the giant-podded types -- Mammoth Russian (80 days), Manchurian (83 days) and Grey Stripe (91 days). Allow 120 days of good weather so if it's a slow season your seed will mature. Sow seed ½" deep around the end of April or the beginning of May. Keep 6" to 12" apart in rows 24" to 40" wide. Weed regularly or mulch to keep the competition down. Water as needed, especially during the dry streaks.

As the heads grow heavy, the stalks may need some kind of support to protect them from winds and storms, so stake them, or tie them to a fence, or loop two or three of them together. Harvest when birds begin picking at the outer rows of seed. At this time the outer rows are ripe, the inner rows are mature but not dry, and the center rows are still a little green. Cut the head off with about a foot of stalk. Tie the stalks together, string up in an airy barn or loft to dry.

When thoroughly dry, seeds may be removed by rubbing lightly. Store in airtight containers to retain food content and vitamins. And that's it -- you'll have enough seeds to munch on all winter. And at harvest time when the neighbors peer over your fence to admire your bounty and ask where you got such a good idea, tell 'em it was the Russians.

Toad Hall Pizza Parlor



11th & Harris ~ So. Bellingham

- ☞ Mondays \$1.00 Pizza Night
- ☞ Tuesdays ~ films 9:00 PM
- ☞ Wednesdays ~ Pitcher Night ~ Plutos
- ☞ Thursdays ~ 5¢ Root Beer
- ☞ Fridays } Entertainment
- ☞ Saturdays } Entertainment
- ☞ Sunday Balkan Folk dancing



ECO-

compiled by nely gillette

Nuclear Safety

Today there are 16 nuclear plants in operation in the U.S. and 98 more are under construction or in the active design stage. Within the next thirty years, the AEC projects 600 nuclear plants--plants that combined will produce as much long-lived radioactivity as 500,000 Hiroshima bombs. A typical utilities-sponsored advertisement which appeared recently in *Newsweek* claimed nuclear-powered electric plants "the safest industry in the history of technology." Yet, if nuclear plants threaten no damage, why are the utilities so afraid of damage suits? Why did the electric companies refuse even to get started in the nuclear reactor business till Congress passed a law specifically exempting them from public liability? Such an unprecedented law is on the books--the Price-Anderson Act, passed in 1957 and extended in 1965. If the utilities and the AEC are telling the public the truth about the safety of nuclear plants, then they don't need the Price-Anderson Act. On the other hand, if they need it, if the hazards are so great that they dare not jeopardize their companies' financial position and cannot get private insurance to cover the risk, then what they preach about nuclear safety is a bunch of lies. As a matter of fact, so leary are insurance companies of getting stuck with overwhelming damage claims from people living near nuclear plants that they include a "nuclear exclusion clause" in all home owner policies. Look at yours and see.

The Price-Anderson Act is an open admission that those who claim nuclear power is safe know they are lying. Write your Congressman and Senators now, or set up petition to repeal the act. Or, ask your representatives to lend their support to Sen. Gravel's (D-Alaska) bill. He has announced plans to introduce legislation which will remove preferential treatment for nuclear power plants, and give new attention to safer ways of making electricity. One provision of the bill will be the repeal of the Price-Anderson Act, which may bring construction of nuclear plants to a halt. The bill will also provide job insurance for the affected workers.

It is unfair and deceptive to place the potentially staggering risks of nuclear power on the American people, while at the same time the industry is promoted as absolutely safe by utilities which are exempted from risk by the Price-Anderson Act. Repeal the act now!

xxxxxx

Bright Idea

Ford General Manager Harold Sperlich is talking about--of all things in the Age of Ecology--the three car family. Of course, the third vehicle won't be a car. It will be a "recreational" vehicle for people who want to get "back to the land." Another "better idea" from Ford...

xxxxxx

Another First

The most important feature of the defeat of the SST, for many of us, is the hope it raises that our politicians may at last have begun to reassess national priorities.

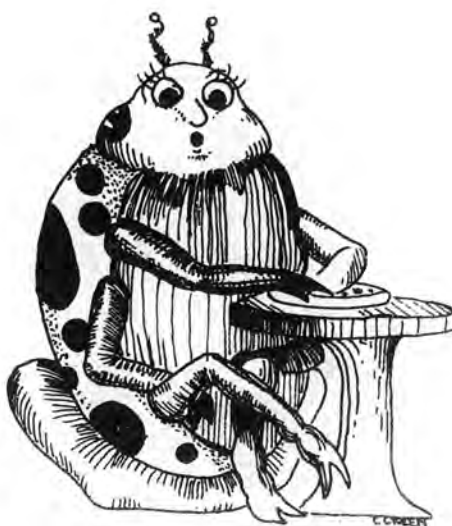
Should this trend continue, we may someday even have clean air to breathe, and with the blessings of our politicians at that.

xxxxxx

Ladybug,

ladybug,

by david fraser



LADYBUG LADYBUG

Ladybug, ladybug fly away home
Your house is on fire
Your children will burn
But dat ole mammy ladybug
just keep on eaten dem aphids.

There exists an abundance of folklore and superstitions connected with that illustrious member of the beetle family - the ladybug. In France she is a sign of good weather, in Europe it's believed if a girl allows a ladybug to crawl across her palm she will be married within a year. If one chooses to hibernate in your cabin, you should have good luck, and her presence should bring money. It's said they can be used to cure colic and the measles, and two mashed ladybugs placed in a cavity will relieve a toothache (but try to find dead ones, since to kill a ladybug will bring bad luck).

Her name comes to us from the middle ages when she was called "our lady's beetle". In France they have been called "the cow's of the lord", and in Sweden, "Virgin Mary's golden hens." The association of folklore with their practical effectiveness as an ally of the gardener can be seen in the fact that most of these beliefs relate to farming, fertility, or religion which often has roots in fertility cults.

FORTY APHIDS AN HOUR

The adult ladybug lays up to two hundred orange eggs near a food supply on the underside of a leaf. Once hatched the ladybug begins her life cycle as a colorful larva with a huge appetite. Sometimes called aphid wolves, their spiny wingless bodies bear little if any resemblance to the adult. The larva's cylindrical body is a purplish color decorated with red, yellow, black and blue spots. During this stage of its life the ladybug eats constantly, devouring upto forty aphids in an hour. After a few weeks the larva tires of this routine and retreats into a shiny black case. This is the pupae stage during which it undergoes metamorphosis, soon to re-emerge as an adult ladybug in familiar form.

Though the adult's appetite is not quite as ravenous as the larva's, the ladybug continues to enjoy dining on a variety of insects, including: mealybugs, plant lice, scale insects, aphids, and the eggs of the colorado potato beetle. The ladybug is, in fact, one of the only carnivorous members of the beetle family, and her peculiar diet makes her the gardener's friend.

The ladybug's most spectacular accomplishment was the salvation of the California citrus industry around the turn of the century. It seems that the cottony cushion scale had hitched a ride on some orange trees that had been imported from Australia. This insect, in turn, had spread rapidly because it had no natural enemies in the states and was threatening the entire citrus industry. The USDA checked out the situation and discovered a certain type of ladybug kept the scale under control in Australia. Thus a few dozen ladybugs were sent back to the states, and released to prey upon the scale. It was found that ten ladybugs and their offsprings could clear a tree in a few months, and because they multiplied rapidly the plague was soon brought under control.

This particular ladybug is one of some three thousand varieties, one hundred-fifty to two



Minerals and You

by chris kowalczewski

Minerals perform several important functions in the body.

1) They maintain an acid - base balance. This is necessary because the enzymes in our bodies work best in a neutral pH solution. Chlorine, sulphur and phosphorus are acid forming minerals; they predominate in protein rich foods. Calcium, sodium, potassium, iron and magnesium are basic, they are found mostly in fruits and vegetables. (So you can see why it is necessary to eat a mixed diet of protein rich foods and fruits and vegetables).

2) Minerals are also essential as catalysts for many biological reactions. They help break down fats and

carbohydrates, they help in the synthesis of important compounds and they are necessary for the normal clotting of blood.

3) Minerals are important parts of many vital hormones and enzymes. Iodine is needed for proper functioning of the thyroid gland. Zinc is necessary for the production of insulin.

4) The amount of water present in our cells is regulated by our body's mineral content particularly sodium.

5) The transmission of nerve impulses is influenced by the minerals present, particularly calcium.

6) Calcium and phosphorus are a large component of bones and teeth.

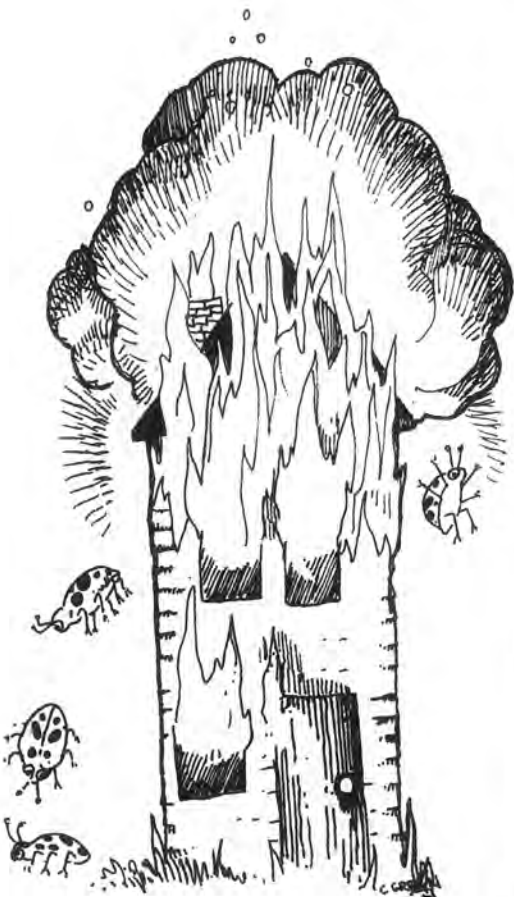
fly away home...

hundred-fifty of which are found in the states. After its success on the cottony suchion scale, farmers tried to use it to control other scales; the attempt proved a failure, however, because the ladybug would eat only the one kind of scale. Farmers then enlisted the aid of native ladybugs to control other scales and aphids. They were assisted in this fact that ladybugs will fly to the top of a mountain and hibernate there in huge masses. In 1910 someone hit on the idea of collecting the ladybugs in the winter and releasing them in the fields when they were needed. This worked fairly well except there was a fifty to seventy per cent mortality rate and when they awoke they would fly a distance equal to their original migration to the mountain. This was overcome later when a bug factory was built at Riverside and refrigeration was used for artificial hibernation.

LADYBUGS FOR YOUR GARDEN

For those gardeners who are interested in this natural method of controlling certain insect pests, it is recommended that you use two ounces of ladybugs (about three thousand) for each acre of crops. If you do buy ladybugs you don't need to worry about having them eaten up by predators for they have no natural enemies and they combine the defense mechanisms of the skunk and the possum. That is to say, when threatened they will either turn over and play dead or secrete bitter and vile smelling fluid by reflex bleeding which makes them rather unappetizing to birds and most other insects. The one villain of which the ladybug should perhaps beware is man, for it is man who is responsible for the burning of her home and children in the well known children's rhyme. The verse stems from the fact that when the fields were burnt after harvest time ladybugs which were still at the larva stage could not fly and thus were burnt with the fields.

Ladybugs are available from Bio-Contol Co., Route 2, Box 2397, Auburn, California 95603 for \$4.00 per half pint or \$6.00 per quart. Does anyone know a closer, cheaper source?



Though the ladybug is the most famous insect used for biological control over half of all insects eat other insects, so the possibilities of further development of this concept are unlimited. It might also be noted that certain insects have been used successfully to control specific needs. We can do well to remember that the insect population is only man's enemy because he does not behave intelligently and make positive use of its behaviour patterns.

The role of minerals in our body is complex and important. Like the plants, we must have a certain amount of these elements for healthy lives. If we are to be sure of getting all that we need, we must be sure to eat plants grown on mineral rich soil. And most often - this means eating organically fertilized crops.

Plants have relatively simple needs for life. Sunlight, water, and certain mineral elements are all they need to produce the protein, carbohydrates, fats, and vitamins which are essential for their health and growth. Organic farming methods make sure that plants get all the minerals necessary by the natural method of fertilizing, with decayed vegetation that contains the elements needed in suitable amounts and in the right forms.

The common means of fertilizing practised today is that of dumping one or two minerals at a time into the soil. This throws the chemical balance of the plant off and causes serious damage. (Look at the results of dumping too many phosphates into our water ways). Also, usually only a few of the most important minerals are added, such as nitrogen and phosphorus. This leaves about 10 other minerals which are essential to plant health and may be missing from the soil. Chemical fertilizer manufacturers and even USDA officials claim that if minerals are lacking, plants would not grow at all and

since plants grown with their fertilizers do grow, they must be getting all they need. This is demonstrably false. Plants can grow and even reproduce if they are lacking in one or a few minerals, however, they will usually be stunted, sick looking specimens. But we have no way of knowing what the parent plant looked like when we buy our box of frozen peas at the store.

Minerals are essential for human nutrition too. There are about 15 minerals that are necessary for our good health and all but 3 of these (cobalt, sodium, iodine) are also part of plant nutrition. It is logical then, that if we eat plants that are deficient in one of these elements, we will develop deficiencies too. (Many of our best sources of mineral elements are animals - for instance iron from liver - but since these animals get their supply by eating plants, the argument still holds true.)

The elements we need in our diet are divided into 2 groups: the macronutrient elements (calcium, phosphorus, potassium, sulphur, sodium, choline, magnesium) and the micronutrient elements (iron, zinc, selenium, manganese, copper, iodine, molybdenum, and cobalt). There are also several other minerals found in the body (e.g., gold, silver, aluminum) but for which no need has yet been found.

NOTES

Nitrite

The food preservative, nitrite, widely used in smoked and cured meats and fish-including hot dogs, ham, corned beef, and luncheon meats-may combine with certain amines in the stomach to form a powerful cancer-causing substance known as nitrosamine. Evidence to this effect was presented at a recent Food and Drug Administration seminar by two University of Nebraska scientists, Dr. Melvin Greenblatt and Sidney Mirvish. In animal tests, the researchers fed large amounts of nitrite plus three types of amines to laboratory mice. Lung tumors developed in 65 to 95 per cent of the animals, and of these, 15 per cent were malignant. Nitrosamine that had been manufactured in the laboratory and injected into mice produced identical tumors. One of the amines used with nitrite in the Nebraska experiment is a permitted food additive (in trace amounts) in certain canned foods; another is permitted as an anti-fungus spray on fruits and vegetables. When amines and nitrites combine to form nitrosamines, they "act systemically (throughout the body) and produce cancer in a wide variety of organs of many species," Drs. Lijinski and Epstein stated in Nature, "Nitrosamines seem to be a major class of carcinogens, that are likely to be causally related to cancer in industrialized society."

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Nitrates

In addition to the nitrites used in food processing, the American people are exposed to increasing amounts of nitrates (which readily convert to nitrites) because of agricultural practices. Nitrate Fertilizers and certain herbicides cause accumulation of nitrates in plants and forage and a high nitrate level in drinking water.

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War Pollution

Sen. Gaylord Nelson told the Senate Foreign Relations Committee recently that the United States must ratify the Geneva Protocol and include a ban on the use of chemical herbicides in warfare. Nelson explained that the United States is the first nation to ever use plant and crop defoliants and over the past nine years has sprayed chemical herbicides over approximately one-seventh of the land area of South Vietnam, an area the size of the state of Mass. In his prepared testimony, Nelson said a special commission sent by the American Association for the Advancement of Science found that some 2,000 square kilometers of land in South Vietnam had been sprayed to destroy food crops. The commission observed, Nelson continued, that precautions to avoid destroying the crops of indigenous civilian populations had been a failure and that nearly all the food destroyed would actually have been consumed by such populations. Nelson charged that the U.S. undertook its herbicide warfare program in Vietnam without knowing what the long term consequences the chemicals would have on the entire environment of South Vietnam--man, animals, plant and aquatic life. He pointed out that many scientists fear that the deadly chemicals have already destroyed many forms of plant and animal life and may be washing into the water systems where they endanger aquatic life. One of the chemicals used in Vietnam is feared to cause birth defects in humans. Nelson argued that international banning of herbicides is necessary because the chemicals are inexpensive and are available on the open market in a number of countries.

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HERBAL TRIPS

by jeff fine

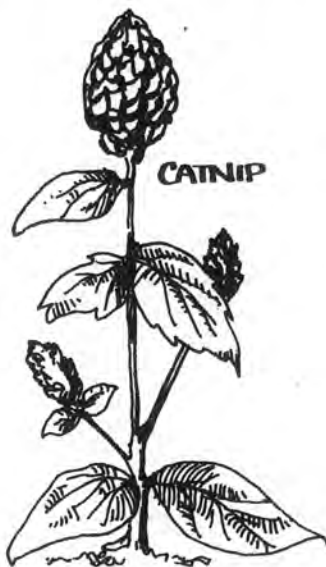
The spring mushroom season is starting to get it on. Go out in the next few weeks and root around under the cottonwood trees. If you've got yourself in harmony with the forest you will find a mushroom hunters delight, *Verpa bohemica*, the false morel. If you dig hunting and gathering mushrooms with other people and enjoy wild beautiful forays into the woods, the newly formed Mt. Baker Botanical Club under the direction of Dr. Richard Haard, an excellent mycologist here at Western, will be trekking and tripping in the woods around here for savory wild mushrooms and native edible plants. For information contact Dr. Haard at 676-3636. Field trips depart Sundays 9a.m. Bellingham Public Library

Other herbs of interest:

Nepeta cataria, catnip - This is the real thing. A little fresh catnip for your cat and he will stay high all the time. Interestingly enough if you prepare a tea from the leaves of catnip you can tame the meanest upset stomach. Catnip tea is a delightful carminative and mild refreshing aromatic tea that is relatively abundant around these parts.

The plant is about 4 feet tall with a square upright stems and opposite leaves. The leaves may be up to 2 1/2 inches long with noticeable whitish hairs on the gray-green underside of

the leaves. The odor is of course mint like. Catnip will be found in a moist shady habitat around old barns, etc.



Castalia odorata, pond lily - Just about everyone will recognize the water lily. It will be found in and around just about all of the lowland lakes in the county. Pulverize the root of this plant and mix with a little water. You might find that this makes a useful mouthwash and gargle for minor throat irritations.



Rhamnus purshiana - Cascara, If you need a laxative and I mean a laxative the bark and only a little of it (a tsp. shredded into a cup of boiling water) this will relieve you. In fact, I'll wager dose for dose this stuff is heavier than a super prune juice trip. The bark improves with age so if you find need of it stock up a little bit, but don't strip or girdle the tree just to cure your constipation. The cascara tree reaches up to about 25 feet. The range of this tree is rather sporadic and you must look closely to find it. The leaves are large and 'cherry-like', clustered from about 2-6 inches long. The berries are green, blue, black or red.



The Compleat Bread Lady: Terri from Ferndale

Terri's Bake Shop in Ferndale is just a normal home. The kitchen is like any other kitchen with the addition of a small commercial oven, an electric stone grinding mill, a bread slicing machine and some plastic garbage barrels filled with unground kernels. It is here that Terri Richeson makes sixty loaves of bread a day, and sometimes as many as one hundred when the demand is up. She works twelve hours a day every day of the week except Saturday.

The bread contains all natural ingredients and is very nutritious compared to so-called "enriched" breads sold on the market. Terri has done a lot of research on bread. "The kernel is made up of three parts: the germ, the endosperm, and the bran (outer layer). The germ contains about 50% of the vitamins. The endosperm is mostly starch with some vitamins, but the germ and the bran together contain most of the vitamins, of which there are 22 known ones plus various unknown vitamins that haven't been isolated yet.

So called 'enriched' breads are made with flour that have had the germ and bran removed by modern milling methods because whole kernel flour is harder to mill and keep. Four synthetic vitamins are then added-Vitamin B1, Niacin, Riboflavin and Calcium. These



TERI - GRINDING GRAIN IN HER MILL

are killed, however, by a chemical in the bleach. As far as spoiling is concerned, the reason whole wheat flour is apt to spoil more easily than white flour is that bugs are more interested in the more nutritious food. They don't bother with anything that doesn't have nutrition in it." Terri pointed out an interesting fact. In Canada, there is a law against calling white bread enriched. In America however, there is not such law because people like to think that their bread is enriched.

Terri has been experimenting for three years to perfect a bread that would be nutritious as well as have appeal from a commercial point of view. Bread made completely with whole wheat flour comes out smaller and heavier than bread made with white flour. In order to make her loaves lighter and larger as well as nutritious, she adds potato water and potato. She also uses a little more yeast than is needed and that allows her to use less white flour to make it lighter. (Her bread contains only about 10% white flour-Unbleached). Finally, she

adds other grain flour such as barley and oat, which are lighter than wheat flour.

Eventually, when their shop is built, the Richeson's will be putting out 1000 loaves a day. Terri has been approached by many businessmen who have told her that she could become another Orowheat and make lots of money. She says that she doesn't care to become rich. "I just want to be able to pay for the electricity."

by nely gillette

FREE DRY

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LAUNDROMAT ALWAYS OPEN

The Delicate Art of Pruning

by Doug Daugert

In describing pruning basics, I will not attempt to repeat information commonly available through libraries and gov't pamphlets, but to explain the reasons for a certain style of pruning in terms of growth.

TIMING

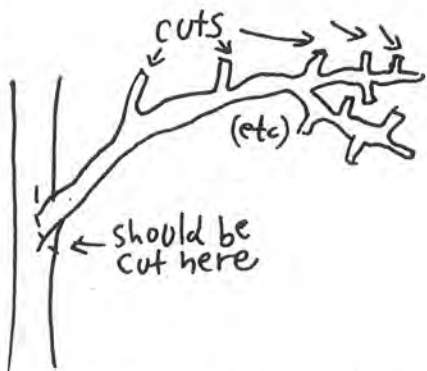
The first aspect is timing. Now it is really too late to attack trees in the warmer areas. Up in the hills, you are still okay, as long as the new shoots are not yet forming.

Bushes are okay almost any time of the year here where there is sufficient rainfall. The only damage to shrubs may occur if you cut them back too drastically while they have their sap flowing. By that I mean cut back 50% or more of the foliage area.

Remember, that cutting back in winter invites new growth. To prune in August generally retards new growth. Since older stalks produce fruit, enough should always be retained for a crop. But enough new should be encouraged to replace parts lost through wind, disease, etc. Hence orchard men often thin in winter and cut suckers off the top in summer to keep weight down, and enough new to maintain the tree.

METHOD

You can cut a lot more than you think, if it is done right. I would generally recommend up to about 50% the first pruning, if necessary, for trees, and as much as you want to on bushes. But, you must not leave too much exposed cut. An example of how to do it wrong goes:



You are leaving too much cut here in proportion to the foliage remaining. This invites disease and bugs, and encourages bleeding which results in death.

If you must remove more than 1/2 - 2/3 of the foliage on a limb, cut the whole thing off. Which brings me to my favorite truth:

PRUNE FROM THE INSIDE OUT, NOT THE OUTSIDE IN. Take off two or three big branches first, and you can often eliminate hours of twig clipping that don't do the job as well.

CLIP ALL BRANCHES COMPLETELY OFF, LEAVING NO STUBS. Prune everything back to a fork or joint, or you leave dead stubs which are often dangerous, always ugly, and injurious to the plant.



LEAVE THE TREE BALANCED, IF POSSIBLE. Unless a dead side makes this unfeasible. Try to leave a side to sidebalance, as otherwise the tree is easily uprooted or broken off by wind.

PRUNE OFF DEAD BRANCHES ANY TIME. THEY CAN ONLY HARM A PLANT, so cut them off as soon as they show up. They are only likely to extend any disease or bugs to the rest of the shrub or tree.

PRUNE OUT CRISSCROSSING AND INTERTWINING. Don't let a tree get to be a jungle inside. Since plant depends on light to survive where it crosses it is not making full use of the one branch to make leaves and absorb light along its whole length. Hence it becomes weaker and eventually dies, either from "smothering", or disease that forms in the pithy sections that invariably develop.

WATERING

Another hint to organic gardeners before I quit - During the summer, at night, hose fruit trees and bushes from underneath, even if it has rained. Do this twice a week and it washes off bugs before they get a foothold in the shelter beneath leaves. It works as well as most sprays.

This seems to lack a punch line, but it should help some, even as is.



The Basic Book of Organic Gardening

Review **THE BASIC BOOK OF ORGANIC Gardening** Edited by Robert Rodale 362 pages

Rodale Press/Ballantine Books \$1.25

For the beginner or the old timer, here is a book which gardeners everywhere will find useful. The material in this book is based upon information which has been printed over the years in Organic Gardening and Farming magazines. It is highly readable.

The more technical material is offset by some homespun quotes by people who have written articles in OGF and by a good overall perspective on "organic living" as a way of life.

Included in this comprehensive little pocketbook are sections on organic living, soil chemistry, compost, mulching, planning a garden,

timetables for planting and transplanting, alternatives to insecticides, harvesting, the organic homestead, and a long list of where to get organic fertilizing materials. Taking over 40 vegetables, this book will give you specific instructions on all aspects of each one, including soil, location, fertilizer, planting, watering, thinning, harvesting, and storage.

Also included are the various methods of controlling over 30 of the most common garden pests the safe, organic way.

Rodale Press has been publishing books for years, but it looks like they've teamed up with environmental minded Ballantine Books to get a paperback out on the stands which will reach their growing audience faster by using Ballantine's distribution outlets.

BOOKS

Rachel Carson, *Silent Spring*

Jeanie Darlington, *Grow Your Own: An Introduction to Organic Gardening*

Jerome Rodale, *Basic Book Organic Gardening*, Paperback, 1 \$1.25.

Jerome Rodale, *Composting*

Jerome Rodale, *Encyclopedia of Organic Gardening*

Rodale, *Best Ideas for Organic Vegetable Growing*

Rodale publishes a monthly magazine: *Organic Gardening and Farming*

Pfeiffer, *Garden Book* handbook, \$3.95.

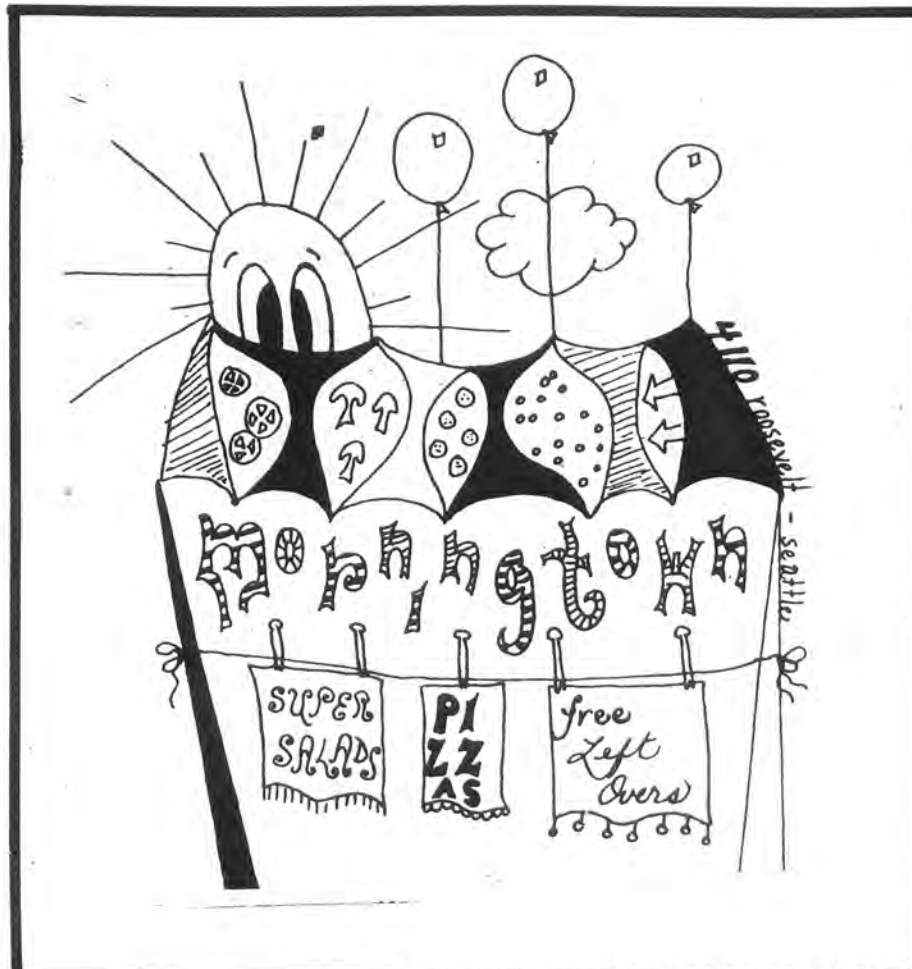
Pfeiffer, *Weeds and What They Tell*

Pfeiffer, *Companion Plants and How to Use Them*

Jerome Goldstein, *Garbage As You Like It*, (Rodale Press)

Beatrice Trumhunter, *Gardening Without Poisons*

Natural Food Associates publishes a Monthly magazine (\$5.00 a year)? it also publishes a newspaper called *Facts About Organic Gardening*. Four issues a year is \$1.00. This is a non-profit, educational organization. Write to: Magazine Subscriptions, Circulation Manager, P.O. Box 210, Atlanta, Texas 75551



OUT OF THE MOLASSES JUG

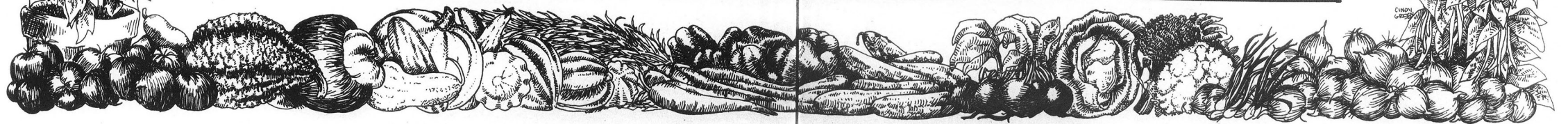
SEEDPLANTING CHART

* Or as early as ground can be worked

** Average last frost: Bellingham: April 20
Seattle: April 10

Vegetable	Outdoor Planting Date	Planted How Often	Soil Conditions	Root Growth	Yield Per Square Yd.	Looks	Comments : R.B. (Recommended for Beginners) Ease in Growing
Garlic	Feb., March	Once	Ordinary	Very	Excellent	Quaint	R.B. Easy: A few bulbs lasts a family all year
Potatoes	* Early March	Once	Fertile Slightly acid	Load	Poor	Plain	Needs lots of room
Beets	* Early March	Successively for a month	Not too acid	Ordin	Good	Pretty	R.B. Easy
Peas	* Early March	"	Light, sandy	Lots	"	Lush	Needs care
Radishes	* Early March	"	"	Ordin	"	Cute	R.B. Easy
Mustard Greens	* Early March	"	Rich	"	"	Honest	R.B. Easy
Spinach	Spring	"	Very rich	"	"	Healthy	Tricky May bolt on a sunny day.
Cabbage	Spring; Midsummer	"	Rich, non-acid Non-acid	Lots	"	Magnificent	Troublesome, but valued for a late fall crop.
Chard, Collards	Spring	Successively all Spring	Rich, moist	Very	Terrific	Handsome	R.B. Easy: High yield, long harvest
Chives, Onions	Spring	"	Loose deep	Ordin	Good	Supple	R.B. Easy; mix with the other crops
Carrots	Spring	Successively during season	Deep, rich		"	Lacy	R.B. Easy: long season, but seed slow to germinate
Rhubarb	** After frost	Once, permanently	Rich	Very	Good: Perennial	Lovely	R.B. Perennial
Artichoke	** After frost	"	Rich, deep Non-acid	Ordin	"	Marvelous	Perennial
Asparagus	** After frost	"	Rich, moist		"	Baroque	Perennial: Once its planted, it's no trouble for many years
Broccoli	** After frost	Successively	Rich		Excellent	Robust	R.B. Easy grower, high yield, long harvest
Head, Leaf Lettuce	** After frost	Successively for a month	Light		Good	Dainty	R.B. Easy
Parsley, Herbs	** After frost	Once	Ordinary		"	Exquisite	R.B. Easy, fun, aromatic
Tomatoes	Set plants out ** After frost	Once	Non-acid Well-drained	Lot Stal	Great	Voluptuous	Needs T.L.C. Fruit may not ripen.
Celery	** After frost	Once	Rich, mucky	Ord	Good	Spiky	Difficult; Needs bog conditions
Sunflowers	** After frost	Once	Anysoil	Lot	Terrific	Gargantuan	R.B. Easy, high yields
Beans	** After frost	Successively, during season	Rich	Ord	Great	Quick	R.B. Easy
Peppers	Set out plants ** After frost	Once	Not too rich	Lot Ver	Good	Elegant	Needs a headstart indoors in the Northwest.
Squash	2 Weeks after last frost	Successively for a month	Light, Non-acid		Excellent	Thrilling	R.B. Easy
Cucumbers	2 Weeks after last frost	"	Cool, moist		Good	Sinuous	R.B. Easy
Corn	2 Weeks after last frost	"	Non-acid	Lot	Poor	Exciting	R.B. Easy, but needs lots of room
Brussel Sprouts	midsummer	Once	Rich, moist	Ord	Good	Funny	Good for late fall crop.
Leeks	midsummer	"	Rich, deep		Good	Sturdy	Troublesome, but a good late fall crop
Kale	midsummer	Successively for a month	Rich, Non-acid		Great	Gorgeous frilly plumes	R.B. Easy, hardy; valued for a late fall crop

Northwest Passage March 29-April 11, 1971





There is Only One Kind of Love

by dr. jerry rubenfield

There is only one kind of love.

There are many kinds of sex.

Heterosexuality, homosexuality, screwing, balling, and many other and sometimes delightful ways of making it with oneself, other people, animals, inanimate objects, etc.

Sometimes it is all very sad, though.

Men strive to have good orgasms, women strive to have vaginal rather than clitoral orgasms, or to have orgasms at all.

Recent studies have shown that there is No Difference between a "vaginal" and a "clitoral" orgasm. But men know that there are many kinds of orgasms. Some are much better than others.

Some women have orgasms all over the place. They are usually fuckers. Some women never have orgasms. They are lovers who have not found their love.

Or they may be lovers who do not recognize their love because they are too afraid. They husband their love because they fear they may throw it away to the wrong person and then they will have nothing.

Men fear other things. They are afraid of being destroyed by love. They are afraid they will have to choose between their world and a woman, that the price of love is their life and the price of living is loneliness. They fuck a lot or spend a lot of time chasing it.

Men, women. There is no singular pronoun in our language which means Person or Being independent of which sex they are. That is part of the problem.

You are supposed to use "he" or "him" when you mean a person of either sex. We speak of Mankind to include all people, but we do not use Womankind to include all people.

That is another way of stating the problem.

It is a man's world, though neither men nor women are free in it. They are especially not free to love.

In this world men are shorn of their hair and they are not permitted to be beautiful. It is especially forbidden for them to love each other, but that is only the beginning. They are even taught to believe they hate each other and that it is their hate that is denied them, not their love. It's a topsy-turvy world.

In this world women are the personification of love. They are beautiful because of that. Their beauty, which is the promise of love, is unattainable. Men strive to hold it, but it eludes them forever, always seeming to be somewhere over the next hill. And when sometimes they do grasp it, it crumbles in their hands, or flees, and is gone. Or sometimes they must throw it away or die.

For men must live in a world that denies love. So must the women they desire.

So the two strike a bargain, which is the marriage contract. (Or something equivalent. Nowadays they have this thing where someone is your old lady or old man, which usually comes to the same thing.) With this contract they create a little place separate from the world, though within it, where "forsaking all others" they can know a little love.

Out of that much of love as is permitted them under the terms of this contract, they bear their

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children. And in their children they relive and recall a different world they knew once, called Childhood, in which there was joy. It is a world of play and it partakes of love.

But it doesn't last very long.

At an early age children are sent into the world to "school" where joy and play are taken away from them and they are taught to be part of the world of labor.

So they become a family, united by love but existing in and for a world of labor. It is not easy for them to love even each other, because the world extracts a heavy price and lays down very hard rules for them.

The first rule is the one that says you cannot make love to your father or your mother or your sister or your brother, who are the people you love the most.

You also cannot make love to anyone of the same sex you are, which is half the people you meet. You are not supposed to make love to any of the rest of the people except for one person who becomes your spouse, though sometimes exceptions are permitted under certain circumstances, and then it is only supposed to be fucking. You are not supposed to make love to yourself even, because that is shameful. Boy, talk about hard times!

But withal, generations have survived and kept the spark of love alive and always believed despite themselves. They lived by the sweat of their brow and spilled their life's blood to keep that love alive, even though they degraded and divided it. They tried to separate love's body from its spirit? separate love's body from its spirit; they made the body into sex and tried to control it that way so it could be part of the fortress they were building against the elements and their enemies.

The tool they build this fortress with is called the Reality Principle. Some have called it Reason, but that is probably not a good name for it, since its basis is fear. The fortress is called Civilization, but the real part of it is mainly Technology.

Despite all the craziness and everything, they kept on building the fortress until one day there was a generation, or part of a generation, or a large bunch of kids, or something, who grew up and looked around and discovered that the fortress was so big and strong and protecting that they were safe, and they decided they wouldn't have to spend all their time working on it anymore.

You know about them. After they took acid or before they took acid, just sitting around with nothing to do and thus being free for a moment, they saw the world as though for the first time, and they found it to be beautiful. And it came upon them that they were part of it and also beautiful. And so they could love each other, and it was all right.

You know what happened to them.

Don't be fooled. It's still going on. The world is changing. Even though Nixon is President, it is still possible to be happy.

Two hippies walking down the street. Is it two girls, or a girl and a boy? Sometimes it's two boys.

Just people being together. The fact is we are more alike than we are different. But the real differences are groovy because they make it possible for us to fit together.

Love is being at one with another person. Or being at one. Or being, I suppose.



It's not always easy to be together yet, let alone stay together: there's so much difference instilled in us. The training of a lifetime.

We've made a lot of mistakes already. We'll probably make a lot more because we get to where we're going.

Couples splitting up. They want a better love. But the secret is to be able to love other people without leaving those whom you already love, not the freedom to stop loving someone. Nevertheless, sometimes now it is necessary to give up someone because your love was too distorted and therefore too difficult to maintain. And you may meet again someday.

You can only leave, though, if you believe that there will be love elsewhere in the world for you. You cannot leave the place you are unless you have someplace else to go. And you cannot keep putting your love out into the world unless someone there responds to it.

People are afraid, so if you speak to the deepest thing inside them they may panic, because they fear there is really nothing there, down at the core. That

is what they have been taught. They may also be afraid of you because they do not trust you. That is also what they have been taught. So you cannot lay love on someone. But sometimes, by an act of grace, it will happen.

Do not ask more of love than is there. It isn't always necessary to have an orgasm, you know. Sometimes having an orgasm is a way of leaving the other person. Sometimes fucking is a way of *not* being with someone, but only with their cunt or cock. In the world of sex the size of a penis and so forth may be important, but in the world of love it's not the meat and it's not even the motion. It's your whole life. Your lovemaking is as good as your love, no more and no less.

The limitations of love are the limits of our bodies. We can love only that which touches us. We cannot love those whom we can only see but not touch; we can love only their images, since that is all of them that reaches us.

The possibilities of love are the possibilities of community.

You can make it with more than one person if you can love more than one person — at the same time. You can share your lover with another, or bless their union if you love them both. We will share our lives with as many people as we are able to love at one time together in one place.

We shall be one family, all brothers and sisters, only there will be no incest taboo, for there will be no contradiction between love and innocence. Our children will be our little brothers and sisters, for we will be able to accept that they, too, are people like us, only smaller and weaker and that they know a great deal which we have once forgotten. We will not have to fear their knowledge or their growing up anymore, for we shall have betrayed neither them nor ourselves.

There will be no rules, for love knows no rules and no responsibilities. Love acts according to its own rules, which cannot be written down or codified. Love creates its own responsibilities, but you do not have to choose to meet them. When it is necessary to act, to take risks, or to suffer pain to preserve our love, we will do so, for the promise of love is joy and not pain, and love is it is and not pain, and love is its own fulfillment.

I do not know the future, but I know how far I have come. I believe it is all happening and that this is the Revolution.

[Ed. note: The foregoing is just another of life's little mysteries. A xerox copy of it appeared in my notebook one night when the notebook was lost, so I have no idea who to thank for passing it on. But it is here, and I am here, and the Passage is here, and you are here, and we are one and it is all Together. —m.q.]

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Watching purple mountains after
a rain



leaning on the railing where the rain
has just stopped i take one look
clouds completely cover white peaks
and summits

far out this look finds a place
where mountains do not reach
how many years go by i do not know

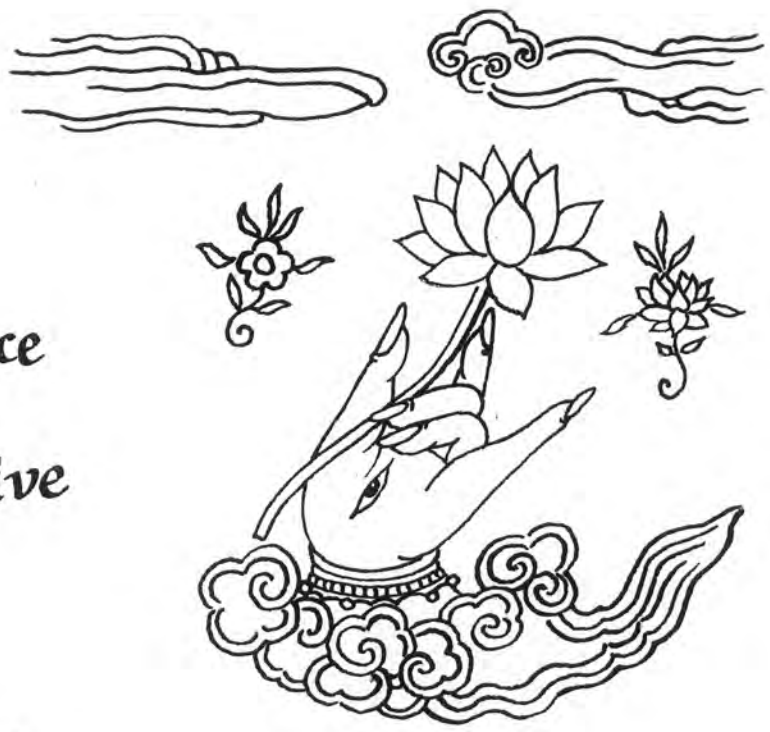
(from the chinese of the
monk Hsü Yün, "Empty
Cloud")

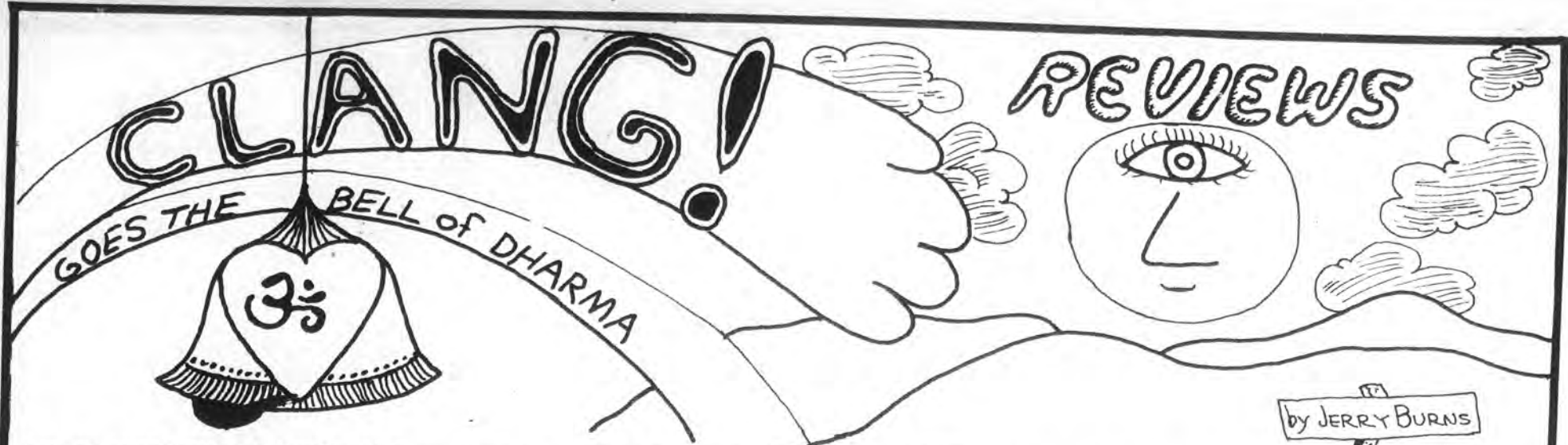
Climbing by Graves Creek Waterfall

veins of rockslide motionless
by sombre cliffs
and clinging evergreens this indian silence
appreciates the summer decorations
of bird and insect blue golden yellow alive
like indian baskets and beads

climbing the wall of the gorge
my lovers fingers digging in mats of moss
i gaze up at distant fields of scree
and twist down toward dizzy green rapids
learning about rivers

summer 1969
Paul Hansen





FIRSTS FROM ITHACA HOUSE 314 Forest Home Drive, Ithaca, New York, 14850.

THE HANGED KNIFE & OTHER POEMS, Stuart Peterfreund, 52 pps, 5½x8½, \$2.95, soft cover, perfect bound, letterpress. **LEAVING BY THE CLOSET DOOR** Stephen Shrader, 82 pps, 5½x8½, \$2.95, soft cover, perfect bound, offset.

The first two titles from a new publisher. Both are first books by young poets. I would rather have seen them at \$2 each, instead of \$3, but I can understand. I wish the covers had been glued on a little differently, but the productions are substantial.

Stuart Peterfreund presents what I deem to be a fair self-appraisal of his work. From page 13 of his **THE HANGED KNIFE** I quote in toto his:

FINDING THE VOICE

I look for it in gramophones.
Wine bottles, the muzzles of
Cannon, and where the rivers
End.
The results aren't bad: I listen
To old Caruso, get dead, red drunk,
Read of defeats in my constant
History book, and usually wind
Up swimming in the sea, looking
For a porpoise.

Out of all this, I get
Noise, much the same as
What radiotelescopes hear
From expanding galaxies at
Universe's edge. I get
Two hops of an ungainly fat man
On a new pogo stick. I get the
Mormon Tabernacle Choir
Clearing its throat.

His evident good humor and ability to take himself less than deadly serious allows me to expect more mature poetry from him, when he - as most likely will - finds his own voice.

Stephen Shrader's poems have that rare quality of crafted ecstasy. It is a pleasure to discover **LEAVING BY THE CLOSET DOOR**. His poems have that immediacy of experience necessary to the communication of poetry. He knows how to make the tools of expression work. His voice is simple and intense; his economy is enviable. Consider the naturalness of

PICTURE FROM A SLIDE SHOW

("... and that's my mother on the left.")

She fought middle-age so fiercely
that old age took her by surprise.
Suddenly her face deepened; her stride
shrank to a shuffle. She lost her husband
in the crowd that was her family.
On the telephone, she began to shout
as though the lines had grown sluggish
and bored with their duties. Her mind
became a knot, pulled tight, beyond
undoing.

Lost in a forest of snapshots
she sits, hauling in the past like a rope.

His surreal vision ranges from the common-place of an unjust judge and confrontations with untight & insubordinate females, to the more esoteric situations of **SCREWING THE MUSE** and **CONFESSIONS OF A MENSHEVIK**.

While not every poem in **LEAVING BY THE CLOSET DOOR** satisfies me (that's to be expected, isn't it?), this book is one that I will re-read for other than review purposes. Stephen Shrader, besides being a poet of considerable talent, also has a fine sense of humor. & man, that is a relief this day 'n age.

x x x x x

WEST COAST REVIEW Simon Fraser Univ., Burnaby (Vancouver) 413, B.C., Canada, \$1.50 each

"A quarterly magazine of the Arts," published by a university. Maybe that's what's wrong with this issue, Vol. 5, No. 1. Something is amiss, certainly, but I am hesitant to pinpoint it. The magazine is bland.

Not that WCR doesn't contain some fine work, it does. To wit, Kenneth Arnold's poem, **ODYSSEUS BY THE SEA**, and Howard Marshall's story **BECAUSE ITS THERE**. And if I needed the second half of an extensive bibliography of Friedrich Durrenmatt, I would no doubt appreciate the issue even more.

One primary contention I have with WCR is that the lay-out artist has the taste of an anteater. There's not that much you can do to prose to hurt it, but poetry needs a little breathing room. The silence of space counts for something. Cramping as much as you can on a page is a great disservice to whatever is on the page. Some poor soul's life blood, you know.

A lot of the poems in this issue seem to be about love, particularly, the disillusionment in the ideal of. I can sympathize with the editor, but just because they're right doesn't mean they're great. Right, Fred?

x x x x x

DUST MAGAZINE,

Len Fulton, Publisher, 5218 Scottwood Road, Paradise, Ca. 95969, \$1.00 each

With the current issue of this quarterly (No. 14), the editorship passes from Andy Curry to Wally DePew. And judging from No. 14, it is not a change for the better. Except for one long manuscript here, the excerpt from Gary Elder's **ARNULFSAGA**, the magazine is hard to distinguish - though Hal Ackerman's "fictive entertainment" does provide limited reprieve.

Like most Littlemags, nothing is really "out of place" here - not even the strange concretes that comprise the middle, feature section. Like most littlemags, its like most other kinds of publications: boring. The difference being, say, where most "literary quarterlies" are at best boring, littlemags are, at their worst, boring. And like most littlemags, the five percent here that is worth careful consideration goes beyond that to being Vital. Vital. That's Elder's aforesaid thing. & that's where its at. Elder breaks new ground, a la Joyce, but quite distinctly Elder.

Okay. DUST has fulfilled an essential part of its function. It has experimented with something new and different, the concrete crap, and it has introduced me to a strong new voice. & I note with pleasure that Gary Elder's complete **ARNULFSAGA** (from which the above was excerpted) is now available, for \$1.50, from the above address. Try on its mythic dimensions for size.

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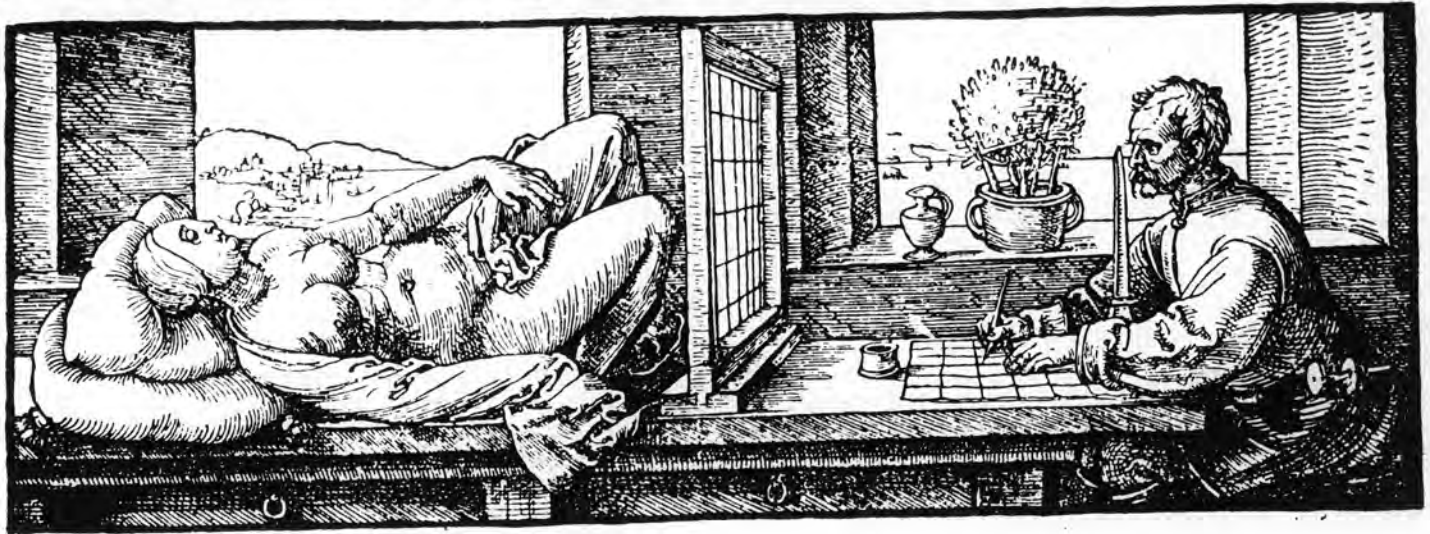
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THE HIGH SOCIETY PAGE

by Dave Wolf



Travel

Tunisia

Bellingham's most energetic grandmother, the young-hearted and vivacious Kay Lee, just returned to us from her well-deserved three week vacation to Tunisia. A dreamfilled light sparkles in Kay's eyes, as she tells of the miles of virgin waterfront parklands, the youthful innocence restored by the Mediterranean Sun, the inquisitive and helpful attitude of all the Tunisians, and the delightful tranquility of a nation at peace with the rest of the world. The trip was complicated, as usual, when the airlines misplaced several pieces of her luggage, on the return flight. She was able to insure the safe return of a new cage for her parakeet Clyde, however, by carrying it herself, every step of the way.

Kay plans to acquire the appropriate investments in Tunisian real estate over the next few years, to provide the utopian retirement she intends to enjoy after leaving her present position at the Registrar's Office at W.W.S.C. People-in-the-know here on the south side foresee the eventual demise of the Northwest Passage, when Kay sets up housekeeping in bustle-free Tunisia, and the entire staff leaves to casually drop in on her unannounced.

Although this was her first time abroad, (with the exception of a brief visit to Vancouver when she was aged seven), Kay intends to return at the first opportunity. "This next time" she said, "I'll go by boat. You see so much more that way, I'm sure. And besides, my bags and I won't get separated."



photo by David Wolf

Bay Area

Senior Passage staffer Bernie Weiner has taken off to Greater San Francisco, to review several tentative additions to his blossoming financial empire. If all goes well, he will be persuaded to return to Bellingham, and his crowded desk at the Passage.

Idaho

A friend and citizen, to whom we are all very grateful, will be leaving us soon. Miss Cindy "Molassas Jug" Green will soon be off to Idaho, to work full time helping her parents open a store, and part time helping them drop out. Good luck! Our vegetable cartoons won't be the same without you.

Central America

In case you haven't heard already, Handsome Ron Sorensen and the beautiful Joy Ritchie are back with us again, after two fun-filled, sun-filled months journeying down to Central America and back. Joy left a promising career with Taco Time to experience for herself, the romantic allure of Mexico, Honduras, and Costa Rica. She plans to re-enter W.W.S.C. this spring, with several exciting memories to recall during an occasional dull lecture. Ron is hesitant to say which of his many interests he will first resume, but that he will rather "let it flow, and see what happens".

The story of their trip is arresting, to say the least, and should be enjoyed first-hand. Suffice it to say that they found most interesting, the rampant infidelity among the predominantly Catholic male population, and the way everyone would irrationally explain any given situation by repeating, "It's the custom."

Speaking of Customs, Ron and Joy report that in every instance, Customs officials were conspicuously lax in their inspection of baggage and personal things. (Just thought I'd let you know.)

Night Life

Aum Opens

Bellingham's most promising coffee house and entertainment spot recently opened at 1207 Cornwall. After weeks of work the staff enjoyed the Grand Opening more than the guests.

Sporting a menu of unusual coffees, teas and special pastry creations, AUM appears destined for absolute success. The owners have literally traveled thousands of miles to provide laid-back Bellingham with night life. They deserve our support, to be sure. Stop in and enjoy the locally grown talent, pastry, and energy.

Around Town

Smiths Wed

Stafford and Becky finally tied the knot last week, when ceremony and celebration were held at the 1st Baptist Church in Mount Vernon. Clean-shaven and well-groomed, the groom appeared very nervous throughout the happening. The bride, brilliant in her white satin and lace gown, made one of the most

dramatic of Wedding March entrances. Music included "In My Life" by Lennon and McCartney, and the reception, held later in the gymnasium, sparkled with laughter and best wishes. The newly united Smiths were soon off on a whirlwind honeymoon in the Nooksack Valley region. Good luck, Stafford and Becky.

New Offices

The Northwest Passage recently moved into its new larger offices at the same address. The new facilities are reported to include two desks, two windows, and one very raspy pay phone. The new offices also feature a unique collection of early American bedspreads and curtains, as well as contemporary tapestry and "free" carpentry. The display is always open and invites all visitors. Reservations are not necessary, but you may want to call 734-9672 ahead of your arrival, just to see if anyone is around.

photo by Buck Meloy



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Thunder is loud
Lightning is bright
When it rains it is a sight.
Some people like rain
Some people don't
Some people will
Some people won't.

Poems From Young Folks

What
Do We Plant?

What do we plant when we
plant the tree? do we
plant the ship which will cross
the sea. We plant the mast
to carry the sails; we plant
the ship when we plant the tree.
What do we plant when we plant the tree?
we plant the houses for you and me.
do we plant the rafters, the shingles,
the floors, we plant the studding,
the lath, the doors, all parts that be;
we plant the house when we plant the tree.
What do we plant when we plant the tree?
A thousand things that we see daily
We plant the staff for our country's
flag, we plant the spire that
out-towers the crag, we plant
the shade, from the hot sun free;
We plant all these when we plant
the tree.

by 

The Wind

The wind is soft
very, very soft sh-sh-sh-sh
The wind blows you away
away away
The wind is cool cool cool.
The wind is every-thing
sh-sh-sh-sh-sh-sh-sh-sh-

- Katrina Elder

All my cars can't walk
But they can talk
One of my cars is sick
as a dog
It just sits around looking
like a hog.

- Darren

resist to exist

red star news collective



Angola

(LNS) -- America's NATO ally, Portugal, today rules the largest old-style colonial empire left in the world. Its colonies, mainly in Africa, cover an area 22 times larger than her own. At this time a great deal of that territory is under Portuguese control only in name -- wars of national liberation have been raging in the three principal Portuguese colonies in Africa for years.

The largest of the colonies and the first of them to explode was Angola -- a vast territory on the west coast of Africa claimed by the Portuguese some 400 years ago as a slave trading base, now the home of over 5 million Africans, around 400,000 white colonialists, and immensely valuable deposits of oil and other minerals. For the last ten years, Angola has also been the scene of fierce fighting between Portuguese troops (some 100,000 of them at present) and African guerrillas.

We think it important to stress the strong links between the Portuguese colonial system and the United States. Practically all of Portugal's arms have been acquired through NATO -- and the U.S. recently agreed, in violation of U.N. embargos, to supply planes which will be used to ferry Portuguese troops to the African battle zones. In addition, American companies have rushed in with heavy investments -- most notably Gulf Oil, which by 1969 had sunk over 130 million dollars in Angola.]

Florida Prisoners

RAIFORD PRISON, Fla. (LNS)-- Over 80 prisoners were injured at Raiford after maximum security inmates struck to protest prison conditions in early February. Over 400 prisoners in the main unit joined them in their strike. Maximum security prisoners are beaten for just talking among themselves and are stripped and finger searched before they are allowed to see visitors.

On Feb. 12 prison guards tried to break the strike by moving in on some of the main unit striking prisoners. According to one statement signed by 36 inmates that was smuggled out, the guards "opened fire at point blank range. There was absolutely no warning." The guards claim that the men charged a fence.

One prison guard said that a squad of nearly 100 guards and law enforcement officers swept through the maximum security unit a few days later beating prisoners. Inmates were told to step forward if they still supported the strike. Those who did were beaten with fists and gun butts. According to the smuggled note, "They pulled the newly formed inmate councils off their respective wings" and beat them.

The same guard said a high ranking prison officer shouted "Hit him again! Hit him again!" The guard said the beatings were "a big joke" to some officers who, he said, "would make brilliant storm troopers in Adolph Hitler's army."

Chile

The Chilean government last week uncovered an international plot to drive down the price of copper abroad. The scheme was to offer nonexistent copper for sale in Europe, where the price has gone up from 45.6cents to 50 cents a pound due to a falling-behind in the production schedule in Chile. The Chilean government arrested six people including an American, Howard C.J.O. Edwards, who was identified as a member of the CIA. Copper production has fallen behind somewhat since U.S., Canadian and other foreign managers, engineers and other technical workers have left the country. Others have been charged with sabotage.... The vice-president of the Chilean state copper corporation last week charged some U.S. companies with deliberately holding back production. He said production in the big mines controlled by the U.S. dropped by 18% last year compared with the previous year....Beginning in April, Chile will sell its copper directly on the foreign market, cancelling its contract with the Anaconda Sales Company, a subsidiary of the U.S.-owned Anaconda Copper Company....

Regis Debray

A few days after his release from prison in Bolivia, Regis Debray, the French leftist writer who spent some time with Che Guevara's forces, gave an interview to Jorge Timossi and Manuel Cabeses of Prensa Latina in Santiago de Chile. Excerpts from the interview follow:

You mentioned the Tupamaros.... What is your precise opinion of them?

When you measure the political wisdom of each military action of the Tupamaros, you realize that there is a political head that leads, that is very well aware of the class struggle. The action of the Tupamaros is incorporated into strikes, economic demands and the taking of factories, but finds its strategic points in the struggles of the masses....Another formidable thing about the Tupamaros is the way they have succeeded in doing political work without saying so and without discussing it. They have made their politics into a proxis, avoiding abstract type polemics of an ideological nature. I understand that they never directly attack any organization on the left, which is not at all an apolitical attitude: it is a political position. ...What image [do] you retain of Major Che Guevara?

It seems to me that Che was very alone. I have the impression that he bore that solitude with courage and abnegation, perhaps also with a kind of sadness. He resigned himself to the isolation of his group, outside of the Cuban comrades who were with him, and comrades like Inti and Coco Peredo, and others. Che should have been surrounded by other people, a greater number of people, a greater number of Bolivians.

In my relations with Che I found some difficulties in drawing close to him. The tremendous respect that surrounded him created a certain human vacuum, it made contact difficult. However, many times that didn't happen and we conversed in a very spontaneous way about philosophy and literature. As for political topics, I made a series of formulations that he didn't like....

But in essence what is your memory of Che?

...Che is an example of something that is very rare, that does not occur frequently in history, I mean the intertwining of the man of theory with the man of action. That is, in general the men of action do not realize what they're doing, and they "get high" on that action. To me, Che is an exemplary exponent of Leninism! A man who constantly measures his steps, who has no illusions about what he is doing, and continues to do it. Che was an example of the union of revolutionary theory and practice embodied in one person.

Berrigan

The cold war alliance between politics, labor, and the military finds many Americans at the right end of the cornucopia. What has not yet arisen in them is the question of whose blood is paying for all this, what families elsewhere are being blasted, what separation and agony and death are the other side of that coin of the realm -- the connections are very hard to make, and very few come on the, and many can hardly imagine that all being right with America means that very much must go wrong elsewhere.

From a letter to the Weathermen from Dan Berrigan, August 1970, Thanks to the Columbus Free Press.

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Across from the Bon

exist to resist

Our Brothers In the Trees

AUM

A new head shop again, why not? It's not easy but these people pooled in all their resources and did it with very little bread and lots of help from their friends.

Three legal owners are involved, two partners from the Phillipines, a man and wife team; and one partner from California. They all met while in the Navy at San Diego. When their time was up, a reunion was had with talks of Bellingham which they heard so much about. The main desire was to start a Coffee Shop, do something for people and make a living the way they want to.

Seeing that this town has lots of wine and beer, it was decided on this Coffee House. This also happens to be right in the middle of town, straight people helped, and the Business Interaction Guild helped a lot too, plus that we have a very important factor called the good people of the streets, as I was told.

One more thing must never be forgotten this is the Good Earth Pottery Shop whom even yours truly helped Leon, my friend made the opening of it one day through mystical ways and means.

The seats, tables, etc., all come from our usual thing, the telephone co., reels and kegs from a Seattle junk yard. Oh, yes, you must not forget to look at the lampshade with their beautiful faces, Leon helped cuz I recognized the faces. Stove pipes were used.

Foods are some of the hard to get items as bagels plus a good variety of teas etc.

Music there is rite on. Contrary to what so many people say it's free jamming from anyone or bands with some musical talent, cuz AUM can't pay them cuz all their resources are gone like ours. One of the partners even got a job to keep things together.

There's lots more to be said but go down there and see reality in action. Help them hold the Peace and Love we need cuz I already had a reunion there.

Amen, Cadillac

ACLU Benefit

An American Civil Liberties Union benefit rummage sale to help cover legal expenses in two important civil liberties cases, will commence at 9:00 p.m. Saturday, April 10 at the Unitarian Church on Franklin and Gladstone.

All proceeds from the sale will go to the A.C.L.U. in order to carry to the U.S. Supreme Court the case of eight former Western Washington State College students arrested in 1968 while distributing anti-draft information outside a local high school. The second case deals with flag desecration charges levied by the state against a Bellingham man who was arrested while wearing a pair of pants which had been patched with an American flag (it's okay if you're a cop and you wear it on your sleeve).

If you'd like to assist these defensive thrusts against creeping 1984ism please donate your rummage (baked goods, also) by leaving it at the College Student Government offices, or call 734-0063 for pick-up service.

Northwest Free U Time Again

The Free U is offering the following courses Spring Quarter. Registration may take place via mail (1114 N. Forest) or at the Free U. Booth at the Viking Union Plaza at W.W.S.C. Registration is from March 29th - April 7th. Early registration is advised since classes often fill up quickly. Catalogues can be picked up from the Free U. booth, the Ardvaark, Bank Books, Bellingham Library and The Museum.

Pattern Drafting
Organic Cooking
Health Food Cooking
Wine and Beer Making
Organic Farming
Bicycling
Contemporary N.W. Indian Problems.
Appalachian Dulcimer and autoharp
Rock Climbing
Buddhism
Macrame
Keep Fit
Create with Yarn
Witchcraft
Astrology
Chess
Education and the Ghetto
Early Greek Philosophy
Rap session on the emerging culture
Arc Welding
Japanese Conversation
Relaxation Massage
Human sexuality
Bread making
Life Drawing
Anarchist Thought
Political Science
French Conversation
American Woman
Intermediate and Advanced Boogie
Bahai faith
Astral Projection
Pranaic Psychic Healing
Economics of Hunger
Interracial Marriage and Attitudes
Fantasy Creation
Electronic Feedback
Weaving
Painting
Society and Environment Revisited
Creative writing
Sensitivity Marathon
Organic Gardening
Canoeing

Education Vouchers

Seattle is one of three cities in the United States to receive funds from the U.S. Office of Economic Opportunity to support a pre-planning feasibility study of the voucher concept. This study will provide information for the Seattle School Board to decide whether or not it should go forward to the next stage of planning. The OEO has indicated a willingness go field test this plan in a limited number of cities after the planning period.

Basically, the voucher concept provides for a new method of allocating funds and assigning children to schools. Under a voucher system, children would not be assigned to schools by the central office. Instead, parents would receive a tuition voucher, good for the "purchase" of education at any eligible "voucher" school. The parents would select the school they believe best for their child, and "pay" for the child's education with the voucher. The school would cash the vouchers at an Education Voucher Agency (the EVA).

If Seattle decides to go forward with a field test of this idea, a demonstration area would be designated. It would contain from 10,000 to 15,000 elementary school aged children. Each child in this area

and age group would receive a voucher which would be worth at least as much as is now spent on the public school child in the city. The parents of the child would then be entitled to select a school that they determine most suits the needs of their individual child. To be eligible to cash vouchers, a school would have to comply with some basic rules designed to protect the poor and racial minorities against discrimination, to guarantee all children equal access to all schools, to prohibit the unconstitutional use of voucher funds, and to guarantee parents access to information about the schools to enable them to make wise choices when selecting schools.

Neither OEO nor the school board, advocate immediate conversion to a voucher system, or even a field test of a voucher system. Rather, it is proposed that Seattle undergo a series of study and planning stages prior to deciding on a field test. If it then seems feasible, the city would begin with a field test, which would last from five to eight years. After full evaluation at the end of this period the city may decide to reject the idea, or adopt some form of voucher system on a city-wide basis.

The staff work on the study will be conducted by the Bureau of School Service and Research at the University of Washington. Anyone desiring additional information on the program can call the Bureau at 543-4940 and talk to a staff member. Speakers are also available to come to meetings of small groups or organizations desiring to learn more about the concept and the progress of the feasibility study.

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GOLD RUSH IN S.E. ASIA



Oil. Also known as black gold. The United States industrial apparatus uses over 50% of the resources consumed in the world each year. And this apparatus runs on oil. But the production of oil refineries in the U.S. does not come close to supplying U.S. domestic needs.

So oil must be imported from other countries. From Canada where foreign companies own and control 99% of the developed refining capability. From the Middle East where liberation movements and Russian influence threaten 'Free World' oil supplies. From South America where repressive regimes must be maintained with military advisors and foreign aid gifts to the ruling elites.

But there is never enough of a secure supply to fill the constantly growing need. For this reason seismic explorations to discover new supplies are going on constantly. And all the time the U.S. must vigilantly defend its oil empire.

As the above map clearly shows, oil explorations by giant U.S. companies are going on throughout the region of South-East Asia. Explorations are being conducted off the South-Vietnamese Coast already. And the Wall Street Journal says that sometime this month seventeen highly sought-after leases to drill for oil off the coast of Vietnam will be awarded by the Thieu-Ky government to international petroleum corporations, most of which are American.

So why are they in Vietnam? The map shows one of the most obvious reasons, a reason which has necessitated a genocidal war against the peoples of Vietnam, Cambodia, and now Laos. And always lurking behind U.S. actions is the fear of China and the desire to involve the Chinese in the widened Indochinese conflict.

For this Laos was invaded recently. For this Vietnamese have been dying for over twenty years. Only the destruction of the U.S. Empire will end the present U.S. equation that black gold equals death.

GREENPEACE to AMCHITKA

The DON'T MAKE A WAVE COMMITTEE announced recently that they are chartering a private ship for the Committee's GREENPEACE project.

The Committee, an incorporated non-profit society, was organized to try to stop U.S.A. underground nuclear tests at Amchitka Island in the Aleutian Island chain near a major earthquake fault, and to protest all nuclear testing by any country.

The ship, GREENPEACE, will go to Amchitka with a corps of scientists and newspaper, magazine, radio, TV reporters. The purposes of the voyage will be to ascertain and publicize the damage caused by the 1.2 megaton hydrogen bomb blast at Amchitka in October 1969; to focus Canadian and international attention on the grave dangers of exalted nuclear testing (the U.S.A. Atomic Energy Commission plans to set off a 3.5 megaton blast this fall at Amchitka and a 5 megaton blast subsequently), and to rally world public opinion in support of an international ban on ALL nuclear tests of any kind.

If the AEC ignores the GREENPEACE protest and growing, widespread opposition from scientific authorities, the Committee is prepared to conduct a "sit-in" at sea off Amchitka Island. It would be similar to the one conducted off Bikini Island by a Quaker Action ship, THE GOLDEN RULE, as a protest against nuclear testing in the atmosphere.

Persons wishing to go on the GREENPEACE are requested to write to the Committee c/o Faculty of Law, University of British Columbia, Vancouver, stating their qualifications, the capacities in which they can work aboard the ship, and their reasons for wanting to be aboard.

Summer, 1970

With tears in our eyes we looked back at the small overly stuffed chair. JD Salinger Salinger looked from side to side and then pronounced the word "inefficient" referring to the overly predominant Ralph Nadar who was eating cornflakes in the corner, cleverly hiding the writing on the wall, or box as the case was: CORNFLAKES (actually KELLOGG'S CORNFLAKES). All the war mongers began to sigh with sweet regret.

There was one reproachful sigh from the back of the room as no other than Fred Astaire danced forward humming a tune he had learned on the way up. "So," he said with a look of lust in his left eye, "you've decided to go along with me on this one."

Ralph Nadar looked up from his meager meal, and flipped a cornflake in Fred Astaire's ear. "Vitamins!" he said

spitefully. "Minerals....." he whispered longingly.

There was a loud murmur from the back of the room where the others sat watching the ceremony. Several of the spectators were thinking such thoughts as "Please rise and repeat after me" and "Will the following people please contact the mayor".

"Personally," said JD Salinger, "I think this entire thing is rather rankish." Several of the spectators hissed. One of the more outlandish of them actually booed. HD Salinger paid no attention to the disapproval but instead continued with his oration.

"I have come to speak to you on this grave occasion with a heavy heart and a sullen face," he said with a sneer on his face. "It has come to my attention in the last few weeks that a few of you among me are whispering strange words and speaking of until recently unsaid issues. "No," he said with a lisp, "to my knowledge, cornflakes are not what might be termed 'harmful to the body,' but," he continued suspensefully, "this doesn't mean they're good for

you....."

"Ha, ha," thought several of the spectators, looking directly at Ralph Nadar who had no time to question JD Salinger blandly about the cornflake issue.

"We just don't want to have anyone going around saying stuff that isn't true," said Fred Astaire looking piercingly into Ralph Nadar's ears. "We just don't want any commies or fascists or faggots talking out of line around here. That's all."

One of the spectators, looking somewhat like a juror and somewhat like a wandering minstrel, stood up and appeared to have something to add.

"Yes," said Fred Astaire, realizing that Ralph Nadar was too busy eating his last cornflake to address the somewhat disgruntled spectator.

"I was just wondering if you might give us some statistics."

Looking like a wooden eye, Fred Astaire forwardly and uprightly answered "No."

A dense fog covered the ceremony and only a murmur of discontent and uprising thought could be heard.

Cheapos

by ed monk

Okay Okay now I'm getting lonesome sitting in my mailbox all alone so will somebody out there send me a letter with a cheapo hint? You can send a postcard even, and save yourself a penny. Gasoline: In Bellingham cheapest is the self-service island at Latham's Phillips Station on Holly and Garden -- 32.9. On the guide meridian the Jackpot station 'bout two miles East of Freeway, usually 32.9 also. In Seattle the station across from the Food Co-op on 65th N.E. is the cheapest I've seen.

Pizza: Cheapest in town is at Toad Hall. Only a dollar-thirty fills up two people plus you get entertainment non-stop even if the musicians don't show.

Vegetables: Organic seeds are on sale at Bank Book Store right above Toad Hall. 50 cents a pack probably sounds high but I noticed the lettuce at Thriftway was 50 cents a head today so...better consider planting a garden and organic gardening is the only way to go. If you intend to do more good than harm. An example of a cheapo dream is picturing all the wasted lawn space in the country plowed up by molasses jugged homeowners to be converted to organic gardens.

Eggs: Alabama meat lockers (on Alabama St. North Bellingham) med. chex eggs 3 for a dollar.

Wood is readily obtainable if you

got transportation. Drive around the logging roads in any national forest until you find a landing where the operation has moved out. If there are a lot of good culls and other burnable garbage (which there always are) look around and get a good description of the area--creek names and road numbers--then drive to the nearest Forest Service office and for a price ranging from nothing to \$5 a cord they will give you a permit to take wood from that area. Be sure to tell them that it is for personal use and it will probably be free. If its shingle bolts, there will be a small charge. The beauty of it is that once you have the permit (usually good for 3 to 6 months) the wood belongs to you and no one else can legally take it. USFS is glad to give the permits since they would have to go in and burn the landing anyway.

Junk: In Seattle area there are some great junk stores in Ballard. Trinity Gospel was (or is) having a 50% off grand going out of business sale. Also check Union Gospel Mission and the Salvation Army.

Now Please P - L - E - A - S - E send me some ideas, from anywhere. I'm starting to have headaches everytime I write this from straining so hard to think up cheapies. Actually it is really easy to think 'em up if ya just try. For example who knows the cheapest place to get aspirin?

Legalize Marijuana

by richard m. friedman

The issue of Marijuana's illegality has finally come of age with the submission of a bill to the legislature of the state of Washington that would legalize its sale.

Its adolescence began in the mid-sixties with the discovery that many of the "facts" people were patterning their lives on were false. When I say that it started at this period in our history I mean that larger groups of people began to come to the realization that much of their education (in the broader as well as limited sense) was of questionable value and some of it just patent lies. Perhaps the first pillar of absolute knowledge to fall, for many people, was the "fact" that Marijuana is a killer drug whose use leads inevitably to unimaginable torment and servitude in the fiery pits of Hades. "Hey man, it didn't even give me a hangover" was the next day's reaction rather than "I-I g-got to have m-more. I-I'll die without it." To a social pattern built on such lies the increased use of Marijuana was a dangerous symptom of people's finding out the truth. But Mr. Anslinger's tactics of the thirties were no longer effective and more and more people discovered the truth through first hand experience. It would seem that, for many, the use of Marijuana accompanies an increased critical awareness (though certainly no causal relationship exists). The real issue is, however, whether a slow-moving and repressive government, originally designed to serve the needs and desires of its people, can maintain and selectively enforce a law which brands, at the very

least, ten percent of its total population as felons or common criminals. This can only breed further disrespect for a legal system that complains so bitterly that it is losing the respect of the citizenry.

The bill, known as H.B. 588 was proposed to the state legislature by Mike Ross, a freshman legislator from Seattle. His stated purpose in introducing the bill, was to open dialogue on an important subject. The bill would place the sale of Marijuana under the control of the State Liquor Control Board and make it available to persons over the age of eighteen. The fact that the state would be making bundles of bread is unfortunately unavoidable as the state must get its cut from whatever form of evil its populace chooses to indulge in, be it tobacco, alcohol, driving smelly polluting automobiles, or grass. But at least it would be legal to buy, smoke, and grow.

In Bellingham a group called C.A.L.M. (Citizen's Association to Legalize Marijuana) has come together to form a peoples lobby that intends to try to effectively promote the passage of H.B. 588. C.A.L.M. intends to wage a promotional campaign similar to the one successfully fought by the advocates of the abortion bill. This takes people time and money. C.A.L.M. is asking that you contribute whatever resource you have at your disposal. Help of any sort would be greatly appreciated. The Address is: C.A.L.M. P.O. Box 117 So. Bell. Station . Bellingham Wash. 98225 Phone: 734-8072



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photo by Bob Andersen

"Husbands" and "The Wild Child"

by bernard weiner

"Husbands" by John Cassavetes
"The Wild Child" by Francois Truffaut

The trouble with being a film director of *Stature* is that each of your films must be as good as your best; if it's not, you might be regarded as "slipping," money would be harder to come by, stars would avoid your calls, etc. On the other hand, if you've made a few fine films, you can count on a cult forming around you, so that anything you do from then on--no matter how eccentric or lousy--will be rationalized away in praise. (Godard is a good example of the cult syndrome.)

Both Francois Truffaut and John Cassavetes are directors, who, in the past, have produced groundbreakingly creative films. In Truffaut's case, we can recall such early classics as "The 400 Blows," "Jules and Jim," and even the flawed "Shoot the Piano Player." With Cassavetes, we recall the early "Shadows," some of "Too Late Blues," and, above all, "Faces."

Each now has his latest release playing in Seattle. Each stars in his own film. Each film is disappointing. Cassavetes' stock-and-trade is found in both his camera technique (stark close-ups) and in his directing style (the use of improvisational acting). In "Shadows" and, particularly, in "Faces," these techniques yielded some unusually powerful moments of raw emotional truth. In "Husbands," what emerges is an artistic hodge-podge.

The plot, that which there is, concerns three suburbanite husbands who, following the funeral of their buddy, go on a week-long binge in New York and London--almost always drunk, crude, horny and enmeshed in their psychosexual hangups. Cassavetes' directorial technique is to provide the basic situation for a scene, and maybe even a couple lines, and then simply to photograph the improvisational result making it all click with editing. The underlying assumption is that emotional truth will be more immediately visible and powerful than if the traditional script-method were employed.

It worked beautifully in "Faces." Most of the time, it flops in "Husbands." The bones of the improvisational technique stick out obtrusively here: actors hem and haw until they hit their stride in a scene, or even "break" while on camera. In addition, though Cassavetes is striving for ultra-realism in his shooting, he allows clearly unreal situations to intrude, thus breaking the mood: in a scene supposedly shot on a moving subway, nothing moves; in another key scene, the sound boom quite visibly bobs its microphone into the frame. Is Cassavetes merely sloppy? Or does he assume that the "cult" will somehow explain it all away?

There are some truly effective moments--Peter Falk's verbal confrontation with an Oriental girl he picks up in London, Ben Gazzara's violent scene with his wife and mother-in-law, Cassavetes' bedroom scene with his London pickup--but in the main, one could care less about the characters portrayed. Instead, one focuses on the cinematic techniques--and these are not enough to carry the film. Cassavetes, a fine actor and an equally fine director when he exercises some self-discipline, should quit reading his cultist press clippings and get down to art.

Similarly with Francois Truffaut's "The Wild Child." Truffaut, an early innovator in the French new wave of the late '50s and '60s, here contributes absolutely nothing to the art of the cinema. Any director could have made this slight film. Truffaut's one artistic "device" is the use of the iris-shot--and he overuses it at that.

"The Wild Child" is based on the 1806 report by a Dr. Itard of his attempts to "civilize" a child which apparently had been abandoned at a very young age and which had survived as an animal in the woods. It is a fascinating story--the attempt by "sterile science," as Itard admits at one point, to fit the wild boy into traditional bourgeois moral and social patterns--but it is a nothing film. Or almost nothing, since it does raise a few interesting questions in the viewer's mind.

Except for a few nature shots, the camerawork is stagey and uncreative. Truffaut is empty as an actor. The boy, played by Jean-Pierre Cargol, is not exceptionally well-coached. Even some of the details of directing are handled sloppily. (For example, we are shown that the wild boy can use his opposable thumb even at the moment of his capture, yet Truffaut allows him to pretend not to know how to use it when negotiating food into his mouth. Or, during an early chase sequence, the wire ropping up a tree branch is clearly visible. Or, a dog which is supposed to have been killed by the wild boy moves his head just as the camera pans away--bad editing.)

Once again, instead of being immersed in the film as film, we find ourselves interested either in the story--which we could do equally as well by reading about it-- or in extraneous questions: such as what possessed Truffaut to make this shallow film? Why did he star himself in it? Etc.

Perhaps these two efforts by Truffaut and Cassavetes are merely artistic anomalies-- the temporary excursions into mediocrity that all artists must suffer. Let us hope so. There is too much talent possessed by these two directors to have it piddled away in uncreative films.

Here's Mud in Your Eye...

by dorothy bird

Stony silt loam, gravelly clay or our own Schnorbush loam are a few of the wide variety of soil types. Seldom will you find yourself with an ideal soil to start with but through understanding what your soil needs and how to accomplish it you can produce the living organism that is the heart of organic gardening, or better yet, to quote E.E. Pfeiffer, "restore to the soil a balanced system of functions. This requires our looking at the soil not only as a mixture or aggregation of chemicals mineral or organic, but as a living system."

The two best sources of information about your specific soils and how they can be improved would come from the Soil Conservation Service and the Bio-Dynamics Institute. The Soil Conservation Service offices are located in the Federal Office Bldg., across from Pay 'n Save, Bellingham. I found them to be exceptionally helpful, they will do surveys (but not pH test) of your soil types and based on what you want to do make recommendations as to what steps should be taken to accomplish your goal. They have samples of soil types and sample profiles from the area and other information. They are FREE.

SOIL TESTING

The Bio-Dynamics Institute, although not free, has much more detailed information available and a better understanding of the goal of the organic gardener. They are very responsive to specific questions and problems and offer information that allows you to strive for the harmony of a balanced system. Their lab: Biochemical Research Laboratory, Threefold Farm, Spring Valley NY 10977, does tests to determine pH organic matter, carbonates (\$4.50) as well as tests for trace minerals, biological activity, state of humus, % of clay, silt, sand, structure, etc. Their complete survey is \$30. They also have a test for organic chlorine residues (DDT) for \$30. They also do compost tests and produce test which tell you protein content, deficiencies, amino acid patterns, vitamin contents, and many other things at various prices. All results are accompanied with suggestions and they seem to be very generous with information about how to accomplish better results.

Although they carry several bio-dynamic products such as sprays, compost starter and similar preparations, they will tell you what they are made of and if it grows wild in your area encourage you to collect it and make your own. Many are made from stinging nettle, camomile etc. They sell them at cost price. The Bio Dynamic Farming and Gardening Assoc., R.D. 1, Stroudsburg Pa. 18360 has a list of books and pamphlets they've produced and I find them not only informative but their viewpoint to be sympathetic with Nature's way with portion of whimsy to delight the reader. See the booklist in this issue for some of their titles.

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Winterhealth Sproutwise

by d.r. hiatt

Long ago we arrived at a conviction, based upon faith in an all-wise Providence, that there is no necessity of importing citrus fruit from hundreds of miles away in order to maintain optimum health during winter months when acceptable fresh green vegetables are difficult or impossible to come by. Neither did we feel that the Lord intended us vegetarians to take fish liver oil, nor us poor all-natural fooders to bolster our diets with expensive laboratory products.

For years, however, we were without much actual proof of the validity of that notion until after we discovered the high food potency of fresh sprouts. Now we know how to secure an abundance of superior quality vitamins, including the much sought D and other even more shy or fugitive vitamins, all at a fantastically low cost well within the scope of the most restricted income. The practice of sprouting has since become so habitual and commonplace with us we marvel that we failed to institute it in our home many years sooner than we did.

Nowhere else under the sun is such productive power stored and available as in seeds. And in no other form can so much nourishment be purchased for so little money. A dime's worth of seeds sprouted will feed an entire family to satiety with live, protective, cellbuilding food.

A one minute flushing with water,

three or four times daily for three to four days constitutes the total time and labor involved in raising a crop ready to harvest, and serve.

One way to sprout grain at home is to use an ordinary square egg carton top. Fold a piece of tight woven cotton cloth several times; it should end up twice the size of the carton. Lay half in the bottom and cover with grain (buckwheat, soy, mung, wheat, alfalfa). A double thickness of grain might be tried at first. Fold the other half of the cloth over the grain and soak with water. Repeat often enough to keep the cloth and seed wet.

Use it when the sprouts are mostly green. In addition to the usual salads and chinese dishes it can be used in breads and hotcakes. Seed can be bought from the food co-op in Seattle.

I first heard of sprouted grain as a way of getting green food to chickens during the long northern winters; this made sense to me. Granting the availability of relatively uncontaminated seed, sprouted grain can make an important contribution towards a diet free of chemical poisons.

Sprouted seeds are food fit for a king, yet they are within the means of the veriest pauper. We have never seen anyone too poor to have them in abundance every day. To the rich and poor alike, you could give no better gift than the knowledge of sprouting seeds for food.



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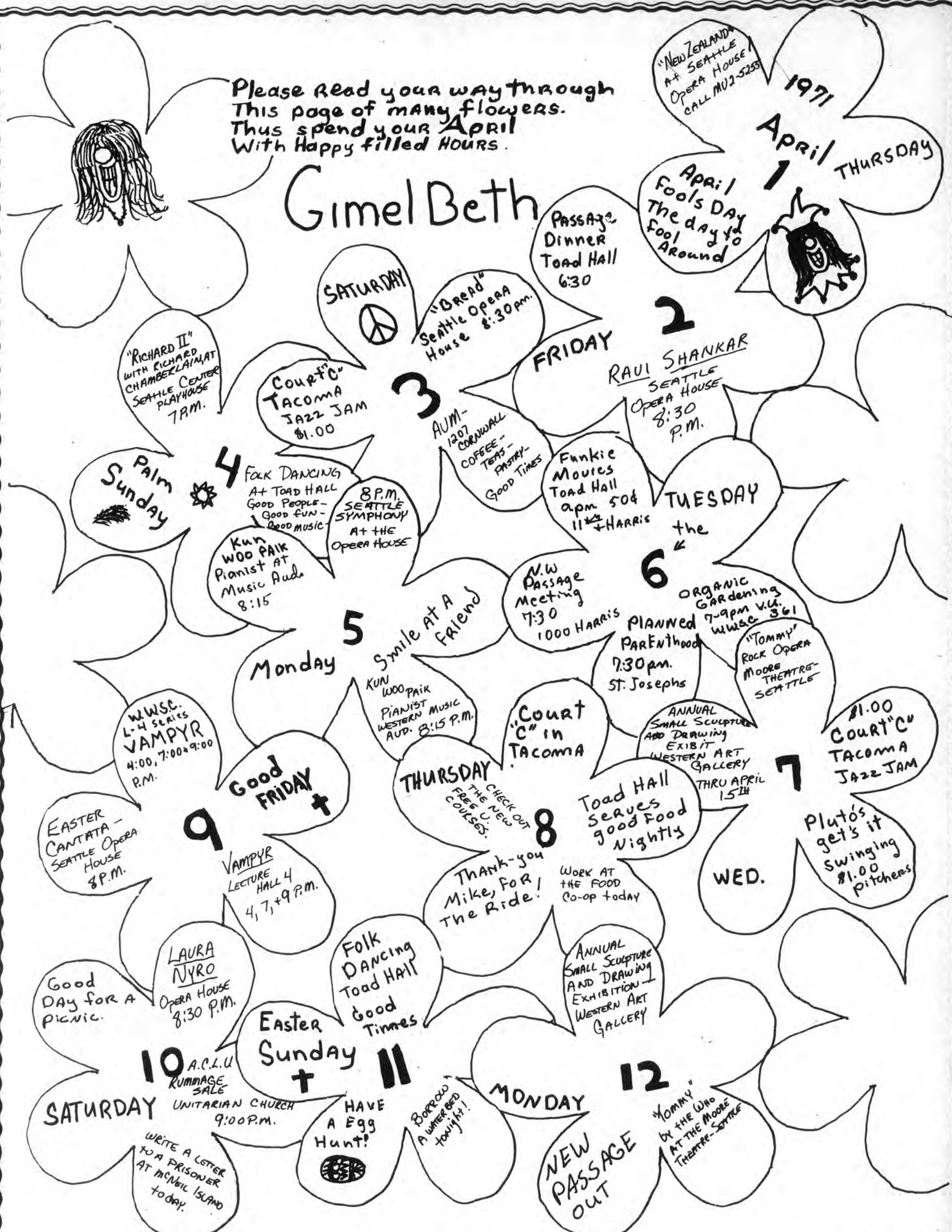
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HIGH! I've heard that there's going to be a Rock Fest in Canada sometime around Easter, but it seems nobody knows for sure. I'd appreciate it if someone could tell me if there is or isn't. And if there is one, I want to go, and will be needing a ride either from Seattle, Mt. Vernon La Conner, or Bellingham. I'll help pay for gas. Thanks! Write: Timi Melville; Rt 4, Box 244; Moses Lake, Wa. 98837

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—Switchboard—

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