

25¢

BELLINGHAM PUB. LIB #1  
BOX 1197  
BELLINGHAM WA 98225  
73038



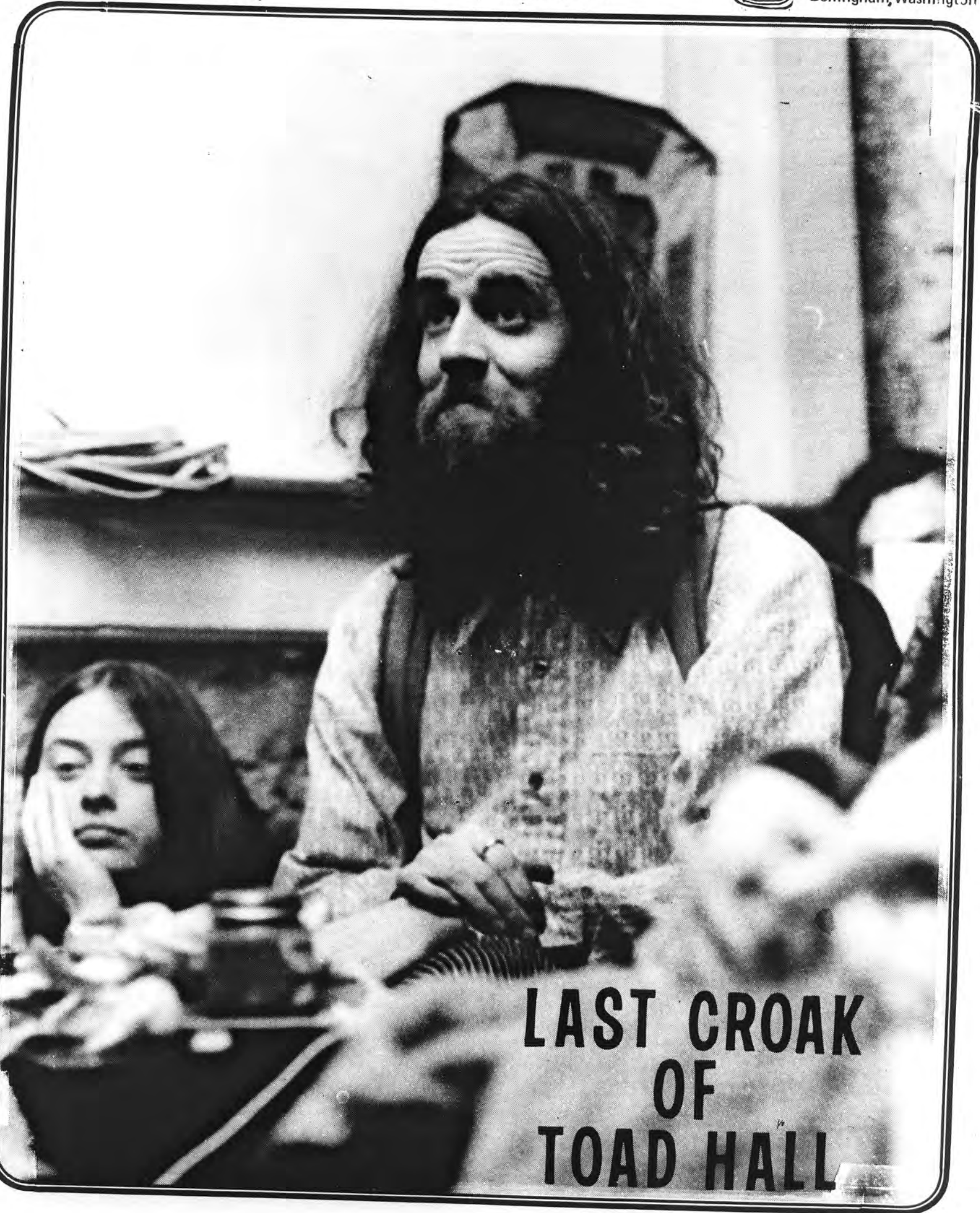
# NORTHWEST ASACT



Volume 8, Number 9

February 19 - March 3, 1973

Bellingham, Washington



**LAST CROAK  
OF  
TOAD HALL**

## Rights and Critics

Dear Passage,

What is this trivia about movie reviews? What does this San Francisco weiner think he is, wasting his life watching every movie that comes along. How many hours of his life are wasted watching those un-realities, and then pondering the "meaning" out of them, and finally rating the

good guys and the bad guys and all the little in-betweens. The article on movies may truly be worthy of some chronicle of celluloid simplicity, like the New Yorker, but what is it doing in the Passage? If a poor Passage reader could afford to go to see 58 films a year (Pass the excedrin) the ratings would be different, anyway. Your movie critic appears to be wasting his time, and would probably be put to better use planting corn. I've never even heard of a statue erected in honor of a critic.

CORNPLANTER  
(mouthing off as usual)

**Yeah!**

Dear Cornplanter:

There is a larger-than-life-sized bust in the Los Angeles County art museum called "the Critic"; it is waxy white in color, has a large forehead and a tiny pinched mouth and is made out of polyester resin. I have never seen any statues of anybody planting corn, and besides, you don't plant any corn anyway, you just dish it out (or you eat it, digest it, and shit it out; similar to the process of producing movie reviews, only not so interesting.) For God's sake man, get your priorities together before its too late!

Concerned  
that you find the true meaning in life,  
-- Movie freak



Dear people at the Passage,

I was glad to see such thought provoking articles about the evolution of peoples' enterprises in the last issue. At the Capitol Hill Co-op and in Co-operating Community we are also struggling with these questions.

One of our ideas for managing the co-op in a non-alienating way is our weekly collective meeting. Since last August, when we experienced a severe people power problem, we have been meeting at 9:00 am every Monday to discuss the day-to-day problems of running our store. This meeting is open to all members (nonmembers too for that matter), who have speaking and voting rights. At this meeting we are concerned with stocking the shelves, ordering products, doing research, maintaining the equipment, keeping records & books, etc. In short, the weekly collective administers the policies and programs of the co-op.

The membership retains the final authority and control of the co-op in the membership meeting, called for every three months in the by-laws, although we seem to have one every two months on the average. Major policy decisions such as whether to support full time workers, or whether to buy the property we now rent, are the proper responsibility of the membership.

page 2

This is a nice solution of the problems of representative type organizations—such as boards—because those who have an interest come and the enterprise is immediately responsive to their needs, aspirations wants, etc.

On the other hand, although this particular format works well for a co-op store, I'm not sure it is the best form of organization for a bakery, or a farm, or other producer enterprises. These organizations require a certain amount of autonomy in their operations to protect the interests of the workers of the enterprise.

We are attempting to find the balance within the Co-operating Community, which is an organization involving many of the 'alternative enterprises' now extant in our community. The Co-op. Comm. as it is now organized has as its focal point a liaison group made up of a person from each member group. These people function as information facilitators, and have a very limited amount of responsibility and authority vis-a-vis the member groups. All the groups set their own working hours, determine their internal decision making processes, set prices, allocate resources, and determine the degree of participation in community projects.

The liaison group must make all decisions by consensus, which insures a high degree of autonomy. The liaison group must make all decisions by consensus, which insures a high degree of autonomy. The exception is in new enterprises financed and cherished by the community as a whole. The liaison group initially retains most of the responsibility and only gradually does the new collective become autonomous, in direct relation to its ability to sustain itself spiritually and financially.

Eventually the new enterprise takes its place as an equal partner in the community with more or less the same autonomy as any other enterprise. The community as a whole discusses ecologically sound consumer and producer practices, funds new enterprises, is beginning to look at itself and its resources as a unit, unified in more areas than it is divided, and discusses the merits of various forms of internal organization of the member groups.

I'm looking forward to an ongoing discussion of this crucial subject. What we create today will influence our lives tomorrow—and the day after—to an ever greater extent.

Peace  
Fred Schwartz  
Seattle



### a short note

Friends:

Really have been getting off on your paper — have even considered moving North to join the staff. For now it's karma yoga in the city though. Please stay solvent.

Om Shanti,  
Robin  
Seattle

## Ideas

Dear Passage Folks,

Wanted to write and say how much I enjoyed seeing the article on John Henricks the wood carver. It seems so important to relearn the fact that our hands can do incredible things. Also was good that he emphasized the simple tools — not a lot of big power tools. More articles about this kind of knowledge would be good.

One other suggestion/idea would be an article/report on the Fairhaven College joint seminar with Huxley on "the New Community". I'd love to see what they came up with and I imagine few people in B'ham were able to attend all the meetings.

Perhaps there could be an article or a series even, on the keeping of a personal diary, reflections, creative thinking, reassembling of past experiences into a cohesive present, the usefulness of a diary(?), looking back at ones development and change in a diary....perhaps people there have ideas. It brings to mind Jung's "Memories, Dreams and Reflections".

We were saddened by the co-op gardens incident. Hope something can be worked out. Is there any dealing with this Imus character?

Well — a big thanks for all the work that goes into each copy of the Passage that we receive here in jolly ole' Massachusetts! Hope we're back that way again before too long.

Wishes for each of us — the Real Peace.

Betsy Ratipch  
Massachusetts

**Editors' note: If anyone would like to pursue the articles mentioned, let us know.**

## Diet Pets & Vets?

Dear Passage: It seems to me that there is a real need for a feature or regular column dealing with home healing of pets. Although there are some good vets (and freaks who have had good experiences with them should publicize it) by and large, we have the same objections to vets as we have to establishment doctors: most of them use techniques that are unacceptable and very expensive. The Passage might consider asking someone with experience to lead off, and then some of us with less experience could help. As a starter, here is some information on treating cats with virus infections that I've had very good results with:

The first thing is to keep their resistance up using whatever you can liver, fish, etc. As soon as they do exhibit any signs of illness—loss of appetite, scruffier-than-usual-looking coat, dripping eyes/nose, listlessness, coughing or sneezing, vomiting, diarrhea, etc. and you've ruled out some of the obvious things like eating non-food or a run-in with the local raccoon or just a hard night in general, put them in a warm, clean, dry, isolated place with plenty of drinking water, and dose twice daily with Vitamin C, garlic, and yeast. The dosages I've found that work well are 500 milligrams of ascorbic acid u.s.p., the cheap, synthetic kind, (non-u.s.p. C is supposedly not as pure; they can put other junk in it) twice a day; 1/2 clove (small clove) of garlic twice a day; and however much yeast you can get into an empty gelatin capsule twice a day. I also put the C and garlic into capsules, butter them, and with one other person to hold, they just slip right down. I keep this up for a week, then use just the C for at least a week after all the symptoms have gone. If symptoms recur resume the program immediately. The C alone works pretty well too, but the garlic and yeast is an



extra nutritional boost that they can use to good advantage during illness when it's hard to get them to eat anything. The C also helps keep other cats healthy if they've been exposed to something but haven't actually come down with it yet, or if they're just in the very early stages, it can keep them from getting it worse.

The amount of C can be varied according to how bad they've got it, but I've found that 500 daily for an exposed or convalescing cat and 1000 daily for a pretty sick one is quite effective. Of the cats I've tried it on, it has always worked. (One, which a vet had diagnosed as critically ill with multiple viruses and whose treatment failed, is now doing fine.) The most expensive part of the treatment is the empty gelatin capsules, but even with these, two weeks of treatment is generally about \$3 or less—not more than \$5 at the most, as opposed to a \$50-100 vet bill (minimum) for the same amount of time, often paid for more dubious results. I haven't tried it for bacterial infections yet, or for helping heal cuts, puncture wounds, etc. by both internal and external application of one or more of these things, but that's next.

**Editor's Note: If people would like to see such a column, let us know. If you could contribute, send in your information.**

## Free Store

Dear NWP:

After the Passage Rummage Sale we took everything that was left up to the Free Store on the third floor of the Good Earth Building. A Free Store is a great idea—but it's a lot of work. Most people just dump their things and don't differentiate between junk and rummage. Unless some people take responsibility for keeping the Free Store in order— it's going to be the same mess it was last year.

When you take things up to the Free Store, don't take junk. And try to sort things out in a reasonable manner.

Regards,  
Joseph  
Bellingham

**Baffron's**



COFFEES  
TEAS  
HERBS  
SPICES  
&



KITCHEN PARAPHERNALIA

2029 James St.

OPEN 10-6
733-0517

Northwest Passage, Feb. 19- March 3, 1973

## Toad Hall

Few of us have memories of Bellingham which do not include Toad Hall. Toad Hall opened about the time the Good Earth Building was purchased, about four years ago. Some of the real old-timers can remember the early "Seminars on the New Community", one of which took place on the roof of the Building. Afterwards, everyone went to the Toad for ice cream.

Fairhaven has changed since those days. Empty, quiet buildings have been taken over by paint, steel, and dollars. Our Co-op Gardens plot was bulldozed to store Imus' marble and antique clocks. Fairhaven is being made ready for tourists.

Meanwhile, we have not been idle. We have a Food Co-op, Co-op Gardens, and we have kept this paper going. A mill, bakery Co-op, Housing and Land Co-op, and Community Television are gathering roots. We have named ourselves the Fairhaven Cooperative and are trying to learn exactly what it means to live and work our dreams.

Last week we gathered to celebrate the 2nd Annual Dirty Dan Oldtime Music Festival--and the end of Toad Hall as we have known it. Imus evicted the Toad. There were so many people at the event--people who came to show their love for the Toad, and each other. Instead of mourning, people decided to celebrate. There have been few occasions which have created such an intensity of feeling.

Toad Hall has moved to a smaller place, and we are left without a community meeting place, when we need it the most. As our community expands its visions and work, more and more we will need another place to gather for celebrations and meetings. Perhaps we will build one?

The last croak of the Toad is yet to be heard.

R.P.

## The Pipeline

*forever and ever, world without end*

The recent Washington, D. C. Court of Appeals decision ruling against the permit for the trans-Alaska oil pipeline was very encouraging to local citizens who have long been concerned about the effect supertanker traffic will have on the water quality of Puget Sound. Now it seems the Pipeline will be delayed at least until the 1974 construction season. Every year's delay means the development of better technology, when and if the pipeline is finally built. Every year's delay is time bought for trying to get some sensible public discussion of the so-called energy "crisis." If it is true that we need oil for national security, and if it is true that our energy resources must be rationed sparingly, then it only makes sense to leave that oil in the North Slope and save it for the future.

It's an occasion for only limited rejoicing, for two reasons:

(1) The court decision did not address itself to environmental consideration, but only to a basic statutory problem: only a 50-foot wide strip of right of way across federal land is allowed by law for pipelines, and the Alaska pipeline would require three or four times that much. Congress may pass enabling legislation which will allow for wider right-of-ways. Our own representative, Lloyd Meeds, said in an interview with the *Passage* last week that he would personally work very hard for such legislation. He would do everything possible, he said, to make the pipeline -- and its economic benefits for the Northwest -- a reality. Oil is really Meeds' blind spot.

(2) Even if the pipeline could be consigned to limbo indefinitely, it won't stop supertankers from coming to Cherry Point. The 70,000 ton variety of tankers has already visited us, bearing gifts of Middle East oil to the ARCO refinery. The possibility of the massive spill already exists, and will continue to -- until limits are placed on tanker sizes in Puget Sound and oil movement on the Sound is converted to a total pipeline system.

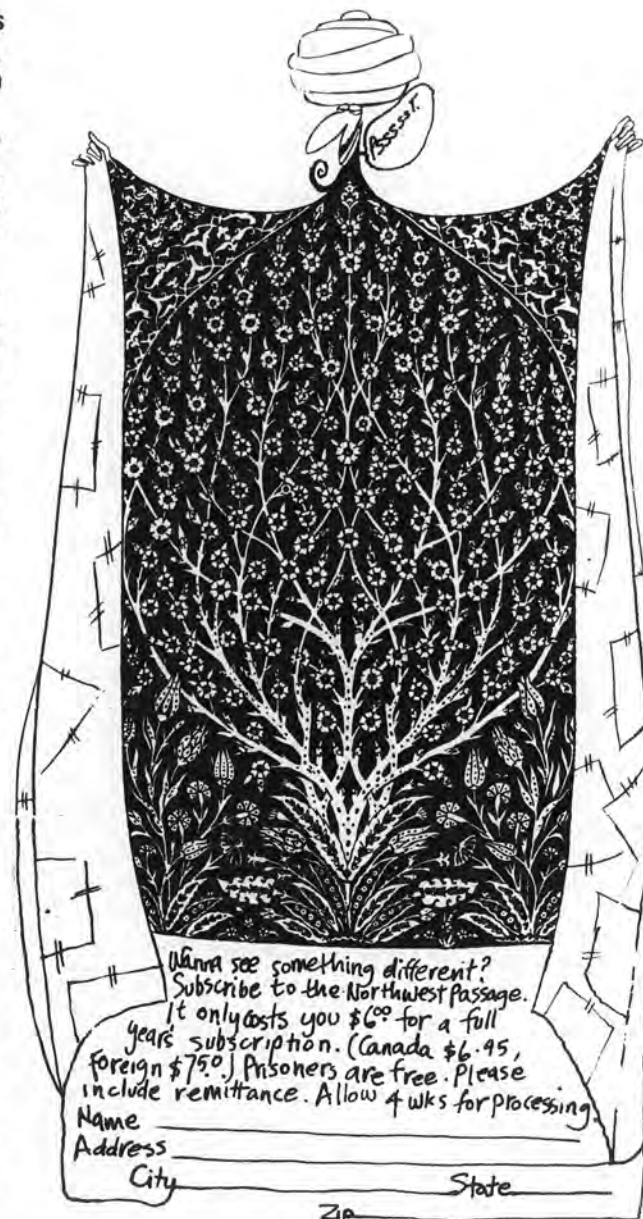
But at least there won't be so many tankers for a while. And Standard will not be hasty to rush into building a refinery with no guarantee of Alaskan oil readily available.

—m.k.b.

Northwest Passage--the fortnightly journal of ecology, politics, the arts, and good healthy livin'--is published in Bellingham, Washington. Mail address: Box 105, So. Bellingham Station, Bellingham, Washington 98225.

The Northwest Passage office is at 1000 Harris, on the second floor. It is staffed regularly from 104 pm on Monday through Friday. If you want to get in touch with us, do so at this time. Our phone number is 733-9672. If you can't get a hold of us then and want to talk about business or advertising, call John at 734-5332.

We have regular staff meetings on Tuesday nights at 7:30 in our office. We encourage you to come let us know what you would like to see in the



## The Future

In the upcoming month, we will be featuring articles on gardening, arsenic poisoning in Tacoma wilderness, Seattle affairs, an interview with Sissy Farenholdt, and a debriefing on eggs, among many other things. Don't miss the next issue because it will contain a seed planting chart which you can put up on your wall. And in a month, our long-awaited "Couples" issue will finally emerge. Make sure you get your copy of the paper. Subscriptions are the surest bet of receiving each issue. It's only \$6.00 for a year. As always, we need help to put out this paper. Let us know if you'd like to contribute. We desperately and particularly need REPORTERS, ARTISTS, and WOMEN. The paper has an overbalanced ratio of men. The women on the staff desperately plea to other women to please come and help restore things to a healthy level.

COVER PHOTO BY MICHAEL BRENNAN



- staff
- Sharon Allford
  - Dorothy Bird
  - Mark Dumont
  - Pat Toth
  - Gary Dufresne
  - Chuck Espey
  - John Havecotte
  - Marilyn Hoban
  - Roger Kelem
  - Jim Massman
  - Laurie Nickolsen
  - John Brockhaus
  - Bill Corr, Sr.
  - Don Allford
  - Mary Kay Becker
  - Tom Begnal
  - Cooper Hart
  - Nils Von Veh
  - Richard Prior
  - Henry Schwan
  - Pam Biery
  - Dorothy Stamper
  - Sharna
  - Teri Dixon
  - Curt Rowell
  - Anna
  - Debbie Black
  - Curt
  - Billy Patz
  - Gary Clevidence
  - Scott Lane
  - Chris Ferris
  - Becka Townsend
  - Katy Misset
  - Alan
  - Roxanne Park
  - Richard Heinz
  - Davelynn
  - Wolfe Borghoff
  - Shelley Anderson
  - Dennis
  - Eric
  - Kathy Stone
  - Faithful Fred
  - Linda Weinberger
  - Greg Peters
  - Bob Corlew
  - Tom Spear
  - Marga
  - George King
  - Kirie Pedersen
  - Curt
  - Nora Pettrich
  - Merle Collins
  - Ed Pikkalo
  - Dennis
  - Jayne Jennings

Published every other Monday, 24 times each year. Offices located at 1000 Harris St., Bellingham, Wash. 98225. Bellingham, Wash. 98225. Frank Kathman, publisher. Price 25 cents per copy, \$6.00 per year (add 75 cents Canadian, \$1.50 foreign). Second class postage paid at Bellingham, Washington. Postmaster or Postmistress: Please send form 3579 to P.O. Box 105, South Bellingham Station, Bellingham, Wash. 98225.

# human medicine: fire burn and cauldron bubble, sip away your sickly troubles

by joyce prensky



Talking about the flu . . .

Coughing. Congestion. Sore throat. Stomach pains. Fever. Everyone seems to get it. Preventative medicine, diet and Vitamin C do not seem to prevent it, alas. It seems that this year's flu is an especially virulent strain.

I heard on the radio that some star football players were probably gonna have to stay out of the game cuz they had the flu so bad. But don't worry folks; the coach had an ace doctor takin care of 'em. He told 'em to get plenty of rest and take lots of aspirin.

Aspirin? In some future column I'll try to demonstrate why this may be rather poor advice. Meanwhile, I'm gonna tell you how you can most likely relieve your symptoms and carry on your usual activities, in a fairly normal state of body, even though you are plagued by the terrible flu. But this does not eliminate the very real need your body still has for plenty of rest. Don't take this flu too lightly. Something like 14 people have died from the London flu this winter in California. The flu seems to strike people over 40 the hardest; it can lower their resistance to the point where they easily get pneumonia.

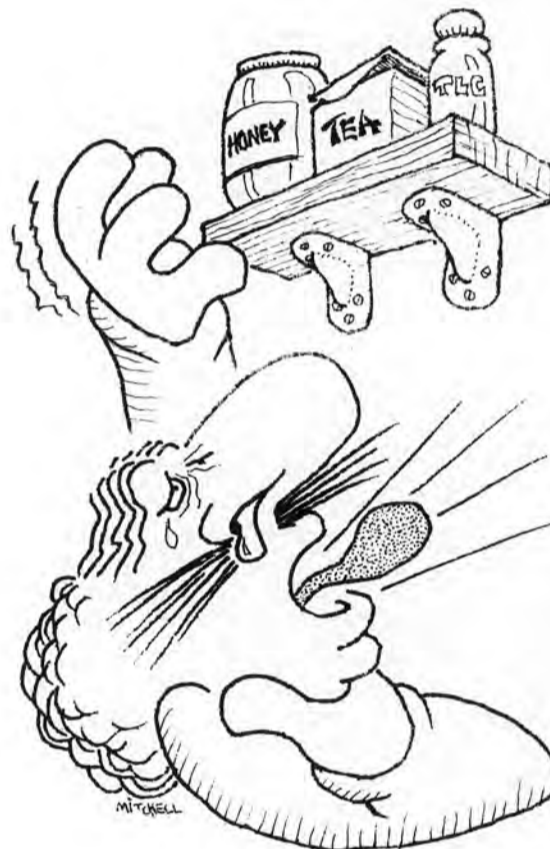
Anyhow, you out there may at this moment be plagued by one or more of the dreadful flu terrors. It hurts and bothers me to see anyone suffering from these symptoms because I regard them as largely unnecessary through the right use of herbs.

If you're just looking for some good herbal recipes to follow, save yourself now from my long-windedness, and proceed directly to the end of this article. Otherwise, be prepared to wade through the accumulated murk of my mind.

Each household is likely to get a dose of the flu, and it's a good idea to keep on hand a variety of herbs with which to meet each symptom as soon as it occurs.

If someone in the family is sick, it's a good idea to brew a big pot of tea with the appropriate herbs for that day, and the whole family drinks some. In this way, you both treat the person who is ill (who should drink quite a bit more than the well people) and you may prevent the others from becoming ill — or at least hope to make their illness a mild one. If children and other folks in your family don't drink much tea, you can make a syrup instead. An herbal syrup is an extremely concentrated tea (like, 6 or 8 tablespoons of herbs to 2 cups of water) with a tremendous amount of honey (up to twice as much honey as tea), and some lemon juice (this is optional, but ½ lemon or more makes it taste better, and it's good for you). It takes a while to prepare the syrup, but you can make enough for a week or two, and busy people can carry it in their pockets and take sips on it, as needed. Let it sit around and ferment, and you get some terrific beer, with medicinal properties. (Be sure and unscrew the lid now and then.) If you don't want beer, refrigerate it.

So, what kind of tea or syrup should you prepare?



Let's say you have a copy of *Back to Eden* by Jethro Kloss, or some other good herbal. You look up a symptom, and he rattles off 10 to 15 herbs that are supposed to be good for what ails you. This used to drive me crazy. WHY DOESN'T HE JUST NAME THE BEST ONE? I used to wonder.

Then I began to understand. Everyone has his/her own favorite herbs, dictated by his/her own personal body chemistry, own taste, environment, etc. etc. Certainly if you come from an area where yerba santa grows plentifully, you'll want to learn all the uses of that herb. And then, if you get a cold, you'll be inclined to try local, fresh yerba santa before you go out and buy some powdered golden seal. Macrobiotics and other people say that herbs and foods from your own environment are more beneficial to your body.

So I can tell you my preferences, and some of the reasons behind them, and I can pass on my recipes which I hope will work well for you, but first I'd like to try and de-mystify the selection of certain combinations of herbs for certain ailments.

Because the best brew you can make is the one that's based on all your own very personal specific needs, which vary from day to day.

Many people are mystified by herbs, and ask, BUT HOW DO YOU PREPARE THEM? Basically, I find that there are three major methods of preparation:

I. Many green herb leaves or flowers are prepared by brewing; i.e., you put them in a teapot and pour boiling water over them; cover the pot and let sit for 3 to 5 minutes.

II. Most barks and roots are prepared by

simmering for 20 minutes.

III. Some particularly tough leaves can be simmered about 10 minutes OR brewed from 20 to 30 minutes. Generally, you should use 1 tsp. of herb per 1 cup of water.

There are a few exceptions: lobelia requires only ½ tsp. to 1 cup of water. When herbs are powdered, their volume reduces to about half; so powdered herbs are usually taken in ½ tsp. quantities, in two 00 gelatin caps (each 00 cap holds ¼ tsp. of powder), followed by ½ cup of warm water. These can be obtained from Western Natural Foods at 1st and Union, Seattle, at \$1.98 for 100.

So, you can make your own recipes if you know which category the herbs fall into. I'll indicate these parenthetically, and if instructions vary from these three choices, I'll be specific about the method of preparation.

A MILD COUGH, or a CHILD'S COUGH, usually responds very well to Coltsfoot Cough Syrup (recipe below). Coltsfoot (III) "is excellent to relieve the chest of phlegm in all coughs, asthma, bronchitis, whooping cough, and spasmodic cough." (Jethro Kloss, *Back to Eden*). But a severe, hacking cough requires much stronger medicine, such as Horehound Cough Syrup (recipe below). Horehound (III) is good for chronic sore throats and coughs, asthma, and difficult breathing. But this is truly bitter medicine, and unless your cough is really heavy, you may prefer to substitute other herbs, according to your need, or their availability.

For example, slippery elm (II) (when it comes as a powdered bark it can be taken in 00 caps OR simmered for 20 minutes. When it comes in granulated form it should be simmered for 20 minutes) is great for getting rid of congestion, and for bronchitis. But it has a strange mucilaginous consistency, so some people don't like to use it. I've gotten used to it so that now I enjoy it, and I usually add a teaspoonful to my flu concoctions. Comfrey Root (II) is very rich in vitamins and minerals, and it's also good for coughs and congestions. Mullein and Yerba Santa together are good for breaking up colds; I got into using them when I lived in the woods in Northern California where they both grew wild. Mullein (III) is good for the throat, and Yerba Santa (III) is good for runny nose. Ginseng (II) is soothing to mucous membranes, good for coughs and sore throats, good to restore the balance of the whole endocrine system. It tastes very good, but it's expensive.

Sage (III) is used in the Southwest for virtually everything. It's a very strong herb, with a strong but not too unpleasant taste. (Of course, this is just MY opinion.) It's very good for coughs, sore throat, and fever. Kloss says that the Chinese buy sage tea from American and drink it for good health, instead of the Chinese tea, which they sell to us! Yarrow (III) is an excellent

blood cleanser, very good for fevers, and for diarrhea, and good to use in any tonic. But it tastes bitter, so I only use a little bit (unless there's a high fever). But some Chinese folks believe that the most bitter herbs are the most effective . . . so I always use a little yarrow (also, it grew wild where I used to live). And then, there's honey. Wonderful, soothing balm. Honey — in its natural unboiled unfiltered form. I prefer the darker varieties, like eucalyptus, and fireweed, and alfalfa. I believe they have special medicinal properties of their own. Honey in general is so good for coughs, sore throats, congestion. And finally lemon, and also garlic, are excellent ways of dealing with coughs and colds in general.

If CONGESTION is your main problem, my favorite herb is Ephedra (II) (also known as Mormon Tea or Desert Tea). This always seems to work for people with bronchitis, asthma, sinusitis, and difficult congestion problems (just simmer for 20 minutes). Another stand-by for sinusitis is Tiger-Balm (a kind of Chinese Ben Gay, made with camphor in a petroleum jelly base) rubbed into the third eye (between the eyebrows). This is the main acupuncture point for sinus problems, and using tiger-balm here often gives immediate though temporary relief.

For SORE THROAT, in addition to previously mentioned herbs, Bay Leaves (I) are good for tonsillitis, and throat and nose troubles. Golden Seal is great for colds, and mucous membranes. For sores in the mouth, use 4 parts golden seal powder to 1 part myrrh. For tonsillitis and serious throat troubles, add 1 part cayenne — these can all be taken combined and in powdered form, in 00 caps.

And finally, if STOMACH FLU is your problem, the good herbs for the stomach are cinnamon, slippery elm, cayenne, and golden seal. Cinnamon prevents and expels gas and relieves griping (contractions of the stomach or intestines, as when

strong laxatives are used) — good for diarrhea AND for mild constipation. Slippery elm is very soothing to the stomach, and "will stay on an ulcerated and cancerous stomach when nothing else will." (Kloss). Kloss recommends cayenne (Capsicum) for indigestion and gas, because it increases the glandular activity of both stomach and intestines." Thus it helps the digestion when taken with meals. It is also excellent for chills and fever and coughs. Good for cramps, and pains in the stomach and bowels. Golden seal is very good for colds, and all kinds of stomach troubles. Any one of these four herbs, or any combination, in powdered form, seems to do wonders for the stomach. But my favorite preparation for stomach flu uses all four, and is given below.

So, let's say your child has a cough. Then you'd want to try the Coltsfoot Cough Syrup. If the child was very congested, you might add some slippery elm to the brew. If the coltsfoot isn't strong enough, try adding a little horehound to the next batch.

Or maybe you just have a sore throat and runny nose. Mullein, yerba santa, sage, and ginseng would be good (this happens to make a very delicious tea, or syrup). Or maybe you don't have yerba santa; you could substitute slippery elm.

## RECIPES

Anyhow, here are the recipes:

### COUGHS

1. COLTSFOOT COUGH SYRUP: Cover one ounce fresh coltsfoot leaves (preferably), or ½ ounce dry leaves with 2 cups water and simmer for 10 minutes. Strain and add 2 cups honey. Bring almost to a boil and then bottle and refrigerate. This is very good-tasting cough syrup, and children love it.

2. HOREHOUND COUGH MEDICINE: If your cough is really bad, this is what you'll need. It tastes very strong and kind of bitter, but it's very effective:

Boil two cups water and add:

2 T. horehound  
1 T. yerba santa (optional)  
1 T. mullein  
1 T. comfrey root  
½ T. yarrow

Simmer for 10 minutes. Turn off the flame. Then add:

1 T. peppermint  
1 T. chamomile

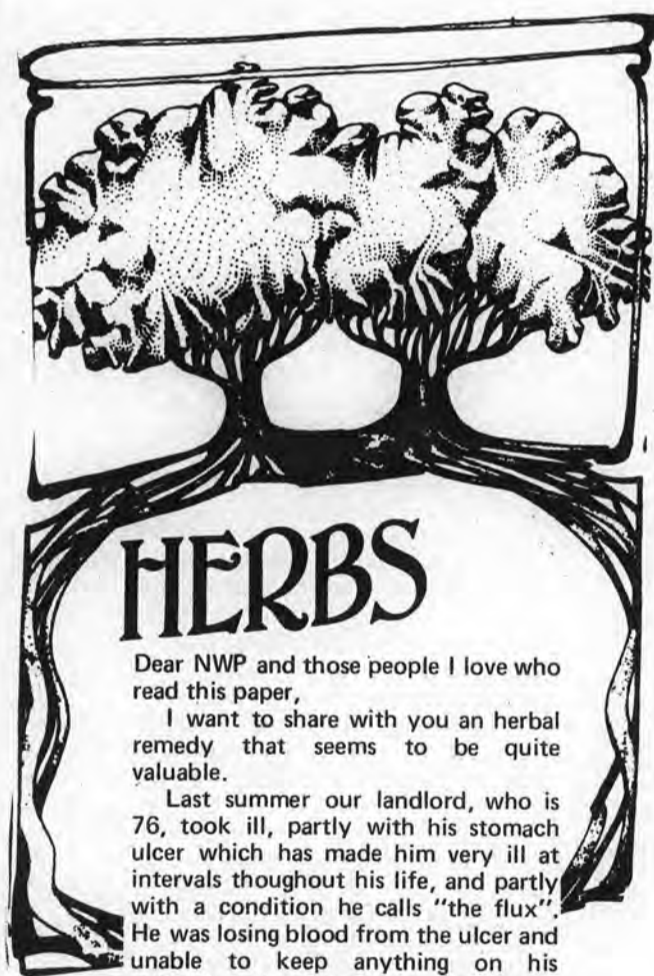
Brew five more minutes, then strain. Mix - 1 part of the above with 2 parts honey (that's right) and stir until smooth. Add juice of ½ lemon. Drink freely, as needed.

### INTESTINAL FLU

Combine equal parts of golden seal, slippery elm, cinnamon, and cayenne powders. Put in 00 capsules and follow with ½ glass warm water. Take one cap before each meal. One or two doses are usually enough, but it can be continued as long as necessary.

This remedy is not desirable if there's much vomiting, because the taste of the golden seal keeps coming up again.

If you want access to most of the recipes and such that are mentioned in this column, they're almost all — in concise form — in the manual, HEALING YOURSELF, which has now come out in the second edition and is available for 35 cents donation (which includes mailing envelope and postage) — or what you can afford — from HEALING YOURSELF, 402 15th Ave. E., Seattle 98102. If you can afford more than 35 cents, it'll really help a lot.



Dear NWP and those people I love who read this paper,

I want to share with you an herbal remedy that seems to be quite valuable.

Last summer our landlord, who is 76, took ill, partly with his stomach ulcer which has made him very ill at intervals throughout his life, and partly with a condition he calls "the flux". He was losing blood from the ulcer and unable to keep anything on his stomach yet refused to see a doctor. Looking through the Walnut Acres catalog one night, I read the description of slippery elm food, listed under cereals. "Nourishing, easily digested food cereal beverage which is frequently assimilated when other foods are not retained. Contains wheat flour, slippery elm bark and sugar."

I ordered some thinking, maybe this will help Tom. He tried it, and now he swears by it! He said when he had terrible pains in his stomach he took a little and it soothed them. Previously he was using Maalox. I never could get him to go to a doctor, but today he is active (repairs old furniture to look like new!), feels well, and is able to eat a large variety of foods including an occasional cup of coffee. He has no more bleeding from the

ulcer, which he states has healed over. He has recently turned a friend of his on to the remedy. This man, a little younger than Tom, had his stomach removed some time ago but continues to be tormented by ulcers. He says it has helped him like nothing else did.

To Tom, the ironic thing is that there is a slippery elm tree right behind his house. He was plagued with ulcers throughout his life, often losing so much blood that he was pale and weak; and the healing herb was right at hand if he had but known it.

There are so many herbs I'm wishing to try. Does anyone know of a mail order herb company with a good selection: For one, I would like to get some lungwort. Also does anyone know where I could order a copy of *The Herbalist*?

Word to the wise: according to *The Physician's Desk Reference*, 1972, Quaalude should not be taken "by pregnant women or those who may become pregnant". When pregnant rats were given large doses of Quaalude, they produced litters with skeletal deformities. Quaalude is a downer which is being used heavily on the east coast. Has it found its way out west too?

I continue with thoughts of you all  
Marion James  
Hyden, Ky 41749

Dear Passage:

Until my middle twenties, I had frequent hassles with vaginitis, bad menstrual cramps, heat rashes, hemorrhoids, and diarrhea. A severe illness which establishment treatment failed to clear up finally forced me to make a radical change in my diet in an attempt to heal myself; later I realized I had to go beyond diet to head-space and to deal with the Pill. Briefly, here are a few initial notes on some of the things I did which worked for me:

I offered refined sugar in any form and other refined and processed foods, upped protein and raw food intake, did yogurt (plain), brewer's yeast, sometimes wheatgerm and liver.

The Women's Clinic suggested a yogurt douche once or twice a day for

a few days to help restore the natural balance of beneficial vaginal flora that might have been knocked out by infection, antibiotics, and/or the Pill. (I offered the Pill for this and other serious safety reasons about this time.) Over a period of time (2 weeks-6 mo.) good things happened—the above mentioned drags cleared up, and stayed cleared up as long as I stuck to the diet (3 years now), particularly the refined sugar part of it. Seems that the B-complex vitamins are important to maintaining resistance to vaginitis, yeast infections, itching, eczemas, etc. Refined foods, especially refined sugar, need B vitamins to utilize them, but don't contain enough B's to replace what they use up, so it's pretty easy to get depleted and lower your resistance. In addition to the Women's Clinic, the bulk of the needed information came from a careful reading of Adelle Davis, who has a lot to say about how the Pill increases a woman's nutritional requirements, and how vitamins B, E, and A (plus a general good diet) can ease or prevent vaginal inflammation, etc. and help keep secretions healthy and from drying up. (Vit. E applied directly to itchy areas is very helpful, too.)

I've heard that B (meat, milk, eggs, cheese) is important in maintaining healthy vaginal tissue. Any report from vegetarian women who also eat no eggs or dairy products would be helpful.

The diet program is a long range one (although vaginitis seems to respond particularly fast, depending upon how concentrated the intake of yeast and other B sources is—its a good idea, though, to have a trusted Clinic take a look first just to make sure it isn't a sign of something more serious) and more information is needed on non-establishment ways of coping with problems like dryness while you're waiting for the diet to take hold—things without chemicals and preservatives and so on that might absorb through the tissues. Maybe some of the unrefined oils, if you're enough of a food freak to get off on it.

A Sister  
Seattle

# Environmental Seminar ..

On a bright and sunny morning I left an apartment on the south side of Tacoma, Washington, and drove north down Pacific Avenue and then east on Interstate 5 across the tidflats of the Puyallup River. The industrial area and the city which calls itself "the city of Destiny" were blurred in a white-brown cloud of composite smoke, steam, exhaust, and fog. Mt. Rainier, once a clear symbol and giant companion in Tacoma, arose unseen 40 miles distant at the head of the Puyallup Valley, the valley air now filled with the sewage of St. Regis Paper, Ohio-Ferro, and Kaiser Aluminum. Swinging northward, I left I-5 at the Auburn exit and soon entered the estate of the lavish new Weyerhaeuser Corporate Headquarters where, for two days, I joined a Weyerhaeuser Environmental Seminar.

The two-day seminar, with most of the participants being Company employees eager to converse with outsiders, was valuable. The environmental apologia of a huge corporation was clearly articulated and this made the differences in perception between those of us living outside large

industrial structures and those living inside the structures seem wide and deep. The recently opened Weyerhaeuser headquarters where we met serves as an example. Those who work there were proud of the new corporate home and felt little or no uneasiness about the building's relationship to the "environmental crisis." Yet, for an outsider such as myself, this gigantic five-level colossus resembles a concrete battleship mysteriously squatting in the small 10-acre lake, which rests next to it. The size, furnishings, and location of the building probably say more about environmental problems and their source in an extravagant, affluent society than all the words muttered at the conference. By moving the Weyerhaeuser Headquarters out of Tacoma's inner city, the corporation has added from 20 to 30 miles of daily commuting to the odometers of over 900 employees. A 1,200 car parking lot insures that motor pools or public transit will seem unnecessary and impractical. The building itself embodies some startling and innovative architectural concepts, as well it should, having cost (I was told) up to \$75 per

square foot for 358,000 square feet. At times during the seminar some executive would remind us about the high cost of reform, words which echoed strangely inside that air-conditioned, opulently decorated \$15 million palace. Perceptions of priorities differ.

The conference moved sharply through its two-day schedule. Chairman of the Board Norton Clapp began the meeting by greeting us with a confession that "pollution is everyone's problem" and that Weyerhaeuser was dedicated to doing its share toward a solution. His theme that "everyone is a polluter" occurred often enough to qualify as corporate dogma and one soon learned that industry actually means "everyone is equally a polluter."

Keynote speaker for the seminar was University of Washington zoologist Gordon Orians who presented the concept of the earth's limited resources about as cogently as the idea can be stated. The United States, Orians contended, is the world's super-consumer and super-polluter, and until we shift our values from those based on abundance to those assuming scarcity, we will continue headlong toward eventual ecological disaster. Using a sheet of disposable paper and a disposable felt pen, Orians illustrated the limits of K (carrying capacity) and how we will soon exceed those limits, if indeed we have not already done so. His solutions went to the core of the problem: we must stabilize consumption; we must develop new cost-accounting systems which will reflect the total cost of products (e.g., the real social and environmental costs of gasoline is much higher than the \$.36 per gallon we normally pay); we must cease maximizing the production of single items and single crops; and we must refuse to produce some goods which we are capable of producing but which are also needless and excessive (e.g., the SST).

Sierra Club representative Brock Evans followed Orians with a similar plea for changes in national priorities and for the development of a new love-the-earth ethic. Along the way Evans took swipes at the SST, clearcut logging, the concept of "private" forest lands, and at timber corporations which run full-page environmental public relations ads in Time.

A Weyerhaeuser response to these challenges arrived in the person of Lowry Wyatt, a corporate vice-president who read his speech and then, so far as I could discern, disappeared and neglected the discussions which followed. Wyatt expressed his belief that the environmental movement would remain "healthy" only if it were "properly handled." He feared mismanagement of the movement, mismanagement which could destroy all the social progress achieved in America over the past three or four decades. Wyatt warned that environmental concern is largely an upper middle class luxury which must not be divorced from the Civil Rights movement and which cannot ignore the economic needs of less fortunate blue collar workers and urban poor. Environmentalists must accept responsibility for the entire public and not incur the resentment of common people, as has tended to occur, he thought, in the Northwest since the defeat of the SST. Economic security is of utmost importance to Americans and racial injustice requires taking into account "the valid economic goals of the American people," goals which, according to Wyatt, can never be achieved with the philosophy of Zero Economic Growth. The latter philosophy would spell "utter disaster" for our society and would, if implemented, stifle the hopes and aspirations of minorities and thus produce social revolution.

These different viewpoints set the stage for small group discussions of six to eight persons, with Weyerhaeuser employees, students, and environmental activists intentionally well-mixed. Toward the end of the second day, a new Weyerhaeuser film on the environment, *The Case Against Chicken Little*, received its premiere viewing. The film mentioned a few problems, praised the Company's efforts, caricatured environmental protest, and generally left the impression that there is no serious or insoluble environmental problem incompatible with the good life because "the earth is not dead" and there is so much clean air, open land, and secure sky remaining." This evoked a chorus of objections from some of us. George Weyerhaeuser joined in, condemning the film as too self-congratulatory, and Chairman Clapp ordered it "back to the drawing board!"

page 6



# at Weyerhaeuser?

I had been invited to speak about recycling and Initiative 256, a measure to outlaw no-deposit beverage containers which had been narrowly defeated in Washington's election 2 years ago. In place of a lecture on solid waste, I decided to attack the methods used to defeat 256 and described the flood of advertising lies, false reports, confused semantics, and economic fright which the glass and beverage industries employed to block this attempt to place a nickel deposit on beer and soft-drink containers. The major problem, I protested, rested with the industrial conception of public relations. Traditionally, the purpose of PR has been to sell and convince the public or, even worse, it has functioned as a cynical solution to serious problems. If a firm such as Weyerhaeuser is committed to environmental reform, it should abandon the management of public opinion and opt for telling the truth. Instead of image-building, pleas of innocence, and apologies such as "we know there's a problem and we're working on it," PR should become Public Information — informing the public in the most simple, understandable, and straightforward manner possible. I advised Weyerhaeuser, if the Company is serious, to reduce its PR staff and instead to help finance independent collection and publication of information.

The small group responses to my position were unflattering and deflating. Some executives did not understand what I had said and others accused me of advocating censorship and asked why businessmen would be denied freedom of speech. Rather baffled, I quietly decided to tip-toe back to the campuses where logic has a fighting chance.

The seminar closed with a long, spell-binding lecture from Dr. Dixy Lee Ray, then Director of the Pacific Science Center in Seattle (now with the Atomic Energy Commission), who is doubtlessly the Northwest's most capable and effective speaker against frantic environmental alarm. What we need, Dr. Ray warned, is a longer perspective. Nature itself is a slow, evolutionary process and nothing can change overnight. Be patient. "Man" has feared innovation and change in the past — in 1903 there was fear of auto speeds of over 22 mph, but this problem was solved and fear of speed was conquered.

The present is not an era of ecological disaster, as some predict, and much public concern is simply the result of sensational, unscientific journalism. The public has repeatedly over-reacted to scare stories, such as those about mercury and phosphates — "pity the poor detergent industry!" — and some limits should be placed on dissemination of the baseless reports which the popular press circulates. Furthermore, Dr. Ray cautioned, we must be tolerant and accept the idea that not everyone will share our personal environmental values or want to live alike. People will litter and, in fact, it is "nice to be messy once in a while." Life is necessarily dirty and we must accept the life processes. Some of the present questioning is good, she concluded, and because of it we have every reason to believe that our life and our civilization will survive as "our great industrial genius" aids in solving the problems we do face.

Ending on this note, the seminar must have seemed successful to the Weyerhaeuser executives present. In some ways it was. Everyone had spoken frankly and directly, with different positions presented with force and conviction. Following the seminar, Weyerhaeuser staff asked for written evaluations by participants. From these the Company concluded that industry-campus dialogue proved helpful, if difficult, that persons outside the business world are insisting upon a new level of corporate social responsibility, and that the Company needs to expand its experience and concerns.

One wishes that every corporation were as enlightened and open as Weyerhaeuser. It deserves praise for significant leadership in industrial reform and the management appears eager to talk and consider change. Yet I wonder how deep the considerations are and how fundamental such changes will be. It is relatively easy for a multi-billion dollar corporation to produce films praising itself and to improvise slick PR pieces such as *Our Environment* which assert a "firm commitment" to environmental protection and confess that "everyone has a long way to go." This, however, must be contrasted with statements in an even slicker Weyerhaeuser



promotional piece which justifies the acquisition of the \$325 million Dierks Forests, Inc., of Arkansas and Oklahoma. It's called *Working on Tomorrow's Ideas Today* and it promises:

... increased use of the financial and raw material strength inherent in our resource base to support investments in new, high-return opportunities.

Our intention is to double earnings by 1975... an average compound growth rate in earnings per share of 15 percent, per year.

Our entry into the field is based on opportunities for growth in corporate earnings. . . . We intend to participate in those changes. And to do so at a profit.

... the most exciting aspect of Weyerhaeuser today is the determination of management to make this one of the greatest corporations in the world.

These dual attitudes — firm commitment to the environment and determined devotion to maximum profits and size — pose problems and conflicts, conflicts never fully explored at last May's seminar.

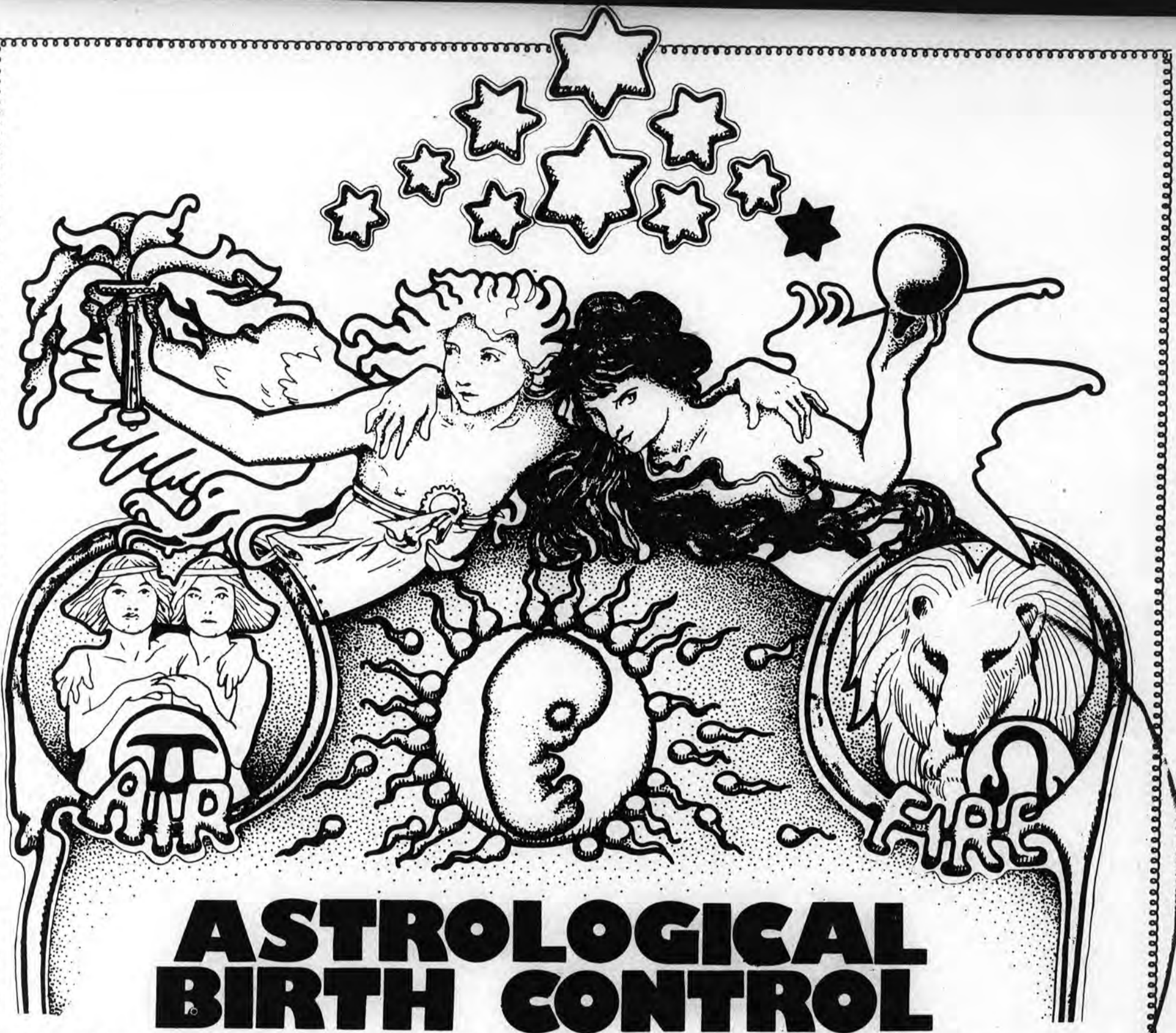
For me, the vigorous sincerity with which people in industry believe in their tactics and solutions became increasingly impressive during the seminar. To most environmentalists, I would guess, slogans like "Pollution is a People Problem" or the assertion that the average citizen is as guilty of pollution as Kaiser, U.S. Steel, Union Carbide, Texaco, or Weyerhaeuser seems preposterous and self-refuting, yet such ideas do not appear illogical to many well-intentioned

people for whom continual growth, expansion, higher corporate profits, and the basic soundness of American life remain unquestioned. These are people who honestly believe that industry has a moral responsibility to serve the public needs and consumer demands, and that these needs are independent of corporate motives. One of the most interesting discussions in our small group was a continuing argument over the effectiveness of Madison Avenue. More insidious, perhaps, was the accusation that ecological concern will inhibit racial justice and equality.

As with all social conflicts, we somehow need to break through each other's perceptions. Industry in its heart of hearts sees Paul Ehrlich, Gordon Orians, Brock Evans, and the Wilderness Society as frenzied alarmists and Chicken Littles; environmentalists see giant industries such as Weyerhaeuser as Oliver the Ostrich. The environmental movement will accomplish insignificant institutional change until some valid sense of social self-destruction and self-discipline is communicated to those who control massive economic and political power. That's going to be difficult because they live in a different world — like in \$15 million air-conditioned terraced palaces outside the city limits, out where Mt. Rainier is still visible.

by Robert Keller

Editor's Note: This article concerns an environmental seminar held by Weyerhaeuser over a year ago.



# ASTROLOGICAL BIRTH CONTROL

Astrological birth control is a natural form of birth control that claims to control the conception, sex and viability of the unborn infant through calculations based on the woman's natal horoscope. It is based on the idea that a woman has two fertile periods a month — one in the middle of the menstrual cycle (the rhythm method) and one that can occur at any time of the cycle according to the phase of the moon that the woman was born in.

The man responsible for discovering the relationship of the planets to reproduction is Dr. Eugen Jonas of Czechoslovakia who has been doing research on the method since 1960. In 1964 Dr. Kurt Rechnitz of Hungary combined Jonas' discovery with the rhythm (or Knaus-Ogino) method. The combined method is still at an experimental stage, but so far research in Eastern Europe has shown it to be 97-98% effective.

In the mid-fifties Dr. Jonas had noticed that the rhythm (or Knaus-Ogino) method was not working satisfactorily. How could a woman become pregnant at a time other than when the body was prepared for it (i.e., mid-cycle), and was there a key to determining this time? A dictum left by ancient scholars of Assyria and Babylonia claimed that "the woman is fertile during a certain phase of the moon." Dr. Jonas pondered on this, meanwhile noticing that some of his more high strung female patients showed heightened sexual and emotional activity at about thirty-day intervals, regardless of the menstrual cycle. Finally, in August of 1956, he arrived at the fundamental basis of astrological birth control:

1. That the ability of a mature woman to conceive tends to occur under exactly that phase of the moon (sun-moon relationship) which prevailed when she was born. (The sun and moon are zero degrees apart when the moon is new, 90 degrees apart at first

quarter, 180 degrees apart when full, and 90 degrees at fourth quarter.)

2. That the sex of the child depends on whether, at this time, the moon is in a positive or negative field of the ecliptic (i.e., sign of the zodiac).

3. That the viability of the embryo is influenced to a great extent by the positions of certain celestial bodies at this time.

After many hassles setting up a program, Dr. Jonas began his first official research in 1960. The data seemed to indicate that conception occurred more often at the mother's lunar phase regardless of the menstrual cycle than at mid-cycle — the most suitable time physiologically.

Dr. Rechnitz took a closer look at the data and discovered that approximately 15 to 30% of the conceptions took place on the 15th day of the menstrual cycle (counting the first day of the menses as day one) and that the sex of the child was predetermined by the sign the moon was in at conception, whether it occurred on the 15th day or on the mother's lunar birthday. Dr. Rechnitz thus combined the rhythm method with Dr. Jonas' lunar theory.

To try to account for a woman's cosmic fertility time, Dr. Rechnitz had observed that in certain animals, an ovary is released from a follicle (followed by conception) during copulation. He suggested that "geologically, there is a possibility that tension, due to the effect of certain moon phases, builds up in the woman's nervous and hormone systems, which, in the event of sexual intercourse, leads to the rupture of the follicle and thus conception."

Recent evidence has shown ovulation to occur out of cycle after orgasm. This was observed by Masters and Johnson in their laboratory research. It would be relevant to Dr. Jonas' theory to check the natal charts

of those women who ovulated out of cycle in the study and see if their sun-moon angle corresponded to the sun-moon angle on the day of the experiment.

In 1968, after many struggles, the Astra-Nitra Center for Planned Parenthood was set up in Czechoslovakia, with Dr. Jonas as Director. A year later, after the Soviet invasion, communications of the center with the outside world collapsed. In the meantime, thousands of cosmograms (calculations of fertility times) had been computed and sent out to women from five different continents.

## IN THE U.S.

Research is now being done in the U.S. The Aquarian Research Foundation in Philadelphia published the full instructions for anti-conception in a booklet called *Natural Birth Control* in July, 1971. About 5,000 copies have been distributed so far. In November of 1972 they took a survey, the results of which to date are as follows:

Forty-five women reported that they were using the method themselves. Twenty-four said that they had been using it for over six months, and twenty-one for less than that. They also indicated that twenty-two of their friends had been using the method successfully for various lengths of time. No pregnancies at all were reported by those whose use of the method was careful and complete; that is, where they abstained entirely during the cosmic fertility period and the whole of the rhythm fertility period.

Pregnancies were reported by six others. Three women reported getting pregnant as a result of having intercourse without contraceptives during a cosmic or rhythm fertility period. One pregnancy was reported by a woman who had intercourse using contraceptive foam during fertile periods. Another woman who became pregnant reported that she abstained during the cosmic fertility period but had intercourse with a



diaphragm during rhythm fertility periods. Finally, there was one pregnancy reported by a woman who abstained during both fertility periods but used only seven days for her rhythm fertility period instead of the recommended 13.

Six women reported that they were using the method in order to conceive when they had previously not been able to do so. Five of these reported that they were successful.

Nine women reported that mental control of conception was their sole method of avoiding pregnancy. One of them said she became pregnant after using this method successfully for many months. The others said they used the method for from six months to four years with complete success. Many people said they felt mental attitude to be very important, and several reported that the rhythm method alone worked very well for them.

The survey is still going on and anyone who wants to participate should send her name and address to the Aquarian Research Foundation, 5620 Morton Street, Philadelphia, Pennsylvania 19144.

More research is being done in New York by Joel Metz of Clear Source Computations. He recently visited Hungarian doctors and has actively explored Jonas' theories. We are waiting to get some information on what is being done there.

Meanwhile here in Seattle and Bellingham, we are helping women set up their cosmograms, stressing that it is still experimental. Feedback is encouraged and so far there have been two pregnancies, one reported by a woman in Seattle whose cosmic fertility time started at one o'clock in the morning. On the day before, she noticed that her cosmic fertility time started the next day but didn't take note of the time it started. Thinking she was safe, she had intercourse late that night and consequently became pregnant. This stresses the importance of carefully observing the calendar and also of being careful not to make a mistake in the calculations. The other pregnancy reported was by a woman who wasn't using the rhythm method as recommended.

After talking to other women about astrological birth control, I find many of them relieved to find an alternative natural method of supplement to mechanical devices. A woman in Seattle wrote: "As a participant in astrological birth control for eight months, I find it not only working, but liberating. I feel my cycles as they come and can keep in touch with my body, not relying on chemicals or devices to 'take care of thing' for me."

#### CALCULATING FERTILITY TIMES

The method of calculating one's own natal sun-moon angle is simplified in the book *Natural Birth Control*, available through the Aquarian Research Foundation at the above address. It is also available in some local stores. It costs \$2.00. This book allows a person who has no knowledge of astrology to calculate her own cosmic fertility times as well as her natal angle.

For those of you who know how to set up a chart or already have one made, the process is as follows: essentially, all you need to find out is the number of degrees between the sun and the moon at birth. Calculate from sun to moon. For example, if the sun is in 20 degrees of Capricorn and the moon in 1 degree of Virgo, the angle they make is 221 degrees (there are 30 degrees in each sign). Then for each month, refer to the directions in *Natural Birth Control*. Abstinance is recommended for four days — 3½ days before the natal angle to allow for sperm to die and twelve hours after (th s is the same as four days before the working angle).

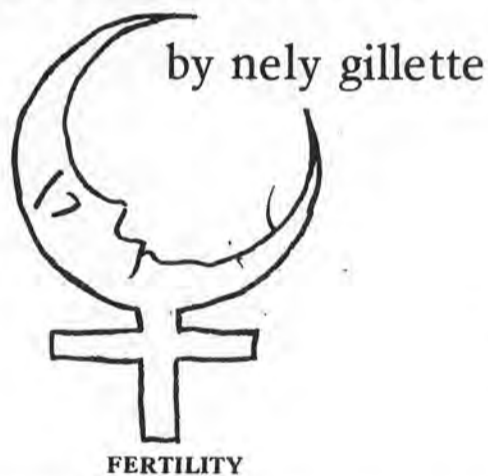
For the rhythm cycle, count 15 full days from the first day of the menses. Then mark off 6 days before



and after that day for a total of 13 days.

To sum it up, there are two fertile periods a month — one, the biological, rhythm method time of minimum fertility (15 to 30% chance of conception) and the cosmic or astrological time of maximum fertility (70-85% of the women in Jonas' studies conceived at this time). The two cycles vary in relationship to each other from month to month. If they both occur at the same time, this is considered a time of maximum fertility. *Natural Birth Control* recommends abstinence during the four days of the cosmic fertility time and either abstinence or a mechanical device during the rhythm method days of minimum fertility.

The Aquarian Research Foundation recommends another method to replace the rhythm method especially for women with irregular menstrual cycles, women who have just given birth and women during menopause. The method takes each individual menstrual cycle into consideration rather than using the same 13 days each month. It also is a way of telling when ovulation is occurring. It is based on variations in the woman's mucous secretions during the menstrual cycle. The book is available through the Borromeo Guild, 1530 West 9th St., Los Angeles, California 90015 for \$2.65. Basal body temperatures are also discussed in this book. The fertility test kits and the tes-tape method (available at drug stores) are also ways of telling when one is ovulating but I don't know how reliable they are.



The third hypothesis of Jonas' theory relates to the viability of the embryo. Jonas claims that certain interplanetary relationships have a negative effect on the embryo. Those women who were born on or near the full moon were born at a time when the sun and moon were in opposition (180 degrees) to each other. These women have to be particularly careful about conceiving during their cosmic fertility times. They already have the sun-moon opposition, and if other planets are also in opposition at the time of conception, the embryo may not survive or may have genetic defects. Those women who were born at least within ten degrees of the full moon and want to have children can write to Dr. H. Farsky, Kolbenacker 14, 8052 Zurich, Switzerland. Dr. Farsky is an associate of Dr. Jonas and does cosmograms by computer for \$25. Also, the physiologically healthy women with problems of miscarriages or deformed children may find it worth \$25 to find out when she could conceive a healthy child. The computations are very complex and are best done by computer.



#### RELATED TOPICS

Another area that is being researched is the relationship of the planetary patterns at the time of conception to the patterns at the time of birth.

It is Jonas' view that once a person has received an initial patterning from the cosmos at conception, when at any time in the future a similar pattern of energies occurs, induction will take place in the individual tuned to this pattern or wave . . . . A fetus that is developing in the mother's body cannot be born just at any time, but only when the effects of the universe are similar to those at the time of conception . . . . The initial impulse is the most important as it will shape the patterns of existence, vitality, personality, and the amplitude of favorable and unfavorable periods.

These patterns are discussed in the book *Body Time* by Gay Gaer Luce. In it, she correlates the immense amount of data on biological rhythms in humans. This is one of the most important new areas of medical research. By observing changes in ourselves such as undulations of mood, energy, health, appetite and so on, we could each find our own individual cycles and rhythms. (The menstrual cycle is but one example of a cycle in a woman and there is evidence of a corresponding one in men.)

Somewhat related is the Biorhythm theory. The idea behind Biorhythm is that each person has three cycles of energy running through him or her: Physical, Emotional, and Intellectual; the length of the cycles (or waves, as they appear to be when charted on a graph) is twenty-three, twenty-eight, and thirty-three days, respectively. When a person is born the cycles begin flowing in a peak-trough fashion. The relationships of the cycles to each other determine critical days in a person's life.

Thousands of years ago, yogis developed certain body postures or "asanas." By performing these asanas on a regular basis, one can help harmonize the endocrine system — an integral part of our biological rhythms. Hatha (or physical) yoga has helped many people regain or maintain a healthy body. Asanas done in conjunction with meditation become a part of a growing awareness of one's spiritual as well as physical, emotional, and intellectual being (the more subtle spiritual force being the controller of our cruder aspects). The movements become a dance to God.

There are a growing number of studies being done on biological rhythms and the influence of the planets on life. Dr. Jonas' theories should be viewed within the context of these new and ancient concepts and discoveries.

If anyone wants help figuring out her natal sun-moon angle or wants it double checked, send date, time and place of birth to either myself: Nealy Gillette, 4243 Hannegan Road, Bellingham, Washington 98225, or Pam Mc Collum/o Fertility Cycle (Country Doc), 402 15th East, Seattle 98102. If you have just gone off the pill, astrological birth control cannot be used without mechanical devices until the menstrual cycle is regular again (which varies with the individual from one month to over a year). The above mentioned book, *The Ovulation Method*, would probably be helpful in this situation.

*Astrological Birth Control* by Sheila Ostrander and Lynn Schroeder, published by Prentice Hall, has excellent information on the subject. For further reading, the Aquarian Research Foundation has a literature list of various topics including information on psychic birth control and a supplement on sex predetermination. Send a self-addressed stamped envelope. It is free.

# A Bridegroom's Guide...

## How to Hold a Wife

by jennifer s.  
macleod



(This article will soon be published in *Modern Bridegroom*, the magazine for young men.)

Oh, lucky you! You are finally bridegroom to the woman of your dreams!

But don't think for a minute that you can now relax and be assured automatically of marital happiness forever. You will have to work at it. While she may have eyes only for you now, remember that she is surrounded every day by attractive young men who are all too willing to tempt her away from you. And as the years go by, you will lose some of the handsome muscularity of your youth: you will have to make up in skill and understanding what you will lack in the bloom of youth. It will be up to you to make your physical relationship so exciting, so totally satisfying to her, that she won't be tempted to stray!

Yes, boys, we are talking about SEX. Don't turn away in embarrassment. For if you are to hold that wonderful woman, you will have to practice and work hard at making her sex life as marvelous as it can be.

But how?

Here is what you need to know and do to succeed in your marriage, your greatest challenge in life—and the one that will be utterly essential to your wife's future happiness and thus your own.

1. Let's start in with the essentials. You should always be available to your wife whenever she wants you. It is of course your husbandly prerogative to say no, but you will be wise never to do so unless you are really ill, for that may tempt her to turn to other men to fulfill her essential needs. She cannot do without sex, so you as a smart husband should always be ready to provide it.

2. That means that you should never let yourself get too tired to perform. The cardinal sin for a husband—and a good way to lose the wife you love—is to fail at your duty to achieve a good erection and sustain it until your wife is fully satisfied. So never let your work or anything else get in the way of plenty of rest each day, regular but moderate exercise, and plenty of protein in your diet—and stay away from excessive alcohol.

Remember that women's sexual needs vary. Some need it more often than others, and some (lucky you if you are married to a real woman like that!) can achieve multiple orgasms in a single night of love, if you can do your part!

3. "But how about me," you may ask. "How about my sexual needs and satisfactions?"

Now men's passion, of course, often does not equal that of women. But you have a wonderful

surprise in store for you, if you concentrate your efforts on your wife's pleasure and don't worry selfishly about your own. For sooner or later you will discover the ecstasy of truly mature male coital orgasm that can be induced only by total surrender to the exquisite sensations of a woman's orgasmic contractions. This type of mature male climax will be attainable by you when you learn to inhibit the juvenile tendency to ejaculate prematurely, and await your wife's orgasm while sustaining your erection. Be glad if it is a long wait, because that will prolong and intensify her pleasure.

4. Because your juvenile sexuality is centered in your penis, you may think that the central act in intercourse is the capture of your penis by your wife's vagina. Don't make that common mistake! Always remember that the secret of the successful sex act—the one that brings about the wife's orgasm which in turn triggers the husband's ejaculation—is excitation of the wife's clitoris.

There are of course many techniques of clitoral stimulation. I need not go into them here because they are readily available in marriage manuals; they also give information that will be helpful to your wife in assisting you to your full erection. She should understand that she, too, should not be too selfish in her concentration on her own pleasure!

5. Remember that your first duty is to your wife. So if you fail to satisfy her (and yourself, too) in the above-described natural way, you should talk to a good psychiatrist who specializes in this kind of problem. She will help you if, for instance, you have not yet fully accepted the natural masculine role that will bring you the joy of selfless service to others instead of the futile envy of women's natural leadership role.

6. But you may find that sometimes you do not achieve the ejaculation that usually comes in response to your wife's orgasm, especially if your wife is one of those who have multiple orgasms. Don't worry too much about this—many husbands have the same problem. Your wife should be patient with your failures, and understand that men's passion sometimes does not match that of women. Don't be embarrassed—talk with her about it. She may be able to help with a little more foreplay to help stimulate you.

It should not be necessary, in a happy and loving marriage, for a man to resort to husbandly artifice in feigning an ejaculation that does not actually take place. But do keep in mind that her female ego does depend on her believing that she satisfies you fully and deeply, so beware of bruising her self-image by any word or action that might lead her to believe she does not completely meet your sexual needs.

7. Now for a practical matter. Assuming that you, like most modern couples, want to limit and space the growth of your family, your wife and you should decide together what method of contraception you wish to employ. Most likely, you will choose one of the fine methods available to the modern husband. Consult a qualified urologist. She will explain to you several methods, their advantages and drawbacks, and your wife and you can make the final decision.

One widely used method is the insertion of sperm-killing liquid into the urethra before intercourse. She (your doctor) will show you how. You may find it awkward and uncomfortable the first few times, but soon you will get the knack. If you are a truly considerate husband, you will do this routinely every evening as you prepare to retire, so that you will never have to keep your wife waiting while you make your preparations. A drawback of this method is that it does occasionally fail. And some wives—especially busy, successful ones for whom the time required for the abortion is a hardship—blame the husband for the slip-up, thinking that perhaps he did not take the proper precautions.

The other widely used method is of course the Capsule, a powerful formulation of various hormones that render you infertile so long as you take it without fail. There are minor undesirable side effects in some men: you may gain weight around the abdomen or buttocks, get white pigmentless patches on your face (which you may be able to conceal with beard or face-bronzer), or suffer some morning nausea. But be patient—these effects often decrease or even disappear after a few months. The one serious drawback of the Capsule is that you are several times more likely than otherwise to suffer eventually from prostate cancer or fatal blood clots. But these ailments are relatively uncommon anyway, so that many couples consider it worth the risk, especially since this is the one method that is 100 per cent effective.

So talk it over with your wife: this is one of the first, and most important, decisions for you to make together as woman and husband.

8. Now for a subject that may seem trivial: your appearance and dress. Don't overlook it—it is a vital ingredient in marital happiness.

Every woman likes to be proud of how attractive her husband is, so dress to please her. If she likes you to show off your youthful figure, by all means do so! Broad shoulders can be accentuated by turtle-neck jerseys (with shoulder pads if needed), as can the well-tapered waist. Small, firm, well-shaped buttocks (very much in fashion this year) can be set off by well-cut clingy stretch pants.

And if you need the help of corsetry (as many do, especially as the years go by), today's well-constructed corsets make a good figure within the reach of almost every man. And they can be surprisingly comfortable, even for wear all day long. They can help you attract those wonderful compliments from your wife and her friends that are music to every man's ears.

One last piece of advice: the time may come—hopefully not for many years—when you can no longer provide your wife with all the sexual satisfactions that are her birthright. Your potency will decline, while her sexual appetite will increase well up into her 50s and 60s. That is the time that attractive younger men will tempt her. Build up the non-sexual as well as the sexual aspects of her life with you, so that even if she strays to others from time to time, she will happily return to you and the warm and affectionate home that you provide for her.

If and when that time comes, do not nag her or make her feel guilty. Remember that she has strong sexual needs that must be met, and as long as she does not hurt any young men by deceiving them that there is hope for a permanent relationship, your home can still be a happy one. You are hers forever, and knowing and appreciating that, she will always come back to you.

If you do your job well—for husbandhood is the true career for all manly men, worthy of all your talents—you will keep your wife happy and hold her for the rest of her days. Remember that marriage, for a man, should be Life's Great Adventure. So relax—relax—relax—and enjoy it.

reprinted from  
the village VOICE  
February 11, 1971

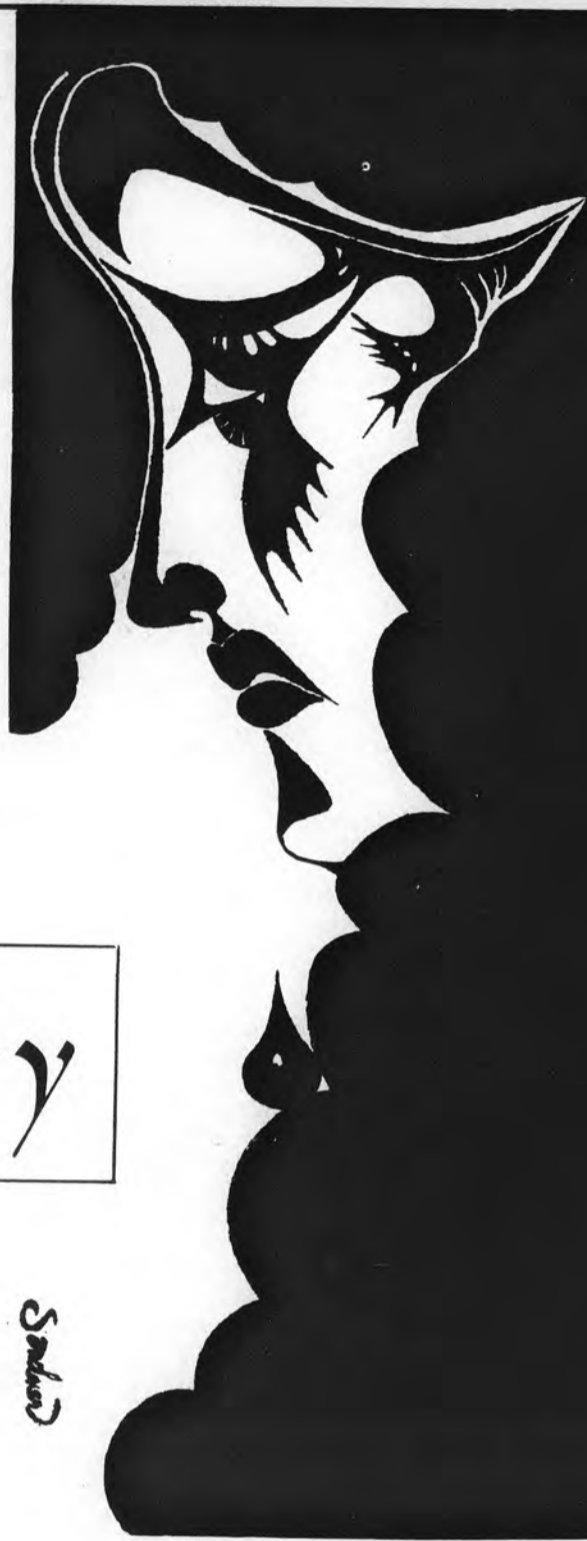
## GRACE

*The devil, who looked like a shoe clerk --  
balding -- a gray face with deep lines --  
and a brown tweed jacket -- tried  
to get me -- in my dream he grabbed  
my ankles and I woke up kicking;  
sweating. That morning a dead rat  
was found next to my shoes.  
We don't put poison around but  
we do have holes in our walls.*

*Since then I have been waiting  
for the plague to take hold.  
I am not Cassandra;  
I never know when or if  
my dooms will come true.  
Each morning I inspect my feet  
and am overjoyed to find them  
still unspotted and pink, with all ten toes.  
And the law against walking, they tell me,  
may yet fail to pass.*

--- Mary Kay Becker  
Bellingham

## Poetry



Sarah  
Candace

alone awake in this room of women,  
my mother and grown sisters cocooned in sleeping bags  
and deep breaths  
christmas eve in a strange house  
in the heart of the mountains  
(throat of the sky)  
you my sisters, so distasteful of the awkwardness  
between us, first meeting with our mother's friend  
and two young sons, too young  
to mask in social niceties, old enough to resent strangeness  
o but you  
who understand love so well  
and especially the lack of it,  
who have so much to give;  
can't you find these people, quiet as our quiet selves  
who offer us their home, out of love  
who made a people place in these mountains,  
by this lake, out of love  
can't you take it?  
are their insecurities so rank, any ranker than our own?  
can't you give it? have you forgotten,  
in all your poetry and passion,  
how to love?

--- Lisa Rosenberg  
Palo Alto, California

## TO THE FINLAND STATION

A study in the writing and acting of history

By Edmund Wilson, with a new introduction.  
590pp. New York: Farrar, Strauss and Giroux.

Braced as most of us are for the Nixon night that is upon us and determined as we are not to sit out its dog watches, it is not only comforting but instructive to read how others have lived and worked through the extended periods of reaction that have followed the upsurges and climaxes of the long struggle for a better life.

Written in the thirties and first published in 1940, this book takes an idea — that people themselves could change the world — first cautiously advanced by Vica in Naples in a climate poisoned not by technology and imperialism but by the stench of heretics burned at the stake. Wilson then traces it through the minds of one man after another, each reacting to the circumstances of his time and place: men whose ideas are now carved into our common consciousness: Vica, Michelet, Saint Simon, Fourier and Robert Owen, Marx, Engels and Babeuf, Lasselle and Lenin. We find these men in places as varied as the men themselves: prison cells and chateaux, streets in company towns and the distant steppes, Paris and St. Petersburg, the slums of the great cities and the London Library — each in his time and place making some sort of a contribution to the idea and hope that humanity is capable of making its own history — that men and women can be the conscious instruments as well as the objects of change.

Wilson quotes Michelet writing in the 1820's, a period of pervasive repression, when reaction had triumphed and "not a dog barked in the revolutionary camp" to reverse Marx's quip. "The centuries leading up to the French Revolution are like a long and solitary youth, waiting year after year for self expression, release, the assertion of unacknowledged rights, free association, and at last in the great days of 1789 the release comes through and the vision lives."

The movement again takes one of those great leaps forward with the advent of Marx. From then on, no one could ignore him; those seeking change had tools to work with, those fearing change had to devise circumvention. Like the image in the opening sentence of the Manifesto, "the shadow of communism overhanging Europe," Marx was destined to dominate the thinking of men and women through the generations to our own day. Central to any appreciation of Marx must be an awareness of his unmatched understanding of the capitalist system in all its ramifications, its vigor, its ability to create wealth, its smashing impact on all institutions of society, economic, religious, political and social.

Environmentalists will appreciate his comments on agriculture: "Capitalist production disturbs the circulation of matter between man and soil, i.e., prevents the return to the soil of its elements consumed by man in the form of food and clothing; it therefore violates conditions necessary to the

lasting fertility of the soil . . . Moreover, all progress in capitalist agriculture is a progress in the art, not only of robbing the laborer, but of robbing the soil, all progress in increasing the fertility of the soil for a given time is a progress toward ruining the lasting sources of that fertility. The more a country starts its development on the foundation of modern industry, like the U.S., for example, the more rapid is this process of destruction. Capitalist production, therefore, develops technology, and the combining together of the various processes into a social whole, only by sapping the sources of all wealth . . . soil and the laborer."

Nowhere is his invective more bitter than when he deals with the impact of capitalism on human beings: another resource to be used and discarded, smashed when they become difficult. The final great climax of *To the Finland Station* deals with Russia and Lenin coming in 1917 to lead the revolution. This great moment receives splendid treatment by Wilson.

### BEACON LIGHT

All in all, the book is monumental and I can understand why even a liberal critic, Berman, writing in *The New York Times*, could call it a "legitimate child of War and Peace." The book when first published was a beacon light in a dark period. The

Nazi drive for world domination was cresting, Czechoslovakia, Munich and above all the smashing of the Spanish Republic, made real the Nazi brag. *To the Finland Station* was a powerful boost to those people who believed that there were forces in the world that could turn things about — forces that would make Stalingrad possible in less than two years, and Dien Bien Phu in fourteen. And what went for the forties, goes for the seventies.

Events since the publication of *To the Finland Station*, the survival of the Soviet Union despite the harsh tests of invasions, famine, the Second World War and years of nuclear blackmail, the rise of the Chinese Republic, Cuba and the breaking up of the colonial empires are powerful vindications of the hypotheses implicit in *To the Finland Station* and of course forming the basis of Marxism. On other scores the evidence is less clear. I have asked a number of people who have been in the Soviet Union about the "New Socialist Man." While no one had what you might call a good firsthand experience, there was supporting evidence of progress. Though some of it falls into those categories of evidence that are sometimes used to support the belief in the Sasquatch and the Abominable Snowman, those that had opportunities to talk to young people were more than encouraging.

A geographer writing in *Environment Magazine* emphasized the destructive effects of technology there as in our own country. Much of his data seemed to be from government sources and not much after 1962. Commoner, noting the same evidence, comments that the socialist systems may not require the qualitative changes that we ordinarily associate with correcting these imbalances.

Simone De Beauvoir in her magnificent work, *The Second Sex*, is flat out in her opinion that there can be no selfhood, no basic movement toward becoming a whole human being without economic independence. On this score, the socialist countries, in eliminating poverty, have probably made their most significant advance toward the amelioration of racism and sexism.

### DIZZINESS FROM SUCCESS

While it is true that Moses had to march the Jews around in the desert for forty years before he thought that they were ready for the promised land that should have warned me of the difficulties of the problem, I am still shaken when some new scrap of evidence reveals the persistence of these ancient evils in the Socialist countries.

Whether the Soviets are able to deal with the sickness that Stalin called "Dizziness from Success" remains to be seen, the Chinese answer to a somewhat similar situation seems to be the cultural revolution.

While sympathizing with the mitigating circumstances, the socialist world is yet to show conclusive evidence that it is capable of producing wide strata of a population free of nationalism, racism and sexism. It would be one of the happy ironies of history if such a development might grow out of the freak cohorts of the west. It could be. Certainly the early Christians developed under conditions no less inauspicious. What a beautiful fantasy: the freaks and the young people of the socialist world in a neck-to-neck loving race to produce the new human person.



"a powerful boost to those who believed that there were forces in the world that could turn things around."

In 1969, the New School for Children was opened to provide a place for children of many ages and social backgrounds to be working together in a non-competitive, mutually supportive group where the focus of learning could be unique for each child, and an intergrative experience for a wide range of personalities.

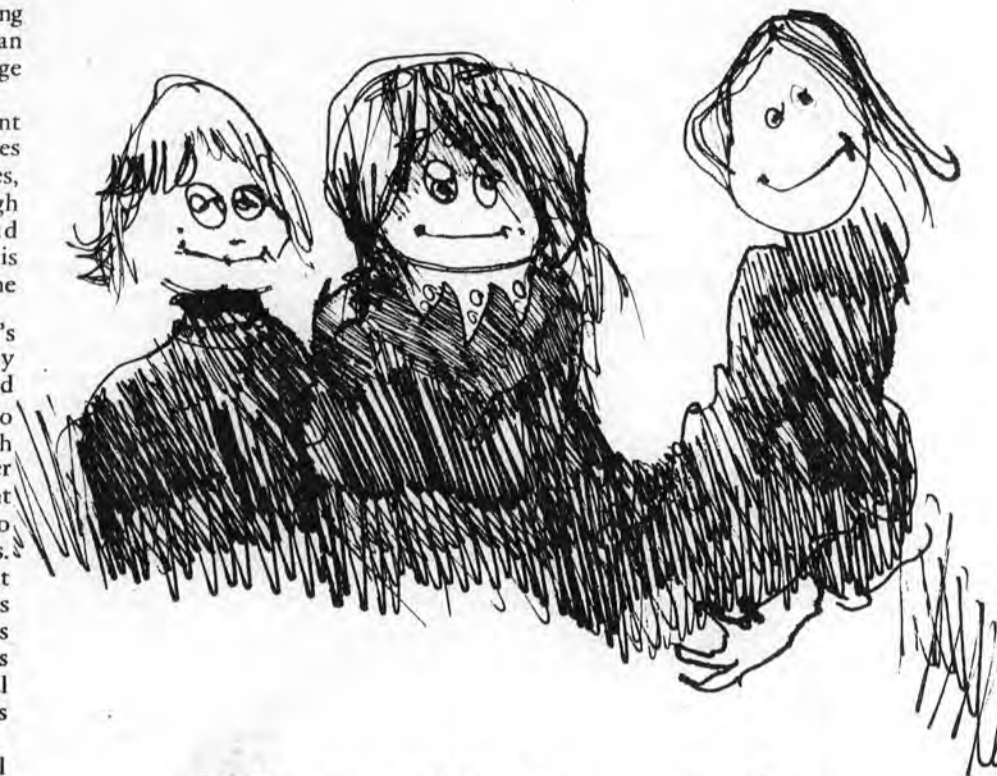
Modeled after the British Infant schools, New School encourages learning stimulated through activities, and emphasizes learning through questioning. Questioning and evaluating society as a whole is fundamental to education at the school.

In order to fulfill the school's objectives, students are given many choices in learning methods and materials and are encouraged to explore and set their own goals. Each student has time to choose his or her own activity. The teachers present stimulating materials and respond to the child's current interests and needs. The children write down their current goals and evaluate their progress toward these ends. The school is non-graded and curriculum is dependent largely on the individual and group interests of the kids attending.

Each child is in an individual program in reading and math which is designed to suit his or her ability, interest, and mode of learning. Children are also learning about spelling, writing, compositions, drama, social studies, art, crafts, French, pottery, and physical education.

All of the children are now working on the construction of an imaginary country. They have set this model up as an ideal, and are working together to define a social system for it.

Realizing that learning should be



## New School for New Children

extended beyond the classroom, one day a week is set aside for field trips and other activities. Field trips are selected by the students and alternated with carpentry, organic gardening, swimming and crafts. Craft days have included tie-dyeing, candle making, embroidery, macrame and cooking. In the spring, the children are planning several hikes in the mountains and an overnight camping trip.

Field trips, carpentry and craft days are co-ordinated by the kids and their parents and we also have special teachers for specific activities. Our two full time teachers are Mary Wechsler and Dick LeMeir. Our students range in age from six to eleven. The kids come from many surrounding areas—Capitol Hill, Queen Anne, and the 'U' district. We also have one child from Snohomish and one who rides the ferry every day from the peninsula.

New School is located at the Woodland Park Presbyterian Church, 225 No. 70th St. We have the use of a variety of space including a classroom organized around centers of interest, a gym, a library, and an activity room. The school is also walking distance of the zoo.

I guess we are like every alternative school and every alternative institution in our struggle to make ends meet. Our tuition is based on \$90 a month. Many of our students are on half tuition scholarships donated by other families. We have just received our tax exempt status and are beginning to look for groups and individuals who would be willing to donate to the school.

We welcome new students throughout the year. If you would like further information please call Rita Robison at AT 3-0909 or the school at SU 2-0200.

## Prisoners :

# If you will not show them

**Editors' Note:** Bail Out is a center which connects people who want to write to prisoners with prisoners who want to write to outside people. One of our staff members wrote in, wanting to write to a non-sexist political prisoner. After having read most of the *Passage's* pleas for letters from prisoners, this person was disgusted with men who only wanted to write to good-looking "chicks". The following response was received from a member of Bail Out. We are printing it because we believe it speaks to most people's assumptions about prisoners.

Thanks for your letter expressing a willingness to write to a prisoner. Not that I mean this in a "bad" way, but I personally on behalf of my imprisoned comrades and Bail Out would like to make a few things clear about your comments. You said you were tired of sexists and you stated you wished to write to draft resisters or other 'political' prisoners. I have more than a few things I'd like to say regarding this, but first let me state a few things about myself. I am an ex-con, I am also awaiting sentencing for refusing induction into the Army. I am considered intelligent and I have the utmost respect for women. I am not interested in 'balling chicks' and regret that I at one time was a sexist pig, my wife took care of that pretty fast though.

Point one, I think anyone who has been in prison or closely studied prisons and prisoners would agree ALL or nearly ALL prisoners are POLITICAL PRISONERS. I definitely consider any prisoners in contact with us or working with us POLITICAL PRISONERS. I think much more so political prisoners than Dan Berrigan or other war resisters

since it was not their politics *per se*, but rather their political and social situation which caused their imprisonment.

Point two, very few of us in minimum security consider prisoners, especially the "non-political" prisoners to be intelligent. To some extent we are correct, although I doubt many of us would be able to survive one week on the streets as they have (I must take exception to this personally, having done so for about 6 months at one time), although they may not be able to read or write, they know some pretty tricky ways of managing to stay alive. If they were "intelligent" they would not have had to steal food, they would not have been so foolish as to walk into traps, they would have known how to secure their rights, they would have been able to go to college and get high paying jobs. They would have been white, solid citizens. They would have been able to hire slick, well-paid lawyers. They would have been able to find decent housing. They would have been able to impress probation officers and judges. But chances are they are intelligent, but some snub-nosed teacher would not take time to teach them to read, some principal self-righteously sent them home for not having their homework done, or their parents were from another country and didn't know the language and could not teach them to speak English. And so on. I feel strongly about this because I'm no newcomer to this. I haven't jumped on the prison bandwagon, but rather have been involved to get my training the hard way. I have dedicated my life to serving the needs of the poor and have worked at this off and on, between prison stretches, without salary for 4 years. I hope you understand. I'm sorry if I've turned you off, I sincerely hope I haven't. I hope you

understand now or will some day. Because that's what part of the problem is.

Has this white society ever taught the oppressed man to be anything but a sexist? Does he know any other way? Can oppressed people ever gain their freedom without respecting women?

Of course not, and the oppressor knows it well. That is why he has fostered male chauvinism for centuries. That is why these men are in chains.

Understand another factor please listen - many of these men's wives and mothers and sisters and lovers have deserted them the moment they were put behind bars. Many of these prisoners have known only fast buck hustlers.

Where does your median prisoner come from? Not from middle amerikkka; he comes from a ghetto where women are toys. So think about it. They will be sexist until they are shown another way. If you will not show them - then who will?

I have decided to hold off on sending you a name and address until you reply. I do appreciate your concern but I would hope you will have an open mind. We are here to educate the people. We know the problem is that society does not accept us as human. We breathe, we love, hate eat, want a better life for ourselves, our families, for you too. So let's open a dialogue. On the inside and on the outside.

So take care and I hope you will write soon.

Thank you for your time  
Steve Kurzyna  
Bail Out  
339 Lafayette Street  
NY, NY 10012

ECCO-



A new process that can turn solid waste into gas is being tried out at Orchard Park, near Buffalo, New York. The demonstration is being supported by the Environmental Protection Agency.

The facility can destroy limited quantities of such hard-to-dispose-of items as auto body parts, tires, tree stumps and limbs, plastics, refrigerators, clothes dryers and 55-gallon steel drums. The process is called pyrolysis and here is how it works: the solid wastes are dumped into a furnace called a gasifier, and are subjected to blasts of air heated to 2000 degrees Fahrenheit by natural gas. The organic portion of the wastes literally decomposes, and most of the wastes are turned into gases. The remaining wastes settle to the bottom of the furnace, and are liquified into a molten slag.

Pyrolysis can be used in the recovery of resources. Gases from the gasifier in the process being tested near Buffalo could be burned to make steam for heating buildings or to make electricity. The slag left over could be used as a base material in highway construction.

If the demonstration proves successful, pyrolysis could some day replace incinerators in large urban areas. Present-day incinerators have become increasingly expensive to equip and operate because of air pollution control equipment now required. The main difference in the operations of incineration and pyrolysis combustion is that incineration relies on oxygen for its heat, while pyrolysis produces heat in the near absence of oxygen.

\* \* \* \* \*

The agreement in principle among all parties concerned is that the Seattle City Light Co. will not raise the height of Ross Dam — which would flood British Columbia's upper Skagit River Valley. But none of the concerned parties are willing to step forth and formally call a halt to the project.

In 1967 the city of Seattle "leased in perpetuity" the land in the upper Skagit River Valley for the proposed extension of the Ross Dam. The public first caught wind of the project in 1969 when preliminary clearing for the project was started. The public outcry was so strong that the Canadian government announced that there would be no extension of the dam. The new administration of British Columbia elected in 1972 is committed to cancellation of the Ross Dam treaty. Now the problem is: who pays the cancellation charges? No one has thus far stepped forth, and the project — at least on paper — continues.



In 1970, it was learned that salmon in the Columbia River were being killed by nitrogen supersaturation — a condition that occurs during period of heavy water runoff. Water spilling over dams catches air which contains nitrogen and other gases in larger proportions than normal.

Fish that breathe nitrogen-laden water slowly suffocate or suffer what is very similar to the "bends" that deep-sea divers sometimes experience.

To solve the problem the Army Corps of Engineers pushed for and obtained an emergency appropriation of \$12 million to construct slotted bulkhead gates on dams having major water problems — \$12 million that didn't pay off.

Instead of helping the fish through the waters, the gates acted as knife blades and cut the fish to pieces as they were pushed through them at high speeds. During that early spring of 1972 when this was tried, of the fish that were killed, 50% were killed by the new slotted gates, 25% by nitrogen supersaturation, and 25% in the power-generating turbines of the dams.

The Fisheries Service warned the Army Corps of Engineers that testing should be performed before installing the gates, but "the Corps said 'go ahead.'"

# THE GROSSER SEATTLE COOK BOOK

## Poached Salmon au Bunker C Crude

Prepare enough court bouillon to cover a skillet to a depth of one inch, and bring to boil. Salt and pepper the salmon fillets, squeeze a bit of lemon over them, and cover with a thick, juicy layer of Bunker C crude oil. Simmer in the court bouillon until the fillets are firm and flaky and the oil has begun to curdle. Lift the fillets from the broth gently, and arrange them on a hot serving dish with a garnish of bilge. Serve with tiny boiled potatoes, chilled white wine, and a stomach pump.

Place one quart of unshucked clams in a kettle, together with two cups of white wine and one cup of no. 3 light diesel oil. Grind up a glossy brochure from the Cherry Point refinery very fine and sprinkle over the clams, together with one tablespoon butter, two sprigs of parsley, a pinch of thyme, a dash of hexavalent chrome, and five parts per million each of phenols and sulfides. Cover the kettle tightly, and cook until the clams just steam open. Serve with a salad of frozen vegetables dressed with SAE-20 non-detergent oil.

## Corporate Earnings a la Lyonnaise

Carefully wipe dry 1000 shares of Union Oil Company common stock (or 500 shares of Mobil preferred) and cut into small squares. Heat butter in a heavy saucepan and fry very thin slices of four onions until yellow. Add the split stock certificates and brown on all sides. Add salt and pepper to taste, 1/8 teaspoon nutmeg, and a dash of depletion allowance. Cook for five minutes, and serve very hot with a side dish of gilt-edged bonds and a very, very expensive wine. This dish is said to be a particular favorite in Washington, D.C.

# DANGER! WOLVES MAY BE EXTINCT!

It is difficult to understand why humans fear and hate wolves so deeply. In myth and fairytale the wolf is the celebrated villain, always portrayed as blood-thirsty, vicious and cunning.

In fact, nothing could be farther from the truth. Mowat's book "Never Cry Wolf" is fascinating reading about one of the more admirable creatures alive. However, the wolves are nearly gone now, killed by bounty hunters, poisoned by farmers and ranchers, and shot by "sportsmen" — all with the cooperation and encouragement of our public officials.

There are 2500-5000 wolves left in Alaska, about 400 in northern Minnesota (these are grey wolves) and about 200-300 red wolves in Texas. There are still quite a few grey wolves left in Canada but the Canadian government is also encouraging their extinction by "sportsmen" in the mistaken belief that this will increase their deer herds. It is, after all, such good "sport" to shoot a grey animal running across white snow; particularly from an airplane.



An example of our government's attitude toward wild predators was well expressed by a recent order from the Defense Supply Agency for 368,782 winter parkas trimmed with wolf fur. This would have necessitated the killing of 25,000 wolves. The resulting public outcry caused the govt. to reduce its requirements to 91,280 parkas and order them trimmed with coyote pelts rather than wolf. (That's 18,000 dead coyotes)

The continuing demand for wolf fur trimmed clothing is the greatest danger to wolves. If the Interior Dept. would fulfill its responsibilities toward wolves and add them to the endangered species list under the Endangered Species Conservation Act of 1969, this would ban the importation of foreign wolf pelts (most come from Canada) used in fur trimmed clothing. If the Interior Dept. would act promptly, there is no doubt the wolf could be saved. But traditionally it has acted only after an endangered species' survival becomes doubtful.

The Interior Dept. has also recently endorsed the annual killing of 150-200 wolves in Minnesota, even though Minn. state game authorities estimate a wolf population of 500-1000 (their estimates are much higher than everyone else's) in the state.

Only public concern and action can save the wolves. This article was excerpted from the current (Feb. 73) issue of "Environmental Quality" magazine. The longer article is well worth reading as is the rest of the issue.

To find out what else is planned for our last few wolves you should write to the following people:

The Honorable Wendell Anderson, Governor of Minnesota, Capitol Building, St. Paul, Minn. 55155.

The Honorable William A. Egan, Governor of Alaska, Juneau, Alaska 99801.

The Honorable Rogers C.B. Morton, Secretary of the Interior, U.S. Dept. of the Interior, Washington, D.C. 20240.

Since all of these situations are constantly subject to change, it is best to stay in frequent touch with the above officials in order to keep up to date as to the status of their states' wolves.

# Wreck - creation

The Forest Service is now analysing public opinion and response to their three alternative land use proposals in the Alpine Lakes area, in the central Cascades. Briefly, the three alternatives are:

**Alternative A** Primitive type of recreation experience with four roadless back country units proposed. A single wilderness and two small scenic areas are also components of this alternative. (The scenic areas are the same in all three alternatives.)

**Alternative B:** Wilderness is the major land commitment in this alternative. It includes all lands found by the Forest Service to be suitable for classification under the Wilderness Act. They seem to have trouble "finding" wilderness when trees block their view. 347,900 acres are designated for total wilderness. There would not be any developed recreation sites oriented to the road traveler.

**Alternative C:** Recreational lands are the major aspect of this proposal. The wilderness is split in two islands separated by a corridor where auto freaks have long desired a "scenic highway." This proposal allows cars, snowmobiling and motorbiking (in some places), hunting, fishing, horsebackriding, et al. The proposal allows for timber harvesting "where it does not conflict with recreational objectives provided by the legislation."

One can figure that of these proposals, Alternative B would definitely be the most primitive and protected. Alternative C (recreation) is classified by some as directed toward "wreck-creation". (It would ostensibly be the end of the Alpine Lakes')

'Alternatives' is the key good word for land planning nowadays - right? - so what's wrong with the Forest Service plans? Plenty, that's what.

1. The spectrum of alternatives is narrow and shifted to the timber industry side. The biggest "alternative" for wilderness-Alternative B-is smaller than that in the compromise plan put forward by ALPS (Alpine Lakes Protection Society) in 1971. ALPS found 374,000 acres of wilderness enclosed within a recreation perimeter. The Sierra Club

proposal identifies a 533,000 acre wilderness core. Alt. B totals only 348,000 acres of wilderness with no recreation perimeter.

2. The proposal is more 'rocks and ice' wilderness- but when it comes to big trees, in the lowland valleys suitable for year-round use the Forest Service develops a blind spot.

3. The brochure is committed to the Forest Service party line that wilderness must be kept utterly pure-which makes their 'backcountry' concept more attractive. After all, don't we want the occasional 'fireplace, shelter, and tent pad'? Don't we need the occasional pit toilet in popular areas: Don't we want ominous 'restriction on numbers of people' projected for wilderness (forest Service style) kept to a minimum through use of the more-feasible backcountry designation: Yes we do-but we need a straighter story than the Forest Service gives us in this set of plans. Conservationists find the Forest Service definition of wilderness excessively pure. None of the above facilities are forbidden by the Wilderness Act. But backcountry has a big advantage for the Forest Service Wilderness areas are protected by an act of Congress. Backcountry areas can be changed to anything else by an internal decision of the Forest Service. Think about that one. We urge you to write in and let the Forest Service know that you advocate a large protected wilderness in the Alpine Lakes, along the lines of the ALPS or Sierra Club proposals. You must write by March 1st. Send your letters to:

Dick Buscher-Project Leader  
Alpine Lakes Land Use Study  
Snoqualmie National Forest  
1601 Second Ave. Building  
Seattle, Wa. 98107

For more info call or write:

NW Conservation office  
45341 University Way NE  
Seattle 98105  
ME2-6157



## Naturopathy

The Naturopathic Profession is the only Healing Art licensed by the State of Washington whose academic studies include courses in nutrition.

License is under the Drugless Therapeutics Act of 1919 which has had no modernization since its inception. Case Law and Opinions have so beclouded its interpretation that a new law is a necessity to correct the ambiguities. Although no increase in practice rights are asked beyond those granted in the original law, the Profession is opposed by the State Medical Profession, the Pharmacy Board, the Department of Licenses and the Attorney General's Department.

Our only allies are the Chiropractic Profession, our Patients and Friends of Naturopathy. Our Bill passed the Senate in 1971, but we ran-out-of-time in the House. Our success at that time has inspired a more concerted effort to 'stop' the Naturopathic Bill during this Session. We need all the help we can get!

Much of our success in 1971 was due to a "letter writing campaign" in which our Patients and Friends

contacted their Senator and Representatives, requesting their support and vote for the Naturopathic Bill. This campaign is again underway, but there are many areas that we have too few Patients and Friends. Passage of the Naturopathic Bill will give this Profession the right to prescribe those supplements that might otherwise be prohibited from sale by the Health Stores. This can preserve your right of Freedom of Choice!

To help us....and yourself, call, write and/or wire your State Senator and Representatives, asking their support of H.B. No. 113 and Senate Bill No. 2186 (they are identical bills). The Legislators represent each individual voter in their districts, and the voices of their constituents is "more demanding" than all the lobbyists in Olympia.

The State has provided a direct line, toll-free number to each Legislator. Dial the number below, give the Legislator's name, district and office number. Toll-free number: 1-800-562-6000.

## NOTES



The Amerada Hess Oil Co. has built a 100,000 Barrel-per-day addition to its refinery in the Virgin Islands. The addition is specifically designed to process Alaskan crude oil shipped from Valdez.

Amerada Hess, which has invested \$83 million in North slope leases and is a member of Alyeska Pipeline Services Co., plans to ship the crude oil on foreign ships to the Hess Refinery on St. Croix Island in the Virgin Islands.

The Virgin Islands is considered a foreign country even though it is a United States territorial possession.

By transporting the oil to a foreign country Amerada Hess bypasses the U.S. Jones Act which requires the use of U.S. ships manned by U.S. crews on transportation runs between two U.S. ports. By doing so, Hess will be able to transport oil at substantial savings because of the lower transportation costs on the foreign ships.

Also, the taxes, royalties and labour costs for the refinery in the Virgin Islands are much less than those for other refineries in the U.S.

Amerada Hess stands to lose a considerable amount if the trans-Alaska pipeline is permanently delayed, which is what seems to have been done. He made an application to the government of Costa Rica to build a pipeline east-to-west across the entire width of the country in conjunction with the utilization of the Alaska pipeline. The application has since been retracted after the Costa Rican government wouldn't accept the offer by Amerada Hess to pay a \$1 million a year gift - no taxes, no royalties.

IT IS BECOMING CLEAR THAT FINANCIAL GAINS, NOT NATIONAL SECURITY, IS THE IMPETUS BEHIND THE DRIVE BY ALYESKA AND U.S. SECRETARY OF INTERIOR MORTON TO SHIP OIL DOWN BRITISH COLUMBIA'S COAST.

\* \* \* \* \*

A bill to require beverage container deposits has been introduced into the State House of Representatives by H.A. "Barney" Goltz of Whatcom County, entitled the "Beverage Container Control Act of 1973."

The bill, which is similar to laws already in effect in Vermont and Oregon, would require, starting by September 1, 1974, that all manufacturers either pay a 4 mill per bottle levy or charge a minimum 5 cents per bottle deposit. Containers that are standardized (usable by more than one company) would be required to have a smaller 2 cent deposit.

The act also contains requirements for the establishment of redemption centers for beverage containers, allowing manufacturers and distributors the option of providing their own centers or reimbursing private operations for their costs. It would require that one such center be established in each city or town, under the auspices of the local legislative body.



George Alderson, leading environmentalist and chief lobbyist of Friends of the Earth, has called for enactment of two bills designed to protect more eastern forest lands as wilderness areas, for public use. He said that today there are 63 wilderness areas already established in the western national forest, but only three in the eastern forests. The citizens in the east are being victimized by regional discrimination. There is no time to lose because logging, roads and private resorts are invading the forests rapidly.

The first bill, The Eastern Wilderness Areas Bill, would establish 28 new wilderness areas in the eastern states. The second, the Wilderness Study Act of 1973, would require a body of other potential wilderness areas throughout the country.

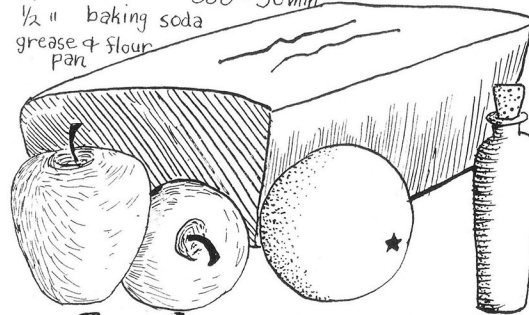
## Carrot Raisin Spice

boil: - simmer 5 minutes  
 1/2 cups grated carrots  
 1/3 " brown sugar  
 1/3 " water  
 1 " raisins  
 1/4 " margarine  
 1 T. allspice

let cool at least to lukewarm

add & mix:

2 cups w w pastry flour  
 1 tsp. baking powder  
 1/4 " salt 350°-50 min  
 1/2 " baking soda  
 grease & flour pan



# OUT OF THE OVEN

## Pound Cake

cream: 1 cup margarine  
 2 " sugar  
 1/2 " boiling water  
 add & mix: 3 eggs  
 add & mix: 3 cups w w pastry flour  
 1/4 tsp. salt  
 2 tsp. baking powder  
 add & mix: 1/2 cup milk  
 1 tsp. vanilla or other flavor  
 325° for 1 hr. - 1/4 hr. grease pan

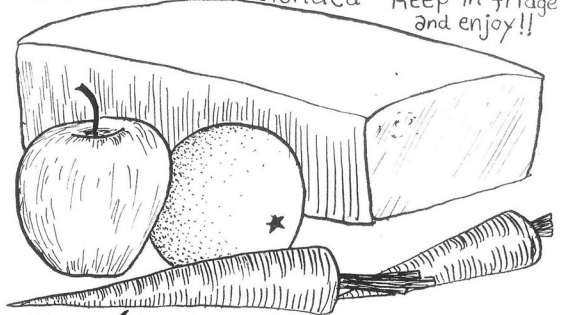
## Nut or Fruit

cream: 1 cup sugar  
 1 egg  
 1 cup milk  
 add & mix: 2 cups w w pastry flour  
 1 1/2 tsp. baking powder  
 salt  
 add & mix: cashews, walnuts  
 dates, raisins, prunes  
 whatever.  
 325°-350° 45 min - 1 hr.

## Soya Butter

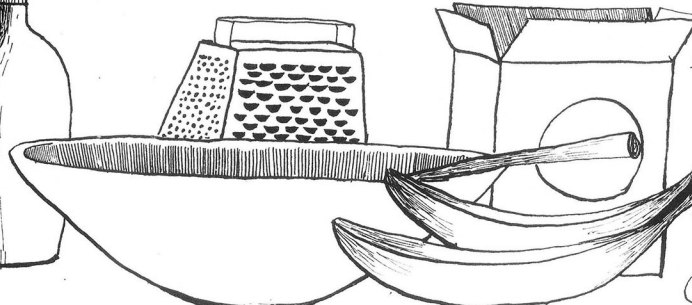
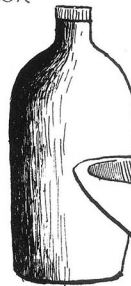
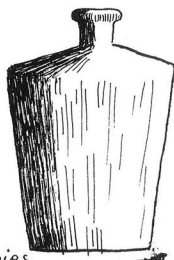
(Alternatives to mayonaise)  
 from the bagel ladies

mix until smooth 1/2 cup soy flour  
 1 cup water  
 pour into hot skillet - stirring well for  
 5 min. until thick - pour into bowl  
 add: some soy sauce to taste while  
 mixing at high speed with blender (or  
 as fast as possible) add oil a little at  
 a time until well blended - keep in fridge  
 and enjoy!!



## Cranberry Orange

cream: 1/4 cup margarine  
 1 egg  
 1 cup brown sugar 325°-350°  
 3/4 cup orange juice 45 min or until done  
 add & mix: 2 cups w w pastry flour  
 1/2 tsp. baking powder  
 1/2 tsp. baking soda  
 1/2 tsp. salt  
 add & mix: 1 1/2 cups crushed or chopped cranberries  
 2 tsp. grated orange peel  
 grease & flour pan



## 3 in 1 (Applesauce, Banana, Pumpkin)

cream: 1/4 cup margarine  
 1 cup brown sugar  
 1 cup thick apple sauce  
 3-4 ripe bananas  
 1 cup wet cooked <sup>or</sup> pumpkin or squash  
 add & mix: 2 cups w w pastry flour  
 1 tsp. baking soda  
 1 tsp. cinnamon salt  
 (for pumpkin use 1 tsp. allspice) grease & flour pan  
 325° 40-45 min.

## Pineapple

cream: 2 eggs  
 3/4 cup brown sugar  
 3 T. margarine  
 add & mix: 3/4 cups w w pasty flour  
 2 tsp. baking powder  
 1/2 tsp. baking soda  
 1/4 tsp. salt  
 add & mix: 1 cup crushed pineapple (not drained)

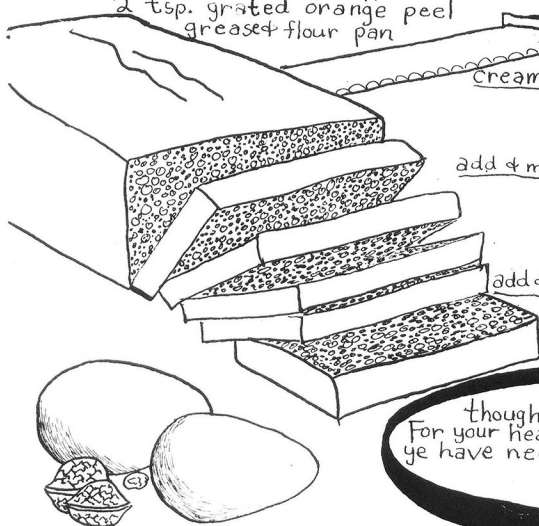
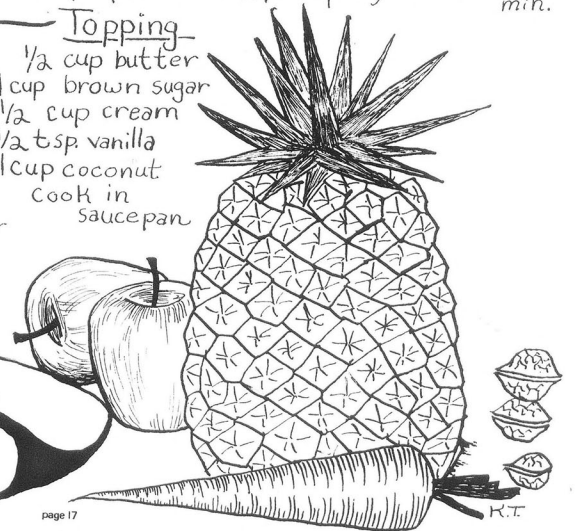
spoon gently into well greased loaf pan - sprinkle top with sugar, cinnamon, coconut.  
 350°-325°-45 min.

## Oat meal Walnut

cream: 1/2 cup margarine  
 2 " brown sugar  
 2 eggs  
 pour: 1/2 cups boiling water  
 over: 1 cup oats - just enough to wet oats  
 add & mix: wet oats  
 1 1/2 cups w w pastry  
 1 tsp. cinnamon  
 1 tsp. baking powder  
 add & mix: walnuts  
 grease pan  
 350° - 45 min.  
 1 tsp. baking soda  
 1/2 tsp. salt

## Topping

1/2 cup butter  
 1 cup brown sugar  
 1/2 cup cream  
 1/2 tsp vanilla  
 1 cup coconut  
 cook in saucepan



"Therefore take no thought, saying what shall we eat? For your heavenly Father knoweth that ye have need of all these things"

Matt. 6: 31-32

Quick Breads & Cakes recipes from dear Grandmother Powell, her Aunt Louise, Auntie Boyer (the old lady who lived next door) and Kathy. Thanks ladies!!

Substitutions:  
 margarine - butter - oil  
 w hole wheat pastry flour - white flour  
 brown sugar - honey - white sugar  
 ingredients in recipes work well - changing may alter textures etc.





# community

## Recycle Dinner

The county-wide recycling center is raising money to begin operation. In connection with this there are two spaghetti dinners planned as benefits. The first is set for 7:30 pm Feb. 22nd in the Viking commons, price will be \$1.50 for students and \$1.75 for staff. The second is set for March 11th from 5:00 to 8:00 pm in the Assumption Gym, \$2.00 single, \$3.50 couple and \$1.25 children. This project will help handicapped persons help themselves, despite the politics of the prices. Tickets can be gotten at the door or from Barry Maddocks outside the Viking Union.



## Co-Op Mill

The mill project is gaining headway and clarity. Its whole existence and relationship to the Food Co-op and to the community was hashed out at the special-Saturday-night meeting following Thursday's community meeting. After many hours of discussion a very large majority of those present reached agreement that the Mill should become a separate project and function as such under the existing by-laws of the community. This group decided to recommend this to the community at the next community meeting, and charged the Mill people to make a full report at that time also.

Taking this direction the Mill conducted its first sanctioned meeting the following Monday. It was agreed upon by members present that what was decided at Saturday's meeting was indeed the process by which the Mill should conduct itself. The main topic of discussion was the existing need for a new place to carry on the work of the Mill. The present location in Alford's basement seems to be getting smaller and smaller and just can't handle the load. The Mill decided to ask the Food Co-op if they could borrow \$60.00 to put down as the first month's rent on the building that used to be Everybody's Engine Shop, located on Forest St. across from the YWCA. This deposit would hold the building and give the Mill time to bring the issue of signing a lease on this building up at the next community meeting for discussion. (The final decision on this would then be made at the first mill meeting following the March Community meeting.) Then the present gathering dispersed to carry out this decision and agreed to meet again the following night, Tuesday, and posted signs for such.

After the potluck Tuesday the Mill got down to business and decided just how it would relate to various groups and businesses that wanted to get flour and various goods from the Mill. It was discussed and generally agreed on by the large majority of those members present that the Mill should have a system that would allow a variety of ways in which a group could relate with it. Co-operatives, collectives and

conspiracies could supply their own volunteer labor to mill for their group and only pay prearranged mark-ups for upkeep and expenses on the mill itself; or if they couldn't supply their own energy they would have to pay someone to do the milling for them (either a mill worker or someone else agreed upon by both the group and the Mill). Thus a co-operative type group could do their own milling and hold down the price of flour or pay a miller to do this service for them, and still get flour cheaper and fresher than from the Food Co-op's source at Manna Milling.

Private individuals, restaurants, stores, and other businesses would have to pay for having the flour milled for them by a mill worker. Both parties coming out ahead for this operation would basically be set up in the same way as the milling; if co-operatives can supply their own energy for the labor then they can hold down their costs this way, if not then someone will have to be paid for this labor like other businesses will.

Warehousing of food supplies and the trucking of the food was also discussed. A flat charge for the stocking of a group's food would probably be established with a minimal or zero charge for goods stored under 72 hours. Trucking was talked about but postponed for now as at present other areas are more pressing. However, it was generally felt that after a time we might approach the Food Co-op about possibly buying the truck.

As the financial situation of the Mill at present is one with low operating funds, it was decided that the Mill would approach the Food Co-op for some small loans to be used to hold the building, buy some supplies for sifter construction and for packaging materials.

The meeting was brought to a close deciding to have a work day next Tuesday, Feb. 20, and to continue meeting once a week on Monday nights: potluck at 6:00 and the meeting at 7:00. In good spirits everyone milled around and then departed.

## Rodale Certification Program

This year certification of organic crops and lands will be available through the Rodale Program. All applications will be due by Mar. 15. This means any questions you have will have to be answered so that the final form can be completed by that date.

A few of the requirements:

- 1) Commitment to the organic method.
- 2) 1/3 acre or more producing edible commodities on a regular basis, and selling at least a portion of this. (Most people have 1/3 to 5 acres.)
- 3) Adherence to the Open House Policy, meaning that concerned food buyers are welcome to verify for themselves.
- 4) Maintaining a record of organic farming procedures.
- 5) Signed statement that organic methods and materials have been used, within the standards and definition of the term 'Organically Grown.'

The costs, which include various tests and field checks and many other items, run around \$60.00 or slightly over.

If you have any questions, call Ethyl Watson, 592-2402 (VanZandt) or write Pat Langen, President Northwest Organic Food Producers Route 2 Box 163 Toppenish, Wa. 98948

## All My Trials

The Fairhaven Co-op trial is going to happen in March at 9:30 in the morning on the 12th, 13th and 14th. The place is Bellingham Municipal Court, presided over by Judge Lee. In getting the defense together Dean Brett says a few things are still needed. An expert to testify on the operation of a bulldozer. Also individuals not necessarily involved with the demonstration are needed to testify about obstruction of the sidewalk, or more specifically, the lack of it. Any information or affidavits can be funneled through the food co-op at 1000 Harris St. Thanks.

## A Poet, I Know It

There is to be a poetry reading at the Bank Book Store, 1100 Harris St. on Feb. 22nd at 8:30 pm. People who wish to read should call Paul Hansen at Bank Books 734-6910. People who wish to listen should come at the appointed time and nestle themselves among the books.

## Winter Ball and Feast

Bellinghamsters and friends, sisters and brothers, come celebrate the middle of winter or the coming of spring at the Human Rights Action Coalition's Winter Ball and Feast on Friday Feb. 23rd. The potluck feast starts at 6:30 pm and the place is 507 Willow Rd. Bring goodies. Other Coalition news includes the sending of \$458.85 to the Bach Mai Hospital Relief Fund. Further contributions can be sent to

Bach Mai Hospital Emergency Relief Fund, 140-6th Street, Cambridge, Mass. 02142. There has been lots of talk of the direction the coalition should take and the only thing that seems certain at this point is the tree planting along the truck route is coming together and should start in 2 or 3 weeks. Lots of energy will be needed, but maybe we can make the southside scar habitable again.



# news



## Co-Op

## Bill Board

### Self-Help

### Classes

The Bellingham Women's Resource Center is announcing 5 self help classes for women. If participants in the classes can donate a dollar to go towards rent it would be appreciated. **ASTROLOGICAL BIRTH CONTROL:** Women should bring their birthdate, exact time of birth, and location. The workshop will be held at the Women's Resource Center, 1014 N. Forest, on March 1st only, from 3 to 6 pm. Anyone who would like further information call Nely Gillette at 733-0239.

**BASIC AUTOMECHANICS:** This is a chance for women who want to explore automechanics to get together. The workshop will be held at 1900 - 34th St. It will meet for six Thursday afternoons from 1-3 pm beginning March 8th. Dana Moller will be sponsoring the workshop, call her at 733-0940 if you would like to participate.

**A WOMEN'S WORKSHOP IN SEXUALITY:** Let's bring our thoughts together. There will be rotating topics and spokeswomen for each week. Starting Wed. Feb. 24th at 7:30 pm at the WRC. The first rap will be on "Our Bodies". Interested women call Eileen Kirkpatrick at 733-9534.

**BEGINNING CARPENTRY:** Women who wish to register for this class should call Margaret Jaske and arrange it with her. The time and meeting place will be arranged later. It will begin sometime in April. There is room for ten women in this class.

**VAGINAL POLITICS SEMINAR:** The seminar will meet Tuesday evenings at 7:30, beginning on May 1st at the WRC. Contact Lindsay Aikin at 733-0490 if you want to enroll. Suggested reading *Vaginal Politics* by Ellen Frankfor, Quadrangal Books, NY, NY.

**WOMEN WILLING TO LEAD OTHER WORKSHOPS AND SEMINARS ARE NEEDED.** Some workshops women have requested have been: basic home electronics, legal aids, nutrition, child care, poetry, women and mental illness, and women and literature. Women are also needed to do the next newsletter, help get money for rent, and organize a feminist lending library. If interested in organizing any of the above call Chris at 734-6327 or leave a message at the Center.



### Seeds

### A'Poppin

The coop garden at 32nd street is still progressing. Over the last weeks the Ghandi class from Fairhaven college has worked with members of the community and finished the drainage ditch along the top and one side of the garden, built more compost bins and just about finished the hotbeds. Some manure has been hauled. Also a 6 horsepower Troy-built rototiller has been ordered for use by the garden and in the community. Delivery is expected in March. Another important occurrence was the ordering of the seeds, over \$70.00 worth (in bulk) to be planted in the garden and sold at the co-op. A large selection of vegetable and herb seeds will be available. These should be here in March also. Well, there is much to do between now and vegetable soup. Garden meetings alternate with evening food co-op meetings and the next one is Feb. 21st at 6:30 pm at 1613 Wilson. It's potluck and what will be planted where will be discussed along with further projects. Hari Cabbage.

Our Bellingham Food Co-op's weekly meeting began once again with the obvious, pot luck food. Highlights of the February 14th meeting include talk about our interaction with the Community Mill, usage of and record keeping in the co-op trucks, the possibility of trucking to Portland to accrue fresh organic produce for Bellingham and Seattle, and jobs and projects related to the store.

One hundred dollars was lent to the Mill for; obtaining bags needed in packaging for the Northside Food Co-op, construction of a sifter of various flours produced by the Mill and included \$60.00 to hold the old everybody's garage as a potential mill and warehouse site. It was decided all coop vehicles will contain permanent log books for recording mileages, gas oil and maintenance costs and each user's name. All trucks will have a sheet explaining use of that particular truck and the freight truck will contain a folder for invoices from distributors. People using the pickup truck (Big Mac) for non-coop purposes will need to pay for gas and upkeep, to be determined more accurately from information recorded in the log. Alternatives are being sought for the cargo box on the freight truck, something made of piping and heavy canvas appears to be most feasible.

All attempts will be made to keep our co-op operating with volunteer labor and energies. Only the regular manager and bookkeeper will remain salaried, all labor for renovations and improvements, milling and packaging, shall be sought from concerned members of the community, present projects needing energy include a permanent counter, dispensers to reduce amount of goods that are soon required to be packaged and millers and packagers, come by your co-op for details.

A proposal to investigate the possibilities of trucking to Portland to speed up the flow of organic produce and other southern goods was presented and agreed upon. Presently the Cooperating Community in Seattle has no consistent means of shipping their orders from Portland to Seattle. Further details will be brought before the community when available.

The subject of inventory policy, or the nature and type of goods the co-op should stock was discussed briefly and tabled until the next general community meeting. Closing included munches on a salad mixture donated by the folks of Toad Hall. Future meeting locations are posted on the community board in our co-op and regularly begin with a 6:00 pm pot luck on Wednesdays. Come together.

SB 2273 and HB 314 make state board of education membership an appointive rather than an elective position. Appointments would be by the Governor with consent of the Senate. Ken Dale, coordinator for the Education Coalition, is opposed to the bill. He feels the decision of who the board members should be should sit with the people, not the Governor.

SB 2178 is an anti-bussing bill. It would prohibit a public school student from being assigned to or from attending a particular school because of race, creed, or color.

HB 359 is a bill authorizing school districts to provide community education, recreation, and service programs for the general public.

HB 360 is a bill to authorize the use of school buses to transport elderly persons to programs or activities.

Both HB 366 and SB 2342, which would authorize non-profit hot meals programs for the elderly in school, have been voted out of the House and Senate Education Committees and are now in the Rules Committees of both houses.

HB 377 amends the discrimination law by prohibiting discrimination on the basis of age, sex or disability.

The bill allowing physicians to furnish contraceptives to minors has been filed in the Senate (SB 2334). HB 196 - the same bill - has already had a hearing in the House Social and Health Services Committee.

SB 2333 would allow druggists to dispense drugs under their generic name instead of their brand name, and requires a doctor to write a prescription using the generic name if the patient requests it. Dispensing drugs by the generic name is often much cheaper.

### TOLL-FREE NUMBER

The toll free number in Olympia is 1-800-562-6000. Call your legislator and tell him or her what is bothering you.

### Winter Soldier

The 1972 Cannes Film Festival first prize documentary film "Winter Soldier" will be shown again on Tues. Feb 20, in lecture hall 3 at WWSC at 8:00. Though it is not light entertainment, it is important to knowing what happened in Vietnam. All three tv networks have declined to show it. Admission is free and the film is sponsored by Bellingham Vietnam Veterans Against the War.





## Sisters Together Against Rape

STAR was formed in the Capitol Hill area to meet the urgent need of women to have some resources against rape. Rapes are on the increase in our community and we feel that the best way to be protected against rape is to take control of the situation ourselves. Rape is an outgrowth of our sexist society where women are considered property to be handled in any way a man chooses. For example the law does not recognize the possibility of a woman being raped by her husband.

Through the fear of being raped being ever present in a woman's mind, she is controlled by fear and must depend on men for her protection. Women have been deprived of their right to walk down the street in freedom. One place we can begin to take control of our own lives is to learn to defend ourselves.

Repeatedly we are shown men's attitudes toward rape. In terms of law, rape is not a crime against a woman but a crime against the state. The victim is required to submit to a lie detector test before the state will decide whether or not to prosecute.

STAR is distributing information to help women prevent rape on the street and in their homes. Two representatives will be on call at all times to accompany rape victims to the doctor or emergency room to insure adequate medical treatment. If the victim wants to prosecute they will go through it with her. And they are available to give emotional support if the woman wants it.

## Wanted: Volunteer Walkers

One of the many groups concerned with quality education in Seattle is the Neighborhood Life Learning Walks program. 'Walks people' visit classes once a week at the central area's Harrison Elementary to take school kids on foot tours of their community. Destinations like the Arboretum, Henry Art Gallery's African art exhibit, Ravenna Park, and the Puget Consumer's Co-op have stimulated awareness of our social and physical environment.

Unlike public school 'field trips', the walkers ask the kids where they want to go. After eliciting kids' opinions, the Walkers talk with the teacher to help integrate each Walk experience into the daily curriculum. Future walks will include the Public Market and Woodland Park Zoo.

The Neighborhood Life Learning Walks were started last Fall by Dr. Bob Cahn, formerly of the UW Zoology Department. Two years ago Cahn and others started a Walks program as a

result of the Community Conference held at the University. The present Walks are affiliated with the Experimental College, Project Accomplish, and STAY (Social Tutoring Agency for Youth). With sponsorship from the East Model Community, the Walks received limited Model Cities funding through the Mayor's Youth Division.

Volunteers are needed so that the Walks program can be expanded. Presently, the Walkers take out three classes a week from Harrison. Seattle's Head Start program has asked for Walks involvement. Walkers also want to walk with classes from Madrona, another central area elementary school. But our program's growth hinges on increasing participation from women and men in the Seattle Community. If you can help, call SU 4-7259 or write us: Neighborhood Life Learning Walks, 6303 Evanston North, Seattle, Wash. 98103.

## Nourish The People

The Cooperating Community is moving into a new area of responsibility...organizing food conspiracies. By utilizing our largest resource, human energy, food conspiracies enable a wider range of folks to get food more cheaply. When people organize to do the work of distributing their own food, they can eliminate costly price mark-ups for store fronts, advertising, etc.

The Cooperating Community became involved in organizing food conspiracies to help bring more people together and to help channel more of our community's produce needs into CC Produce. CC Produce supplies organic produce and supplementary inorganic produce to the general public and to other working groups or affiliated groups within CC at prices comparable to or lower than most other prices elsewhere in the Farmer's Market. Food conspiracies can join CC as an affiliated group by accepting the CC bylaws, paying a one dollar membership fee every three months, and sending a liaison person to represent that group to the CC Liaison Group meetings. CC working groups get a 10% discount on CC Produce wholesale prices.

In order for the food conspiracies to take advantage of CC Produce, they must assess their weekly produce needs and make weekly orders. These groups will receive a weekly price list with most current prices and available organic and inorganic items. Orders must be phoned in by 4 pm on Tuesday and will be delivered by the following Saturday. The orders will be paid no later than upon delivery.

If you are interested in joining a food conspiracy or starting one, contact Kathy Stone at 682-1119. Hope to be hearing from you all...



Peace, Bread and Land will be in Seattle February 24 to cut a new record. That evening they will hold a benefit concert to cover their expenses. If you're looking for a good time listening to revolutionary rock n roll, be sure and come.



## Capitol Hill Coop Struggles

The Capitol Hill Coop is currently undergoing intensive self analysis to determine its purpose in the community and some of its more basic policies. At a general meeting of the membership scheduled for Monday evening, February 26th, 7:30 pm at Earthstation 7, CHC will plunge into discussion of proposed bylaw changes as well as prospective plans for purchasing the storebuilding. The proposed bylaw changes include policies concerning the existence of a board of directors, the existence and authority of a working collective (regular workers), and the question of

monetary support for those workers.

At a recent potluck dinner CHC members present discussed the issues above but came to no conclusions. Instead there was a general exchange of ideas hopefully resulting in a better perspective for each person present. None of the issues are simple one sided affairs. The approaching general meeting will hopefully come to some conclusions and agreements/decisions, but the possibility of needing more time for thinking/feeling/growing is not excluded. The meeting will begin at 7:30 pm...see you there.

## Laborers Unite

The second meeting of the Cooperating Community's Labor Exchange was celebrated with a potluck dessert on Capitol Hill. Early in the meeting, Denny from Fertile Earth Foods explained that the Labor Exchange is "designed to introduce people to the alternative institutions in our community." By placing interested people with the Cooperating Community working groups, he added, "People can get a practical understanding of the value of these groups that meet community needs, and provide humanpower as well."

"Hopefully, through your experience with these groups, you'll either want to join one of the working collectives or you'll want to form a new one of your own that serves our community in another way," he concluded.

Because most of the groups are

working with food, Bruce of Cerealia advised people to get health cards at the Public Safety Building. Representatives from Cooperating Community Produce, Soup 'N' Salad Restaurant, The Little Bread Company, Cerealia, and the new Cooperating Community Mill then described their working processes and signed up volunteers.

One shortcoming that was noticed was the absence of previously placed individuals at this meeting. To get feedback from these people and participation from other prospective 'employers' another Labor Exchange meeting was scheduled for Valentine's Day.

Persons interested in attending upcoming meetings or working through the Labor Exchange can contact John Havekotte at EA 5-6932.

SEATTLE AFFAIRS articles are welcomed typed and double spaced at

922 15th E  
Seattle, Wn 98112

For information call John at EA5-6932 or Roger at LA4-9812.

LET'S GIVE THOSE COWS AND PIGS A BREAK

AT  
**MOTHER MORGANS GUMBO FACTORY**  
LIVE IN RESTAURANT HONEY  
431 15th E. ON CAPITOL HILL  
EA 5-2400

LUNCH 11:30 - 2:30 WEEKDAYS 5:00 DINNER 7:00 CLOSED SUN

STRICTLY VEGETARIAN



## City Council Bombarded

ZNS

The city of San Antonio, Texas, has decided that sometimes it's easier to avoid certain humanitarian concerns.

The San Antonio City Council voted last week to rescind an earlier resolution that had urged people to contribute funds to help rebuild North Vietnam's Bach Mai Hospital. The earlier resolution had been passed unanimously by all six of the councilmen who had attended a meeting two weeks ago.

However, dozens of residents from San Antonio—a city which boasts five military bases—bombed city hall with angry complaints about the resolution. So council member Dr. Robert Hilliard, who had originally authored the resolution, introduced a new resolution overturning the old one. The new resolution was adopted unanimously.

Said Hilliard: "As a doctor, I felt aid to the hospital was the humanitarian thing to do." —ZODIAC

## Indignant Indigent

A woman charged with welfare fraud was held in contempt of court for not hiring an attorney after the court refused to appoint one for her. The Davenport, Iowa Municipal Court reasoned that since the woman had been able to post bond, she did not qualify as an indigent for purposes of assigning counsel. (In fact, the woman's bail bond fee of \$50 had been paid by an acquaintance.) When the woman appeared in court several times without an attorney, she was held in contempt of court and sentenced to 30 days. The Iowa CLU has appealed the contempt conviction to the State Supreme Court, which has stayed the lower court's order and agreed to hear the case. In addition to citing the constitutional right of an indigent to be defended by a court appointed lawyer, the CLU is citing the state bail law, which requires release without bail of an individual who has ties to the community. ACLU



# Paper Radio (or what you will)

## Buffalo Chips

Thousands of young Americans who have refused to be drafted or who have broken a variety of Selective Service rules are slated to be indicted and prosecuted in the very near future.

The Justice Department and the F.B.I. have been encouraging U.S. Attorneys around the United States to crack down on the backlog of draft resister cases as soon as possible. Many of the unprosecuted cases date back to 1967 and, in some cases, even earlier.

A hint of what's to come was the announcement by the U.S. Attorney in Buffalo, New York, that 98 draft resisters were indicted there the first week of December. U.S. Attorney John Elfvin added that at least 100 more draft resisters in the Buffalo area will be indicted within the next seven days.

A Justice Department spokesman in Washington told Zodiac News Service that similar crackdowns in other areas around the nation, including both Brooklyn and San Francisco, are imminent. The department said that the 200 predicted indictments in the Buffalo area was only a fraction of the number expected in other areas around the United States.—ZODIAC



## Vitality Food Center

1230 Bay

### Vitamin C

250 mg. 250 tablets

2 bottles for \$4.86

Complete line of teas and herbs



## POW!

The Defense Department has put together a special pamphlet to explain to returning Prisoners of War how to communicate with their families in 'modern slang'.

As each of the P.O.W.'s steps from his airplane from Hanoi, he will be handed a booklet which says "Hey, Big Daddy, when your young son or daughter comes to you and says 'Do you dig?' you can say, 'Lay it on me, dude,' and 'right on.'"

"Big Daddy," the Pentagon's hip pamphlet explains, is the head of the household; being 'blasted' means being high on drugs or alcohol; and 'tune in' means to focus your attention on something. Far out—ZODIAC

## Incensed Non-sensitive

A class action suit on behalf of all federal employees who have been fired because they are homosexuals has been filed in a San Francisco Federal Court.

The suit was filed by the Society for Individuals Rights on behalf of Donald Hickerson. In 1971, Hickerson was fired from his job as a supply clerk for the Department of Agriculture simply because he was a homosexual. He said he was dismissed from his 'non-sensitive' \$5,280-per-year job after the Civil Service Commission ruled that the U.S. Government would be held "up to public contempt" if it employed gays. Said Hickerson's attorney David Moon: "The audacity and simple-mindedness of this policy is self-evident."

Moon estimated that there are 208,000 homosexuals among the government's 5.2 million workers.—ZODIAC



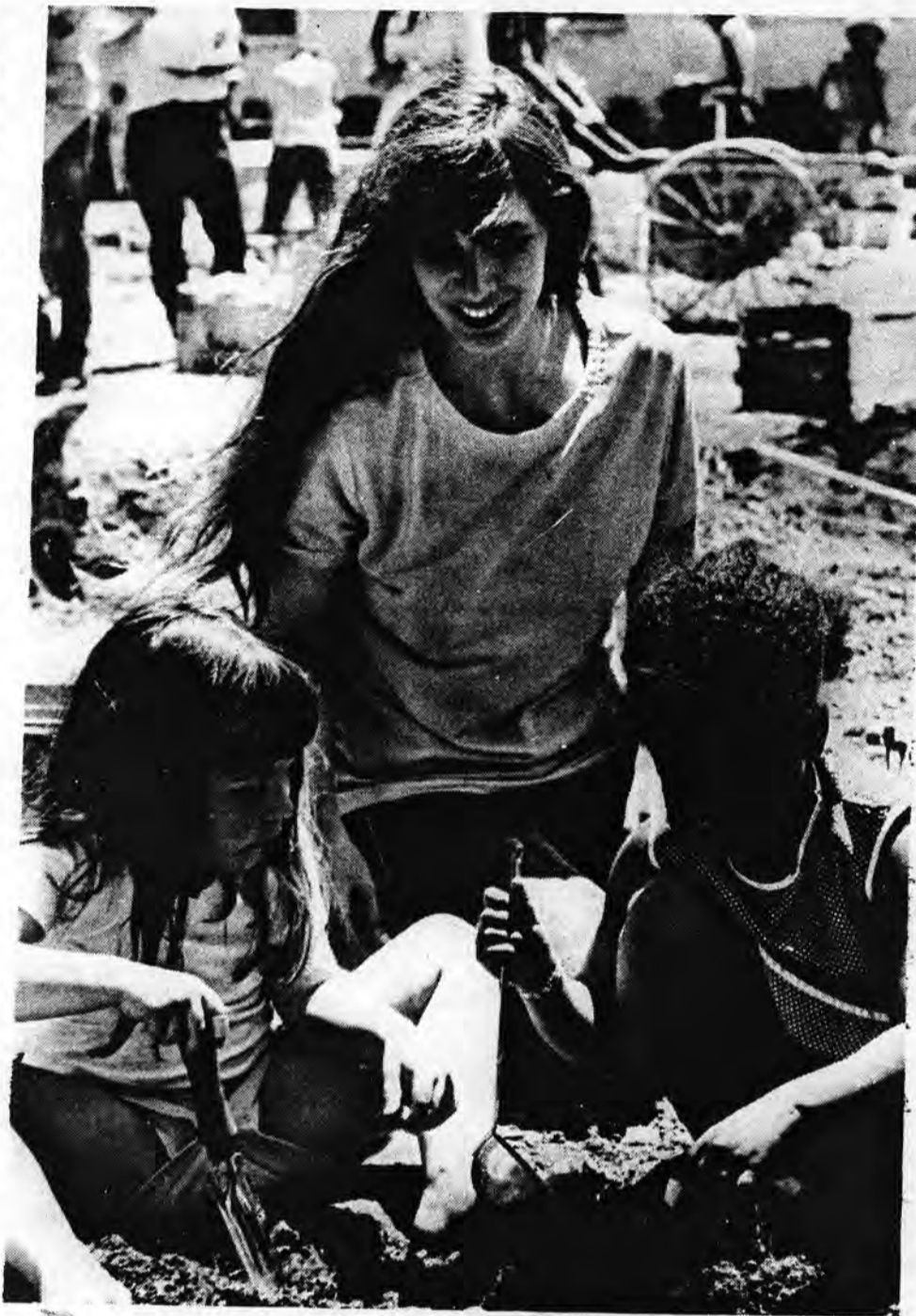
# Gay Mothers And the Courts

Sandra Schuster and Madeline Isaacson are two Lesbian mothers who have been living together for a year with their 6 children, all nine and under. The husbands contested their former wives ability to maintain a "normal family environment", considering their gay relationship.

A lawyer advised the two women to return to Seattle, and they decided to fight for custody. Washington statutes say that children are automatically awarded to the mother unless there is an obvious reason not to. The law never intimates that the father can be a good parent unless the mother is proven to be totally incompetent.

Judge Noe, in a letter to a court psychiatrist asked to evaluate all concerned, said that "I have agreed with counsel for all parties that social taboos are to be set aside and the honest and sincere welfare of the children considered." He said, "the evidence indicates that the wives are deeply involved with the Pentacostal members of the Metropolitan Community Church (in Seattle) expression of the Christian religion...the defendant wives stated...that nothing in the Holy Bible...would be in conflict with a lesbian relationship. Therefore the true and honest love that they express for each other, according to their testimony, is consistent with the expression of love by God and Jesus Christ."

The psychiatrist who received the assignment to evaluate all concerned, Dr. S. Harvard Kaufman, said that "All in all...one can only say that the children are certainly getting good emotional and physical care. They are being loved, are able to love in return, and are showing no identification problem. I have no way of knowing whether they are aware of any sexual relationship between their mothers but certainly this can be considered a potential area of confusion as to models as the children get older. As a matter of fact, the whole idea of a living situation may have to be reconsidered as the children go into adolescence, depending on the mental health of the children at that time. Certainly no one can positively state that a child's free choice of homosexual or heterosexual identification in his adult life can be influenced greater in one model or another of family structure where in all



respects, including their own sexual identification, the atmosphere is conducive to healthy and potentially healthy growth and development. In view of this, I see no reason for a change of custody at this time, especially since the ones offered by the fathers offer nothing to take the place of the healthy mothering the children have been exposed to, and since the

children themselves express the desire to remain as they are, looking forward to visitations with the respective fathers."

Nancy Kaplan, a family court social worker, evaluated the case from a sociologist's viewpoint and said, "Whether or not they remain with the mother, the children will still need to deal with her sexuality as their relationship with her will not dissolve." She then recommended custody to Ms.

Schuster as "the better parent."

Superior Court Judge James A. Noe ruled that the two women's six children, are in a "potentially destructive environment." The judge did not order the two women to end their relationship but said that separate living quarters should be maintained for the benefit of the children. He said it is highly unusual for "two women" to be used as models for children, making no mention of the numerous divorcees who have roomed together with their children for economic reasons.

Ms. Schuster said, in a letter to the Advocate, "We believe that parental fitness should not depend upon sex or sexual orientation. That is why we have contacted you because we are as concerned about men who are gay as well as women."

"How many fathers," she said, "we have met who have wrongly lost their children. We have run into heartbreaking situations in all gay circles. It is wrong, and we are committed to free gay people of all ages."

Ms. Schuster said, "We believe this case is worthy of an appeal, but it will take tremendous backing...we are willing, but we must be equipped with legal know-how and funds."

The only way Sandy and Madeline have a chance to stay together is if the public changes their views on lesbianism and children growing up in gay families. Sandy and Madeline are forming the Gay Mothers Legal and Research Fund which will pay for them to go around the U.S. collecting data from gay parents and adolescents between 12-18 years of age. This information will show the wide range of the family life of 100 homosexual parents and their children and 100 heterosexual parents and their children. This will give them a chance to show evidence to the court why they should have their case reopened.

Here in Bellingham we want to get together with all people interested in this civil-rights issue and start planning projects to help raise funds for the Gay Mothers Legal and Research Fund. If you are interested in helping contact: Pat Parson or Carleen Cochran in the G.P.A. office, 219 V.U. Western Wash. College, phone: 676-3460, leaving name, number, and address. Or write directly to Sandra Schuster and Nadeline Isaacson

P.O. Box 15312  
Wedgewood Station  
Seattle, Wash. 98115

Hours  
11am-7pm  
Mon-Sat



8050 15<sup>th</sup> NE  
Seattle  
The Little Bread Co  
LA 55400

Ploughshare Working Collective



MORE FINE ADVERTIZING FROM HYDE LEATHER & CO., 1226 No. STATE, B'HAM

# Divorce Reform-

## Out of the Courts



**The Divorce Reform Bill. Title: Creating the Domestic Relations Agency. House bill no. 824, Senate Bill no. 2690.**

This is a bill written by various representatives of Seattle feminist groups, concerned citizens and Seattle Legal Services Lawyers. What it does is take divorce out of the hands of the courts, out of the hands of judges and lawyers, and establishes a Domestic Relations Agency where divorce disputes can be adequately and sensibly handled. The divorce itself cannot be contested, only property and custody disputes can be contested.

Marriage is a mutual consent contract and if one of the parties no longer consents to the marriage it should be the right of that party to withdraw from the contract without first getting the permission or approval of the state as one must now do under the current divorce laws. The property and custody determinations will be made (under our proposed law) by an arbitration panel which shall be informed of the facts of the case and base its determinations on those facts and the facts presented to it by the disputing parties at a hearing.

This bill is a different bill from the one which has been getting most of the publicity, H.B. 392, the bill sponsored by the State Bar Association. That bill does very little except allow for "dissolution" of marriages that are "irretrievably broken," as opposed to divorce between parties who are accusing each other of various wrongs. By contrast, H.B. 284 (S.B. 2690) provides thoroughgoing reform.

The main objectives of the proposed law are:

1. To reduce the time involved in the current divorce procedure by cutting out the waiting period (now 90 days in this state) and making the maximum time that a disputed divorce would take 91 days and the maximum time for an undisputed divorce (where property and custody are not disputed (the divorce itself cannot be) 31 days.

2. To cut the costs of divorce by eliminating the need for lawyers whose fees are presently \$250 or more and replacing them with fact-finding bodies whose fees will be included in a \$15 fee paid by the divorcing parties who need property and/or custody determination. The fee for an uncontested divorce will be a flat \$10.

3. To provide for the settlement of divorce disputes (property and custody) through an arbitration process, rather than having judgments made by judges who do not have the background or training for handling such sensitive issues as domestic relations disputes. The arbitration panel before which the disputing parties come for a hearing and determination of property and custody allocation will be supplied with the relevant facts by special fact-finding bodies which will be a part of the agency, thus eliminating the all-too-common occurrence of manipulation of the facts of the case by lawyers as they present them to a judge, and eliminating the cost of lawyers which is entirely too high.

The bill is being introduced into the House by Rep. C. Savage (prime sponsor) and Rep. Eleanor Fortson (sponsor). It is being introduced into the Senate by Sen. Pete Francis (prime sponsor) and John Murray (sponsor).

Members of the divorce reform committee, Sheila Blackman of Radical Women, Chairperson and Wanda Fullner, NOW, Co-Chairperson, have been down in Olympia lobbying for the introduction of this bill. Now that it is being introduced, the senators and representatives need to hear from the public. This bill was not written with the interest of a small vocal minority in mind, but for the benefit and accommodation of the citizens of the State of Washington. If you agree with its contents as described in this letter and think it is a good reform, please support its passage by writing or calling your representatives and senators and informing them of your opinions on it.

Listed below are the names and addresses of Senators and Representatives who are crucial to the passage of this bill:

**Senators:** Pete Francis (he is the prime sponsor of this bill in the Senate); John Murray, (he is also a sponsor of this bill in the Senate); Booth Gardner; Rasmussen; Senator Day, Senator Henry; Senator Knoblauch; Senator H. Lewis; Senator Scott; Senator Wanamaker.

**Representatives** Eleanor Fortson (she is also one of the bill's sponsors in the House); Jeff Douthwaite;

Rep. Charnley; John Eng; Rep. Nelson; Rep. Rabel; Peggy Maxie; Helen Sommers; Scott Blair.

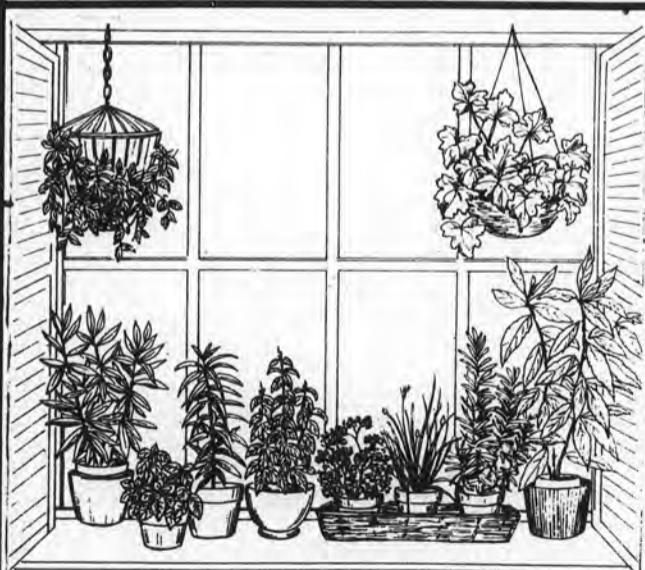
All or any of these would be good to write and/or call. Write senators in care of Senate Office Building, Olympia; write representatives in care of House Office Building, Olympia.

# and

Here's a bill worth the time it takes to write a letter or make a phone call. A bill has been submitted which would allow the state to sell personalized car license plates (the kind that have your name or some word of your choice engraved on them instead of the usual random numbers). These plates would cost extra, and the money derived therefrom would go to the Department of Game for non-game management programs. This means the following: all the operations of the Department of Game which are related to the sport, or game, species such as steelhead and elk are funded directly from the license fees of fishers and hunters. More and more, though, the Department of Game is being asked to look after and conserve such species as killer whales, harbor seals and songbirds. It's neither appropriate nor fair that fishing and hunting license fees should be raised to pay for such programs. This bill would provide a strictly voluntary way of funding the Game Department's new found responsibilities.

The bill, called House Bill 171, is backed by sport fishing and hunting groups and also by the Audobon Society. It has already passed the house 78-15, but is bogged down in the Senate Ways and Means Committee, apparently by senators who are reluctant to support earmarked funds of any kind. Senator Frank Atwood from Bellingham is a member of the Ways and Means Committee. Your letters and cards to him would help a lot.

Address: Senate Office Building, Olympia, Washington. Phone: (toll free number) 1-800-562-6000.



## The Greenhouse

We now have a fine selection of flower, herb, and vegetable seeds; along with sprouted herb plants, fine exotic plants dried weeds and pods too.

1226 North State

## WWSC ART FILM SERIES

presents

### I'm No Angel

MÄE WEST is the star attraction as Tira, the lion tamer.

Thursday, February 22, 1973  
7:00 p.m., Music Auditorium  
Admission: \$ .75 Students  
\$1.25 General Admission

### Belles of St. Trinians

... with Alistair Sim in the dual role of Clarence and Miss Fritton, two free souls who run a school for girls.

Thursday, March 1, 1973  
7:00 p.m., L-4  
Admission: \$ .75 Students  
\$1.25 General Admission



Sportcaster goose down sleeping bags, first quality, overlapping tube construction. Sale on discontinued colors - 25% off. Price range - \$63.75 to \$90.00.

# base camp, inc.



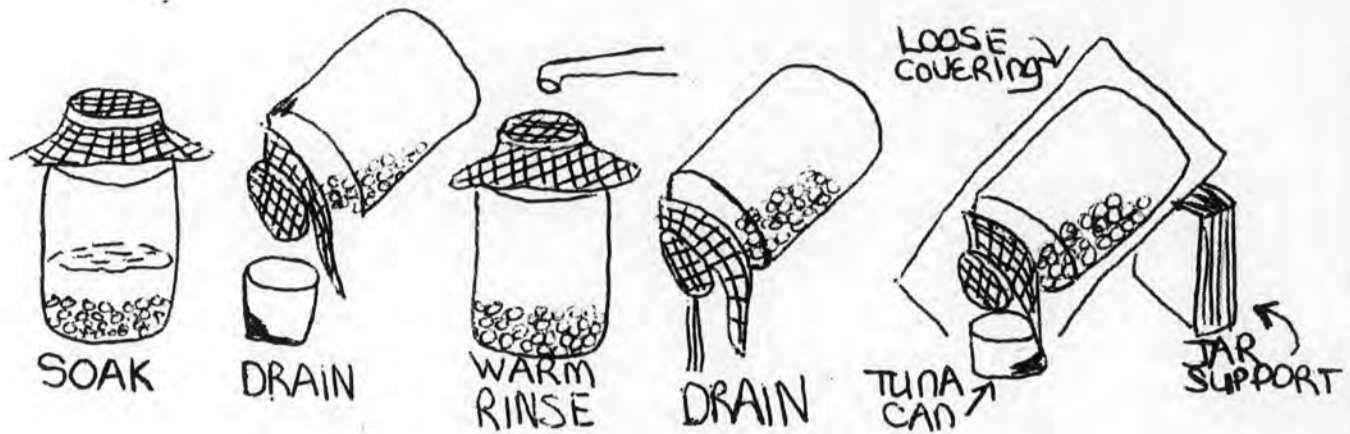
1308 E Street

Hours 12-8  
Mon-Sat

733-5461

# Spring, Sprung, Sprouts!

by p.a.t.



It's time to plant your garden! Sprout garden, that is. Even though it's February and cold and gray, you can grow a nourishing crop of sprouts in your cupboard and see results in just a few days.

Sprouts are fast becoming more and more popular as a tasty, living food. They are among the highest in natural vitamin content per serving of any food obtainable, with many varieties of sprouts increasing tremendously in B and C vitamins during the sprouting process. Rich in minerals and protein content, the sprouted legumes are a valuable substitute for meat and are available to anyone who will make the small effort needed because of their low cost. One cup of mung beans, when sprouted, yields these nutritional values: 30 international units of vitamin A; .09 B<sub>1</sub> milligrams; .10 B<sub>2</sub> milligrams; .5 Niacin milligrams; 120 C milligrams; 42 Calcium milligrams; 70 Phosphorus milligrams; 1.8 Iron milligrams; 3 protein grams; 4 carbohydrate grams; .2 fat grams, and 30 calories.

By growing your own sprouts, you can also be assured of at least one source of nourishment that our commercial food manufacturers cannot poison. Seeds are ALIVE—waiting the simple conditions needed to burst into full life. And you won't need dirt, or shit, or shovels either. Here is what you will need.

## First

The first step is to select the seeds you'd like to sprout. Some good ones are alfalfa, mung beans, wheat berries (delicious!), aduki, soy, garbanzo, kidney, pinto, lima and fava beans, fenugreek, lentils, peas, buckwheat, oats, rye and corn. Most of these can be found at the Food Co-op and/or any store that stocks whole, natural grains. In buying it might be a good idea to experiment with a small quantity before stocking up so that you can discover the ones that you really like. After purchasing your seeds, keep them dry and away from light. Labelled glass jars make good containers.

## HOW TO SPROUT

To get your sprouts going you'll need: 1) A location of fairly warm, constant temperature such as a shelf in the kitchen, a cupboard, a closet, wherever. Sprouts do best at a temperature of about 70 degrees, (although they can live through cold spells, they just take a little longer); 2) Wide-mouthed glass jars—quart sizes are good—and a tuna can or facsimile; 3) A few feet of clean cheesecloth; 4) Heavy rubber bands; 5) Seeds (recommended: alfalfa, mung, aduki, or wheat berries to start as these are easiest to sprout).

After collecting your materials, sort through the seeds and pick out any that are old, crushed, or discolored. Add about ¼ cup of alfalfa seeds to a large jar, ¼ cup of mung beans or aduki beans to a quart jar, and about ½ cup of wheat berries to a quart jar. (They need the extra space to grow.)

Cover the seeds with warm water (not hot!) and let them soak for at least 8 hours or overnight.

After soaking, drain off liquid through the cheesecloth. Rinse the seeds with warm water and drain again. Place the jar at about a 45 degree angle to continue draining propped up carefully on a shelf against a wall. Loosely cover with a bag or cloth—to keep out light but to allow for ventilation—unless you have them in a cupboard or closet. (see picture)

Rinse sprouts 2 or 3 times a day in warm water, drain and place back at the angle to continue draining. Sprouts should be kept moist but not flooded. It may be necessary to rinse the legumes more frequently than alfalfa or wheat sprouts which cling together and retain moisture longer.

In 2 or 3 days the wheat sprouts will be approximately the length of the seeds. They are then ready to eat and refrigerate. Within 3 or 4 days, the alfalfa and bean sprouts will have each developed 2 yellow leaves. The leafy sprouts are then ready for exposure to light to produce chlorophyll.

Several hours and sometimes as much as a day of light is needed. Indirect sunlight is best. On a cloudy day, prop up the jar in the kitchen on the table and leave on an overhead light.

The sprouts are now at the peak of good nourishment and are ready to eat. Remove the cheesecloth, cover the jars loosely and refrigerate. The whole sprout can be eaten—seed, root, leaf and skin.

Sprouts keep well for several days in the refrigerator, but it is advisable to sprout in quantities that will be eaten within 3-4 days. Get into the habit of having a sprout garden in various stages for a continuous fresh supply. After several days of refrigeration, taste and smell can determine whether they are still edible.

Keeping the cheesecloth covers and glass containers clean is essential to avoid spoiling succeeding sprouts from accumulated decayed sprout particles.

Wash and rinse the jars and cheesecloth in hot water after each use.

Also save the water that you soaked your seeds in and use it for drinking, as a soup base, and for plant food—your plants will even like them!

Adding sprouts to your daily diet can only bring positive results. It will be one more step towards your body

becoming more aware of and sensitive to its general nutritional needs, the beginning of a pattern of other evolving choices along the path toward total well-being.

Here are some suggestions on how to enjoy your sprouts:

- 1) By themselves — very tasty and munch-able!
- 2) As an addition to salads and/or soups.
- 3) Sautéed with onion and mushrooms.
- 4) Stirred into oatmeal a minute before it's done.
- 5) Added to scrambled eggs, omelets.
- 6) Peanut butter & sprout sandwiches; tomato, cheese & sprout sandwiches; make up your own sandwich spread using sprouts.
- 7) Ground, or whole sprouts added to pancakes, breads and cookies

and the list can go on and on as long as there are sprouts and imagination. Put sprouts in EVERYTHING! They're so good for you as well as good to eat.



## OBESE PLANTS

February being pea-planting month, I'm turning the compost and remembering my father saying that a plant like a human can become obese from overfeeding. He perhaps read that in Rodale's complete book of composting years ago when most people hid these books under the mattress if they were allowed in the house.

Composting, the law of return, is as old as civilization, yet no two people agree on methods. My father built on Rodale's research, continuing with experiments of his own. He grew the most gigantic strawberries I have seen. He wasn't daunted because the back of his place was covered with that pest,

scotch broom. He analyzed the fresh green tips of the broom, snipped those tips and hauled many a wheelbarrow load onto his massive sod-wall composts and developed a high-quality, crumbly black soil so rich, he found it necessary to guard against plant obesity.

Spring is an enormous feeling; grubbing in the soil again! I like to think of my dad and those strawberries and Mr. Rodale too. I doubt there will be a better book than his on composting and its in the 12th printing: *The Complete Book of Composting*, J. I. Rodale and staff, Rodale Books, Inc., Emmaus, Penna. Lara mac, So. Whidbey



## Tapestry

4176 Meridian . . . Bellingham  
Washington . . . 98225

1 mile North of Freeway  
Overpass

Tuesdays—Saturdays  
10 a.m.—5 p.m. 733-7498

Weaving Supplies  
Yarns for Creative Knitting  
Fleece . . . Floor Looms

Judith Krieger  
Charlotte Schneider

# Cheapo Puppets

as told by yer aunty, Mabel Groat

howdy folks,

This time cheapos is coming to ya in the form of a puppet, and as a beginners course in sewing. So instead of payin a few bucks fer a muppet in the stores why don't ya make yerself one practically free. Start by gettin together 5 chunks of cloth about a foot square, (or fabric stores sell square around 17 cents apiece), some scissors, a needle and thread and a couple old picture postcards, now proceed...

- ① cut out the head and body pattern pieces twice
- ② now sew some 'stay stitching' around the mouth opening about  $\frac{1}{8}$ " in. (stay stitching is just a row of stitches to make the material stay in shape.)
- ③ Sew the darts in the head, that's those little notches ya cut out of the back of the head.
- ④ Sew the 2 halves of the head together, with what's going to be the outsides of the material facing each other, allowing  $\frac{1}{8}$ " from the edge when ya make this seam. remember... don't sew the mouth or neck holes shut, then turn it right side out.

⑤ Next, cut two of the semi-circles out of light cardboard and trim  $\frac{1}{8}$ " off the straight edge, then tape the straight sides together with masking tape, leaving  $\frac{1}{4}$ " gap between 'em which will act as a hinge.

⑥ Cut  $\frac{1}{8}$ " slit at both corners of the mouth then glue the cardboard into the mouth at the stay stitching line (remember stay stitching!) folding the extra material over the cardboard.

⑦ fold a piece of material in half and lay the semi-circle on it with the with the straight edge on the fold and cut it out, then glue it over the cardboard.

⑧ now cut 4 rectangles just a little bigger than the arms, then trace the arm pattern onto 2 of the rectangles and pair each of these with a blank rectangle and sew them together on the line you have drawn, leavin' the line at the upper end of the arm un-sewn.

⑨ cut off the extra cloth leaving about  $\frac{1}{8}$ " outside the seam again and stuff the arms with cotton,

scraps of cloth or moldy marshmallows until they are  $\frac{2}{3}$  full.

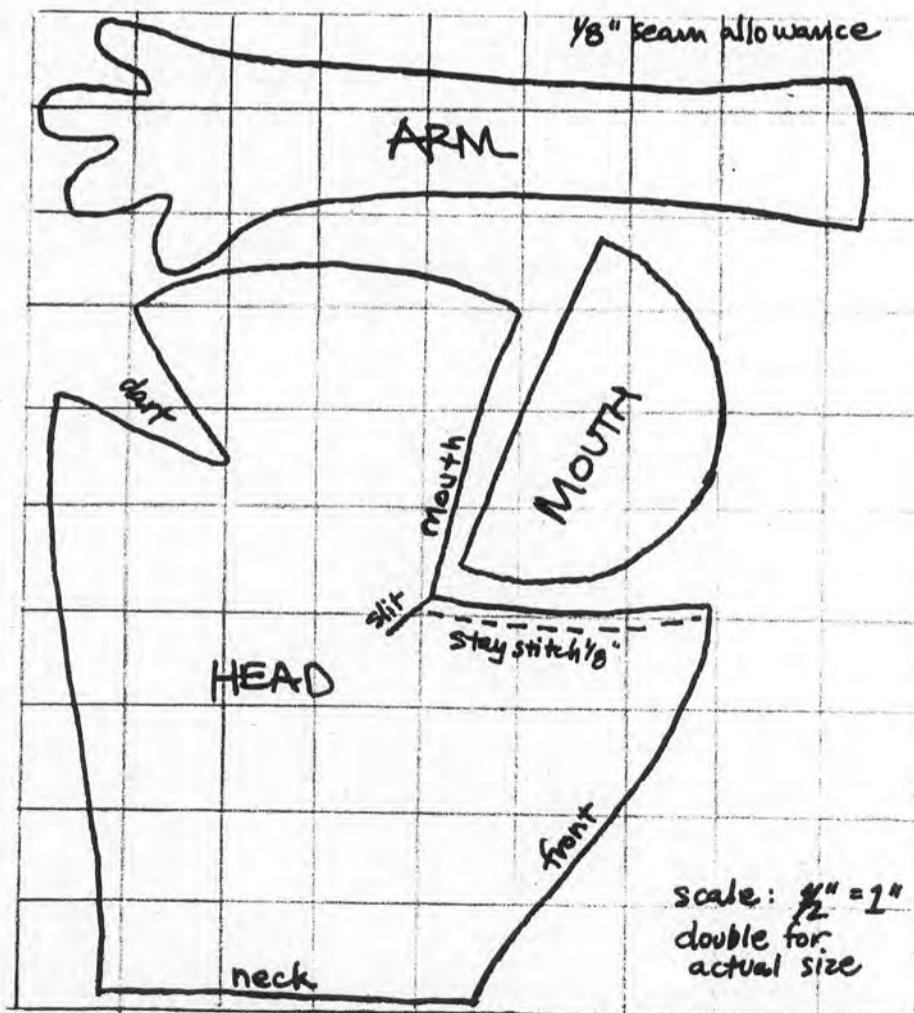
⑩ take the pieces ya cut out for the body and place them, right sides together, then stick the arms between the 2 pieces (thumbs up - one arm comin from each side friends)... now if ya follow my meanin', ya want see the arms, just a lump in the body, be sure the open ends of the arms are even with the edges of the body.

⑪ now proceed to sew up the sides of the body, leaving that  $\frac{1}{8}$ " seam allowance again.

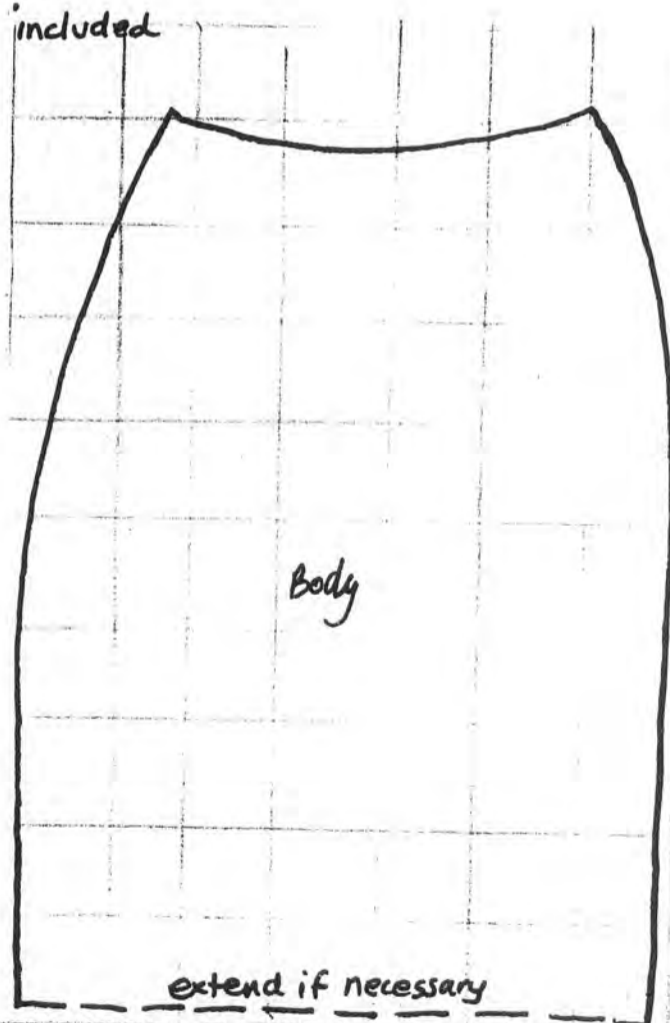
⑫ okay folks, don't turn the body right side out yet, cuz first ya gotta stick the head down thru the neck hole into the body and sew the head neck to the body neck... okay now turn the whole thing right side out.

⑬ Now that ya got the basic body its time to give yer little critter character. how ya do it depends on if yer makin it fer a grown-up kid or a little kid, if its fer a little kid ya should stick to things that can be sewn on like old buttons fer eyes, pipe cleaner whiskers, or yarn hair... but if its not in fer too rough of playin' ya can really get carried away

with eutouts ya glue on. Anyway, have fun... there's no limits... love and magic - Mabel and Elmer.



scale:  $\frac{1}{2}$ " = 1"  
double for actual size





kulcha

# As You Like It

the continuing saga of shakespeare, santana and danny o'keefe

by nils von veh

Sometimes I get to feeling like I've stumbled into a dungeon, my mind falling frantically down puzzling hallways, my self groping to connect with some glimmer of light. At times like this, three things recently did much to remind me where "it" was.

Culture is mirrors, in it are reflected the foibles of human existence. Culture's reflection helps us "see" ourselves, at the same time that we are "enjoying" ourselves. It is not every creation that can teach us and provide us with a good time simultaneously.

I remember a surreal day last spring spent watching San Francisco's New Shakespeare Company perform "As You Like It" on a grassy hill near Fairhaven. That performance still lingers on in my mind as the most exciting and enjoyable theatrical experience I've ever seen reflected in my mind. The words and feelings were so lively that you had no choice but to enjoy it. This company does Shakespeare the way Shakespeare would want it done.

That same troupe was back in town recently to do "As You Like It" again. And although this time the stage was indoors instead of outdoors, I still found it enjoyable and involving. The vitality with which the actors and actresses play their roles could not but help engage my imagination and interest. When the play reaches the end, you find yourself returning from Shakespeare's realm with surprise, wondering how time could go by so swiftly. The next time San Francisco's New Shakespeare Company passes through town, try to make it by to see them. Your subconscious will love you for it. (Kudos should go to Western's Program Commission who made it possible for people to see this performance free.)

It is unexpected surprises that really keep me going, something coming totally out of the blue that really makes a day memorable. One was the aforementioned "As You Like It". Another happened the day before. That was when I went to Vancouver ostensibly to see Loudon Wainwright III and Blood, Sweat and Tears. Instead of Loudon, however, Danny O'Keefe appeared.

I had wanted to see O'Keefe perform for a while. He's one of the few Northwest musicians to have made it nationally. Back in the old days Danny appeared locally in many manifestations, the best known being a rock band called Calliope. After that came years of moving about from place to place, a record that went nowhere, and finally last year a hit single and a well-produced album. The single was "Good Time Charlie's Got the Blues," a song that Danny had incarnated in many versions over the past few years.

Those years of working in relative obscurity have probably taken their toll on Danny, but they have also paid off because he has come through it all with a forceful presentation that amply displays what he has learned along the way. His songs are well-written and evocative, and he brings them to life in



photo by thom schultz

## A touching scene from "As You Like It."

concert with much intensity and fire.

It would take no less to make an impression on the small, swinging, older crowd that had come to see Blood, Sweat and Tears, but O'Keefe managed to capture their attention after a while with his straightforward manner of performing. He played alone throughout the concert, accompanying himself on guitar with great dexterity and skill. His shy, unassuming stage presence gave you little inkling of the emotion he was able to coax from each number.

Finally he introduced his last number by lighting it—oops—by relating how it made him chuckle when he watched Mr. Gomer Pyle (Jim Nabors), perform a song of his on Sonny and Cher. And so he cleverly ended his set with "Good Time Charlie..." (P.S. Keep your eyes and ears open and your mouth shut as there is some chance that Danny O'Keefe might be appearing at Western this spring.)

Meanwhile, BS&T did nothing to sustain my enjoyment.

Back in the old days Santana's first album was one of my favorites. "Abraxas" was okay too, only over-exposure to it in a dorm I had the misfortune of living in, killed whatever enjoyment I was ever able to get from Santana in the first place. It was an experience similar to getting too drunk and not even being able to smell alcohol without getting nauseous for months afterwards.

So strong were my inhibitions about Santana that not until recently did I feel much like hearing their new album

— "Caravanserai." When I finally did I was amazed by the depth and scope which their music has attained. The album finds Santana taking mainly an instrumental journey to the heart of your mind.

One night recently found me with my mind tied in knots, my emotions stifled, my normally persevering nature frazzled by my inability to make a genuine connection. In times like this one must choose one's medicine carefully or fall over the edge and not return again...

In this case "Caravanserai" took me by the hand and showed me the path, held up before my skeptical eyes a quilt-work of joy and peace. Now maybe it's silly to tell you all this, but I figure maybe you get to needing some nice, soothing rock 'n roll sometimes yourself.

On this album the new Santana takes off into a realm of curious mixtures of Latin rhythms, a la Mahavishnu—Miles Davisish jazz progressions, transcendental orientations and just plain old down-to-earth emotions. Which is quite a safe and sane mixture as far as my predilections go.

As you listen to "Caravanserai" you suddenly find the energy in your mind rearranging itself, the knots untying, and a positive flow reappearing in your thoughts. Maybe I'm projecting too much onto this music, but then again it would be exceeding unwise to deny the incredible force music has on people's lives. And if it's positive directions you are hoping to take in your life, "Caravanserai" is one rock 'n roll

album you will want to have along with you wherever it is you're going. Now if we could all figure out just where it is we are going, things might be a lot nicer around here.

Blessing and hallucinations to you all.

(P.S. With great pleasure I am happy to report that John McLaughlin and the Mahavishnu Orchestra may well make an appearance in Bellingham by the end of March. Please stay tuned and please say a little prayer to make certain it happens. And count your blessings Bellingham, because this is gonna be a treat!)

**Is there  
something better  
than stereo?**

SONY	KENWOOD
GARRARD	FISHER
BSR	MIRACORD
PICKERING	KLH
AR's	SHERWOOD SHURE

OLD TOWN TRADERS  
**Quad Corner**  
Audio Component Specialists

310 West Holly Phone  
Bellingham, Wa. 98225 734-3151

## Restaurant Review

I'd like to start out by saying I'm really sorry to see one of the finest, funkiest, best eating restaurants in town close down. I'm referring to the recent closure of the "Farmhand Rest" located on Maplewood near the airport. It certainly was not due to the lack of quality or high prices for it had some of the best food for the price to be found in Bellingham and Whatcom County that I know of. I doubt I'm the only one who hopes that they're not quitting the restaurant business entirely.

It doesn't do much good to talk about defunct restaurants when people are looking for some good eating so we'll just get on to talking about a fine place that just opened up. "Tura's Delicatessen" has recently replaced the former "Daily Bread Delicatessen" on State Street across from the Bellingham Herald. I stopped in just today and had a really fine time. I was the only customer so I got lots of personal attention and spent at least 15 minutes trying out their wide variety of imported and domestic cheeses. Then I sat down for some apple pie



## Tura's

which was unlike ANY apple pie I've ever had in my life. There is nothing in Bellingham that can even compare with it for 30 cents. Although I'm sure they used refined sugar and white flour, I find myself able to transcend these things on such occasions.

One thing that did disturb me, however, is their use of paper plates and plastic spoons. When I asked them about this they told me that it was too much extra work to wash dishes and silverware. Meanwhile, the two of them sat at a table reading a paper because there were no other customers to wait on. It seemed a bit ridiculous to me. Maybe if enough people let them know how they feel about the ecologically unsound practice of using disposable plastic utensils and plates they will change. Another problem of course is having the money to buy plates and silverware.

Besides apple pie, "Tura's" has other delicious looking desserts and a wide variety of sandwiches made with their large selection of domestic and imported cheeses and cold cuts. They also sell their cold cuts and cheeses by the pound and everything seems to be reasonably priced for the type of operation they're running.

Jim Massman

## Original Long Hairs

Seems like nobody is writing anything about classical music these days, so thought I might turn ya on to three albums I picked up last week. Now I don't claim to know much about it, but I do know what I like. These are really mellow albums and I think most of ya would enjoy them.

"The Vituos Recorder from Folk Dances to Blues" with Bernard Krainis, his consort and ensemble (Odyssey, no. 32 160 144, \$2.98). Even though most of this music was written before 1750, there's a couple of blues things on side 2 that are really good. Most of this is pretty lively, but it's soft and bouncy, too. I especially like the 2nd cut on side 1. Concerto for Soprinino

"The Harp" with Nicanor Zabaleta (Deutsche Grammophon no. 139 419, \$6.98) is probably the sweetest, most lyrical album I've yet heard. The price isn't too good, but the music more than makes up for this. The whole album is akin to sitting alongside a gentle mountain stream and just listenin' to the water's music. This is really good for sitting in front of the fire with your favorite lover and just getting into the music and each other. The best cut is the last one on the album, "concerto for Harp", but any of the cuts will take yo anywhere ya want to go.

Most of ya have probably heard of Julian Bream by now, but his newest album of lute

music is his best yet: "The Woods So Wild" (RCA LSC 3331, \$5.98). This is mostly a collection of Elizabethan songs and "Fantasies", with a few old favorites like "Greensleeves" thrown in. Nothing but a lute singing soft and gentle on the whole album, and this is really peaceful music.

In case you're not sure what classical music is all about, you might give a listen once in a while to KING-FM, 98.1 mc. They play beautiful music all day for free for ya. That's where I first heard all three of these and that's where ya can kind of figure out what you like without going through the expense of buying something you might not like.

-gerry wolfe



## The Men's Room

1415 Cornwall

### Sir Jac Corduroy Jeans

Flare Bottoms  
Blue-Brown-Burgundy  
Waist Size 28 to 38

Reg \$10.50     \$6.00

### Jumbo Flare Jeans

Blue Denim  
Button Front  
Sizes 28 to 40

\$4.97

## Custom Rubber Stamps 1 Day Service

Phone 734-1288 - 2315 "I" St.

Mention this ad when ordering for 20% discount

"Instead of developing techniques for maximum profit, try to develop those that will give the maximum of freedom; an entirely new approach."

Simone Weil 1st Notebook

Everybody's store is open only Friday, Saturday, and Sunday this winter. Drop by then and enjoy fine imported cheeses, sausages, organic grains, flour, local artifacts and a host of other enjoyable surprises.



**Everybody's  
Store**  
Hwy 9  
Van Zandt

by bernard weiner

# films

## The King of Marvin Gardens . . .

### an attempt at mastery

There are some works of art whose style is so distinctive as to affect you viscerally and which stay with you long after you've experienced them first-hand. Think of Joyce's, "Ulysses" in literature, or Van Gogh's paintings, or Stravinsky's "Rites of Spring" in music, or Bergman's "Persona" in films. It is not simply style or form which makes the work memorable; rather, it is a perfect mixing of form and content, where the message of the work blends perfectly with its shape and mode of presentation.

"The King of Marvin Gardens," Bob Rafelson's new film, is certainly not in the same league with the above-mentioned masterworks, but it does partake of some of that same attempt to blend a unique style with a subject matter of some weight. In this, it is one of the more important American films in some years. When it succeeds, which is a lot of the time, its imagery and mood stay with you long after you've left the theater; when it fails, as it sometimes does (mostly due to excess), you feel sad because Rafelson was onto something important and it's a pity he couldn't always mold form and content into a perfect whole.

The film's title is taken from the American game Monopoly, where budding capitalist-land developers try to put up high-rent properties (Boardwalk, Park Place, Marvin Gardens, etc.) in order to make a lot of money. There are obvious references to Monopoly in Rafelson's and Jacob Brackman's script - not the least of which is its primary location, on the faded Boardwalk of Atlantic City - but the film expands beyond that to show us a deeper set of games going on.

Everybody plays games in the film, mostly based on the illusions of self-deception. David, the late-night disc jockey, spins tales out of his rich imagination and passes them off as autobiography. His brother, Jason, is a get-rich-quick schemer who lies to himself about the reality of his projects. His older playmate, Sally, plays the game of youthful love only to have her age and her lover blow up in her face. Jason's younger playmate, Laura, also plays at love, believing it to be without consequences. There are references to other forms of amusement: auction games, marching band games, Miss America games, gambling and rackets games, sexual games, and so on. Everyone's rolling the dice for survival. (In the

backgrounds, one can spot the cripples and beaten of the world.)

The film is unfolded in a style that is elliptical, mysterious, not quite real - a kind of over-ripe dream that's beginning to smell a little from the intensity of its degeneration. You have the constant feeling while watching it that you've come in a little late for each scene, and you're never quite sure what it is that's going on until the end of that scene, and sometimes not even then. Laslo Kovacs' surreal and super-real cinematography adds much to this sense of distorted perception.

Rafelson's style is itself kind of a game - which is both its greatest strength and its major source of weakness. His game is to "tease" the viewer by constantly coming, on indirectly with the meaning of a scene. He does this time and time again both visually and through the script. One example:

The film opens on a tight close-up of David (Jack Nicholson) telling a rambling, somewhat sickening story about why he no longer eats fish. Half of his face is in shadows and it is obvious that David is being excruciatingly honest about his story in which he and his brother allowed their grandfather to die, choking on a fish bone. As David proceeds with the story, a red light suddenly begins to blink on the shadowed side of his face. The sense of mystery increases. Finally, Rafelson pulls the camera back and we see David in a radio station talking into a microphone; the red light is being blinked by the engineer in the control booth who has a message for David. (Still later, another facet of the opening hits us: we meet the grandfather, who is somewhat pissed off at this tale of his death.)

This kind of cinematic cuteness occurs throughout the film, and helps to explain why many viewers have been turned off by the film movie as an exercise in pretension. First we hear and see something, only later do we really find out what's really going on. Usually the scene is good, and the wait well worth the information - and, in general, it's a fascinating way to obtain exposition of the story without being tied to chronological narrative - but its constant repetition and self-conscious cuteness does begin to cloy after a while. (At one point, David says, "Things are pretty weird here," and the audience laughs because things certainly are.)

Rafelson, you may remember, is the director of "Five Easy Pieces," a first-film that displayed a sure talent in diving into often-strained world of family relationships. In that film, Nicholson is a concert pianist who drops out of American Kultur to become an oil-rigger, and then a drifter. In "The King of Marvin Gardens," Rafelson is dealing once again with those on the fringes of American respectability (Jason is involved somehow with racketeers, David is a reclusive radio monologist, the women are drifters who have hooked onto Jason's speedy trip), but this time they are people who want to fulfill the American Dream, who want to dive into high finance and real estate development (Jason has a scheme for building a resort and a casino on a small Hawaiian island) to strike it rich, to clean up the Monopoly board.

The film is told in such a non-directive style, and the characters are so discombobulated in their happy (or tragic) illusions that the film's denouement - a bloody killing - smashes us in our guts with the starkness of its reality. With a giant rush, the balloon is punctured and all that bad air begins to mix with the real stuff. It is a depressing thing to watch, but powerful in its emotional impact. So traumatic is the film's climax that one is led to believe that it will somehow shake-up the somewhat lethargic David.

It does and it doesn't. On the one hand David at film's end seems pretty much the same as David at film's beginning; he doesn't seem to have altered his lifestyle any, and will keep on keeping on pretty much in the same way for a long time. On the other hand, he does tell a true story - the true

story - over the air, and cries as he relates the events to his anonymous audience out there in radioland. "In the funhouse, how can you tell who's crazy?" he sobs.

One could read this film in heavy sociological-political terms and say, "Here's a film which reveals the destructive power of the capitalist American Dream, told in the form of a

Monopoly game and a parody of Miss America-type shucks." And while there is a bit of this in the film, its strength lies not in the overt political message but in the covert psychological one, of David and Jason as two sides to a familiar coin which is somehow locked out of the Dream and wants in. How these two brothers interact - with each other and with the two women in that strange *menage a quatre* - is what makes this film almost totally absorbing. That, and its weird way of unraveling a story.

Ellen Burstyn as Sally is a marvel to watch, flitting from comedy and warmth to psychotic bitchiness to sexual power and ultimate madness. Compare the depth of her performance with that of Susan Tyrell's drunk in "Fat City," and it's just no contest. Burstyn's outstanding acting in both "Marvin Gardens" and "The Last Picture Show" demonstrate that America has a new talent to behold.

Bruce Dern is superb as Jason, the all-American hustler who ultimately hustles himself right out of existence. But Nicholson is what holds it all together as he plays against type. He is at his best in moments of great explosive power; here he must contain that energy within a repressed, shy demeanor, only letting himself out rarely. It is a remarkable performance.

And a remarkable film.

NOW IN STOCK - BEAUTIFUL RUGS OF ALL SIZES AND DESCRIPTIONS, AND FOR YOUR NEXT MAGIC CARPET RIDE LOTS OF NEW LONG-PLAYING PHONOGRAPH RECORDS.



TICKETS FOR NEIL YOUNG IN VANCOUVER, MAR. 18 AND PAUL BUTTERFIELD IN VANCOUVER, SOON.

# The Liberated Wizard



Dear People concerned with finding non-sexist books for children,

I was interested in your quest. I may not be a great deal of help as I live in Seattle, but I do have a suggestion that may warrant investigation. The Seattle Public Library stocks the Oz series by L. Frank Baum. If Bellingham doesn't, and these books are found to suit your purpose, perhaps pressure could be brought to bear upon the library to remedy their oversight.

Most people know only about the Wizard of Oz and about that only through the movie (which relates only the first half of what happens in the book). L. Frank Baum wrote thirteen more books on the same subject. These books are for the most part non-sexist in content.

Of the fourteen books, eight feature a girl as the main perpetrator of action (Dorothy, Betsy Bobbin, Ozma or Trot). In four of the books girls play a major role while not dominating the action. In these books either the action is centered around a group of people traveling together or has two separate lines of action which converge toward the end of the book. In only two of the books do girls not have a major role in the action (witches not included here as girls).

These books include several boy characters in various degrees of importance. They demonstrate on numerous occasions, their ability to cry and indulge in irrationality. In the last twelve books of the fourteen, Oz is ruled over quite ably by Ozma, an adolescent girl of fairy persuasion. On the surface then, these books seem to qualify under the brief definition of non-sexist you gave.

There is one major exception. The second book of the series, "The Land of Oz," might be objected to. The plot deals with an overthrow of the

country by an army of girls led by General Jinjur. They depose The Scarecrow and Tin Woodsman who had been appointed by the Wizard of Oz to rule after he left via balloon. They escape the capitol and have a number of adventures along with Tip, a boy who escaped from Mombi the Witch. They eventually make their way to Glinda the Sorceress' Palace and secure aid. Glinda disenchant Tip who then becomes the girl Ozma who is the rightful ruler of Oz. Glinda and three of her retainers (also girls) then proceed to the Emerald City and capture General Jinjur, ending the revolt. Ozma then take rule of the country and things return to normal. It is interesting to note that Jinjur and her army were rebelling because they were tired of doing housework all the time. While they were in control, the men were forced to do all the housekeeping.

Baum's wife and mother-in-law were both staunch sufferagettes (the book was written in 1904) and it is assumed he wrote in Jinjur's army as a satire of their activities.

The only other objection to the books I can conceive of is in connection with the current opinion in some circles that fantasy and fairy tales are unnatural and consequently bad for children. That is a lot of bullshit and I am willing to take that matter up with those of contrary opinion at another time.

These books are interesting, have good characterization and merit your consideration.

Smiles and Crocodiles,  
Loren Isaac  
Seattle, Wn.

*Printing It* by Clifford Burke. Illustrated by Chuck Miller. Ballantine Books, New York, 1972. 127pp. \$2.95.

If you are thinking of developing printing as a skill, or merely wonder how you could inexpensively put together a pamphlet or manifesto, then Clifford Burke's witty, concise "Guide to Graphics Techniques for the Impecunious" may be just the source book you are looking for. *Printing It* is devoted to the ins and outs of photo-offset printing, the cheapest possible process.



Burke first learned the techniques of spare change printing while at San Francisco State College in the early days of the student movement. "A lot of interesting things were happening there: the Experimental College, the Black Students' Union, a strike, people getting beat on the head, and so on. Because all those interesting things were happening, people had a lot to say, and for a while I was the person they came to when the things they had to say needed to be printed." But

# books

nobody had much money, and to get something printed one had to rely more on skill and ingenuity than on fancy equipment. Half a decade later Nixonomics has left more of us poor, and a maturing revolution has prodded more of us into speaking out. Burke's experience and advice can save time for the verbal and the ingenious. He has some skills to teach us.

At least cursorily, often exhaustively, Burke explores every aspect of printing a project. Chapter headings include: Printing Processes, Design and Formats, the Paste-up Studio, Paper and Ink, Binding, Planning Print, and, for the more ambitious, Starting a Shop. He tells what equipment to buy and what to avoid. He describes how to build drafting tables and light tables. He even offers advice on how to talk to printers. Although the book contains more than the beginner will need to know (such as how to buy a printing press and build a graphic arts camera), any reader already bitten by the printing bug will only become increasingly delirious with fascination at these more technical facets of the trade.

As proof that quality material can be produced with inexpensive homemade equipment, Burke and illustrator Miller have used only those techniques described in the text in putting together their book. *Printing It* is an example of the thing itself.

- g.k.

## Creative Participation

**Project for a Revolution in New York** by Alain Robbe-Grillet, translated from the French by Richard Howard. Grove Press, Inc., New York. 1972.

The first scene goes very fast. Evidently it has already been rehearsed several times: everyone knows his part by heart. Words and gestures follow each other in a relaxed, continuous manner, the links as imperceptible as the necessary elements of some properly lubricated machinery. Then there is a gao, a blank space, a pause of indeterminate length during which nothing happens, not even the anticipation of what will come next.

And suddenly the action resumes, without warning, and the same scene recurs again . . . But which scene? which scene?

So begins Robbe-Grillet's new novel *Project For A Revolution in New York*. It is a project of and for the imagination. It has not much to do with the "real" New York nor with any political or economic revolution. Robbe-Grillet makes us aware that this book is "a movement of writing and not a reproduction of the so-called real world." The scenes of the novel shift rapidly, "the links as imperceptible as the necessary elements of some properly lubricated machinery." They are cut, replayed, seen from another perspective. The identities of characters are never certain. They are

impersonated, disguised, they shift roles constantly. The narrator himself becomes a character at times playing the role of interrogator, at others being interrogated himself.

It is a book in which we are sure of nothing; no one is safe. Murderers and rapists lurk everywhere. Sexual violence and mutilation pervade the book. But none of it can be taken seriously. Robbe-Grillet does not write to create realistic illusion. Rather, he has taken elements from the mythology of popular American society: violence, eroticism, etc., and incorporated them into his book. And the structures of the book are the structures of a play and imagination . . . You invent the rules as you go along. It is a game that itself modifies the rules during the game.

Robbe-Grillet would like to extend this activity to include the reader:

"I demand a creative participation, which means that for me reading isn't at all a passive operation. The reader acts as if he were rewriting the book. In the same way as the author has been the writer, the reader also becomes the writer at the moment when he is reading. In other words, he becomes an organizer of the form. He assumes responsibility for the form of the book as if he, himself, were inventing it."

In *Project For a Revolution in New York*, Robbe-Grillet supplies us with a wealth of material to work with.

- Ladislav Brank

## MOJO MUSIC

ACOUSTIC INSTRUMENTS  
GUITARS - BANJOS  
- HARPS  
MANDOLINS -  
Strings & Things  
...LESSONS...

1101 Harris Street  
Second floor

## Fairhaven Bicycle

1103 Harris Southside

We sell:

Gitane	Columbia
Legnamo	Frejus
Crescent	Chimic

Fully guaranteed service, parts, & accessories.  
(Let us fix your bike before we're busy with Spring.)

## more letters

Dear Folks,

Just a short note from one person to encourage you/us to continue printing "his/her" and "his (sic)" in the Passage. Everytime I see these symbols, it flashes me that there are two sexes, male and female — but beyond that, NO sexes, just people — we are all male/female, and we are all one.

So my awareness has been growing. This may seem petty and/or insignificant, but it is a step — and we progress naturally, one step at a time. And all steps are necessary and equally important.

Love and peoplehood,  
Dan  
Bellingham



Dear Passage,

We're impressed:

After reading the Jan. 22—Feb. 5 issue of the Passage, we were pleased to note how many articles were devoted to women's interests. We are glad that the Passage no longer needs to devote a special token issue to women in order to print our news.

This greater sensitivity to feminism

will encourage more women to express themselves through your paper.

Seems like things are getting better all the time.

Yours in struggle,  
Chris Laing  
Carol Chancey  
Bellingham



Dear Passage readers:

Clearing land is at best a violent task with the waste involved and the radical change that occurs in the land, as well as all those living trees being cut down — so I'd like to pass on a method of land clearing which my folks and I are presently doing which seems to work well, saves topsoil, and is less violent than most. This is to let your goats do a lot of it for you.

Three months ago we fenced in an area about 90 feet in diameter using 4 foot field fencing with a strand of barbed wire along the top, nailing it to tree trunks, built a small shed of lincoln-log type construction inside, and enclosed in it our four goats. Even feeding them grain and letting them out to go on walks with us has not prevented them from eating all the green stuff within their reach in the enclosure (lost of salal) and girdling most of the young alders, willows, and fir trees. Miracle number one! This tough and uncompostable stuff they very efficiently convert into lots of nitrogen-high fertilizer and spread it evenly over the whole area! So much for the goats — they do what comes naturally.

When the time seemed right, then, we fell to with chain-saw, axe, polaske, and grub-hoe to remove the wastage — much easier to do than it would have

been sans goats, since most of it was dead. We tried to save everything big enough for firewood and made a bonfire of the rest around a large stump. This part of it has taken several days of real, gut-level, hands-in-the-dirt type work, the kind that makes one feel like a real person. The next step is to pull up the tree stumps and grub out the roots. (This begins to seem TOO gut-level, but it will get done — maybe using a truck to pull them out.) The goats have enjoyed our company and really dig the bonfire. . . .

The final step will be to make a second enclosure beside the first one, move the goats into it, and plant an orchard on our newly cleared land. But there are never any final steps, of course. Next year we enlarge the orchard in the same way, and maybe there will be a couple of piglets in the enclosure to root out the stumps. Will keep you informed if that works out.

With much appreciation to the Passage — keep moving.

Jill  
Waldron



**DON'T  
MOURN, ORGANIZE!**

JOE  
HILL

Dear NWP,

Sitting on the beach in early morning and reading NWP Paper Radio. I just finished a book that casts some light on Nixon's attack on the media: *Labor's Untold Story*. To get to the point Nixon and his henchmen have access to history and they are

responding as is necessary for them to retain power.

America's prosperity in the last 20 years (prosperity did I say) has been a result of the assurance capitalism has had of foreign markets. Well, no more. The Vietnamese are finally defeating America (who has doubt that that's true at this point?) It's a signal to the rest of the world that this heartless beast is now vulnerable and the roll back is coming fast. The rich pigs that run this country are not going to reduce their margin of profit—money is their ego and its got to keep expanding. So, with less international exploitation possible, we peons are going to be the first ones to take a big dive.

Nixon is hoping to pay enough so that he has the numbers to stem the mass movement of angry people in the upcoming years. Workers who are employed in the defense industries are not immediately cited for feeling the crunch.

A new big red scare is coming. Watch, as the social upheaval heavifies, the rich and their parrots will talk of the imminent takeover by communism. (sounds good to me). They have done it every time social upheaval threatens their power. But, this time they are really in trouble—America has never lost a war and ultimately the only way the rulers have been able to avoid real seizure of power by the people has been through a combination of a red scare at home and international expansion. I don't know how well the red scare will take, but international expansion will not happen anymore. The good people of the world don't have to take it anymore.

I'm glad many of us have matured—It makes the possibility of people's power happening so much greater. I dig NWP a lot. Thanks for a great effort that is in the interest of so many—Oh yeah, check out *Labor's Untold Story* by Boyer and Morais.

Love  
Robby  
Langley, Washington

## Barr's Camera Shop

Now open in three locations:

108 E. Magnolia

Pioneer Center in Ferndale

Northwest Convenience Center

## Grand Opening

Feb 26- Mar 3

See the Sunday, Feb 25th Bellingham Herald for details. Special prices for the week of our opening only.

**Morningtown Pizza & Subs**  
serves Seattle pizza.

4110 Roosevelt Way N.E.  
Me2-6317  
open 11-1am, 2am on Fridays.

**SUR LADO PAGO**  
1102 HARRIS  
FINEST MEXICAN FOOD  
IN BELLINGHAM  
ALL HOME-MADE  
DAILY NOON-10

FREE!

SPRINGER TERRIER PUPS for free, 6 weeks old, very cute! Dennis 1415 E. John no. 6, Seattle

Free freezer - 8' upright needs a little work. Maryanne at 1713 4th st.

GAS RANGE: 1129 Lenora Court B'ham. It's on the front porch, help yerself.

NOTES TO FOLKS

MARY: My address is P.O. Box 1552 Omak, Wash. LOVE YOU, Robert

COATLESS! At the Welcome Grange I left my dark red & black Mackinaw coat. If someone found it, call 398-1628. It would be appreciated. T.M. Ramey

PEG of PORT ANGELES: I lost your address. Write us again, John, NWP

COMPANIONSHIP: I am an inmate at the London Correctional Institution in London, Ohio. The reason I am writing is I am very lonely and feel depressed a lot. I been here at London seven months now and since I been here I have recievedvery little mail and no visits. I need some people to correspond with. . . Well, I am going to close for now, I would like to hear from you or someone very soon. Gerald Davis no. 135128, P.O. Box 69, London, Ohio 43140

FOR SALE, TRADE OR SHARING

BARR'S CAMERA SHOP is having a grand opening of its new stores in North Bellingham and Ferndale. Some really good prices on photo equipment and supplies during the opening.

Nice 3/4 Violin for sale with case & bow-\$25 or best offer. Maryanne 1713 4th, B'ham

1972 GIBSON LES PAUL \$425. 676-4852 Fine, but I need the money.

STEREO FOR SALE. \$70 AM/FM radio 12" speakers, call between 5 & 7 676-8203 ask for Janie.

Starting Feb. 26: 150 varieties of untreated vegetable, herb, and flower seed;pott'd herbs by Cathy Rogers each Wednesday; recycled hand tools; kelp and rock fertilizers by the pound or sack; complete Bio-Dynamic literature. Lots more! Growing Family Store, 3822 Latona, Seattle.

I have a reliable, feisty, 1950 CHEVY PANEL TRUCK that is for sale. Runs like an American watch. Chris 734-2670

TELEGRAPH MUSIC WORKS--We make and repair stringed instruments like concert dulcimers and five-string banjos. Good work for less. 1000 Harris Avenue, 2nd floor, 734-0083

For Sale - Garrard turntable (SL-95) 5yrs old with SHURE cartridge - 95.00 w/new stylus & 15.00 w/old stylus - Jim at 676-8616

For Sale - 63 V.W. Engine 40 hsp - excellent cond. call Ron at 734-8022 - 5150

# Connexions

ROOM FOR RENT: A room is becoming empty at 2523 Utter St. If you might like to share the house, call 734-2670 or come over. Share of rent \$25-30.

HI FOLKS! We have a house for rent in woods \$35.00 a month. Its on farm with others nearby. Come by and see. Joan or Linda 474 Innis Cr. Rd., Wickersham (If lost ask at Wickersham store).

WILL TRADE ELECTRIC STOVE in excellent condition for refrigerator. Also wanted Silkie Hen for a lonely Silkie rooster:object matrimony!61 GMC Carryall cheap. Sue Melessa at 2525 Cherry St. or call 676-8616 and leave message.

THE CAPITOL HILL FOOD CO-OP, 12th and Denny, Seattle, has lots of 'how-to-do-it' books for sale plus nuts, grains, dried fruit and coming soon seeds and garden supplies.

GOOD FOOD: SANDWICHES like 'ham/pineapple/cream cheese' and '3 decker cranks' soups like 'mushroom/potatoe/wine' and 'fresh asparaga' also STEW, CHILI, HOT ROLLS & CAROB FUDGE. CRAZY RICHARD'S in the Fairhaven Tav. 11:30-3 & 5-8(til 10 on Friday)

SONY STEREO TAPE RECORDER w/ microphones & speakers, works well--\$100 or best offer. Call Mike at 676-5185.

WIZARD MEDIA is brand new and announces something just for you! Portraits in your own home! Call 758-2422 for appointment. Wizard Media, Lumni Island, Washington.

Garrard SL95 turntable (5 years old) with base and Shure V15 cartridge (unused stylus) for \$95 or \$75 with old stylus. Custom made bass reflex speakers - a good buy for \$80. Call Jim 676-8616 or stop at 900 25th.

Connections are published as a public service. They are free of charge to individuals and to groups offering information for the common good or general enlightenment. Rates to businesses are 12 cents per word. Send ads (and money) to: Connections, Box 105, South Bellingham Station, Bellingham, Wash. 98225. If not received by the Friday prior to an issue, they will be held over until the next issue. Connections containing language deemed by the editors to be offensive to a substantial portion of our readers may be refused or reworded without notice.

WANTED

BANK BOOKS is looking for a place to move to. Any ideas? Let Paul or Elizabeth at the store know.

25 year old bachelor wants live-in House Keeper, light house keeping. Free room and Board. Send qualifications & photo to Box 784, Bellingham, Wash.

BANTY HENS for setting. Also Araconda hens. Call Anna 595-8281 or leave message at Passage office.

I'm looking for a cheap house to buy and fix up, preferably on the Southside. Call Julie 733-0791.

Needed: paterrys for down parka and vest - Ron at 734-8022

I need a ride to Helena Mont soon - call Jim at 676-8616 or come to 900 25th st

We still need a trumpet player for Renaissance Brass Choir Music, call 676-8616

NOTES TO COMMUNITY

A LEARNING COMMUNITY: People interested in a learning community in the mountains of B.C.-- please write to Peter & Linda Schreiber, Vershire, Vt. 05079

THE PASSAGE MEETING this week will be a pot luck dinner. Friends from the Seattle Community are coming up. Everyone is invited-bring your pot luck. If you need a ride, call for the Passage Buick at 734-5332. Come around 6:30. Address: 900 25th.

SPAGHETTI DINNER on Feb. 23rd to help support the Bellingham Head Start. The Head Start program needs public support and volunteer effort. You can start to help by coming to this dinner. Proceeds go to help buy toys and do projects. The dinner will be from 4-8 in the Aldersgate Methodist Church, 1400 Larrabee. It's an 'all you can eat' affair. Tickets are \$5.00 for a family (traditional definition), adults \$1.25, children 5-12 \$.75 and children under 5 free. Tickets will be sold at the door. Any other information regarding this event can be obtained from Mr. & Mrs. Don Todhunter, 733-5154.

Lost a hand-knit sweater somewhere on 10th or 11th near Donovan or Food Co-op please contact Ron at 1712 10th st or 734-8022

Rags to Riches Exchange

Exchanging our clothes & house wares at a central location when we tire of them. That's an important release from the capitalist grip! A free store is starting at the Good Earth Bld (3rd fl.) and is gonna fold without a little organization & energy-lets get it together, call 676-8616

Toad missing!!! Oh where o where did they go: the canvass of the windy woman that hung near the book room & the wood sign of the Toad with himself in blue on one side and Toad Hall on the other which hung over the stairs until it was blown down by the wind; and the kitchen stove duct. Please bring em back home to 1111 Harris ave - no questions asked - Yummy rewards opening again in a month or so - Toad

WEST COAST LESBIAN CONFERENCE: Lesbian expressions-art, music, poetry, sexuality, politics, and power, will be held in Los Angeles, Ca. on April 13,14, 15. at UCLA. Anyone interested contact the Gay People's Alliance at 676-3460.

RAW MILK CONSPIRATORS, ATTENTION! The raw milk conspiracy now resides at 1613 Wilson St. (Wilson runs parallel to Donovan) The refrigerator is located in the garage in the back. Bring your own wide mouth gallon jar and money, no foodstamps. The system works because of co-operation. So all those who have a vehicle should sign up to drive once every month or two. Also, milk prices have been raised, because of the rising cost of feed. So the milk costs \$.80 a gallon, with \$.10 per gallon ordered going to the driver as gas money.

I would like to rent an old small house or cabin outside of town. It doesn't matter if it needs work or has no electricity or heat. I would like running water or well if possible. The rent must be low. Call Mike if you know of something 676-5185.

HELP! Chuck Espey, photographer for this fine paper, desperately needs a camera to borrow for a while. Call him at 676-8616.

PASSAGE STAFFERS need small house (1-3 bedrooms) to rent. Would like the Ideal House-but will settle for something with garden space & in a nice location. 734-5332 (Roxanne & John).

FENDER CHAMP or GIBSON SKYLARK or comparable small amp. Leave message for Bob 733-9717.

## The Bank Bookstore

Used books 50% off Feb. 19 - Apr. 2 & the 1st, last and only Geo Washingtons Real Birthday Poetry Reading Feb. 22 - 8pm.

1100 Harris Ave 734-6910

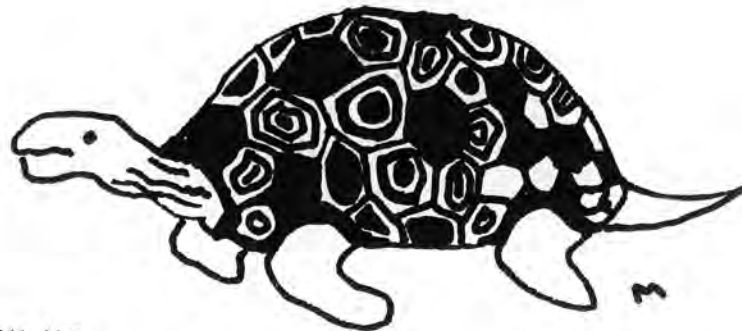
### quardvark books and arts

1222 North State (3 doors south of Shakey's) Open week nights until 9 p.m. 734-4043

People's Guide To Mexico	\$ 3.95
A Whale for the Killing by Farley Mowatt	6.95
Center of the Cyclone by Lilly	6.95
Latest Mother Earth News	1.35
Journey To Ixtlan	6.95



# gimel beth



## GIMEL BETH

(B) -- Bellingham  
(S) -- Seattle  
(WWSC) -- Western Washington State College  
(V) -- Vancouver  
(MV) -- Mount Vernon  
(TV) -- Television

### Monday, February 19

(Radio) - Final part of "The History of Country Music" to be broadcast by KBFW for five hours beginning at 11:00AM.

(TV) "The Legislature Up Till Now" Ch. 12, 10:30 PM.

(B) Mill, 10:30 at Co-op.

### Tuesday, February 20

(MV) Seminar on "Sexuality and the Law" 10 AM - 12 noon, Skagit J.C.

(WWSC) V.V.A.W. presents Cannes Film Festival (Documentaries) 1st place winning film - "Winter Soldier". L-3, 8 PM, free. If you want to know what the war was really like and what a lot of our brothers and sisters went through over there, this is your chance. Don't miss it.

(B) The Passage meeting this week will be a pot - luck dinner. Friends from the Seattle Community are coming up. Every one is invited. - Bring your pot of luck. If you need a ride, call for the Passage Buick at 734-5332. Come around 6:30. 900 25th

(WWSC) Gay Women's rap session in room 224 in the V.U. at 1 PM.

### Wednesday, February 21

(S) National Safety Council defensive driving class begins today. Course consists of three 2 1/2 hour sessions. To register call Evergreen Safety Council, MU2-8578.

(V) The Queen Elizabeth Playhouse presents "Old Times," a play by Harold Pinter - starring Bruno Gerussi, Pat Gage, and Anni Lee Taylor. 8:30 with added performances on Saturdays at 2:30 PM. Tickets available from the Famous Artists Box Office, 681-3351.

(MV) Seminar on Gay Liberation. 11 AM - 1 PM. Skagit J.C.

(WWSC) "Chares Ali Khan" 8 PM in Music Aud. Free!

(WWSC) "East of Eden" 7, 9, and 11. Fairhaven Aud. \$50.

(B) Co-op Gardens Potluck, 6:30 PM, 1613 Wilson.

(B) Co-op 10:00 AM. Co-op.

(WWSC) Sensory awareness sessions aimed at inner self relaxation and learning to relax around others. Room 224, V.U. at 5 PM.

### Thursday, February 22

(V) Roberta Flack concert to be held in the Gordon Auditorium. Phone 253-2311.

(V) Q.E. Playhouse - "Old Times" phone 681-3351.

(MV) Seminar on Female Sexuality 10 AM - 12 noon Skagit J.C.

(WWSC) Cartoon Festival 6:30 and 8:30 in L-4, \$.35.

(WWSC) "I'm No Angel" (Mae West) 8 in Music Aud.

(B) Poetry at Bank Books, 8:30 PM.

(WWSC) Recycling Spaghetti Dinner, 7:30 PM, Viking Commons.

(S) Wallingford / Fremont Co-op meeting, 7:30 PM, Lincoln High School, rm. 210.

### Friday, February 23

(V) "The Great Composers Series". Vancouver Symphony Orchestra (Kazuyoshi Akiyama, conductor; Gary Graffmon, pianist). 8:30 PM Queen Elizabeth Theatre, phone 683-3255.

(V) Q.E. Playhouse - phone 681-3351.

(MV) Pornography Seminar 11 AM - 1 PM. Skagit J.C.

(WWSC) Mama Sunday's. 8 PM. V.U. Live music free!

j(B) Winter Ball and Feast, 6:30 PM, 507 Willow Road. Potluck.

(B) All you can Eat! Spaghetti dinner to support Head Start. Aldersgate Methodist Church, 1400 Larrabee. \$5.00 family. \$1.25 adults, \$.75 children, under five free. Tickets at the door. 4 - 8 PM.

### Saturday, February 24

(V) Q.E. Playhouse: "Old Times". phone 681-3351.

(TV) Children's Film Festival - "The Little Ones," ch. 12, 1 PM.

j(TV) "What's the Presidency All About?" Ch. 12, 12:30.

(B) Women's workshop in sexuality. 7:30 PM 1014 N. Forest.

(S) Peace, Bread, and Land benefit concert. 8:00 PM. Koleda Center, donation \$1.

### Sunday, February 25

(V) Ike and Tina Turner concert to be held at the Agradome Building. phone 253-2311.

(V) Q.E. Playhouse - "Old Times" phone 681-3351.

(V) The Queen Elizabeth Theater presents "The Polish Mime Ballet Theatre," 8:30 PM phone 683-2311.

(WWSC) "One Day in the Life of Ivan Denisovitch, 6:30 and 9:00 in Music Aud. \$.50.

(B) HRAC potluck at Alford's 6:30 PM.  
(WWSC) The first of six "Sundays at Three" opens with "Yevtushenko: A Voice of Russia and the World," performed by the Readers' Theatre of the U.W. Tickets are sold, on a series basis, through Continuing Studies, 139 College Hall, WWSC. phone 676-3320.



### Monday, February 26

(V) Vienna Boys' Choir" 8:30 PM Q.E. Theatre, phone 681-3351.

(V) Q.E. Playhouse. "Old Times".

(TV) "Implementing the New City Charter." Ch. 12, 10:30 PM.

(WWSC) Jewish Student's Association presents, "Shop on Main Street" in L-4, 7:30 PM.

(B) Mill - 10:30 at Co-op.

(S) Weekly Collective meeting, Capitol Hill Co-op. 9:00 AM;

(S) Capitol Hill Co-op meeting, 7:30 PM at Earthstation 7.

### Tuesday, February 27

(V) Q.E. Playhouse - "Old Times" phone 681-3351.

(V) Q.E. Theatre - "Polish Mime Ballet Theatre". 8:30 PM. phone 683-2311.

(WWSC) VVAW national coordinator, Barry Romo, who was with Joan Baez and Teleford Taylor in Hanoi during the Christmas bombing will speak and field questions from the audience in the VU lounge from 1-4 PM. If you want to know what it's really like in North Viet Nam, don't miss him. Free.

(WWSC) Gay women's rap session in room 224 in the VU at 1 PM.

### Wednesday, February 28

(S) National Safety Council defensive driving course begins today. To register call MU2 - 8558.

(V) Q.E. Playhouse - "Old Times" phone 681-3351.

(WWSC) "Cool Hand Luke" 7, 9, and 11 at Fairhaven Aud. \$.50.

(B) Co-op potluck, 6:30 PM, location to be decided.

(S) UW Communications Dept. and ACLU holding a teach - in on Freedom of the Press; all day.

(WWSC) Sensory awareness sessions. Room 224, VU at 5 PM.

### Thursday, March 1

(S) "Scotland Afore Ye" - World Cavalcade Opera House, 8 PM.

(S) "The Tavern" SRT playhouse, 8 PM.

(WWSC) "Pumpkin Eater" 6:30 and 8:30 in L-3. \$.35.

(WWSC) "Belles of St. Trinians," 8:00 in L-4.

(B) Astrological Birth Control. 3-6 PM, 1014 N. Forest.

(S) Wallingford - Fremont Co-op meeting. 7:30 PM. Lincoln High School, room 210.

### Friday, March 2

(S) "The Tavern". SRT Playhouse, 8 PM.

(S) "Scotland Afore Ye" - World Cavalcade Opera House, 8 PM.

WWSC) Mama Sunday's at 8 PM, VU.

### Saturday, March 3

(B) Kirie's 22!!

(TV) Children's Film Festival, "The Yellow Slippers" 1 PM, Ch. 12.

### Sunday, March 4

(WWSC) Second "Sundays at Three" features "African Instruments of Music." at 3:00PM.

(B) Feminist meeting at 1014 N. Forest at 7:30 PM.