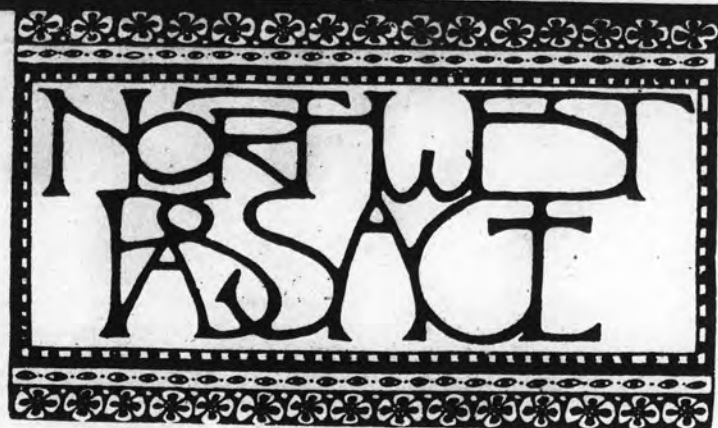


Binding



Vol. 10, No. 4



Jan. 21 - Feb. 4, 1974

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alternative energy



ALSO:
I.F. Stone
Drugs
Poetry

GI Center Burned

Dear Friends,

The Covered Wagon Coffeehouse in Mountain Home, Idaho, which was organized by active duty service men and women and civilian supporters as a part of the GI movement, has suffered its second destruction. On the morning of November 13, the coffeehouse was burned to the ground. Particularly disheartening was the fact that many persons had worked very hard on the interior of the structure, and had only recently completed the remodeling. With the loss of the coffeehouse, the GIs and their friends have received a tremendous energy and enthusiasm to rebuild. They are determined to continue their involvement with counseling, publication of their work to change governmental, militaristic and social abuses.

We feel that the GI movement must have the support of all people who realize the validity of these goals and understand the problems presented by a "professional" volunteer service.

With the destruction of the printing press and the plates, the library, typewriters, and most all of the counseling materials, as well as all interior furniture and many personal belongings, we have been placed in the position of soliciting immediate contributions.

Can you help us by sending a contribution of any size to:

The Covered Wagon
P. O. Box 729
Mountain Home, Idaho 83647

Thanks,

The people of the
Covered Wagon

FDA Regulations

(Editor's Note: The following is a form letter you may clip out and mail directly, or amend as you wish, if you are concerned about the proposed FDA regulations covering vitamins and food supplements.)

The Honorable _____
The United States Senate
Washington, D. C. 20510

Dear Senator _____:

As a constituent of yours, I am writing about the recent FDA regulations that concern vitamins and other food supplements. Regulations that are being proposed also have me much concerned.

I happen to believe that vitamins and minerals do contribute to the health of my family and that it is our constitutional right to take them as we so choose. If the FDA, as well as our legislators, feel that certain vitamins or minerals can be dangerous to one's health by improper dosages, a warning relating to this on the product seems much more realistic. After all, cigarettes, which have no potential benefit whatsoever, were not put under prescription, and they have been accused of causing cancer.

The problem also is that these new regulations will greatly increase the price I must pay for these vitamins. To maintain my daily intake, I will be forced to buy extra amounts to supplement. It is either this or pay for a visit to my doctor and then acquire the extra expense and inconvenience of a prescription.

It is known that certain animal livers, carrots, and spinach eaten in specific normal amounts will not meet the new and proposed FDA regulations. Are these the next to come under regulations and to be obtainable only by prescription?

Respectfully yours,

Signed _____
Address _____
City _____
State _____ Zip _____

LETTERS

People & Energy

Dear NWP:

The Washington Resource Union is a group committed to fostering a better relationship between people and energy: its sources, uses, and control. We see a major facet of the current problem as the fact that the public is kept uninformed or misinformed by the controllers of the sources of energy, namely, the large, multi-national petroleum corporations. We are thus interested in investigating and publicizing ecologically viable alternative sources such as the currently chic alternative, nuclear energy.

Furthermore, we feel that there must be a radical change in the way energy is consumed. The overdependence on the automobile as a means of transportation is a good example of this. Thus, we encourage the development of real mass transit systems that will serve all economic strata and that will provide people access not only to places where they work or shop, but also to areas where they might spend their leisure time. This is just an example but the general idea is that people must collectivize their uses of energy rather than continue the present wasteful system of individual consumption on a mass scale.

Finally, the public must have much more of a say in the formulation of any future energy policy. The present "energy crisis" appears to be nothing more than a manipulation by the energy industries in order to increase profits, wipe out environmental gains, and annul hard-won safety regulations that protect the people working in these industries. Furthermore, if there is to be an "energy crisis," then its hardships must be borne equally by all. Under the current rate structure in Seattle, the large (and often wasteful) industrial user pays less than the most careful citizen. This should definitely be changed. We feel that the energy industry must be made responsible to the general public, and where segments are responsible, such as the electricity and natural gas public utilities, people should be encouraged to exercise more of their latent power.

This is but a minimal outline of our program, but we hope it will give you a general idea about us. Also, although the scope of the problem is undeniably national and indeed international, our primary focus is on the Northwest. In this vein, we have co-sponsored a public hearing on Seattle's energy situation and are currently working with some other groups on plans to hold a mass public symposium and hearing on the total Northwest energy scene: alternative sources, more viable uses, etc. This would be at the Seattle Center and would be held sometime in early March. We would like to hear from groups or individuals who might be interested in such a gathering. Mainly, we would just like to hear from people who are into energy so that we might exchange ideas and information. We are relatively new and want to establish contact. Information networks are as vital as power networks.

For information, suggestions, etc., write

Washington Resource Union
4003 First Avenue N. E.
Seattle, Washington 98105

Elections Void

Dear Friends:

The suit to set aside the 1972 elections will be filed in the U.S. District Court, Washington, D.C. on January 21, 1974.

The Committee to Set Aside the 1972 election is holding a national press conference announcing the filing of the suit and explaining the suit's legal theories and political emphasis.

There has been an incredible amount of legal work devoted to bringing this action and as plaintiffs we can take pride in the fact that we have a solid legal basis for having the elections declared invalid and Mr. Nixon and Mr. Ford removed from office.

As it stands now, the lawsuit both complements and adds to the impeachment effort. It allows people to become directly involved in the effort to remove Nixon and Ford. We see this as preferable to relying on Congresspeople to vote to impeach. Additionally, the lawsuit draws together those who feel that Vice Presi-

dent Ford should also be removed on the grounds that a President who unlawfully took power in an invalid election should not be able to name the person who succeeds him. We feel it is also important to press the political issues of the suit--of corporate wealth buying elections, of deception and criminality in government, of police state tactics against political opponents--all of which are problems which cannot be remedied merely by removing Nixon and Ford. In this respect we are buoyed by the latest Harris poll which found that the majority of Americans favor new elections for President in 1974.

We are asking that you talk to at least five friends about the suit and try to convince them to become Plaintiffs. We are also in need of financial support--even one dollar goes a long way in printing

Hope to see you soon,
Mike Withey
Committee to
Set Aside
2108 Smith Tower
Seattle, Wa. 98104

ABORTIONS

Dear friends,

I was somewhat confused after reading your news article on the abortion referral service to be opened in Bellingham. You wrote that you would be supplying information so that women can make their own decisions. What kind of information will this be? Will you have someone on your counseling staff who believes that abortion is wrong? Will you have information on agencies that will help women through pregnancy and birth, financial as well as emotional, if they decide against abortion?

I believe that a soul has a beginning and a life eternal throughout the worlds of God, and that this earth is just one of those worlds. What right do I have to deny another soul the bounties and growth experienced in this world, just because it may be a bit inconvenient or "traumatic"?

I find it very strange that a community who in general works for quality child care, land co-ops, food co-ops, pollution control, and the rights of farm-workers, etc. would compare the issue of Vietnam and abortion. You would work for the lives of an innocent people across the sea and demand abortions in the same breath?

I realize that abortion is a much debated and emotional issue, but I really believe that if people are educated they will become aware of what abortion really is. Very simply, the destruction of life.

I urge you to have someone who is anti-abortion on your counseling staff, to give women a real choice.

Love,
Connie Cicchiti
2603 Elm St.
Bellingham



Dear Passage,

This is in answer to the anti-abortion letter.

No one on the staff at Abortion Referral is "against abortion." We do not believe that a fetus is alive and that abortion is murder. One out of four women seek an abortion some time in their lives and we do not consider these women to be killers. Such ideas have been used by theology and the state to attempt to control the sexual activities of women for years.

The main purpose of our organization is not to sell abortions. Our goal is to provide pregnancy counseling which will help women make their own decisions. We have information on the medical aspects, physical risks, and expenses involved in pregnancy and childbirth as well as abortion. We can make referrals to obstetricians or abortionists. The difference between your philosophy and ours is that we do not believe abortion is the destruction of life and therefore can be non-judgmental of women. We will support women in their decisions whether they elect to abort or chose an alternative. We urge women to take control of their lives by making use of their right to choose.

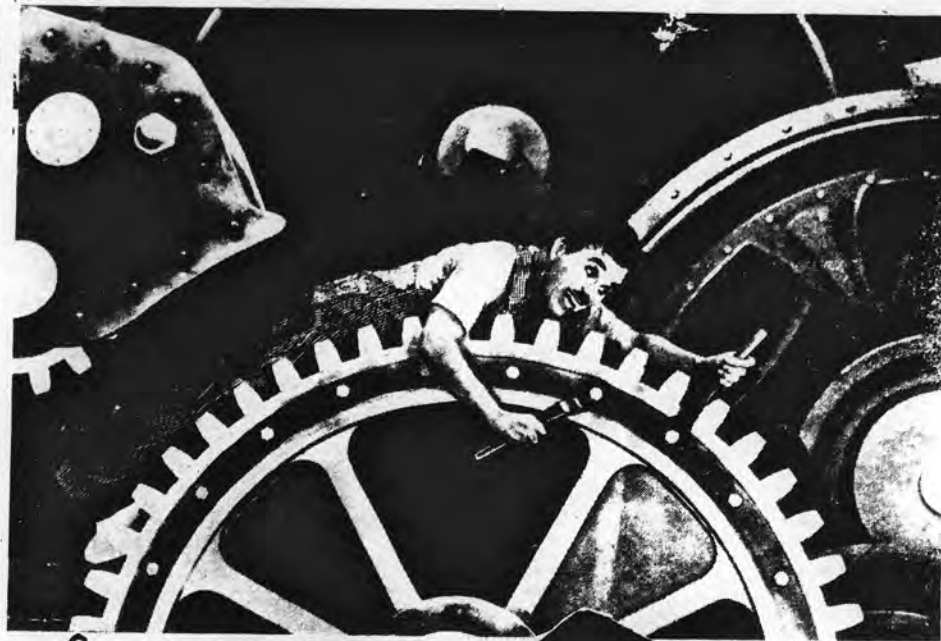
Sincerely,
Abortion Referral
733-9211

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northwest perspectives

COVER PHOTO BY GARY SHONTAH BERTRAM

Photo of Jimmy John Lawrence, Champion single-man canoe puller among all Northwest Coast Tribes, coach and skipper of Red Wing I (the oldest 11 man war canoe still in competition).



LINOCUT BY M. MYERS

Would you like to see more people reading the Passage?
Do you know a friendly store owner who might like to sell the Passage in his store?
If so, why don't you show him a copy of the Passage and ask him if he would be agreeable to selling it. Any store from the corner grocery to the local campus bookstore would be fine. We will arrange to send him the number of papers he desires and to bill him. He will even make a little money for himself (not much, but a little).

When he agrees, please fill out the information below and send it to us.

STORE NAME _____

Owner/Manager _____

Address _____

Zip _____

Number of copies _____

who needs it?

The energy crisis is the here and now. Its political aspects are well known. That it has been planned (or misplanned) by the vested powers of this country is not conjecture but fact. The lack of oil does not stem from the Arab boycott (Arabian imports only account for 15 per cent of the oil used in the U.S.) but because the oil companies stopped building refineries.

So the price of gasoline skyrockets (instead of rationally being rationed), and oil executives can still drive their gas guzzling Cadillacs cause they can afford to, though the country can't afford for them to. The Alaska pipeline goes through, and super tankers of oil may soon be polluting Bellingham Bay (as news of the plans are known, the PASSAGE will inform readers). Nuclear power is hailed as the "solution" to the "crisis," and a secret report prepared for the Public Power Council of Washington gives the locations of the proposed reactors—on every river in western Washington, including two on the Nooksack. It's too dangerous to have nuclear reactors in cities, but not so out here in the great green wilderness of Washington, or so say the bureaucrats in D.C.

Meanwhile Puget Power tells us to "conserve" our electricity, and Nixon says to turn down the thermostat. These measures are absurd attempts to place the burden of the "energy crisis" on the consumer, who has done little to create it. We are merely guilty of overconsumption, which capitalistic society has demanded of us to keep its profits high.

By suggesting "alternative" means of energy production, such as solar and methane, we do not mean to ignore the political aspects of the situation. What we are saying is that we don't need to drive over 50 mph, we don't need electric blankets. We most assuredly do not need nuclear power, although the robber barons of America do. We never did need these things. Providing ourselves with alternative answers to corporate America's answers to the energy crisis is one step towards loosening ourselves from the holds of capitalism. Capitalism depends upon our needs, and our wants. If we don't need/want it, then we can destroy it.

For the next two or three nights (Jan. 21-Jan. 23), rezoning hearings on the proposed nuclear plant at Sedro Woolley will be held at the County Courthouse, W. Kincaid St., Mt. Vernon, beginning at 8 p.m. It is the last chance for the PUBLIC to give their views on the disaster of having a nuclear reactor next door. Be there. Tell them we don't need it. We'd rather live.

MC

an inter

"Most people, in this culture at least,



are living

out of this moment...

They're living

on tomorrow's wishes

or tomorrow's dreams.

view with

They're living

on yesterday's nostalgia,

frank herbert

yesterday's regrets..."

Frank Herbert is a man with many interests. He is perhaps best known for his book *Dune*, published in 1965, which won the Nebula Award and the Science Fiction Hugo Award and was translated into six languages. He has published 17 books over the past twenty years along with countless magazine articles. More recently he has turned his attention to the writing of movie scripts. He has been a journalist by profession since 1937 starting as a reporter with Washington newspapers and later moving on to California working as an Editor with the San Francisco Examiner and as a kind of free wheeling writer for California Living magazine. He has done research in geology, psychology, jungle botany, anthropology, navigation, and he has a pilot's license.

He started writing science fiction around 1952 about the same time that he began developing an interest in Eco-Systems and the raising of peoples consciousness to a global perspective. When asked why he chose Science Fiction as a genre he replied that, "It has elbow room. You can create your own milieu and then develop characters to suit that. It has much more latitude than conventional mainstream writing. Fewer limits"

"Fewer limits" seem to be key words in describing Frank Herbert's own concerns. From his science fiction to his involvement with zen and sufi, from his use of Coast Salish mythology and power songs to the things he's doing with his house and land, Frank Herbert demonstrates his commitment to doing away with the self limiting processes which we impose upon ourselves.

One of his projects comes very close to home. He's going to use his house and six acres of land near Port Townsend to demonstrate the efficiency and desirability of alternative energy sources. He plans to build a windmill in the woods, he's checking into some plans from a fellow at M.I.T. for some solar thermal panes, and he vows to feed his chicken shit into a methane generator. One of his more ambitious projects is to construct a building in the woods in which he would hold seminars inviting professors and experts from various fields to lecture on environmentally sound systems and courses of action. Who would attend these seminars? People in positions of power: politicians, men and women in powerful corporate positions.

Frank Herbert: I'm putting a demonstration project together here. I don't think that in the next thirty or forty years we're going to change the hierarchical power structure of our branch of western culture very significantly. The movers and the shakers are going to remain largely the same in derivative of these people who are making the decisions right now. They're committed to a certain concept. They have a myth in their heads about how you live, what constitutes a quality life, and where you get your energy to live that quality life. Alright, I'm building a demonstration project here to show them that they can get the same kind of quality of life that their myth structure demands but unplug themselves from non-renewable energy sources. And that there are rewards in doing so. We're coming into a crisis period. Because of all the alienation that this culture suffers from it has lost a sense of its own time and how it is related to time. You see, this culture believes in this: you throw the switch and the light comes on, you put the key in the ignition and the car starts. There are lots of processes around us that have different rhythms than that. People have come to be very much out of touch with those processes

NWP: And unplugging yourself from the vast energy network

FH: Necessarily brings you back into very close contact with some of these other rhythms, especially with the weather rhythm... and the seasons. This alienation is many pronged. It also has a part that alienates people from their own mortality. That's part of the time sense loss.

NWP: Also it alienates people from their sense of being alive?

FH: Oh, I'm sure that's true. Most people, in this culture at least, are living out of this moment. Rather than living in this moment they're living on tomorrow's wishes or tomorrow's dreams. They're living on yesterday's nostalgia, yesterday's regrets. They're full of all kinds of very strange platitudes many of which begin, "Well, I could never... I could never do this or that." Self limiting processes.

NWP: How would you liberate Mr. and Mrs. America from those self limiting processes?

FH: Well, it's not going to be done by flipping a switch. Unless we get a big bang effect somewhere, which I hope we don't. I think there are influences which can be set in motion which will do it - if not for the upcoming generation then for the one after it. That's the kind of time scale you're dealing with here. This planet is adding 1,400,000 people every week. That's the human growth rate of this planet. When you put it in those terms it has a different effect because of the time compression; I'm trying very hard not to get us on a linear track of immediate cause and effect because I don't believe in that

NWP: Do you believe in a multi-dimensional cause and effect?

FH: Multiplex influences which have nodes would probably be a closer way of coming to what I'm driving at. You have multiplex influences with nodes or observable events. Anything that you see has to play against something that is a background. The Vedantists in India called this backdrop against which you perceive things the void. A very profound insight, really. Very old. Much abandoned by our culture. You see, the tendency in our culture is to insist that the interpretation be fixed and have narrow limits. One of the problems in doing this is that the universe tends to resist such impulses. I say resist with quotes on it because I'm not talking about some anthropomorphic conscious resistance. I'm merely talking about a universe which continually changes. I conceive of this universe as a playground of improvisation. With no absolute eternal laws. Only local temporary laws.

NWP: Is there nothing eternal in the universe?

"Nuclear fission right now is a very bad move. And yet we're committing a great deal of momentum to it. This momentum is the thing because by the time you have planned facilities, by the time you have tied in industry which is expecting to produce materials, by the time you've set up this gargantuan force, you've developed a momentum. And it's a momentum that our great-grandchildren are going to have to deal with."



photos by o.j. lougheed

FH: By my perception only the structure I've been talking about. The changes. I wrote an article once in which I took off on a NASA article about the Apollo 14 mission where they talk about Shepard walking up a hill on the moon where there were rocks that had existed since time began. (Frank Herbert grins)

NWP: When did time begin? I don't understand that.

FH: I don't either. But you see the person who wrote it had certain assumptions which demanded that he limit back here somewhere. If you think in terms of infinity then infinity requires that you discard beginnings other than perception segments.

NWP: Because the universe resists delinations definitions, discriminations...

FH: It appears as resistance because if you try to fixate any pressure the universe just goes its own way. It changes out of the structure that you are demanding.

NWP: And yet people try very hard to hold on to the little universes that they define for themselves and live within a certain set of perceptions a perceptual framework...

FH: Oh yes.

NWP: I'm reminded of all the people who have themselves convinced that nuclear fission is just the thing to meet our energy needs.

"I conceive
of this universe

as a playground

of improvisation..."

FH: Yes, nuclear fission right now is a very bad move. And yet we're committing a great deal of momentum to it. This momentum is the thing because by the time you have planned facilities, by the time you have tied in industry which is expecting to produce materials, by the time you've set up this gargantuan force, you've developed a momentum. And it's a momentum that our great grandchildren are going to have to deal with. Because the garbage has half life of a minimum of 500 years. Five hundred years is a long time. This is present day planners abrogating present day responsibilities to the future, you see. To the future of their own species. You could come right out of Freud with it and say that this might very well be a social death wish. I don't necessarily believe that but there are aspects that agree with that interpretation.

NWP: It seems to me that the very large cities are playing out a social kind of death wish.

FH: Yes, especially Fun City.

NWP: Especially Fun City... there seem to be life affirming forces and life negating forces...

FH: But you see by perceiving this you are perceiving it out of that natural dichotomy which flows from the conditioning of western culture. It's a matter of being able to tell who's peaceful and who isn't. Peaceful people never even consider the concept of peace. They might not even have a word for it. Violent people are profoundly concerned with the whole concept of peace, if you have a strong dichotomized polarized focus on one element you have something else on the other side. Something you might not even be conscious of. Which is, I think, the case with our society. We're an extremely violent society. With many euphemisms for its forms of violence.

* * *

Let the reader infer, or hope, that on the other side of this, our violent society, is peace. Or that perhaps the backdrop against which we perceive all of this is peace. The final installment of this interview will appear in the Feb. 4 issue of the Northwest Passage. The interview was conducted by Ladislav Brank on Jan. 14, 1973 in the home of Frank Herbert.

GETTING OUR SHIT TOGETHER

We are serious about getting our shit together, lively serious not deathly serious. There is so much to do and so little time, so much energy needed and so little money and materials. We enjoy the process of trying out various experiments in energy and shelter; Thru this process we continue to work on getting ourselves together-opening up new and reinforcing old communication links, trying out different and untested concepts, structures and energy systems.

Who are we? ECOTOPE is a group of designers, architecture people, scientists and artists, people interested in doing something. Initially ECOTOPE built experimental structures. Each structure was new and different. We stretched our imaginations and abilities, and it felt good. It also felt good to grab a passerby who stopped to watch and ask if that person could hold this or connect that. All people like to build, to create, to help in a process that is evolving into a tangible thing. It's fun to turn people on.

Our ongoing thing at this time includes information and communication. We try to satisfy our own and other people's hunger for meaningful, relevant, easy to understand and useful information on such critical variables as: energy, nutrition, shelter, information, communication, transportation, recreation and people. Are there others? Think about it. We don't know any person or group who does. We have been asking some good questions for a long time, and we want to continue to not only ask more questions but to build and try more things: pop-up personal spaces, life support systems, a methane digester, a windmill, solar energy collectors, water wheels, and too much more. Other people are also doing it but we want to do it for ourselves.

One thing ECOTOPE doesn't include is making a lot of money. If we focused on money we would have to take time and energy away from other projects which are more important. Money is only one medium of exchange. We have been trying to deal with alternate mediums of exchange. There is no such thing as one-way exchange--it goes two ways--you take something out because you want it and you put something back that you value, that's an exchange. Since we have some information (a lot of it lately has been on energy, focusing on methane and wind power) we can communicate in an exchange for new or meaningful information on any of the critical variables mentioned earlier or even for money if that's your trip, time also works, and skills are very valuable, whatever's right. The nice thing about information is that it is the only thing that can grow to infinity; the rest of us will have to be satisfied with a steady-state existence.



ECOTOPE, with the financial and design assistance of an Experimental College class at the U of W last quarter, built an experimental methane digester. There is technical material available on the methane process (New Alchemy Institute, Alternative Sources of Energy) so I'll just briefly describe our experiences with the methane project and give some background info.

Waste and garbage is one resource that our culture really knows how to produce. We use water, a precious resource in most other parts of the earth, to carry our

waste away so we won't have to worry about it. There are two basic methods to handle waste water: with air-aerobic, and without air-anaerobic. Compost which uses almost no water, gives off heat in the process of decomposition because it burns air. An anaerobic digester needs heat (95 degrees F) to properly digest. If the temperature drops below this optimum then the digestion time will greatly increase and the amount of methane (CH₄) will be much less. Once your shit is really together and working it should only take about 10 to 14 days to generate the majority of methane; there is more there if you want it, but the amount available decreases steadily after two weeks.

pH measures the acid-alkaline condition of materials. The New Alchemy people recommend pH between 7.5 to 8.5, most every other scientific journal states that this should be 7.0. There is hardware for measuring pH and methods for correcting the imbalance if too much acid has been forming.

The bio-gas that is produced usually has 50% to 70% methane in it. Pure methane has about the same caloric value as natural gas. One pound of dry matter, when mixed with liquid containing the important and necessary anaerobic bacteria should produce 10 to 15 cu. ft. of bio-gas.

Our first two experiments have been batch load (fill, digest, empty, repeat) as opposed to continuous feed. We heated water in a topless 55 gallon drum with heat lamps (please remember that this gas is explosive and even tho it is lighter than air we did not want to heat it with a gas open flame). Into this 95 degree F water, thermostatically controlled, we placed a 120 lb. grease drum with the slurry in it. Our first blend was chicken and cow shits mixed with too little water; second try was 10% chicken and rabbit shits mixed with 90% water. We inverted a large plastic garbage can over the grease drum and into the water. We made a U shaped ABS plastic pipe that carried the hopeful under the water and up to the outside world where we capped it with a gas cock. We did this in a well ventilated barn and surrounded the whole mess with 2 inch thick polystyrene insulation.

So far only a little gas, probably CO₂. Our thermostat is screwing up. We have been doing too many other things to pay enough attention to our little experiment. We do have as much faith in eventually producing some methane as a solar energy experimenter has faith that the sun will still shine-even in our beautiful Northwest.

We will be making another attempt at generating methane in another Experimental College class this quarter. This time we will find and use a "starter" brew that will have the necessary anaerobic methane producing bacteria in it. It's a little like sourdough or yogurt.

We will also start a wind energy generator class on a modest budget. This will be another occasion where 12 to 15 people will get to know each other by working on an interesting and relevant project.

We don't have our shit together yet-- once we do we will have nothing to work on. It's the Process that counts. All we want to do is to be part of the process, not part of the problem.

love, peace and synergy

Evan Collier Brown
for ECOTOPE
531 NE 96 Place
Seattle, WA 98115
523-2458

METHANE

When organic material decays, it yields useful by-products. Decay can be aerobic (with oxygen) or anaerobic (without oxygen). Any kind of organic matter can be broken down either way, but the end by-products are quite different.

It is possible to mimic and hasten the natural anaerobic process by putting organic wastes, manure, and vegetable matter into insulated, air-tight containers called digesters. There are two basic types of digesters. One is the continuous - load digester which is fed a little, regularly, so that gas and fertilizer are produced continually. The other is the batch - load digester which is filled all at once, sealed, and emptied when the raw material has stopped producing gas. The digester we have built is of the latter type, and is still producing considerable gas. It should have nearly two months left to produce gas.

The digester is fed a mixture of water and wastes, called "slurry". Inside the digester each load of fresh slurry is digested by bacteria and other microbes. The methane bacteria which is very active produces large bubbles. These bubbles rise to the surface of the slurry where the gas accumulates. The gas is very similar to natural gas and can be burned directly for heat and light and stored for future use, or compressed to power heat engines.

A digester may work quite well with a simple slurry mixture of manure and water. However, it is generally better to introduce a culture of bacteria to the

slurry mix. This culture of bacteria can be a quantity of algae pond run-off or other good organic bacteria source. This is mixed into the slurry batch in an equal quantity with the water and manure mixture.

There are many ways that methane digesters can and have been used. In India they have been used to clear up a considerable waste problem, health hazard, (i.e. the burning of dung for fuel is very injurious to the eyes) and fuel shortage. In Europe, digesters have been used to provide fertilizer and gas, though not on any large scale. In America, digestion has been used in some sewage treatment plants, but with no utilization of the gas produced.

The large applications of this ecologically fantastic system which used a waste product to produce energy while improving the soil, too, are numerous. However, my prime interest is in developing small and large digesters to be used on the homestead and small farm scale. I do not know if large farms or cities as they presently exist are ecologically sound. However, to get an idea of what can be done, here are some facts collected by the New Alchemical Institute: Methane gas converted from easily available organic wastes could supply about 150% of the gasoline energy used by all U.S. farm equipment (1965), 7% of the 1970 natural gas energy, and 2% of the total U.S. energy demands.

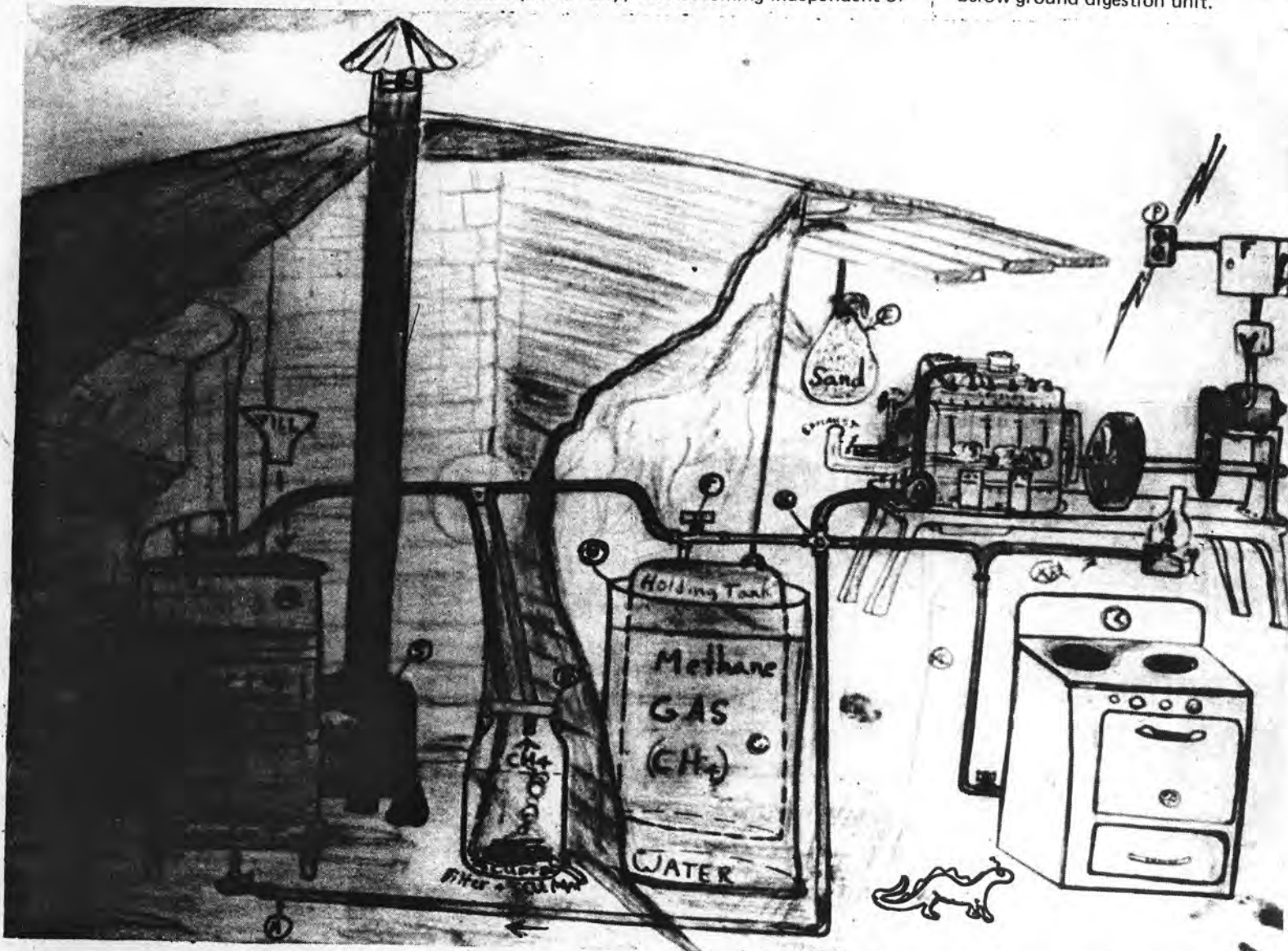
If the small and medium sized farms could utilize methane power fully, thus becoming independent of

the large power monopolies, perhaps, they could make a come-back. The small farmer has been in a very bad position economically. In fact, most of them are dirt poor and completely subject to the whims of erratic and oppressive government programs. The political effect of an independent farm economy in the U.S. would be a very positive one.

Recently, attention has been turned to methane digesters as a source of fuel, gas, and fertilizer. The interest is understandable in view of the current mounting shortage of energy sources (whether real or political) and the increasing desire of many to develop a more self-sufficient pattern of living, especially in rural areas.

Much information concerning digesters and digester systems has been misleading and overly complex. It has avoided basic questions such as: how much raw organic material can be expected from the plant or animal wastes available? How much gas will they produce? What kind and size of digester should be built to suit the needs and resources of whoever builds it?

To answer these questions and hopefully to raise and answer some others, I have helped to build a working model which is now operating. When the materials and our own energy, tools and weather permitting all coincide, we plan to take what we have learned from the operation of our small model, and with the help of a dairy farmer, build a large, below ground digestion unit.



We built our first digester for a small homestead to the size that could be easily filled and emptied (a 55 gallon steel drum). This size was used to handle the waste from two horses. Mixing the manure with an equal quantity of water into a slurry, we filled the oil drum about half full. The digester tank is sitting right next to the wood stove - heater (A) of the house which is used everyday, and has been sufficient heat to start producing the gas. One of the primary concerns of the process is temperature. The ideal is 95 degrees F. Once started it is best to stabilize it as this constant temperature is the best for the methane

bacteria to grow. After the unit has started producing gas, some of it can be fed back (B) and used to heat the digester and maintain a constant temperature. This only takes a small portion of the gas, and is a very efficient way of operation.

The gas from the digester, after it has bubbled up through the slurry, is channeled out through a neoprene hose to a storage tank (C). The storage tank we used is a steel drum, open at the bottom, counter-weighted, and sitting in a barrel of water (D). When the tank is full of gas it will rise, and the line attached to the counter weight (E) keeps the drum from

tipping over. The drum (C) was made from a steel hot water tank, about 30 inches in diameter. We cut it with a torch about four feet down from the top to form the Bell-jar. The large barrel (D) is also made of heavy gauge steel. When the gas displaces the water in the storage tank, all air should be excluded from the tank. This is VERY IMPORTANT, for when an air/gas mixture composed of greater than 8% methane is in a confined space it is HIGHLY EXPLOSIVE and so, very dangerous. To avoid this problem, all gas stored should be kept at a positive pressure so that air has no chance to be sucked in.



dedicated to
Isadore PUTEES Tom
who has just retired as the elder of the Lummi Tribal Council

What can grow
where tears should be
when a people
have lost
as much land
as we



LUMMI Indian Reservation

For only an instant
would these lives stand still
in the midst of Lummi Indian land
There were no clouds in the sky
nor tears in his eye
and he held his pony's reins
in his hand

Grey Cloud stood grazing
with his head in the shade
swishing his tail in the sun
while those dry, thorny flowers
glowed like innocent eyes
inviting his bare feet
and his pony to run

They've already managed
to put boundaries
on our
fishing grounds
while holding
our lands
in trust . . .

and right now
in their courts
if we lose those
sacred grounds
much of our culture
may drown
in their dust

January 19



1974

It must be
mighty heard
for an indian
father
to teach
his old and young

to believe
their teachers
or the history books
and especially
the government
we must live

photographs, graphics & thoughts by g. Shon'tah bertram

TREATY DAY



what will become
of the Lummi Indian people
months and years
from today

when others have canned
most the salmon
even before they arrive
here, at Bellingham Bay

from the Lummi Reservation
as if on ancient buffalo hide
the new "Squol Quol" magazine
will be the echo of native pride

It's the voice of the indians
from all tribes of the Northwest
and the poets, and the painters
who can speak from their hearts, the best

The Coming Had Been Envisioned . . . And In Black And White It Will Soon Appear . . . Poetically Pure With Indian Blood, The Backbone Of The Bisson,
The Tail Feather Of The Lummi Island Bald Eagle, And The Wing Of The Appalouza Snow Owl, On Its Migration To All The Indian Reservations Of The 4 Directions.
It Is Printed On Leaf Thin Slices Of A Softwood Log . . . Such As The White Men Creatures Have Taken From Their Forests. It Is Written In Darkness On The Color Of
The Mother Earths' Bosom. It Is Both From And About The Indian People. Those Who Still Walk The Earth, And Those Who Will Again-When That Is To Be.
The Squol Quol Is Praying To All The Winged, Hoofed, Crawling And Swimming Creatures Of All Lands To Help The Lummi To Be As Successful At This Journalistic Rodeo
As They Have Been at Performing The Aquaculture Project, And In Keeping The Lummi Culture Strong, Proud And Healthy, It Costs 40 Nickels c/o Lummi Health Center,
Near Marietta Fishing Village.

MEDEA

a myth to identify with

by Wayne Lee

Reviewing a play during its rehearsal is like evaluating a painting while it is yet a sketch; it lacks color. The shapes are there, as are the rhythms and relationships, but the very blood of the thing, the fine strokes and finicky dabs, has not yet been added.

MEDEA, an absorbing new play by University of Washington sophomore Gloria Albee, was in such a state when I reviewed it. Despite this handicap, the play showed surprising depth and vitality, and, barring a few amendable technical problems, provided an entertaining and thought provoking evening.

Angus McLane, a graduate student in theatre at WWSC, directed the show. The set was designed by Dennis Catrell, lighting design by Lee Taylor. Michael Moore was stage manager, and Rosemary Wilson constructed the costumes. The entire show operated on a very limited budget, with most of the props and set pieces being scraped together from previous plays.



photos tom begnal

MEDEA tells the familiar story of the High Priestess Medea (played by Jayne Muirhead) who guards the legendary golden fleece. Jason (Gil Rodriguez), the ambitious Corinthian warrior who aspires to be chief of his people, discovers Medea in his search for the fleece, seduces her, and sails for home with her and the fleece. Once in Corinth, he has Medea pretend to be a witch so that he can overthrow his immoral uncle Pelias (John Garoutte) and become chief. Eventually, Jason's less-than-moral acts cause Medea's alienation both from him and from his people and she is forced to leave town with her eight children (two had been stoned to death by angry townspeople). Jason is left to live with a critically overcrowded conscience and a dead fiancée, Glauke (Katie Bowns) who is killed when she puts on the poisoned crown which had been intended for Medea.

This particular version of the Medea story is the most recent in a long line of Medeas, beginning

around 400 B.C., and differs considerably from the others. In more traditional renditions, the fleece is guarded by a dragon which Jason must slay, and Medea is an authentic witch, who performs all sorts of ghastly deeds, including killing her own children to spite Jason.

Ms. Albee, however, is not interested in the myths surrounding the story of Medea as much as she is in the psychological aspect of it. She has focused her play on Medea and Jason — not as supernatural heroes — but as real people who laugh, scream, make love, and live real day to day lives. In previous versions Medea has always been the protagonist, a demon who spins the other characters in her web and destroys them. Albee, however, has made Jason the prime mover, a power and flesh hungry individual who virtually overwhelms the innocent Medea in much the same way that he controls all those around him. Medea is seen as a young lady who wants love and security from Jason and can't have either, who has been transplanted to a strange and alien culture which rejects her, and who, at the end of the play, faces a life with no means of support and eight children to feed. Albee has, then, given us a play that deals not with a myth, but with real life situations and problems.

In dealing with these problems Albee has attempted to create certain "moods" in the play — moods of male domination, of deception, of alienation, and finally of rejection and despair. Creating a "mood" onstage is the actor's job, though, and in MEDEA the acting was commendable. Ms. Muirhead, in her subtle and convincing portrayal of Medea, has interpreted this difficult role with a great deal of insight, giving this "myth-woman" an honesty, sense of humor, and feeling of indignation that brings her down from the clouds and makes her believable. Rodriguez avoided the trap of creating a villain in the figure of Jason by playing him as a corrupt, though high minded and tough willed leader, who placed his role as chief higher than his role as lover or husband, but who, in his own mind, was justified in his actions. Yet, for all his arrogance and self esteem, his course of action does not appear to have been an easy one, and Rodriguez shows us a man who is forced to face the consequences of putting his responsibilities ahead of his pleasures. Garoutte,



playing the lecherous and foolish chief Pelias, came off as perhaps a little too foolish, but none-the-less, did a tasteful job in showing the decadence of the old man. Pat Moore, doubling as Meleager and Creon, did an adequate job with these two underdeveloped roles, and Ms. Bowns played Glauke with the wide eyed innocence needed for the part, doing a particularly nice job on her death scene.

MEDEA was judged Tuesday night by a representative of the American Theatre Festival, which is sponsoring a national contest for collegiate playwrights. If it wins this round of the judging, it will travel to Spokane, where the esteemed Arthur Miller will view the semi-finalists, sending the winner to Washington D.C. for the final round of the contest. The winning playwright will then receive prizes, cash, and a publishing contract.

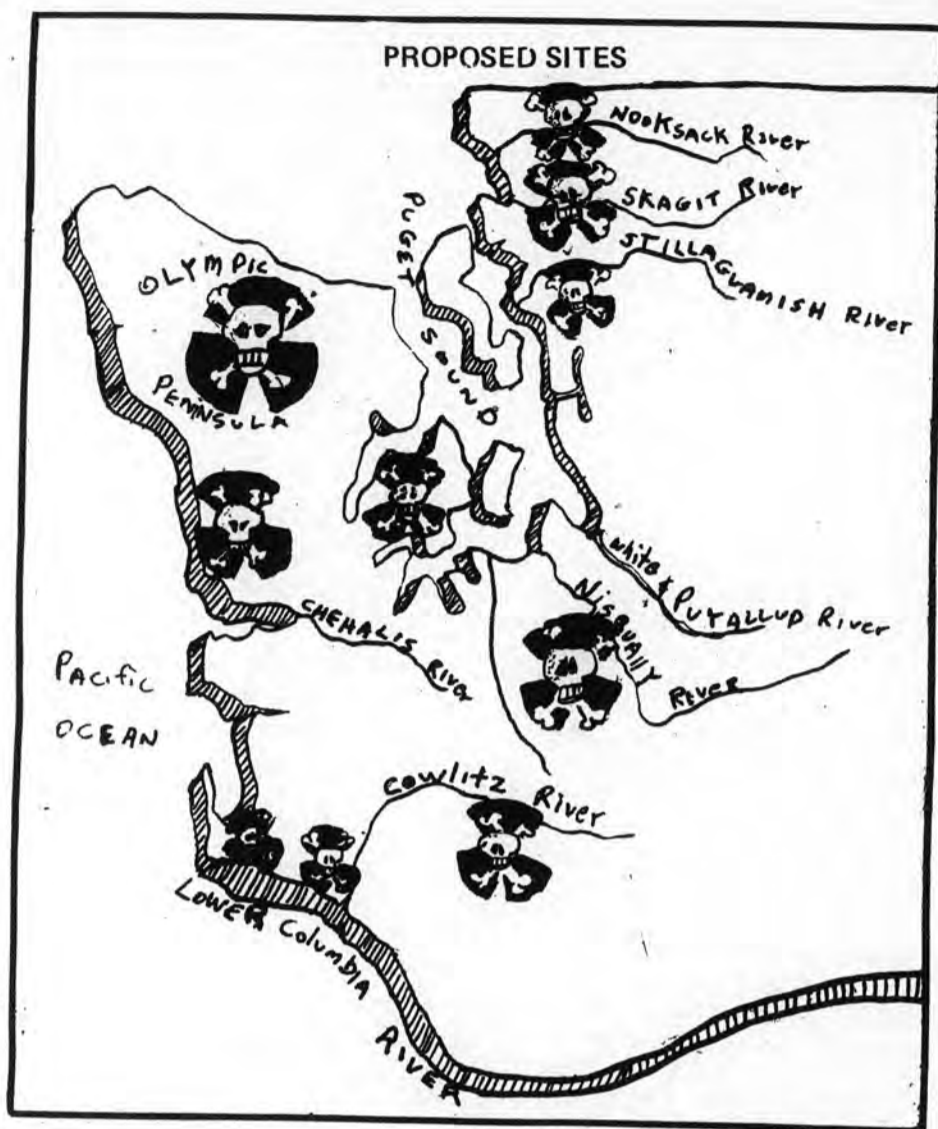
If the rehearsal I viewed is any indication of the finished product, I think Gus McLane and the cast of MEDEA may soon be paying a visit to our nation's capitol. And, if MEDEA is any indication of Ms. Albee's caliber as a playwright, I think we may well be witnessing the emergence of a bright new force in American theatre.



The Energy Question

by

MIKE MANDEVILLE



Drawing by Steve Kaimar

The energy question is really a broad number of questions. Granting that we need more energy, how much do we need (for what)? How do we obtain it? Where do we obtain it? These are crucial questions and at all costs they must not be answered by the power bureaucracy.

Through the years a fairly comprehensive long range future has been outlined by the Northwest power companies, through the leadership of the Bonneville Power Administration.

The Joint Power Commission is the body which coordinates all private and public power utilities in the state. Increasingly it is a joint administrative, finance management, and operating agency as well as simply a "planning" agency. This has unified all private and public power development into a singular voice, creating a shared ethos, a set of mutual expectations, and the capacity to act through many arms. Unfortunately, it is a single-minded bureaucracy which is autonomous aloof, and far less loyal to its theoretical managers (such as the Seattle City Council) than to itself.

The power bureaucracy has thus evolved a more autonomous position in our state than almost any other group of people. They have a lot of resources. This, of course, provides the tempting opportunity to exercise their power decisively in obtaining their goals, a lure they succumb to daily. They do not ask. They don't ask anybody for anything. They do.

What is their future projection? Roughly, that we need to triple the production of electrical power in the Northwest by 1990 (from 1970 production). The "firm" power load they intend to supply in the Northwest is almost 32,000 MW (megawatts). Almost 18,000 MW will be supplied by thermal plants (coal and nuclear) in 1990, more "firm" power than the Columbia River will ever generate. Between 1980 and 2000, 10,400 "firm" MW alone will be installed for the Puget Sound Basin—and that could mean 10 nuclear plants, located as close to the "load" centers as the engineers can get them.

This is the backbone of IndustroPacific, the basic core of an economic development strategy. It does not reflect an energy shortage, nor even "moderate growth." It is the means to power a massive industrial processing complex, aluminum alone to consume, by 1990, as much power as is currently consumed for all uses.

The current TRIPLE POWER strategy is to provide for expansive growth in the Puget Sound Basin, the Willamette Valley, and the Columbia River Basin. The electro-process industries, particularly aluminum, are seen as the basic industrial load demand, from which the aluminum fabrication and transportation equipment industry are all factored, providing the major mass-market industrial labor demand, the king pin of the entire Washington economy. Oil refining is an interesting add-on, as well as a massive (although automated) transport/docking industry, in part simply handling the bulk materials for IndustroPacific. Quite possibly a major portion of the oil will simply be refined here, as the aluminum, for shipment to mid-western markets.

That means a lot more power. How to do this? There are important limiting factors in the equation (luckily, for these mean we can alter the outcome). Since aluminum is the major demand, it is the major limiting factor—and it must be supplied power at a cheaper rate than any other region of the country, or the industry will locate closer to the demand markets in California and the Midwest. But going to atomics is very expensive and will eliminate this region as a competitive location site.

WHAT DO YOU DO IF YOU ARE AN ENERGY MOGUL?

If you want to make the most profit, the quickest way, you develop the Columbia drainage system for power as much as you can and locate new high industrial loads, aluminum, along its shores, close to the power to minimize load losses. This supplies aluminum with the country's cheapest energy, very

cheap energy compared to the coal and nuclear energy of Southern California or the Midwest.

You build nuclear reactors, or rather you have all of the local PUDS and public utilities build them and own them, close to the urban load centers—cost energy will be capitalized by residential and commercial demand and free the Columbia from an urban demand growth. Thus BPA can avoid having to price its energy at an average which reflects the cost of atomic power.

You also promise to buy all of the excess power which the local utilities generate with coal generators or nuclear reactors. You then simply sell the excess nuclear energy to the Southwest.

You stimulate this entire procedure by working through a particular portion of the commercial establishment. Private utilities put up a major portion of the capital, raised on the private bond market, (no public questions) and public utilities buy in, each contributing a relatively small portion of the aggregate, piece by piece, plant by plant. This means that nobody has very many questions to answer to anybody. Politicians hardly notice small bond series which are repaid from autonomous revenues and are hardly in a position to question these self-liquidating bonds, especially in an era of energy shortage.

One problem remains. How do you handle the winter peak residential demand? You simply can't economically finance the nuclear reactors to handle it. Only water. So you build an extensive network of pumped-storage plants in the drainages of the major Puget Sound rivers, high in the Western Cascades. You raise Ross Dam first, because it offers the highest immediate return.

Very clever, all in all, and it is working.

The only fly in the ointment is the fear of nuclear radiation, a fear which cannot be answered on rational grounds, simply because no one can truly evaluate the risk of accident, hence a comprehensible estimation of risk cannot be communicated to the lay public. And of course, there are the environmental obstructionists to shout about the Cascade pumped-storage projects.

How to avoid public reaction? You get very secret and develop your plays under the table. You avoid letting anyone understand the grand plan. You push a whole number of different projects, piece by piece through the many different public utilities. You don't tell anybody that Ross Dam is a stalking horse, or the Skagit Power plant either, for that matter. Nobody sees that anything in particular is happening, just simply different utilities muttering about power shortages and proposing different projects. You conduct secret studies and don't let anybody see them—you don't even tell anybody in government that you have a master site plan for the entire complex. And if an itinerant writer asks, you And you have a very lucky coincidence; the weather creates an abnormally low rainfall to produce a genuine power shortage, sure to increase the strength of support for power expansion and nuclear reactors.

Despite industrial-political propaganda, triple-power neocolonialism is an unnecessary future. With-

out expansion of the electroprocess industry, the most we need to do is double our power by 1990.

Why triple aluminum production? There is no valid reason for it. It was a rational, wartime economic development policy and has provided a good base to underpin the regional economy. It also consumed surplus power and this cheapened the cost of energy for everyone in the region.

But now, to expand it, we will be forced to build an awful lot of nuclear coal plants, a policy which will raise all of our energy costs as well as consuming an environment which could be put to other, potentially far more job intensive uses.

TRIPLE POWER NEOCOLONIALISM

Triple power neocolonialism is also an immensely stupid future. It will exact the maximum possible environmental cost and subject the Puget Sound Basin, one of the most beautiful and most productive natural basins of the planet, to the greatest potential man-made disaster short of atomic war: massive oil spills and radiation, the deadliest poison known to man. One kilogram of plutonium released in the atmosphere is capable of killing every human being on earth.

It should also be obvious that the institutional power complex suffers from its own self-induced hypnotic automania. They are currently dismissing out of hand alternatives which can be explored and pioneered in this region, with local resources.

STATE ENERGY COMMISSION

The State Energy Commission needs the capacity to entrepreneurialize some exploratory alternative projects. It should have the power to discourage the electro process industry. Above all it needs to forstall NUCLEAR DISPERSION. It is essential to minimize our investment in this power source.

The reason is fairly obvious. A decision to develop more nuclear power plants at, say, the "Hanford Atomic Works," requires a long lead time-- five years minimum. A decision made in 1975 will not be consummated until 1980. In the meantime an intensive, extensive federal research program is changing the entire technological field. By 1980, nuclear power may be faced with a very competitive alternative.

It would thus be extremely foolish to stampede at this point for nuclear power, particularly the DISPERSION future. Given the urgent necessity for more power, and given the unknowns and long lead times, the best minimizing strategy with the least long range negative impact and risk is to add the increased power production to the existing Hanford complex.

The only reasonable objection to this is the desire of the engineers to improve their efficiency. The transmission lines consume a good portion of the total energy. They have made a trade-off: a marginal gain in efficiency is worth the risk of a radiation

accident, of which there have been many, and the total environmental impact of consuming much of the basin's rivers. We have been able to bear the line costs for a long time. Are you willing to make this trade-off?

One very critical question which is raised by this futures approach concerns the present usefulness and validity of the so-called ENVIRONMENTAL IMPACT STATEMENT. The impact of a whole system is immensely different from the impact of a single element of that system. The environmental impact of one nuclear reactor is quite different from the impact of, say, seven, especially in a small, contained basin like the Puget Sound. One seems to have a relatively small impact on the recreational potential of the area. Ten begin to forclose a significant number of optional developments (or non-developments), especially recreational options, which have a potential for far more jobs.

Mike Mandeville is a graduate student on leave from the University of Washington. A researcher for the resource/directory Cosmic Mechanix and member of Index (Information Delivery Experiments), he has extensively studied the "energy crisis" and its relationship to the power companies and commissions of the state of Washington. The above essay is part of a book he is currently writing.

HANFORD ATOMIC WORKS

They say they want them.
They say they want to produce atomic energy as their industry.

This future takes them up on it.

So they build seven Atomic Plants
as one big complex
piece by piece
but as an overall system
cheaper
land costs less too
and all the risk is one place
--where they make the fuel
--where they store the wastes
--where they have the nuclear reactors

LOOK MA! no transport!

no dispersion!

and if I have an accident there aren't
nearly so many people
and there isn't the Puget Sound Basin
the country's richest water resource
and one of the country's greatest
natural environments
to rob more land from
and to threaten with the worst
poison known to man.

Pulp Mill — Graveyard Shift

up from the hot kraft
chlorine stomach
of the black mill
the graveyard shift
emerges gasping gagging
collecting morning

the graveyard shift
bleach stained
rough rawfingered hands
and wide red night eyes
stumbling up from
the dank acid bath
of the dead cellulose fingers
of entire forests mashed
into pulpfibers
into the bribetissue
paper of paycheques

coughing thick apologies
they dance--dance
their lunchbucket druggery
down to punch out their conscience
into a cold clockface
that keeps monotonous weeks
falling on their heads

and so they leave reeling
drunksullen and shifty-eyed
not daring to look up
into their doomed dawn air
heading for their comfortable
home grown masks--
of warm wives
and well fed children
with smooth pink fingers

no, not daring to look up
for above them looms
their moloch--
the floating lungblack
rip fisted factory rags
of the smudge
fingered spew

this the pulp mill addicted
belching its oderous crime
the steamhot sulfa rot
and gas chamber ash
spark fired up
from the dark
towering crackerstacks . . .



Very Heavy Traffic

god died
on a freeway
in north amerika

he was hit and run under
by the pepsi cola now generation--
their's the groovy teevee smile
of sex cum horsepower pulling

and the cut and run
mansonmanic behind the wheel--
another bearded hippy poet
letting it all hang hairy on out
as he went righton howling
down route 66
and hit god--
bending over to take a pee
ass--end on

but what really killed
the holy he (taking a pee)
was the two and a half tons
of Maytag Automatic Magic Washers
on the back of the rack
with which they did damnwell
lay it on him heavy
and really laundered god
shot all to hell and gone
over the goddamn interstate

yes god died
(like you and i)
on a freeway
in north amerika
the whole whole shit blown
splatterdashed to death
by 2½ tons of teevee commercials--
very heavy traffic
enough to knock off anyone. . .

POETRY BY ERIC IVAN BERG
VANCOUVER, B. C.



Inmates in local jails have been neglected both by the courts and by associations interested in prisoner rights until a recent suit filed by the American Civil Liberties Union (ACLU) brought inhumane jail conditions to the foreground of the battle.

The suit on behalf of current and former inmates of the Snohomish County Jail contends that inmates are, and will continue to be subjected to shocking, dehumanizing, illegal and unconstitutional conditions. Two areas—censorship practices and punishment—are the focus of the suit.

More people pass through local jails during a year than are incarcerated in larger state or federal institutions. But since they serve much shorter sentences, these inmates are frequently in and out of jail before they can define their problems and seek appropriate relief. According to the ACLU, who studied conditions in 24 Washington county and local jails, most of the jails are remote from the lawyers and organizations sensitive to the problems and willing to provide legal assistance. Moreover, many of the people in local jails have not been convicted of a crime—they are simply awaiting trial. In fact, over half of the national jail population is composed of pre-trial detainees. Despite a recent law which holds that a pre-trial detainee may not be deprived of "rights which are unrelated to insuring his presence at trial," Washington jails draw no distinction between inmates serving time and those awaiting trial.

The jails are truly the orphan of the American correctional system.

The central problem of jails, the ACLU found, precisely parallels that found in larger state and federal institutions: jails are run according to the "unreviewed administrative discretion" of local institutional managers.

The visible consequence is a pattern of abuses. Those abuses range from the beating of inmates to blatant interference with communications between attorneys and clients. The invisible consequence is the condemnation of human beings to a society governed not by the precepts of law but by the whim of those who run the jails.

According to the complaint before the court, Snohomish jailers systematically violate the rights of inmates. The suit charges that jailers:

--Censor all in-coming and out-going mail, including correspondence between inmates and their lawyers;

--Refuse to send writs prepared by inmates to courts;

--Fail to forward some out-going mail without notifying the inmates;

--Arbitrarily limit the number of letters that inmates may mail and receive;

--Deny indigent inmates stationery and postage;

--Prohibit access to newspapers and other reading material.

These practices are not limited to the Snohomish jail. According to the detailed ACLU report, many jails in Washington have no established rules that guarantee the confidentiality of communications with lawyers, courts or public officials.

"Non-privileged" mail (i.e. to family, friends, the press) is routinely read and censored by many jail officials.

--In Clark County, a jail officer cuts out portions of letters he finds "troublesome."

--Jailers in Mason and Island counties refuse to permit inmates to receive mail they find "offensive."

--Sheriff Hansen of Jefferson County read inmate mail to learn about inmates' attitudes.

--Sheriff Weister of Lewis County will not deliver mail he believes will "lower an inmate's morale;" in one case he refused to deliver a letter from a young woman who was breaking off her relationship with the inmate.

Justification by jail officials for reading and censoring the mail ranges from claims that the practice is necessary to prevent escape to the rationale that it is required to find contraband being smuggled in and out of jail.

JAILS

In jail after jail inspected by the ACLU, institutional practice limits and restricts arbitrarily and irrationally the right of inmates to receive reading matter.

Snohomish County Superintendent Robertson argued that his rule is justified because inmates might start fires in the jail with the papers. Chief



Kochanek, head of the consolidated Chatham County-Port Angeles jail, bases his similar restrictions on the fear that inmates might stuff papers in the toilets, thus clogging the plumbing.

Snohomish County bans any literature that Superintendent Robertson fears will incite a riot. Most jail officials ban "Playboy." But Pacific County jails ban "Penthouse" while permitting

"Playboy." One jailer, Sheriff Beck of Okanogan, has solved the problem of making censorship decisions on a case-by-case basis. He simply bans all paperback books.

The right to communicate, via visitors, is also arbitrarily decided. The Chelan jail permits visitors on Tuesdays for fifteen minutes; Yakima permits visits on Thursdays for fifteen minutes; King County permits women prisoners to see visitors for five minutes on Sundays.

Who is permitted to visit also varies widely from jail to jail. Mason County does not permit any relative under the age of 21 to see an inmate; Pierce County permits those over the age of 18 to see relatives.

The suit on behalf of the Snohomish inmates also asserts that punishment methods and practices at the jail deny inmates their right to due process as secured by the Fourteenth Amendment and violate the Eighth Amendment's ban on "cruel and unusual punishment."

One of the focal points of attack is the use of solitary confinement ("the hole"). According to the suit, inmates are confined in "the hole"—a six-foot by six-foot cell—without charges or a hearing. The hole contains neither drinking nor

washing facilities. In the hole, inmates have been denied mattresses, toilet paper, blankets, clothing, hygienic items and reading material. Moreover, inmates so confined are not permitted to see either attorneys or doctors. In addition, the suit charges that Snohomish jailers have:

--Confined as many as six inmates, all naked, in the hole at one time;

--Caused sewage and excrement to back up into the hole and thus onto the inmates confined therein;

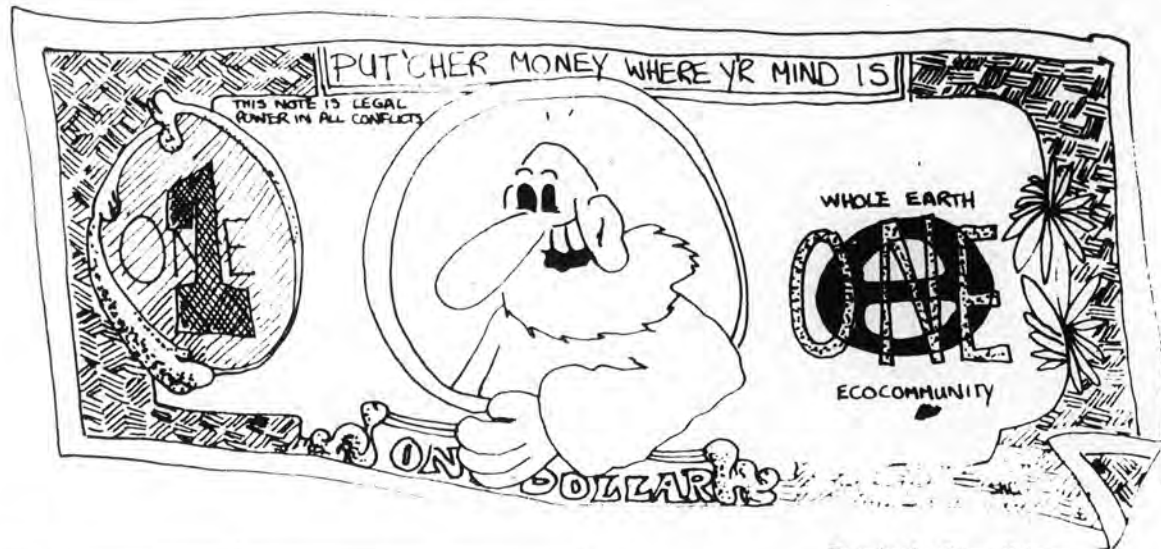
--Beaten inmates in the hole.

The lawsuit further contends that Snohomish jailers "punish" inmates in ways that are prohibited by the Constitution: stripping prisoners naked, depriving them of basic hygienic items, and subjecting inmates to corporal punishment. Included in the complaint against corporal punishment are instances of jailers choking, kicking, handcuffing, and physically beating up prisoners.

The inmates seek comprehensive relief from the court, including injunctions against interference with First Amendment rights and prohibition of all corporal punishment and the use of "the hole." Also sought in the order is the outlawing of deprivations of clothing, bedding, food and hygienic items as punishment. ACLU investigators discovered a variety of inadequate health and hygienic services, ranging from the screening of medical complaints by the custodial staff to failure to provide basic dental necessities to indigent inmates.

In addition to filing suit on behalf of jail inmates, the ACLU is also urging the state legislature to approve a minimum standards bill, ending the arbitrary and inhumane practices in Washington jails.

social investment



Drawing by Steve Kaimer

This is the first in a series of articles on socially responsible investing in which I will present different funds, organizations and programs that may be used to direct social considerations into economic policies. Many of us have money that we do not see fit to leave in banks, which we want to invest instead in programs or organizations that follow the same policies and concerns as our beliefs.

Economic influence of social concerns began partly as a negative program; the boycotting of specific goods, e.g. top military producers. This boycotting continues, necessarily so, as in the boycotting of wines and lettuce for the United Farm Workers. Programs do exist that deal more directly and positively with interests closely related to civic concerns. An example would be the recent selling of bonds for the new sewage plant in Bellingham. Though one's money is still "placed in the mainstream of the system", the underlying rationale is that personal, economic decision making will lead to a more representative and humane economics. There is currently a movement organized to influence the policy of corporations via stockholder's demands whether through letter, proxy or the changing of the corporation's laws. These actions call for companies to create more equitable economic and social policies.

It is important that each individual follow up each investment he or she is interested in, asking questions of social importance which are of primary concern to that person. Though many concerned questions on the influence of investment may be incomprehensible to the average business person, social investing is a whole new dimension. Use these articles as a beginning guide in formulating your own questions of investment standards.

The Northwest Passage would enjoy hearing of more programs that allow consumer input in their programs, or have social ends as well as economic ends. Further inquiries may also be made to myself via the Vocations for Social Change at Fairhaven College, Bellingham, Wa. 98225.

Jonathon Apples

PAX WORLD FUND

Pax World Fund was begun in August 1971 with the specific goal of being a mutual fund that would invest only in companies without military or defense expenditures yet yield a regular return for those who invest their money in the Fund. Another criteria that Pax maintains is to refrain from investment in companies that are involved in the liquor, tobacco and gambling business.

A mutual fund invests in varied companies and bonds or notes—particular securities designated by the goals of the fund. A prospectus can be obtained from any fund that one is interested in, in which the fund's procedures, assets and liabilities, management, and motivations are explained. Some funds invest specifically in secure companies, some invest in companies involved in "quick growth," some funds look for companies with good income and good prospects for growth, and more currently other funds like Pax use social concern as a prime criteria. Concurrently Pax also places emphasis on growth, stability and income.

Pax World Fund seeks to invest in companies that do not manufacture defense or weapon related products and instead invest in industries as housing, drugs, household appliances, leisure time, food, education, retailing, pollution control, health care, publishing and building supplies. Specific companies and some of their products are Cluett which makes Arrow Shirts, Champion—home furnishing and building materials, Questor—Spalding sporting goods, Beckton—hospital supplies, Duplan—clothing, Flintkote—building mater-

ials, Grant—retail, Green Giant food, Grolier—Americana Encyclopedia, Maryland Cup—paper plates and cups and ice cream cones, Jim Walter—housing.

Pax World Fund sells between 8 and 10 per share though minimum purchasing amount is \$1,000. This may change if there is demand, or individuals can combine their finances for the necessary \$1,000. Mutual funds are not insured, they are a collection of stocks that can lose money as well as gain. Mutual funds have generally maintained their assets and even move upwards in pecuniary profits, but to invest is still to "play the market." They are generally invested in because of their stability, since they invest in diversified companies that are fairly stable, they generally don't "make money but they don't usually lose money either. If one has invested in Pax, but needs the money, it can be redeemed within seven days of when Pax receives the letter for redemption. Pax's assets were \$400,000 in 1972, up from the \$100,000 assets in its original year, 1971.

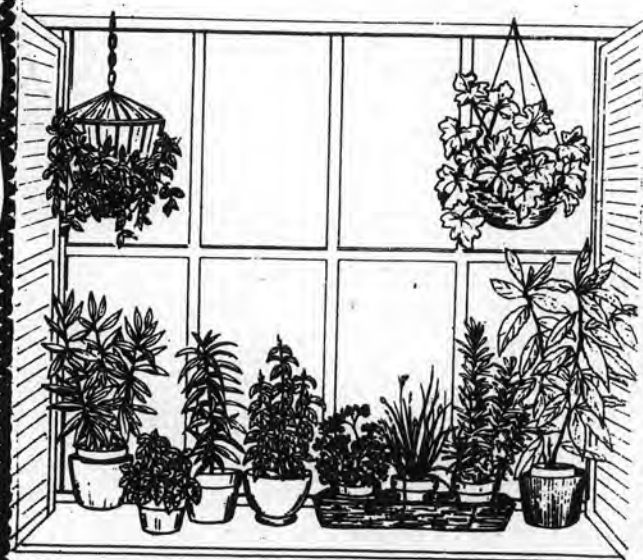
At least half the officers of the Fund, who are responsible for daily operations and general policy appear to be involved in community and international concerns: a former Associate Director of the Peace Corps, a current Chairperson of the Friends Conference, a social ethicist and clergyperson.

Several objections to Pax can and should be raised, depending on personal beliefs. Should Pax invest in Maryland Cup which makes paper plates, cups and ice cream cones? It depends on one's ecological and nutritional concerns. And to what extent is Pax supporting luxury interests of the United States that ought also be questioned? Pax generally addresses itself to the problem of our over-abundant military-defense economy, and on those points Pax delves into specific decision making.

The manufacturing of items by corporations that Pax invests in are questioned via a specific questionnaire sent to each company. If a company makes military uniforms, they will probably not be invested in. The questions become hard when attempting to see the effects of one's investment actions.

Pax is an open-ended mutual fund trying to show that peace can be monetarily a viable investment. For people who are concerned about how they affect structures that they may or may not approve of Pax offers the opportunity to basically invest in non-military items instead of more profitable military programs and defense materials. Pax's address where further information can be obtained is 224 State Street, Portsmouth, New Hampshire 03801.

The Greenhouse




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Solar technology exists on many levels of sophistication. Below are examples which might present ideas for saving money or integrating into housebuilding plans.

To date, most solar experiments deal with heating and cooling of houses. However, one experimental house described here may be the first really practical solar-powered (not just heated) house.

One of the easiest ways to use solar energy is to heat water. All that is needed is a black metal container such as a 55-gallon drum and one to three panes of glass to insulate it. The glass allows sunlight to enter and strike the black metal surface, absorbing the longer wavelength radiations from the hot metal, creating a greenhouse effect.

In the northern hemisphere, solar generators should always face south to achieve as much sun exposure as possible.

The black containers should be placed at a high enough level that water can drain out when needed.

solar technology

by Bob Speed

The glass panes should cover the top and south side of the container. Shutters should be constructed over the panes so the system can be closed at night to hold in more heat.

A variation of this method would be to flow water over a south-facing flat black metal surface and cycle the water through a storage system for later use or for heating.

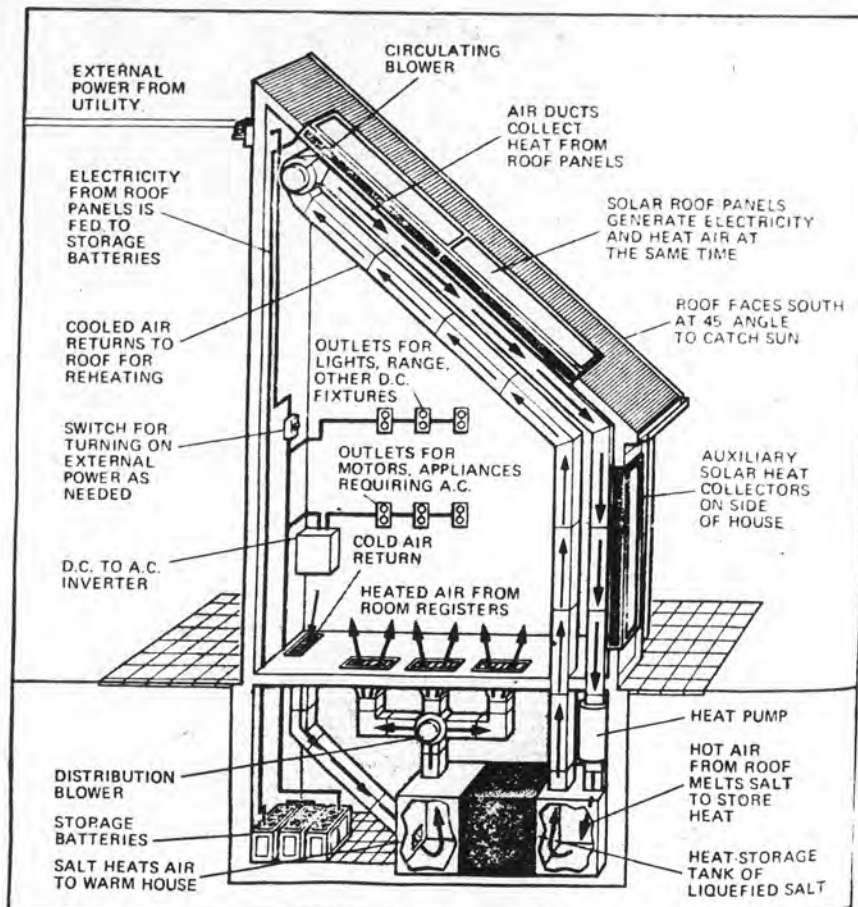
The sun's angle in winter is much lower above the horizon, and cloud cover means less heat, but since the home hot water heater is the biggest user of power in the average house, every bit can help cut cost and energy consumption.

There are many ideas for roof panels to heat homes. Two such systems are the Solaris system, designed by Dr. Harry E. Thomason and the Solterra home, designed by solar energy expert William B. Edmondson, editor of the Solar Energy Digest.

Both have advantages, and both use water running down the roof facing the sun as heat source. The Solaris system stores heat in water, one of the best heat-storing mediums known. This system can store heat only for a few days, but depending on geographical location and climate, can supply 60 to 90 per cent of a home's heating needs.

The Solterra home makes use of a different medium—water-impregnated soil or gravel in a bin lined with water pipes circulating roof-heated water. The advantage here is that the system can store heat for as long as two months, depending on the size of the bin.

The bin is built of foamed concrete, and serves the purpose of insulation, flooring and foundation. The soil in the bin can be anything found at the site. Since the temperature of the bin never exceeds about 140 degrees F, cheap materials may be used, such as plastic or clay soil pipe.



Solar Power System: Solar One

Wet earth weighs about 100 lb. per square foot and has a specific heat of about 0.44, which gives it a heat storage capacity of about 44 British Thermal Units (BTU) per cubic foot per degree F. If the soil is heated from 85 degrees F to 135 degrees F, the storage capacity will be 50 x 44, or 2,200 BTU per cubic foot of earth.

Edmondson proposes a bin 46 feet long, 32 feet wide, and 6 feet deep, a size comparable to many basements. A bin half as big would store heat for about half as long. Edmondson's figures equal 8,832 cubic feet of earth, not counting the volume of pipe going through the bin. 8,832 cu. ft. x 8,832 cu. ft. x 2,200 BTU equals 19,430,400 BTU. Assuming an average of 330,000 BTU per day to heat a home in the Northern United States in their winter months, enough heat can be stored to last nearly two months.

Both of the above systems can be adapted to cool the house during the summer. The Edmondson Solterra home utilizes a heat pump to operate an absorption-type air conditioner. The Solaris system uses a refrigerating coil operated by a small compressor to cool the water. Air blowers also used for heating pass air over the system and circulate it through the house.

Meanwhile, the water in the storage tank is passed over the north roof to bathe and cool it.

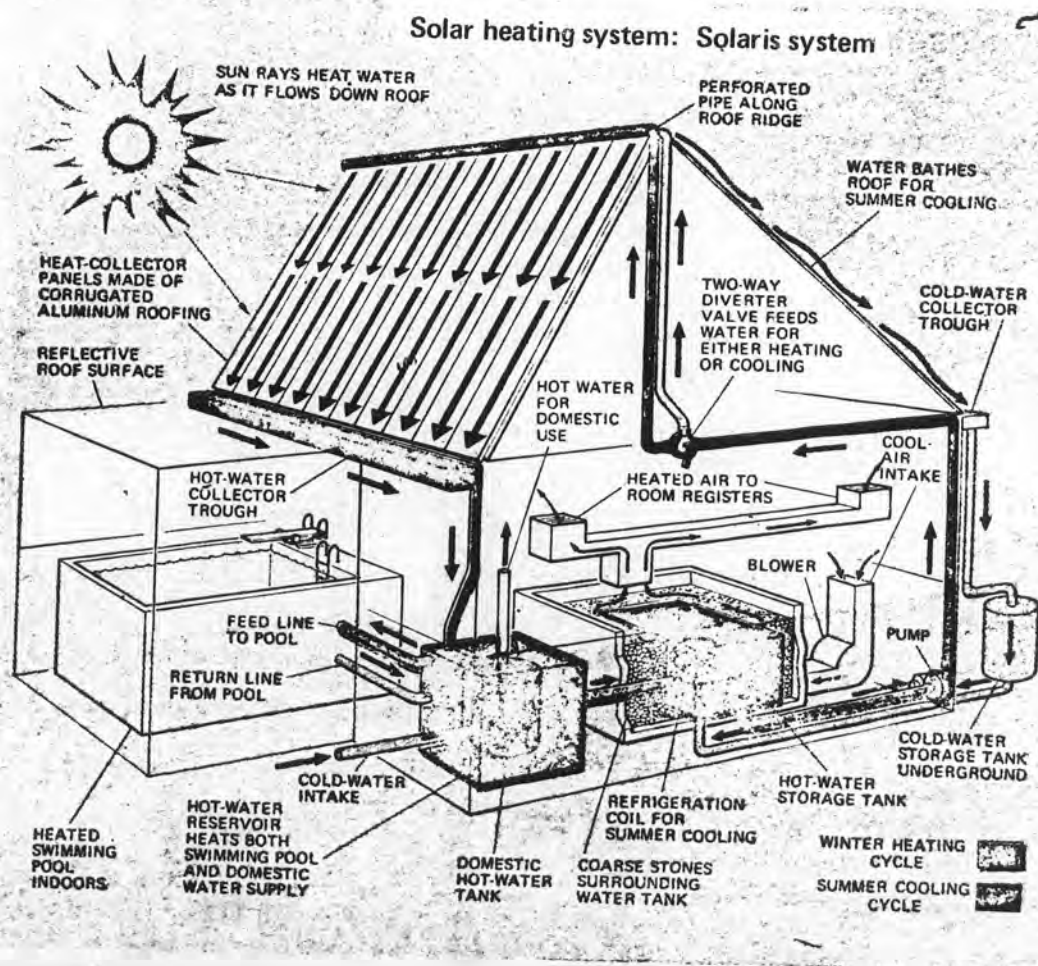
Information about the Solterra home can be gotten from Solar Energy Digest, P.O. Box 17776, San Diego, Calif., 92117. Information on the Solaris system can be gotten from Edmond Scientific, 101 E. Gloucester Pk, Barrington, N.J. 08007.

Solar power, not just heat, was the objective of scientists at the University of Delaware. Solar panels using cadmium sulfide, similar to the solar cells that power satellites, convert solar energy directly into electricity. Fed to storage batteries, the result is a power supply for cooking, lights, heat and other household needs.

Called Solar One, the system produces 29 kilowatt hours of power on a good day, easily enough to meet an average home's daily use of 18 kwh.

The roof panels are also used to store heat in a tank of salt that melts at 120 degrees F. With the storage facilities, the house has sufficient heat and power reserves for several bad days. As with other systems, auxiliary heat and power sources can be switched on when needed.

Each of the above systems has advantages, and an individual contemplating solar power should look into these and other systems to meet individual needs.



JANUARY

21

MONDAY, JANUARY 21

(B) late afternoon - Passage mailing. Papers have to be folded, stapled, sorted, labeled, bundled in order to get to subscribers. Come and lend a hand or two. At the Passage office, 2nd floor, Good Earth Bldg.

(B) 7:30 pm - Galen Biery will present his excellent slide show of old Whatcom County. Fairhaven College in the Auditorium. Free

(B) 8pm - City Council meeting. City Hall.

(Mt. Vernon) 8 pm - Rezone hearings on proposed nuclear reactor at Sedro Woolley, Skagit Valley County Courthouse on W.Kincaid St. Hearings will probably run through Jan.23.

22

TUESDAY, JANUARY 22

(Lynden) 12:30 - 9pm - Women's Clinic, 8081 Guide Meridian. Catch the bus from the Greyhound station.

(B) 2pm - Food Conspiracy meeting. Pick up and order. 1900 34th St.

(B) 6 pm - Passage Potluck dinner. 2100 34th St.

(B) 7:30 pm - Important mill meeting to decide who will get to work in the mill. People's Office, 3rd floor Good Earth Bldg.

(S) 7:30 pm - National Organization for Women (NOW) Seattle-King County chapter holds its monthly meeting. Discussion of Women in History. Friends Center, 4001 9th Ave.N.E. 632-0559.

23

WEDNESDAY, JANUARY 23

(B) 4:30 pm - Bellingham People's Yellow Pages meeting. Passage office.

(B) Fairhaven College, 6:30 and 9 pm - FILM: "Grapes of Wrath." Classic with Henry Fonda. Plus a short. 50 cents, Fairhaven Aud.

(B) 8 pm - Food Co-op meeting. People's office, 3rd floor, Good Earth Bldg.

24

THURSDAY, JANUARY 24

(B) 2:30 pm - Public Library, lecture room. Slides of Greece and Wales presented by Ms.Carlie. Free.

(WWSC) 7:30 pm - Grape and Lettuce Boycott Committee meeting. Mecha office in the Viking Union.

(B) 8pm - Building meeting to talk about the purchase and maintenance of the Good Earth Bldg. In the People's office.

(WWSC) 8 pm - FILM: "To Have and to Have Not," with Lauren Bacall and Humphrey Bogart. Main Aud. generals \$1.25, students 75 cents.

(Forest Grove Ballroom) 9pm - Dance concert. Commander Cody and Lost Planet. Airmen. 2 sets. Tickets at Puget Sound and Bellingham Sound Center and in Seattle at CampusMusic. Minors welcome. \$3.

25

FRIDAY, JANUARY 25

(Olympia) Today and tomorrow - Northwest Symposium on Chile, with Drs. Charles Nisbet, Richard Fagan, Jorge Neff, James Petras, Maurice Zietlin. Lectures, discussions, workshops. Free. Evergreen State College.

(S) 3 - 5pm - KRAB-FM 107.7. "The Folk Show" with Ray Daddy. Live.

(B) 6pm - Beer and Winemaker's Conspiracy potluck dinner. BYOB. 1900 34th St. (see Community News)

(B) 7:30 pm - Public Library, lecture room. FILM: "Journals of Lewis and Clark." Free.

(S) 8 pm - A Contemporary Theatre presents the Ghanaian Drum and Dance Ensemble, "Obodee." Tickets range from \$5 - \$2 depending on what category you fall into. ACT, 709 First Ave.W. 284-7392. Playing tomorrow night too.

(WWSC) 8pm - Mama Sundays. Open mike. Viking Union coffee shop. Free.

(S) 8pm - Seattle University presents Seattle Brass Ensemble Concert. Pigott Aud, S.U. campus. \$1.50 for students, \$2.50 for others. ME3-5385.

(S) 8:30 pm - A Women's Talent Show at the Coffee Coven, 8050 15th Ave.N.E. If you'd like to participate call It's About Time Bookcenter, LAS-0999 from 1-7pm, Mon - Sat.

26

SATURDAY, JANUARY 26

(Olympia) All day - more Northwest Symposium on Chile. see Jan.25.

(B) All day - Human Sexuality workshop today and tomorrow. For info call 676-3243.

(WWSC) 10 am - All college chess tourney. Viking Union 224. 50 cents. For details contact chess club at 676-3112.

(B) 12 - 3pm - Safeway Picket Line. Cornwall and York Sts, downtown.

(WWSC) 7pm and 10 pm - 2 shows, Randy Newman in concert. Music Aud. \$3.

(S) "Obodee" again, see yesterday.

(S) 9 pm - 1 am - Southfork Bluegrass Band at the Inside Passage Tavern, 1st and Washington Sts. \$1 cover.

27

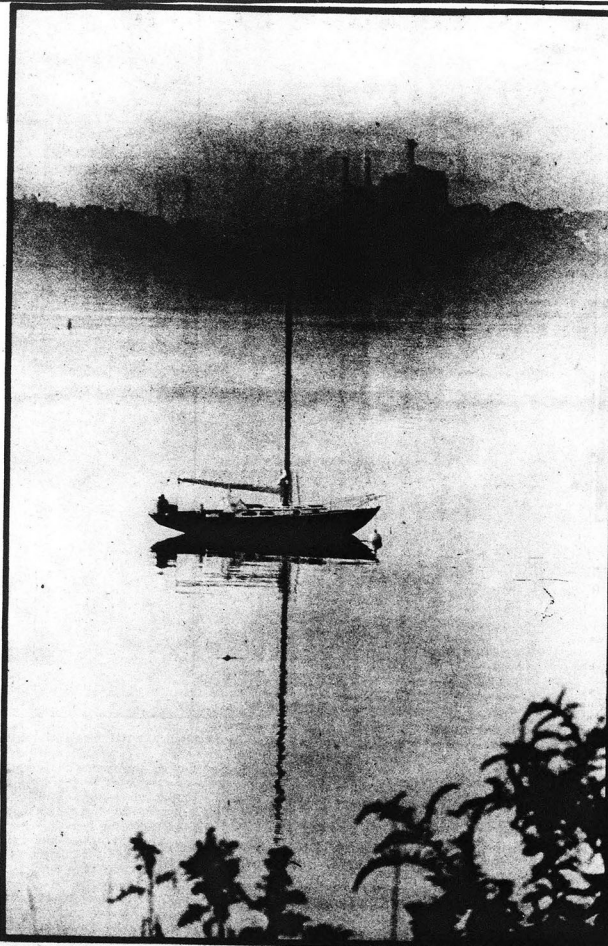
SUNDAY, JANUARY 27

(B) Human Sexuality workshop continues, see yesterday.

(WWSC) noon - More chess tournament. Viking Union 224, 50 cents.

(B) 6 - 8pm - Elizabeth Blackwell Bridge women's clinic meeting, 1409 E. Maplewood Ave.

(B) 6:30 pm - Co-op Garden potluck meeting. Groucho Marx Collective, 2104 McKenzie.



GIMEL BETH

(WWSC) 6:30 and 9 pm - FILM: "Wa about." Exciting movie about 2 young people who find themselves alone in the deep bush. There they meet an aborigine engaged in his rites of passage. Beautiful photography. Music Aud, 50 cents.

(B) 8 pm - Jam session at the Fairhaven Tavern on 12th between Harris and Larrabee. Musicians welcome.

28

MONDAY, JANUARY 28

(WWSC) Beginning today, through Feb.8, Mexican Arts and Crafts Exhibition. Viking Union Gallery. Free

(B) 7:30 pm - Meeting to further discuss Bellingham People's Yellow Pages and information switchboard. Passage office, 2nd floor, Good Earth Bldg.

29

TUESDAY, JANUARY 29

(B) 7:30 pm - Passage meeting in the People's office, 3rd floor of the Good Earth.

(WWSC) 8:15 pm - Music Dept presents Western Symphony Orchestra concert. Concert Hall and free.

30

WEDNESDAY, JANUARY 30

(B) 6:30 and 9 pm - FILM - "Gall!" Plus a short. Fairhaven College in the Auditorium. 50 cents.

(B) 8 pm - Food Co-op meeting in the People's office.

(WWSC) 8:15 pm - Music Dept presents Kaaren Herr: soprano. Concert Hall and free.

Live Music at Sophie's, 12th and Harris: (Music is from 9:30 pm to 1:30 am each night except Sunday. Sundays there is music from 8:30 - 11:30 pm. There is no cover at Sophie's.)
Monday 21st - Gabriel Gladstar
Tuesday 22nd - Wendell
Wednesday 23rd - Gabriel Gladstar
Thursday 24th - Gabriel Gladstar
Friday 25th - South Fork Bluegrass Band
Saturday 26th - Gabriel Gladstar
Sunday 27th - South Fork Bluegrass Band
Monday 28th - South Fork Bluegrass Band
Tuesday 29th - Gabriel Gladstar
Wednesday 30th - Gabriel Gladstar
Thursday 31st - Gabriel Gladstar
Friday 1st - South Fork Bluegrass Band
Saturday 2nd - Gabriel Gladstar
Sunday 3rd - South Fork Bluegrass Band
Monday 4th - Bob and Mick, "Cabin Fever"

Photos by Tom Jones from "Maine Times"

31

THURSDAY, JANUARY 31

(B) 5:50 pm - Land co-op potluck meeting. 1123 Lenora Court (bet. Mill and Knox, bet. 21 and 22 Sts. on the southside).

(WWSC) 7:30 pm - Grape and Lettuce Boycott Committee meeting. Mecha office, Viking Union.

(WWSC) 8 pm - FILM: "The Devil is a Woman." Main Aud. \$1.25 for generals and 75 cents for students.

(WWSC) 8:15 pm - Music Dept presents Chamber Music Concert, Concert Hall, free.

FEBRUARY

1

FRIDAY, FEBRUARY 1

(S) 3 - 5 pm - KRAB-FM 107.7. "The Folk Show" with Jamie and Jim. Live.

(WWSC) 8 pm - Mama Sundays: Karen McDougald and Mark Horne in concert. Viking Union coffee shop. Free.

2

SATURDAY, FEBRUARY 2

(B) ALL DAY! Northwest Passage type-setting and layout. We can use your help. 2nd floor of the Good Earth Bldg.

(Van Zandt) 1 pm - Workshop: Discovering Opportunity in the 70's. Van Zandt Community Hall.

(S) 9 pm - 1 am - South Fork Bluegrass Band at the Inside Passage Tavern. 1st and Washington Sts, \$1 cover.

HAPPY BIRTHDAY to Rachel and Dr.Gold

3

SUNDAY, FEBRUARY 3

(B) All day and into the night. The Passage gets put together. We are you.

6 - 8 pm - Elizabeth Blackwell Brigade meeting at 1409 E.Maplewood.

(B) 8 pm - Jam session at Fairhaven Tavern. Musicians welcome.

(S) 8 pm - Muri's Pearls in concert. The blurb says, "These are probably the most versatile and talented musicians to come out of Seattle since Jimi Hendrix. They play rock, jazz, bluegrass and misc. on a variety of instruments and sing as well." University Unitarian Church, 6556 35 Ave., N.E. \$2.00.

4

MONDAY, FEBRUARY 4

(B) late afternoon - Don't forget Passage mailing, in the NW office, 2nd floor of the building.

(B) 8 pm - City Council meeting, City Hall.

FUTURE AND FORTHCOMING EVENTS, BEING ESPECIALLY FOR THOSE SUBSCRIBERS WHO GET THEIR PAPER LATE:

TUESDAY, FEBRUARY 5

(WWSC) 7:30 pm - Music Dept presents Invitational Jazz Festival in Concert Hall. Free.

(WWSC) 8 pm - "The Merchant of Venice" by the New Shakespeare Co. of San Francisco. Check with VU info for place.

WEDNESDAY, FEBRUARY 6

(B) 6:30 and 9 pm - FILM: "The Magus." Also, "Kops" with buster Keaton and the entire NYCPD. Fairhaven College in the Auditorium, 50 cents.

THURSDAY, FEBRUARY 7

(WWSC) 7:30 pm - Grape and Lettuce Boycott Committee meeting in the Mecha office, Viking Union.

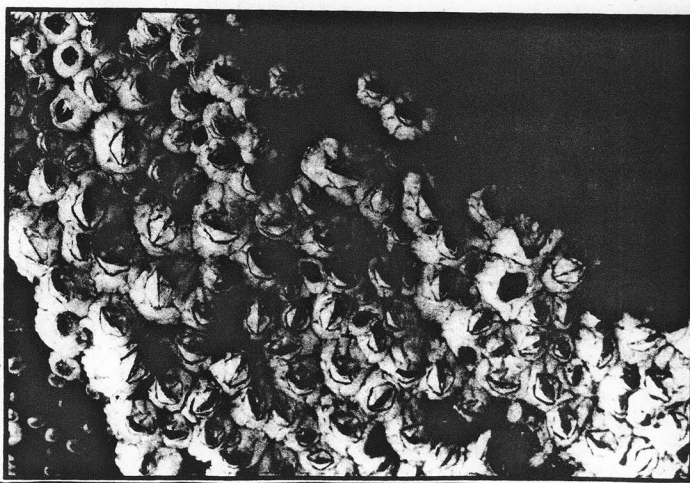
(WWSC) 8 pm - FILM: "Unfaithfully yours." Main Aud. \$1.25 and 75 cents.

MID-FEBRUARY: Malvina Reynolds will be in residence at Fairhaven College for a week.

THURSDAY, FEBRUARY 14

(S) A new series of films featuring the work of director George Cukor will begin at the Seattle Art Museum in Volunteer Park. The 8-week series will be presented at 7:30 pm on consecutive Thursdays. Some of the movies to be shown are "Dinner at Ate," "Little Women," "Pat and Mike," "A Star is Born." Tickets for the series are \$10 for general public, \$8 for students, and members of the Seattle Film Society, \$6 for Art Museum members. Order now, 325-2000.

(B) - Bellingham
(S) - Seattle
(WWSC) - Western Washington State College (Good Earth Building) a wonderful place, 1000 Harris Ave on the southside.



The Kitchen Stove

by Bill Corr

Although the most important assets of the Capitol Hill Co-operative are not material, its material assets are many sided. We own a combination coal, wood, and gas Monarch Range. Some day when we have the store remodeled, it will occupy a place of honor, as the community center, radiating warmth and all that it implies. Envisioned is a large kettle of boiling water, Russian style, at hand to make your own brew of tea. On the back of the stove will be a pot of soup. The imagination takes off. It may be a Pot au Feu: or hobo mulligan or a sailor's slumgullion. Soups that are added to every day. Again, volunteers may produce their own specialities and we will get to know all the great soups of the northern hemisphere; potato, cabbage and borscht, barley, bean, leek and celery. Some day the Capitol Hill Co-op may be famous all up and down the Pacific Flyway as a place where you can drop in and get a bowl of soup.

Back to the question of stoves. Very little is said about them in literature. It is certainly a comment on its class character to realize how seldom the drudgery of tending a stove, getting the fuel, removing the ashes, the preparation, cooking and serving of food are ever mentioned. Quality and timing are most likely to get attention.

There are lots of kitchen scenes, and confrontations with cooks and housekeepers, friendly in the case of Jane Eyre, more or less hostile in the case of Of Human Bondage. D.H. Lawrence describes father broiling a rasher of bacon at the family hearth. I don't remember him mentioning how the rest of the food was cooked. In Ulysses, there is a passage where Bloom broils a kidney. Dostoyevsky does a good job of telling us what they ate at the monastery dinner. Despite their profound sympathy with the unwashed, nothing comes through from Hardy, Gorky, O'Casey, Gwen Thomas, Tully or Coppard.

When we come to the rooms where the middle class writers lived we get much more detail. The oak logs that Jane had burning brightly in the fireplace of Thornfield Hall on the one hand represented the height of luxury as contrasted with the penury of the orphanage school but was of course also the symbolic expression of her feelings. But for most Victorians, the rooms were heated with coal grates, small and shallow, designed to achieve the maximum efficiency from the compact fuel. Such shallow fireplaces with the remains of a coal grate are sometimes seen in the old houses on Capitol Hill. The best example I've ever seen is in the Broccoli Barn Collective on 15th. It is the only time I've seen one with a double damper. The second one is just above the fire grate. In "My Secret Life", the anonymous writer mentions the cost of coals as one of the factors that made his hobby expensive. Judging by some of the scenes that took place in front of those 'coals' he probably got his money's worth. There is a scene in Sean O'Casey's Autobiography where his mother's love overcomes her need to make every piece of coal count and throws a shovelful on the grate. Joyce in the Dubliners spends a lot of time on a coal fire. In front of it, his characters would warm themselves and their bottles of stout before popping them open. The gradual dying down and collapse of the coals paralleled the loss of hope for Ireland after the great upsurge that resulted in the Free State. So once again when it comes to stoves, we must pretty much depend on first hand experience.

Around the end of World War One, my family had a Monarch coal and wood range that served for both cooking and heating. We used the hard anthracite coal that came from Pennsylvania. The servicing of that range with coal and kindling, the removing and sifting of the ashes was a chore that the boys of the family accepted as a decree of fate. Yet even then there were happy associations. A moving image would be my mother, opening the oven door, and with a quick wave of her hand, testing the heat.

The stove was also used for broiling. The lids and apple core shaped center section was taken off the firebox after the coals had burned down to a clear fire. The grill with the steak on it, went slantwise



Drawing by Steve Kaimer

into the firebox, one side resting on the shoulder of the oven compartment. I remember Mother shaping the fire to compensate for the slant of the grill. The steak would be done in a matter of minutes and would be served on a platter, hot from the warming oven above.

In addition to cooking and heat, that stove also served as a dryer. Boots and socks, if watched carefully could be set on the oven door. Damp or chilly underclothes, nightshirts and socks could be given a few minutes treatment in the oven. In other years and other places, I've seen racks of diapers, mushrooms, fruit, etc. drying out above such a range. Towards the end of the depression, we had three or four years experience with a similar Monarch. Our fuel then would be fir and sawdust, rarely coal.

Basically, such a stove is a large iron box divided up into various compartments. At one side is a fire-chamber, lined with brick or cast iron plates. Usually there is some kind of a chamber for heating water. The bottom has grates that can be turned to dump the ashes into the ashpan below. To one side is the oven, so built that the warm air can circulate around it. There are suitable openings so arranged to permit the removal of soot that would otherwise impede the flow of heat. The stove contains a number of checks and dampers. One set to control the fire, the other to control the oven.

This is how the instructions would run in a turn-of-the-century manual on cooking ranges:

"The oven is heated by a circulation of hot air. This is accomplished by closing the OVEN DAMPER, which is situated at the back of the stove. When this damper is left open, the hot air rushes up the chimney. The CHIMNEY DAMPER gives a free outlet for the escape of smoke and gas. When partially closed, as is usually the case, except when the fire is started, it serves as a saver of heat. There is also a check which when open slows the fire. The fire can also be cooled by setting the covers, furthest

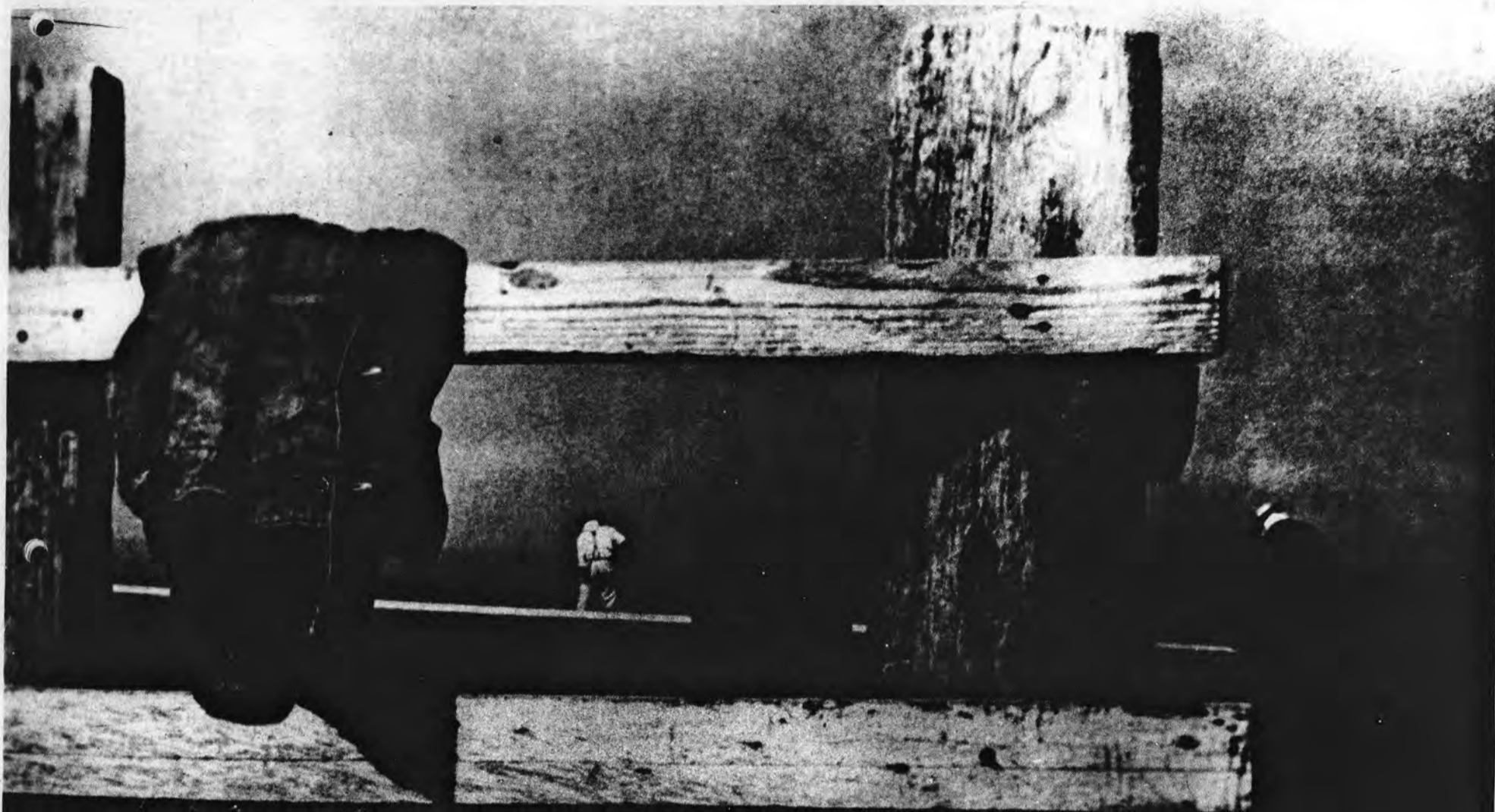
away from the fire, ajar.

Before starting to build a fire, free the grate from ashes. To do this, put on the covers, close the front and back dampers, then turn the grate and the ashes will fall into the ash receiver. If these rules are not followed, the ashes will fly all over the room. Turn the grate back to a level position, open the covers over the firebox and put in three or four pieces of paper twisted in the middle and left loose on the ends. Cover the paper with small sticks of dry kindling and over this place the hard wood. This arranged in such a manner as to admit air flow thru. Then sprinkle two shovelfuls of coal. When the wood is thoroughly kindled, add more coal. A blue flame will soon appear, which is the gas in the coal burning off. Control the heat by adjusting the dampers. What goes for coal goes for good firewood."

Just as lots of coffee is basic to making good coffee, lots of kindling is basic to making a fire. The next most important thing is lots of air. Don't starve or smother it.

Last heard from, coal was selling for about forty dollars a ton delivered in Seattle. It was a pretty good grade of semi-hard from Utah. The Black Diamond Mine is still operating, and people may still go there with pickups to get it themselves. Somebody should check it out. In the early days and thru World War II coal played an important part in the development of King County. There's history in such King County names as Coalfield, Newcastle, Black Diamond, Coal Creek, etc. The miners and their families gave a hard nosed, democratic trend to the politics of south King County for a long time.

Despite the panic, coal and wood stoves are still showing up. Most require some work to bring them up to scratch. Some have been converted to oil but could be worked over. Conversely there are two heavy duty Lang oil ranges at Salvation Army that might be converted. Whoever finds one should take care of it. They are People's Treasures.



ENERGY POLITICS

by Jeffery Margolis

Who knows what's happening with "Energy Politics"? Is it possible that the shortage doesn't exist? Is it conceivable the American oil companies would manipulate the domestic market to the degree that they were willing to cripple if not catch by surprise, the other industrial giants of their own economy? In time we will learn.

What does it matter anyway? If the United States is not going to be short of oil, a scarcity of iron and steel looms in our future. Dwell on this recent, otherwise unheard of information that has been culled from a letter to the State of Washington Shoreline Hearing Board and signed by the Chairman of the Lewis County Board of County Commissioners.

"The major source of domestic high grade iron ore (the Mesabi Range in Minnesota) is nearing complete depletion".

The Board of Commissioners went on to resolve that the Washington Highway Department cater to public rather than private transportation. There's lots of talk these days about Americans having to modify their lifestyles to conform to the energy shortage, but we ain't seen nothing yet.

What irony, that Richard Nixon and the fall of the American Empire should coincide. What other dramatis persona could we have found to usher in the doom? How did the Yippies force America to choose the outstanding liar of our day? Who else could have managed so poorly as to hasten the putrefaction of an inherently rancid empirical order?

Well, let's get on with new business. As the pendulum swings back, the emphasis in our nation will be on regional diversity. Previously

known concentrations of wealth and industry will dwindle as a result of shortages and changes of mind. Already Skagit farmers are switching from contracting cannery peas to free lancing wheat. Two generations ago Whatcom County families were insulated and self sufficient. We must encourage the growth of local grain stocks and the concomitant milling and baking facilities. We must develop husbandry stations to increase the supply of domestic animals such as sheep, goats, and horses. Two generations ago cheese was manufactured right in the town of Acme. Similar enterprises should be restored which finish locally grown resources. Whatcom County should become intergrated with a public transportation network. The City of Bellingham should furnish a public market so that city dwellers can always secure fresh local fruits and vegetables. City streets should have bicycle lanes. Urban shoppers are going to have to be out-fitted with reusable net shopping bags. A multitude of needs will emerge as the populus alters the dimension of existence in America. As we discover these needs we must be quick to advise local community leaders and skeptical bankers and financiers of alternatives for this region's and our individual future.

On Saturday, February 2nd at 1pm a Workshop is being held at the Van Zandt Community Hall. The focus of the convention is "Discovering Opportunities for the 70's". Until then, think about what you are able to do and what should be done and perhaps we can collectively turn simple ideas into reality.

That our nation can embark upon a new and hopefully righteous direction will take an enormous collective urge or mood to display that old

values and straight leaders have failed, and that it is finally time to travel a new path. The clearest way to demonstrate what amounts to the nation's sense and confession of guilt is to impeach the President. If the Congress purges Nixon it will be a sign that the pendulum has swung and that even the ruling class realizes that they have let things go too far.

If they should refuse to acknowledge this, then we may assume that they will continually hide from truth and lead us down a path of doom, I am sorry to say. Please do what you can.

Lynda's Botanical Oddities

P.O. Box 97
La Conner, Wa. 98257

466 3774

Land Coop Developments

The idea of a piece of collectively owned land to make homes on has been a community dream for a long time.

Sharing our energies for our benefit and growth should be fun, enlightening, necessary — even past due.

Last Thursday's Land Co-op meeting at Groucho Marx Collective showed where we stand on that score; uncertainty, questions, no real commitment or flux of energy yet.

Talk centered on West of the Mountains, San Juan Islands, in particular — in contrast to previous interest in the East Side.

Pertinent considerations raised were price per acre vs. water, number of people per acre land will support, greenness and severe winters. General vibes are a strong factor as well.

At this point no one should feel discouraged that it is inevitable that the co-op will purchase land in Eastern Washington. It is not.

Consensus so far is that animals are inevitable — that people should fence the garden, not the goats; the place of electricity and power tools within reason and wisdom conditionally accepted.

Any money or other energies put into the purchase would be considered donations; the land itself would be held in trust.

General sentiment is that things will pull more solidly together once land that is a solid prospect for purchase has been located. Contribute your energies looking, thinking. Come to the next potluck meeting at 1123 Lenora Court Thursday Jan. 31 about 5:30

Looking for Land?

It looks like this winter is going to be the best time to look for land, for a long time. I remember looking at some pretty nice land for sale for \$200 an acre last winter. This winter the price is \$300 and by the end of next spring it will be \$400.

So several people have been trying to get up some kind of land service. Most people have been asking for information, but there are a few contributing information too. We would like to build up an active file of land for sale in as many areas of the N.W. as we can. So we would appreciate hearing from anyone that has any interesting buys. Tell us your experience in land hunting; prices, impressions of the area, what the realtors are like.

If you are interested in either Ferry or Okanogan Counties, there is a particularly friendly realtor you should look up. His name is Mike Grassmuck and he works out of the UPPERVALLEY REALTY in Tonasket. If you are interested in Stevens County write to RR&I. That is one area we have a contact in.

We would also like to hear from anyone who is interested in, setting up a land trust or if you already have. We are really interested in seeing how different ones work out. Whatever your need, drop us a line and we'll try to line you up with someone who can help.

RURAL RESOURCES
& INFORMATION
Rte. 1 Box 14
Peshastan, Wa. 98847

community



—Amazon Quarterly

DEAR Moms, Pops, Kids:

We would like to present an alternative baby-sitting co-operative idea, for those parents who found the Mother's Conspiracy described in the last Passage not to be a workable system for them.

There are six children involved in our co-operative and we take care of each other's children for three hour periods during the day and sometimes in the evening. We each have our own schedule which allows each of us time to ourselves plus time with our children. The schedules are all varied according to individual needs; for example, I take care of three children three afternoons a week. We all prefer this system because none of us felt that we had the temperament to spend six hours with five children. We are also available to help each other in times of emergency.

Whichever system works for you, do it; or if you come up with another plan, let us know about it. Please call this number, 733-6934 if you are interested in any more information on how we have worked out our schedules.

P.S. Thank you Gail for your loving thoughts and beautiful words about moms and kids, they warmed my heart!

Love to all,
Maggie

Sexuality Workshop

The Drug Education Program is sponsoring another Human Sexuality Workshop Jan. 26-27. This is the second Sexuality workshop in this academic year. The workshop will be held in Fairhaven College administration building. A schedule will be available upon registration. There will be a registration fee of \$4, but scholarships are available upon written request. For more information, call The Drug Education Program 530 N. Garden, 676-3243.

The PASSAGE Is Rich

The Northwest Passage is an incredibly rich source of information. We receive more than seventy alternative newspapers and magazines from around the country covering a wide variety of topics. We receive many local and national governmental reports and news releases on ecological, environmental, and health issues. We subscribe to several news services which supply us regularly with national and international news. We receive more poetry and fiction than we can print. We receive a large quantity of announcements and news releases concerning the local Bellingham and Whatcom county area.

What we are able to publish is comparable to the tip of an iceberg in relation to what we receive. Little of what we receive is ever published in the establishment press.

The PASSAGE Is Poor

And despite all that, the Passage right now is poor in the number of people handling this information. We need people to organize and work in the areas of "Community News," "Eco-Notes," and "Paper Radio." If you can volunteer your time on a regular basis, please come to a Tuesday night meeting or contact the Passage office.

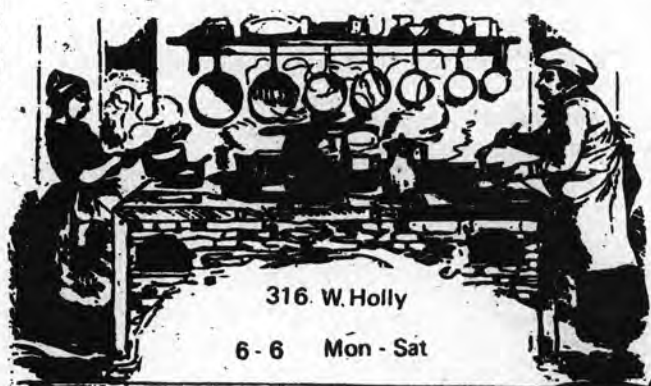
Y. FUN For County Kidz

The Whatcom Family Y.M.C.A. will be providing an all day Saturday program for youth in grades 1-6. Although the program is aimed at county youth, it will be open to all members and non-members. The program will begin January 12 and run from 11 am to 3 pm.

Activities will include: swimming lessons, arts and crafts, movies during lunch, gymnasium period and recreation swim. Leadership of all programs will be under the direction of Field Work Students from WWSC, Recreation Dept.

The "Y" will furnish bussing to and from the communities of Lynden and Ferndale. Bus stops will be along the Ferndale. For more info, call 733-8630.

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news

GOOD EARTH Building FOR SALE



Michael Brennan (owner of the Good Earth Building) has been saying that since he's moving to E. Wash., he would really like to sell the building to a community group (ourselves, of course) & make it — depending on what we decide — into a publicly owned, tenant run building. So we need to get together & talk about if we wanna buy it & if we do, how should the building be run, what are tenant responsibilities, how shall we define ownership, what is the financial situation, etc...

So, if yer interested, make it on down to the "Do We Wanna Buy The Building?" meeting Thursday, Jan. 24, 8:00 in the People's Office - 3rd floor, Good Earth Building 1000 Harris.

Save Cypress Island

The Save Cypress Island Committee needs letters of support. Letters in favor of preserving Cypress have had a positive effect in the past. More letters will show the public's continuing interest.

PLEASE WRITE:

CONG. LLOYD MEANS and SEN. HENRY M. JACKSON urging support for legislation proposed by the Northwest National Seashore Alliance encompassing Cypress Island, Ebey's Landing (Whidbey Is.) and hopefully, Hood Canal. Meeds' address: House Office Bldg., Washington, D.C. 20515. Jackson's: Senate Office Bldg., D.C. 20510.

DR GORDON ALCORN, CHAIRPERSON, NATURAL PRESERVES ADVISORY COMMITTEE, c/o Dept. of Natural Resources, Box 168, Olympia 98501, asking that the state-owned tidelands and uplands on Cypress Island be given the highest possible priority under the Washington State Natural Area Preserves System.

LAND COMMISSIONER BERT COLE of the Department of Natural Resources expressing appreciation for the D.N.R.'s recognition of the unique character of Cypress Island and asking that maximum protection be given its adjacent state-owned tidelands. DNR: Box 168, Olympia, 98501.

THE ARMY CORPS OF ENGINEERS requesting a moratorium on all permits concerning Cypress Island tidelands pending the outcome of proposed State and Federal action. Write Mr. Gerald A. Keller, Permit Section, Seattle District, Army Corps of Engineers, 1519 Alaskan Way South, Seattle 98134.

Copies of your letters will be appreciated, and for further information write William J. Corr, Chairperson, Cypress Island Committee, 717 First St., Arlington, Wa. 98223.

People's Yellow Pages?

HELP! What this area needs is a handy reference for finding out: who is working on wind generators; where the hot springs are; who does the cheapest shoe repair in town; abortion referral; what you can do if you are raped; trips and trails around the county; where you can get free mill ends for your wood stove; what are milk and food conspiracies and when they meet; where to collect carving bark; bioenergetics; community gardens; bicycle lanes for B'ham; who has non-store front services like bicycle and washing machine repair; where you can get a custom made embroidered cowboy shirt; what kind of welfare services are available and more.

If you feel your community needs a Yellow Pages and information switchboard (or even if you don't), why not come to the gathering at the Northwest Passage office, 1000 Harris, Monday Jan. 28 at 7:30.

SPECIAL Coop Garden Meeting

Spring is just around the bend and garden activities will need to be rolling with increasing momentum. So far we have got a good start. Several compost piles and three tons of hay have already been collected at the garden site. Cement blocks have been gathered for the greenhouse foundation, more manure is available and potting soil and seeds are ready for the hot beds. Only one vital ingredient is missing; organizational energy. There are plenty of people ready to work but there is no mechanism for gathering us together. Last year a couple of us kept track of what needed to be done and got people together to do it by calling them up or by publicizing events such as the planting party. It worked, but I found it alienated me from my friends to be always asking them to do things. I found myself working at least three days a week to keep it together. I am not willing to do this again. Maybe someone else or a number of people are willing. However, I feel that the individual organizer model is not the best way to organize things. If the people involved in the garden don't want to take organizational responsibility, then the garden shouldn't exist. Theoretically, the decisions about the garden are made at

garden meetings, but the folks who come to the meetings have a tendency to look to a couple of individuals for suggestions and motivations and the only reason there is a meeting at all is because someone put a message about it in the Passage and put signs up. Putting up signs isn't that much work, but the feeling that if you didn't motivate something it wouldn't happen is a heavy feeling. I'm at fault for taking too much responsibility, but now I'm ready to unload it. At the last garden meeting not one person showed up. So I'm going to extra lengths to publicize the next meeting as a special organizational meeting. It will be at the Groucho Marx Collective at 2104 McKenzie on Sunday the 27th at 6:30 — Potluck.

Jim Hansen

Food Coop Needs...

Hello people (& dogs, etc.) Sunshiny, beautiful organic oranges are in the co-op. Dates should be on their way.

At the past couple of meetings, the membership policy was discussed. (Of a 30% mark-up, you get back a .077 rebate if you work 3 hours a month, which means you actually only pay 20% mark-up.) Some people expressed that it wasn't an ideal policy, but so far it's the best one that anyone has come up with.

Only a very few people have been doing the ordering of all the food that is sold in the co-op. In fact, besides the 3 collective inventory people, David is the only volunteer helping to order. It is essential for more volunteers to do the ordering. It takes only a couple hours or less on Tuesdays to do a company. Anyone interested should come in Tuesday from 10 a.m.—2 p.m. and see Elsa, Jayne or Meg.

See you around.

Rummaging

The Skagit Group Ranch Homes is a non-profit corporation formed in 1969 by a concerned group of Skagit County citizens. The two homes, one for girls in Mt. Vernon and one for boys in the Bow area, provide care for some twenty dependent teen-agers. The basic needs of these young people are supported by the community along with some state funding.

In order to provide sports gear, camping and activity equipment an Activity Fund is being established. In order to raise money, the Homes are holding a Rummage and Bake Sale at Hillcrest Park Lodge in Mt. Vernon February 22 and 23. They are now asking for donations of all kinds of salable items and baked goods. The old Methodist Church in Burlington will be used as a collection center and they will be glad to pick up any items people are willing to donate.

For further info call Mr. or Mrs. Douglas Pamey 757-2461, or Mr. or Mrs. Dale Robertson, 856-4482.

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Health & Nuclear Power

At a meeting in Mt. Vernon last week, the Comprehensive Health Planning Council voted that the Skagit County Commissioners delay taking affirmative action on adoption of a Zoning Ordinance Revision. The action is in response to the application by Puget Sound, Power and Light Company.

The Health Council recommendation was voted upon in response to a review of the Draft Environmental Impact Statement also adopted by the Council. The review of the Impact Statement found that there was a "lack of information and data pertaining to health and safety impacts of the proposed rezone."

The adopted review also rejected the County's claim that it can defer to state and federal reviewing bodies the responsibility to consider potential health and safety hazards of nuclear power plants. One reason is that the state law governing the location of thermal power plants does not require that health and safety factors be assessed at the state level. Also, the existence of Atomic Energy Commission standards that pre-empt local standards does not mean that the County can avoid the responsibility of assessing the environmental impact of the standards in Skagit County. Finally, the review adopted by the Health Planning Council states that the County zoning decision may be made without sufficient information for the protection of public health and safety if the project's health and safety benefits and risks are not reviewed.



Photo by Steve Kaimer

BON Strikers' New Tactics

On Nov. 28, 1973, 70 clerks employed by the Bon Marche in Bellingham went on strike for a 30 cent increase in salary. It would put the highest wage earned by the clerks at \$2.815 per hour. Clerks employed at the Bon in the Seattle-Everett area make as much as a dollar an hour more at the present time.

The steps being taken to protest the low wages include picket lines at the entrances to the store and leafletting by the clerks and supporters. The Bon Marche Strike Support Committee formed by husbands, friends and other union members have tried to put pressure on the Bon by staging a "shop-in."

Last Saturday groups of "shoppers" entered the store to try on or lay away merchandise, taking up the Bon's time and energy. As individuals, the shoppers then informed the clerks that they had no intention of buying anything until the strikers' demands were met. One negative thing that happened that day was that the Bon accused some of the shoppers with "lifting" merchandise.

The Allied Stores Corporation which owns the Bon chain has been increasing their net earnings for the past several years. The President has even made the statement "It is our opinion that the financial position of the company is the strongest it has been in for the past several years." Negotiations have proved futile so far.

One way you can help women earn a salary above poverty level is to get involved in voicing your opinion to the Bon itself. Stores rely on the consumer, and when

there is enough opposition, they will have to recognize that the people will not tolerate indecent wages for their sisters. This is a concern for all women as other Bellingham businesses and employers of predominantly women workers are watching the outcome carefully. It may set a precedent for their salaries as well.

If you feel strongly about this and can devote some time and energy, get in touch with Sheila at 734-8368 or write a letter to the Bon Marche stating you won't buy at the Bon until decent wages and conditions are provided for the Bellingham employees.

Taster's Choice

Wine and beer makers: are you tired of Wino Art's high prices for your low volume purchases? Wouldn't you rather get your supplies for what wholesalers pay? With homebrewing becoming as popular as it is, brewers and winemakers are coming together to make bulk purchases of ingredients and equipment. Everything from hops and barley malt extract to dextrose, corks and carboys are ours at substantial savings. The clincher: we eliminate the profit seeking retailer and wholesaler, buy direct from the supplier. Better yet we meet and try each other's products, compare notes, generally engage in the best form of socialism.

Down with the profit-maniacs, all hail co-operation! Meet with others of your kind at the Beer and Winemakers Conspiracy for potluck dinner 6 p.m. Friday, January 25 at 1900 34th St. (And don't forget: BYOB.)

Mill Meeting

The mill is almost ready to open on the third floor of the Good Earth Building. I know you've heard it many times before, but this time folks, we're gonna make it. So we need to do all sorts of stuff - incorporation, business, license, etc. Most importantly, we need to decide who is going to work now & in the near future. So if yer interested, come to the Mill Meeting, Tuesday, Jan. 22, 7:30 at the People's Office - 3rd floor Good Earth Building, 1000 Harris.

New Welfare Rights Center

The Welfare Rights Organization, sponsored by the Northwest Legal Services is tentatively scheduled to open the first of February. The office, to be located on the third floor of the Senior Activity Building, 314 E. Holly, will operate Monday - Friday, 9 am to 5 pm. The functions of the organization will include providing information concerning the welfare program, eligibility, food stamps, fair hearings and changes in these programs as they are occurring and possibly lobbying in Olympia. Coordinators are presently taking measures to affiliate the office with the National Welfare Rights Organization. They are also helping that the office may eventually expand to a Multi-Service Center for the Bellingham area.

The Whatcom County Opportunity Council is providing rent, heat, lighting and telephone. However the office is relying on donations for furnishings and equipment. A couple of desks, some chairs, a filing cabinet and typewriters are especially needed. Interested people are also encouraged to volunteer for staff positions. This office is designed to serve the people and will definitely require community support and assistance if it is to succeed. If you can help in any way, please call Legal Services at 734-8680.



Photo by Glenn Ray

Save The Sisters

While environmentalists of the Pacific Northwest are fighting a desperate battle to save the region from ecological destruction, industrialists are willing to literally move mountains to get at the earth's hidden resources. Dan Peterson, president of P&H Mining Co., recently announced plans to take as much as 11 CUBIC MILES of chromium ore out of the North Cascades. A prologue to an environmental statement has been filed with the Forest Service and one official remarked that the proposal could turn the Twin Sisters Mountains into Twin Sisters Valley!!

Peterson says the craggy peaks cover the world's richest chrome deposit and has written to President Nixon asking for a U.S. embargo on all foreign mineral imports in a

bid to force the extraction of the local resource. The Twin Sisters would be "developed" by a combination of open pit, quarry and tunnel mining. According to Peterson, refineries and smelters would have to be rebuilt to handle it all.

The Forest Service has met with Peterson once and plan another closed meeting for February 23. Acme residents have begun a petition drive in response. Petitions are available at the Community Food Coop, Vitality Food Store, Franz Gabl's Ski Shop, and Everybody's Store in Van Zandt. Or you can fill out the coupon below and mail it no later than Feb. 20th to: Forest Service, Marblemount Ranger Station, Marblemount, Wa.

We, the undersigned, protest any type of open pit, quarry or tunnel mining in the twin Sisters Mts., southwest of Mt. Baker, in the North Cascades Mountain Range.

NAME	ADDRESS	DATE
1.
2.
3.
4.

GABRIEL GLADSTAR:

"A Garden Song"

RECORD REVIEW AND PROFILE
by Chuck Schultz



Whether there is such a thing as an objective review is an arguable idea, and doing an objective review of the first album by a group of friends one has come to know and love seems like a pretty weird task to tackle. Someone suggested it to me at the Gabriel Gladstar concert at Fairhaven College a couple of weeks ago and I passed it off as impractical. But listening to their new album alone in the house on a rainy January day in Bellingham reawakened the idea. When I began to seriously consider the possibility and phrases and sentences started running through my head, my excitement grew and what might pass for the creative urge asserted itself. Isn't this the first album ever released by a resident Bellingham band? Somebody ought to do it, I felt, and so far as I knew, no one else was. And so—ideals of objectivity tossed out the window—I sat at the typewriter to try to weave together my thoughts and feelings about this unusual group of people and their recently-released recording titled "A Garden Song."

Though they live with a rather large family surrounding them, Gabriel Gladstar is only three musicians—and an unlikely combination at that for a band: two guitars and flute, primarily. They also double very well on electric piano, saxophone and percussion. And they all sing. To try to describe their music to someone who has never heard it, I would say they're somewhere between Crosby Stills & Nash, the Grateful Dead, Pentangle, Simon & Garfunkle, Johann Sebastian Bach, Indian raga, and Andres Segovia—with some Weather Report and other jazz influences in there too. But comparing fresh, inventive creation with work by more established artists is never really fair. The music of Gabriel Gladstar is definitely fresh and inventive.

Guitarists Michael Gwinn and Phillip Morgan were doing solo gigs before they met three and a half years ago in Laguna Beach, California. Neither had to change his style when they got together, yet their musical lines blend and interweave almost as though

a master contrapuntalist had planned it all out. (Do you suppose.....?) The flute of Jim Zeiger—added later in their history—is still another complementary element, sometimes taking off from the twin-guitar bed and soaring gracefully to heights that remind me



of Jonathan Livingston Seagull. But then, they all do their own soaring in turn—which is as it should be, isn't it?

Much of the guitar work is acoustic—amplified for live concerts. When appropriate, Michael switches to an electric Gibson that cuts through the softer sounds for a solo long enough to give a refreshing change. They can actually become a rock 'n roll dance band when they try. At a Keg Room concert last year one girl gushed she hadn't enjoyed dancing so much in years. And this with neither drummer nor bass!

But "A Garden Song" isn't rock 'n Roll dance music. Mike does one of those tasty electric solos in "Fantasy Power" on the recording, but that's the only non-acoustic element in this first album. There is very little overdubbing, gimmickring or editing—almost everything being done "live" in the studio. In the song "Wings" they decided to leave in both takes of a flute solo by Jimmie that unintentionally play with each other as they fly along (like a pair of Jonathans, perhaps, frolicking high above the shore?)

Michael and Phillip are songwriters of considerable imagination, skill, and taste. Many of the songs that have become pleasant acquaintances over the past several months have taken on more meaning and depth for me after being able to listen to them closely on the record. There's a fuller appreciation of these guys' abundant outpouring of melody. It's clearer now how often their lyrics glow with gentle poetic images of mind and nature.

The introductory title song strikes the note that has become the guiding theme for so many of our lives—getting closer to fundamentals instead of "flying around in your '707' with the chicks eatin' out of your hand." I seem to hear a touch of Gurjiefian teaching in Phillip's "Fantasy Power": "Dreaming can be the same waking state you live each day." His utterly Zen-like "Gone Tomorrow" is one of the most beautiful mystical songs I've ever heard. Water and its qualities seem to hold fascination for Michael, as in his "Flow," "Alone with the Ocean," and the always-beautiful "Rain Song." With repeated listening, one can even feel the emotional ebb and flow of the entire album.

It's nice to have the acoustic guitar solos brought more to focus in the mix on the record, too—one advantage over hearing them play live.

The mystical abstract painting that comprises the front cover is an inspired piece of art in itself, done by "Flip" Wingerbottom—one of the Gladstar family. He has already shown Bellingham-created paintings at a local art gallery and is the creator of the imaginative speaker grillcloths of the band's concert sound system. Flip left a position as a TV film editor-producer for CBS in New York to dig on the creative vibes of the band. There are some other surprising backgrounds, too, for a group of semi-itinerant musicians and friends. Michael has a bachelor's degree in English, for example. And Terry—one of the women—dropped out of being one of the world's top fashion models.

Sometimes I wish this record had included some of my favorite Gladstar songs that were left off. I look with anticipation to the time when there'll be another album, with such favorites of mine as "Another Time Around" and "Go Your Own Way"—along with their newer creations like Phillip's earth-level "Rocky Mountain Fountain," Mike's incredible "A Child is Born," and even the country-ish Jerry Jeff Walker songs they've worked out—"Charlie Dunn" and "Hill Country Rain." But in the meantime we can plumb the depths and tag along on the flights of their first album.

"A Garden Song" is definitely their own album. Not only are all the songs and arrangements theirs, but they directly supervised the mixing and had it pressed under their own label. The disc processor unfortunately rolled off the high frequencies a bit to minimize distortion in its mastering equipment. And not having had a record-company producer gives them responsibility for other minor flaws. They wish they could have afforded more studio time. Phillip acknowledges it was foolish to record when he had a cold and he's taking his singing role more seriously. Mike feels bad about a couple of notes he missed that got left in the mix. Jim doesn't like playing in an isolated booth. And so on. They're learning—and looking forward to doing their next album after awhile. But—aside from their expectations for the next one—a few subtle imperfections don't keep their first production from being a fine, beautiful record.

As the Gabriel Gladstar family has become part of the Bellingham "good vibe" community since they rolled in from California last summer in their converted school bus home, now "A Garden Song" is here to take its place among the collection of good-vibe records we cherish. I'm really glad we have it.

Gabriel Gladstar is currently playing at Sofie's, in Bellingham's southside, where they will be for two more weeks (as of today, the 21st)—playing several nights a week and alternating with the city's other resident group, the Southfork Bluegrass Band.

The Gabriel Gladstar album is available now at Bellingham Sound Center, Puget Sound Records, The Quad Corner, and at the band's home, 242 N. Forest, in Bellingham; and it will be available soon at outlets in Seattle and Vancouver, B.C.



photos by Ed Piccola



From

I was raised to seek after a lovmate
To measure the sum of my worth
I'm learning to live as myself now
And suffering pangs of rebirth

Jim Hansen

"I've been singing the blues every day without you", Barbie and Ken dolls, "couples only" roller skating, we've been sold the couple relationship like we've been sold the work ethic and Coca Cola. I'd be the last to deny that some very real joys have been and can be experienced within a couple. But I'd like to suggest that it has its definite drawbacks and that the joys could be more fully experienced outside of the artificial constraints of the couple. It's hard to be objective about this basic unit of cultural interaction and easier to shrug it off as "human nature". In working to liberate ourselves in the midst of an oppressive society, however, we should not hesitate to examine each of its integral parts. The institutions of the state, the nuclear family and organized religion are becoming more and more clearly perceived as links on the chain of oppression which binds us all. The couple may be yet another link. From years of experience as a couple member and cultural explorer, I'm convinced that this relationship is not for me. I'd like to share with you some of my reasoning and observations.

First I'd like to examine the positive functions of the couple setup. There are certain needs it is supposed to fulfill for two people. Whether those involved are of the same sex, opposite sex or whether physical intimacy is involved or not has little relevance to the basic couple structure (e.g.) "the odd couple". For the purposes of this presentation the couple will be defined as any two people who partner up to fulfill most of the following functions exclusively with each other.

MAINTAINING A DOMESTIC ENVIRONMENT

The old maxim that two can live cheaper than one is certainly valid. But seeing as five can live more cheaply than two, many of the people who will read this are probably in larger households. This is an example of how one of the functions of the couple is already being enlarged on. However, even within the realms of communal living the couple often maintains joint property and territory. There is a tendency for the couplemates to form a domestic power block which has the potential of dividing the household.

CHILD CARE

The couple is the basic procreative unit in our culture and it is within the realm of child rearing that the relationship is passed on. When a 2 or 3 year old wants comfort he or she wants "my mommy" and no one else. "I need someone, not just anyone, won't you please help me." I believe this to be the root of our fixation on one person for the bulk of our reinforcement. In many societies the biological parents are not so heavily involved in the total support and sustenance of their offspring. In Samoa, for instance, the youngster had a whole village of loving aunts, uncles, cousins and acquaintances who participated in relating to and caring for young people. By spreading out the responsibility in this area we could do children and ourselves a favor.

PHYSICAL SUPPORT

It has been my experience that we all need to be touched, held, cuddled, and caressed. In most couples sexual release is also shared. Touching is one of the most carefully controlled aspects of our lives. It is primarily sanctioned within the couple relationship and among those seeking to form these relationships. I tend to believe that familiarity and mutual affection increase the value and intensity of supportive touching, but I also believe that channeling both emotional and physical supportiveness into the couple relationship limits our freedom



Drawing by Steve Kaimer

and flexibility to these areas, thereby diminishing their luster. Concepts often invoked for the perpetuation of the couple such as romantic love contribute to the mystification and artificial scarcity of physical affection. Obvious symptoms of this malady can be seen in the flourishing business pimps and panderers do.

EMOTIONAL SUPPORT

There are a number of things that the members of a couple can do to help maintain their emotional wellbeing. Mirroring the positive aspects of each other helps develop favorable self images. The fact that someone loves you and desires to be with you much of the time is certainly ego boosting in itself. Making long range plans with someone lends excitement and optimism to your future perspective. It's nice to have someone you can be weak around without fear of attack. And this "someone" can help you develop the strength to constructively deal with personal problems and societal struggles. A couplemate is one who can listen to your ideas and be critical of them and your actions as well. Most importantly, he or she can accept you and love you while you work to narrow the gap between your ideals and goals and the present realities.

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Scarcity

Intimacy

Now I'd like to examine what I feel to be the oppressive or dysfunctional aspects of the couple. The most obvious fallacy about the couple relationship is that one person can be expected to fill the bulk of your intimate needs. The expectation is that your partner will always be available in moments of stress even though there might be other important things happening in her or his life. Your partner is the only one you've been able to confide in. Sharing loving support with another is a joy that can be transformed into an irksome responsibility within the artificial constraints of the couple.

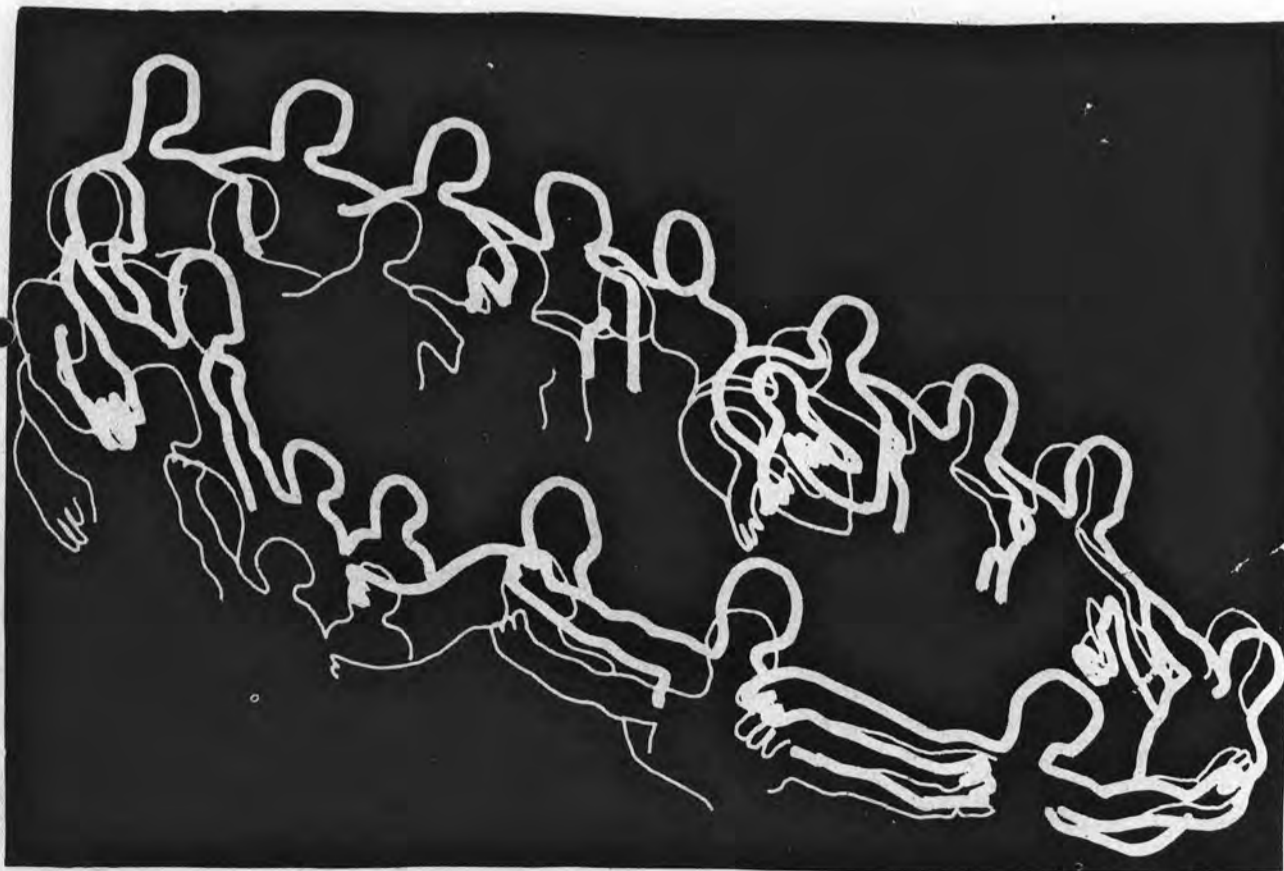
Being identified as part of a tweedle dee-tweedle dum commonly happens to couple members. Identities become merged and when venturing out alone you are invariably asked, "where's so and so" Couples often argue a lot in public as if struggling to maintain some sort of individual identity. Once viewed as part of a "sex pair" you are precluded from developing open physical intimacy with others as effectively as if you were branded "off limits".

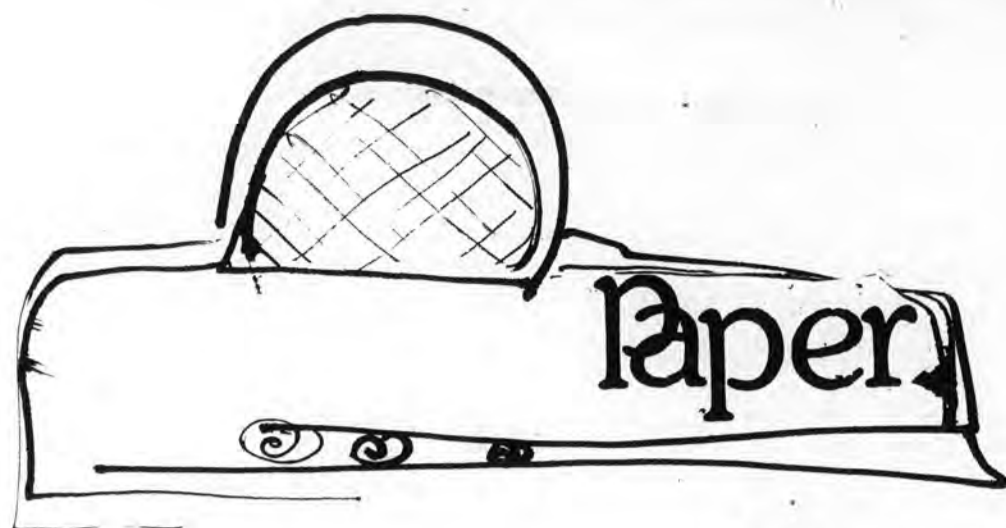
Perhaps the most debilitating aspect of the couple is the fear of breaking up. Emotional and physical support systems are disrupted when this happens. Self esteem takes a nose-dive or the ex-partner becomes a villain. The search for that "right person" goes on. I'm always saddened to see two people who have shown that they can share so much with each other have their ability to relate to each other destroyed or impaired by the pressure cooker of the couple. Often people who really don't get along stay together for years out of the fear of being alone or "because of the children". Then there are the

older people who follow a mate to the grave, not knowing how to cope with life on their own. The couple can be a convenient escape from ever having to come to grips with personal or social realities. By depending on the couplemate for a positive self image the individual quite often puts off developing an independently affirmative sense of self. The couple is Amerika's number one addicting drug because parents turn on their children to it at an early age. Despite this, there remain in this society a good number of people who view their lives as at least partial failures because they never made the big connection or because they got burned. With the fruits of intimacy tied up in these handy dualisms it's very threatening for couple members to exhibit any free or individual behavior which might rock the boat. I know of someone who dropped out of socio-political activity because her husband felt threatened. "He's the most important thing in my life," she told me.

Being exclusive about anything implies that there is a scarcity and that a franchise is needed to protect your interests. There is a narrow line, however, between exclusiveness and a person's present incapacity to be inclusive. The first is arbitrary and the second is organic and honest and leaves the way open for change. Your intimacy is rightly limited by the number of individuals you can honestly get close to. But arbitrary limits and maintaining conscious barriers, in my opinion, is unnecessarily limiting to individual and societal potentials. Articles like this fare ill at altering lifelong social inclinations. But maybe the next time you break up you might consider that you weren't compatible but that the ideal you were pursuing was impossible and maybe not so desirable after all.

It would indeed be fortunate if every couple satisfied these functions for each other. Yet even in the case where this was happening I can see no compelling reason for limiting these types of supportive interactions to one person. It's difficult enough to get close to even one person in this culture and I would be the last to suggest that people push themselves into un-natural and artificial intimacies. I would suggest however, that the intricate and demanding nature of the couple relationship serves as an obstacle to developing intimacy. With the prospects of long term semi-exclusive involvement with one person confronting us we are bound to be very cautious about developing any intimacy or emotional involvement. There are definite advantages, on the other hand, to becoming intimate with a number of people. With more people capable of meeting our needs there is a greater possibility at any given moment, that someone will be available who is genuinely inclined to meet them. Accordingly, no one person will be expected to be responsible for all the needs of another.





Cold Facts

(LNS) According to the January, 1974, issue of "Consumer Reports," virtually all of the cold remedies currently on the market from Dristan to Contac, Alka-Seltzer Plus to NyQuil, are totally useless. The competitors generally contain two or three staple ingredients: a pain reliever, an antihistamine, and a decongestant. The decongestants will reduce nasal passage swelling temporarily when applied directly as nose drops or spray, not orally. (For example, two Dristan tablets, Consumer Reports found, contain only one-fourth of the dose determined to be ineffective in controlled clinical testing. Antihistamines are useful in treating some allergic conditions, such as hay fever, but are worthless against the common cold. The one ingredient in many cold remedies that is sometimes justified is the pain reliever - usually aspirin or acetaminophen. It will affect headaches, fever, or muscle aches, but does nothing to nasal congestion. Two Dristan tablets have the same amount as 2 five grain aspirin. "It is therefore true," says Consumer Reports, "that Dristan will 'work on aches and fever,' as its television ads claim. Any Aspirin does."

But \$12 million worth of advertising in 1972 helped sell Dristan for roughly 20 times the price of plain aspirin, sold under "house" brands.

Foxes Guarding the Henhouse

While the Environmental Protection Agency was readying stringent safety regulations concerning the care and feeding of nuclear power plants, the Atomic Energy Commission came in and walked off with the power to regulate these plants.

Many environmentalists (and probably EPA) see the move as the Administration's tacit approval for eased regulations to permit passage and construction of nuclear plants at a faster pace. These critics site as similar occurrence the time the Federal Aviation Agency - protector of more and larger airplanes - was charged with controlling noise pollution stemming from the airlines. Not so, claims AEC officials who say that the "scientific complexities" involved in nuclear power generation is above the comprehension of laymen who tend to become overly excited about things they cannot understand.

And, in fact, Dr. D.L. Ray, AEC chairman, has laid down a hard line policy on safety criteria designed to assure that nuclear power reactors will not overheat, crack or melt their shield and expose the public to radiation dangers. AEC rejected industry proposals for less stringent criteria.

The Union of Concerned Scientists, based in Cambridge, Mass., said AEC's safety proceeding represents a "continuation of the AEC's cover-up of critical safety problems."

Radio

Getting the Dope Straight

(LNS) Senator James Eastland (D-Miss), Chairman of the Senate Internal Security Subcommittee, announced in the SISS annual report that it will continue "its investigations of the impact of the drug traffic on U.S. Security." He further charged that increased use of "marijuana and hashish has been brought about, in part, by a militant pro-marijuana propaganda campaign conducted by many New Left organizations and by the entire Underground press ever since the Berkley uprisings." The SISS information shows that "cannabis accumulates in the brain and gonads" causing chromosome damage. He said the use of marijuana is "almost like playing genetic Russian roulette."

Successful Boycott

(LNS) Safeway and A&P picketeers be encouraged. After an intensive campaign throughout November and December by the Jackson Support Group for the U.F.W., the group succeeded in forcing Jackson's largest food distributor - McCarty-Holman, which operates Food Center and Jitney Jungle Stores - to remove scab grapes and lettuce from the shelves of its stores "throughout the state." And after McCarty-Holman agreed to remove the grapes and non-UFW lettuce, three other Jackson food chains - Star, New Deal, and Liberty - met with the group to begin to make the same arrangement in their stores.

Jim Lynch, boycott coordinator for the Southern states stresses the importance of building support for the U.F.W. across the South. He points out that the boycott is so successful in many large cities in the North and West that the South has become a dumping ground for non-UFW lettuce and grapes. He considers the outcome of the Jackson campaign an important victory.

Mining the Store

(PNS) Almost unnoticed, a growing world-wide "mineral crisis" has begun to threaten the well-being of American industry. Reliable geological estimates now indicate that domestic U.S. supplies of the following basic mineral deposits may dry up by 1980: manganese, chromium, nickel, tungsten, lead, tin, zinc, aluminum, gold, silver and platinum. Copper reserves are expected to last only until 1990. The massive U.S. deposits of iron ore may last only until about 2150. Vast quantities of almost all basic metals must now be imported by U.S. industry. In 1950 the nation imported only 8% of its iron ore. By 1972 this dependence on imported ore had increased to more than 35%.

Perhaps the one last hope of the industrial powers for a continued and inexpensive supply of raw materials is the utilization of heretofore untapped seabed mineral deposits. Already proposals have been submitted to the United Nations to provide some regulation of seabed mineral exploitation. The United States, Japan and several European powers are anxious to move ahead with this exploitation of ocean mineral resources. The recovery of oil, nickel, cobalt, copper and manganese from the ocean floor would immediately relieve many pressures on the economies of these countries.

But the smaller nations are demanding an extension of their territorial rights that would guarantee them control of their coastal seas and protect them from the economic encroachments of the richer and more technologically sophisticated countries.

Kenya's suggestion for a simple division of seabed rights, with coastal nations controlling the ocean floor for 200 miles at sea and an international authority controlling the rest has met with approval by most of the smaller nations. The great industrial powers, however, are hopeful that there will be more freedom for the strong to develop the resources of the weak.

This struggle for the remaining mineral resources of the planet is sure to continue. Unlike the current energy problem (which can conceivably be solved in time by the development of alternative energy sources like solar, geo-thermal and nuclear power), there are as yet no alternative sources of the non-replenishable mineral deposits of the earth.

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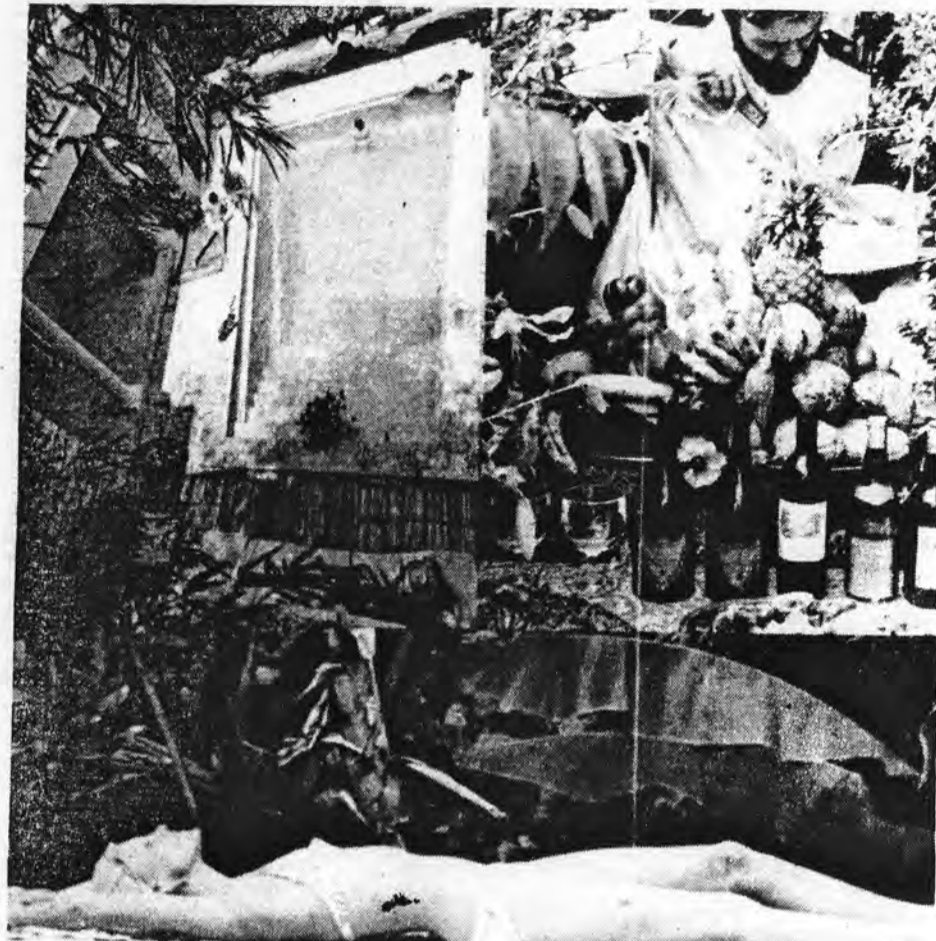


STRICTLY VEGETARIAN

AID for the Jet Set

(LNS) In 1972, the U.S. Agency for International Development (AID) invested \$400,000 in a business venture in Haiti, described by its president, Olivier Coquelin, as "the most extraordinary, lascivious and decadent place in the world." Coquelin, founder of New York hot spot discoteques, such as Cheetan and Ondine, explained the 'Habitation Le Clerc' philosophy: "decadent, is just a beautiful way of life, where everything is beautifully lazy, and all you have to do is raise a hand and you get service." Profits will go to investors, none of whom are Haitian. The people employed at the compound will probably earn at most \$1.00 a day. And taxes...well, in the past, for example from 1955-1960, foreign corporations (the vast majority U.S. based) took \$12,924,000 in profits from Haiti. The Haitian government realized only 100,000 in taxes for the entire period. Under the government of Jean Claude Duvalier some foreign investors are exempt from any taxation for 10 years.

The \$400,000 loan from AID for the Habitation LeClerc resort represents more than 10% of the entire AID "humanitarian assistance grant" to Haiti in 1972.



Habitation Leclerc

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'Looking Forward to Impeachment

"New York" magazine reports that the television networks and wire services have set in motion "the Nixon Doomswatch" to prepare for Nixon's sudden resignation or removal from office.

There is a pervasive feeling Washington and New York newsrooms, the magazine says, that the news will be announced in late January or certainly by early spring, and the media is ready with video-tape highlights of the Nixon years and his political obituary, for use at a moments' notice. If Nixon decides to hang on until impeachment proceedings begin, "New York" reports that the Ford Foundation may be setting aside funds to pay for live television coverage by the Public Broadcasting System.



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Cause for Information

Aristotle Onassis has recently fronted \$600 million toward building an oil refinery in Durham, New Hampshire. A super-tanker port 5 miles off the Atlantic Seaboard and the 15 mile pipeline to connect it to the proposed refinery were part of the package unloaded under Durham's Christmas tree. The town's inhabitants and good legal aid need information on the potential political, economic, and social (aesthetics not withstanding) impact of a refinery (a projected 400,000 barrels a day) on a small and economically healthy town. There is an option on the land, but no final steps have been made - the town is still hopeful to block the endeavor. The "model refinery" cited by Pervin and Berts Planning Firm is the Arco at Cherry Point, Bellingham. Consequently, Arco's effect on Bellingham offers a viable tool for the town's defense. If you have information, sources for information, photographs or graphics of, about Arco please send to:

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Izzy Stone here, reporting from Washington

A FILM REVIEW

NOWADAYS, WITH investigative reporters running hither and yon over the corrupted Washington landscape, one tends to forget that this wasn't always so, that journalists were not always so brash and persistent in their digging. There were whole years, decades, when virtually nothing came out of the nation's capital but rewritten government handouts.

I.F. Stone was the exception. Many of us came to worship Stone as a journalist back in the late 1950s and early-'60s because he seemed to be the only national reporter who wasn't afraid to tell it like it was — and he told it all, brilliantly and incisively, in his four-page weekly newsletter. His work served both as catalyst and inspiration, and today, in his late 60s, I.F. Stone is a living and working symbol of American journalism's regeneration. Now we have a marvelous film about the man, called, "I.F. STONE'S WEEKLY."

From 1953, when he started the *Weekly*, until 1971, when he closed it to join the *N.Y. Review of Books*, Izzy was everyone's personal correspondent in Washington. His circulation went from but a few thousand at the beginning to more than 70,000 when he folded the paper, including a high percentage of government officials and editors who felt obliged to read it so they would know what was really going on. The impact he has had on American journalism, and thus on American policy, is incalculable. Just one example: Carl Bernstein, half of the Woodward-Bernstein team at the *Washington Post* that broke Watergate all over the front pages, talks in the film of the enormous impact Stone's doggedly persistent journalism, and his idealism, had on his own development.

Stone was denounced during the McCarthy era as a com-symp or worse, by Agnew in the late-'60s as "a strident voice of illiberalism," by countless politicians and bureaucrats he's caught in political *flagrante delicto* — and yet Izzy has never deviated from his purpose (to find and tell the truth), or lost his sense of idealism and humor about it all. After decades of his lonely quest in the far reaches of investigative reporting, I.F. Stone has been re-included in the modern journalistic world, and now he receives honorary doctorates, awards from news societies, and a tribute in the form of a film like this.

The film-maker is a 26-year-old Yale political science graduate, Jerry Bruck, who determined that he would make a documentary on Stone, come what may. He shot it over a three-year period, much of it on weekends when he was able to come down from Montreal, and with virtually no funds. Such scrimping doesn't show. The film is top-



quality from first to last, especially the editing.

The film opens cleverly as a band plays "Hail to the Chief," leading us to believe the President is about to appear — but the next shot is that of Izzy expressing his credo ("Every government is run by liars and nothing they say should be believed"), and finally a shot of Lyndon Johnson telling outrageous lies about Vietnam. In those few, brilliant moments, we learn what makes I.F. Stone a great journalist: he's not easily fooled, he's courageous and, more often than not, his analyses are on the mark *at the time of the event*. (I add that qualifier because many journalists and pundits are correct in hindsight, but Stone — as shown here in speeches and commentary — is correct at the time history is being acted out.) He was right about the Gulf of Tonkin affair, right on the war in Indo-China, right on government corruption and cost-overruns, right on Marshal Ky, and on, and on.

The film reveals much about what is wrong with traditional Washington reporting (there is an eloquent sequence of ABC White House correspondent Tom Jerriell playing tennis with Ron Ziegler, and some devastating put-downs of CBS' Walter Cronkite), and what's wrong with American society in general — but the film's main emphasis is on Stone himself, his indomitable will, his acute perceptions, his unflagging curiosity, his faith in the democratic ideal. "I.F. Stone's Weekly" thus is about as optimistic a film as you could possibly see, giving one hope that injustices and corruption might actually be ferreted out and corrected.

printer when he says goodbye after the last issue has come out. Izzy has trouble controlling his tears as he thanks them and walks out the door — and we in the audience have lumps in our throats as well, during both that scene and as we see Amherst University awarding this college dropout an honorary doctorate for his contribution to the American polity.

Stone's sense of humor applies even to himself, and the sparkle in his eye comes through on film as he describes himself as possessing "maniacal zest and an idiot zeal," or when he tells his wife in the early days of the *Weekly* that at first he will be regarded as a pariah, then as a character, and finally as an institution.

That he is an institution there can be no doubt, and that his style and idealism have provided inspiration for countless journalists is testimony to his greatness as a teacher. But one of Izzy's most admirable qualities is that he is completely free of rhetoric and the usual left-wing bullshit. He describes himself half-jokingly as a man who went from "communist anarchism" in his youth to become a "counter-revolutionary" today. He lectures a group of college students harshly, telling them their belief that revolutions can be made by hollering in the streets is nonsense, and that if their slogan "power to the people" were ever to come true, "you and I would be the first ones put in jail."

When I spoke with him in San

Francisco earlier this year, he said he was hoping to get out of deadline-journalism soon — "there are enough good journalists around who can do the investigative reporting" — in order to contemplate and do some more long-range type of history books. But he's still writing regularly for the *N.Y. Review of Books*, and still skewering the idiots who pretend to run the country. Long may he rein on their parades.

The 62-minute film is running in small theaters in New York and elsewhere, but is available in 35mm or 15mm by writing: I.F. Stone Project, P.O. Box 315, Franklin Lakes, N.J. 07417. Get someone to order it; you'll get high on hope watching it.

While we're on the subject of excellent documentaries, I should also mention a superb new 60-minute documentary from Chile, "WHEN THE PEOPLE AWAKE," which was completed mere weeks before the military coup that overthrew the Allende government. It is a storehouse of information that helps explain why the Marxist coalition was elected to power in the first place, and how the native bourgeois and U.S. forces prevented success of the Allende program, thus leading the country inexorably to the military coup. It's the best thing I've seen or read on the Chilean situation, and is well-made to boot. Available through Tricontinental Film Center, 244 W. 27th St., N.Y.C. 10001.

And through it all is this aging half-deaf, bespectacled journalist, Isidor Feinstein Stone, bubbling merrily along, exposing the duplicity and stupidity of the nation's leaders ("I really have so much fun," he tells a student group, "I ought to be arrested"), and finding room for optimism even amid the carnage of Vietnam (the survival of the Vietnamese people through years of saturation bombing and U.S. terror has "re-established the primacy of man in an age of technology," he tells a group).

Tom Wicker of the *N.Y. Times* provides the narration for the film as we follow Stone on his rounds: going to his favorite Washington newsstand to buy foreign and U.S. magazines to feed his voracious appetite for facts, answering the phone to give out subscription information, taking several bundles of the *Weekly* down to the corner letterbox, riding in a car and ripping items out of a newspaper for latter scrutiny. And on and on. The energy and range of interest of the man is simply unbelievable.

For 19 years, Stone labored to "make poetry out of news" in his *Weekly*, and we follow him to his



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Rodale Cookbook

by Nancy Albright
Rodale Press, 1973
486pp, \$10.95

We have been using the Rodale Cookbook for about a month now. Like other Rodale Press publications, it stresses the use of natural foods, prepared in ways that preserve their high nutritional value. Nancy Albright is chief chef at Fitness House, the Rodale Press dining room.

It is an excellent cookbook. The layout is very good: the recipes are easy to read, each step is numbered, and the general design of each page is attractive.

Many of us find cooking with natural foods a constant experiment, and too often natural foods cookbooks offer little help in using unfamiliar foods. Ms Albright reveals many little tricks of the trade: for instance, that carob dissolves more easily in oil than in water; that honey is best substituted at one-half the amount of sugar called for; that soy flour browns easily and should be baked at 25 degrees lower than grain flours; that vinegar added to soup stocks help release the calcium in the bones into the liquid. These little hints, especially about the foods we WEREN'T raised with, take some of the guesswork out of a natural foods diet.

The section on deserts will be appreciated by anyone with a sweet tooth. Sweetenings consist of honey, fruit, date sugar, and molasses. An excellent oil piecrust recipe is included, using one part oat flour and two parts barley flour. Made with a mild oil, such as unrefined safflower, it can be patted into a lightly oiled pie pan or rolled out between two sheets of wax paper. Many of the cookie recipes are based on ground nutmeats instead of flour.

The section on meats (with a good selection of recipes for organ meats) is balanced by ten appetizing soybean dishes, and many others based on different members of the legume family. (Did you know that alfalfa is a legume?) A number of wheatless bread recipes are included, especially helpful for anyone allergic to wheat gluten.

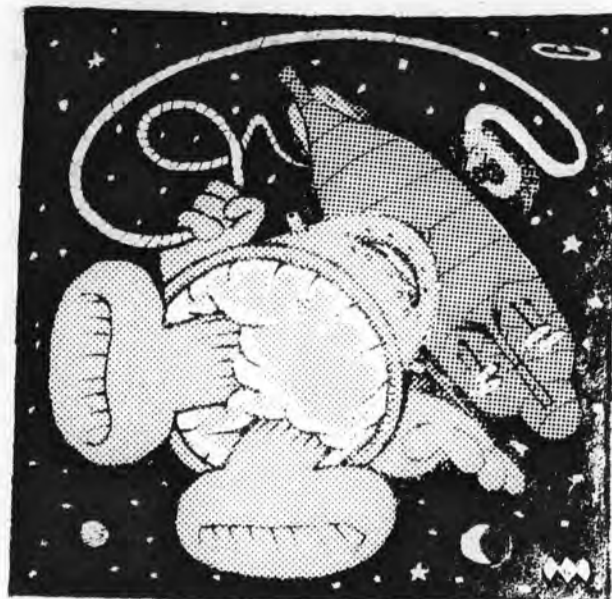
Another section includes drinks made in a blender with nut milks and fruits, as well as recipes for soy and sesame milks.

"Natural Foods vs Processed Foods" is a chart of specific foods in processed and natural states. They are compared in terms of cost, ingredients, and preparation time. For instance, commercial yogurt is 29 cents for 1/2 pint with no preparation time, while home-made yogurt is nine cents for 1/2 pint with four minutes preparation time (and eight hours to incubate). In general, the natural foods cost a little less and take a little longer than the processed foods.

An interesting piece of information is that Betty Crocker Hamburger Helper (Potato Stroganoff) takes ten minutes longer and costs two cents more than the home-made equivalent. It also contains 23 ingredients, nine of which can, with some stretching of the imagination, be considered food.

The photographs are beautiful and, surprisingly enough, a number of the dishes we have made look as good as the pictures.

The book is expensive. As a friend of mine says, the Rodale people seem intent on keeping natural foods a middle-class sport. The book is printed on recycled paper, which may add somewhat to its cost. (Yes, unfortunately, recycled paper costs more than "virgin" paper. Perhaps because there is less demand for it?) It's a fine book for those who can afford it, and for your local library.



SCI FI

Even a blind hog will root up an acorn now and then. I want to tell you about a good book, "Conscience Interplanetary" by Joseph Green (Doubleday, Garden City, N.Y., 1973) is set in the next century, when man's manifest destiny has manifested itself in the "discovery" of thousands of worlds, not only in the Hyades group, but as far away as Ursa Major and Scorpio-Centaurus. You get the picture?

But things are not as bad for the universe as they might be. The Conservationist Party is in power, and to fulfill a campaign promise the party has established a Corps of Practical Philosophers to serve as the "Consciences of Mankind."

The P.P. mission is to identify and save from exploitation those worlds containing intelligent species. This book follows part of the career of one P.P., Conscience Allan Odegaard, as he ranges about the known universe investigating a variety of lifeforms, including those that resemble seals, apes, butterflies, and even trees with silicon instead of carbon as the anchor element.

All of these lifeforms possess varying degrees of intelligence, and their worlds provide varying degrees of danger for Conscience Odegaard. However, the most dangerous species turns out to be if you guessed Homo Sap grade yourself A.

The not-so-loyal opposition party, the New Romans, hate to see all those badly needed (for jobs!) natural resources going to waste, and sets out to discredit the P.P.'s and therefore the Conservationist Party. They will stop at nothing, including murder to save the majority from its folly.

Odegaard returns to Earth for some well earned rest, and the last part of the book tells of his encounter with our friend, and fellow Groucho Marxist, Bigfoot, whom he meets quite by accident on a camping vacation in the Washington Cascades, up around Baker Lake, which quite surprisingly still has some trees up around the north end. Far Fetched.

It is the best S. F. I have read in an intelligent coon's age, and it is at the library under G for Green.

by allford



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DRUG INFORMATION



The new year is here and with it our new analysis program. Whereas before we were forced to send our samples to Stockton, Cal., we are now authorized to send them to the College of Pharmacy in Pullman, Wa., on the WSU campus. What this means is a decrease of from 15 to 18 days on analysis returns. Our program to Stockton averaged around 21 days for results, while with WSU we usually get returns in approximately 6 or 7 days.

In the past we have had several inquiries into just "what" our analysis programs is, and "how" it operates. I thought perhaps I would explain it, and also give a few specifications on a few of the drugs that people have been asking us about during the past quarter.

Street Drug Analysis Programs are one of the most beneficial institutions presently known. Not only do they benefit the DEA (Drug Enforcement Agency), by providing statistics and density reports, but they benefit also the user, pusher, and layperson on the street. Before analysis was introduced, people were guessing as to "contents", and on several occasions paid for it with their lives. No one can ever be sure as to whether or not a substance is "cut" with an impurity, and old myths of "honesty" disappeared with the creation of money!

In 1970, the Canadian Commission of Inquiry into the non-medical use of drugs recommended the establishment of non-governmental, regional street drug analysis laboratories and also that they should be free from day to day interference by governmental authorities. Three years later, the National Commission on Marijuana and Drug Abuse of the United States, recognizing the existence of street drug monitoring programs, recommended:

"Accordingly, the commission recommends that the government not interfere with private efforts to analyze the quality and quantity of drugs anonymously submitted by street users and to publicize news about market patterns and dangerously contaminated samples."

This would suggest that non-governmental street drug analysis programs are now respectable, or may soon achieve that status.

The Drug Information Center, located at WWSC is presently sending samples to these labs, and we have been very pleased with the returns. Although we cannot give quantitative results, i.e. percentages of the substances unknown, we can get exact information as to what the substance does contain, and what it does not. Give us a call at 676-3460 if you would like more information, or come on up and visit.

During the past quarter, we have been besieged by a great deal of questions, most of them concerning the "facts" about three substances in particular; Mescaline, Psilocybin, and THC. I've compiled from available lab reports the following information:

MESCALINE: This compound is one of the active constituents of the peyote cactus (*Lophophora williamsii*) which has had a long history of use. Mescaline is reputed to be a mild psychedelic that is capable of producing colorful hallucinations and altered human consciousness at a dose of approximately 350 micrograms. Known users and experimenters generally consider this state to be pleasant and without danger. Hence, they prefer mescaline to LSD. However, natural mescaline is generally unavailable to the dealer and its synthesis is relatively costly and difficult. Consequently, improvisations must be met to meet with the demand. The results of analyses of 640 alleged samples, 581 from California, Oregon, and Washington, and 59 from the Minneapolis, Minn. area, would suggest that the purchase of genuine mescaline was the rare exception. Of these 581 samples, 356 contained various amounts of LSD only, from a low of approximately 20 mcg. to a high of 450 - 500 mcg. per sample. Phencyclidine was added to 110 of these alleged mescaline samples to smooth out the trip. Other alleged mescaline samples that actually contained LSD sometimes had other compounds added (e.g. amphetamine and caffeine) for reasons unknown. Other chemicals identified as alleged mescaline were: amphetamine, cocaine, terracycline, STP (methyldimethoxyphenylisopropylamine), and the analgesic - antipyretic acetamino-

phen. Only 26 samples were identified as containing mescaline and 8 of these were identified as originating from the Peyote cactus.

PSILOCYBIN: The use of the "magic mushroom" by Mexican Indians and sensational reports on this practice in the popular press have created a real market for the compound psilocybin. This compound is also found in other species of *Psilocybe*, as well as in certain *Conocybe* and *Stropharia* mushrooms. Recently, even alleged psilocybin containing mushrooms have been offered in the illicit market place. The results show that pure psilocybin is not available on the streets. (ISADR Statistics). The majority of these samples (62%) contained a mixture of LSD and PCP (phencyclidine). Ten psilocybin containing mushrooms were identified by two California groups. Three samples required the addition of LSD for activity, the remaining samples were either not identified or contained one or more pharmacologically active compounds other than psilocybin or LSD.

THC (Tetrahydrocannabinol): This agent, as the pure compound, has never been identified in a street drug sample submitted for analysis. Phencyclidine (PCP) was identified as the active constituent in approximately 77% of the alleged THC samples discussed here. PCP is usually classified as an animal tranquilizer but at increased dosage it has hallucinatory and anesthetic properties. Recently LAC-USC Medical Center has reported a case of PCP poisoning. It was determined that the patient had ingested approximately 180 mcg. of PCP resulting in a comatose condition for three days, with recovery on the fourth day. Only 0.04 mcg of PCP per 100 ml. of urine was detected in the first urine sample and no PCP was detectable in urine samples collected on the second and third days. Treatment was not reported in this instance. (ISADR statistics).



I hope you've found this somewhat enlightening, and that you'll use the analysis program we sponsor. For more information, contact us at our office.

Clint Griffeth
DRUG INFO CENTER
Rm. 221, Viking Union
WWSC

GARDEN STREET GARDENS
1408 Garden St.
herb PLANTS & SEEDS
cactus
DISH GARDEN or TERRARIUM PLANTS and SUPPLIES
FOLIAGE PLANTS PLANTERS
OPEN SUNDAYS

BAY ST. CINEMA
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Horsefeathers juggles logic and defies gravity, it is outrageous, it is ridiculous, it is funny, it is savage, it is silly, it is a symphony in gagtime.
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CONNEXIONS

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, Wa. 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.

ANNOUNCEMENTS

WHATCOM RURAL HEALTH CLINIC offers comprehensive health care Mon, Wed, Fri 9-6, Tues & Thurs 9-9. 8081 Guide Meridian, Lynden. 354-4718.

CRISIS INTERVENTION, LONELINESS BUMMERS, ABORTION REFERRALS. We're here to help. Rising Sun Human Relations Center. Open 24 hours. 1020 North Forest, Bellingham. 733-9211.

THERE SEEMS TO BE AN INCREASING NEED FOR A PEOPLE'S HEALTH CLINIC—one that can handle just plain folks who haven't got \$7.00 (or is it \$10.00 now?) for an office call, but need a little medical assistance. Anyone else seeing the need for such a place, drop a note to People's Health Clinic, c/o N W Passage. We'll see what needs to be done. There's no point in working if it's not necessary.

PEOPLE INTERESTED IN LIVING HERE: Zoning meetings for Sedro Woolley's monster will run continuously starting Monday 1/21 starting at 7:30 until the great decision whenever that is. If you can't make it Monday, make it Tuesday. If not Tuesday make it Wednesday. After this decision the plan will once again go back to the county planning commission, then eventually to the county commissioners. If you have something to say please come and say it, starting Monday at 7:30, Mt. Vernon Ct. House. Hasta luego, Maria



photos by tom begnal

THERE WILL BE A SQUARE DANCE SOON. Watch the Co-op for signs of time & place.

WE MISS MOLASSES JUG! Any artists out there who'd like to revive it? Get in touch with Passage people - 1000 Harris, 733-9672.

COME HEAR THE GYPSY GYPPY STRING BAND at the Inside Passage in Seattle's Pioneer Square every Wednesday night.

I would like to talk to individuals who have built **ENCLOSURES ON PICKUP TRUCKS.** I'm planning to build one & need much help. I don't have a phone but my address is 611 N. State. Ask for Beky.

OH BOY! Am I glad I found out about the Community Market Cooperative Catalog! Far out! A mail order catalog - a report on the counter economy. Order your catalog from: Community Market, Rt. 5, Box 202, Luisa, Va 23093. \$2.45 postpaid.

JAM SESSION at the Fine Frolicsome Fair-haven Tavern Sunday nights. All musicians and tired old groupies welcome.

FEMINIST VILLAGE FORMING near Santa Fe, New Mexico. More like a group of neighbors than a commune, lifestyles will vary. We're looking for 80 acres, about 20 adults, plus children. If individual's wish, we can have co-op farming, childcare, pottery, other crafts, a building business, a feminist press (we already have an offset press). We're especially seeking women artists and women into solar power, wind power, methane. -Jubel, Box 362, Pecos, N.M. 87552

WHAT HAS TO BE DONE to make life better in Whatcom County? Plan to attend the workshop on "Discovering Opportunities for the 70's" Van Zandt Community Hall, Sat Feb 2nd, 1 p.m.. Become aware of yours & the community's economic, agricultural & social needs.

MT. VERNON REZONING HEARINGS on proposed nuclear reactor at Sedro Wooley, 8:00 p.m., Skagit Valley County Courthouse, W. Kincaid St, will probably run through Jan 23.

BE SURE TO CATCH THE FINAL INSTALLMENT of the interview with Frank Herbert in the next issue.

ANYONE OUT THERE interested in forming a community chorus? We've got a director person, and a half dozen folks who'd like to do it, but it'll take a few more folks than that. If you're interested, call Ann at 733-3176.

CARROTS, SQUASH, POTATOES, or what-have-you. Old Town Cafe will buy your home-grown vegetables, current market value. Cash or restaurant credit. See George, Old Town Cafe, 316 W. Holly, Bellingham.

N.W.P. DISTRIBUTION VOLUNTEERS needed: 1, Bring

N.W.P. DISTRIBUTION VOLUNTEERS needed: 1, Take N.W.P. from Bellingham to Seattle; 2, Help in Seattle; 3, Names of possible outlets in Eastern Washington, etc.

OUR FOOD CO-OP NEEDS VOLUNTEERS who can commit two months or more to ordering for C C Grains (2 hours every other Tuesday), for C C Produce (2 hours every Tuesday) or to being a Day Manager every other Wednesday. Leave your name and whereabouts in a mail box in the Co-op.

NOTES TO FOLKS

TIPPY: Kathy and I have been wonderin' where you are. Call us if you can. -Laraine

MARE LIGHTFOOT: We will send your mom a subscription if you send us her name and address.

MELANIE CAMPBELL write me at Rt 3, Box 70, Tolstoy Farm 99122.

LOST: BASKET-TYPE DRAWING BOARD 15 x 11" (or so). Contains water colors and brushes, pastels, blenders, rulers, etc. **MY TOOLS!** Lost weekend of Bonnie Rait concert (5-6 wks ago). Reward or trade. Call collect 522-4392. Leave word!

WHERE ARE YOU, ISOLDE? I would like yr kyropractor's name in Arlington. Please write Brer Rabbit, P.O. Box 1273, Omak, Wash. Shanti.

TO MICHAEL HAHN: How's you all doin' over there? Been cold over here. Gets up about 0° everyday—about 22° below last night. I went to Chico for a week or so. Had a good time—warm. Hope ya have a good winter. Brer Rabbit. Om.

KIRSTIN: Welcome to Bellingham.

OUR LOVE AND HAPPY NEW YEAR to all the **WOODBURYS** around Bellingham & Wickersham. -Mom & Dad Woodbury (are you listening, Joe?)

WILL THE PERSON WHO IS USING THE STATIONWAGON BELONGING TO THE NORTHWEST PASSAGE please stop by the Passage office to discuss some sort of possible financial remuneration.

JIM BROWN: Do you want to fish again this season? -Jules Anderson

HI, MAGGIE. In the shadows of Seattle still lurk the likes of me & sharma; she became a masseuse, & i became disillusioned. Presently leading the dissolute life of an artist, making fantastic forms & graven idols out of recycled NWP paper-mache, studying the effects of acid on raw protoplasm (my own), wearing my hair three different ways at once in a desperate attempt to turn into somebody else, failing, getting obliterated, giving up.... Gurjieff says that when a comet comes through, it increases everybody's drive for self-perfection; but that most people see self-perfection in social terms, & so like to have revolutions & wars at those times....falling in love, waking up into Life, suffering, ecstasy, prayers & curses. This is probably how it will be for the next few years for many of us; in politics, personal relationships, the self, everything is dug up, exposed, brought to the light. Just keep starting over. Love, R.

abcdefghijkl

photos by tom begnal

RIDES

IS ANYBODY GOING TO CALIFORNIA soon? Or that way? I need a ride and can leave between Jan 23 to Jan 29. I can share gas, food, driving, places to stay, etc. If you can help, please call 733-3650 or leave a note at 613 Gladstone.

AM GOING TO L.A. ABOUT FEB 7. Write Peter, 1107 22nd, Bellingham.

HOUSES

MAN NEEDED to share house in the country- approx. 5 miles from town. There is a garden to be planted and wood to be cut. 734-7146.

ROOM FOR RENT in the Longhouse. Need woman/women to keep a balance. 734-9446 507 Willow Road.

LOOKING FOR A HOME around Bellingham, either an empty house or room in yours. Quiet and good vibes necessary. Pete Stark 1900 34 Street

ROOMMATE--female, large bedroom 332-6681

SINGLE PERSON WANTED to join a house 3 miles north of Bellingham. 734-7146

ROOM FOR RENT---Three of us have just moved into 613 Gladstone, and there is space for one or two more. We have a fenced yard and are going to plant a spring garden. If you're interested give us a call at 733-3650 or come on by. Also, if anyone knows of any **CHEAP OR FREE FURNITURE**, we have a whole house to furnish.

FOR SALE

MAYTAG wringer washer, big tub, \$10 - "59 Olds, runs \$50 - call Pat Davis 734-3515 1601 E. Maplewood (near Yeagers)

CO-OP TRUCK for sale - 6 cyl 6 volt dump bed - split axle 4 speed trans 1800 Gross - **WANTED** - good 1 ton pickup -Greg 607 Wilson St.

FOR SALE '48 International truck - needs work - \$150 or best offer, contact Howard 615 Potter St. 734-6769.

GOOD SELECTION of herb teas for home remedies or just drinking on chilly afternoons. Also chinese teas & special blends. **DAFFRON'S** 2029 James. 733-0517. **MON - SAT 10 - 5**

LINDA AND GOLDEN LABRADOR Sunshine searching for a place in the woods to live with some peaceful country folk who enjoy growing their own food, building and creating needful items, raising animals, making music, etc. If you are forming a group or already have one together in Washington, Oregon or British Columbia please write or drop by a white house: Linda Jackola, c/o Debbie Adams, 1430 Lincoln St, Bellingham, Washington.

WOODSMAN/HERBALIST, 24, Scorpio, seeks contact with spiritually vital person wanting communal pioneer lifestyle in Southeast Alaskan wilderness. Child welcome. Mike Stevens, 6 miles south of Tongass; Box 195, Ketchikan, Ak 99901.

I need a sincere person who has experienced loneliness before to help alleviate mine. I am an Aquarius from Southern California and I don't know anybody up here. I love music and poetry, and I love to write. All letters will be answered. Jim Celeste, Jr. 128413, P.O. Box 777, Monroe, Wa 98272.

ANY YOUNG MAN 18-26 interested in Jewish learning 9 hours a day everyday - room, board & teachers provided - please call Stan Altaras, Seattle, EA 5-2751.

WANTED

HOW WOULD YOU LIKE to have a year-old **WHITE MALE SHEPPARD PUP?** I can't afford a house or a yard. There just ain't room for the both of us in my one-room apartment, so save **PAL** from the dog prison. **ALSO** - I am looking for an **INEXPENSIVE BANJO**. Mail me a note. Shelley, 4725 Samish, Nr. 7, Bellingham Wa.

EMPLOYMENT OFFICES ARE MONOLITHS. **WRITER**, 29, w/edit. & typing skills, not averse to work among good folks, seeks job. BR, 1815 13th Ave. S., Nr 8, Seattle, Wash.

WOULD LIKE TO MEET OTHER PARENTS in Northend to work out possible childcare exchanging. If interested please leave your name, phone number, etc., at Passage office in **CONNEXIONS** Box.

TWO BIKES - **ONE SMALL** - for a small boy and one 3-speed for a larger boy. 734-8570 or 676-8616.

Garden Spot wanted for this season to borrow/rent near the Sound or the mountains. Contact Krista or Daryl, 1488 Hwy 20, Mt. Vernon, 98273



WOODY GUTHRIE (GUTHRIE CHILDREN'S FOUNDATION) photo

When Other Media Fail



The other day a perceptive reader remarked that our forthcoming issue on Human Sexuality had a legitimacy based on our continued attention to all of its ramifications. A distinction not shared by all movement papers. What is true of sexuality is also true of the other theme issues that the Passage plans for 1974, Nutrition, Farmworkers, Wildlife, Population, Gardening, etc. All of which adds up to the fact that the Passage is a unique institution in the Northwest. No better example comes to mind of this uniqueness than of the double role of the Passage as a Bellingham community paper that also ties together the many diverse facets and

interests of the counter-culture as it develops throughout the region.

Years ago, when someone asked Al Capp how the people of Dog Patch lived, he answered that they survived by a series of miracles. The analogy to the Passage is obvious. Yet the miracles that continue to happen in spite of debts, mobility, bumout, burnout, and meetingout, hassles and the effects of heartbreak are not enough. The fact remains that we are slowly losing ground. The debt continues and the volunteers that will stay around long enough to learn how to make a responsible contribution are still in short supply.

What has been under discussion is a SUSTAINING FUND. A sort of matching fund for the miracles that fall short of balancing the budget. If you are one of those people who believe that the Passage is very important and are living anywhere above the subsistence level, think about making a monthly pledge. Renew your sub; send a gift sub to someone living it up on Torno Creek, Mud Lake, or Peshastin, to someone existing in that center of cultural lag set amongst the growing green of the Northwest, the University of Washington Campus. PLEASE MAKE A PLEDGE.

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