

WESTPORT TRUCKER

Kosmic City, Mo.

October

Vol. 1 No. 7

25¢ Missouri / 35¢
Kansas / elsewhere



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Trucker News

The Westport Trucker is, in itself, a good paper, however, under the present format (lots of color and monthly distribution) a "news" paper it ain't, and in Westport, as in any other growing community, the need for news, so that people can relate to whats happening around them, is great. The Trucker, as well as Vortex, the Harrison Street Review, and the Collective, has and will continue to serve the people to the best of its ability. We asked ourselves what we could do to better serve the community on a nerve level and saw that any serious move in that direction would call for drastic changes in the physical makeup of the paper itself in particular coming out at least once a week, having classifides, less color, and a lower price. All of this would come into incredible conflict with the present format. The Trucker could make concessions and come out maybe every two weeks with less of a metaphysical commentary because of increased news and political commentary but that would satisfy few people on the staff regarding what they feel the papershould be spiritually. It became apparent that the best course to follow would be to start another paper hence...The Kosmic City Times which will come out every Wednesday, starting October 28th. It will contain news commentary, classifides, comics and what's happening that week.

Putting out another paper means that we're going to have to double the work load of everyone on the present staff so if you can help out in any way the Truckers temporary offices are at Tiny Tim's Magic Circus, 4044 Broadway, [redacted].

Deadlines for classifides in the Kosmic City Times is 8:00 PM Monday evening for papers coming out the following Wednesday. Rates are as follows: \$1.00 for the first line (25 spaces), \$.50 for each additional line (30 spaces).

Personal ads involving a liason between persons, couples, or groups will not be accepted with telly numbers. An address or box number is required.

We reserve the right to edit or reject copy which we consider to be in poor taste, or which might result in leagal action.

Illigible ads will not be accepted.

If mailing in an ad please send check or money order.

If you are a subscriber and did not recieve this copy thru the mail, it is because someone ripped off our subscription list (as well as a number of Truckers, some art work, and our add rates). Please notify us and it will be corrected.

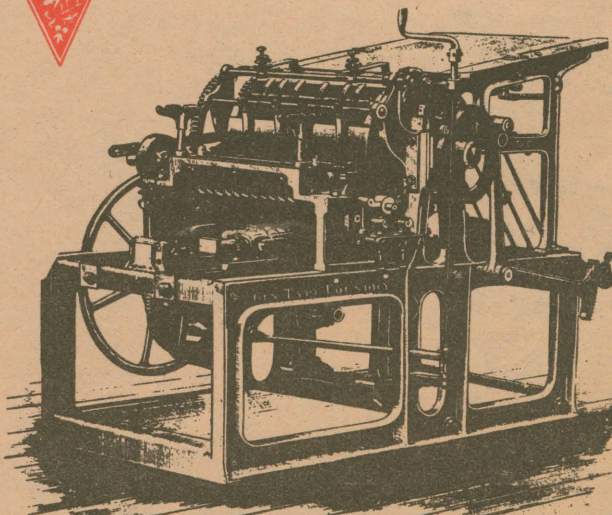
Stay Stoned



If you should ever find yourself in the San Fransisco Bay Area with car trouble, contact Bob Pratt or Katherine Yates, 11 Glen Ave, Apt. 25, Oakland, California [redacted]. Bob's a mechanic and has several junked cars and is more than willing to help out any wayward travelers. They're also in Mother Love although they probably don't know it yet.



Steve Gaskin will be coming through K.C. at the end of the month along with the rest of his family and various students from his Monday night classes at the Family Dog in San Francisco. Gaskin will speak on the 29th at a yet undetermined site. For more information contact the Free School at [redacted].



The Westport Trucker is published approximately once every month by the Mother Love Tribe of Kansas City. If you have anything to contribute in the way of art, poems, articles, money, information, brown rice, etc., bring it down to Tiny Tim's Magic Circus at 4044 Broadway, [redacted]. Subscriptions are \$3.00 for 12 issues. Street dealers get 10¢ a copy.

STAFF THIS ISSUE:

- | | | | | | |
|-------------------|--------------------|--------------------|------------------|---------------|----------------|
| Deenis Giangreco | Karen Lindsay | Bob Sebo | Larry Alton | Kathy | Brother Steven |
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| Dave Doyle | Rabbit | Johnny Pissoff | Guru Frank Martz | David Perkins | Joe Holmes |
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| Hotsy Totsy | Bill Philyaw | Spiderman de Zeppo | Dan Siglar | Jackson Zinn | Lois Pane |
| Maralyn Mattingly | Savage Turnip | Snookums | | | |

Love

LOVE is not possession; LOVE is Freedom; LOVE is not binding; LOVE is the releasing of the iron bands of selfishness; LOVE makes no claims; Makes no demands; LOVE is content with being; LOVE is love of self, but only that part which recognizes and accepts its source; LOVE becomes everything, permeating, vivifying, creating, expanding. It lives through and apart from time - from the restrictions of materialism; LOVE sets men free as it makes real to them their true nature, their ultimate being; LOVE is the essence of patience for it accepts the past, the present and the future; LOVE is the tincture which makes actuality tolerable; It changes pessimism into bliss, it destroys discouragement, it leads to action. It is dynamic even in its passivity. It makes unity out of differences and discovers the individual in the group; LOVE is the mirror a woman holds to man, making his truth apprent; LOVE is truth man gives to woman completing her nature and making both whole; LOVE dissolves barriers between men, barriers of race, colr, creed, nationality - and reveals to them their mutuality, their common dependence and common destiny; LOVE is hope for it is light; LOVE is faith for it is the substance of desire; LOVE is the source of desire and the end of desire for love is all; LOVE transfroms sterile knowledge into life giving wisdom; LOVE is the balm of sick minds, and the vital nurture of sick bodies; LOVE is forgiveness for it is not judgmatical but accepting; LOVE transforms work into art, and adds the beauty of art to cosmic joy; LOVE is the creative force, the quintessence of energy, copious, irresistable, leaping barriers of time, space and death - never ending in its effects; LOVE begins then with love of God; It starts in time and ends in eternity; LOVE is and is God.

Mary C. Roser
Gary, Indiana



BAD DOPE BAD

Pink Psilolybin - horse tranquilizers
(sure bummer)
Red Double Dome - STP and Belladolina
another sure bummer, makes you sick

DOPE BAD DOPE

A Letter from the Editor

To Whom it may concern:

In the last issue of the Trucker (Vol I.No 6) there was an article entitled Heal Thyself... or, Why Is There Food, it was mostly about man's illness and his diet. A lot of people were rather confused; with good reason. We were all in a huge rush to get that issue out even two days late. And it came out three days late! We all worked totally unreal hours. Consequently, somehow, the copy for that article got really mixed-up before going to print -- and got printed that way. Sorry folks.

I've also had many people ask me about diet and healing since then, and I always do my best to help those folks whether it is telling them the truth or keeping my mouth shut. If there is a need, I'll be more than glad to answer (or try) your questions about diet or illness or natural living. Send your questions or suggestions to Mr. Natural, c/o Tiny Tim's Magic Circus. If this becomes popular we'll have a regulat column in the Trucker called Mr. Natural Speaks.

I'd also like to retract my statement my statement that from Kafen's stay at St. Luke's we learned western medicine was a hoax. We actually learned it from the accumulated experience of over eighteen years and just recently realized the truth.

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Hendrick's BOOKS

Occult & Related
Subjects

4734 TROOST

Selfless Service or "anyone for leaving the city?"

by Mr. and Mrs. Lindsay



We just back into (K.C.) town from short (2days) visit to the real Ozarks. Real because Mac Donald county is still pretty much the way Nature intended it; compared to the absurdities of the lake of the Ozarks. Mac Donald county is one of maybe two or three Missouri counties and several in Arkansas that are virtually full of receptive mountains, bluffs, fertile valleys, caves, rivers, streams and local inhabitants (human and otherwise) ringing forth with good vibes for all serious seekers of harmony, grace and or quietude. This region is also excellent for farming and communal living and is easy riding distance, (4 hours from K.C. and Little Rock).



uring this latest visit we learned that the Sulpher Springs family desperately needs help. They need people to develop and farm some 180 acres they own. They will instruct recruits in the art of baking and/or "organic" farming and any other skills needed, incidentally, Shilohs founding father is himself a master farmer.



n return for your help and labor, which we are told is much needed, you will be given food, (organic or otherwise, such as you desire) and a place to stay, and anything else you need. Meals are taken in the communities dining hall, and the quarters are nice and homey, the buildings use to be dorms for a bible translators school. They have refurbished the buildings with the care that shows in everything they do. Shiloh people are also provided with the other things necessary for life in this age. They claim to feed you physically, mentally, and spiritually.



here is now a commune operating in the heart of this area; being probably the most successful communal organization of people in the U.S.A. It has been living and growing for over 40 years and its sustaining industry, making and distributing health foods and products, is the number one company of its kind in the United States. They started in New York state, but Sulphur Springs, Arkansas is now their headquarters, which is in accordance with prophecy. "Shiloh Farms" is primarily on a spiritual-family basis; Shiloh people are new age Christians. The name "Shiloh", we are told, was given them by prophecy or revelation, is the word for Messiah in Hebrew. We have been visitors to them about a year; to purchase food (they frequently turned us on to it) and share warm interests, etc.



here are now about twenty or thirty people at the headquarters being mostly over 25 and a few young kids. Also, some of them are highly evolved souls and are receptive to most of our vibrations. Like most non-hipsters they might be somewhat leary of long hairs but not if its whats underneath that counts.

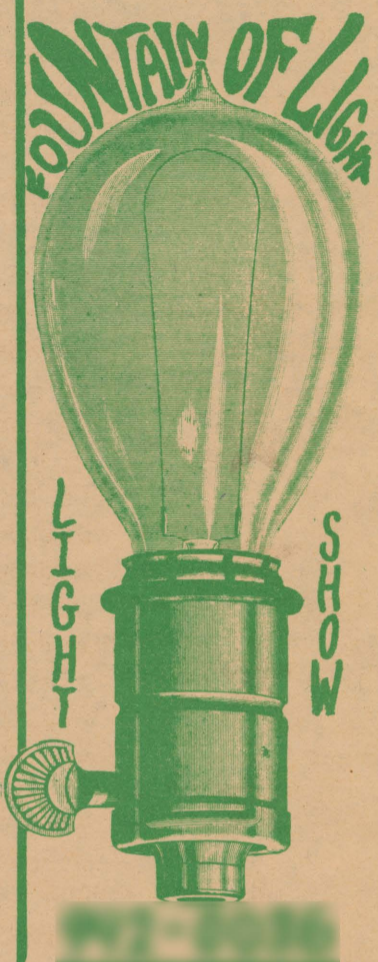


f any of you are truly interested and would like more details on the whole trip; leave your name and number and/or address at Tiny Tim's Magic Circus and we'll contact you and rap. Oh yes, Shiloh welcomes visitors to come to any of their early morning inspirational sessions and breakfast, and even for a day or three. They can provide sleeping space for several visitors, but I would highly recommend taking advantage of this backwoods paradise for camping.

One must endure the presence of two or three caterpillars if one wishes to become acquainted with the butterflies.

Antoine de Saint-Exupery

The
Shiloh
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16 Westport
rd.



Alive in LAWRENCE
Friday · October 16

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LEARY ESCAPES JOINS WEATHERMEN

(The following statement was written in the POW camp and carried over the wall (in full view of two gun trucks). I offer loving gratitude to my Sisters and Brothers in the WEATHERMAN UNDERGROUND who designed and executed my liberation. Rosemary and I are now with the Underground and we'll continue to stay high and wage the revolutionary war.)

There is the time for peace and the time for war.

There is the day of laughing Krishna and the day of Grin Shiva. Brothers and Sisters, at this time let us have no more talk of peace.

The conflict which we have sought to avoid is upon us. A world-wide ecological religious warfare. Life vs. death.

Listen. It is a comfortable, self-indulgent cop-out to look for conventional economic-political solutions.

Brothers and Sisters, this is a war for survival. Ask Huey and Angela. They dig it. Ask the wild free animals. They know it. Ask the turned-on ecologists. They sadly admit it.

I declare that World War III is now being waged by short-haired robots whose deliberate aim is to destroy the complex web of free wild life by the imposition of mechanical order.

Listen. There are no neutrals in gentle warfare. There are no non-combatants at Buchenwald, My Lai or Soledad.

You are part of the death apparatus or you belong to the network of free life.

Do not be deceived. It is a classic strategy of genocide to camouflage their wars as law and order police actions.

Remember the Sioux and the German Jews and the black slaves and the marijuana pogroms and the pious TWA indignation over airline hijackings!

If you fail to see that we are the victims-defendants of genocidal war you will not understand the rage of the blacks, the fierceness of the browns, the holy fanaticism of the palastinians, the righteous mania of the Weathermen, and the pervasive resentment of the young.

Listen, Americans. Your government is an instrument of total lethal evil.

Remember the buffalo and the Iroquois!

Remember Kennedy, King, Malcolm, Lenny!

Listen. There is no compromise with a machine. You cannot talk peace and love to a humanoid robot whose every Federal Bureaucratic impulse is soulless, heartless, humorless, lifeless, loveless.

In this life struggle we use the ancient holy strategies of organic life:

- 1) Resist lovingly in the loyalty of underground sisterhood and brotherhoods.
- 2) Resist passively, break -lock-step...Drop out.
- 3) Resist actively, sabotage, jam the computer. hijack planes...trash every lethal machine in the land.
- 4) Resist publicly; announce life...denounce death.
- 5) Resist privately; guerrilla invisibility.

- 6) Resist beautifully; create organic art, music.
- 7) Resist spiritually; stay high...praise God.. love life...blow the mechanical mind with Holy Acid...dose them...dose them...dose them.
- 8) Resist physically; robot agents who threaten life must be disarmed, disabled, disconnected by force...Arm yourselves and shoot to live...Life is never violent. To shoot a genocidal robot policeman in the defence of life is a sacred act.

Listen, Nixon. We were never that naive. We knew that flowers in your gun-barrels were risky. We too remember Munich and Auschwitz all too well as we chanted love and raised our Woodstock fingers in the gentle sign of peace. We begged you to live, to love and let love, but you have chosen to kill and get killed. May God have mercy on your lost soul.

For the last seven months, I, a free, wild man have been locked in POW camps. No living creature can survive in a cage. In my flight to freedom I leave behind a million brothers and sisters in the POW prisons of Quentin, Soledad, Con Thien....

Listen, Comrades. The liberation war has just begun. Resist; endure; do not collaborate. Strike. You will be free.

Listen, you brothers of the imprisoned. Break them out! If David Harris has ten friends in the world, I say to you, get off your pious non-violent asses and break him out.

There is no excuse for one brother or sister to remain a prisoner of war.

Right on Leila Khaled!

Listen. The hour is late. Total war is upon us. Fight to live or you'll die. Freedom is life. Freedom will live.

TIMOTHY LEARY

WARNING: I am armed and should be considered dangerous to anyone who threatens my life or my freedom.



Weathermen Assist in Jailbreak

September 15, 1970. This is the fourth communication from the Weathermen Underground. The Weatherman Underground has had the honor and pleasure of helping Dr. Timothy Leary escape from the POW camp at San Iluis Obispo, California.

Dr. Leary was being held against his will and

continued on following page



"I KNOW IT'S A FAMEOUS STATUE... BUT DO THE PEOPLE IN WESTERN KANSAS..?"

by Lois Pane

You've seen it in all the old newspaper movies. the rough talking, hard drinking, soft hearted reporter has lied, bribed and lucked his way into the biggest story of his career. He dashes out of the still moving cab and bolts into the newspaper city room screaming "Stop the Presses, stop the presses!" And the gruff but lovable city editor does. Except in real life he doesn't.

Real life newspaper presses are run by real life union pressman who make real life union wages, including overtime. No matter what's in that story the reporter is waving in his upheld hand, it will just have to wait. It's too expensive to stop the presses except for horrendous front page error and Michelangelo's David.

Michelangelo's David? Well, yes. It seems that Joyce Wagner, The Star's young, mini-shirted television editor, had chosen for the cover of September 6th's T.V. Scene a collage of the great art works of the 1,600 years announcing the debut B.B.C.'s "Civilization" series. On the cover were Byzantine icons, medieval art works, Delacroix's "Liberty Leading the People", David's "Assassination of Maret", and, fully four inches tall, a frontal view of Michelangelo's "David". Somewhere in the composing room sometime during the Friday press run (yes, most of the Sunday paper is printed Friday) someone (most likely Roger Swanson, the Star's notoriously prudish travel editor) discovered poor David with his private parts exposed for all the world to see. Horrors!

The presses were brought to a screeching halt. The few thousand copies of the magazine that had been printed were gathered and -- except for a few copies the pressman had the foresight to save -- destroyed. Literally destroyed. God forbid copies of Michelangelo's "David" should fall into the wrong hands.

An editorial free-for-all ensued the like of which The Stat has seldom seen. Word that the presses

had stopped and the improbable reason behind the decision raced through the building in about three and half seconds. People were laughing, beating their knees, pulling out their hair and inventing any kind of plausible or implausible excuse to visit the city room where any trace of ordinary Friday afternoon work had vanished.

The big bosses were gathered in a corner trying to decide how best to save the minds of Kansas Citians from the inevitable corruption exposure of Michelangelo's unfig-leaved David would bring. Joyce Wagner was alternately scratching her head trying to figure out what all the hue and cry was about -- after all, Delacroix's "Liberty" was bare-breasted but somehow unobjectionable -- and engaging in eye-ball confrontation with the brass on the ethics of it all.

"I know it's a famous statue," Cruise Palmer, the executive editor, shouted at her. "And you know it's a famous statue. But do the people in western Kansas know it's a famous statue?"

"If you have your way, Cruise, they's never get the chance to find out," Joyce Wagner retorted, taking due note of his customary respect for his readers' intelligence.

She was right, too. All this time the cover had been in the hands of a Kansas City Star "artist" who was busily covering up the statue's exposed penis.

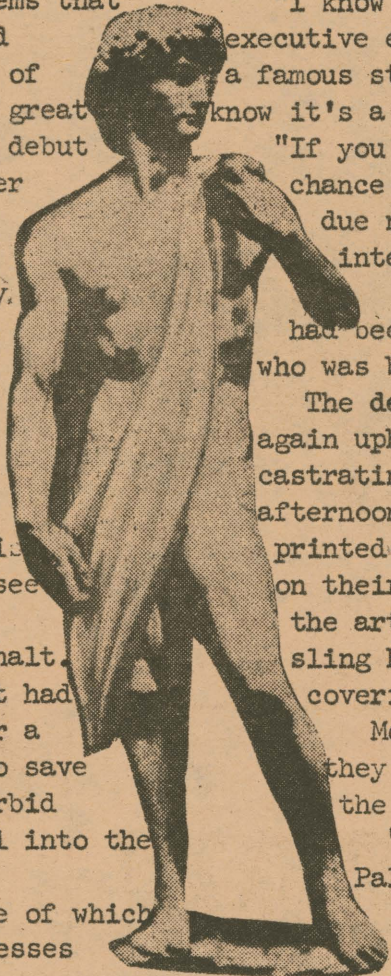
The deed supposedly done--The Kansas City Star once again upholding its high editorial standards by castrating David--the presses again began their afternoon run. Several thousand of the magazine were printed and stuffed into Sunday papers, ready to go on their merry way, when someone noticed exactly what the artist had done. There, dangling from David's sling hand was a classical white drapery all but covering the entire front of the statue.

More ashamed that they might appear than that they had ordered the deed done in the first place, the editors brought the presses to a halt again.

"Can't you do it mor inconspicuously?" Cruise Palmer asked.

They could and did and the presses began to run again, Kansas Citian now safe from having

continued on page 14





Amerika -

Love it but don't read about it.

from WIN

Do you ever notice that at these government supported demonstrations they never quote Thomas Jefferson or other founding fathers of America? Any one attempting to read the Declaration of Independence at one of these "support Amerika" rallies, is liable to be arrested or stoned by the others present.

BULLETIN BOARD

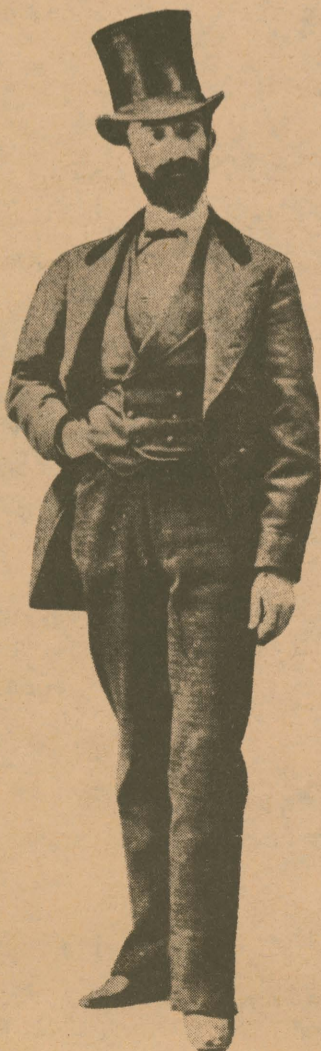
This is a plea -- I'd like to have a bulletin board for our paper but this is only possible through your efforts as a reader. My job will be to inform others of anything that's happening anywhere or anything that you would like to inform people about. such as concert, festivals, ecology trips, speakers, etc..

In order for this to be printed, I must be informed before/by the last week of every month.

Brother Steven
c/o Tiny Tim's Magic Circus



PHIL YAW



FREEDOM PALACE

LIVES



If you find this hard to believe then listen what happened to Miami Herald reporter Colin Dangaard. Only one person out of 50 approached on local streets by him agreed to sign a typed copy of the Declaration of Independence (Dangaard did this on July 4th). Two called it "Commie junk", one threatened to call the police and another red-neck warned: "Be careful who you show that kind of antigovernment stuff to, buddy."

Again on July 4th, a questionnaire was circulated among 300 young adults attending a right-wing Youth for Christ gathering which showed that 28 percent thought an excerpt from the Declaration was written by Lenin! The right-wing youths were then asked to describe briefly what sort of person they thought would make such a statement. Among other things, the author of the Declaration of Independence was called:

"A communist person, someone against our country."

"A person who does not have any sense of responsibility."

"A hippie."

Next Dangaard typed up the Declaration in petition form and stood several hours on a sidewalk, in a conservative part of town, and asked middleaged passersby to read it and sign it. Only one man agreed-and he said it would cost the pollster a quarter for his signature. Ninety (90%) percent of the people never got past the third paragraph without making such comments as:

"This is the work of a raver."

"Somebody ought to tell the F.B.I. about this sort of rubbish."

(Some say the F.B.I. is seriously considering banning the Declaration as subversive material)

Other comments were:

"Meaningless" and "Sounds like something from the new Left to me."

The most truthful was: "The boss'll have to read this before I can let you put it in the shop window. But politically I can tell you he don't lean that way. He's a Republican."

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BUDDHIST ECONOMICS

(This article, by E.F. Schumacher, is excerpted from Manas, Vol. XXII, No. 33, and is reprinted from The Family Store)

RIGHT LIVELIHOOD is one of the requirements of the Buddha's Noble Eightfold Path. It is clear, therefore, that there must be such a thing as Buddhist Economics.

There is universal agreement that the fundamental source of wealth is human labour. The modern economist has been brought up to consider "labour" or work as little more than a necessary evil. From the point of view of the workman, it is a "disutility"; to work is make a sacrifice of one's leisure and comfort, and wages are a kind of compensation for the sacrifice...

The consequences of these attitudes...are extremely far-reaching...If the ideal with regard to work is to get rid of it, every method that "reduces the work load" is a good thing. The most potent method, short of automation, is the so-called "division of labour" and the classical example is the pin factory eulogized in Adam Smith.

Here it is not a matter of ordinary specialization, which mankind has practiced from time immemorial, but of dividing up every complete process of production into minute parts, so that the final product can be produced at great speed without anyone having had to contribute more than a totally insignificant and in most cases, unskilled movement of his limbs.

The Buddhist point of view takes the function of work to be at least threefold: to give a man a chance to utilize and develop his faculties; to enable him to overcome his ego-centredness by joining with other people in a common task; and to bring forth the goods and services needed for becoming existence.

Again, the consequences that flow from this point of view are endless. To organize work in such a way that it becomes meaningless, boring, stultifying, or nerve-racking for the worker would be little short of criminal; it would indicate a greater concern for goods than for people, an evil lack of compassion, and a soul-destroying degree of attachment...

From the Buddhist point of view, there are two types of mechanization which must be clearly distinguished: one that enhances a man's skill and power and one that turns the work of man over to a mechanical slave, leaving man in a position of having to serve the slave.

How to tell the one from the other? "The craftsman," says Coomaraswamy, "himself can always, if allowed to, draw the delicate distinction between the machine and the tool, a contrivance for holding warp threads at a stretch for the pile to be woven round them by the craftsman's fingers; but the power loom is a machine, and its significance as a destroyer of culture lies in the fact that it does the essentially human part of the work."

The Buddhist sees the essence of civilization not in a multiplication of wants but in the purification of human character. Character, at the same time, is formed primarily by a man's work. And work, properly conducted in conditions of human dignity and freedom, blesses those who do it and equally their products. If a man has no chance of obtaining work he is in a desperate position, not simply because he lacks income, but because he lacks this nourishing and enlivening factor which nothing can replace.

A modern economist may engage in highly sophisticated calculations on whether full employment "pays" or whether it might be more "economic" to run an economy at less than full employment so as to ensure a greater mobility of labour, a better stability of wages, and so forth. His fundamental criterion of success is simply the total quantity of goods purchased...

From a Buddhist point of view, this is standing the truth on its head by considering goods as more important than people and consumption as more important than creative activity. It means shifting the emphasis from the worker to the product of work, that is, from the human to the subhuman, a surrender to the forces of evil...

While the materialist is mainly interested in goods, the Buddhist is mainly interested in liberation. But Buddhism is "The Middle Way" and therefore in no way is antagonistic to physical well-being. It is not wealth that stands in the way of liberation, but the attachment to wealth; not the enjoyment of pleasurable things, but the craving for them. The keynote of Buddhist economics, therefore, is simplicity and non-violence.

For the modern economist this is very difficult to understand. He is used to measuring the "standard of living" by the amount of annual consumption, assuming all the time that a man who consumes more is "better off" than a man who consumes less. A Buddhist economist would consider this approach irrational: since consumption is merely a means to human well-being, the aim should be to obtain the maximum of well-being with the minimum of consumption.

If the purpose of clothing is a certain amount of temperature comfort and an attractive appearance, the task is to attain this purpose with the smallest possible effort, with the smallest annual destruction of cloth and with the help of designs that involve the smallest possible input of toil. The less toil, the more time and strength is left for artistic creativity...It would be the height of folly to make material so that it should wear-out quickly, and the height of barbarity to make anything ugly, shabby or mean.

What has just been said about clothing applies equally to all other human requirements. The ownership and the consumption of goods is a means to an end, and Buddhist economics is the study of how to attain given ends with minimum means.

Modern economics, on the other hand, considers

consumption to be the sole end and purpose of all economic activity. The former, in short, tries to maximize human satisfactions by the optimal pattern of consumption, while the latter tries to maximize consumption by the optimal pattern of productive effort.

It is easy to see that the effort needed to sustain a way of life which seeks to attain the optimal pattern of consumption is likely to be much smaller than the effort needed to sustain a drive for maximum consumption.

Simplicity and non-violence are closely related. The optimal pattern of consumption, producing a high degree of human satisfaction by means of a relatively low rate of consumption, allows people to live without great pressure and strain and to fulfill the primary injunction of Buddhist teaching: "Cease to do evil; try to do good."

As resources are everywhere limited, people satisfying their needs by means of a modest use of resources are obviously less likely to be at each other's throats than people who depend upon a high rate of use. Equally, people who live in highly self-sufficient local communities are less likely to get involved in large scale violence than people whose existence depends on world-wide systems of trade. Production from local resources for local needs is the most rational way of economic life, while dependence on imports from afar and the consequent need to produce for export to unknown and distant peoples is highly uneconomic...

Another striking difference between modern Buddhist economics arises over the use of natural resources. Bertrand de Juvenal, the eminent French political philosopher, has characterized "Western man" in words which may be taken as a fair description of the modern economist:

"He tends to count nothing as an expenditure other than human effort; he does not seem to mind how much mineral mat-

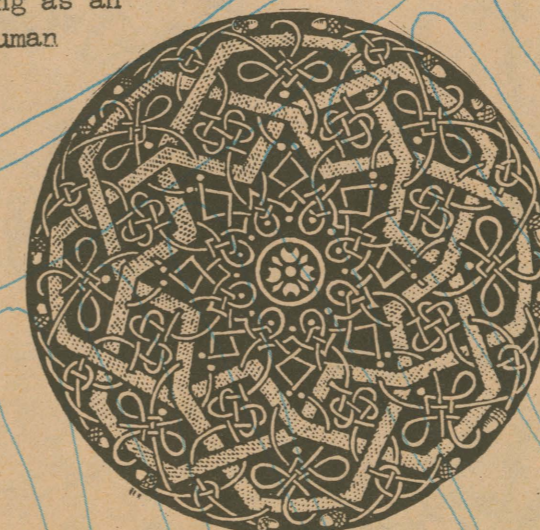
ter he wastes and, far worse, how much living matter he destroys. He does not seem to realize at all that human life is a dependent part of an ecosystem of many different forms of life..."

The teaching of the Buddha, on the other hand, enjoins a reverent and non-violent attitude not only to all sentient beings but also, with great emphasis, to trees...

Modern economics does not distinguish between renewable and non-renewable materials as its very method is to equalize and quantify everything by means of money price. From a Buddhist point of view the essential difference between non-renewable fuels like coal and oil, and the renewable fuels like wood and water-power cannot be simply overlooked. Non-renewable goods must be used only if they are indispensable, and then only with the greatest care and the most meticulous concern for conservation. To use them heedlessly or extravagantly is an act of violence, and while complete non-violence may not be attainable on this earth, there is nonetheless an ineluctable duty on man to aim at the ideal of non-violence in all he does.

Just as a modern European economist would not consider it a great economic achievement if all art treasures were sold to America at attractive prices, so the Buddhist economist would insist that a population basing its economic life on non-renewable fuels is living parasitically, on capital instead of income. Such a way of life could have no permanence and could therefore be justified only as a purely temporary expedient. As the world's resources are exceedingly unevenly distributed, and undoubtedly limited, it is clear that their exploitation is an act of violence against nature which must lead to violence between man.

Before they dismiss Buddhist economics as nothing better than a nostalgic dream, critics might wish to consider whether the path of economic development outlined by modern economics is likely to lead them to places where they really want to be. For it is not a question of choosing between 'modern growth' and 'traditional stagnation.' It is a question of finding the right path of development, the Middle Way between materialist heedlessness and traditionalist immobility, in short, of finding the right livelihood...



Building the 4-F

H. Jackson Zinn

"A man who murdered as a civilian is unacceptable to the Army, which trains men to kill. A convicted arsonist cannot be inducted for shipment to Vietnam, where American soldiers burn villages. In short, citizens whose demonstrated talents indicate the greatest potential are summarily rejected by the military." The preceding quotation is from IV-F: A Guide to Draft Exemption by David Suttler.

The amazing thing about the IV-F or I-Y draft classifications is that almost 100% of the Selective Service registrants can obtain them if their cases are properly investigated and presented. Frequently young men are unaware of disqualifying conditions they may have, such as allergies and certain back curvatures - conditions which can only be uncovered through careful testing.

For those whose bag isn't outright resistance, a IV-f classification affords a certain relative freedom. One need not waste his time studying courses for which he has no interest, or play the other games which the Selective Service uses to enslave all young men, not just those in the military.

Don't expect the Army to reject you without affirmative action on your part. The presumption made by the Army and the Selective Service is that you're qualified. Disqualifying conditions are unlikely to be uncovered by the Army itself in the cattle-type run-through at the induction station.

Final not to "Alice's Restaurant" fans; The Army has recently made a list of criminal offences not a cause for rejection. Included is "dumping refuse near highway."

LEARY FREE !!

from page five

against the will of millions of kids in this country. He was a political prisoner, captured for the work he did in helping all of us begin the task of creating a new culture on the barren wasteland that has been imposed on this country by Democrats, Republicans, Capitalists, and Creeps.

LSD and grass, like the herbs and mushrooms of the American Indians and countless civilizations that have existed on this planet, will help us make a future where it will be possible to live in peace.

NOW WE ARE AT WAR.

With the NLF and the North Vietnamese, with the Democratic Front of the Liberation of Palestine and Al Fatah, with Rap Brown and Angela Davis, with all black and brown revolutionaries, the Soledad brothers and all prisoners of war in American concentration camps we know that peace is only possible with the destruction of U.S. imperialism. Our organization commits itself to the task of freeing these prisoners of war.

WE ARE OUTLAWS; WE ARE FREE.

(signed) Bernardine Dohrn

Kum to Old Westport



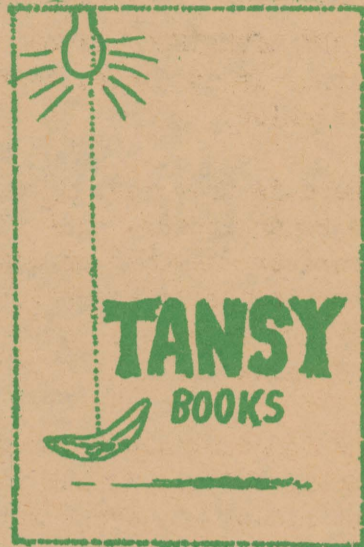
BLUE ROCK RECORDS - WE GOT ALL DEM OVALTUNES

MARIO'S DELICATESSEN

a little bit of Italy in Old Westport...



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PROLETARIAN HASHISH PRODUCTION

1. Break up key and sift through a screen.
2. Place sifted leaf in a large pot.
3. Separate seeds from stems (seeds are not used because they contain much oil which makes the final product messy).
4. Add stems to leaf (they may be pulverized through an Osterizer first).
5. Cover leaf and stems with isopropyl alcohol (rubbing). It may be had in a cut-rate drug store for about 19¢ a pint. Consider industrial quality isopropyl alcohol from a chemical company for a large quantity.
6. Place lid on pot and boil for 3 hours on electric hot plate. Caution: alcohol is inflammable--do not use on gas flame. Making a double boiler is the best arrangement--the water in the lower pan will boil and not the extract.
7. Strain liquids and store in container labeled A.
8. Repeat steps 5 through 7 using fresh alcohol.
9. After 2 alcohol extractions repeat steps 5 and 6, twice, using water and boiling at higher temperature than with alcohol. Boil each time for one hour. Gas flame O.K.
10. Strain these liquids and store in container labeled solution B. Discard remains--makes excellent fertilizer for growing grass.
11. Reduce volume of solution A by boiling in a large pot. (Work outside or in ventilated room.) Good for doubleboiler ser-up here. Sockets out of a wrench set work well to to elevate first and second pans.
12. Reduce volume of solution B by boiling in separate pot (gas flame is safe with solution B).
13. When both solutions are considerably reduced (but not too thick) combine the two solutions and boil down further on hot plate. Lower temperature or evelate more as mixture thickens.
14. When down to a thick heavy grease allow to cool. If still too thin, boil down some more at low temperature. (Caution: when hot, this substance is in a molten state and appears as a liquid. In this state, ther is considerable danger of burning or reducing potency if cooked too much and at too high temperature.)
15. Heat 1 cupful turpentine in a hotplate --Caution: inflammable vapors. (I found this was too much; add a little at a time.)
16. Dissolve in this 1½ ounces pine resin(pulverized). May be had at music store sold as "rosin". Crumbles easily.
17. Add hot resin solution to hot molten marijuana extraction and stir thoroughly for 5min.
18. Pour substance about ½ inch thick into teflon baking tin which is at least two" deep.
19. Heat oven 350 for 15minutes. Turn off. Place tin in upper oven for 15 minutes.
20. Remove tin and allow to cool.
21. If cool hashish still tacky, repeat steps 19 and 20 until hard hashish is produced. It may take quite a few.
22. When hard, if you wish to divide hashish into ounces or grams, warm for 10 minutes in low temperature oven, remove and cut immediately with table knife. One kilo yeilds about seven ounces. Local dope seems to yeild about 1/3 less, presumably to lower resin content. Mine turned a blonde color underneath a top surface layer of black. Be prepared to spend a lot of time with this, but as local dope is free, it's well worth it.





Baby Child as a man
as a living grain of sand...
Sitting on the ever changing shore,
Greeting the sunrise...
Picked up upon the Gypsy woman,
Hair Flaming Night as ravens even sleep... rainbow cloth
Tambourine complimenting her chant and choice of graces,
And Love Her God...

I actually looked upon her on my right... coming forth,
And Baby Child then secondly looked his left to eye -
and 11 or 12 women, men, and little ones approached:
They clad in their masters wish,
White robes swaying to be baptized.
These two worlds crossed each other in front of me, when
Afterwards, Baby Child sipped a heartful of ocean...
Spit out the waste and walked upon the New Day.

Jimi Hendrix

IN MEMORIAM

Friday, September 18, 1970
Jimi Hendrix entered the New Day

Live & Help Live

by Space Cat

The word "revolution" implies the action of a wheel, a circle, a closed system, a snake perpetually devouring itself and to my knowledge all these are man-made concepts. The word "evolution" also implies movement or change, but with what form or direction? How may we recognize the difference of these two ways of motion? Is there any difference? I mean it might not be possible for revolution to exist except in a very limited plane of human consciousness. So it could also be that evolution could be conceived as a logarithmic spiral. Just think of it, our growth and development in existence describing a logarithmic spiral just like the Solar Systems, Galaxies, Universes, Atoms, etc.

Thru our own human way of perceiving things, we have discovered that this so called "material world," or the universe, took a lot of human years to develop itself. Really, it is older than anybody can discover by means of mathematics, right? Countless ages of gradual development. Perhaps, to our vibrating rate, slower than the movement of the "minute hand" of a clock. Yet, there are cases where people have seen the movement of the "minute hand" as being very speedy! and the "second hand" even speedier. So it is possible when people ingest image amplifying substances which have been well known to us since antiquity for their ability to change the quality of consciousness of the material-spiritual world in which we are enmeshed. This apparently extrnormal consciousness is also attained by people who practice various forms of self-disciplinary (Yoga) or it can occur spontaneously in deserving individuals. Almost everybody knows a little about Vision. But what good is Vision if there is nothing to share it with? And surely if an individual can't relate to its own Vision, then it can't relate to anything of real value to another. And wouldn't it be intense if everyone felt of real value to everyone else? An why should we not? It is our birthright and if you are misled out of your full measure of it this lifetime it seems only fair that you should get another try.

The question of life must be answered for an individual to be free. One must be fulfilled

if one is to be liberated; this requires true knowledge in other words, understanding the truth. An earthling must attain the way of heaven on earth before it can gain entrance to another "Heaven", right? Therefore going to "Heaven" is getting to where you are living beyond life and death. Our Consciousness is then the key and the lock; heaven is relatively attainable. Right?

"As ye sow also shall ye reap."

Ask and you shall receive. One must first seek in order to find. All souls are one with the oversoul.

In this awareness one may find contentment, but in order to remain content one must discover the Way to retain it. Everyone of us must realize this, the path of righteous action is above hate and love, and it transcends good and evil. If this is not true, how can we exist? How can anything be but the butt of a Kosmic Joke? How can we have a thousand years peace?

For as long as we remain ignorant of the order-unity of all creation, regardless of our dreaming, we shall continue to manifest "nightmares". Please write in 25 letters or less if you know different.

So, I will continue to "think" everything is like unto cork, floating in the Sea of Love-Knowledge-Power. Each cork being endowed with a response-ability, in other words, a capacity to reflect Power-Knowledge-Love, which is determined by the quality of its particular composition, structure-form. Of course, everything in Nature changes, hence the "sea" conditions the "corks" and the "corks" condition the sea and one another. So are We.

Unfortunately though, many people do not remember this. Evidently, many people do not remember who they are or why they are here. We have only to reflect on this to feel it, and with a little help maybe find out for sure and help someone else feel it.

In the New Testament, it is said that the generations of the future would do greater works than he did, referring, of course, to Jesus. If this is happening it is not through mechanically worshipping a faded image. It is happening because many people are reflecting or responding to the spirit of the Christ. Certain people are becoming themselves fortemples of spirit; following examples of saints and sages of humanity "past and present". Living life much as pioneers. Dormant powers and faculties are being re-activated. We are beginning to rediscover the head of Man once was and is the beautiful vital mystical crown of creation. Right on Brothers and Sisters!



David from page 6

to explain to their sharp-eyed children that, well yes, men were not built like women.

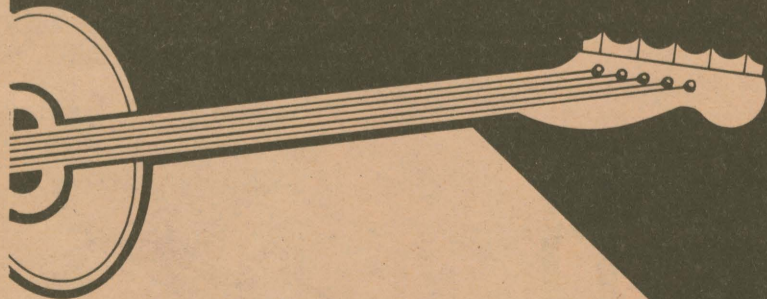
"It looks like he's wearing a jock strap," Palmer complained but the presses had been stopped for almost two hours and so he let the run continue.

"Hell, I don't see what all the fuss is about," the city editor said. "He's not that well hung in the first place."

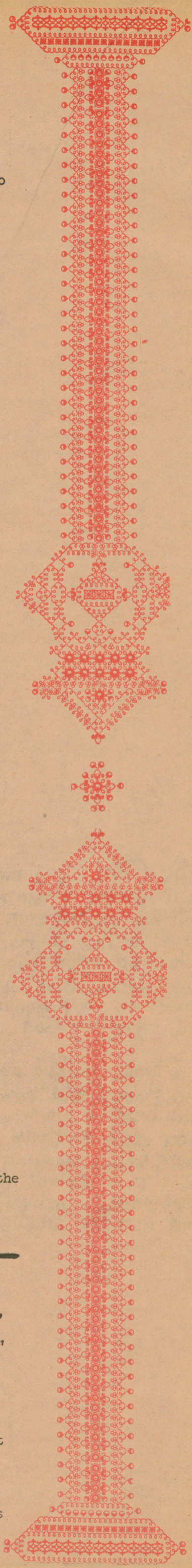
Tune in again next week, folks, for the Kansas City Star First Annual Book Burning. And watch for the exciting sequel, The Kansas City Star at the Art Museum.



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THE STORE RECORDS

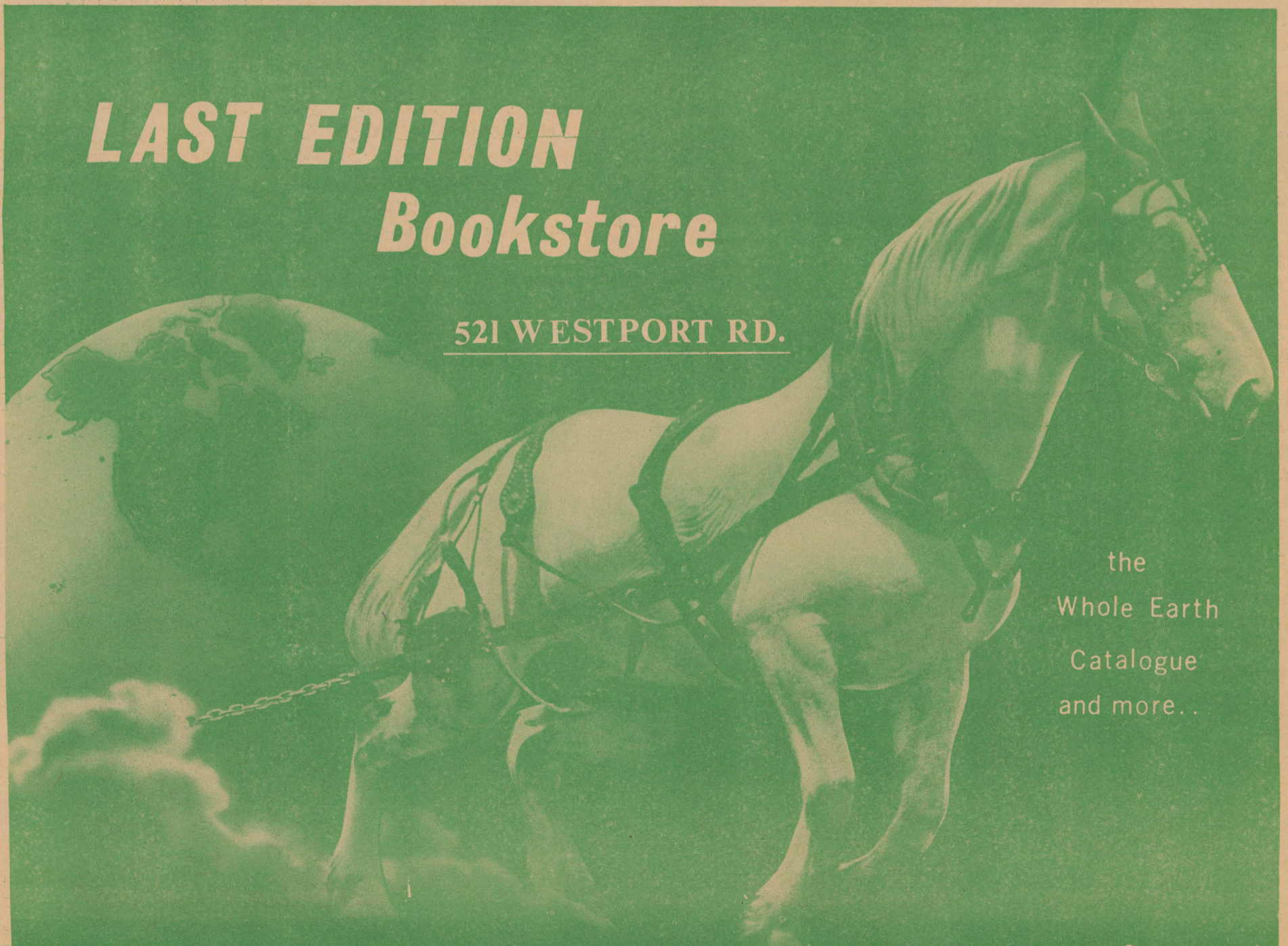
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MUSIC

Memphis Underground

Herbie Mann

Uncle Charlie & His Dog Teddy

Nitty Gritty Dirt Band

Being a NGDB freak for several years, I figured on enjoying their new album from the beginning. I opened up their super thick promotional package crammed with miscellaneous bits of funk ranging from taped interviews to profile sheets and pictures to a copy of their new single (Mr. Boyangles) an old klunkes 78 rpm phonograph record and finally the album itself. For the next 45 minutes I listened to a beautifully refreshing collection of material showing the Dirt Bands wide range of talents. No loud, thundering drums, or electric feedback here, just some good, down-home music that carries you through heartaches and joy back to the good old days.

The cuts on the album I just keep coming back to are on side one, "Jessy James" by Uncle Charlie and "Mr. Bojangles" and there is a song on side one that any Grateful Dead freak would find appealing, "Prodigal's Return", plus some incredible blue grass banjo in "Randy Lynn Rag".

There's a lot in "Uncle Charlie and His Dog Teddy". Dig it. - D.G

THE BOHNER BAND SAYS,
"Get Layed Today!"

Many people are leaving the psycharockdelic soul type music and finding more satisfaction with blues/jazz musicians. Herbie Mann's Memphis Underground is a prime example of why what's happening.

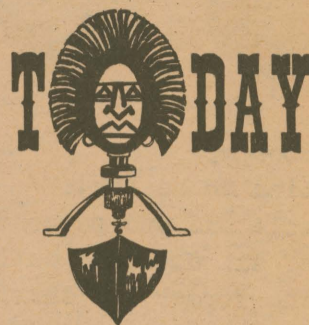
As with Miles Davis in recent days, Herbie Mann has joined together with some great younger musicians such as Larry Coryell and Sonny Sharrok to create music. This is Memphis Underground, a combination of artists, talent, and points of view that come together on one level - music.

The recent interaction between young and old, or rock and jazz, or whatever terms that fit, is going to produce some fantastic results. It will change the nearly emaciated rock scene to a new level. It will also help to rid the younger sounds of the gimmicks and candy-ass type songs. It may also eliminate the labeling categorizing that has divided music in the past and kept it from coming together.

Call it jazz/rock, jazz/blues, jazz/rock/blues, names aren't important but the music and the people invovled are important. Memphis Underground isn't the beginning and end or the final door to be opened. It is the pleasing indication of what's to come.

Memphis Underground deserves more than a few nice words about Herbie Mann's next to spiritua. flute work, the funky-mellow jazz vibes, and the masterful guitar work. Herbie Mann is contributing, Larry Coryell - who was heralded in '66 to synthesize rock and jazz - is contributing. It's all coming together, it's all music and it's beautiful.

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THIS READING IS TAKEN FROM THE
 I CHING OR THE BOOK OF CHANGES
 THE RICHARD WILHELM TRANSLATION
 FROM CHINESE INTO GERMAN
 RENDERED INTO ENGLISH BY
 CARY F. BAYNES WITH A FOREWORD
 BY C.G. JUNG AND A FOREWORD
 TO THE NEW EDITION BY
 HELMUT WILHELM

PAGES 185 TO 188 [BOOK I: THE TEXT]
 NUMBER FORTY EIGHT [HEXAGRAM]
 CHING ~ THE WELL

☰ ABOVE [UPPER TRIGRAM]
 K'AN THE ABYSMAL,
 ☵ BELOW WATER
 ☳ SUN THE GENTLE, WIND,
 WOOD

WOOD IS BELOW, WATER IS ABOVE.
 THE WOOD GOES DOWN INTO THE EARTH TO
 BRING UP WATER. THE IMAGE DERIVES
 FROM THE POLE-AND-BUCKET WELL OF
 ANCIENT CHINA. THE WOOD REPRESENTS
 NOT THE BUCKETS, BUT THE WOODEN POLES
 BY WHICH THE WATER IS HAULED UP, THE
 BUCKETS WERE MADE OF CLAY. THE
 IMAGE ALSO REFERS TO THE WORLD OF
 PLANTS, WHICH LIFT WATER OUT OF
 THE EARTH BY MEANS OF THEIR FIBRES.

THE WELL OF WHICH WATER IS DRAWN
 CONVEYS THE FURTHER IDEA OF AN IN-
 EXHAUSTIBLE DISPENSING OF NOURISH-
 MENT.

THE JUDGEMENT

THE WELL. THE TOWN MAY BE CHANGED
 BUT THE WELL CANNOT BE CHANGED.
 IT NEITHER DECREASES NOR INCREASES.
 THEY COME AND GO AND DRAW FROM
 THE WELL. IF ONE GETS DOWN ALMOST TO
 THE WATER AND THE ROPE DOES NOT
 GO ALL THE WAY, OR THE ROPE BREAKS
 OR THE JUG BREAKS, IT BRINGS MISFOR-
 TUNE.

IN ANCIENT CHINA THE CAPITAL CITIES
 WERE SOMETIMES MOVED, PARTLY FOR
 BECAUSE SAKE OF A MORE FAVORABLE
 LOCATION, PARTLY BECAUSE OF A CHAN-
 GE IN DYNASTIES. THE STYLE OF ARCHI-
 TECTURE CHANGED IN THE COURSE OF
 CENTURIES, BUT THE SHAPE OF THE WELL
 HAS REMAINED THE SAME FROM ANCIENT
 TIMES TO THIS DAY. THUS THE WELL IS THE
 SYMBOL OF THAT SOCIAL STRUCTURE
 WHICH, EVOLVED BY MANKIND IN MEET-
 ING ITS MOST PRIMITIVE NEEDS, IS IND-
 EPENT OF ALL POLITICAL FORMS. POLITIC-
 AL STRUCTURES CHANGE, AS DO NATIONS
 BUT THE LIFE OF MAN WITH ITS NEEDS RE-
 MAINS EXTERNALLY THE SAME. THIS CAN
 NOT BE CHANGED. LIFE IS ALSO INEXHA-
 USTIBLE. IT GROWS NEITHER LESS NOR MORE
 IT EXISTS FOR ONE AND ALL. THE GENERAT-
 IONS COME AND GO, AND ALL ENJOY LIFE
 IN ITS INEXHAUSTIBLE ABUNDANCE.

HOWEVER, THERE ARE TWO PREREQUISITES



FOR A SATISFACTORY POLITICAL OR SOCIAL
 ORGANIZATION OF MANKIND. WE MUST GO
 DOWN TO THE VERY FOUNDATIONS OF LIFE.
 FOR ANY MERELY SUPERFICIAL ORDERING OF
 LIFE THAT LEAVES ITS DEEPEST NEEDS UN-
 SATISFIED IS AS INEFFECTUAL AS IF NO
 ATTEMPT AT ORDER HAD EVER BEEN
 MADE. CARELESSNESS - BY WHICH THE
 JUG IS BROKEN - IS ALSO DISASTROUS.
 IF FOR INSTANCE THE MILITARY DEFENSE
 OF A STATE IS CARRIED TO SUCH EXCESS
 THAT IT PROVOKES WARS BY WHICH THE
 POWER OF THE STATE IS ANNIHILATED, THIS
 IS A BREAKING OF THE JUG.

THIS HEXAGRAM APPLIES ALSO TO THE
 INDIVIDUAL. HOWEVER MEN MAY DIFFER
 IN DISPOSITION AND EDUCATION, THE FOU-
 NDATIONS OF HUMAN NATURE ARE THE SA-
 ME IN EVERYONE. AND EVERY HUMAN CAN
 DRAW FROM THE INEXHAUSTIBLE WELLSPR-
 ING OF THE DIVINE IN MAN'S NATURE. BUT
 HERE LIKEWISE TWO DANGERS THREATEN:
 A MAN MAY FAIL IN HIS EDUCATION TO
 PENETRATE TO THE REAL ROOTS OF HUMANITY
 AND REMAIN FIXED IN CONVENTION - A
 PARTIAL EDUCATION OF THIS SORT IS AS
 BAD AS NONE - OR HE MAY SUDDENLY
 COLLAPSE AND NEGLECT HIS SELF-DEVEL-
 OPMENT.

THE IMAGE

WATER OVER WOOD: THE IMAGE OF THE WELL.
 THUS THE SUPERIOR MAN ENCOURAGES THE PEO-
 PLE AT THEIR WORK, AND EXHORTS THEM
 TO HELP ONE ANOTHER.

THE HEXAGRAM; THE TRIGRAM SUN, WOOD, IS
 BELOW, AND THE TRIGRAM K'AN, WATER, IS
 ABOVE IT. WOOD SUCKS WATER UPWARD.
 JUST AS WOOD AS AN ORGANISM IMITATES
 THE ACTION OF THE WELL, WHICH BENEFITS
 ALL PARTS OF THE PLANT, THE SUPERIOR MAN
 ORGANIZES HUMAN SOCIETY, SO THAT, AS
 IN A PLANT ORGANISM, ITS PARTS CO-OPER-
 ATE FOR THE BENEFIT OF THE WHOLE.

MANY HAPPY RETURNS... *Jung*

SMOKEY THE BEAR SUTRA

Once in the Jurassic, about 150 million years ago, the Great Sun Buddha in this corner of the Infinite Void gave a great Discourse to all the assembled elements and energies: to the standing beings, the walking beings, the flying beings, and the sitting beings -- even grasses, to the number of thirteen billion, each one born from a seed, were assembled there: a Discourse concerning Enlightenment on the planet Earth.

"In some future time, there will be a continent called America. It will have great centers of power called such as Pyramid Lake, Walden Pond, Mt. Rainer, Big Sur, Everglades, and so forth; and powerful nerves and channels such as Columbia River, Mississippi River, and Grand Canyon. The human race in that era will get into troubles all over its head and practically wreck everything in spite of its own strong intelligent Buddha-nature."

"The twisting strata of the great mountains and the pulsings of great volcanoes are my love burning deep in the earth. My obstinate compassion is schist and basalt and granite, to be mountains, to bring down the rain. In that future American Era I shall enter a new form: to cure the world of loveless knowledge that seeks with blind hunger; and mindless rage eating food that will not fill it."

And he showed himself in his true form of

SMOKEY THE BEAR.

A handsome smokey-colored brown bear standing on his hind legs, showing that he is aroused and watchful.

Bearing in his right paw the Shovel that digs to the truth beneath appearances; cuts the roots of useless attachments, and flings damp sand on the fires of greed and war;

His left paw in the Mudra of Comradely Display -- indicating that all creatures have the full right to their limits and that deer, rabbits, chipmunks, snakes, dandelions, and lizards all grow in the realm of the Dharma;

Wearing the blue work overalls symbolic of slaves and laborers, the countless men oppressed by a civilization that claims to save only destroys;

Wearing the broad-brimmed hat of the West, symbolic of the forces that guard the Wilderness which is the Natural State of the Dharma and the True Path of man on earth: all true paths lead through mountains --

With a halo of smoke and flame behind, the forest fires of the kali-yuga, fires caused by the stupidity of those who think things can be gained and lost whereas in truth all is contain-

ed vast and free in the Blue Sky and Green Earth of One Mind;

Round-bellied to show his kind nature and that the great earth has food enough for everyone who loves her and trusts her;

Trampling underfoot wasteful freeways and needless suburbs; smashing the worms of capitalism and totalitarianism;

Indicating the Task: his followers, becoming free of cars, houses, canned food, universities, and shoes, master the Three Mysteries of their own Body, Speech, and Mind; and fearlessly chop down the rotten trees and prune out the sick limbs of this country America and then burn the leftover trash.

Wrathful but Calm, Austere but Comic, Smokey the Bear will illuminate those who would help him; but for those who would hinder or slander him,

HE WILL PUT THEM OUT.

Thus his great Mantra:

Namah samanta vajranam chanda maharoshana
Sphataya hum traka ham mam

"I DEDICATE MYSELF TO THE UNIVERSAL DIAMOND
BE THIS RAGING FURY DESTROYED"

And he will protect those who love woods and rivers, Gods and animals, hobos and madmen, prisoners and sick people, musicians, playful women, and hopeful children;

And if anyone is threatened by advertising, air pollution or the police, they should chant
SMOKEY THE BEAR'S WAR SPELL:

DROWN THEIR BUTTS
CRUSH THEIR BUTTS
DROWN THEIR BUTTS
CRUSH THEIR BUTTS

And SMOKEY THE BEAR will surely appear to put the enemy out with his vajra-shovel.

Now those who recite this Sutra and then try to put it in practice will accumulate merit as countless as the sands of Arizona and Nevada,

Will help save the planet Earth from total oil slick

Will enter the age of harmony of man and nature,
Will win the tender love and caresses of men, women and beasts

Will always have ripe blackberries to eat
and a sunny spot under a pine tree to sit at,

AND IN THE END WILL WIN HIGHEST PERFECT ENLIGHTENMENT.

thus have we heard.



walk carefully

when you are among

“Holy men” and
“Righteous” deeds
Distract from the internal

“Learned men”
Distract from
Natural wisdom

Professional know-how
Addicts people to the contrived
And the external

Be respectful and compassionate
But walk carefully when you are among- learned men

For such as these
However well meaning
Place you on their chessboard
Addict you to their externals
Distract you from the
TAO within

The lesson of the TAO is more likely
to be found among- gardeners
hermits
mountain men
smiling eccentrics
men who build their
own homes
children
parents who learn
from their children
loafers
amateur musicians
serene psychotics
animals
men who look at sunsets
men who walk in the woods
woods
beautiful women
cooks
men who sit by the fire
wanderers
men who make bread
couples who have been
in love for years
unemployed men
smiling men with bad
reputations

holy men
doctors
government officials
reporters
publishers
professors
religious leaders
psychologists
rich men
social scientists
women with beautiful
faces
artists and writers
men who charge fees
city men
movie makers
men who want to
help you
men who want you
to help them
Christians and Jews

timothy leary

from *Fountain of Light*
Taos

ode to folksingers, dusty boots and worn roads

he gave me a gift,
 (o just a fledgling)
 a pair of broken wings.
 what can i do with these?
 you'll find out in time.



(dusty boots disappearing endless empty roads)

i have given you stolen faethers.
 through tears all windows are stainglass
 i have learned to crumble memories as
 i would dead leaves,
 but i hold them in my pockets.
 i can only dream
 and in my dreams you frighten me(terribly)
 i want you stay awhile
 it'll pass with silversatin quietness.
 utter breathlessly-dreams.
 comparisons,ideals,o nations', hereos
 guitar on back,curling hair,brown sweaters and work shirts
 do you really think you are original
 say something like,"see even the one that passes with
 the flute in his hand,he smiles".
 i loved you under bridges,in the art gallery corridors
 under trees and in the streets
 i can only love.
 o,you with sweet voice,small square perfect hands,
 smoke rings follow you and
 you hold the world in a note,a song,an instant
 you caress each as you pass,you know you own with every smile.
 i did love you,but i learned it was better to be your friend
 to open my door easily and leave it open,to wave.
 you should play tambourine.you should sing.
 o,but i do you just don't hear.
 tomorrow i will hear tomorrow i will see
 oceans don't always seperate us,
 sometimes i can feel.
 i can only smile
 smiles can't always conceal
 (empty roads accept you as master and slave
 tomorrows come and pass with each day.....

rabbit



LANDSCAPING

The new american gardener
 sports a Hiroshima thumb.
 Pentagons by the thousands
 collapse soundlessly into
 Japanese rock gardens.

Someone found the philosopher
 stoned.

A drowned Asian policy surfaces
 chlorined on subway faces,
 leaps in Kansas City car pools.
 Claymore mines detonate
 behind a million eyes,
 and from cracked bindings
 drift the mists of Dresden,
 Hiroshima, and My Lai.

O could Turner paint a sunset
 now,
 with Krakatoa everywhere!

david perkin
 from Survivors

PASSING

The autumn, when the fading days will turn
 Their copper eyes to shades of glist'ning white,
 Silver hesitates, knowing golds soon burn
 Away and leave the cloudy monarch light
 And icy gems. Snow is an ermine robe;
 Crowning clouds and frost blue eyes gaze
 Over rims of pearly goblets. A globe
 Of clean and clear and peace, where fog-sky days
 Melt into studded nights of royal blue.
 Solitude stares into mirror lakes
 Reflecting her prised self. Silver true
 To me, I know not what to say. Gold takes
 The day too soon, and you must pass from light,
 Left to cold moon and stars, fade at end-night.

sue vickers



THE RAISIN

All of a sudden out of a clear
 Blue sky, came a cloud, and it
 Rained all over the world,
 Then two days latter the
 Sun came out dried
 Everything up and every-
 One turned into raisins.

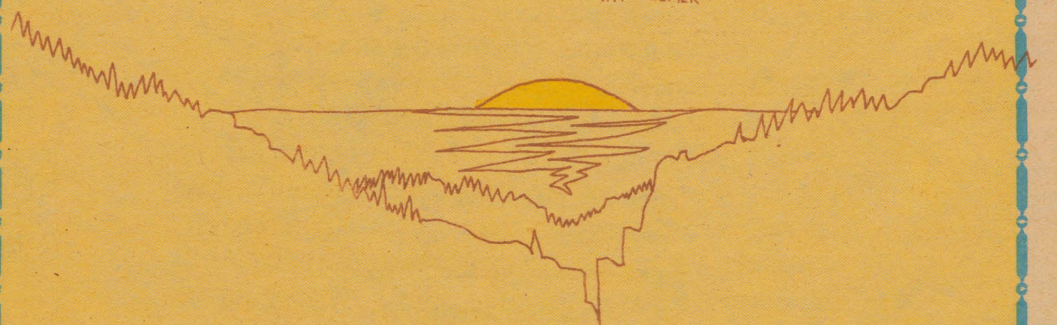
joe holmes



RENAISSANCE

THE MORNING WAS FRESH
 HAVING LEFT THE MOOD OF A THOUSAND
 OTHER MORNINGS.
 MAYBE IT IS BECAUSE WE SLEPT
 INSTEAD OF LOVED
 AND THEN TOO MAYBE WE MISSED ONE ANOTHER
 UNTIL NOW.

PAT FULMER





EARTH FOOD

KAREN LINDSAY



For Mind,

And Body...

Hello food fans. Once again we bring to you favorite kitchen tested and approved recipes for those who wish to tune in to their bodies. Get high on natural food and celebrate the autumnal equinox.

After recipes:

When using flours in anything it is most important that it always be made from the whole grain. Flours depleted in either bran or germ lack nutrition (digestability). Also, a rough flour is better than a finally ground flour because it is not so mucus forming. Try to avoid pastry flours; they are not rough enough. Drichards Mill makes excellent flour (available at Helath Food Haven, 51st Street) the bran and germ are not finally milled.

Be kind to yourself and avoid drinking with meals. Allow thirty minutes before and after eating. Do not mix many foods at one time; allow 10 minutes between. Most important, drink only when thirsty and eat only when hungry.

Stuffed Pumpkin or Acorn Squash

$\frac{1}{2}$ t sesame oil
 $\frac{1}{2}$ c onions, chopped
 $\frac{1}{2}$ c cabbage, chopped
 $\frac{1}{4}$ c carrots, diced
3 or 4 shrimp, cut in quarters
 $\frac{1}{2}$ T sesame oil
 $\frac{1}{2}$ c whole wheat flour
 $\frac{3}{4}$ c water
1 t tamari soy sauce
1 small pumpkin or medium acorn squash
salt
Heat oil in pan; saute onion, cabbage, carrot and shrimp. Add a little salt. Rub one tablespoon oil into flour and toast. Set pan in cold water to cool. Add water and soy sauce, stir until smooth and add cooeket vegetables. Do not cook. Cut pumpkin in half scoop out seeds. Pour flour and vegetable mixture into pumpkin and brush edposed part of pumpkin with remaining oil. Preheat oven to 450. Place pumpkin onto slightly oiled baking dish or casserole and add enough water on the bottom to prevent burning. Bake for one hour or until pumpkin is very tender.

How to cook rice.

Rice, if not cooked prperly can be very ingestable and mucus forming. Basically we need to dextrinize the starch (breaking starches down to sugar). For rice cream cereal, whole rice should be toasted in oven until very golden and smells good; then grind in blender and simmer in four times the amount of water for twenty minutes. The cereal will not be so sticky. For cooked whole grain, the rice can be soaked over night. Pour off water and rinse

well. Saute in small amount of oil until a nut like fragrance or a golden color appears. Then cook rice in twice the amount of water for almost an hour on low flame. Do not uncover and stir until the very last. Soaking is not so necessary if rice is sauted and cooked an hour.

Unyeasted Bread

3 c any combination of whole flours
3 T oil
1 t salt
sweetner (optional)

Stir flours (bran, germ, rolled oats, etc. may be used also) with salt and oil. Mix well. Add water gradually stirring till you can pick up and shape loaf, a little on the sticky side. Place in small oiled and floured bread pan. Bake at 350 for one hour and twenty minutes. For rolls or muffins shape as desired and bake for less time.

Banana Nut Bread

This bread is very rich. However, when that uncontrolable urge comes for the "goodies" it is better than commercial brand refined products

$\frac{1}{2}$ c oil
1 c brown sugar or honey
2 large or 3 small eggs (fertilized and organically raised)
1 t salt
 $\frac{2}{3}$ c milk or water (1/4 c less liquid if honey is used)
4 ripe bananas
2 c whole wheat flour
1 t baking powder
1 t vanilla

$\frac{1}{2}$ c sliced or chopped nuts
Cream sugar and oil, add eggs and bananas. Mix dry ingredients together and stir into banana mixture adding alternately with milk and about 3 T cold water. Add vanilla and nuts. Bake at 350 for about 45 minutes.

Rice Patties

To cook brown rice, add small amount of flour, and water, and salt. Form into patties. Add chopped onion, green pepper and carrot either raw or previously sauted. Mix well. Shape into patties with wet hands. These may be deep fried or pan fried until crisp or softer if preferred, for deep frying the oil should be 350 and the rice may be formed into balls. Drain on paper towels. Serve with tamari soy sauce.

Apple Celery Salad

Add two cups cubed apples to 1 cup chopped celery, $\frac{1}{4}$ cup chopped parsiley and handful seedless raisins. Stir in two tablespoons mayonaiese or yogurt or simple lemon juice and a little honey.

