

# WESTPORT TRUCKER

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Kosmic City, Mo.

Vol. 2  
No. 2



# MOTHERHOOD EXPECTATION

When I.P. Pavlov first started his Nobel Prize winning experiments on conditioning, it was impossible for him to for-see the degree to which they would affect human understanding. Since those initial studies into the salivation of dogs at the sound of bell, physiology psychology, sociology and philosophy have all been influenced in some-way. Conditioning techniques are used in psychotherapy to treat alcoholics, homosexuals, and juvenile delinquency to name a few. Now with the development of the Lamaze Method of childbirth, conditioning theory leads its' knowledge to the oldest form of creative endeavor since the beginnings of man.

It is fitting that the Lamaze method should come into existence at this time. Women's liberation has almost moved into the area of cliché. Few areas remain where women must feel life as a burden. However, at the same time, there has been an increasing desensitization of many areas of life that could and should be rich and involving. This has occurred with the advent of anesthetic techniques in childbirth. The beauties of bearing a child have been partially sterilized by various medical techniques.

In order to fully appreciate the power of the Lamaze method, it is necessary to debunk the whole myth of conditioning. Conditioning in recent times has carried with it the negative connotation of external control. Many people have viewed the drug experiences as a deconditioning process, a means of getting away from the conditioning that has taken place. But this view is only true as long as conditioning is viewed as an externally controlling process. Recently conditioning techniques have moved way beyond the early simplicity of Pavlov and now can be viewed as a technique for increasing control over the self and self-awareness. Similar in many ways to Yoga, the Lamaze method is a training procedure in self-control over the bodily processes. What the Lamaze method offers is ways to get into the musculature and other bodily processes that are brought into play during birth.

By learning greater control over the body, the woman is able to avoid expending needless energy and thereby free up attention to the thrills of birth.

The Lamaze technique is basically a method for eliminating the useless pains of childbirth while avoiding the use of pain killers (anesthetic techniques). The method allows the man and woman to participate actively in the birth of the child. Basically the method can be divided into five areas: general knowledge, body building, muscle control, breathing and specialized techniques.

**General Knowledge:** One of the greatest causes of pain is fear. The unknown has always had a way of increasing sensitivity to painful situations. At one time it was thought that the elimination of fear would be enough to eliminate all pain. While this view has never been proved or disproved, there is no doubt that the knowledge of things that will happen during childbirth will greatly minimize the

Sean fears that come from unexpected occurrences.

Knowledge of the of labor can greatly add to the mother and for all others involved.

**Body Building:** While knowledge can eliminate a great deal of the pain, a physically fit body will also help. Since childbirth uses muscles that are used at no other time, it is necessary to use special exercises to increase muscle avoid certain things such as lifting both legs at once.

**Muscle Control:** One of the most important contributions of Lamaze is the techniques of muscle control. By simple tensing of certain muscles and relaxing of others the mother can quickly gain control over the important muscles in childbirth. The male partners acts as a guide by pointing out areas of tension that are out of awareness. By introducing the male as a guide, Lamaze allows the woman to free her attention for more important things she will be doing.

**Breathing:** Another important contribution, can be divided into three periods: a preliminary phase

cont. on page 5

reprinted from Fountain of Light

on the subject of the good and proper way to have babies. Most people have definite opinions for or against childbirth at home.

As a woman, I can respect and admire the desire to allow a beautiful and meaningful experience to take place at home, with maximal sharing of the joy of the ultimate fulfillment of womanhood

As a physician, it scares me shitless.

Let me ask each one of you who wants to have a child at home these things:

Will someone attend your "confinement" who can recognize conditions that may lead to fatal bleeding during or after labor?

Will someone be there who can prevent stretchig or tearing the birth canal? Some complications of tears can lead to "fistula formation" or abnormal passages between the rectum or bladder and the vagina. The result is not aesthetically pleasing.

Can someone there recognize "fetal anoxia", or lack of oxygen being delivered to the baby? This could require very rapid delivery to prevent retardation.

Can anyone there treat shock resulting from excessive blood loss? Or, for that matter, will anyone know how much bleeding is normal?

Can someone there revive and breathe for a baby if he is unable to start breathing on his own?

Can someone there recognize potentially life-threatening disorders in the child, and will they know treatments for them?

Do you have the proper drugs to prevent blindness in the baby due to often unrecognized Gonococcal infections in the mother?

Are you in good physical condition and have you had adequate nutrition during your pregnancy?

Is the size of your pelvis adequate to allow a normal delivery?

Is the baby in normal headdown position or is he a breech baby?

Okay. There's more, but my case rests. Granted, many hospital deliveries are conducted in an overly sterile environment.

Granted, any institution, especially a medical one, is difficult to change. But any woman who firmly states her desires about her own delivery and who cultivates the mind of her physician during her pregnancy is making definite move to humanize medicine.

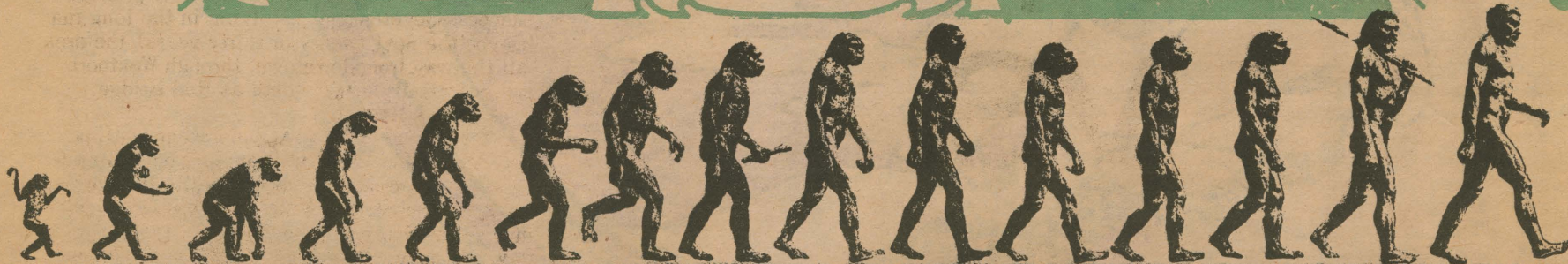
One unnecessary death of a mother or child due to inadequate care is unforgivable.



## childbirth: SOME QUESTIONS

By: Dr. Virginia Bush,  
Taos Free Clinic

There is a controversy in our communities now



Welcome to the second issue of Volume 2! Reading this, you may not realize that the paper came out sooner than usual but we're comming out every three weeks now. \*\*\* It seems that very few people are aware that Trucker classifies are free if no money exchange is involved. Use them. \*\*\* If you should run across an available file cabinet, We could sure use one. Contact Dennis at the Magic Circus.

Vol. 2, No. 2

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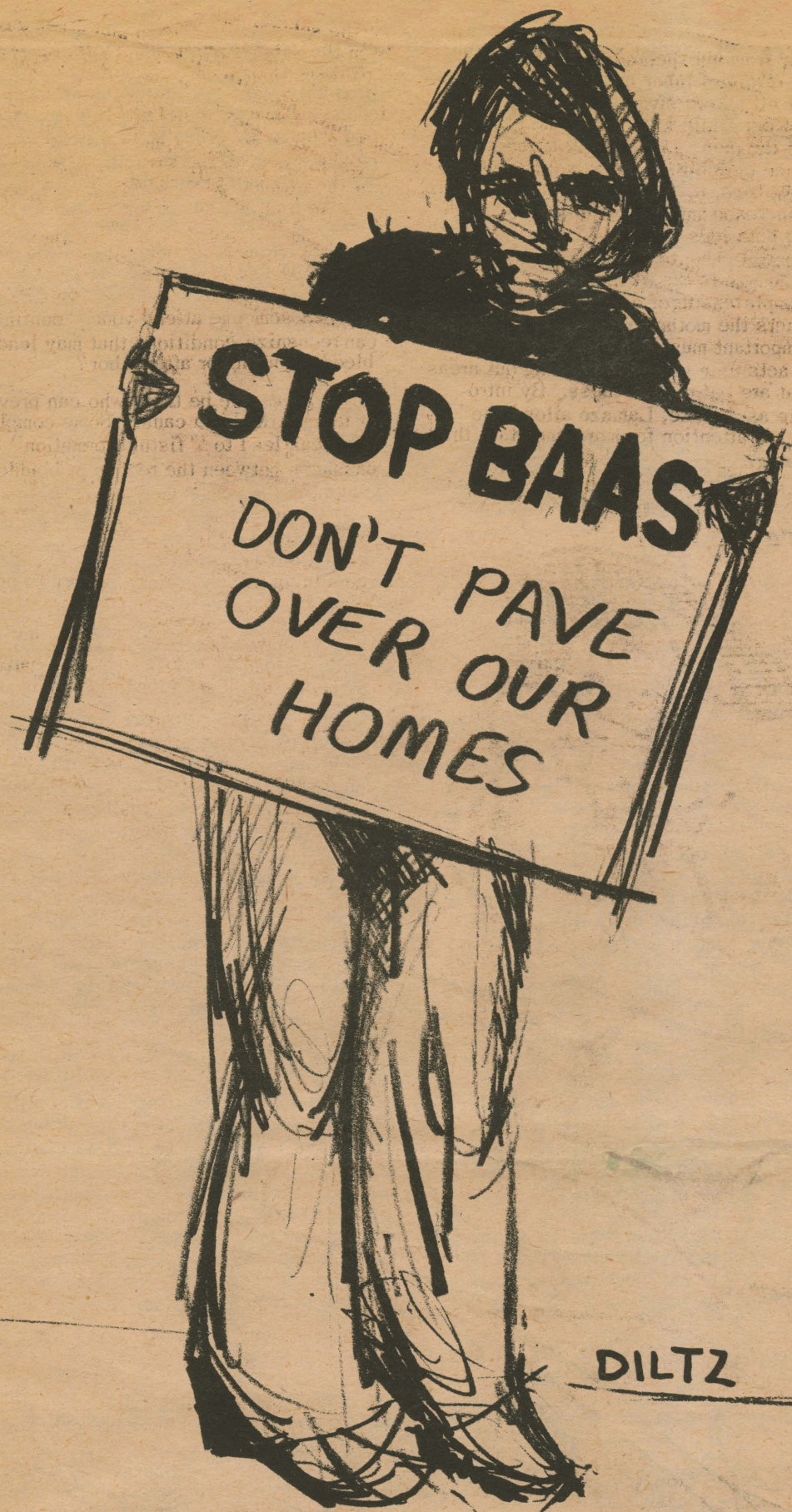
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# Westport VS the Broadway Area Association

by Molly Brown

A man was out for his afternoon walk. As he went by one of the houses owned by a member of the Broadway Area association, he saw a second story window open and a man empty a bag full of garbage onto the lawn. Mildly curious, he stopped to watch what was going on. Minutes later a car stopped and photographers got out to take pictures of the trash on the lawn. He figures the Broadway Area association had set up the pictures to support their contention that the area they want to redevelop is a blighted neighborhood. That's the kind of fight it's turning out to be.

"In the battle of life," one lady said, "the Broadway Area Association is the war criminals."

The Broadway Area Association is going before the City Plan commission March 4 at 8:30 a.m. in the council chambers at City Hall to ask them to declare the neighborhood from Thirty-third street to Valentine road, from Pennsylvania to the Southwest trafficway as a blighted area.

According to the city ordinances, the City Plan commission, an appointed group, has absolute authority—barring proof of fraud or willful misfeasance—to rule on whether or not the neighborhood is in fact blighted.

If they find that the property in the area is either a economic or social liability or conducive to ill health, transmission of disease, crime or inability to pay reasonable taxes then by city ordinance they can call it a blighted area.

If the city makes that ruling March 4, then the Broadway Area association will go to the state for permission to redevelop the area under state urban renewal laws. That means that they'll have the power to condemn the land—buy the homes whether the owners want to sell or not—and they'll receive a tax abatement deal that will allow them to build a high rise office and apartment complex and only be taxed on the land value.

It seems a little complicated and it is—government things are like that—but it's worth trying to understand it. And doing something about it. The Broadway Area association's take-over plans and the residents fight to stop it is the most important single battle being fought over the future of Westport. Period.

And the final decision is going to mean a great fall in terms of the future of the city, affecting especially the areas directly south of Westport along Bookside boulevard.

First you should know who the Broadway Area Association is and the power that they control.

The members are: Business Men's Assurance, the J.C. Nichols company, Kansas City Life Insurance, Panhandle Eastern Pipeline Company, the Veterans of Foreign Wars, Interstate Securities, which has Lamar Hunt money in, The Broadway-Valentine shopping center, and Broadway National Bank—whose owners include Panhandle Eastern, Interstate Securities and City National bank which is closely tied to B.M.A. and others.

Other members are the Americana corporation, Commercial Union Insurance group, the Hyde Park Hotel, Metropolitan Real Estate Company, National Life Insurance Company, Dale Carnegie Courses, C.J. Patterson Company, Sidney's, Toedman Cab and Travel Service International.

Not all those firms are involved in the redevelopment plans but the biggest of them certainly are which means that the residents of the area are taking on some of the wealthiest and most powerful men and corporations in the city of Kansas City.

The neighborhood people are going to be accused of standing in the way of progress. What they are doing is standing in the way of what looks to be a well-thought out master plan for business development involving in the long run (maybe the next twenty or thirty years) the area all the way from downtown, through Westport and potentially as far south as Red Bridge.

It works like this:

The Broadway Area Association—calling itself the Penn Valley Redevelopment corporation—wants permission from the city to take over the area from 33rd to Valentine, from Pennsylvania to the Southwest Trafficway. If they get it, they will acquire the whole area: six residential blocks containing over 200 dwelling units and the Norman School at 35th and the Trafficway if the school district will sell it to them.

If they get it they'll acquire the land and then over the next ten years tear it down block by block and build high rise offices and apartments. The first to go will be the area from Pennsylvania to the Trafficway, from 33rd to 34th streets. Then the block from Jefferson to the Trafficway from 34th to 35th street. Then the block from 34th to 35th from Jefferson to Pennsylvania.

cont. on following page

cont. from page 3

Then they'll move back from Valentine, developing the block from Valentine to 36th street from the Trafficway to Jefferson first, then half of the block from Valentine to 35th, Jefferson to Pennsylvania, then the other half of that block and then the Norman School—if they can get it.

While all this is going on, the Broadway Area Association plans—at its own expense—to widen the Southwest Trafficway to accommodate turning lanes and to go ahead and construct what they're calling "Pennsylvania Boulevard."

What they propose to do—and pay for—and turn over to the city when they're done—is widen Pennsylvania from Penn Valley Park through the Penn Valley campus of Metropolitan Junior College and up to Valentine Road.

The plan is for Pennsylvania someday to run one-way south, coming off Broadway about where it does now—close to the Wyandotte turn off—and going underground in the park through the big hill close to the B.M.A. building. The Parks Department, whose commissioners include a J.C. Nichols vice-president, doesn't seem to mind and even has the roadway roughed in in their proposed master plan for the future development of Penn Valley Park.

If Pennsylvania goes underground there in the park, chances are it will go underground through the college site but the Broadway Area Association's plans are unclear on the point. After that it will resurface on the proposed development site giving the Broadway (which they want to run one-way north), the new, improved Pennsylvania, and then the Trafficway—big streets all around.

Okay. When they get that segment of Pennsylvania finished, the city will almost be obligated to make it go somewhere. The map—from the city transportation department—shows the city's best thinking so far on the route of that roadway.

You want to know why the routes look like they do?

Well, for one thing, the Broadway Area Association has never intended to stop with just the land from 33rd to Valentine from Pennsylvania to the Trafficway. They made it clear that they intend in the future to control the planning for the area from Wyandotte to the Trafficway, from 33rd south to 39th. And they've begun to acquire that land too. Next time you're driving on 39th and Pennsylvania. It says "J. C. Nichols" and that's not the only one.

And while the Broadway Area Association has been acquiring land north to 39th Street, the J.C. Nichols Company has been acquiring land to use

his Plaza ownership north to 43rd Street, wiping out an area that has been black owned since well before the Civil War. They're going to leave the old city of Westport alone—except for running a few highways through it.

They plan for one arm of the south-bound Pennsylvania Street to link up with Ward Parkway at the Plaza and the other arm will link up with the old street car tracks there by Winstead's. (Maybe they're planning to put the J.C. Nichols fountain under an over-pass.)

Why the link with the car tracks?

For years, the city has been trying to turn those cars tracks—which run from about 43rd Street all the way south to Waldo—into what they call the Country Club Boulevard. If you remember, they tried to locate the South Midtown Freeway there and the residents objected so strongly that they moved it east into the black neighborhood. Both the city and Miller Nichols, president of the J.C. Nichols Company, would still like to see that road way built.

Miller Nichols for sure would like to see it built. Think about this for a minute. The street would run pretty nearly parallel to the present Brookside. Okay. Look at the Miller Nichols holdings along side the proposed Country Club route:

He owns the Country Club Plaza, the shops up along 49th and Main, the Colonial shops at 51th and Brookside close to the Twin Oaks, the Crestwood shops at 55th and Brookside where B.A. Records is, the 63rd and Brookside shops and the shops at the intersection of Gregory and Oak and Gregory and Wornall.

The plans call for the Pennsylvania highway to be built first, linking with the street car tracks, then for the Country Club Boulevard to be built and, finally, to build another north link onto the Country Club route running to downtown along Wyandotte Street.

With Pennsylvania linking to the car tracks, Miller Nichols will have his own road running from downtown, through Penn Valley Park, through Westport, around the Plaza and out south next to his other holdings.

J.C. Nichols has two roads and a fountain named after him but it looks like Miller is going to out-do his dear old dad. There's an unreliable rumor that after this whole project is completed, Kansas City will be renamed Millerville.

In the face of all this—and the fact that the Broadway Area Association has for the last three or four years shown dogged determination to realize its plans—there's a real temptation to despair.

But the residents of the neighborhood that the

Broadway Area association wants right now have undertaken to do battle against the whole set-up. And they're not doing too badly so far.

The spirit of their effort came across in a meeting the Broadway Area Association called to tell them about what was going to happen to their homes. A lady stood up after the presentation to ask a question of the Broadway Area Association people, arrayed up front, and a man in the back stood up and shouted at her: "Don't talk to the bossés! Turn around and talk to the people."

The residents of the area, many of whom have there all their lives and a lot of them who would still like to, have been organizing like mad to beat the plan.

They formed an association called the Valentine Neighborhood Association and they've opened the membership to people living in the proposed development area and people living form Valentine south to 39th. They know that's where the next expansion is going anyway.

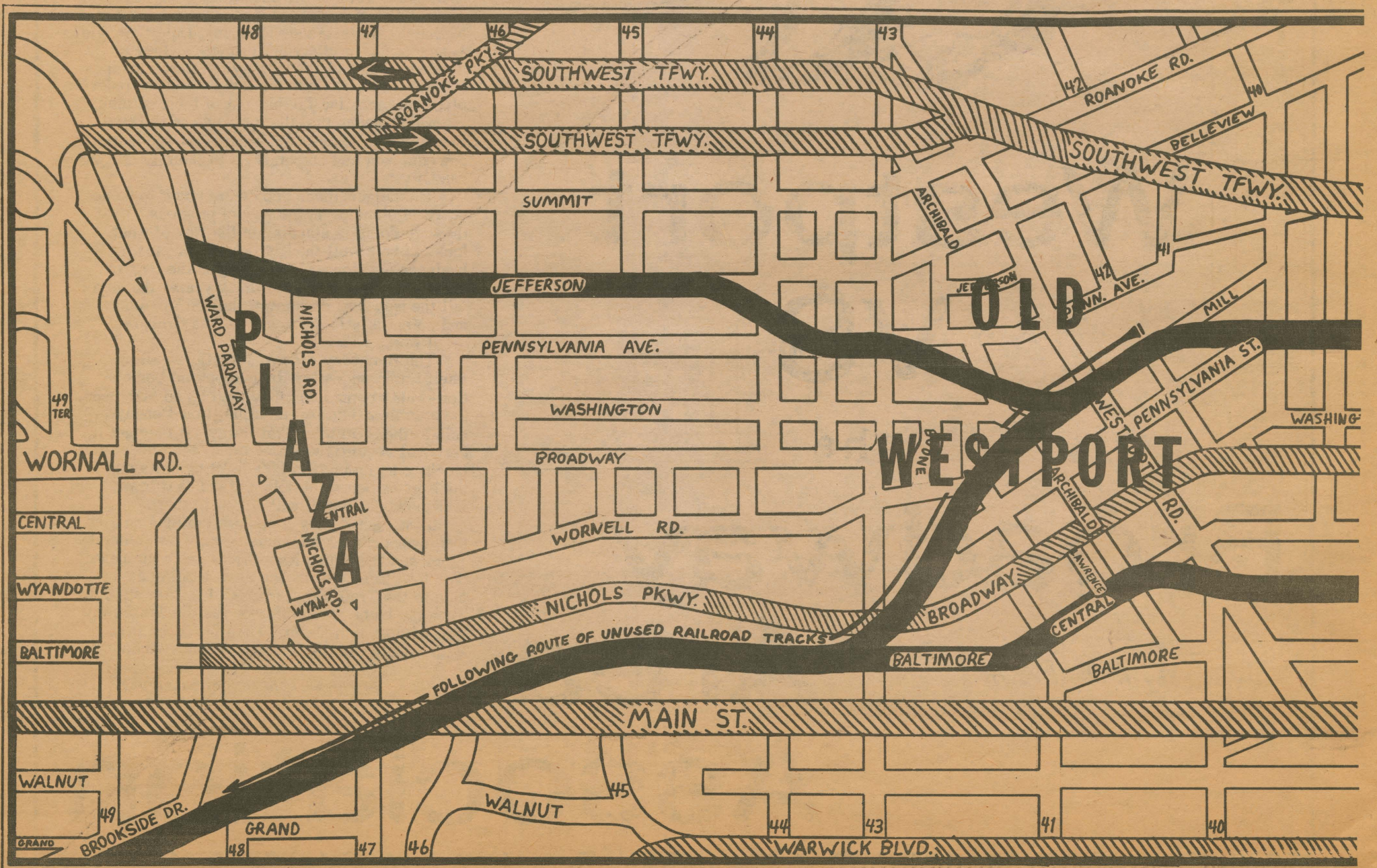
By asking residents to donate \$10, home owners \$20 and businesses \$50, they are trying to raise enough money to hire a lawyer.

James Baker, Westport's state representative, has been working with them as much as he's able. He sent a letter to Mayor Ilus Davis pointing out that the city ordinance in regard to urban renewal is in some conflict with the state law and may therefore be invalid. He also said there may be room for legal challenge in regard to the provision of the city ordinance that allows the City Planing Commission to make the final determination as to whether the area is blighted or not.

Harry Hall, Westport's school board member, has been working with them. After some research, he announced to the school board that the school district has already lost over 60 million dollars in tax receipts from urban renewal project already underway and that they could stand to lose an additional 13 million dollars—and the Norman School—if the Broadway Area Association's plans are approved.

Candidates for the city council from the 2nd district, which comprises the north section of Westport, have been working hard with the community's fight too. Paul Rojas and Roger Porter, both running against Sal Capra in the 2nd district, have been at the community meetings and working to help organize the neighborhood.

Joe Shaughnessy, running a hard battle against J.D. Robins and J.R. Serviss, has been firmly opposed to the Broadway Area Association's plans for as long as the B.M.A. has been talking about them—more than three years now.



At a meeting with the Westport Community council, Dr. Charles Wheeler went on record as being firmly opposed to the plan, saying "It's just as wrong as wrong can be."

In the 4th district, which includes most of Westport, the candidates' stands are not as clear. Robert Langworthy, running at large, is opposed to the development plan, as is Joel Pelofsky, one of his opponents. The other two candidates at large, Harry McLearn and James Lyddon, don't seem interested.

Dick Berkley, running for re-election, was busy congratulating Westport on participating in the city government process. Paul Lillig, his opponent, just talks about tax reform.

The chief thing that the Valentine neighborhood has to contend with is the charge that the area is blighted. It's especially hard members of the Broadway Area Association.

But they've organized a "Parade of Homes" for this Sunday, Feb. 28, to let the candidates and the press and the City Planning commission to see for themselves what shape the area is in. Most of the candidates, including both Wheeler and Brookfield, have said that they would attend.

The Westport Community Council will meet Monday night, March 17 at 7:30 at the Westport Presbyterian church to consider the redevelopment issue and take a stand on it as a community. Be there.

Vote March 2 for the candidates of your choice but be sure to think about their position on the Broadway Area Association's redevelopment.

If you can, get to the meeting March 4 at City Hall. The community council will be arranging rides.

And remember, what happens right now on Pennsylvania is going to go a long way toward determining what's going to happen in the next 20 years in Westport. The fight's begun.



The Nixon revenue sharing concept will mean that millions of tax dollars that formally went for the operation of federal programs will now be turned over to State and County governments. These funds which were formally used to operate programs designed to assist the poor and minorities in America will, as Nixon proposes, continue to serve the poor. The only difference being the programs will now be run by the state and local governments and not the federal government.

On the surface the plan appears to have merit - if one wishes to believe that taking power from Washington and putting it into the hands of State and local officials - is bringing democracy closer to the people. Nixon calls this the "return of power to the people".

However, the plan is very devious and misleading. Many of the tax supported federal programs such as Model Cities, Community Action Agencies, and some portions of HUD and HEW programs, - came into existence due to the need for the federal government to take the initiative on the behalf of some 35 million poor Americans. Such action (like the OEO act of 1964) was necessary because State and Local officials had found it politically difficult and not within their own selfish best interest, to provide the special assistance that the poor and minority communities needed.

Therefore the federal government had to step in to see that all Americans received the basic necessities of life - and a true equal opportunity to improve their livelihood. This was because State and Local governments had repeatedly, for years and years, failed to do so.

Traditionally, minority groups and low income Americans looked to the federal government, which was trusted and respected, to provide the needed leadership and assistance to help the poor. This has evolved as State and local governments are known to be largely controlled by special interest groups and usually lack the expertise and motivation

to take effective steps in alleviating the poverty within their communities.

What Nixon's revenue sharing will do is take away federal control of programs designed to assist the poor and minorities, and allow state and local officials to define the problems and decide how the funds will be used to assist the poor.

However, if past performance is any guide, it has shown that the difficulty with federally funded programs has been with to little and not too much federal control. Federal regulations and guidelines formally protected the rights of low income and minority Americans - and often times contrary to the political and material interest of the State and County officials.

Under Nixon's revenue sharing - now the State and Local governments will control the purse strings and the poor will actually suffer more. This will result from a lack of proper implementation of federal guidelines which will go hand in hand with the historic lack of interest and effective actions on the part of State and County officials, to assist the members of their poor and minority communities.

Because of this - the Nixon revenue sharing plan is not any "return of power to the people" because it is not the true people he is giving power to. Nixon will be giving more power, and indeed a great deal of it, to State and local governing input, less control and far less power to the low income and minority group Americans. The truly ironic thing here is that they will have far less power and control over the programs which were originally designed to serve their best interests.

In the words of one Chicago based neighborhood organization of low income and minority persons, Nixon's plan "would not mean more power to our kind of people".

Frank Leo Lane

### Motherhood Expectation (cont.)

(30-60 second contractions), an accelerated phase (45-60 second contractions) and a transitional phase (60-90 second contractions). Each of these phases can be less stressful by using breathing techniques complementary to the various rates of contraction. The techniques, however, take a small amount of practice which means they can't be learned in the labor room.

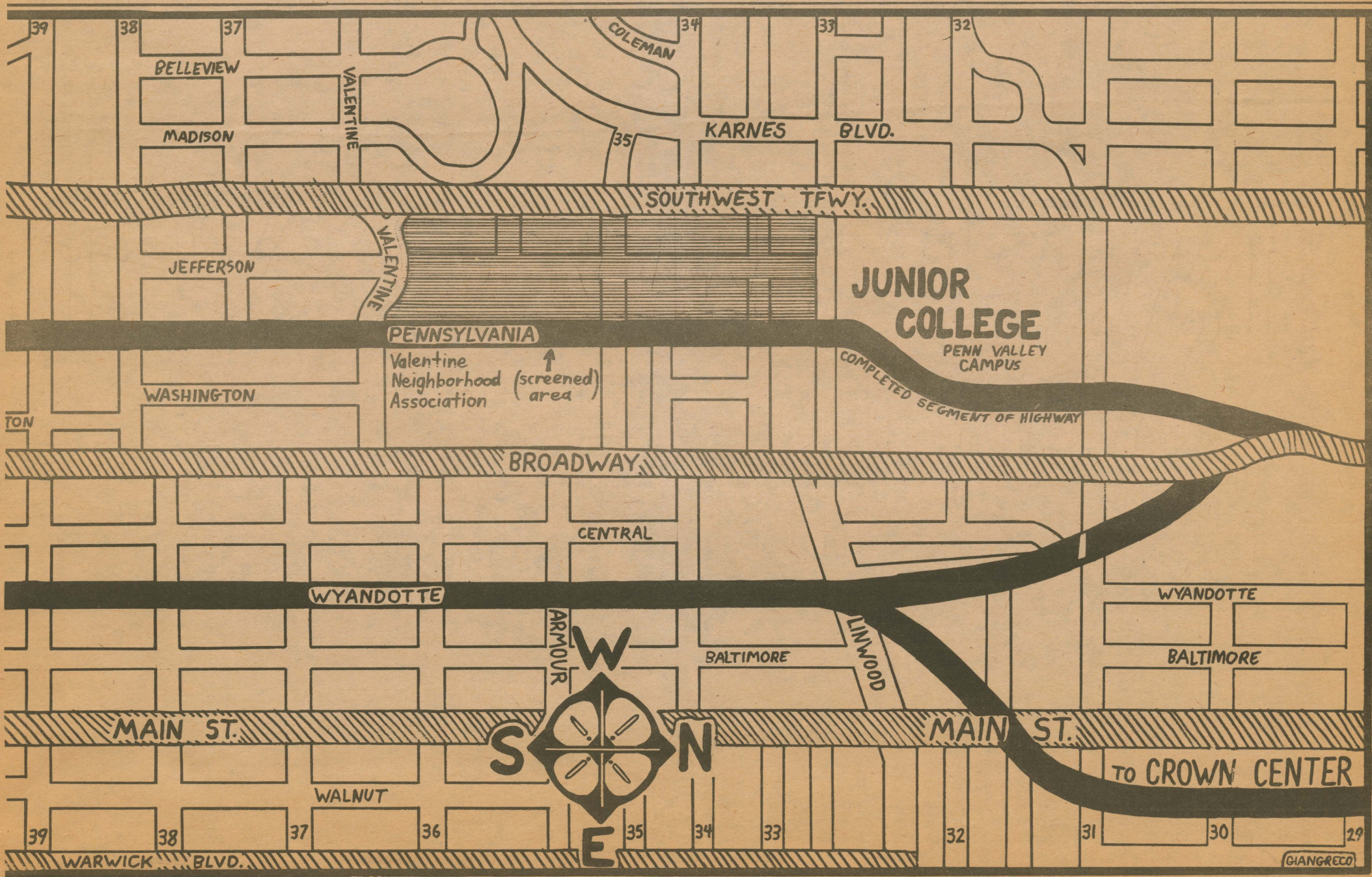
Specialized Techniques: In-include the various positions to get into during back labor, specific

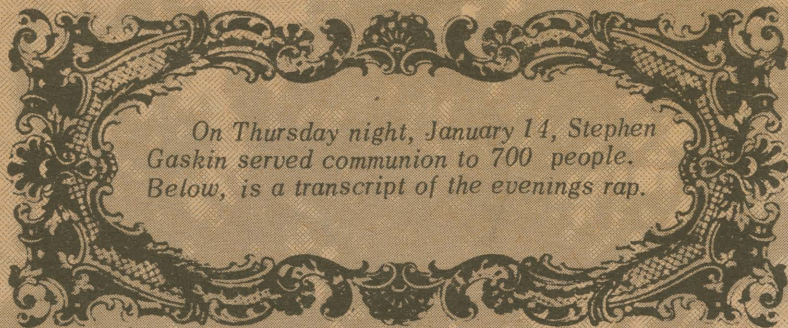
labor difficulties, how and when to push, recognizing labor as opposed to false labor etc. These and other parts of the book take into account the fact that each woman experiences labor differently. The techniques supplied by Lamaze allow the expectant mother to adapt to her own specific needs.

It is interesting to note some of the obvious similarities of Lamaze and Yoga. First is the use of the natural body processes rather than artificial methods. Second there is the co-ordination of knowledge of the body with body awareness and finally there is the development of breathing, so essential in all development of awareness.

Several good books have been put out on the Lamaze method. The best of these is Six Practical Lessons for an Easier Childbirth by Elisabeth Bing Grossett and Dunlap.

This is an easy, readable book which is recommended to anyone expecting a baby even if they don't intend to use Lamaze. Just the knowledge that you will get in simple digestible form will make it worth your time. For people who like to read, Awake and Aware by I. Chabon; Dell and New Childbirth by E. Wright; Hart are excellent supplementary readings.





This is always a very heavy place right at the beginning. Because at this point I'm supposed to start off and tell you something. But it's always at this point that I really realize that I got the least to tell you. Because like just because, we're here just like this shows we all really do know where it's at. It seems to me it works something like this: First you wake up in the world. And you wake up in the world, and you look around, and you see what's happening. What's really going on. You learn what cause and effect means. And then you say, well I see it's heavy and I want to help out, but what can you do? And there's a whole bunch of ideas around about what you can do? When I was in college, the word that everybody said was change, we got to make change. I don't think we have to make change, I think we just have to hang on., while the change makes it. There's a place of —what am I doing out here, and what is a spiritual teacher? Is that the same as a preacher? Is that the same as a yogi, what not. Well we got together and decided we'd try to find out what one of those was. And then we found out, that when you do that, is how you make one. We found out you don't have to get a fire you can make a fire. So we kind of put ourselves together first, like a patchwork quilt with bits and pieces out of everything. Yoga and general semantics, and Aldous Huxley, and Buckminster Fuller, and all sorts of random noises people were making back in the days of this thing. I guess the real early days is back about hundred-thousand years ago, but I mean more recently like, you know, four or five years ago. When you get finished with looking at Yoga, and what that's about, and Zen and what that's about, and you find out that there's no real difference between religions at all, they all agree you go to straighten up. They just got slightly different technologies, differences in opinion. So I started teaching about five years ago. I met more and more people who wanted to do the thing. We made up agreements that we'd stay together and help each other out, and try to work to bring about enlightenment. We be really simple as we can be, but we aren't naive. We try to be open in a way that puts nobody out. Like a door open for everybody. I guess what happens is, that we feel like we get taken care of for trying. And we do. We're here in a church building, this is all put together to do a church ritual. Well, here's how you have a ritual; when a bunch of people get together, they got to discuss and decide among them what are the ground rules for that get-together they are currently in. So they know what kind of a deal they are putting their re energy in. And, if you have a whole lot of gatherings of people, and you ask those same questions, and you get those same answers, about those things, if you do it long enough, it gets to be a ritual. They've been doing this one, for a couple thousand years. I feel like that's sort of preparatory to a conversation with us starting out from San Francisco going all around the country. We've been all over the place, talked to everybody. We know what the country's like, because we've just been through it. And we want to talk with you, here. Somebody about fifty—sixty feet back, ask a question, so I can reach out there. Or any where I don't care.

#### HOW DO YOU GET TELEPATHIC?

How do you get telepathic? Right now, in this place all you have to do is just relax. But in the long run, to be telepathic means you got to have a good enough head of energy on all the time to be stoned enough, and the only way you do that is to clear your subconscious. The Yogi's say the only barrier to the Kundalini, that's your natural energy source, is sexual subconscious. That means anything, anywhere where you're uptight about anything to do with sex, and have any kind of subconscious content will be a barrier to that energy flowing. I've said that lots of times, but it really sounds true when I say it tonight, because I was at a baby happening last night, and I got to watch it happen again, and got to watch somebody say words, that carried information, that cleared their subconscious, and made their contractions happen. You know, just one to one, you could watch it happen straight through. I just saw what a beautiful clean mind it is. It's really a beautiful head. It all works on orderly laws. Everybody can get it together and there's no such thing as crazy man. It's a shuck. It feels like good vibes in here to me right now.

#### IS TRANSCENDENTAL MEDITATION A GOOD WAY TO CLEAR YOUR HEAD?

It's a good way to clear your mind. Except

that the Maharishi doesn't come on solid enough about war. Now I feel like, like if anybody asks me about war, all I can say is, don't go. Just that. I can't see quibbling about details, what not, just don't go to war. And I feel like, that it will hang up your meditation, to go in the army. But, the idea of meditation and getting in there with your head and working it out as you yourself in there, is the way you're going to get it on. And any kind of meditation. A little weed at Vespers.

#### HOW DO YOU CLEAR YOUR SEXUAL SUBCONCIOUS?

The way you have to clear your sexual subconscious is you either have to do, or admit everything in it. It means you got to come clean man, you've got to go and say what you really want. Because that's the only way you're going to come to an understanding of yourself. That was the outrageous thing about early psychedelics for a lot of folks. Is because so many folks had sexual subconscious. And when they'd trip together, they would sit together, and be wanting to make love and not cop to it, and sit there and be uncomfortable for twelve hours. Because that would be hanging in their head, and they'd be pretending that everything else was all that was going on.

#### WHO ARE YOU, AND WHERE ARE YOU GOING?

My name is Stephen. And I was born in Colorado. And where we going, is we're going to keep on doing this. By this I mean trying to get folks together. Trying to at any level. Fight now, next we're going to leave here tonight we're going to Tulsa, Oklahoma, and from Tulsa to Bolder Colorado, then New Mexico, and Los Angeles, and then San Francisco, which may be the heaviest thing on the trip. We've been gone along time, and we've changed alot. It may be far out when we get back. We tend to be kind of spiritually conservative. And if anybody didn't have their Yoga all combed down smooth and neat, we'd tend to yark out on them a taste. And we've been out banging around in the world. And that's a groove. We've really learned alot on the road.

*What is going to be done in California when your trip is over? And are you starting a commune farm thing?*

Well, I'm not, in a commune marriage broker business exactly. But, I feel that I know a whole bunch of folks who want to live together and try and do a thing. And I want to have as many of them live with me, as can live on one piece of land, and then if we got more than that, we're going to have to get into more farms. And if we do that, if somebody really wants to like really do a community, and agriculture thing along our lines, we'll come and hang out with them a couple of months, and try and help them get it started.

*How can we keep in communication with you?*

I think, that we'll always be easily found. When we get back to San Francisco we'll be there for a while, then after that we'll be looking for a farm, and I think our way will be marked. Because we're going to travel together.

*Stephen, you talked about how we sort of dropped our goal orientations in Kansas. I'd like to understand better the idea of direction. And how it sort of fits in with being process oriented...*

Can you come on a little more?

*Is that like just taking care of your square inch field? You know? Just the square inch field?*

Ok. Heres a question about, I've been teaching for along time that you don't be goal oriented because it gets you hung up in a future trip about what your going to do in a little while and you don't pay attention to the here and now to make it work good. And, he's talking about, how do you do it in the here and now, so it makes it be good out there. Because that's the way it works. If you do it here

and now it makes it be good down the line too. What you do is, you pay attention to the universe, and if it doesn't come up to snuff, the universe ain't as groove as it ought to be, step right back inside your own head, and look for the first thing that you can throw out, and throw it out. Get rid of the first thing you can cut loose of. If you find that your

hang-up has been a certain food trip, that you've been like greedy for a certain kind of food. Cut it loose. And you can probably get enough altitude on that to get your next weiw point. Like, what I mean is you have to make the differences inside yourself, right inside your head, and that's the real secret. That's another thing that went on at the birth-in last night. I told somebody, what's going on inside your head is just as important as whats happening on the bed. And when she realized that, the whole situation came on to new life and stronger, because that's what a birth-in is. You have to raise the energy up to a high place so a heavy passage can be made.

*Can you recall a poem that helped you kind of slow down if you were ever in a really heavy comparison trip. Or how to get out of it?*

Oh, there's a couple of them. About how to get out of a heavy comparison trip. There was the one about the cat who went to a sword master, and he said 'I want to become a sword master immediatley!' And he says, 'with that attitude, it will take you about five years.' And he said, 'Oh, its got to be a lot sooner than that.' And he says, 'That will make it about ten years.' The only thing about being in a hurry is you've got this goal some where your going to. There's no reason to be worried about that, take it right now, in the here and now. Make it perfect as it passes through.

*Do you think Yoga is a complete idea or process, and do you think it will get you where you want to go.*

Do I think that Yoga is a complete process or idea. Do I think Yoga will get you where you want to go. Well, Yoga means alot of things. One of them, is its sanscrit for union. And as such means oneness with God. Then they say Yoga meaning the practice of what is standing between you and one with God. What you've got to do to get one with God. So in that sense everybody's got their own Yoga and its whatever is between them and being God. And that's what you've got to work out. That line. And, the thing about Yoga, to understand what Yoga is like is you've got to understand what magic is like. Now, Iranian Yogi's are called mage, and that makes Iranian Yoga magic. I think we might call it science. Its just what ever is real. These days you have to make a believe in spirt, and as such, is bound by the energy laws. And its going to lose out, because its got a thing problem.

*What do you think about scientology?*

I feel that is another kind of a Yoga and the thing thing about a Yoga is the medium message of it is just as important as the content. And I feel that the medium message of scientology is a little mechanistic, and not as beautiful, as Yoga should be.

*Am I to understand that I should have the highest energy at all times...And I'm wondering what you do to keep your energy flowing.*

The thing about having the highest energy at the appropriate time. There's times to let go and relax and let go of every thing. And what I do is sometimes I have to come on pretty strong, so the rest of the time I really sorta yin out. And be very soft. Except when I'm really doing a thing just so I can keep my balance.

*(Can't understand question on tapes.)*

Ok. Heres the thing. You've got a reactor sort of a thing. We're built like a spaceship. One of the spaceship things they put in Life Magazine, it's got a big ball here with all the atomic reactors in it, and a long thing that is the crew's quarters up here, so their away from the reactor. Well, like the reactor is your sexual apparatus and this is your crew quarters. And the Kundalini power is sexual energy is holy spirit, is Prana, is all the same thing. So the way that you get to where you live in high energy all the time, is to become so pure, that you can be in love with everybody around you, and let yourself flow freely all the time. The only way to do that is to be in love with everybody around you.

*You said that nobody is crazy. What would you call Charles Manson?*

On an ego trip. Is where he's on. The only category he falls under, is that man has free will. And if man has free will somebody's going to go out on the end of it—statistical percentage. How about that. Any more about that? Ok.

*What does it mean to be in love with everybody around you?*

Love is a work that has a referent that is not just a concept. There is a physical vibration. Love is holy spirt, is pure energy, is Kundalini, is child-birth energy, is all exactly the same. And if your relaxed and at ease, and not up-tight with anybody around you, you should normally flow. Feeling good good. Pretty good. And that keeps you stoned and smart. And if theres anybody around you, you don't love, you shut down, because you don't interact freely with them. And if you shut down for anybody, it shuts you down for everybody. So you've got to get to love everybody. But it really helps just to learn to love somebody just to learn what love is. That's

why some of us is ladies, and some of us isn't is so groovy.

*Is it love, to love somebody, when they want to refuse your love?*

The practicality of this is how is that done rationally. And that is, if somebody wants to refuse your love, that means their being up-tight with you, and refusing to open and flow with you. And what your suppose to do about that is deep your flow open anyway as much as you can, because your going to have to get it back open again anyhow sooner or later and its going to cost you energy to get it open. So you might as well learn to leave it open. So that's the practicality of it is to really love your enemy right there, at the energy level. Like stay open to him, and let your energy be around him even if he refuses it. Cause its better that way that you keep your energy on for everybody else that wants some too.

*What if your constant continuance of this love is an annoyance to them?*

Well, you don't have to hang around somebody and come up to their thing all the time.

If theres somebody way back there has something, I may not be able to spot a hand, back there, you all holler allittle.

*I have something to give you...a manifestation of God has come on this planet, in 1844--return of Christ, with a message for you and all mankind,... Vahahaha.*

But it was also brought by Mohomad, and by Jesus, and by Budda, and by Atlas and by Hercules, and some others.

*And Krishna.*

Krishna, thank you. If anybody's got a favorite avatar, don't let me leave him out.

*What can each one of us do to help alleviate the sufferings of the world?*

He said, what can each one of us do th help ellevate the sufferings of the world. Thats a good question. The first thing is that you be aware of it and recognize it unsentimentally. That you just be really aware of what it's lkike, to an unsentimental degree, right. The next thing you do is you don't be bummed by it. See? You just don't be bummed by it, because that makes you contribute to it. So then the next thing you do is you take care of the first thing in hand, which is right between your ears. Fix your head. And when you fix your head folks will notice, and you be straight with them. And if you just be honest and down home and communicate with folks about where your at you will transmitt your magic to them.

*How do fix your head?*

You got to tell the truth all the time even in an uncomfortable situation. Even if theres great social difficulty. What that does, is that keeps you from having subconscious. And if you don't have subconscious you should be smart enough to figure every thing else out for yourself. Cause if you don't have subconscious, the clear light of God can shine through you. Your own subconscious is the only filter that deeps that out. So if you come to a perfect square realization that you're karmacially clean with everybody you meet, your cause and effect is cool. And what that means is you've got to be groovy for a long time, you've go to make a decision to start grooving, and hang with it, until you say, I can look back down my chain, and I know what I've been doing. I now have knowledge of good karma. Well, if you you have knowledge of good karma, then you can come on pretty heavy behind it. Like Ghandi, talked about sat yagra ha moral force is knowledge of good karma.. When Ghandi went to go do things he got to do them because he knew it was right. And so nothing could stand in his way. The British empire couldn't stand, in his way, because he knew it was right. Thats what moral force is about, it doesn't mean going limp and the cops pick you up. It means knowing where your at, so your strong.

*When you look at the world unsentimentally, like you said, what do you see?*

It looks to me upon going out and looking at it first hand, a lot better than the mdeia made me think it was. For awhile, I was believing the media, and thought it was really pretty bad off. But its not that way, because the media multiplies all the hassles by thousands and thousands of times, and makes it look like there's a whole lot more of them than there are. But what we find going out on the road and really being with people, we have very few hassles. And each place we went said well you may be cool here man but wait till you get down south. Well, we went to Atlanta, and they grooved on us. And we went to Nashville, we went to the getto in D.C. We parked on the elipse by the White House, you know, where ever.

*Well, what makes them be so up-tight and what makes people exegerateso much about what's going on?*

I think we may be in the grip of bad journalism. Not completely. There are getting to be a few peo-

# Stephen

ple, like I figure that like the Kansas City Star showed a pretty good trip, because they put us on the front page, and we was good news. Thats far out

*A moment ago you were talking about making a decision to get straight so that you'd have a change. Well, I feel like very recently I've done that, and before that, I put alot of bad vibrations in the house. Do I need to be concerned about that, as well as trying to purify my body? And if so how?*

Ok. How do you mean into the house? Into the household, the folks there?

*Yeah, by interacting badly with the other people. Heres the thing, if you've been hasseling your friends, and your family, and then you decide you've got to straightn up, then you really do have to go to each one of them that you had a hassle with and get straight with them. And straight with them, is when you feel right with them. Not when you said a prescribed thing, or not, when you did something like give them a present or anything lide that. But like till you feel straight with them. And you've got to go get that way with each one of them. That cancels all the bad vibrations that you put into those folks, because we have the power of forgiveness. Which is a heavy oower. By forgiveness you can take the evil out of bad deeds. It's a very heavy power.*

*You were speaking a little earlier about the Kundalini forces. And I've heard from different places and different people, that experimenting with the Kundalini forces can be dangerous. Now if there theres any truth to that, why would people get into that?*

Ok. The question is that in some of the old books it says the Kundalini's so heavy it might even be dangerous. Well thats sort of like acid's that way too. Kundalini is very much like acid, almost exactly like acid, in that sense. Because theres Kundalini Yogi teachers that teach you how to breath, or something like that to get it up. The real Kundalini Yogi teachers, are the ones who teach you a moral structure. So you don't flip out with all that power, and go on an ego trip...Because that's the real danger of Kundalini, is getting into alot of juice. Also, if you play it right, the juice will help you make the decisions, too.

*What is your definition of ego?*

My definition of ego is maybe a little different than what we talked about a few years ago when the physcedelic experience was around. And people talked about ego, and that they lost their ego. Well, you can't lose your ego, because your ego is your veiw point. And if you ain't got a veiw point, you ain't in the movie. You just flat don't exist without a view point. But, what we mean by ego, when we say ego hang-ups, or obnoxious ego, or whatever, ws when your viewpoint is not looking and taking care of business but its got rear view mirrors on and its looking back like how am I doing, ain't I pretty. Or maybe even not ain't I pretty, maybe the paranoid side of that of gee I'm ugly. See, but it's the same mirror, it doesn't matters And so you got to drop all the mirrors, and just look out, and trust that you get taken care of. Like looking back on yourself is acting like your afraid that God isn't going to square with you if you square with God.

*Isn't that a little bit Freudian?*

Well, here's the thing about Freud, and all those cats who were with him, Yung, and Adler and the two Reich's is that they all had bits and pieces of stuff that we can now recognize as Yoga among other things. For instance, when Freud said the sexual energy can be perverted anal, or genitally, or orally, or what not, he was talking about the Kundalini and Chakras. Wilhelm Reich is the cat that rubbed folks and they said he wasn't respectable. Well, man, Wilhelm Reich was a pretty cool, he was a tantric Yogi. And thats the sexual sapect of Kundalini Yoga. Adler was into ego games introvert, extrovert and dominance and that kind of thing, is that he understood about. And Yung, was into the astral plane, and telepathy and magic. So that was a whole little spiritual school that tried to happen there and it got down to us. filtered out and turned into something with no juice in it by the time it got down to us. Far out, huh?

*Lets say, under the experience of theKundalini*

*that I still have the beginning sexual hang ups that I saw in the euphoria of my mind, and I want to bring myself back up so I can see through the fog--not on the body level.*

You're going to have to give me more on that. Thats kind of general and abstract. Can you get more specific.

*Lets say, I have gone into the Kundalini, I'm in the euphoric stage, where I no longer need drugs. Taking drugs and being around people is like feeling the body mentally. I inhabit other peoples bodies. If I get stoned I'll displace myself and become the other person.*

You mean, you telepathicallymerge your senses with theirs? Yeah, thats neat.

*Well, I get on other peoples trips, like on jet airplanes and stuff.*

Oh no, you don't have to do that, what you have to eo is tell the truth about whats happenig all the time, and then you'll be a cause instead of an effect effect, and ti will be a groovy trip. See thats the way I am. Thats why I take drugs, so I can feel other people with my mind and I be with them, and I be telepathic and all that kind of thing. Thats the only reason it's any good, what else do you take them for.

*What I'm trying to do is at least gain myself back where I can say,OK, this is a sexual thing and I will use it for this. But I want to seek Nirvana again.*

Now, Nirvana is not hanging out on cloud nine. Nirvana and Sangsara are one. This here stuff Sangsara, is what they call the illusion. Like all this stuff here, is Sangsara. Also emotions, and all that stuff is Sangsara. And Nirvana, is when everything is perfect. Well, some people in the West have translated Nirvana, to make it sound like it's being in a 98.6 bath tub man, with nothing happening. Well, that ain't where Nirvana's at. Nirvana is being right here in the washing machine, man, and in the cement mixer, and understanding it, and digging it, and moving with it so well that it's not a hassle.

*That same thing, when you were talking about becoming a sword master awhile ago. I understand it as something called celebration. Being aware of the present. That's cool because of one person, I mean yourself, because you don't have anyone else to worry about, but like what if you were in a group, how do you get to the place without wasting time talking about it to get to the point of celebration of the group? Maybe you've experienced this on your trip.*

Part of it is like wasting time talking about it is not wasting time. Wasting time talking about it is using the first level of magic to sort out your vibes, like combing your hair. It's when you get yourself together. And like you can go to it. This is what the Indian Peyote ceremony is. Is a group of people who together work it out over the course of a long night, until they come to the morning and the celebration. There's a whole tradition of how you do it in a group. And like we're doing it right here and now, because these questions and answers are things that everybody wants to know the questions and answers about, and we're coming to more and more an agreement, and it's getting higher and soldier in here as we go along.

*Does forgiveness imply blame?*

Does forgiveness imply blame. No. Forgiveness is another kind of a thing. If somebody came along and took your thing, and then later on down the line they got caught, and somegody says 'hey, I caught this cat that took your thing, what should I do to him?' And you think waw, I don't want to do anything to him. What you can say is, I give it to him now, retroactively. I forgive him. Ain't that neat. So thats how you do it, you say, it's OK you could of had my permission to do that. It's cool.

*Are children people, do they deserve people time, and what is equal time?*

Children are really people, in fact sometimes children are peopler than anybody. And the smaller they get the peopler they get until their really small their budda's. And if you treat them good and never

*cont. on page*

cont. from page 7

mess them up, they could stay buddas, and grow up buddas, and never stop being buddas. And the only reason they ever stop being buddas, is because we teach them. Then they become our responsibility to try to unteach them that, and get them enlightened again. By the time their twenty or something.

It sort of seems as though the intense sort of Hinayana trip that almost everyone's into, it seems that it's the last of the initial cop out even though they may have always displayed an inner wish. Like to get high, if nothing else. You know. And thats one thing that really bothers me.

That theres still Hinayana folks around, huh? I don't think everyone's Hinayana, Look at this great big boat we're in right now. You know, this ain't Hina yana, but all kinds of folks. Hinayana is sanscrit and means small boat and implies an exclusive religious structure. But like I think one of the basic ground rules, one of those holes that goes all the way through the IBM cards, is that it's got to include everybody. And exclude no man.

What is ego death?

Ego death's different every time you hit it, because it means you have to be honest in this one right now. Whatever it is. And if you get caught wrong maybe ego death is to tell the truth, and say you blew it then. Or maybe when your making love and you completly let go and merge wide open with somebody until your just completely one with them thats ego death. When your meditating, and you get yourself so stoned that drop your consciousness of your lower self, and go into the void, that's ego death. And you can come back clean from any of those places just like you can from a hairy twelve hour acid ego death. Or it can be a very gently thing, like you just merge into the woodwork. I had one, one time where there was a yellow stream flowing along, and I was a bubble in it. And, I looked at the bubble, and I saw it was me, and then it popped. You know, it was just a spring, and it just did that for awhile.



How do you handle pain? In other words, you know that you have given someone pain. How do you handle that?

If you know you have given someone pain, how do you handle it. Well, the first thing you do is you don't do it anymore.

Well, I mean if you've already done it.

Well, if you've already done it, then what you've

got to do is straighten up and groove in the here and now. Same instructions, all the time, as soon as you get done doing something dumb, straighten up and groove in the here and how. Thats what you can do, that's how you can put it back. You have to learn to for-give yourself at a place like that, and say ok, heres the thing. It's not that you can't blow it, because there's nothing in any of the contract that says you can't blow it, The heavy thing is that you can always get it back.



Are you saying that you really have to love yourself and what relationship that bears to the uncertainty.

I don't understand which uncertainty you mean.

I think I gathered from one of your articles that the whole idea of what your trying to teach is to live well and inoutrusively.

Oh, I don't know who said that, but thats a nice thing.



It is what you belive in though?

Oh, its fine. I really think it is. In Zen they teach that you have no right to expect your next breath. You ought to just be grooving right now, what ever it is. Back to the one before that though, heres the thing, there's a nice thing somebody said which was: love all things in the universe, not forsaking yourself. Because your part of universe, and your part of God, and thou art God. And you've got to respect yourself, your a temple. On one end your finite and have five fingers and a aposable thumb, and binocular vison, and on the other end your infinite, and omniscient and om-nipresent, and omnipotent.

Are man, animal, and matter all brothern?

Yes. It's all obviously, self-evidently one thing. What ever it is.

Are you against birth control?

She says, am I against birth control. I'm not against birth control, but I am against means of doing it that requires stopping something already started. Because you ought to be for life force or not. Now if you don't to have a baby and you can decide that your not going to make love, or your going to do one of the ways that you can do it like tantric Yoga, so that you don't have to introduce semen, and do that trip, will then you can make love and do all kinds of things, and not make babies. But

I don't think you should use the kind that kill them. Because are you with life force or not, is how I feel, you've got to come on out for life force, first.

Are you concerned with reincarnation? Or do believe in reincarnation?

Am I concerned with reincarnation. No, I am not concerned with it, then do I believe in it, yes, in reincarnation of the spirit, but not on the ego. And Budda taught that there was no support for the soul doctrine of reincarnation.

Talk a little bit more on it, please.

Ok. Reincarnation just means back in the meat again. And the thing thats back in the meat again, is spirit. But spirit doesn't have a label on it. Spirit's pure Gods stuff. And the stuff that reincarnates, is pure God's stuff, it doesn't have any name tag on it. And the name tags, fortunantly all dropevery generation, like the leaves fall off the trees. Because we don't need all that stuff. Man-kind advances better if we switch all that stuff over now and then.

I feel like we're to a pretty good understanding, but we're sort of in a random sitting thing that we got to in a hurry coming in. And that we could a break now and like sort out a couple of things. And then come back together more comfortably, huh, how about that? Lets do that then. We'll be back together in a few minutes.



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The lettuce boycott called by the United Farmworkers' Organizing Committee (UFWOC) has entered its fourth month with a record of growing successes. About 25% of the iceberg lettuce now on the market is harvested by UFWOC. There is boycott activity in more than one hundred U.S. cities. UFWOC contracts have already been signed by several giant producers: InterHarvest (a subsidiary of United Fruit), Fresh Pict (a subsidiary of Purex) and D'Arrigo (an independent grower). Still the boycott has a long way to go.

The lettuce boycott hasn't gotten anywhere near as much publicity as the grape boycott which ended last summer. So there are probably a lot of questions that have never been answered adequately and concisely. Hopefully this rundown will help clear up some of the issues.

IS THE CONSUMER ASKED TO BOYCOTT ALL LETTUCE?

No. It is a boycott against Western "iceberg" or "head" lettuce, nearly all of which is grown in California and Arizona. Other kinds of lettuce — such as endive, Boston, and romaine — are not being boycotted.

Even some Western iceberg lettuce is free from the boycott—that which is picked by labor under an UFWOC contract. If it is union lettuce in your grocer's vegetable bin, the box or the lettuce wrapper itself will be marked clearly with the black Aztec eagle, which is the official label of the UFWOC, AFL-CIO. Without that eagle label of UFWOC, it simply is not lettuce picked by the farmworkers' union.

WHY LETTUCE AND WHY A BOYCOTT?

This past summer, UFWOC's five-year struggle with the multi-million-dollar grape industry came to an end with the signing of UFWOC contracts with the growers in Delano. Over in the Salinas Valley, the lettuce growers viewed this development with considerable alarm for they understood that it no longer was a question of whether UFWOC was coming, but when. Having no desire to deal with what they contemptuously termed a "civil rights organization," the lettuce growers hit upon a devious scheme to avoid UFWOC—they would go to another union and arrange for a more acceptable "unionization" of their workers. They turned to the Teamsters Union, working through maverick Teamster locals.

Not only did this sad bit of collusion trespass on the traditional field-hand jurisdiction of UFWOC, and not only were the Teamster contracts very

favorable to the growers, but the farmworkers themselves never were consulted.

On August 8, the UFWOC called a selective strike against those growers who had signed with the Teamsters. Very quickly, the Teamster officials saw that they were being used by the growers, so on August 12 they negotiated a jurisdictional agreement with UFWOC. The growers, however, refused to release the Teamsters from their legally-binding contracts. On August 24, the UFWOC called a general strike against the Salinas growers. From the day the strike began, union organizers and striking workers were subjected to widespread violence. Beatings were common, and there were shootings. Also, the growers had gone to their local courts and obtained injunctions against UFWOC picketing. Because of these injunctions, and in order to protect the very lives of the strikers, the strike was called off. On September 17 the local strike was turned into the international lettuce boycott.

WHY WAS CESAR CHAVEZ THROWN IN JAIL?

When UFWOC shifted to a boycott, the growers ran to the courts. Using the Teamsters Union as a foil, the growers pleaded that there was no labor-management conflict here, but merely a jurisdictional dispute between two unions. Portraying themselves as "innocent victims of a labor dispute," the growers called for an injunction against the lettuce boycott and got it.

UFWOC, considering the injunction illegal, did not obey it. The boycott went on. The lettuce growers continued to feel the economic squeeze, and they demanded action. Chavez was ruled in contempt of court and on December 4, he was hauled off to jail. The California Supreme Court has agreed to hear UFWOC'S appeal and they have ordered Chavez released from jail.

WHO IS BUD ANTLE?

He is the grower who obtained the injunction which hepped put Chavez in jail. Lester V. "Bud" Antle is the president of Bud Antle, Inc., a massive agri-business complex headquartered in California. The corporation is the second largest shipper of lettuce in the country (7 million cartons in 1969). Antle's corporate enterprise ranges over tens of thousands of acres in California and Arizona, and he has extensive agri-business holdings that include a banana importing company, a farm machinery manufacturing company, and a company that sells packaging materials.

Antle loudly and frequently proclaims himself

as the man who, in 1961, signed the first union contract to cover farm workers. It was a Teamster contract, and what it actually covered were lettuce wrappers. It did not touch the 90% of his nearly 2000 farm workers who are in the fields.

In 1968 he sent his workers into the melon fields as scabs against a UFWOC melon strike. He actively supported the grape growers against UFWOC in that long battle. Then, last summer, Antle was one of the growers to collude with the Teamsters in that deceptive effort to avoid the coming of UFWOC.

WHERE DOES DOW CHEMICAL COME INTO THE PICTURE?

For some time Dow has sold pesticides and other supplies to Antle, but their relationship thickened in 1960, when Dow purchased 17,000 acres of Antle's land at a cost of \$5 million. Through a bit of corporate razzle-dazzle, Antle does the farming, but ownership rests with the Dow Chemical Financial Company, Dow's financing subsidiary.

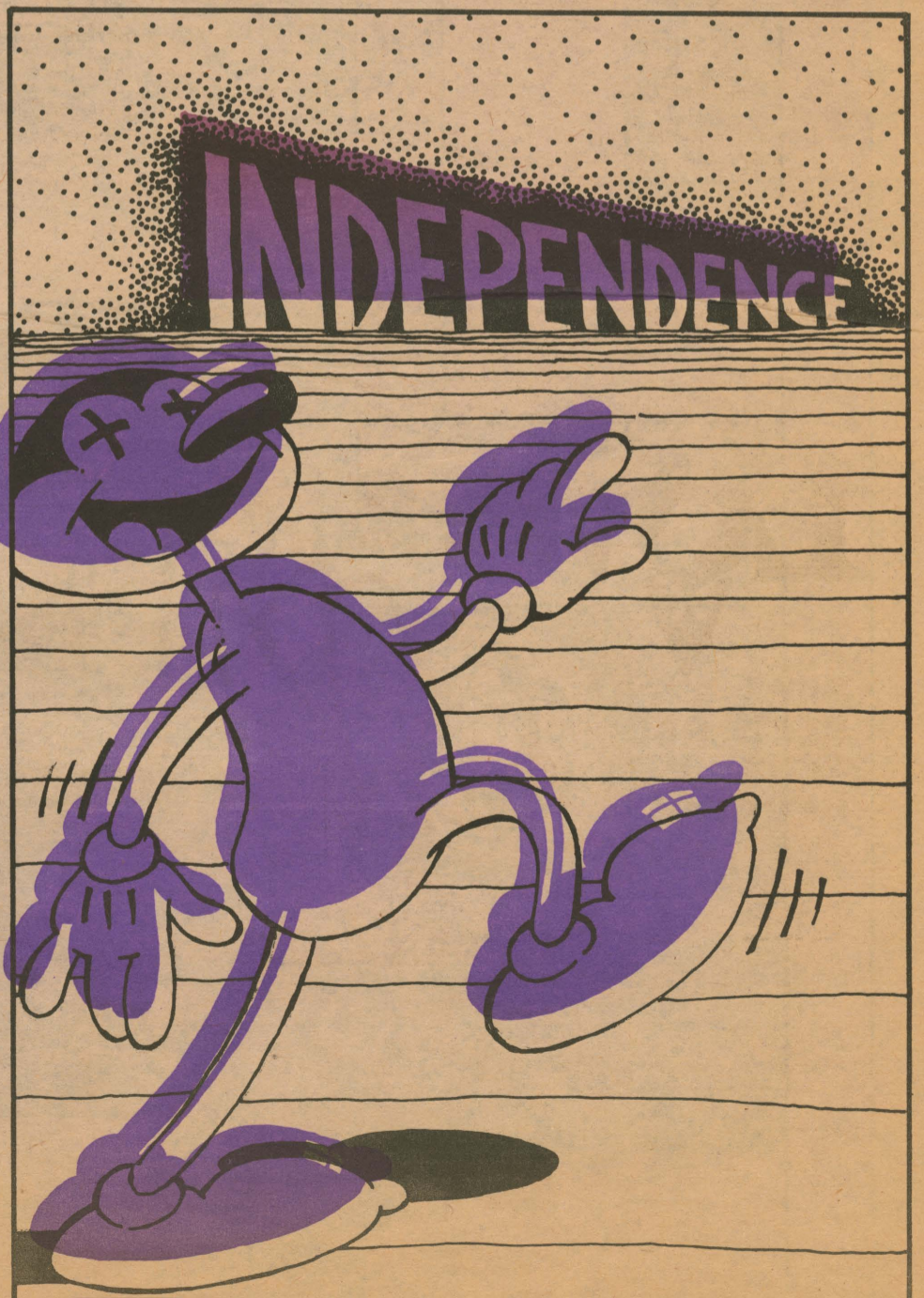
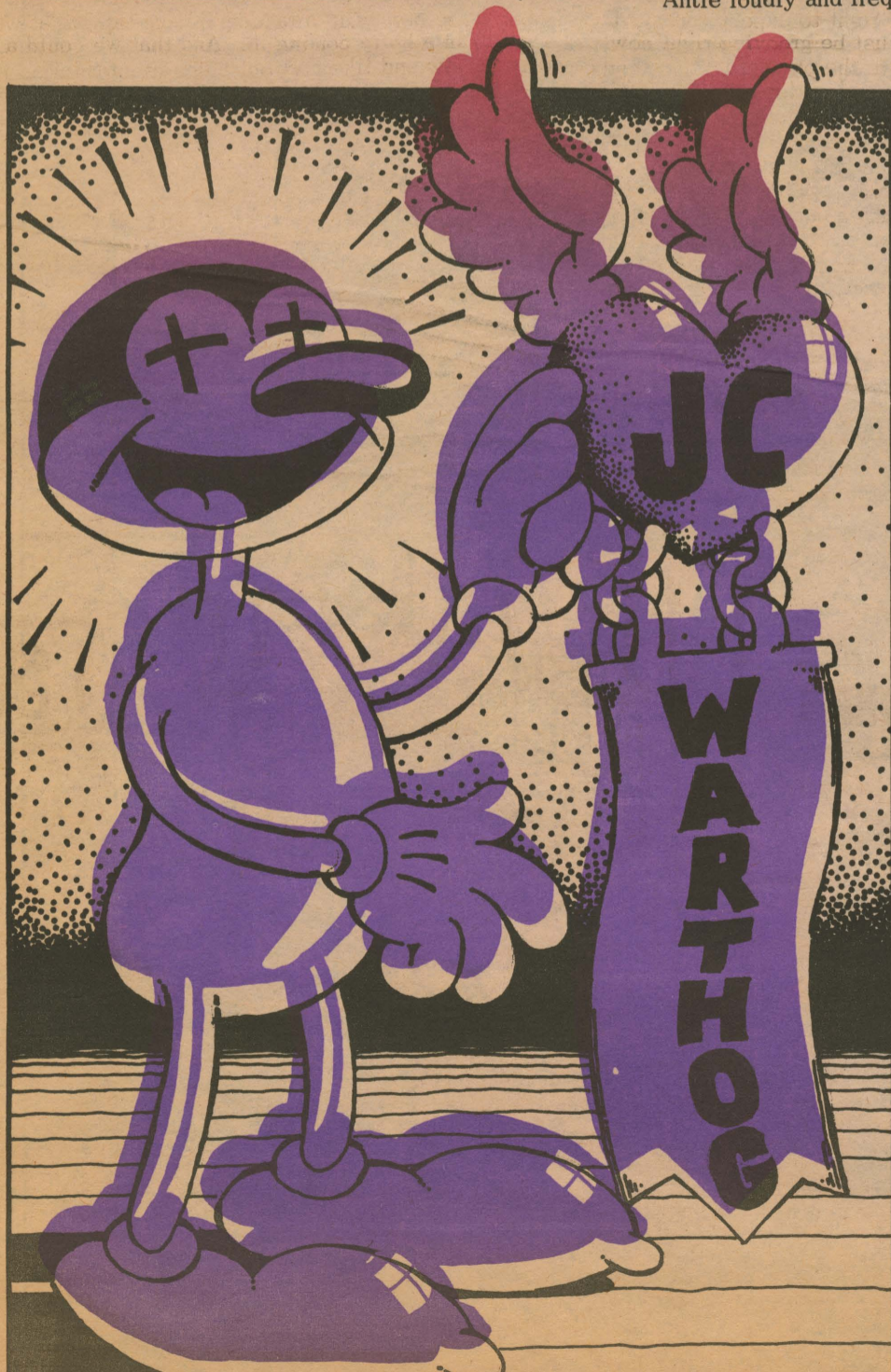
In addition, Dow holds at least 15% of Antle's Inc.'s stock, and the president of Dow's Financial Company sits on Antle's five-man board of directors.

IS THE DEPARTMENT OF DEFENSE INVOLVED AGAIN?

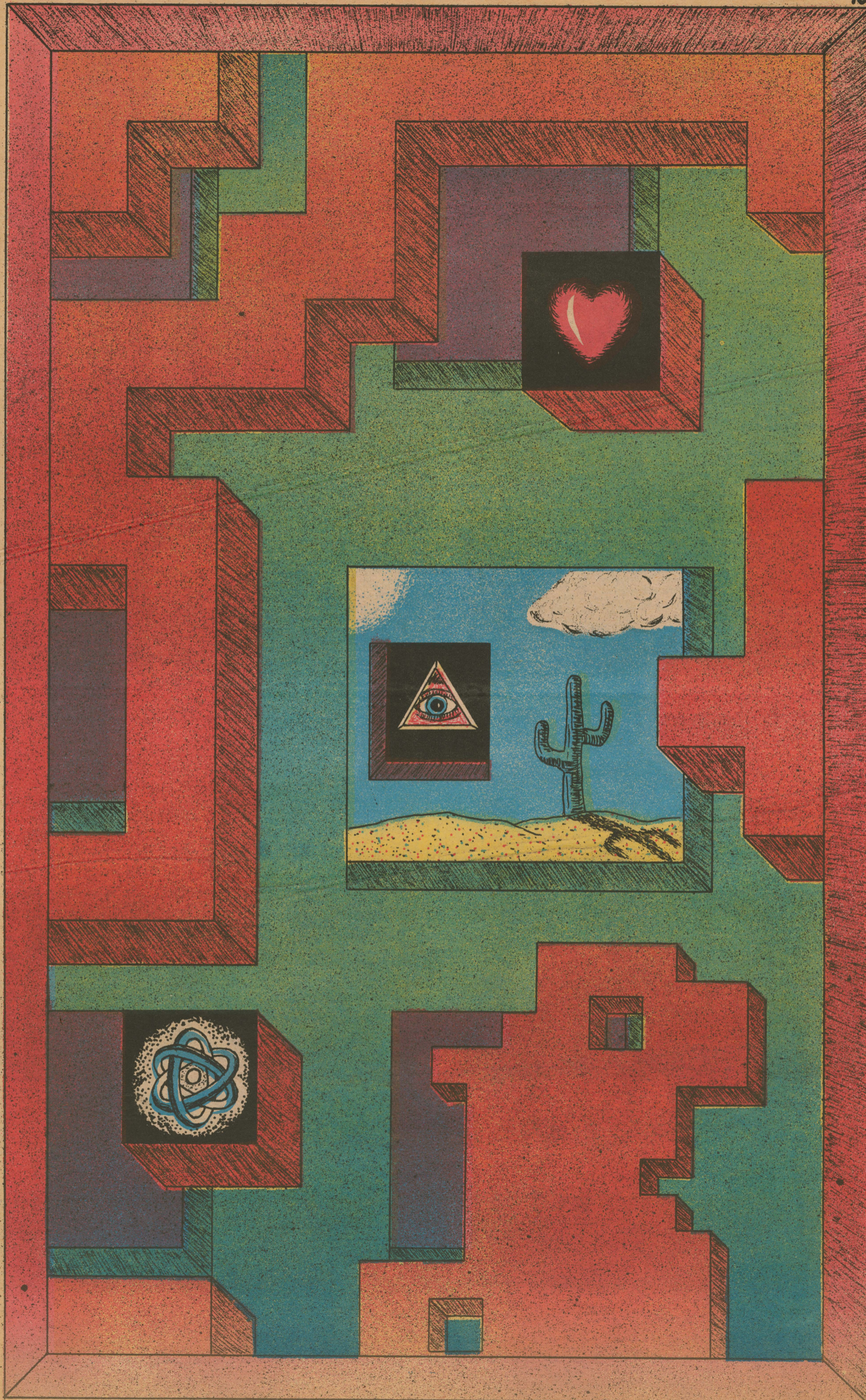
The military has purchased lettuce from Bud Antle, Inc. for some time. Until the boycott against Antle, the Department of Defense purchased less than 10% of their lettuce from that source. Now that UFWOC's boycott activity is cutting into Antle's civilian markets, his military sales suddenly have boomed. Available figures from the last quarter indicate that the Department of Defense purchased 39% of its lettuce from Antle. Furthermore, the Department of Defense paid Antle a higher price per pound than it used to. Interestingly enough, InterHarvest — another shipper of lettuce, but one which has a contract with UFWOC — has experienced a withering away of its military sales.

Department of Defense spokesmen say that their policy in these labor disputes is "to remain main completely neutral." This was their unshakeable position during the grape boycott, too, when Department of Defense purchases of grapes for Vietnam just happened to soar by 350% in one year.

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JMB

I live on Earth at present,  
and I don't know what I am.  
I know that I am not a category.  
I am not a thing—a noun.  
I seem to be a verb,  
an evolutionary process—  
an integral function of the universe.

(Buckminster Fuller)

Bucky Fuller (the name he prefers) stepped out onto the stage of Pierson Hall Friday night February 19, clicked his fingers in front of his tie to make sure his microphone was on, and ordered the house lights turned up so that he could see into his audience's eyes.

The hall was stuffy and nearly full. Although he talked for three hours, only two or three people left before he finished, quite a contrast to John Berryman's reading the following night, when the half empty hall was decimated within an hour.

Stoned, hungry and broke, my friend and I slugged into the lecture hall via the underground ticket-stub shuffle. Quite a few were admitted free that night, holding discarded stubs, all in the interest of science. It was just as well. Although they were officially sold out, there were enough seats and floor space left over to accommodate three-quarters of the Harrison Street ghetto.

Before I had left, I had looked again through Fuller's book and the subject of his lecture, *I Seem To Be a Verb*. It is a collection of quotes, drawings and photographs from children, artists, writers, poets, actors, musicians, presidents, Zen Buddhists and clods on the street: in short, from the whole global village, everybody "on board this planet", as Bucky puts it. As I looked around the room, I remembered one statistic: 20% of the male and female students in any given lecture hall are thinking about sex; only 20% are actually listening to the professor. Even the presence of the wondrous brain of Bucky Fuller didn't change that.

Bucky is quite short, about 5'4", in perfect physical shape except for his "extreme far-sightedness" (*Time*) for which he wears thick glasses, and his poor hearing. He has a hearing aid in each ear and cups his hands around his ears to hear question. He has an energetic Boston accent and clear blue eyes. The stage lights glinted off his shiny dome head as he danced around up there talking about youth and the education of children.

Children are born geniuses, he says, and are slowly de-geniused by the ignorance and in securities of their parents and the educational system that imbues them with concepts from another era. Today, however, the clear articulate informed voice of the TV announcer drones into the cribs of these young geniuses all over the world. Hence, since the dawning of the age of TV, children have greater vocabularies, more practical knowledge and a greater sense of the global village than their parents.

He asked us not to get into any naive arguments with people who fear technology. Technology is as old as the universe itself and man's version of technology is an evolutionary breakthrough and our

only hope to save ourselves from the impending doom. "World industrialization is an evolutionary transformation. Evolution is at work here and we don't really know what Nature is doing. Man's job is to find out what his place is in the evolutionary scheme of things."

Bucky Fuller, now about 75, is a Harvard freshman dropout from Carbondale, Illinois. Se was born cross-eyed, and until his vision was corrected with glasses, he could only see large patterns. Contemplating suicide on the shore of Lake Michigan in 1927, he was broke, out of a job and his wife had just given birth to a daughter. He spent most of his early life failing at various projects and hitting the bottle, hanging around with friends in the Village, talking out his ideas with people that usually just laughed at him and chided him for not being able to support his wife. He finally quit drinking and smoking in an effort to get people to take his ideas seriously.

He invented the Dymaxion Ear, dymaxion houses, dymaxion bathrooms. (Dymaxion: The maximum gain of advantage from the minimal energy input, or "doing more with less".) They were all more or less failures from a financial point of view so he took a lot of straight jobs but always quit to get back to his real work. He didn't hit pay dirt until 1954 when he patented the geodesic dome, which is a dome made of tetrahedrons (three-sided pyramids), a structure found in nature. It is based on the triangle, you see, which is the only structurally stable form. So the dome is stable, strong and yet lightweight. Bucky said he could make eight geodesic domes out of the material ordinary architects use in one building. Doing more with less. There are now 40,000 of these domes all over the world and I don't think that figure includes the domes in Drop City and Trinidad.

Now Bucky has 26 honorary degrees and grossed \$100,000 in 1964.

His idea is to make New York City a tropical paradise by putting a clear plastic dome over the entire city. It would keep the city warm in winter by keeping out the cold and trapping the heat from the sun.

His most important subject was energy. According to the old way of looking at the universe, it is slowly running down, or entropic. He says there is no energy loss; in fact, we are gaining energy. He sees this planet as one end of a polar energy system. The energy is organized here. Man is the most complex organizer of energy. For instance, wealth is energy, wealth being the organized capability to support and regenerate life. In 1810 the economic wealth of this country was appraised by the U.S. Treasury at three billion dollars. Today that wealth totals twenty trillion. Wealth is increasing. When a scientist does an experiment, no energy is lost or created. But knowledge is always gained. Know-

ledge is converted into energy. In the past, a person could be expected to travel only 30,000 miles in his lifetime. Today, a man travels three million miles. 100,000 tons of stardust fall on the earth daily. That's heavy. These are examples of what Bucky means when he says energy is increasing. He says the universe is the simplest perpetual motion machine. Energy flows onto this planet and off again, but it is never lost.

He ended his talk with a few comments on Red China. China has no pollution. They recycle everything. It's a habit of long standing with them to conserve. He says that at the present rate, they should be fully industrialized by 1975. They have more potential energy than any nation on earth because they have held back for so long. With their thousands of years of wisdom and their energy, they will lead the rest of the world into the next phase of evolutionary development.

The next day Bucky spoke to a small group in a conference room in Pierson Hall. He had just come in from having lunch with Joyce Hall. I had just come in from no breakfast, bumming cigarettes and biting my lips. He had to catch a plane in a couple of hours.

He delivered an extraordinary rundown of technology and its effect on history, beginning with the ancient Egyptians and taking it up to the present. He said that our depletion of the earth's resources was like a chicken eating up all of the nutrient inside the egg and thereby gaining the energy and the necessity to break the shell and get out.

Bucky is very involved with the concept of the World Game. We are now involved in the War Game, where any altruistic move on the part of a nation opens that nation to attack. So, you lose both ways. Even if McCarthy had been elected he would have had to play by these rules. He would have had to take the oath of office to protect his country which would prevent him from making the altruistic move necessary to stop the war. Norman Royal, who spent years campaigning for McCarthy, was on hand to lay a lot of shit on Fuller for that remark but he failed to shout Bucky down. Bucky is obviously quite accustomed to attempts of that sort.

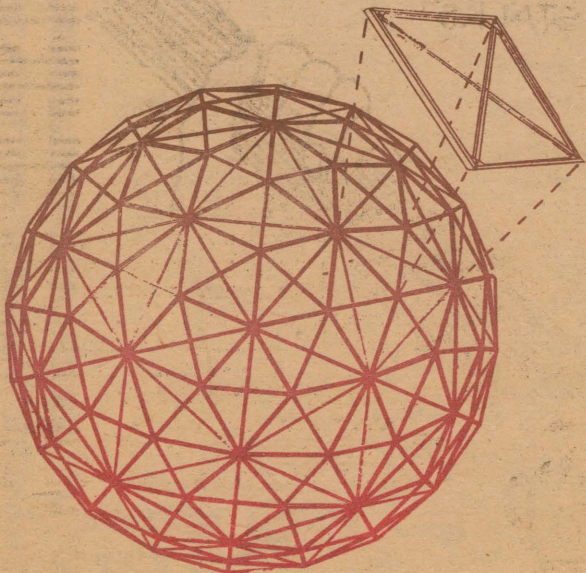
He discussed the subject of how to get money from a society that no longer operates on the direct bargaining system, where you exchange goods or services for money and never have time for your own projects. He said to simply contribute ideas into the commonwealth and because of industrialization you will get an indirect payoff. Of course you may be hungry a lot at first. But we know about that. That's what youth culture is all about.

Cherie Blankenship

A. R. C.

## CONFERENCE

Bill Ball

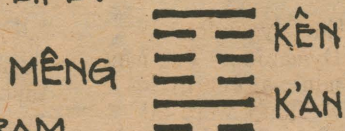


On Saturday, Feb. 20 ARC sponsored a conference featuring Steve Baer of Domeworks from Albuquerque NM. Baer was one of the original artists involved in making domes in Drop City and Trinidad, Colorado. Baer presented a slide show demonstrating the Drop City architectural techniques that became so famous. In the area of the domes themselves, Baer pointed out that he came to prefer zonahedronal to geodesic forms. The zonahedronal dome differs from the Buckminster Fuller geodesic in that it is constructed out of parallel pieces rather than triangular tetrahedrons. Consequently a zonahedronal dome can be enlarged without reorganizing the entire structure. A wall could be lengthened or a room added. Referring to other areas of Drop City architectural innovation, Baer pointed out that a great deal about heating and ventilation could be learned from the Indians. In particular, he noted, the Indian technique of constructing a long ditch

connected to the tepee provided free heating in that wind would blow down the ditch, become warm, than warm the tepee. He said that this technique and the technique of the solar heat collector had been in use in Drop City. The solar heat collector was a large plastic balloon that inflated in the sunlight when air inside became hot. Baer said temperatures sometimes reached 180 degrees Fahrenheit inside the balloons. The air was then released into the living quarters gradually throughout the day by a makeshift valve. Baer also said that stoned were such excellent retainers of heat that "basements" could be dug out under the domes, filled with stones, and connected to the solar heat collectors in such a way as to provide all night warmth. This, he said, worked equally well on cloudy days, as it did on sunny ones. He went on to say that all of the domes in Drop City were made of car tops purchased from junk yards for twenty five cents apiece. They were removed from the cars with an axe and later bolted into the shapes of the domes. Baer said that Drop City had been originated by people from Lawrence, Kansas who became disenchanted, finally, by the drifters that publicity had directed to Drop City. They moved on and today, according to Baer, Drop City is virtually a ghost town. For anyone interested, Baer's research into these matters is available in the form of a book, *The Dome Cookbook*, that is being sold for a buck at ARC. Baer's lecture and slide show was video-taped Saturday afternoon by John Puscheck and everyone present was treated to an instant replay. We were also treated to the extraordinary organ work of Richard Hill. Richard Hill is without question one of the most profound soloists in Kansas City. The Art Research Center also showed an excellent film of their recent exhibit in Toronto, Canada. Coming up next at ARC will be a special showing of Norman Mailer's movie *Beyond The Law* with some of the original cast present. Watch for posters soon that will give more details.

THIS READING IS FROM THE ANCIENT ORACLE I CHING, OR BOOK OF CHANGES; AND THAT IT IS. BY THROWING THREE COINS SIX TIMES, OR BY MANIPULATING FORTY NINE YARROW STALKS (TWIGS), AN INDIVIDUAL OR GROUP MAY OBTAIN A READING FROM THE ORACLE. IN CONSULTING THE ORACLE A STUDENT MUST USE THE COINS, OR THE STICKS OF THE YARROW PLANT, IN THE PROPER WAY (WHICH IS EXPLAINED BY THE TRANSLATOR) TO GET A HEXAGRAM; SIX LINES REPRESENTING THE SIX NUMBERS GOTTEN BY THE STALKS OR COINS. THE COIN ORACLE IS EASIER TO OPERATE PHYSICALLY, HOWEVER, IT IS SAID THAT THE YARROW STALKS WILL FACILITATE A MORE ACCURATE DIVINATION. THERE ARE SIXTY FOUR ESSENTIAL HEXAGRAMS, EACH OF THESE HAVING SEVEN VARIATIONS; SUPPOSEDLY CORRESPONDING TO EVERY STATE OF CHANGE OR PREDICAMENT IN LIFE.

#4. YOUTHFULL FOLLY



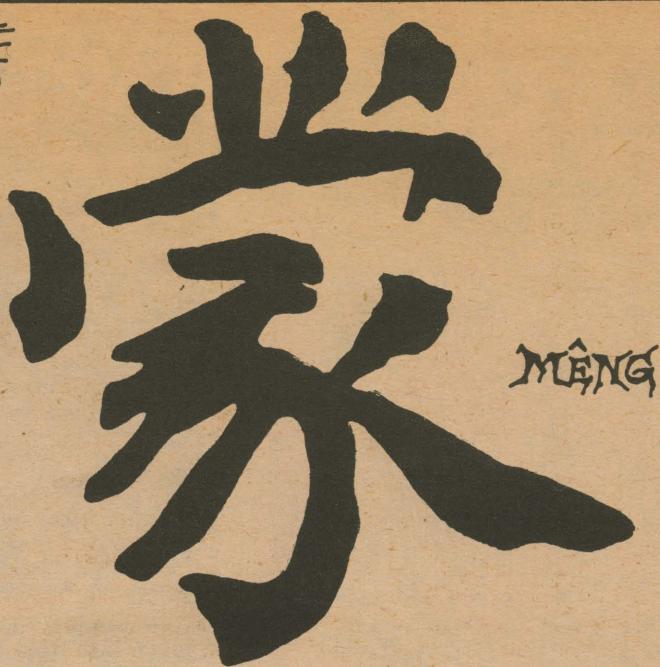
IN THIS HEXAGRAM WE ARE REMINDED OF YOUTH AND FOLLY ("FOOL" AND "FOLLY" AS USED IN THIS HEXAGRAM SHOULD BE UNDERSTOOD TO MEAN THE IMMATURITY OF YOUTH AND ITS CONSEQUENT LACK OF WISDOM, RATHER THAN MERE STUPIDITY.) IN TWO DIFFERENT WAYS. THE IMAGE OF THE UPPER TRIGRAM, K'EN, IS THE MOUNTAIN, THAT OF THE LOWER, K'AN, IS WATER; THE SPRING RISING AT THE FOOT OF THE MOUNTAIN IS THE IMAGE OF INEXPERIENCED YOUTH. KEEPING STILL IS THE ATTRIBUTE OF THE UPPER TRIGRAM; THAT OF THE LOWER IS THE ABYSS, DANGER. STOPPING IN PERPLEXITY ON THE BRINK OF A DANGEROUS ABYSS IS A SYMBOL OF THE FOLLY OF YOUTH. HOWEVER, THE TWO TRIGRAMS ALSO SHOW THE WAY OF OVERCOMING THE FOLLIES OF YOUTH. WATER IS SOMETHING THAT OF NECESSITY FLOWS ON. WHEN THE SPRING GUSHES FORTH, IT DOES NOT KNOW AT FIRST WHERE IT WILL GO. BUT ITS STEADY FLOW FILLS UP THE DEEP PLACE IN ITS PATH, AND SUCCESS IS ATTAINED.

THE JUDGEMENT

YOUTHFULL FOLLY HAS SUCCESS.  
IT IS NOT I WHO SEEK THE YOUNG FOOL; THE YOUNG FOOL SEEKS ME.  
AT THE FIRST ORACLE I INFORM HIM.  
IF HE ASKS TWO OR THREE TIMES, IT IS IMPORTUNITY. IF HE IMPORTUNES, I GIVE HIM NO INFORMATION.  
PERSEVERANCE FURTHERS.

IN THE TIME OF YOUTH, FOLLY IS NOT AN EVIL. ONE MAY SUCCEED IN SPITE OF IT, PROVIDED ONE FINDS AN EXPERIENCED TEACHER AND HAS THE RIGHT ATTITUDE TOWARD HIM. THIS MEANS, FIRST OF ALL, THAT THE YOUTH HIMSELF MUST BE CONSCIOUS OF HIS LACK OF HIS EXPERIENCE AND MUST SEEK OUT THE TEACHER. WITHOUT THIS MODESTY AND THIS INTEREST THERE IS NO GUARANTEE THAT HE HAS THE NECESSARY RECEPTIVITY, WHICH SHOULD EXPRESS ITSELF IN RESPECTFUL ACCEPTANCE OF THE TEACHER. THIS IS THE REASON WHY THE TEACHER MUST WAIT TO BE SOUGHT OUT INSTEAD OF OFFERING HIMSELF. ONLY THUS CAN THE INSTRUCTION TAKE PLACE AT THE RIGHT TIME AND IN THE RIGHT WAY.

A TEACHER'S ANSWER TO THE QUESTION OF A PUPIL OUGHT TO BE CLEAR AND DEFINITE LIKE THAT EXPECTED FROM AN ORACLE; THEREUPON IT OUGHT TO BE ACCEPTED AS A KEY FOR RESOLUTION



OF DOUBTS AND A BASIS FOR DECISION. IF MISTRUSTFUL OR UNINTELLIGENT QUESTIONING IS KEPT UP, IT SERVES ONLY TO ANNOY THE TEACHER. HE DOES WELL TO IGNORE IT IN SILENCE, JUST AS THE ORACLE GIVES ONE ANSWER ONLY AND REFUSES TO BE TEMPTED BY QUESTIONS IMPLYING DOUBT.

GIVEN IN ADDITION A PERSEVERANCE THAT NEVER SLACKENS UNTIL THE POINTS ARE MASTERED ONE BY ONE, REAL SUCCESS IS SURE TO FOLLOW. THUS THE HEXAGRAM COUNSELS THE TEACHER AS WELL AS THE PUPIL.

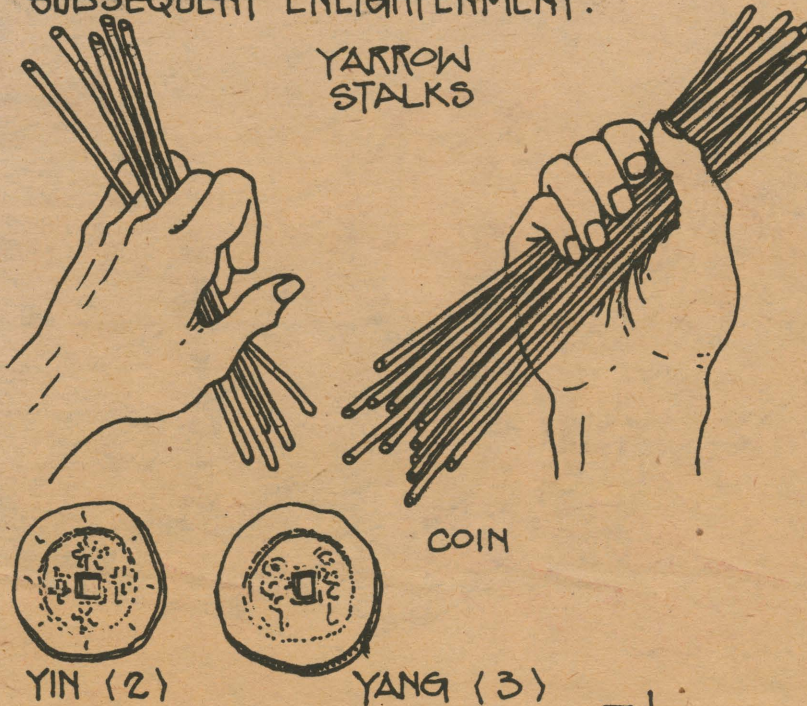
THE IMAGE

A SPRING WELLS UP AT THE FOOT OF THE MOUNTAIN: THE IMAGE OF YOUTH. THUS THE SUPERIOR MAN FOSTERS HIS CHARACTER IN CHARACTER BY THOROUGHNESS IN ALL THAT HE DOES.

A SPRING SUCCEEDS IN FLOWING ON AND ESCAPES STAGNATION BY FILLING UP ALL THE HOLLOW PLACES IN ITS PATH. IN THE SAME WAY CHARACTER IS DEVELOPED BY THOROUGHNESS THAT SKIPS NOTHING BUT, LIKE WATER, GRADUALLY AND STEADILY FILLS UP ALL GAPS AND SO FLOWS ONWARD.

THE SPRING AT THE FOOT OF THE MOUNTAIN IS STILL SMALL AND IN ITS YOUTH. THE SUPERIOR MAN DERIVES HIS COURSE OF ACTION FROM THE IMAGES OF THE TRIGRAMS TWO. IN HIS NATURE HE IS THOROUGHGOING, AND CLEAR AS A MOUNTAIN SPRING. HENCE HE ACHIEVES CALMNESS IN THE FACE OF DANGER THAT EMULATES THE GREAT CALMNESS OF A MOUNTAIN ON THE EDGE OF AN ABYSS.

TO STRENGTHEN WHAT IS RIGHT IN A FOOL IS A HOLY TASK. YOUTHFULL FOLLY MEANS CONFUSION AND SUBSEQUENT ENLIGHTENMENT.

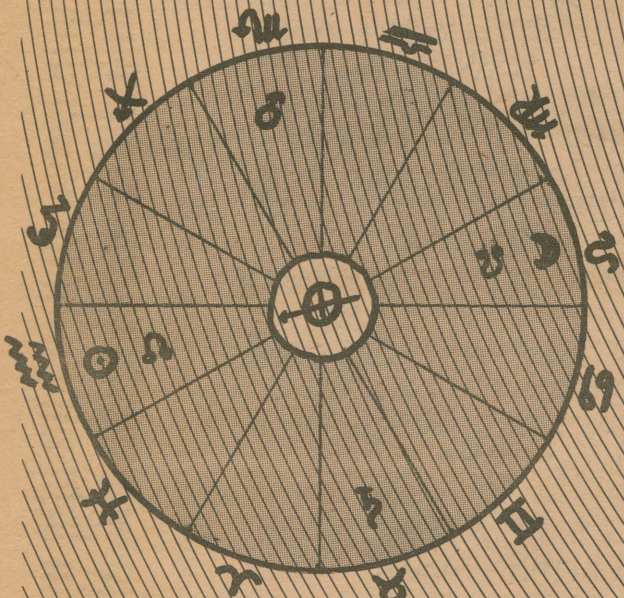


JTB

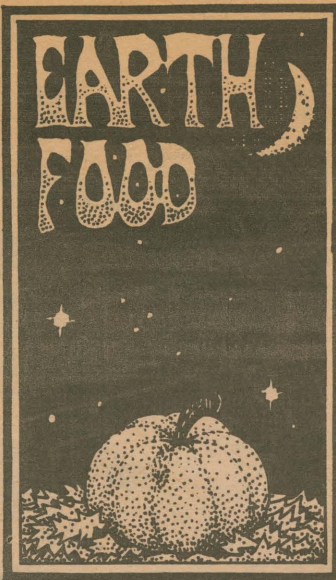
# Signs of the Times

Since we have entered the Aquarian Age, the earth's axis points to Aquarius and opposing Leo. From October 1970, to May 1972, the moon's north node is in Aquarius and south node in opposing Leo. On February 9, the Sun was in Aquarius and the Moon was full in Leo. Also, Saturn in Taurus and Mars in Scorpio were in opposition to each other and square to everything in Aquarius and Leo. Saturn was conjunct to the position of Uranus on California's 1850 statehood chart and Uranus rules Aquarius, California, and sudden changes, while Saturn rules an earth sign and also misfortune. This technical information could have been used to forecast the earthquake which devastated Los Angeles.

## California Earthquake Chart



Sunday, March 21, is the first day of the Solar New Year. At 12:38 A.M., the Sun crosses the equator into the northern hemisphere making it the first day that is longer than night since the Autumnal Equinox. The longer days cause a build-up of solar energy which is so necessary for all life on this planet. On this day the Sun enters Aries



by  
Karen  
and  
Michael

Are you living? Is every atom and every cell in all your entire being pulsing with vital energy? If your answer is yes, please contact us. If you are not sure about either or both of these questions, you are not healthy. Please, before you dismiss this as so much organic baloney, consider this: people will use something if they believe they can get a desired effect by doing so; like, drugs of medicine or vitamins. It seems to me that if this is true these people are exercising very poor judgement in choosing their foods. If people would always make the right choices they wouldn't want such superficial and ineffective stuff as medicine, etc. I realize that my concept of misery is very different from that of most people.

Some people seem to think that God is very much in a certain pill or such, while others seem to think that God can only be taken in from plant substances (you know?); these people won't take the synthesized Gods, but when its time to ingest food—they don't seem to care too much about the toxic chemicals then. Are these people, if there are any such as do these things, so fully aware that they transmute various substances at will? Or could it be that they have totally surrendered to, and are protected by, the avatar? Or is it that they have not learned enough to know what is right and what is not?

Which brings us around to The Holy Bible and/or karma. It seems like certain people of biblical history lived for over 900 years. Well, 900 earth's lunar cycles is around 75 earth solar cycles. The bible doesn't say whether it was lunar cycle 'years' or solar cycle 'years' that the ancients counted, so we can only guess or remember. Anyway, comparing day and night. Maybe. So what? Who wants to live 900 years—now? Maybe someone who's healthy.

Who brings us back to health after our disease? The doctor? The drug? The medicine? Why do doctors get sick? Why do doctors die? Why do little kids hate to go to the doctor? Why do doctors make so much money? Why do drugs have toxic effects? Why do medicines fail to heal? Why was Jesus the Christ despised by certain people? What never fails man is the crowning glory of, creation or even king of the beasts or monkeys why doesn't he have resistance to diseases like multitudes of lovely creatures?

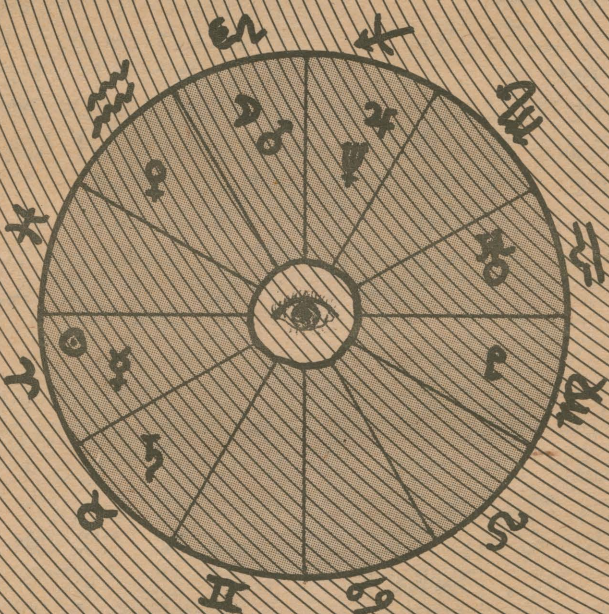
Who gave us Bucky Fuller, Georges Ohoawa, John and Yoko, (to name a few)? Since we are judged by the fruits of our labours, it seems to me only just to add, that since nothing that a man may put into his mouth may defile him like that which comes out of it, the same must also be true of that which may come out by way of his hand. I am reminded that ignorance is no excuse for the law, so we hope that most of this will be helpful to you.

This is the time for us to start internal spring cleaning. Fasts, pure-food-love diet and exercises are most beneficial during this season. Naturally grown grains, flours, seeds, nuts, dried fruit, sea-

cont. on page 8

the natural first sign of the zodiac. Aries is an active sign of single purpose. The influence is on getting yourself together and deciding what you will accomplish this year. Around this time the planetary movements signal blizzards and monetary misfortune, so be careful with your money.

## Vernal Equinox Chart

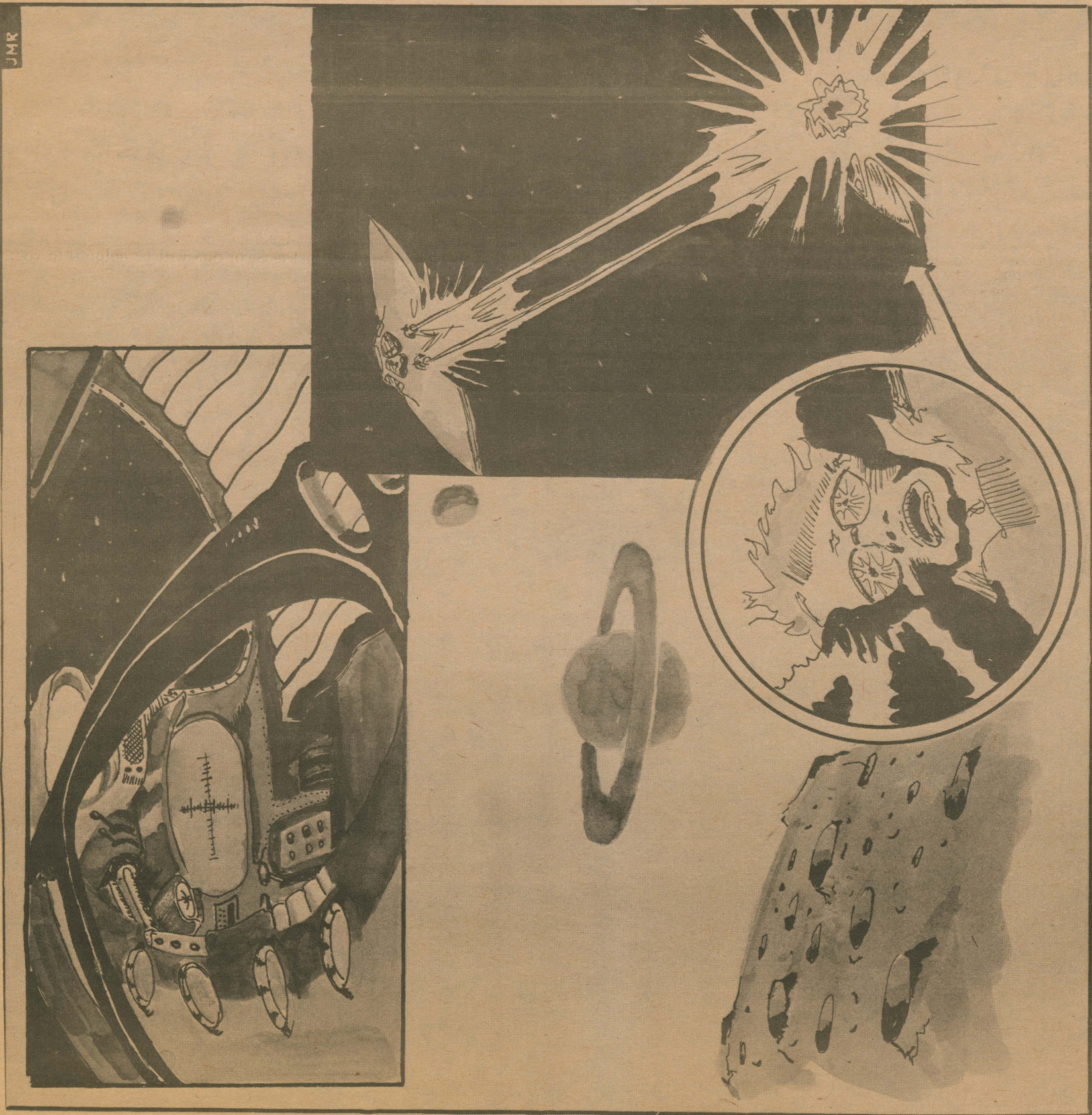
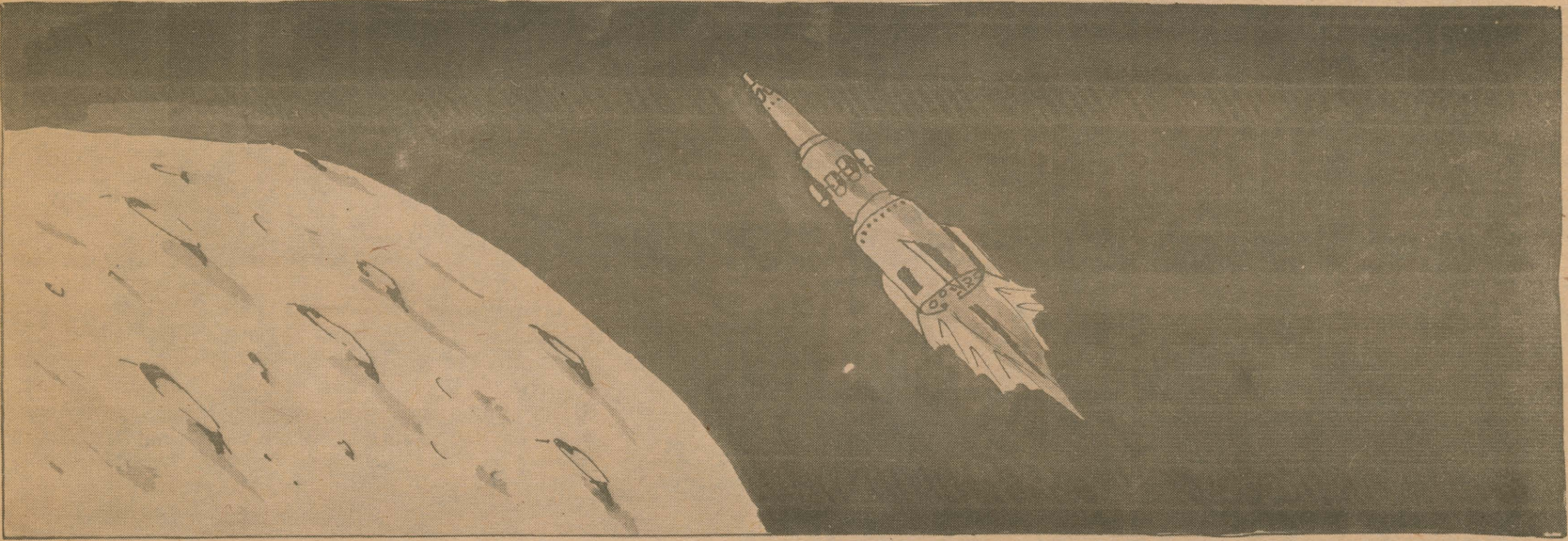


Doyle



Stephen S

a portrait of an imaginary friend as he dreams, traveling at timewarp speed



JMR



Joyous children: This year promises to be a mellow experience. We at Tiny Tim's Magic Circus hope we may add to your spiritual fulfillment. Peace.  
 Beads @ sixty different rolling papers @ humazooos @ incense @ leatherwork @ oils  
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THE LIGHT SHINES FOR ALL



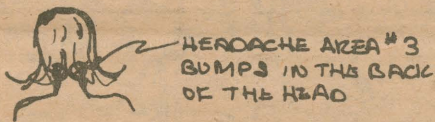
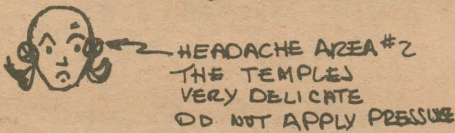
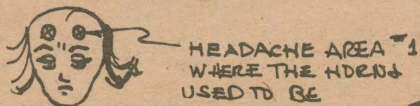
# M A S S A G E

from RAT

After massaging numerous heads, limbs, backs, etc. of various sizes I realize that the most essential ingredient of a massage is touching. When I worked as a masseuse I found that often patients just wanted someone to hold their hand or fondle them and the massage is always more effective when you keep this in mind.

Trust is very important in a massage. There are two layers of muscles — superficial and deep. In a massage you want to get to the deep layer. When the patient is relaxed the superficial layer loosens up and becomes porous and you can reach the deeper layer. When we are tense the fibers of the superficial muscles contract and clamp together like an iron sheet and do not allow deeper penetration. It is really important not to ever hurt the person being massaged, as contraction of muscles is our defense against pain.

The most successful massage is one for mild headaches. The patient should sit at a table with elbows on table, holding the head up with the hands. This position is so that the neck muscles can relax and are not needed to hold up the head. There are three main areas of headache tension. One is the two bumps on the forehead (where the horns used to be), another is the temples, which are very delicate and can withstand hardly any pressure without harming blood vessels or causing dizziness, and the third headache source is the symmetrical bumps on the back of the head just to the sides of the whole, where the spinal cord enters the head.



You can begin by making small circles in each of the three areas. Except for the temples you can press pretty hard. Make the circles by moving the skin in the areas around in circles. It's important to repeat the pattern several times in a slow steady rhythm. An abrupt change in pattern or rhythm interferes with the trust which the patient should have for the masseuse.

After a few minutes of making circles in the areas you can change slowly to moving your fingers in spirals along the hairline, sort of like your fingers are the pens and you do the old penmanship exercise.

starting at the center of the forehead and working towards the back of the head. Repeat that a few times and then perhaps return to what you did at the beginning of the massage, working directly on the headache sources. You can return to this in fact after everything you do. Other possibilities are gently stroking the eyebrows, the ridge of the nose working up the nose and the neck — back and sides. Many people carry a lot of tension in their shoulders and that area should be worked on by stroking,

shaking, pressing in continuous circles, kneading, etc.

Massages to the back are very soothing. Women often get backaches in their low-backs, just below the waist, during their periods. A good position to relax this area is to lie on the stomach with a pillow under the stomach and one under the feet. By raising the feet you bend the knees which in turn *always* relieves pressure from the low back. You may suggest that the person do this in other ways before or after the massage, or to go to sleep. A good position is the one babies often sleep in — prone with knees pulled up to the stomach and ass in the air. Suggest to the patient to concentrate on relaxing the low-back when in this position. A variation is to lie on the side and hug the knees with pillows under the head. If you ever have a slight backache from standing too long try relaxing one leg at a time by putting it on a small box if you must continue standing.

There are many good things to do for a back massage. Stroking should begin at the ass and work towards the heart — both sides of the spine simultaneously, avoiding putting pressure directly on the vertebrae as it hurts. Pressure should push the blood back to the heart. This increases circulation. On the return trip (heart to ass) the hands just trail along the back without exerting pressure. Keep returning to this stroke throughout the massage.



PRESSURE IS TOWARD HEART

Making deep circles with the palms of the hands, along the sides of the spine from ass to neck is good. This milks the lymph nodes of wastes and empties it into the blood stream. You can make tiny circles with the fingers in between and to the sides of the vertebrae.

Kneading the skin feels good. Do it as you would dough. A variation is to put the thumbs together and push the skin up the back with them while resisting slightly with galloping fingers.



A criss-cross action is good around the small back. Start with a palm at each hip and stroke with mild pressure across back criss-crossing at center. Lift the hips slightly by slipping hands under stomach. Remind the patient to relax.

During a massage certain areas may turn red. This is due to storage of wastes and these may be nodules where you should apply pressure.

These massages I have described are therapeutic and are done slowly and deeply and used to relax and ease tension. Other massages are done for athletic purposes and are more stimulating. A rapid rhythm helps. The back is hit rapidly with the sides of the hand or with a cupped hand. Lifting the skin and shaking is stimulating too.

These are basic principles of massage and can be improvised upon and also applied to other parts of the body.

P.S. Important Note: Do not try to massage a black and blue mark, a tumor, or a person with fever since this stimulates the circulation and can be harmful in these cases.

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### Earth Foods (cont.)

weed, and any naturally grown vegetable you may find at the natural foods store or market. The times are right for this kind of living for financial reasons for most of us. Sprouts are another economical, highly concentrated, nutritious, and most of all fresh food. To get sprouts simply soak about a cup of grain or beans or seeds in lukewarm water overnight—then drain; then fix a wet cloth over the mouth of the jar with a rubber band, turn the jar upside down; keep it in a dark place and keep the things moist—very soon you will have live food!

Did you know that too much salt creates thirst? If you are not already using herb teas and spring water, now is a beautiful time to start. Spring water is healthier and it tastes better. The best tea is made in a teapot previously washed with boiling water. Leaves, and flowers should never be boiled. However, roots and twigs should be boiled, a few minutes. Sometimes it turns out nice to mix your own blends or to cook cereal or grain with tea.

Did you know that cooking a food is partially digesting it for you? Using a frugal diet of natural foods, good breathing and vibrations, plenty of sun and love should get us ready for any kind of getting it on. We're leaving the big city for the Ozarks for many moons, so future earth foods trips will be from there. Farwell, may the grace of sprouting be with you.



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4305 Main · Open Fri. · Sun.

# Classifieds

Needing a ride to California? Have some puppies to give away? After some deliberation we decided that this should be more than a classifieds section, it should be a community bulletin board, hence all ads not involving a money exchange are free, otherwise they are \$1.00 for the first 30 spaces and \$.50 for each additional 35 spaces. **BOLD FACE TYPE** is an extra \$1.00 per line.

We reserve the right to reject copy which we consider to be in poor taste, a rip-off, or which might result in legal action.

Illegible ads will not be accepted.

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

**Attention Softball Freaks!**  
Those interested in sponsoring and/or just digging on participating in the now-forming Westport Intergalactic Bonzo League should, by all means, truck to the Sign Tuesday afternoon at 2:00 P.M., March 2.

**Attention Softball Freaks**  
already on the Magic Circus team: meet at Circus on Tuesday at 8:00 P.M.

The Westport Trucker badly needs file cabinets and another desk. Super cheap if not free. Contact Dennis at the Magic Circus.

Sculptor needs large logs to sculpt with. Contact Mike, 3337 Wyandotte.

**HAULING**  
Get your shit together & we'll haul it. Trash, furniture, band equipment, anything!

**PRINTING COLLECTIVE**  
Work done for movement people. We specialize in non-censorship. Kansas Key Press, 710 Mass., Lawrence, Kansas.

I have oil and acrylic paints (and brushes) to trade or give away. Many have never been used. If you need paints, contact Shirley at the Magic Circus or 807 E. 41st Street.

**Car troubles?**  
Bring them to Zepto, Experienced mechanic tune-ups, oil changes and repairs. Contact Zepto at Magic Circus.

**TYPING** done in my home cheap. Call BB at \_\_\_\_\_ or bring it by 4145 Locust Apt. 3 N. Good, Fast work done on new electric carbon-ribbon machine.

**EMBROIDERY** done on pants, shirts, anything, your choice of colors, you can design your own patterns to be embroidered. Contact Shirley at 807 E. 41st.

## SUPPORT OUR BROTHERS IN PRISON

Two ex-dealers in Louisiana State Prison wish more or less unattached chicks to correspond with. No obligations -- Just letters. Contact Fat Frank at the Magic Circus. peace

**Electric Tattooing Needle**, badly needed. If you know where to find one or who to talk to -- please call Kathy, \_\_\_\_\_.

Need ride to or from Draft Board appearance on East coast or to Chicago for connection. in Lawrence anytime before April

Page and Anna, Send me "I live than you'll ever be", I'll send maala later. Beagle

**BABY SITTING** - I am a young mother and am dependable. Brenda Thompson, 3937 Wyandotte, Apt. 2.



Miss Bungly needs ride to Tallahassee, Fla., (or vicinity). Leave March 20 or 21. Leave message behind desk at Magic Circus.

Good full or part time work. Call Harold \_\_\_\_\_.

**GAS STOVE** wanted, Am willing to buy or trade for electric stove. David, 4037 Central.

Used records wanted to buy or trade. Love Records, 3909 Main.

Zenith stereo record player, portable, good condition, \$35. Kim, \_\_\_\_\_.

Sex is healthy. Pollution isn't. Pollution for pollution? Call Jaques for organic goodies cosmetics, etc.)

Contrary to popular opinion: Acne, dandruff, headache, insomnia, tooth decay, mono, V.D., Hepatitis, and many other diseases can be stopped; simply quickly, and cheaply. Help yourself and others, as we have. Send \$1.00 to-- Freedom, 3914 Broadway, K.C., Mo. 64111.

Hip Malaysian chick would dig corresponding with American boys--prefers Ages 16-17. Mehar Kaur 7 P. Jen Lim Ching Hoon Buhit Serendit Malacca Malaysia



**DRUMS** for Sale, "Rogers" double ride toms, floor tom, chrome snare, & cymbals, call \_\_\_\_\_.

**WHOLE EARTH CATALOGUES**  
Last Edition Bookstore, 22 E. 39th.

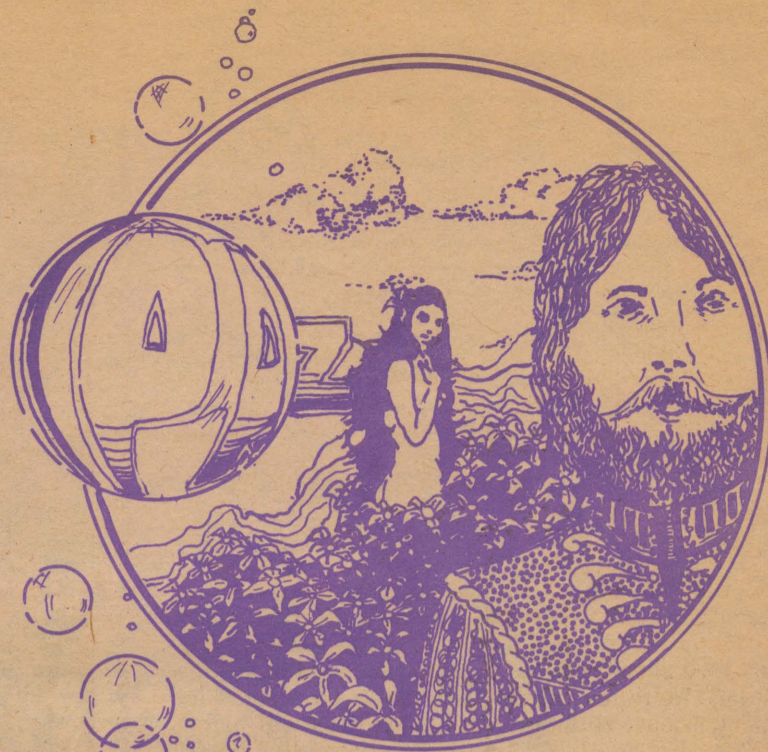
Freak Filmmakers interested in pooling ideas, equipment, actors, etc. Call Kevin Dowd, \_\_\_\_\_ or \_\_\_\_\_.

**PHOTOGRAPHY**, informal & outdoor portraits, editorial, public relations, illustration, advertising. Carter Hamilton, \_\_\_\_\_.

Used camping equipment wanted. Sleeping bag, pack & frame, space blanket, call Steve at \_\_\_\_\_.



**TANSY BOOKS**



The lecture on Transcendental Meditation which was scheduled for Mon. Feb. 22, and canceled due to the weather has been rescheduled for Wednesday March 3, 8:00 P.M. at the old library, room 201, UMKC, on Holmes between 51st and 52nd streets.

Rugs & tapestries wanted-- Any size. Leave message for Dennis at \_\_\_\_\_.

**Hendrick's BOOKS**  
Occult & Related Subjects  
4734 TROOST



**FADEL'S**  
Stained Glass  
FACETED GLASS-MOSAICS  
7524 WORNALL



**The Optical Shop**  
unusual eyeglasses

314 Westport Road □ Kansas City, Missouri 64111 □

# About Meat

BY MIKI & LINI  
FROM "ECOLOGICAL COOKERY" - L.A. FREE PRESS

There is no natural food that cannot or should not be eaten — depending, of course, upon the climate and the geographical location. We are not specifically against using meat as a food, but there are several factors which make it an undesirable food in this particular climate.

In this column we have stressed the importance of consuming whole, natural foods. In the case of meat, however, this is nearly impossible. Man is equipped primarily with the grinding teeth of a grain or seed eater. The canine teeth which he does possess are only four in number. Carnivorous animals, on the other hand, are equipped with strong, sharp teeth that are specifically designed for tearing flesh and cracking bones. Most carnivorous animals consume at least a small portion of the bones of their prey. This is very important because meat is an extremely acid food and the minerals in the bones assist in balancing the acid and also aid in digestion. In addition, given a choice, a carnivorous animal will usually eat a good share of the internal organs of his prey, and these almost always contain vegetable food.

Once inside the human body meat produces several difficulties. To begin with, a carnivore has short intestines in comparison with a vegetarian animal. Man's intestines are very long, which is another indication that he is primarily a vegetarian. Most vegetable quality food requires only a short digestion period. Meat, on the other hand, requires up to 4 1/2 hours before it even leaves the stomach. As we all know, digestion requires blood and lots of it. The brain requires more blood to function than any other organ in the body. When meat is consumed the brain is forced to give up a portion of its blood supply for a longer period of time than any other food. In a sense, digestion and thinking are antagonistic to each other, for when the internal organs are busily digesting food the mentality is somewhat stultified.

Meat begins to decay very rapidly, especially in a hot climate. The environment inside our bodies is somewhat like that of a tropical rain forest — very warm and always damp — and consequently meat begins to putrefy inside us very rapidly. As it begins to rot it produces several unpleasant conditions including body odor. The high amount of meat consumption in this country accounts for the phenomenal success of the deodorant industry. Anyone who has stopped using animal food can tell you that it was not long before body odor ceased to be a problem for him.

No one ever really chews meat, he merely bites it a few times and then swallows it. This is because our teeth are not designed for eating meat. Consequently, when meat reaches the stomach it is usually in fairly large chunks. The stomach secretes a great deal of acid, but to no avail, and by the time the meat reaches the intestines it is still virtually undigested. More acid is then secreted by the intestines, but the meat is still undigested. As a last resort, the body mobilizes minerals (calcium, magnesium, phosphorus, etc.) which are stored in the bones and teeth. (Note that if meat were eaten in whole form these minerals would have been supplied.) In this manner a mineral deficiency results and weak bones and teeth are the result of eating meat frequently.

Most animal foods contain saturated fats which are simply large molecules of fat which the body has difficulty breaking down. Vegetable food, in contrast, usually contains unsaturated fats (smaller molecules) which are more easily digested. (Peanuts are one of the few vegetables which contain saturated fats, although there are others which are less commonly eaten.) One of the components of saturated fat is cholesterol, which is very difficult for the body to digest and excrete. Usually large amounts of it are stored in the extremities and around the internal organs as well as inside the arteries and veins. Ultimately this leads to arteriosclerosis, heart disease and death. (It is interesting to note that good quality, cold pressed vegetable oil begins dissolving deposits of animal fat within a few days.)

When a person frequently consumes meat, the lactobacilli which inhabit the warm, moist environment of the intestines, and which produce the vitamin B complex, are destroyed. Frequently the villi in the small intestines are also damaged and soon the ability of the individual to utilize his food to the fullest capacity is undermined.

Meat and all other animal foods contain high concentrations of sodium. Sodium is essential to existence, but large amounts of it produce a wide variety of negative conditions which include hostility, anger and aggressiveness. In addition, the decomposing uric acid in meat produces a great deal of anxiety in many individuals. It is really no surprise that many highly evolved individuals and cultures prohibit the use of meat, since it is nearly impossible to eat meat often and still maintain a quiet, peaceful mentality.

Consider the fact that the American diet consists of at least 48% animal food, and that we are one of the most war-like, aggressive nations on earth. Although New Zealand and Australia consume more meat per capita than most Americans, they probably do not consume as much sugar, alcohol and drugs, none of which contribute to mental stability or happiness. There are always two opposing causes for every phenomenon in the universe, and these substances produce fear and negativity while meat produces hostility and anger. The result — violence, hatred, and unhappiness.

Please do not make the mistake of taking our word for this. Even if you eat meat every day, you do not notice these emotions too frequently because you have been making a balance of sorts by eating sugar, fruit, coffee, alcohol, drugs, etc. Rather than dismiss this as hysteria or begin following our recommendation mechanically, simply try eating nothing but meat for 2-3 weeks and observe for yourself what your reactions are. Or better still — eliminate meat, coffee, alcohol, sugar and drugs from your diet for three months and see if you don't feel surprisingly better.

Meat is a poor quality food in many respects—at least in this climate—but science, in its never ending attempt to conquer and improve upon Nature, has succeeded in making it worse. According to William Longgood, author of *The Poisons in Your Food*:

Probably no article in the American diet is as thoroughly tampered with as meat. Beef, for example: In addition to being laced with pesticides, the average steak or roast probably comes from a cow born through artificial insemination, raised with an artificial sex-hormone implant in its ear, fed synthetic hormones, antibiotics and insecticides, and shot with tranquilizers; even its natural pasturage is contaminated with radioactive fallout. If the animal survives the chemical onslaught, it is slaughtered—generally by an inhumane method.

The meat and poultry sold in this country today is subjected to some of the most incredibly dangerous chemicals one can imagine. They are processed almost beyond recognition, shot with preservatives, curing agents, antioxidants, flavoring agents, coal-tar dyes, emulsifiers and bleaching agents. Stilbestrol, an artificial female sex hormone which has caused sex changes in Brazilian men, is frequently injected into the necks of poultry and meat animals in order to make them swell up with water and consequently weigh more at market time. Although federal law prohibits the use of dyes and deodorants, there is really no way of preventing an unscrupulous or ignorant butcher from using these chemicals to brighten up a piece of stale meat or mask a rancid odor.

From an ecological standpoint, animal food is a tremendous waste of land and grain. It requires approximately a half an acre of grain to sustain a man for one year, whereas it requires at least ten acres of grain to feed cattle to provide the man with meat for one year. It should be obvious that we cannot expect to sustain the world's swelling population if we continue following our present eating patterns.

The recent alarming spread of the Southern Corn Blight is perhaps a good example of what the future holds for us. Since there will soon be a shortage of corn there will inevitably be a shortage of meat also. When this comes about, prices will soar and housewives will begin screaming. As conditions on this planet grow more critical during the next few decades only the very rich will be able to afford the dubious luxury of eating meat. The vast majority of people will be forced to rely primarily on vegetable quality food—and what a blessing in disguise that will be!

When is it good to eat meat? A white back one of our friends from Anchorage, Alaska, wrote us to ask if we thought she should follow a vegetarian diet. Our answer was no—and here's why: In very cold climates and in the winter there is often a shortage of vegetable food. In addition, by observing the traditional eating patterns of people who inhabit arctic regions, we see that they depended primarily upon animal food. The Eskimos, for example, traditionally consumed 90% MEAT AND FAT DURING THE WINTER MONTHS. Yet until they began eating our food they were a very healthy people. This is because they were eating in accordance with their environment; they were eating what was available to them in their immediate area. As we stated last week, meat contains a high amount of sodium, and sodium constricts the blood capillaries and therefore produces a high amount of body heat. So meat is a perfectly acceptable food in a frigid climate since it balances cold.

So far this discussion has been very intellectual, bookish and for this reason a little unreal. We've talked about cholesterol, ecology, and Eskimos, but what do these things really mean to most people?

We know that it is not essential to eat meat in order to be healthy, for millions of people, both traditionally and in these times, seldom eat it. We also know that grains and vegetables, beans, nuts, and seeds supply all the protein that is necessary for human existence. By examining the diets of many so-called "primitive" people we see that in the majority of cultures meat was regarded as essentially a pleasure or supplementary food to be the standard fare of grains and vegetables.

Perhaps we have given our readers the impression that we are opposed to eating meat because it involves the killing of helpless animals. Although we do not like the idea of the assembly-line-type slaughter which occurs in most slaughterhouses, this is not our primary concern. Man is the highest creature on this planet, and in order to exercise his freedom, he must be able to accept or reject all varieties of food. He has a right to eat whatever he likes, but the real question is—Should he?

More important than murder is the consideration of what happens to the food once it is inside our bodies. Does it produce health or happiness? Does it produce a clear, peaceful mentality? The answer is no—not a dogmatic no, but a very simple statement. If someone had asked us not to eat meat two years ago we would have told them to get lost—which we did frequently. The reason for this is very simple: If you have eaten meat all your life you don't know anything different. Your mentality and your flesh is built from cows and pigs and chickens.

Should we eat meat? This is a question every individual must answer for himself. All we can do is tell you the pros and cons of the matter. Your yourself must decide. We can inform you that you would perhaps feel better and live longer if you refrained from eating it. We can mention the fact that eating meat as a principal food is ecologically destructive and that such a food pattern will ultimately bring about the starvation of a great number of people, but in the last analysis the choice must be up to the individual. May you make that choice wisely!

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