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JANUARY 1975 NO. 61 P.O. BOX 504, VENICE, CALIFORNIA 90291 PHONES: TANK-YUK OR 396-9325

by Elizabeth Sunny Sky

At the December Venice Town Council meeting, Oakwood reps asked for support in their continuing effort to get a long-needed crossing guard in front of Westminster School. The Council unanimously passed a resolution that included writing further demands that the position be filled. There was a sense of dismay and impatience over the guard position still being vacant and that feeling manifested itself the next day in a decision to do more than continue mailing written requests and demands for the guard.

Informally, council representatives organized themselves and other Venice residents to do the crossing guard work until the city fulfilled its responsibility to hire and station a guard.

The Council people scheduled themselves through Dec. 20th, when school recessed for xmas vacation, with an understanding from Pat Russell's field office and the Venice police station that the post would be filled by Jan. 6th (the day the kids returned to school).

A little phone research, however, proved the situation was far from resolved: no one had, in fact, been hired for the post (Police & Russell's field people thought someone had). The agency person in L.A. in charge of the crossing guard program informed me that "they" couldn't put a reserve person at that location because most of them are receiving social security and had already earned the \$2400. they are allowed yearly. Even though the law requires that police personnel be used if no one else is available, she said "they" couldn't put a police guard at the crosswalk because it wasn't an "assigned" spot. It becomes an "assigned" spot when someone is actually there and "promises" to be there every day.

Further, she intimated that the reason they haven't hired someone for that location is that Venice so far hasn't produced someone capable of passing their tests, medical exam, and background check. Now, whether or not they have hired a community person to fill the spot does not mitigate their responsibility to provide the guard. In fact when a person is hired for the job they are typically used as substitutes at vacant spots for the

ON GUARD!



PHOTO BY MEDEARIS

first several months (a requirement for the job is ownership or use of a car).

I've heard some bureaucratic bullshit in my life but the response from this department, whose main and only job is to provide safety for school children crossing streets, is appalling. This in charge person also informed me that volunteers attempting to be crossing guards would be in violation of L.A. Municipal Code 80.03, which evidently prohibits "civilians" from directing traffic. She said too, that we could be sued if any child was hurt while we crossed him or her. The fact that the law makes the school responsible for the safety of children coming to and going home from school was not mentioned.

What finally happened: Town Council people started on Monday, Dec. 9th, to work in 2 hour shifts at the West Washington Blvd. crosswalk. It was tentatively planned to get media coverage of the situation by the 2nd week (before school let out for vacation) in order to focus some embarrassing attention on whatever agents, or departments were responsible for the missing guard.

Monday afternoon a phone call was made to Lt. Bernard Parks, Public Relations Officer at the Venice Police Station. It is at this writing still a mystery how he was able during the course of that phone call, to get a guard for Tuesday morning.

Tuesday morning she was there, but there remain questions that reflect what's still wrong with bureaucratic agencies that can allow themselves to get so hung up in red tape that the value of children's lives becomes secondary to their procedural tripping.

Why did it take 'til Jan. 74 for the L.A. City Council to "dedicate" Westminster's crosswalk? Why, during this whole year was there never a "reserve" guard or police person stationed there (there are crossing guards on Main & Pacific)? How did the communication between Russell's field office, the Police, and the "Agency" get so botched? And how is it Lt. Parks can do something on the phone in one afternoon that no one has done in the past eleven months? I guess we'll all answer these questions in a way that might reflect to us what kind of thinking we've been doing.

... in defense of our favorite bureaucracy

BY The North Beach Planning Task Force

The California Coastal Conservation Commission is proceeding in a surprisingly rapid manner with the creation of the coastal zone plan. At this point the So. Coast Regional Commission has begun hearings on what is generally considered the most important part of the plan - an element called "Powers, Funding and Government". This element is the one with all the teeth in it and will make or break the rest of the plan.

Briefly, Powers, Funding and Government has to do with the creation of a successor agency to the present Coastal Commission (which, by law, will cease to exist in 1976). The element deals with the structure of the successor agency - whether there will be both regional and a state agency as is now the case - and what powers the agency will have. The first public hearing on Powers, Funding and Govt. was held in Long Beach on Dec. 16th. It is interesting to note that Nov. 27th the L.A. Times carried an article in which Chief City Planner Calvin Hamilton and the City Council Planning Committee (Councilperson Russell is the Chairperson) criticized the draft element mainly because it took coastal zone planning authority away from the City. (We all know what a swell job the City has heretofore done in its planning for the L.A. Coastal area) In fact most of the criticisms were misrepresentations of what the element says and the Task Force has sent a letter to the Times in an attempt to point out the errors in what Mr. Hamilton said and the Planning Committee endorsed.

Basically the draft element calls for: 1) a successor agency with regional commissions and a state commission; 2) the regional commission members will include one supervisor from each county in the region (that would mean one from L.A. and one from Orange County on the So. Coast Commission) and six members selected from the public (there would be no members from City councils, which seems like a good idea to us); 3) at the state level, all

9 members would be selected from the public at large (there is no provision for elections at either level); 4) the establishment of something called a Critical Coastal Resource Zone and a Coastal Management Zone - there is some confusion as to just what the definition of the first zone is and we've attempted to have that clarified; 5) an expansion of the permit authority which would include, among other things, zone changes & variances, which could be crucial to Venice; 6) control over new or improved roads that terminate in or passthu the coastal zone - roads like Venice Blvd, Pacific Av, and Ocean Av; 7) recommendations for new ways to retain or acquire open spaces for public use; 8) limited authority to establish local advisory board to assist in the permit and planning process which would be funded by the commission and, hopefully, maximize public participation (the Task Force feels that this recommendation needs to be strengthened and has suggested how to do this in our written & oral presentation before the commission - more on this below.)

Local Design Review Boards would seem to be an excellent opportunity for the exercise of local control and public participation within the structure of the Coastal Commission successor agency. The Task Force has advocated such a set up and some guidelines for its membership and authority. We've suggested that membership on local DRBs be based on population - Venice could have one member per 5000 population giving us a 7 member board. We have, of course, recommended that these members be elected by the community. As far as the board's powers go we suggested the following, "No development project in the coastal zone of a local government may be approved without the approval of the local Design Review Board." We also suggested that communities within cities be authorized to establish their own Design Review Boards by a majority vote in an election in that community.

CONT. P. 2

OUR FREE BOX IS GONE

By Patti M.

Our Free Box was a free recycling center for clothing, books, shoes, household items and much more and now it is gone. It was there for over two-years.

Today, December 5, 1974 a wrecking crew with the protection of the police tore down our precious Free Box which was located in a vacant lot next door to 33 Brooks Avenue. Apparently a lot of people tried to prevent this and the police were called to protect the wrecking crew. The woman who owns the lot didn't like the mess in and around the Free Box, so she ordered it removed. Keeping the Free Box neat and orderly has always been the only problem associated with it.

I am on Welfare and could in no way afford to buy the beautiful clothes and shoes and books and toys I found in the Free Box. I found things for myself and my son and for my friends and for the Venice Community Playgroup. I want there to be another Free Box and so do Ron and Bill. I know there must be others too. What we need is a lot with the permission of the owner to use it and people who want another Free Box to help us build and maintain it. If you want to help us have another Free Box come by 109 Brooks Avenue #2 or call us at 392-7171 or write. Please do something!



DRUMMERS CASE DROPPED

Referring to the case of four people arrested last May for conga playing and dancing at the Breeze Avenue pagoda, this was exactly the situation: After months of trial postponements (during which evidence and witnesses were secured from both sides of the case), which also included two weeks of Internal Researching of the L.A.P.D. by three detectives from the L.A. P.D. investigating department, our Public Defender, Mr. David Whitney (a Venice resident) asked the court for and received a dismissal of the case. This came about as a result of the L.A.P.D.'s blatant refusal to submit to Mr. Whitney A. the results of their investigation B. proof of there being a complaint about the conga playing that day c. a court order demanding the this evidence be furnished.


Mr. Whitney was told by the District Prosecuting Attorney that this case should be kept out of court in order to prevent a small scale uprising among the decent citizens of Venice, for there were many people that day who saw the arresting officers and the outrageous tactics used in this particular situation.

In summary I'd like to repeat what I've said before and that is that we are not a criminal element. I have yet to read or hear about a conga drum being used for a murder weapon.

Peace and better understanding,
Michael A. Rivera

in defense (CONT. FROM P. 1)

A successor agency to the Coastal Comm. could, if given the power and the funds, (part of which would come from the Feds via the Federal Coastal Zone Management Act of 1972) can have a substantial and positive effect on the future of Venice. Without such an agency the City of L.A. will be left to its own devices, which have in the past not been in the best interests of the people who live in our community. We've got to keep in mind that only as recently as 1969 the City planned to turn the Venice beachfront into "Miami Beach West" and that right now the City's plans for the Canals include deepwater canals (for the power boats of the wealthy) both north and south of Washington St. It has been the Coastal Commission which has forced the City to partially repair Canal St., come up with a community-approved plan for Venice Blvd, and forced the City to create new and more acceptable alternatives to the Canals project. The Task Force feels that it is in the self interest of the Venice community to actively support the creation of a comprehensive successor agency to the Coastal Comm. Letters to the Commission will help and should be addressed to: Special Consultant for Powers & Funding
So. Coast Regional Commission
666 E. Ocean Bl, Suite 3107
P.O. Box 1450
Long Beach, Calif. 90801



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EVAN KRESS, M.T. 395-5003

Dear Beachhead,

they are all talking about the terrible state of things. especially, these days, about money and energy, the lack thereof. but in my fantasy land these problems lack reality. all my friends are eating well in warm comfortable homes, smoking good dope and eating out every now and then. the disaster is happening on the tv and in words all around and i don't get involved in that reality, i have that energy (and it's considerable) for other, more personal, things. selfish things. i found that staying in touch with reality took far too much time. some imput each day. when it got interesting during the watergate thing, i was really digging it and even knew the names of the players. the last time for that was when the boston braves played in the world series in 1948. but now, ther's all this pending disaster. famine, depression, recession, inflation and other words i mostly don't understand in a practical sense. so i turn off the tv and let my time magazine subscription lapse and listen to music instead of news and i'm having much fore fun and though my ready reserve account is about to burst, i still get down to suzannes kitchen every now and then. the end is coming; all that matters is what we do in the meantime.

Love,
anonymous fool

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HAIR DUES
1326 W. Washington Bl
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Dear Beachhead,

Just a short note to thank you for giving me a personal memory I'll never forget. I'm referring to my poem published in you December issue entitled Christmas in Venice. Even though you omitted my name, the thrill lasted all day.

I've never considered myself an intellectual, even a pseudo-intellectual, and in truth, I clean carpets for a living. The poem you published for your December issue was my first attempt at writing anything. I still can't believe it.

I have lived in Venice for six years now, and have read the Beachhead avidly whenever available; some articles I love, others leave me less moved. I particularly enjoy anything and everything by Carol Findiller. I would very much like to meet her, just to tell her so.

Shortly after Christmas of this year I will be leaving Venice to move to Mendocino, above San Francisco on the coast. I will miss Venice, and the people here who have been friends to me. I will also miss reading the Beachhead.

Enclosed, you'll find my second effort, for whatever it's worth. Thanks again for the tremendous boost you've given me.

Sincerely yours,
Ken Nisbet

the show dog Ken Nisbet

Near Nineteenth Streets and Speedway I used to see him everyday, The old man and the dog; the old man hunched over, moving slowly, and the dog beside him, limping along with one ear gone, and white scars showing through his mangy, brown coat.

We nodded occasionally to each other, the old man and I, and one day, for no particular reason, or maybe because I made a joke about the dog having "A face that only a mother could love" he stopped and told me the dog's story.

It seems the dog's former owner was a drunk who used to leave the dog tied up, outside dirty taverns, in cheap Hotel rooms in towns strange to the dog, and sometimes in the back seat of hot, battered cars, then one day, the drunk didn't come back at all. After three days of being hungry, and confused, the dog jumped two stories from a flophouse room. "That's why he limps so" And once, before that, the drunk beat the dog senseless in a drunken rage. "That's how he got them scars."

But now, the old man said, "I love that worthless old pooch everyday." Just look how fat and happy he is "I ain't got nobody, but him, and now, he's got me, and he ain't a mean dog anymore."

The old man smiled that day, telling me the dog's story. He reached down and patted the dog, and I watched the dog look up at him blissfully, and then wander off sniffing the ground near the paddle tennis courts, and all of a sudden, I felt kinda funny, choked up sorta, like I did when I was a kid before a grade-school fight, and now, every so often, I see those two together—Two real thoroughbreds walking towards the Pier near Nineteenth Street and Speedway.

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VENICE TOWN COUNCIL NEWS

BY MICHAEL VESCERA

A report from the free Venice Housing Research Committee dealing with the Housing and Community Development Act of 1974 was the main subject at the December 4, 1974, meeting of the Venice Town Council.

The Act creates a federal revenue sharing program in cities through out the Country in efforts to replace existing programs, (Model Cities, Neighborhood Development Projects, Open Space, Water, Sewer, etc.). The cities receive payments in one block grants, with Los Angeles due to receive \$38,957,000. dollars for 1975. All financial programs are submitted to the Housing and Urban Development, and subject to their approval.

Los Angeles's application is now being prepared by the city, and it must include a comprehensive community development plan and a detailed housing assistance plan for Los Angeles area. When preparing the application each city must have an extensive citizen participation for all concerned areas.

To date there has been no public announcement dealing with the Venice district. Therefore, there has been no public participation, nor has there been any participation by the Venice Town Council.

A letter from the Venice Town Council protesting the lack of the community participation and community awareness of the report has been sent to Mayor Tom Bradley, Council Woman Russell, City Council President John Gibson, and Area Director of the department of Housing and Urban Development.

The letter also severely criticized Mrs. Pat Russell's newly appointed Citizens Unit of Participation (CUP) committee, with its inability to effectively evaluate the needs of the poverty stricken and the needs of the Venice community.

The (CUP) committee is made up of the 15 City Council districts. Each City Council person selects one person to be on the Executive committee which works directly with the city planners. The V.T.C. feels that with the limited time, the CUP committee and the Executive committee cannot possibly determine the needs of L.A.'s poverty community nor can it effectively evaluate the city's proposals.

The letter also criticized the city officials for waiting until November 27th (The day the committee held its first official meeting) to enact citizen participation requirements of the plan. It also accused the city of being aware of those requirements since last August.

To be eligible for the federal assistance under Title 1 of the Housing and Community Development Act of 1974, a comprehensive community plan and Housing Assistance plan must be prepared with active citizen participation.

The letter also brought to the attention of Mayor Bradley, Council Woman Russell, and other city officials the April 15, 1975 deadline for applying for federal funding from the Housing and Urban Development Department. But any City has the

alternative of requesting an extension from the Housing and Urban Development Department, for the funding. The appeal is made to H.U.D. Department.

A sample proposal, "Advanced Funding for Planning In Venice", has been initiated by the Venice Town Council. The proposal requesting advanced funding to create a Community and Housing Assistance Plan for Venice would ask for \$20,950.00 dollars for a 3 1/2 month period, beginning Jan 1, 1975 and ending April 15, 1975.

Based on a 1973 analysis of housing, requirements of the City's sixth councilmanic district of the City of Los Angeles, the money would then be distributed equitably among the six geographical Venice areas (Peninsula, North Beach, East Venice, and Canals, and Central Venice).

Administration of funds received, along with daily responsibilities for expenditures would rest with each area's Council representative to the committee.

The proposal also stated that Mrs. Russell's office would serve as interim administrator of the V.T.C. Planning Grant.

In other action the V.T.C. again noted the necessity for a Crossing Guard at the Westminster

School. It was noted that one of the City's requirements for a crossing guard was ownership of a car, the V.T.C. voted to amend the vehicle ownership requirement for a guard and to forward the amendment to the Los Angeles City Hall and the Los Angeles Police Department.

Within one week of the V.T.C.'s letters to the above departments, a crossing guard was installed at the Westminster School. (See story on P. 1)

In other action, the V.T.C. passed a resolution to ban smoking in the Council's meeting room during any of the meetings, although smoking will still be allowed in the corridors and other rooms of the Olde Venice City Hall building.

The next scheduled Venice Town Council meeting is 7:30 Wednesday, Jan 8, 1975, at the Olde Venice City Hall 681 N. Venice Blvd.



OH WHAT A TANGLED WEB WE WEAVE
WHEN FIRST WE PRACTICE TO DECEIVE
BUT YEARS OF PRACTICING THE ART
SOON REPAIR THE CLUMSY START.
WE ALL ADMIRE THE OLD BULLSHITTER
WHO WEAVES HIS WEB WITH FLAIR AND GLITTER.

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VENICE NEIGHBORHOOD MEETINGS

Area I: Peninsula - west of Pacific, south of Venice Bl. Meets every 4th Wed. (Jan. 22nd) 392-2113 or 392-1594 (Anchorage school - 7:30)

Area II: North Beach - west of Main, Venice Bl. to Santa Monica border. Meets every 1st Monday (Jan. 6) 7:30 to 10:30 at Levin Center, 201 Ocean Front Walk 396-0267 or 396-6604

Area III: Canals - south of Venice Bl. east of Pacific, west of Washington Bl. Meets every first and third Tues. (Jan. 7 & 21) at Anchorage School library 821-5931 or 823-1753

Area IV: Oakwood - North of California west of Lincoln to Washington Bl. Meets every third Wed. (Jan. 15) 7:00 - 9:00 p.m. at Broadway school bungalow call 396-2801

Area V: East Venice - South of California, west of Lincoln to Washington Bl. Meets every 4th Wed. 7:30 Couer D'Alene school. Call 821-1430

Area VI: Central - north of Venice Bl, east of Main, west of Washington Bl. Meets Thursday, Jan. 30th at 7:30 p.m. at 328 Market St. call 821-1774

VENICE TOWN COUNCIL includes all areas and meets January 8, 7:30 to 10:30 p.m. at Venice Town Hall, 681 N. Venice Blvd.

THE VENICE TOWN COUNCIL COMMITTEE TO INVESTIGATE SECESSION
will meet at Venice City Hall, Jan. 28th
8:00 p.m.



FILMS about Venice: any length, from any era, are being sought for a Venice Film Festival. If you know of any or would like to help, call John Haag - 396-0267

C.A.C.-CHANGES PLANNERS PLAN

BY DUDLEY THORNTON
(NOT A MEMBER OF C.A.C.)

The third meeting of the Venice Plan Restudy Citizens Advisory Committee (CAC) started on a low key, one-half our late and several members short of the quorum needed to pass any resolutions. More members eventually arrived and final attendance included 13 (of the appointed 23) voting members, one non-voting member, 4 city employees and 6 observers.

Permanent chairperson of the CAC, city Staff Planner Chuck Zeman, announced that two additional people had been invited to join the CAC, and that more appointments were being considered. However, upon further questioning regarding the considered appointments, Russell aide Sharon Caplan stated that the two community persons invited had not yet responded, and that she knew of no plans for further appointments. This response did nothing to alleviate the disappointment of those neighborhoods whose elected representatives to the CAC have not been appointed by Councilwoman Russell.

The agenda of the meeting previously announced was a discussion of goals, objectives and major issues of the Venice Community Plan. This discussion was diverted when a peninsula property owner asked Mr. Zeman whether the CAC could have any influence on the impending Anchorage Assessment District. Although both Mr. Zeman and Ms. Caplan felt that the project was too far along to be affected by the CAC, the question raised several interesting issues one of which was the question of how a plan could be made for the community while the whole structure of the community was being radically changed by

city projects now pending. The effect of this would be a completed plan from the CAC for a community which would no longer exist as a result of these changes. The efforts of CAC members would be wasted.

Another issue that came to light from this discussion is the fact that CAC members are not aware of the pending city plans for changes in Venice. There was a general consensus that pending city plans for all of Venice must be discussed so that the CAC will be informed well enough to plan intelligently and effectively.

This discussion disclosed a general feeling that any major changes will cause repercussions in the community which make planning our future course almost impossible. This led to a discussion of calling for a moratorium on major developments until the restudy plan is completed. Some members felt that the city would scoff at such a proposal. However, another member pointed out that CAC proposals in another council district caused a two year moratorium on major development projects... the CAC could be an effective community endeavor. A motion to delay major projects for a year and a half until the Venice restudy plan is completed passed 8 to 4 with 1 abstention. A motion to send one representative to the December 9th City Council hearing on the Assessment District to state the CAC position was passed 7-3-3.

Throughout this long and lively discussion, both Mr. Zeman and Sharon Caplan reminded the CAC members that the subject was not relevant to the proposed purposes of this meeting. The members, however, seemed to feel it to be quite relevant, and also felt additional information would be needed before community needs could be accurately evaluated.

Remaining discussions covered the availability of various types of supplemental information for the use of CAC members during the restudy, with City representatives promising to supply whatever materials they could obtain regarding technical data, other Community plans, Citywide plan elements and so forth. Among the materials requested will be a copy of the Palms CAC plan which was submitted to the City Planning Department, and a copy of the Planning Department plan which was subsequently submitted to the L.A. Planning Commission.

Other topics included schools, recreational facilities, Committee-community information exchange and social services. It was agreed that the CAC should issue a newsletter whenever sufficient information existed to warrant such action.

The next meeting of the CAC was scheduled for January 7th at 8 p.m. with the tentative agenda being the further identification of goals, objectives and issues, the discussion of a long-range planning agenda for the restudy and the presentation of information regarding ongoing Capital Improvement Projects in Venice.

As per current CAC by-laws, the public is welcome to attend all CAC meetings. Opportunity to speak may be made available to anyone who applies in writing to the CAC c/o Charles Zeman, City Planning department, City Hall, 200 N. Spring St. L.A. 90012, at least a week in advance of a given CAC meeting. Lance Diskan of the North Beach Planning Task Force has undertaken the project of videotaping every CAC meeting as a public record and may be contacted c/o 396-6343 regarding viewing of the tapes or donations for tape for future meetings.

4 IN THE JOINT

The following are excerpts from letters received by a Venice resident from a newly arrived prisoner in San Quentin. He is in his early thirties and has spent the last ten years in and out of many prisons. He is interested in people on the 'outside' having a glimpse of life on the 'inside' and hopes these descriptions may be a way.

This building is five stories high containing five tiers, fifty cells long. The wall approximately twenty feet from the front of the cells has a catwalk attached to it on which a rifleman stalks back and forth day and night.

There are four or five really large dining halls with, of course, catwalks for the guards who carry 30 caliber rifles. The food is bad but not half as bad as I expected. Through mutual agreement the Blacks sit on one side of the dining hall with the Whites and Chicanos occupying the other side.

Then we have the yards. The upper yard resembles the San Francisco Greyhound Bus Terminal. The lower yard, resembles a shabby little park set in the middle of a New York ghetto. There's hand ball courts, and a few weights for us health freaks and you guessed it, catwalks for the ever observant riflemen. Yesterday, a young kid from San Jose, first time in prison, a layover waiting for transportation out to a forestry camp, lost his life on the lower yard. The layovers left for camp this morning, shy one.

I've run into quite a few people I know. One a guy I grew up with and haven't seen for over ten years. Yes sereee, folks, come to San Quentin. Eat, sleep and play under the gun. See murder and mayhem first hand. Meet old friends. Yes siree folks, San Quentin, Bastille by the bay, one of a kind.

This place reminds me of a huge deserted warehouse except that it's far from deserted. I sit here looking out of the bars. All of the windows are open. Of course this doesn't mean much since all of the fucking glass is busted out. On some of the windows you can see where they've given up and welded sheet metal panes in place. Some sections of the catwalk are nothing but charred ruins with planks thrown over so the rifleman can continue traipsing. Part of the walls by the windows are blackened by other past attempts at arson. Then there's the old Jergens bottles, discarded sweatshirts and assorted rags and cigarette butts strewn along the catwalk to add a little class. Now picture this, there's somewhere around five hundred people in my half of the block. The fronts of all the cells are open, there's bars, no walls. Now some people have TV's, some have radios, some just sit and play guitars, some don't have anything and just talk loudly a lot. Oh

yeah, and throw in a trumpet or two and everybody's trying to outdo the next guy so he can hear his own trip. San Quentin's a terrible head trip - and how do I explain what I feel when I sit on one side of the yard on a sunny day listening to good music - watching a kid on the other side of the yard being stabbed to death.

Let me run down the cells to you. I swear the state law surely forces the humane society to furnish quarters for a dog larger than the cells we inhabit. A few cells are single but most are two man cells. They're ten or twelve feet long and if I stand in the back of the cell put one palm against one wall and one against the other, I can't straighten my arms out. There's not enough room to get down on the floor and do a push up. Nice place, but what the hell, they gotta put us someplace...

What else to say, yeah - well I'm alive and healthy, I'm comfortable too. I think I may have been giving you the wrong impression of good ole SQ by talking about broken windows. The wind gets to tearing through here and it gets cold but they aren't gonna replace the glass cause they'd just get busted again anyway. Just take a funky ole drool stained sheet and wire it up to the bars to keep some of the cold out. There's

no hot water in my cell. We'll give the plumber a couple cartons and he'll run a hot water pipe off into your pad. You gotta improvise, baby, ya gotta improvise and me I like it like that. Ya learn to keep on trucking right through shit, mire any goddam thing that comes along. Right now, I'm a warrior in a land of warriors. In here, a honky's a honky, a nigger's a nigger, a greaser's a greaser and a chink's a chink. There remains a certain amount of mutual respect simply because all involved are either proven or potential killers. When you get right down to the nitty gritty, that's the way it is all over the whole sick ole world. Unity's as much a dream as utopia. Be a warrior. If a heaven I'll take Valhalla. What they should do here is issue automatic weapons to those of us that want them, cut us loose on the lower yard and then the survivors over to the European continent to join the mercenaries.

It would be nice if there were no need for places such as San Quentin but that's nothing but a dream, a dream. There's always been San Quentin, and always will be. With time, the prisons may change yet they'll always remain the same. The shit going on in the penitentiaries is merely a reflection of the world at large. Man, myself included, doesn't really strive for peace other than as a means to new wars. So what real difference matters material change?? It will just dull the points on a bed of nails. If folks out there wonder (or do they bother) why there's so much violence, there's so many reasons. You'll see in the news reasons being anything from a new breed of convict to indebtedness over drug dealings, underground racist gang warfare, and leftist revolutionary activists, and except for the latter it's all generally true. But its more than that. Much of it is San Quentins merely being San Quentin, the "Big House" of California, an old prison, broken and dirty. Violence permeated its history. We carry on the tradition. Upon arrival, you're forced to through self-preservation, and in a sick sense are even proud to do so.

You know, I was thumbing through a Newsweek and I ran across this picture of a woman from Asia cradling a baby that looked like a big headed skeleton that was feeding on a tit that looked like an old deflated football, all because the rice crop failed. Then I glance at my good ole funky sheet hangin across the bars, thumb over a few more pages and there's a two page spread with a whole flock of fat bellied motherfuckers standing around their Winnabago motor home and I think, well, well, well, which is it? My, my, my, there's a hair in the pie, lets throw it out. Or, some got it and some don't. Or, how about, "the revolutionary died in Bolivia, while the warrior was born in San Quentin".....

You know, when it rains they close the lower yard and everyone stands under the shed on the upper yard. And that is really a gas. The wind whips great sheets of rain back and forth. It's like having buckets of water thrown on you from all sides. But, after all, I beat people into epilepsy and take their money. I bury dead dope fiends. I do the damndest things. Now I got time, time to think of something to do that's a bit more constructive. Of course, there's always the possibility that I'll think of it but the parole board won't believe me so keep me on, then I'll lose what it was I thought of some where along the way and the board will get tired of looking at me and kick me out and I'll go out and rob and bury people and come back.

Seriously, that's what really happens. Then there's an eighty year old man in the penitentiary in New York, who's been locked up for 63 consecutive years (since before the first World War). Community people arranged to have him moved directly into a resthome for the aged upon release to live out his remaining years. But the almighty parole board told him it would be two more years before they could consider him for parole.....



SURVIVAL MANUAL EXPOSES RAPE

(Editor's note: The following is an edited version of a review by Mary A. England in the October, 1974 edition of Women's Press, Eugene, Oregon.

Against Rape, by Andrea Medea and Kathleen Thompson, Paperback, Farrar, Straus and Giroux: New York, \$2.25.)

Liberation News Service/Women's Press -- "Hey baby, where ya goin', whatcha doin', what's happenin'? Ya lookin' good, sugar. Niceas. Looka them legs. Wanna give me some? Mama. Hey, look at those. Where's your bra, honey? Don't they get cold that way? I'll keep 'em warm. What have you got there? What a nice piece. Wanna drink? Where ya goin' so fast? Can I come too? You got really nice legs, honey. Got anything between 'em for me? Hey look at that one. What a pig... Hey, you. Your blouse is undone. Whoooee. Ain't you gonna give me a peek? Bouncy, bouncy, bouncy. Ugly bitch anyway, fat legs. How much? Huh? How much for it? Ten bucks? Five? Hey, whatsa matter with you? I'm just trying to be friendly."

---"Little Rapes" chapter of **Against Rape**

The "little rapes," erosive, omnipresent, symptomatic, often subtle, yet disruptingly volatile. As we are increasingly conscious of the barrage of "little rapes" confronting us daily, we must understand the implications of rape in a broader context.

Andrea Medea a member of Chicago Women Against Rape, and Kathleen Thompson, a self-defense instructor, effectively exposed rape far beyond its legal definition and offer a comprehensive survival manual in their recently published book, **Against Rape**.

One of the strengths of **Against Rape** is the style in which the co-authors show the critical function rape performs in maintaining male privilege, so essential in perpetuating a sex-stratified society.

Medea and Thompson define rape as "any sexual intimacy forced on one person by another," and they further clarify this by adding that rape is any "violation of a woman's self-determination."

Throughout the book, the authors intersperse analysis with actual experiences in order to demystify rape.

In discussing "Why Do Men Rape Women?" and "Who is the Rapist?" the co-authors elaborating on the socialization processes which prime all men, to

varying degrees, as potential rapists and prepares all women to passively acquiesce, breakdown such myths as "Women ask for it, and actually enjoy it," and "Rapists are atypical, abnormal men with uncontrollable sexual urges."

Thompson and Medea establish the erosive effects of degrading, dehumanizing violations of everyday "little rapes," and conclude that acceptance of these as normal is one of the many ways in which women are prepared as victims.

"The only way to avoid all of this is to demand from the very beginning the right to your own time, to your own life. Don't get into the game at all. It is really nothing more than a matter of simple self-respect."

Suggesting that precaution is the best defense, the co-authors warn that it may not invariably be practical or possible. With this in mind, they offer several pages of precautions, although dealing with the "familiar" rapist, the friend, the friend of a friend, or a relative, becomes much stickier. Beyond a very good self-defense class and clear thinking, Medea and Thompson offer the following advice:

□□ Most important, don't feel silly about being afraid when you have reason to be, even if the reason is that something feels wrong... once you start to play along with the situation, you're trapped. But paranoia is a necessary part of survival.

An entire chapter of this survival manual is devoted to self-defense.

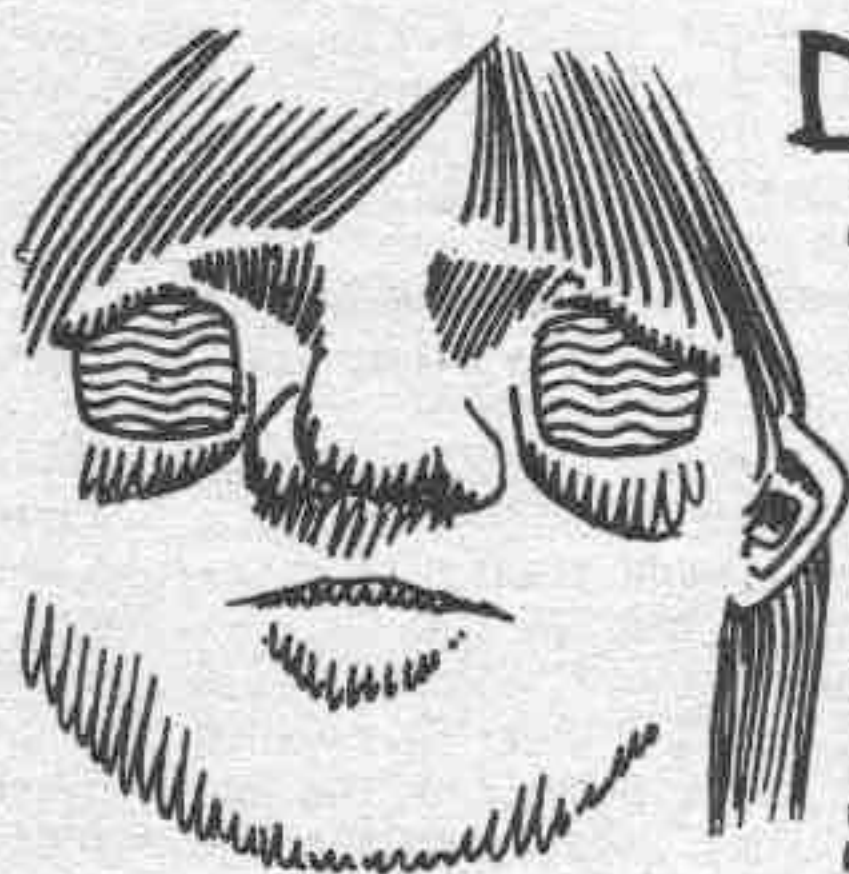
Illustrated explanations of such fundamentals as stance, balance, blocking blows, deflecting and breaking holds, punches, kicks, recognizing danger, taking the offensive, and a commonsense list of general suggestions are included.

Also incorporated in the book are basic procedures if you should be raped, such as what to do during the rape, considerations on whether to report it to the police and procedures to follow if you do, and what to expect at the hospital.

Medea and Thompson also outline some of the probable psychological reactions that might be encountered. Specific advice is given not only to the victim, but to friends, relatives, and parents as well.

Against Rape also explores the growing "Movement Against Rape," and cites numerous Rape Crisis Centers, Rape Prevention Squads, street patrols of women trained in self-defense and staffed crisis telephone lines in communities around the country.

Berkeley Barb



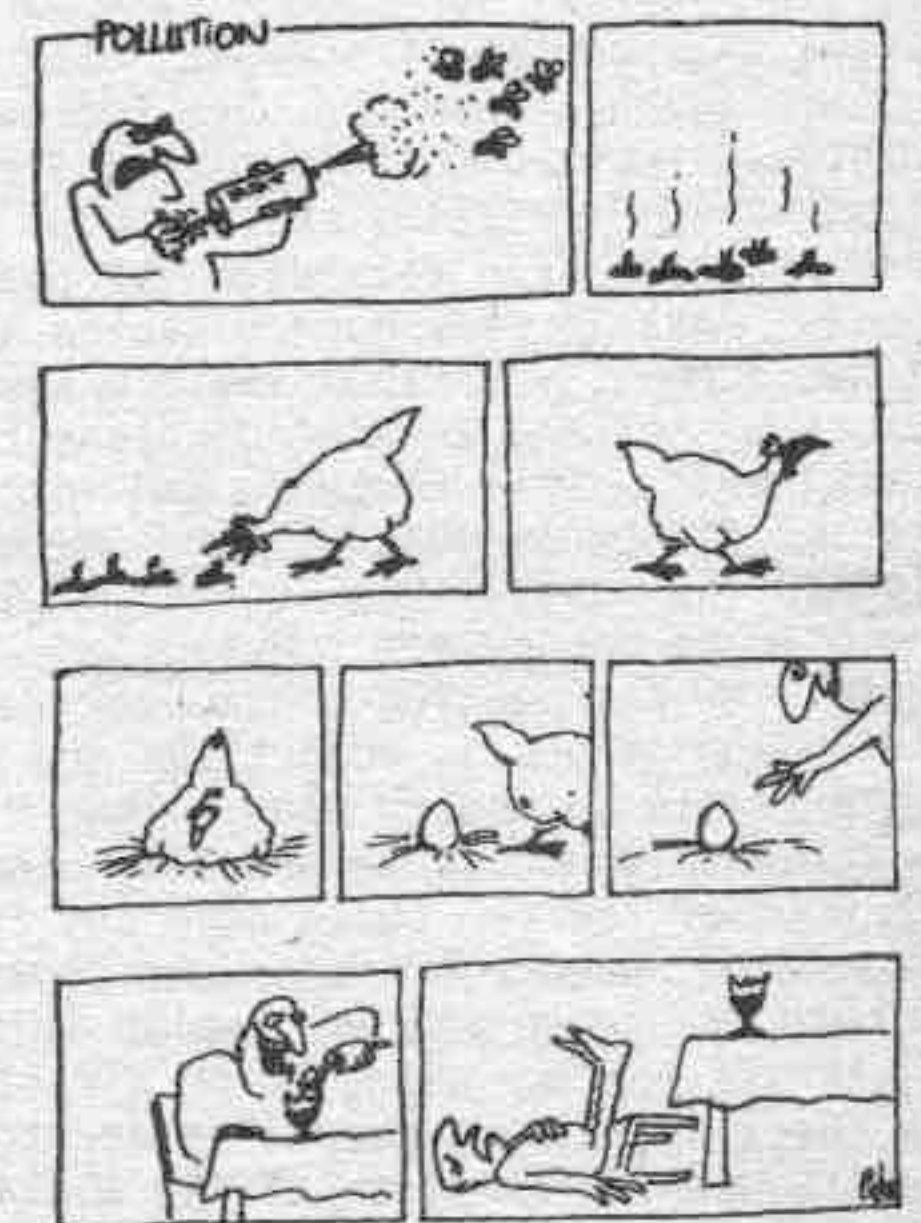
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The Speedy Kid's Diet

5

Think of everything that gets on your nerves about children and probably you'll have defined what commonly is called a hyperactive or hyperkinetic child.

Here's a more accurate picture of what a technically "hyperactive" child is like: the hyperactive child has a very short attention span. In public school the teacher says, "Take out your history book, turn to page 123, and do problems 7, 8, & 9," the hyperactive child would probably get its book out but be lost after that, making it a likely victim for the teacher's wrath. Hyperactive children are loud and extremely impulsive. They move rapidly from one thing to the next and don't learn from their experiences. They are usually uncoordinated and their movements are jerky. If told to run toward a wall the hyperactive child would probably run into it. The hyperactive child is a failure in school and among his/her peers. This is the extreme depiction of hyperkinesia. Chances are that you or your child may exhibit some of these tendencies -- and chances are that that's not all chance.

Very recently, Dr. Ben Feingold, a San Francisco allergy specialist, discovered that it may be soft drinks, hamburgers, and other stand-bys of the "American Diet" which are causing behavior problems in children.

By eliminating the chemical preservatives and coloring commonly found in processed foods, Feingold has learned that he can often cure some kinds of hyperactivity.

Hyperkinesia -- or hyperactivity -- is no small problem. Feingold cites a California study which estimates that in the past 10 to 12 years the incidence of hyperactivity and learning difficulties rose from 2% to an average of 20-25% and in some cases, 40% of the entire school population.

The research linking food additives to behavior is still not conclusive, but Feingold's work is already attracting attention from educators and psychologists throughout the country. Many believe that at least some

hyperactive behavior is the result of the additives.

Feingold points out that drug treatment is not a cure for hyperactivity, but only serves to mask the problem. And yet, he conservatively estimates that nationally at least two million of the approximately five million children labelled hyperactive are given drugs, but receive no other kind of therapy of treatment. One school official in Yolo County, California says that nearly 16% of the children in his school are being given behavior modifying drugs.

Ritalin has been used by too many teachers as a way to get all of the loud fidgety children out of their hair. These children are not usually hyperactive. They are just not yielding so easily to the teacher's authority.

In Berkeley a teacher was able to get 9 out of her 28 students on drugs because of their high spirits. 15% of Omaha's 70,000 school children were on drugs at one time. And these are by no means isolated examples of how freely this diagnosis and treatment is being used.

Feingold first stumbled across this probable link between synthetic food additives and some forms of hyperactivity eight years ago when he was asked to treat a woman suffering from giant hives. As soon as the woman went on a special diet without artificial food coloring and flavors, the hives cleared up.

A short while later, Feingold received a call from a psychiatrist who had treated this woman for serious psychological problems. The diet had stopped these problems along with her hives, and the psychiatrist wanted to know what had happened.

After this experience, Feingold began paying particular attention to behavior problems and hyperactivity. In the past five or six years, he says he has treated approximately one hundred hyperactive cases. Many of these children -- often characterized in early infancy as "crib rockers" and described later as "frenetic" or exhibiting compulsive behavior like beating their heads against walls -- had

already been put on drugs.

In adults, Ritalin or amphetamines have the effect of making them more active. But in the case of hyperactive children, drugs seem to have the paradoxical reverse effect of slowing them down. The scientific conjecture, and some experts are now beginning to question whether the effect is in fact paradoxical.

These specialists point out that hyperactive children normally quiet down when put in stressful situations like visiting a doctor's office. Amphetamines and Ritalin, they hypothesize, could be putting the children under constant stress. Their ability to concentrate, however, might not have improved at all. And long term usage of stress inducing drugs would have disastrous effects on the children's nervous system and general health.

In about 80% of the cases in which the children had already been put on drugs, Feingold found that once the children had been put on a diet which cut out artificial food colorings and flavorings, it was possible to completely discontinue the drugs without adverse behavioral reactions. On the same diet, about 50-60% of the hyperactive children not already on drugs returned to normal.

Feingold mentioned two cases as examples -- an 11-year old boy who insisted on riding his bicycle towards oncoming cars and another boy who compulsively dug holes in the yard near his house. Neither child could be controlled by his parents. But after being on diets free from artificial flavors and coloring, both children returned to normal behavior.

Most hyperactive children, Feingold says, can probably be taken off drugs fairly quickly once they are on a careful diet. The problem is that it is nearly impossible to keep children away from the ubiquitous food additives. In one case, Feingold says, a child had been treated with Ritalin from the age of three and a half, and several years later he still couldn't calm down by himself. Two weeks after being kept

away from synthetic dyes and flavorings, his behavior became normal.

A few weeks later, however, the boy was back in a hyperactive state. It turned out that he had eaten a donut with synthetic coloring. He again returned to normal, but then contracted a chest cold and needed medicine. Since there are almost no medicines for children without some form of artificial flavoring or dye, in treating the cold the child once more became uncontrollably hyperactive.

Why are food additives so pervasive in our food? Simple. The more additives, "the higher the potential profit-margin," writes Food Engineering, a leading trade journal.

The nation's top food, drug and chemical corporations have developed synthetic additives into over a \$500 million a year business, churning out close to a billion pounds of them in 1970. Additives cut costs for the manufacturers: eggs and butter in cakes are replaced by tiny amounts of synthetic flavoring and coloring and emulsifier. Fruit juices no longer contain fruit. And often the price of these "convenient foods" is more even though the cost of producing them is less.

Feingold describes an average child's breakfast as follows: A cereal "loaded with non-essential flavors and colors added to entice the child. A beverage, either chocolate or other drinks, most of which are rich with many artificial flavors and colors. Pancakes made from a mix, frozen waffles dyed with tartrazine, or frozen French toast."

Then the conscientious and concerned parent gives the child vitamins, usually chewable, which are also loaded with additives.

Feingold noted that over the last ten years, the increase in profitability of producing flavors and soft drinks parallels the increased incidence of hyperactivity and learning difficulties among school children in the US. (Thank to LNS for much of the info. contained in this article)



a community appeal

WHO'S PLANNING YOUR FUTURE?

As some of you know, but more of you don't, a Citizen's Advisory Committee is now meeting to provide community input to the L.A. City Planning Department in developing a new Venice Community Plan. This community planning process will determine basic living factors such as population density, land use, transportation, and economic mix. It will preserve essential elements of the Venetian lifestyle and create a Venice that will exist for decades. In the belief that the quality of life will be rest assured by the widest public participation in this process members of the North Beach Planning Task Force have been videotaping the Citizen's Advisory Committee meetings and making them available for public viewing. Up to this time members of the committee and a very few concerned supporters have donated the required funds, but this situation will not continue. Many questions about the legitimacy and decisions of the C.A.C. have already arisen, and the value of the tapes is clear after only a few meetings. The cost of preserving and publicizing these tapes comes to \$50.00 each month. I am encouraging and soliciting wider community support for this tape documentation. Please contact me if you can help finance this work. Small donations are eagerly accepted. Lance Diskan 396-6343, keep trying. Thank you.

CHINA & THE FREE BOX

This was written for the children of the Venice Community Playgroup to explain the loss of the Free Box.

Once upon a time, a week ago there was a special cluttered corner of the Big Street called the Free box where you could find anything you wanted. If you needed a Raggedy Andy doll and a ping pong ball maybe, you could go to that Free Box and there it would be, inside a big people's shoe or under a scrap of carpet. Since it was a clutter corner, and people visited it with their dogs, the Free Box smelled sometimes. And sometimes people even slept in the Free Box under all the coats and underwear and bermuda shorts and blouses and socks. Once someone put bright day glow paint all over the place and another time there were glops and glops of nail polish on everything.

But this story is about someone named China who was both a boy and a girl, too, and about the time that China went to the Free Box and that clutter corner had been all cleaned up. So cleaned up that nothing was there anymore, not even the Free Box itself!

"Now, where did that Free Box go?" thought China. "It was right here yesterday with all kinds of things hanging from the coat hangers up high and shoes everywhere..." China asked a passing dog if it knew where the Free Box went: "Sniff," said the dog. "I wanted to...check it out," said China. "Sniff, sniff," went the dog, taking a pee. "You just peed all over the sidewalk," said China. "Sniff," said the dog, adding, "why don't you ask the street cleaner? Maybe the street cleaner swept it up by mistake."

SWISH, SWISH, SWISH came the sound from down the street and there was the street cleaner machine coming around the corner.

China waved a hand and the street cleaner machine stopped. "Did you sweep up the Free Box by mistake? China asked.

"Swish, Swish" went the street cleaner, cleaning up only one side of the street for some reason.

"I was kind of hoping I'd find an ice skate or something in the Free Box today," said China hopefully.

"Swish, Swish" grombled the street cleaner, adding grouchily, "Why don't you ask the mail-lady? Maybe someone put stamps on the free box and mailed it off."

China had to wait a long time for the mail-lady to come along. "Good morning," said the mail-lady from under a pith helmet. "Good morning," said China. "Did you send the Free box away?" The mail-lady considered. "Did it have an address number and a street name?" she asked, checking a bundle of letters.

China didn't know if the Free Box had an address "It was just the Free Box," China said. "Do you think a giant ate it maybe?"

The mail-lady considered and then patted China on the head. She patted the dog on the head, too since it was around still, checking out the fence where the Free Box used to be.

"No, there are no giants," said the mail-lady reassuringly.

JUST THEN A GIANT CAME ALONG AND ATE UP THE MAIL-LADY AND THE DOG, TOO!

"Why you fucker, you, give us back that Free Box "cause if you don't I won't ever ever again bring trick-er-treat candy and leave it on Halloween. You ratty old giant, you ate all the candy and you ate up the whole Free Box and now you've eaten up the mail-lady and that dog, too.

Now, China knew alot about alot of things so she told that giant, "All that candy will give you cavities and your teeth will get yucky and you won't grow right and the mail-lady will give you a stomach ache!"

"Burp," said the giant, not feeling at all well. The giant laid down in the middle of the Big Street which was a mistake because the giant made a huge dent in the asphalt that no one would ever fix and the street cleaner was just coming back around the corner.

SWISH, SWISH came the street cleaner machine. "Watch out", yelled China.

Too late!

"Yehhhhhhhhhhhahahahahahahahahh! the giant howled! That street cleaner machine tickled between the giant's toes so much that the giant's stomach shook and shook like a big blimp and "Burp!" out came the Free Box and the dog and the mail-lady and an incredible amount of junk!

"Let that teach you," said China, looking for something to play with or wear among all the things that came out of the giant. "Anyone who tries to take everything for themselves that belongs to everybody is bound to get a stomach ache," scolded China.

PICTURE SPACE ... CAN YOU DRAW A PICTURE OF CHINA AND THE FREE BOX?

"You mean," said the giant who was now all shrunken up to the size of a ping-pong ball and spoke in a shrill voice, "You mean I can eat some of the people all of the time, all of the people some of the time, but I can't eat all of the people all the time?"

"No, you fucker!" China stamped a foot, "You don't eat people at all!"

And with that, China picked up the ping-pong ball that the giant had turned into and bounced it down the street after the dog and the mail-lady.

THE END

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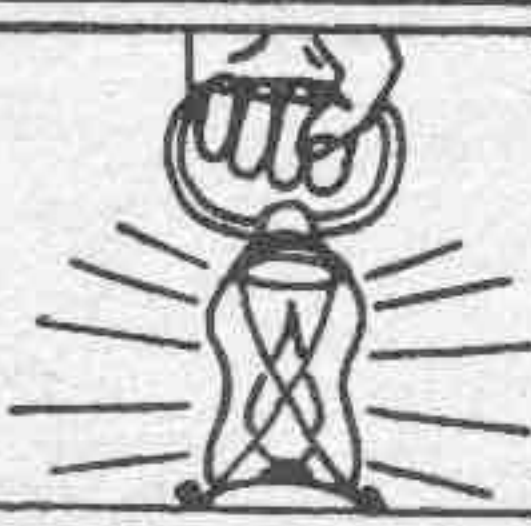


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HERSELF HEALTH CLINIC
Women deserve free and quality health care!

HERSELF HEALTH CLINIC, a free clinic for women, is now open and offering birth control information and services, pap tests, V.D. screening, gynecology exams, and general health care. Located at 1614 Wilshire Blvd. (5 blocks east of Alvarado), HERSELF HEALTH CLINIC uniquely maintains an all female staff of nurses, doctors, and para-professionals. The clinic is open every Tuesday and Thursday evenings from 6:00 P.M. to 9:00 P.M. HERSELF HEALTH CLINIC is funded by the Los Angeles Regional Family Planning Council and The Calif. Regional Medical Program, and is sponsored by The Gay Community Services Center. For further information, call: (213) 482-3062

IISM!

On Tuesday, January 7, 1975 at 8 P.M. The Institute for the Independent Study of Marxism will be opened. The Institute will be located at the Church in Ocean Park at 235 Hill Street, Santa Monica, California 90405. Courses in Marxist Philosophy and Methodology will be offered every Tuesday and Thursday at 8 P.M., in room #1 Southeast entrance of the church building. Courses are free and open to non-affiliated, non-sectarian people wishing to pursue an independent inquiry into Marxist works. Class structure will be along participatory rather than lecture lines. There will be courses of special interest (women, labor history, Vietnam, People's Law, Latin America, etc.) The Institute is an effort of a group of independent Marxists who wish to share their learning experience with others. We also felt that more people would study Marxist works if the study group forms were made available to them. The Institute is a response to this need for availability. Child care will be available. See you on Tuesday, January 7, 1975. Registration dates are January 2-7. For more information contact: Jim or Keith at 821-9596 or Frank at The Midnight Special Bookstore, 1335 1/2 W. Washington Blvd. 392-7412 or The Church in Ocean Park 399-1631.

For IISM,
Jeanne Kohlmeier
Jim Cookson
Frank Curtis
Keith Kroeber

"Snappy" Tom Sewell, local entrepreneur and patronizer of the arts (He's the one who's buying old buildings in Venice, rehabilitating them, and making artist colonies out of them, while evicting the present low income Venice residents) Now has name immortalized in Venice on the City Bike Path, a few yards north of Wavecrest Av. and Ocean Front Walk. Someone chiseled into the cement "Tom Sewell rips off Venice".

Perhaps it was one of the former tenants of the St. Charles Hotel who to quote Mr. Sewell, "Lived like Hampsters".

Culture Rip-Off Department
What movie theatre in West L.A. oversold its tickets, kept a line of people waiting from 8:30 to 11:30, herding them like cattle, so that the press and the media could see how people were waiting to see the West Coast premier of a Venice Residents picture? Why were these people not notified of the situation? Why were these people referred to as "freaks" in a contemptuous manner, when indeed that is what the media wanted to see - "freaky" is "in" Why were these people told repeatedly in a threatening manner about the police station around the corner at Purdue?

What movie house in West L.A. shows pictures that attracts a segment of the population - "freaks if you will, takes the money of said "freaks" and treats these people like animals or worse yet, draftees? What movie house should be a little more conscious of their attitude, or they might lose the patronage of the "freaks"? Remember Altamont.

More Riddles
When is a public hearing not a public hearing?
Answer: when the public isn't notified.

It seems the Federal Government and City Hall who know how to get taxes from everyone, haven't the vaguest notion of how to make a Public Hearing public.

The City of Los Angeles got THIRTY NINE MILLION DOLLARS from HUD (Housing Urban Development) a federal agency that has to do with urban renovation and rehabilitation of low income "decaying" areas.

In order to qualify for these funds the city has to have Citizen participation in making a proposal So - the city set up a Housing and development committee consisting of -
3 people at large - plain old residents
4 people from the Mayor's office
3 City Council people
3 people from C.A.O. - a City agency
Mix 13 people together and you get 10 people from the city and three token residents representing the poverty-low income areas, which makes for a thick and juicy pie ripe for slicing.
They received 80 proposals asking for a total

of one hundred fifty million dollars. These grants were then passed to the City Council. The Deputy from the Mayors office dropped a 200 page folder in front of each Council person on Dec. 18th, Wednesday ...the subject was not on the agenda, and there were only 12 people to protest the way the money was to be disbursed.

Now, the Council people did not know what was in the folder. The Public had no access to it. But the City Council took up the 39 million Federal Grant as an emergency action - after opening it up to a public hearing the Council people divided up the spoils. Don't hold your breath. Venice didn't get a cent.

What the city is proposing to do is getting loans from those same wonderful lending institutions who refuse to negotiate loans on homes in "high risk" or "unstable" areas, forcing property owners out and encouraging neighborhood blight. This practice is illegal and is known as "Red Lining". The City nonetheless, is negotiating with these loan agencies guaranteeing that the loans be paid off and that the difference in the low interest rates given to people to rehabilitate their homes be paid to the savings and loan agencies.

All of the existing agencies that spent so well but not so wisely in the past were given their slice of the pie. i.e. The project director will certainly be saved from poverty by his annual salary of fifty thousand dollars.

Councilman Herman Bernardi questioned the wisdom of the Community redevelopment act administering the funds, stating that "In the past for every one dollar on housing, they spent five dollars on administration of the project."

That night Councilwoman Russell had a "public" hearing in Venice High School. No one had been notified, but that was cool, the meeting was past the deadline anyway.

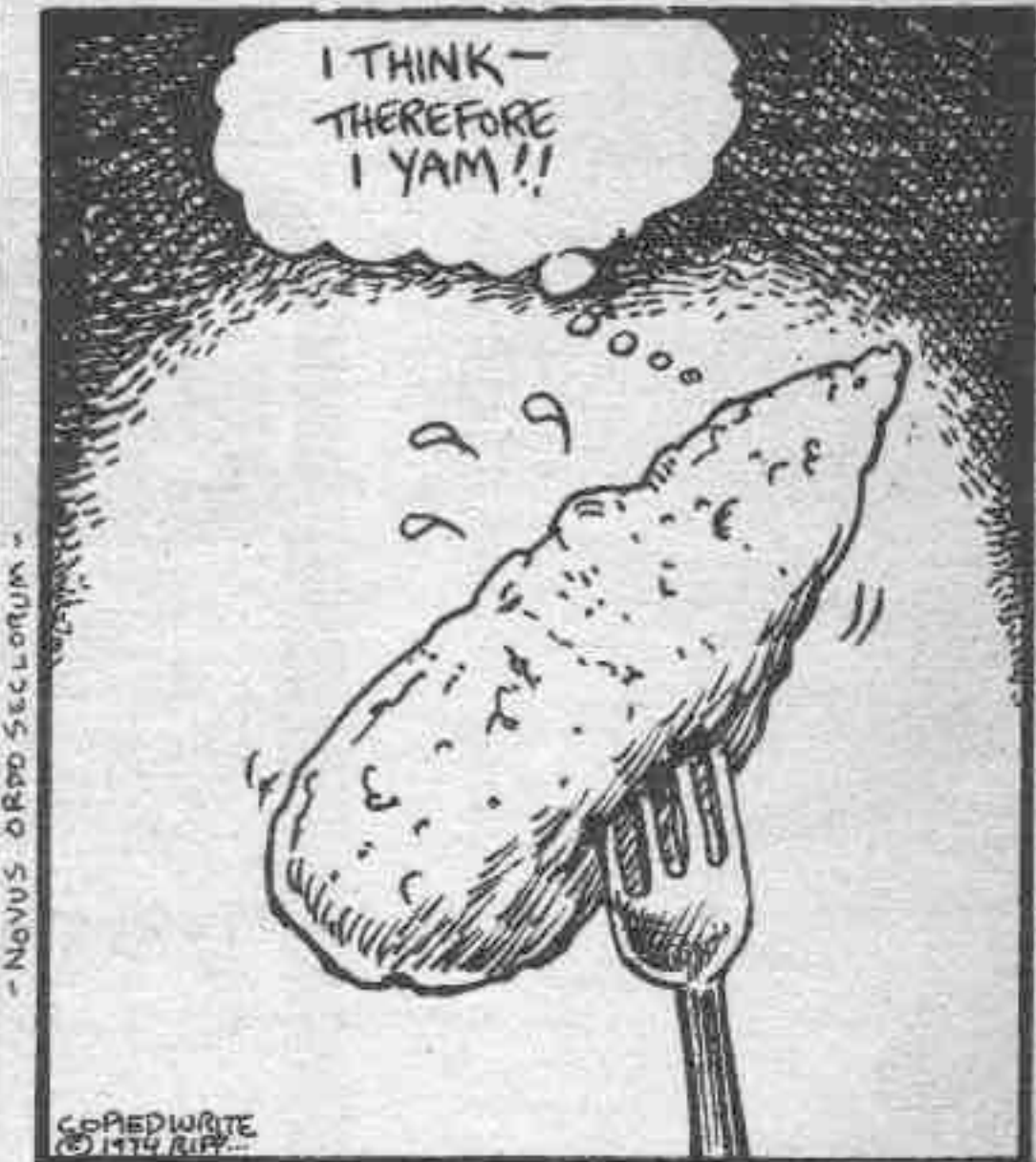
The Heinous Heliport proposed for the top of Washington Square was opposed by the Anchorage St. School and real estate developers at a hearing in West L.A. Those for the Helicopter pad were: The Venice Chamber of Commerce and an executive from Cordon Corp. (something nuclear) who claimed that the Helicopters would provide jobs because he could skip the San Diego freeway.

Wonder what those jobs are? Ambulance drivers? Hearing aid manufacturers?

Another public hearing is slated for Jan. 9 at 3:00 p.m. at the Courthouse on Purdue Av, W.L.A. second floor.

Check with the canal area Town Council for more information. Check with Mr. Radford, owner of the Washington Square fiasco, also... if he hasn't been evicted by the new owner of Washington Squareallegedly a major banking institution.

LIVE CONCERT
Severance
 JAN 18 - 9:00 PM
 THE CHURCH IN OCEAN PARK
 ADMISSION \$2.00



LOOK MA, NO BRAINS!

(ZNS) Wisconsin Senator Proxmire charges that the newest artificial sweetener that has been approved by the FDA for use may cause irreversible brain damage in children. "Aspartame" was approved in July. Dr. John Olney of the Washington University School of Medicine in St. Louis says that "aspartame" can combine with another food additive "MSG" to produce brain damage. All you need is a soft drink and a leg from Col. Sanders.

QUALIFICATIONS FOR VP

(ZNS) Nelson Rockefeller who has been testifying before the Senate Rules Committee during his VP confirmation hearings, will be subpoenaed to testify in the Attica prison trials currently underway in Buffalo, N.Y. The Attica Brothers Legal Defense Committee reports it will subpoena the Rock to testify about his role in crushing the 1971 Attica Rebellion. He was the Guv at the time and an independent negotiating committee appealed to him personally to intervene in the negotiations in order to save lives. His reply was a storm by 1200 state troopers, resulting in the death of 42 inmates and hostages.

CRAP LOOMS

(Science) Dr. Feldmann says that we are slowly being buried in an avalanche of dog droppings that spread diseases. The Doc said that dogs are dumping 20,000 tons of feces and 5.7 million gallons of urine on the U.S. every day.

RADIATION LEAKING

(ZNS) The AEC has quietly ordered 21 of the 50 nuclear power plants in the US to shut down temporarily because of mysterious cracks developing in the plants' cooling system pipes.

AEC INFLATED

(ZNS) The Atomic Energy Commission has acknowledged that its next generation of atomic power plants (the fast breeder reactor) has encountered severe economic difficulty; inflation has sent \$700 million up to \$1.8 billion. (Too bad.-ed)

EXPENSIVE GERMS

(ZNS) The Defense Department reports spending approximately \$20 million (dollars) during the first six months of 1974 to develop chemical and biological weapons. In a report to Congress, the Pentagon said that about half the \$20 million (dollars) was spent on defense equipment -- such as protective masks and clothing and chemical-agent alarm systems. The remaining \$10 million (dollars), the Pentagon admits, was spent to devise new chemical weapons and to finance advanced biological warfare research.

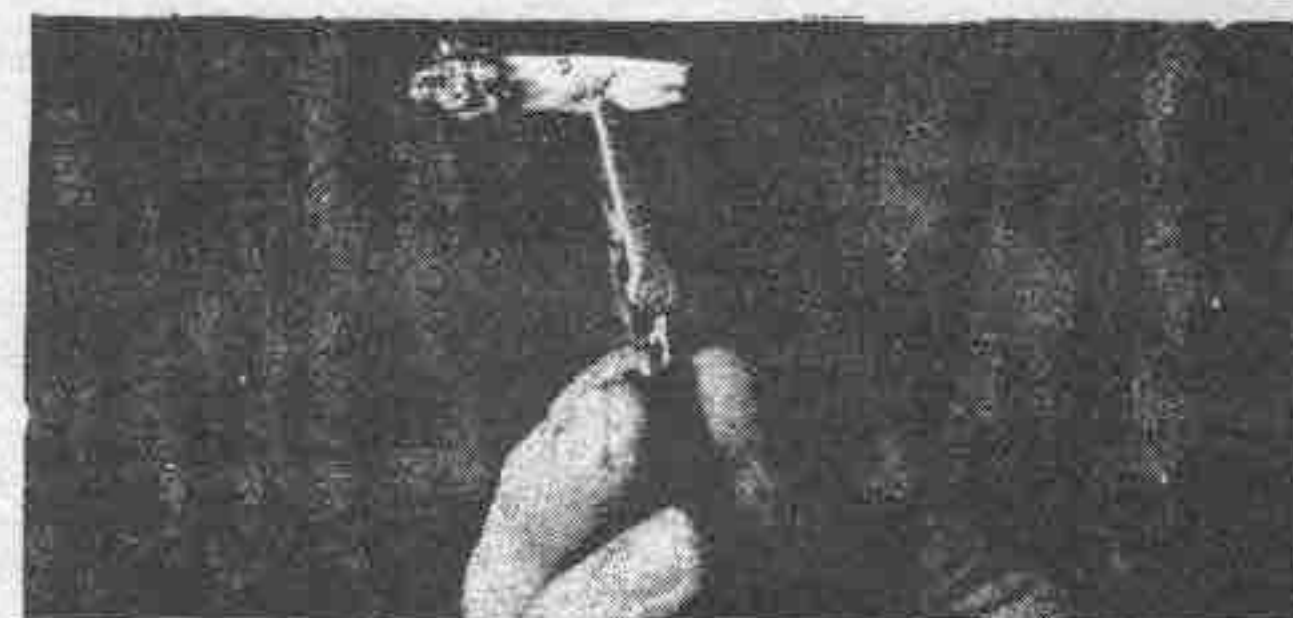


FARMWORKERS RATE WINE

(FCN) Cesar Chavez's United Farm Workers has released a list of the wines being boycotted by Union supporters, and a second list which they are encouraging consumers to purchase. Leading the boycott list are all wines made by Gallo. These not only include Gallo-labeled wines but such other brands as Paisana, Thunderbird, Boone's Farm, and Ripple. UFW leaders say that all wines with the words "Modesto, California" on the label come from Gallo, since Gallo is the only wine company headquartered in Modesto. Other major brands on the list include all Guild and Franzia wines. Any label that says "bottled in Rippon, Calif." is also nixed. Wines which consumers are encouraged to buy are all Italian Swiss Colony, Almaden, and Christian Brothers wines. These three have signed union contracts with the UFW, while the others have not. The 120-member board of Rabbis in Massachusetts has declared that all lettuce, grapes, and wines not produced by the United Farm Workers are "non-kosher"...The ruling means that Orthodox Jews in Massachusetts should consume only UFW harvested products. The rabbis found that non-UFW field workers are 'oppressed', and cited provisions in the Torah which prohibit the oppression of labor. Thus non-UFW produce is unfit to eat, the rabbis ruled.

ain't science grand?

A newly-release study on marijuana smoking, conducted by Harvard University researchers, has found that pot-smoking does not cause users to lose motivation. The study, conducted under the direction of Harvard Professor of Psychiatry, Doctor Jack Mendelson, directly contradicts allegations voiced recently by Mississippi Senator James Eastland who charged that marijuana smoking was turning the United States into "a nation of semi-zombies." The harvard study concludes that chronic marijuana use does not affect motivation, work output, goal formation or most of the cognitive processes. The study involved selecting 10 moderate pot smokers and 10 heavy marijuana users and placing them in an observation ward for 31 days. Both groups were permitted to smoke all the marijuana they wished each day as they carried out the assigned task of pushing buttons continuously for up to five hours daily. They were rewarded for the button pushing by receiving regular cigarettes, pot cigarettes or money. The researchers found that throughout the study, all of the subjects performed their tasks each day, spending extra time to earn as much money as possible. Doctor Mendelson states that none of the subjects displayed lethargy, nor was there any deterioration in personal behavior or personal hygiene. Doctor Mendelson added that a similar study involving alcohol use, however, did show a distinct loss of motivation among chronic drinkers. The results of the Mendelson study were published in the Harvard University Gazette, an official publication of the University. (ZNS)



CALIFORNIA JOURNEY CAKE

THEY'RE ALSO CHEAP AND EASY TO MAKE...

TWO OF THESE LITTLE DUDES (RECIPE MAKES 4) PROVIDE YOU WITH EVERYTHING YOUR BODY NEEDS FOOD-WISE FOR A DAY.

ESSENTIAL NUTRIENTS	JOURNEY-CAKES CONTAIN	M.D.R.
CALCIUM	1.6 g.	.8 g.
PHOSPHORUS	1.8 g.	.8 g.
MAGNESIUM	.3 g.	.3 g.
SODIUM	2.75 g.	2.5 g.
POTASSIUM	1.70 g.	.04 g.
ZINC	.9 mg.	NO M.D.R.
IRON	25 mg.	10 mg.
COPPER	1.3 mg.	NO M.D.R.
IODINE	.25 mg.	70 mg.
VITAMIN A	2400 I.U.	2500 I.U.
" D	trace	NO M.D.R.
" E	2.6 mg.	30 I.U.
" B1	trace	NO M.D.R.
" B2	4.4 mg.	1.2 mg.
" B6	5.2 mg.	1.7 mg.
" B12	4.8 mg.	2 mg.
" C	10 mg.	5 mg.
" K	3 mg.	50 mg.
BIOTIN	5 mg.	NO M.D.R.
NIACIN	48 mg.	19 mg.
FOOLIC ACID	.19 mg.	NO M.D.R.
CHOLINE	.4 mg.	NO M.D.R.
PANTOTHENIC ACID	12 mg.	5-10 mg.
CALORIES	1600	2500
PROTEIN	78 g.	65 g.
CARBOHYDRATES	175 g.	100 g.

★ A STONEY DIET OF JOURNEY CAKES WOULD CALL FOR SUPPLEMENTAL VIT. C

POUR HOT LIQUID INTO MIXING BOWL, ADD 1/2 OF THE DRY INGREDIENTS A CUP AT A TIME, MIXING WELL. BEAT 200 STROKES. MIX REMAINDER OF DRY INTO BATTER. ADD NUTS, SEEDS, DRY FRUIT. SHAPE INTO 4 PATTIES, PLACE ON A GREASED COOKIE SHEET, BAKE AT 350° FOR 20 MINUTES.

HAPPY TRAILS TO YOU

SUPER CHEAP! LESS THAN 20¢ A SERVING

FAST! TAKES ONE HOUR

EASY! ONE POT DINNER

GOOD FOR YOU! COMPLETE PROTEIN SOURCE

MACKEREL STEW

MAKES 6-8 SERVINGS

BOIL, THEN SIMMER COVERED, STIRRING OCCASIONALLY

ADD

- 1 CUP SOYA FLOUR
- 1/2 CUP WHOLE WHEAT FLOUR
- 1/2 CUP DRY MILK
- 2 TBS. BREWERS YEAST
- 3 TBS. WHEAT GERM
- 1 TSP. SALT
- 4 OZ. MARGERINE
- 1/2 CUP HONEY
- 3 TBS. MOLASSES
- 3/4 CUP MILK

WASH BEFORE ADDING TO!

- 1 CUP LENTILS
- 1 CUP BROWN RICE
- 6 CUPS WATER
- 1 TSP. SALT
- 1 MED. ONION
- 3 CLOVES GARLIC
- 3 TBS. VEG. OIL
- 3 CARROTS - CUT TO 1/2" PIECES
- 1/4 CUP CHOPPED PARSLEY
- 2 BAY LEAVES
- PEPPER OR HOT SAUCE TO TASTE

AND

- 1 15 OZ. CAN OF MACKEREL: DRAIN, BREAK INTO PIECES, REMOVE SPINES.

COOK FOR AN HOUR, LADLE INTO BOWLS

SQUEEZE 1/4 LEMON INTO EACH BOWL

YOU CAN ALSO ADD... SOY GRITS, CELERY, CHOPPED GREENS, WINE, TOMATOES, MUSHROOMS, LEFT OVER VEGIES, ETC.

EAT

Kim West 1/75