

LIFE AT BOSTON CITY HALL A MASSACHUSETTS HIPPIE IN KING KEVIN'S

John G. Beebe Center III

It's hard to say exactly why I started working at City Hall. The physical reasons are simple; my school said "If you want to graduate you have to work at some place 'meaningful' for a month." So I was left to the defining of "meaningful". As I have always been interested in politics, I turned in that direction immediately. It wasn't until I got a strong matriarchal suggestion from the home front that I headed towards City Hall. In a strong matriarchal suggestion from the r front that I headed towards City Hall. In other words, I owe this all to my mother ...

At any rate, I put on my suit and tie, pulled back my hair and went downtown to apply for a job as an intern in a city councilman's office. Said plainly, I was scared. I had been to city Hall many times before but it had always been with a picket sign in my hand and a battle cry on my lips. I was worried as I went under the closed circuit TV cameras, that I might be recognized. I moved unobtrusively to the special "councilor's elevator" and pushed the button. I began to feel better. I was half way there with only an elevator trip to go. The door opened and I stepped inside. There was only one person in the elevator, a small was only one person in the elevator, a small older woman with a fancy hairdo and glasses. I stopped dead in my tracks and started shak-ing. It was Louise Day Hicks standing in front of me. I could feel myself cringe. Would she recognize me from the year before, when I had heen part of a small but loud pro-desegregation group that had front row seats at a public adcress she had given?! My right hand quickly scratched my nose. It took eight seconds to get to the council's floor and I sweated as many gallons, with Louise's eyes boring into me but with no light of recognition. I made a break for the elevator door and made it, thank ing my suit and tie with every breath.

The interview went fairly well and two days later I was called and informed that I had the job. Two weeks later I went back to City Hall and was given a desk, a legal pad, a telephone, calling the problem to their attention. a little blue book, and three triplicate forms which stated "constituent complaint forms". That is in a nutshell, problems that citizens the desk and lit a cigarette. The next day I of Boston have had with some department of the city. One woman had a basement swimming pool that hadn't been there three days ago, courtesy like myself to say that I worked for some fool of the Boston Water Department. Another woman of the water department and something gets was beaten up each day on her way to school. And finally a man who wanted back \$300 he had paid into a city retirement plan before he quit

I asked my manager what to do. "What do you think you should do?" he replied. I soon learned that this man said little else. Which is unfortunate, however, it did give me a free license to handle the problems as I saw fit. Yet I still didn't know what to do. I took the first "constituent complaint", reread it and then looked in my BLUE ROOK. In it was a number for the water department. I decided to take can agive them a call. A male voice answered and identified itself as "the commissioner's secretary." I almost hung up but sioner's secretary." I almost hung up but decided against it, and then explained who I was and why I was calling. He thanked me very much for my information, called me "Sir" and assured me that the problem would be taken care

cided to take on the problem of the woman that was beaten. I called the transit authority and (figuring if something works once ority and (liguring it something works once it might work again) explained who I was and why I was calling. The man who answered seemed very upset at what I told him and said that he would assign two subwry police to that station. Great. Two down, one to go. I

of the water department and something gets done for some fool like you...or me.

City Hall does good things for many people but not at the level of the mayor or councilman. Their legislative activities include tennis,

If you write, call in, or the best--walk into a councilman's office, they can't afford to refuse you any help they can possibly give. Remember to see yourself as the councilman will see you-as a vote! Dress up a little and try to look official. In City Hall, if you look official you can get anything you want and I mean just about anything. I now have a collection of original press releases which I procured merely by stating that I worked for a city courselor. city councilor.

continued on page 3

TO MHOM IT MAY INTEREST:

David Knight and Lynn Rubinstein were married (to each
other) on May 1, 1976 and artights reserved, laf subject
that are free to use and of the
startal contained hardin May
that publication must have the
ornamics of the publisher in
delivered in person (much
preferred) at 194 Broadway neć - Julie Yayos. tale for this insus ae Bloki lev Headricks prietta Recitath Pary Docker of Personal State Cathy Carney Namey Autland Billy Kates hotta Hondticke Fills Varce Las Convay Solds Hell Traction of the second direct sevent. The sevent seve stand the pain; Address all correspondance;to: Pespis Som 25 Beacon St. 25. beacon St.
| Sevent M. 2010|
| Jevent M. 2010|
| Jevent January | Jevent M. 2010|
| Jevent J. 2010

Shelley from Kansas,
"Confusion will be my epitaph.
As I crawl the cracked and broken path. If we can all sit back and laugh. But I fear to-morrow will be crying." together, of course.

Love, John B.C.

Bob Dargel: "England assumes that all men will do their best..." to be at TriFed. Un-der section 4, chapter 2, line 47, you are hereby required to comply. (please!) J.B.C.

C.G.- I love you, and so does my continental bead. rainbow.

if you want your mailbox to be if you want your mailbox to be an even better part of your life and the best part of where you happen to be, just write me (and help keep my mailbox smiling, too): rainbow, 6655 Lawnton Ave., Phila., Pa. 19126. or if you got the bucks-(215) 927-4206.

To Morton Murphy: Amidst all your most energetic hoppings, let your mind skip and jump way back to the Nov. Rolling Ridge Conference for a moment. We are two of the peo-ple who performed "15 Glorious Years" with you for the talent show, and because we were so impressed by your lyrical abi-lity, we'd like a copy of them (the lyrics). Please let us know if you still have them. Happy Hopping from, Janice Okoomian and Loree Farrar.

Eric! Betsy's hogging it! Tell her to share - PLEASE!

Mir, Just like I promised ... I love you. Crazy

other) on May 1, 1976 and are Congratulations and/or condolences may be mailed or delivered in person (much preferred) at 194 Broadway St., Kincardine. Oncoming St., Kincardine, Ontario, Canada. NOG-2GO. (519)

> Daniel Eaton Pentlarge: Please write home. You supper's getting cold.

love, mom

(aka h. snyder, mt. holyoke

college, south hadley, mass.

01075

To beborah in Augusta, Have you got a pig yet? I was wondering how a pig yet? I was wondering how are the red shirt (with the hole Been to any good parties? under the arm) at the Hamden conference in March; I've repaired the hole. I want to return it. Moira, 73 Meadow St. things easier for yourself! Take I me for what I am. Love you

To anyone who will be in the To anyone who will be in the Champaign/Urbana area and/or attending the Univ. of Ill. during Fall '76: If you are interested in forming an S.R. or maybe just meeting some in teresting people with whom you can relate while in the vast sea of anonymous students in Chambana land; contact, write or Champaign, 11. 61820 OR Therese Champaign, 11. 61820 OR Therese Zemlin 1519 W. Park. Champaign, Il. 61820 217-359-3416

To the friendly people of Manhattan, Lawrence and Kansas hattan, Lawrence, and Kansas City: From you I have gained knowledge, love energy, courage and peace of mind. I am forever grateful you took the time to care. You are what life is all about. I love you. Rab

HEY EVERYBODY!!!. letterwriters HET EVERYBUDY!!!, letterwriters
is still here to help your mail- Adam is fine. I love OVF!
boxes love you again. even if
they love you anyway, write! we
want to know who you are. so,
send us a letter and tell us. who I didn't want my hat anyway,
you are, what your greatest love just a letter, or something,
is, you pet's name, and anything cause i lost your addresses.
else you can think of why? we Tell Terry D. I said, "What's
lry'ers have been slowly cutting and said on Side?" and Pich. else you can think of. why? we Tell Terry D. I said, "What's lry'ers have been slowly cutting goin' on, Slick?" an' Rich ourselves off from each other Fuller i said "Hay." and Dave, for no good reason. we feel it's "I love you." Mhich way is Ky. time we got together again. We anyway? Love, Alex Shedroff. value your friendship much more than you could imagine. please write, take care, we love you! dave-hat sue 7145 Meade st. 958 w. Jackson Alex. Privs. Ohio pgh. pa 15208

To Anyone who stayed at my billet at Thanksglving in of twa: Please write, I'd like to Chio. 45229. have another weekend like that I don't know you, Alex. one. Maybe we could arrange something. Anneke 202 Ivv Cres. Ottum, Ont. Canada KIM-IX8 To Rich Skrill: I'll see ya soon, 'fore I'm a comin'. Caroline.

Kev: I had to, I loved it so much. Caroline.

Michael J. in S.F. Ca. - Surprise continental. Love you much, it's for you. Fondly and with love, Caroline Is there any in Sac., Ca.

Ruby Begonia: It's nice to be 'home', thanks for taking me back. I love you and I never want to lose you again. Your sister of Lakewood Laurels, The Shaggy Bitch.

Eric M., Whyncha write? I'd love to hear from you. Try to get around to it. Ellen Gould, 141 Warwick Road, Mel-rose, Mass. 02176.

Hiya to Danny (Wolf!) P., Hiya to Danny (Wolff) P., Miriam, yourselves.
Elaine, Annie, Karen, Betsy,
Karin, Beth, Danny G., Nayne,
Peter, The Count, and Countess, that big or all that far away
June, and Cornella Van S.S. See when you consider the long arm
you all at Star (or sooner, hope-of the thumb. Look to the east
fully)! Miss ya muchly, Ellen, and remember, the NERO Army
randy-i love you madly. (you too
clifton james witherfield III)

Dear wendy, Hope you remember me from DeB. Easter 75. I no longer have your address. Plea write and let me know what it is. I love you. Ned Smith, 2635 S.W. 106th Seattle, Wa. 98146

Bob Lange: Are you ever going to visit Mlps. again? I had a dream about Baba, the man in the black coat and Bridgemans. Write me: Melissa Barnes, 2613 64th Ave. No. Brooklyn Cen. Mn. 55430

E To Mark formerly of Omaha-Hi, oglad you're in town. Stay here. Helissa

T Deborah in Augusta, Have you got

always, Lesserhorse

Lnarije the Wombat, Son of the wombat god, at the Brookfield Zoo; Ne miss you much, wish you were here, in the land of the mid-night sun. Lots of love, this fall? Please write. Or Kate, Nally and Moosekins write anyway. Charlie the Wombat. Son of the

You rabid, racist, redundant, radical, right-winged, retarded, rotten, recycled, reclaimed, radicative, raffish some good. Someday lets take a ragged, rank, rampant, ran-dom, rangy, rapscallion, ravaged, ratty, rawboned, ratchet jaw! Ror o' Rove, radient rainbow ratchet jaw, pam.

Dear Terry, Nancy, Heidi, Val, Cathy, and Moira, Congratulations to the new DVF exec. Comm. (minus I treasurer)

Adam Goetzman.

Brad, I lost your address too. Alice Cooper lives on in the minds of many. Right arm,

44077 Darr, (in Minn. somewhere) Mimi Kapell would like to know if you are alive, Her address is 4003 Beechwood Ave., Cinti.,

Dear Starry Eyed Traveler, I still love you and think of you often. I'll write soon. Your Guardian Angel. P.S. I think I'm going to

good time living with Heather?

Is there anyone out there whose Drop me line sometime let me know goes to the University of Penn. how you are doing. remember, or is planning to go there? If "Nothing ever dies it just so, please write to me. I'll evolves into another form" Je' be there next year. All letters taime r (mpx virge 836-1509 will be answered as soon as possible. Write to: Lyn Oswaid. IN MEMORIAM.

Is there any club for Tolkien nuts? Are there any other hobbit lovers? Please announce Miriam yourselves.

(Thing One) Miles, I can see for miles..., and miles and miles... Cove,

Rusty Littell, Where are you? Everyone is asking. Luv, Persistant.

Your · cold Terry & Sigrid: please write to W.L. from Cherry Hill.

Cheryl M. from Pitt., waiting for your promised replies. Luv, Wendy of Cherry

Bob Davis- Please write if you get a chance. You sound like a person I'd like to get to know.

> 89 Pommogussett Rd. Rutland.MA 01543

Billy, I miss your letters. Dear Hammerhead, Try to make Where are you? Write soon, things easier for yourself! Take I may be in N.Y.C. this summer me for what I am. Love you Love and kisses Brenda

write anyway. Rita Tomkins

Suy Tuxedo Place E S S Hawthorne, N.Y. 10532

good is 1. Ca. 9 some good. Someday lets take a trip together. Have a good one and thanks for responding. Mucher of me, Katie

Dear Chris, I still care, do you? love, T-B.

To all who were at DVF Spring in Wilmington, DE.: I found a wrist watch in the YMCA pool shower room. If you lost one, shower room. It you lost one, please write to me, tell me what it looks like, and I'll see that it gets back to you. I'll take good care of it, promise. Val Box 236 RD #2, Phoenixville, Wa...

Rachel, my little vanilla bean, let's communicate. I miss you.

To all siblings of mine: I love

Jules, I have decided that you should run for the executive committee. Please think about this, Love, Bev

To C.C. in Ma. you need some CHRIS, MICHELLE rolled in a JON smoked by ETHAN LESLEY that will get you very very LYNN. Board Jokers

Gaye&Joan&Amy&Tony&Tracy&Shell& To whom it may concern: Me're Pat&All of Dayton, Ilove you. still waiting passionally for you to come. Ethan Groupies

To D.C., B.C., D.M., A.M., K.W., W.S., K.R., R.T., and all the rest of the AZ horney toads: Thank and love, L.P. now in CA.

MorningStar, are you having a good time living with Heather?

will be answered as soon as pos-sible. Write to: Lyn Oswald, Died August 24th, 1975 by 17 Greenwood Ln., Vælhalla, N.Y. 10595. British Coulmbia, Canada at ti age of 21. Those who knew him march issue was beautiful. D.B. the next world. the

Agi. Here it is! Your first People Here it is! Your first People Soup personal! I hope you en-joyed being totally corrupted at Madison- Keen that scrunch Madison- Keep that scrunch going strong, kiddo! And re-member, Mac really is a flat tire, and Spanish oranges are numero uno!

Your pal, Mary Butt. ls getting
Om Pizza tc
everywhere.
Rachell. cheryl twee do Per Police R C Police TO Secone. Unitably intesting a forest of the secone. Unitably intesting a forest of the secone. For the secone for the secone

and piano music-ralfie habersucer

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all in PSLRY mushroomly)

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There are over the state of the letter? ğ

od pee 1760 k 32109 ş all you address Diego, C Ĝ

Hey new San 273. Wendy,

Nothing to

the kids and I

Rody Fod-Slobery love,

To Rob Fell at Evergree miss you al

Joar Everybody: Please remember The following- Don't take your aslf too seriously there are no saboute guides to amything Doing nothing is a valid res ponse-coetimes What do you kink you're doing? Regards; kink you're doing? Regards; k

The nor who'.

I'm lonely,

to wonder
please
(stors wel, 1034 Jeni, Wis. 53703 all who remember me ke to know me: I'm d I'm beginning to w d I'm beginning to w ere you all are. P! ite, or call (visito me): Russ Kirby, 10 me): Russ Kirby, 10 08)251-5638.

To allike and like where verice come)

Three stooges of Is the butcher in knife cutting each the mice have eat of cigarettes (no the raccon hidding closet) Please se closet) Please se sanity. Popeye of

s of Shadyside.

The string I broke my 1

g the oatment and 1

e eaten my last pack a

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fg. 1030 my

e of S.C.

PURTUER INFORMATION WRITE: JENNY SKWIERTZ OR WORECESTRATION 6330 HOWE STREE

4530 HOWE STREET PSH. PA. 15206

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OPÍK IS A CAMP IN TAR HOLLOW STATE MAK, AUGUST 22-27, MIG. OPÍK STAMOS FOR OHIO, PENNISYLVANIA,

INDIANA AND RENTICLY. OFIR IS RUN BY A CAMMITTE OF B PEOPLE. OPIR COMBINES THE FUN OF A OMP WITH THE LEARNING EXPOSED OF A CONFERENCE, COPY IS A PLACE FOR YOU D CADWAND LEARN AND REALLY JUST HAVE AIN.... OUR THEME THIS YEAR IS: AND THE TANKER IT HE TILL BUT "VACATION" TO THE SHE WILL THE TO THE SHE WILL THE SHE SHE WAS BY USING BLANDLES OF PAST, TALESCAT, AND FUTURE TO NOTROWS, IN WOLKEYOPS AND ACTIVITIES besides are the extension include, emines, successione, medies, copyes, hunt, fun , thrills ?

MASSACHUSETTS HIPPIE CONT.

I am writing this as I sit in a council session, to say that City Hall is a worthwhile and necessary institution. You can effect changes that you desire through City Halls. I am suggesting that people take a look at their own city halls and familiarize your self with how they work.

It is very easy to get a job at City Hall. If you are required to do a work study at some time in your life and want to see "how the other half does it", I highly recommend it. I think it will give you a good and realistic perspective on what, from time to time, you may be up against; for me, the grandeur is gone. I am no longer in awe of CITY HALL CITY HALL.

I wonder how I could be? They say that the mayor is crazy and crawls around on the rug of his office reliving his childhood. Louise Day Hicks may be up for contempt of court..

For anyone who wants it to be, the City Hall is a tool and an effective one. I urge that you make use of it.

Ed. Note: The use of the word councilman in this article has not been edited yet we are not in agreement with its use. It might be of interest to know that it is used in Boston despite the number of women in this position.

*hikes*dance*field day*mountain air*

other traditional Micon type things

NO MUNCHKINE Flease.

for more information or if you are interested in doing a workshop or 2,MRITE TO:
Chuck Kearns 7519-M.72nd Ave: Apt.# 11
Aryada,Colo. 80003

will be approximately \$50,00 No Munchkins Please

"Philosophies of Life"

In The Beautiful

Colorado Rockies At Beautiful

Capslodge

United Nations Seminar

Interested in a conference to work on solutions to issues that affect the world? The Fourth Annual UN Youth Seminar will be Janu-Fourth Annual UN Youth Seminar will be January 14-17, 1977. This conference has dealt with themes such as "political prisoners," and "the international balance of power" in past years. A meeting to plan the Seminar's theme will be held by youth of the New York area in early fall. If you are too far away-your input is still valuable and will be received by Bob Brown (address below).

The Seminar includes workshops, discussion, includes workshops, unsubstitution games, movies with resource people from government departments, universities and volunteer agencies appropriate to the theme. It is held at the Church Center of the UN Plaza--so some awareness of the UN's activities and the church Center of the UN's activities to some awareness. ties is gained

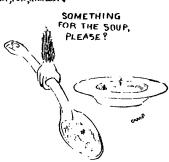
Arrangements will be made with one of the UU societies and your sleeping bag will be needed. Registration figures are unknown yet. But the price is rumored low and scholar-ships are available. For more information, or to share ideas (to request scholarship aid simply indicate why you have a need), write to: Bob Brown, c/O UU-UN Office, Rm. 7D, 777 UN Plaza, New York, NY 10017. The seminar is sure to be another high-energy and positive force created by those youth who participate.



Did you get this Soup? Or are you still wondering why your mailbox was empty when your friends' weren't? Could be that you haven't sent back your name, address, and birthyear. Also, if you have moved you must send us a note letting us know your new and Solp and never have-just do like everyone else-send your name, address/zip code and birthyear. It's free!

It sure is delightful to be hearing from a few of you folks. We get a little disenchanted when so few people send contributions for your People Soup. Me want it to be enjoyable to read - but we/you are dependent on you for the material that makes it Soup. Very few people seem to realize the need for readership input. And many must feel that they couldn't write anything that would be interesting. Quit fooling yourselves. Where do you think the articles in this issue came from? You folks. We are hoping that some others of you will want to take a turn too... Deadline you will want to take a turn too... Deadline for the last issue of this year is June 7 -probably past tense by the time most of you read this. But when the new year begins, you can be sure that the new executive committee will appreciate whatever collects during the summer. So...remember when you read your Soup that it is you folks that write it!





Many times an issue of <u>People Soup</u> will have a plea for articles, information, and graphics. The reason for these pleas is that LRY's newspaper needs input from its reader-ship. The Executive Committee could be only a newspaper staff and spend all of its time a newspaper starr and spend all of its time on People Soup - but that isn't its purpose. People Soup isn't the Executive Committee's, it belongs to all IRYers. Because we wonder how many people truly feel that their input is valuable, because we wonder how many people just aren't sure what sort of input we want, because people ought to know the reasons why LRY has a newspaper -- we thought that we would let you know.

 COMMUNICATION- A channel for relating experience with workshops, programs, problems and the solutions used that will be useful to others rather than just reading material.

2) ARTICLES BASED ON THE THEME OF THE PARTICULAR ISSUE-

3) ARTICLES TO INFORM- such as social issues like Senate Bill I. These are mor objective, hopefully, than what is classified in the Biofeedback pages.

4) ENTERTAINMENT- poetry, personals, and

5) BIOFEEDBACK- interchange of opinions on certain issues that pertain to the world at large or more specifically, LRYers.

6) FED'S UPS AND DOWNS- announcements about federation or local activity, including conference information.

We hope that this helps to clarify a few minds and encourages some of you not so brave souls to try out your writing ability. (It is shocking to realize that from a readership numbering more than 5000 that so little trickles in to us to print. Interesting factwe print almost everything we receive and yet there is never enough.) If you can do it for your classes then I'm sure you can do it for the Soup. Try us, we'll like it. If you have any questions or you'd like to try out some ideas on us before beginning-- just write to RY 25 Beacon St. Boston, MA 02108.

> -- just us typewriters Jennifer, Gary, Carlotta

WRITERS IN THE FIELD ARE NEEDED FOR NEXT YEAR -- INTERESTED?? The purpose of having writers is to guarantee input for the Soup from sources other than the Executive Committee. A contract is developed between the writer and the Executive Committee. It includes how much and what type of work shall be expected each month. In return for their De expected each month. In return for their contribution is a token salary of \$10 per month. An ideal experience for individuals wanting to explore their writing potential. Note: These writers' work does not replace contributions from readers, it is a supplement.

supplement.

BIOFEEDBACK MONITOR SYSTEM

Been thinking alot about the concept of holism (looking at systems as a whole in-stead of only separate parts) and one of the things it relates to is the mind-and-body

In this society it seems that there's a great value placed on intellectual activity and skills, and the body is considered less important. We're trained for years in to be logical and rational, but anyschool to be logical and rational, but any-thing having to do with the body such as sex, emotions, or just taking a shit are consi-dered disgusting and animalistic. It's really very obvious. P.E. grades don't count on your grade point average. We must keep our bodies hidden at all times, and constantly try to improve on them-make them fat-ter or skinnier, hide the way they smell, try to burp and fart quietly. Hair is a very sen-suous body thing, and letting hair grow on your body is a rebellion to this. You're saying "look, there's hair coming out of me, it's just the way my body is, so why try to change it?". All four letter words relate to body parts or body functions.

Dody parts or Dody functions.

I feel I've got to respect my body as much as my mind. This bod is the only tool I've got for perceiving the world. My basic idea is that everything you do or say, every movement and part of your body is an epression of who you are: "Who you are" is pression of who you are. "Who you are" is usually thought of only in terms of your mind. But everything in your thoughts is also expressed in your body, in ways you don't realize.



Two books about this are The Betrayal of the Body, and Pleasure, a Creative Way of Living, by Dr. Lowen, who is a psychiatrist doing research on this. He is finding that you can extend the idea of body language (involuntary movements you make that express how you're feeling) to reading the accumulated tension in your muscles to find out what you're hung up about. He started blo-energetic therapy, which says that your body learns certain patterns of behavior like your

mind, and you have to change the muscle memory as well as the intellectual hang up in order to get rid of a problem.

Muscles get tense when you're trying to control, hold, or supress something. The tension makes it hard for blood to get to the muscle, which means it can't bring nutrients or take away wastes, and makes a per-fect breedingground for disease. Have you ever been tense and worried for a long time and then finding yourself getting run down and sick? I think emotional and physical tension are completely connected. If you suppress anger, it goes into your body.

suppress anger, it goes into your body. You clench your fist, your jaw, or tighten your stomach, or your stomach can secrete too much acid and develop an ulcer. When you get massaged and your body relaxes, your mind also 'relaxes. Read The Well Body Book or Be Well. So your body is an expression of yourself. If your body is tight, so is your mind. If you don't feel good about parts of your body, it will probably show. Most women in this culture are taught to be afraid of sex or being sexually attacked, so they tend to arch their back and tuck their pelvis in. If you feel insecure in general, the fear may show in a tense back, neck or fear may show in a tense back, neck or shoulders. Something that amazes me is when I'm doing deep massage, the person will suddenly think of an old memory having to do with the part of the body I'm massaging.

I'm trying to integrate my mind and body. If I take a deep breath and relax in a tense situation, it's alot easier. If I let myself feel my emotions, they don't hang around. I'm trying to quit worrying about losing weight, and strangely enough, I'm starting tol

Cathy Carney

Dear folks,

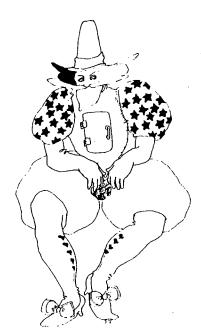
Let me say before I begin that this is an offering of positive suggestion which has arisen out of negative feelings. I am in my own eyes an "old LRYer". I feel I have journeyed through the tunnel of LRY and come out the other end. At the base of my reasoning for writing this is my love for LRY as an in-stitution and for you as an LRYer. Otherwise my effort in writing this wouldn't be worth the trouble, would it?

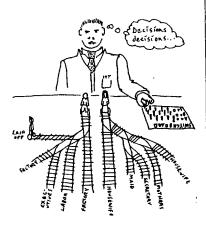
I was involved in the planning of a large LRY conference some weeks ago. I felt my presence there was to be more of an advisor than any-thing else. I almost felt like an LRY alumni; which brings me to an important point. This being, that LRY is now and has always been a self-perpetuating organization. The old people phase out and the new ones move into the positions of responsibility. This is the life cycle of LRY.

I don't feel that this cycle was in action at the conference. Very simply, the older LRYers (and advisors) ended up carrying most of the weight of the conference. I found in the majority of conferees a large lack of commitment. The attitude of the vast majority was to sit back and reap the benefits of the con-ference. This strips the entire conference of the possibility of developing any feeling of community or group awareness. If, when I first got into LRY and had not found this community got into LRY and had not found this community feeling, I'll say quite honestly that I would not have bothered to pursue LRY any further. I'll go on to say that feelings like group concern, group compassion and just old-style love are the only foundation LRY has. I think in a lot of ways LRY is feeding off its past, and those stockpiles are gettin' might low.

This probably sounds like the biggest bitch session you've ever heard, I know! But remeber that I have nothing to gain from repriber that I have nothing to gain irrom repii-mand or bitching at you. There is a reason for my laying all of this on you. I know from my own experience that LRY is really only a wild fleeting moment in one's life. Few are even fully aware of it until it's gone. Make even fully aware or it until it's gone. Make the wery most you possibly can out of LRY. Be more caring, take on more commitment and give more love and compassion than you think you should. You only have one chance and I can vouch for the fact that it's one worth taking.

LRY love





Dear People Soup People:

Something has been rattling around in my head since I was at a conference in Lawrence, KS, once upon a time. A man came and gave a talk on what was supposed to be Unitarianism. How-ever, it turned out, after he'd gone through on what was supposed to be unitarianism. now-ever, it turned out, after he'd gone through some of the history of the Unitarian-Univer-salist Church, to be merely knocking the more conventional Christian religions. He didn't esent any reasons for being a Unitarian, like what many Unitarians believe, or what they think is right or wrong, or what makes them feel that way. Now, I'm not saying that Christianity is right or wrong or anything, but I was always under the impression that Unitarians were tolerant of other religions and beliefs, even if they were <u>Christian</u> ones. Where was this important tolerance in this instance? I guess what really bugged me about it was that just about everybody in the room just sat there grinning and cheering and ap-parently never stopping to think about what was really going on; it was supposed to be a workshop on Unitarianism, but nobody seemed to notice when it changed into a "How to Knock Christianity" workshop. Is this what being a

I have encountered this intolerance other places too. I happen to wear a cross, and several times when people have noticed it, they've freaked out. Then comes the third degree: "A CROSS?!?!? My do you wear a cross?" or the incredulous, "You don't believe in God or anything do you?!" and then there's the Look -- the what-are-you-some-kind-ofstraight-person-or-something look. I don't think a lot of LRYers realize that lots of think a lot of LRYers realize that lots of times we are just as prejudiced as a lot of Red-necks (see there?) we know; it seems like a cross on a person is to an IRYer what long hair and backpacks are to an Jowa farmer. If somebody wants to believe something that you don't happen to take seriously, it's only gonna affect his/her lifestyle, not anyone else's. And hasn't acceptance of others for what they are or believe without making them feel they have to defend themselves or their beliefs, been something LRyers have liked te beliefs, been something LRYers have liked to pride themselves on? Just because a person believes in God or goes to a non-Unitarian church doesn't mean s/he is not still a real

Let's get Bicentennial here for a minute and look back to the Pilgrims and early colonists They came here for religious freedom, which does not mean just <u>Christian</u> religions. That is how the <u>Unitarians</u> got started here too, as I understand it. Freedom of religion means among other things, freedom not to believe in God -- but it also works the other way.

I want everybody to understand that I'm not I want everyoody to understand that I'm not getting down on anybody; I just think the idea could use a little thought. Next time you see a cross or Star of David or something hanging around a person's neck, and your first reaction is distrust, stop a second and think: would you freak out at a Hindu?

Dear Soup,

I must point out that I am writing for myself and not for PHOENIX since my term as ex-officio advisor ended Sept. 1975. However, the subject is very close to my heart, because in my 6½ years as an officer in PHOENIX I have had to deal with the internals of a federation as well as the relationships between feds.



First of all I do not admit that every federation has it's bad conferences. There are only those conferences in which the people running them don't know what the fuck they are doing or are supposed to do. Which in 9 cases out of 10 is caused by poor involvement on the part of the federation in organizing the conference; and by federation I don't mean the exec board; I mean the membership. There is only one thing that determines how a conference will turn out--"any conference is only as good as the people who attend it."

We in Michigan have never had a billeted conference and never had any problems with conferees sleeping in the church. They might feel like wastepaper baskets by the time the conference is over, but baskets filled with nice things.

About the \$80 profit made by the conference. Chas was not the only one who heard about this. My sister Laurie was there and heard about it too. About Chas, he is the most persistently honest person I have ever met. If he says he was in a room and overheard the conference people talking about spending the profit on smoking dope and beer for a party, that is exactly what happened.

As for conference prices, food prices in Ann Arbor and Toronto are almost identical and we have never charged more than \$9 and that was for a 5-day conference.

Second, the conference in question was not even held in Toronto. I have thought about it and \$10 for three days is way too much, especially for the poor quality and low quantity of food at the conference in question. So much for your "facts of life".

50% off for 500 miles? It's about time, that was agreed to by our feds over 2½ years ago.

A <u>rumor</u> of \$13 for an ECF conference??? I and many others have paid that price for four different conferences up there in leech land!!

May I refer you to the Hamilton Executive Treaty and Directives which were negotiated in May 1974 between the PHOENIX EXEC. and the ECF EXEC. Among the things agreed to were:
(1) any dues-paying member of PHOENIX or ECF would get a \$1 off the price of a conference in either fed; (2) 50% off conference price for any person(s) traveling 500 miles or more (3) rotation sharing of holiday conference time slots; (4) planning and having at least one tri-fed conference a year (ECF, PHOENIX and NFF); (5) formation of a tri-fed quarterly magazine (6) planning of a tri-fed leadership training conference.

While these agreements were made and #1 was honored at 3 Michigan conferences it never was when we attended a conference up there. Now, after 2'4 years we find out that ECF has finally re-agreed to #2; well, one out of six isn't bad is it?

Over a number of years I have noticed a strange phenomenon, while ECF is almost always financially solvent, the feds. that it gets most of its visitors from (PHOENIX, NFF and Mohawk)go through periodic cycles of rot and rebuilding. At first I attributed this to the fact that every so often an extremely well-organized nucleus of a federation will "grad-

uate" from LRY. Now I realize that this is due to two things: (1) ECF always charges 9 to 13 dollars for every conference it holds; (2) ECF always uses the holiday timeslots, with the combination of these two things they manage to financially and spiritually drain the nearby feds but do they mind? No, no not at all. They have managed to accumulate a surplus so they can do without us for awhile, while we slowly try to rebuild what we had.

- I I

It is indeed sad and sickening that the current regime in ECF does not perceive these facts nor take steps such as we and the thenforesighted exec. of ECF did 24 years ago.

In the future I would advise Jane and Lisa not to try to make a rebuttal to a statement that is in fact quite true.

Hoping for better days & ways, Robert W. Campbell May 18, 1975 Detroit, MI

Ed.Note: It is difficult to print such a hostile and petty letter as this. I do not debate any part of the issue but am appalled at the way it has been dealt with. This recent interchange through the Soup seems to indicate a communication breakdown which I encourage be more constructively handled. I too am hoping for better days and ways.



Dear People Soup:

I am leaving LRY this year but with many mixed feelings about the whole affair. I would like to thank all those many people in LRY who helped me grow to see things more clearly and understand life. I couldn't have gotten this far without your help. To the rest of you who helped to make life miserable for me I wish that you would go and get a little help yourselves. I've only been to a few conferences but a lot of what I saw really turned me right off. There were so many people talking about Love and Caring, yet a second later maybe ignoring someone crying out for this love or help. Coming into LRY is difficult for many only because older LRYers don't try hard enough to make these people feel welcome. Who are you all fooling with this false front so many of you have set up? Maybe you just don't realize that some people have trouble getting up enough courage to statt a conversation or that small talk that slowly leads to friendship. Sometimes this rejection is enough to put a person into a deep depression leading to drugs or death. There are also some who maybe don't like pot or acid. Is this a good enough reason to avoid a person? If you go to a conference merely for the party atmosphere then maybe there is no hope for you. LRY has a sky-high potential if only people were more caring and I don't mean talking about how caring you should be Just reach out to someone and it will feel great. Everything I say is truth whether you want to belive it or not. I

was just such a person with these communication problems and I still have many of them, no thanks to many people. At least I've managed to still exist but there still are those a lot worse off than I. To those who none of this applies, I'm sorry. To those who think that none of this applies you are really full of it. Anyway, I would still like to thank very warmly those that really care and helped me through some tough years of my life.

Love and Peace

(I am signing this "X" because too many people are afraid of the truth and I am tired of debating those who think they are together 100%. We all tend to sometimes preach but not practice. LRY still lives in my heart and will always; both the good and bad of it. I am sure that many of you probably feel the same way as I do and I hope you can have more influence than I ever had.) As I am travelling, I have no home base or address.

Dear People,

My name is Steve Glasgow and I am from Huntsville, AL.RY group. I just finished reading the March, Issue 4 Volume III of People Soup and it was delicious! (smack!) The first. thing I want to say is "thank you" to all the people involved with People Soup and I'm sure it has been said repeatedly how much this paper really affects our lives all over the country. You people have no idea how himpy I was to see it in the mailbox! I sincerely feel that People Soup has something to offer to everyone. So, a pat-on-the-back goes to all of us.

The second thing I would like to say has to do with all this controversy going on about the state of LRY. I keep hearing everyone getting so upset about "centralization" of LRY and its evils. Well, as far as I know, "centralization" is just a big word for folks gettin' together. And when folks get together they exchange ideas. This is what I was under the impression of believing the purpose of the UU religion. I personally see nothing wrong with that at all.

Furthermore, I believe all this fear of "centralization" of LRY is totally unnecessary. In this issue, Mr. Hall said in his letter that he had gotten the impression that adults were the "enemies". I am sure I speak for many LRYers when I say that adults are not the "enemies" at all. Adults are our parents, our leaders, our examples. And we love them very much. Of course, despite of age difference, people always have disagreements. But this is natural and is not to be confused with hate or establishing "enemies". These comments made to one another are necessary to reach compromise. And as it says in this issue (directly above Mr. Hall's letter) "Resolution Initiates Communication". Therefore, I would like to assure the people concerned that the "state of LRY" is very good. And if everyone can keep trying to understand each other, it always will be very good.

Sincerely, Steve Glasgow 2715 Briarwood Dr. SE Humtsville, AL



the hot debate: 6 Should Sex Feel Good? -1iv

One of the hottest debates on campus this year is whether sex should feel good. While most agree that sex is bound to play some role in the lives of young adults, it is not clear exactly what that role should be. At a recent convention, people dealt with

According to the million dollar minister, Billy Graham, who spoke at the Let's Study Sexuality convention at the University of Chicago this spring, "Sex is God's way of telling Man to keep going on; it is not meant to be fun, feel good, or otherwise be per-verted in the process." This view is no long-er very popular, as Mr. Graham admits, "But if you think after all these years I'm going to do it for the sake of ye olde carnal desire, you're a schnook."

Another view, expressed by Mrs. Turtle-

myer, a middle aged woman dressed in a sty-lish jeweled evening gown, is that sex is the highest expression of love between a man and A woman. When asked "But does it feel good?" Mrs. Turtlemyer slapped this reporter in the face and started shouting inane obscenities until she was no longer intelligible.



Perhaps one of the commonest assumptions about sex at the convention and in other less formal discussions on the campus was that sex is something done between a man and a woman. Brad Sweetart, of the Gay Activists Alliance, took issue with this assumption at the beginning of the convention. "Ladies and gentlemen, sex is an act between two human beings that is meant to bring mutual pleasure, the gender of the people involved doesn't matter." This statement caused a great uproar for fifteen minutes, as many were either disagreeing with idea that sex is for mutual pleasure or with the opinion that gender does not matter. According to Milton Hobbsnuckle, a repre ative to the convention from Boston, "The question of whether gender matters is moot: there are no such things as homosexuals, and besides it's sick, and they need to be help-

In the women's room, between discussions, this reporter interviewed someone through the toilet dividers. "Would you say who you are and where you are from?"

"I hear heavy breathing, groams, and a quiet humming noise; what are you doing in

there?"
"I'm masturbating."

"Why?"
"It feels good."

"Then you agree that sex should feel

"Honey, this isn't <u>real</u> sex, this is solely between me and my vibrator; now bug off..."

Outside the convention were hundreds of demonstrators carrying picket signs such as "Keep sex out of the schools", chanting "dirty dirty dirty " as they walked in a circle in front of the building.

"They're teaching my kids about the birds and the bees, dirty dirty dirty, what is going to happen when my daughter real-izes that she can do it, too?" said Mrs. Wittberg, a mother of four from a local township.

"What do you think sex should be? Should it feel good?"

"Of course it should feel good, but only for mature people. I don't mind my kids kissing; that's healthy. But when they hump each other, if you'll excuse the expression, I draw the line. Dirty dirty dirty It's for their own good. I insist my daughter comes home from her evenings by 11 o'clock, and my sons by 1. When they're ma-ture and on their own I don't care what they do; but when they're with me my children will not be promiscuous!"

One of the workshops at the convention was a heterosexual couples' lovemaking exer cisc. The couples were supposed to strip and then fuck. At the workshop one man said, "Yeah, I think sex should feel good, but these goddamn rubbers are like taking a shower with a raincoat on; it's hardly worth

"Well my lover refuses to take the pill since they found out it is linked to blood clots, and diaphrams make her back ache for some reason, and you know what they call women who use the rhythm method..."

"What?"

"Mothers. Ha ha. So here we are, horny as rabbits in May, and I gotta wear this balloon on my cock. (sigh) I wish they'd put more money into researching birth control."

Another man, while engaging in sexual activity, said, "Sex isn't fun, but you gotta to do it if you want an orgasm. I guess that's the way it is. It's like you gotta work for the Man if you want that paycheck. work for the Man 11 you want that paycheck. Well, when you get home and all you want is a nice tall beer and an orgasm you gotta go through foreplay and then fucking and hope she doesn't get sore before you come, or that she'll keep going anyway if she does get sore. Sometimes I think I'd rather just

"So you have sex to feel good but it often doesn't feel good?"
"I'd say, almost never."
"Why do you do it?"

"It feels good in a way; besides I feel like I'm boss when I fuck a woman, and that

Other views, at the convention, on whether sex should feel good, included "Sex is counter-revolutionary, it takes away energy from the struggle"..."Sex should feel good for the other person more than myself" ...and "Sex should feel good, period, so do it any way, any where, and with anyone you want."

None of the sheep and goats brought by participants had any comment on the question.

(Note to the reader: Nearly all the people in the article are fictitious; the attitudes and ways people are acting are not Does anyone have any ideas on how this all came to be, or where we can go from here?)

REPRESSION OF SEXUALITY:

who benefits?

Sexuality is repressed in this society, when it's allowed to surface, as in Playboy or in "Everybody Needs Milk" billboards, it's or in "Everybody needs misk" billioards, it's somebody exploiting people's bodies and their humanity for a buck. Everybody suffers from this. There are reasons for all this, I will this. There are reasons for all this, I will suggest in this article, and though everybody suffers, some people, the very rich, also benefit. The reason I talk about this is that the work (or play!) we can do to reclaim and control our sexuality can begin now, I believe, but can not be completed until the basic reasons behind the problem have been stopped. It is important to understand the forces that limit our personal growth.

people to follow, since it is pretty abstract (forgive me) and "new" (it is based on Marxism, which is over a hundred years old!), but I encourage you to try. (I'm still learning about it.)

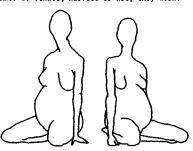
italism", where private individuals are the "rightful" owners of most wealth and the various "tools" used to create that wealth, such as factories, information about our bodies which doctors have kept a mystery to us, computers and various machines, etc. This is in contrast to a system called "socialism" where the people who collectively create the where the people who collectively create the wealth and the tools by their labor are the rightful owners. In fact, some studies in the U.S. have shown that 1.5% of the pupulation owns outright in its own name 80% of all stocks, 100% of all public (municipal, county state) bonds, and 85% of all corporate bonds.

"What's all this communist propaganda got to do with sexuality?!" I'm getting there...

Some neonle obviously benefit tremendously by the economic system we have. But capitalism is more than that, it is a whole social system. The institutions such as marriage and the nuclear family, our laws, certain ideas and attitudes, our political structures, and our schools all serve to perpetuate this system. For example, nuclear families came into

being along with the rise of capitalism, four hundred years ago, pushing out the former "extended families", which had included all kinds of relatives, and even strangers. The nuclear family stands for privacy and isolation, which are essential to capitalism, since workers are used as and supposed to be individual laborables. individual labor-objects. The next step to-wards isolation would be everybody living alone, but that would cut out the other things the nuclear family does, such as maintaining workers emotionally and physically (housewives' job), and providing a refuge for tired, hassled workers (although the family can often be a hassle too).

One reason for repression of gayness and sexuality under capitalism, thus, may be to maintain the family and family life. The family needs a control and imposition on sexuality so that it is perpetuated; it would not do to have a lot of people choosing to sleep with and relate emotionally to anyone, male or female, married or not, they wish.



A second reason for the repression of sex-A second reason for the repression of sexuality may be that it keeps women dependent on man, limiting the number and gender of sexual/emotional partners. This is important to capitalists, for it is partly women's subservient role, cemented by their dependence on men, that gives men the power in their lives over women and benefits that keep the work to work for the capitalities with going back to work for the capitalists with-out being totally demoralized. Besides, women's dependence on men, which beyond re-pression of sexuality is based on being under-paid and sometimes kept out of the workplace, helps serve to squeeze unpaid and unrecognized labor from women at home: namely, house

Finally, the repression of male homosexuality may serve the purposes of capitalism by shaping men's character and intimidating them into control, lest they be called "faggots". This threat is one reason workers don't show "weakness" or certain feelings, and thus keep on working for the bosses' profit like mach-

All these forces may seem ominous to someone who just wants to fuck without getting hassled by her parents. If capitalism is the monster behind our particular society's represster behind our particular society's repression of sexuality, we've got quite a problem on our hands! And the problem is larger, for economics is only the public part of the story. Ideas and attitudes come with this mess to justify it, and as much as we will have to change our economic system to fully reclaim our sexuality, we will have to fight the capitalist ideas in our heads. We're up against deep messages like: "If you're gay you're sick", "Wids shouldn't have sex", "you have no choice but to find a 'true love' and legally marry and live with that one person forever", "sex is dirty", "women are pieces legally marry and live with that one person forever", "sex is dirty", "women are pieces of meat", "masturbation is not real sex", "you have sex when you're supposed to, rather than when and with whom you want to", etc. I think there are things we can do, both politically and in our personal lives, but the answers have to come from all of us. I just wasted to expect the property these wanted to suggest some reasons behind these problems and who is benefitting at most of our expense.



In summary, who benefits from repression of sexuality? Ultimately, only a small number of rich, white men, who have got their fingers up their noses instead of their asses.

TRAVEL GUIDE

In Minnesota presently there is a one person effort to get an LRY travel guide started.

The project is oriented towards inter-ested IRY'ers and local groups who have little to do. It is also directed at people who want to hear about and do fun things with LRY'ers.

with LRY'ers.

The structure for the framework of the project is as follows:

1) There will be 50 people working as state managers. These people will simply keep records on who goes where and when. A month before a person leaves that state, the state manager will notify the destination

state manager.
2) There will be 12 people working as 2) There will be 12 people working as district managers. After the state manager has taken note of what the person needs, she/he will send it on to the district manager. The district manager will turn to a teletype and have a computer print out possible places for the person to stay on their trip. The district manager then sends it to the nerson who is so int to be travelit to the person who is going to be travelling.
3) One project manager. She/he just keeps

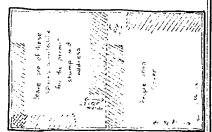
3) One project manager. She/he just keeps things running smoothly.
Presently that is a rough sketch of what is involved. In all likelyhood there will be changes in job descriptions. Also the following jobs have been filled: California state manager - Leigh Taylor Project manager - Peter Kelley
All other positions are open. As you can see much is left to be done and the only way it will work is by interested people like

see much is left to be done and the only way it will work is by interested people like you. So if you are interested, contact:
Peter Kelley,
295 Gienmoor Dr. Long
Long Lake, Mn. 55336
We all know that a travel guide has been wanted for sometime now, the chance is here, the preparations are being made; lets see it work!



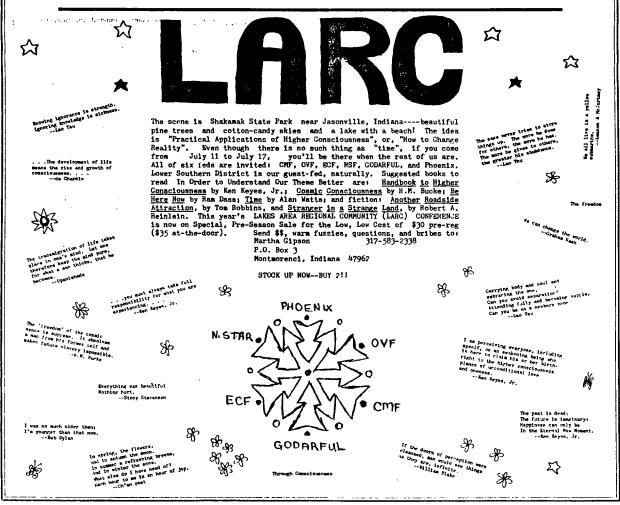
BLACK INK ON...

To all friends who have sent artwork:
WE LOVE 17! It makes the Soup so much nicer.
When we have lots of artwork of several sizes,
styles and subjects, it is much easier to lay
out the Soup. Please accept a truly warm
thankyou for sending your artwork. If you
don't see it in this issue, it is only because it will be in a future issue. But don't
think that we have too much-because we deplete our supply quickly. Please continue to plete our supply quickly. Please continue to send your work, and encourage your friends to send their creations (black and white photos, too). We are all artists.



Remember we can only use black ink on white paper. The width of a column is approximately 3 7/8 inches. The dimensions for a full cover are 11 3/4 by 18 1/2. If you are thinking of doing a cover, a few small items must be planned into your design. Check out an old Soup. One of only a very few places must be left available for the permit stamp and address. I tried to draw a diagram, but it might be best to write to us. I would and address. I tried to draw a diagram, build send examples. The volume and issue - we'll write in the numbers. And probably space at the bottom of the page for the copyright information. Easy things to remember.

Thanks again to the artists of this issue: see the credits on the personals



FUTURE DIRECTIONS

Jennifer Shaw

Nine months into the year, I am fully aware of the frustration that accompanies this job. I have also decided that only the people who experience it can know and understand the frustration. So my friends, you will have to guess, for I do not feel it of relevance to elaborate on it. My point is that I have worked this year not just on the tasks that need doing but also to alleviate some of the frustration. I feel that improvements in the structure and programs of LRY are what is needed.

I have heard, from discontent folks, gripes and a lack of knowledge about LRY and especially what we in Boston do. I have experienced a lack of cooperation based on misconceptions and a lack of communication. The only way to deal with these situations is to answer questions and try to encourage people about what is really happening. There are times when I feel like resigning from such an endless struggle. Yet, I know that if the questions are coming, if there is that much interest, then eventually we can only benefit from the exposure we get. And



I am particularly excited to remember that some of those people with questions are very positive about LRY and have no desire to gripe. They can see its problems and still realize that LRY is a fantastic organization/experience. These people are hope. They are cooperation. I do not wish for people to ignore what is wrong with LRY, because to me that is distructive. That indifference does not help to change what is wrong.

Cooperation, hope and ideas create solutions, change, improvements on what now exists—rather than destroying something and beginning again. People are ready to recognize problems, they have hope and they have ideas and that gives me strength. Strength to find the mechanism that channels ideas from all interested peoples into constructive change.

April 23-25, the UUA Board of Trustees met in Boston. LRY has been a subject of discussion before at these meetings. This time the discussion was indicative of a positive attitude shared by most, that I was satisfied to feel.

Included in the Board's packet of information and business items was a report from LRY as well as a proposal. When it was LRY's turn on the agenda, I clarified our proposal and waited, not knowing what to expect. I had tried to guess the Board's reaction. Logically, I couldn't see how they could reject the proposal—but you can never tell...

LRY proposed the need for a committee to examine youth programs in the denomination, to research and brainstorm ideas for improvement, to develope alternative budgets for the UVA Board to consider as to the best ways to provide programming for youth, generally of high school age. That mouth full of words simply provides that a committee to do some constructive thinking about youth programs be organized.

Without opposition it passed. I knew then that the worst of our conflict was history. What a boost in spirits. Celebrate--now we can only gain support, friends. It may be



difficult to understand the significance of this committee and its easy acceptance as such a key moment. But surely it is an obvious step forward.

The committee will be composed of youth and adults from the denomination. Two of the positions have been appointed with the others to be made at the Board meeting at General Assembly. Much to my excitement, Leon Hopper, a minister who recently resigned from the UUA Board to accept his position at the UUA headquarters, has been appointed. He has interest and a broad experience working with youth-as well as perspective. I wish I knew more so I could really clue you in to my appreciation of his input. Maybe you have guessed by now-but I, too, have been appointed.

Other general descriptions of people wanted to be represented to the committee are an LRY youth, a non-LRY youth involved in another program, an LRY advisor, a "professional" who works with youth, and a DRE. If you are such a person or know of such people send recommendations to: Robert Walsh; Committee on Committees; 25 Beacon Street, Boston, MA 02108.

This is also a chance for anyone to have their thoughts received. Think about your gripes. What is the real problem, got any ideas about solutions? Perhaps you have ideas ahat are important to youth programming? If you feel inspired-send these ideas to the Committee once it is established. This committee eneeds the respect and cooperation of the people it represents to complete its tasks.

NOT A TOURIST

I have wandered around Boston now for two weeks and this defiaitely is Boston. But is this me? All of the feelings I used to have about what I am conflict with the fact that I am here. I keep catching myself feeling comfortable here, and something inside of me says that this is not right, or at least not me. I think about Kansas City, but I am not homesick. I make plans for when I leave but there is no place that I would rather be than here, right now. And I think about my family's home, but I know that on my return, I will be taking steps to move out.

I first heard about the Executive Committee Internship Program many months ago. I accepted the opportunity to come, for the month of May, but thinking back on that decision, I wonder whether I even believed that I would do it.

The internship program involves going to Boston, Ma. for one month, living with the executive committee, and helping them with the work that they need done, including putting out "People Soup". LRY pays for your room and board, and you pay for your transportation to and around Boston. Now, that sounds great. But to me, the thought of leaving my sheltered existence of friends and family was terrifying. For months I did not hear from anyone in Boston, and very conveniently, I forgot all about it. Then, one night early in May, I was at work. It was about five minutes before we closed the store and my sister came in to let me know that she had come to pick me up, and to tell me that Jennifer Shaw of the LRY executive committee had called. Suddenly, I couldn't think of a reason not to go. By the time the store had closed and I was riding home, I had made up my mind. The next morning, after quitting my job, returning some library books, and going to the orthodontist I found myself on an east bound train.

Now that I am in Boston, I am finding that I really didn't have that much to be afraid of. Boston feels as much "here" as Kansas did when I was there. I don't feel like I am "over there". This is all real. I don't feel like an alien. Coming here was a safe decision because I have a place to live and a job to do. I may only be here for a month but it is not a vacation. This is my trial separation from home. In Boston I can't go running back. I am learning to be happy within myself, and self-supportive. I have to be. It is the time for me to be.



HEY!

Are you looking for an educational experience that speaks to your whole person - a chance to do and learn farming, forestry, natural science, woodworking, blacksinthing, welding, ceramics, and art, clarifying personal values, and join a close, supportive, self-determining rural community? Life and education at Tamarack Farm Community are one and the same. Participants and resource people work together to define a daily schedule, run the farm, and develop educational goals and means best suited to participants at the time. Each person is free to experiment with modes of learning and initiate studies and projects of infinite variety. Community decisions are reached by consensus - an agreement that everyone involved in is ready to abide by. It isn't the easiest way to run a farm and school, but people listen to each other and have the power to change things. We work hard, lead a simple lifestyle, and trek through Vermont's Green Mountains from Sept. to June. Coed, 17 years or older. For more info., contact Rox Anderson Tamarack Farm Community Plymouth, VT 05056

O BE OR NOT TO BE

Assuming that you have just finished highschool, and are considering the direction you want your life to take, have you thought about working for LRY for a year? This summer the LRY Board will be electing the four new members of the LRY executive committee. For one year you will live in the Boston area, and work in the Continental offices of LRY. Your rent and food are paid for by LRY and you receive \$70 a month stipend. The job is an invalueable learning experience. You learn self discipline, 4 because exactly what and how much you do is your decision. You will be working and living with people who are, at times, very different from you, and you will be cons-tantly involved with the Unitarian Univer-

tantly involved with the Unitarian Universalist Denomination and it's members.
What exactly will you be doing? Below a are the directorships as are being proposed to the Board. The projects and directives of next year will be determined at the Board meetings.
The proposed Directorships are:
A) A Director of Program Development who will be responsible for the development of programs and packets that will further the goals of LRY across the continent through:

1. Researching. writing and coordinating

1. Researching, writing and coordinating LRY packets and programs in People Soup, the Total Program Packet and wherever else necessary; for the effective use by local groups and federations.

2. Coordinating LRY's interests at the General Assembly of the Unitarian Univer-

contemporary social issues and concerns to

4. Acting as one of the coordinators of

the Clearinghouse.
The Director of Program Development shall hold the title of "President" in the eyes of the Commonwealth of Massachusetts.



B) A Director of Leadership Development who who will be responsible for fostering leadership and the concept of youth autonomy in LRY through:

 The planning of regional conferences that will aid members of LRY in developing and teaching leadership skills and training persons for the implementation of LRY programs and packets.

2. Facilitating the growth of new and

existing local groups and federations
through correspondence and direct contact.
3. The planning of the Board of Directors
meetings, working with the executive secret
retary to compile and distribute the Board minutes; producing a regular Board new letter, coordinating affiliation with Con-

tinental LRY, and serving as the Ex-officio member of the Judiciary committee. C)A Director of Denominational Communications who shall be responsible for the communications between LRY and twe Unitarian U⊓iversalist Association at all level through:

1. Coordination of business and relations with the UNA Board of Trustees, it's com-mittees, the UNA staff and other UNA func-tions of particular interest to LRY. 2. Establishment of work with the UNA

aslist Association.

3. Initiating and coordinating LRY spon—
sored social actions projects and researching deliting, and distributing information of activities within the denomination. activities within the denomination.

3. Coordination of the efforts of Youth

Caucus Serving as the LRY representative to the Youth Adult Committee.

ATTENTION ALL CONTINENTAL LIAISONS !!!

This is to inform you of the policy we will be implementing in reference to transportation of Board members to Summer Boards.

portation of Board members to Summer Boards.

LRY cannot afford to pay everyone's transportation. We are going to try to sub sidize people according to their individual situations of money and distance. We will not pay more than the cheapest form of public transportation(usually bus) and preferably less. The rest will either be paid by yourself or your federation

less, the rest will either be paid by yourself or your federation.

In addition , LRY is not taking any
responsibility for getting Board members
to Continental Conference, only to and
from Lincoln Nebraska. However, there is
some sort of transportation being arranged by individual LRY'ers. Contact Danny Pent-large, 9 Germain St. Worchester, Ma. 01602

To receive your subsidy-write us with your estimation of expenses, explanation of your situation and how much money you will need from Continental LRY. This must be sent to 25 Beacon by JULY 15, 1976. If you miss the deadline, your chances of receiving a subsidy are pretty slim. Please let us know as soon as possible if you are coming.

N) A Director of Finances and Publications who is responsible for the business of the corporation and the coordination of People

Soup through:

1. Balancing and maintaining the checkbook and budget; compiling monthly financial statements; seeking out non-exploitive ventures for the investment of LRY's monies; tures for the investment of LRY's monies; corresponding with the Internal Revenue Service and the Commonwealth of Massachusetts; filing correspondance, information and materials produced by LRY; coordinating the upkeep of LRY's mailing list.

2. Gathering articles and account of the control of the control

or LRY's mailing list.

2. Gathering articles, news, personals, photographs, graphics, letters, and other People Soup material; coordinating the writers in the field, layout, editing, and anything else necessary for a regular and

responsive People Soup.
The Director of Finances and Publications shall have signatory powers for the corporation and in the eyes of the Commonwealth of Massachusetts, hold the title of"Treasurer"

INTERESTED? ANYONE 18 OR YOUNGER CAN RUN FOR ANY OF THESE OFFICES. COME TO BOARDS AND RUN, YOU MIGHT BE ONE OF THE LUCKY WINNERS!



TO ALL NON-BOARD MEMBERS

PLANNING ON ATTENDING BOARDS

This is our policy concerning non-board members attending Summer Boards 76. First of all, you must pre-register by July 15th. And the sooner the better as the number of non-Board members must be limited. Please remember that this is a serious meeting, and not a conference. If you expect to hang out and be entertained, you are net welcome. Please come with a positive attitude about participating in . Board activities.

The cost will be \$16 for the week, The cost will be \$16 for the week, (July 27-Aug.4) or \$2.50 per day for fractions of the week. Make checks payable to Liberal Religious Youth. WE WELCOME INTERESTED PERSONS. PLEASE RESPECT THIS POLICY, SO THAT WE MAY AVOID CONFLICTS DURING THE WEEK. NOTIFY US BY JULY 15 IF YOU ARE COING TO BE AT BOARDS FOR ANY AMOUNT OF THE ANY AMOUNT OF TIME.



Fed's Ups

Central Midwest Federation: Had their spring Conference in Madison, Wis. May

Greater Washington Area: Just had our annual Triangle conference. As usual it was a combination of magre & madness. Elected new executive committee. Members consist of: Sket Davis, Baba Holmes, Tom O'Dell, Alec HoboteK, and the self appointed philosopher of the U.S. of A., Marc Roche

philosopher of the U.S.of A. , Marc Roche is the continental Liaison.
Metropolitan Area: Conference June 18-20 in Poughkeepsie. Elections will be held. Several new locals starting.
North Star: Held an intergen in St. Cloud on April 23-25. Held their spring conference in Wayzata, Mn May 14-16.

Starr King: Had elections in April and having Mendocino Conference July 4-10, \$56.00 write to registrar: James Finley, 3823 Wingate, Carmichael, Ca. 95608. Sumco : Had spring conf. May 28-31 in Jacksonville, Fla. Theme: Daybreak. TOAK tm: Holding their June Conference in Beaver's Bend State Park, June 6-12. Theme: Creativity & Developing within

yourself. Ohio Valley: Our locals are doing good now,out of the blooming stage and into the development stage. And we're making the first steps toward reuniting our fed. There is a conference in Cincinatti on Memorial Day Weekend and everyone is welcome to stay until Monday. IF YOUR FEDERATION IS NOT IN HERE, IT IS BECAUSE NO ONE BOTHERED TO SEND US ANY

We folks here at 25 Beacon are in a dilemma. It's time for all the federations to affiliate with Continental LRY. The situation is that hardly anyone has sent in their affiliation requirements so far. Most federations have just elected new to. Could you do us, and yourself a great favor hy sending in the names of your newly elected continental Liason? Please rush. We need the information as soon as possible We need the information as soon as possible so that we will know who is going to be represented at Boards. If we don't find out who these people are, they won't get information about Boards, and they will come unprepared (if at all) and the meetings will be very chaotic. Pity us all!! Just send in those names and addresses to LRY 25 Reacon St. Boston, Ma 02108.

AFFILLATE!

words from tom

For a long time I was apprehensive about going to an LRY meeting. Finally I was convinced to go. I walked in and sat in a corner wondering if I was intruding or if a corner wondering if I was intruding or in I belonged there. People started showing up, and I really began to worry. I knew some of the faces because they were friends of my sister, but they didn't really know me. For the most part, everyone was older than me, some seemed to be of the "hippie" type. Some people had been hitching around the country, which interested me, as I could type, some people had been interning around the country, which interested me, as I could find out if they had been to the same places I had. It was generally the kind of crowd I'd never met, and I thought they wouldn't accept me. I thought I was an ordinary person who hadn't done too much. So I sat son who hadn't done too much. So I sat there looking at the things around the room. There was an eight foot peace sign that had been used in a parade, the LRY'ers had painted pictures on the wall, and there were mattresses on the floor. A very typical LRY room. Soon there were 20 different conversations, guitar music, and paper airplanes flying around. I was drawn into conversations about macrobiotics, politics, and local gossip with people who I thought wouldn't look at me twice in school. Well I was wrong. During the next few meetings I made more friends than I ever dreamed of. was wrong. During the next rew innerings I made more friends than I ever dreamed of. This totally opened my mind. I immediately lost most of my childish hangups about being friends with only certain people. For the first time in my life I wasn't afraid of meeting, expressing my ideas to people and listening to theirs in return, Due to and issening to theirs in return. Due to my suburban upper middle class upbringing, I had never had an opportunity to encounter people in this manner before.

A few weeks later we went on a camping trip to Assitique Island, a wilderness preserve on the Atlantic Ocean, It was my

first opportunity to live with this new group of people. Everybody was really excited group of people. Everybody was really excited about the trip. I slept at one of the LRY'ers houses, and others slept at the church Friday night. At 5:00 am we all met at the church and were packed into a limited number of cars. I soon found out that it was traditional to travel in this manner. We arrived at the beach after sunrise. It was a great feeling camping on the beach with these people. It felt like a large family. Everybody was helpful and considerate. I forgot about the real world, everything was here and happening now. Time magically stopped during that weekend. I felt close to other people and the earth. We were a family We continued to do things together like go to conferences, Conferences were like a long meeting and gave me a chance to meet many more people.

Our local put on a conference that winter. It was the first conference I had ever been to so I didn't really know what to expect. It was planned so everybody could do whatever they wanted and be them selves.We also had a lot of workshops plan-ned, and unplanned. There were workshops on the occult, self awareness, auto mechan-ics, astronomy, I-Ching, etc. Everywhere



there were people playing guitars and singing songs. There was music everywhere. Like the camping trip, time ceased to exist for me. I was always doing something or meeting people. By the end of the weekend I felt we were a large family living and growing together. It also brought our local together making us feel we had accomplished some-

thing.
For the next couple of years we went to conferences, concerts, on camping trips, picnics etc. together. Some people would go their own ways and wouldn't be seen for a Ing time. Then they would pop up at an LRY meeting. Eventually we were all kind of transient. And we would rarely see each other. Some people I haven't seen again, but I hope I will some day. We are still united through experiences of love and freedom.

I started doing things on my own even-I started ooing trings on my own even-tually; hitching out west, going to college. I started feeling more out of LRY than in. I went to a few meetings and a couple con-ferences. It was during this time that I felt the local was falling apart. It had become a hangout for the LRY'ers that stayed in the area. The church thought that the older LRY'ers were "corrupting" the younger people in the group, Of course they couldn't have been "corrupted" unless they wanted to be. Which is the way it was when I was first be. Which is the way it was when I was first in LRY. Anyway, our advisor made us split into two groups: LRY & SRL. It polarized our group into young and old. This offended everybody even though we saw why it had to be done. In fact I'm sure it offended some people right out of having anything to do with LRY or SRL. Both are sort of surviving, one seems to dominate, then fade out for awhile and the other one fades in. That's how it's been for some time. Meanwhile I'm off somewhere doing whatever.

> Program? Program

Intimacy Program is adapted from material written by University Associates.

The goals of this experience are:to help groups get acquainted quickly; to study the experience of self-disclosure; and to develop authenticity and trust within the group. It can be used with groups of all sizes, at conferences and in local groups. It takes about an hour and one half. It is important that the room this exercise is held in is big enough so that dyads (pairs) can talk privatly without disturbing each other. Each pair should recieve a copy of the guidelines, or be able to see them clearly on a chalkboard or large sheet of

Group members should try to pair up with people they don't know, or with whom they know least well. Distribute or post the guidelines. It is crucial that people understand the ground rules.

Pairs meet for about an hour or until

they are finished. When they are finished, they then get together with two other dyads and discuss their feelings about the experience. It is important to protec one's partners' confidentiality, and this is where that protection begins.

Next, meet as a large group and have one person from each small group report on the feelings of the group.

This experience can be varied in several ways: larger groups than dyads can be used; people who already know each other can do it. additional constraints. additional questions can be suggested; or the group can write its own guidelines. Each person could write down an intimate question (or two, depending on the size of the group and the number of questions wanted), and the questions can be collected anonymously and posted so everyone can see them.

Intimacy program Guidelines

INSTRUCTIONS: During the time allowed for this experience you are to ask your partner questions from this list. The questions vary want to begin with less intimate ones. Take turns initiating the questions. Follow the ground rules below: GROUND RULES:

- 1. Your communication with your partner will be held in confidence.
- You must be willing to answer any question that you ask your partner.

 3. You may decline to answer any question initiated by your partner.

 Outstream
- QUESTIONS:
- 1. How important is religion in your life? What is the source of your income? What is your favorite hobby or leisure
- interest?
- 4. What do you feel most ashamed of in your past?
 5. What is your grade-point average at this
 moment (if any) ?
- 6. Have you ever cheated on an exam or test?

- 7. Have you deliberately lied about a serious
- matter to either parent?

 8. What is the most serious lie you have ever told?
- 9. How do you feel about couples living together without being married?
- 10. Are you a virgin? 11. Do you masturbate? How often?
- 12. Have you been arrested or fined for
- violating any law? 13. Have you any health problem?
- 14. Have you ever had a mystical or religious experience?
- experience:
 15. What do you regard as your chief personality fault?
 16. What turns you on the most?
 17. How do you feel about interracial dating and marriage?
- 18. Do you consider yourself a political liberal or conservative?
- 19. What turns you off the fastest?20. What features of your appearance do you
- consider most attractive? 21. What do you regard as your least attractive features?
- 22. How important is money to you?
 23. Are your parents divorced?
 24. What person would you most like to go on a trip with right now?
 25.llow do you feel about swearing?
 26. Have you ever been drunk?

- Do you smoke marijuana?
 Do you use illegal drugs?
- 29. Do you enjoy manipulating or directing people?
- 30. Do you feel women are equal, inferior, or superior to men?
- 31. What emotions do you find most difficult
- 32. How often have you needed to see a doctor
- in the past year?
- 33. Have you ever attempted to kill yourself?
 34. Have you ever been tempted to kill some-
- 35. Would you participate in a public demon-
- 36. What foods do you most dislike? 37. Is there a particular person you wish would be attracted to you? Who?
- 38. To what person are you responding the most, and how?
- 39. What is your I.Q.?
- 40. Is there any feature of your personality

- 40. Is there any feature of your personality that you are proud of?
 41. What was your worst failure, your biggest disappointment to yourself?
 42. What is your favorite TV program(s)?
 43. What is the subject of the most serious quarrel(s) you have had with your parents?
 44. What is the subject of your most frequent daydreams? quent daydreams?
- quent daydreams? 45. How are you feeling about me? 46. What are your goals for your future?



- 47. With what do you feel the greatest need for help?
- 48. What were you most criticized for as a
- 49. Have you ever been in love?
- 50. How do you feel about crying in the presence of others?
- 51. Do you like your name?
 52. Do you have any misgivings about the group(conference) so far?
 53. What is your main complaint about
- the group(conference) so far?
 54. Have you ever had a homosexual relation-
- 551. If you could be anything or anyone be-sides yourself, who or what would you be? 56. Who in this group (conference) do you especially not like?

REMEMBER: more questions can be added to this list, and you do not have to ask your partner all of the questions, or ask them in any particular order.

THE SUBWAY

Creeping towards dusk the tunnel always looks the same Between the darkness and the light Between embarkation and destination

The knotted hair of repentant souls who huddle on hard, formica seats Below American dream commercial ads Amidst secretaries who are late and lonely

--stare.
The crooked, creaking stairs of the crumbling station feel a wooden legged man perfecting the art of pity -- stare.

Quarters jangle in his silver cup while others must use their faces to refuse (as quickly as possible) and then re-examine their shiny shoes

The starched businessman is not threatened by this lowly filth he sits in comfortable oblivion folding his New York Times into the shape of a geometric oblong I am thrust

like faceless, acheless matter to lose-day and dusk between embarkation and destination stalled in a neutral void

--E.A. New York City



Parents fight

The guy I like loathes my sight.

Grandma dies

Dad out of work and no place to look.

Brother runsaway Bad day.

Who has time to think about the atom bomb?

ng. sincere 9

--mancy Hickman

A Light Summer Rain Three Parts

Flower

Petals out reaching, rying...dying Rain a drop,

three Sliding off the petals, Rolling on the ground--disappearing. Petals vibrate with joy, Growing soft...growing

A Six-Year Old

All cooped up. Folded arms say no romping outside.
Running. Tumbling, through the halls.
A lost toys found-discarded again. Bed jumping. Dart throwing.

Let me out, "I'll wear a raincoat."

Rushing out the door, Minus boots and hat. Mud and rock dams. Wet socks. A stick boat sails a street curb river. Smiling eyes, Through stringy wet hair.

A warm stool at the window--Wondering eyes watch tiny, Crazy drops weave their paths; drop out of sight. (Carole King sings on) Do we weave silly paths as The crazy drops weave them? The stool gets cold. Drawers with old letters open. My mind begins to run My mind begins to two
The crazy path of a rain drop.
--Beth Emon

Myself

poetry

For the Woman in Hiding

she waite she wonders and

she wonders and
occasionally cries. she
gets paramoid for 'her' self/sisters/society
of multicoloured sacrilegious liberalKonservative rulingclASS
doctoreuben'styledMACHOall-you-need-is-one-good-fuckLaypeople of neuclear familymansociety...

she looks. she thinks.

> and --Her!!(OmyGAWD!"W always thought she was NORMAL!") They dread her existence as a lifestyle

> > EvilDyke("no-man-will-ever-haveher. She is "KastratingBi(u)tch."
> >
> > some of her best friends (are men),
> > quietly slink/dwindle awayupon discovery of
> > accidental affiliationw/a label of this
> > introspectivembreyonic undercurrant of

Womæn.

separating her geniess/insanit intellect//diseasedkriminal

Skull of foamingoverflowTHOUGHTS

The discovery... gathering from out of the depths of slone-togetherness at earlyage ;an omniscient

buried/underentity breed of deviant from the mentalelectric fence ground in deepsychs creating and responsible for lives of

DogeatsDog and throws-up

2 Caddies in Tupperware clean suburbian castle-driveway.

refugee from moneykilling- cardiac arrested executives praising businessmen condemning artistworld. Politrickling drool from their chins.

One fine mourning-afternoon, she arises feeling unknowingly akin to Lillith, rays of lavender sunlight burning. Like hydrochloric acid they rip open her soul. exposed, Ripping down cement doors of the human backstage. Left emotionally

naked overexposure to ignorant masses, foundations on rancid gelatin mythconceptions. Infinitely undeterminable weight of hammering curiousity/

internal questions "WHAT*WHO AM I!?" stient but ulcerating screams from an awakened ama.
Alice in Hetroland. HETEROLAND. Propaganda makes it so. DO NOT VARY.

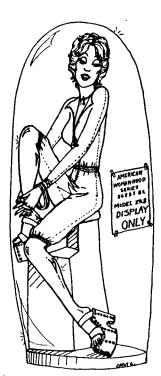
ingrained programming courtesy of The Patriarchy. Whiterabbit carries 45's to shoot down 'Lez'...finds acceptance in the Snpphic-Ti-Grace-Jill-Kate modern-day Leshos in a polluted Acgean Sea.Does Sappnic-Il-Grace-Sill-Rate modern-day mesons in a political neglow of this touch you at all? Insideneath? Only an attempt to get equal time and undiscriminatory recognition for my sisters, who read/hear LESSIAN,

and identify. And end loentity. And read/hear "Gay" and know it means Greek/Roman theatreactors (ancientsexistmales),
AND NOT Wommen loving Womman.
Because anything thats Always been happening Everywhere is Not Abnormal.

as still as a doe in hiding. The air is dry, as dry as a martini. The air is cold, as cold as Christmas. The air is warm, as warm as my birthday. eyes are open, my ears are open Listening and enjoying the quiet.

At night the air is still

-- Caroline O.



12 Sprouts

When you were in Kindergarten did you ever bring lima beans grapefruit seeds or whatever to put them in a cup with moist cotton and stash them away in the closet? I did. I remember how my classmates and I were excited about what might be happening in our individual containers for those several days that we waited. When we took them out we found that our seeds had sprouted long shoots with tiny leaves. I guess this was supposed to show us the way that plants grow and to inspire in us an awe of the mystery of life. They all got dumped in the garbage. So it poes.

These days I am still playing with sprouts but I don't throw them out, I eat them. I find that sprouts are a delicious an' versatile food. They go well in soups. salars, bread, casseroles, etc. They are great raw as an all sprout salad or as munchies. I particularly enjoy them sauted in oil then to have eggs scrambled over them. YUMI Just use your imagination on them and they will respond. I find that most often sprouts are sweet, crunchy and sort of nutry tasting. But this can vary greatly depending on what is sprouted.

our Sprouts are also economical and-nutritations. By taking some inexpensive raw grains, beans, seeds or nuts and adding only water in the proper conditions you can greatly increase their content of vitamins, minerals, enzymes, proteins, chloryphyl, etc. Hard to digest starches are broken down into natural sugars. Tastes are subtly changed. Also the volume of the sprouted material is increased making it more filling. So what you get is more food of better quality from the same amount of money, just by adding water!

And sprouting is fun. Of course that is

And sprouting is fun.Of course that is a personal evaluation but I really enjoy seeing those little seeds shooting out talls and growing like crazy. They sit in their jar looking happy and encouraging me to eat them. Well,I guess getting into the personalities of sprouts takes a little bit of getting aquainted first.So...

... just how does one go about getting more nutrition out of your pennies, more taste and **statility out of your pantry and more fun in your kitchen? Mell, I know of two methods of sprouting that are used pretty commonly and succesfully, but before you start you must choose what it is you are going to sprout. You can use a multitude of things just so long as they are alive. Pre-cooked beans won't sprout no matter what you do to them. Some things that I have sprouted or heard of being sprouted succesfully are:

mung beans, alfalfa seeds, soy beans, lentils, wheat, buckwheat, sunflower seeds, seesame seeds garbanzo beans, aduki beans, lepanuts, celery seed, rye, radish seed, fenugreek, peas, fennel, ...the list goes on. (hereafter I will refer to this collection of sproutables as beans for the sake of convinience.) Experiment with different beans to find which ones you like.

Before starting either method you must soak the bean for 12-15 hours(4 for small seeds like sesame, alfalfa, celery, etc.) This soaking tells the bean to wake up and get ready to grow. Then you must keep them in a dark, moist, room temperature environment for several days.

one way to do this is to spread the soaked beans out in a single layer on a moist towel in a pan.Cover with another moist towel and a piece of plastic or wax paper to keep the moisture in.Set aside in a dark place where they won't get disturbed and check them occasionally to make sure that the towels stay damp.That's all there is to it.Use paper or light cloth towel as a heavy wet towel might cramp the beans and not leave enough room for them to grow.The disadvantage to this method is that you might get moid along with your sprouts. The advantage is that it calls for very little attention.The beans just sit there until they are ready to munch.





This other method uses a jar covered with a piece of cheesecloth or nylon stocking bound on tightly with a rubher band. You can use this jar to soak in and simply turn the jar upside-down to drain. Rinse with room temperature or luke-warm water(we don't want to unduly shock our little buddies, now, do we?) and drain well. Let the jar rest on it's side(for better ventilation) in a dark place or even on the counter, just so long as you keep them out of strong light. I keep mine out 'cause it's easy to forget about when stashed away in a cupboard. Rinse the beans well and drain completly twice a day for three to five days. This constant rinsing will prevent any mold from invading while maintaining a moist atmosphere for little sprouting friends. You may want to set the jar out in the sunlight the last day of sprouting to encourage chloryphyl production. Particularly good in salads!

You may well wonder why I'm so vauge, about how long it takes before the sprouts are done. You'll just have to use your own

judgement.Time varies according to what is sprouted, temperature, moisture, etc.Also, different beans should be allowed to grow to different sizes. Some sprouts, like garbanzo or sunflower are done when just a small tail has budded out.Others may grow long tendrils of two or more inches with leaves starting on the ends. So taste sprouts occaisionally as they grow. If they get too big, sprouts may tend to taste woody, green or bitter.Anyhow, when you feel that your sprouts have grown enough, rinse 'em off and put'em in a closed container(so they don't dry out) in the refrigerator(so they'll stay crisp and stop growing.) Or eat them on the Spot.





Another cautionary note: Don't fill that jar up with beans. For instance, alfalfa seed, an especially prolific sprouter, will fill a 2 quart jar starting with only THREE tablespoons!

So that's where sprouts come from. I'm no authority on the matter and there may well be some inaccuracies contained herein. But that's OK because the fun is in the learning. I've told you what I know, you've got to find out what is relevant to you. I just hope that you'll give sprouts a try and start experimenting. And don't get discouraged the first few trys, I know I had alot of failures! Persistence will reward you with a new dimension in eating. Enjoy!

By way of a bibliography(if you want more specific information on nutritional content, what beans sprout well, how beans look when they are ready to be eaten, recipies other sprouting methods, etc.) I unfortunatly have little to suggest other than to try your local library or health food store. I've seen articles on sprouting in "Organic Gardening and Farming" and "Prevention" magazines, both from Rodale Press, Eummaus, (sp?) Penn. Also "The Mother Earth News". A great little pamphlet can be obtained from Hippocrates Health Institute, 25-Exeter St., Boston, Mass. 02116



A Supernova is a phase in the evolution of a star. The star contracts into a highly concentrated mass before expanding to gigantic proportions and emitting undescribably huge amounts of energy. The imagery is fantatine a enthropy of 300 LRY ors can produce incredible amounts of concertated

Instead of a structured and strictly defined theme, we (the Continental Conference committee) have decided to have as varied a program as possible. Worksheps will include: communalism, arts 6 crafts, men's and women's consciousness raising dramm, dream groups, and many others. Other activities that will help center the energy will be: worship services everynight, means together, (good lood) and dances.

To preregister: send \$15 and this form to:Doug Webb, Rt.2 St. Cloud, Mn. 55301

A recipt and conference packet will be sent to you in early July.

permission ZIP/POSTAL THIS CONFERENCE? has the 18) during under 1 NO US WRITE if you are HELPING . RESTED IN H l attention i STATE/PROVINCE YOU INTERE daughter/s medical a ARE YOU DO A N. P. HIL Ç # 4

to receive

The conference committee invites you to join in the creation of this energy, Your feedback, suggestions, observations, ideas, needs and attendance are encouraged. If you have any questions, feel true to write to one of the committee red, and we will do our best to answer then.