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\textit{Excerpts from the Student Handbook}

"The campus is a community of growth and fulfillment for all, rather than a setting described in the concept of in loco parentis." Page 5.

We have open and closed dorms, on a punishment and reward system apparently. Girls have a curfew, they have to sign out overnight this is outright discrimination; you here don't have anything of the sort. No liquor is allowed in the dorms at all. During the infrequent open dorms, when students have dates up to visit, they have to keep their doors open.

"The institution has a right to prohibit individuals and groups who are not members of the campus from using its name, its finances, and its physical operating facilities for commercial or political activities." Page 6.

I only have one small complaint regarding this rule. If you will read through it again, you will notice that it gives the college the right to refuse to admit outsiders political speakers of whom it disapproves. They reserve the right to do this in several other statements, equally well worded.

"Members of the campus charged with the drug. At best, acid may be changed significantly in clinical circumstances, bum trips are occurring a bum trip. The possibility of a bummer increases tremendously."

The best advice to give straight or inexperienced people about dealing with bum trips is: Don't panic. Be gentle, kind, and smile a lot. If necessary to avert a traumatic chain of events, divert the person with pleasant music or a change of atmosphere (like turning of on the lights). Most bum trips could have been prevented if the right information was only known by the person's friends ahead of time.

Clinically, Thorazine (a strong tranquilizer) has often been used to relieve the effects of a bum trip. Thorazine works by tranquilizing the system and relieving the build-up of tension. Lately the use of Niacinamide has become popular in relieving bummers, this substance, buffered by Biaxin or Vitamin B5, chemically changes LSD to another lysergic substance that has no effect on the body or mind.

It seems unlikely that the availability or legal status of LSD will be changed significantly in the next few years. Slowly, as the practical uses are realised, there may be a loosening of restrictions regarding research with the drug. At best, acid may soon be recognized as a legitimate, useful chemical to be given only under careful supervision.

\textbf{Guide to Drug Abuse: Part I}

\textbf{Bum Trips}

One of the prime factors inherent in acid is the possibility of incurring a bum trip. The possibility has kept many from tripping. Over the past several years in particular, it has been nearly impossible to obtain pure acid. Most stuff is mafia-originated and cut heavily with speed and/or strychnine (rat poison). Under clinical circumstances, bum trips rarely occur unless provoked. But when acid contains strychnine, speed or other impurities, the possibility of a bummer increases tremendously.

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The sane desire for peace and tranquility makes us ask in wonderment, "What kind of world do we imagine?" The right to fight wars, instead of a Nation to live in. How the horrible realities of human society can catch up on even the best planned utopias. And somehow as wars become commonplace we awake, startled, thinking that this has happened suddenly. And we ask again what the matter is, and we seek solutions, and then we noticed our distance from our government. The same desire for peace and tranquility and Utopian life makes us wonder why the government is so unapproachable to the common man. Have you read the 47 volume Pentagon study. If you could lay your hands on it, do you have a month of your life to devote to studying it? You say you haven't formed your opinion on it yet? And you wonder why the majority is silent?!

The Utopian dream is dead. What happened to that government of the people by the people? Some say it died in this century, others say it was stillborn in 1776. There were those who fought for a more centralized government in the 1780's but we've been taught that they lost. Well today we find the average man is incapable of governing (except on simpler local levels). The average man is not a political scholar, nor is he a professional historian. And we find that national government has to be left to the professionals, due to the information explosion that is the thunder of enlightened elite in this age of "experts." And the dream of peaceful utopia is dead. Peace? Justice? Liberty? Power, control, security these are the words of today, these are the political currency. Sure, we want peace- but only if we can get it without compromising our mythical security!! Never mind peace never mind your America utopia of liberty and justice. We don't like oppression of any kind; we don't enjoy being slaves to materialism or to achievement; we rebel against (continued on page 3)
(peace, continued)  

secretly and lies in the government. These are the things built in.

So what do we do? Granted a lot of people have written and spoken volumes trying to answer that question, and you may think there is no answer at all. I submit, however, that you still hope there is an answer, or else you wouldn't have read this far.

Listen to the wisdom of an unpopular author, whose words are surrounded by much controversy — listen to what God has to say.

"Don't pile your treasures on earth where corruption can spoil and thieves can steal. Keep your treasures in heaven where there are neither corruption or thieves. Wherever your treasure is you may be certain that your heart is there too." (Matt. 6:19-21)

Is he suggesting that our priorities are wrong? I think so. Let's go further.

So one can be loyal to two masters. He is bound to hate one and love the other, or support and despise the other. You cannot serve God and the power of money at the same time. (Matt. 6:24.) Don't worry about warring Nations and political forces. God can give life and peace regardless of circumstances. Jesus said "peace I leave with you. I give you my own peace and my gift is nothing like the peace of the world." (John 4:27)

We speak of the external circumstances; Jesus is talking about inner peace— which is where it counts, right? This is the basic peace on which all externalizations must begin.

Inner peace requires inner change. This is God's business. "...new heart I will give you, and a new spirit I will put within you; I will take the heart of stone out of flesh." (Ezek. 36:26)

This is what happens when we become followers of Jesus; this part of what God does when he asks us to take over our lives. By God's control of our lives we are at peace with ourselves, with other people, and we are able to impart peace to others.

Reprinted from ICTHUS by Jesus People of Madison. Write them at P.O. Box 204 or come by Jackson 101 on any night of the week.

"The most ultimately rightous of all wars is a war with savages. ...I don't go so far as to think the only good Indians are dead Indians, but I believe it to be one of the arguments. I wouldn't inquire too closely into the case of the tenth."

Theodore Roosevelt

This is one of a series of articles on nutrition by the Women's Health Collective.

Though people usually think that fat is bad, it's just as important for health as anything else. The body depends on three essential fatty acids in order for the brain and nerves and the hormones of the adrenal cortex and sex glands to work right, and the bacteria in the intestinal tract need these fats to multiply Vitamin A, D, E, K cannot be absorbed naturally into the blood without fat and bile.

The fats are linoleic acid, which can substitute for it pretty well, and linolenic acid which can only partially substitute for linoleic acid. If you are deficient in these fatty acids, you may have swelling of the ankles, legs and thighs, or dry hair and scaly skin. We get these fats in natural foods. Safflower and corn oils have from 30%-70% so (continued, page 4)
Don't eat coconut or poly oils, K. Eat about three teaspoons has anyone seen my problem? You see, it's mine. Has anyone seen my problem? Rancid fat is anti-food. Rancid fat is anti-food. and obesity are at their highest, because rancid fat destroys the vitamins in the food, the intestines and in the blood itself. Rancid fat is anti-food.

The average American's intake of refined and saturated or hydrogenated fat has doubled in the last twenty years. Heart disease and obesity are at their highest. Those facts are probably linked. If you want to play safe; (1) Limit the solid, saturated fats in your diet—imo some oils, in animals and in things like margarine, processed cheeses that don't need refrigeration, peanut butter, don't need refrigeration, etc. (2) Don't eat rancid fats or ones treated to prevent rancidity. (3) Don't eat coconut or poly oils. They rip off Vitamins A, D, E, and K. (4) Eat about three teaspoons of crude vegetable oil—poly-un-saturated, cold-pressed and unrefined—each day, especially safflower oil. (5) Refrigerate oil after opening.

Berkeley Tribe

"Problem" by John Ishee

Has anyone seen my problem? I'm sure. I set it here a moment ago. You can't mistake whose it is, You see, it's mine. I do hope No one has taken it, I'd feel so strange Without one.

Ambrose Bierce

"Christmas: A day set apart and consecrated to gluttony, drunkenness, maudlin sentiment, gift-taking, public dullness, and domestic behavior."

TO WHOM IT MAY CONCERN

it is 6:56 A.M., a deadline to meet dextrose & coffee I'm tired, do you understand this is a rush job so be patient listen

I just got out of prison

Last week George Jackson was murdered and yesterday morning twenty-eight men died in a place called Attica Attica Attica Attica Attica Attica another body-count there are so many of them I'm getting confused before I want to prison I would have told you to take to the streets I would have said: Avenge George Jackson Avenge the Attica Massacre but I can't say those things anymore it would sound so absurd most of you aren't even capable of avenging your own life don't get me wrong I love you but I'm sick of your fucking identity crisis there is so much that I would like to say there is so much that I would like to tell you about prison and death if I only had the words to break through the trance.

11. Even my best friends are so vague that I can barely touch them and last night I sat in a cafe alone wondering if I should plant a bomb somewhere

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Has anyone seen my problem? I'm sure. I set it here a moment ago. You can't mistake whose it is, You see, it's mine. I do hope No one has taken it, I'd feel so strange Without one.
The needle in Alaska swung over to 7.4 minutes later in Berkeley, the needle jumped off the paper and they somehow decided on an even 7.0. I felt no reaction so far—could be another 4 or 5 hours at least before the Golden State became part of the briny blue Pacific.

We stayed on the porch for a while, waiting thinking about our comrades who were camping that day. I was hoping for an earthquake. The earth would rock so nice and gently as the epicenter of the quakes. The first time, I had a chance to see the ground.

The ABC now wants to abandon Amchitka. Too cold. I guess—Nevada is probably too wet. Maybe California has the best conditions.

The ABC has once again proved themselves to be a bunch of maniacal, stupid paraoids. As the ABC helps to get the AT pointed, and ready to stop Communism, maybe we should get it to other and short the circuit, before it too late.

P.S. If there is an earthquake in California (anywhere) in the next couple of weeks, remember, it ain't our fault

The Berkeley Tribe

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33 hours after the Amchitka blast, ground zero collapsed 40-50 ft. deep, 2000 ft. in diameter. There are lots of dead fishes, a few dead birds, one or two dead seals, and a couple of dead otters. The UC shakers claim the 5 megaton explosion had nothing to do with the dead animals (250 times more powerful than Hiroshima). One official said that the otter was hit by a rock (flying through the air on its own accord, no doubt), maybe they died from the storm, which a few days before had postponed the Amchitka test.

Saturday at about 1:30 pm, I started listening to the radio. KTB was having a live broadcast from the 1010 Fields in Golden Gate Park and had established radio contact with someone in Kodiak. 1500 miles from Amchitka. Various newspaper people were sitting on top of a mountain—waiting there. Only a couple of hours before, the Supreme Court had decided to go ahead with the blast—the government admitted a slight possibility of tidal waves or/earthquakes—but the ABC was (and still is) oblivious to the existence of a force other than their own.

Crazy Chairman Schlesinger dragged his wife and two daughters up there with him—to sit on top of the world and be the first on their block to surf on an atomic wave.

The man on the mountaintop counted down from 10 with a slight quiver of uncertainty in his voice. ZERO. Kaboom. I thought, nothing was felt up north—the Richter report would take a couple of minutes.

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...page 5...
Also be acquired from clothing, areas

Fibula, the well known crab louse,

Crab lice are usually transmitted

is the most common Invader by far.

are attached to the hair and can't:

often infest the genital region,

Skin parasites last year,

be freed by ordinary washing,

The female lice lay eggs that

Two millimeters in size, they are

lice do not transmit
disease-producing germs, but

CRAB LICE do not transmit

with some, consiously so; with

Sung to the tune of "Nothing

Nothing could be finer than a

Sick Jokes of the Seventies

Q: What's black and white and red

A: The graduating class of Kent

State.

Q: What's the difference between

mothers milk and Raid?

A: There's no DDT in Raid.

Q: What do you call a sniper in

Belfast?

A: "Father!"

Did you hear about the Biafran

doll? Wind it up and it eats its

own foot!

Q: What do you call a twelve-year

old junkie in Harlem?

A: "Old-timer!"

(continued, page 7)
Page 7

THE "ALVIN LUNCH"

NEW YORK (LNS) — In October, 1968, the research submarine Alvin sank in a mile of water off Woods Hole, Mass. A year later, when it was finally brought to the surface, scientists discovered that an oceanographer’s lunch — two jugs of soup, two bottles and several bologna sandwiches — were virtually unspoiled as the day the Alvin sank.

The sandwiches were soggy and the apples looked as if they had been pickled, but the soup was "perfectly palatable," according to one of the researchers. Once on the surface all the items rapidly spoiled, despite refrigeration.

Two scientists are now studying what precisely takes place on the ocean floor to prevent decomposition of organic materials.

Dirk Frankenber, director of the National Science Foundation’s Biological Oceanography program, explained the significance of the findings and the importance for further research.

"If we're thinking of dumping garbage and sewage in the deep ocean," he said, "we had better go into long-term studies to find out exactly what happens there, and why it happens as it does."

"We need a better understanding of all these processes, and we need it now."

The Alvin Foundation has asked the U.S. Supreme Court to break its 37-year silence on the First Amendment rights of college students to demonstrate inside campus buildings and the other asserting the rights of student organizations to official college recognition. The first case arose at Madison College in Virginia; the second at Central Connecticut State College. The Union contends "college students are entitled to the identical First Amendment protections on the campus as they or any other citizen would have in the community at large..."
said the plane could be ready by mid-1972—an election year in which Nixon will be doing a lot of traveling.

Although there is little difference in looks or luxury between the new 707-320B and the current spare jet, the 320B has better range—6500 miles without refueling instead of 4600—an important detail for those long campaign hauls.

It can also operate better from shorter air strips which is an advantage when hitting the little jet age whistle-stops necessary during a presidential election.

CHEAP MEAL IN A STRANGE PLACE

Landing in a strange city with very little bread is rough; rougher even than living in one with very little bread. Eating is always important and should not be put off for too long in any circumstances. I may have a rung for ladder. A good meal can be had in any hospital cafeteria in the land for from 60 cents to one dollar. Heat of fish, vegetable, salad, milk and dessert at 1/3 the price of any restaurant. No one cares what you look like either, they assume that you’re a visitor and leave you alone. More often than not you might be invited into a friendly conversation since people in hospitals share a common bond.

Dana McDill
Whole Earth Catalog

Staff—Cherry Corner serves good inexpensive food at the Rockingham Hospital.

Staff—Cherry Corner serves good inexpensive food at the Rockingham Hospital.

We regret to inform you your son was among the lowest casualty count in recent months.

Blind Justice

"No one has ever given me good reason why we should obey unjust laws. But the reason why we should resist them is obvious. Our resistance proves our manhood and womankind. The dignity of human nature compels us to resist what we believe to be wrong and a stumbling block to our fellow men." Helen Keller

OPEN MEETING
6 PM TUESDAY
ASHBY BASEMENT

With a little help...

Theresa, Patti, Rowland, Patti, Roland, Mary, Bill, Lynn, Susan, Dennis, Joyce, Richard, Linda, Joni, Randy, Sarah, Wendy, Karen, Jay, and Jean.