

# EKING LOGICALLY

## MEDICAL

County Health-Service-- 425-2251  
 Free x-rays, VD and TB tests.  
 Dr. Peter Nash Birth control, and occasional free medical service 426-8500  
 Natural Childbirth Michael Fader. 426-2265  
 Family Planning, Baby Clinic. 425-2025  
 Dr. Bjerk. Research on abortion. SJ 356-9456  
 Abortion for unwed mothers, New Hope Home SJ 286-8520  
 Zero Population Growth 426-4329  
**DRUG CRISIS**  
 Suicide Prevention Service  
 Immediate help. 426-2342  
 Synanon S.J. 444-3624  
 Drug Abuse Center No thorazine, just Jesus. 423-8554  
 Valley Alcoholics Anon. 476-3330  
 County Emergency. Thorazine, but police called 425-2230

## FOOD

Free meals-Youth Center 2pm lunch, 7pm dinner no heavy rap 517 Mission  
 FreeU potluck dinner Friday night 604 River  
 Food Co-op George Mallet 423-5944  
 Surplus Foods 425-2081  
 Supermarket garbage cans

## DENTAL

Dick Smith Scotts Valley Center 438-1331  
 Cabrillo Dental Hygiene Clinic  
 Teeth cleaned, x-rayed \$3 475-6000

## LEGAL-DRAFT

Draft center 426-2698  
 ACLU 423-7989  
 James Schmitz 438-3739  
 James Jackson 426-7040  
 Phil Harry 423-7374

## PEOPLES

FreeU-Switchboard 426-8500  
 Brown Co-op 224-2544  
 Black Co-op 423-4466  
 Peoples Garage 426-6020

## MISCELLANEOUS

Coast Guard Sea & Emergency Rescue 415---986-5500  
 Div. of Forestry Felton 335-5353  
 Santa Cruz Fire Dept. 423-1313  
 Pollution Control Initiative 335-5672  
 Council on Environment every 3rd Monday Room 901, Cabrillo Col. 8pm  
 Bay Area Concern every Wed. 2pm Rm 450 Cabrillo Col.

☉ ♈ Moon's Sign ♋ ♌ ♍  
 Nov. 18 moon enters Aries 10:33pm ♌  
 21 moon enters Taurus 4:53am ♈  
 23 moon enters Gemini 1:00pm ♋  
 25 moon enters Cancer 11:11pm ♌  
 28 moon enters Leo 11:23pm ♍  
 Nov. 22 sun enters Sagittarius 3:23pm ♏

Nov. 18

Black Co-op General Meeting Pub. invited 217 Continental St. Santa Cruz 8 pm

Nov. 19

Cabrillo College planetarium show "The Constellations" room 706 8 pm Call Community Services at college for res. seat (free)

Black Co-op encounter: Black/White public invited 8 pm

Nov. 20

Cabrillo College Noon Concert- Chamber Singers and Recorder Ensemble in Renaissance works room 204 free

Fall Play "The Marriage of Mr. and Mississippi" Cabrillo College Theater 8:30 pm

Black Co-op Black studies pub. invit. 8-10

Nov. 21

Cabrillo College Fall play 8:30 pm

Black Co--op party 8 pm public invited.

Concert at U.C.S.C. Univ. Crch. College 5 dining commons 8:30 pm

Movie: "Knife in the Water" 7-8:45pm

Nat. Sci. 3 U.C.S.C. 50¢

Nov. 21-23

Smirnoff Int. Pro-Am Surfing Invitational, Steamers Lane

Nov. 22

Cabrillo College Jazz Concert room 450 Forum Building 8:30 pm

Meditation Society Film 8 pm 1 Sci. lecture hall U.C.S.C. free

Nov. 27 Thanksgiving (really)

Nov. 29 Benifit for Black Co-op 8 pm 128 Holloway Dr. Donation \$1.50

# CALENDAR



mike needs:  
 kent money  
 maury typists  
 phantom office  
 typist. boo  
 tennis shoes  
 jane, our printer.

rod charlie  
 connie steve  
 john richard  
 dave margaret  
 tom robert  
 diane john

**Free Spaghetti Dinner**  
 P.O. Box 984  
 Santa Cruz, 95060  
 Phone: 423-6449



The SANTA CRUZ

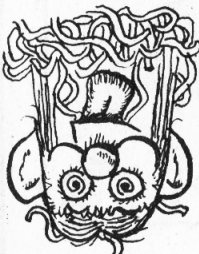
13 cents\*

# FREE SPAGHETTI DINNER

Vol. I, Issue 2, November 17, 1969. P.O. Box 984, Santa Cruz, Cal.







YOU RENOUNCE  
ACID  
FOR THE SECOND  
TIME



YOU TAKE  
ACID  
FOR THE SECOND  
TIME



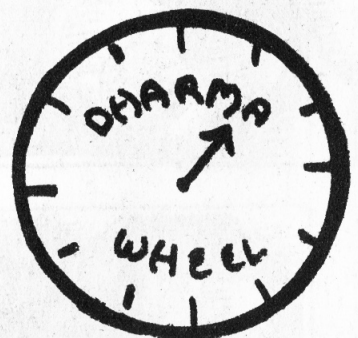
YOU RENOUNCE  
ACID  
FOR THE FIRST  
TIME



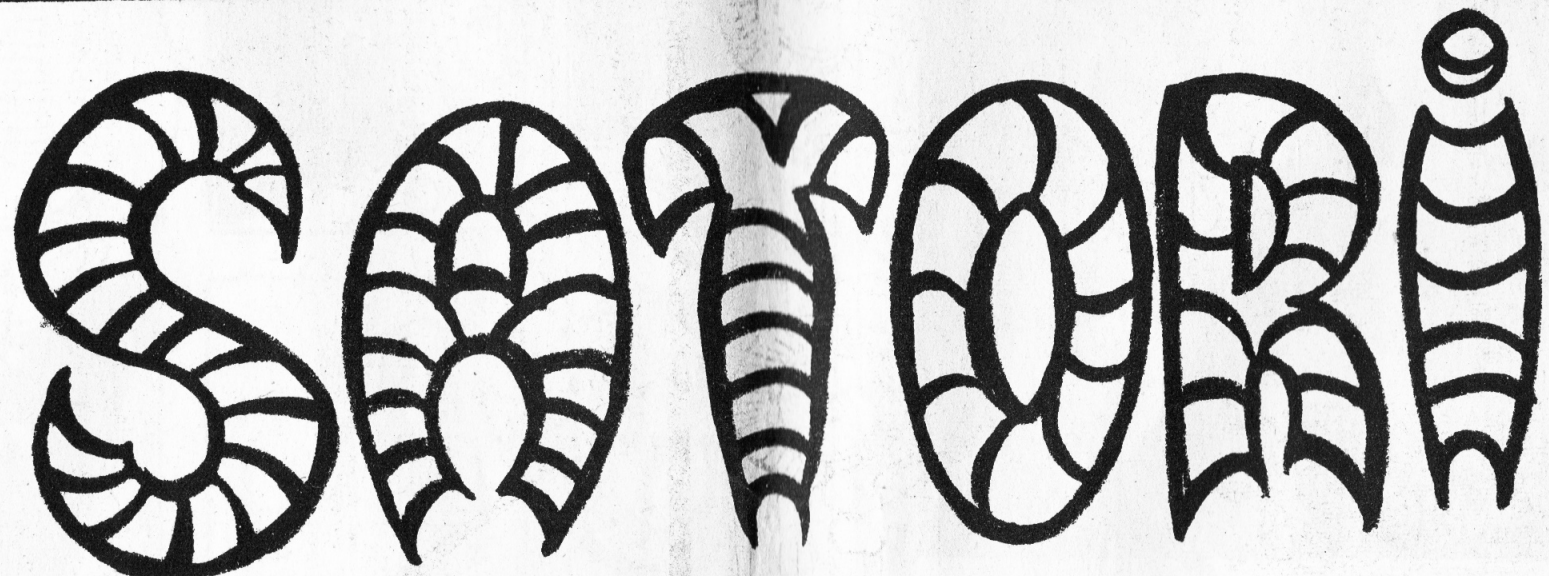
YOU TAKE  
ACID  
FOR THE FIRST  
TIME

Join  
DENTAL GROUP  
TRANS-  
ITION GROUP  
your MATRONS  
KREPLACH

YOU ARE BUSTED  
FOR POSSESSION  
OF LOVE  
GO DIRECTLY TO JAIL



cut out dharma spinning wheel--draw in signs of the zodiac--color and paste on heavy cardboard--get stoned and watch it spin for three hours--go to sleep



### INSTRUCTIONS

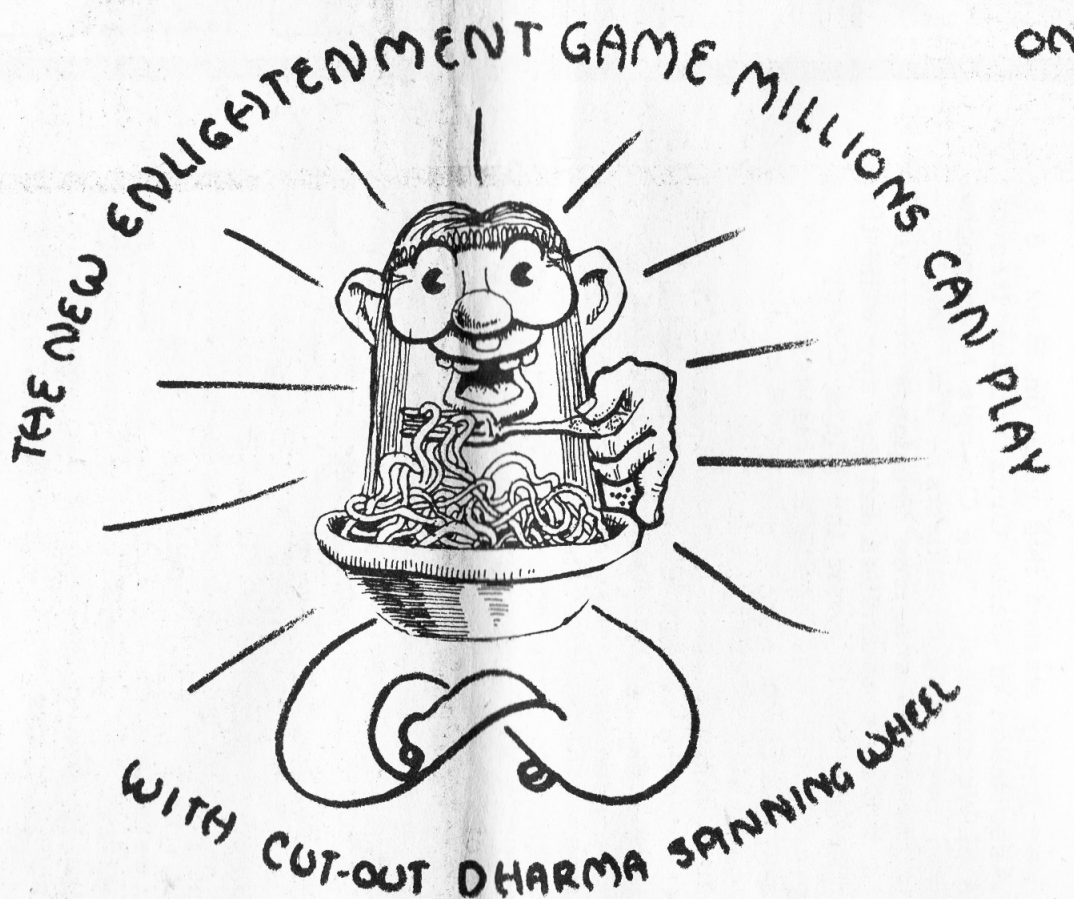
- (1) Throw 3 coins; heads are 2 points and tails 3 points. Total after 9 throws is your heavy karma score.
- (2) Divide total points by number of planets (if any) you have in Taurus.
- (3) Write number of points on paper.
- (4) Fold paper into paper airplane.
- (5) Sail airplane at Pentagon shouting Buddha power.
- (6) Then forget all previous instructions and take any number of moves you want to.

BOARD WALK  
YOU ARE HAUNCATING  
THE WRONG GAME  
RETURN TO MONOPOLY

DHARMA CARD  
it's empty so you don't have to pick one

\$ DHARMA MONEY \$  
it's void so you don't have to spend it

PIN THE TAIL



FLYING SAUCER  
found on your roof  
you are hallucinating again  
Return to monopoly quickly

BLANK SPACE FOR NO-MIND EXPERIENCE

CLAR LIGHT  
OF BAROD

BEGIN  
of  
PROTAZOA

FLASH  
GO DIRECTLY TO SATORI  
DO NOT PASS BAD KARMA  
YOU SEE CLEAR LIGHT &  
RECOGNIZE IT

YOU ARE INCARNATED  
AS A FLEA  
ON THE TOE  
OF A HOLY MAN  
IN INDIA

YOU ARE AS A DREAM  
YOU ARE INCARNATED  
BUTTERFLY  
ING THAT  
TIMOTHY  
LEARY

YOU  
CONCUNTER  
HEAVY KARMA  
& ARE INCARNATED  
AS A SEA SLUG  
RETURN TO PROTZOIA  
DO NOT PASS SATORI  
DO NOT COLLECT  
GOOD KARMA



Man was officially opened, after fifteen years of incredible effort, with fifty pupils. The program included readings; sacred dances, movements, and exercises; music; and the "inner teaching." After two years of operation, the work of the Institute was demonstrated in a sensational public performance in New York. The four hour program included sacred dances of Aisor and Sufi mon-asteries in Turkistan, Tibet, Afghanistan, Kashmir, and Chitral; folk dances and working music from Turkey and Transcaasia; the Sufi "stop" exercises; and several forms of thought transference. A branch of the Institute was formed in New York, on April 8, 1924.

A few days after his return to France, Gurdjieff was seriously injured in an automobile accident. This led to a reduction in the activities of the Institute, and Gurdjieff began to write "All and Everything." The first part, "Beelzebub's Tales to his Grandson", was intended "to destroy mercilessly the beliefs and views rooted for centuries in the mind and feelings of man." The second part, "Meetings with Remarkable Men", was to furnish "the material required to create the feeling of a new world", and contains much autobiographical information. The third part, "to assist the arising in a man's thought and feeling of a true representation of the real world, instead of the illusory world he now perceives" occupied his later years, and has not yet been published. Finally, he wrote an introduction to the series, called "Herald of the Coming Good".

In 1948, Gurdjieff was again seriously injured in an automobile accident. After a long illness, he died in Paris on October 29, 1949.

The work of the Institute still goes on in groups all over Europe and the U.S., led by Gurdjieff's disciples. In fact, there is one in Santa Cruz, meeting Thursday evenings at 8:30 p.m., at 724 California St. (to be continued)

commonly accepted truths, and travelled to the holy places of Transcaucasia, from 1895 to seeking ancient wisdom. From 1895 to 1901, with a group called the "Community of Truth Seekers", he made extraordinary expeditions to Egypt, Australia, and all over Asia, tracing down remnants of traditional teachings. Then for six years he carried on his search alone in Central Asia, which ended at the "Universal Brotherhood". At this time, he committed himself to a specific mission, which required superhuman efforts and ingenuity for the rest of his life: to found a school in the West for the wisdom he had discovered, "in which a man would be continually reminded of the sense and aim of his existence by an unavoidable friction between his conscience and the automatic manifestations of his nature."

At the age of 30, he returned to Russia to create a definite amount of capital for his Institute. In six years of extensive and varied business enterprise, he succeeded in collecting a large fortune. He spent most of it preparing the Institute, but before he could open it, World War I began, and he was compelled to move to Essentuki, in the Caucasus. Over one hundred pupils, attracted by his lectures in Moscow and St. Petersburg, followed him there. The school work was hardly begun at Essentuki when the Revolution interrupted it again. Gurdjieff escaped, with 32 of the younger pupils, across the Caucasus. After two months of difficult mountaineering, they arrived sick and penniless at Tiflic, near the Black Sea. Trading in oriental carpets, he created another fortune in a very short time, and a third institute was started. In a few months, the Revolution overtook them again. They escaped to Istanbul, penniless once more, made another fortune very quickly and started the fourth institute. A year later, they reached Berlin, and finally Paris. They arrived in the summer of 1922, and by September Gurdjieff had raised enough capital to buy a 100 room chateau near Fontainebleau, even though he could not speak any European languages. On October first, the institute for the Harmonious Development of



SCIENTIFIC ADVICE ON THE POLITICS OF LIFE

by Dr. Abraham Clearquill

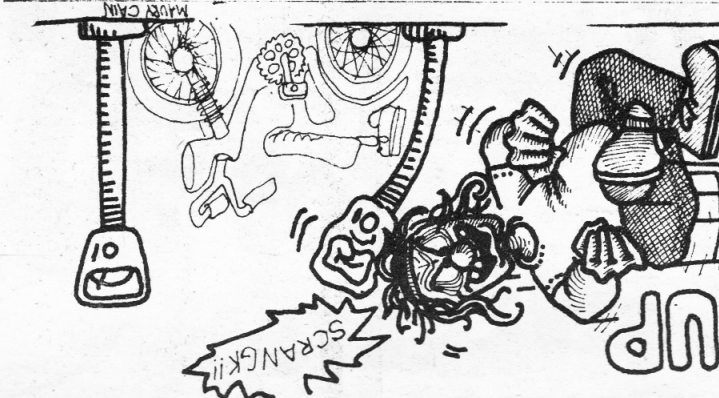
Among the available systems of self-development, one of the most accessible and interesting is that of George Ivanovich Gurdjieff. In addition to the importance of his teachings, he was one of the most fascinating individuals in modern times. This issue, I will introduce the life of Gurdjieff, and next issue, his teachings.

Gurdjieff was the eldest of six children of a Byzantine wise man. He was born at midnight, January 13, 1877, in Alexandropol, Armenia. He spent his early years there and in Kars, nearby in Turkey. He developed a great curiosity for esoteric knowledge, scepticism for

being the man of action that he was though, Harry thought differently and had decided even before his friend finished talking what he would do.

He decided to gum up the works. Held pour glue in the coin slot of every parking meter in town and never have to worry about having a dime for a meter again. Fortunately Harry had a friend who built model airplanes and was loaded with glue. Harry got about two gallons of the best and at 3 a.m. the next morning started on his secret mission. He was done by six and went home to get some sleep, all thoughts of self destruction forgotten.

Harry's thought for the week. You may think you've got nothing but you've still got your shoes. Harry's words to live by. Take into consideration Commune with yourself Take counsel



HARRY D. HANGUP (a man of action)

The first in a new series of stories about Harry D. Hangup and his solutions to the many problems of living in today's complex society.

Today, Harry, having found himself without sufficient funds to buy another cup of Catalyst coffee, decided that suicide was the only way out. His first thought was to drive his car off the nearest cliff, and he immediately headed for his car, parked down the street aways.

As luck would have it, when he reached his car he found he had received an overtime parking ticket. This was both good luck and bad as luck can sometimes be. It was bad because it served to drive Harry even deeper into his depression and good because it also awakened in him a real hatred. At that moment he began to hate parking meters. Along with parking meters he began to hate parking tickets and meter maids and parking fines and judges and other things like that.

He said to himself "what good are parking meters" they don't help people park. They don't keep people from parking. They aren't pretty. They aren't even ugly. They're nothing, that's what they are. He realized he had a ticket and had to pay a fine for nothing. He decided then that he certainly couldn't kill himself until he did something about parking meters, and with that he headed towards the li-

The first thing he figured was that the money for parking meters was a form of tax and that it didn't matter how much money you made or how much land you owned, your tax was the same.

Then he thought about the fine and how it punished the people with the least money so much more than those with a lot. He knew already from his school days that the law was supposed to punish everyone equally for the same offense and that taxes were supposed to be in proportion to income and property.

He figured that even though he only made \$65 a week and didn't own any land he had to pay the same parking tax as the owner of the cannery where he worked. "What kind of a deal is this" he said to himself. No wonder I'm broke all the time and my boss keeps getting richer."

A friend of Harry's told him that nothing could ever be done about taxes and that there was certainly nothing he could do about it.

PACIFIC & WALNUT SANTA CRUZ



BOB VIERCK

Plaza Books and Stuff



# EDITORIAL

There are

We

and

We are:

You

are We

together?

A local medium  
turned inward / turned outward  
to see the  
unity / diversity  
in our universe  
in our world  
which is our town  
which is our selves.

A local medium  
integrating the visual  
with the literal  
to be  
an exchange for  
the diverse pockets  
of our Community

to hear one another's voice  
to see one another's face.

We reject the assuming  
of stereotypes  
which confines both  
the seer  
and  
the seen  
in a one-dimensional prison

We seek to transcend  
the artificial dichotomy of  
us / them  
to accept the harmony of  
I / We.

We strive for the  
overview / totality

Recognizing the  
selfview / particular  
which brings us to the common denominator;  
which brings us to the common denominator:

food  
shelter  
clothing  
education  
comfort  
love

a dividend of resources  
a divisor of needs  
a quotient of We  
on a finite spaceship  
hurtling towards  
a distant  
now.

A vision:

Monterey Bay Community  
as a life / positive model  
for a new age  
with the re-integration  
of man and nature  
the co-operation  
of man and man.

Just a vision.

A community of human beings

planted in local soil

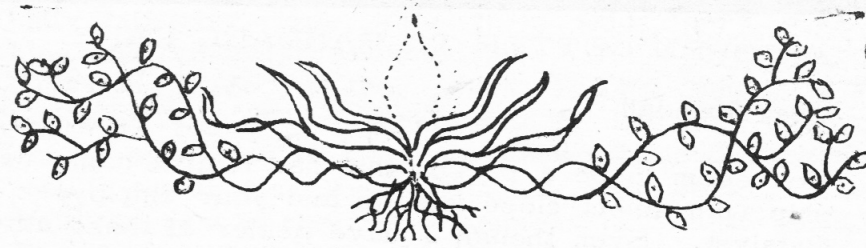
nourished by vision and work

an organic process are We

you

are We

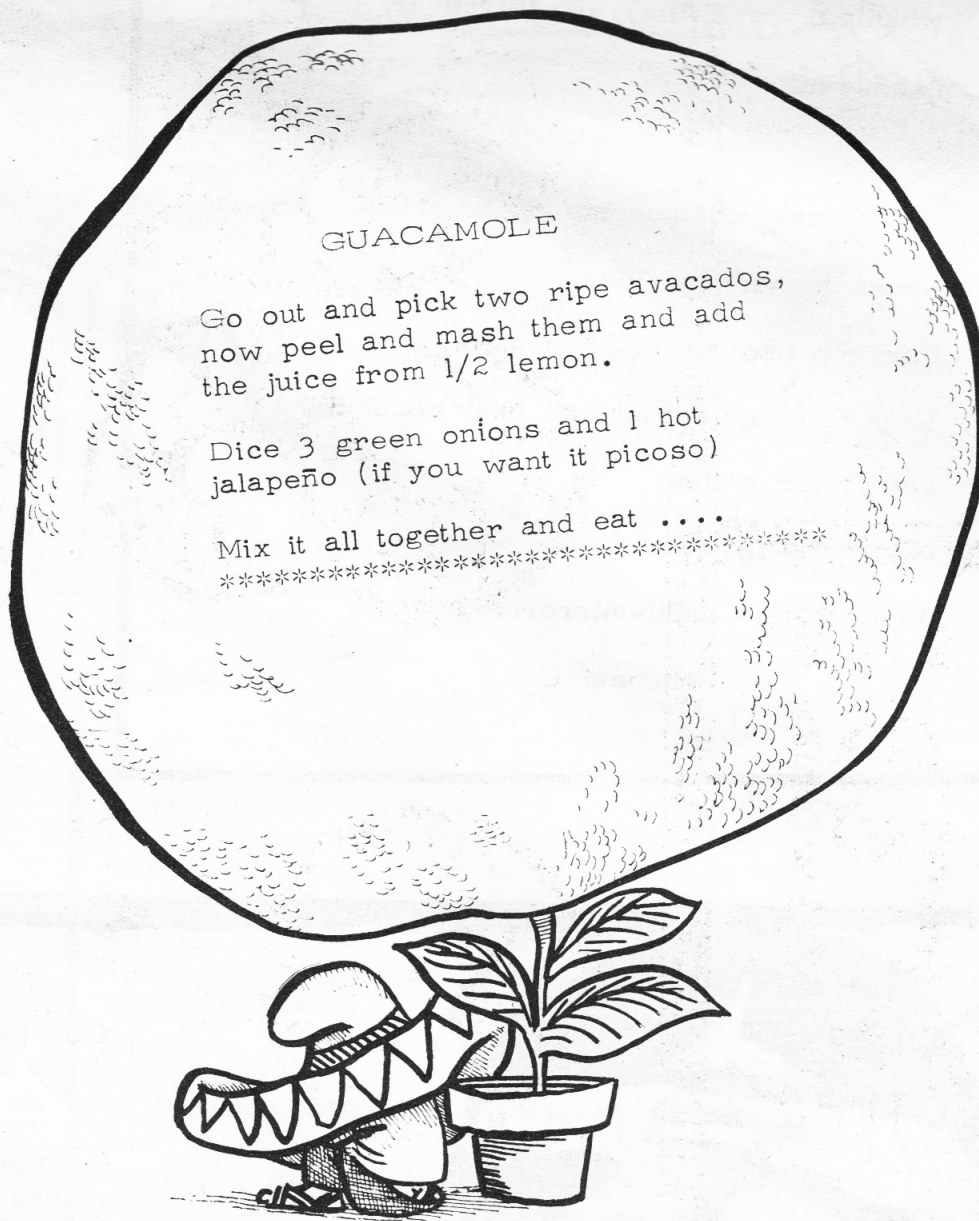
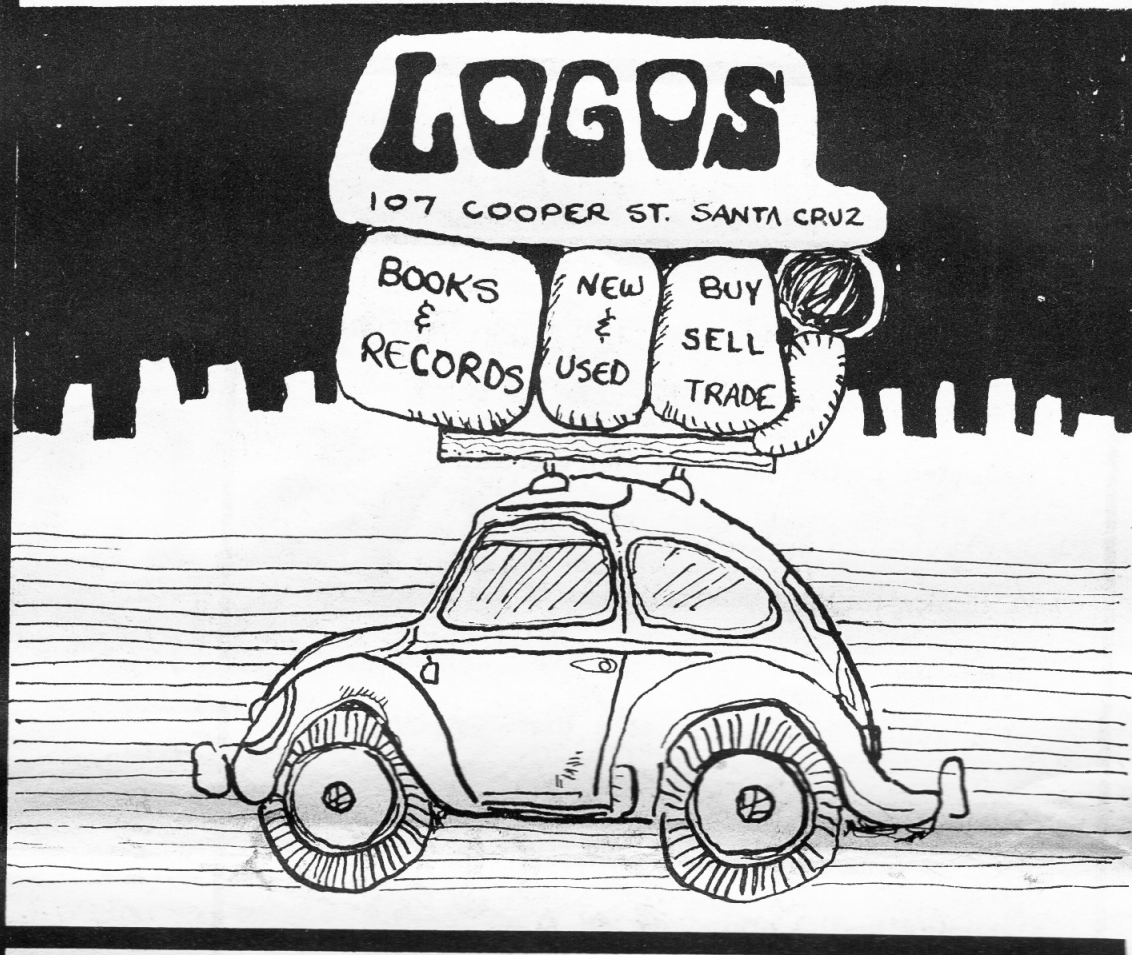
together.



BROTHERS

A NEW FEELING OF CHANGE IS BLOSSOMING  
AND NATURAL FOOD FREE FROM DEVITALIZATION  
AND CHEMICALLY DEGENERATING EFFECTS IS  
THE BASIS FOR THIS TRANSFORMATION. A PURE  
DIET IS OUR BIRTHRIGHT. DEMAND IT!

THE RESTAURANT 2-1245  
SERVING NATURAL FOODS EAST CLIFF DR.



manuel's  
restaurant  
261 center—sea cliff