

FREE SPAGHETTI DINNER

VOLUME #1 ISSUE #21 OCTOBER 16-29, 1970 P.O. BOX 984 SANTA CRUZ 95060 10¢ OUTSIDE SANTA CRUZ COUNTY - 15¢



Gladstone, Ca.
Pescadero, Ca.

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AMERICA'S LEAST UNDERSTOOD ARTIST

TRICK SHOT

Energy!

MONDAY--beginning oct 26--experiments in consciousness w. jeff love, area service center, 1307 seabright 6:30 free

TUESDAY--city council meetings at city hall, center st. 7:30pm keep 'em on their toes! 1st & 3rd TUESDAY--group rasen with sofo ren priest at 8pm 513 center st.

TU-FRI--kundalini yoga at 513 centerst. 7pm \$1

LAST TUESDAY--of the month--women's liberation general meeting, 513 center st. 7pm
TUES-SUN--entertainment at the shelter inn 5pm to 8am on hwy 1 at miramar beach

THURSDAY--welfare rights meeting 1307 seabright, 7:30pm
--draft repeal meeting 202 lmaohn st. 8pm

DAY--hatha yoga classes at the integral yoga institute, 648 bayview, rio del mar at 6 & 7:30pm \$1./class and in monterey.....

NIGHT--812 cinema, quadasonic sound & multivision! \$1.50 8:30 & 10pm; fri, & sat. mid-night special--75¢ at 812 garnery row, monterey

SUN 25

set your clock back 2 hours
picasso born 1881

"great expectations" at the nickelodeon 2pm \$1.50

CONCERT: works by beethoven mahler & r. nixon at crown dining hall, ujsc 3pm free

FLIX: 'mabeth' at nat sci3 ujsc at 7 & 9pm 75¢

be with swami muktananda parmpahansa at stevenson dining hall ujsc 7:30 \$1.50

LECTURE: gordon fraser will speak on nutrition at holliday inn, 2pm free

MON 26

moon in libra, 11:37pm*
leon trotsky born 1879

FLIX: 'you don't have to buy war, mrs. smith' at cabrillo forum build. 450, 7:30 free

WED 28

erasmus born 1467

induction buses leave the greyhound station at 8am

THURS 29

keats born 1795
goebbels born 1897

TUES 20

delia lugosi born 1888
mikeay mantle born 1931

robert scheer & ricardo roma will speak at ujsc 8pm call 423-1989 for info.

WED 21

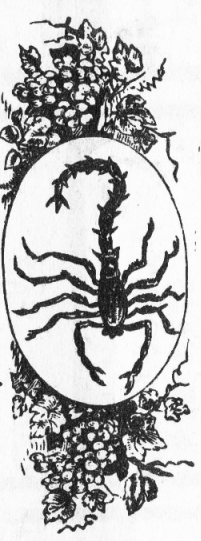
moon in leo, 10:15pm*
hokusai born 1790

the sf film festival starts today at palace of fine arts

THURS 22

third quarter of the moon
sarah bernhardt born 1844
bobby seale born 1936

FLIX: 'fists in the pocket' by bellochio at nat sci 3, ujsc, 8pm \$1.50



sun enters scorpio!

FRI

'fists' see the 22nd JAZZ concert festival at mike's lounge, 2044 n. pacific, s.c. 9pm-2am \$1. also sat & sun (6pm-2am

SAT 24

"panda & the magic serpent" & 'paddle to the sea' at the nickelodeon 2pm \$1

'fists' see the 22nd

rock at hartnell coll., salinas to snail, dukes, & good clean fun spon. by the garage club \$2

FRI 16

moon in taurus*
eugene o'neil born 1888

FLIX: aclu documentary on the chicago convention & a yuppie! film--7:30&9:30 513 center st. \$1 refreshm.

have some good clean fun at the river inn on hwy 1 big sur--i.d. helpful (id)

ORGANIC gardening seminar at cabrillo, forum build. 7:30pm \$3/3 meetings

SAT 17

moon in gemini, 5:45am*

FLIX: 'hans christian anderson' at the nickelodeon at 2pm \$1.

there's a chess tournament at 467 alvarado st, monterey open to all players 1800 or under-----\$10/entry fee tomorrow too.

SUN 18

'gaslight' at the nickelodeon 2pm \$1.50

'gunga din' will be at nat. sci.3, nesc at 7 & 9, 75¢

MOON IN GEMINI, NOON

Spaghett

423-6449





Dear Public,

The Natural Foods Store has moved to a new location, 817 Pacific Ave. (Formerly Pacific Grain and Grocery).

Come by and see the new store.

Bulk items, flours, and grains will be at The Grainery (414 Soquel Ave) as of November 14.

Sandwiches, Salads, Fresh Vegetable Juice, Citrus juice, and Blender Drinks served at the juice bar.

Natural Foods Store
426-5751

10-to-8 7-DAYS

Healing Forces Released Through
— Reflexology —

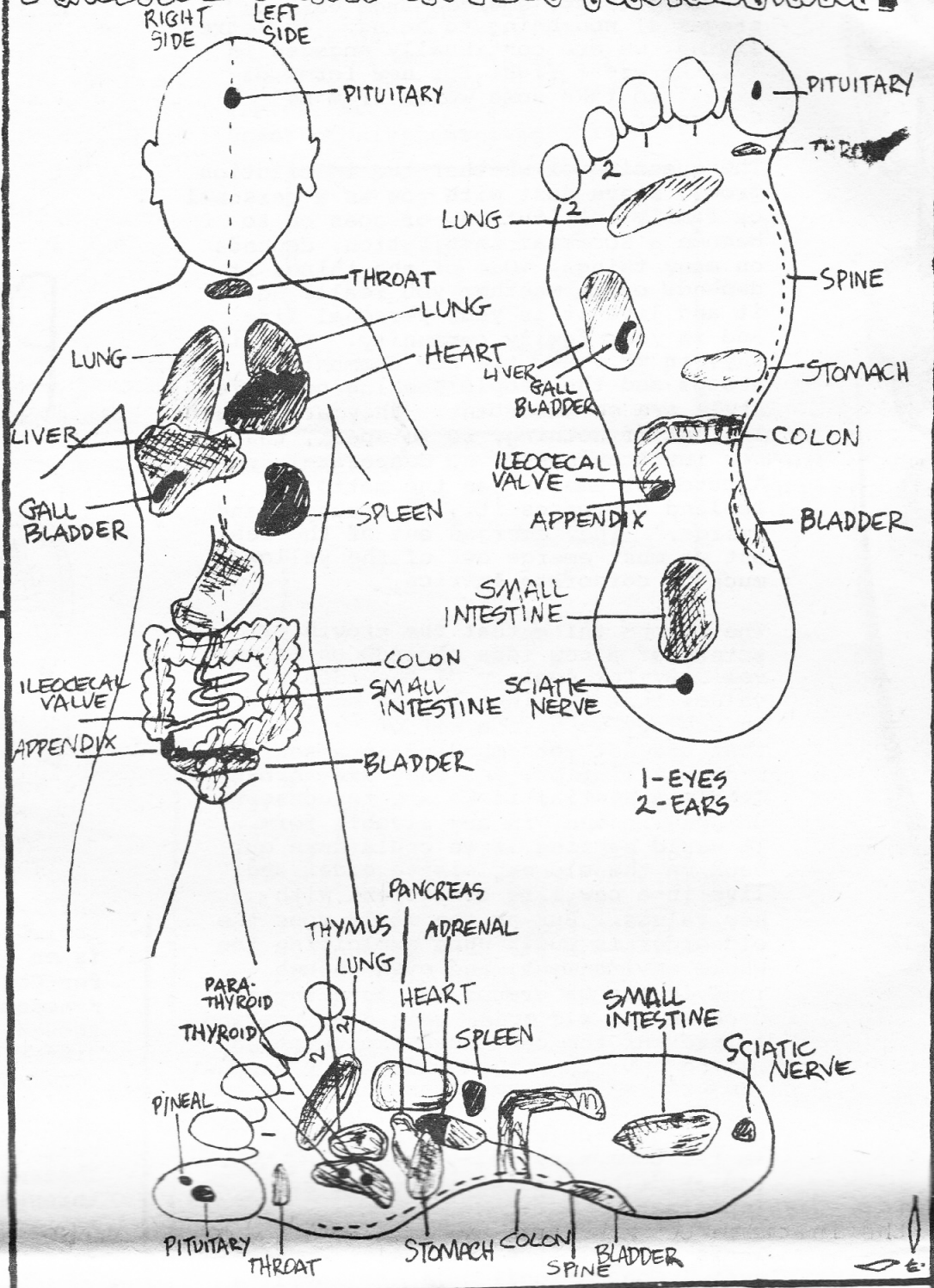
"You will use the healing forces of Nature to revive glandular vitality. 'The fountain of youth is within you'. You can actually help yourself to beauty and health by the use of Reflexology.

You can get almost immediate relief from many aches and pains by pressing a certain reflex button under the skin of your foot or hand, and massaging it a few moments in a certain way.

Most headaches vanish almost immediately by manipulating the big toes, as they contain the reflexes to the head."

"Helping Yourself with Foot Reflexology" Carter

MASSAGE POINTS ON FEET FOR RELAXATION



BE WITH
SWAMI MUKTANANDA



CHANTING & INTRODUCTION BY
BABA RAM DASS

UNIVERSITY OF CALIFORNIA AT SANTA CRUZ
Stevenson College Dining Hall
Oct. 25, Sunday, 7:30 p.m.
\$1.50 Donation Invited

ROY EUGENE DAVIS

Disciple of
PARAMAHANSA YOGANANDA

And author of many best-selling books will give a lecture.

NOVEMBER 3RD 8 P.M. AT THE

HOLIDAY INN
611 OCEAN ST.
SANTA CRUZ

- DONATIONS INVITED -



the race

WINDS of

300 SEACLIFF DRIVE, APTOS
Catalina Street
IMPORTANT BEERS • FINE FOOD • FUN



MANUELS

RESTAURANT
FINE MEXICAN FOOD
261 CENTER ST. SEACLIFF-APTOS



Jazz Concert Festival

MIKES LOUNGE

OCTOBER 23rd 24th & 25th

FRI. & SAT. 9PM-2AM

SUNDAY 6PM-2AM

ADMISSION - \$1.00

SUNDAY JAM SESSION

2044 N. PACIFIC AVE. RESERVATIONS 423-9570