

KEEPING LOGICALLY

MEDICAL

County Health-Service-- 425-2271

Free x-rays. VD and TB tests.

Dr. Peter Nash Birth control, and occasional free medical service 426-8500

Natural Childbirth Michael Fader. 426-2264

Family Planning, Baby Clinic. 425-2025

Dr. Ejerk. 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 426-2342

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 Kiver

Food Co-op George Mallet 423-5944

Surplus Foods 425-2081

Supermarket garbage cans

DENTAL

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

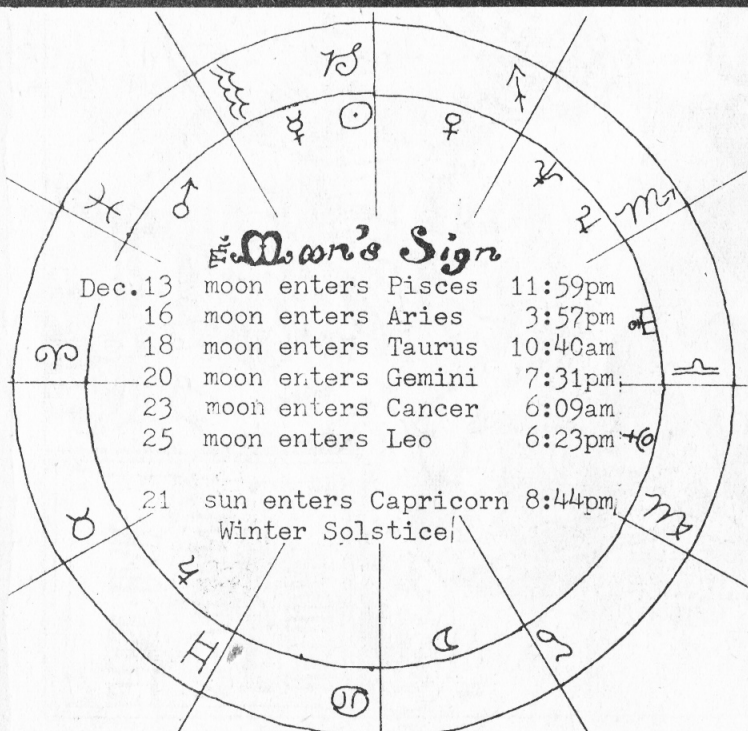
Pollution Control Initiative 335-5672

Council on Environment every 3rd Monday

Room 901, Cabrillo Col. 8pm

Bay Area Concern every Wed. 2pm 430

Cabrillo Col.



CALENDAR

Dec. 13

U.C.S.C. Film. Stagecoach w/ John Wayne.

Science Lecture Hall 3- 8 & 10 p.m.

Dec. 14

T. Roszak, author of "Making of a Counter Culture," Speaks at the Catalyst, 8 p.m. 50¢

U.C.S.C. Folk Dancing at Crown/Cowell College

(In case of rain, event will be moved to Stevenson College Stage) 1:30 p.m.

U.C.S.C. Crown Chamber Players in all Mozart Concert

U.C.S.C. Film: Gold Diggers of 1935. Science Lecture Hall 3. 7 & 9 a.m. 75¢

U.C.S.C. Drama: Justifiable Homicide- Barn Theater, 8:30 p.m.

Cabrillo College Modern Dance Concert, College Theater, 2:30 & 8 p.m.

Dec. 16

Cabrillo College Seminar on Novels of Heinrich Böll, Room 309 of the Arts Building; registration fee for 2 week course- \$2

Black Co-Op General Meeting. Public invited 217 Continental St., Santa Cruz. Public invited.

Dec. 17

Black Co-Op encounter. Black/White public invited. 8p.m.

Dec. 18

Cabrillo College Noon Concert--Recorder Ensemble in program of Christmas Carols.

Dec. 21

Winter Solstice. Digger's people festival (see inside issue)

Dec. 22 through Jan. 3

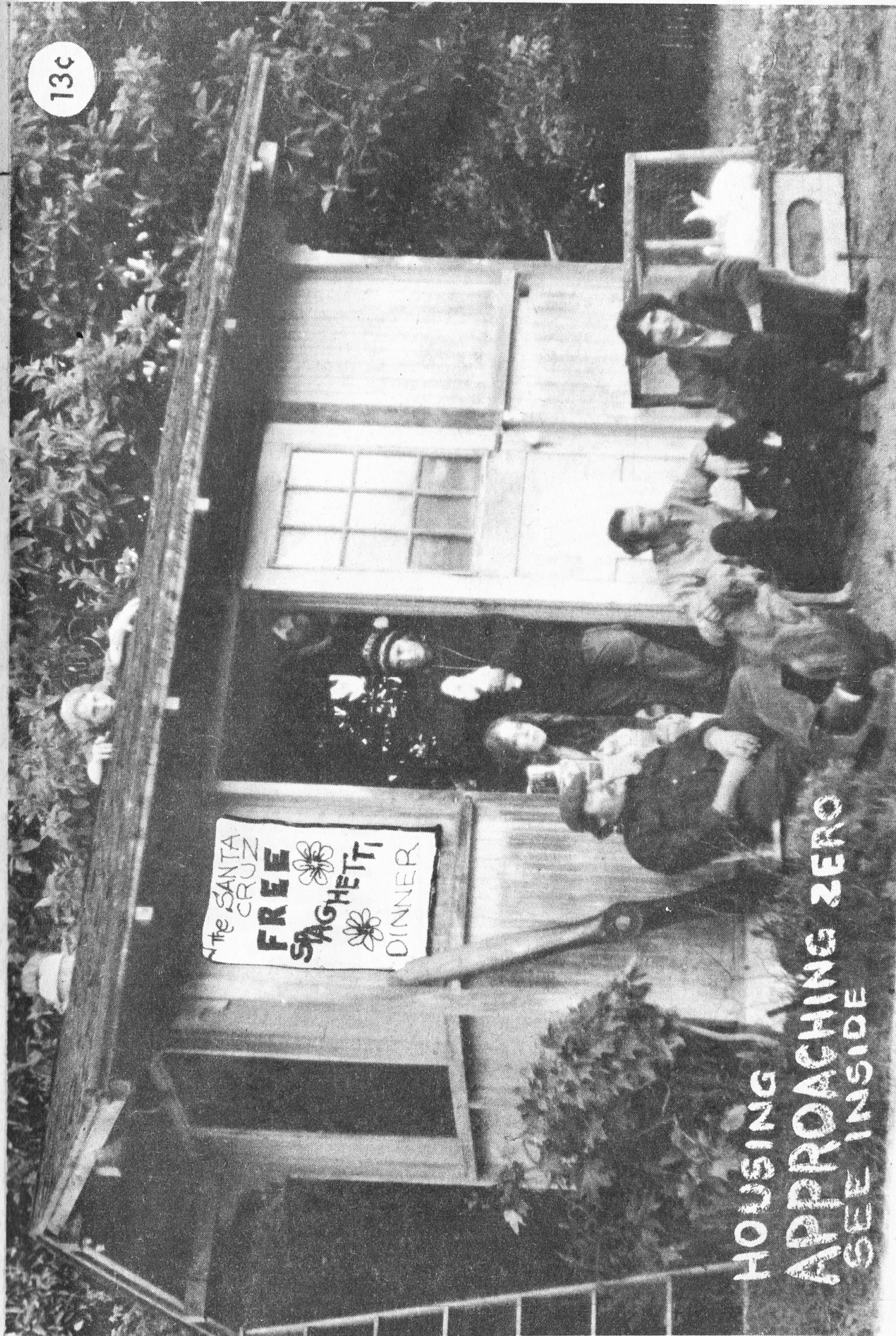
Free Spaghetti Dinner declares Santa Cruz Love/Light/Lunacy Festival. Place: Anywhere

Time: Consult your watch now. Also be aware of National "roll your own" Blintzrolling contest in Bitterturd, New Jersey; Annual Spotted Frog Contest- (no frogs over 11 inches) in Bunion, South Dakota and Silver Spitoon Rock Celebration of Life in Forderal Kansas. Celebrates building of first spitoon factory in area.

(seriously folks--we know that somethings happening out there Dec. 22 through Jan.3 but we can't let people know what your thing is going to be unless you tell us. Write announcement of coming event to us at P.O. Box 984 , Santa Cruz or phone at 423-6449 or come by the office(when we get one).

UNITARIAN SOCIAL ACTION COMMITTEE
 CANDLELIGHT PEACE VIGIL
 SANTA CRUZ COUNTY COURT HOUSE STEPS
 7 - 8pm MONDAY DECEMBER 15, 1969
 Rev. Herb Schmidt speaking, poetry

SANTA CRUZ
 FREE SPAGHETTI DINNER
 ***** DECEMBER 13, 1969 ***** VOL. I, ISSUE #3 *** BOX 984 SANTA CRUZ, CALIF. *****



HOUSING
 APPROACHING ZERO
 SEE INSIDE

the PEOPLE'S DIGGER CHRISTMAS MAS & WINEARS SO STAGE

Santa Cruz
Dec. 24, 1969

NOTICE!

to:
brothers, sisters, SWITCHBOARDS,
communes, families, shopfolks,
radio people, food makers &
servers, newspaper doers, us...

to finish our
personal christmas business early
so we can spend maximum time/energy
before christmas eve
GATHERING & GIVING
food, clothes, toys, good gifts - just
as big as we can! GIVING.

GIFTS OF THE MAGI, AND OUR BROTHERS/SISTERS ARE THE CHRISTCHILD

Realization of a People's Digger Christmas in Santa Cruz depends upon the brothers and sisters here
i.e. - you and me. Palo Alto, San Francisco, and Marin county already have local centers for it
in gear.

So far here:
Pacific Grain & Grocery (817 Pacific Ave.) will be doing a free meal thing christmas
eve day, december 24, 10am-3pm;

Hank's Health Food Store is putting out 100 lbs. of rice and 100 lbs. of wheat;
the yellow tin shed behind Santa Cruz Book Shop will be a collection place for
our gifts - which means you can bring gifts (no junky stuff) to Dan there
(1547 Pacific Ave.)

and then... all day the 24th gifts will be at Pacific Grain &
Grocery for you and me... to give, to receive; or we can give
things out on the streets if you've a mind to.

Anything suchlike YOU want to do is what will make
Digger Christmas flow in Santa Cruz...

questions? need help? want to help?
contact Eric or Pat
423-9853

namastā.

Gathering

from attics,
garages, super-
market garbage cans, hip shops,
donations, unexpected sources, our
own magi gifts (i.e.: special
treasured things that you/i/we
have and would dig to
leave under the "tree"
for a brother or sis-
ter); No \$\$ used--
No rip-offs - -
NO JUNK STUFF CRAP
BROS & SISTERS ARE
NOT GARBAGE CANS

GIVING

street corner
giving, door to
door, christmas
free stores,
sidewalk/
roadside
stands, What
ever You
Come Up
With... food
scavanged,
home grown,
home baked,
donated;
magi gifts, love

giving is joy OF RECEIVING is joy is joy is joy is joy

EDITOR:

I was disappointed with your article on the Catalyst ("Catalyzing") in the last issue of the FREE SPAGHETTI DINNER. Your attempt at catalysis was more like a dilution.

The chemistry of the Catalyst cannot be dismissed that easily. Actually the Catalyst isn't really the issue. The issue is Randall Kane. His is the guiding light behind the Catalyst today, and what he does affects a good segment of the Santa Cruz community.

You quoted lightly from four interviews you conducted with Randall Kane himself, Al Van Zyl, Al Diludovico and me. I think you could have chosen more revealing quotes from all of us, quotes that would not only have said what they were intended to say but which also serve as character sketches. I think character sketching is badly needed here.

You also spoke a lot about the ideals of the Catalyst, but spent little time talking about the reality of the Catalyst even though that information was at hand. The reality is what we have to deal with now.

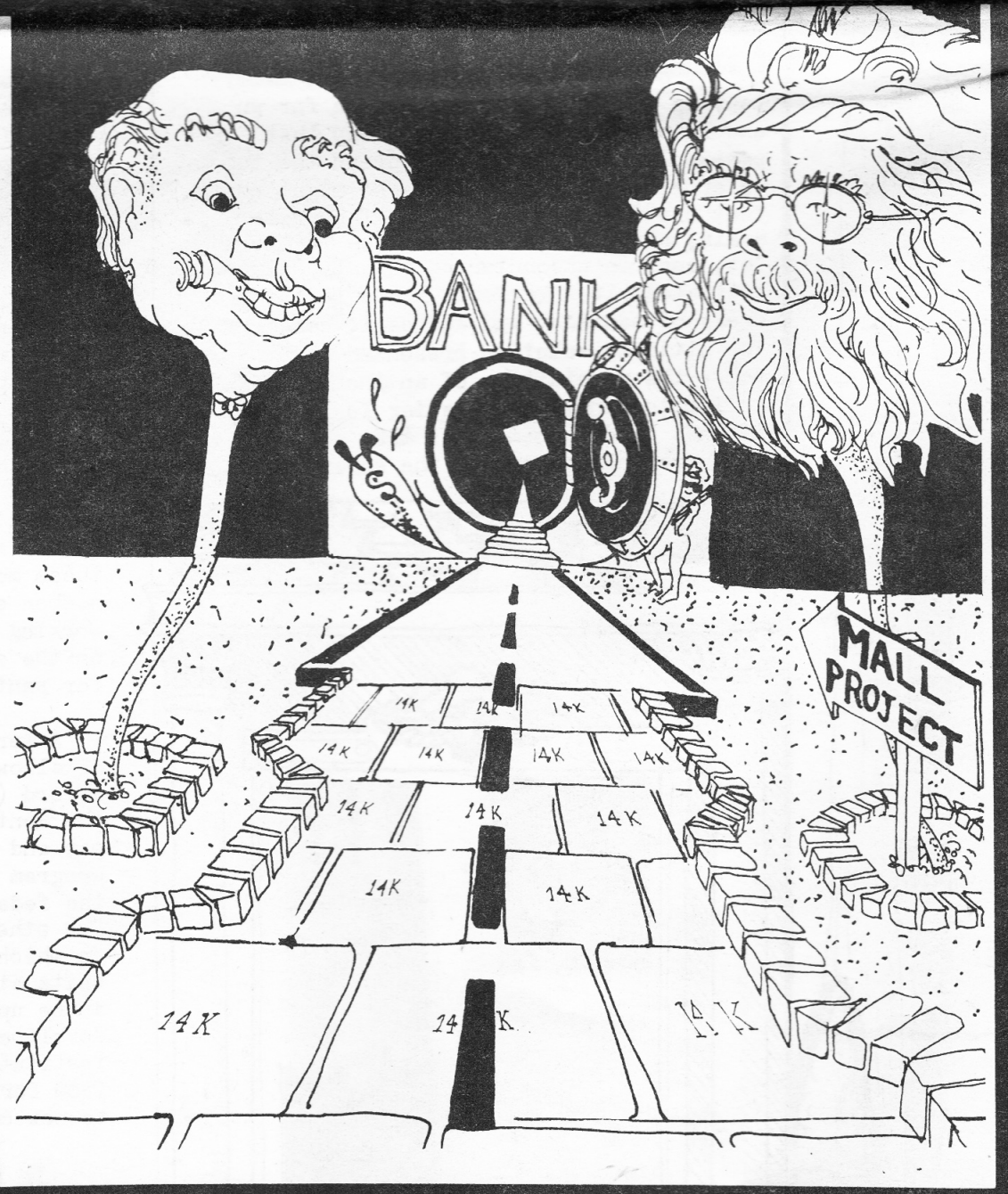
I would like to give you one quote from Randall Kane which wasn't picked up in your interview --- "These drug takers are just spineless scumbags," an interesting Agnewism from a man who owns a place with tremendous potential for either catalysis or polarization.

You mentioned a bit about his calling of the police, but you mentioned it as though it were just a matter of philosophy rather than reality. He calls the police if an unwelcome patron asks why he is unwelcome. He says, "I like the police. They're beautiful. They come whenever I want them," completely disregarding the fact that the situation can often be handled less antagonistically.

Another frightening aspect of the Catalyst is the effect Randall Kane has had on the minds of his employees. Al Van Zyl says, "It's his place, so you've got to play his game." And with this in mind, most of the employees there find no contradiction between Randall's game and their so-called radical life-styles. I fail to see the meaning of living communally during one's off-hours and then competing on the same level as the straights of the world and seeing home and job as essentially the same thing, simply because the Catalyst gives the appearance of being a community-oriented place. It sounds like one sustained Pavlovian response to me -- make the people think they're being fed and they'll salivate properly.

These are only a few of the problems at the Catalyst. Have you ever thought of doing a series of articles on the Catalyst? I think the subject is important enough to at least turn it into some kind of forum and perhaps carry it beyond polemics and find people who might be interested in working toward an alternative to the Catalyst, perhaps a joint effort in that direction.

P E A C E , michael bono



(Editorial Note : I personally asked Mr. Kane for a reply to the open letter printed in issue #2 of FREE SPAGHETTI DINNER . He said "what I am doing is self-evident.. You either like it or you dislike it." He did say that the article was incorrect in that he was the only person that offered to buy the place. In checking with Norm Lezin, president of the co-op, it was learned that there were 2 informal inquiries to buy the Catalyst, but that Randall Kane was the only person to present a concrete proposal, and in effect, was begged to buy the place to keep it from closing altogether.)

RABBIT CIRCUS

PARTS OF THE WHOLE

Someone once said " I define my 'environment' as everything in the universe but me." This is nice meta-physics but not very sound biologically.

Any organism or living system, by virtue of the fact that it is reacting with its environment and converting energy, produces waste. These wastes are generally toxic and must be broken down and eliminated. An organism then, must be by definition self-cleansing or it dies. Stews in its own juice you might say.

Now, the total living system, the world eco-system, takes the natural wastes of living organisms and re-cycles it, but it has no way of coping with the overwhelming mass of crap that man disgorges. We pour enormous quantities of wastes into our environment. Consider that each day in California 1.5 million gallons of sewage is pumped into our waters, and 27,000 tons of pollutants are spewed into the air. In 1969 the Golden State produced nearly 80 million tons of not so golden garbage and other solid wastes. Industrial man, as he moves steadily away from the "balance of nature"- i.e. builds a civilization - is beginning to choke on the waste products of that civilization, in the form of smog, water pollution, a deteriorating landscape. Man, in effect, is jamming the delicate check and balance mechanisms of the natural re-cycling process. So, unlike the gentleman who believed himself aloof from the mundane workings of nature, circumstance forces us into the realization that each individual is not only a part of his environment, but indeed an overwhelming influence on it.

Among the myriad things to be done if we are going to save this planet, is the development of re-cycling processes for our waste material, both industrial and organic. A number of things are being tried in this area. For instance, the Japanese are experimenting with compressing garbage into blocks for building structures. The reprocessing of sewage for drinking and irrigation has been successfully tried in at least 2 California cities. This could be the most sensible solution to our own bay pollution problem. Not only would it preserve the health of the bay, but also take a burden off our fast disappearing fresh water supplies. The reprocessing and re-use of the massive quantities of paper being used today (see below) would help unclutter our landscape while also helping to save our diminishing forests.

Of course, re-cycling should be promoted whenever possible, if only to establish cultural familiarity and precedence. But when one considers that America is an over-consumptive oriented society with built in planned obsolescence, re-cycling becomes little more than a noble gesture. Industrial America could design a way to reprocess and reuse just about anything she chooses, but is reluctant to do so because it is not profitable. Clearly, profound changes will have to be made in the fabric of American society or such actions as re-cycling will be, in and of themselves, ultimately futile.

Nationalism, too, stands in the way of progress. Ecological integration, of which re-cycling is a part, is based on the biological reality of regionalism, not the artificial geography of imaginary borders. Smog doesn't stop at the county line.

Before closing, remember this: the whole show doesn't have a snow-balls chance in hell unless the population is greatly reduced. It's not simply a matter of more mouths to feed, but the fact that there is a direct relationship between the geometrically expanding population and the deterioration of the environment.

Bundle up your old papers, magazines, and aluminum cans and truck 'em on down to the back of the Bookshop Santa Cruz, 1547 Pacific Ave. It'll be collected and taken to San Jose once a month to be re-processed and used again. The revolution begins at home.

Winter Solstice will be here soon, about 4 days before the time the christians normally refer to as Christmas. Anyway, the fireball Sol will begin his 6 month climb in the sky and it'll be all downhill to longer days.

2 travelling road shows have brought their acts to Santa Cruz. One is the Monarch Butterfly with a cast of thousands. The beautiful orange and black winged insects are here for at least another week, clustered in the Eucalyptus trees at Natural Bridges Beach. Just a road-side rest on an ageless annual journey to the warm south. Next stop: Pacific Grove.

The other show is the fantastic Pacific Salmon and Steelhead migration. Year after year these great fish dramatically return from the sea to the rivers of their birth in order to spawn and insure the survival of the species. Sad to say, fewer and fewer are returning each year. The biologists tell us it's a combination of the damming up of the rivers and the clogging of the fresh waters with silt from erosion.

The students at U.C.S.C.'s college 5 have been mounting a Fall offensive. They've been demonstrating against insensitive University planning. It seems that building of student housing at college 5 will obliterate the scenic view of the ocean. The students may just get the big U to re-evaluate their planning concepts. Or maybe the brothers and sisters will say fuck it and move down off the hill to mix with the natives. In any case, it's another example of the growth of environmental consciousness. All power to the poppies.



An enriched organic soil is the key to healthy plants, resistant to disease and insects, and hence more productive.

Composting, the process of storing organic matter for decay and return to the earth is the best method for improving your soil. There are literally dozens of methods for composting, but the pile described below is basic. If you get into it now your heap should be ready to turn into your garden in the spring.

In building a "layer cake" compost pile, start with a 6 to 8 inch layer of vegetable matter. Use kitchen wastes -coffee grounds, shells, small bones, leaves, meat (no fat!), egg shells (crumble them), etc. Garden wastes such as corn husks, cabbage leaves, grass clippings, tree leaves, etc. are good and should be put near the bottom. The coarser material enhances air circulation. Also, we coastal dwellers are lucky to have seaweed in our territory. It's an excellent addition to the heap, giving many minerals and trace elements. Try making the layer at least 4 feet in diameter. In a smaller pile the internal heat production would be dissipated too quickly and retard decomposition. Next, put down a layer of barnyard manure (horse, cow) 2 inches thick, or chicken manure, 1 inch thick. It can be obtained at farms in the Santa Cruz area as there is definitely a lot of shit around. Thirdly, sprinkle on a layer of soil or partially decomposed compost. This is the "activator" layer, its function being to inculcate the heap with bacteria. The 4th layer should be a light sprinkling of ground limestone, so as to neutralize acidity since the right bacteria grows best in low acidity. Finally, sprinkle with water so the heap remains moist though not soggy. Then repeat the whole process until the heap is 4 or 5 feet high. Aerate as the heap grows. Every 2 ft. push rods into the top and rotate to leave holes. This will allow the pile to decompose without putrifying. Building your pile around "chimnies" of chicken wire is a good method. Also, add earthworms. The little characters work the vegetation and help in decomposition.


Turning the heap occasionally (bringing whats on the bottom to the top) might be considered a drag, but it will prevent the pile from burning and speed up decomposition. During the winter fermentation takes place slowly, so keep the heap covered with burlap, canvas, or a thin layer of soil. If all goes well, in anywhere from 3 to 5 months you should have rich crumbly compost to till into your garden. Peace.

TWO TACOS!
HEAVY ON
THE HOT
SAUCE!

QUESADILLA.....
FLOUR TORILLAS, finely
chopped onions (if desired)
finely grated MONTEREY JACK CHESSE

DISTRIBUTE THE ABOVE GENEROUSLY AND
EVENLY OVER HALF THE TORTILLA. FOLD.
HEAT ON ONE SIDE, THEN ON THE OTHER.

SERVE AND EAT.



MANUEL'S

RESTURANT

SEA CLIFF

261 CENTER

NO BREAD?
LAYAWAYS



CUSTOM
THREADS
YELLOW
BIRD

OPEN
10 -
5:30
EXCEPT
SUNDAYS

FEEL FREE TO TRIP
AROUND, HAVE SOME TEA
(ON US), LISTEN TO THE
MUSIC AND RAP AWHILE.
NO HASSLES ABOUT BUYING.
LOVE,
THE YELLOW BIRD

1368 PACIFIC AVE.

where does...
santa cruz

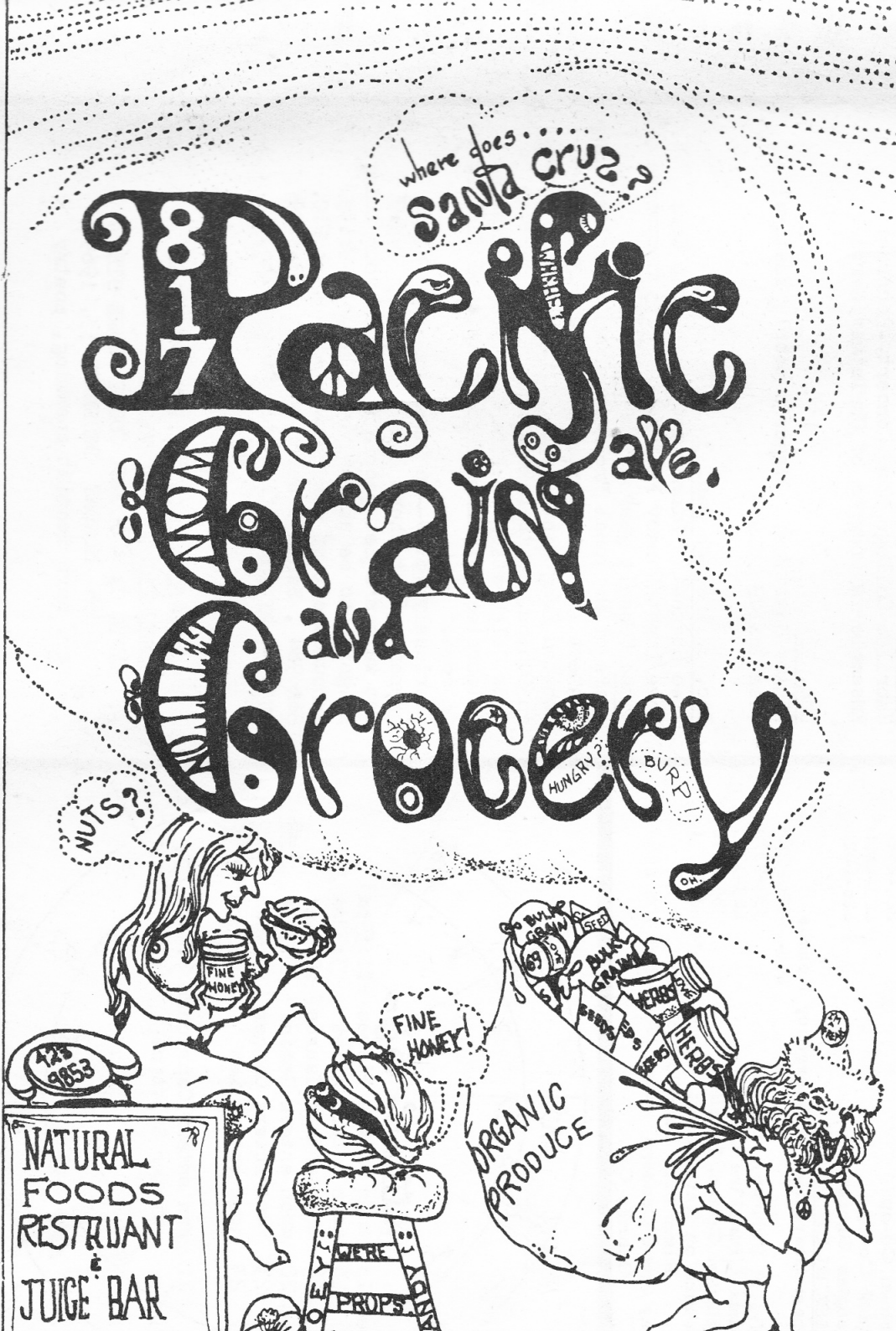
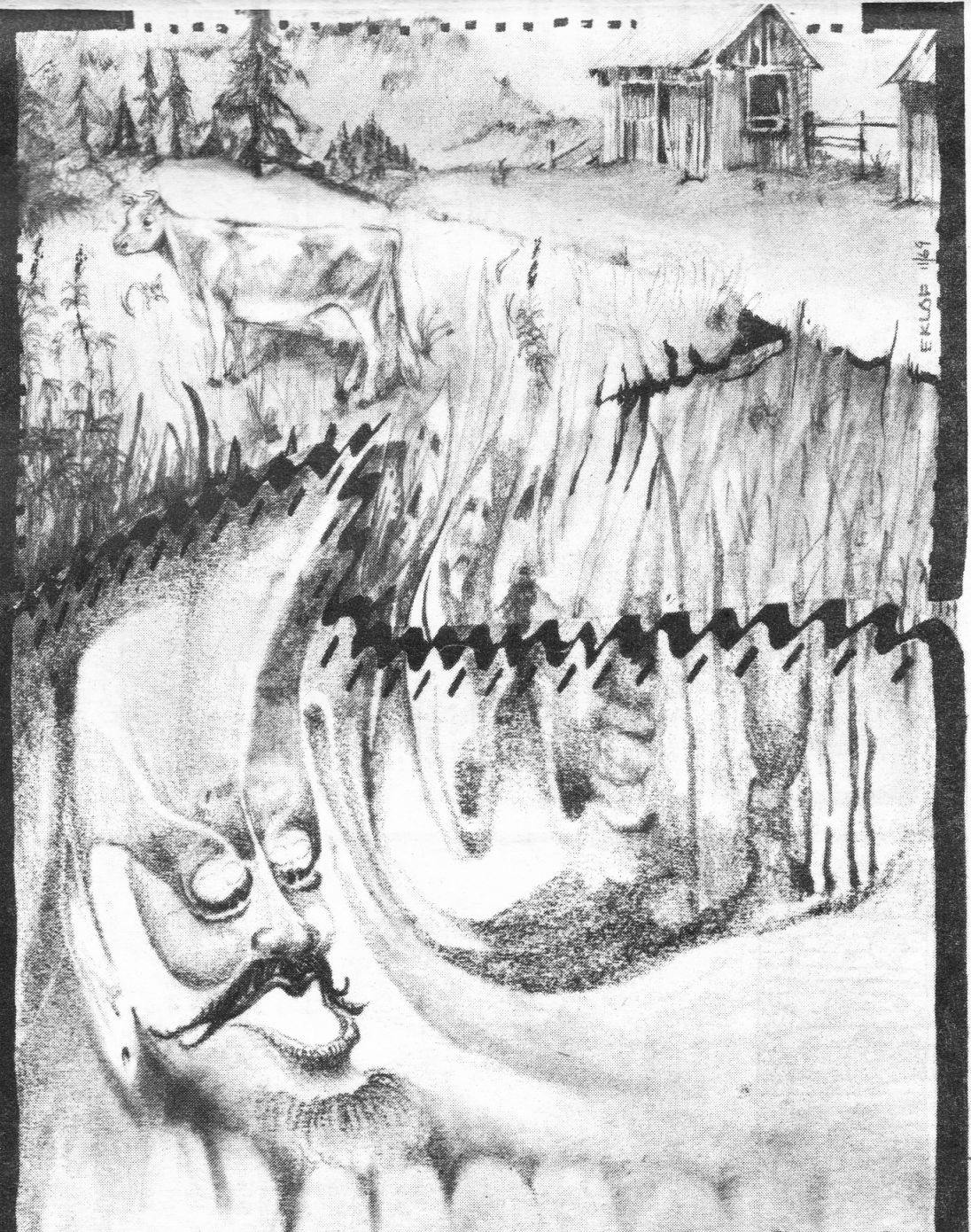
817 Pacific Grain and Grocery

NUTS?

FINE HONEY!

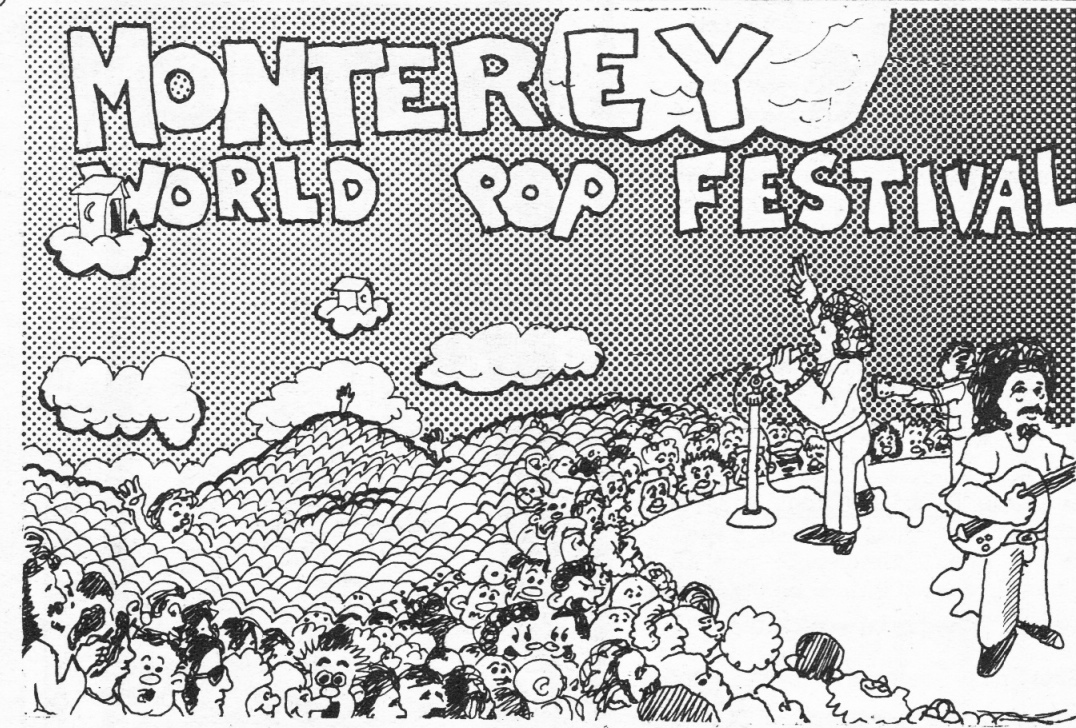
ORGANIC
PRODUCE

NATURAL
FOODS
RESTRUANT
&
JUICE BAR

THE DEAD COW

-- LEATHER, STOCK & SUPPLIES
A.K. SALZ TANNERY, 1040 RIVER ST.
SANTA CRUZ • 428-480 • OPEN 10-6 DAILY



Spring is a time of excess spirits, a time to celebrate; a time to propagate; a rebirth of the soul/body; a primitive celebration of the fertility of the living. This spring may witness many pilgrims traveling to a pre-fabricated city especially constructed for their celebration. The city, which may hold 300 to 500 thousand pilgrims and pleasure seekers, was conceptualized by two Monterey Disc-Jockeys, Larry Lee and Dean Brown last April 1969. Their idea from the start has been to promote the most well organized, well planned festival ever held this side of Canterbury.

When asked how they would avoid the mistakes of previous festivals such as: not enough food and water, shitters, accessibility and other practical problems defined by Woodstock and Altamont, Dean Brown observed that "Altamont was a near disaster because of lack of planning. It was a free concert and had no real management, and management is something you have to pay for, you don't get it free." So last April, Brown and Lee set about managing and planning the most gargantuan rock festival ever undertaken. Since then they have created a corporation, MEDIAMETRICS which has acquired 462 acres of rolling farm land (three miles South of Aromas/ fifteen miles west of Watsonville) and engaged the managerial gears into overdrive.

Presently, wells are being drilled to supply water for the 130 to 150 thousand gallon tank storage at Pop Festival City. Tentative contractual arrangements have been made by MEDIAMETRICS for the following list of services which will create an instant city for three day residents - paying residents, at \$10 a head: complete water and sanitation facilities, traffic, and not a-la Steevie Winwood, will be directed by one way roads to and from the festivals 275 acre parking lot, supposedly all in conjunction with the California Highway Patrol and local Constabularies. The security force will have 500 "Grounds Security Officers" including thirty "Mounted Perimeter Guards." Said security guards are reportedly going to be there to help everyone, to keep people out who don't have tickets, and will be down on people selling dope but not on those smoking their own. Fire protection probably will be headed by none other than Smokey the Bear. Medical facilities will be extensive; they will include two hospital tents (one for physical disorders and another for psychic disorders) which will be staffed by the Medical Committee for Human Rights, headed by Dr. Richard Fein, associate director of San Francisco General Hospital. The necessary equipment and personnel will be provided by the American Red Cross. There will also be medical sub-stations set up all over the place and medics walking through the crowd. So if you plan to be sick or have a baby on or around March 20, 21, 22 you know where to go. There will even be a complete helicopter service for transportation of those performers shy of crowds over 200 thousand, and for security and necessary ambulance evacuation. Most of the above mentioned services are to be carried out by professional firms, in effect, big businesses. The overriding idea is not so much creative as it is slick and efficient, and as always happens when one deals on such a grandiose scale, it becomes very impersonal. There are, however, homey touches like 60 acres set aside within the grounds for people to camp on, and wood for camp fires. But again, the sheer grossness of 300 thousand people would only allow for a little over one square yard per person, and that sure ain't camping out. Furthermore, an estimate of 300 thousand is conservative when compared to the estimate of 500 thousand given out by Mediametrics.

The list of attractions is almost endless. The main feature of the Pop Festival will of course be live music ranging from rock, blues, country to folk and jazz. Dean Brown did say that the emphasis of this Pop Festival is to be on new talent like Ten Wheel Drive, a band he is particularly fond of. The list of groups and individuals performing reads like an epic poem: Lightnin' Hopkins, Lighthouse, The Who, Grand Funk Railroad, Shanana, Three Dog Night, Beautiful Day, Buddy Miles, Joys of Cooking, and many more. For the devout on Easter Sunday, the last day of the festival, there will be a rock-mass featuring the Don Ellis jazz band backing Vince Guiraldi and the Edwin Hawkins Singers presided over by the Maharishi Mahesh Yogi. (Honest.) All in all it sounds like a veritable orgy of music from the entire musical spectrum. However, Santana and other Fillmore groups will not be there because of a bias of their manager Bill Graham. Graham told the boys at Mediametrics that it took him six years to make his first 2 million and he didn't want to see them make it overnight. Graham may sit on his hands but the show will go ever onward with simultaneous happenings; an artisans fair where 600 artisans will sell their wares, and a continuously running film festival in the evenings. There will also be a carnival, and a food circus to complete the orgy of delights. Somewhere amongst all this the Hog Farm will do their thing in

keeping people together. Hog Farmers have been a strong source of sanity and compassion at past festivals and are a real positive sign.

The Festival is planned to happen on March 20, 21, and 22 unless a court injunction is issued to cease and desist in the name of the law. The legal hassle over the festival has been going on ever since Mediametrics announced its intentions of having the ultimate super-festival. Monterey, San Benito, and Santa Cruz counties (all named as prospective sites) passed emergency measures specifically aimed at preventing rock festivals and generally concerned with large gatherings of people. Henry Mello, chairman of the Santa Cruz County Board of Supervisors, has stated that he would resort to calling out the National Guard to enforce the emergency measure. Fortunately, the festival lands are not in Santa Cruz County, (they are very conveniently located half in San Benito and half in Monterey counties). At the time the festival was announced, the San Benito half was zoned to allow circuses, carnivals, festivals, and races, while that portion of the land in Monterey was zoned to allow parking. At that time the zoning laws were very favorable to parking the cars in Monterey County and walking across the grounds to the San Benito festivities, and this is how the festival will be carried out, if at all. The emergency measure provides a penalty of 500 dollars fine and 6 mos. in jail for each day there is an infraction of the law. But, Brown and Lee are willing to martyr themselves in the name of Mediametrics and their share of the profits. A new law recently passed by San Benito County makes it unlawful to sell tickets to an unlicensed festival, but to date no court injunction has been issued to Mediametrics so they keep grinding out tickets through a computerized ticket agency. The only other reported opposition to the festival comes from the local chicken farmers and mink ranchers, who are concerned about their chickens egg-laying habits and their minks balling behavior being disturbed by loud amplified sound. Another uncomfortable note, verified by a Mediametrics lawyer, is the unprecedented sales of arms and ammunition at a San Juan Batista sporting goods store.

Dean Brown, Larry Lee, and Mediametrics' train of lawyers all appear to be very optimistic at this point. They have evidently taken everything into consideration; the weather is supposed to be favorable and Flash, their house astrologer advises their every move. The fact of the matter is that they have simply invested so much time and money into the promotion of the festival that it has to come off to pay for itself. The proof lies with the public; if they condone and can afford such a festival it will be a success, if not, it will be a catastrophic failure. J.M.



Santa Cruz Arts & Crafts

"WE HAVE THINGS THAT NOBODY ELSE CARRIES"

2647 41st. (BETWEEN FREEWAY & SOQUEL AVE.)

476-3799