

EATING LOGICALLY

MEDICAL

County Health Service-- 425-2271
 Free x-rays, V.P. and TB tests.
 Dr. Peter Nas: Birth control, and occasional free medical service 425-8500
 Natural Childbirth Michael Fader. 425-2264
 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 426-2342
 Immediate help. S.J. 444-3624
 Synanon
 Drug Abuse Center No thiazine, just Jesus. 423-8554
 Valley Alcoholics Anon. 476-3330
 County Emergency. Thiazine, 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

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

Santa Cruz Community School 423-5233
 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-4pm 450 Cabrillo Col.

CALENDAR

Jan. 8
 U.C.S.C. FILM: MODERN TIMES/CHAPLIN. Stevenson Dining Hall . . . Admission 75¢
 CABRILLO-Players "TREASURE ISLAND", 4 P.M.
 50¢ Children 1\$ Big People

Jan. 9
 CABRILLO-Players "TREASURE ISLAND" (see above)
 CABRILLO FREE FILM: "LA TERRA TREMA" and "NEIGHBORS", 8 P.M.
 Catalyst--Red Mountain Boys, 75¢

Jan 10
 CABRILLO FOLKFEST * 1970 with Commander Cody/Lone Cat Fuller/Dr. Humbead's New Tranquility* Students 2.50*Gen. 3.50 4----- 8:00
 CABRILLO-Players "TREASURE ISLAND" (see above)
 Catalyst--Ripple Band, 75¢

Jan. 11
 CABRILLO-Players "TREASURE ISLAND" (see above) 2 P.M.

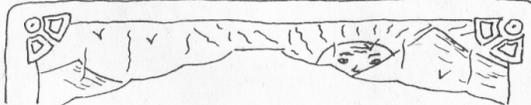
Jan. 12
 Black Co-Op General Meeting, 217 Contentental St. Santa Cruz, Public invited

Jan. 13
 Black Co-Op Encounter -- 8 p.m. - Public Invited

Jan. 15
 U.C.S.C. FILM: THE GREAT DICTATOR/CHAPLIN Stevenson Dining Hall, 8 P.M. 75¢
 Catalyst--auditions, Thursday nights

Jan. 16
 CABRILLO FREE CONCERT: Wind Ensemble - Handel/Bach - 8:30
 Catalyst--Red Mountain Boys, 75¢

Manuel's Restaurant--reopening, 5 P.M.



The Moon's Sign
 the moon enters
 Aquarius 8th 8:48am
 Pisces 10th 8:38am
 Aries 12th 10:49am
 Taurus 14th 7:21pm
 Gemini 17th 1:08am
 The sun in Capricorn

Needs:
 Maurice Reporters
 Kent Office Space
 Diane Typewriter
 Tom Sewing Machine (sic)
 Margaret Money
 Rabbit
 Steve Surplus:
 Michelle Dogs
 Erika
 John
 Rod
 Linda
 JoAnn
 Susan
 Ernie
 Mephisto



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

SANTA CRUZ 13c
FREE SPAGHETTI DINNER

YOU CAN'T GET IN THE WAY OF PROGR... blub!!

SPLANCH!!

LET'S SEE... IF IT'S TODAY, THIS MUST BE THE MISS SANTA CRUZ PAGEANT!

HAPPY 70'S TO YOU BABY



The Psychic Laboratory is concerned with the investigation of the nature, essential properties, and ecology of Being---the quest of Mankind since its evolutionary beginning. The discovery and acceptance of this heritage is Psychic Alchemy---the ancient yogic science of ego-transcendence. By this process of acceptance, reality automatically balances and transforms itself into perfection, the Positive Universe. The goal is survival, the basis of all rationale.

The Laboratory is a free, public facility for experiments in Psychic Alchemy. Specifically, it is dedicated to the potential survival of the individual within a non-predatory social structure, through sensual self-discipline for the eye (art, photography, film, light-show), for the ear (perfect music, poetry), for the mind (meditation, stimulation), and for the body (exercise, dance).

In a typical week day the Laboratory will be open from mid-morning to midnight. The morning will be devoted to yoga and meditation. At noon a simple free meal will be served. The afternoon will be devoted to experimental work, such as painting, sculpture and film production; rehearsal of plays, music, lights; manufacture of thumb-harps

and other musical instruments; crafts such as sewing, tie-dye, and leatherwork; and classes in dance, astrology, and other subjects. At 6 p.m. a free dinner will be served. The Laboratory will also function as an art gallery during the day. At 8 p.m. there will be a public performance. A typical schedule of evening programs might be:

- Sunday: Universal Life Church service
- Monday: Closed
- Tuesday: Multimedia program by the Twenty-fifth Century Ensemble
- Wednesday: Poetry reading, play, or happening
- Thursday: Perfect music session (audience-participation musical experience directed by Max Harstein)
- Friday: Local films
- Saturday: Music, lights, and dance

All of these programs will be free and open to all until full, with the exception of two evenings per month. One of these will be a self-benefit for the Psychic Laboratory to raise the rent money. The other will be a benefit performance for some other cause. The Laboratory will be self-sustaining through the monthly benefit program and donations. Funds earned by works produced in the Laboratory, such as films, tapes released to the media, will be paid directly to the groups responsible for their production.

The Psychic Laboratory was conceived by Max Hartstein, and actualized by the Pataal Foundation, a non-profit corporation directed by Ralph Abraham, Lewis Fein, Al DiLudovico, and Jeff Love. Donations for the Laboratory may be sent to:

Pataal Foundation
Box 1031
Santa Cruz, California 95060

For further information, contact Max Hartstein (338-3609) or Ralph Abraham (423-7895).

