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UA12/2/19 Earth Week

Energy for Student Awareness

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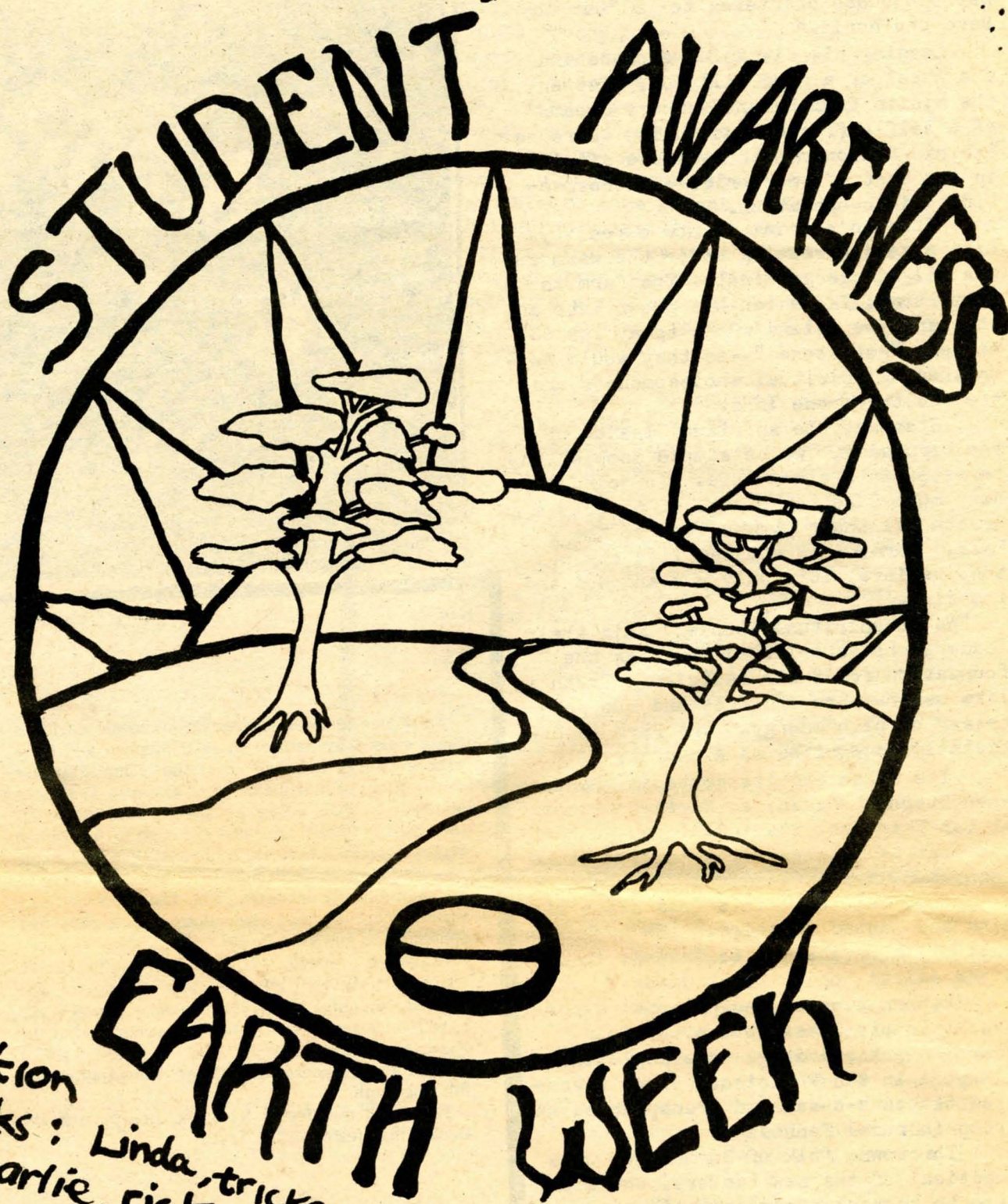
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Whats here is the result of alot of time, work and Cooperation on the part of alot of folks: Shelley, mike, emmy, charlie, Diane, patty and the others. Linda, trickey, CRAIG, rick, connie eat it up. Ernie

HAPPENINGS

Tuesday, Wednesday, Thursday - April 13, 14, 15 from 9a.m. - 4p.m. ** Short films to be shown continuously in Downing University Center Theater including:
 **Energy: The Dilema
 **Energy: New Sources
 **Energy: Less is More
 **The Age of the Sun
 **Air Pollution: The Run Around

Food Collection for the Relief Supplies to Guatemala out-side Downing Center Theater, you can help.
 **Canned food, powdered and condensed milk
 **Baby foods
 **Sacks of dry beans and flour are all needed.

Aluminum collection for re-cycling. Deposit bin is located in Central parking lot.

Wednesday - April 14

10 a.m. ** Guest speaker Chuck Adams from the Kentucky Lung Association on: Smoking and air-pollution.
 2 p.m. ** Guest speaker Senator John Berry (D-26 Dist.) on: Environmental legislation in Kentucky.

Thursday - April 15

EARTH AWARENESS FESTIVAL: on the lawn outside Downing University Center.

**Art Department Display
 **Environmental & Technology department and club
 **Native American Solidarity Committee
 **Simple Food Co-op

**Southern Kentucky Art Guild
 **Student Art Guild & WKU Craft Shop
 Live music will be played throughout the festival by the Music department and local musicians.

FREE CONCERT
 "Farm Band" and Stephen Gaskin
 7:30 p.m. at Ivan Wilson amphitheater

THE FARM

2.

Imagine the potential. 600 inspired soul searchers truckin' through the back woods of Tennessee in a caravan of fifty Day-Glo buses chartered to go "Out to Save the World."

Leading his disciples from behind the wheel of a good will bus, Stephen, the mystic from Haight-Ashbury dreams of a self-sufficient community where he and his followers can meditate and live in the best of two worlds-- introspection and co-operation.

Stephen's dream is now a reality. Like a seed sprouting under the warm sun his pilgrimage germinated The Farm in Summertown, Tn. which has grown into an utopian-type island where today its 830 members "get stoned"--as they would say--on sharing spiritual wholesomeness and the wealth of the land.

Stephen, the spiritual leader of The Farm said, "We be simple people" interested in a clean life. To join, members must take the pledge of poverty and donate all their possessions to The Farm. Farming is a clean life style they believe, it's only you and God and the dirt.

"We be spiritual people," said their leader, who established truth as the foundation for their religion. Truth is like water--pure and free and the possessor of high energy. The Farm is officially recognized as a church.

The dream had its roots in the 60s when Stephen Gaskin, an English teacher at San Francisco State College, joined the contra-culture. In a Rolling Stone interview Stephen said, he "got into tripping, came back in a good state of mind and wanted to share." He began to relate his revelation to friends in sessions called Monday Night Class.

Stephen always used personal experiences in his Class, but after four years he noticed drugs were depleting his yoga in San Francisco, so he organized the care-a-van and transplanted his group in rural Tennessee.

The towns folk of Summertown were skeptical of the new Farmers, but soon came to respect their new neighbors and their new way of living. Interested yokels provided some ol' time country know-how to the urbanites who learned how to cultivate and preserve crops, and to construct The Farm. They built barns, shelters, mills, a water tower, a store, and even a press.

Today The Farm grows enough food to feed over 800 residents on a complete vegetarian diet year round. The Farm uses dairy products made from soybeans, or soy-milk. They have leftovers enough to accommodate guests, and to sponsor a charity program, PLENTY.

Hey Beatnik, The Farm's autobiography said, "We've been seeing over and over again it's the agreement of the folks that makes the crop grow. As you sew, so shall you reap."

The Farm press has also produced Monday Night Class, The Caravan, The Farm Vegetarian Cook Book, Spiritual Midwifery and The Grass Case. The books correspond with Stephen's teachings and with non-destructive ecological life styles.



The Farmers and their harvest (above), Stephen embracing a couple at The Farm, a successful alternate life style.

The Farm has been stricken by one hassle outside of those caused by nature. In 1971, Stephen and three others were indicted for the "manufacture (cultivation) of marijuana," a violation of Tennessee statutes. Stephen, acting as defense attorney on his own behalf, finally appealed his case to the United States Supreme Court. He contended that marijuana was a religious sacrament at The Farm and therefore a constitutionally protected right. The Supreme Court upheld previous court convictions and Stephen was sentenced to one year in jail.

Drugs are no longer a functional part of the dream which started in the psychedelic Age of Aquarius. The use of organic drugs--marijuana, peyote and mushrooms--are permitted but not encouraged at the Farm.

The Farm pioneers "get stoned" by experiencing life-long truth.

The Truth manifested from the Dream, and the Dream manifested in the Truth.



The legislative tug-of-war between big business and environmentalists, now a generation old, saw a strong capitalist lobby finally outweigh the ecologists as a Kentucky Senate committee voted down a bill known as the "Bottle Bill."

If passed the bill would require most beverages to be sold in recyclable-deposit containers. State Senator John Berry (D-Newcastle) who introduced the SB #59 during last session, will discuss his Bottle Bill and the environment during Earth Week on Thursday at 2:00 in the Garrett Center.

Sen. Berry said, "The bill has three objectives. It is a solution for litter problems," he said, "and it supports conservation of resources and conservation of energy." The bill should also result in lower consumer prices.

During the public hearings for the bill held by the Senate Judiciary-Statutes Committee, Berry said, lobbyists for "the bottle and can and steel industries opposed it, the beverage and beer people opposed it, and the labor unions opposed it."

This is an election year for Berry, who said, "If I'm re-elected, I will re-introduce the bill."

COMMON SENSE ABOUT NUCLEAR ELECTRICITY

It's time to listen to your own common sense when you hear the claim that nuclear electric power will be "clean and safe", or the odds on a catastrophic nuclear power accident are "one-in-a-billion".

In order to keep those important promises ---when nuclear plants will produce as much radioactivity as a million Hiroshima atomic-explosions every year---the nuclear industry will have to contain its radioactive positions with better than 99.99% success. Total poisoning of the planet is a certainty if just 1% of the long-term radioactivity escapes into the environment. There is no disagreement over that.

No one denies the requirement for perfect performance in the nuclear power industry. The argument is over the likelihood of meeting the requirement and keeping the promises.

1. How many industries come close to 99.99% perfection in performance? Or even 99%?
2. What about mistakes and carelessness already appearing in the civilian nuclear program?

"Review of the operating history associated with 30 operating nuclear reactors indicated that during the period 1/1/72 to 5/30/73 approximately 850 abnormal occurrences were reported to the Atomic Energy Commission (AEC). Many of the occurrences were significant and of a generic nature requiring follow-up investigations at other plants. Forty percent of the occurrences were traceable to some extent to design and/or fabrication-related deficiencies. The remaining incidents were caused by operator error, improper maintenance, inadequate erection control, administrative deficiencies, random failure and combination thereof...

"The large number of reactor incidents, coupled with the fact that many of them had real safety significance, were generic in nature, and were not identified during the normal design, fabrication, erection, and pre-operational testing phases, raises a serious question regarding the current review and inspection practices both on the part of the nuclear industry and the AEC." (Source: AEC Task Force Report: Study of Reactor Licensing Process, by AEC Asst. Director of Regulation, L. V. Gossick and 7 additional AEC experts, the October 1973 version; see also Study of Quality Verification, AEC, Jan. 1974, p15-17).

Committee for Nuclear Responsibility, Inc.
P.O.B. 2329, Dublin, California 94566

NUCLEAR ENERGY SOURCE POINTS TO PONDER:

OUR CHOICES

- Whereas* the power to create these dangers does not properly belong to a handful of electric utility directors and three dozen members of the AEC licensing panel;
- Whereas* nuclear power creates a huge waste of money since it creates many special costs which would never occur if we used only non-nuclear energy;
- Whereas* nuclear fission, which contributed just 1.2% of our total energy in 1972, could be phased out of use by 1980 without causing blackouts or rationing;
- Whereas* the available replacements for nuclear power include fuel made from city trash and feedlot waste, direct and indirect solar energy (light, heat, wind), geothermal energy (natural hot water), and careful cleaner use of our plentiful coal; mining nuclear fuel (uranium) will be as bad as mining coal;
- Whereas* the environmental problems of solar power, geothermal power, and even coal, are small in comparison with the real risk of permanent radioactive contamination of the Earth;
- Whereas* no generation of humans has the moral right to produce a radioactive legacy which irreversibly endangers the future for all generations to come;

Whereas nuclear power plants which are too dangerous for the center of cities should not be imposed on rural communities either;

MALICE

- Whereas* nuclear power plants are likely to become enormously attractive objects for blackmailers and terrorists, and a small force of people could even use them to destroy or paralyze our country (see box on the other side);
- Whereas* it takes only 20 pounds of plutonium to make an atomic bomb;
- Whereas* by 1985 the nuclear electric industry will put 100,000 pounds of additional plutonium every year into commercial circulation, where it may be stolen to make private atomic bombs;
- Whereas* attempts to prevent plutonium theft by strict security measures, may turn our country into a police state -- and still fail to prevent black-market bombs;

ACCIDENTS

- Whereas* escape of a small fraction of the radioactive poison from one nuclear power plant into the environment could hurt every American directly or indirectly (see box on the other side);
- Whereas* advocates of nuclear energy say that catastrophic accidents are impossible, there is even a law (the Price-Anderson Act) which says liability for a nuclear power catastrophe is limited to \$560 million, with the taxpayers paying \$450 million and the electric utilities only \$110 million;
- Whereas* the electric utilities have insisted on protecting themselves against the catastrophic accidents they claim will never happen;
- Whereas* most home, business, and auto-insurance policies exclude damage from radioactivity;

ELECTRIC POWER

- Whereas* nuclear power plants make enormous quantities of radioactive poisons; atomic power plants and atomic bombs make exactly the same poisons, like strontium-90;
- Whereas* each large nuclear power plant (1,000 electrical megawatts) makes as much radioactivity every year as 1,000 Hiroshima atomic-bombs; by 1985, plants planned for the U.S. will be producing more radioactivity per year than the explosion of a quarter-million Hiroshima-bombs;
- Whereas* claims that nuclear power will never give people more than a tiny dose of extra radiation, are based on indefensible assumptions about success in containing radioactive poisons;
- Whereas* there are chances for radioactive poisons to escape right at the power plants, during transport on our highways and railways, and later from processing and storage facilities; storage will have to continue for 100,000 years or longer, according to the U.S. Atomic Energy Commission (AEC);

PLUTONIUM

- Whereas* all experts agree there is no safe dose of radiation;
- Whereas* only one pound (about 3 tablespoons) of plutonium-239 represents the official maximum "permissible body burden" for 700 million people;
- Whereas* one large nuclear fission plant makes about 400 pounds of plutonium every year; it takes 24,000 years for half the plutonium to decay;

The unanimous Declaration of Interdependence

When in the course of Evolution it becomes necessary for one species to denounce the notion of independence from all the rest, and to assume among the powers of the earth, the interdependent station to which the natural laws of the cosmos have placed them, a decent respect for the opinions of all mankind requires that they should declare the conditions which impel them to assert their interdependence.

We hold these truths to be self-evident, that all species have evolved with equal and unalienable rights, that among these are Life, Liberty, and the Pursuit of Happiness. — That to insure these rights, nature has instituted certain principles for the sustenance of all species, deriving these principles from the capabilities of the planet's life-support system. — That whenever any behavior by members of one species becomes destructive of these principles, it is the function of other members of that species to alter or abolish such behavior and to reestablish the theme of interdependence with all life, in such a form and in accordance with those natural principles, that will effect their safety and happiness. Prudence, indeed, will dictate that cultural values long established should not be altered for light and transient causes, Mankind is more disposed to suffer from asserting a vain notion of independence than to right themselves by abolishing that culture to which they are now accustomed. But when a long train of abuses and insurpations of these principles of interdependence, evinces a subtle design to reduce them, through absolute despoilation of the planet's fertility, to a state of ill will, bad health, and great anxiety, it is their right, it is their duty, to throw off such notions of independence from other species and from the life support system, and to provide new guards for the re-establishment of the security and maintenance of these principles. Such has been the quiet and patient sufferage of all the species, and such is now the necessity which constrains the species Homo Sapiens to reassert the principles of interdependence. The history of the present notion of independence is a history of repeated injuries and usurpations all having in direct effect the establishment of an absolute tyranny over life.

To prove this let facts be submitted to a candid world.

1. People have refused to recognize the roles of other species and the importance of natural principals for growth of the food they require. 2. People have refused to recognize that they are interacting with other species in an evolutionary process. 3. People have fouled the waters that all life partakes of. 4. People have the face of the earth to enhance their notion of independence from it and in so doing have interrupted many natural processes that they are dependant upon. 5. People have contaminated the common household with substances that are foreign to the life process which are causing many organisms great difficulties. 6. People have massacred and extincted fellow species for their feathers and furs, for their skins and tusks. 7. People have persecuted most persistantly those known as coyote, lion, wolf, and fox because of their dramatic role in the expression of interdependence. 8. People are proliferating in such an irresponsible manner as to threaten the survival of all species. 9. People have warred upon one another which has brought great sorrow to themselves and vast destruction to the homes and the food supplies of many living things. People have denied others the right to live to completion their interdependencies to the full extent of their capabilities.

WE therefore, among the mortal representatives of the eternal process of life and evolutionary principles, in mutual humbleness explicitly stated, appealing to the ecological consciousness of the world for the rectitude of our intentions, do solemnly publish and declare that all species are interdependent; that they are all free to realize these relationships to the full extent of their capabilities; that each species is subservient to the requirement of the natural processes that sustain all life. And for the support of this declaration with a firm reliance on all other members of our species who understand their consciousness as a capability, to assist all of us and our brothers to interact in order to realize a life process that manifests its maximum potential of diversity, vitality and planetary fertility to ensure the continuity of life on earth.

FROM ECOLOGY ACTION

Toward A Rational Use Of Energy

ENERGY NEEDS

The development of civilization can be traced through the story of man's discovery and use of new energy sources. The discovery of fire, the domestication of animals, the development of agriculture, the invention of the steam engine, and the use of coal and oil are all important milestones. Each step has brought about a dramatic change in man's way of life. We are now on the threshold of a shift from oil, gas, and coal to new sources of energy. Our industrial civilization was built on abundant supplies of fossil fuels and it has come to depend on them. The first signs of the coming changeover have inspired confusion, uncertainty, and predictions of doom and disaster. The problem is worldwide and affects all of industrial civilization. We've never faced anything like it before. Yet the solution is not beyond our reach. We have the knowledge and the ability to draw energy from the sun, the wind, the tides, and the internal heat of the earth. But we must not become complacent. Heedless use will quickly exhaust our energy resources. During the next few decades we will have to learn how to use energy more wisely, while at the same time new sources of energy are developed.

Because we have built our culture and standard of living on easy energy, conventional wisdom pushes harder and harder to find "alternative" energy sources capable of feeding our excessive needs. The most obvious alternative has been the search for more inaccessible deposits of fossil fuels . . . further offshore and deeper in the ground. But very soon the cost of retrieving new reserves will exceed the benefits provided by them. The search for more oil can only be a short term solution with long term implications for the environment.

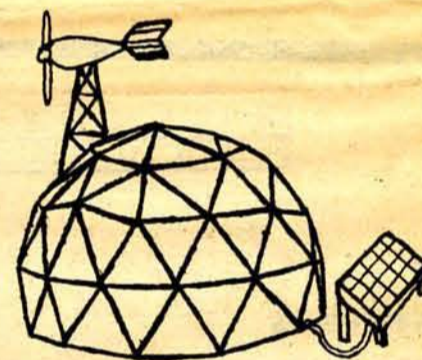
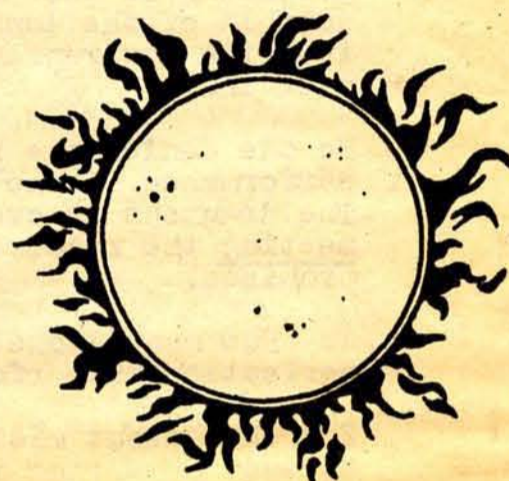
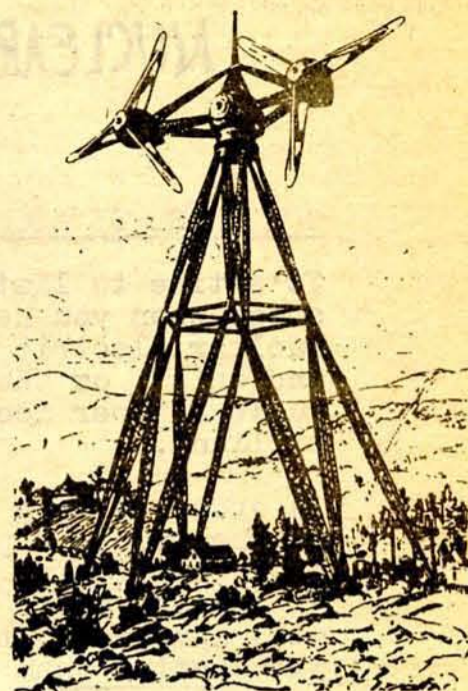
Further down the line, many see the development of nuclear power as the answer to our energy problems. But we should at least pause for a moment. The development of nuclear power is not only a mistake, but a self-destructive response to a complex problem. In the first place, uranium

itself is a limited resource; reserves can only hope to last for a few generations at best. Moreover, there is the strong possibility that the wide-scale use of nuclear power plants will simply inaugurate an era of world wide nuclear armament and global conditions in which no one can afford to make a mistake . . . political or technical. And finally there are the inevitable nuclear wastes generated and left behind by nuclear power plants that threaten the very existence of life as we know it. Of most concern is plutonium, a by-product of breeder reactors and the deadliest, and one of the most persistent elements in the known universe. Plutonium has a half-life of 24,000 years, and to our knowledge there is no way of safely containing anything . . . let alone plutonium . . . for 24,000 years (rockets to the sun and salt mines notwithstanding). For a few generations of more easy energy we give to our future generations the consequences and burdens of plutonium and other nuclear wastes. We view this as insanity.

If we dismiss nuclear fusion as being an undeveloped alternative with its own problems of radioactive waste (albeit far less than those of fission), we are left with one alternative energy source that could supply much of our needs . . . solar power and all of its manifestations in the wind, water and plants.

There are a number of ambitious ideas for harnessing solar energy. For example, some people have suggested that we could cover the southwest deserts with solar reflectors or send satellites into orbit to microwave solar energy back to earth. There are also plans for building bigger hydroelectric dams and massive digesters to recycle manure from oversized feedlots. There are even schemes for covering the mid-west plains and offshore areas with wind generators, and for growing high-yield plants in vast areas of marginal land to fuel power stations. Certainly these alternatives are

(CONTINUED ON PAGE 6, FIRST COLUMN)



RADIATION



HAZARD



(CONTINUED FROM PAGE 4)

infinitely more desirable than nuclear energy, and there is little doubt that some of them will be developed to help supply future energy needs. However, in perspective, they must be viewed as nothing more than extensions of the growing tendency to centralize the generation and control of energy and to alienate people further from the natural forces that support them. A central power station, regardless of its source of energy, still requires elaborate transmission grids to disperse the energy. To some degree this may be realistic, but as the only way of providing energy in an increasingly unstable social order it leaves few options for people to adopt.

More and more the energy resources of the world are coming under the control of international corporations and energy cartels. Growing scarcities of energy and natural resources will continue to determine major political policies in the future. To balance this trend, we need to diversify and disperse the physical energy base and dilute the growing economic power bases . . . a trend that will help us all. *The most obvious way to do this is to develop and adopt scaled-down renewable energy systems that are utilized where they are needed and designed for local environments and requirements.* The new politics of self-sufficiency . . . relying on ourselves and our own decentralized energy resources . . . will conflict with the present politics of centralized institutions and industry. Hopefully, in time, it will come to supplement this tradition rather than conflict with it. The important thing is that we generate as many options as we can for a future whose course grows more uncertain every day.

ALTERNATIVE SOURCES OF ENERGY

SOLAR

Astronomers tell us that our sun is only one of untold billions of similar stars, in varying stages of their progression from incomprehensible origins to ultimate extinction. Our particular star is thought to have originated between eight and ten billion years ago and its present rate of energy output, approximately 3.8×10^{23} kilowatts, is caused by the conversion of mass into energy at the rate of some 4.7 million tons per second. It is expected to continue to emit radiant energy at this rate for another four billion years, so, for all practical purposes, it is the only perpetually renewable source of energy which the planet Earth possesses.

WIND

Wind is another form of energy, created by the sun; the heating of our atmosphere during the day and its absence cooling the night sky. It's like breathing—that's it, the earth breathes. Wind is the reaction of our atmosphere to the incoming energy from the sun. Heat causes low pressure areas and the lack of heat results in high pressure areas. This process causes the wind.

It seems ironic that probably the oldest and most constant character of the universe, e.g., massive movements of energy, heating to cooling (entropy), the motion of our atmosphere is suddenly rediscovered as a "new source" of energy. History tells us that next to agriculture, it is very possible that wind may have been one of the first sources harnessed by man.

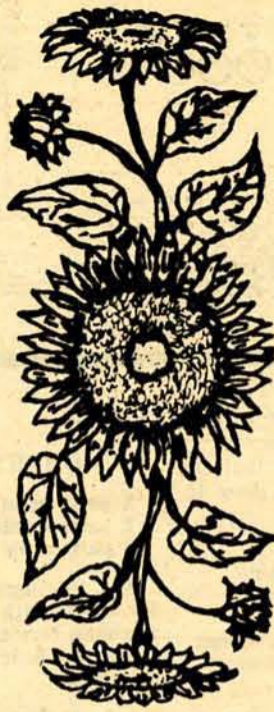
Our main concern regarding wind energy is that it is not as constant and/or predictable as, say, the sun. There are many solutions to this problem, but usually the situation is managed by a storage system designed to have the energy available at the time it is needed or desired. Yet, on the other hand, one might look at this concern in a different perspective and not see it as a problem at all, but simply as a challenge to our ability to adapt. If we are truly aware of our capabilities to adapt or adjust, then we also realize our limitations. It should be noted that we have adapted to our lifestyles most effectively considering we inhabit the planet in so many numbers. So that the problem with wind is not predictability, but it is our ability to respond.

WATER

Most everyone has witnessed the destruction caused by torrential floods, the subtleties of weathering or erosion, the power of wave motion, the strength and mystique of grand rivers, or the gentleness and swiftness of small streams. The power of water has the capacity for destruction and useful work.

Essentially water power is a form of solar energy. The sun begins the hydrologic cycle by evaporating water from lakes and oceans and then heating the air. The hot air then rises over the water carrying moisture with it to the land. The cycle continues when the water falls as precipitation onto the land, and the potential energy of the water is dissipated as the water rushes and meanders its way back to the lakes and oceans.

The potential of water at an elevation above sea level is one of the "purest" forms of energy available. It is almost pollution free (when not contaminated) and can provide power without producing waste residuals. It is relatively easy to control and produces a high efficiency. From 80% to 90% of controlled water energy can usually be converted to useful work. This is dramatic when compared with the 25% to 45% efficiencies of solar, chemical and thermal energy systems.



BIOFUELS

BioFuels are, as the name implies, renewable energy sources from living things. They are to be distinguished from fossil fuels which are also of biological origin, but which are non-renewable. All biofuels are ultimately derived from plants, which capture the sun's energy, convert it to chemical energy by photosynthesis, and in the process of being eaten or decayed, pass this energy onto the rest of the living world. In this sense, then, all forms of life, their byproducts and wastes, are storehouses of solar energy ready to be eaten, burned or converted into various organic fuels.

ARCHITECTURE

The buildings in which we live and work are huge consumers of energy. Building services (largely climate control devices) account for a third of the nation's energy consumption. Eighty percent of this energy is used in heating and air conditioning. The energy consumed in constructing a building has not even been calculated adequately. The energy input of various materials (i.e. cement, brick, steel, aluminum, etc.) must be determined if we are to lower the energy consumption of buildings.

In calculating the overall energy use of a building the short term energy input of construction must be weighed as well as the long term requirements for climate control. The National Bureau of Standards has estimated that 40% of the energy consumed in building services could be conserved with improved thermal design and construction practices. Present building practices based on low-first-cost objectives have accounted for significant energy waste.

In what ways can renewable sources of energy such as solar, water, wind and biofuels affect energy consumption in buildings? For the most part the cure-all to energy consumption does not originate at the source. It matters little what energy source we are using if we waste it through poor building practices, poor insulation techniques, over-building and general disregard for the consumption of resources. It will do us very little good to put a wind generator and solar collector on a poorly designed energy consuming house. To apply new sources of energy to old habits and faults approaches the problem of energy consumption from entirely the wrong direction.

INTEGRATED LIVING SYSTEMS

Unfortunately, no single source of energy is likely to supply all, or even most, of the power needs of a home, group or community. The supply of each of these natural energy sources is intermittent and at any one time energy demand is likely to exceed energy supply. Furthermore, each energy source comes in a different form which makes it suitable for different uses. Solar energy comes as heat. Wind and water energy provide mechanical power. Biofuels are forms of chemical energy that are generally more portable and versatile. But integration of these sources, combining and sharing their energy loads and waste products, creates the real possibility of providing reliable and economic power supplies under a variety of conditions.

Integrated energy systems can be defined as diverse energy sources combined with one another to provide continuous energy. Picture them as inter-dependent.

Conclusion

The response of individuals acting on a community level to the energy and materials shortages of the future will be crucial to survival. A few years ago, when the first pessimistic forecasts of energy shortages and mineral depletion were offered to an unsuspecting Western public, the prospects for decentralization and an end to the high life of excessive resource use seemed far away. The increasing realization that national policies must change to adapt to the new age has become as major a concern to individuals as the changes in lifestyles in their personal lives.

Given the critical shortages of energy and materials in all the economies of the high-energy, high-technology societies of America, Western Europe, and Japan, there appear to be only two courses of action open:

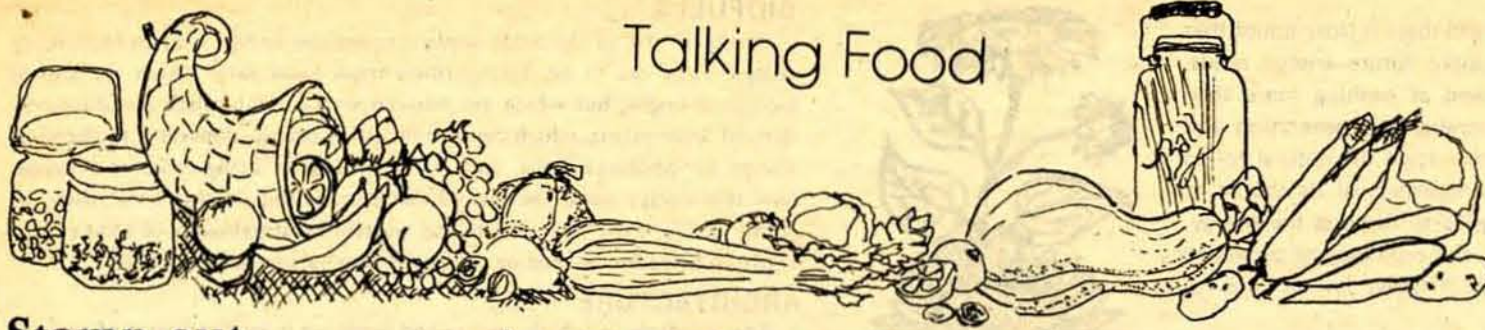
1. The "advanced" nations can continue to pursue the high-growth policies of the past few decades, while devoting only a minimal amount of their Gross National Product to developing and encouraging low-energy technologies (in housing and agriculture) and new, natural uses of energy based on the sun; or

2. The wealthier countries can devote a substantial fraction of their resources to sweeping research and development efforts to utilize low-energy technologies and develop solar power, wind power, and other natural-energy sources on a great scale.

Continuation of the first policy seems doomed to failure, because the fossil fuels will be quickly depleted, leaving little or no energy with which to build a new technology base that would use natural sources of energy and encourage a decentralized lifestyle for its citizens.

It is likely that many will see the materialistic discomforts of the coming years as threats to their existence. After years of social conditioning to relate only to the value system of the high-energy society of today, many people are unprepared for readjustment to the future. It is encouraging that the possibilities for change have never been more viable in society, and that, from the troubling times of the present, a new consciousness must emerge, to bring forth a new Enlightenment from an age of enchantment with the Dynamo.

Talking Food



Stamp out food faddism

"Food faddism is indeed a serious problem. But we have to recognize that the guru of food faddism is not Adelle Davis, but Betty Crocker. The true food faddists are not those who eat raw broccoli, wheat germ, and yogurt, but those who start the day on Breakfast Squares, gulp down bottle after bottle of soda pop, and snack on candy and Twinkies...If any diet should be considered faddist, it is the standard one. Our far-out diet—almost 20 percent refined sugar and 45 percent fat—is new to human experience and foreign to all other animal life...It is incredible that people who eat a junk food diet constitute the norm, while individuals whose diets resemble those of our great-grandparents are labeled deviants."

—Science, May 16th

Organic Living

A GOOD, drinkable breakfast that can be made in a blender combines these ingredients:

- 1 banana
- 2 very heaping tablespoons of non-instant milk powder
- 2 cups of cold water
- 1 heaping tablespoon of brewer's yeast
- 1 tablespoon unsulfured molasses
- 1 tablespoon honey

Peel and break the banana into chunks. Add the remaining ingredients and blend at medium speed until smooth. The recipe yields to large glasses.

Here are two other recipes for breakfast variations featuring natural foods: In a nut grinder, grind the following seeds in the proportions suggested below:

- 4 parts sunflower seeds
- 2 parts pumpkin seeds

By ROBERT RODALE

- 2 parts roasted soybeans
- 2 parts unblanched almonds
- 1 part carob powder

Mix thoroughly and store in refrigerator. Serve with fruit juice, milk or fruit: Bananas, berries, prunes, etc.

Put the following to soak overnight in cold water:

- 1/2 cup chopped sunflower seeds
- 1/2 cup large rolled oats
- 1/2 cup millet
- 1/2 cup buckwheat groats
- 1 cup unsprayed, unsulfured raisins or dried prunes

In the morning, put the cereal (adding more water if needed) on a moderate heat and bring to a boil. Serve with milk. It needs no sweetener; the fruit takes care of that. Yield: 4 servings.

Americans complain of the rising cost of sugar. The media have treated the subject of rising costs almost as if it were a national disaster, when in fact the price of sugar should be raised even higher. The disaster, it seems, is that there are not enough people who know the dangerous effects sugar has on the human body.

Sugar was meant to be a luxury. When sugar was first introduced to this country it was used as nothing more than a condiment—sparingly, to add flavor to food. However, things got a little out of hand and today the average American consumes 100 to 120 pounds of sugar a year. This is an outrageous figure, and Americans are suffering because of it.

I will of course mention tooth decay. Dentists have been promoting sugarless diets for years. Why? Because study after study has proven sugar causes tooth decay. Think of the money that could be saved on dental bills just by avoiding high-priced sugar. But as the prominent nutritionist Carlton Fredericks said, "Quite aside from its effects on the teeth, sugar is the most harmful substance in our diet. If it was a pharmaceutical, the FDA would be forced to ban it as a dangerous drug."

Researchers today find that more and more ailments or diseases are attributed to the overconsumption of sugar. The following is a list of some well-known and other not-yet-established sugar-caused problems which you may be able to avoid by avoiding sugar: cavities, headaches, cancer, diabetes, hypoglycemia (low blood sugar), sinus trouble, postnasal drip, allergies, arthritis, asthma, rheumatic fever, ulcers, epilepsy, hemorrhoids, menstrual discomfort, vitamin deficiencies, mild emotional disturbances to severe psychoses, and, most recently, high cholesterol levels leading to arteriosclerosis (hardening of the arteries) and heart attack.

Considering the variety of harmful effects on the body and the high cost of sugar, the wise conclusion is to refrain from buying or consuming it. Now is not only a good time to whip inflation but a practical time to further better health.

OTIS W. WATSON.

Portsmouth.

Sugar blues found in cold cereals

Dr. Ira Shannon of the Houston Veterans Administration hospital recently analyzed seventy-eight ready-to-eat breakfast cereals for levels of sucrose and glucose. Something called "Sugar Orange Crisp" led the list with 68 percent sucrose and 2.8 percent glucose—a total of 70.8 percent sugar! Twenty-four of the seventy-eight cereals had a 25-50 percent sugar content. Twenty-three cereals proved to be 10-25 percent sugar, including Special K, Kellogg's Corn Flakes, Rice Crispies, and most of the "bran" and "natural" cereals. At the bottom of the list, with less than 5 percent sugar content, were Shredded Wheat, Cheerios, Puffed Rice, Uncle Sam, Wheat Chex, Grape Nut Flakes, and Puffed Wheat. None of the seventy-eight could legitimately boast of being sugar-free.

Jean Mayer,
Boston Globe,
November 30, 1975

There was never anything new about health food. Health food is whole food and vice versa. Whole food is what my grandparents and yours thrived on. They are the ones who built this country. Not Betty Crocker.

—Gloria Swanson

From Ideas, Newsday's Journal of Opinion, July 28, 1974.



Oats

Lower than the animals

Animal meat has the ideal composition for an animal; animal glands produce hormones fit for creatures who act only according to their instinct and are unaccustomed to thinking. Anatomically, an animal's center of sensitivity or judgment is not as highly developed as that of a man. This is why animals are exploited all their lives by men and finally killed to be eaten.

Those who eat animal products are in a similar manner exploited and often killed by others, for others or by themselves.

Incidentally, we know of no animal that mobilizes its sons and brothers to kill another nation of creatures as man does. On this point man is insane: his judgment is lower than that of animals.

Georges Ohsawa



Rice

SCIENTISTS ARGUE THAT TALC USED TO COAT SHORT-GRAIN RICE may contain asbestos: a known carcinogen. Major rice growers, on the other hand, contend their product's coating is perfectly safe, and comes off when washed. The Food and Drug Administration is right in the middle, of course, and can't seem to decide one way or the other. It's an interesting debate, don't you think? (Pass the brown rice, please.)

A Festive Summer Salad

Combine chopped cabbage, chopped apples and walnuts. Spice with salt and ginger. Dress with mayonnaise, cider vinegar and honey. Chill thoroughly and garnish with parsley.



THE ARTIFICIAL COLORS AND FLAVORS now being pumped into hot dogs, ice cream, soft drinks, processed cereals and other foods "have no nutritional value", according to the July 9, 1973 issue of *Newsweek*. The publication quotes California allergist Dr. Ben F. Feingold as stating that the additives (classified "safe" by the FDA) can trigger extreme hyperactivity and severe learning disorders in children. Dr. Feingold cautions that his observations need substantiation but he adds that he definitely feels that hyperkinesis (a steadily growing abnormality) can be controlled by eliminating artificial colors and flavors from the diet. Unfortunately, 90% of all processed food contains these additives.



6.

Energy and Indian Rights 7

ENVIRONMENTAL POLITICS

A statement by the Kentucky chapter of the Native American Solidarity Committee
Earth Week, 1976

Electric power generation and the manufacture of methane gas in the West will require tremendous quantities of coal and even greater quantities of water. Coal and water of the Navajo Nation are substantial components of government and corporate plans to increase the energy supply.

While the energy corporations are well along to implementing plans which do offer a quota of jobs and limited gains in tribal income for the short run, in the long run they threaten the survival of native people in their way of life.

The Extra High Voltage lines carry power from the plants to Phoenix, Tucson, Albuquerque, and Los Angeles. But the majority of Navajo homes spanned by the EHV lines are lighted by lanterns and heated by wood stoves or by open fires in the middle of earthen floors.

Most of the Navajo resource sales, engineered through the Bureau of Indian Affairs, return very low revenue over a long period of time. Navajos still receive 15 cents to 25 cents a ton on coal mined, while the United Mine Workers of America, in comparison, levies an 80-cent-a-ton royalty. Navajos receive a 12 to 16% royalty on the oil which is valued at \$7 a barrel. In comparison Arab countries receive 50 to 66% of the companies oil revenues, and Arab oil is priced at \$10 to \$12 a barrel.

The United States Civil Rights Commission has accused the U.S. Government of a neocolonial policy towards the Navajo by encouraging private exploitation of mineral resources. Most of the profits of this style of development are invested off the reservation, leaving per capita income at about \$900 per year, 20% of the national average (this amounts to having an 80% salary cut). The Federal Government has chosen to run a relief economy rather than a development economy, the Commission said.

Just the Burnham facility (map) would require 28,500 acre-feet of water annually from the San Juan river which is already in a state of severe shortage. The project will cause a serious threat to the economic base of the Navajo, Jicarilla, Ute, Uintah and Ouray nations and their future existence.

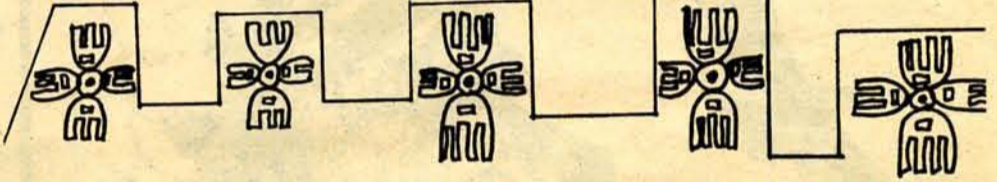
Navajo miners have complained of discriminatory practices in hiring and training. The Peabody superintendent at Black Mesa openly stated his racist views. "Most of them are pretty dense. If they would just adopt more of the white ways, it would be so much better. They won't because they don't trust the white man -- I don't see why not."

Wilbert Tsosie, a leader of the drive against gasification, believes "gasification is one step toward the total destruction of our land. Navajo people will not gain anything by development. We will lose our lands and there will be no relevant employment of Navajos."

When our group was included in the Earth Week program, several people asked: "Is the American Indian struggle an Environmental issue? Isn't it a political issue instead?"

It is both. The separation between "environmental" and political issues is artificial and false. It misleads us in two ways: first, it assumes that pollution and ecological destruction are somehow not related to the human waste of racism and economic oppression; second, it assumes that environmental problems themselves are not "political," that they are not questions of power. Both these assumptions are wrong.

Ecological destruction and human oppression are two sides of the same coin. The energy interests that are fighting for control of tribal lands are the same multi-national companies that are smearing the seas with oil and ripping a ditch across the Alaskan wilderness. The "legal" system that imprisons Indian leaders also sanctifies the plundering of the Earth in the name of "private" property. The stripped-over landscape of the Western Kentucky coalfields and the napalmed children of Vietnam are the results of the same force: the relentless worldwide search for profit by U.S. Imperialism.



It is a mistake to think that these horrors can be stopped without a fight for political power, by simply educating ourselves and others. Pollution, racism, ecological destruction and human oppression are not accidental, they do not result from misguided policies or unenlightened officials. These evils are deliberate, they are systematic--and make no mistake about it, they pay big money. Ask Rocky!

Those who control and profit from this system admit that it isn't perfect. They say we can fix it up a little--pass a few environmental protection laws, recycle some cans--without being "political" and challenging their right to ownership and control. They say we need to "strike a balance" between their need for profits and our love for the Earth and her children.

We say the Earth does not belong to any class of race or generation to destroy.

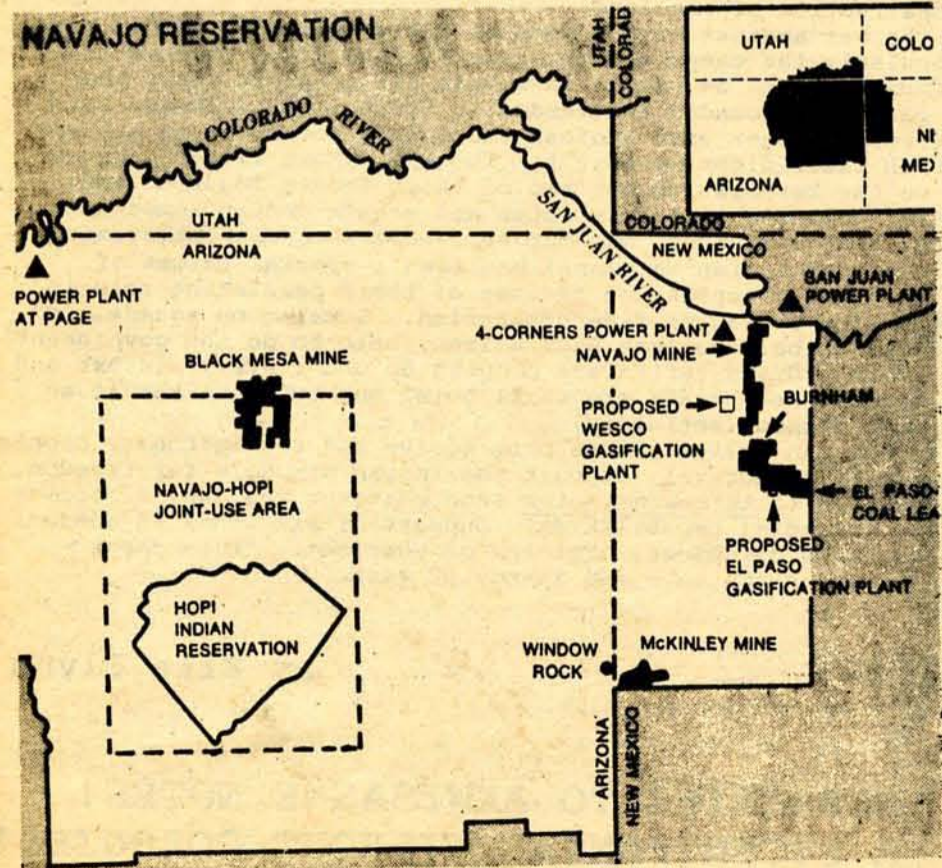
We say the Earth is not a negotiable demand.

NATIVE AMERICAN SOLIDARITY COMMITTEE

Who We Are

The Native American Solidarity Committee is an organization of non-Indian people. We support the demands of Native American people for sovereignty and self-determination. That is, freedom of a people to act and conduct the affairs of their own nation--to rule their own lives. The Native American struggle is not a struggle to gain civil rights under U. S. law. It is a struggle to reestablish their own system of laws and way of life on their own land.

This is a people's struggle for survival. As a result of the breaking of all 371 treaties ever signed by the U. S. with Indian people, Native Americans have been robbed of nearly all their water, minerals, land, and culture--and many robbed of their lives. Yet they continue to struggle for decent jobs, housing, health care, and education. For hundreds of years, Indian people have fought persistently to retain what was theirs. And because of this, the U. S. government is engaged in a campaign of terror in which hundreds of





Indian people have been killed. Do not be fooled into believing we live in a country at peace. The war against Native Americans, which is the longest war of all, is still going on. As a group and as individuals, we oppose the cruelty and injustice being inflicted upon Native Americans by Federal and State officials, aided by our own ignorance of the situation.

As members of NASC, we work in solidarity with Native American people because the politics of their demands are the politics of all people in the struggle for freedom and principled change in the U. S. We are not "do-gooders" or zealous missionaries. This is a political struggle--a struggle for land and control of that land. Make no mistake about the reasons--they are economic and revolve around greed for profit. The coal under the Northern Cheyenne lands, the gold in the Black Hills, the fish in the Nisqually River, the oil and minerals under traditional lands--these are the reasons for the continuous policies of genocide perpetrated against Native Americans by the American government. Given their own land back, Native Americans could once again live in harmony with it--recognizing that no one owns the mother Earth and refusing to ravage it for short-term monetary profit.



As U. S. citizens, we have a specific role in support of the Native Americans. That is to force our own government to hear and honor Native American demands and allow them to live at peace with their mother, the Earth. Those demands are threefold: 1) That treaties which the U. S. government has signed with Indian nations, and which traditional Indian leaders accept as valid, must be honored and enforced, 2) that the Indian Reorganization Act of 1934 (Howard-Wheeler Act) be repealed. Tribal governments that are truly representative of Indian people must be reestablished by Indians themselves, rather than imposed upon them, 3) that the Bureau for Indian Affairs must be removed from the Department of the Interior and restructured as an independent agency, controlled by and accountable to Indian people. BIA sanctioned leasing of Indian land to non-Indians must be cancelled immediately.

This is a call for unity with Native Americans, a call for support of their issues, which are also our issues. We welcome you to join the Kentucky Native American Solidarity Committee! Our work in this area has been going on since February. We celebrated the anniversary of the liberation of Wounded Knee (Feb. 28) by leafleting about the history of Wounded Knee and talking to people in the Bowling Green area. We also did a fund-raising benefit for the Wounded Knee Legal Offense-Defense Fund. Currently, we hold regular meetings to plan actions such as Earth Day and get news-updates through the NASC National Office. In the near future, we plan on taking a traveling slide show about the Indian movement into peoples' homes, schools, etc. As we grow locally, we will continue to build unity with Indian people. Theirs is a story of courage in the face of impossible odds, of survival in spite of terrible losses--we can all learn much from these people. We of NASC work with people from many different backgrounds but we all come together because we see that "their fight is our fight."

Kentucky Native American Solidarity Committee
Route #6, Box 212A
Scottsville, Ky. 42164

REVIEW: AKWESASNE NOTES "Where The Partridge Drums"

How many readers of OSAWATOMIE have seen and carefully read Akwesasne Notes? If for you the answer is no, that must change quickly. If for others the answer is yes, you have a fine hand to guide you through the Native American movement and an obligation to encourage others to read it also.

The Notes is the official newspaper of the Mohawk nation at Akwesasne; Akwesasne means People of the Longhouse. The Longhouse, a symbol of unity of the six-nation Iroquois league, is the seat of council government. It is in the tradition of the Iroquois confederacy to spread the roots of Indian law in all four directions. Akwesasne Notes continues in this tradition.

The Mohawk reservation covers territory in Northwest New York and Canada, artificially divided by the U.S.-Canadian border. The border has been the scene of many clashes in the last eight years between the Mohawks and Customs officials who were stopping and searching Indians crossing back and forth on their own land. After a long struggle, the Mohawks won the right to free passage; now they demand the same rights in crossing the bridge over the St. Lawrence River.

The Notes began in 1968 as stapled, mimeoed sheets describing this fight. Today the Notes is a national and international newspaper. It reaches the homes of many Indians, supporters of the Indian movement, schools, libraries; in all, a circulation of 75,000.

The Notes tells the news of Indian people internationally, with an emphasis on the U.S. and Canada. It is Pan-Indian, believing in the commonality of all Indian people and committed to the freedom of all Indian nations. The Notes seeks out Indian people everywhere, explains their culture, their tradition, their resistance. Recently an entire issue was devoted to the Mayan people in Guatemala, following a trip taken there by Notes people and Mexicans from El Teatro Campesino. The issue revealed the rich Mayan culture and the poverty and degradation in which they are forced to live. Richness of culture side by side with extreme poverty is the dual condition of Indian people everywhere.

Indian people are fighting for survival, for their people and for the land. Land provides for human survival. Indians have been in the forefront of exposing the ecological brutality of the government and struggling against strip mining and nuclear power plants and for an alternate relationship to nature.



Ganienkeh in upstate New York is reclaimed Indian land -- the seeds of an Indian nation built on respect for the land.

The Notes argues for self-determination. The right to decide how to live, educate their children and govern themselves, is the right of every Indian nation. Sovereign tribes, who have lived here for 1,000 years, are demanding their treaty rights be honored after years of violation. And they are demanding an end to all forms of colonial exploitation: sterilization, assimilation, forced destitution, alcoholism, destruction of Indian culture, support of illegitimate leaders, rape and destruction of the land.

The war against Native peoples fills the pages of the Notes, particularly the campaign of terror at Pine Ridge reservation in South Dakota. 54 people have been killed there since the last battle of Wounded Knee ended in Spring, 1973. Every form of terror has been used against the Oglala people in an attempt to crush their fighting spirit. The FBI, whose illegal aggression on the reservation got two of their agents killed, sends out SWAT teams to illegally enter and search Indian homes and harass, beat up, arrest and murder "suspect" Indian militants. AIM (American Indian Movement) has been a special target of this government repression because of their persistent role in fighting for Indian self-determination. Local goon squads, led by former tribal chairman Dick Wilson, help to do the government's dirty work. Grand juries are popping up under every pretext and the Wounded Knee trials are still going on, tying up the lives and funds of many activists.

We have an obligation as progressive and revolutionary people in the U.S. to actively support the Indian struggle for freedom. To subscribe to Akwesasne Notes send whatever you can, according to your financial capabilities. Support of all kinds is needed; letters, news clippings, articles of your own. "This paper comes out with the love and energy of many."

Akwesasne Notes
Mohawk Nation
via Roosevelttown, NY 13683

by Ella Flynn

From Osawatomie

publication of the Weather Underground

**SUBSCRIBE TO AKWESASNE NOTES!
A BICENTENNIAL WITHOUT COLONIES!**

We progress in this life according to our honest wisdom.

Wise wisdom is realizing what you feel, knowing what you think, and opening your attention to everything which comes before you.

Limits

You cannot speak of ocean to a well-frog—the creature of a narrower sphere. You cannot speak of ice to a summer insect—the creature of a season.

—Chuang-Tzu



COMMON SENSE

I've met farmers who have already gone through two or three farms in their lifetimes: fertilized with chemicals, sprayed with pesticides, just ploughed them up. But there are farms in China that are still functioning after 2,000 or 3,000 years! We can't go on taking out of the land and not putting back in. That's just common sense.

—Eddie Albert

Man is literally made from the dust of the earth. For this reason, his physiological and mental activities are profoundly influenced by the geological constitution of the country where he lives, by the nature of the animals and the plants that he eats.

—Alexis Carrel,
Man, the Unknown.

"The Toxic Substances Control Act" has passed the Senate Commerce Committee with plenty of teeth that the Environmental Protection Agency can use to control unregulated hazardous chemicals. A prod for the bill was given to the legislators when the Washington Post

front-paged a story showing that the nation's highest cancer rate occurs in New Jersey's "chemical belt." With the bill heading for final passage, your letter to congressmen now will help push it through.

(Environmental Action Bulletin - 3/6/76)



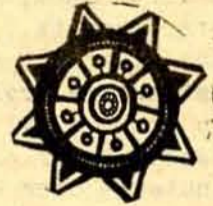
THE DEFOLIANTS DROPPED BY THE U.S. ON VIETNAM will inflict disease and death on that country's people and crops for the next 100 years . . . so says a recent report derived from a three-year study conducted by the National Academy of Science. The researchers found that children were often the first victims of the "smoke" and that thousands of youngsters died of dioxin poison. A total of 100 million pounds of chemical herbicide--six pounds for every inhabitant--were dropped during the "crisis" to defoliate jungles and destroy "enemy" crops. And some of the same poisons--2,4,5-T, for instance--are now being heavily used to "improve" thousands of acres of scrub forest in Missouri, Arkansas, Pennsylvania and other states. Have your children been inexplicably listless, irritable and ill lately?

Solar song

When the earth is shaken by a large earthquake, the entire sphere "rings" like a huge bell (although the vibrations are much slower than those of audible sound). It now seems that the sun vibrates in the same way. According to observations made recently by Henry A. Hill and his colleagues at the University of Arizona, the sun is oscillating at half a dozen frequencies simultaneously, with periods ranging from 10 to 48 minutes. The amplitude of the oscillations is less than 10 kilometers.

generated by the violent activity that is normal on the surface of the sun and may be powered for long periods by the energy that is constantly diffusing outward from the solar interior.

—from *Scientific American*,
September, 1975



Geochemical evidence suggests that every year about 28 million tons of carbon go into the formation of new fossil sediments. Current consumption of fossil fuels is about 6 billion tons of carbon per year. The rate of consumption is therefore over 200 times the rate of deposition. On this basis we can say that fossil fuels are limited and non-renewable.

—I.T. Rosenqvist
1972 Conference on Energy & Humanity

9.

Major new water pollution regulations have been promulgated by the Environmental Protection Agency (EPA), but it will take every citizen's effort to get them implemented, says the Natural Resources Defence Council. The NRDC has prepared material detailing the new regulations and how you can help implement them in your state. The rules will chart the course of water quality in the U.S. over the next decade. Write for--Alert on Phase II of the Federal Water Pollution Control Act, at: Natural Resources Defence Council

917 15th Street N.W.
Washington, D.C. 20005
(Environmental Action Bulletin - 2/7/76)

Save Our Socks

A-Ship Engineers
Throw in Socks

TOKYO, Sept. 10 — ^{Reuter} First it was boiled rice, and now old socks have been used to help reduce radioactive leaks aboard Japan's first nuclear-powered ship, the Mutsu, which ran into trouble 10 days ago on its first sea trials.

Engineers tried stuffing hundreds of old socks into plastic pellets and placing them on the reactor's pressure chamber. It worked — the amount of neutrons decreased by about a third according to a pooled dispatch from reporters aboard the vessel.

Last week, boiled rice had been mixed with neutron-absorbing boron crystals to form a paste that could partly reduce the leaks.

If you are concerned about nuclear power reactor safety, send a SOCK to the AEC so it can have a SOCKPILE for emergencies.

SOCK IT TO 'EM



ENERGY

Massachusetts frees solar and wind energy installations from taxation

The State of Massachusetts has passed new legislation, granting total property tax exemption for solar and wind power systems for ten years from the date of installation. Adding such a system, in other words, cannot add to your property tax bill. About half of the fifty states, now, have passed laws, most of them providing abatements—to encourage solar energy development.

R. S. Kindleberger,
Boston Globe,
December 12, 1975



FILMS

ENERGY: THE DILEMMA

Surveys our dramatic increase in the use of energy. Examines the North American and world supply of oil and gas, the increased cost, difficulties and environmental hazards of obtaining them, and the fact that readily obtainable domestic sources will be used up within a few decades. Considers the problems of obtaining oil from shale. A major section deals with the supply of coal and the environmental consequences of full exploitation of our western deposits. The slow development of nuclear energy and its attendant difficulties are examined. The dilemma is that we are trying to supply increasing amounts of energy from dwindling supplies in ways that are increasingly costly, hazardous and damaging.

20 minutes - color - sound

THE AGE OF THE SUN

This film shows specific examples of solar technology using photographs of actual installations and/or animated graphics. Included are anaerobic fermentation, wind energy conversion, ocean thermal conversion, thermal electric generation, solar space satellites, solar heating and cooling and photovoltaics.

21 minutes - color - sound

ENERGY: LESS IS MORE

Considering the developing shortages of fossil fuels and the problems with other energy sources, we are faced with other energy sources, we are faced with the need to cut back in areas of major energy use. Four principal areas are discussed: transportation, buildings, appliances, waste.

Alternatives to the way we use automobiles, the worst fuel waster, are probed. Ways to make cooling, heating and lighting of buildings more efficient are shown. The need for more efficient design of appliances is noted. Our throw-away society which encourages unneeded packaging, disposable containers and built in obsolescence is discussed.

18 minutes - color - sound

ENERGY: NEW SOURCES

Surveys briefly some of the potential sources of energy which have not received much attention: wind, tides, burning of trash, methane from trash or animal wastes, and thermal gradients in the oceans. The body of the film deals with geo-thermal fusion and solar energy. The possibilities of solar cells, solar panels for hot water and temperature control of buildings, and solar heat for generation of electricity are considered. Discussed also is the national policy which has led to neglect of these sources in favor of nuclear energy.

20 minutes - color - sound

A NATIONWIDE PETITION DRIVE

CLEAN ENERGY PETITION

If YOU want to stop the production of radioactive garbage and plutonium, and eliminate the growing risk of a MAJOR NUCLEAR ACCIDENT, please sign the coupon below or the petition located at the energy table during Earth Week. You can help further by contacting additional people and getting additional signatures. For further information write to:

Senator Mike Gravel
United States Senate
Washington, D.C. 20510

Task Force Against
Nuclear Pollution, inc.
153 E Street, S.E.
Washington, D.C. 20003

I herewith urge Congress to enact a moratorium on the licensing and operation of civilian nuclear power plants, and to accelerate development of fission-free energy technologies.

signature

printed name

address

zip

date

Please mail this to: Task Force
Against Nuclear Pollution, inc.
153 E Street, S.E., Washington
D.C. 20003



A newspaper recycling drive will be conducted at Earth Week by the Environmental Technology Club. Collections will take place beside the Downing Center Tuesday thru Thursday. Get rid of your old papers and help yourself and your neighbors.

Energy for Student Awareness is sponsoring an aluminum recycling drive. Aluminum is a costly import for America, so pitch in and deposit your empties into the collecting bins set up in Central Hall parking lot on Tuesday, Wednesday and Thursday.



PLENTY, The Farm's charitable corporation is having a drive to send relief supplies to Guatemala. PLENTY will accept donations at the Energy for Student Awareness table or The Farm table at the student center during the Earth Week Festival, each day from 9 to 4. Any canned foods, dry foods, baby foods, blankets and first aid kits will be appreciated.



Energy for Student Awareness has grown slowly over the past semester and a half. We are a group of concerned individuals who feel that there are many issues about which all of us might be better informed, and we hope to be instrumental along these lines.

Our main area of concern to date have dealt with the faculty senate resolution (ASG resolution #10), a survey/petition concerning dorm visitation regulations, and a clean energy petition.

We would like to encourage input from students and faculty and invite interested individuals to attend meetings to be held each Wednesday night at 8:00 in DUC.

Earth Week '76 is the first major endeavor which we have undertaken, and is the culmination of much time and energy. We would like to take this opportunity to express thanks to all the folks who helped out with the festival and newspaper, and a special thanks to Western Kentucky University for their help and co-operation. Also thanks to ASG for providing the initial funds to make Earth Week Festival '76 a reality.

D. Ron's Pizzarama

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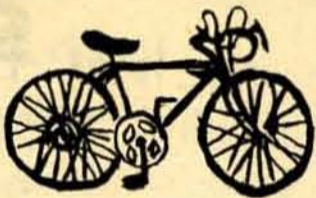
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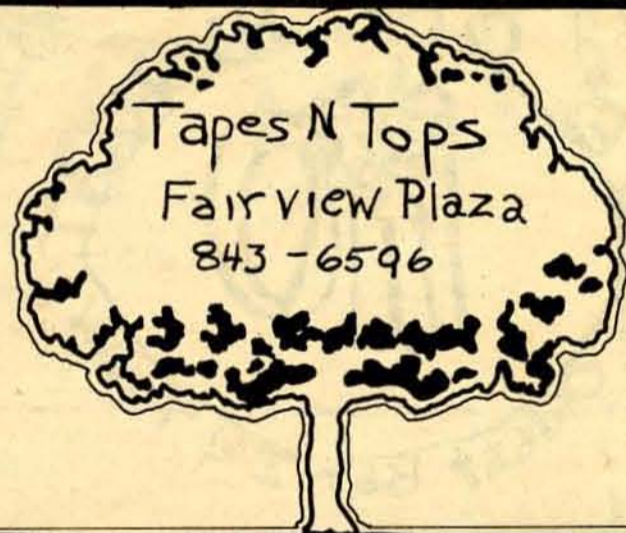
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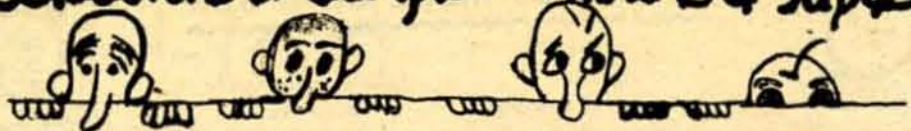
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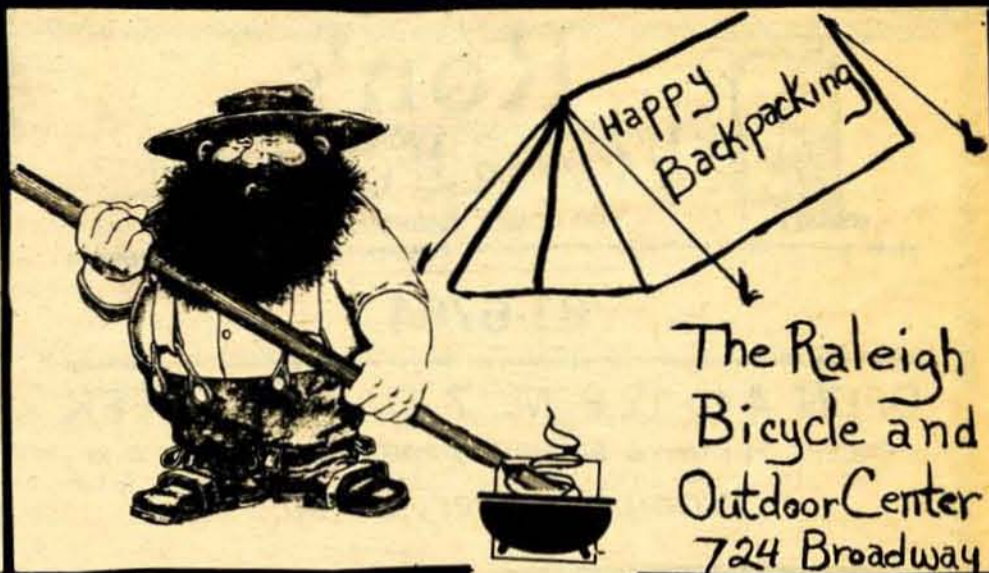
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