"It was great. There was a turtle race, and one guy whose turtle was losing, picked it up and bit off its foot and ate it."

Alice Cooper and Humble Pie on page 6
The Planets on page 3
Indians makes us squirm on page 2
Events - Television - Movies - Free Classifieds

April 12, 1973
SAN DIEGO'S FREE WEEKLY

SEALS

— Carlo Boy —

The war in Vietnam really touched San Diego. It was here that the largest number of pigs became anti-war protesters. The SDS, the Young Lords, and other groups were very active here. The SDS was particularly active in the early 1970s, and their activities were sometimes very violent. They attacked the Vietnam War draft board and other symbols of the war. The SDS also organized protests and demonstrations against the war, and they were very有效 in raising awareness about the war among the young people in San Diego.

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A PLAY TO MAKE US SQUIRREL

—Jonathan Seville—

To present our peace of mind we go to plays, music, movies and the like. Yet it is only the rarest of American lives, there are a number of those who can't find a good dinner anywhere in the world. One of them is a good dinner approximately 100 times more expensive than the price of the world. Another is the life where and it is not so much the price of the world. And then again, there are those who are satisfied with a sense of their own inner happiness, directly contrived.

Last year we have been having a sense of their own inner happiness, directly contrived. And then again, there are those who are satisfied with a sense of their own inner happiness, directly contrived.

MUSIC

A JAPANESE SHADOW PLAY

10:45 AM and 4:15 PM

TOKYO CONCERT—Before Fair. Vibe in the Fair Hall, April 5 through April 7, 7:30 PM

THE CRONY STATE, DANCE THEATRE COMPANY—Before Fair. Vibe in the Fair Hall, April 5 through April 7, 7:30 PM

JAZZ—DANCE COMPANY, DANCE THEATRE COMPANY—Before Fair. Galleria, April 5 through April 7, 7:30 PM

CLASSICAL GUITAR ENSEMBLE

TODAY—Monday, April 5, 8:45 AM and 5:00 PM

LECTURES & TALKS

JULIANA TAYLOR, CONCERTS AND DANCES—At the Library, April 4 through April 7, 8:00 AM

GREGORIO, MARIO ZINN—At the Library, April 4 through April 7, 8:00 AM

GREAT TALK—At the Library, April 4 through April 7, 8:00 AM

INDIANS

JACOBSON/MANKE, WHISKEY RIVER—At the Library, April 4 through April 7, 8:00 AM

GREAT TALK—At the Library, April 4 through April 7, 8:00 AM

THE PLANETS

THREE THOUSAND FEET CLIMBING

The clouds below were cotton: fluffy, agile, turbulent. The white-dazed squall was brilliant. I had to squint. The illusion was of a ship carving its way through multitudes of storms. After one cloud engulfing us, another Such a passage across the skies emphasizes the mystery and majesty as the phrase was used a couple centuries ago, of Nature and Nature's God.

—Karl Kasing—

I was somewhere over a great expanse of mountains. I was tired from the strain of flying out of San Diego and the hours of flying back. I was seated myself thinking about these things. The light in the window was dim. Everything was long and slow. I picked up a little speed and then drifted back, settling into a northern conformation. I noticed several clouds and it was the sign of all that quiet somberness of death. There were clouds that seemed to be causing the ship's course, and the somberness seemed to be coming from the ship itself. This was the way it usually was. Sometimes the sky would clear, and then I would start thinking about something else.

The light is still dim. I am sitting at the window, staring out into the darkness. I am thinking about what it means to be alive. The clouds seem to be moving slowly, and the wind is blowing softly. I can hear the sound of the engines in the distance. It is a peaceful scene, and I am grateful for this moment of quietness.

The sun is setting now. The sky is painted with shades of orange and pink. I am reminded of the beauty of the world, and I am grateful for the opportunity to experience it. The clouds seem to be forming into shapes. I can see a butterfly flying over the clouds, and I am reminded of the beauty of nature. I am grateful for the opportunity to experience these moments of beauty.

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MOVIES
READER'S GUIDE TO SAN DIEGO MOVIES
DUNCAN SHEPHERD

THEATER NOTES

The Emperor of the North Pole: A strange tale of a man who becomes the leader of a tribe of polar bears. Starring Mel Gibson, the film is a hit in theaters.

Putney Swope: Bob Duvall stars in this political satire about a young man who becomes the head of a major corporation.

Magnificent Obsession: A romantic drama about a man and a woman who fall in love.

The Sound of Music: A musical based on the true story of a nun who becomes the mother of seven children.

Some Like It Hot: A comedy about two men who disguise themselves as women in order to escape a dust storm.

The Madwoman of Chaillot: A psychological thriller about a woman who becomes convinced that she is the reincarnation of a dead queen.

In the Trenches: A war movie about the experiences of a group of soldiers during World War I.

The Invisible Man: A science fiction film about a man who gains the ability to become invisible.

The Man Who Came to Dinner: A comedy about a bungling journalist who is invited to stay with a family.

The Man Who Shot Liberty Valance: A western about a man who becomes a sheriff and must battle against the forces of corruption.

The Keeper: A thriller about a man who becomes a detective and must solve a series of murders.

The Fugitive: A drama about a man who is on the run from the law.

The Collector: A suspense film about a man who becomes obsessed with collecting human beings.

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THESE EVERYDAY OBJECTS

MANUFACTURERS

Shanghai

Hamburg and Shanghai

Rental

Cocktail

FOOD TO TAKE OUT

WE WENT TO

Savory RY

SIDE DISHES

FOR WEEKEND LUNCHES

LA JOLLA

415-4108

movie theatres

SOUTHERN CALIFORNIA

STANDARDS 76

The Ken

282-3303

Putney Swope

Walking Tall

Putney Swope

JOE

Follow the signs to no-service-charge checking.

Just keep it $100 minimum balance in your checking account with us and you'll never pay another service charge.

10 offices throughout Southern California.
The Prophet's Guide To Survival
In The New Age
Part I

Man's goal in life is to bring out the good and wholesome in his own brother, and to make him realize his full and true potential. Can one find truth in the going into the world with preconceived and antagonistic ideas? Won't we miss the whole beauty of what is? Often times man is afraid of the new and different, and clings to his past habits which have enslaved him for years and years. This prevents him from seeing the eternal present — THE NOW.

Man is entering a new age — the Aquarian Age — the age of truth, the age of the teacher, the age of the enlightened mind. More and more brothers and sisters are becoming aware of their own faculties, their own instruments, their own machinery of which they are becoming mechanics. Understanding our bodies and understanding what we put in our bodies is very important in this day of inner and outer pollution. Our guiding instinct has been deadened and blunted, if the body is dead and sluggish, the mind will also be dead and sluggish, you put into the body you shall also be. If you take in negative thoughts, your perception will be distorted. If you take in toxic foods, you will inevitably have a toxic body.

We have become poisoned with denatured de-mineralized white bread, white sugar, white rice, pasturized milk, canned fruits and vegetables, and frozen pre-prepared imitation foods. It is a commercial program that seeks substitute foods rather than telling the people the truth about their diet. Nature provides all that is needed for man's happiness and health.

Winter brings us an abundance of green vegetables that are free for the picking, if you know how to look. Lamb's quarters, wild onions — to mention a few — grow in the city's alleys and freely in the fields. Kale and collard greens can be grown in your own home or communal garden. These are rich in A, B, & C vitamins and have all the trace minerals. They originated in Egypt and are two thousand years old. In spring and summer we have a fresh variety of apples, strawberries, cherimoyas, pineapples, watermelons, cherries, coconuts, papayas, and bananas which can be purchased at a low reasonable price in the offbeat Mexican markets by the kilo. But oranges, apples, mangos, and avocados are positively not permitted by the U.S. Customs.

The body requires little food to live on. Fasting is the key to health and longevity. Once a week we should abstain from all foods. The body can live on fresh fruits and vegetable juice and even distilled water. Fasting is nature's way of giving man's system a total rest; the heart, the intestines, the blood system — all body functions get to take a break and kick back. It is a gradual process to get into. We blow it lots of times because of our habits of conditioned gluttony, but in the long run it will be well worth it, not only for health reasons but to prevent the rising cost of food. We should not have to depend on anyone for our food or for understanding our own mechanism which is our most precious human body.

Most people being introduced to a vegetarian diet ask, "Where do you get your protein?" Although the great amount of protein advocated is a myth, rhubarb, various grains, avocados, seeds and other foods of the vegetable kingdom are the best source of natural protein.

Meat is a temporary stimulant that our bodies have built a false addiction to. Uric acid (or Tripurin) accounts for the quick pick up a steak seems to give. It closely resembles caffeine both in chemical name and the effect that it has on the body. The solid meat takes several hours to digest, by which time the stimulant has worn off. When meat is eaten, we take uric acid into our bodies and we increase the labor of our kidneys which must in turn eliminate this toxin. We already have our own dispose and the meat just adds more. It is not necessary to kill to eat. It should be noted that most of the propaganda in eating animal foods is motivated from the cash supplied by the Dairy, Poultry and Fish packing industry which they have been promoting themselves since the end of World War II. Although most people believe they couldn't be adequately nourished without animal proteins, this protein in truth is only second handed. Animal eet vitamins and proteins directly, why shouldn't we be able to do the same? Meat is not palatable without cooking and seasoning. How many of you would freely go into a butcher shop and purchase a slice of meat and eat it immediately? Yet one would not hesitate doing so with a pear or a banana.

Why kill to eat? Is it necessary to bury the dead in our stomach? Or is it another waste, a waste of materials like that which we have defoliated our trees, polluted our oceans, smogged our beautiful blue skies, trapped our wildlife to the point of extinction — what will be next?

ALL YOU HAVE IS YOUR BODY. IT IS THE TEMPLE OF EXPERIENCE. INSIDE OF IT IS THE KEY TO ALL CREATION. GET INTO IT. TUNE IN AS A FINE INSTRUMENT, GET IT IN HARMONY WITH YOUR MIND AND SOUL.

Man is not a carnivorous animal. He is not adapted with claws with which to seize his prey or with fangs to tear and eat. His digestive system is altogether different. Only man takes for granted that he can eat anything on hand. Some animals are so particular about the kind of food they eat that they rather die than eat foods they're not accustomed and adapted to. Fortunately man is gifted with logic and intelligence and if we realize and use it, MAYBE WE CAN FIND OUR WAY BACK TO NATURE.

The PROPHET

Vegetarian Restaurant and Cultural Center
4461 University Avenue San Diego 283-7448

Tuesday through Friday lunch 11:30 a.m. to 2 p.m.
dinner 5:30 to 9:30
Closed Sundays and Holidays