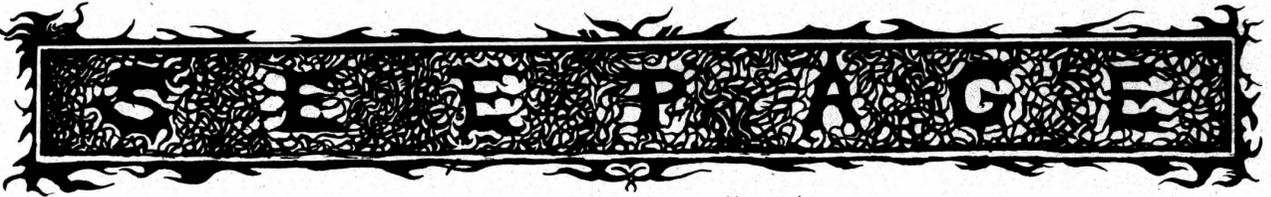


Cooper Point Journal

April 18, 1991 Volume 21 Issue 22



In Praise of the Godless
The early shoppers
already picked the best worms
from the pyramids
the ones without bruises

the atheists took to the door
looking for a landlord
but you were blowing spit bubbles
riding back and forth
on the plastic quarter horses
next to the Crystal Ice machine

You are the godless
slobs without a T-square
referees with stopped watches
latecomers that pick out an idol
like a last minute prom date
when the fear of pregnancy
stings the right patch of skin
when a bullet with a sidacar tumor
tries to parallel park between
the best words of your epitaph

Then the white knuckles of crossed fingers
consider kneeling
as you piece together glimpses of halo's and sheep
from Sunday t.v., cartoons, and candleholders
if only you had time to haggle in god's grocery
demanding a better selection
from anyone in a blue apron
demanding this god be less
that this god be sexless
G O and D less
it shouldn't be mother or father
more like a eunuch that teaches you how to play pool
nothing named after hair or skin
your best pal in the shape of a new swimmer's armband
like a blood pressure tester
squeezing life just tight enough
to sing its name for sound value

Macintosh
Knucklehead
Linoleum
the sexless lord of sex
passing out orgasms like Christmas presents
every Tuesday

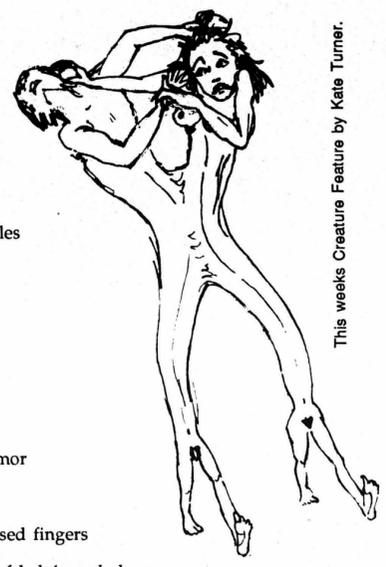
Molly McCloy

Eagles may soar
but
weasels don't
get sucked
into jet engines.

THIS WEEKS (QUASI) TAOIST JOKE:

Q: What did one octopus say
to the other?
A: "Hey Fred, wanna get
some dinner?"

Sri



This weeks Creature Feature by Kate Turner.

Namesake
I
He was too coy;
His was princely grace and a tragic heart.
His was A Name.
Our coffee shop messiah with
Eyes that met on Olympus barrel chested Gods,
Eyes that met over stained tables blooming Goddesses--
A name poised behind his eyes, a mind complete in sacrifice.
With thoughts piercing-- piercing and disrobing our shrouded world,
and he knew evil and would not sleep
nor close his eyes nor pray

We left by the back door, a fitting exit
where silent acquiescence pronounced none to exist.
"In proud silence you shall agree!
You shall for you are..."
He knew.

and of the rain jumping in the street he knew
and of the cold hand hanging limp he knew
and of the bitter eyes cursing he knew
and of the mistrust...

Being dead for twenty years how could he know
a mile was too far to walk
on a cold wet December evening
with a heart lost in explanations,
with heart lost in its loss.

II
She once held my hand.
She never held my name.
Now I must smile or starve.

and I want to sleep
and I want to close my eyes
and I want to pray...

Jean-Paul



A Cafe in North Berkeley

Imagine a world without beefat
When the C-Cold Crumbling Night Falls
To the s-s-sleeping p-pillow
Of my childhood

I do remember.

Imagine a plain cloud.
Soft cappuccino puddles obstacle the walk
From where I stand
To you
To your doorbell
To your drama.

Owl Moon

Brighter than all the city lights,
The perch neat the home--
Facing into the full moon.

Chris Chandler

Imagine a springtime
Where the t-t-tulips
Do dance to the dragon music
Coming from
My eardrum

I do hear it.

Imagine a childhood
With a ma-ma-magic
Tra-tra-tragic tale of thunder
I'm under
Can you stop it?

Imagine an express train
To the s-s-seaside of my soul.
Do you rock and roll?
Does your mother?
Are you certain?

I am certain.

There's a c-c-calling
I am f-f-falling
Like a shaman dying
I am r-r-rising
To the garden
To be lifted

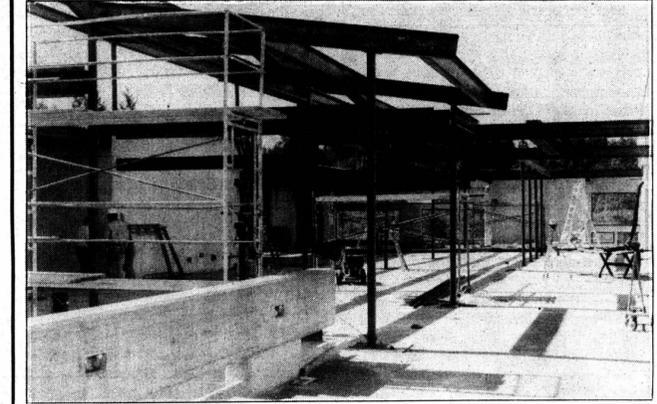
I am singing
To the season
To the Whole, of my Soul
Over Reason
I am lifted
I am gifted

I am gifted

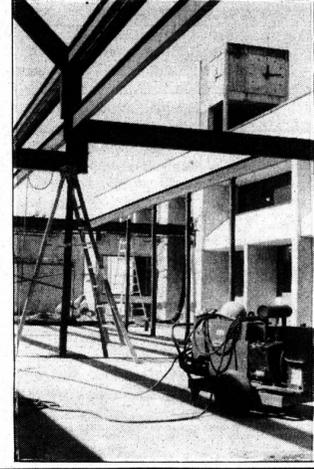


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some baw photo's to L2510.
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Skeletal beginnings



CAB Phase II construction is on schedule and within its \$1.5 budget. Students groups, the CPJ, KAOS, and S&A Administration should be moving into their new offices in September. photo by Amber Phelps



Advising Center employees wait for air test results

by Claire Littlewood

The evacuated employees of the Hilaire Student Advising Center are still located in Library 4300, awaiting results of air tests conducted in their old location, Library 1400.

According to Jill Lowe, Evergreen's Environmental, Health, and Safety Officer, Evergreen hired a private consultant, Prezant Associates to determine what the caused employee complaints. Prezant is scheduled to present their recommendations sometime next week.

"We started measuring the carbon dioxide levels in there when we first had complaints, and there were definitely elevated levels of carbon dioxide," said Jill Lowe.

Jackie McClure, Lead Counselor of

the Office of Cooperative Education said she's been suffering health problems since she started working in the Hilaire Student Advising Center in October 1989. "I was having a lot of severe physical reactions."

McClure speculated that the physical problems people were experiencing may have started as early as 1988. McClure added that it took them a while to figure out that many of them were experiencing similar symptoms, and that it may have something to do with their working environment.

Lowe said the health complaints they received from the Student Health Center varied, but they did follow a common pattern. "We received complaints of headaches, nausea, dry eyes, memory loss, and menstrual problems."

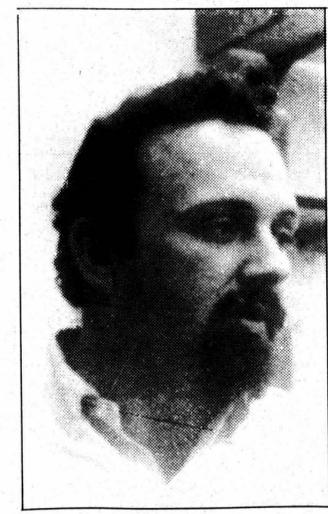
According to Lowe there have been complaints about the carpets in the Hilaire Center since they put them in years ago, so they are having them tested just to rule out the possibility that the carpets may still be "off-gassing." "It's probably got something to do with the ventilation, but I don't know."

McClure, who has been doing a lot of reading on environmental illnesses said that, "Some people have a greater immunity to it." McClure guesses that of the 20 full time employees in the Hilaire Advising Center, about a third of them were suffering similar symptoms.

"It's pretty clear it's something real," said McClure.

Claire Littlewood is a frequent contributor to the CPJ.

Student remembers Founding Faculty Will Humphreys



'Now it's too late to stop and listen to his music.'

by Edward Martin III

Will Humphreys is gone and I never heard his music.

Last year, walking downtown, I saw the sign in the window that told me Will Humphreys was playing jazz at Barb's. I felt like going in. I really did. Not only was he my faculty that year, but I know there's a magic to live music that is totally absent in recorded music and I enjoy feeling that magic. But I had other things I wanted to do and I did them instead. So now, when it's too late, I wish I had stopped. I wish I had gone in, sat down and listened to him. But I didn't and now I don't know what his music feels like and I won't be able to find out.

I really wish I had stopped and listened.

Edward Martin III was a student of Will Humphreys in Data to Information, 1989-90

The last supper



Friday April 12 was the last day dinner was served in the Greenery. A hot dinner will now be served in the Deli from 4:30 to 6:30 pm Monday through Friday. The change was made because only 6-20 non-EF students were eating dinner in Greenery, according to food service manager Bill Hoffman. However, the Greenery dining area will remain open until 7 pm Monday through Friday. photo by Amber Phelps

Senate votes to eliminate Labor Center

by Claire Littlewood

It's budget time in the Legislature, and funding for the Labor Center on campus is in jeopardy. A budget passed by the senate would eliminate funding for center.

"We're the least funded labor center in the states, no question about it" said Helen Lee of the Labor Center.

According to Lee the Labor Center currently gets \$100,000 from the State of Washington, "and that just pays for two salaries and xeroxing."

Evergreen's Labor Center founded by Joe Olander and Dan Leahy, has been in existence at Evergreen since 1987.

Lee said the Labor Center was formed from a vision since there's been such an assault on the working people. "It's the only place where working people have space to stop and think about their position."

The Labor Center offers many educational programs focusing on the history of the Labor movement, economy, and organizing. Lee feels much can be learned from examining the past.

Although Lee speculates that Labor unions are losing membership by about 1% in the workforce every year she still thinks they are the social voice for the working people.

As for the potential loss of funding from the State of Washington Lee says, "The fight's not over. We're right in the middle of it." And if they lose the battle, "It's like one more old nail in the coffin for the working people."

Without people like Claire Littlewood, the CPJ would consist of blank pages.

Annual Festival celebrates medieval life

Heraldry, scribe crafts, needlecraft, cooking skills, dancing, archery, armored combat...



Above: Squire (now Duke) Fergus Fights Sir Edward Ian Anerson. Right: Squire Fergus Fitzalan brandishing a sword. photos courtesy Kathy Allen by Kathy Allen

On the weekend of April 27-28, the shire of Glymm Mere will hold its tenth year of Mayfaire Medieval Faire and Tournament. It will be held this year at Summit Lake. The public is welcome Saturday through 5 pm. There is a site fee of \$4 a person, less for children under 12.

Glymm Mere is the local branch of the Society for Creative Anachronism (SCA). It began when a student at Evergreen, interested in the Middle Ages and in Gordon Beck's program that was then studying that time, put on a fair and contacted people from the SCA to help her put it on. At that time, the group was known as Everclear, though the name of the group and the individuals involved have changed over time.

Glymm Mere has been involved in many events in the community and at TESC over the years, including participation at many Super Saturdays and demonstrations of medieval life and times for academic programs. Indeed, for several years regular combat practice was held on campus (though it is now held at Garfield Elementary School, in West Olympia). Individuals are always welcome to participate, studying and learning more about heraldry, scribe crafts, needlecraft, cooking skills, dancing, archery, armored combat, and more.

There are often three or more events annually that attract SCA folk from throughout the northwest, one of those events being the Yule Feast in December,

another being Mayfaire near the first weekend in May, and another being Summer Seafood Feast sometime in July or August. Other events have been held occasionally.

At Mayfaire, there are plans for a Dragon Hunt (especially of interest to young folks who will answer questions in order to get clues leading to the location of the prize), possibly pole dancing, and entertainers contest, at least one archery contest, combat with a prize not only for the victor but also for the most chivalrous combatant, and other events that will occur spontaneously. Merchants are expected from throughout the northwest to sell various goods; there will be an inn selling food and drink, and in the past merchants have sold porcelain dragons, fabric crafts, leatherwork, and much more.

While no reservations are needed, should you have any questions or concerns, please feel free to contact the co-autocrats:

Her Ladyship Gwendolyn Fitzalan (Wendy Edwards), 754-8466 before 10 pm, or

Her Ladyship Caitlin a'tuath (Kathy Allen), 943-2224 before 10 pm or x6180 through the weekdays.

Kathy Allen works in Registration and Records.

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South African leader takes apartheid apart

EVERGREEN--Chris Hani, the highest ranking leader of the African National Congress to visit the United States since Nelson Mandela, and the Chief of Staff of the ANC's military wing, Umkhonto we Sizwe (Spear of the Nation) will speak at Evergreen Thursday April 25, 2:30-4 pm in Lecture Hall 1.

Hani has played a central role in establishing negotiations with the government and building the ANC into South Africa's leading opposition party.

He has also played a pivotal role in the decision of the ANC to suspend armed activities during the talks.

Hani's talk, titled "Taking Apartheid Apart," will discuss the latest progress as well as major remaining obstacles such as the continued trials of political prisoners, ongoing violence, and reluctance on the part of the government to agree to an elected constituent assembly that will draft the constitution for a democratic South Africa.

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Is your cervix safe?

News Release

The continuing decline in cigarette smoking in America has been good news, although some groups remain unaffected by the trend, most notably teenage girls, who are still smoking in record numbers. The health risks of smoking--such as lung cancer and heart disease--seems remote to most teenagers, who may promise themselves to stop smoking before such catastrophes overtake them. But evidence is mounting that smoking may also place young women at risk for cervical cancer, a disease that can strike them in their twenties or thirties. Though this form of cancer is among the most curable if detected early, it can threaten a woman's ability to bear children, as well as her life.

How can smoke in the lungs affect the chemistry of the cervix? In 1977 Dr. Warren Winkelstein of the University of California at Berkeley hypothesized a connection between cigarettes and cervical cancer, because the type of cells lining the bronchial tubes, which are most susceptible to the cancer-causing elements in smoke, are also found in the cervix. Although female smokers have a higher incidence of cervical cancer than non-smokers, many experts believed that the connection was incidental--that is, they thought smoking simply went along with other risk factors for cervical cancer, such as multiple sexual partners or sexual activity at an early age. And, indeed, cervical cancer is still not listed by the government as being promoted by cigarette smoking.

However, nicotine and cancer-promoting agents in cigarette smoke travel through the bloodstream to other parts of the body and recently have been detected in the cervical secretions of smokers. A study undertaken at the University of Utah School of Medicine in Salt Lake City even implicated passive smoking (sidestream smoke, inhaled from the air) as a promoter of cervical cancer, particularly in large doses in closely confined environments, such as the home,

and in women who are nonsmokers themselves. Most researchers, however, are not ready to accept this evidence as definitive.

Another factor in cervical cancer, besides sexual activity at early ages and multiple sexual partners, is now thought to be the presence in the cervix of human

Smoking becomes interactive with all these cancer promoters, and the risks progress geometrically.

papilloma virus (a sexually transmitted virus that also causes genital warts). Smoking becomes interactive with all these cancer promoters, and the risks increase geometrically. Ironically, therefore, the effects of smoking show up most clearly in women with no other risk factors for cervical cancer--namely, those who don't have genital warts and don't become sexually active early or don't have more than one partner. It's in just these women that researchers now most clearly see the adverse effects of smoking. In the same way, the risks of passive smoking show up most clearly in women who don't smoke.

Whatever future research may reveal about cervical cancer and smoking, young women shouldn't start smoking and shouldn't wait to quit. Studies show that after two years, a former smoker's risk of cervical cancer is equal to a nonsmoker's. Young women should start getting annual Pap smears (which can detect abnormal precancerous cells) at age 18, or earlier if they become sexually active. If three smears are normal, screening may be done less frequently, depending on the woman's risk factors and her doctor's advice.

Reprinted with permission of University of California, Berkeley Wellness Letter, Health Letter Associates, 1990.

AIDS Brigade

Doug Smith

by Doug Smith

Twenty percent of AIDS cases in the United States are people age 13 to 29, and that number is too high according to the organizer of a conference on AIDS and adolescents. This increase of AIDS cases has closely followed the total population of these ages, according to the census bureau, a major danger signal.

The growing urgency to meet the challenge of education head-on is why Suzanne Hidde organized "HIV/AIDS and Adolescents: Meeting the Challenges," a conference designed to educate youth service providers like shelter counselors, health care workers, and peer advisers. Hidde hopes that this conference will act as a "springboard" to get people interested in peer education.

Hidde believes that there is an adequate "knowledge base," especially in Washington, although more information is always necessary. Hidde says she's not sure how the community is doing beyond that. One of her stated purposes for conducting the conference is that she wants to apply that existing knowledge, in the form of education, outreach, and issue-oriented discussion. What better way to do this than speaking to those that have the most direct contact with the general public.

Hidde, Regional AIDS Education Coordinator for Region VI AIDS Services Network, emphasizes the need for educators to be people that students can identify with. As she puts it, yes, the number of cases is disproportionate, but, "a lot of it has to do with health care availability." Further, different cultures often have extreme differences, requiring the same sensitivity as, say, political issues. She continues: "It's important to be aware of cultural differences, and to take them into consideration, and to really celebrate it."

This shift in emphasis away from risk groups is not meant to detract from the fact that there are groups that require greater attention, but rather to emphasize

education. The day of speakers and workshops, geared to teach those who are in advising positions, is the first of its kind in region six, covering southwestern Washington. Thurston and Mason counties sponsored a conference covering many of the same topics, but aimed at, and partially produced by, adolescents.

Doug Smith wants everybody to know that tupperware party-style, safer-sex workshops are available to the public. They're a lot of fun, and really informative. Call Nancy LaMusga at the Olympia AIDS Task force, 352-2375, for more information.

"HIV/AIDS and Adolescents: Meeting the Challenges" will meet Thursday, May 2, 1991 from 9 am to 4:45 pm. Registration is \$25 and includes lunch. You must register by April 19. For more information call Suzanne Hidde at 352-3664.

AGENDA

- 9:00 Check-in/coffee
- 9:30 HIV/AIDS--The impact on adolescents, Charlie Price
- 10:15 Panel--Teens infected and affected
- 11:00 Break
- 11:15 Adolescents and Sexual Orientation, Maureen Considine
- 12:20 Lunch (Address: Dr. Mimi Fields)
- 1:45 Concurrent Workshops: Why aren't kids scared to death about STDs?--Maureen Considine
- Chemical Dependency Connections --Esther Trulock, Rebecca Cabbage
- Practical Approaches to Education--Charlie Price
- 2:45 Break
- 3:00 Cultural Perspectives--Reality issues and Behavior Change, P. Catlin Fullwood
- 4:10 Clallam County Teen Task Force Play--"Positive"
- 4:30 Evaluation/Closure

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R
T
S</p> | <p>The MAC FRAMPTON TRIO
Tuesday, Jan. 28, 1992
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Forum

United States not morally superior

by Sheila Payne

"They Make Desolation and They Call It Peace" Tacitus 84 a.d.

We call them "collateral damage." We turn away from 100,000 once living, hoping, dreaming people that we slaughtered by making them faceless. We reconcile the tragic, unfortunate killing of our own by calling it "friendly fire." What do we say when we hear of the millions made homeless, the hundred thousand wounded, the babies starving, people afflicted by fatal illnesses because there is no potable water? "That's war." If we hear at all.

Where are the photos, where are the images of the utter destruction, the refugees frantically fleeing the ultimate nightmare, apocalypse? Death raining all around, relentless.

Copries rotting, no one left to mourn. Wailing. Where is our image of a child running down the street with her flesh burning that we have forever napalmed into our brain, a legacy of Vietnam? Where is the reality. Will our children now believe that our swift victory validates military might over reason? Annihilation over negotiation?

Who are we to claim moral superiority when our grief is limited to those who share our ideology and borders. As soon as the war began the debate about the morality of going into this war ceased. Success was equated with proving the moral rightness of our actions. We gloat in our "victory," but just as this war depleted our economy it bankrupted our moral righteousness. This massacre was not a football game so why

are we making like cheerleaders with our tattered yellow pompoms? The justification for bombing the cradle of civilization into ruin was to limit U.S. casualties.

Did the U.N. resolution calling for expulsion of Iraq from Kuwait authorize destroying the whole infrastructure of the country, leaving the survivors without water power, sewers, shelter, food? Saddam may have had it coming to him but the people of Iraq certainly did not. They did not elect Saddam, and they were reluctant at best to follow him to the slaughter.

We can all agree that the invasion of Kuwait by Saddam was a brutal act on the people of Kuwait. I would suggest to you that Saddam thought he had the Bush administrations blessings. What turned him from a most valued trade partner and ally against Iran into the Butcher of Baghdad? Had his pattern of behavior changed?

We continued to finance and arm Saddam while he committed mass murder against the Kurds and others. When the world community cried out in alarm, Bush squashed any attempts at reprisals. Where was our moral indignation then?

As late as last July the Democrats were concerned about Hussein's rising claims on Kuwait, and passed a bill calling for economic sanctions against Iraq to warn Saddam off. The White House gutted that effort and 5 weeks later Saddam invaded.

Does the U.S. government have any right to morally judge Saddam? How was the invasion of Kuwait different than our

invasion of Panama? The U.S. vetoed 2 U.N. resolutions condemning our invasion. Did we have any regard for national sovereignty in Libya, Grenada, and during our decade of involvement in Nicaragua and El Salvador? During the distraction of the Gulf War our government gave 42.5 million more tax dollars to the Salvadoran government. At the same time a helicopter went down there; leaving more dead U.S. soldiers in yet another war. The U.S. armed and financed Israel's invasion of Lebanon in 1982 and we continue to send massive U.S. aid to Israel in spite of their continued military occupation of the West Bank and Gaza strip--land internationally recognized as belonging to Lebanon, Syria, and the Palestinians, also in defiance of U.N. resolutions condemning this military occupation.

How can we be willing to spill American blood and gut American resources over one military occupation and not even be willing to acknowledge the other? Our taxes continue to pay for torture and repression in Turkey and Saudi Arabia, our illustrious allies. So much for the credibility of a "New World Order" under the control of the U.N.

Was this Vietnam redemption, or Panama revisited? Find a weak Third World country, demonize its leader, inflate its military prowess, send in the troops, keep out the press. Remember all of the alarm about Iraq's military might; they staged one offensive campaign, how pathetic. Why did Bush continue to bomb Baghdad past February 27, after the forces in Kuwait were routed? Did we

need to bomb the retreating Iraqis? Did we need to relentlessly bomb the only road out of the country, "regrettably" killing the fleeing civilians?

Did the U.N. mandate include engaging ourselves in the civil war raging in Iraq now, by shooting down their planes? What did these acts of aggression have to do with our stated intent of getting Saddam out of Kuwait? Why couldn't we afford to negotiate withdrawal? Bush had to forcibly extricate Saddam to relegitimize military expenditures, and to secure U.S. dominance in the region.

Every country that we have successfully invaded/liberated we have kept a military presence in or installed our own head of state. How can we dictate our democracy to the world and give it despots like the Shah of Iran? So is the war over? When will all of the 500,000 be home? The U.S. is only now removing troops from Europe, 50 years after WWII and we still have 50,000 troops in Korea.

I invite you to express your opinions publicly, and to join with others that are trying to effect long term changes in our country's foreign and domestic policies. I am part of the "Olympia Movement for Justice and Peace, our next event is Saturday April 20, when Riyadh Khouri, the national coordinator of the Palestine Solidarity Committee will be speaking at T.E.S.C., Lecture Hall 3, 7:30.

Sheila Payne is graduate of Evergreen.

WashPIRG should live by natural selection

by James Egan

I've hated Evergreen's chapter of WashPIRG for some time now and I think this statement is long overdue.

First off, for an environmental group, they produce more litter than any other campus group with their glossy posters, posted every ten feet. It doesn't matter that they say "printed on recyclable paper," all this means is that they've taken garbage from elsewhere and recycled it into garbage here.

Some hippie has taken the time to go over every poster and scrawl "Free Pizza" with a marks-a-lot. This is in an attempt to bait night-be members. The reader thinks, "Gee, I don't like WashPIRG that much, but if I sit through a few hours of it, I'll get free pizza." Makes me think of time-share condo sales pitches.

And where do they get all this money for free pizza, and hundreds of expensive bi-color posters to litter about campus? They get it from you, students, who by not filling out waivers against donating \$3.50 to their group, give them over \$10,000 a year to spend on trying to keep their group alive.

In spite of their advertising to combat all "politically correct" problems, from homelessness, to air pollution, to anything else that might seem to lure more members, I don't know exactly what this group does. Their CPJ articles don't describe much of what they've done (though I found one that said they were rummaging through garbage a few weeks ago. I don't know if they were trying to find recyclables, experience homelessness, see what a landfill feels like, or if they

by E. Robert Wirsling

were attacking some other world problem.)

Anyway, I'm sure they do something commendable. I attended a few of their meetings last year in the hallway of the Library building, and as promised, I did get free pizza. But all I remember us doing was tying cans together in a skeleton-like fashion, then hanging them by its neck from the clocktower.

I guess the point of this is that I think groups should live by natural selection. If Evergreen's WashPIRG is hard up for members, baiting them with pizza and unrelated issues sure to draw from all crowds, and defacing this campus with their environmentally-hazardous posters, they should be discontinued. The money students give them goes nowhere productive, except to Brewery City Pizza, which isn't really productive because they just stopped delivering "Evergreen Specials," and have raised their prices to be less competitive but more profitable, giving in to the capitalist trend of this nation.

So when school rolls around in the Fall, be sure to fill out your WashPIRG donation waivers! And don't forget to sign them, because if you don't they might assume that somebody was illegally trying to save you \$3.50. Spend your money on something you can really sink your teeth into, like half of a Brewery City small pizza. And of course, continue to recycle cans and bottles and newspapers and even plastic containers.

James Egan is a student at Evergreen.

THE STRAY DOG SITUATION AT EVERGREEN:



Stray dogs illegal, annoying

by Gary Russell

I'd like to take this opportunity to remind pet owners of the college policy that prohibits dogs on campus except when on leash--and the leash is in the hand of an owner/handler. Security is having to respond to a substantially growing number of complaints about uncontrolled dogs on campus, and the problems they cause.

Therefore, dog owners should understand that if a dog is caught, there will be a fine of \$35-\$60 they will have to pay to Thurston County Animal Control before the dog is released. If the

owner is cited for a dog at large violation or if the dog snaps at or bites someone additional fines will range from \$50 to \$250.

So, to avoid this kind of financial impact plus the hassle of having to go downtown to reclaim your dog, and to stay on the right side of the pet regulations (which are there to support other people's rights not to be annoyed, disturbed, or in some cases, severely frightened) please don't bring your dog on campus.

Gary Russell is Evergreen's Security chief.

Any depiction of Hitler offensive

by Les Purce

In their purest embodiment, the ideals that Evergreen has always represented enable us to foster the free exchange of diverse opinions and ideas; to encourage argument without adversative behavior; to reward creativity and collaboration while discouraging unhealthy competition; and to reject the conformity that so easily stifles intellectual, emotional, and cultural growth.

Most of us know how fortunate we are to be part of this environment. We know that it is not only rewarding, but also rare to live and learn in ways that help us understand the relationships among seemingly diverse disciplines, cultures, and sources of information. We know that our lives are enriched by the mind- and knowledge-expanding opportunities that Evergreen presents. Perhaps that's why we take such things

as insulting language and offensive images so seriously.

A number of flyers found posted around campus recently depict Adolph Hitler with the caption, "Vegetarian of the Month." While its meaning is ambiguous, I find the poster extremely offensive simply because any depiction of Hitler, with the fascism and horror that he represents, is repulsive and inappropriate.

Whatever the intent, I hope whoever is posting these flyers will come to recognize them for the offensive and abhorrent displays that they are. What they represent is no laughing matter. While we will never attempt to prevent or censor such expressions, I believe it's important to let our disgust and dismay be known.

Les Purce is Evergreen's interim president.

Labor center balances democracy

by John Thorne

The business world is not just a world for the owners of businesses, for they could not create or sell their products and services without those who are a part of the labor force.

It is a tragedy that practically all colleges and universities across the country have "business schools," but only a handful have "labor schools." Failure to have labor instruction is to create one-sided education, surely not the goal of those who believe in democracy. We are fortunate that one of the very few labor institutes in existence, an outstanding one having national recognition, is located at the Evergreen State College.

The Washington State Senate, controlled by the Republican party, has now produced a budget that would eliminate Evergreen's Labor Center. This is a clear case of "biting off one's nose to spite a face," for to destroy such a successful educational tool for thousands of people who benefit from the Center is to turn people away from the legislative process, to have them give up on legislators who want to make education in our State one-sided rather than strengthen it for all citizens.

I hope those of us who are just as much a part of keeping businesses operating as are the owners, will make it known to the Washington Senate and House of Representatives that we need to keep our Evergreen Labor Center.

John Thorne regularly contributes to the CPJ.

Student Art Zone working toward diversity

by Garth Colasurdo

Participation. Involvement. Diversity. Each of these words were mentioned in my previous letter about the Student Produced Art Zone. However, it has occurred to me that there is misunderstanding about what our organization does and what I was asking for. For the most part our organization is referred to as an art gallery (or zone). A place where we present student art. As a result, participation, involvement, and diversity seems to apply only to students with art work.

But showing work is not the only way to get involved. There are many projects outside the hanging of art that can be worked on. We can always use help to organize shows, speakers, discussions, or trips to galleries and museums. We often co-sponsor events, but we would like to co-organize events too. We want to get involved in the greater community.

The gallery space can be used by all students for the communication of their visual exploration, whether it is art work

in the traditional sense, or a visual presentation or documentation. If you, as an individual or as a group, are interested using the CAB cases, please feel free to tell us and organize your own show. Ultimately we would like to be a resource center for artists, rather than just a revolving display case.

questions are: no. We would like to display anything that is visual in nature, but for the most part we rely on those students who are in the various art programs. Unfortunately the size and formats of the cases limit what we can show, and our outreach is mostly word of mouth.

Often we can not display people's work because we simply do not know which way it is up. If the artist can not be present at the installing, a card with the artist's name, address and phone number, along with some idea as how to display the piece would help. That is the least an artist should do for their work. Especially if so much care went into its making.

If you have an idea or a suggestion come to the office in Library 3212 and talk to us. We are truly interested in your projects.

Garth Colasurdo is a SPAZIC volunteer.

difficult than they are. Our faith, though, rests on the energy of students who get involved.

I would like to thank Hui Cha Le and Terry Waugh for installing their work in our latest show. It is a great encouragement and experience to work with people who care enough about their art to oversee its presentation.

Generally the answers to these

ART OPRESSES MAJORITY STATUS

HE WHO SHEARS THE SHEEP, GETS THE WOOL!

AMERICAN PUBLIC

HE WHO SHEARS THE SHEEP, GETS THE WOOL!

AMERICAN PUBLIC

Just the President



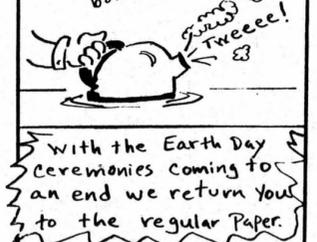
we interrupt this section of the Paper to bring you a STUNNING report.



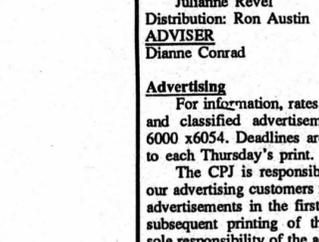
IN Celebration of Earth Day President Bush has dressed himself as the goddess Tahini and is performing the dance of the fig tree on the White house lawn...



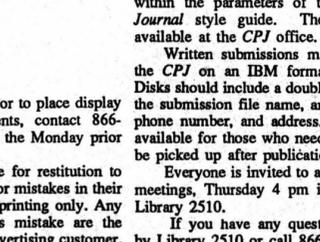
Holy SMOKES... IT appears... Yes... Yes... He is definitely trying to recreate the birthing Ceremony of the Cosmic Mother...



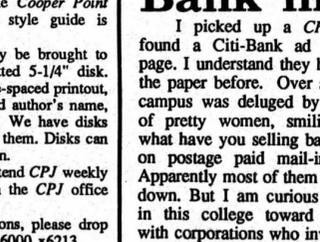
And Dan Quale seems quite Content in his role of the mid-wife



waters hot, sir... shall I boil it again?



with the Earth Day ceremonies coming to an end we return you to the regular Paper.



VOLUNTEER... The User's Guide... Submission deadline is Monday noon... Response: Bank insert not necessary

Arts & Entertainment

Pop music like Bill Cosby sweaters

THE BUTTHOLE SURFERS
PLOUGH (CD)
ROUGH TRADE RECORDS

by J. Renaud

I imagine Gibby's brain shivering in a stainless steel pan. Miller Lite cans half crushed and dogs laying around, electrical equipment in the rear room, candle wax in the rug, papers and a large metal funnel. The cool desert air seeps through old farmhouse floorboards. Left somewhere in west Central Texas, communing with microwave spirits, frightening the postman, they came up with another record and it goes like this. Noodling around in the studio late at



...communings with microwave spirits frightening the postman, they came up with another record and it goes like this.

swimming in margarine and an Amiga 5000 all swirling. Telephones, fire sirens, aimless foghorn cellos, bells and whistles, samples of symphony, charming as cat shit in your shoe.

Gary Shandling overloads the circuitry, wrapping it back onto itself, a giant and ungainly spiral of local sarcasm. Donovan guest appearance, bits

shared experience is often a powerful experience. Gibby pale and nekkid sweaty incubus, a bit of infected virtual reality, stinky but still sexy, flopping about on the living room floor and having some sort of fit just when mom walks in the door. Some sort of mysterious witchy ceremony to compensate for Donnie Wahlberg.

Is this the rock monster of *PCP Pep?* Or the strange meditation of *Cream Corn in the Socket of Davis?* No. Is it contrived and muddled and still pretty cool and unfinished and commercial and way 1985? You bet.

I think this recording was about nine bucks, but I suggest you call KAOS late at night and beg for the total CD experience in one dosage, with nice 15 second break to flip your tape.

J. Renaud stays up late, late, late at night.

Country, rock, blues, new age - Mark does it all

by Sylvia Darko

Mark Canfield, a former Evergreen student, plays the Blue Heron Bakery, 4935 Mud Bay Road, on April 26 at 8 pm. He is a member of the Olympia Live Music Society, a non-profit organization formed to promote local musicians and songwriters. The OLMS sponsored his last show at the Asterisk and Cheese Library, on April 4th.

Mark has performed regularly at local coffee shops and pubs for the last two years. His music has attracted a faithful and highly eclectic group of supporters. "I have some good friends in Seattle, San Francisco, Boston, and Washington D.C. who are all trying to help me out by giving out tapes of my music and talking about me," he says. "I'm really very lucky, with all the support I've received."

Mark began composing music seriously at the age of 14. His material includes many different styles, from blues and country to rock and "New Age," he seems to have found his niche in the folk music scene. "I prefer the acoustic approach," he says. "Piano and 12-string guitar are my favorite instruments." He also plays trumpet, recorder, harmonica, and anything else he can get his hands on.

The subjects in his songs include: child abuse, political protest, the environment, and relationships. He has performed at Carnegie, The Columbia Street Public House (and its old incarnation as the Rainbow Restaurant), Illusions Book Store, The Jurassic Cafe, The Urban Onion, The Antique Sandwich in Tacoma, and at benefits for the Fellowship of Reconciliation in Olympia and Seattle. He will soon be releasing a tape available through Victory Music, The Olympia Live Music Society, and local music stores.

Sylvia Darko is a fourth-year student at Evergreen.



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Womens' issues addressed

The Women's Center is sponsoring a noon lecture series to be held on Wednesdays in Library 3500 at 12 pm till 1 pm. Everyone is welcome, bring your lunch. The first lecture will be on Wednesday, May 1.

May 1-- Linda Baker, "Spiritual Alternative to Abortion"

May 8-- Barbara Gibson, "Feminism and Bi-Sexuality"

May 15-- Nancy Koppelman, "Are Anorexics on Hunger Strikes?"

May 22-- Alan Nasser, "Politics of Gender and Sexual Identity"

If there are any questions please call the Women's Center at 866-6000 x6162.

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Includes Reception with Performer at 6 pm
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Tickets are available at the Ticket Office, Yenny's, Rainy Day, The Bookmark, The Great Music Co., or call 753-8586.

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Presented by Olympia Washington State
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Special accommodations are available to persons of disability.
Please call the center to make arrangements.

Michael Hutchence, milk of magnesia, fun.

by R.J. Nesse

Expensive music perturbs my soul. As a person who is frugal, I rebel against the newly released, overpriced \$10.95 tape. As a person who is financially insecure (poor, to readers who don't speak governmentese), I can't afford a \$16.98 compact disk. What then, is a musically inclined plebeian like myself to do?

My affordable alternative has been found in the cardboard crates of frequently found "Best Buy" tapes. You know the ones I mean; they often flank the cash registers at music and book stores, or have their own little area in drug and hardware stores. Country, Classical, Jazz and Rock 'n Roll, all at affordable price.

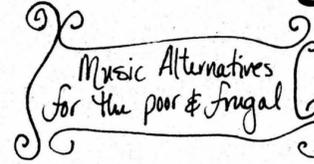
"Good music" is timeless, right? Therefore, if it was good when you were two, or twelve, or twenty-one... it will

still be good now. Yet the selection process is still tricky; the tapes are old and most are negligibly publicized. This column is dedicated to appraising these "Best Buy" tapes.

Just because you're cheap, you don't have to listen to the desolate sound of silence. (Though I would suggest you purchase *Simon and Garfunkel's Greatest Hits* if it can be had for under \$4... but that's another story.)

VARIOUS ARTISTS
DOGS IN SPACE-MOVIE SOUNDTRACK
ATLANTIC RECORDS 1987

Some original, some remade, all classic, yet most updated, these searching Australian punk songs mulch into a blend (of the most sorted sort of punk) I've heard in a long time. Here dogs and love, there sex and sweet stories to sleep



by; all in all, a worthwhile essay.

The "Dog" theme the album opens with is unfortunate. Ignore it if you can.

After the displeasing dogs we find "Love will get you like a case of ANTHRAX and that's something I don't want to catch..." Gang of Four are children of the stereo generation. Unnamed vocalists chime from left to right ear, reminding you that love is hell. After a snippet interlude with Brian Eno; Bang-- we launch into: "True love is BUUEATIFULLLL, true love, oh

everything's cool. / True love working out, true love's what it's all about..." The song holds a Beach Boys/Beatles bebop baby grip on your heart. The juxtaposition of the two ideals screams for attention, and got mine.

"Shivers" is a shallow rock ballad that Meatloaf, if he has not already, will someday remake. The song itself is no gem. Yet, because of its mediocrity, it bends well under the weight of a heavy vocalist. (That is NOT to say that Meatloaf is a "heavy" vocalist, but he does try.) Two versions of "Shivers" grace the flip sides of *Dogs*, Nick Cave on side A and Marie Hoy on side B; both are worthwhile attempts which work for different reasons.

"Diseases" and "Pumping Ugly Muscle," performed respectively by Thrush and the Cunts and Primitive Calculators are to be respected for their abhorrence of all things normal and their throbbing sexual security.

Michael Hutchence's pleasant, probing, serenely non-sexual, and politically correct bedtime story refuses to carry the musical theme of the sex demons who precede him. Thankfully this happy story is strong enough to stand on its own. It all begins when "The Green Dragon" gets indigestion and nausea from all the unpleasant people in the world. His chemist prescribes milk of magnesia. If only all of life was so simple. The ending of the story is worth the price of the tape (I paid \$3.95) and more.

"Endless Sea" and "Rooms for the Memory" both belong on the *9 1/2 Weeks* soundtrack... but that's yet again, another story.

The cast of carolers that compose the "Various Artists" on *Dogs in Space* are: Iggy Pop, Michael Hutchence, Ollie Olsen, Gang of Four, Brian Eno, The Marching Girls, Boys Next Door, Thrush and The Cunts, Primitive Calculators, and Marie Hoy and Friends.

Are you as cheap as R.J. Nesse? Prove it. Drop off "cheap find" stories and requests for reviews in the CPJ offices, Library 2510.

Stop Rape - Be Safe

CrimeWatch is available to escort individuals across campus during the evening hours.

As Spring approaches and people stay out later, strange things can happen that you never envisioned. *CrimeWatch* volunteers are happy to accompany you to your room, car, friend's place, computer center or even just down to the Branch. Call us for that added comfort and safety.

Female Volunteers Desperately Needed!

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Call today for your 2 hour shift once a week!

Call 866-6000 x6140 for an evening Escort.

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Arts & Entertainment

Olympia community celebrates Earth Day

(All events are to be held Earth Day, Saturday, April 20 at Olympia Center, except where otherwise noted.)

10 am-- Opening Ceremony at Percival Landing, with Joe Kalama, Nisqually Tribal Member, Olympia Mayor Rex Derr, and Christine Gregoire, Director of the Washington State Department of Ecology, followed by a tree planting

11 am-- "Sustainable Community: What's It All About?" Room B/C, with Mike Grady, Planner for the Washington Department of Community Development.

Biodynamic Gardening: Washington Tilth, Room 103

11 am-4 pm-- Environmental Videos, Local and Global, Rooms

KAOS KAOS KAOS KAOS KAOS KAOS

Tune in to the First Peoples' Coalition radio hours, each Friday, from 4 - 7 PM, as Annie, Maria and friends bring you news, music and public affairs programming from indigenous peoples worldwide.



Friday
5 - 9:30 AM Dancing Barefoot - variety & suchlike
9:30 - 10 AM Second Opinion with Erwin Knoll - interview
10 AM - 1 PM MOUTHING Off - call-in public affairs
1 - 4 PM The Rhythm Rug - R & B, rap, reggae
3:15 - 3:45 PM Crossroads - multi-cultural public affairs
4 - 7 PM First Peoples' Coalition - Native American & more
7 - 10 PM Bring the Noise - rap to the max!
10 PM - 12 AM Outernational/Synergistic Roots - reggae
12 - 2 AM Borscht Circuit Radio - techno-folk
2 - 4 AM Cream of Broccoli - soup to nuts

Sunday
7 - 10 AM The Classic Hick - classical and more
10 AM - 1 PM Sister Sound - women's music
1 - 3 PM Hands on the Dial - new programmers on the air
3 - 5 PM EOC's Foundation Gospel - feel the spirit!
5 - 8 PM Gyrimbo Sessions - Afro-Pop & world beat
8 - 11 PM The Beat - goes on
11 PM - 1 AM Keep This Frequency Clear - rap, R & B
1 - 3 AM The Festering Umlaut - punctuating rock 'n' roll

Monday
5 - 9:30 AM Notes from the Underground - folk & variety
9:30 - 10 AM New Voices - news & public affairs
10 AM - 1 PM Kaleidoscope of Sound - world music
1 - 3:30 PM Soap & Dog Bones show - world beat
3:30 - 4 PM New Voices - news & public affairs
4 - 6 PM Ritmo y Mas - salsa

101-102.
Environmental Exhibits, Eco-product Displays and Demonstrations, Room A and Hallway.
Noon-- Lunch: Olympia Food Coop, Blue Heron Bakery (Olympia Center), and Farmer's Market.

Music by the **Ceramic Earth Things**, Room B/C

Noon-2pm-- Storytelling by the **Olympia Storyteller's Guild**, Room 103

12:15 pm-- **Earth Day Bike Ride** begins

12:30 pm-- **"Sustainable Shelter: New Ways of Living,"** Room B/C, with Chris Canfield of the Cerro Gordo eco-village in Cottage Grove, Oregon, Paul Fischburg of the

Seattle Co-Housing Project, Patrick Mazza of Portland Green City Vision, and Pete Swensson of the Olympia Planning Department.

2 pm-- **The Colossal Bicycle-Bus Tow**, down Columbia Street.

2:15 pm-- **Music**, Room B/C

2:30 pm-- **"Minimum Impact Energy,"** Room 103, with Dick Watson of the Washington State Energy Office, Tom Casey, PUD Commissioner for Gray's Harbor County, and Lyle Tribwell of the Tacoma City Light Conservation Department.

3 pm-- **"Earth-Friendly Transportation,"** Room B/C, with Jerry Parker of the Washington Department of Ecology, Carl Wilson, Senior Transportation

KAOS KAOS KAOS KAOS

& samba
6 - 8 PM Radio Babel - latest sounds from Africa
8 - 10 PM Indigenous Peoples' Network - Native American music & news
10 PM - 12 AM World of Sin - really depraved rock 'n' roll
12 - 2 AM Cheez Death - oh-so-heavy metal
2 - 4 AM Bob, the Man who Hates Calculus - hate it with him

Tuesday
5 - 9:30 AM It's Milo in the Morning!
9:30 - 10 AM Cycle-Babble - call in with your bike questions
10 AM - 1 PM Wimmin Do This Every Day - women's music/interviews
1 - 4 PM Global Perspective - public affairs & music
4 - 5 PM Drive-Time Story Hour - sometimes very strange!
5 - 7 PM Swing Session - big band music
7 - 9 PM Tuesday Night - tomorrow's classics tonight
9 - 10 PM Hello Olympia - live comedy
10 PM - 12 AM Jigsaw Radio - rock, roll, & rock
12 - 2 AM Lawrence of Olympia - roll, roll, & rock
2 - 4 AM The David Pleiman Show - rock, roll, & roll

Wednesday
5 - 9:30 AM Boomerang Pancakes - folk & great stuff
9:30 - 10 AM This Way Out - news of the gay community

10 AM - 1 PM Wheels of the World - Celtic
1 - 4 PM The Umoja Show - African-American music & public affairs
4 - 7 PM Linger Awhile - just the jazz, Ma'am!
7 - 9 PM Texas Gumbo - sounds from the southwest
9 - 10 PM Comme C'est Bizarre - French language & Afro-Pop
10 PM - 12 AM 4th Dementia - rock from the Beyond
12 - 2 AM All You Can Eat - delicious rock 'n' rap
2 - 4 AM Drastic Plastic - rock while you sleep

Planner, Jim Lazar of the Capitol Bicycle Club, Todd Litman of the Evergreen State College Masters of Environmental Studies Program, and Susan Hanson from Intercity Transit.

3:30 pm-- **Earth Corps Organizational Meeting**, Room 103

4 pm-- **Closing**, Room B/C.

6-8 pm-- **Open House at SPEECH** (South Puget Environmental Education Clearing House), 218 West 4th Avenue.

8 pm-- **Drumming for Planetary Cleansing: A Vigil.** Illusions New Age Bookstore, 416 Capitol Way S.

KAOS KAOS KAOS KAOS

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12 - 2 AM All You Can Eat - delicious rock 'n' rap
2 - 4 AM Drastic Plastic - rock while you sleep

Thursday
5 - 9:30 AM Thursday mornings, now with new host Mike
9:30 - 10 AM Crossroads - multi-cultural perspectives
10 AM - 1 PM Canto Libre - music of Latin America
1 - 3:30 PM Afternoon Delight - public affairs & music
3:30 - 4 PM This Way Out - news of the gay community
4 - 7 PM Jazz Medium - rare cuts!
7 - 9 PM American Anecdotes - bluegrass
9 - 10 PM Page 77 - spoken word
10 PM - 12 AM Screams in the Darkness - hardcore & punk
12 - 2 AM Scum Pit - not for the faint of heart
2 - 4 AM Catch a brand new show in its infancy!

10 AM - 1 PM Wheels of the World - Celtic
1 - 4 PM The Umoja Show - African-American music & public affairs
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CALENDAR



Seattle's PACIFIC SCIENCE CENTER offers the following programs: "KITE FANTASY," with over 150 kites, now through the 27th, "SOVIET SPACE," featuring over 50 artifacts from the U.S.S.R.'s three decades of space exploration, now through May 12, "SEEING IN 3-D," where you can see, touch and create 3-dimensional images, now through May 28, two new IMAX films, "BLUE PLANET," and "RACE THE WIND," now through September 2, a new laser show, "MOZART: A LITTLE LASER MUSIC," now through September 2, and "LASERS AND HOLOGRAMS: DISCOVERING THE SPLENDID LIGHT," a learn-how-and-why exhibit, now through September 2. For further info, call the Science Center at 443-2001.

THURSTON COUNTY AUCTION of office furniture, machines, and miscellaneous equipment, today at the thurston county Fairgrounds. Public viewing of the merchandise runs from noon to 2 pm; auction begins at 2 pm. For info call Steve Zimmerman, Deputy County Administrator, at 786-5440.

Last day to audition for the Puget Sound Theater Ensemble's presentation of "STORM," a new play by Susan Lewis about men climbing a savage mountain. Auditions are tonight at the American Legion Hall, corner of Legion Way and Water St., at 7 pm, roles available for ten men ages 18-35. "Storm" will play May 31, June 1, 6, 7, and 8th at Stage II of the Washington Center for the Performing Arts. For more information call James A. Van Leishout at 943-9492.

Vancouver's NAVIGATION STRANGE sail the cosmic winds of rock tonight with JIM PAGE AND ZERO TOLERANCE at the Capitol Theater, 206 East Fifth, Olympia. Doors open at 8 pm. For info call 754-5378.

19 FRIDAY

COWBOYS WITH ATTITUDE splatter the Blue Heron Bakery at 4935 Mud Bay Road, 8 pm to 10 pm. Call 866-2253.

Emily Wilson gives a slide presentation of MOROCCO at Going Places, 515 S. Washington in Olympia. To reserve a free seat, call 357-6860.

The second annual PUYALLUP SPRING FAIR commences today at the Puyallup Fairgrounds, featuring two entertainment groups, Up With People and The Shoppe, strolling entertainers, juggling, music, garden and lawn exhibits up the ying-yang, chainsaw carving, a llama show, carnival rides, and more. On Saturday, the Daffodil Parade runs down Meridian. Fair opens at 10 am each morning, closes at 10 pm Friday and Saturday, 7 pm on Sunday. \$4 general admission, juniors 6-12 \$2 and under 6 free. There is plenty of free parking. Call 845-1771 for info.

CLUB SODA, the non-alcoholic live music party society, celebrates its fifth anniversary with a gala show at 9 pm in the Seattle Center House, featuring the ten-year reunion of ANNIE AND THE THRILLERS, once Seattle's premiere dance band. Support acts are IKE & THE ORBITERS, JR. CADILLAC, and Club Soda founding member PEGGY PLATT. Tickets are \$10 in advance through Ticketmaster, Red & Black Books, Bailey/Coy Books, Ruby Montana's Pinto Pony, Armadillo & Co, and the 12-Step Shop, or \$12 at the door (\$8 for Club Soda members). Proceeds benefit Club Soda and the Central Seattle Recovery Center, an organization that provides drug

and alcohol treatment regardless of ability to pay. For info call Judy Werle at 282-8609.

Mindscreen Productions presents two of America's more twisted cinema artists tonight in Lecture Hall 3: "ANDY WARHOL'S BAD," masterminded by the wiggled one himself, shows at 8 pm, and Russ Meyer's "BEYOND THE VALLEY OF THE DOLLS," written by, as I'm sure he's tired of being reminded by now, Roger Ebert of "At The Movies," at 10 pm. Free! Part of the Spring Quarter International Film Festival.

The ALVIN AILEY AMERICAN DANCE THEATER performs tonight and tomorrow night at The Washington Center for the Performing Arts, 8 pm both nights. Program differs slightly from night to night. Tickets are \$26 and \$22 for adults, \$24 and \$20 for students seniors. A half-price "student rush" for students with I.D. starts one hour before each show, and group discounts for parties of ten or more are also available. For info call Meg Kester at 753-8585.

WOMEN IN BLACK, a women's protest against U.S. intervention in the Middle East, demonstrates today and every Friday noon to 1 pm at the Olympia Federal Building, 8th Avenue and Capitol Way. "Please bring signs, black clothing, and the spirit of resistance!" For more information call 943-8386.

"MOUTHING OFF" examines "Earth Day: Are We Becoming a Kinder and Gentler Community?" today 10 am to 1 pm on KAOS, 89.3 FM. Eli and Eppo's guests are Dorothy Craig of the Sustainable Community Round Table and Maureen Howard of South Puget Sound Community College. For info call the KAOS business office at 866-6000 x6397.

20 SATURDAY

The Oregon Shakespeare Festival presents "OTHER PEOPLE'S MONEY," by Jerry Sterner, tonight through October 26 (!) at the Angus Bowmer Theatre in Ashland. "Money" is a tale of two lawyers, one prosecuting a company that may be illegally polluting, one defending it. For tickets and info call 503-482-4331.

RIYADH KHOURI, National Coordinator of the Palestine Solidarity Committee, delivers a speech on "The Persian Gulf War and The Palestinians," tonight at 7:30 pm, Lecture Hall 3. Childcare provided, call 357-8346 for info. Sponsored by the Olympia Movement for Justice and Peace.

The mighty OLYMPIA CHAMBER ORCHESTRA holds a concert of modern music tonight, 8 PM in the Capitol Theater, 206 East Fifth Avenue in Olympia. On the bill tonight: Francis Poulnee's "Sonata for Horn, Trumpet and Trombone," Homer Keller's "Serenade for Clarinet and Strings," Portland composer Jason Heald's "Emotional Landscape," for soprano, clarinet and bassoon and strings, Benjamin Britten's "Simple Symphony," and Olympia composer Timothy Brock's "Nine Ball Suite," conducted by its composer for the first time. Tickets are \$5 at the door, don't miss it.

EARTH DAY is today, and that means exciting goings-on at Percival Landing and the Olympia Center. Opening ceremony commences at 10 am, Percival Landing, featuring Joe Kalama of the Nisqually Tribe, Olympia mayor Rex Derr, Christine Gregoire, Department of Ecology Director, and a tree planting. For info, programs, etc, call SPEECH at 786-6349, or 352-9351.

Strategic meeting of the LABOR CENTER ADVISORY COMMITTEE to take action against the proposed elimination from the state budget of the Evergreen Labor Education Center, which is the only labor education center in Washington state. 10 am at The Evergreen State College, call Dan Leahy or Helen Lee at the Labor Center for further info. 866-6000 x6525.

21 SUNDAY

The Olympia Film Society offers "METROPOLITAN," a study of upper-class youngsters in New York, and "GOODFELLAS," a Martin Scorsese film starring Oscar winners Robert De Niro and Joe Pesci, tonight through Wednesday at the Capitol Theater (see address above). Tickets are \$3 for OFS members, \$5 for non-members, \$2 for kids 12 and under. For showtimes and info call the OFS at 754-6670 or the theater 754-5378.

22 MONDAY

Pianist ROBERT JORGENSEN plays Mozart, Chopin, Prokofiev, and his own compositions tonight at 7:30 pm, United Churches, 11th and Capital. All tickets \$5 at the door.

23 TUESDAY

The PEOPLE FOR BUILDING PEACE invite you to their Tuesday night forums; tonight's topic, "What is Your Vision for a New World Order? Rethinking U.S. Foreign Policy," featuring former Congressman Mike Lowry and disarmament expert Helena Meyer-Knapp. 7 to 9:30 pm at the First United Methodist Church, 1224 Legion Way SE, Olympia. Call 352-4251 or 754-1219.

THE TASK FORCE ON LESBIAN BATTERING meets each Tuesday at 5:30 pm at the Lesbian/Gay/Bisexual People's Resource Center, Library 3223. Issues addressed include the need for support groups, myths and realities of lesbian battering, developing a resource/referral list, and safety issues for battered or formerly battered women. The task force is a women-only space; lesbian batterers may not disclose at the meetings. Call the LGBPRC at 866-6000 x6544 to verify times and locations; for more info, leave a message for Vikki.

24 WEDNESDAY

ACADEMIC PLANNING AND PORTFOLIO DEVELOPMENT workshop today at Library 1612, 3 to 5 pm.

25 THURSDAY

Asian American poet NELLIE WONG discusses the connections between racism, sexism, and war tonight at 7 pm in the Walker Ames Room of Kane Hall, University of Washington. Admission is \$2, for info or childcare call 722-6057 or 722-2453. Wheelchair accessible. Sponsored by Campus Radical Women.

Students do well in Perry model

by Kirk Thompson
The following is a summary of one of the seven assessment projects Evergreen has conducted to study how well Evergreen works. There will be a public discussion of the assessment projects and their implications Tuesday May 7 from 9-11 am (during Upweek).--editor

This monograph assesses the cognitive development of graduates of The Evergreen State College. It models the use of the "Perry Scheme" (Perry, 1970, 1981) for assessing cognitive development at the institutional level, and it expands this method of assessment by applying it to portfolio materials, in the form of students' written self-evaluations of academic achievement. The Perry scheme or model was chosen for assessing the impact of liberal arts and sciences education because it focuses not on skill development or disciplinary expertise, but on cognitive development--the students' ability to think and learn in successively more complex ways.

The subjects were the "native" or "indigenous" graduates of the college in the late 1980s--those students who entered as freshmen and stayed all four years, thus exemplifying the maximum educational impact of the College's curriculum, emphasizing full-time, year-long programs of interdisciplinary study. The method was to use the rating system devised for the Measure of Intellectual Development instrument (Knefelkamp, 1974; More, 1982/86, 1989; Mentkowski, Mooser, & Strait, 1983) to rate portfolio materials (narrative self-evaluations).

The principal findings were the following:

1. The freshman year proved to be the year of the college's greatest impact on its students. Evergreen students tended to employ more complex cognitive structures at matriculation than students elsewhere, and they advanced impressively during the freshman year. A reasonable interpretation is that interdisciplinary studies successfully foster cognitive development.

2. Freshman-to-senior movement also matched and exceeded gains at other institutions. Though there was little overall gain in Perry ratings during the sophomore and junior years, a "senior surge" resulted in a high modal rating, and boosted a comparatively unusual number of students into what Perry (1970) calls "contextually relativistic" thinking, or into what Belenky et al. (1986) call "constructed knowing." At this level, students have attained a capacity to utilize theories and models.

3. Individual gain was widespread, and was not the result of a few students running ahead of the pack and boosting the average. The study confirmed that Evergreen does not foster a "Reaganomics" pattern of cognitive development, in which the initially advantaged profit disproportionately, while others are left behind.

4. Demographic variables generally did not predict higher cognitive development ratings. In general, differences by demographic categories were greater in the freshman year than in the senior year, suggesting that Evergreen education tends to ameliorate social differences.

5. Academic variables suggested that students seem to gain a little more if they take over a year but under three years of interdisciplinary coordinated studies.

The overall conclusion: If the students' own writing is good evidence, and if the Perry scheme is an appropriate model of cognitive development, then the evidence of this study indicates the college is accomplishing its mission. No group appeared to be disadvantaged in the overall pattern of achievement. An innovative college might want to institute changes, for example, towards

multiculturalism; but innovation can proceed from a position of strength, rather than from a need to repair what is broken. From the standpoint of fostering cognitive development, Evergreen's alternative--small classes, and interdisciplinary approach, and narrative or developmental evaluation--would be justified if its students rated as well as students elsewhere. But by the outcome measure used in this study, the alternative seems to be moving ahead of the mainstream.

Kirk Thompson is a faculty member at Evergreen.

Nursing home funding threatened by Legislature

by Paula Michele

A budget cut proposal by Governor Booth Gardner would have reduced funding to Washington state nursing homes by \$30 million in the coming biennium. The House of Representatives failed to pass the cuts (House Bill (HB) 1890). Senate bill (SB) 5827 presently facing policy makers would cut \$13.5 million from long-term care facilities along with an added loss of \$16.5 million in matching funds from the federal government.

The passage of this bill would jeopardize nursing home residents, their families, employees, staff, and administrators. According to Rick Guthrie, president of the Washington Health Care Association (WHCA), the quality of care in nursing home facilities

would decline. Liz Meador, activities director at the Olympia Manor, states that budget cuts would place an added burden on administrators and staff members who constantly struggle to provide high quality care and lifestyle on an already inadequate budget.

Both Guthrie and Meador strongly urge those who oppose SB 5827 to contact Washington State Senator L. Kreidler at 425 JAC/ Olympia, Washington 98504-0001.

WHCA declares that we cannot balance the state budget at the expense of the elderly and their care givers.

Paula Michele is an Evergreen senior, nursing home employee and volunteer.

S&A, from page 2

There will be a question and answer period following the presentation.

The position of Student Activities Director has considerable influence on major areas of student-life at Evergreen, including serving as facilitator and/or advisor to the S&A Board, Student Organizations, KAOS, CPI, Childcare Center, and possibly Student Government. Because this position has at times been a controversial one, students are encouraged to attend these meetings, become familiar with the candidates, and contribute their input to the hiring process. Resumes will be available to the campus community in the

S&A office (CRC 306).

If you have any questions, contact Isa Soltani at x6220.

Therapy offered for children

OLYMPIA--Group therapy for sexually abused children is being offered beginning the week of April 9 at The Center for Individual and Family Counseling in Olympia.

Children who have been sexually abused often feel scared, isolated, and ashamed. Group counseling is available for your child to help her/him deal with the trauma of sexual abuse. Play therapy and group interactions will help build your child's self-esteem, teach prevention education, build trust and social skills, and learn appropriate ways to express and identify her/his emotions regarding the abuse.

Each group is taught by two trained facilitators who have experience in the sexual assault field and have worked with

children. For further information, please call: The Center for Individual and Family Counseling in Olympia, 786-6657.

Scholarship available

EVERGREEN--Attention seniors! There is yet another scholarship offered for Spring Quarter 1991 to a student of senior standing demonstrating excellence in writing the English language and has accumulated the equivalent of 48 quarter hours of credit in English courses.

Preference will be given to students who participate in college governance.

Application materials must be submitted to Dean of Enrollment Services Office, The Evergreen State College, Olympia, WA, 98505 no later than 5 pm on Wednesday, May 1, 1991 (no postmarks will be accepted).

Safety committee members on board

EVERGREEN--New Safety Committee members are now on board for the March 91-March 92 year. Members include: Allen Whitehead, Darlene Herron, Dorothy Saunders, Beth Hislop, Jennifer Oatman, Aldo Melchiorri, Judy Johnson, Gary Russell, Mike Simmons, Wendy Shanafelt, Mark Lacinia, George Dimitroff, Jacinta McKoy, Michelle Elhardt, Sharon McBride, and Wendy Freeman.

Everyone is encouraged to contact these people to discuss any health and safety concerns they may have. Always feel free to contact Jill Lowe or Mike Cotey in the Environmental Health and Safety Office at x6111.

Comics

Dogear by Shannon Gray



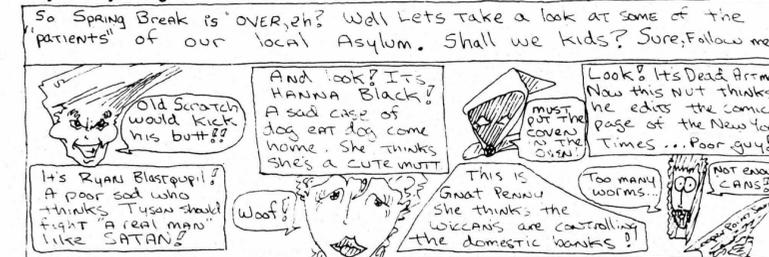
Coven House by Cat Kenney



Satan's War by Brian Zastoupil



Asylum by Morgan Evans



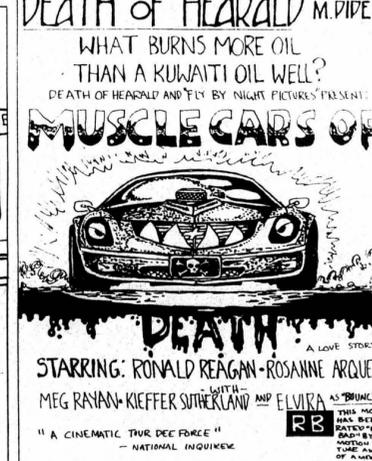
Animata by Megan Kelso



Bullets Are Cheap by Edward Martin III



DEATH OF HEARLD M. PIPES



The Future of Evergreen by Paul H. Henry



MARCH 1996
ROY GROSSBART, AN EVERGREEN STUDENT, TRAVELS TO NIKARAGUA FOR WINTER QUARTER, AND WHILE HE'S THERE HE DECIDES TO RUN FOR PRESIDENT. HE LOSES, BUT RECEIVES 16 CREDITS AND A WONDERFUL EVALUATION FOR HIS EFFORT.

Purge-Biscuit by Edward Martin III



College Life by Chris Fiset



Letter Doodles by Stan "Mr. Charm" Spang



<p>CLASSIFIED RATES: 30 words or less: \$3.00 10 cents for each additional word PRE-PAYMENT REQUIRED Classified Deadline: 2 pm Monday TO PLACE AN AD: PHONE 866-6000 x6054 OR STOP BY/SEND INFO TO THE CPJ, LIB 250, OLYMPIA, WA 98505.</p>	<p>...AND HERE WE HAVE THE... CLASSIFIED ADS!</p>	<p>Help Wanted Thinking of taking some time off from school? We need MOTHER'S HELPERS/NANNIES. We have pre-screened families to suit you. Live in exciting New York City suburbs. We are established since 1984 and have a strong support network. 1-800-222-XTRA.</p>	<p>Lost/Found/Free FOUND RAINGEAR AND OUTDOOR BOOTS. CONTACT CAMPUS SECURITY TO CLAIM.</p>
<p>For Sale Apple IIe Computer System for sale. Everything you need to do what you want. It works great and I'll even set it up for you and show you the ropes. 866-1453 after 5 pm. I need to sell this soon!</p>	<p>Eye-glasses found in Seminar xerox room. Call x6140 to recover.</p>	<p>Personals PROTECT OUR BEAUTIFUL, VALUABLE OPEN SPACES! VOTE YES MAY 28th FOR OPEN PARKS & OLYMPIA'S GREEN SPACES LEVY-- To help campaign call 753-0667</p>	<p>Found/Free LOST--2 TICKETS ON TESC CAMPUS to Neil Young concert. PLEASE, PLEASE turn these in to TESC campus security. Thank you.</p>
<p>Wanted IF Matt Greening, Linda Barry, Charles Burns, Kenta Hadley, Craig Bartlett, Steve Willis, and Eric Martin can all be respectable cartoonists, then so can you. Bring your cartoons and/or portfolios to Library 2510.</p>	<p>Found Oriental wallet. Describe to claim x6140.</p>	<p>Housing WANTED: TWO BEDROOM APARTMENT IN OLYMPIA for summer (June-Sept) Willing to sublet or houseit from renter/owner. CALL 866-4276.</p>	<p>Found/Free LOST: Instrument, sounds like rain. 3 Feet long, dark brown bamboo w/rocks inside. Call 357-6236 Jonathan.</p>
<p>Sponsor Me SPONSOR ME. I'm going to drive to South America, taking pictures and writing a travel guide for students, a donation of 1 dollar or more would be greatly appreciated. 1 dollar = 35 miles. Please hurry up I'm leaving April 29. Send to Leopoldo Catano, 605 South Bay Road, Olympia, WA 98506. Tel: 866-7098 after 9 pm.</p>	<p>FOUND POOL CUE SEE CAMPUS SECURITY.</p>	<p>Free Cat to Good Home AFFECTIONATE RECENT MOM SIAMESE CAT (ALL KITENS HAVE FOUND HOMES) IS ANXIOUS TO HAVE A PLACE OF HER OWN. SHE WAS ABANDONED. WE CAN'T KEEP HER. PLEASE CALL 352-2434.</p>	<p>Found/Free LOST COCKER SPANIEL HAD RED COLLAR. LAST SEEN IN LACEY ON APRIL 5th AND ON SLEATER-KINNEY A FEW DAYS LATER. DOG ANSWERS TO SANDY. PLEASE CALL 456-5659.</p>
	<p>THE CPJ WANTS TO HELP! NO CHARGE FOR LOST/FOUND/STOLEN/FREE ADS.</p>	<p>Free Summer Rent FREE SUMMER RENT. WE SEEK STUDIO/ONE BEDROOM APARTMENT FOR THE SUMMER. WE'LL KEEP YOUR APARTMENT FROM WANDERING OFF WHILE YOU GO HOME, TO INTERNSHIP, PLUS WE'LL PAY YOUR RENT. INTERESTED? 866-1453</p>	

SEEPAGE



Photo by Bill Fleming

The Rain

It has been raining on and off now for weeks. I can't tell by looking outside if it is going to rain for just a few minutes or all day. Sometimes it is raining when the sun is shining. A friend of mine says that is the weather when witches get married. It seems they like this kind of weather as much as I do.
I am looking out the window and the rain has just stopped. The sun is coming through the wet trees and inside my window. In the small grove, the trees are dripping brightly lit rain.
One young cedars branches are heavy with water. The drooping branches shedding water look like a woman who has just rinsed her hair after washing it. The cedar sways in the breeze and drops fall shining to the ground.

John Malcomson

Terror is Waiting

My heart skitters along
In tune with a tightness
Around my chest;
Can't breath enough...
Can't worry enough...

Impending doom: Clark Kent
Tries to save falling whatever
Fails,
Millions die as the Big S weeps
(Inside of course).

I'm so terrified I could puke
But no, instead, I'll just end:
Seven years together
(Five of them married)
Chance to see baby born
(Already have two)
A rotting marriage.

Well! "That's easy enough."
BIG SMILE
Now if only that
fight-or-flight feeling

Would just
go
away.

Allen Richards

* SEEPAGE CAN'T BREATHE!
* I am gasping in the
* dearth of photos. I
* am want of poems. My
* being craves INPUT!!
* Fill me to the brink!
* Let there be no need
* for such messages anon!
* S E E P A G E L2510

the most glimmering tints
imaginable
frothing freakazoid
parade of pewter caramel
lizards
all drinking
candlesmoke

no means no
usually never keeps you
from way before the foam
what was like paisley
cadillacs all stolen
pointed green like a
spleen
even more gleeful
than an epiphany of
quadrojets in massive
turbulence

Brynn

BEETLE head
FAN CLUB
meets Sunday
(don't forget your
Jewel)

THIS WEEKS SCIENCE BIT:

If you are not yet familiar with the phenomenon of "lucid dreaming", you may want to check it out. Basicly, through mental practice, one can learn to control their dreams. One technique is the daily "dream/real life" check each day. Ask yourself, "Am I dreaming or awake?" Do this many times a day for a few weeks. Eventually it will become ingrained to the point where you will ask yourself while dreaming. At that point you will have awareness of the dream-state. Lucid dreamers can do anything imaginable in their dreams. Flying and sex are popular themes. I prefer land surfing.

Sri

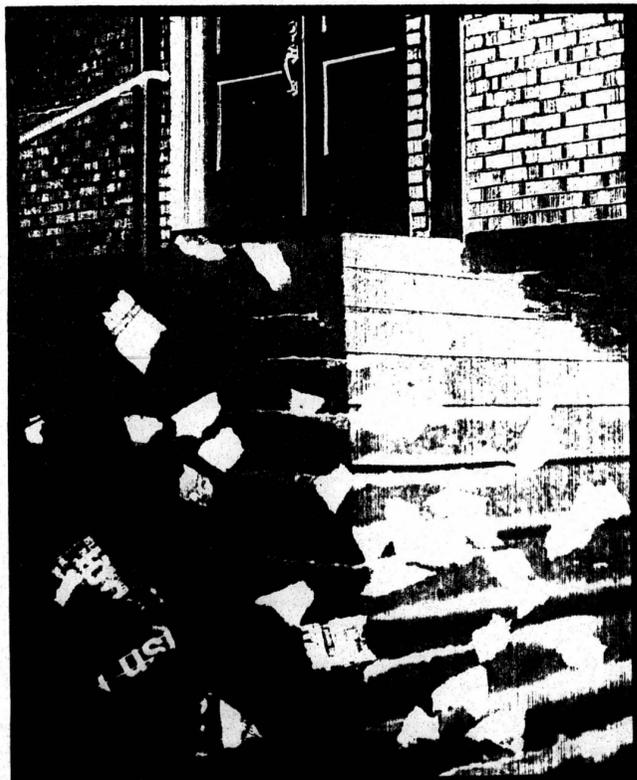


Photo by Giselle Weyte



NEWSLETTER SPRING 1991

Herbal Tonics Help Your Body Celebrate the Coming of Spring

Introduction by Timba, herb information compiled by Kathi Keville

March 21st was the spring equinox and with it came noticeably longer days and warmer weather. Spring is a time of new life, of flowers, budding trees, lightness of spirit and new beginnings. It has been a long winter, at least it has been for me. I've gone through many changes spiritually, emotionally and physically. Winter has been a time of hibernation, of going inside and trying to get in touch with myself. Politically the global situation has been extremely taxing. Winter has also been a time of eating heavy foods, primarily roots - potatoes, carrots, yams, beets. For me eating these heavy foods was a matter of survival because I lived in a big, unheated house. But now it's time to open up to the lightness of spring.

The digestive and circulatory sys-

tems appreciate a little "spring cleaning" after the heaviness of winter. The idea of a tonic may seem old-fashioned, yet it is harmonious with holistic health. A tonic has a general effect on health. It tones the whole body, especially the systems of elimination: colon, kidneys, lungs and skin. Many tonic herbs have additional functions. Most are beneficial for the liver, which plays an important role in detoxification.

A common herbal name for a tonic is a "blood purifier." This somewhat elusive term was coined before many specific functions of the body were well understood before the lymphatic system had even been discovered. Actually, the term is appropriate since many tonic herbs contain iron, copper, or other substances that improve the quality of the blood. The circulatory system is also responsible for carrying toxins from the cells. If the systems of elimina-

Our Philosophy

We exist to help you heal yourself. The physician or counselor points the way, and the body-mind re-establishes its own alignment with the life force (healing), or not (continued dis-ease). Our products and services are available to help you on your healing path.

In This Issue...

Herbal Tonics.....	1
Welcome New Radiators.....	2
Body Care Corner.....	3
What's New at Radiance.....	4
New Books.....	5
Herb Walks.....	5
For Our Sisters.....	6
How Acupuncture Works.....	7
Therapeutic Facials.....	7
Meet Our Massage Staff.....	8-9
Incense Sets the Mood.....	13
Recycling Promotion.....	13
Complete List of Herbs.....	14
Herbal Update.....	15
Swedish Bitters.....	15

tion do not work properly, everything backs up, and the blood cannot be "cleansed" of the toxins it carries. A more modern term used in herb books, although rarely used by the medical establishment, is an "alterative." It is defined as something that restores health. Sometimes herbalists also refer to tonics as "body purifiers."

Continued on page 10...

Every Day is Earth Day

by Carolyn McIntyre

Earth Day will once again be celebrated in this community on the weekend of April 20 and 21. This is the perfect time to bring you up-to-date on the progress Radiance has made in our recycling program during the last year.

We've become much more responsible about dealing with the waste we create. We are also finding more products you can buy in bulk. Many of our cards and wrapping papers are made from recycled paper. Here are some more of the specific areas in which we've made improvements:

Waste Management

- We separate our garbage and take newspaper and mixed paper to the recyclers
- Someone picks up our cardboard and sells it to the recyclers
- Two different companies pick up our styrofoam packing materials and re-use them
- Two different organizations pick up our empty gallon jugs to re-use them
- A local craftsperson picks up our empty amber bottles and re-uses them

Continued on page 2...





Welcome our new "Radiators"!

Susan Fairo: My road to Radiance has been quite diverse and has had many stops along the way. A few of these include being raised in Philadelphia with two younger sisters by a minister and a Head Start teacher, ten years of western classical music training (ten years ago), buying a conga drum on a whim last winter (yes, I'm learning to play it), and planting strawberries with my partner Jean at our westside home which we share with Crete the cat. I bring to Radiance a belief that we must all work to nurture ourselves and each other to ensure a healthier, safer, more just world for those to follow.

Donna Michae ne Lona: My...how "bio's" do change with each new newsletter! I practice Goddess/wicca spirituality, I'm a lesbian, a writer, a painter, a jewelry & altar maker, and an organic gardener. I love to create ritual and play, and I love the sweetsies in my life and my dog companion, Artemis. I study and use flower essences, herbs, homeopathics, crystals, visualization and recovery philosophies in my life. I love books and finding unique artwork in the forms of cards and posters - which is why I'm the new buyer for these areas at Radiance. Blessed Be.

Jennifer Cusack, Certified Herbalist: My path of healing has taken me in the wonderful new direction of working at Radiance. I am excited to be here and look forward to exchanging knowledge and sharing ideas with others. One of my goals is personal and social empowerment and natural healing methods play an important role in achieving this goal. I have recently been certified by the California School of Herbal Studies, and I am especially interested in magical herbalism, earth-based spirituality and women's healing.

Kerri Merrill, Assistant Manager: Beauty is an expression of who we are. How we achieve this lies in our ability to create in our body/mind/spirit a potential for harmony, balance and health. Developing a self-awareness of my inner resources, using natural products and being sensitive to our environment are areas in my life that I am focussing on while working at Radiance as Assistant Manager.

The small store setting and helping customers with their various needs reminds me of my early years working in my father's drug store where I began my retail career. Prior to coming to Radiance I spent eleven years with Frederick & Nelson as a sales associate, cosmetic and accessories manager, and personnel manager.

My husband, Jim, and I live on the outskirts of Olympia on 5 acres of secluded bliss with 2 dogs, 3 cats and a tank full of fish. Our two children, Kara, 20, and Kris, 18, live in Colorado and fly home periodically to touch base. I look forward to sharing my acquired knowledge and experience with you and hope that you will share yours with me.

An Update on Our Past "Radiators"

We've had a few changes since the last issue. Amanda, our herbalist for almost two years, has returned to school full-time, Eric moved to Ashland, Oregon, Nanci took a position with the AIDS Task Force, and Lynn has started her own business manufacturing incredibly creative clothing. Our best wishes to them all!

Earth Day

continued from page 1...

-We use paper towels, toilet and facial tissue made from recycled post-consumer materials (we sell these, too)

-The City of Olympia is beginning a pilot recycling program for downtown businesses this fall and we have applied to be a participant.

Bulk Body Care Products

Many of our body care companies are now showing the plastic recycling code on each product. As soon as there is a way to recycle these plastics in Olympia, we will offer a program so customers can bring in their empties.

Our selection of shampoos, conditioners, lotions and massage oils that are available in bulk is ever-expanding. You can bring in any container and we'll gladly re-fill it with any of the following:

- Radiance Massage Oils
- Aura Glow Massage Oil
- Radiance Wheat Germ Lotion
- Radiance Aloe Vera Lotion
- Radiance Jojoba Light Lotion
- Radiance Bubble Bath
- Kiss My Face Lotions
- Alba Botanicals Lotion
- Nature's Gate Shampoos & Cond.
- Shi-Kai Shampoos & Cond.
- Golden Lotus Shampoos & Cond.
- Dr. Bronner's Castile Soaps

"Bulk" Promotion for Earth Day

We'll be offering good discounts on several of the products we sell in bulk from April 15 thru April 30. Also during this time period we will give you a 10% discount when you bring in empty containers to be re-filled with our bulk body care products.

Bulk Herbs, Teas & Potpourris

We try not to bring in many packaged herb products (i.e., teas that have been put in tea bags, herb blends in capsules, etc.). The majority of our selection (over 300!) is available in bulk. You don't have to pay for the packaging each time you buy and you are getting a fresher product.

Recycle Your Perfume Bottles

Remember that when you use up the last little drop of any of our perfume or essential oils, we can refill the bottle for you. You'll save 30 cents on the small 1/3 oz. square amber bottles, and \$1.00 on the larger 1 oz. bottles. We're open to any other ideas you may have that will help us be more responsible retailers!

Body Care Corner

Radiance maintains a high commitment to cruelty-free body care products, and we have some new things to introduce to you!

by Kerri Merrill

Did you know that most body care products that you buy in a grocery or department store are a mixture of petro-chemicals with a few herbal ingredients tossed in (notice they're at the end of the list of ingredients - that means there is precious little there) to make them sound natural? Most mass producers of these products do not give you much information about whether or not they use animal ingredients, or if their products are tested on animals.

The staff at Radiance is committed to finding body care products that do NOT use animal testing, and do NOT require the death of an animal in making them. You'll find that pure oils and botanicals are often at the top of the ingredients lists, and the few synthetics that are used are mostly preservatives that keep the product fresh longer. The companies we do business with are all searching for and implementing ways to reduce the synthetic ingredients to the absolute minimum and still produce a high quality, safe product for you. We have a good dictionary of cosmetic ingredients in the store for you to look up ingredients you are not familiar with.

The two products we are most impressed with recently are Aromalotion by Body Love and Zia Skin Care products. How is Aromalotion different? It is a light, healing & moisturizing lotion with all pure plant derived ingredients. It contains 50% aloe vera which combines with apricot, almond and sesame oils to provide a moistened smoothness to your skin. Herbal extracts of burdock, chamomile, comfrey and vitamin E offer the skin cell regeneration, soothing any irritation. Enjoy the delightful scent of lavender, geranium and tangerine essential oils for an uplifting aromatherapy treatment. The preservative is grapefruit seed extract (pioneered and proven by Aubrey Organics).

Aromatherapy - the forgotten nose

Aromatherapy is a fairly new name for an ancient art and science in which oil essences derived from herbs, flowers and fruits are used to influence emotional states and provide healing benefits. For more

information, we suggest the following books:

- The Art of Aromatherapy*, by Robert B. Tisserand
- Enchanting Scents*, by Monika Junemann
- Aromatherapy, an A-Z*, by Patricia Davis



New Zia Skin Care now at Radiance

We are very pleased with the results from the Zia skin care products we now carry. Most of us are using Zia and loving it. Fresh Papaya Enzyme Peel is one of Zia's products that almost anyone can use even if you have another line of skin care you are using. It is a gentle, non-abrasive exfoliant that contains high quantities of active proteolytic (the ability to digest dead protein) enzymes in a natural base of organic, raw

green papaya. A small amount of the peel left on your face for 5-7 minutes will dissolve surface build-up of dead skin cells, leaving skin feeling smooth. Zia explains that it is helpful to remove old dead cells from the surface layer because they often make the skin look dry and dull, and these cells also absorb any moisturizer you put on your face, thus not giving the new skin underneath any benefit. The peel has been shown to be helpful in rejuvenating sun-damaged skin, and if you have chosen to use products like Retin-A, it can help eliminate some of the uncomfortable side effects when used in conjunction with it. We have testers of many of the Zia products we carry. Ask for a demonstration if you'd like to know more. See ad on this page.

In-Store Skin & Color Consultations

Kerri is available to help you with skin care and Annemarie Borlind color cosmetics. Just call the store at 357-5250 to schedule a free appointment with her.

More Body Care Info on page 11...



Zia Wesley-Hosford
author of *The Beautiful Body Book* and *Face Value*.

Radiance Herbs & Massage presents Zia Cosmetics

- Naturally formulated with seaweed, aloe vera and botanical extracts
- Works day and night to minimize fine lines and wrinkles
- Fresh Papaya Enzyme Peel (natural alternative to Retin-A)
- Satisfaction Guaranteed - Cruelty Free (no animal testing)

Whether you have dry, normal or oily skin, Zia has a simple and affordable program for you.

Treat yourself to a mini-facial with Zia products
Wednesday, May 15th, 1991

Licensed Esthetician Julie Santos

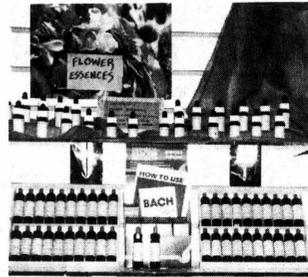
(A \$5.00 deposit will reserve your space & can be applied toward any purchase.)



113 E. 5th, Downtown Olympia

Call for more
information
357-5250

What's New at Radiance?



Flower Essences come to Radiance

We have expanded our selection of flower essences and now offer a full line of Healing Herbs Flower Essences from England as well as a good selection from the California Flower Essence Services line. The Healing Herbs Flower Essence line is very similar to the Bach Flower Remedies that you may be familiar with. The same flowers and methods that Bach used for these remedies are used by Healing Herbs. We carry individual stock bottles that you can buy to make up your own dosage bottles. Full and partial kits are available by special order.



Children's Section now has health care products

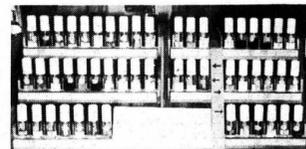
We have moved all our children's health care products to the children's section. You can find herbal tinctures, homeopathic remedies, vitamins, skin care and more.



New Glowing Candles

We have found a company that has perfected the fine art of working with trans-

parent wax to produce a beautiful selection of round candles that actually show light glowing through their colorful exterior designs. If you pour out the melted wax from the center of the larger size candle, you will eventually have a well deep enough that you can simply put a votive candle into. The main body of the candle will last for years! Check out our ever-growing selection of candles and candle-holders.



Essential & Perfume Oil Display Re-designed

We recently did a face-lift on our essential & perfume oil rack. You now can find your favorite oils a little easier because they're all in alphabetical order. The testers are easier to use, too.



Hay Fever Season

Eyes itchy, sinuses acting up...it's pollen time again. We don't want to start sounding like a TV commercial here, so the first thing I'll say about allergies is that when the body has an allergic reaction to something, whether it be pollen, foods, pet dander, or what-have-you, it's an indication that the system is over-stressed. When you have time, take a look in the books listed below, to see what options you may have to get to the root of the allergy reaction you may be having. Once you have more of an idea about what questions to ask, talk to a practitioner. Several Naturopathic Doctors in Olympia are experienced in helping to determine what the allergy is and ways to help re-balance the body. Keep asking questions, and trying different ways to work with the challenge until you find out what works for you. For temporary relief of allergy symptoms we have a selection of homeopathic remedies and eye drops, and herbal formulas that can help.

Books to review for allergy info
Food and Healing, by Annemarie Colbin
Alternatives in Healing, by Mills/Finando
Prescription for Nutritional Healing, by Balch
The Visual Encyclopedia of Natural Healing, by Prevention Magazine



Grapefruit Seed Extract

Grapefruit Seed Extract is a biologically active natural extract that is being used to treat strep, staph, salmonella, candida, herpes, influenza, parasites, fungi and traveler's diarrhea. Discovered in 1976 and widely used in Europe, South America and the far east, its broad-spectrum application and efficacy seem quite remarkable. If you are familiar with Aubrey Organics, you may have noticed they've used it as a preservative in many of their products for years. Using vegetable glycerine, the active ingredient is extracted from the seeds of grapefruit. It is environmentally safe, quickly biodegradable and its use does not cause side effects. We are carrying the liquid concentrate, antiseptic spray and non-soap skin cleanser. We have more information about this extract in the store.

BREATHE CLEAN NOW
NEW NATURAL
AIR PURIFYING
MIST

100% EFFECTIVE/SAFELY ELIMINATES:
 Airborne viruses & bacteria, Smoke, Odors,
 Pollen, Mildew, Dust.
 Purifies - Freshens - Non-Toxic
 Available at Radiance

My Life in the Book Section



Hi. My name is Micha and I've been working at Radiance since September. Recently I began ordering cards, books, posters and tarot decks. Many exciting changes are in the works for these areas and I'd like to share them with you.

Recently I brought in Irene Nichols' cards. She depicts, in bold colors, people of color, wimmin, Mother Earth, goddess and animal totem imagery. Her work startles us into ancient memories. Another new card line is Sulamith Wulffing. Wulffing's images of flowers, goddesses, mythological figures, fairies, people and animals are delicate and softer than Nichols, but they, too, spark and stir deep feelings within us. Wulffing's cards and prints are now in stock. Spring flower cards have also arrived and will continue to, along with old favorite card lines like Visionary and Jane Evershed. I often rotate card lines, so if your favorite cards aren't in, check back in a few weeks.

Posters

Something new in the poster section are our very reasonably priced (\$8), shrink-wrapped posters with images by Susan Seddon Boulet, Maxfield Parish and others including animals and earth images (remember Earth Day is coming up, celebrated in Olympia on Sat., April 20th).



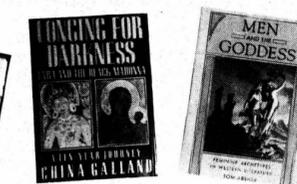
Tarot

New tarot decks include The Celtic Tarot, The Arthurian Tarot, and Phoenix Cards. Phoenix Cards are used to determine your past lives and how they affect your present life...this could be interesting, to say the least!

Books

You may have noticed some changes in our book section. We moved the displays with an eye toward making the area more accessible to you and a more comfortable place to "hang out" in.

I've added some new sections such as Men's Spirituality, and Sacred Gaia. You'll now find Death & Dying, Healing Yourself and Elders & Aging in their own sections.



Radiance and I are committed to bring in more multi-cultural books (as well as cards, posters, etc.). Some of our new titles include *The Sacred*, *Native American Prophecies*, *The Black Women's Health Book*, *Politics of the Heart - A Lesbian Parenting Anthology*, *Ceremonies of the Heart - Celebrating Lesbian Unions*, and *Longing for Darkness Tara and the Black Madonna*.

You'll also find books for men such as *Men and the Goddess*, *Earth Honoring the New Male Sexuality*, and *Men & Intimacy*.

Gisken is helping with the Astrology and Children's books and would like to let you know that we now have new comprehensive guides for beginners as well as advanced books, and books

Continued on page 12...

Herb Walks with Barbara Park

Identification of native species and local weeds that have medicinal value or interesting lore. Saturday mornings 9a.m. to Noon, starting May 25th. Ten dollars per person, children 8-12 yrs. free.

Schedule:

May 25 Nisqually Delta

June 1 McLane Creek Nature Trail

June 8 Nisqually Delta

June 15 McLane Creek Nature Trail

June 22 Nisqually Delta

June 29 McLane Creek Nature Trail

Register for each walk by calling Radiance in advance. Meet at main parking lot of location at 9 a.m. Enrollment limited to 12.

6 For our sisters who may be considering an abortion...

by Jennifer Cusack, Certified Herbalist
and Carolyn McIntyre

It is Spring again; the season of growth and fertility. It is also a time of year when some women find themselves in the challenging situation of an unplanned pregnancy. These women, our sisters, face some difficult decisions and may be feeling fearful and uncertain about what steps to take. They may feel completely alone, and they may not be aware of the support and options available to them.

If you think you may be pregnant, it is important to find out for certain. Many clinics offer blood and/or urine testing. Blood tests can detect pregnancy within seven days of conception, and urine tests can detect pregnancy after the first missed period. Testing, counselling and confidential support are also available at the following clinics:

-Thurston Co. Health Dept. Family
-Planning Clinic 786-5581
-Thurston Women's Health
Clinic 943-5127
-TESC Health Services 866-6000 X6200
-Planned Parenthood 754-5522

Some women in these circumstances consider the idea of using herbs to promote a miscarriage. Throughout history women of varied cultures have had access to and knowledge of herbs which would stimulate menstruation and miscarriage. These herbs are called emmenagogues and abortifacients. Emmenagogues can bring on a delayed period and sometimes act as abortifacients. Abortifacient herbs are usually stronger

and more toxic and can bring on a miscarriage.

To have the option of safe, herbal abortions could be beneficial to women and our society. Presently, however, the use of herbs to end a pregnancy can be very dangerous. For example, an herb often sought by women today is Pennyroyal. It has a reputation of being an abortifacient. It is also an extremely toxic herb. Its use can cause serious side effects to the woman including nausea, labor-like pains, semi-paralysis of limbs, nervous weakness and prostration. Pennyroyal is a neuro-toxin which means if it is taken there is a likelihood of damage to the fetus if the pregnancy is continued. One half ounce of pennyroyal oil is considered a lethal dose*. Other herbs which are similarly strong can also have negative and harmful side effects on both the woman and fetus.

In cultures where emmenagogue and abortifacient herbs have been most used, the women knew which were safest and what dosages were most effective. Characteristically these women were also very aware of their menstrual cycles and knew when they were fertile and when they were due to start bleeding. They used the herbs in conjunction with this knowledge. Wise women and healers were also present to offer their support and advice.

This article is not attempting to recommend the use of herbal emmenagogues or abortifacients. It is trying to increase awareness about the sensitive issues of their use, safety and potential hazards. It is important that we learn about the herbs and understand them before we attempt to use

them. If you are considering using herbs to promote a miscarriage, discuss their use thoroughly with your health care provider. If they do not have specific knowledge to offer, find a licensed practitioner who can counsel you on the risks involved before you take any action. It is important that you have adequate support. While the decision is ultimately yours, you don't want to make an uninformed decision all by yourself that might cause more problems than you already have.

There are excellent books available that can aid in the discovery of self, charting cycles, and pregnancy options. They include: *Your Fertility Signals*, by Merryl Winstein, *A Cooperative Method of Birth Control*, by Margaret Nofziger, *Hycia, A Woman's Herbal*, by Jeannine Parvati, and *Wise Woman Herbal for the Childbearing Year*, by Susun Weed. All are available at Radiance, or ask your book dealer to order them for you.

Most important in any of these actions is for us to be gentle with ourselves. Pregnancies often happen to remind us to nurture, love and nourish ourselves as we would a baby. And sometimes these experiences ask us to question our sexual expressions to help us determine if we are indeed expressing our sexuality and creativity in a way that is healthy and giving to us. Hopefully through these experiences we learn to honor ourselves and each other.

*Wise Woman's Herbal for the Childbearing Year, by Susun Weed

The image of the Goddess inspires women to see ourselves as divine, our bodies as sacred, the changing phases of our lives as holy, our aggressions as healthy, our anger as purifying, and our power to nurture and create - but also to limit and destroy when necessary - as the very force that sustains life.

- from *The Spiral Dance*, by Starhawk

Life is a process not a state. The Goddess is both womb and tomb; she gives birth, she creates form, she nourishes, and she reabsorbs the outworn preparatory to its reshaping and rebirth. If she were not the destroyer, she could not be the renewer

-from *The Witches' Goddess*, by Janet & Stewart Ferrar

7 How Does Acupuncture Work? A Scientific Explanation

by Peter G. White, C.A.
Certified Acupuncturist

Legend tells us that acupuncture was born nearly 5,000 years ago. The Chinese discovered that after certain points in the body were struck by arrows in battle, a variety of illnesses and physical problems would disappear. By 200 B.C. a classic textbook on Chinese Medicine had been written. The insertion of needles into the skin at certain points to treat specific diseases was described. This medical technique was performed by practitioners called acupuncturists. Though versions of the art of acupuncture were also practiced by the ancient Egyptians, the Chinese went on to highly develop this form of medicine. By the time of Christ the art of acupuncture had become a medical technology.

The Chinese Explanation for the Acupuncture System

The Chinese found that the body had 14 different channels or meridians which affect the flow of energy throughout the organs and limbs. The Chinese called this energy "Qi". Along these channels were specific loci or acupuncture points where this energy could be accessed. Health problems occurred when the flow of "Qi" was impaired. Acupuncture was used as a method to adjust energy flow and thus restore health.

This somewhat simplistic explanation for the acupuncture system was satisfactory for centuries.

The effectiveness of acupuncture was proven over generations. As pragmatic practitioners, Chinese physicians have always been more interested in the successful application of acupuncture than in a "scientific" explanation of how it works.

Acupuncture in Surgery

It was not until 1958 that China adopted acupuncture officially as an anesthetic for major operations, including brain and chest surgery. The first successful trial of acupuncture was used in a tonsillectomy. Today one or more needles are inserted into a patient's limbs, ears, and face and stimulated electrically. A 20 minute period of stimulation is needed to induce an anes-

thetic effect.

According to the report of the John E. Fogarty International Center for Advanced Study in Health Sciences: "Currently, about 15% to 25% of all surgery in major hospitals in China is performed under acupuncture anesthesia, with a reported success rate of about 90%."

In the United States there are several documented cases of acupuncture for anesthesia dating from 1972. The technique was first used at Weiss Memorial Hospital in Chicago on April 21, 1972 for a tonsillectomy. Then on May 13 in the same year a biopsy on the lower leg was performed using acupuncture anesthesia at the State Hospital in Northville, Michigan. Later that week at the same hospital a 30-year old female had a tooth extracted under acupuncture anesthesia. No additional medication was required and the patient experi-

enced no pain during or after surgery.

Modern Research on Acupuncture

In spite of thousands of years of clinical application, no one was really aware of how acupuncture worked scientifically -- until recently. The ancient theories that were passed on from century to century did not anticipate the neuro-chemical discoveries that have occurred in the last twenty years. It was not until Robert O. Becker's work in 1976 that a true explanation of the origin and basis of "Qi" was determined.

Dr. Becker, an orthopedic surgeon at Stanford, was working with bone fractures that were slow to heal. He noted that an electrical current of low frequency, when placed across an area of non-union in a bone, accelerated the healing of that bone. Fascinated by these results, Dr. Becker began to study the acupuncture system to deter-

Continued on Page 12...

Skin Revitalization is finally being recognized as an important part of taking care of our bodies.

Radiance Herbs & Massage is now offering Therapeutic Facials

A soothing one hour treatment includes skin analysis, facial massage, deep pore cleansing, exfoliation and skin nourishment according to your skin's needs. Non-animal tested Ella Bache products are used.

One Hour Treatment \$30

1/2 Hour Massage with
One Hour Facial \$48

10% OFF thru May 15th
Appointments available Wednesdays & Fridays
Gift Certificates available

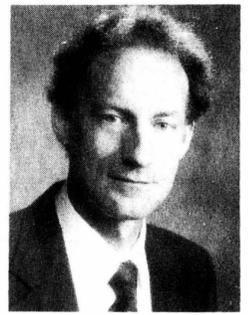


Joanne Russell
Licensed Esthetician



113 E. 5th, Downtown Olympia

Mon. - Sat.
10am - 8pm
357-9470



Peter White, C.A.

Peter G. White is a Certified Acupuncturist, licensed by Washington State and the National Commission for the Certification of Acupuncturists. His training includes three years' study at the Northwest Institute of Acupuncture and Oriental Medicine, and a clinical internship at People's Hospital, Chongqing, the Peoples Republic of China. Peter's practice is located at Radiance and focuses on medical acupuncture. For more information call 357-9470.



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Radiance Massage staff offers a variety of styles & techniques

Let us introduce you to our Licensed Massage Therapists



Alicia Reilly, L.M.P.

Alicia's work draws from Swedish Massage, rebalancing, deep tissue massage, and Trigger Point/Myofascial releasing. She believes that touch is important for health and well-being on many levels. She works with the individual needs of each client, gauging the depth of her work by client response. Her goal is to "create a safe place for my client to receive, to experience herself in her body, without judgement." Alicia has experienced working with survivors and people in recovery. She is particularly interested in the relationship between bodywork, emotion and memory, and is continuing her education in these areas. She is a graduate of the Brian Utting School of Massage.



Steve Jeffries, L.M.T.

Steve believes that Therapeutic Massage is beneficial in treating stress-related symptoms, tight muscles, fatigue and depression. Through a caring sensitivity that Steve has developed, he will adjust his massage to meet the needs of his client. Using Swedish Massage as a foundation he incorporates Sports Massage, Acupressure, Deep Tissue, Shiatsu, Therapeutic Touch and energy work in his treatments. Steve is a graduate of the Alexander School of Natural Therapeutics and received his license in 1990.



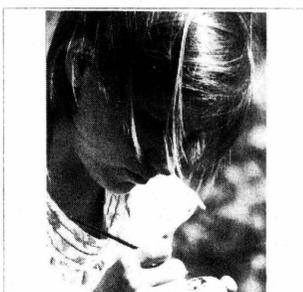
Rozanne Rants, L.M.T.

Rozanne has been a Massage Therapist for ten years. She gives a gentle, thorough massage, releasing tension and soothing sore muscles. She has a Master's Degree in counseling and is particularly interested in the effects of mind/body integration and the changes that occur with aging.



Dorothy Dick, L.M.T.

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*"We don't heal anyone
We may balance
We may take away obstacles to recovery
but also
We make a demand on the body to respond"*

Gretchen believes that touch is a kind of food and massage is a way of keeping us well nourished. A Brenneke graduate, Gretchen is currently studying Ben Benjamin's techniques in injury assessment. She is also certified to practice somassage. Gretchen has a gentle approach and a firm, solid touch. She uses a variety of techniques found in Swedish Massage, Myofascial release, Lomi Lomi, Shiatsu and Sports Massage. She says about her work, "I find each massage to be as unique as the person I'm working with".



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Heather Morgan, L.M.T.

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Therapeutic Massage and Tub Information

Massage and Soaking Tub appointments are available Monday through Saturday from 9:00 am to 8:00 pm. (The retail store opens at 10:00.) Please call in advance. 357-9470

Half Hour Massage - \$18.00

A therapeutic treatment on a specific area of the body (head, neck & shoulders, the back, etc.)

One Hour Massage - \$30.00

A therapeutic massage that includes the major tension areas of the body.

Hour-and-a-half Massage - \$40.00

A deeply relaxing whole body treatment that allows for more attention to problem areas.

Soaking Tub - prior to massage \$5.00, Tub Only - \$6.50

A half hour soak in our private, one-person tub will start the relaxation process so you can get the most from your massage. A soaking tub is always taken before the massage, never after. Our tub is drained and sanitized after each use; no chemicals are added to the water.

Senior Discounts:

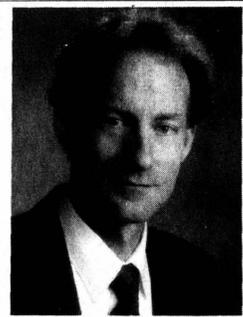
Citizens over the age of 65 qualify for a 10% discount on massages they are purchasing for themselves. *Discount does not apply to Gift Certificates or Specials.*

Massage Special - Save 20%

When you purchase four identical massages in advance, we'll give you a coupon worth five massages. No other discounts apply.

Gift Certificates -

Available for massages, tubs and merchandise. They are valid for two years from the date of purchase and may be used interchangeably toward Radiance massage or products.



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Herbal Tonics

continued from page 1...

Tonics might have other actions that have not yet been studied. Many of them exhibit immune system-stimulating properties that make the body more resistant to disease. They also tend to give people a greater sense of well-being. Some speculate they could affect the endocrine system. Until science delves more deeply into these herbs' actions, we have hundreds of years of experience to go on.

Today's root beers are descendants of the original spring tonics. They are still flavored with sassafras, sarsaparilla and other tonic roots. Additional flavors may include cinnamon, allspice, cloves, coriander and wintergreen. The earlier root beers were really beers that were made at home and lightly fermented to preserve them through the summer. Now, root beers are "soft" drinks (non-alcoholic) which have carbon dioxide pumped into them for carbonation.

The same spring tonics used in previous centuries are recommended by herbalists today. Some well-known tonic herbs include burdock, chicory, dandelion, sarsaparilla, sassafras, and yellow dock. These can be prepared as tea by simmering one ounce of the root (fresh or dried) in a pint of water for ten to fifteen minutes, then straining. The herbs can be reused to make another batch of tea by adding a pint of water and re-simmering.

Burdock (*Artium lappa*)

This root is one of the most popular for skin problems, including eczema and psoriasis. It is used as a skin wash, as well as a tea. It helps detoxify the liver and is especially useful in skin disorders related to toxic accumulation in the body. It is thought to neutralize poisons in the body by an as-yet undefined action. Burdock root contains antibiotic substances and vitamin C. It is a light laxative and a diuretic that can also increase sweating and benefit the lungs.

Burdock is used in Japanese cooking and praised by the macrobiotics for its health-giving properties.

Chicory (*cichorium intybus*)

A light laxative, diuretic and liver restorer, chicory is also a sedative for the central nervous system. Its effect isn't strong, but suitable for people with jittery nerves. It is also slightly calming to the heart. It helps

neutralize the effects of caffeine on the nerves and liver. It also reduces stomach acidity, a common problem for coffee drinkers. In fact, roasted chicory is used as a coffee substitute or blended with coffee to extend it. People with low energy or underactive hearts should avoid using chicory on a regular basis. Chicory is a slight stimulant to the endocrine system.

Dandelion (*taraxacum officinale*)

Dandelion is considered one of the safest and most tonic of the herbal diuretics. It is used for all liver problems and is a specific when liver disorders result in water retention. It also stimulates the digestive system, the gall bladder and is a light laxative. Dandelion normalizes an overacid stomach and helps to eliminate intestinal gas. In Germany, dandelion extracts are sold for liver complaints. Pharmacists used to sell dandelion juice pressed from the fresh roots.

Like chicory, dandelion roots are roasted to make a coffee substitute. They can also be added to the coffee substitute blend in raw form, since dandelion does lose some of its medicinal properties during roasting. If harvesting roots yourself, go for ones that are large and at least two years old. Spring-harvested roots are sweeter and contain more digestive properties. They are preferred by most sources, but some references suggest that more bitter, fall harvested roots produce a better coffee flavor.

Sarsaparilla (*Smilax officinalis*)

Besides being a gentle laxative, diaphoretic (encourages sweating) and diuretic, sarsaparilla aids circulation of the blood. It helps eliminate uric acid and is used for gout and rheumatism. It also contains vitamin C. The hormone testosterone, responsible for the sex drive, is slightly increased by sarsaparilla. The root has been used for colds, fevers, and lung congestion, and also helps eliminate intestinal gas. It tends to be used more in combination with other herbs than alone. Together with burdock root, sarsaparilla is taken for many types of skin problems, including fungal diseases like ringworm and viral diseases like herpes. It is used for various chronic inflammatory diseases and lymphatic problems. Constant use can irritate the intestines for some, but small quantities to sweeten often-used herb blends are fine.

Sassafras (*Sassafras albidum*)

The root bark of sassafras, beneficial

to the digestive system, is a diaphoretic and a diuretic. A weak central nervous system depressant, it has been used to relieve pain. It also helps relieve rheumatism, gout and menstrual sluggishness.

In all fairness to scientific research, a study in the early 1960's found that safrole, a constituent of sassafras, caused cancer in rats, at least in massive doses. This study received much press, and sassafras was subsequently restricted by the FDA. Natural food stores are supposed to label it, "not for consumption." But is it a carcinogen for humans? A 1977 study in Switzerland raised this question when volunteers taking safrole did not produce cancer-causing substances. The rats, however, did produce these substances in the second study, suggesting perhaps a difference between rats and humans, or even questioning the validity of animal tests. In any event, sassafras use is a personal decision.

Yellow Dock (*Rumex crispus*)

Yellow dock is primarily a laxative that tones the intestinal tract. It has been used for numerous skin afflictions, especially ones that are eruptive and oozing. It is used directly on wounds as a skin wash or a poultice of mashed roots, often blended with sarsaparilla and burdock. The root has a high iron content and has long been used to enrich the blood. Like other tonics, yellow dock is used for liver problems. It helps reduce lymphatic congestion and swelling. For those recovering slowly from illness, yellow dock boosts the lymphatic system.

SPRING TONIC RECIPES**Herbal Coffee Substitute**

Avid coffee drinkers, take note: this does not taste like coffee, and it does not have caffeine's kick, but it is a rich, brown drink with some similarities to coffee. If you are trying to drink less coffee, try mixing these herbs with it. They can be brewed along with the coffee.

Spread chopped, dried dandelion roots or chicory roots on a pan or cookie sheet. Roast in an oven at 200 degrees for about two hours, or until brown and crisp. Stir occasionally so they brown evenly. Let cool and store in a jar.

To prepare, grind roots to a fine powder in a coffee grinder and measure and brew like coffee.

Continued at bottom of next page...

Body Care Corner

continued from page 3...

Mother's Special Blend

A new product for us is Mothers Special Blend from the folks who make our popular lotion, "Skin Trip Coconut Lotion". This is a skin toning oil made for use before, during and after pregnancy. It helps to prevent stretch marks. It can also be used during weight loss and fitness programs. Ingredients include almond oil, coconut oil and vitamin E, no preservatives.

**Lavilin 7-day Deodorant**

Lavilin is a unique formula that can completely eliminate odor for 7 to 15 days, depending on your level of activity. Herbal ingredients arnica and calendula actually attack the bacteria that cause perspiration odor, and it takes them 7 to 15 days to build back up to a level where they are causing odor again. It's easy to use; just apply a small amount in the evening, wash off in the morning, and you're ready to go. Lavilin is gentle to your skin and a little goes a long way. We have trial sizes and the large size will last about 5 months. It's best to avoid deodorants that contain harsh chemicals or aluminum salts because they can be

Herbal Tonics

cont'd from page 10...

For tasty variations, blend with licorice, orange peel, anise, cinnamon, or vanilla, or combinations of these herbs. A favorite is equal parts of dandelion, burdock and roasted chicory with a half part each of cinnamon and licorice. Add a dash of vanilla extract before serving.

Herbal Root Beer

Combine equal parts sarsaparilla, sassafras and wintergreen. Make a strong tea using one ounce of combined herbs for every pint of water. Add honey to taste. Let cool and add an equal part of carbonated

water just before serving. You can add a half part of licorice or stevia to sweeten the blend with herbs instead of honey.

**Time to start thinking about sunscreen**

As spring progresses and you spend more time outside, remember to protect your skin with a good sunscreen. You can still get burned even when the sun's not shining. New from Nature's Gate is their "Sun Kiss'd" waterproof PABA-free sun protection lotions in SPF 2, 8, 15 and 30. We will also carry non PABA-free sun protection lotions from Jason.

...and bug juice

Yep, those mosquitos are gettin' ready for the warm weather and your bare arms. Our bug repellents are made from pure essential oils like citronella, lavender, and eucalyptus and are very effective. They do not contain DEET or other potentially harmful pesticides. This summer we'll carry Citronella-scented candles which, when burned outdoors help keep mosquitos away.

Here are some books I've found helpful:

Staying Healthy with the Seasons, by Elson Haas, M.D.

The Colon Health Handbook, by Robert Gray

Juice Fasting, by Dr. Paavo Airola

Fresh Vegetable and Fruit Juices, by N.W. Walker, D.Sc.

The Sprouting Book, by Ann Wigmore

Maximizing Your Nutrition, by Dennis Nelson

**25% Off thru 4/30 while supplies last****"Remember to Recycle" Sale**

Every day is Earth Day, but from April 15-30 we will celebrate the formally recognized Earth Day by offering you incentives to recycle. We'll give you a 10% discount on any bulk body care product we sell when you bring in your recycled container to be filled. It can be glass or plastic. We'll give you a bright new copper penny for every recycled paper bag you bring with you to purchase your bulk herbs in. We will feature the following packaged products at 25% off so you can buy your first bottle, then bring it back for a refill when it's empty:

Nature's Gate Herbal Moist. Lotion
8 oz. Reg. \$3.65/Sale \$2.75
16 oz. Reg. \$5.25/Sale \$3.95

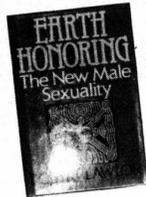
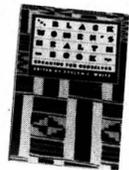
Nature's Gate Skin Therapy
16 oz. (great for chapped, cracked or dry skin) Reg. \$7.50/Sale \$5.65

Kiss My Face
16 oz. Honey Calendula Lotion,
Olive & Aloe, & Oil Free Moist.
Reg. \$6.95/Sale \$5.25
WHILE SUPPLIES LAST

Monthly Clearance Table

During the last week of each month we will be displaying at clearance prices any items we have decided to discontinue. You're sure to find great bargains!

Continued from page 5...



for calculating your own chart such as the Book of Tables, Ephemeris for Midnight and Noon. If you have any suggestions of books you'd like to see, please let us know.

New Arrivals

You can see our newest arrivals in one of our new walk-in display windows. Feel free to buy any of these books off the shelves if you can't find them in the book cases.

Books alphabetized by author

Your search for books will hopefully be easier now because they are in alphabetical order by author. On the ends of the bookcase I've listed the name of each section, and each individual shelf has a label describing what you will find there. I usually place my book orders on Fridays, so get your special orders in to me by Thursday.

I'm really happy to be working at Radiance. Let me know if there's anything I can help you with.

In Peace & Blessed Be
Micha

ACUPUNCTURE

Continued from page 7...

mine whether electricity was a factor in the results of this therapy.

Dr. Becker presented his study in a paper entitled, "Electro-physiological Correlates of Acupuncture Points and Meridians." He theorized that the acupuncture system worked as a biological regulator. Through the external technique of acupuncture point stimulation, the internal system of the body could be directly influenced. Dr. Becker's experiments revealed that acupuncture was mediated through an electrical system in the body. Inspired by these discoveries other scientists initiated extensive research to explain acupuncture.

Acupuncture and Neuro-Chemistry

Acupuncture affects the central nervous system sending messages to spinal nerves and the brain. These messages may moderate pain, increase circulation, stimulate the immune system, or act in other very specific ways. The exact mechanism of how this occurs is still being researched, but now we have some hypothetical answers.

Acupuncture acts on the central nervous system using endorphins as modulators. It appears to affect nerve cells and cells around the nerves. Endorphins are hormone-like neuro-transmitters that resemble morphine in biochemical structure and affect the nervous system in a similar pain blocking manner. Acupuncture stimulates endorphin production. The release of endorphins during acupuncture seems to be responsible for the sense of relaxation and well-being that accompanies acupuncture treatment.

Acupuncture and Neuro-Electricity

Acupuncture has neuro-electrical implications in addition to its neuro-chemical effect. The acupuncture system has since been proven to be "a measurably consistent semi conductor analog control network." This electrical system contained in each of us follows the laws of low frequency direct current. Anatomically, acupuncture has been shown to work at a cellular level. The perineural system of Schwann cells appears to be the location of the input system. The Glial cell network integrates the acupuncture signal at spinal levels where the output control system is affected.

Acupuncture points have a lower resistance and a higher electrical conductivity than the surrounding tissue in an organized field pattern. They are discrete loci of D.C. current. These points act almost as boosters of the electronic flow and help to restore signal strength and maintain intensity of flow over certain distances in the human body.

Our knowledge and understanding of how acupuncture works evolves with ongoing research. Currently the scientific explanation for the acupuncture system is incredibly analogous to the ancient Chinese perspective. Two thousand years ago the Chinese recognized that the human body contained a network of channels. Today we use the term "low frequency direct current" to explain what the Chinese called energy or "Qi". As neuro-chemical and neuro-electrical explanations for the mechanics of acupuncture have emerged, we have discovered that the Chinese explanation for

acupuncture is still appropriate. Pain, disease, and imbalance in the body or mind can be caused by a block in the flow of energy. Health and well-being can be restored by promoting this flow of energy.

Peter White is a Certified Acupuncturist. He is certified and licensed by Washington State and the National Commission for the Certification of Acupuncturists. His acupuncture training includes 3 years study at the Northwest Institute of Acupuncture and Oriental Medicine, and a clinical internship at People's Hospital, Chongqing, the Peoples Republic of China. The focus of his practice is on medical acupuncture. Peter White is currently offering acupuncture treatments at Radiance. For questions, consultation, or appointments call 357-9470.

Your Steps Are Most Important

What activity is most important in your life? To pass an exam, get a car or a house, or get a promotion in your career? There are so many people who have passed exams, who have bought cars and houses, who have gotten promotions, but still find themselves without peace of mind, without joy, and without happiness. The most important thing in life is to find this treasure, and then to share it with other people and with all beings. In order to have peace and joy, you must succeed in having peace within each of your steps. Your steps are the most important thing. They decide everything. I am lighting a stick of incense and joining my palms together as a lotus bud to pray for your success.

-from A Guide to Walking Meditation, by Thich Nhat Hanh

Incense Sets the Mood

Almost everyone has had the experience of smelling something in the air and being vividly reminded of another time or place where that particular odor was present. This "associative" or evocative nature of fragrance has its roots in the structure of the human body itself. The sense of smell differs from the other major senses in that it is more primitive, working more directly with that part of the brain which is "older" in an evolutionary sense than the rest.

It is also infinitely more versatile than other perfumes, because it goes far beyond being just a perfume: good incense makes use of substances (tree barks and saps, roots, flowers and other botanical products) which cannot be liquified or isolated into a perfume or cologne. And in the burning, ingredients of extremely differing forms combine into a single, unique bouquet containing subtle tones or shadings.

And of course there are the resins (from plants, mainly trees) which vaporize when burned on charcoal, producing the never-to-be-forgotten smells of ancient basilicas, temples and churches. Frankincense is an example of a well-known resin incense. Resins tend to reconstitute themselves on the surface or walls and ceilings in microscopically thin layers, eventually giving the place where they are used an olfactory character which is essentially permanent.

The odor of bread rising, a heady, yeasty smell, may bring back moments spent in the kitchen in childhood, together with intense recollections of how the place looked or what what people said or did many years ago. In exactly the same manner, the fragrance of incense - carried lightly through the air - may evoke thoughts and feelings, setting the mind at rest or into a receptiveness for images of all kinds. It is for this reason that incense has been used for millenia in conjunction with worship, meditation and prayer. And, needless to say, for the same reason it has been used to eliminate or cover other odors which evoke unpleasant associations.

Indian incenses ("agarbatties") represent literally thousands of different ingredients and compounds, and usually contain liquid perfumes as well as solid base ingredients such as sandalwood powder, charcoal and a resin known as "jigit". Any given incense can be expected to have thirty or more ingredients. Japanese incenses are equally complex, but lean heavily toward woody, resinous fragrances. All Tibetan incense starts with the same basic botanical ingredients, but there are subtle differences and striking variations in quality.

Incense is a kind of "mental stimulant" which can transform the ordinary into the very special, and do so easily and at no great expense. Fine incense burning in a plain room with gentle lighting and a few special artifacts can produce the setting that subtly calls the psyche to relax, lighten and flow with the moment. Whether the space is a temple or a bedroom, the effect is the same. A mood is set: the moment takes on a heightened, special meaning.

The Native American tradition includes the use of different local plants to cleanse rooms and meeting areas. The herbs we are most familiar with include mountain sage (often bundled into what is called a "Smudge Stick), wild white sage (this has a much larger leaf and a unique fragrance), sweetgrass, juniper, pinon, mesquite and copal.

Of course, how well that special meaning is evoked depends greatly upon the quality of the incense used, as well as the personal tastes of the user. That is why Radiance stocks such a great variety - to allow those who know the delights of incense burning to find what is just right for their own purposes.

Recycle your bottles & bags!

From April 15 thru 30, Radiance will give you even more reason to make a commitment to recycling. From April 15 thru 30, we will:

- Give 10% off on refills of bulk body care products (you bring the bottle, glass or plastic)
- Offer 25% discount on selected factory-packaged products that you can bring in for refills in the future (we stock them in bulk, too)
- When you bring in your own bags or containers to fill with bulk herbs, we'll give you a penny for each container you use

think recycle think recycle think recycle think recycle think recycle think recycle

Radiance Bulk Products List - by Category

We've had lots of requests for this list. Please note that "@" indicates organically grown, and "WC" indicates wildcrafted. Prices are subject to change without notice.

Culinary Blends	Culinary Herbs	Medicinal Herbs	Medicinal Herbs	Teas & Misc.
BOUQUET GARNI 10.50	NUTMEG, GROUND 17.25	FALSE UNICORN, WC 54.00	RUE HERB 18.00	BLACK CURRANT 11.50
CAJUN BLEND 9.50	NUTMEG, WHOLE 12ea	FEVERFEW LEAF, @ 22.00	SANDALWOOD CHIPS 8.20	CHOICE DARJEELING 24.00
CHILI POWDER HOT 6.50	ONION, GRAN, @ 10.00	FLAX SEED, @ 3.10	SARSAPARILLA RT,W 30.00	EARL GREY TEA 13.00
CHILI POWDER MILD 6.50	OREGANO, @ 28.00	FO-TI, THIN SLICED 15.25	SASSAFRAS BK, WC 15.00	EARL GREY w/lavende 14.00
CIDER MIX 9.80	PAPRIKA 6.50	GENTIAN RT @ 21.00	SENNA LEAF, PWD 5.20	ENGLISH BREAKFAS 12.00
COUNTRY BLEND 10.00	PARSLEY FLAKES, CU 22.00	GINSENG RT, KIRIN 3.50ea	SHAVEGRASS, @ 16.00	FANCY CHINA JASMI 13.00
CURRY PWD, no salt 8.00	PEPPER, BLACK 12.25	GOLDENSEAL RT, W 52.00	SIBERIAN GINSENG, 15.20	FORMOSA OOLONG 19.00
GARAM MASALA 7.50	PEPPER, WHITE 14.00	GOLDENSEAL PDR., 57.00	SKULLCAP HERB, @ 21.00	IRISH BREAKFAST 10.00
HEALTHY HEART 8.60	POPPY SEED, BLUE 4.70	GOTU KOLA @ 40.00	SLIP ELM BK,WC 13.00	JAPANESE GREEN 16.00
ITALIAN SEASONING 8.00	ROSEMARY 4.50	GRAVEL RT, WC 15.00	SLIP ELM BK,WC PW 13.90	KUKICHA TWIG TEA 20.00
PICKLING SPICE 6.20	SAGE LF, @ 11.00	HIBISCUS 6.60	SPEARMINT, @ 10.00	LAPSANG SOUCHON 15.00
POULTRY SEASON. 13.00	SEA SALT, COARSE 0.50	HOPS FLOWERS 8.00	SQUAWVINE, WC 28.00	MARKET SPICE TEA 7.50
PUMPKIN PIE SPICE 10.50	SEA SALT, FINE 0.55	JUNIPER BERRY WC 22.00	ST JOHN'S WORT, WC 20.00	RUSSIAN CARAVAN 11.00
SALAD HERBS 13.00	SHIITAKE MUSHROO 24.00	KELP, NORWEG PWD 6.20	STEVIA 14.50	Miscellaneous
SEVENTH WONDER 7.50	TARRAGON, @ 30.00	LAVENDER FLWRS 18.00	STRAWBERRY LF, @ 10.50	BENTONITE CLAY 6.00
SPICY LEMON PEPPE 12.70	THYME, CUT @ 18.00	LEMON BALM @ 15.00	UVA URSI, WH @ 11.00	DIATOM DUST 4.00
TACO SEASONING 8.20	TURMERIC, GROUND 5.10	LEMON GRASS 6.50	VALERIAN RT, @ 18.00	DREAM PILLOW 15.50
VEGETABLE FLAKES 13.40	VANILLA BEANS 1.30ea	LEMON PEEL 11.25	VALERIAN ROOT, PW 11.00	FIELD/FLOWER BAT 15.00
	VANILLA POWDER 9.00	LEMON VERBENA 25.00	WHITE WILLOW BK 11.00	FIRST AID CLAY 19.50
		LICORICE ROOT, CUT 8.80	WILD CHERRY BK W 8.50	GREEN CLAY, BULK 9.50
Cooking Spices	Medicinal Herbs	LICORICE RT, PWD 6.70	WILD YAM RT, WC 17.00	HERB FACIAL STEAM 15.50
ALLSPICE, GROUND 6.20	ALFALFA 6.50	LICORICE STICKS 10.65	WINTERGREEN 9.00	Henna
ALLSPICE, WHOLE 6.70	ANGELICA ROOT, @ 21.00	LICORICE STICKS 10.65	WITCH HAZEL BK W 13.50	HENNA, BLACK PWD 8.50
ANISE SEED, WHOLE 9.20	ASCORBIC ACID 24.60	LINDEN FLOWER, @ 21.20	WORMWOOD HERB, 14.00	HENNA, BLONDE PW 16.50
ANISE STARS 9.20	ASTRAGALUS, PWD 34.90	LOBELIA HERB, WC 25.00	YARROW FLW, @ 12.50	HENNA, BROWN PWD 16.50
ARROWROOT, PWD 4.00	BLACK BERRY RT@ 16.00	MARSHMALLOW RT 15.00	YELLOW DOCK,WC 11.50	HENNA, BURGUNDY 16.50
BASIL, CAL CUT, @ 24.00	BLACK COHOSH WC 14.00	MARSHMALLOW PW 12.00	YERBA SANTE, WC 11.00	HENNA, COPPER 16.50
BAY LEAF, SELECT 12.40	BLESSED THISTLE, @ 11.00	MEADOWSWEET, @ 21.75		HENNA, MAHOGANY 16.50
CARAWAY SEED 4.50	BLUE COHOSH WC 14.00	MILK THISTLE SD, @ 30.00		HENNA, NEUTRAL 10.00
CARDAMON, GRD 15.50	BLUE MALVA FLW 23.60	MORMON TEA, WC 16.00		HENNA, RED PWD 13.50
CARDAMON SEED 15.00	BORAGE, WH @ 16.00	MOTHERWORT, @ 22.00	Cocoa Powder	
CAYENNE 6.50	BUCHU @ 28.00	MUGWORT, WC 22.00	Unsweetened	Bath Salts
CELERY SEED 4.90	BURDOCK ROOT@ 16.00	MULLIEN LEAF, WC 21.00	HAZELNUT COCOA 12.00	BATHERAPY 3.00
CHILI PODS, INDIA 8.75	CALAMUS ROOT, WC 18.00	MYRRH GUM, PWD 15.90	MINT COCOA 12.00	MENSTRUAL HARMO 7.50
CHILI, RED FLAKED 7.50	CALENDULA FLW, @ 26.50	NETTLES, @ 13.70	RASPBERRY COCOA 12.00	SLEEP LIKE A BABY 7.50
CILANTRO, CUT 16.00	CASCARA SAG., WC 10.00	OATSTRAW, @ 7.00		
CINNAMON CHIPS, 1/4 7.50	CATNIP @ 12.00	ORANGE BLOSSOMS 21.20	AMETHYST MIST TEA 13.50	
CINNAMON STKS 8.20	CHAMOMILE @/WC 35.00	ORANGE PEEL @ 13.00	CHILDREN'S PUNCH 13.50	
CINNAMON, GROUND 10.00	CHAPPAREL LEAF 10.00	OREG. GRAPE RT,WC 12.00	KIVA TEA 9.50	
CLOVES, GROUND 13.00	CHICKWEED, WC 22.00	ORRIS ROOT CUT 28.00	LEMON MIST TEA 12.50	
CLOVES, WHOLE 12.00	CHICORY RT, ROAST 5.10	ORRIS RT POWDER 29.00	LICORICE SPICE TEA 14.50	Potpourri
CORIANDER GRD 4.00	CLEAVERS 12.00	OSHA ROOT, @ 30.00	MOCHA SURPRISE 9.50	HERBAL MOTH REPE 20.00
CORIANDER, WHOLE 4.00	COLTSFOOT, WC 16.00	PASSION FLOWER, @ 15.00	ORANGE BLOS SP 14.50	LILAC POTPOURRI 24.00
CUMIN, GROUND 5.95	COMFREY LEAF, @ 11.00	PATCHOULY LEAF 16.00	RADIANCE TEA 13.00	FRESH PEACH 24.00
CUMIN, WHOLE 5.35	COMFREY ROOT @ 11.00	PAU D'ARCO BK 22.00	RED ZINGER TEA 14.00	GRANDMA'S KITCH. 24.00
DILL SEED, WHOLE 5.35	COMFREY RT, PWD 13.00	PENNYROYAL WC 21.00	STARBUST LICORICE 13.00	SPICE OF ROSES 24.00
DILL WEED, @ 17.50	CRAMPBARK, @ 34.50	PEPPERMINT, @ 10.00	YOGI TEA 13.60	COUNTRY GARDEN 24.00
FENNEL SEED 5.00	DAMIANA LEAF WC 18.00	PLANTAIN HERB, WC 15.00		LOVE POTION #9 24.00
FOENUGREEK, PWD 5.00	DANDELION RT, @ 19.00	POKE RT, WC 14.55	CINNAMINT SPICE 12.50	MOUNTAIN PINE 24.00
FOENUGREEK 8.00	DEVILS CLAW @ 28.00	PRICKLY ASH BK, WC 22.00	EVENING IN MISSOU 16.00	EVERYTHING SPICE 24.00
GARLIC, GRANULES 7.50	DONG QUAI, PWD 17.50	PSYLLIUM HUSK, PW 9.50	HERBAL EARL GREY 14.00	LAVENDER 24.00
GARLIC, MINCED 7.25	DONG QUAI, SLICED 80.00	PSYLLIUM SEED 6.20	MOCHA ALMONDINE 15.00	ORANGE SPICE 24.00
GARLIC, SLICED 13.00	ECHINACEA RT, WC 35.00	QUEEN OF MEADOW 11.00	MONTANA GOLD 16.00	VANILLA SPICE 24.00
GINGER ROOT, CUT 6.00	ECHINACEA PWD, WC 37.00	RED CLOVER BLOS 17.00	NIGHT ON GLACIER 15.00	
GINGER ROOT, PWD 6.00	ELDER FLWRS WC 22.00	RED CLOVER @ 10.60	WILD MTN HUCKLEB 16.00	Incense
MARJORAM, CUT 5.00	ELECAMPANE RT @ 13.00	RED RASP LEAF, @ 18.00	WINTERMIST TEA 15.00	FRANKINCENSE 12.40
MUSTARD SEED, BRN 5.00	EPHEDRA, CHINESE 10.00	ROSE HIPS, CUT 4.80		MYRRH GUM, CUT 14.40
MUSTARD SEED, GR 3.60	EUCALYPTUS LEAF 7.60	ROSE HIPS, WHOLE, 20.00		WHITE SAGE 16.00
MUSTARD SEED, YEL 5.00	EYEBRIGHT HERB @ 19.00	ROSEBUDS, RED 11.60	ASSAM TEA 17.00	NAG CHAMPA 08/stk

Radiance has new jar labels and carries more organic & wildcrafted herbs, fewer herb powders



New Pricing System for our Herbs

"Let's see now, am I supposed to write down the price per pound or the price per ounce on each bag?" You don't have to think about it anymore. When you buy bulk herbs, teas and potpourris we now have a much easier pricing system. Each jar has a

How Swedish Bitters Makes It Better

Which of the following "four fundamental flavors" was missing from your last night on the town or holiday meal?

- Sweet
- Sour
- Salty
- Bitter

If you're like most people the world over, that bitter taste is generally absent from your diet - perhaps even missing completely. But without it, you'll never have the complete balance of flavors nature intended. This is important for more reasons than just taste. Each taste begins - the instant it touches your tongue - to generate hundreds of biological reactions throughout the entire body. Some, like the sensations of flavors themselves, are quite obvious. Others, like the stimulation of various internal organs and body functions, are much more subtle. Yet each plays a vital and powerful role in maintaining your health and happiness.

4-digit number on the lid. Simply write the Jar # on each bag and we'll take it from there. Your receipt will list the name of each herb you purchase now. This system is similar to how you purchase bulk items in the grocery store. We hope this is more convenient for you. Your comments are welcome.

More Organic Herbs, Fewer Powdered Herbs in Stock

We are making great progress in finding more organic and appropriately wildcrafted herbs. In the last few months we have added organic Chamomile, Gotu Kola, Flax Seed, Linden Flower, Meadowsweet, Milk Thistle Seed, Orange Peel, Osha Root, Skullcap, Uva Ursi, Yarrow, Parsley, Oregano and Basil. There are many more...please check our new Complete Listing of Bulk Herbs, Teas & Potpourris on page 14.

You may have noticed that we have been phasing out many of our powdered medicinal herbs, and there's a good reason

for it. Powders can sometimes be made from lower quality herbs, and because they are powdered, they tend to lose their potency much faster than whole or cut herbs. We still have a few powders in stock such as Slippery Elm Bark, Goldenseal, Echinacea, Marshmallow Root, etc.- these herbs are either very difficult to grind up, or/and they are reasonably stable in powder form, and/or we sell enough that potency loss is not a large concern. We do have some concerns about Echinacea powder, and we may decide to discontinue it.

When you need an herb in powder form, we can grind up small quantities for you while you wait. If you plan to do a lot of grinding, we suggest you invest in a good porcelain mortar & pestle (available from \$5.95 - \$13.95), or an electric coffee grinder (usually around \$20 - \$25 at Pay 'N Save or Ernst; we have them occasionally). Don't use the same grinder you grind your coffee in because you'll affect the taste of both the herb and your coffee! Some herbs' effectiveness may also be affected by the oils from coffee beans.

A bitter taste has a profound effect on the digestive system, especially the liver, the keeper of balance within the body. The liver's job is to produce fluids that aid digestion as well as to rid the system of excess and toxins. What the liver does is exactly what you need most after eating or drinking too much of a good thing. But that's the time when the liver, and many other important functions in your system, are overworked and tired out.

Swedish Bitters has been a vital part of "spring cleansing" programs in Europe for hundreds of years. Its safe, yet potent formula of eleven trusted herbs goes to work immediately to stimulate and revitalize our sluggish intestinal tract, promoting more complete digestion and regularity.

Swedish Bitters is a powerful blood cleanser too, and thus helps to detoxify the entire system. Many people report that they not only feel more vital and alive after using this formula, they actually think more clearly and feel happier as well.



Using Swedish Bitters, along with a cleansing tea such as Stinging Nettle, will aid digestion. Incorporating more fresh and raw vegetable salads using wild and garden grown leafy greens (including dandelion!) is especially recommended. A spring cleansing diet as described here can last for two to three weeks, depending upon your condition and how you feel. Swedish Bitters are available at Radiance. This information is provided by Natureworks, the manufacturer of Swedish Bitters.