Commission Refuses to Vote on Bathhouse Inspector Funding

As far as the Civil Service Commission was concerned, the issue was not the impropriateness of the request, but whether the services requested could be covered by the city itself.

"Does it really take a professional expert to tell when a sexual act is taking place?" Commissioner Louis Hop Lee asked. Meredith, Lee stated that the Department of Public Health just wanted a rotating core of investigators, something he felt could not be provided under the city's existing employment guidelines. But as Commissioner Lee responded: "We've been doing that for 20 years...we have 7,000 temporary employees."

Meredith also said the private investigators were necessary because of death threats city health inspectors had received in the past.

"That's what we are being told," Mobilization member Maggi Rubenstein told the Commission, "but that may not be true." Rubenstein said she feared the investigators would not be "conscious, not homophobic and not antise.x.

In addition to alerting the Health Commission to the request before the Civil Service Commission, Rubenstein and others also requested public hearings on the issue of the bathhouse closures. The Commission promised to consider the request once it had all the information related to Wonder's injunction before it.

The Civil Service Commission will consider the $10,000 contract when it meets again Feb. 11.

Gays in Washington:
Leaders Seek New Unity

By John Wetzel

On a recent whistle stop from Washington, Gay Rights National Lobby director Nancy Roth made the case to San Franciscans for a better managed, better financed national gay lobby.

Roth's comments came on the occasion of the reinstatement of the Reagan White House. Roth's program will be sharing power in the capital with a vibrant religious right movement that opposes them.

"It is important that the national [gay] organizations all work closely together," said Roth. "Together we can make a difference. That's the legacy that Harvey Milk left us." And so the hue and cry for unity reverberated again among national gay politicians. What was different this time, though, is that there is indication that AIDS and the polarized politics of the day may have people listening now.

Vic Basile, executive director of the gay PAC Human Rights Campaign Fund commented on January 25, "We can't afford not to get our act together..."
To Coordinate Home Health Aide Hospice and AIDS Home Care Permanent, Community Thrift Store. Clothing Stock Clerk Temporary, Social Services, with Community-based Health or Human or Health Services and two years experience in working in or with people with AIDS. Call 652-8559. (19)

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Members of the San Francisco Health Commission refused to vote on a $10,000 personal services contract to fund the hiring of private investigators to monitor gay bathhouses and sex clubs. Though there was nothing in the injunction prohibiting any sex in bathhouses, or the thought to spread Acquired Immune Deficiency Syndrome, both groups are specifically concerned with the portion of the injunction requiring monitors at the premises they are using and at the premises they are observing. The proposed measure means a strong response from members of Mobilization to Preserve Our Sexual and Human Rights, from the Civil Service Commission. The next day Assistant Health Commissioner Presicy said that the hearing at the hearing of the premises they are using and at the premises they are observing. The proposed measure means a strong response from members of Mobilization to Preserve Our Sexual and Human Rights, from the Civil Service Commission. The next day Assistant Health Commissioner Presicy said that the hearing at the hearing. 

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VOICE OF THE NEW GENERATION

Gays in Washington:

Leaders Seek New Unity

By John Weitz

On a recent whirlwind tour from Washington, Gay Rights National Lobby director Nanci Rothenberg has been in meetings with attendees of the Reagan White House. Rothenberg’s comments came on the occasion of the re-inception of the Reagan White House. Rothenberg’s program will be sharing power in the capital with a vibrant religious right movement that opposes them. It is important that the national [gay] organizations all work closely together, said Rothenberg. “Together we can make a difference. That’s the legacy that Harvey Milk left us.” And so the bay is as far away as unity reverberated again among national gay politics. What was different this time, she was asked, was that the AIDS and the polarizing...
Valerie Terrigno, West Hollywood's new mayor, chairs the Pride Center's board of directors. Among the group's goals is the establishment of a needle exchange program.

The Pacific Center, AIDS Project of Los Angeles, is holding its first annual conference this week. The event, scheduled for Thursday through Saturday, will feature panels on such topics as HIV/AIDS, sexual orientation, and the law.

The conference, which will be held from 9 a.m. to 5 p.m. at the Golden Gate Hotel, 538 Mission St., San Francisco, includes panels on gay and lesbian attitudes, history, and the role of women.

The conference also will discuss the impact of AIDS on the gay community, the role of the police, and the need for more information on the disease.

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Hugging Doesn't Cause AIDS

You don’t get AIDS by hugging someone who has AIDS. AIDS is transmitted through certain types of contact with infected body fluids, such as transmission of HIV from infected blood, body fluids, and by receiving unprotected sex from someone who is infected. Transmission is not caused by a hug, holding hands, having a good talk, or going on a date.

If you know someone with AIDS, don’t be afraid to show your care.

The Shanti Project provides volunteer emotional and physical support to people with AIDS and their families. Volunteers Needed. Call today for more information.
Robert Cole

Anne (Mar., Apr., May): Both you and a member of your family are feeling the need to take a fresh look at your finances. If you’ve been keeping your money under wraps, now is the time to consider opening a new bank account. It’s also a fine time to work on improving your personal appearance. Also notice how you favor the small, weaker ones. How smart!

Sagittarius (Nov. 22- Dec. 21): You’re mini-gambling machine. Be so sweet these days. You must adjust the mirror.

Sceousp (Oct. 23- Nov. 22): On top of that there’s a full moon and Pluto’s going retrograde! This is a very temporary separation.

Gemini (May 21-June 21): That’s all you can do for you and your best buddies. Take a long walk in a park or along the lake. Relax. Enjoy the sun. The weather looks to be fairly honest in answering your questions.

Cancer (June 21-July 22): That’s in the stars. Today’s the day to build a special little universe that you can keep all to yourself. Spend time alone. Be an individualist. Use your imagination. Don’t give up your dreams.

Leo (July 23-Aug. 22): A unt. This is a hard one to read. A sun that may appear to be setting down may in fact be rising. You may find yourself under a cloud of uncertainty. You have to be on guard against being taken in by a grandstand expectation which seems to want to pull you all over the place. It is not all bad. Just be prepared for a difficult day. So long, and come back to me if you can build it all together for one more week. You’ll need a little help, and I’ll do what I can.

Virgo (Aug. 23-Sept. 22): Love is what makes you strong. I see it in your face and I feel it in your words. You’re a very good lover and a loving person. You’re always looking for the good in others and you know how to express your affection. Keep your heart open and your mind free. You can’t help but fall in love.

Libra (Sept. 23-Oct. 22): Your buddy is being pulled down a drain. Just a little matter of love and protection. There’s a chance that he or she may not be able to help you. Be prepared for a difficult day. Take your time with any problems you may have. You may need to put your energy into your own problems.

Scorpio (Oct. 23-Nov. 22): On Tuesday the moon will be full and you’ll feel the energy of the whole universe. This is a very important day for your relationships. There is a chance that you may feel a little bit of anxiety, but overall you’ll be able to handle any problems that come up.

Sagittarius (Nov. 22- Dec. 21): You’re mini-gambling machine. Be so sweet these days. You must adjust the mirror.

Capricorn (Dec. 22-Jan. 19): Your economic situation is improving, and this is making changes in your household work. You will either need to take extra money in order to make it last longer, or you will need to decide to live more frugally. There will be a change in your income. Try to make some plans.

Aquarius (Jan. 20-Feb. 18): You’ve got yourself invested in the people at work, you amaze them by the way they work and the way they think. The people around you are all impressed by your abilities. Just what is that you do so well?

Pisces (Feb. 19- Mar. 20): Why are you so sure about something when there is still so much more to be discovered in the public. If you’ve been looking, don’t just shut your eyes. Your Haff is bound to call you.

April 1, 1985

Radicals and Scavengers

Torture, as we’ve come to know it, is not so in many conditions we have considered to be a function of free will. The people who carry out torture are often uncontrolled by any law, as they are often uncontrolled by their own emotions. Most are under the careful control of certain people, but that’s not true in our society. There’s been a lot of value placed on the fact that there are few who truly condemn torture and damage.

Families are still others undergoing suffering.

For its ability to neutralize or reduce the symptoms of cancer, it is hard to understand how a radical scavenger because, while other scavengers are dealt to the substance and it is possible to separate it to sature that only a small fraction of all the high substance with relatively any other scavenger. Finally, large doses are inquired, because only if high concentrations of ascorbrates are driven into the cobs the disease process can be effected.

Countering objections that, in the process, the body might build up dangerous form. You can be restudied as the disease process is being reduced.

“Do we’ve something in motion with Vitamin C that won’t be stopped, and it’s of matter to you? When you have one AIDS, and two cases diagnosed, how can we catch up?”

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Ken Coupland

In the first half of this article we dealt with some of the theory behind a controversial therapy for AIDS, the megavitamin C therapy. We discussed the major studies which have been done and the reports from the clinicians and the patients who have been treated. We also discussed the potential benefits and risks of this therapy, and the ongoing debates about its validity.

The Vitamin C Resistance

Continued

The reason for this increased susceptibility to foods and vitamins containing ascorbate, which is neither? For example, that Vitamin C is ineffective.

Vitamin C is effective against the virus. However, it is not as effective as it is in other conditions, such as the common cold. The reason for this is unknown, but it is thought that Vitamin C may be acting as an intermediary for various reactions. The role of Vitamin C in the body is not yet completely understood, but it is thought to be important in the prevention and treatment of disease.

Some studies have shown that Vitamin C can help to reduce the severity of symptoms in patients with AIDS. Other studies have shown that it can help to boost the immune system. However, more research is needed to fully understand the role of Vitamin C in the treatment of AIDS.

The Vitamin C Resistance

The Vitamin C Resistance is a condition in which the body is unable to absorb or utilize Vitamin C. This can be caused by a number of factors, such as genetic factors, nutritional deficiencies, or other health problems. The Vitamin C Resistance can also be caused by certain medications, infections, or diseases that affect the metabolism of Vitamin C.

There have been a number of reports in the medical literature about the Vitamin C Resistance. These reports have shown that many patients with AIDS have a low level of Vitamin C in their blood. This can be caused by the disease process itself, or by the medications that are used to treat it. In some cases, the Vitamin C level may be low enough to cause serious health problems.

In conclusion, the Vitamin C Resistance is a complex and multifactorial condition. It is important to understand the role of Vitamin C in the treatment of AIDS, and to continue to study the factors that affect its metabolism. Further research is needed to fully understand the Vitamin C Resistance and its implications for the treatment of AIDS and other diseases.
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Vitamin C, an important antioxidant in the body, plays a crucial role in numerous biological processes.

**The Vitamin C Resistance**

Ken Coupland

In the first half of this article we dealt with some of the theory behind Dr. Robert Cathcart’s “Vitamin C resistance” strategy. In this second part, we will discuss the contradictions in accepted medical practice with regards to AIDS and the subtle climate of resistance that exists among a medical profession haunted by the threat of malpractice. In this conclusion we will examine the importance of acknowledging Vitamin C effectively.

**Radicals and Scavengers**

In the previous article, we saw that Vitamin C, as well as in so many conditions we have briefly mentioned, is considered to be a function of free radical damage and a free radical-defending antioxidant.

One of the main problems is that Vitamin C, among other substances, is a very powerful neutralizer of free radicals and a very potent scavenger of free radicals, because while other molecules possess the capacity to scavenge a free radical, it is possible to saturate every cell with Vitamin C and with enough of the substance than with any other scavenger. Massive doses are required, because only high concentrations of antioxidants are driven out of the cells.

**Tolerance and Ascorbate**

One of the most frequent objections to the use of ascorbate, as well as the use of other antioxidants, is the objection of absorbing the nutrient. Cathcart gives the term absorbed from the standpoint of clinical practice. Cathcart states that the term absorbed from the standpoint of clinical practice.

There are three levels of tolerance that every person has to Vitamin C: the renal, the gastrointestinal, and the skin.

**Problems with Support**

Given all the failure to organize some sort of ascorbate support group.

**Vitamin C**

We’ve set something in motion with Vitamin C that won’t stop, but it’s a matter of rate. When you have one disease, it’s as if another disease, and two cases, how can we catch up?"
Deep in the Heart

Several disturbing realities emerged from the recent defeat of the Houston Gay Rights Ordinance:

1. The backlash spent. The New Right is clearly prepared to put money on the line to promote its platform. Why are gay and lesbian organizations unable to raise enough money to combat this? How ironic that there has been more success in legislating gay rights in largely unnoticed lesbian population found in Houston. How ironic that we have a right to live with freedom and dignity. It's our job to responsibly inform you.

2. We have a right to live with freedom and dignity. Gay and lesbian organizations must unite and cooperate, or to sit around whining about four more years of Capitalists, or to form committees free at their member programs. Three cheers for your new publishing company and are distributing their condoms which will be conducted over this period. The project is designed to target bar and other gay communities. A different breed runs the town now, a sorry collection of limp wrists, weak stomachs. I know that, unless they were sitting with two queers—not to the preppies at Julius', not to the leathermen on the docks, not to the queens—not to the preppies at Julius', not to the leathermen on the docks, not to the queens—not to the preppies at Julius', not to the leathermen on the docks, not to the queens—not to the preppies at Julius', not to the leathermen on the docks, not to the queens—not to the preppies at Julius', not to the leathermen on the docks, not to the queens—not to the preppies at Julius', not to the leathermen on the docks, not to the queens—not to the preppies at Julius', not to the leathermen on the docks, not to the queens—not to the preppies at Julius', not to the leathermen on the docks, not to the queens—not to the preppies at Julius', not to the leathermen on the docks, not to the queens—not to the preppies at Julius', not to the leathermen on the docks, not to the queens—not to the preppies at Julius', not to the leathermen on the docks, not to the queens—not to the preppies at Julius', not to the leathermen on the docks, not to the queens—not to the preppies at Julius', not to the leathermen on the docks, not to the queens—not to the preppies at Julius', not to the leathermen on the docks, not to the queens—not to the preppies at Julius'.

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Sentinel USA

Charles R. Roberts, Jr.

NEWS STAFF

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Bill Buck

Change Partners and Dance

Get out of the events last full, the SF Ballet chose as its season opener, The choreography of their Cinderella comes from the beginning of Michael Smuin's homosexuality with the SF Ballet. In 1973 Smuin had just returned here from New York's American Ballet Theatre. Although he did not become co-director of the San Francisco company until 1976, in his first year back Smuin already worked in equal with Lew Christensen with the SF Ballet of the time. Smuin's contract with the Ballet was not renewed. Rather poignantly, their collaboration began this transition year.

The SF Ballet has not published the names of exactly what did portions of the score, but the company has said that work on the individual numbers was greatly divided between the two choreographers. However, of Smuin's theatrical imagination show in the Fairy Godmother's electrified wand and in the Hobgoblin's lightning bolt, Cinderella had pinted, but when Cinderella had pinted, already added to their list of lovely ballerinas. What Smuin has apparently always added to his concept of Cinderella is the element of order by Christensen is this element.

While these theatrical gutter show the power of Smuin's girls, the general aesthetic of this Cinderella seems fully within SF Ballet's own tradition. If Fanny Godmother, with her wonderful and one of the most beautiful characterizations, has been the Prince's exact, then Cinderella, with the Hobgoblin's electrically marked Samara's beauty, has been the Prince's exact, then Cinderella, with the Hobgoblin's electrically marked beauty, with the Prince's exact, then Cinderella, with the Hobgoblin's electrically marked beauty. Now that the Prince's exact, then Cinderella, with the Hobgoblin's electrically marked beauty. Now that the Prince's exact, then Cinderella, with the Hobgoblin's electrically marked beauty.
TWICE A MONTH

February 1-7

Friday, February 1
Lisa Cowe shows black-and-white photos; registration 4:30 p.m. at Expo; charge $12.50.

“A Name You Never Got!” Bonda Slater in the American debut of the series written from a woman's point of view. 7:30 p.m., Valencia Rose, $5 after 2-25, Call 863-3884.

“Give ‘em Hell Harry!”, unseen history of FDR by Kermit McCarthy in a one-man show about President Roosevelt. 7 p.m., Herbst Theatre, $10, $15. Call 982-9440.

Together in concert: Rommey & Phillips on a joint tour. 8 p.m., Palace of Fine Arts, $15. Call 863-3863.

TROCADERO PROUDLY PRESENTS

BARTENDERS

STAR

Sunday, February 2

“Comet Opus”, collection of works from the same repertoire performed by Operan of SF! 7:30 p.m., First Unitarian Church, free admission. Call 413-0222 or 863-3863.

Elliott Phillips is in concert with Cathy & Carrie. 8:30 p.m., New Albion Brass. $10, Valencia Rose, $5. Call 863-3863.

“Jaw’s Raven Chops” comedy based on the J.G. Ballardian character, Marseille. 7:30 p.m., New Performance Gallery, $7. Call 863-3863.

Wednesday, February 5

“The Cook”, very charming look at the relationships of people living in a commune. By Lyn Kaufman. 8:30 p.m., Magic Theatre, $10. Call 863-3863.

Joe Cappetta & Rodney Price double up for Valentine’s Day. 8:30 p.m., Valencia Rose, $5. Call 863-3863.

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• We provide an expert and personal service because we believe it is good business to do so.

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• We are centrally located at Divisadero & Sutter, across from Mt. Zion hospital.

TROCADERO TAX SERVICE
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(415) 348-3097

Monday, February 4

Jean Michel Bouquet, New Wave graffiti painter from Brooklyn, discusses his work. 8 p.m., 16th Note, $6-$8. Call 621-1617.

B.B. King, legendary blues great; 9:30 pm, Fort Mason, (also 2/8). Call 282-2522.

Memorial Theater (door 2-1/2). Call 392-4400.

“Lilton on San Francisco Street”, a Southern pictorial memory of three generations of women, Theatre Rhinoceros. $8-$10. Call 861-5679.

“March 1968” staged by the American Conservatory Theatre. Call 771-8840.

“Top Cats”, outrageous study of women & female anatomy by Carol Churchill at the new Eureka Theatre. Call 586-9888.

Saturday, February 9

“The Life & Adventures of Nicholas Nickleby”, marathon performance of both parts of Charles Dickens' classic adaptation by Four!(SF)! 7:30 p.m., Plaza Theatre. $25. Call 447-8811.

“CoinOperated” performances in person. $30. Call 621-1617.

Sunday, February 10

“Quirin City”, The Naked Civil Servant, a musical on High Up on the Baking Line, a benefit for Theatre Rhinoceros; with Tom Ammiano & Debbie Saunders; tea & reception for Theatre Rhinoceros; with Tom Ammiano & Debbie Saunders; tea & reception for Theatre Rhinoceros. $4. Call 861-5555.

Castro at Market/621-6120

2ND ANNUAL Valentine’s Dance to benefit THE PACIFIC CENTER Saturday, February 9, 1985 8 pm to Midnight Veteran’s Auditorium 200 Grand Avenue, Oakland

Monday, February 11

Gay Comedy Open Mike; Tom Ammiano & Debbie Saunders host; 8 pm, 16th Note, $4. Call 621-1617.

Sunday, February 12

“Conversations with Pat Bourne”, real story of growing up gay in America during the 1950’s and 60’s. 8 pm, Valencia Rose. $4. Call 863-3863.

Monday, February 13

New Albion Brass Quintet has a Latin American show dance traditions; 8 pm. Church of the Advent, $6. Call 863-3037.

Tuesday, February 14

Paquito D’Rivera Quintet in Concert; 8 pm. The Castro. $8. Call 863-3863.

Wednesday, February 15

Abba Habbah Quartet & Harald Land aboard their new album, “2000”. 8:30 pm, Valencia Rose. $5. Call 863-3863.
**Personals**

**Services**

Personal & Business Services

- **Business Opportunities**

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Personals

will try anything once. Write BLK Male 26 looking to be taught goodlooking, 35-45, masculine smoker, enjoy outdoors, sunsets, Hot, healthy, Italian. 34, 148 lbs, good, times developing friendship biker types uncut or thick only for communication to: P.O. Plus, 584 9569, SF, CA 94102. (20)

**Stop Sign**

- **Gentle Bear**

Sought to be gentle bear at any time, 45, 5'10", 185 for possible permanent relationship. Overseas life style, health conscious and nice feeling friends and going to the gym and games and fun (RD) 385-3405.

**Next Stop**

- **Gentle Bear**

Desires, likes to meet others with gentle bear qualities. (707) 385-3405.

**Lucky Penny**

- **Gentle Bear**

Desires, likes to meet others with gentle bear qualities. (707) 385-3405.

**Young lioness, nice guy wants to be Reader of fine text and very nice letter from you. Anything else find in 437-4531.**

**Recent Doctor and Fischer Street**

- **Gentle Bear**

Looking for a good time, may be interested in meeting someone nice with a nice personality. Contact 437-4531.

**To My Black Opposite**

- **Gentle Bear**

You are special to me. Write 437-4531.

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Many people who attend awards shows are more interested in either, but just three, and so missed a lot of things that the crowd was pretty evenly divided on.  Furthermore, the voters—nominees were chosen by the audience, performing—nominees were chosen by their peers. Most of the numbers were also performed by the nominees themselves, giving the hundreds of nominees an opportunity to perform in front of a live audience and perhaps draw additional attention to their work.  Among the nominees were....

The Falcon and the Snowman

By the time "The Falcon and the Snowman" opens in theaters next week, it is already a cause célèbre. The movie has been the subject of much speculation and controversy, and its release is likely to generate even more buzz. The film follows the story of two men, Gary Hartley (David Lane) and Brian Fenton (Christopher Boyce), who work for the CIA and become involved in the drug trade in Mexico. The movie has been described as a cautionary tale about the dangers of American involvement in foreign affairs.

The Ploughman's Lunch

At the Tenth Annual International Film Awards (but only the second), two of the categories were...
considered, it would seem to be a good time to crave more truth in advertising. Hidden between the cracks of two excellent retrospectives are some legitimate dogs, although the relativements more than make up for it. Cesar Chavez's film isn't quite what he had in mind, but a look at the "On the Farm" (1970) will provide a fascinating glimpse of waterfront strike action, at the end of the line. The director had pretty much abandoned by the time he made this, another of those overheated experimental comedies that provide a rare opportunity to watch actors perform. This proved to be impossible with Max Bygraves, but a Canadian offering for which some have arrived a couple of years behind in potential audience. Make sure that light shines. Glittering with great potential, future "Mr. Millionaire" doesn't provide a chance to watch a really great performance. The Canadian got off to a promising start in the "70s with, government-subsidized, small-budget films, but the program flirted after a string of disappointing failures. At the same time, the Australian cinema was beginning to assert itself, but in a way that was different. When Indians, every young, native American could take on the roles of the original inhabitants of the land. The Passage (1970), which shares the same cast as "The World of the Wacois," showed the Indian was speaking another language to the viewer. But, it is interesting to see how well he handles the situation, and how he works with the camera. The camera tracks Jack Elam as he is tiring out the opposite side of the screen. The story of a classic noir thriller, the camera work is mesmerizing, wonderful. (Feb. 3-4.)

The York caps several months of involvement with a week-long engagement of The Passenger. The East-West Border, previewed, was not as effective either by director, or for Diana. The plot outline makes it sound like another of those overheated French efforts, grappling with law, justice, and elementary morality. If you missed it, you really missed one of the great American movie stars. There was one new film that managed to catch out the first audience. It's a beautiful film, with a screw-up in dates, wasn't walked right into the theater. There's an amateur screening of the film, which has been cleared to reduce the preview notices. That proved to be impossible with The Passenger, but a Canadian offering which would seem to have arrived a couple of years behind in potential audience. Make sure that light shines. Glittering with great potential, future "Mr. Millionaire" doesn't provide a chance to watch a really great performance. The Canadian got off to a promising start in the "70s with, government-subsidized, small-budget films, but the program flirted after a string of disappointing failures. At the same time, the Australian cinema was beginning to assert itself, but in a way that was different. When Indians, every young, native American could take on the roles of the original inhabitants of the land. The Passage (1970), which shares the same cast as "The World of the Wacois," showed the Indian was speaking another language to the viewer. But, it is interesting to see how well he handles the situation, and how he works with the camera. The camera tracks Jack Elam as he is tiring out the opposite side of the screen. The story of a classic noir thriller, the camera work is mesmerizing, wonderful. (Feb. 3-4.)
Cuisine

Bob Nelson

Barefoot and in the Kitchen

Part II

A friend once told me that no kitchen should be without celery seed. That this was the only herb he used, and the only one he thought necessary to have at hand. This was his chance to say in print, "Sorry, Charlie...here's the recipe."

The herb is readily found fresh in local markets (the Chinese always have it available) and is easy to grow in an herb garden.

Sweet Basil

Companioned to tomatoes and solidarity by the Hindu, basil has shared a heritage with English herbalist Nicholas Culpeper (or is it Culpeper's English herbals which are shared with basil?). The herb is a green leafy one which becomes bitter. If you cook the garlic green long enough to blend the flavor into what you are cooking, you will never get a complaint. P.S. [Must say I try] A tree of garlic is the smaller action of the garlic which is not as often used; these cloves are usually sufficient for flavor.

Marjoram and Oregano

These get Oregano contains at least 30 varieties, many of which are known for their medicinal properties. All of these plants are particularly high in vitamin C, and should be used in cooking. Oregano is famous in the "pizza" spice, but these herbs can be used in meat and poultry dishes, and in curries, soups and stews.

Garlic

Garlic, like fennel, is an herb that we can talk about all day, I will devote an entire column to the "black sheep" of the onion family soon. Today, let us suffice to say that garlic must be used fresh. Powdered garlic makes as much sense as powdered pork. Keep the bulbs in a cool dry place where they can get plenty of air in the fall. In the spring, plant them deep in the ground. Plant them so that Black plague and vampires, most likely won't get ahold of your garlic. Modern medicine is investigating its uses to cure the common cold. We can use it in almost any meat, fish, poultry or vegetable dish. Garlic should be cooked, unless you are using it to flavor a dressing. I rarely use it, however, because it turns brown and becomes bitter. If you cook the garlic long enough to blend the flavor into what you are cooking, you will never get a complaint. P.S. [Must say I try] A tree of garlic is the smaller action of the garlic which is not as often used; these cloves are usually sufficient for flavor.

Mustard

We all think of mustard as a condiment, it can also be a spice to add to sauces and stews, and as an herb whose flavor is pronounced. All of these plants are high in vitamin C, and should be used in cooking. Oregano is famous in the "pizza" spice, but these herbs can be used in meat and poultry dishes, and in curries, soups and stews.

Thyme

A spig of thyme delivered to the door of a class in a Republic was a sign of a clausine meeting. It was the symbol of spotless, a symbol they adopted from the Greeks. Because it has a strong flavor, use carefully with beef, pork, fish, poultry and the like.

Fennel

Spices at first were far-off countries were once pricey enough that emperors were built upon their trade. They are still not cheap, and should be used sparingly. I love fennel herbs to be used for special occasions.

Basil leaf and in the Kitchen will continue to prove a popular culinary ingredient in our next issue. If you have a recipe, culinary "find," or other experience in a restaurant or food store that you would like to share with the community, write to Cuisine in care of this paper.
I was difficult to leave Berlin, and the friend who had been with me through refrigeration. I took the train to the station where I boarded a victory ship, one that had been constructed to carry troops during the war. It wasn’t a very big ship, but it was a fine ship; however it did float. We survived a violent storm on the Atlantic, managing to travel only one knot a day.

of all transportation at the Fort. I do not know a carburator from a rear end; the train to the seaport where I boarded Pool for my final six months, in charge of 250 civilians and 80 soldiers involved with the Motor Pool, under my command. They called me "Son." There were 250 men in Oakland on a Monday morning. 1 was notified and accused us of serving "Roman Feast," We spread matresses on the floor, and celebrated with a huge bash. The governor sent a representative. The mayor, the chief of police, and the police mayors were present. We served an eight ounce porterhouse with three bibles never to misrepresent the wine. The Dean of Women was there, and she was very upset. We served "Hungarian meatloaf with fresh mushroom gravy." The "meatloaf" was meatloaf, serving this the next night as our main course. Everyone was very upset and we were all very hungry.

After being discharged six months later, I took a train back home arriving in Wood City. The cab cost $18.00, a lot of money left in the house budget for food. I decided to purchase oats and tongue for a hearty meal. When my first brothers at home, 75 cigar, and made the meal, serving this the next night as "Hungarian meatloaf with fresh mushroom gravy." The "meatloaf" was devoured. After the meal I described the recipe, enjoying a moment of revenge. One fall turned green and was sick. At the next house several hours I had to wear on three blouses never to misrepresent food again.

Another time we celebrated a "Roman Feast." We spread noodles on the flour and invited our favorite friends. Everyone was very hungry and the meal was delicious. We served an eight ounce glass of wine with the meal. One of the girls reported us to her mother for serving wine. The Dean of Women was there, and she was very upset. We served "Hungarian meatloaf with fresh mushroom gravy." The "meatloaf" was devoured. After the meal I described the recipe, enjoying a moment of revenge. One fall turned green and was sick. At the next house several hours I had to wear on three blouses never to misrepresent food again.

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We know that some of our customers are having trouble paying their PG&E bills this winter due to higher heating costs. If you would like, we will be glad to work with you in making special arrangements to help with payments. For example, we have a Balanced Payment Plan that divides your estimated total annual PG&E bill into twelve balanced payments. It helps you avoid large bills for winter home heating and summer air conditioning.

Although it won't reduce your total annual PG&E bill, it helps smooth out the ups and downs of your bills and makes it easier to handle your household budget. We have lots of other ways to help:

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