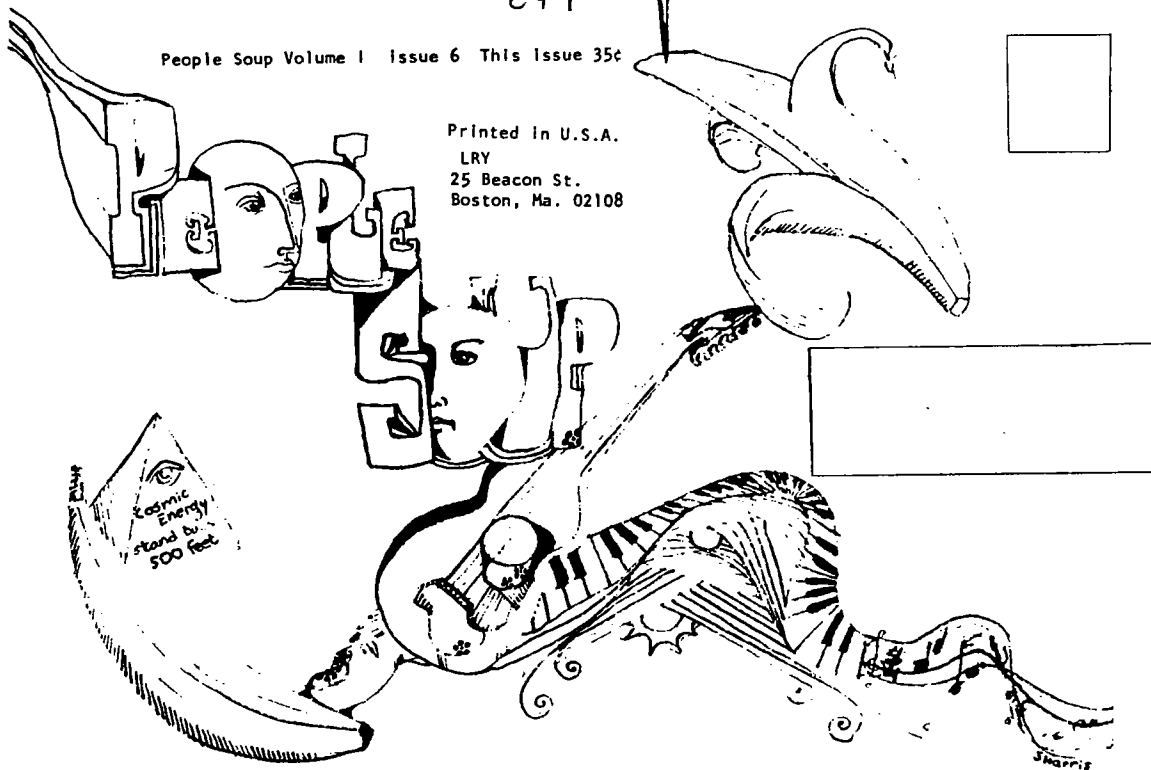


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 LRY  
 25 Beacon St.  
 Boston, Ma. 02108



## The Power of You to Change Society

Let me share my dream with you, my new friends who have given my new hope that maybe I have finally stumbled on a group of young people who can make it come true.

I sit here right now on a rock in the middle of the river in deBonneville Pines, just above the pipe-tunnel, surrounded by trees, rocks, and a few remaining patches of snow. I listen to the river's music and wonder at some of the things that happened to me here as I helped to staff an PSW LRY conference. I remember the rap session I co-led on "Being Free in an Unfree Environment," in which a small group of you surprised me with your togetherness. In all the so-many discussions I've run in public school classes, I've never had such a response as this.

Unanimously, you cared.

So, let me share with you my dream of teen-aged revolutionaries peacefully but effectively changing the country. I first had this dream a few years ago, but since then, experience had disillusioned me, leaving me with the idea that the youth of this culture are too screwed up and apathetic to change anything. Now a handful of people have led me to a reconsideration.

My original plan was to publish a magazine (and possibly start a TV series, but that would be harder) that would present all the vital issues which the establishment tries so hard to conceal: youth rights and responsibilities, educational reform, alternative life styles, sex, ecology, the real meaning of the American Revolution, governmental unfairness and corruption, etc. It would not only be written on about a thirteen-fourteen - etc. age level, but also would be centered around ideas that young people could put into action. Most important, it would offer a means of unification of all young concerned people, who could do experiments -- such as taking over the classroom, submit reports to be published for the encouragement of others. Hopefully, the Letters to the Editor section would become the crux of the magazine.

Unfortunately, the Youth Awareness Project (namely, me) finally conceded that the magazine would take much more money and people than were presently available.

Then came this weekend. Several things came out in that workshop:

1. Almost everyone in the group shared the resentment of having at least one class that was marked by unfreedom absurdity, uptightness, and lack of trust. (After my experiences as a substitute teacher ---- in which I asked several junior high classes what they'd change in their school if could, and finding that the two greatest issues were the elimination of dress codes and the attaining coke-and-candy machines for the halls ---- this in itself was encouraging to me.)

change in their school if they could, and finding that the two greatest issues were the elimination of dress codes and the attaining coke-and-candy machines for the halls ---- this in itself was encouraging to me.)

2. With the exception of one guy who had helped start an alternative school, most of them had been frustrated in all attempts to fight the system. Teachers were too often hostile to them for being unsatisfied; worse yet, their peers were too apathetic to help fight for it. A number of persons said that all you can do is wait till you get a better teacher or school.

3. It was agreed, at the suggestion of my co-leader that much of the unfreedom is within us ---- our inability to make the best out of any situation we have.

4. It was also agreed that having an LRY to go to, be unified with and receive encouragement from, makes a lot of difference.

5. I then told the group that I feel ---- I firmly believe ---- that you people have more power to change society than you've ever dreamed of. My experience as a teacher has shown me, for instance, what peer pressure can do. Get yourself together and you can do almost anything.

6. Also, I told them that, although going up to a teacher and hostilely challenging him or her with a list of grievances is apt to make the teacher more defensive and hostile, I believe only the most authoritarian and uptight teacher could fail to be impressed by a dedicated student who shows that she or he is willing to do a lot of work to help improve the quality of education there.

It's not easy. Changing is never easy. But don't forget two things: If you're teacher is hostile, determined to keep you dependent, it is probably she or he is afraid you'd be irresponsible if given freedom, so your job is to prove that wrong; also, if your peers are apathetic, it is probably because they feel there is nothing they could do, so it wouldn't hurt to prepare you with examples of successful educational reforms.

This is how I envision the revolution happening. Admittedly, I am an optimist, a dreamer, an idealist, and I may be placing too much hope and faith in you. Nevertheless, I'm going to present it.

1. You isolate one problem to work on. Not "the military complex in America"; that's too distant. Not "unfreedom"; that's too general. Maybe there's a school rule you find unfair, maybe you aren't given the chance to choose your own classes, maybe your school lacks a student-membered board of grievances. Whatever's been bothering you.

2. You get sympathetic friends from your school allied with you. Also, discuss your project with your LRY group.

Continued Page Ten

*Muzak as Big Business:*

KEEPING THE WORKERS WORKING AND THE BOSSES SMILING

"So on Friday we play tunes to slow people down because they are wound up. On Mondays we want to pick them up because they are down. We are playing games with people. That's really what we are doing. I hate to use the expression, but we are human engineers. But gee, that wouldn't look good in print."

--Bob Willard, marketing vice-president  
of the Muzak Corporation

LOS ANGELES (LNS)- The Muzak oozes through the halls of the Pentagon, the Astrodome and hen houses in San Bernadino. It accompanies Nixon at work at the White House and San Clemente. Grocery stores and cocktail lounges coat their customers in Muzak because it creates an environment that makes people want to stay longer- and the longer they stay the more they buy.

And in the Los Angeles area alone, reports Mary Murphy in the Los Angeles Times, Muzak is piped to nearly one million secretaries, clerks and factory workers.

Now so integral a part of our daily lives, you might think that Muzak just naturally emanates from the ceiling. But the Muzak Corp. is a \$400 million a year industry with an estimated captive audience of 80 million listeners in 26 countries.

80 percent of Muzak's high precision speakers are aimed to the work environment, says Tony Woods, executive vice-president of the Los Angeles Muzak franchise which valued at \$2 million, is one of 283 nationwide Muzak franchises.

Explaining the work habits of those bored by their jobs, Bob Willard, Muzak marketing vice-president, says that "from 8 until 10:30 a.m. they are in consistent decline. After a break and the idea of lunch they have a tendency to pick back up. Then they return from lunch they are close to the efficiency they were at in the morning. It is constant decline from 1 to 3 p.m. and then after a break there is a tendency to pick up until quitting time.

"What we do with our music is to program just the opposite, varying the tempo, rhythm and the number of instruments. When people are at high efficiency we are at low stimulus value and as people go down we climb."

And each time of the day and each day of the week is different.

"A company's yearly income is pretty well fixed," says Wood. "Profit depends on only one thing- the output of your people. And if you want more profit you've got to make your people more efficient. In this way, Muzak funtions as a management's tool."

But, Willard hastens to add, Muzak is not for everyone. "We know of no value of Muzak to a self-thinking or creative person. Muzak has no value to engineers, architects, doctors, lawyers, business executives or any creative person. For instance, obviously Tony's and my jobs are quite stimulating so we don't use background music per se. If we need stimulating, the company is in trouble," he said with a big wink.

"The only time we recommend it for executives is to cover up conversation. Say we are talking about salaries and we don't want the girls to hear. We turn on the Muzak and it masks the conversation and keeps it in the room."

Muzak has come under considerable fire for its inherent- and fully utilized- manipulative nature, and the Muzak Corp. is somewhat defensive. Says Willard: "People might think it a form of brainwashing but we don't like that term. We feel that people who are doing their jobs and who want to be working can benefit.

"Ultimately, it is not a question of how a person feels," says Willard, "but if they do a better job with Muzak."

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STAFF FOR THIS ISSUE- Peter Nalven, Matthew Easton, Paula Rose, Adam Auster, Bev Yaeger, Claudia Nalven, Emille Blattman, Ralph Waldo Emerson (The Godfather) Joe Taco, Suzy Cream-cheese, Carl Seabird, Loudon Walnwright. Our special thanks to WBCN for supplying us with music and boogie. Forum Graphics, and the Fiddeler on our roof.

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**NON-LRY**

By Adam Auster

Everything has got (somewhere) an opposite, LRY being no exception. Let's postulate a non-LRY, composed of non-feds. These non-federations would hold non-conferences every so often. What sort of things (or non-things) would go on at a non-conference? Well, first of all, there would be alot of non-planning preceding every non-conference, where the committee would sit around and not do any advance work. Food would not be bought until Saturday, and then it would be non-vegetarian with no milk. No site would be found until the last minute and programs would be totally forgotten.

Non-publicity, if it came out at all, would be confusing, poorly handwritten, and too faint to read. It would also be sent first class to cost more money for the non-federation, and even so would come too late to do any good.

At the non-conference, the non-planners would hold a disorientation meeting. New nonLRY'ers would be told that they should either join a clique or leave the conference, and any speaking would be interrupted by people talking. The first night would end in a non-worship service designed to foster non-community. This could either be poorly planned, or not planned at all (spontaneous).

Then everyone would break and either try to go to sleep or else try to keep everyone awake.

Saturday's program might look like this:

NON-COMMUNICATIONS WORKSHOP  
INSENSITIVITY TRAINING  
LUNCH (cold oatmeal)  
FREE TIME  
UNPLANNED NON-WORKSHOPS

However, none of the workshop leaders will show up because the non-planners have forgotten to call them up.

What else does a non-federation do (or not do)? Well, it holds non-meetings, where individuals come to not-listen to each other. A non-meeting begins by somebody standing up and saying that if everyone in the non-federation would please try very hard, the non-meeting could be over quickly and everyone could break off into cliques again. The non-fedders, however, either don't believe this, because whenever anyone tries to say anything, they are interrupted by someone else and have to repeat themselves several times, or no one can hear anyway because the continual background talking blots out everything else. Once a year there are non-elections, where the people who (didn't) work on the non-fed over the year ask new people to take their non-jobs. No one wants to, so the non-fed planners tell the non-fed how apathetic it is, and either volunteer to not do the jobs for another year or talk their best-friends into not doing it.

Non-federations also don't do other things, for example, a non-newsletter. Someone is non-elected to do a non-newsletter, and this person then discourages people from helping them by yelling at everyone for not contributing. There are also non-yearbooks and songbooks.

If all of this is starting to sound a darn sight too familiar, you can do one of two things. Either A) take comfort in the fact that, just as feds in LRY go "downhill", non-feds in the non-LRY go "uphill", so whatever is wrong in your fed is now going right in in some non-fed. OR B) you can address your problems directly and try to do something about them. Some of the things you can do are:

- Have a workshop at your next conference or local meeting to talk about LRY, where it is and isn't going.
- Talk with folks on the executive board or committee of your fed. They care alot, and could do with your help.
- Write to LRY, 25 Beacon St., Boston, Mass. 02108. There's alot of energy that can be shared.

CORRESPONDENCE- People Soup/o LRY, 25 Beacon St. Boston, Ma. 02108.

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We welcome subscriptions, unsolicited photos, drawings, and articles for this paper.

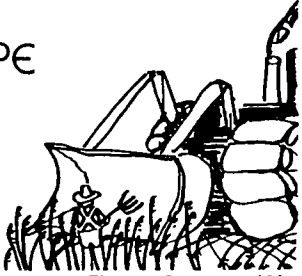
# CONTINENTAL CONFERENCE 1974

at Camp U-HOPE

near Durham, N.C.

august 4-11

empowerment



The conference will be structured similarly to last years Continental, with theme speakers in the mornings who will generally delineate subjects relating to the theme, EMPOWERMENT, and more specific workshops later in the day. We hope to have "cell groups" or family units as a way of making the conference experience more personal than it might otherwise be in a large conference, and also to divide up certain chores that are necessary in maintaining the larger group, such as preparing meals...

When your registration form is received, you will be sent complete directions to the camp and a conference program listing staff and workshops.

If you want to do a workshop, if you have a big tent, if you have recording or other media facilities, if you have suggestions for the Continental Conference Committee, you are welcome to get in touch with Dave Knight c/o LRY, 25 Beacon St., Boston, Ma. 02108. (617) 742-2105 ext. 370

EMPOWERMENT is the act of enabling someone to reach his/her goals. At the conference we hope to empower people to live according to their ideals. We intend to do this by sharing skills and ideas which may be applicable to a "liberal religious" lifestyle.



name _____		
address _____		
town _____	state _____	zip _____
phone ( ) _____	are you a vegetarian? _____	other dietary restrictions? _____
means of travel: _____		please list. _____
I do hereby give permission for my daughter/son to attend continental conference and to receive any necessary medical attention		
please send this form along with \$15 pre-registration to:		x signature of parent or guardian
Emmy Dennis 331 Florida Ave. Ft. Lauderdale Fla. 33312		
Make checks payable to: CONTINENTAL CONFERENCE EVERYONE MUST PRE-REGISTER!!		

BOXES R. CRUMB



## SUNCO conference experiment

It all started out when our executive committee got together and decided we wanted to host a conference. Instead of taking Spring Conference like last year's Exec. Comm., we decided to host the first annual Sunco Easter Conference. The conference was held at the Youth Conservation Camp for four days in the middle of Florida. This gave us plenty of time to be with one another and enjoy the cabins, lake, swamps and nature around us. The following was placed in the registration form to let people know what would be happening.

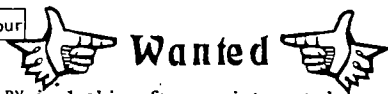
This year we are running BOD (Board of Directors) differently than in the past. First of all, we have never had an Easter Conference, and second, we have never combined BOD with another conference. This is an EXPERIMENT. In the past, the Board of Directors has consisted of the Federation Executive Committee, Advisors, and local representatives. This spring, the Board will consist of the same group, only it will be open to anyone who cares to attend the meetings. These people will observe the Federation methods of doing business. We will be spacing the time for our BOD each day from 4-5:30, instead of cramming it into one marathon session. So this will be an experiment for EVERYONE.

So we ended up combining both BOD and the Easter Conference into one. Everyone arrived early on Thursday evening. Most of the evening everyone spent talking with one another. We also welcomed a brand new local... Melbourne. They had never been to a conference, or really seen any other LRY'ers. Right before orientation, Jim F. had gotten very sick, so our Fed. advisors thought we should rush him to the hospital 30 miles away. Luckily for Jim, we got him there just in time otherwise he would have died. He had been bleeding internally for two weeks and didn't know it. Everyone was concerned and very worried. We went on to Orientation and split everyone into family groups. The family group served three purposes. 1) to give everyone responsibility in cooking and cleaning meals, 2) to get to know each other, 3) to present a family presentation on Easter morning.

The next morning we had workshops dealing with the educational process, nuclear family, and conservation in Florida. Afterwards there was time for canoeing, exploring and swimming in the lake. Each family was responsible for cleaning and cooking two meals on a schedule. Wendy Judy was head cook and the families prepared food under her direction. It worked well because a lot of people felt they were actually doing something for the conference, being a part of it, and they liked it. It also meant five people weren't stuck in the kitchen the whole conference working their asses off.

In the afternoon the camp director lead us on a Florida swamp hike. If you have never seen or experienced one, you are missing something. Everyone got dressed in boots, pants, long-sleeved shirts and tied back hair. We were lead through the swamp into huge mud holes that were waist deep. You literally had to throw your body to move forward. About one hour later LRY'ers trugged out of the swamp covered with mud from head to toe. The rest of the afternoon people got cleaned up and swam.

After dinner Cary from the Ross Allen Institute payed us a visit. He brought Florida wildlife like a baby alligator, a coral snake, turtles, etc. Plus he brought some other snakes like Diamond Heads. He told us some really interesting facts about the animals. He let us hold the snakes, etc. We then broke up into family groups and talked about the conference and Easter presentations. We came back together and played some games like "the sandwich and the spoon and the string". One of the family groups asked for time to speak. David A. said that his family had talked about the rules. They were upset because people had been smoking dope quite openly except in front of the exec. comm. We spent about two hours trying to figure out exactly what the conference wanted. People walked out, cried, got upset, and just yelled. We kept argueing over if the conference wanted the rules or not. Finally we just let people sleep on it, because we weren't going to settle anything that way. It effected everyone. Besides the fact that the conference was very worried about Jimmy F. I was very, very upset, maybe even hysterical, and so was the rest of the exec. comm. All I can say is  
Continued Page Nine



Wanted

052

LRY is looking for any interested, committed, and capable people to run for one of the directorships on the continental LRY executive committee.

The executive committee is elected every summer by the LRY board, customarily after Continental Conference. The number and function of the directorships on the committee are subject to change each year also. Last year, the Board passed a proposal creating the current directorships: Finance and Assemblies, Social Actions, Extension and Leadership, and Programmatic Development. The current executive committee, composed of these for offices, has designed a new proposal with different offices and duties.

This proposal will go to the Board this August for further discussion, changes, and final action. The proposal creates four directors, with the possibility of a fifth if enough money can be raised from the LRY federations.

The first of these directorships (in alphabetical order) is that of Communications and Publications, which includes keeping track of an up-to-date fed, local, and individual mailing list, managing the newspaper, and taking responsibility for regular mailings to the feds, locals, and individuals telling them what is going on in LRY.

The second directorship, Development, is concerned with programs that foster group unity, including group-process skills, and otherwise helping to develop LRY's potential as a youth movement.

The third directorship, Finance and Assemblies Planning, is in charge of the books and financial records of LRY, developing fund raising programs, fostering those skills in feds and locals, and overseeing the physical planning of all Continental LRY meetings and gatherings.

The fourth directorship, Peace and Social Concerns, is responsible for fostering an awareness of contemporary issues, editing and distributing information relevant to modern society, investigating ways in which LRY's endowment may be invested, sponsoring projects that express LRY's social concerns. These four Directorships have been proposed for next year's executive committee that would take office at the end of the summer. In addition, a fifth directorship will also be considered.

This directorship would be one of Intergenerational Activities, who would co-ordinate LRY relations with the Unitarian Universalist Association and with other adult institutions, develop programs for youth and adults, and to keep LRY informed on the status of LRY's adult relations, both official and otherwise.

The current executive committee feels that the fifth directorship is contingent on raising approximately \$2,000 in dues from federations this summer, since it would cost approximately \$2,500 to feed, house, and pay expenses for another director.

All aspects of the proposal will be considered by the Board this August, prior to the ballot for elections.

LRYers who are interested in running for any of these positions should get busy right away. Some of the things that potential candidates might want to do include:

- 1) Pick a position that you think you are most capable of doing. For a more detailed description of next year's proposed jobs, write to LRY. The sooner you make a decision the better your chances are.
- 2) Although the filing deadline for nomination by petition has passed (which means that all candidates must be nominated by a Board member), having a formal petition would strengthen your claim to the office. Write to LRY for forms and explanations related to the petition process.
- 3) Plan on attending LRY Continental Conference this August. You will meet folks from all over, and it will get you ready for Boards. All Candidates are guaranteed transportation from Continental Conference to Boards.
- 4) Whatever else you do, plan on being at LRY Boards this summer. This is where it is all happening.
- 5) Write to LRY right away. We'll send you copies of the board packet and other information that will help you alot.

For more information, ideas, questions or answers; write to LRY 25 Beacon St., Boston, Mass. 02108.

## PERSONALS

Meg Chapman: Alas, I believe I'll be seeing you finally in late June. Please send me info on Star Conference.

Mark D. from way out yonder

Broccoli Man-remember the Pizza Village Inn and the Beaufort bus station? Remember buses? Forget Buses! See you soon, A.S.S.. A Missing Person, I.F.S.  
Barbara of Ft. Lauderdale: I long for your long, long hair.--Mark of Big D, TX.



LETTERS



Dear People Soup,

After the excitement of seeing our names on the front page of People Soup, wore off, we realized that somewhere a big mistake had been made. The report of the conference that we wanted you to print was a write up of an MVF Conference.

The reason that you got a copy of the write up from NSF was just to keep you informed... (actually, we just got a little carried away with the Xerox machine that night).

We did not intend to degrade anyone's conference, especially publically. We wish to express our sincere apologies to anyone in North Star that we may have offended; because we really had a great time at that conference.

B. Stone & C. Taylor

And we the editors of P.S. would also like to apologize to all the people concerned for misunderstanding the intent of the letter and printing it in the paper.

People Soup,

With every issue this paper gets better. However, there is something I wonder about. How come there aren't any letters in P.S. like the ones in the National Lamppoon? Certainly there are those among us who could write letters that would surpass even the finest of the Nat. Lamp scribbblings. Just think of all the (tee-hee) LRY jokes that could be passed around. And all those helpful hints. Even the weather report. Or organize a group toilet-flush.

You know what I'd really like to see is an article or a series of articles about all the games that LRYers have invented or stolen. Every fed has games, etc. that go on at their conferences that other feds have never even heard of. I've been in 3 feds and they each have their own past-times. I'd be willing to contribute the games I know of, if some other people will too. How about it friends?

Zowie! This is a long letter. Okay. Ne...xt!  
Someone else's turn. Zoot suits, Susan McCoy (Sunco)

Dear People Soup,

I think People Soup is starting a whole new up-urge of LRY involvement that never could have happened without nationwide communication which we now have. Every issue of P.S. improves over the previous one. Not only in layout but in content. I also think P.S. ~~is a success and will continue as such~~  
Libby.

## CLASSIFIED

Experienced girl seeks work in Cape Cod area on one to one basis, tutoring a retarded child or young adult. References available on request. Call Anne Gillespie Sudbury, MA 617-443-9305

At Croton conference certain things were left, such as a straight jacket. I have a whole bunch of stuff. If you lost or left something there and wish to have it back please contact-Emily Nalven, 1327 Putnam Ave. Plainfield, N.J. 07060 tel. 201-757-5627.

BIG ROOM FOR RENT IN DALLAS, TEXAS for either male or female. Room and board will come to approximately \$100 per month. Easy terms. The room has a double bed, wall-to-wall carpeting, a large closet, and a.c... I live with my mother, brother, sister; all we ask of the tenant is that s/he be a non-tabacco smoker. That's all. Full and part time jobs are available in the area. And incidently for those who are school-oriented in any way, there is an el cheapo, innovative community college within an 1/2 hour drive from my home. I am currently attending that myself, you could have transportation there if you wished to attend it too. Address all correspondence to: Mark Dohner, 3648 Flair Dr., Dallas, TX. 75229 tel. 352-0659.

LOST: One Bell Pepper. Description: orange, plastic, partially chewed, (looks somewhat like a carrot). Lost somewhere in the vicinity of CMF's Spring Conference in Evanston, Illinois. If you've managed to pick it up accidently it would be appreciated if it was returned. Kitty needs to be fed! Send to Kitty, 17 Martha Lane, Evanston, Illinois. mucho love,  
Kitty

Need some growing room? Looking for a place to belong? Try "A Summer Camp Experience." Go to Tri-Fed Summer Conference (LSD, SAM, Sunco) from July 24th-July 30th, at a site near Cleveland, Tenn. If you're interested, write: Susan McCoy, 408 E. Duval St., Lake City, Fla. 32055, for more information.

# »NON-FLESH PROTIEN, ANYONE?«

by Mark Dohner

I, being a vegetarian of long duration, know exactly how it feels to be asked the almost rhetorical following question: "How do you compensate for the vital protein that normal people eat?" For clarity's sake, "normal people" are the carnivorous kind, as far as I can tell. Replying out of my utter confusion due to an image that "they" must think that I am a martian who really eats nothing but radioactive isotopes-- I thereat ramble off my diet to them. That is usually done in a rather aloof tone of voice. And that roll call is sufficient for almost anyone who has marveled over my dietetic preferences.

Nevertheless, there are a select few who are compelled to ask me what on earth is a protein and how is it used in our bodies. Now in the next few paragraphs, I shall explain what proteins are and their function in the body. Then with those brasstacks broomed aside there will be a summary of what foods vegetarians use as their main source of protein. And incidentally, the foods that will be summarized herein are intrinsic in everybody's diet-- whether you are a "veggle" or not.

Why do we need protein anyway? First, only protein contains nitrogen, sulphur, and phosphorous-- substances which are essential for life. We are, in fact, eighteen to twenty percent protein by weight. Protein constitutes the framework for every animal; skin, hair, nails, cartilage, tendons, muscles, and even the organic structure of bones are made up largely of fibrous protein.

The body depends on protein for the myriad reactions which we amass under the heading metabolism. As regulators of metabolic processes, we call these proteins hormones; and as regulators of important metabolic reactions we label them enzymes. Also, hemoglobin, the critical oxygen carrying molecule of the blood, is a member of the protein family.

Protein in the blood helps to prevent the accumulation of either too much base or too much acid. In this way, it helps to maintain "body-neutrality" which is essential to normal cellular metabolism. Similarly, protein in the blood serum participates in managing the body's overall water balance. In other words, it controls the osmotic distribution of fluids on either side of the cell membrane.

The proteins our bodies use are composed of twenty-two amino acids. Eight of these amino acids cannot be synthesized by our bodies; they must be obtained from outside sources. These eight--yawn--are tryptophan, leucine, isoleucine, lysine, valine, threonine, the sulphuric amino acids, and the aromatic amino acids.

The amount of protein need in the body differs from person to person, as well as differing with an individual's environment. Certain physical stresses, pain for example, or psychological stress even from exam pressure, can cause one's protein requirement to jump by as much as one third over ordinary needs. Be aware of the condition of your general health, your temperament, your energy level, and your skin. Their condition is usually a reliable indication of whether or not you are getting enough protein. If you are really deficient the scalp becomes very flaky and the hair begins to fall out. Also notice how quickly abrasions heal. If they take a long time or if they don't heal completely so infection occurs, there is a possibility of deficiency.

There are two excellent sources of protein that a vegetarian may utilize to be sure of getting the proper balance of amino acids: dairy products and a variety of vegetable proteins that have complementary amino acids. Eating a combination of protein sources increases the amount of usable protein in vegetarian meals, because the deficiency of certain amino acids in one food can be reconciled with the abundance of amino acids contained in another food.

Continued Page Ten

# remembrance

by Steven R. Wilcox

I recently passed something of a milestone in my life; two years of full-fledged LRY membership. This is, in itself, no big deal. There are probably thousands of LRYer's who have passed this same length of time in the organization, and I'm certainly not trying to brag about the length of my tenure.

But during the conference that had the dubious distinction of being the venue for this event, it occurred to me that I wasn't getting as much out of the conference as I had my first. A serious part of the situation was the fact that both conferences were held in the same city, and at the same church. The only fundamental difference between the two was the fact that I was two years older.

Hmm, I thought to myself....have I really changed this much? Or is this conference just bumming me out because I'm not thrilled just to be here this time around? What's so goddamned different?

And then I came to some sudden conclusions, if you will. I prefer (because of their personal import, not meglomania) to think of them as revelations.

Now it occurred to me that perhaps it wasn't on account of the conference that I was so bummed out. So I decided to compare my behaviour both before and during, the two events.

And this is what I found out.

I'm not a biblebelter by any stretch of the imagination, but a close friend of mine happens to be a preacher's son. And he, as a very large influence on my life, has taught me many insights through the bible.

His favorite quotation is: "And ye shall all appear as little children in the eyes of the Lord". So perhaps that's where I'll begin.

When I walked through the doors of the Ottawa church, I knew total jackshit about LRY. My local group was small and conservative, and the whole trip was arranged for me by a friend who thought it would be a good experience for me, and maybe it would lift me out of the dumps I'd been in.

Oh, but how correct.

And so I was now standing inside this beautifully designed and brand-new church, full of these absolutely outrageous teen-agers, who asked me my name, and told me how nice it was to see a new face.

And oh BOY, did I freak.

All these kids, in love with each other, and more than willing to take a total stranger by the hand and introduce him around. And everyone had time for me, and I felt all at once cleansed, and pure, and I met new people that represented a species that I had only read about in Tom Wolfe novels and Evergreen magazine. And now I was one of their number. I was powerful, and accepted, and goddamn it:

L O V E D I

And I went home again, with promises of letters to come ringing in my ears, and a pocketful of addresses to write into a book, and the knowledge that I could expect to receive the same kind of show of love and welcome from all my new-found friends the next time out.

And I wrote my friends, and received their replies, and sat on my hands until the next weekend event. And the next time I went I actually went to lots of workshops, and all the worship services, and saw all my friends, and I went home after feeling even better, because a nagging doubt had been eradicated...to wit, these people were actually for real.

And so it went...new conferences in new federations, and new faces full of that same love, and so on and so on. And these people were willing to accept my personality, and give constructive criticism, and everything was fabulously together for about a year.

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Born Sad  
Born Crazy  
Born Mad  
Born Lazy  
Born Anyway

Andrew  
Morgan

