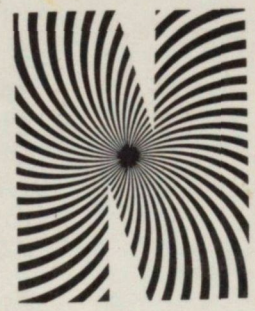


**WARREN
FOREST**



The Body Beautiful



The Sun is an old name in the Warren Forest Community. The Sun will relate to the community as a whole. All contributions, art, writing, photography will be considered. The community is encouraged to submit any copy. Send to: Warren Forest Sun 4417 Second, Detroit.

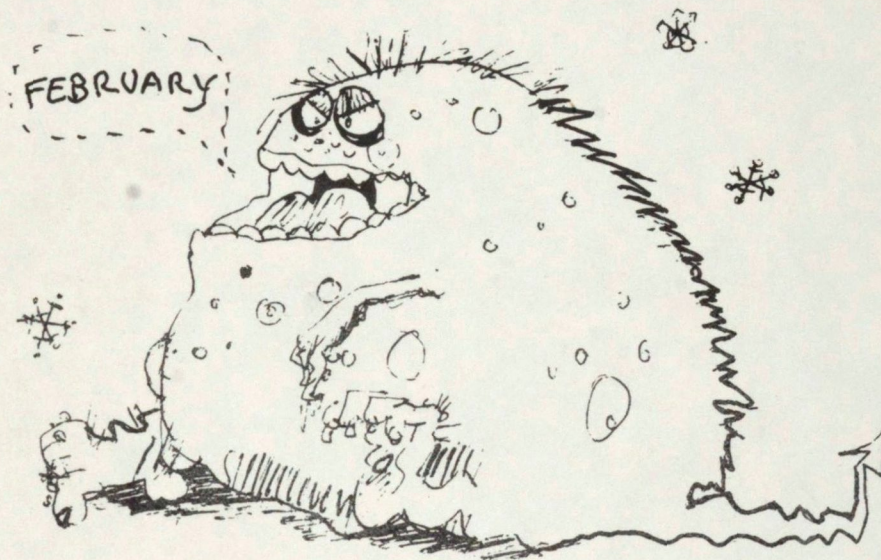
Classified adds 10¢ per word, send to same address.

Editorial Selection By:

John Martin
Patrick Halley
Jim Coffrey
Bob Rosenbaum
Sylvia Lester

Production:
Julie, Ted, Kelly

Art
Grape Jelly, Jeanie, and others



head line

When Richard Milhouse Nixon became President of the United States, he took an oath to uphold and defend the Constitution. He has violated this oath many times. The Selective Service System flagrantly violates the 13th amendment.

The Thirteenth amendment to the Constitution was passed in 1865, at the end of the Civil War.

It reads, "Neither slavery nor involuntary servitude, except as a punishment for crime whereof the party shall have been duly convicted, shall exist within the United States, or any place subject to their jurisdiction."

Two years of Military service, is two years of service. Drafted soldiers are obviously not voluntary. Therefore the draft subjects many innocent American citizens to involuntary servitude. Clearly this is a violation of the Supreme law of the land.

Not only is the draft a violation of the Constitution, it is contrary to the principles over which the Revolutionary War was fought. A conscript sold-

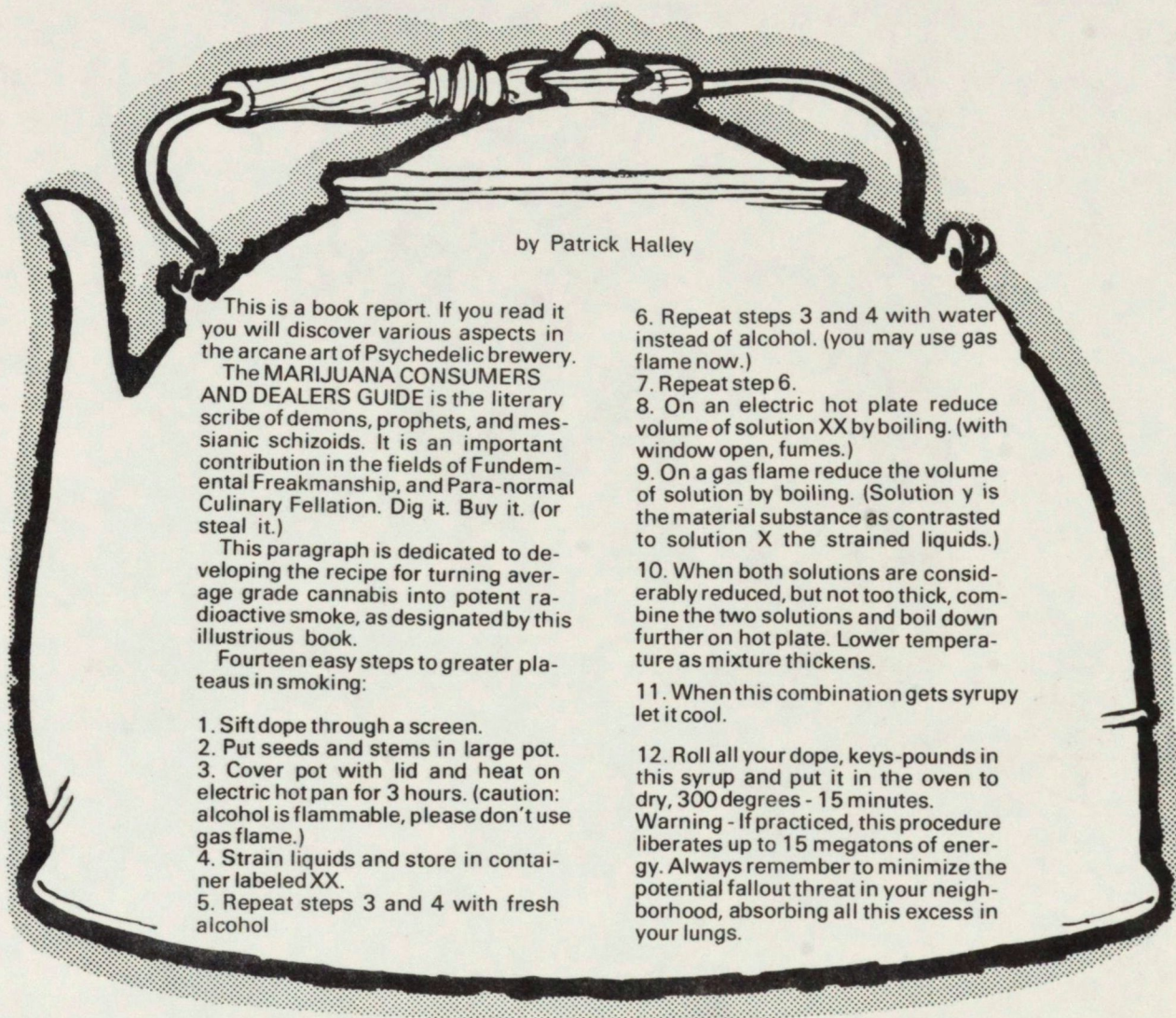
ier is forced on pain of death to risk his life in battle. A conscript soldier's liberty is restricted for the entire period of his service.

Finally, a conscript soldier can hardly pursue happiness when he has to slog through mud with eighty pounds of ammo on his back.

Article two, section four of the Constitution says "The President, Vice-President, and all civil officers of the United States, shall be removed from office on impeachment for and conviction of, treason, bribery or other high crimes and misdemeanors."

Violation of the oath of office, that is, failing to uphold the Constitution, is definitely a high crime.

The Constitution is the "Supreme Law of The Land." Violation of the Supreme law is the supreme crime. Criminals must not go unpunished. Something must be done to stop them. We must not be distracted by small crimes in the street when the very foundation of our legal system is being usurped. These criminals must be removed from office and punished.



by Patrick Halley

This is a book report. If you read it you will discover various aspects in the arcane art of Psychedelic brewery.

The MARIJUANA CONSUMERS AND DEALERS GUIDE is the literary scribe of demons, prophets, and messianic schizoids. It is an important contribution in the fields of Fundamental Freakmanship, and Para-normal Culinary Fellation. Dig it. Buy it. (or steal it.)

This paragraph is dedicated to developing the recipe for turning average grade cannabis into potent radioactive smoke, as designated by this illustrious book.

Fourteen easy steps to greater plateaus in smoking:

1. Sift dope through a screen.
2. Put seeds and stems in large pot.
3. Cover pot with lid and heat on electric hot pan for 3 hours. (caution: alcohol is flammable, please don't use gas flame.)
4. Strain liquids and store in container labeled XX.
5. Repeat steps 3 and 4 with fresh alcohol

6. Repeat steps 3 and 4 with water instead of alcohol. (you may use gas flame now.)

7. Repeat step 6.

8. On an electric hot plate reduce volume of solution XX by boiling. (with window open, fumes.)

9. On a gas flame reduce the volume of solution by boiling. (Solution y is the material substance as contrasted to solution X the strained liquids.)

10. When both solutions are considerably reduced, but not too thick, combine the two solutions and boil down further on hot plate. Lower temperature as mixture thickens.

11. When this combination gets syrupy let it cool.

12. Roll all your dope, keys-pounds in this syrup and put it in the oven to dry, 300 degrees - 15 minutes.

Warning - If practiced, this procedure liberates up to 15 megatons of energy. Always remember to minimize the potential fallout threat in your neighborhood, absorbing all this excess in your lungs.



Woodstock Manifesto

Imagine what it would be like
To be
With half a million people
Who smiled

radiant togetherness
And to feel a part of something
Born out of the statue of liberty's womb
"Force is the midwife of a society
Pregnant with a new society"
WE are the fetus
WE are the energy
WE run raw in the rain
and make the earth tremble with our music

Sitters behind desks
THROW DOWN YOUR PANTS!!
COME to WOODSTOCK
COME to LOVE

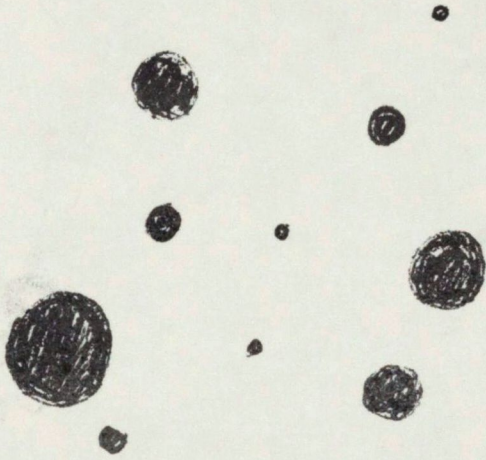
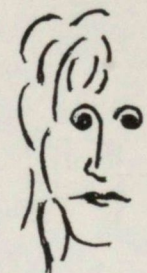
Can you imagine sharing
Nakedness and blood and music with half a million people
Who loved you
Can you imagine what it was like
To be one of so many
revealing
In the rain mud orgy of Hendrix music

Can you imagine standing in thigh deep mud
and digging it

Despite non HUMAN road blocks
We CAME
And showed them
the POWER
Of our revolution
And showed the world the new age

Lemmings they call us
We have no reply but pity

Bob Rosenbaum



THE FREE YOU

The Free U. lives within each of us. It is the body, that totality of experience which we are and which we are willing to share. And in the process of sharing ourselves with others, we can become an organic part of new experiences and new ideas that contribute to our own growth, our own sense of mystery, our own sense of fulfillment.

Most important, we need people who would like to organize classes --- to initially become the focal point around which this organic growth can take place. We also need artists, writers, printers to help design and publish our catalog. If you are interested, call Open City at 831-2770.

The Free University exists by itself and yet is also an integral part of Open City --- or an aggregate of the sum total of energy devoted to an alternate society of community, brotherhood, and high energy consciousness. A framework for this actuality already has been established. The Free University is one example. A free medical clinic, a food co-op, a community arts & crafts store, a legal self-defense fund, a 24 hour information switchboard are others.

Neither the Free University nor Open City adheres to any structured, political ideology --- we feel that political ideologies, as they become separated from the people degenerate into rhetorical propaganda. And if any ideology is implicit in the mere existence of Open City or the Free University, then that ideology is much more spiritual than political. And action is the best definition of belief.

The Free You exists because a change was needed in our educational processes --- a shift away from monolithic institutions that perpetuate the Wonder Bread ideals of a plastic, 20th century society --- a shift towards a more intimate, organic relationship between people, their spiritual centers, and the world they inhabit. We believe:

that education is not some mystery locked within the walls of any institution, and accessible only to an elite few.

that education is the total interaction of man with his universe, and each new day holds the promise of discovery.

that this experience cannot be qualified or quantified by grades, texts, or degrees.

that each individual needs the freedom to direct his own educational experiences --- free from the control of administrative bureaucracies and disciplinary oligarchies.

that man is the most mystifying creation of all and has two saving graces: his sense of humanity and his constant state of wonder.



that materialism sucks the life-blood of our soul and destroys our spiritual and creative growth.

that if we are to survive as a people, we must regain contact with that humanity.

that through the process of sharing, and learning, and growing we not only embrace each other, we also embrace ourselves.

Our actions speak for themselves: The community has responded and that response is growing. In the past two terms of the Free University, 54 different courses have been offered and a total of over 700 young people involved. A few of those courses were:

fun: making toys

life-space seminar

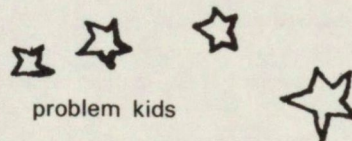
creative photography

krishna consciousness

modern american myths

teaching about peace and war

mysticism and supernatural



problem kids

critique of marxism

peasantry and the third world

derivative political philosophy

experiment in human nature

dope: its effect on community

art, poetry, dance workshops

non-violence as a lifestyle

blues harp workshop

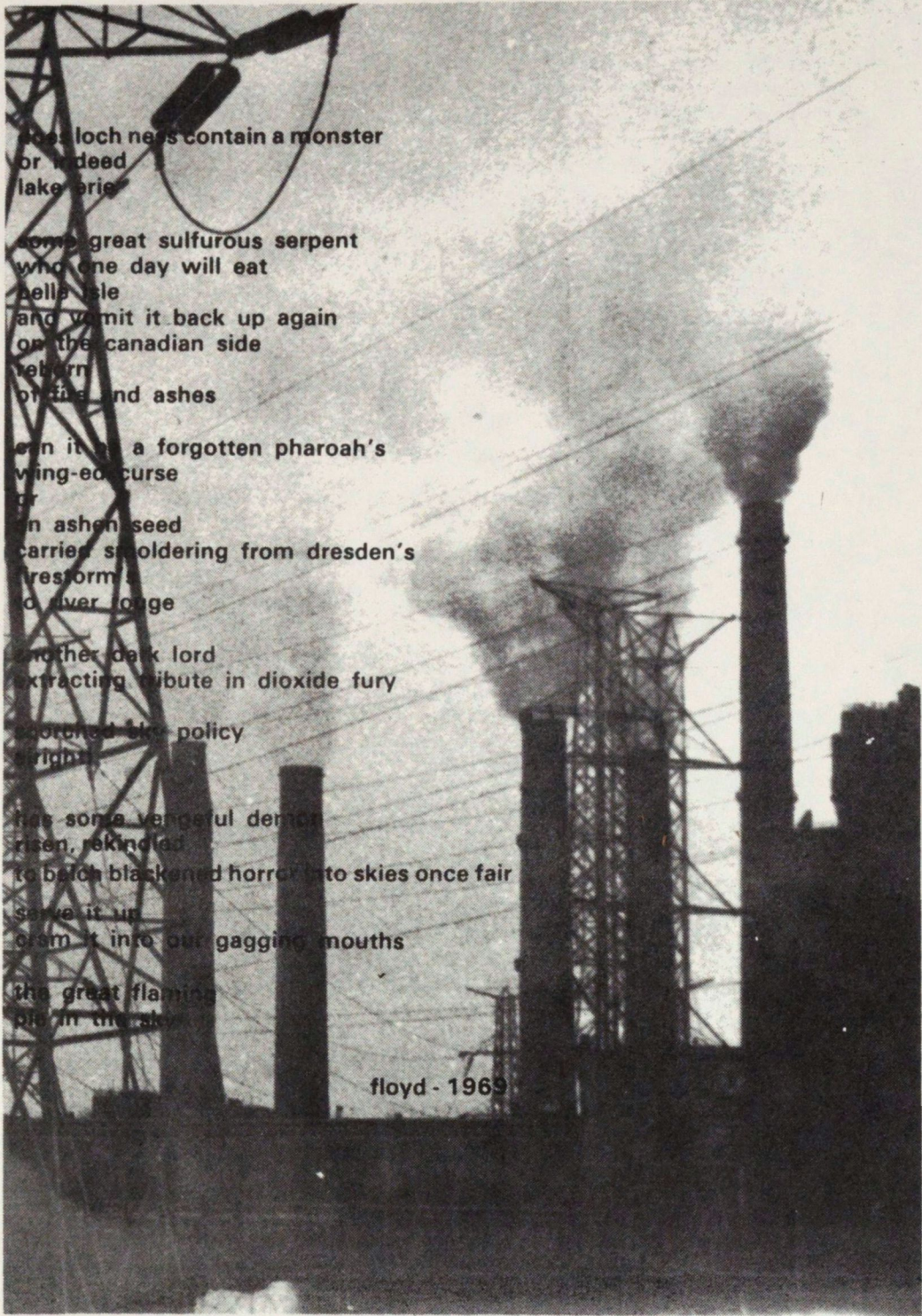
encounter groups

woman as nigger



In the past the majority of Free U courses have been principally "academic". In our next term we would like to see an equal number of non-academic courses --- courses that rely more on interaction than on intellectual content. Street Theatre. Flute Playing. Bread Making. Yelling at the Pond, Etc. The possibilities are unlimited. Nothing is too trivial, or too oblique to exclude human involvement and that mystery of discovering something new. Everyone that reads this can and should, organize a course on whatever interests him.

If you would like to organize a course, or would like to work on the Free U catalog, contact Open City at 831-2770.



Does loch ness contain a monster
or indeed
lake erie

some great sulfurous serpent
who one day will eat
hells isle
and vomit it back up again
on the canadian side
return
of the and ashes

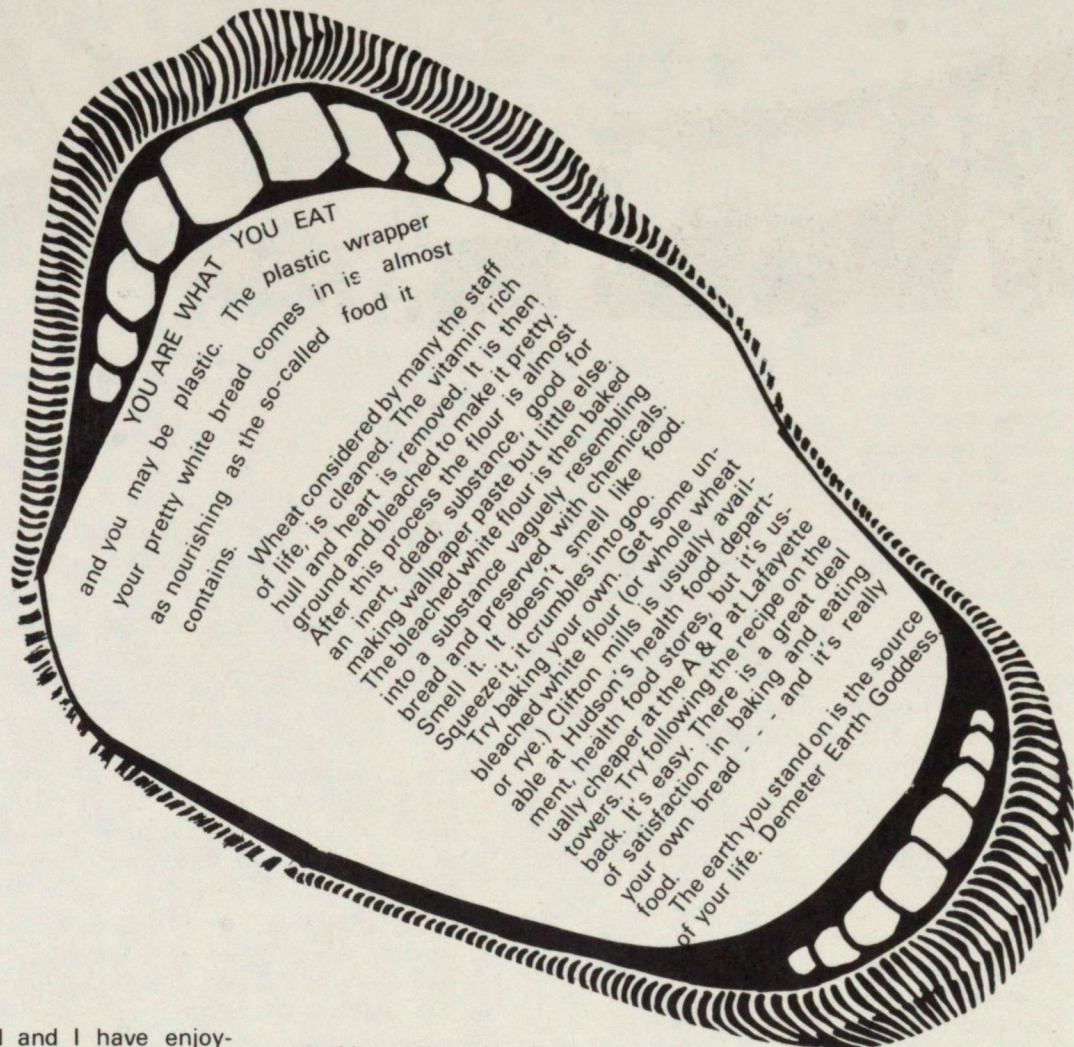
ern it is a forgotten pharoah's
wing-ed curse
or
an ashen seed
carried smoldering from dresden's
reformation
to river gorge

another dark lord
extracting tribute in dioxide fury
scorched the policy
rights

has some vengeful demon
risen, rekindled
to batch blackened horror into skies once fair
serve it up
or sm it into our gagging mouths

the great flaming
pit in the sky

floyd - 1969



Larry Bernard and I have enjoyed the months of shopping for the co-op, but there are two areas we would like to see improved--cooperation and communication. To date, the Co-op has consisted of 3-4 people each week waking about 8 a.m. on Saturday, shopping till 11 a.m. or so and bagging the food till about 1 p.m. We would like to get more of the SILENT MAJORITY (that's you) to cooperate in the cooperative, by buying food (you need a van to carry it) or helping to bag the food from about 11 a.m. to 1 p.m. and or taking in receipts and giving out food from 1 to 3 p.m. or 4 p.m. These people would get a free bag for this.

Secondly, we would like to be more responsive to YOU and buy more of what YOU would like to eat. Obviously, the best way to do that is to do the Co-op shopping, but we hope that the following survey may fill that need. Please answer the questions below and add any additional comments or suggestions about our past or future services. We plan to run this as a

weekly or biweekly foodletter, with recipes, articles on how to use foods in new ways, macrobiotic diets and other natural food perspectives. If you have recipes or other things you'd like to contribute, leave them at the store.

Also, from now on there will be a list of the foods purchased at the store, so you know what you're getting.

-Bob Winshall

food survey

1. Would you be interested in beans (eg. pinto, navy, lima, lentils, etc)?

2. What objections have you had to foods in the past? Please name the food.

- didn't know what it was
- didn't know how to cook it
- spoiled or inedible (if fruits or vegetables are mushy and do not look appealing, put them in a soup or stew or mash or boil them)

- don't use
- other objections

3. We already buy brown rice but are there other natural foods you like) (eg. stone-ground whole wheat flour, soy beans)

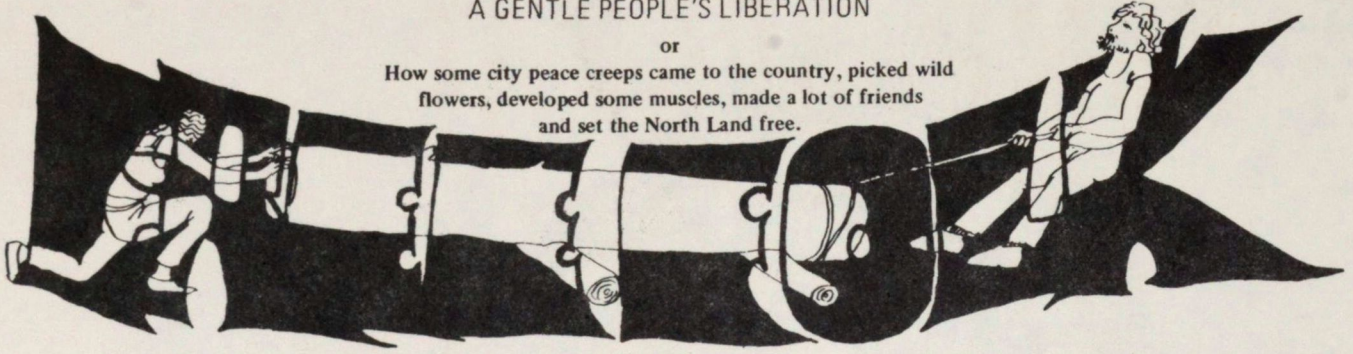
4. Other foods you like?

5. Do you know anything about fruit or vegetable growing? Open City has access to a farm in Caro and we plan to grow our own.

6. Other comments.

A GENTLE PEOPLE'S LIBERATION

or
How some city peace creeps came to the country, picked wild
flowers, developed some muscles, made a lot of friends
and set the North Land free.



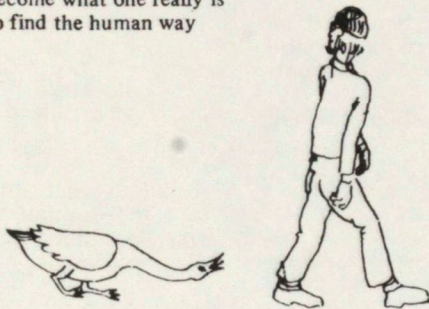
While the militants and the liberals argue whether we're dropping out or copping out (maybe even flipping out!), we're out planting peas and dancing our eyes on all the new green leaves. Collectively we've been through years of pickets and vigils, planning meetings and fund appeals, demonstrations and happenings, peace walks, sit downs, sit ins and climb overs. We figure maybe we just dropped in.

Where it's at is in the action, not in talk. So in the north country, of Minnesota, where it still snows sometimes in May . . . we're doing it.

We live here, 7 of us now; we have our hassles and our laughing times. We work together, share our lives, grow our food and love our kids (only one so far, but he mostly belongs to everyone and we give him lots of different names so he'll spread further). Here we live without laws, armies, or cops and no one starves, no one gets murdered or even commits suicide because things aren't going his way . . . and things get done. This is our new world. Here the revolution is almost over . . . all but the tears and the grief, all but the hard part when you find out you're not Christ, or Che, or Allen Ginsberg, or Ira Sandperl, maybe you're not even the you you thought you were. It's all over but the hard part, realizing that you not only know very little about nonviolence, you don't even know how to live with people you dig. Then here at last the revolution is *beginning*

A Grand Master Plan

to build a world without fear or hatred
to share one's life and livelihood
to become what one really is
to find the human way



Step one: Go somewhere where no one else that you know is. Buy some cheap land, a copy of Organic Gardening Encyclopedia and some seed. Establish a base camp disguised as a self sufficient farming community.

Step two: Make friends with the local farmers. Ah, good people! They don't have much, but they'd share *that*. Always they give us more than we can return, but like one neighbor says . . . "What's a few pumpkins between friends."

Step three: Infiltrate the local peace group. And good people *they* . . . Come to visit us with electric coffee perculator, "Where's the plug?" We heat it on the wood stove and talk til

midnite. Later they invite us into town to speak on panels: "Americanism in the '60's," or "Civil Disobedience." Turn people on to doing things for themselves. ("Stop bitching for better schools or housing or welfare. Go out and build them. Stop paying taxes for war. Refuse the draft.") Turn people on to community and living simply. Turn them on and see the light go click behind their pale eyes. ("But you just *can't* live on an untaxable income!") "But, man, we're *doing* it! . . . much laughter.)

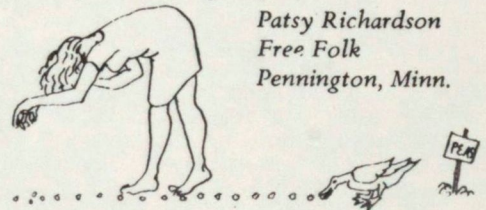
Step four: Make friends with Heads and friendly students at your local teachers' college. (Even up here there is a psychedelic shop. Under the rocks and behind the trees come a few draft resisters, a poet and a folksinger, too.) Get them to set up a draft table at the college. Get almost thrown in the lake by the campus veterans. Retreat sometimes . . . but return again. Invite people out to the farm. Turn them on to milking a cow. Turn them on to being turned on without drugs. Let them turn you on with their music. Look at each other and smile a lot . . . who can help it!

Step five: Make friends with your local Feds. (Ah, not so good people!) Entertain them when they arrive to ask you how come you're writing all those letters to the draft eligible men in the county or how come you're not in the army or how come you aren't married to the girl you live with. Offer to show them the cow. Or offer to show them the door. But remember their names. They will most likely come back . . .

Step six: Drop ideas on peoples' heads instead of bombs. Swoop into Duluth for a conference at the U. Let an audience capture you and spread the word. We're Free! *You're* Free! All you have to do is *do it*. Whatever bonds hold you are tied with your own hands. And you don't have to go to college for 4 years, or get a "Good" job, or get married, or cut your hair short, or wear a girdle, or join the army, or pay taxes. You may pay a price, but then there is a price for everything. Whatever it is that you really want to do, do it now, for life is short and love is fleeting when it's not spent. Meet new draft resisters. Love them all. Sing. Talk. Drink wine. Invite them out to the farm for a week when school's out. Then retreat.

Come home. Dig your toes in the warm dirt. Pick a tick off your friend's neck. Have a few stupid arguments. Write to the urban poor telling them you'd like to help families get out of the city if they want. Go out and plant a row of carrots. Make a mistake. Roll in the grass and begin again.

Patsy Richardson
Free Folk
Pennington, Minn.



—drawings by
Jane Bevans

COME UPON IT...

Come upon the city
With it's streets of rubble and decay

Come upon it's winding country roads--
concentrate over with ruts and potholes.
Still small town roads
With leaning, toppled buildings
Piled with people alongside

people
and junk
Stare out and are stared at in return
by cops-
Staring. Who ride abruptly by
Unaware, incurious, except to ridicule.

Mindless lost people
Selling alcohol distilled blood
To further their distillation.

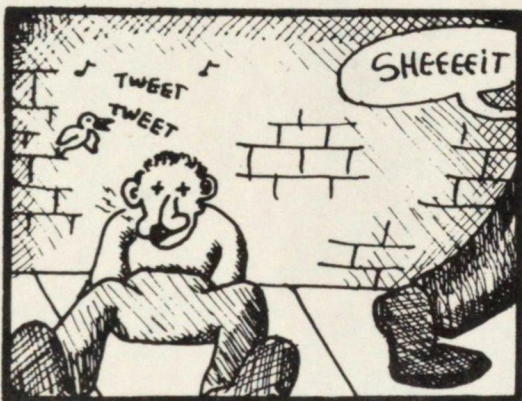
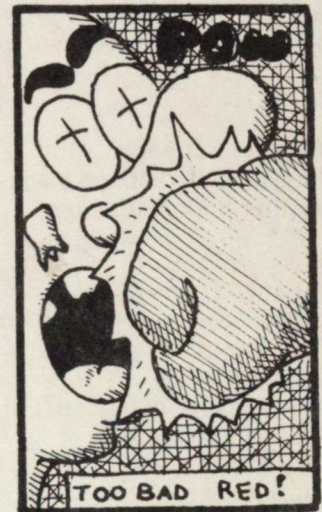
Demeaned crying people
Putting all their energies in one bag
for just one more-
&no, not chance-
for that hope is long gone?
Just one more big kick
Before that to goes.
Come upon it
Come upon the city

With it's streets of corpses, hyped robots,
Walking around their dying brothers
So as not to contaminate themselves.

Past abandoned cars
Too depleted by the greedy horde
to even pollute the filthy air.

By the merchants and owners of our flesh
Owened oweners of a decaying dawn

Come upon it
And ask-
How did we so fuck up?



A MAN WAS ATTACKED EARLY THIS MORNING ON THE WEST SIDE, THE ASSAILANT WAS SAID TO HAVE BEEN A NEGRO AND LATER A POLICE SPOKESMAN SAID THAT UNPROMOKED VLENCE IS THE UNDERLYING

THE WHOLE WORLD'S FIGHTIN' ABOUT THAT IS SAME THING

Willie Dixon