

# HERBS

By Jan & Mallory Geller

Herbal remedies to illnesses are prepared in two basic ways. They are either brewed by infusion (pour boiling water over herbs and steep, usually for ten to thirty minutes) or by decoction (roots or herbs added to cold water and brought to a boil). Never use aluminum pots — enamel, porcelain or glass are best.

Most of the following remedies are easily available through health food stores, herbalists and specialty shops like the Bodhi Tree in West Hollywood. These three example complaints are common and the treatments are simple and traditionally effective.

**SLEEPLESSNESS or NERVOUSNESS:** There are a multitude of herbs used to deal with these complaints. Here are two.

**Chamomile:** Infuse an ounce of dried flowers in a pint of boiling water. May be taken hot or cold. Or, one tablespoon in one cup of water steeped for one half hour. Add honey if desired.

**Catnip:** Infuse one teaspoon herb with one cup boiling water. Steep only; do not allow to boil. Take one to two cups daily. Honey will improve the taste.

Also: Lobelia, rosemary, rue, sage, spearmint, thyme, valerian, peppermint and many others are good.

**COLDS:** Catnip is often suggested here, too, as well as:

**Sage:** Gargle tea mixed with a little lemon and honey for sore throat. Hot tea is also used to promote perspiration (said by herbalists to help throw off a cold). Also soothing to the nerves. Infuse one heaping teaspoon in one cup of water. Steep covered twenty or thirty minutes. Do not boil. Drink three to four cups per day.



**Ginseng:** This root has received much publicity because of its popularity in the Orient. Back to Eden, by Jethro Kloss, now a classic source book, lists it as a "very effective drink for colds, chest troubles and coughs," among other uses. Make into tea and flavor according to your taste but beware that it is, among other things, a stimulant and can be dangerous for those with potential heart problems. Keep to suggested dosage on bottle.

Also: Peppermint, angelica, vervain, sarsaparilla and many more can be used.

**GAS:** Our old friends sage and catnip appear again.

**Anise:** One teaspoon crushed seed to one half to one cup boiling water. Steep ten minutes and strain. Suggested dosage is one to one and one half cups per day, taken a mouthful at a time. For colic, make a decoction: Boil one teaspoon seed in one half pint milk for ten minutes. This should be strained and taken hot.

Also usable: Caraway seed, fennel, mint, thyme, ginger and others.

## Vanguard Guide

### COMMUNITY THEATER

**"A-5-6-7-8"** Callboard Theater, 8451 Melrose Ave., 981-1525. Thurs. at 8:30 p.m., Fri. and Sat. at 10:30 p.m. Closes April 3.

**"ACT OF DUTY"** Santa Monica Playhouse, 1211 4th St., S.M., 394-9779. Ionesco's bizarre comedy, billed with Chekhov's farce, "The Night Before The Trial." Plays Mar. 5 at 8:30 p.m., Mar. 6 at 10 p.m. Closes May 1.

**"AMERICA PIECE"** Haymarket, 715 S. Park View St., LA, 387-0932. The ProVisional Theater portrays a country that has become the prey of its own progress and other myths. Mar. 14, 8 p.m. **"AND MISS REARDON DRINKS A LITTLE"** Megaw Theater, 17601 Saticoy St., Northridge, 881-8166. Paul Zindel's play. Thurs. through Sat., 8:30 p.m., Sun. 5 p.m. Closes March 28.

**"ATTORNEY AT LOVE"** Santa Monica Playhouse, 1211 4th St., 394-9779. Written by Rudolph Bernauer with words and music by Evelyn Rudie, set in the '20s in Europe. Sat. at 8 p.m., Sun. at 7:30 p.m., Wed. at 2:30 p.m. Closes Mar. 15.

**"BEATRICE MANLEY, ACTRESS"** Theatre Vanguard, 9014 Melrose Ave., LA, 276-9987. Molly Bloom's Soliloquy from Joyce's classic Ulysses. Mar. 12/13, 8:30 p.m. \$3 general/\$2 students.

**"BRENDAN BEHAN"** Cast Theater, 804 El Centro Ave., 462-0265. Shay Duffin's uncanny impersonation of the Irish playwright, better than ever in its new surroundings. Plays Wed. through Sat. at 8:30 p.m., Sun. at 8 p.m. Runs indefinitely.

**"CHE, TANIA AND EUTEMIO"** Evergreen Stage Company, Evergreen Stage, 5060 Fountain Ave., 659-2802. Chester Leo Smith's provocative new play that takes an incisive look at revolutionaries. Closes next Sun.

**"DYLAN"** Actors' Forum, 3365 1/2 Ca-huenga Blvd. West, 876-9101. The Sidney Michaels dramatization of the life of poet Dylan Thomas featuring Shawn Michaels in the title role. Thurs. through Sat. at 8:30 p.m., Sun. at 7:30 p.m. Closes March 21.

**"ENTERTAINING AT HOME"** and **"RE-RUNS"** Company of Angels, Waring Ave. at Vine St., 464-9674. Two original and depressing one-acts by John Morgan Evans launch this new experimental series. Mon. thru Wed., 8:30 p.m. Closes Mar. 17.

**"GOD'S FAVORITE"** Nomads' Theater, University of Judaism, 6525 Sunset Blvd., 463-1161. A Neil Simon comedy based on story of Job. Plays Sat. and Sun. at 8 p.m. Closes Mar. 28.

**"THE GLASS HARP"** The Colony Studio Theater Playhouse, 1944 Riverside Dr., 665-3011. Truman Capote's fond remembrances of his boyhood in a small Southern town. Fri. and Sat. at 8:30 p.m., Sun. 7:30 p.m. Closes Sun.

**"THE PAISLEY CONVERTIBLE"** Toba West Theater, Inc., 464 E. Walnut St., Pasadena, 795-8774. Billed as a finger-licking good comedy. Mar. 4, 5, 6. All performances 8:30 p.m.

**"PING PONG"** The Onion Company, 800 N. El Centro Ave., 466-4485. Comedy-drama about the pangs of divorce. Fridays and Saturdays at 8:30 p.m., Sundays at 7:30 p.m.

### SPECIAL EVENTS

**Mar 5**  
**THE WOMEN'S BUILDING, 1727 N. Spring St., LA.** A public center for woman's culture, includes Sisterhood Bookstore, Women's Switchboard, Canis Gallery, Graphic Center, Therapy, Feminist Studio Workshop, Identified Woman Cafe, Olivia Records. Tues. thru Sun., 12-7. Membership \$10 for six months, \$15 or more for one year.

Lesbian experience. 10 a.m.-4 p.m. Anna Rubin. Psychic Awareness—Demystifying the "Exorcist." 10 a.m.-4 p.m. Evelyn Virshup. Art therapy—what is it? 10 a.m.-5 p.m. Milli Martinez. Promoting ourselves. 10 a.m.-6 p.m. Marilyn Barrett. Starting again. 10 a.m.-5 p.m. All workshops \$18, \$16 members. Lesbian Feminists, disco dance, 8 p.m.

### Mar. 5 THE GREAT RATE DEBATE

"Can we stop skyrocketing utility bills?" State legislators and citizen action and labor leaders meet head-on in a town meeting format to discuss how to lower utility rates. Community participation is urged. Panel participants in-tion and labor leaders meet head-on in a ren, State Senator David Roberti, UAW Int'l Rep. for Consumer Affairs Versia Metcalf, CAUSE co-ords. Tim Brick and Bert Wilson. 8 p.m. Fairfax H.S. Auditorium (corner Fairfax & Melrose).

**Mar. 7**  
**INTERNATIONAL WOMEN'S DAY.** Celebrate the contributions of women to the struggle for freedom and equality. Bring the whole family. Child care provided. 1-5:30 p.m. Skits, speakers, displays, information tables, workshops, dance, singing, refreshments.

**BELMONT HIGH SCHOOL, Auditorium, 1575 W. 2nd St., LA.**



**Mar. 14**  
**HOT FUDGE SUNDAY.** A performing arts series, including children 8 years and up. Irish, English and Scottish music. Puppeteer.

**YWCA, 2019 - 14th St., Santa Monica.** Donation \$1 children, \$2 adults.

**Mar. 14**  
**LAVENDER AND RED UNION, 6844 Sunset Blvd., LA.**

Birthday Party celebrating 2 years of the Lavender and Red Union, an organization of radical gays. Entertainment and presentation at 3 p.m. Sun. 2-6 p.m. Donation \$1.

# FOOD

## 6th Deadly Sin

By Robin Love

My weekly food column heavily influenced by European traditions in cooking, yet I am quick to be tantalized by Indonesian and Middle-Eastern cuisines, and have a very active curiosity about most styles of food preparation.

Although not a vegetarian, I find my interest (financial interest included) in meat eating waning. It is hard not to be conscious of the amount of acreage wasted in the grazing of cattle, and to be aware that that same land could be used more efficiently to grow vegetables, fruits, and grains. Nonetheless, there is enough of a hedonist in me to appreciate meat-based soups, the juices of meat in sauces, and even the occasional roast beef with Yorkshire pudding. However, I am finding myself less and less comfortable with the idea of confronting slabs of roasted or broiled flesh on a plate.

Basically, I am attracted to fresh and healthful food, but am very aware of the monumental numbers of truly boring meals that are too often served up in the name of health food. The basis for a gourmet cuisine should be fresh and good food... and hopefully, it will be cooked, not only with love but with imagination. For that reason, although my head endorses the new French cuisine that eschews rich sauces, flour, and sugar, my heart leads me back to the old cuisine unerringly.

One of my favorite recipes is ratatouille. The proportions of the vegetables can vary, some people add garlic, and some season with oregano, basil or rosemary. I feel the herbs are unnecessary but like the garlic, and although it would not be my choice, many people would prefer the addition of sliced green pepper while the onions are cooking. While the proportion of ingredients is not too important, the choice of olive oil is. Since the flavor of the oil permeates the whole dish, if you use cheap salad oil the flavor will be ruined. I tend to favor Bertolli oil. It isn't cheap but it is well worth the investment.

### Ratatouille

1 large eggplant  
2-3 good sized cloves of garlic  
1/2 cup olive oil  
2 medium onions  
2 medium zucchini  
4 medium tomatoes  
salt, freshly ground black pepper  
Slice the eggplant into 1/2" slices, sprinkle with salt, and leave for 45 minutes to bleed.

Chop the garlic finely and sauté in olive oil. After a few minutes add the onions, and when they are soft add the zucchini and the eggplant, both of which have been sliced. The tomatoes should be blanched in boiling water, enable their skins to be removed easily, and then should be diced and added to the other vegetables. Season with salt and pepper. Simmer over a low heat in a covered pot for 30 minutes, or until cooked. It may be necessary to remove the lid for the last 10 minutes to reduce excess moisture.

Note: During the winter it is impossible to obtain large tomatoes with any taste. A large can of Italian plum tomatoes should be substituted for the fresh.

Ratatouille can be eaten hot or cold.



# Tom Hayden

## ...a plan for all reasons

By Dave Lindorff

A good deal of media space has been spent discussing U.S. Senate candidate Tom Hayden's radical past and the conservative fire he wears to some of his campaign meetings these days in an effort to wrest the Democratic nomination from incumbent John McKinney.

Surprisingly little space has been devoted to a discussion of the Hayden campaign platform, which spelled out in detail in a 270-page booklet called "Let's Make the Future Ours," released early this year.

One reason for this is probably that the Hayden program steps out of the usual arena of campaign debate. While the usual liberal-conservative debate concerns the amount of and priorities for government spending, Hayden has called for a return to local control over almost all matters.

Decentralization and local control are Hayden's answers to most every problem in the nation, from the courts to energy. An example of this approach is in the area of the court system.

The Hayden program calls for an end to "the alienating process by which the criminal justice system, through the judicial, prosecutorial and public defender bureaucracies, empties to deal with the accused downtown."

Hayden says, "What is needed is

to return the problem-solving process to the community. All crimes involve socially related problems beyond the victim and the offender. Each case raises questions dealing with unanswered problems in the neighborhood and community. To take these cases downtown not only alienates the accused but divorces the community from the underlying problems and renders it powerless to protect itself."

The Hayden program calls for community courts, established with federal funds. These would be staffed and run by the communities, in what sounds like the system used in Cuba and China.

Dean Dorothy Nelson of the USC Law Center has endorsed the idea. "Rather than a courtroom studded with symbols of power, which tend to intimidate and inhibit participants, proceedings would take place in familiar neighborhood surroundings," she said.

The idea has one drawback. Evidence from China and in fact from rural courts in the U.S. shows that sometimes neighbors can be vicious when it comes to trying a member of a minority group or some other kind of "outsider." Presumably the existing appeals process would take care of some of these problems.

Another example of returning

power to the community is in the area of energy. The Hayden program calls for a "publicly-controlled energy industry" which would subcontract with small private firms for such tasks as exploration and transportation.

Hayden tries to distinguish between his "public control," and the type of so-called public control which exists in present bodies like Amtrak. He says he is not calling for nationalization.

"Nationalization," he says, "would only merge the present corporate and federal bureaucracies in a false front of public ownership masking continued corporate privilege."

Instead of bureaucratic boards of directors appointed by presidents and governors, Hayden proposes elected directors of a "National Energy Corps," itself composed of regional units. The only role of the federal government in this scheme would be to provide funds.

Hayden's program makes use of this idea of elected members of boards and commissions in many areas, such as state and federal banks, planning bodies and corporate boards of directors.

The idea is to break down the "club-system" which now prevails, where those in power appoint their supporters to all commissions and boards. This is the system, for instance, which permits four and

possibly five members of the Los Angeles County Regional Planning Commission to be either land developers, contractors or bankers whose main income comes from mortgages.

There is a crying need to break down this club system, but it is debatable whether a simple substitution of elected for appointed officials would accomplish anything. After all, the County Board of Supervisors is elected, and how representative is that of the people?

A major problem with Hayden's program is that working people don't have the time, generally, to participate on the boards and commissions he advocates. Even today, when a middle class citizen gets onto a body like a coastal commission citizen's advisory council, he or she does not have the time as a volunteer to do the necessary homework. (Lower class citizens never do get appointed.) Instead, the views of the wealthier members of the body prevail. These members have the time and resources to develop "expertise" on each issue, or worse, the interests they represent can provide them with the necessary "facts" to win arguments.

By making positions on these various bodies salaried, the problems might be reduced, but

unless the positions were full or nearly full time, such compensation would have little effect.

The idea of returning authority to the local level is compelling, but it seems the Hayden program doesn't go far enough to effect a real change. A serious failing in the program is that it continues to rely on federal funding, and in our capitalist society, money is power. Since the local bodies Hayden proposes do not have taxing authority, they would have to resort to begging from state or federal government. To be sure, a lot can be accomplished this way, as the community action programs of the so-called "War on Poverty" showed somewhat, but there are definite limits. When the recession brought a crack-down on poverty programs, the community action offices began to close up or scale down their activities.

As might be expected, the bottom-line question is, does the Hayden political program go far enough to accomplish a qualitative change in American society? Does it radically restructure the lines of power and authority, or would it simply make the present system ostensibly more palatable?

These are problems which we will examine in future articles on the Hayden-Tunney primary race between now and June 8.

# CHAVEZ BLASTS DEMOCRATS

By Randy Michaels

Cesar Chavez has declared war on those Democrats who have aided Republicans in preventing the refunding of the Agricultural Labor Relations Board.

It was eyeball to eyeball on Washington's Birthday as the militant president of the United Farm Workers spoke to an audience that included key members of the legislature. Among those on hand were assemblymen Willie Brown, Charles Warren and Allen Sieroty as well as City Councilman Marvin Raude.

While characterizing the action of the legislature's Republicans as blackmail, he leveled his main fire at the Democrats in the legislature. "We are charging the Republicans with obstructionism," he said, "but to tell you the truth the Democrats are more responsible. We're not little boys, we know what's happening. And we know that the Democrats, if they wanted, have all the power to tell the Republicans that 'if you don't and this bill you ain't going to get anything'."

Farm workers and others who usually support the Democrats will no longer "be taken for granted" Chavez told his enthusiastic audience on the Venice beachfront who had come to participate in a rally and for the farm workers. The crowd applauded when the farm union leader declared, "we're going to go out and tell the whole state of California about the Democrats because they have to come through (in getting the ALRB refunded)."

Democratic legislators who have voted against the refunding but who are also among those who take the Chicano and labor vote for granted may not find themselves elected unless they change their positions, Chavez warned. With a quick smile he said, "We are going

to do a little work on them." This will not include opposing them in the primaries as the UFW did several years ago in East Los Angeles against then Assemblyman Alex Garcia after he cast a key vote against the farm workers. This trip around the UFW is going to play the role of the spoiler, if necessary, Chavez emphasized.

"Come the November elections there are districts that are very close. We are going to run independent candidates to take away those votes from them and let them lose if they won't vote for us."

The message was being sent to the Assembly leadership which has been pressuring Gov. Brown to promote some of the amendments to the ALRA that the growers want. The farm labor law which is less than one year old is under severe attack from growers who are demanding no less than eight major changes in it, to conform, they say, with the National Labor Relations Act. Over the past 30 years the original Wagner Act, in the opinion of organized labor, has been considerably weakened by the pro employer Congresses. The growers at one fell swoop are trying to change the farm labor law into an imitation of the federal labor legislation.

Thus far Governor Brown, who was largely responsible for shepherding the initial measure last Summer through the legislature, has resisted the proposed changes and this has brought about a major confrontation between the Assembly Democratic party hierarchy and the governor.

Chavez has been putting the heat on the governor because the workers in the fields are demanding that he deliver on his promise that there would be peace in the fields under a fairly administered

labor law for campesinos. In fact, Chavez last year walked 1,000 miles to rally the field workers in support on that law. Now hundreds of workers have been fired since Feb. 5 when the ALRB went out of business, according to the union official.

these, and the workers represented by this union as a result of these elections was almost 31,000. The Teamsters represented 11,179 workers on the 102 ranches on

In spite of the claimed assistance that growers have given to the



Photo by RANDY MICHAELS

**FARMWORKERS—Work goes on in Imperial Valley while the struggle to revive the ALRB continues.**

Workers are now losing faith in the law and in the possibility of peacefully solving the problem of representation UFW leaders say.

Time and again the UFW has charged that the issue is not whether the ALRB is "fair" but that the UFW is rolling up an astounding number of election victories in representation elections. As of February 6, when the ALRB shut its doors because it could no longer pay its bills, there had been 329 decided elections in California's fields, according to the information and research department of the UFW. The UFW had emerged victorious in 205 of

Teamsters (verified in many instances in worn testimony before the ALRB), the UFW emerged the winner in head to head contests between the two unions. Although the UFW won one election fewer than the Teamsters in this head-on situation, 69 to 70, it ended up representing 12,501 workers compared to 9,559 on Teamsters ranches in this category of elections.

Probably most indicative of all in gauging the UFW strength in the fields were the results in 152 elections in which the UFW was on the ballot against "no union." Here the union won 135 elections,

representing 18,183 workers. On the 17 ranches where the majority voted "no union" their work force is made up of 1,995 workers.

Going into the elections the Teamsters had contracts on 194 of the ranches which have since had elections. The total number of workers on these ranches was 32,340. When elections came to a halt the Teamsters had won 93 of the balloting on these ranches. Represented in these victories was a workforce of 10,593. By winning some of the larger key ranches previously held by the Teamsters the UFW came out victorious 69 times, representing 11,649 workers. In six elections the workers on the former Teamsters Union ranches switched to no union. There were less than 1,000 workers then.

In the Imperial and Palo Verde Valleys the UFW won 23 out of 26 elections over a 60 day span just before the law became ineffective. One of those one sided UFW victories was at the Bruce Church Co., the nation's third largest lettuce producer. That election, which took place one week before the ALRB shut down its offices, reflected the confidence of the workers that at long last they were protected by law. Hundreds publicly met in Imperial Valley at the union sponsored rallies and paraded through the streets with banners flying and proudly displaying union buttons. Now there is a fear, Chavez has said, that "these workers, who came forward as union leaders under the assurance that they will be protected by law" will once again find themselves the victims of employer blacklists as has often happened in Imperial Valley over the years.