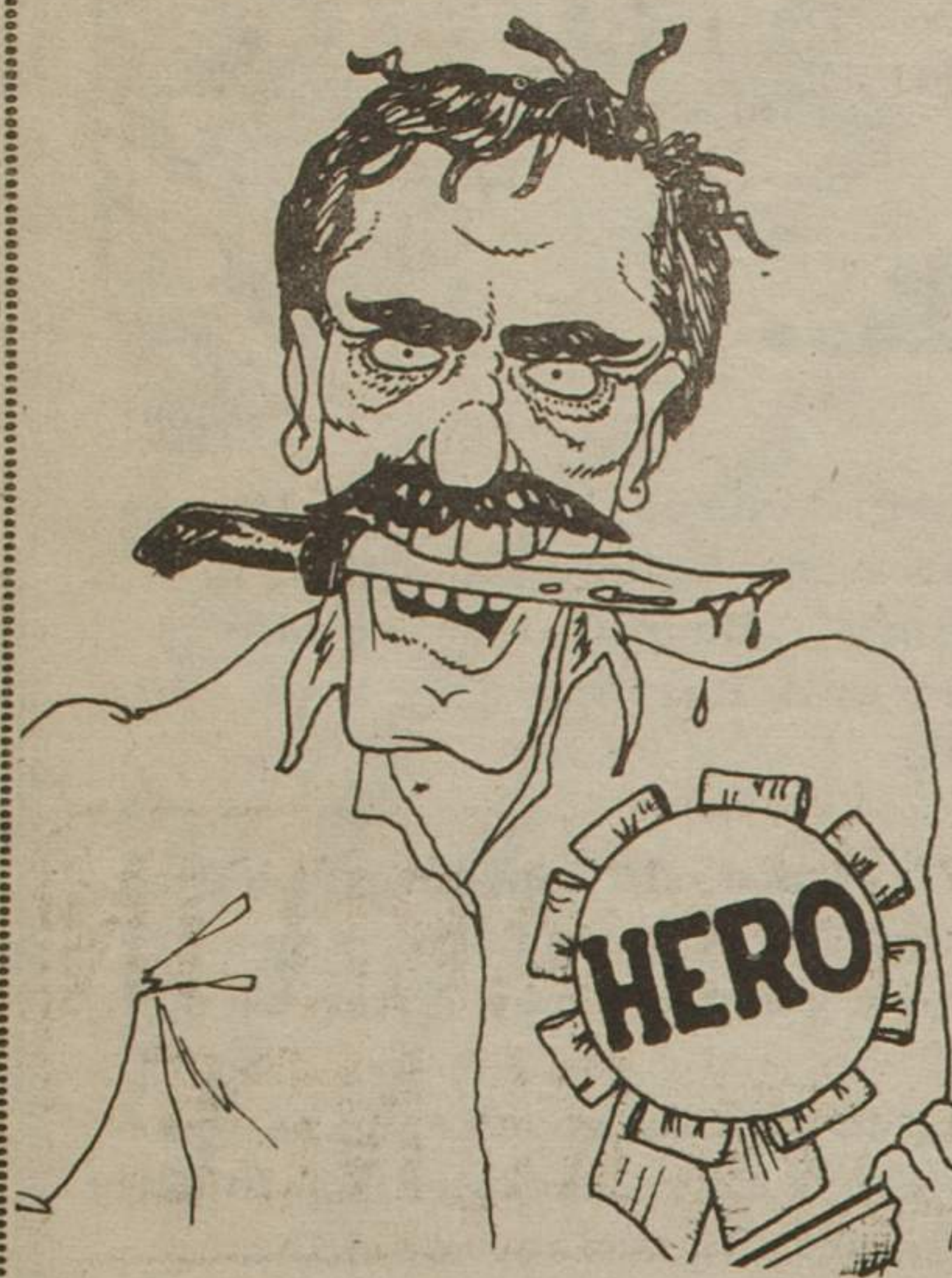


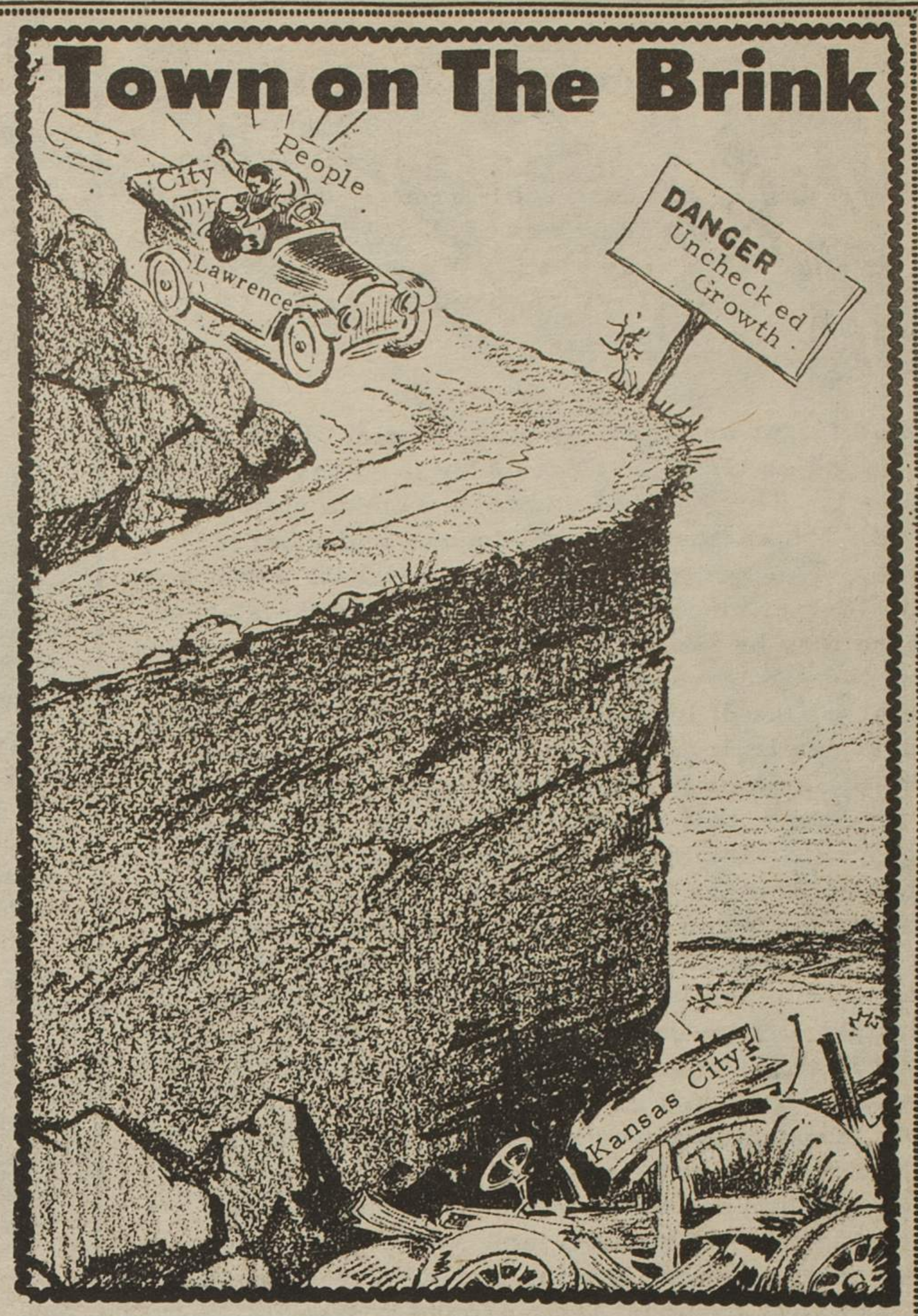
IGNORANCE ISN'T BLISS



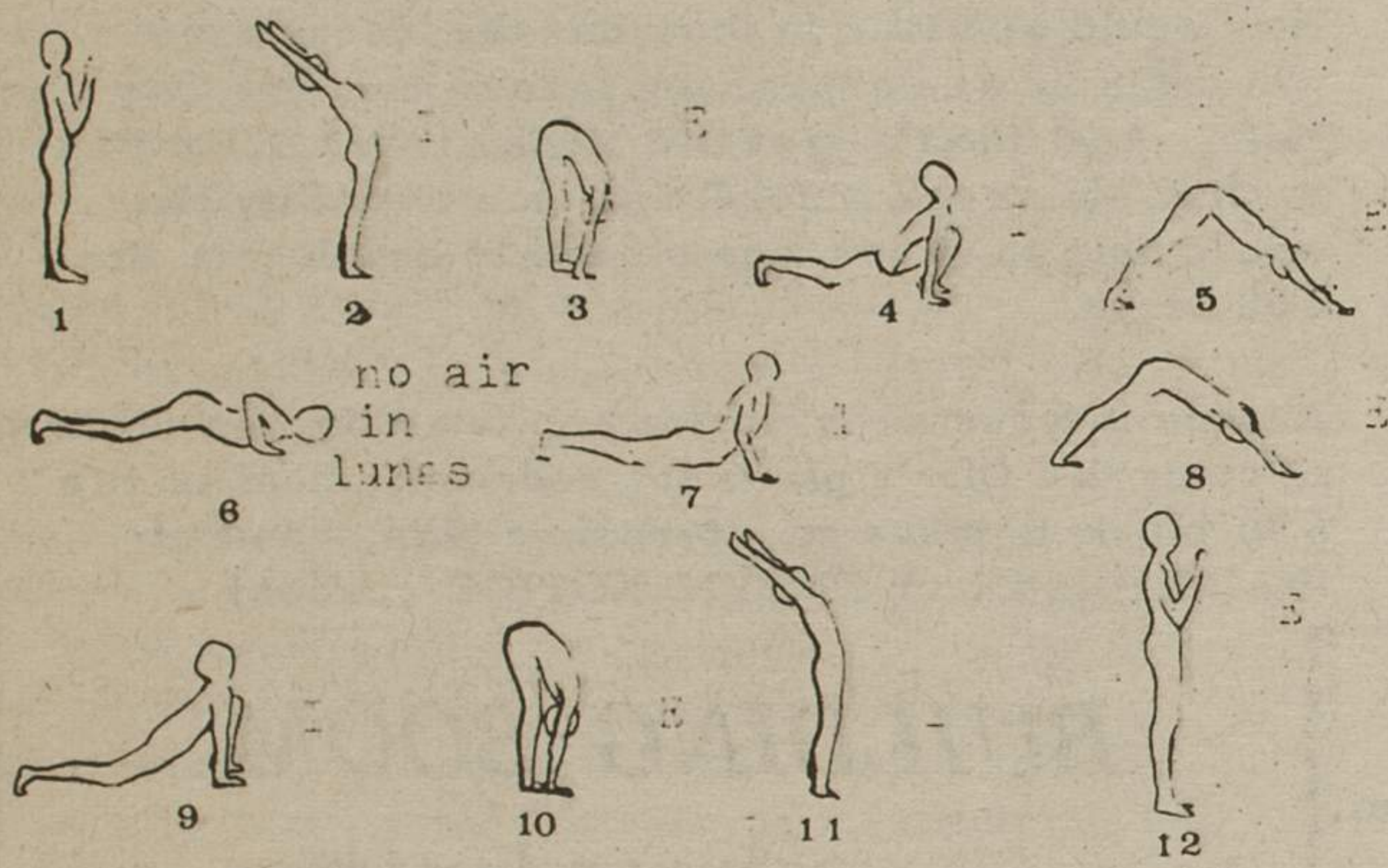
Has William Quantrill become a Lawrence hero? You can now shop for antiques at Quantrill's, sip beer at Quantrill's Saloon, or buy a home in sleepy Quantrill's Acres or Quantrill's Overlook, south of town.

But Quantrill was hardly a hero. He's the scoundrel who led a band of renegades to Lawrence, leveling the town and killing 150 people.

Local history isn't just being revised in the name of Quantrill. The owners of the Eldridge House, 7th and Mass., have opened a new disco called Sheriff Jones. You can boogie and bump till early morning in honor of Sheriff Samuel Jones who burned the original Eldridge in 1856. Salute!



YOUR OWN LITTLE PLACE IN THE SUN



SALUTATION TO THE SUN

1 = inhale

2 = exhale

SOORYA NAMASKAR (Salutation to the Sun)

- 1) Hands together, fingers beneath lips.
 - 2) Lock thumbs, stretch out, up, bend back.
 - 3) Bend at hips, hands toward toes.
 - 4) Bend knees, place hands beside feet, stretch left leg back, left knee to floor, look up and back.
 - 5) Into triangle position, hips high, knees straight, head between arms.
 - 6) Lower knees, chest, chin, keeping hips slightly raised.
 - 7) Lower hips arching back, roll chest from floor looking up and back.
 - 8) Back into triangle position.
 - 9) Left foot up, right knee to floor, look up and back.
 - 10) Right foot up to join left, straighten knees.
 - 11) Lock thumbs, stretch arms up and back, bend back slightly with head between arms.
 - 12) Back into original position, hands together, fingertips beneath lips. Close the eyes, separate the feet, take a deep cleansing breath, and relax.
- For maximum benefit repeat 2-3 times.

By Maura Biesmeyer

The word yoga comes from the Sanskrit root "yuj" which means "to join." It implies a discipline and its aim is self-knowledge.

There are many different kinds of yoga. Hatha (sun-moon in Sanskrit) yoga works with the body. It differs from Western calisthenics in that it develops flexibility, suppleness and muscle tone rather than strength. It also eases bodily tensions and promotes relaxation and a sense of well being.

A beginner's approach to Hatha Yoga should be one of moderation and sensitivity. The idea is to relax and feel good. Never force your body into a posture for which it isn't ready. It will tell you how far to go. In the repetition of certain exercises your muscles will loosen up of their own accord.

Hatha Yoga has a cumulative effect. With practice on a daily basis (even if for only 10 to 15 min.) you can begin to notice differences... better posture, ability to consciously relax... within a week or two.

When practicing Hatha Yoga, breathe deeply, taking the air into the bottom of your lungs first and then filling them up. Normal breathing is usually quite shallow; we use only one-third to one-half of our lung capacity. Deep breathing is relaxing in itself.

The Salutation to the Sun (Soorya Namaskar) is a very complete combination of bodily postures, which when done rapidly, will bring alertness to the mind, and when done slowly will bring tranquility. Try doing three of these every day (at least three hours after you have taken any food) and see what happens. What have you got to lose? ?

A POEM

By Floyd Cobbler

When the man looks at me and says,
"Boy you had better get back in your place,"
I look at him and answer:
"Since when did God have a face?"
I have known ever since I was born
someday I would die
But I will be damned if everytime you
speak I will hang my head and cry
Because I said or done something you
didn't like.
So if you are looking for an Uncle Tom,
don't look at me but take yourself a hike.
For when the worms get through we will
both look the same, me and you.

LETTERS

Dear Public Notice & Friends,

After reading your last effort I feel compelled to write you a letter concerning certain weird feelings I experienced in my stomach. On the whole I was in agreement with every bit of political advice I read but as I said before, something in your paper started weird feelings agoing in my stomach. To be to the point, anger is what did it. Your paper wants to spread anger? I hope not because anger must by law (First Law of Dog: One dog barks at another dog and that dog must bark back being the dog that he is) it seems bring anger back on the sender. Do we wish to feel anger from the dogs who control our town or would we rather create peace and feelings of brotherhood? So here is my revolution proposition: Let's work on the lines of love not hate.

BARK BARK,
Boyd Evans

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