

The *Update* WOODREW

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ANOTHER DIMENSION . . . ANOTHER TIME

Verification of unusual beliefs and experiences is always welcome, especially when you have gone 'out on a limb' (thank you Shirley MacLaine) to share and disseminate them. In our travels throughout the world we've received many responses to our statements about the existence of extraterrestrial civilizations. Some believe; more would like to believe; others discount entirely the possibility of other life in the cosmos; and most regard the idea as a sci-fi concept whose time will not come until 'hard evidence' is presented to their all-knowing five senses. You Updaters are a unique group of intelligent and accomplished individuals who have given the development of human-life on planet Earth its proper relativity in the Universal and Galactic scheme of things.

We met a remarkable woman, Elizabeth Klarer, in Johannesburg, S.A., whose experiences with an extraterrestrial civilization have been both extensive and intimate. She has documented these experiences in a book published by Howard Timmins titled, *BEYOND THE LIGHT BARRIER*. In the book, Klarer presents information--received through her space friend, Akon--that is as yet impossible for our scientists to verify. Since the book was first published in Germany in the early 1970s, however, much of the astronomical and meteorological data has been verified, giving the other information an aura of great respectability. Much of the material is specific and requires scientific training to understand, such as the propulsion systems used by extraterrestrial space ships. There are many pieces, however, that blend together with information and conversations we have had with the Ogatta group over the years. In the following paragraphs we will share some of what we have gleaned from Klarer's contact with Akon of the planet Meton.

On the Moon

The Moon is a strange body. On that, at least, all the experts agree. Vasin and

Shcherbakov, senior scientists at the Soviet Academy of Sciences, said in *Sputnik* magazine, "The Moon is not a natural satellite of Earth..but a huge, hollowed-out planetoid fashioned by some highly advanced, technologically sophisticated civilization into an artificial 'inside out' world which was steered into orbit around the Earth eons ago." Dating of rocks brought back from the Moon and reported at the Lunar Conference of 1973 revealed a moon-rock 5.3 billion years old, or 5 to 7 hundred million years older than the earth. Another report based on the most accurate dating system, the potassium-argon system, claimed some of the rocks gave an "unacceptable age of 7 billion years." At the University of California, scientists Gustaf Arrhenius and H. Alfren put the problem this way: "There is little doubt that the Moon is a captured satellite, but its capture orbit and tidal evolution are still incomprehensible..."

Here are Akon's inputs: "The Moon is alien to this system and came with Jupiter and its retinue of planets. Its scarred and pitted face was the direct result of her star's explosion, cremated beyond recognition from her former splendor. It is dead and lifeless as it orbits around planet Earth. Many such wanderers in space gather as flotsam in a cemetery of the solar system for all eternity."

ANOTHER Civilization

Everyone is curious about other planetary systems in which life flourishes. Limited by the development of our technology, our scientists have NOT been able to verify existence of other solar systems -- let alone civilizations inhabiting unverified planets. Any discussions of other solar systems and civilizations are relegated to the realm of the para-normal. We wrote about the twin-binary system that the five planets of the Ogatta group orbit in "On A Slide of Light" (pp.58-59). Now Akon describes his solar system:



"Mankind is a creature of space, a space race living on a planet in orbit around a star, as others are also doing. Mankind is not unique, as he so fondly imagines, believing in his singular creation. He is merely a part of the vast interstellar family in different solar systems throughout the Galaxy.

Our home system is in the star system of Alpha Centauri. The broader ecosphere, the area surrounding a star where conditions permit development and the existence of life, is intensified by a binary system. Our home planet is well within this radiating ecosphere, which is further added to by a third star similar to the Sun. Thereby the vibratory rate is higher and ideal for the advanced development of our civilization. Our home system is a triplex system, receiving the radiations from three stars similar to the Sun, but four light years away.

The system consists of seven planets, all inhabited by our civilization. The seven planets orbit about the third component known to you as Proxima Centauri. The largest star gives a reddish light about one-third as bright as the Sun's, while the second star's light is similar to sunlight. The third star, Proxima Centauri, is like the Sun, only with a reddish light, and is a very stable star. The entire system is within the tremendous coronas of the three stars.

UNDERWATER and UNDERGROUND

Man is a surface dweller, not an underground creature. Whenever stories of underground cities circulate, we usually relegate them to fantasyland. Early in our relationship with the Ogatta group we attended a gathering held by Dr. Puharich in Ossining, N.Y. At this 1977 meeting we discussed broad cataclysmic geological change and the need for the development of survival techniques. Being new to the subject, we listened carefully and took notes. There was discussion about an underground city, built by an extra-terrestrial group, that lay submerged at about 30,000 feet in the vicinity of Greenland. This city was being readied to surface at the 'right time' to help mankind survive. One of the very accomplished participants at this meeting, an Honors graduate of the Yale School of Architecture, stated that he was able to leave his body and visit the city. His descriptions were lucid and

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W technical, and above all...fascinating. Greta and I were overwhelmed at the possibility of the existence of such a city, and certainly in no position to dispute it. Nor did we discuss it or dwell on it...or give it much thought after we left the conference. It was outside of our 'frame of reference' then; and it is outside of our framework now. We wouldn't bring it up if it weren't for Akon's description of an underground city:

Underground cities and passages are a legacy of the past, left by us to Earth. We retain the underground base at the South Pole, where the warm lakes are. This is the area of the underground city of our ancestors and in that epoch there was no ice-cap. Volcanic activity retains the area of lakes free of ice and snow and we are able to move out of the spaceships in comfort through lack of radiations at that high latitude where there is a hole in the atmosphere through which the circumpolar vortex spirals down with the intensity of the Earth's magnetic field over the poles.

The city is at the center of the Antarctic auroral zone, the southern terminus of the three key meridians. This is the region where magnetic instruments go haywire and the compass needle dips down at the magnetic pole. Radio-communication cut-offs also occur. We are near several of the observational stations maintained by Earth nations. The French have a forward station in the immediate area of the south magnetic pole, while the Russians are also our neighbors with two observational stations in the area of the magnetic pole. The Americans have their Pole Station at the geographical south pole.

These endeavors of Earth scientists are regarded very highly by us. In the hostile environment of the polar regions, they have conducted themselves with great determination and courage.

By Jupiter!

Our space program is young, but we've already learned some interesting facts about our neighbors in the solar system. The last fly-by of Jupiter showed that several of the larger 'moons' surrounding Jupiter have atmospheres that can sustain life as we know it. Earlier scientific measurements showed Jupiter emitting more energy than she receives from the Sun, an anomaly among

the planets. It was interesting, therefore, to read Akon's statements about Jupiter:

"Jupiter is a forming star, a star condensing, and thereby, retaining a high velocity of rotation, a large mass and low density and the usual heat in the core retained by the star. A solar system within a solar system. Seven of Jupiter's planets have retained atmospheres and life as we know it.

Jupiter, as a small star, triggers off sunspots when in a favorable position, by increased magnetism. This in turn affects Earth's atmosphere causing weather changes as low-pressure troughs cross geometric regions of the planet's surface, and vast climatic upheavals can occur. The Sun controls our atmosphere, our weather and our climate, and when Jupiter, the second waxing star of this system, aligns with Mars and the other planets of this solar system, the equilibrium of the Sun will be disturbed and earthquakes will rock our planet."

Futurisms

Many of you ask for futurisms. While we dislike making specific predictions we are not against relaying the prophecies of others. This is an excerpt from one of the many revelations of Johann Friede (1204-1257) an Austrian monk of the order of St. John. He was one of the great seers of his time:

"When the great time will come, in which mankind will face its last, hard trial, it will be foreshadowed by striking changes in nature. The alternation between cold and heat will become more intensive, storms will have more catastrophic effects, earthquakes will destroy greater regions and the seas will overflow many lowlands. Not all of it will be the result of natural causes, but mankind will penetrate into the bowels of the earth and will reach into the clouds, gambling with its own existence. Before the powers of destruction will succeed in their design, the universe will be thrown into disorder, and the age of iron will plunge into nothingness."

MOUNTAIN MUSINGS

Schools are closed. Work has temporarily stopped on the S.T.A.R. House. Record low temperatures are recorded in the Western Carolina mountains. The thermometer reports that it is 21° F below zero, outside. Our little world at Reisha Way is in a deep-freeze this January



21, 1985, and we are literally in a mini-survival posture. It doesn't help to know that 72 cities across the USA are reporting record low temperatures for this century, with 20 of these cities tolling the lowest temperatures since the record-keeping game began. The wind chill factor lowers the temperature many more degrees, and all of the radio and t.v. commentators are repeating medical warnings to cover all parts of the body if you have to be outside--and to avoid going out at all if possible.

So far all of our services are working just fine. I started our diesel generator to make sure it would turn-over, even though our electrical service has not been interrupted. (I didn't switch to generating our own electricity, but I can at any time.) President Reagan cancelled all outdoor festivities connected to his second inauguration, and I packed additional hay and straw in the dog and cat houses, the sheep, goat and llama pens, and the horse barn. I found an exposed crawl space, where the temperature was 15 degrees below freezing, and started a space heater going.

I'm particularly pleased with the way our new wood-burning stove is working. It burns the logs very slowly and throws a generous flow of warm air that is circulated by an inside fan vented out on three sides. When we had this stove inserted into the kitchen fireplace, we built an 11" x 25" extended platform to serve as an emergency cooking surface. (We keep a traditional wrought-iron black tea kettle filled with water on it when we burn the stove to restore moisture to the house.) This is a new addition to Reisha Way, built by a local ironsmith after Greta and I realized that our three stoves were all electric.

I went into our food-storage areas, as yet unstocked, and found the temperature at its constant 56 degree level. The Native Americans certainly understood the fickleness of Mother Nature when they placed many of their storage facilities underground. We successfully learned a lesson from them.

Are these dramatic temperature-drops part of the changes more and more people are writing about? I don't know! Surely we have had weather aberrations throughout recorded history. But we derive a modicum of comfort from knowing that many of the projects we have completed or have in the works can help to bridge the trauma if these crazy weather patterns persist.

\$5000 FINE or 5 YEARS IN PRISON

Claude Pepper, a U.S. Representative from Florida, is in his nineties. When he sponsored a reactionary three-part program targeted against natural and holistic health practices, we doubted that his colleagues would support him. In the rush of Congressional business, however, with so many other pressing issues on the docket, these Bills have passed through Committee. We asked Updater, Leigh Donahue, to do some research on the specifics. Her remarks follow:

Big Brother, in the form of the American Medical Association, will have its already great powers expanded into a practical dictatorship by Congressional mandate this year, if three Bills now before Congress pass. The Bills, giving the AMA dictatorial powers with criminal penalties, and backed by a Federal investigation strike force, are already out of Committee and lobbyists predict they will pass this session.

The Bills are:

1. House Bill 6049: Sets up a propaganda machine paid for in tax dollars, to denigrate any form of alternative healing, specifically "drugs, medical devices and procedures...which have not been proven safe and effective."
2. House Bill 6050: Sets up criminal penalties of "imprisonment for not more than five years, and fines of not more than \$5000, for any person who willfully...sells or offers for sale a drug, device or medical treatment...unproven for safety and efficacy..."
3. House Bill 6051: Sets up a "Strike Force on Health Quakery to coordinate the efforts of Federal agencies to curb the sale and promotion of fraudulent health remedies." (I.e., not approved by the AMA.)

Specifically targeted by Congressional mandate under these Bills, according to testimony at hearings, are: Chiropractic, acupuncture, vitamin therapy, holistic medicine, naturopaths, homeopaths, nutritional consultants, any form of healing that might come under the AMA's definition of "faith healing" and any other form of alternative healing deemed unsuitable by the AMA.

Specifically targeted too, according to testimony at hearings on the Bills are: Health food stores, vitamins, minerals,

Wherbs, etc., which follows the long-standing Food and Drug Administration attempt to put all vitamins and minerals under prescription except for a limited few with very low potencies.

If you feel that these are freedoms the American people cannot afford to sacrifice, do what you feel best to stop them. If you choose to write to your Representatives and Senators at the U.S. House of Representatives and U.S. Senate, Washington, D.C., the Zip codes are 20515 and 20510 respectively.



HOMO-SAPIEMS

Those of you who have attended my lectures have received take-home packets in which one section is entitled Homo Sapiems or Homo Electromagneticus. It is not a misprint of Homo Sapiens but a deliberate play on words, for Man is indeed an electrical being...an electromagnetic system matriculating in an EM environment. This theory has been developing for over 150 years. In the mid nineteenth century Dubois-Raymond proved that the nerve force is electrical. Hans Berger discovered the electromagnetic nature of brain waves in 1924. And biophysicists found the human cell to be an emitter of EM radiation and have succeeded in identifying their discrete frequencies. At a Frontier of Physics meeting in Ottawa, we listened to orthopedic surgeon, Dr. Robert Becker, describe his work in promoting healing and growth by electrical stimulation. He described the pulsed electromagnetic fields he used in stimulating the healing of fractures, and talked about the re-stimulation of bones and limbs by electrical methods. Certainly logic dictates that healing can be speeded if the proper EM frequencies are pulsed to the affected area to entrain the ailing part to its proper frequency. How can it be put to practical everyday use?

Newsweek, in its New Products and Processes", reported the progress being made in this area. Its disclaimer states, "Doctors have known for more than a century that stimulation from electrical impulses or vibrations could promote healing, but only recently has much serious attention been paid to developing products that take advantage of the phenomenon." The article describes several devices being manufactured by biomedical manufacturers, some placed around the limb to be electrically pulsed and some being implanted directly on the injured bone. The costs

are currently exorbitant, but at least it shows acknowledgement and acceptance of the electrical approach to healing. This is a coming together of the metaphysical and the physical. With these developments it is only a matter of time before some of the methods that healers use in projecting an electromagnetic energy to heal will be recognized, studied and better understood.

"Where am I going?"



Some people live in a house together, yet the house is empty. There are those who talk and say nothing..some who say something and are never heard..and those who do not utter a word, but say everything. "Reflections" by David Frasure speaks of those who try to avoid loneliness by searching; of those who looked but would never find; of those who tried without looking, and of those who did not need to search, nor were they lonely, for their find was in the search.

A sense of loneliness is a theme which resonates across our phone-wires and in our mail almost daily. People surrounded by people who are still alone, call. Those who are not alone but dream of being so, write. Those who would never be alone whether they were with people or by themselves, communicate with us.

I wonder how many of these people dream their lives away and how many live their dreams. Dick and I ponder on how man dreams of immortality, not realizing that he has already achieved it. We marvel at those who live life but never give life a thought. Frasure writes that "...his fellow man could not see that the problem was no more than the answer in disguise: that the problem only presented itself because it was begging for the answer to be discovered. And with all the emotions of the world tumbling and twisting within his heart, mind, and body, he dropped to his knees and shouted quietly within himself, 'Being what I am, what am I supposed to do?'"

What do I do? How do I do it? These are questions the individual can only answer for himself. "Don't rely on the E.T.'s for answers!" I tell them. I can't tell you how to do and what to do...but we can give you "think and relate" pieces to ponder so that you can make your own decisions wisely. If people can not find answers

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(and peace) within themselves, it is foolish to seek it in others. "Each time we have overcome, we have taken a step in growth. Each day presents us with a thousand possibilities, limited only by our choices." We are all looking for paths to tread and proper courses of action to develop. But there are many different paths up the same mountain, and the ultimate decisions are of our own making. It's never easy, but it is worth every effort. There are no rights or wrongs except as we perceive them to be.

Leave it
to

INDIVIDUAL ENTERPRISE



When E.F. Schumacher wrote "Small Is Beautiful" he might have been foretelling a method for third world developing countries to find their way from famine and starvation to unprecedented surplus. The Economist's lead story on February 2nd said: "In the 1970s, just when a U.N. conference was intoning 'the worst famine in history has already begun,' extraordinary increases in output by peasants in Punjab, Burma and Sri Lanka were instead creating a hitherto unheard-of surplus of food in the Indian subcontinent. Now, peasants in China have doubled their wheat production, through increasing productivity per square inch on their tiny plots by an annual average of 12% in the past seven years. By retreating from communism, China has almost instantly become the world's biggest wheat producer...The poor countries' new successes explode the old conventional wisdom that big dams, big irrigation systems, big farms, big everything are the way to agricultural growth. The heroes of these farming revolutions in China, Punjab and other parts of the third world are small-holders."

Quoting

"THE SIX O'CLOCK BUS"

The New Age is an era when inner and outer realities may be held as historical concepts only. We are destined to progress from the present cold plateau of division and separateness where people wear the coarse patchwork overcoats of traditional 'I/Thou' relationship and outer awareness. We shall reach heights very soon where only a synthesis exists and overcoats are discarded in the warm atmosphere to reveal the fine seamless garment which is not associated with inner or outer anything, but only oneness with and flow between.



THE CORAL CASTLE

In Homestead, Florida, stands Coral Castle, a monument to a man's lost love. Edward Leedskalnin, an eccentric Latvian, built Coral Castle in tribute to a sixteen year old girl who told him on the eve of their wedding that she didn't want to marry him because he was too old and uneducated! Besides, she said, she loved someone else. That was in 1913. Leedskalnin was 26. Broken-hearted he left Latvia and ended up in South Florida five years later. The lonely romantic paid \$12 for an acre of ground and carved a coral castle in dedication to his ladylove whom he called Sweet Sixteen.

Using only simple hand tools, he single-handedly cut and moved enormous coral blocks, carving them into pieces of furniture. In 1936 he moved his coral chairs and tables and gates and beds and fountains to the site where the castle now stands, and built coral walls around the furniture. He executed in coral a one-of-a-kind sundial which works to the micro-second, and a unique telescope which frames the North Star in the sky.

How he moved more than 100 tons of coral rock pieces defies the knowledge of neighbors and friends. He hired a truck and parked it outside of his Florida City site. As long as anyone watched, he didn't do a thing. The next morning when the truck driver came, the truck was loaded with his multi-ton furniture. He UNloaded the furniture at his new site in the same secretive manner. The amazing part of this is that he had NO mechanical lifting-devices. It has been speculated by many that Leedskalnin possessed the same knowledge that allowed the ancients to construct the pyramids.

This would be a whimsical story if that's all there was to it. But...Leedskalnin was 5 feet tall and weighed 100 pounds. Some of his coral furniture weighs over 5,000 pounds. Some of his tables weighed over 1,000 pounds. And his nine-ton swinging gate in the wall of the castle has boggled the minds of engineers and scientists from all over the world. How did he move them? How did he achieve the exact center of balance on the gate so that it could be moved with the touch of a child's finger? (When Dick and I were there, the gate was not in swinging condition since no one has yet

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been able to find the center of balance to fix it!)

Ed Leedskalnin died in 1951 with his leverage secrets locked in his head. His Coral Castle is now an historical monument. Was there extra-terrestrial intervention? Many staid researchers say 'perhaps' since there is no other 'logical' explanation (!) Seeing is believing. If you ever have the chance, go see the Coral Castle at U.S. 1 & SW 286th St., some 27 miles SW from Miami. Listen to the story told by neighbors, friends and guides, and you be the judge.

Gases to Acids

After reading our article on measuring acid rain, several subscribers asked if we could describe how a 'cool spring shower' can become deadly to plant and fish life. Sure. Rains become excessively 'acidic' when sulphur dioxide and nitrogen oxide gases from natural and man-made sources are emitted into the air and mix with water particles changing the moisture into nitric and sulphuric acid.

About 60% of acid rain is estimated to come from sulphur dioxide created by coal or oil-burning smelters, power plants, mills and factories. Another 35% is nitrogen oxide emitted from cars, trucks and other vehicles. The United States alone annually discharges about 50 million metric tons of sulphuric and nitrogen oxides into the atmosphere. (All nations export their pollution!) These gases return to our environment as acid precipitation: rain, snow, fog and smog. In fact, because of its longer staying power, acid snow can be more devastating than acid rain.

We've all read about the effects of acid rain on the fields and forests. But what about its effects on life in lakes, streams and oceans? A lowered ph factor (which is more acidic) will disrupt the calcium metabolism of fish, virtually guaranteeing spawning failure. Eggs can fail to develop to maturity, egg size and weight can drop and young fry that do hatch may suffer from stunted growth. Here in Western North Carolina, the trout farmers monitor their ponds quickly after a rainfall. When necessary, they add lime to 'sweeten' the water and thus avoid potential destruction to their schools of trout. The failure to reproduce in any animal species, of course, is a prelude to extinction; and, as we all know, 90% of the species that have inhabited the earth are now extinct.

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The Balance Sheet

It is gratifying and exciting to see a seed that you planted flower and grow. So I'd like to 'update' some of the new developments that Michael Andron, my student in healing and energy control, has had in the healing arts. Updaters will remember some of the Reflex Balance massage points that we taught in the early editions. By massaging these points, we explained, you balance the energy field of the body which in turn prompts the body to heal itself. The way you know an area is out of balance is that when you apply pressure to it you feel pain. The pain, by the way, is related to a phenomenon in acupuncture called the "teh chi" (or "obtaining the energy", and means you have connected to the energy channels of the body.)

In what he called "Bio-Balance Therapy", Michael has developed a method to stimulate acupuncture points without massage or needle (and therefore, without pain!) Using rooting as a basis, he can now 'sense' the imbalance of a point and correct it with only the lightest touch. It's like going from the old fashioned typewriter on which you really had to hit those keys to make an impression, to today's word processors which require only a minimal amount of pressure.

There are several advantages to this new technique: first, the patient is not in pain and so the energy flow corrects itself more easily. (Michael explains that the pain experienced by the patient can act as a 'tourniquet' to the energy flow since he will likely tighten muscles to cope with the pain.) Second, more subtle imbalances can be detected this way. With Bio-Balance Therapy, he is able to balance local pain and health problems, acupuncture meridians and even "chakra" imbalances caused by illness or excessive and/or incorrect meditation.

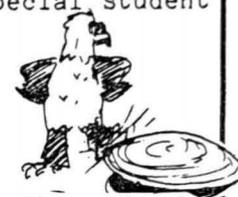
I am going to share a recent story: a certain "good Doctor" whom you all know has for several years had intermittent bouts with shingles (herpes zoster virus, varicella type). Each time the lesions broke out, he would take a blood sample and find "rouleaux formations", or severe clumping of the red blood cells. Normally, this would last several months until a few weeks after the lesions cleared. On the day that Michael tried his Bio-Balancing, a blood sample was taken just before the treatment and

then about a half-hour after. To our amazement, the rouleaux formations were gone and the blood was normal. Dr. Puharich said that he has "never seen anything like it." I own a set of the photographs, and they are amazing in that the good doctor explained to us that the cells were photographed as completely normal following the Bio-Balance treatment.

Michael works part-time in a psychiatrist's office. Why? The Doc's wife had asthma for 20 years and was on 150mg of medication a day - plus inhalers - and within 2 days of Mike's first treatment, the asthma was gone, and she was off all medication! So it goes.

One final thought: finding hard evidence to validate phenomena of these types is very exciting. It is one of the reasons that we established S.T.A.R. in the first place, to help bring about this kind of research and development of new technologies. I think back with fondness to the days I began teaching this special student back in 1969...

SEEKING CHANGE



I do not make success or failure the criteria by which I live. I like to take chances and I am impressed by others who do so with a freedom of spirit. Those who dare to try also dare to fail. This is a wonderful thing! If we limit ourselves to what is risk-free, we may be missing out on the most rewarding adventures in life. I view our YPO friends in this light with great respect; they have many colossal successes - and failures - because they dare to try new things. There are times when in so doing, absolutes take a back seat, and that's just fine with me.

A story in Reader's Digest tells of how, when God made the oyster, he guaranteed his economic and social security: he built the oyster a shell to shelter and protect him from his enemies. When hungry, the oyster just opens his shell and food flows right to him. He has freedom from want. On the other hand, when God made the eagle, He declared, "The blue sky is the limit - build your own house!" So the eagle built on the highest mountain. He is threatened daily by storms and snow and winds as he flies for food. Nevertheless, it is the



eagle, not the oyster, that is the emblem for America.

your ups and downs, your highs and lows, your successes and failures. It is easier walking two by two."

Living in a world of transition, we have to fly like the eagle. We can each find our "corner in the sky" and be free if we have the heart and guts. I am more and more aware of outmoded sacred cows which governed a part of my life. But what was in tune yesterday is sometimes out of sync today. So, re-examination of actions and reactions is imperative for growth and for survival.

What an inner joy to watch the two young women I love so very much stabilizing their individual commitments. Super-achievers, my girls. Princeton grad. Dartmouth grad. Dynamic careers. Top award winners in their respective fields. Prodigious feats accomplished at young ages. And now, commitments of another and higher dimension: marriage. Each one her own person. One wedding in the electricity of New York City. One in the quiet mountains of New Hampshire. In April. In June. Joy to the world! My daughters have found their soulmates as did one son before them. As did their parents, 32 years ago.

"But I always do this or that" is a refrain I hear when people write or call. The person is invariably seeking change...and then resisting it. He is also begging for freedom from repetition, boredom, irrelevance, outdated structures and stress. "What will people say?" is another common question. The answer is usually: "very little worth mentioning!"

Through memory-bank eyes, Dick and I look back and see two tots: a strawberry blonde and a brunette. "I love my Froggie!" "See my Pooh Bear?" Two little girls running toward the sandbox..the swimming pond..the ski slope..the tennis court..the bus. Sweaters, skirts, loafers. Evening gowns, high heels, earrings. Bras! No bras? "How do I look, Mom?" "Can I have the keys to the car, Dad?" Sunrise. Sunset. My, my... "Is this the little girl I carried.."

Perhaps it's time to change our own thinking radically, while acknowledging that old habits die hard. If the Scenario comes to pass as the Ogatta group indicates it sadly will, then we must dissolve a great number of the artificial barriers that separate us as a people, be they racial, political, religious, national, or ideological. We are in the advanced stages of our slow progress from the Stone Age to the New Age. We are in a cosmic countdown. In order to survive and be "architects of the future" we must be able to let go of Old Age thinking and anticipate some 21st century cosmic revelations without fear or stress. Some days it is easier than others. I know.

Thought pictures of tiny girls in sunsuits and tutus and leotards. Flashbacks of big girls, one day in costumes and the next in business suits. "I got the lead in the Senior class play!" "I was elected Captain of the cheerleaders!" Laughter. Tears.

Straight A report cards. Balance beams. Pajama parties. Braces. Trophies. Camps. Recitals. Plays. Diaries. Proms. Then, in a blink, Newsweek International. The Amex. "I won the Overseas Press Award!" "I made it solo from Georgia to Maine on the Appalachian Trail!" And suddenly, "I'm getting married!" Ah, "...I don't remember growing older; when did they?" I hum on and off(key). Dick pats my shoulder..touches my cheek..my eyes well up..we smile.



Mother Of The Brides



It is very exciting in today's world of transition to see young people putting down roots. Sending out new shoots. It is doubly touching when these people are your daughters who are converting dreams into realities and concrete long-term, life-time goals. I talk about commitments in my lectures, especially on college campuses. "Get married...have babies," I tell them. And I mean it. "Make commitments to your selves.. to your families..to your jobs..and to one special human being with whom you can share

Contributors, both, to our Updates, Jill as Editor and Ann with Subscriber Scribings, we feel justified in using these pages to wish them a golden tomorrow. 1985: a vintage year!

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Do you know WHO and WHAT you are? "Identity transcends job description!"