

PEOPLE AND PLACES

Tom, Sue and Meadow Roll are making their home in Concow now. They are former residents of Mendocino. Sue is the daughter of Lou Salzarulo.

We understand that Jarboe Gap Tavern is open once again, now under the management of Kenn Lively. Tom Groarke has the service station open daily.

Perhaps some of you were not aware that three of our school board members terms expire this year. They are, Mr. Moak, Mr. Harris and Mrs. Menefee. There will be an election held in April for electing new members or incumbents.

COMING EVENTS

We have no coming events to list for this week. However, we would like to remind you that the Grange Dinners are held at the Grange Hall every second Saturday of the month. The Golden Feather Chapter of the Golden State Mobile Homeowners Association meets at the Grange Hall every third Thursday of the month.

If you do have an event you would like to announce in the CYHI, give us a call.

CONCOW ROAD

A word of warning to those of you who drive on Concow Road, watch out for rocks and boulders rolling off the bank! During heavy rains the rocks fall down faster than the road crews can keep them cleaned off. It creates a hazard attempting to dodge those already on the road and watching for those that are still falling.

DIVINE LIFE IN LIVING

The following was written by Swami Venkatesananda, and was submitted to us by one of our weekly readers.

The sylvan heights of the Sierra Nevada mountains had once attracted the Gold Rush and all its consequent tragicomedy. A rush for gold has left many scars in the glorious mountains; today there is a rush for God, but this is constructive, purifying, soul-uplifting and healing. Several spiritual communities have sprung up in that area and are strengthening the spiritual vibrations there.

One that is of special importance and significance is what is known as the Ananda Farm or the Ananda Meditation Retreat.

Life is tragicomedy. The founder of Ananda Meditation Retreat is Swami Kriyananda, a direct disciple of the world-famous Paramahansa Yogananda. Swami K. had even been elevated to the status of the Vice-President of the Self-Realization Fellowship founded by the Paramahansa; but about nine years after the founder's passing away, Swami K. was "dismissed quite suddenly." But after all this he says, "Even my sudden and at that time (to me) tragic severance from the organization to which I had dedicated my life proved at last and in many ways a blessing." The Ananda Meditation Retreat was born.

Ananda sprawls over three hundred acres of most beautiful hillside and hilltop. Swami K. with the generous help of very many associates had to buy this huge property, for the spiritual benefit of a whole community.

The size of the property allows for the Meditation Retreat, the Farm and the monastic quarters to be kept at some distance from one another and thus to be able to preserve their own

distinct character within the total Ananda. The Swami's own home, the temple, the dining hall and other such communal buildings are all geodesic domes designed by the famous author and architect Buckminster Fuller. Several residents have built their own homes, however, in accordance with their own taste.

Swami K. shares Gurudev Sivananda's flair for inviting talent and creating a fruitful field for its development. Farmers, printers, carpenters, architects and artists have all been drawn to him, and he creates opportunities for them to develop them to the greatest advantage to themselves and to the Ananda community. They are given almost total freedom to operate within the Ananda framework, to engage their own assistants on payment of wages, to market their produce and reap and share the profits with the community. They buy, process and market incense and essential oils. They make and sell cakes and sweets. One young man manufactures a unique type of jewelry, enshrining beautiful little wild flowers in just resin.

Ananda is young; yet already there are over sixty families dwelling there, as also many men and women monastic disciples. The whole place buzzes with activity which, however, is undisturbing and undistracting since the audible silence of the forest absorbs the buzz.

A young lady-member of the community whom the Swami had christened "Shivani" glowed with pride when she showed me around the Ananda and repeatedly reminded me, "All this happened in three years." Surely because at Ananda the Divine meets Life!

HOROSCOPES

Continuing with our detailed insight into each of the twelve signs of the Zodiac. This week, Taurus, the bull, April 21 to May 21. Ruled by the planet Venus.

Four words to describe a Taurean, stubborn, proud, steady and enduring.

They seem to naturally possess a strong, silent attitude. In an argument, he will usually win, not because he will be right, but because he will exasperate you to your wits end, and he will not budge an inch.

As a rule Taureans prefer to be left alone, if he is not disturbed, he is contented. However, push him or nag him and he will become obstinate. If he is pushed too hard, he will fly into a violent rage. His temper is seldom displayed, and almost never impulsively but when it is, he is capable of destroying everything in his path.

His love of home life is exceeded by no other sign, he prefers to do his entertaining there, and since people are drawn to his passive "charm", his home is apt to be a busy place.

He seldom worries, but he will brood and pout when things go wrong, i.e., if he doesn't get his way! But as a rule, he is somewhat stoic, and will take things in his stride.

His love of beauty, perhaps an influence from his distant ruling planet, causes him to lavish splendor on his home. Most Taureans will have a "showplace" they call home, but it will maintain a well lived-in look, which it definitely is.

Flighty action is not the Taurean style, and when prodded, they will often move like a snail! Consequently, a hectic pace is not his style, if things move too rapidly, he will go off and take a long nap 'til things slow down.

Most Taureans are heavy, stocky and some, downright fat. One way to spot a Taurean is his appetite, and possessing an excellent digestive system, he can usually eat anything. Do not get the impression there are no lean Taureans, they will either be heavy or very thin.

You will seldom find a Bull who is cruel, his sense of humor is warm and genuine.

Taureans and their money are very close and not easily parted. This does not mean they are all rich, but very few are poverty stricken. They often

like to accumulate power to go along with their fortune, (Adolph Hitler and William R. Hearst were Taureans) then once possessing it he will often pass it on to sub-ordinates.

He is never stingy, and is generous to friends and charities.

They all love music and art, and many of them possess beautiful singing voices, i.e. Ella Fitzgerald, Bing Crosby and Barbra Streisand.

There is never anything small about a Taurean, including their mind and the goodness in their heart.

Next week, Gemini.

RECIPE OF THE WEEK

2 cups diced raw apples
2 cups water
2 cups sugar
1 cup oil
1½ cups raisins
2 tbsp. cocoa
4 cups flour
2 tsp. baking soda
1 tsp. cinnamon
1 tsp. nutmeg
1 tsp. cloves
½ cup walnuts

Mix first six ingredients in a large pan and cook for four minutes. Cool completely. Sift together next five ingredients and stir into first mixture. Stir in nuts and pour in to baking dish. Bake at 350° for 40 to 45 minutes.

Any recipes are welcomed for this section, and we like to keep a few recipes ahead for further issues. Please do not send us recipe cards from your file you wish to be returned.

POETRY CORNER

The following was submitted to us by Jimmie Lee for last week's edition, unfortunately we did not receive it in time to get in last week's paper.

Love is like the sea foam
that swirls shining from the sea
It's beautiful to look at
as it dances gracefully
across the sand

calling a bright farewell
to the ocean that put it there
and taking up with the wind
to be carried to new worlds
If you only look at it
you know it's beauty
and its excitement
but when you try to hold it
it dissolves quickly
in your hands
leaving only salty wetness
to show it ever was
You can chase it across the sea
and stand in it
while it dissolves
in bright, soft silence
Or you can touch it gently
and feel its effervescence
but you cannot contain it
or put boundaries on it.

And sometimes
a bright soft patch
finds a sheltered
belonging spot
and settles down to bliss
that spot
and is absorbed
and not destroyed.

SUPERNATURAL

Part VI

Dr. John Eisenbud, states at length a case of an armoured car officer who was blown up by a German anti-tank gun in 1944.

.....the next experience was definitely unusual. I was conscious of being two persons - one, lying on the ground in a field....my clothes on fire and waving my limbs about wildly, at the same time uttering moans and gibbering with fear - I was quite conscious of both making these sounds, and at the same time hearing them as though coming from another person. The other 'me' was floating up in the air, about 20 feet from the ground, from which position I could see not only my other self on the ground, but also the hedge and the road and the car which was surrounded by smoke, and burning fiercely. I remember quite distinctly telling myself: "It's no use gibbering like that - roll over and over to put the flames out!"

This my ground body eventually did, rolling over into a ditch under the

ledge where there was a slight amount of water. The flames went out, and at this stage I suddenly became one person again.

Dr. Eisenbud asserts that about 25% of people have experienced 'out-of-the-body' experiences, usually the body seems to be seen from a higher point in space.

Perhaps many more than that experience astral projection in dreams. Many experts say that a sudden jerk of the body just before falling into deep sleep, is a 'false take off!' Some claim that everyone leaves their body during sleep.

Upon releasing the 'etheric body' it is possible to travel inner and outer space, pass through doors, walls, observe people in other lands, etc. Those who claim to be experts and do astral projection regularly, say it is best for beginners to choose a spot they are quite familiar with at first for their 'travels'. Then let the body relax, fixing that particular spot in mind, and attempt to let the mind 'float' upward and out of the body to that place. A slight dizzy feeling or a floating sensation will come over the person prior to or at the precise time of 'take off'. This is where most people become fearful and 'pull back' into their bodies causing a rapid, sometimes violent jerking sensation.

Emotional upset or serious physical illness often triggers astral projection, and other forms of so-called psychic powers. Perhaps this is because one then puts aside the limitations of his conscious mind, and allows a deeper knowledge to come into the void.

Many psychics hold the opinion that all people possess the same 'powers', the only difference being that only a few will allow their mind to turn inward to unlock the ways of achievement. There are no text books setting down rules for clairvoyance, astral projection, levitation, etc. The answers are within each and every individual, if he wants them, he must look within himself.

Continued next week.

BULLETIN BOARD

FOR SALE: Table lamp, \$5.00; guitar, \$15.00; Buck goat, \$25.00. Call Stephanie Rowe at 533-6094.

Any items for the Bulletin Board are welcomed. Write or phone your items in, please give us a call when you have sold your items or no longer wish your ad to be run.

LOCAL MERCHANTS

CONCOW JADE SHOP: Located at the north end of Lake Concow, jade from local mines in the area, jewelry, rough material for rock hounds and pieces suitable for carving. Phone number is 533-0974.

PARK HILLS STORE: Located in Big Bend, trailer park, grocery store, featuring a complete line of groceries, beer, wine and soft drinks, sundries, also bait and tackle for fishermen. Phone number is 533-2086.

GRAND VIEW: Located on highway 70, cafe featuring fine food, on and off sale beer and wine, also draught beer, and a FULL SERVICE service station. Phone numbers are 533-4354 and 533-9861.

PENTZ STORE: Service station, beer bar, and groceries. Steve and Margie Foster owners, phone number is 534-7587.

JARBOE GAP: Beer bar and service station, located on highway 70.

GARBAGE SERVICE: George A. Ward of Paradise, phone number is 877-7003. Once a week service, 2 - 40 gallon cans, \$3.00 per month.

All correspondence to and for CYHI should be mailed to Route 1, Box 238-A, Oroville, California, phone number is 533-0714. Editor is Joyce Clark.

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