

HAPPY 16th BIRTHDAY

6th
JUNE
1978



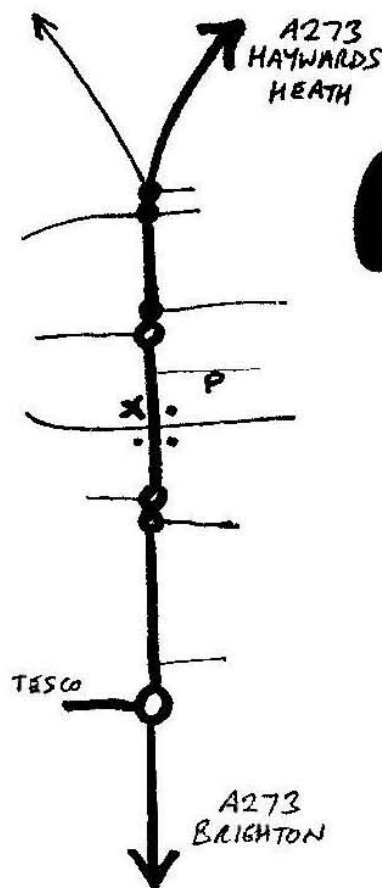
6th
JUNE
1994

RUN #833

BURGESS
HILL PARK

YOUR HARE:
PETE EASTWOOD

ON ON:
MUKTHA
MAHAL



**CURRY
NIGHT
AGAIN**

WAFFLE

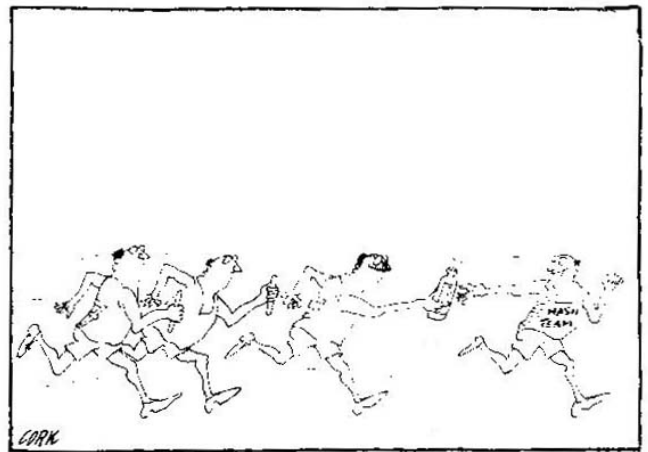
Ooops sorry I'm late. Although unable to run at the Woolpack due to a previous commitment to Old Coulsdon Hash I still popped down for a drink to cries of where's our trash?, and (Eddie about 10p.m.) where's tonight's run then Bouncer? Doesn't time fly when you don't pay attention? Still here it is complete with a goodly number of runs to see you through the summer, mostly gratis the aforementioned Mr. Griffiths whose comment "I only hare runs in the Summer" I took, in true Python fashion, to mean he was laying all the runs in the summer!

Congratulations to everyone who took part in the London Marathon, especially Chris for cracking the 3 hour mark for the first time, with even a few seconds to spare so I'm told! Better luck to Simon in the Maidstone despite the wind!

Time now to turn attention once again to the South Downs Relay on Saturday 28th May. As ever we will be looking to again emphasize our support for the Alzheimers Disease Society and (that reminds me, must print their ta letter from Christmas!) so all sponsorship raised will be greatly appreciated.

Any old excuse for a celebration means that we have a birthday party on 6th June after the hash, which will be held at the Muktha Mahal in Burgess Hill. It's not often it falls on a hash night (last time 1988, next time 2000) so we might as well celebrate and as it's our 16th that's cause for even a t-shirt to be issued so get your wads out and party sarees on!

The theory is that for some odd reason the 16th birthday should hold special significance and as an affiliated member of the AAA's BH7 hash has a legal personality. This is good cos it means we can lose cock-ups in the legal system rather than individuals taking the blame, but its bad because it means we're supposed to have a managing committee (stuff like chairman, chairwoman, chairchair, secretary, treasurer - of in hashspeak Grand Master, Grand Mistress, Grand Mattress, On-sec, Hash Cash etc. etc.).



The important stuff is of course the whole new world of possibilities that becomes available when you hit sixteen such as:-

You can now leave school confident in the knowledge that you are ready to face the world, and get your own passport to waggle in its face, before heading off with your newly acquired moped and licence to check out the wonders of Britains seaside resorts (if you live in Brighton you might as well not bother!).

You can now have sex with a consenting partner, get married with your parents consent or have Gay sex with your MP's consent, although gay weddings are still out unless you ask the Queen nicely (head of state, not Quentin Crisp).

They can no longer send you to the chair for trying to kill yourself in any number of new ways as it becomes legal for you to purchase cigarettes and solvents, condoms and even tarantula spiders from the corner shop.

It's not all such good news of course as many doors still remain barred and despite what you may have thought otherwise you still cannot:-

Imbibe alcohol or purchase from the offy (without a good bribe).

Watch filthy movies or read pornographic trash (yes I suppose that includes this ona bad day!)

Vote.

Run a marathon (a lifetime ban will be your reward!).

This issue was meant to contain a bit of a retrospective of Brighton hash over the years but time has defeated ne so maybe another issue. For now a little look at the seventies will have to suffice, the decade we started and how things have changed since the last male prime minister (oo-er little bit of politics) and the days when Pink Floyd were never out of the music scene.

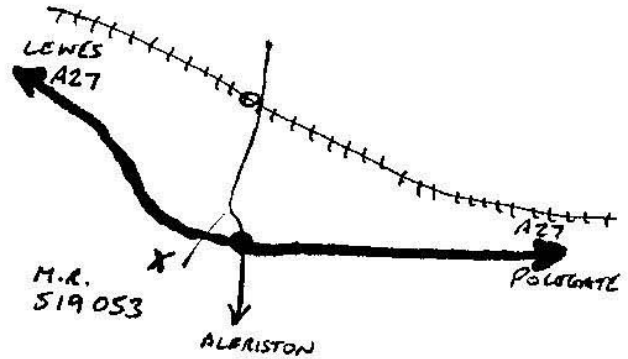
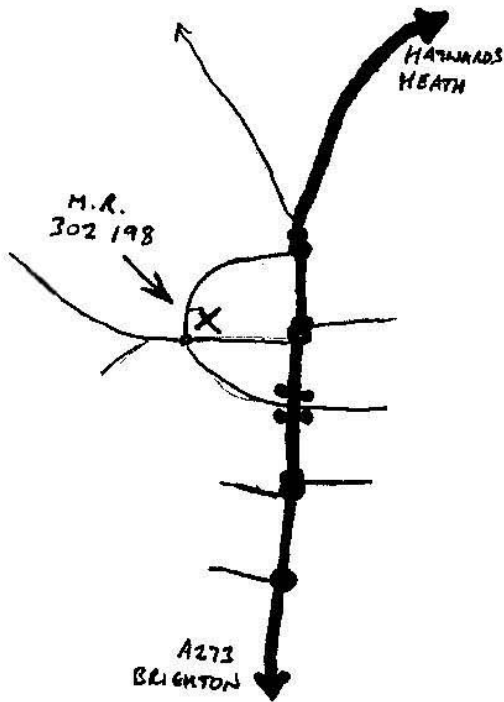
That's it from me - keep those contributions coming in!

BOUNCER

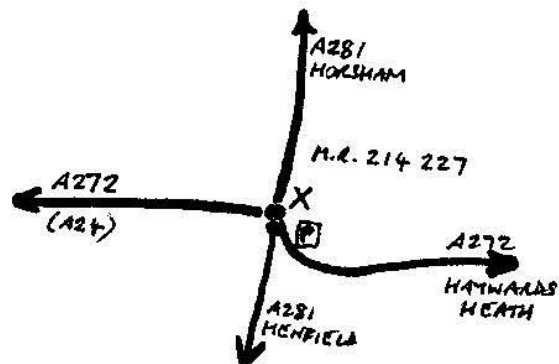


RECEDING HARELINE

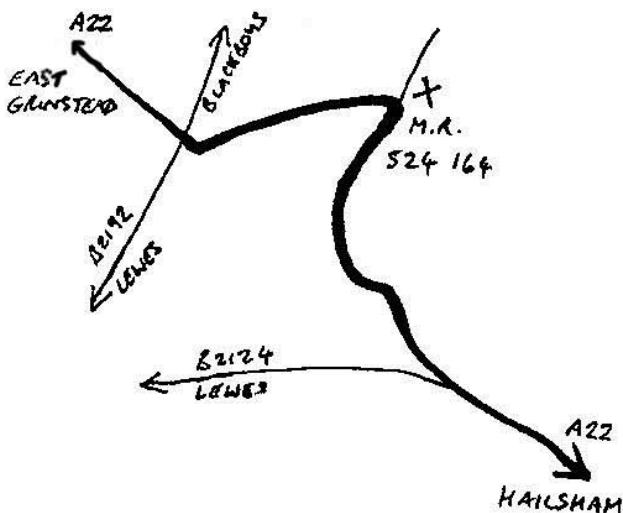
Run #828 - THE WOOLPACK, BURGESS HILL
2ND MAY, 1994 - DON & SIMON



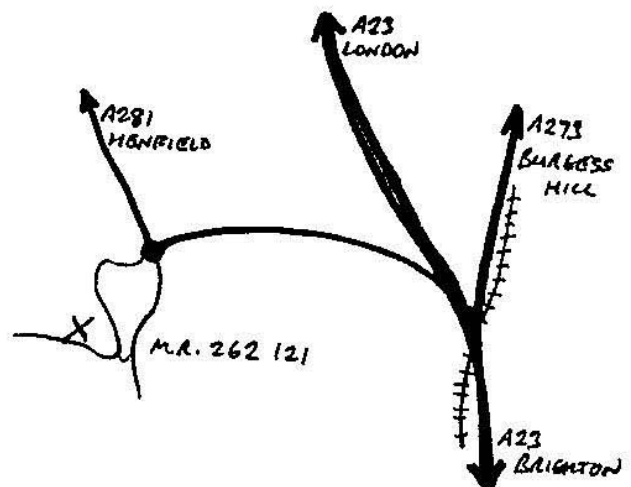
Run #829 - THE CRICKETERS, BERNICK
9TH MAY, 1994 - DAVE EVANS & TIM



Run #830 - COACH HOUSE, CONFOLD
16TH MAY, 1994 - EDDIE (CHANGE OF VENUE)



Run #831 - KINGS HEAD, EAST HOATHLY
23RD MAY, 1994 - MARY & MARIE-ANNE
(UNFORTUNATELY TREVOR WON'T BE ABLE TO
HELP SET THIS AS HE HAS TO TAKE THEIR
YOUNG LADY TO THE PICTURES [BEETHOVENS 2ND]
BUT HE'LL BE BACK LATER IN THE YEAR!)



Run #832 - ROYAL OAK, POWINGS
30TH MAY, 1994 - RAY

A MATTER OF CONSERVATION

Copy of actual correspondence with The Monkey Sanctuary

THE ROYAL NAVY
H.M.S. LYNX BFPO SHIPS

Leonard Williams, Esq.,
Woolly Monkey Sanctuary,
Near Looe, Cornwall

20th August, 1969

Dear Mr Williams,

H.M.S. LYNX is a 'Cat' class frigate, due to Commission on 11th October, 1976 for service at home and in the Far East.

The Secretary of the Federation of Zoological Gardens has suggested I write to you in an effort to obtain a stuffed mounted Northern Lynx as a trophy for the ship. Any assistance you could give us would be appreciated and would result in publicity for the ship and the donor at our Commissioning Ceremony.

If you are able to offer any assistance in obtaining such a trophy, I would be grateful if you would contact me.

Yours faithfully,

D.M. Ling, Lieutenant,
The Royal Navy.

THE MONKEY SANCTUARY
Near Looe, Cornwall

26th August, 1969

Dear Lieutenant Ling,

In reply to your letter of 16th August, there must be some mistake. I am an animal conservationist, not a taxidermist.

However, my good friend Chief Sitting Lynx of the Iroquois Indians in North America has a very good mounted and scalped specimen of a lieutenant of The Royal Navy, which I'm sure he would donate if you mentioned my name.

Please convey my regards to the Secretary of the Zoological Federation and tell him I look forward to seeing him stuffed at the Commissioning Ceremony on October 11th.

Yours sincerely,

Leonard Williams.

ROWLAND WARD LIMITED
CRAWLEY ROAD LONDON N.22

Taxidermists to sportsmen of the world

1.9.1973

Dear Mr Williams,

From time to time we receive enquiries from clients who wish to purchase animal skins of all types, usually made up as rugs from our stocks.

I am writing to enquire whether you can offer us skins of such animals as tiger, leopard, polar bear etc, when any of your animals die. If you can arrange to supply us, I shall be glad to hear from you in due course.

Yours faithfully,

A.A.BEST
(Director)

THE MONKEY SANCTUARY
Near Looe, Cornwall

A.A.Best, Esq.,
Rowland Ward Limited.

Sept. 5th, 1973

Dear Mr. Best,

In reply to your letter, I regret to say that we have very little to offer you in the way of animal skins. Most of the big game hunters who are shot in our sanctuary are collected by their relatives, who prefer to make their own funeral arrangements.

Recently however, a distinguished colonel - famous for his sportsmanship as a great killer of African wild life - was captured by us alive. His skin is in poor condition, but his mane would make an excellent wig for a chimpanzee friend of mine who is going bald. If you can supply me with the wig, I will be pleased to let you have the colonel free of charge.

Yours sincerely,

Leonard Williams.

7 March 1994

Dear John

Many thanks for your kind donation of £18 on behalf of the Hash. It is always gratifying to receive unexpected help towards the running costs of the branch.

Please also convey to your colleagues our thanks for your support in recent months - whilst we receive part-funding for our services from the statutory authorities we still have to rely to a large extent on fundraising events in order to maintain our support to local families affected by dementia.

I enclose for your information some leaflets about our work, and wish all speed to your members. There's a long road to run before the problems brought by this disease can be beaten.

Yours sincerely

Alan Slack
Branch Development Officer



Alzheimer's Disease Society

Caring for Dementia

Patron: HRH Princess Alexandra, the Hon Lady Ogilvy, CVO

BRIGHTON AREA BRANCH

65 Blatchingdon Road Hove East Sussex BN3 3YJ
Telephone: 0273 726266

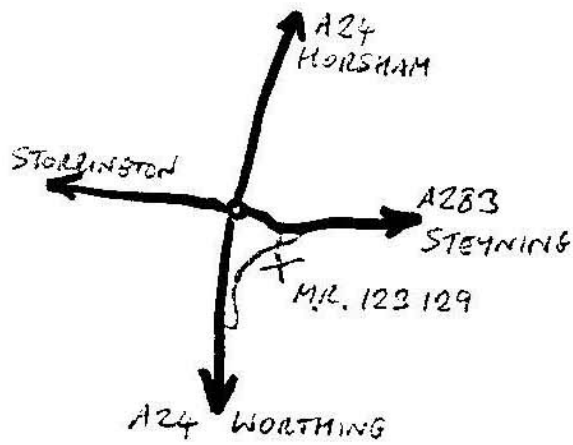
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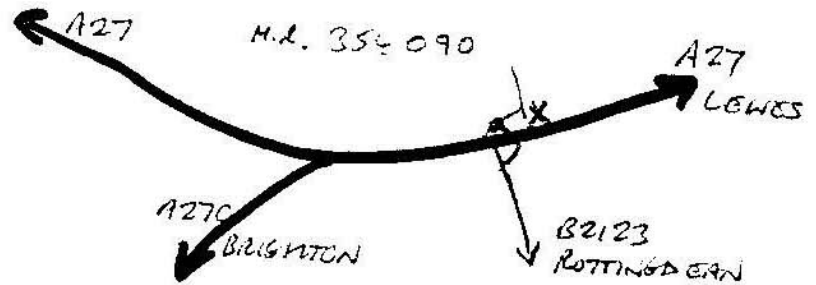
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Director: Larry Cayen

HARELINE (ctd.)



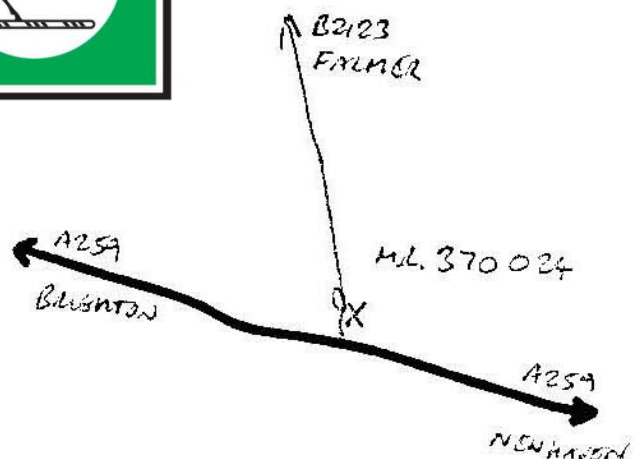
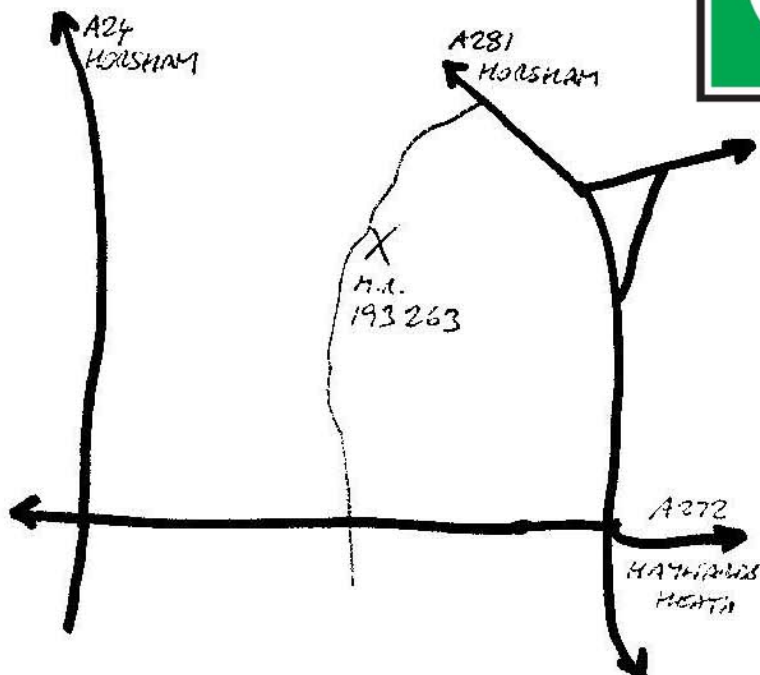
Run #834 - FRANKLAND LN,
WASHINGTON - 13TH JUNE, 1994
— EDDIE —



Run #835 - THE SWAN, FALMER
20TH JUNE, 1994 SARAH & ROSEMARY

Run #836 - LES COURTNEY, INHOLMES PARK ROAD, BURGESS HILL
27TH JUNE - TO BE CONFIRMED. WATCH BOARD FOR DETAILS.

Run #837 - BLACK HORSE, NUTHURST
4TH JULY 1994, ALI & TERRY



Run #838, BLACK HORSE, ROTTINGDEAN
11TH JULY, 1994 - PAUL MUTTON

BURGESS HILL RUNNERS

APPLICATION FOR MEMBERSHIP

Name:

Address:

Post Code:

Phone ☎: Daytime Evening

Date of Birth:

1. Sex (Please tick) MALE ☐ FEMALE ☐

2. Are you affiliated to the BAF through another Club? (Please tick) YES ☐ NO ☐

3. If you suffer from any health condition which may affect your running, please give brief details

4. Interests (Please tick)

Road Running	<input type="checkbox"/>
Fun Runs / Events	<input type="checkbox"/>
Run for Fitness	<input type="checkbox"/>
Other (Please complete)	

5. Event Experience.

Event	Time
None	
½ Marathon	
10 Mile	
10 K	
Other (Please complete)	

6. Would you be able to help in either of the following areas? (Please tick)

Coaching	<input type="checkbox"/>
Organisation	<input type="checkbox"/>

16 OF THE BEST

Runners are broadening their sporting horizons these days. Instead of making running their only form of exercise, they're trying out activities like cycling, swimming, walking and squash. However, most runners aren't sure whether these alternative forms of exercise will actually help or hurt their running. So here's a list of 16 popular sports and activities, ranked in order of their benefit to your running.

1 CYCLING

Cycling is a terrific alternative sport for runners. One research project found that athletes who ran twice a week and cycled twice a week improved their running ability just as much as those who ran four times per week. Also, runners who supplemented their training with 'standing bike intervals' (high-intensity intervals completed in a standing position on an exercise bicycle) improved their 10K race times by up to eight per cent. Finally, runners who refrained totally from running for six weeks, but carried out cycling sessions, lost none of their racing speed. Another plus for cycling is that - barring collisions with other vehicles on the road - it's a non-impact sport, so the leg muscles are spared the trauma sometimes associated with running.

2 DEEP-WATER RUNNING (AQUARUNNING)

It's a strange and boring activity, but slipping into a life jacket and running on the spot in the water can actually help your running, especially if you're too badly injured to run on terra firma. In a recent study, deep-water runners who abstained from regular running for six weeks were able to preserve their racing ability perfectly. Aquarunning actually mimics real running more closely than cycling, but the tedium of spending an hour or so in the pool gives the activity a lower ranking on our list.

Taking stairs to get fitter: you can do a stair-climbing work-out using a machine in the gym, but if you find a flight of real stairs, you can get some fresh air at the same time.

3 STAIR-CLIMBING

Stair-stepping sends the aerobic capacity of your quadriceps muscles into the stratosphere and transforms you into a hill-climbing demon when you run on rolling terrain. In a recent study, individuals who participated only in stair-climbing work-outs for nine weeks improved their running performances as much as athletes who engaged in regular running sessions. If there is a negative side to stair-climbing, it's that actual stride rates are seldom very high, even during maximum exercise, so it's hard to learn to run fast on a stair-stepper.

4 CROSS-COUNTRY SKIING

Many excellent Scandinavian runners rely totally on skiing to maintain their fitness during the winter. It's a tremendous sport for runners, and although it's not very practical in Britain's balmy climate, you could always try the indoor variety.

5 AEROBIC DANCE

This provides an outstanding cardiovascular work-out, boosts quadriceps and hamstring strength, improves coordination, and can make runners quicker on their feet. What's more, the upper-body movements used in aerobic dance may even tone up runners' torsos a little.

6 RESISTANCE TRAINING

Scientific research has linked strength training with better sprint - but not endurance - performances. However, weight training probably protects against injuries, and circuit training provides a decent cardiovascular work-out, as well as boosting muscle power.

7 DOING NOTHING

Yes, complete rest is sometimes your best 'training session'. Abstaining from activity lets your muscles rebuild and gives you a mental break from the rigours of training.

8 FOOTBALL

Yes, a game of football can give your running a real boost. During a typical match, a footballer travels 9000-11,000m, which includes 4000m of jogging, 2000m of running at a high - but not maximal - speed, 800-1000m of sprinting, 2500m of walking, and 600m of moving backwards. Footballers' heart rates are above 150 beats per minute for most of a game, and blood lactate levels often rise

to 6-10 millimoles per litre - comparable to the concentrations commonly observed during 5K and 10K races. Overall, a game of soccer resembles an excellent, prolonged interval session, but the relatively high risk of picking up an injury relegates it to this comparatively low position in our league table.

9 WALKING

It's not as biomechanically similar to running as you might expect, but walking does employ the major muscle groups required for running and can burn plenty of calories - if you keep at it long enough. Plus, the high-impact forces associated with running are much reduced.

10 TENNIS

A good game can serve up a nice work-out for your cardiovascular system, and tennis can improve your speed and agility - over very short distances. Unfortunately, the stop-start nature of the game is sometimes hard on runners' knees and quadriceps muscles.

11 SQUASH

Much like tennis, except with shorter movements.

12 SWIMMING

It's good for your ticker and may improve your flexibility, but the only other good thing we can say about swimming is that it gets you off your feet for a while, giving your leg muscles a bit of recovery.

13 RUGBY

Playing in the scrum can build leg-muscle power, and sudden dashes for the line improve sprinting speed. Overall, though, rugby is a good way to pick up an injury which could prevent you carrying out consistent training.

14 CRICKET

Nothing special. There is some movement involved, but not enough to make you a better runner. Treat a game of cricket as a relaxing day away from running.

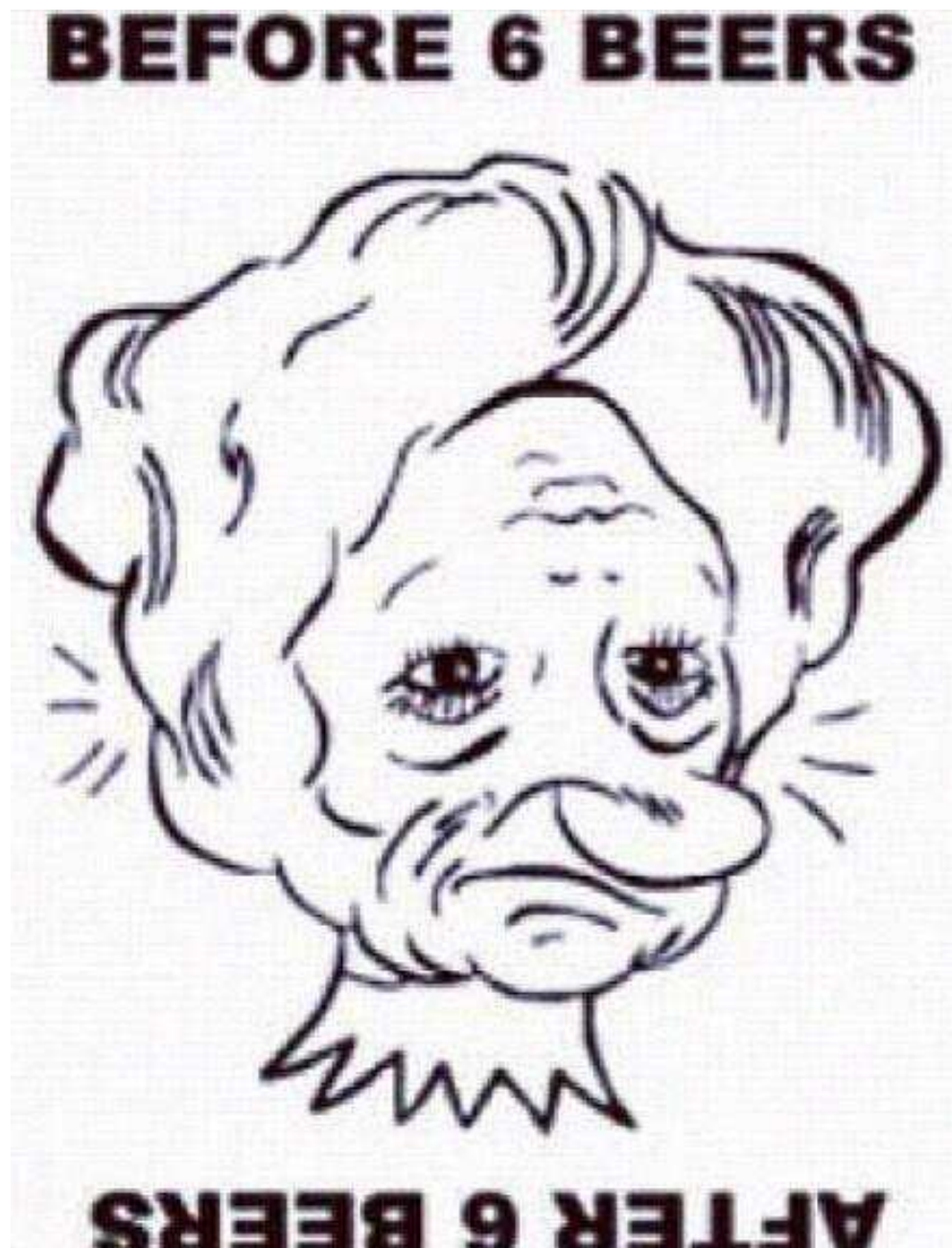
15 DOWNHILL SKIING

A nice sport for those who want to take an unplanned break from running - due to another kind of break.

16 GOLF

Forget it. Why not take up cigar smoking while you're at it?
—Owen Anderson

PLEASE SEND COMPLETED FORM TO:
Nigel Hitchcock, Sidney West Centre, Leylands Road, Burgess Hill.



BURGESS HILL 1/4 MARATHON RESULTS MONDAY - 2ND MAY 1994

4.	Ivan Luck	37:15
22.	Terry Avey	40:00
35.	Simon Russell	41:19
46.	Tony Fallowfield	42:04
50.	Nigel Wince	42:12
57.	Mike Cockcroft	42:27
64.	Nigel Adams	43:29
66.	Bob Luck	43:31
85.	Dave Jiggins	45:29
87.	John Biggins	45:43
103.	Niel Robinson	46:52
112.	Sarah Russell	48:00
125.	David Taylor	50:24
131.	Don Elwick	51:07
133.	Elaine Scott	51:08
136.	Alison Butler	51:37
156.	Les Courtney	56:32
168.	Rosemary Noakes	61:31
185.	Jenny Taylor	77:17

An excellent turn-out for the Hash in this Grand Prix fixture (although Bouncer ran for Burgess Hill runners) on a very hot day. More runners than made it to the hash round the corner later that same evening in fact!

SURELY, ONE of the less obvious ways to commemorate the none too health-conscious Marvin Gaye is with a long-distance run, but that's what Ostend Hash House Harriers are doing on May 21. Ostend? Gaye lived in the unglamorous Belgian port in 1981-82 to conduct his final struggle against drug addiction which produced his last big single, (Sexual) Healing and a British and American Top 10 album, Midnight Love. The organisers are probably quite good chaps, even though they advise would-be participants to obtain details "thru the grapevine" from various "soul bros" (in the UK, Pat Hanlon 061 875 4426).



A BRIEF POTT(BELLY)ED HISTORY OF THE FAT BOYS

By an incredulous observer

ANCIENT HISTORY

In ancient history reference can be found of fat people existing in ancient Rome living off the fat of the land and going about their daily business of bringing about the fall of the Roman Empire

Often these fat people would have boys working for them who, although not actually fat themselves, became dubbed Homos Fattus Juvenilicus. Other boys at the time were just dubbed.

AD FOR THE FIRST TIME

As time went by and some more history came and went, Fat people continued to grow. Some grew sideways; some grew backwards and forwards and some grew all over. Inevitably great problems would arise from this and the result was the sinking of Atlantis, a popular holiday resort about this time, at the inaugural meeting and eating by the first known Fat Bodies International (FBI) organisation.

As membership was compulsory for all fatties the result of this tragic affair (and the reason for today's strict membership criterion of the Fat Boys) was that all the fat people died. Legend does say that some live on as those leviathans of the deep, the Whales, but this is thought to be a load of old blubber.

THE DARK AGES

It rapidly became clear that some had cheated and within just 1200 years fatties again cast their shadows over Europe, hence the period known to thinner and less well informed historians as the dark ages.

The advent of Opera was to become a significant phase in the fat persons history and once again all things large and wobbly turned towards Italy. Opera became and remains the entertainment of the wider classes and the fattest person in the World today continues to fly the flag for Italy, Luciano Pavarotti.

AMERICA

After Henry the Eighth and Fattest somebody found a new world at first known as The New World. Later this became America and in order to increase the size of the population all the fat people went there. Lots of them were Italian and they took their fave food with them, Pizza, and set-up a new wave of the F.B.I. as an upholder of all that is good. Their motto Food Becomes Inches attracted lots of other people to the organisation until all America was Fat.

The rest of the World became jealous of the success of America at being large and after a childish display of name calling (e.g. the Stets as in look at the state of fat!), a dastardly plot was contrived to slim, them down so that Europe could be fatter. Towards the back end of the last century running was invented and through some ingenious infiltration taken to America where it was quickly made available to the masses.

CARBO-LOADING

As soon as this plot was discovered America attacked Europe and made them take some of their running back. This became known as the Great War and the Italians became the victims of the most concentrated attacks by America so that Italy became very good at running. Throughout the next few years they became so good that virtually the entire population of Italy spent the years 1939-1945 running around all over the place.

America was again at the forefront when they invented Rock'n'Roll, a nicely turned phrase which later turned out to be nothing to do with Fat people and lots to do with music. However it did result in lots of Pizza being eaten.

By 1945 Italy, now getting desperate to get fat again, discovered Carbo-Loading completely by accident. By eating as much food as possible in a bid to stay fat despite all the running they had to do it turned out that Italian food was ideal for running and that you don't have to be fat to run, but it helps.

The basic principle is that by running you increase your hunger and eat more and get fatter. Because of the unique properties of Italian food, particularly Pasta and Pizza, the more you eat the faster you become. Therefore the fatter you are the faster you run. This is why the Italians are so good at running and keep on winning all the prizes with their most famous names, Gelindo Bordin and Salvatore Antibes.

FAT BOYS TODAY

The now legendary Pitsea Fat Boys have taken all the best elements of Italian running and are gradually bringing about a renaissance in British running, largely through their efforts to be large, and through their own recent researches have discovered the beneficial effects of Beer in bringing about fatness but also encouraging running. The secrets of their discoveries secret but I can reveal here that two main elephants er... elements have been isolated. These are the effects of the particularly old and particularly real Real Ales which bring about lots of good running after only ten or twelve pints, and the fact that beer can be used to block out pain by numbing the brain and ability to think coherently enough to not run.

Next issue: the Japanese attempt at fatness and why Sumo is no match for running.

THIS SLIGHTLY ROPY ARTICLE WAS ORIGINALLY COMMISSIONED FOR THE FAT BOYS OF PITSEA (OF WHICH THE PITSEA RUNNINMG CLUB IS A SMALL BUT SIGNIFICANT OFFSHOOT) NEWSLETTER BUT AFTER A LOT OF PAINSTAKING RESEARCH BY THE AUTHOR, WAS UNFORTUNATELY MISLAID. THIS IS NO SURPRISE IN VIEW OF THE STARTLING EXPOSES (?) CONTAINED THEREON. ITS RECENT RESURFACING MEANS THAT IT CAN AT LAST SEE THE LIGHT OF DAY.

THE SEVENTIES REMEMBERED

(courtesy of ...er, stolen from MAD magazine)

Well, here we are in the year 1994, full of memories and nostalgia. How many of you can still remember way back to those wild, wonderful wacky 1970's? What a decade that was! Ready for the trip down Memory Lane?

Ah memories . . . Who recalls that kooky bunch of scientists we had back in those days? Remember all those crazy fads they started? Anyone still remember nuclear power? And those screwy radiation leaks? Who remembers Three Mile Island in Pennsylvania, U.S.A? Who remembers Pennsylvania? What a fun place that turned out to be. We also remember other places . . . We miss Durham where they used to make steel, and Coventry where they used to make cars. Memories . . . memories . . .

Hey, what about the other goofy things those scientists used to come up with back then? Was it really more than 20 years ago that all of us were giggling at stuff like PCB's, dioxins, and fluorocarbons? It seems like only yesterday. Come to think of it, it *was* yesterday that people *still* died laughing because of it. Fun? It just never seemed to stop.

Who recalls the great religious revival back in the 70's? Remember how Catholics once again returned to their priests. And the priests, bishops, and cardinals had a new respect for the Pope? And the Pope – and everyone else in the world – sought guidance and eternal salvation from the one Power that supersedes all others on Heaven and Earth – the Oilmen!

Weren't those Oilmen something else? Remember no matter how depressed or down in the dumps we used to be, it was always April Fool's Day, Halloween, and New Year's Eve all rolled up in to one for those lovable nuts? Remember how, just when we thought we would never be able to drive again, they lifted our spirits, increased our morale, and raised their prices? Remember that time in the 70's when petrol prices shot up over 100% and played havoc with the economy and sent the cost of living through the roof. What a day *that* was!

Hey, who recalls "gas-guzzlers" and those long queues at the garages? Remember how it all started in London and pretty soon people were queuing up in Birmingham? Remember how everyone laughed when people in Birmingham discovered they were really queued up for petrol prices in London? There was just no end to the fun.

Who still recalls "Account only customers." Remember how you couldn't buy petrol for cash, you had to have an account, even if it was 3 months in arrears. Remember how you had to buy at least five gallons and how, if you were trying to economise with two gallons, they wouldn't serve you?

Who remembers those hilarious rear bumper stickers? And what about those even funnier T-shirt messages girls used to wear across their *front* bumpers? Remember "Good and Plenty"? Which led to "There's Gold in Them Thar Hills!" Which led to rape, and a thousand and one other daffy, madcap fads of that era.

Do you still recall all those popular expressions of the decade? Like "mellow" and "laid-back" and "macho"? Remember all those macho characters of the time? Burt Reynolds, Frank Sinatra, Muhammad Ali? What about "Women's Lib"? Remember those great champions of the female image – Jane Fonda and Alice Cooper?

Who remembers trial marriages? Trial divorces? Trial kids? And who will ever forget those test-tube babies who grew up and sang songs like "I want a girl just like the girl who married a dear old Syringe? "Memories . . . memories

We sure had some great comedians in the 70's. Remember Bob Hope, Woody Allen, Alf Garnett? And what about those super comedy teams like Morecambe and Wise, the Captain and Tennille, and the funniest of them all – Heath and the Coalminers? Remember their hilarious take-off on the old Abbot and Costello routine, "Who's On First?" Only *they* called it "Who's Out First?" Remember the punch-line to their routine? "After you, Arthur No After you Ted!" It nearly brought the house down! And it broke up the Government, too!

Hey, speaking of songs, remember, "Send In The Clowns?" And then along came President Carter. Remember the menagerie he brought along with him. Remember the fun-loving monkey, Billy, and how he always got out of his cage? The only animal act in history that fed peanuts to the people! Ah, memories . . .

We'll say one thing, we sure made incredible progress in the area of crime in the 70's. Yes sir, in those days it was bigger than ever. Remember a bank robbery back then? You really took your life in your hands when you entered a bank. And once you recovered from those ridiculously high loan interest charges, you had to worry about the *other* robbers – with the guns!

Remember crime in the streets? Crime in the home? Remember how we used to bolt our windows, double-lock our doors, and buy attack dogs? But the landlord *still* managed to get in to dispossess us when we couldn't pay those outlandish rents! Ah, the evergreen residue of a glorious past.

Remember sex in the 70's? You do? We don't even remember it *yesterday*! There goes that wacky nuclear leak again! Hey, remember how at the end of the decade *Men Only* and *Club* ran out of new, exciting things to show on the human female form? Who would have dreamt that in 1982 Paul Raymond would come up with those terrific chest x-rays, fluoroscopes, and proctology reports on his latest covergirl, Pepper Pupu? Good old Paul. They don't make them like him anymore. And considering his age now, he doesn't make them like him anymore either!

Air travel was really something in the 70's. Remember how it took five hours to go from London to the Middle East? Three hours to go from London to New York in a SST? And a minute and a half to go from Chicago to Heaven in a DC-10. Those were the Days . . .

Hey, who still remembers the nutty airport terrorist. Remember how every time we came up against them, we never knew if we would live or die? Yep, we sure miss those Hare Krishna solicitors!

We all recall how Earthman took over the moon in the 60's. What about the big switch in the 70's when a Moon took over the earth? Will you ever forget zany Rev. Moon and his Moonies? What a sanitary bunch. Every night he would clean out their pockets, and every morning he would wash out their brains!

Kids sure had interesting career choices back in those days. They could either become rich, successful business men, or else they could be dirty foul-mouthed, anti-social, vicious animals. And then again they could always join a Punk Rock group and become *both*! Memories . . . memories . . .

Anyone still remember tight jeans and "Saturday Night Fever"? What about loose sex and Sunday morning diseases? What ever became of our wonderful past?

Hey, speaking of films, who remembers "Jaws?" "The Poseidon Adventure?" And that great tear-jerker, "Love Story?" Yes sir, movies were wetter than ever.



**IF AT FIRST YOU DON'T SUCCEED,
BUY HER ANOTHER BEER**

Has your wife become a bear?? Have you seen the headlines???

**WOMAN CHOPS OFF SLEEPING HUSBAND'S PENIS
DROPS IT FROM MOVING CAR**

Don't laugh, it's true! It could happen to you!! A crisis has resulted from the 1000's of agitated, irate women who have read this and they are taking things into their own hands. Next time you make an unwanted sexual advance, look at them the wrong way, or just generally piss them off you could face the deadly CDS - Chop and Drop Syndrome

Fortunately PPP, the Penis Protection Plan, from Lloyds of London is now available here in the USA. This can provide protection against loss, provide replacement parts and even give you continuous protection when you're asleep!!!

INQUIRE NOW ABOUT THIS REASONABLY PRICED PROTECTION

Three plans are available:

PLAN A: Our Basic Package - Register your penis with us and we tattoo you in the privacy of your home (using a non-toxic food-grade ink) with a unique registration number. This will insure that in case of separation, you will be able to make a positive identification EVERY TIME!

PLAN B: Our Jurassic Prick Package - Includes Package A plus our discreetly uniformed technician will take a DNA sample so that we can clone replacement parts for you should a tractor-trailer rig flatten the member or some wild animal mistake it for a food item or chew toy!

PLAN C: The Executive Option - Includes all benefits of Package's A and B plus an alarm feature. This "NITEGARD" (UL approved) one-size-fits-nearly-all (Overseas option available at extra cost) consists of a battery-powered stainless-steel jock strap for night use. An alarm is activated when metals or other hazardous objects come within 18 inches of the wearer. Special extra cost add-on protects against trained dogs and other unique hazards.

**DON'T GET CAUGHT SHORT!!!
ORDER NOW -- CALL 1-800-SAV-UR-DIK TODAY BEFORE CDS STRIKES**