

# Ayurvedic Info

Welcome to winter! A time when everyone is more susceptible to mucous type ailments, like chest and head colds.

So, what can be done to ease your passage through this time? The nature of mucous is cold and sticky, so warming, drying foods and medicines help disperse it; cold food and drinks aggravate it.

Spices and herbs such as black pepper, ginger, licorice, chili, turmeric, asafoetida, cinnamon, mustard seed and wild celery seed can be added to food and drunk as teas to warm the body internally, as can condiments like pickles and chili sauce. These all taste great and have the added benefit of eliminating toxins which are the main cause of illness.

Digestion in winter is stronger than in hot weather because the digestive fire is more centralized, therefore your stomach can cope with heavier meals.

Foods like barley, corn, oats, millet, lentils and chickpeas are good additions to the diet to prevent an excess of mucous. Raw honey can be eaten, but should never be heated as this forms a toffee-like tar that coats the stomach and prevents proper absorption. Foods to avoid in excess are sweet, cold, oily or fatty foods as they can make you feel sluggish and increase the formation of mucous.

Wear bright warm colours like red and orange, and keep your head and neck warm. Avoid naps during the day because this tends to allow mucous to increase and slows the metabolism. Tonics like chywanaprash, a medicinal chutney which contains all the vitamins and minerals, are great to build the immune system.

There are specific cleanses like kunjula for mucous build

up, that can be taught and done at home.

*(Please remember that these guidelines are general and some ailments require a full assessment.)*

## Treatment of the month

Nasya is a simple and effective treatment for blocked sinuses and associated problems like migraine, hay fever, snoring, sleep apnea and post nasal drip.

First, we massage the face with warm oil, paying particular attention to the sinuses. Then we steam your face until a gentle sweat occurs and the sinuses are opened more fully. This can be done with just boiling water or with the addition of appropriate herbs.

To finish, you inhale a special oil made up of over 50 different herbs called anu oil. This clears the sinuses, repairs scar tissue with the nose and increases prana to the brain. We then charge our hands and apply heat to specific spots on the body. The whole process takes about 20 minutes.

## Remedy of month

Talispaladi is a combination of powdered herbs and spices that are dissolved on the tongue to treat cough, colds, bronchitis, hoarse voice, sinus problems and improves appetite by breaking up mucous.

Sweet and pungent, it settles a cough quickly and allows prana to enter the body more efficiently. It can be taken by itself or with honey. Suitable for all ages and can be safely taken in pregnancy.

For further information, contact John on 6689-1794 or Helen on 6689-1717 for a home visit, or make an appointment for Thursdays at the Nimbin Apothecary.

# Mingle Park makes musical magic



## Homeopathics at Mingle Park

by Tarang Bates

We are back to crackling fires and crispy mornings. Pecans, magnolias, mandarins and camellias. Beautiful autumn leaves carpeting the ground. Winter sun spots, warming our bones. Where I live, up on the hill, we can hear the winter cheering from the soccer grounds, and the drumming from the markets.

The Rainbow Lane markets in Mingle Park, down the back of the Museum, are still going every Saturday morning. Stalls come and go.....It is a good communal get together; a space to set up, by donation. Any money goes toward improving the space, shade and shelters, a temporary stage, paying the musicians and let's face it, what's a gathering in Nimbin without a bit of music?

The gardens are a good place to sit and have coffee, catch up or read the weekend papers. There are usually a few second-hand stalls, great organic fresh produce, artists, writers, creators of any number of interesting things. It's worth a visit down Rainbow Lane, now and again. Bring your excess one and all, the more the merrier. Actually we are not really a market at all, just a bunch of rabble rousers having fun.



The Homeopathics this month are a varied bunch:

### PODOPHYLLUM

A good remedy to have on hand for diarrhoea. There are others, but this is first aid remedy worth keeping on hand, especially for teething children that are prone to diarrhoea.

### STAPHYSAGRIA

For people who are prone to styes on their eyelids. Blepharitis, where the lids are dry, itchy and red on the margins.

### RUTA GRAV

Where the eyes burn and feel tired after reading or working closely on details.

### BORAX

At the first sign of oral thrush.

The remedies and their uses here are for first aid, available from Tarang at Nimbin Homeopathics, and down Rainbow Lane on Saturday mornings.

Phone me on 02 6689-1452, or email [tarangbates@yahoo.com.au](mailto:tarangbates@yahoo.com.au)

The space at the rear of the Nimbin Museum has been reincarnated, again.

After proving a very successful live music venue as the Black Yard during MardiGrass, the Museum volunteers have re-morphed the space, with fencing, seating, landscaping and the construction of a demountable stage.

Bright signage now identifies the area as Mingle Park, and with the combination of a spectacular view of the Rocks and quality live music, it has quickly become a hit with visitors, especially during the Saturday morning Rainbow Lane markets.

It's happening down there, organically. Check it out.

**Is it straight?** Museum curator Michael Balderstone (above, at left) puts the finishing touches to the stage, ably advised by Salty. Local bluesmen The Blue Mangoes (below) 'christened' the stage on 24th May, and are booked to play on Saturdays, weather permitting.

Photos: Deb Felton



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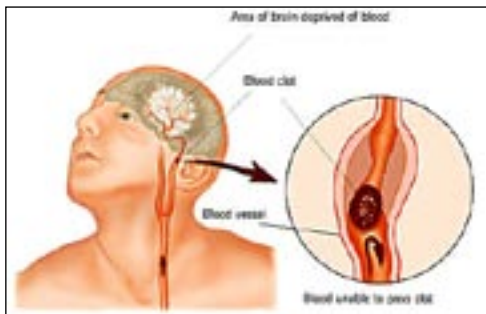
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# Recognising a stroke

from Susan Bingham

This is something we should all be aware of. Read and Learn! Seriously. It only takes a minute to read this...



During a BBQ, a friend stumbled and took a little fall - she assured everyone that she was fine (they offered to call paramedics). She said she had just tripped over a brick because of her new shoes.

They got her cleaned up and got her a new plate of food. While she appeared a bit shaken up, Ingrid went about enjoying herself the rest of the evening.

Ingrid's husband called later telling everyone that his wife had been taken to the hospital - at 6:00 pm Ingrid passed away. She had suffered a stroke at the BBQ.

Had they known how to identify the signs of a blood clot or stroke, perhaps Ingrid would be with us today. Some stroke victims don't die.... they end up in a helpless, hopeless condition instead.

## Stroke identification

A neurologist friend says that if he can get to a stroke victim within three hours he can totally reverse the effects of a stroke...totally. He said the trick was getting a stroke recognised, diagnosed, and then getting the patient medically cared for within

three hours, which is tough. Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer severe brain damage when people nearby fail to recognise the symptoms of a stroke.

**STROKE:** Remember the first three letters....**S.T.R.** Doctors say a bystander can recognize a stroke by asking three simple questions:

**S** • Ask the individual to SMILE.

**T** • Ask the person to TALK and speak a simple sentence (coherently) eg. It is sunny out today.

**R** • Ask him or her to RAISE BOTH ARMS.

If he or she has trouble with **any one** of these tasks, call 000 immediately and describe the symptoms to the dispatcher.

## Another sign of a stroke

• Ask the individual to stick out their tongue. If the tongue is 'crooked', if it goes to one side or the other, that is also an indication of a stroke.

If everyone can remember something this simple, we could save some folks.

# ON-LINE FREEBIES

## 1. Samples from the Internet

• Quick Loss - Just visit <http://www.quickloss.com.au/index.php?page=freesample> referral from a friend. Also a comp you can enter as well.

• Jo Malone Cologne - <https://www.jomalone.com.au/becomeamember/> Become a member and receive a free sample of Lime, Basil and Mandarin Cologne.

## 2. Samples to phone for

Neutrogena Oil-Free Daily Scrub - call 1800-643-133 to request a free 14ml sample. One per household, while stocks last

## 3. Competitions by Phone Video Ezy

• Win a '3:10 to Yuma' DVD (8 to be won).

SMS the first name of this month's star profile (CHRISTIAN Bale) with your name, address and Video Ezy store to 199-11-EZY or log onto [www.videoezy.com.au](http://www.videoezy.com.au) to enter also and for latest info.

• Win a Kung Fu Panda PS2 game (4 to be won).

SMS the codeword KARATE with your name, address and Video Ezy store to 199-11-EZY or log onto [www.videoezy.com.au](http://www.videoezy.com.au) Go to site to enter also.

## Kitchen Aid

Win one of 15 kitchen appliance packages from KitchenAid.

The package, valued at over \$1,800, comprises an Artisan 2 Slice Toaster, an Artisan KSM 150 Stand

Mixer, a KSB5 Blender and an Artisan FPM770 Food Processor.

To enter, simply collect the daily code word and either call 1902-557-707 and follow the prompts, or SMS the daily code word and your first and last name and state to 19 777 077.

## 5. Online Competition

Hair pack - weekly prizes through June at [www.myhairdresserseach.com](http://www.myhairdresserseach.com)

Think your locks are rockin'? If you think your hairdresser is a whiz with the scissors, tell them in 25 words or less about your hairdresser with their name and salon number and you both could win!

Every week they're giving away a bumper glamour hair pack with everything from shampoo and conditioner to treatments, brushes and styling products.

All entries must be in by 5pm each Friday until the competition ends 30/6/08.

## 6. Ongoing Competition

<http://www.zooweekly.com.au/members/viewPost.php?pid=0&aid=5285>

Do you have the worst job in Australia? Reckon you can top shit diving? Then email us at: [news@zooweekly.com.au](mailto:news@zooweekly.com.au) and tell us in 100 words or less what you do for a crust, why it's so bad, along with a photo of you doing it, and you could nab yourself \$5000, as well as the honour of having the worst job in the country.

# How to naturally reduce Cellulite

by Cheryl Beasley

Cellulite affects between 85% and 98% of women and it can have nothing to do with being overweight - both slim and larger ladies can get it.

Technically, it is a dimpling of the skin, caused by fat trapped below the dermis. It can appear on the buttocks, legs, thighs, stomach, neck and breasts.

Unfortunately there is no miracle cure at this point to eradicate cellulite, even liposuction cannot remove it completely.

Reducing cellulite is an ongoing process and really a lifestyle change is required to control it.

## 1. Bad circulation can encourage cellulite

Exercise is healthy for the whole body, not just beneficial for areas prone to cellulite. Cycling, jogging, walking, swimming and tennis are all good forms of exercise. Yoga can also be gentle yet great for your circulation.

## 2. Adequate diet

Drink at least two litres of water every day, your body will process food better and use vitamins and minerals more effectively, more water is required if you exercise. Always avoid fried foods, butter and bad fats. Vitamin C has been proven to reduce cellulite and you can include this by way of supplements or foods which contain high traces such as kiwi fruit. Avoid salt and artificial preservatives and additives. Eat plenty of fibre, fresh fruit and vegetables.

## 3. Skin brushing and exfoliation

Dry skin brushing the affected areas will stimulate circulation and shift toxins, five minutes before you shower is all it takes. Take long strokes and use a natural bristle brush. Body brushing boosts blood flow and gets the fluid moving. Using a body scrub is also great for cellulite as it has the same effect. Mud masks on the affected areas will also stimulate circulation and benefit cellulite.

## 4. Massage

Massage stimulates the lymph system increasing circulation and this can be very beneficial if you have cellulite. A good massage of about an hour long will help.

## 5. Stay positive

This sounds like a cliché, but it is extremely important to keep your inner well-being just as healthy as your body. Stress and other factors play large roles in weight gain, especially in middle aged people.

Please visit us at <http://www.lanab.com.au> for further advice and a healing range of natural skin care products.



# Cook's corner

by Carolyne

Soup is a wonderful winter warmer, served in big mugs with crusty bread.

If you are lucky enough to have a pressure cooker, it saves a lot of time and keeps all the vitamins in that are lessened considerably with long, slow cooking processes. They are invaluable, and well worth the initial cost.

## Recipe of the Month Borsch

3 beetroots, with stalks and leaves, peeled and chopped  
4 onions, chopped  
1 stalk celery, chopped  
Bacon fat, for sauteeing  
1 tblspn plain flour  
10oz can beef consomme  
1 ½ pints water  
2 beef stock cubes  
bay leaf  
salt and pepper  
1 ½ lb stewing steak, cubed



## Method

Sautee beetroot, onion and celery in bacon fat until soft. Sprinkle in flour, stir and cook for 2 min. Add consomme, crumbed stock cubes, bay leaf and season with salt and pepper. Boil, then simmer 10 min, then add beef and bacon. Cook slowly for 2 hrs. Skim fat from top, remove bacon bone, cut any remaining meat into small pieces and return to saucepan. Add tomato puree, lemon juice, dill and cabbage and simmer for 20 min.

To improve colour, grate the extra beetroot into a small saucepan, add vinegar and a little stock, and simmer 3 min. Add to soup. Bring to boil and serve. Add sour cream to each plate, sprinkle with parsley and add boiled potatoes or rice. This makes a substantial meal.

For questions or information, ring Carolyne at The Coffee House, Nimbin on 6689-0590.

Until next month, happy cooking!

A knuckle of bacon  
1 tblspn tomato puree  
1 tblspn lemon juice  
1 tblspn chopped dill or 1tspn dill seeds  
½ small cabbage, shredded  
1 raw beetroot, grated  
1 tspn vinegar  
¼ pint sour cream  
Finely chopped parsley  
Boiled potatoes or rice to serve





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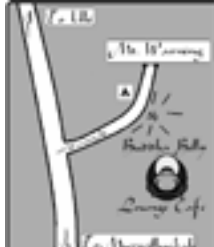


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# ASTROLOGICAL TRENDS FOR JUNE 2008



by Bev Murray

## BIRTHDAY ~ Gemini

These talkative individuals tell it like it is! They are inquisitive and generally good with words. Tact however is not a great forte! There are of course always two sides to a Gemini and although they are not up front with their emotions don't let this mislead you, they are deep and easily hurt.

Give them a journal, a good non-fiction book about real life adventure, a puzzle, a night out with friends.

### Gemini

With the new moon in your sign this month lots of ideas and unusual projects should present themselves. Great, but do not over commit yourself and certainly do not finalize anything until the final week of June. With Mercury retrograde in your sign now you need to double check everything! Computers, phones, and cars can give you problems! Travel could be frustrating!

### Cancer

Mars is working quite well for you guys early this month, providing some welcome energy in your finance sector! From the 3rd onwards Venus adds her dynamic to this suggesting compassion, romance and generally pleasant relationship interactions. However do be aware, retrograde Mercury makes the first two thirds of the month a no go for signing contracts or finalizing deals!

### Leo

After the 14th Pluto moves into Sagittarius presenting you with an opportunity to clear up old unfinished business. The full moon on the 18th provides some information that will help you off load and move on! You are in need of rest and recuperation after the social whirl of the past few weeks so be kind to yourself this month. Confidence and energy are at an all time high.

### Virgo

Some hold ups and seeming set backs may occur early on this month. Do not despair as things get a whole lot better after the 19th. In fact the wait will bring something better than you had first imagined. The month is a busy one though, when you will be called on to do things with and for family. The full moon asks you to accept change and get on with things. Go to it!

### Libra

Your career prospects are on your mind this month. The full moon on the 18th should allow you to see what it is you are looking for more clearly. It will also reveal the path you need to take to get what you want. It is a romantic sort of month too and one in which your social life takes prominence. You will want to share your ideas and goals with others.

### Scorpio

You need to trust your intuition during June. There are a lot of decisions involving life direction at the moment and it can all be a bit confusing. Family and friends can be helpful and you are likely to be acutely aware of this. You may need to review the past decade or so of your life in order to fully understand where you are really going right now. Keep smiling.

### Sagittarius

Romance figures strongly in your chart right now, either you will find that an existing romance takes a new and interesting turn or you could find yourself meeting someone special. Partnerships of all types are made now and that life direction could be in for yet another change! You are in the last part of a phase that began ten years or so ago and it is right to finish with some things.

### Capricorn

Your routine will be set asunder this month but the digressions could lead you to a bold new venture! Whatever projects you are involved in now should keep you busy well into July. There will be lots going on so it is wise to get organized and stay alert. Growth and expansion are building in your life, so be prepared. The next six months in fact are pivotal, so stay alert.

### Aquarius

There appears to be more fun and enjoyment entering your life this month, than you have had of late! Changes are in the air but it will not be until very late in the month that you can make the final decision. The pressure builds, but the move will be positive. You are concerned also with new ways of making money, just watch making any deals until after the 19th.

### Pisces

Old friends are likely to appear on the scene this month. Overall though you are likely to be feeling like doing very little at this time. It is a dreamy and non-committal period when you should just go with the flow and not put any pressure on yourself. Communication can be frustrating. You really need to be clear and to the point when conversing with friends and family.

### Aries

You are keen to go in a new direction but you will soon realize that you have to revisit some bits of the past first. There are delays across the board but travel will be particularly affected. One area of your life is about to come to a close so that another cycle can begin. The full moon offers you a chance to see your life with more clarity than usual. You might be surprised.

### Taurus

This month is all about catching up. Catching up with old friends, paperwork, unfinished business, and chores. Finances need revision too and some new directions may well be just what you need. Towards the end of the month there is likely to be an urge to strike out in an unusual direction, follow it! There are new horizons to conquer this year and this is just the beginning.

# Sex surrogates sought, seriously

Laura Myer, an intuitive writer and public speaker (pictured), works as a high-class escort in Sydney.

Laura entered the industry when she was working as a legal secretary and got RSI. She could no longer sit at a desk and type all day.

Devastated, Laura returned up here to paradise, and drove cabs for a short time in Byron Bay. But even then, money was still hard to make, and she wondered what escort work was like.

Much to her surprise, for Laura it was nothing to do with drugs and bikies. She started in a parlour in Alstonville and found that she loved it. It felt meaningful.

"It is quite an honourable thing to pay for sex. When a man pays for sex, the payment is a symbol that there are no emotional ties involved," said Laura. "I realised that sex and love were clearly not the same."



"Many men remain devoted to their partners or wives and just because they may pay for sex does not mean that they love their wives any less.

Laura believes prostitution was once a sacred religion. "Women had strict training in order to be priestesses in temples and were the most revered women in society," she said.

Laura is attempting to restore modern day sacred

prostitution by training women in the industry and helping to provide job opportunities. She opens up her home in Sydney to women who would like training in a very safe, nurturing environment where they can stay for a few days or a week, make good money and return home.

"There is a huge industry waiting to happen as far as sexual surrogates go," said Laura. "The women can potentially make very good money, even with tantric sex, fully clothed."

"But they have to be the right women! I need very sensitive, caring gentle women, otherwise the industry is already filled with women who have a money focus and may not always care about men."

Laura's website is [lauramy.com](http://lauramy.com) She also has a blog filled with snippets of wisdom for living and tips for working out the opposite sex.

# About Bowen Therapy

Second in a series by Tonia Haynes, Bowen therapist and Pranic healer

Here we are, another beautiful day in Paradise.

Wonder if it is just the trees that have kept the rain coming to this amazing place, or is it the prayers and visualisations of us old and new hippies who knew thirty years ago we had better clean up our act? Of course we were ignored then, but not so much now. Only annoying thing is that they still ignore where the original info came from.

Such is the life of the prematurely wise.

Have a lovely subject this month. Definitely not to be discussed at tea and cucumber sandwich functions, although as we grow on in years any biological difference appears to be received with interest, sometimes awe and usually the thought, "I can do better than that!"

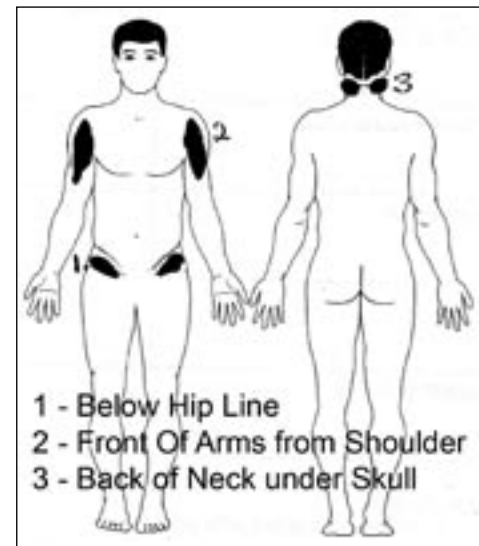
Well, try this one. "I have a compromised ileocecal valve." That should stop the conversation for at least thirty seconds and return limited one-up replies.

The ileocecal valve sits between the end of the small bowel, or intestine, and the large bowel, or intestine. When we have finished digesting our food, the ileocecal valve should open to let the waste into the large bowel and then obediently close until it is required once again.

Unfortunately, the ileocecal valve, delicate little tyke that it is, can be easily thrown askew by petrol fumes, lack of the good flora that Darmin spoke of last issue and most of all, stress. Then it doesn't close as it should, in fact sometimes it stays out of whack for years, while we happily reabsorb our faeces and associated waste throughout our bodies 24 hours a day.

Told you it was a lovely subject.

Symptoms include headaches, shoulder and neck pain, allergies, nausea after food, skin



problems, difficulty in losing or gaining weight, and an imbalanced ileocecal valve plays a major part in babies' colic problems,

I am not stating that this is the only reason for the above mentioned, but it might be. It certainly will be part of the problem.

I have included a little do-it-yourself rub that may help. If the valve is throwing a tanty the illustrated areas will be sore, so persist and be very gentle when rubbing a baby. The intestines will be inflamed from the re-absorption of toxic waste and it may take a while for change to happen. So rub every day.

Darmin had it absolutely right about those bacteria. A balanced ileocecal valve and some 'In Liven' or 'Inner Health' can make quite a positive difference to one's well being.

If in doubt, come to see me and I will tie up any loose ends that are still creating curry, or at least recommend you to someone else who can help.

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Dr Free Love, Nimbin's own Sexpert's

# Advice for the Lovelorn

Please send all your sexual etiquette questions to [dirtylaundrygirl@hotmail.com](mailto:dirtylaundrygirl@hotmail.com) and they will be answered in strictest confidence in this column each month. No time-wasters, please.



Dr. Free Love  
Divorce Celebrant

Dear Dr. Free Love,

I am a fiery man with a tendency to wolf whistle and talk lewdly to girls I am attracted to. I was neglected by my mother, and I take my anger out on most women I meet. Because of this, no woman wants to come near me and they are all frightened. I am handsome, generous and when I do get sex I have endless endurance. How can I amend my behaviour so that I can have more than one-night stands and stop scaring them away?

**Answer** It is true that what some woman take as sexually deriding, eg. a wolf whistle or an obscene gesture, others will find flattering, eg. woman of southern Italian stock. Most people are heavily programmed to think that if a man is overtly sexual they are neglecting to accept them as more than just a sexual object. You must make some clever attempts to prove them wrong. Instead of coming straight out and admiring a woman's breasts, take a deep breath and ask her what type of cooking skills she has and that maybe she would be interested to come and cook you breakfast sometime. Instead of looking her up and down with a piercing sexual intensity as she steps out of her car, comment that her tyres are bald and she may need new ones. Proceed to find an opening that will enable you to purchase some for her. If you can't afford them, a simple car wash should help the situation.

Dear Dr. Free Love,

What's love got to do with it? Is pillow talk sacred? Does a little discretion go a long way? I am a broody 30- something female worried that I may have missed the boat and that my biological clock is running overtime. My desire to be impregnated has turned me into a sexual predator. I intend to steal the sperm of the next prime real estate owner with bank accountability and live happily ever after. I live the facade that I am brimming with self respect, when really I can't handle rejection, and expect every stranger I jump to satisfy my sexual needs. One man has suggested that I am acting out my sexual abuse and that I have little regard for the impact of my behavior on the girlfriends/ wives of said human beings with external genitalia. Could this be true? If so, what's a poor desperate girl to do? Could it be that I am just like everyone else that's looking for love? Could I be spreading S.T.D (spiritually transmitted destructiveness). Should I take responsibility for my own orgasms? (i.e not expect men to do this for me). Or should I write a column for the

Nimbin GoodTimes to expose my pathetic sex life for the entire town to read?

**Answer** Daaaarling. Love has everything to do with it. Pillow talk is more sacred than sex itself and in a small town, discretion only leads to people being over-curious and meddling in your private affairs. It is better to open your mouth very widely if you get lucky with anyone...married or otherwise. If you are broody, cure it by seeing it as a kind of unnatural state. Switch off the TV sitcoms that collectively suggest because you are 30-something you 'should' be hanging out to have six kids by next September. No one should desire children but rather embrace them as 'accidents' and buy an extra caravan to accommodate them a.s.a.p. Stealing sperm may be the most difficult of your issues. Be aware you may need to apply complex manipulative skills i.e like rudely grabbing his member and offering him some horizontal refreshment. Whether the guy is living out of the back of his car or a real estate owner, they will always feel ripped off and ambivalent about it once they have given so generously to you. Good luck with this. Continue to live your facade of having a lot of self respect. People are too self-centred to be interested in anything but your public persona anyway. Rather than sex with strangers, perhaps try a man who doesn't speak English very well. This way rejection will hopefully be lost in translation and therefore easier to handle. The many backpackers that frequent our town may help you with this. Don't automatically respect people just because they announce themselves to be married. Technically when you have the filthiest of moments with someone and manage to stay friends with them afterwards, you are more deeply connected than those who wear the ring only to murder and pillage each other at the solicitor's office when it's over. Nevertheless bear in mind if you do make a habit of sleeping around with married men, take out home and contents insurance. Also, tie the man to your bed so that when the good wife comes around to burn your house

down the evidence will all be destroyed. Spiritually transmitted destructiveness? Condoms don't protect the heart! If you want spiritual advice I encourage you to visit the local Bishop. All sex has an element of abuse because there is always a surrendering of power. At the very least learn to tie some descent knots and purchase a whip. Under no circumstances should you take responsibility for your own orgasms! That is, unless you like the idea of purchasing a good old-fashioned saddle with a horn, as an alternative to a slave-labour produced sex toy. The latter would be unethical. To minimise your desperation; there are many other ways to find love beside sex, e.g become a wildlife carer or adopt an unwanted, neglected domestic animal. If (like me) you live on a community that has laws against domestic animals, obviously you have more license to be a sexual predator. No matter how high your sex drive and how often you do it, exposing your pathetic sexual exploits in the Nimbin GoodTimes is a terribly selfish idea, as there is clearly already someone else who is more than happy to do this. However, you could always start your own newspaper. People are bound to embrace and love you for your bravery and self derision. With a little luck they may even erect a statue in your honor.

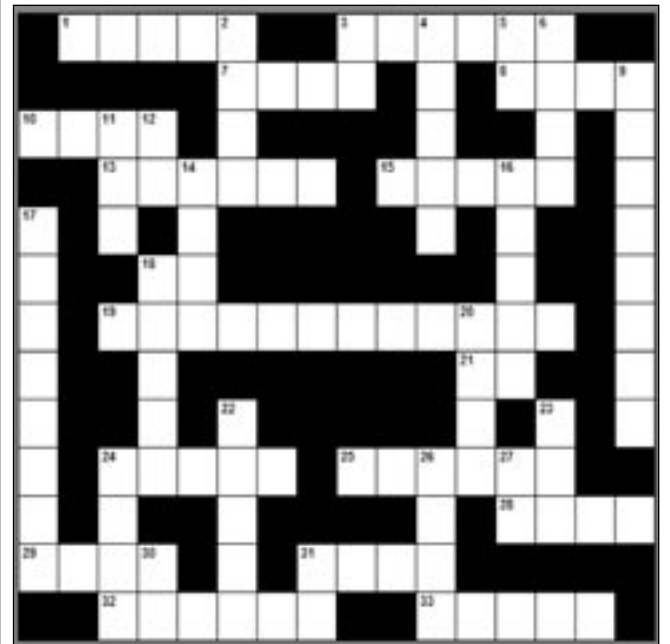
Dear Dr Free Love,

I fell in love with a man and to make all my dreams come true, we married a year ago. I felt more comfortable and accepted by others socially as before this, people constantly called me a slut (I attract a lot of male attention but rarely got lucky as men were too intimidated by me). Things are already falling apart. I feel isolated socially and understimulated mentally by my husband. What should I do?

**Answer** Well this is an extremely common enquiry and it is impossible to answer all the letters that I have personally (due to my own, high demand marital situation). In three words I have your answer: "Australian Rules football". There are many reasons to go to a game. Watching the lads parade around in skin tight shorts and making passionate sounds are just a few of them. Pack a picnic and scream out from the sidelines in support. You needn't be playing rough and tumble with the entire footy team privately after the game, but a few certainly won't cause any social damage (as long as you limit the encounters to the privacy of the change rooms afterwards). Strictly avoid married footballers as their wives are totally devoted and deserve reciprocation! It is not important to know the rules of the game, but try to find out which goal posts are which. It would be bad taste to cheer when the opposing team gets a goal. I guarantee this activity will provide great nourishment for you and possibly save your marriage.

## Nimbin Crossword

2008-06  
by Synic



### Across

- (and 3 across) caravan of Volkswagens from Byron through Nimbin
- See 1 across
- Stone?
- Cannabis rope or sail material
- Common compression format for downloaded movies? Sometimes known without the "E" (init.)
- Muslim place of worship
- In NZ when the Pakeha came
- Fee \_\_\_ Fo Fum
- Your (exact) ghostly double. They look just like you
- Operating System (init.)
- Hindu (and Sikh, and Buddhist) wise men
- Six stringed instrument
- Pre-surrealist anti-art movement, 1910s and 1920s? Father in baby-talk
- If fertile, may grow into a plant
- South American plant – the leaf gives endurance and pain relief
- Small nation to the South of (2 down)
- Weapons said to be hidden in (2 down)

### Down

- Country our troops help illegally occupy
- Designer of overpriced, made in China jeans and fragrances (init.)
- Small Himalayan republic between India and China
- Exclamation of surprise?
- Abominable snowman
- Between Afghanistan and India
- Australia's tallest native bird
- Chinese board game? Don't stay!
- Mistake? Behind the wicketkeeper's offside
- Doofs? Extols the virtues, like a madman.
- (Still) the dawning of the age of \_\_\_\_\_
- Swiss dish of hot melted cheese
- Ruminant? Pan's lower half
- Now Myanmar
- Ladies undergarment, can be worn or burnt
- Nerd?
- Was Persia? East of 2 down.
- Tells you to spend money on something you don't need
- Depleted Uranium (init.), as used to tip our weapons in (2 down)
- Connecticut (init)

Solution p. 23

102.3  
102.3  
102.3  
102.3

NIM-FM  
Face  
The Music

102.3  
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102.3  
102.3

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