



# TRAGER FAMILY NEWS

Membership Newsletter of The Trager Institute

December, 1983

Vol. V, No. 12

## The Circle

Season's Greetings from Mark and Kate Kinnich

Awhile back, as the story goes, the Earth wasn't one big circle. It was flat, and we could fall off the edges if we weren't careful. A few people decided you could sail around it, and putting personal risk aside made it at least part of the way, and it took a long, long time. Time passed, and the clipper ship was developed. We could sail around this planet in less than a year, and people said you'll never be able to do it any faster. When the steam ship came, it was done in a month and people said you'll never sail around it any better or any faster. Then metal aircraft did it in a week. Then exotic metal aircraft did it in a day. Then space ships circled it in an hour. At each step people kept saying the same thing, this is as fast and as good as we can do it.

As a species we have accomplished a great many things and have evolved ourselves intellectually, emotionally, physically, and spiritually. We have developed ways of healing, communicating, thinking and moving that would have been unimaginable several decades ago. At some point in space and time we have seen these intellectual, emotional, physical and spiritual aspects as separate and distinct,

having little or no relationship. Now at one point in space and time they can all be recognized with a wholeness of vision, where there are no edges, no separations between us or within us. In this vision the possibility of a connecting thread, of a new way of communicating, a different way of feeling, and a complete way of being becomes evident — something that perhaps can bring these aspects of being human full circle and together.

We are bringing the ends of the circle together, not with the restricting forms of words but with an inner teaching and a personal awareness of hooking-up and being freer and lighter in our movements on this planet. The circle of the planet Earth becomes seemingly smaller while the circle of the connecting hands of Trager grows larger with community, love, and a freer, lighter expression of life. In this Winter season of endings and contemplation which result in the new beginnings of Spring, all of us in the Trager Family send greetings and best wishes to each other and all of our fellow travelers on spaceship Earth for a joyous holiday season and a happy New Year.

Kate and Mark Kinnich are Trager Trainees from Minneapolis, Minnesota.

## A Rich Transmission

Carol Campbell

"The best thing since night baseball!"

"Hook-up was rampant!"

"Every moment was like taking off into another level of being!"

"I learned to *truly* be a Practitioner!"

What caused these excited exclamations? The answer is the new Practitioner Intermediate. And what made it different from other trainings? By restricting the number of students and including Certified Practitioners only, we had a segment of the Trager Family who have grown and developed with the work over a long span of time, through many class exper-

iences, and in a variety of professional settings. This maturity and dedication allowed Milton to work in the best circumstances, as an innovator and guiding light.

The format was new. Instead of a constant flow of full sessions, we took the work part by part, spending as much time as needed to hone old skills and assimilate new material. ALL the Instructors were there, and working together was a joy. Students and Instructors, as colleagues together, brought the giving and receiving of feedback to a level I haven't experienced in a class setting before. The effect of this on my

(continued on page 3)

## A Reflective Essay on Beginning Trager Training

Paul R. Bernunzio

*EDITOR'S NOTE: Paul took the Beginning Training from Sheila Merle Johnson in Portland, Oregon, during March, 1983. His essay is based on journal notes and his subjective experience of giving and receiving Trager sessions.*

My experience of Trager during the last few months has been startling, frightening, courageous, doubtful, and full of hope and trust. It has been an encouraging and personally insightful education. To be sure, I have learned much of what Trager is, and much of what it is not.

The most appealing aspect of Trager for me has proved to be the most challenging and growth-enhancing. I refer to the very light and playful character of the Trager method. Perhaps this is so because I tend to be a very "serious" person; someone who likes to "get down to business." This playful aspect of Trager challenges my everyday comfort zone of tension, self-imposed limitations (mental, emotional and physical), and moves me to realize more of my potential through gradual stages of enlightenment. My consideration of this influence of Trager causes me to feel a great sense of relief and freedom.

Trager has brought a quality of lightness, playfulness and freedom to my life. It is wonderful to have "hooked-up" to such a creative element. The emphasis of *not* working at tension is very freeing; it does not take tension seriously, thereby detracting from its importance. This is especially effective with clients who feel that they "must have" their tension; mostly because they know and are accustomed to their tension. But more importantly for me it has been a well-spring of personal growth and insight occurring in gradual, natural stages.

The initial stage of my training provided a challenge for me in developing "soft hands." During the first month or so I had a strong habit of gripping or pinching whomever I was Tragering. I couldn't let go of how I thought the move "should" look, as opposed to how it "feels." It was quite an insight for me when I discovered I did not need to grip or pinch in order for the movement to happen effectively. In fact, gripping

(continued on page 3)

## IN MEMORIUM

Paul M. Fuller, M.D., father of Betty Fuller, died September 30, 1983, in San Francisco, just 1 month before his 83rd birthday. The son of a doctor, Paul was born and raised on a farm in Butternut, Michigan, and in the French Quarter of New Orleans where his father became Superintendent of Flint-Goodridge Hospital established to provide medical treatment and training for Black men and woman in the segregated South. Betty's dad liked to joke that he had delivered hundreds of babies before he was 12 years old! Of course, it was the same doll delivered through the rubber model used to instruct nurses and midwives.

Paul graduated from Staunton Military Academy in Virginia, attended the University of Oklahoma where he was a drum major of the band, and where he played violin in the University orchestra. He also earned his expenses as a violinist in a movie theater pit orchestra accompanying silent films! Paul Fuller graduated from the University of Missouri with a Bachelor of Science Degree in Medical Science. He received his medical degree from Wayne University Medical School. He supported his wife, Dorothy, and daughters, Betty and Becky, working his way through Med school as a paid pathology assistant and night shift medic for Chevrolet Gear and Axel handling industrial accidents. Paul served his internship as a surgeon in the Navy stationed at Mare Island and at Mt. Zion Hospital in San Francisco in 1929-1930.

He resigned from the Navy to enter private practice in Kalamazoo, Michigan. Dr. Fuller later served in the U.S. Army Medical Corps for four years in the African Theatre during WW II, becoming commanding officer of the 57th Station Hospital (a M.A.S.H.-type unit) which was awarded the Meritorious Service Unit Award for superior performance of duty under his command. Mohammed Lamine Pacha-Bay, the Bey of Tunis, personally conferred on Dr. Fuller the Tunisian Order of Nichan-Iftikhar, Rank of Commander. Dr. Fuller continued active service in the reserves after the war and retired in 1961, as a Colonel.

In Kalamazoo he was active in the Civic Theatre, acting in more than 50 productions over the years, and was also known for his sculpture. He was recently honored by the Michigan State Medical Society for 50 years of service to medicine.

In 1969, Paul and his wife, Dorothy, moved to Strawberry, California and became active in the Community Congregational Church in Tiburon, participating in its art, poetry, and drama groups. He studied oil painting with Grant Sherry and also wrote and published free verse, several of which have appeared in local Marin newspapers. Paul Fuller greatly admired Dr. Trager

and his work, and was a frequent participant model in the Advanced classes.

Dr. Fuller is survived by his wife of 58 years, Dorothy, and his two daughters, Rebecca Fuller, a choreographer, Professor of Dance and Director of the Dance Department of Mills College in Oakland, California, and our own Betty Fuller. The memorial service was conducted by Paul's close friend and pastor, Frank Evans, who read several of his (Paul's) poems. Betty's Dad made his farewell with this poem which was part of his memorial service.

### *SO LONG, GOODBY, GOD BLESS!*

*It's not a thing to dwell on, but  
ever conscious in our minds is the  
knowledge of a final goodby!*

*Goodby to early morning  
sunrise, to coffee pot and  
orange juice and breakfast  
in bed with the Chronicle!*

*We say goodby every day to  
daughters and friends who must  
go their way in living life!*

*Goodby to summer,  
goodby to sunset,  
goodby when the news ends  
and we put our body to rest.*

*Don't mourn our departure, for  
we're off on an adventure into  
lands unexplored heretofore!*

*So, do what is necessary  
then come back home and  
celebrate our leaving  
in style!*

Paul M. Fuller

From "The Long Journey" his  
second volume of verse.

## A New Approach To Our Roster

Don Schwartz

In a meeting between Apple, Gail Stewart and myself, we were discussing our Membership Roster and its attendant problems. At one point Apple quietly commented, "Why not have one roster?" It was immediately obvious that that would solve many of our problems. We brought the issue up with several other members and received support for this improvement. So, we are developing a one roster system. Our roster will be both for members and the public. Our renewal form will now reflect this one roster system. For those of you who will not be renewing for awhile, but wish to change your roster listing for our combination membership/public roster, please send in your change now, so that we may publish a new roster as soon as possible.

## Congratulations Gwen!

This Fall, Dr. Trager named Gwen Crowell as our latest Instructor Candidate. Gwen has a full time Trager practice at the Abintra Wellness Center in Seattle, Washington. She took her Beginning training from Milton Trager in July, 1978. After moving to Seattle in 1979, she helped bring Trager to the Northwest by organizing trainings and encouraging fellow students.

Gwen has taken many classes with Dr. Trager, including the Advanced Training. She attends several classes a year in order to stay current with new break-throughs and to continue her development in the work. Gwen has assisted at Milton's Intermediate classes as well as the Seattle trainings with other Instructors.

She was appointed to be an Introductory Workshop Leader and Supervised Practice Leader by Dr. Trager last year. Additionally, Gwen has been assessing Practitioner Candidates and Practitioners in her Northwest region. Her background includes teaching, public speaking, office management, and outstanding dancing. The entire Trager Family extends their congratulations to Gwen on this well-deserved appointment.

## Congratulations Deane Juhan

In September, Dr. Trager, with the Trager Instructors, declared that Deane Juhan, having completed the necessary requirements, was a Solo Instructor Candidate. Deane is also traveling to various Trager areas with his presentation of Anatomy/Physiology for Trager Practitioners. All who experienced this presentation at the Trager Conference were thrilled.

## New Introductory Workshop Leaders

Congratulations to Elna Adams and Natasha Heifetz of Oakland and Berkeley, California respectively for their designation as Co-Introductory Workshop Leaders, to Kenji Kambara of Tucson, Arizona for his designation as Introductory Workshop Leader and to Roland Burgalieres, of Montreal, Canada, who is also an Introductory Leader.

seemed to stifle the creativity, lightness and playfulness of the movement. With the advent of this insight I began my exploration of soft hands. The Trager sessions became much more enjoyable and interesting. But something seemed missing; not quite right. The feeling was so distant and confused.

About a month and a half after the Beginning Trager Workshop, my mother's health began to deteriorate rapidly. She died two months after the workshop. I was drawn into such a whirlpool of passionate feelings. I began to feel as though I were drowning, gasping for air, only to emerge through the vortex to another side of my world: the feeling side. My training with Trager and the death of my mother were such timely co-incidences that I cannot separate them.



As I resumed my training I began to notice a quiet, gradual change in the quality of my Trager sessions. Soft hands were growing, and so was the feeling. More and more I learned to be not afraid to feel; and allow myself to feel passionately with Trager. Often, the greatest insight would occur as I became aware of moments lacking in sensitivity or feeling. For example, during one session I might suddenly discover myself trying so hard to make the movement happen. The sensation of strain and tension would almost become audible. Quietly, I would step back, shake out, close my eyes, and attentively listen. Sometimes I would ask myself: "How could this feel more free?" Then I would begin again. Slowly, sometimes in bursts, the feeling would come through.

This process of learning would occasionally be interrupted by feelings of clumsiness, fear, inadequacy, or exasperation. But this, too, became an acceptable and necessary part of my education with Trager. Throughout this process of insight a slow realization about the true essence of Trager was growing.

I have found Trager to be an enlightening process of integration, physically, mentally and emotionally. The sensation of lightness versus heaviness, expansion versus contraction, which I have experienced through Trager is not only physical; it is mental and emotional, as well; spiritual, if you will. The physical is only a manifestation of the finer quality of spirit or soul, expressed through mind and emotions.

The Trager Method is not only movement re-education; it is re-education of how to live and move and breathe; it is a re-education of Being. Or perhaps a remembering. Playfully, unintrusively it effects the release of those contractions which limit me. Through this technique I am able to find a new balance, a new level of integration, and a new sense of Being in this world . . . a sense of Being lighter and freer. A sense too, of Being

lifted up by the Universe. Trager is a process of en-lighten-ment through the expansion of consciousness on all levels in my whole person. This is the essence of Trager for me now; and the true meaning of spiritual growth.

 **Holiday Greetings**   
from Milton and Emily

Milton and Emily have received so many warm holiday wishes from their Trager Family, and they want to thank everyone who has been so thoughtful. In turn, Emily and Milton wish to express their holiday greetings to everyone in our extended Trager Family.

**Special Notice!**

A 14 karat gold pendant of our Trager logo, Dancing Cloud, is available through Emily Trager for \$67. Part of the proceeds for sales of this beautiful piece of jewelry benefit The Trager Institute.

**Rich Transmission** (continued from page 1)

own work, both as Instructor and Practitioner, has been profound. The following student comments really sum it up:

"We stayed with each part until we got it. Then, when we did the only full session the last afternoon, it really came together."

"A rich transmission in a classroom at ease."

"In previous workshops, I wanted to be perfect. Please let me *do it right* I'd pray. In this class, I wanted to do it wrong because the feedback was so immediate, accurate, and loving."

"I had as much attention as I wanted. And I soaked it up like a sponge!"

"The richness of Instructors was the significant factor for me. I mean, both quantity *and* quality. To experience all of the Instructors with Milton — WOW!"

"I loved the warm family feeling. It was contagious!"

"I felt welcomed by all of you (the Instructors)."

"It's important for me to know there's such time, creativity, and thought on the part of the Instructors to develop this type of class."

So, when you see the listing for Milton's spring classes, don't delay, Practitioners! Get your registration in. And I'll see you there!

Please contact Megan Thurmond, M.D., at 707-763-7005 if you wish to be on her professional referral list, if you need recipients for your Trainee practice sessions, or if you wish to be part of a Sonoma County Trager Practice Pod.

**Anatomy Workshop for Trager Students**

Laura Waldman

Deane Juhan, our Instructor Cadidate provided a profound experience of understanding and inspiration in the three-day Anatomy Workshop he taught in Texas.

Deane's seminar is geared very specifically for Milton's work. The curriculum is beautifully integrated. We spent one whole day on a major body part. We did arm-shoulder, belly-chest, and legs plus a night lecture on the brain-mind. We learned the major structures, their function, how they work in concert, and what the table moves and Mentastics do for them. There was a lot of discussion on how evolution, attitude, and emotion create various postures and pathologies, and why Trager helps the mind release them. Deane talks with a slide presentation, we do Mentastics to feel what was discussed, Deane demonstrates on a body, then the students do supervised table work.

We had a wide range of experience in the class. Some people had just finished a Beginning training two weeks before. Others have been Practitioners for several years. The group worked well together with each person exploring and advancing from his particular level. We noted a greater confidence in our ability to be more professional when we describe Trager or answer clients' questions.

Deane has a beautiful, reverent conception of the human being and he always, always emphasizes and returns the feeling. The class found that the cognitive information we got did not interfere with our feeling level, but deepened our Hook-up and sensitivity. Many of us had taken anatomy/physiology in college, nursing or other body work studies. Deane's presentation is completely unique, brilliant and meaningful for Trager students in particular. As Lynette Brannon said in closing circle, "This is an experience in total body-mind learning. I feel and hear you in my tissues."

Most exciting was the understanding of ourselves that we gained. To know more about the miraculous creature I am — body, mind, psyche, soul — was a major advancement in my development as a person.

Deane will be returning to Texas, March 23-25, for another residential Anatomy Workshop on parts we haven't covered. Deane will also be presenting in Toronto, Ontario, Canada, on March 9-11, 1984. Call Norma Fine at 416-783-9863, and see your next schedule for information about other locations.



## A Personal Letter From Betty Fuller

The past 3 months have generated a profound experience of "family" for me: both collective Trager Family and my own personal Fuller Family. My father, Paul, died on September 30, 1983, one month before his 83rd birthday. Since Aug. 15th, I have been totally involved in helping dad and mother, and now I am working things out with mom. In all this time of deep sorrow, frustration and loss, I have felt supported by the members of my Trager Family, by your ongoing presence, and your commitment to have "our thing" work. Thank you *all* for this heart warming demonstration that families can, indeed, pull together in tough times as well as in fun times. I appreciate your kind thoughts and notes and your many services which have paved my road.

I especially appreciate all of you who were scheduled to train with me, as well as those who sponsored and coordinated the classes, along with our Instructors who added my schedule to theirs, *for making it work*. Everyone involved created a positive learning experience for themselves in this emergency.

I have often acknowledged Don Schwartz as the "Glue" of The Trager Institute who keeps it all together. He's still doing it, and this Fall he found his "Glue-ess" in Sheila Merle Johnson Stulbarg who teamed up with him to handle virtually all of the administrative decisions. Gail Stewart brightened my life by her assumption of many of my duties in Milton's trainings, and she also "glowed" on my dad one evening by joining me in my visit. Carol Campbell, Gary Brownlee, and Deane Juhan all honchoed office logistics and trainings, as did Cathy Guadagno down in Southern California, all volunteering virtually the whole month of September to support Dr. Trager's tour, and you all who took part. Thank you, Milt and Emily, for your calls and notes of love and support. Thank you all for the sensational bouquet!

I have a lot to be thankful for, and to celebrate this holiday season. My dad and I loved each other very, very much and we were always very close. I am grateful for the time we had together on this plane and for a life time of rich and marvelous memories. I am blessed to be able to be with and help my mom, Dorothy, who inspires me by the inherent grace of her being. While she and I, with my sister, Becky, work things out here, we rejoice and celebrate the new beginnings for dad and for us in the midst of this most sorrowful loss.

I know now, beyond any question, the reality of that force at work in our universe — that life-giving, life-

regulating force of which we are a part and in which we live and breathe and have our being — which has all the answers and gives us freedom to choose. All we need do is open ourselves, ask and then listen for the answer.

My dad's last communication, scrawled on a scrap of paper in spite of I.V. needles in both arms, and tubes preventing speech was "JUST BE." It is in this space of JUST BE that life is and our work works. Thank you Milton and Emily for the gift of your understanding and experience of Hook-up. Thank all of you with whom I have worked for making it more and more real. Thank you, Daddy, for reaching out to help me get it. Bless you.

## With Aloha From Emily: Recipes From The Trager Kitchen

In Hawaii, the word "Aloha" means "welcome", "love" and "affection". Trager students who have the opportunity of attending workshops with Milton in Honolulu have had the privilege of experiencing the lovely Hawaiian hospitality of his wife, Emily. During the workshops, Emily prepares and serves various lovely and nourishing meals to the students. After each meal, students never fail to ask for her recipes. Emily has graciously allowed her recipes to be put into print in order that all Trager students may enjoy her cooking... With Aloha.

This lovely book by Emily Trager was produced by Trager Practitioner Cyndi Harada of Los Angeles for The Trager Conference, and the Members of our Institute. To order your copy (or copies), just send \$5.00 per book, plus \$1.00 postage and handling for the first book, and 50¢ for each book after that. Make your check payable to The Trager Institute, and mail it to our office. Sales of Emily's book benefit The Trager Institute.

Speaking of Emily's cookbook, here are some corrections for those members who have bought, or are planning to buy "With Aloha From Emily":

**Page Five: Trager Cottage Cheese**

The cloth bag used for this recipe should have a draw-string around the top.

**Page Five: Trager Buttermilk**

In line two, after the sentence, "Don't strain.", add "Just stir."

**Page Seven: Noodle Kugel**

This is an ingredient modification. You can use your Trager Cottage Cheese in place of Philadelphia Cream Cheese.

**Page Ten: Apricot Chicken**

Additional Note — if creamy Russian dressing is not available, add ½ cup mayonnaise to the Russian dressing you use.

**Page Fifteen: Vegetable Meatloaf**

1 tsp. pepper is too much for some folks. Just use pepper to taste. And for anyone who may not know, Schmaltz is rendered chicken fat. Bake at 375° for 1 hr. with pan covered.

## Video Project Raffle Down To The Wire!

Laura Waldman

The Video Project Raffle drawing will be held on January 13, 1984. We have less than two months to raise money for the Video Project by this medium. If you want to support the Project we need your money and energy immediately.

So far, \$11,000 has been raised. Much of this sum has been large individual donations. Ticket sales for the Raffle have been small. With forty-one prizes offered, at this point, odds of winning something are excellent.

Many people have thanked and admired the Texas Trager family for initiating this Project, but it's not going to happen without your help. Yes, YOU, dear readers! Please commit yourself to taking one small action in the next 48 hours. Buy one ticket for yourself. Send Don a check for \$10.00 and he will mail back your ticket stub. Sell one ticket to someone else. Order a block of tickets tomorrow and get them sold within a month. Buy a ticket in the name of friend and give it as a Christmas gift. Tithe your Trager income for the past month and buy tickets with it. Call a Trager friend and find out if she/he is participating in the project. Trade a Trager session with an associate and use the value of your time as the basis for buying tickets.

All ticket sales and advances are done through The Trager Institute office. Make your checks payable to The Trager Institute and note Video Project at the bottom. Tickets cost \$10.00 each.

Prizes are: Trip to Honolulu and session with Milton Trager, M.D., a tuition free Intermediate training and session with Milton, sessions from Instructors, and Trager Institute T-shirts. See previous newsletters for more details.

Don't forget, the person who sells the most tickets gets a night on the town in San Francisco with Betty Fuller.

We want to be able to communicate with large numbers of people to spread the word about Trager. Invest in the future of your Trager professional practice. We also need a top quality representation of Milton's work for teaching purposes. Even a very small donation and effort on your part can make very wide ranging repercussions in the lives of many people.

At Deane's training in Marble Falls, we asked everyone there to make a commitment on the spot, and we raised \$900.00. Act now! All we have to do is do it!

Happy  
New  
Year!

## Highlights from the Trager Conference, 1983

Last May, as many of you know, we held our Second International Trager Conference in Santa Rosa, California, coordinated by our esteemed Mili Kari. On Friday of said Conference, we had an evening of acknowledgements and entertainment — of sorts. Thanks to our dear Copper Scholl of Marble Falls, Texas, we have a few photographs capturing some of the many magical moments manifested in the night.



Milton and Emily Trager.



Sheila Merle Johnson and Carol Campbell bring the house down in singing their own Tragerized version of "It Ain't the Meat, It's the Motion."



Emily Trager and our five femmes fatales Instructors: from left to right, Betty Fuller, Gail Stewart, Carol Campbell, Sheila Merle Johnson and Cathy Guadagno.

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From left to right: Ivnette Brannon, Bill Scholl, and Laura Waldman — don't ask.

## Leonard Burton Hart

November 13, 1928 - December 4, 1983

The Trager Family lost another good friend and supporter with the death of Leonard Hart. Many of you met him this Fall during Milton's trainings. While you all were working in the upstairs room, Leonard was painting our new classrooms and offices downstairs.

It was Leonard who fixed up our old center at Poplar Place, creating the kitchen, enlarging the space with strategically placed mirrors, and building benches for sun-warmed lunches outside. Of course we brought all that with us to #10 Old Mill Street, so Leonard is still very much with us in memory and spirit.

He greatly admired Trager Work and was influential in getting Bob Dean to take the training. Their home in San Francisco, shared by Leonard, Bob, and Michael Carter, became the main crash space for many out-of-town Trager folk.

Leonard was born in upstate New York and was a jack-of-all-trades. He simply could do *everything* well; hairdresser, interior design, builder, decorator, painter, farmer, dancer, artist, and could tourier. He made a gorgeous, hand-embroidered blue jeans dress for Betty Fuller along with many men's embroidered shirts and other clothing as well as slip covers, drapes, etc.

Leonard's specialty was faux painting in which he could duplicate any surface with paint — pig skin, lapis, jade, marble, etc. — and you couldn't tell the difference till you touched it. Merlin's Gallery in Mill Valley has two stunning "malachite" by Leonard.

Leonard's enormous talents, his boundless enthusiasm, his loyalty and integrity along with his bountiful sense of humor and bubbling laugh will be remembered forever.

## PLEASE NOTE!

Dr. Trager's May 3-5 Intermediate class has been cancelled. A special Practitioner's Intermediate with priority to Introductory Workshop leaders has been added to the schedule for May 4-6.

## Trager Instructors Notice:

Debbie Dorn has changed the name of her company to TYPE SOLUTIONS. Please make note of this when mailing in your schedules for printing. The address will be:

TYPE SOLUTIONS  
P.O. Box 2852  
Petaluma, CA 94953

Thanks for your cooperation — Debbie.

## CREDITS

Editors: Don Schwartz & Betty Fuller  
Typesetting & Layout:  
Debbie Dorn, Type Solutions  
Printing: Pronto Press

Those of you who are registering for Dr. Trager's Spring classes please remember to make your checks payable to Milton Trager, M.D.



THE TRAGER INSTITUTE  
10 Old Mill Street  
Mill Valley, CA 94941-1891  
(415) 388-2688

Season's  
Greetings!

FIRST CLASS

PLEASE FORWARD

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