

Chapter 1 : Dating After Real World Dating Advice for Older Women

Welcome to 60 Parsecs! 60 Parsecs is the sequel to 60 seconds! It's an Atomic Space Age adventure of scavenge and survival. Keep your crew alive and ready for action.

But there are plenty of ways to enjoy sex. Enjoy all the feelings of arousal with your partner, not just the orgasm. Take time to be more sensual: Take time to undress each other. Tell each other what you like and how you like to be touched. Many people give each other oral sex or masturbate together as a healthy and enjoyable part of their sex life. For more advice read *Keeping the passion alive*. Sex after the menopause Some women say they feel more relaxed about sex after the menopause because they no longer have to worry about contraception. However, some women can experience vaginal dryness and a lower sex drive after going through the menopause. Tips to relieve vaginal dryness: Soap, bath oils and shower gels can aggravate dryness. Instead, use lukewarm water alone or with a soap-free cleanser. Try using a vaginal moisturiser or lubricant. These are available from pharmacies without a prescription. However, if symptoms of the menopause persist or if you have low mood, then it may be best to see your GP. Find out more about treating vaginal dryness and reduced sexual desire after the menopause. New relationships Starting a new relationship later in life can be daunting, but it can also be exciting. Take it slow and start with whatever feels comfortable for you, like hugs, closed-mouth kisses and caresses. Erection problems Most men have erection problems at some time in their life, and the causes can be physical or psychological. You should see your GP if you have erection problems for more than a few weeks, as it could be a sign of a more serious health condition.

Chapter 2 : You Say You Want a Revolution: Remembering the 60s | The Brooklyn Rail

Confidence is sexy - and women over 60 tend to be more confident and willing to speak up about what we want to experience with our lovers. More Intimacy Women over 60 tend to appreciate our intimate relationships so much more than we did when we were younger.

Remembering the 60s offers a familiar picture of that turbulent decade. Inside, the scene is set by a ten-foot-tall photograph taken by Walter Bredel of the crowd at Woodstock in It too is printed in that same lush gradient. Illustrations from the San Francisco Oracle , dripping with acid-laced mysticism, are blown up to similar proportions. Who needs another tribute to sex, drugs, and rock-n-roll? Berg Collection of English and American Literature. And the only way to achieve it, they felt, was through revolution. The shared language of Marxism undergirded the armed patrols and community kitchens of the Black Panthers as much as it did the early organizing of the Gay Liberation Front, whose name consciously echoed that of the National Liberation Front in South Vietnam. For many of these groups, affirmed the conviction that revolution was not only necessary but imminent, with strikes and protests of unprecedented scale erupting everywhere from France to Czechoslovakia, Mexico to Pakistan, putting the established order on hold. Radical movements never reached quite the same crescendo in the United States, but the combination of campus unrest, black militancy, and increasingly widespread hostility to the Vietnam War suggested to many that the possibility was still around the corner. Marxist scholar Paul Heidemann recently noted in Jacobin that in the fall of , one poll found that some , college students considered themselves revolutionaries; by , that number had gone up to a million. But the tumult that swelled the left as it crossed into the s also amplified the divisions within it. Those divisions are on display at the NYPL too. Increasingly unmoored from organized labor and the working class more generally, the student movement fell prey to various forms of vanguardism, with one faction of SDS splitting into the self-destructive at its worst, literally suicidal Weather Underground, on one hand, and the no less misguided Maoism of the Progressive Labor Party on the other. Back stateside, factions multiplied and disillusionment deepened. The San Francisco Diggers denounced their New York counterparts for actions like showering dollar bills on the New York Stock Exchange, which made for good theater but did little to disrupt financial markets. What bound the carefree Yippies with groups like the Weather Underground and the Symbionese Liberation Army was effectively a form of narcissism—the idea that in the place of an organized mass movement, a handful of radicals could jolt the system into submission through a series of well-coordinated stunts which, needless to say, failed. Partly as a result of this neoliberal turn, it was the depoliticized side of the counterculture that won out in the popular imagination—the side that touted self-indulgence as liberation, that brought us the proliferation of New Age cults and communes, that took us from the Whole Earth Catalog to the iPhone. DSA, for example of which I am a member , has seen a proliferation of illustrators, designers, filmmakers, and musicians turning their talents toward building a vibrant mass movement. And their efforts are proving increasingly effective. For all its recent growth and dynamism, the organized left in the United States today, as in much of the world, is a fraction of the size and strength that it was fifty years ago, while its enemies have only grown more organized. Will the shock of Trumpism be enough to reverse that trend? No exhibition can answer that question, but mining the history of earlier movements and the backlash against them can offer some clues.

Chapter 3 : 60s Music - Listen to Free Radio Stations - AccuRadio

"Men want sex more often than women at the start of a relationship, in the middle of it, and after many years of it," Baumeister concludes after reviewing several surveys of men and women.

Without preamble, she launched into enthusiastic endorsement of a lubricant called Astroglide: Now I am older, it seems less funny. Young people are often surprised that older women have sex at all. On Gransnet , the social networking site for grandparents that I edit, one poster described celebrating her 55th birthday at work and being asked by a much younger colleague at what age she had given up sex. In fact, people over 60 are now the fastest-growing group contracting sexually transmitted diseases, according to government agency figures. Much of the ignorance about sex and the older person stems from resistance to thinking about old people at all, least of all their yucky bodies. There is a profound cultural fear of ageing, which glorifies the young and deprecates anything old: This distaste tends to feed a perception of older people as a homogeneous group " which is absurd, because we tend to become more diverse, more assertive about our likes and dislikes, as we age. This is likely to be as true of sex as of anything else. Some of it may also be highly inventive, if only out of necessity. When one Gransnetter asked recently: Those who sail on through it may well have to adjust, to make use of Astroglide-type aids or other chemical assistance. Some are left with a sense of mourning: New relationships have a suspicious habit of reviving enthusiasm. Now there are no strings and sex is the best ever. Some Gransnetters claim to be having the best time of their lives. The ingenuity of people with dodgy hips should not be underestimated, nor, for those with less than fighter-pilot reactions, should Slow Love. If you want to talk first, Trollope works fine. Menopause, according to Gloria Steinem, can give women a new drive and confidence. Internet dating sites have made finding someone to suit this new, more assertive state easier. Greater longevity and improved health mean that a phase of life never previously seen now exists: The novelty of this means that very little is understood about its erotic possibilities " but these are likely to be as varied as for any other group and, probably, more so.

Chapter 4 : Growing Old in America: Expectations vs. Reality | Pew Research Center

Dating coaches take a more positive stance on dating after 60. They explain that a change in mindset is essential for women over 60 who want to find romance. In my recent interview with dating coach, David Wygant, he suggested that men are often the ones who lack confidence and suffer from fear of rejection.

Your strengths, or your weaknesses? The best that might happen, or the worst that might come to be? In your quiet moments, pay attention to your thoughts. Because maybe, just maybe, the only thing that needs to shift in order for you to experience more happiness, more love, and more vitality, is your way of thinking. Here are 60 thought-provoking quotes and life lessons gathered from our book and our blog archive that will help you adjust your way of thinking. You cannot change what you refuse to confront. Sometimes good things fall apart so better things can fall together. Sometimes you need to distance yourself to see things clearly. Read Rich Dad, Poor Dad. If a person wants to be a part of your life, they will make an obvious effort to do so. Think twice before reserving a space in your heart for people who do not make an effort to stay. Making one person smile can change the world – maybe not the whole world, but their world. The most painful thing is losing yourself in the process of loving someone too much, and forgetting that you are special too. As we grow up, we realize it becomes less important to have more friends and more important to have real ones. Making a hundred friends is not a miracle. The miracle is to make a single friend who will stand by your side even when hundreds are against you. Falling in love is not a choice. To stay in love is. Never do something permanently foolish just because you are temporarily upset. When you stop chasing the wrong things you give the right things a chance to catch you. Every single thing that has ever happened in your life is preparing you for a moment that is yet to come. True nobility is in being superior to the person you once were. Trying to be someone else is a waste of the person you are. You will never become who you want to be if you keep blaming everyone else for who you are now. People are more what they hide than what they show. Being alone does not mean you are lonely, and being lonely does not mean you are alone. Love is not about sex, going on fancy dates, or showing off. Anyone can come into your life and say how much they love you. It takes someone really special to stay in your life and show how much they love you. Burn the candles, use the nice sheets, wear the fancy lingerie. Love and appreciate your parents. We are often so busy growing up, we forget they are also growing old. Learn to love yourself first, instead of loving the idea of other people loving you. Happiness is a choice. No matter how good or bad you have it, wake up each day thankful for your life. Someone somewhere else is desperately fighting for theirs. The smallest act of kindness is worth more than the grandest intention. Many people are so poor because the only thing they have is money. Learn to appreciate the things you have before time forces you appreciate the things you once had. When you choose to see the good in others, you end up finding the good in yourself. You drown by staying there. Most people depend on others to gain happiness, but the truth is, it always comes from within. If you tell the truth, it becomes a part of your past. If you lie, it becomes a part of your future. What you do every day matters more than what you do every once in a while. Read *The Power of Habit*. Things turn out best for people who make the best out of the way things turn out.

Chapter 5 : Sex Over 7 Tips For Couples To Turn Up The Heat | HuffPost

And finally, men were more than twice as likely as women to report wanting sex more frequently. This was true in all age segments--even in men 80 and older. Sex After A Positive Outlook.

Also, a lifetime of love and loss has made many women distrustful and unwilling to get back into the dating game. They explain that a change in mindset is essential for women over 60 who want to find romance. In my recent interview with dating coach, David Wygant , he suggested that men are often the ones who lack confidence and suffer from fear of rejection. He says that older women have the power to make a connection that turns into a dating opportunity. For example, three simple ideas for creating dating opportunities include smiling genuinely, approaching men first and learning the art of flirting. His assessment requires a fundamental shift in thinking – women must not be afraid to make the first move! Here are a few ideas to help you get the hang of dating after You will find out soon enough if they are married or committed, so, for now, just be friendly and see what happens. Let single girlfriends know that you are actively looking for a relationship – maybe they know someone who is perfect for you! Strike up a Conversation! Another place to meet interesting men is the good old standby, the coffee shop. Many men come in every day to get their cup of chai or latte. Pay attention and you may just find a new friend. Start a casual conversation with the man standing in line and smile! Look around and make eye contact. If you see someone interesting, make a move. Sometimes just asking whether the chocolate muffins are any good is enough to start a great conversation. Just remember to be genuine. Play with Pets and Grandkids – They are Great Smile Magnets When you are out with a dog or young child, there is a natural and comfortable energy about you. This weekend, grab your dog and visit your local park. If you have a grandchild, take them for a walk or buy them ice-cream at a local cafe. Go Cultural – Explore Museums, Bookstores and Theaters The most important dating guideline is to simply do things you love. If you love museums, look for special events that will draw a crowd. If you have a passion for books, go and browse the magazines and chat with the man next to you. There should be no expectations when meeting new people. If you love sports, buy a ticket to an event that you love. Who knows who will be sitting next to you? You can join groups for everything you can possibly imagine including hiking, art, photography, travel or dining out. They also have events for men and women our age and can be a great opportunity to meet new people, whether you are looking for love or not. Meeting people at the gym has a few build in advantages. First, any single man that you do meet at the gym is more interested than the average person in staying in shape. Getting in shape will improve your confidence and improve every aspect of dating after Dive Into the World of Online Dating, but, Wear Your Armbands Online dating fills a gap for women who are more uncomfortable meeting new people in person. There are lots of choices, like Match. Other paid sites, like EHarmony. There are also faith-based sites like ChristianCafe. There really are so many ways to meet men even after 60 – it simply takes a shift in mindset. Do you agree that women should make the first move when meeting a man for the first time? Do you think we have forgotten the Art of Flirting? Please add your thoughts in the comments section below.

Chapter 6 : Why Sex After 60 Can be Better than Ever

The emails poured in. From age 25 to 65, single, in relationships and married, women wrote to us about how they have struggled -- or are still struggling -- with the fact that they want sex more.

Apparently once we turn 60, women are supposed to be sexless and invisible. After all, why would we want to have sex, once our childbearing years have passed? As we all know from watching television, women over 60 are supposed to give up such irresponsible things, and settle in to a docile old age of chaste living, matronly wisdom, and unfashionable clothes. Sex After 60 is Better than Ever Women over 60 are still sensual, still full of desire, still yearning for intimacy, and still full of love to give! In fact, there are many reasons why sex after 60 can be better than ever. Here are a few reasons why women over 60 are still able to have some of the most exciting sexual experiences of their lives: **Less Pressure** Women over 60 have a built-in advantage when it comes to our sex lives â€” we tend to have more free time at this stage of life than we did when we were younger. Confidence is sexy â€” and women over 60 tend to be more confident and willing to speak up about what we want to experience with our lovers. **More Intimacy** Women over 60 tend to appreciate our intimate relationships so much more than we did when we were younger. Part of the reason is that we have lived longer lives â€” we have experienced love and loss. We have seen beauty and tragedy in our own lives and in the lives of our families and friends. Women over 60 might have gone through divorce, health challenges, the loss of parents, the deaths of close friends â€” and all of these life experiences create a richer emotional context for our intimate lives. **More Connections** Today there are so many ways to meet new men. Even if you are not looking for a new mate, there are plenty of ways to find new ways to date and enjoy activities that you enjoy. A dating site that I have used is How About We. It has an interesting approach. It takes the pressure off those first date nerves! Women over 60 tend to be more interesting people than we were in our younger years â€” we have been through so much, and we are still here, still seeking and still offering so much love! Please talk to your doctor about your sexual health and sexual function as part of your regular medical appointments. As we get older, there are some various physical challenges with our bodies that can affect our sexual health and enjoyment of sex. Staying in better shape as we get older is another way to help enjoy a healthier and happier sex life! And if you are not in a monogamous relationship and are dating new partners, be sure to use condoms and practice safer sex. Even though most women over 60 are not at risk for pregnancy, we can still be exposed to sexually transmitted infections. Do you believe that sex after 60 is better than ever? Why, or why not? Please add your thoughts in the comments section below.

Chapter 7 : Swinging sixties: older people and sex in the internet age – Channel 4 News

Online dating has made sex more accessible for men and women over But as well as offering the possibility of greater sexual fulfilment, the internet is also throwing up new challenges and dangers.

In fact, 51 per cent of people over 60 told us they are sexually active and many describe enjoying a late sexual bloom. In exclusive research, Channel 4 News carried out in-depth interviews with 76 overs all over the country and polled another to find out about love, sex and relationships in what is fast becoming a new, old age. Joey, 69, from London said: Joey is like almost half of all our respondents 46 per cent who told us that sex is important to their lives. Many felt overlooked and that they became invisible after the menopause. Margaret, 67 from Oxfordshire told us: But at it they are, and a third of those who are single told us they too would like to meet someone new. And just like younger people, most are turning to the internet to do so. Her granddaughter Nicola is acting as both facilitator and gatekeeper and sifting those she thinks are suitable. Peter, who was 70 at the time, recounts the nerves of starting over again after many years without sex and said: Degree of naivety The internet has made finding love so much easier, but this increased access to sex is leading to increased rates of sexually transmitted infections. In fact, STIs have doubled in year-olds in the past 10 years. Justin Gaffney is a sexual health nurse consultant and told us: Justin has had people come to him using household products as lubricants- shampoo, hand cream and even cooking oil. Many of our respondents told us that their first marriages in the s and 60s had been repressed, and if they are dating again today that they are keen to experiment and enjoy a much more empowered, adventurous relationship. Truth is stranger than fiction. Some hot guy at 69? But by God, it does! Joey, aged 69 For some women, it has only been in later years that they achieved orgasm for the first time. Solange, 79, from Wales told us: Avoiding compromise David and Carole live opposite each other, having moved down to Hastings after their respective partners died. They see each other most days, but Carole says: But by god it does! And look how hot I am! Parts two and three will follow on during the week. They were directed by Cat McShane.

Chapter 8 : Study: Older Men Want Sex More Than Older Women Do - TIME

The government of Canada doesn't want any more delays to its '60s Scoop settlement offer. Kathleen Martens APTN News. Six adoptees have opted out of the '60s Scoop settlement giving the deal the green light it needs from the class.

Growing Old in America: Nor is it quite as good. These disparities come into sharpest focus when survey respondents are asked about a series of negative benchmarks often associated with aging, such as illness, memory loss, an inability to drive, an end to sexual activity, a struggle with loneliness and depression, and difficulty paying bills. In every instance, older adults report experiencing them at lower levels often far lower than younger adults report expecting to encounter them when they grow old. These generation gaps in perception also extend to the most basic question of all about old age: When does it begin? Survey respondents ages 18 to 29 believe that the average person becomes old at age Middle-aged respondents put the threshold closer to 70, and respondents ages 65 and above say that the average person does not become old until turning Other potential markers of old age—such as forgetfulness, retirement, becoming sexually inactive, experiencing bladder control problems, getting gray hair, having grandchildren—are the subjects of similar perceptual gaps. Less than half of all adults ages 30 and older agree. However, a handful of potential markers—failing health, an inability to live independently, an inability to drive, difficulty with stairs—engender agreement across all generations about the degree to which they serve as an indicator of old age. In fact, it shows that the older people get, the younger they feel—relatively speaking. Among 18 to 29 year-olds, about half say they feel their age, while about quarter say they feel older than their age and another quarter say they feel younger. Nearly half of all survey respondents ages 50 and older say they feel at least 10 years younger than their chronological age. Among respondents ages 65 to 74, a third say they feel 10 to 19 years younger than their age, and one-in-six say they feel at least 20 years younger than their actual age. In sync with this upbeat way of counting their felt age, older adults also have a count-my-blessings attitude when asked to look back over the full arc of their lives. All other age groups also tilt positive, but considerably less so, when asked to assess their lives so far against their own expectations. The Downside of Getting Old To be sure, there are burdens that come with old age. About one-in-four adults ages 65 and older report experiencing memory loss. About one-in-five say they have a serious illness, are not sexually active, or often feel sad or depressed. About one-in-six report they are lonely or have trouble paying bills. But when it comes to these and other potential problems related to old age, the share of younger and middle-aged adults who report expecting to encounter them is much higher than the share of older adults who report actually experiencing them. Moreover, these problems are not equally shared by all groups of older adults. Those with low incomes are more likely than those with high incomes to face these challenges. The only exception to this pattern has to do with sexual inactivity; the likelihood of older adults reporting a problem in this realm of life is not correlated with income. Not surprisingly, troubles associated with aging accelerate as adults advance into their 80s and beyond. It no doubt helps that adults in their late 80s are as likely as those in their 60s and 70s to say that they are experiencing many of the good things associated with aging—be it time with family, less stress, more respect or more financial security. The Upside of Getting Old When asked about a wide range of potential benefits of old age, seven-in-ten respondents ages 65 and older say they are enjoying more time with their family. About two-thirds cite more time for hobbies, more financial security and not having to work. About six-in-ten say they get more respect and feel less stress than when they were younger. Just over half cite more time to travel and to do volunteer work. Of all the good things about getting old, the best by far, according to older adults, is being able to spend more time with family members. People Are Living Longer These survey findings come at a time when older adults account for record shares of the populations of the United States and most developed countries. These ratios will put the U. Contacting Older Adults Any survey that focuses on older adults confronts one obvious methodological challenge: A small but not insignificant share of people 65 and older are either too ill or incapacitated to take part in a minute telephone survey, or they live in an institutional setting such as a nursing home where they cannot be contacted. To mitigate this problem, the survey included interviews with more than adults whose parents are ages 65 or older. Not surprisingly, the

portrait of old age they draw is somewhat more negative than the one painted by older adult respondents themselves. We present a summary of these second-hand observations at the end of Section I in the belief that the two perspectives complement one another and add texture to our report. The most common explanation offered by respondents of all ages has to do with differences in morality, values and work ethic. Relatively few cite differences in political outlook or in uses of technology. When Does Old Age Begin? But as noted above, this average masks a wide, age-driven variance in responses. More than half of adults under 30 say the average person becomes old even before turning 60. Moreover, gender as well as age influences attitudes on this subject. Women, on average, say a person becomes old at age 60. Men, on average, put the number at 65. In addition, on all 10 of the non-chronological potential markers of old age tested in this survey, men are more inclined than women to say the marker is a proxy for old age. The average response from our survey respondents is 62. A AARP survey found that the average desired life span was 78. Among all adults ages 65 and older, nine-in-ten talk with family or friends every day. About eight-in-ten read a book, newspaper or magazine, and the same share takes a prescription drug daily. Three-quarters watch more than a hour of television; about the same share prays daily. Nearly two-thirds drive a car. Less than half spend time on a hobby. About four-in-ten take a nap; about the same share goes shopping. Roughly one-in-four use the internet, get vigorous exercise or have trouble sleeping. As adults move deeper into their 70s and 80s, daily activity levels diminish on most fronts—especially when it comes to exercising and driving. On the other hand, daily prayer and daily medication both increase with age. Are Older Adults Happy? And perhaps more importantly, the same factors that predict happiness among younger adults—good health, good friends and financial security—by and large predict happiness among older adults. Among all older adults, happiness varies very little by age, gender or race. Retirement and Old Age. Retirement is a place without clear borders. Whatever the fuzziness around these definitions, one trend is crystal clear from government data 3: After falling steadily for decades, the labor force participation rate of older adults began to trend back upward about 10 years ago. In the Pew Research survey, the average retiree is 75 years old and retired at age 65. However, many living patterns change as adults advance into older age. About three-quarters say they have someone they can talk to when they have a personal problem; six-in-ten say they have someone they can turn to for help with errands, appointments and other daily activities. Just four-in-ten adults ages 65 and above use the internet on a daily basis, and that share drops to just one-in-six among adults 75 and above. By contrast, three-quarters of adults ages 65 and above go online daily. The generation gap is even wider when it comes to cell phones and text messages. Religion and Old Age. Religion is a far bigger part of the lives of older adults than younger adults. Family Relationships Staying in Touch with the Kids. Mothers and daughters are in the most frequent contact; fathers and daughters the least. Sons fall in the middle, and they keep in touch with older mothers and fathers at equal rates. Was the Great Bard Mistaken? Through the centuries, other poets and philosophers have observed that parents and children often reverse roles as parents grow older. Not so, says the Pew Research survey. Responses to this question from children of older parents are broadly similar. Intergenerational Transfers within Families. Despite these reported patterns of non-reliance, older parents and their adult children do help each other out in a variety of ways. However, the perspectives on these transfers of money and time differ by generation. The intra-family accounting comes out quite differently from the perspective of adult children. There are similar difference in perception, by generation, about who helps whom with errands and other daily activities. To be clear, the survey did not interview specific pairs of parents and children; rather, it contacted random samples who fell into these and other demographic categories. Not surprisingly, as parents advance deeper into old age, both they and the adult children who have such parents report that the balance of assistance tilts more toward children helping parents. Conversations about End-of-Life Matters. Similar shares of adult children of older parents report having had these conversations. About the Survey Results for this report are from a telephone survey conducted with a nationally representative sample of 2,000 adults living in the continental United States. A combination of landline and cellular random digit dial RDD samples were used to cover all adults in the continental United States who have access to either a landline or cellular telephone. In addition, oversamples of adults 65 and older as well as blacks and Hispanics were obtained. The black and Hispanic oversamples were achieved by oversampling landline exchanges with more black and Hispanic residents as well as

callbacks to blacks and Hispanics interviewed in previous surveys. A total of 2, interviews were completed with respondents contacted by landline telephone and with those contacted on their cellular phone. The data are weighted to produce a final sample that is representative of the general population of adults in the continental United States. Interviews were conducted Feb. There were 2, interviews, including 1, with respondents 65 or older. The older respondents included whites, blacks and Hispanics.

Chapter 9 : Sex Confessions: 13 Women Who Want Sex More Than Their Male Partners Share Their Story

By the end of the Sixties, more than 80 percent of wives of childbearing age were using contraception after the federal government in approved a birth control pill.

Disasters[edit] Natural: The Valdivia earthquake , also known as the Great Chilean earthquake, is to date the most powerful earthquake ever recorded, rating 9. The main tsunami raced across the Pacific Ocean and devastated Hilo, Hawaii. Gulf Coast, especially in the state of Louisiana. Fires had erupted on the river many times, including 22 June , when a river fire captured the attention of Time magazine, which described the Cuyahoga as the river that "oozes rather than flows" and in which a person "does not drown but decays. Gulf Coast at Category 5 Status. On 15 February , Sabena Flight crashed on its way to Brussels, Belgium, killing all 72 passengers on board and 1 person on the ground. Among those killed were all 18 members of the US figure skating team, on their way to the World Championships. Since the wreckage of the aircraft is lost to this day, the cause of the crash remains a mystery. All people on board perished. All aboard died. A total of people died in the crash. Social and political movements[edit] Counterculture and social revolution[edit] Flower Power Bus In the second half of the decade, young people began to revolt against the conservative norms of the time, as well as remove themselves from mainstream liberalism, in particular the high level of materialism which was so common during the era. This created a "counterculture" that sparked a social revolution throughout much of the Western world. It began in the United States as a reaction against the conservatism and social conformity of the s, and the U. The youth involved in the popular social aspects of the movement became known as hippies. These groups created a movement toward liberation in society, including the sexual revolution , questioning authority and government, and demanding more freedoms and rights for women and minorities. The Underground Press , a widespread, eclectic collection of newspapers served as a unifying medium for the counterculture. The movement was also marked by the first widespread, socially accepted drug use including LSD and marijuana and psychedelic music. Opposition to United States involvement in the Vietnam War A female demonstrator offers a flower to military police on guard at the Pentagon during an anti-Vietnam War protest. As late as the end of , few Americans protested the American involvement in Vietnam, but as the war dragged on and the body count continued to climb, civil unrest escalated. Students became a powerful and disruptive force and university campuses sparked a national debate over the war. A mass movement began rising in opposition to the Vietnam War , ending in the massive Moratorium protests in , as well as the movement of resistance to conscription "the Draft" for the war. Other terms heard in the United States included " the Draft ", " draft dodger ", " conscientious objector ", and " Vietnam vet ". Voter age-limits were challenged by the phrase: Civil rights movement Leaders of the civil rights movement in front of the statue of Abraham Lincoln, 28 August Beginning in the mids and continuing into the late s, African-Americans in the United States aimed at outlawing racial discrimination against black Americans and voting rights to them. This article covers the phase of the movement between and , particularly in the South. The emergence of the Black Power movement , which lasted roughly from to , enlarged the aims of the civil rights movement to include racial dignity, economic and political self-sufficiency , and anti-imperialism. The movement was characterized by major campaigns of civil resistance. Between and , acts of civil disobedience and nonviolent protest produced crisis situations between activists and government authorities. Federal, state, and local governments, businesses, and communities often had to respond immediately to these situations that highlighted the inequities faced by African Americans. Noted legislative achievements during this phase of the civil rights movement were passage of Civil Rights Act of , [22] that banned discrimination based on "race, color, religion, or national origin" in employment practices and public accommodations; the Voting Rights Act of , that restored and protected voting rights; the Immigration and Nationality Services Act of , that dramatically opened entry to the U. Hispanic and Chicano movement[edit] Another large ethnic minority group, the Mexican-Americans , are among other Hispanics in the U. The largest Mexican-American populations was in the Southwestern United States , such as California with over 1 million Chicanos in Los Angeles alone, and Texas where Jim Crow laws included Mexican-Americans as "non-white" in some

instances to be legally segregated. Socially, the Chicano Movement addressed what it perceived to be negative ethnic stereotypes of Mexicans in mass media and the American consciousness. It did so through the creation of works of literary and visual art that validated Mexican-American ethnicity and culture. Chicanos fought to end social stigmas such as the usage of the Spanish language and advocated official bilingualism in federal and state governments. The Chicano Movement also addressed discrimination in public and private institutions. Early in the twentieth century, Mexican Americans formed organizations to protect themselves from discrimination. One of those organizations, the League of United Latin American Citizens, was formed in and remains active today. Forum, which was formed by returning Mexican American veterans, joined in the efforts by other civil rights organizations. Supreme Court ruling which declared that segregating children of "Mexican and Latin descent" was unconstitutional and the Hernandez v. Texas ruling which declared that Mexican Americans and other racial groups in the United States were entitled to equal protection under the 14th Amendment of the U. Meanwhile, Puerto Ricans in the U. The main concentration of the population was in New York City. In the s and the following s, Hispanic-American culture was on the rebound like ethnic music, foods, culture and identity both became popular and assimilated into the American mainstream. Spanish-language television networks, radio stations and newspapers increased in presence across the country, especially in U. The multitude of discrimination at this time represented an inhuman side to a society that in the s was upheld as a world and industry leader. The issues of civil rights and warfare became major points of reflection of virtue and democracy, what once was viewed as traditional and inconsequential was now becoming the significance in the turning point of a culture. A document known as the Port Huron Statement exemplifies these two conditions perfectly in its first hand depiction, "while these and other problems either directly oppressed us or rankled our consciences and became our own subjective concerns, we began to see complicated and disturbing paradoxes in our surrounding America. The declaration "all men are created equal The proclaimed peaceful intentions of the United States contradicted its economic and military investments in the Cold War status quo. Second-wave feminism A second wave of feminism in the United States and around the world gained momentum in the early s. While the first wave of the early 20th century was centered on gaining suffrage and overturning de jure inequalities, the second wave was focused on changing cultural and social norms and de facto inequalities associated with women.