Forces the Coop to debate extensive remodeling or moving to a new location. In the midst of all the chaos, Nan keeps right on baking. See the COOP NEWS beginning on page 12.

The elections are over. Voters chose three pro-business candidates for the Commission and voted NO to retain the present form of government. For an analysis of what happened, see page 18.

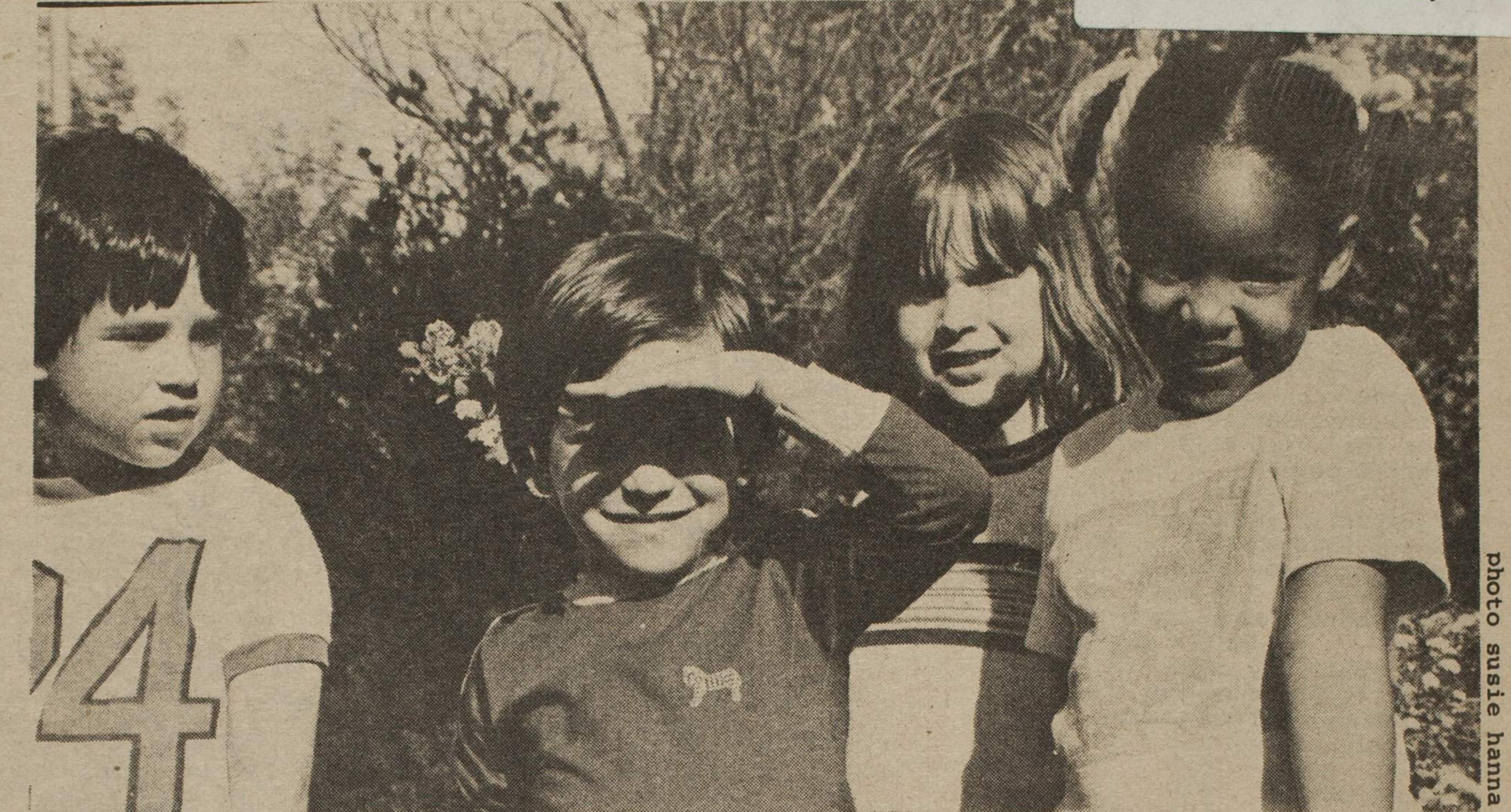
PUBLIC NOTICE offers read-Gers one heck of a deal on subscriptions. Have the P.N. delivered right to your door step. See the back page for details.

Remay to cut the cord to Your atility company? Try the wind for a change. The how-tos appear on page 8.

An epidemic of Spring feover has hit Lawrence. For a few poetic reflections on Spring, see the People's pages beginning on page 2.

In cooperation with the Community Mercantile May 1977 Lawrence, Kansas

Kansas Collection Spencer Library Kansas University Lawrence, Ks. 66045



Nuclear Power In Kansas?!

BY JIM MASON

Wolf Creek, a small Flint Hill stream which flows through north central Coffey County, has the du- They perceived two possibilities bious distinction of being the namesake of a nuclear power plant about 60 miles southwest of Lawrence; the creek empties into the Neosho River below Burlington. As if that distinction weren't enough, Wolf Creek will be dammed and used to cool water for the nuclear plant's reactor.

The people who live nearby did not have any say in the project. That decision was made long ago by two of the largest private corporations in this area, Kansas Gas and Electric Co. (KG&E) and the

These mammoth electric utilities, than the net worth of KG&E & KCPL serving all of Wichita, most of Kansas City and most of Southeast, such a venture would be a formid-Kansas, were seeing a five to sev- able problem. With such a high en percent annual growth rate in initial cost, why did the utilities the railroads. This is not to

the early 1970's. In order to meet the demands of electricity, the utilities felt more power plants were needed.

for fuel--coal and uranium--and completely disregarded the effects which may be built near Burlington, of conservation for more efficient electrical use. Natural gas and oil were becoming scarce, and an enlightened Federal energy policy prohibiting their use for boiler fuel was on the horizon. (KG&E) was in bad shape in that regard anyway, because over 80 percent of its electricity was made by burning natural gas.) Therefore, the utilities chose both coal and nuclear power.

Wolf Creek would be, by necessity, a joint venture of KG&E and KCPL. Kansas City Power & Light Co. (KCPL) With a construction price tag of about \$1 billion, it was bigger put together. Thus, financing

decide to build a nuke when constructing a coal plant would be at least 30 percent cheaper? The utilities would answer as follows: to be cheaper than that of coal; 2. A mixture of nuclear and coal would be healthier than either a-

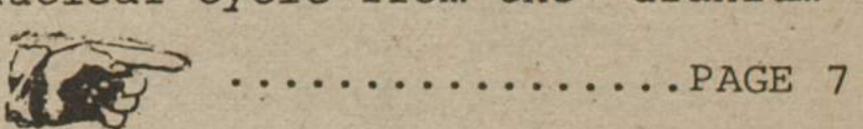
All of these reasons are highly questionable.

There are at least as many studies which show coal as being cheaper in the future as there are studies which give nukes the edge. In either case, the difference isn't much and, seeing as how such projections are more art than science, lution free. Nukes don't produce it's really a toss-up.

The rationale for the second reason, that a mixture would be healthier, gets closer to the heart of the matter. The idea behind it is that if the utilities were 100 percent coal, they would be vulnerable to strikes by coal miners or by

say that the reactor fuel industry is not highly unionized, but the Mil, Chemical and Atomic, Workers Union doesn't have the history of 1. Nuclear electricity is projected strikes that the others do. Besides a reactor is refueled only once a year while a coal plant gets deliv-'eries almost every day. These are deceptive excuses because utilities 3. Nuclear power is pollution free. keep large stockpiles of coal on hand to allow for short-term emergencies, and because the government never would allow a utility to run out of fuel. It either would order the workers back on the job or send in the National Guard.

> Lastly, everyone should know by now that nuclear power is not polthe detectable air pollution that coal plants do, but they do emit radioactivity into the air and into the water that circulates thru the plant. In addition, radioactivity is released all through the nuclear cycle from the uranium



BY CHIP JONES

Intering Gaslight Village, 3020 Iowa, a panorama of multicolored rectangles spreads out before you like a cubist's nightmare.

Each cube is framed by a chainlink fence, and each fence is fronted by a wooden carport with an orange plastic bonnet on top.

Life in a mobile-home park involves sacrificing outer space for inner space.

You drive on dizzied by the line of mailboxes hanging on the carports like a clothesline stretching into infinity. An occasional tool shed, a random bush, an old lady in a light blue frock hugging herself in the cold as she talks to a neighbor, all these provide immediate footholds in an otherwise drifting environment.

Although these chunks of matter bear the name "mobile," most people like to buy theirs and settle down.



"We just rent spaces," says Duke McCune, park manager for Gaslight ney, KU students, live in one of Village. "Costs them \$58 a month those homes. Their 12 x 65 foot for that. We only have a small percentage of people who rent mobile homes."

Gaslight Village spreads over 67 acres in the area south of Indian "We both wanted a house," says Hills and north of K-Mart. Open- Molly, "but we got back in town ed in 1967, Gaslight Village now has 387 mobile homes and 34 empty lots.

Molly McLaughlin and Joanne Smuthome has two bedrooms and is gasheated. Their choice of mobile home life was mainly pragmatic.

too late to get a good deal. And the price of apartments is terrible."

But isn't your \$180 per month rent just as steep as an apartment?

"Yeah, maybe," Molly concedes. "But we have more freedom."

Joanne pipes up, "One bad thing about this trailer is that it gets unbearably hot in the summer."

"It's like a tin box," Molly says. "And that's why we might not stay here this summer. All our plants would be killed. We would be killed."

Red carpets and draperies dominate the color-scheme of their living room. Airplane-plants and other hanging foliage cover the laminated-wood walls. There's a padded bar, and in the kitchen, plastic cabinets.

How's all this plastic affect you?

"It's just kind of funny," smiles Molly.

THE POPULATION OF THE POPULATI





In her Garden

I planted some flowers
In her garden.
And each year
When the blossoms are there,
I hope that they
Will make her happy,
For they will tell her
That I care.

Flowers in their own Sweet language No matter how I try, Can tell it Much better than I.

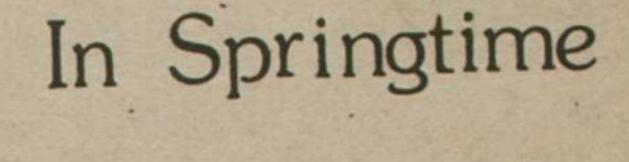
The years may come And the years may go, But they will be there To tell her so.

And I hope
That she will think of me,
And be glad
I planted them there.

CHRISTY L. SPRINGER



Plant your roots



Drink it all in, Love,
For the time is short
As you pass by--in Springtime.

The jonquils and the tulips
Last only briefly.
Also the violets, purple, red and
white, the upright stalks of grape
hyacinths show their beauty and
then wilt away.
And, oh, the flowering trees
What a gorgeous sight to observe
As you wind the woody roads
Above the swift and muddy river.

Each farmstead boasts of beauty
Flowering quince, red bud and dogwood, too.
Blossoms of cherry trees, apple,
pear and plum-Drink it all in, Love,
For the time is short
As you pass by--in Springtime.

DOROTHY M. SPRINGER





The windows rattle, the shutters bang,
Limbs bow down, in the distance a clang;
Hats are flying and skirts a-

Hats are flying and skirts aswishing, Fine for drying, but not for fishing;

The wind is passing by.

Winter has gone, spring is near, Weather is cloudy, then 'tis clear; Grass will green, so will wheat Amber waves so grand and great; The wind is passing by.

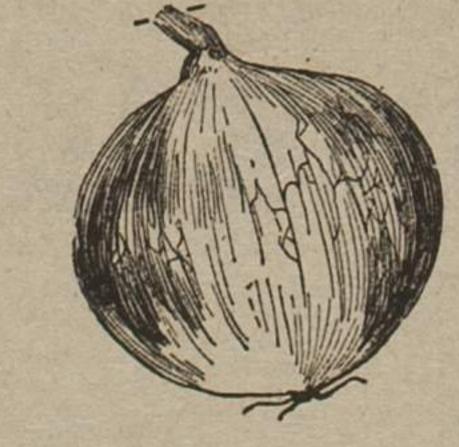
The Wind

Flowers peek out after a long winter's nap,
Some pink, some purple, some with white cap;
Fruit trees blossom, oh, so rare,
Soon a shake, then they are bare;
The wind is passing by.

Most any time, as days go by,
Furious-looking clouds may
darken the sky;
Without much warning the demon
strikes,
Gone is life's work, memories,
and the likes;
A Kansas wind just passed by.

Before too long, all's right with the world,
Sun shining brightly, flags hang unfurled;
As the world turns, so come the seasons,
We'll always have them without rhyme or reason;
The wind will be passing by.

MERLE HOLLADAY



Forsythia

The Forsythia, gowned in gold, Defies the onslaught of the cold. Golden bells wreath each arching branch Before the green leaves avalanche.

The shrub's golden bells delight bring;
They signal the coming of Spring.
Filigreed against the blue sky,
This shrub enchants the passerby.

ETHEL MAY AMYX



Horticulture

They say you should talk to your plants to make them grow and bloom, So I put in a threat or two, It's this year or their doom.

Now don't you droop, you worthless vine,
And, begonia, you're a slouch;
I'll put you by the cactus
As I tell him off--and ouch.

I creep upon the creeping phlox And yell, start spreading fast; Then to the stubborn geranium, So, you managed to bloom at last.

Yes, I talk to my little plants, So stubborn in their potty, And when the conversation fails, I may even try karate.



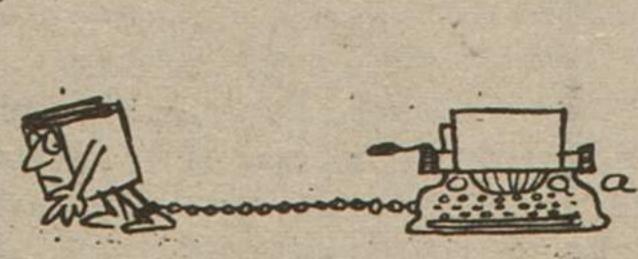


This page is composed entirely of poetry written by the Lawrence Writers Club. Members meet the 2nd Saturday of each month to read their prose and poetry and to share ideas for future writing. New members are always welcome; dues are only a quarter a year. We meet at 2:00 in the Lawrence Public Library. Come join us!!!

Kate Duffy, member

BY ELIZABETH JOHNSON HOUSE

LETTERS



LETTERS

Dear Public Notifiers,

Enclosed is a small contribution to the good work you folks are doing for Lawrence. If I wasn't pouring my spare cash into Clamshell, be sure I would have sent you more.

Public Notice is a pleasure to read. It is an ideal way for me to stay in touch with the important happenings around Lawrence, which I still consider my home.

If you like, I will try to put together an article on what happens at the April 30 occupation at Seabrook, for PEP to use in its insert.

The only other thing I can say is GREAT GOING and I'm sorry David Hann lost the election.

Eric Wolfe, former PEP puppeteer, who now organizes to stop SEABROOK, N.H. nuke!

This is a letter that staff member Patti Plamann wrote to the Journal World shortly after the city commission election. Since some of our readers don't and won't read the JW, we are reprinting it.

We are all glad the campaigning is neighborhoods who are the easiest pressed. The returns in the pre- why the change of government and

whelmingly for Rose, Clark and Carter and against the change of government. How telling! Of course, they are happy with the city government as it exists because it favors them. The city didn't try to close their school; didn't try to tear their houses down. And, of course, they want those three candidates because the candidates are themselves affluent cerned citizen", I will not sit and are growth candidates.

The three who were elected for city commission probably had more money behind them (and more silkscreened signs) than the others. The "bigger is better" belief is strong here in Lawrence. Their vision of the city I think is as a business opportunity - but we are a city of real people with real needs. I feel that the men who were elected are not aware of that fact. We speak of de-person- people are determining how and our vote substantiated that fact. and in which direction. Let's however, I am convinced they look best for the city of Lawrence. at the city as a map to move around and play with as a monopoly Patti Plamann board - to build shopping centers, 1208 New York hotels, and industry on.

The affluent districts don't feel the crunch like the less affluent over. However, my disappointment to maneuver because of lack of cold in the outcome cannot be fully ex- hard cash and "strings". That is Dear Friends in the Community, cincts said it all. The richer and the other two "neighborhood" canmore affluent precincts voted over- didates got the most votes in the

less affluent neighborhoods. They port. We are set up to assist are the people who get hurt the most by non-emphatic commissioners and city managers and they were trying to remedy that.

I believe in democracy. Therefore, and employment assistance- which if the majority of voters wanted these three men to be on the commission, so be it. But as a "conback and let them run the city as they see fit. We need so desperately to have more people involved in city government so a select few can't come in and do as they please. Even if you voted for these men, please stay involved and up on the issues.

Some people scoff a city elections, but our lives are so much more affected by these elections than national elections. These people are making decisions for us that will affect us everyday. These alization going on in our society- at what rate our city will grow -The men who were elected are very make sure special interests do not nice and conscientious gentlemen- override theier concern for what's

We of Women's Transitional Care Services need your help and sup-

women in crisis and transition. Many of these women have been physically abused and need to get out of their homes immediately. They need emotional, legal, financial is what we try to help them with. What we do not have is what is most desperately needed- emergency housing. We can use the services of Headquarters and the Salvation Army for only a few nights, and many times these women need more time than that to feel safe, decide on the next step, and take action on their own. Some of these women have children who have had to deal with all she had to - and more.

We are in the process of obtaining funds to buy or rent a shelter house. This takes time though, and until then we are stuck. If you have a spare room, bed, or even a livable basement, that space is desperately needed. So, if you can give a mother and children or a single woman shelter for even one noght, please call or write us. Neither we nor these women can do it alone. We need your help.

Write to

Judy Browder University Community Services Twente Annex Univ. of Kansas

Phone # 864-4141 Ask for Sandy, Beth or Judy



ized.

BY JUDY KROEGER DIRECTOR OF CONSUMER AFFAIRS

> 1--The consumer fills out a formal complaint form, and has it notar-

2--CAA informs the business of the complaint and asks for its side of the story, 3--Any disagreements over the facts are carefully investigated. 4--If the complaint is considered

to be valid, CAA attempts to achieve a voluntary settlement between the business and the consumer.

5--If a settlement agreeable to both parties cannot be reached voluntarily, the consumer may be advised to file the complaint in Small Claims Court or to seek legal counsel. In some cases, CAA may send the complaint to the Consumer Protection Division of the State Attorney General's office with a request for assistance.

CAA does not provide legal counsel but we can advise complainants when legal help is needed, and aid them in finding legal assistance.

Although handling complaints is an important part of the work the CAA does, we are very concerned with increasing consumer awareness in order to prevent problems before they occur.

The purpose of this column has and will be to explore ways of prevent- abstaining from the use of cheming consumer problems as well as ways of resolving them.

One way the CAA hopes to combat consumer problems is through public education. Kate Duffy, an East Lawrence resident and VISTA worker, is currently working with the CAA office, setting up workshops. She will be at Penn House, sday 1:30-3:30 and at Ballard Center, 708 Elm, 1:30-4:30 referring consumer complaints and problems. Ideas for workshops are appreciated.

Kansas Organic Producers

The Second Annual Meeting of the Kansas Organic Producers, Inc. attracted over 100 members and interested persons to the K-State Union in February. In an address to the assembly, Board of Directors Following Vogelsberg, David member Jim Lukens of Beloit emphasized goals common to organic producers, which include: healthful food, a pollution free environment, an energy efficient agriculture, and ready market access to consumers of organic products. He challenged the group to "develop new marketing channels that will help insure a quality product for the consumer and a fair price for the producer " Lukens urged the organization and the individual members to press our land-grant universities for more research that would be applicable to their organic farms. In addition, the members should share with each other the results of experiments done on their own farms.

Certification standards drawn up by the Board of Directors after a year of study were adopted unanimously by the members. The standards provide a guarantee to the consumer of organic products that the food is naturally nutritious and as free from chemical residues as possible. The growing methods required for a product to be certified organically grown include ical fertilizers and pesticides as well as assuring mineral balance and high humus content in' the soil. Committees were formed to implement the new certification standards, and to work in other areas of common interest.

The day long conference featured John Vogelsberg, veteran organic the methods that he uses to keep his 680 acres productive. Vogelsberg uses a crop rotation, which includes corn, beans, corn,

beans, and then oats or wheat and

control.

Weyerts of Manhattan presented a photo-tour of organic farms in several European countries he visited this past summer. Included on the tour was a visit with a farmer-inventor who is designing large-scale, multi-purpose equipment specifically for use on organic farms. The American tour group also attended the conference of the International Federation of Organic Agricultural Movements held in Seengan, Switzerland, where plans were made to facilitate better world-wide co-operation among organic organizations.



'The Consumer Affairs Assn.? Is that in Topeka?" "No, it is here in Lawrence." "Yeah? What does it do?" The Consumer Affairs Assn. is a non-profit organization dedicated to helping prevent and resolve consumer-related problems. It is the only organization in

the KU Student Union, it serves the entire Lawrence community. CAA assists consumers with a wide range of problems including landlord-tenant disputes, used car sales, repair practices, fraudulent mail order schemes, door-todoor sales, and deceptive advertising. We can advise consumers of the options for resolving the

problems, and can act as a media-

tor in settling disputes.

Lawrence that provides this kind

of help, and although located in

Upon receiving an inquiry from a consumer, our office first determines if the problem is one with which CAA can help. We ask the consumer what he has done to remedy the problem himself, and can give suggestions for a direct 1035 Pennsylvania, Monday and Thur- farmer of Home, Ks. who explained settlement between the consumer and business. If the consumer is unable to gain satisfaction on his own, we can aid him with the following procedure:

alfalfa. He emphasized the aerating and soil loosening effects alfalfa roots have on the soil, as well as the benefits of rotation in the areas of insect and weed



Farmworkers

Celebrate

After seven years of conflict The five year pact gives jurisdicbetween the United Farm Workers of agreement has been reached and was announced in March. Since it is the fifth agreement the Teamsters have made with the UFW, the farmworkers have justifiable reservations about celebrating this one. Yet, there are reasons to believe that this agreement is a mal victory for the UFW.

Why does the UFW believe the Teamsters this time? These negotiations were made with national Teamster officers and received nationwide publicity. This time it was the Teamsters who came to the UFW to negotiate. They were probabiy motivated by a need to clean so with their own rank and file members. Besides, the Teamsters werr not getting results from their attempts to gain representation of the workers. Since fall of Gallo wine continues. Help those 1976, the UFW has won three elections to every election won by the Teamsters.

tion to the Teamsters over workers America and the Teamsters Union, an covered by the National Labor Re- St. Louis, Mo. lations Act (NLRA), such as cannery workers and those who transport produce from the field to the canneries. These are workers the UFW has never attempted to organize. The UFW will have jurisdiction over workers not covered by the NLRA, such as those working in the Chicago, Ill. fields. The pact covers California and 13 other western states. There is a mechanism for arbitration of pact violations.

The pact is a victory, but the struggle continues. It is the growers who must sign contracts with the union. The economic up their image in the media and al-pressure of the boycott is more important than ever in the face of new types of grower resistance to the union. The boycott of non-UFW head lettuce, grapes, and who harvest the food you eat until the ink is on the contracts. VIVA LA CAUSA

ORGANIZE

People across the nation are be-1 year) in community organizing, coming more involved in the decis- leadership training and community ion making process on the local and national level. Not because the governments are becoming more responsive...not because powerful forces are giving away their power... but, people are becoming more involved in the process because they are organizing.

The National Training and Information Center (NTIC) provides training packages (from 1 week to development. The training combines theoretical instructions with on-the-job experience. Their core course is how to build people power through grass roots involvement.

For more information, write: NTIC, 121 W. Superior St. Chicago, Ill. 60610 or contact Helene Pesche at the Public Notice office





Maintaining a livelihood as a restaurant owner is a risky proposition, aggravated these days by the conglomerate companies buying into the business. We're seeing a transition from home-owned eateries that sustain the local economy by purchasing from area grocers and producers, to nationally promoted chains with food supplied by distant parent companies. The money we plunk down at the counter is directed out of our region and into the coffers of already well-to-do corporations. Some names we recognize in Lawrence:

FOOD MANUFACTURER

General Foods White Plains, N.Y.

Heublein Farmington, Conn.

Pet

Pillsbury Minneapolis, Minn.

Quaker Oats

United Brands New York

PRIMARY FOOD BRANDS

RESTAURANT

Burger Chef

Maxwell House, Sanka, Post Cereals, Bird's Eye processed vegetables Jell-o, Shake 'n Bake, Cool Whip, Kool-Aid,

A-1 Steak sauce, Escoffier Col. Sanders sauces, Ortega Mexican foods, Snap-E-Tom tomato cocktail, Inglenook wines Italian Swiss Colony Wines, Smirnoff liquors

Pet, Old El Paso Mexican foods, Funsten nuts, Musselman's apple products, Whitman's Sampler candies

Pillsbury, Poppin Fresh, Funny Face drink mix

Quaker, King Vitamin, Cap'n Crunch , Aunt Jemima, Celeste frozen pizza

Chiquita fruits and vegetables, 7 midwest meat processors

Kentucky Fried Chicken

Stuckey's Restaurants

Burger King

Magic Pan

A&W Baskin Robbins

Travel Notes

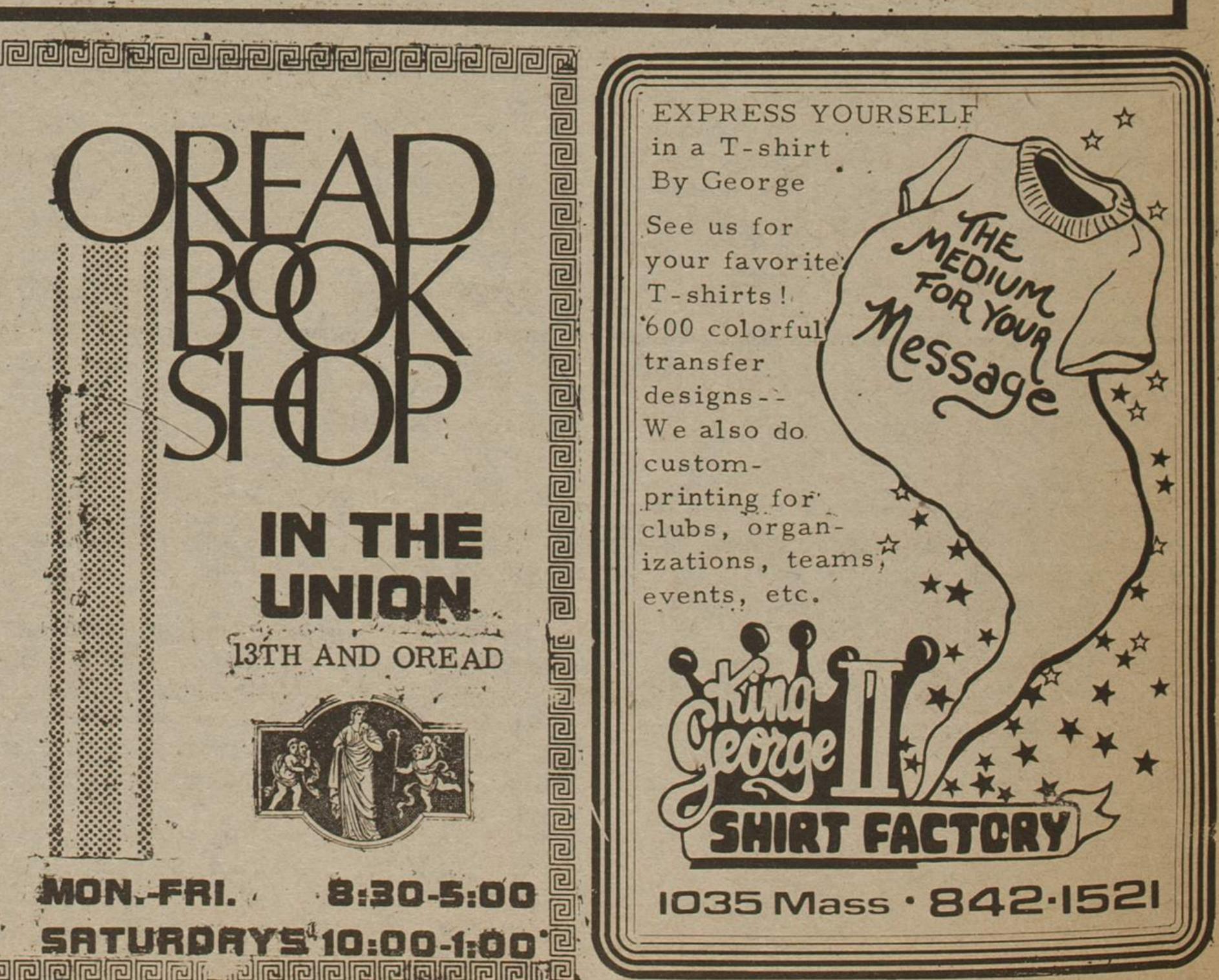
BY KATE GOLD

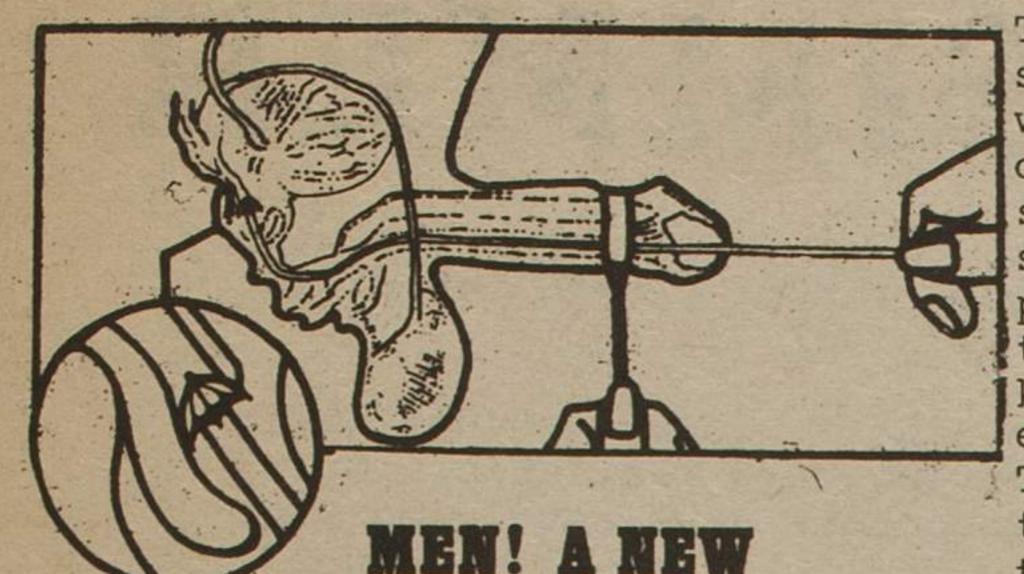
he fierce, northern coast of Holland kept her hiding in the car. adults and four youngsters, each "C'mon," her friend waved, "its nice out here."

It's cold," she said. But the ocean spray collapsed on her and made her feel small. "I can see from here," she said.

What drew her out was a large, white sailboat that slid into the North Sea. The people aboard, two bigger than the other, were strong and robust, and all dressed in yellow slickers foreseeing a gusty sail. Many people on the side of the dike stood up to get a better look at the ship. Her sails were luffing but she was gliding past at remarkable speed. They watched until she was far out at sea and the yellow slickers were as tiny as bees on a white lily.







contraception was unveiled recent- male whale since it doesn't interly at the American Women's Surgical fere with her rutting pleasure. Symposium held at the Ann. Arbor Medical Center. Dr. Sophia Merkin of the Merkin Clinic, announced the preliminary findings of a study conducted on 763 unsuspecting graduate students at a large midwest university. In her report, Dr. Merkin stated that the devicethe IPD - was a breakthrough in male contraception. It will be marketed under the trade name "Umbrelly".

The IPD (Intra-penile Device) resembles a tiny folded umbrella which is inserted through the head of the penis and pushed into the scrotum with a plunger-like instrument. Occasionally there is perforation of the scrotum, but this is disregarded, since it is known that the male has few nerve endings in this area of his body. The underside of the umbrella contains a spermacidal jelly, hence the name, "umbrelly."

Experiments on a thousand white whales from the continental shelf CONTRACEPTION (whose sexual apparatus is said to be closest to man's) proved the Umbrelly to be 100 % effective in preventing production of sperm, and The newest development in male eminently satisfactory to the fe-

> Comic Truth on an Urgent Problem

Dr. Merkin declared the Umbrelly to be statistically safe for the human male. She reported that of

763 male graduate students tested with the device, only 2 died of scrotal infection, only 20 experienced swelling of the tissues, 3 developed cancer of the testicals and 13 were too depressed to have an erection. She stated that common complaints ranged from cramping to acute abdominal pain. She emphasized that these symptoms were merely indications that the man's body had not yet adjusted to the device, but would probably disappear within a year.

One complication caused by the IPD and briefly mentioned by Dr. Merkin was the incidence of massive scrotal infection necessitating the surgical removal of the testicles.

"But this is a rare case," said Dr. Mekin, "too rare to be statistically important."

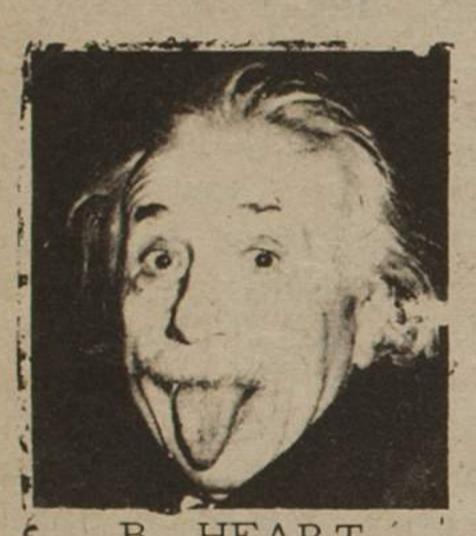
She and other distinguished members of the Women's College of Surgeons agreed that the benefits far outweighed the risk to any individual man.

Belita H. Cowan-The Match Courtesy of Free For All

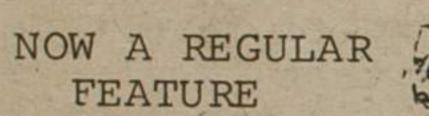


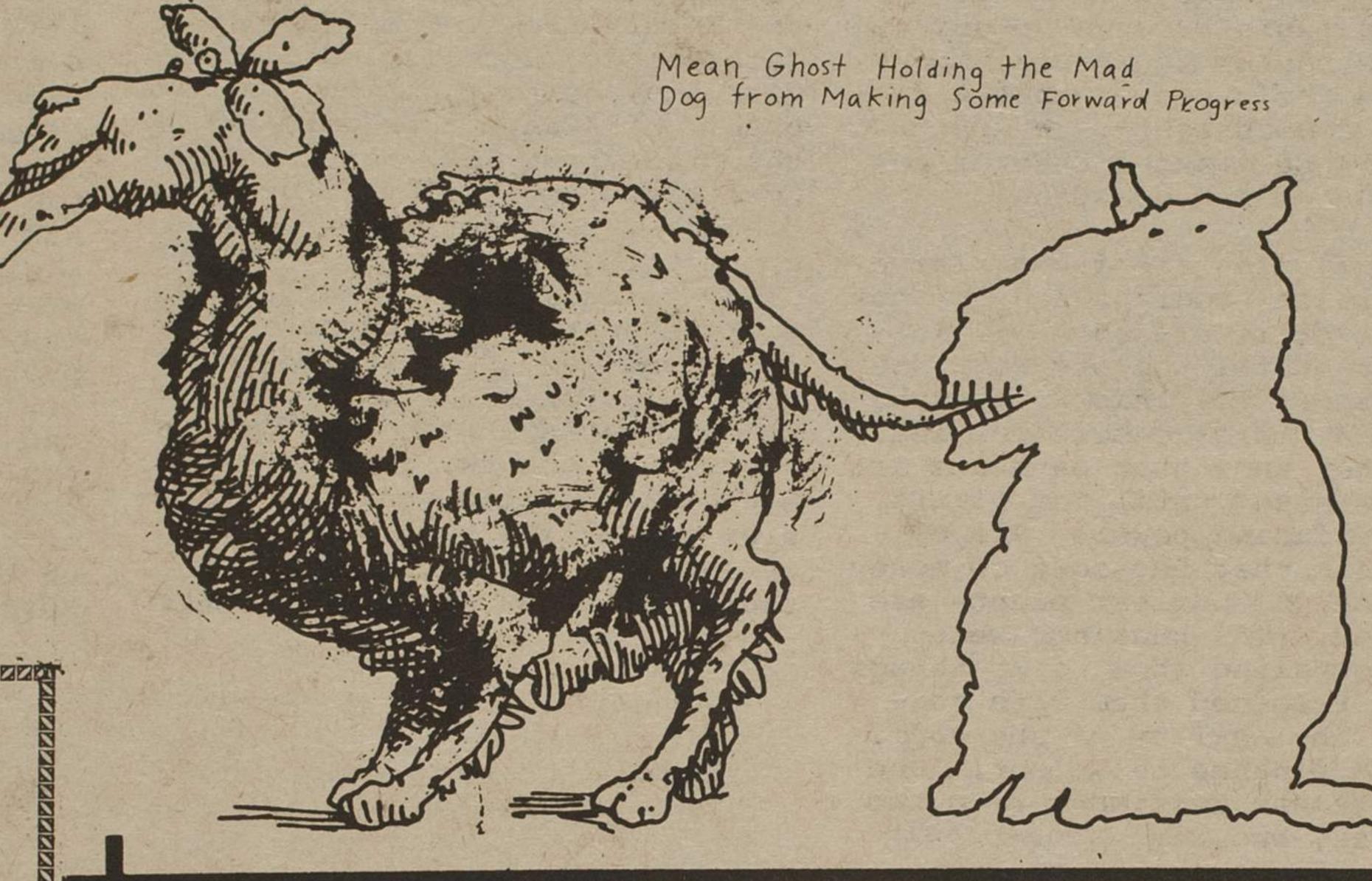
HORIZON will perform at Sister Kettle, on 14th & Mass. the 20th of May. He is a singer of original, politically aware songs, many focusing on the gay movement. He is also very funny, and the S.F. Sentinel called him "well worth hearing." Show is free.

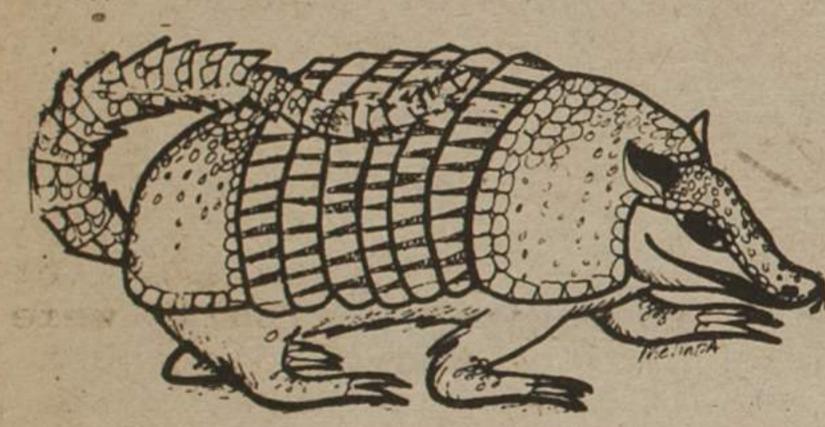
There is a program at the Douglas County Extension Office that has information about how to budget your food dollars, how to fix quick-and-nutritious meals and ideas on gardening and canning. An Extension aide will come to your home to talk about your food questions. Household hints, weight reduction and exercise tips are also available. Call 843-7058 and ask for Sharon Lee or Phyllis Shipp if you want more information or want to use the program.



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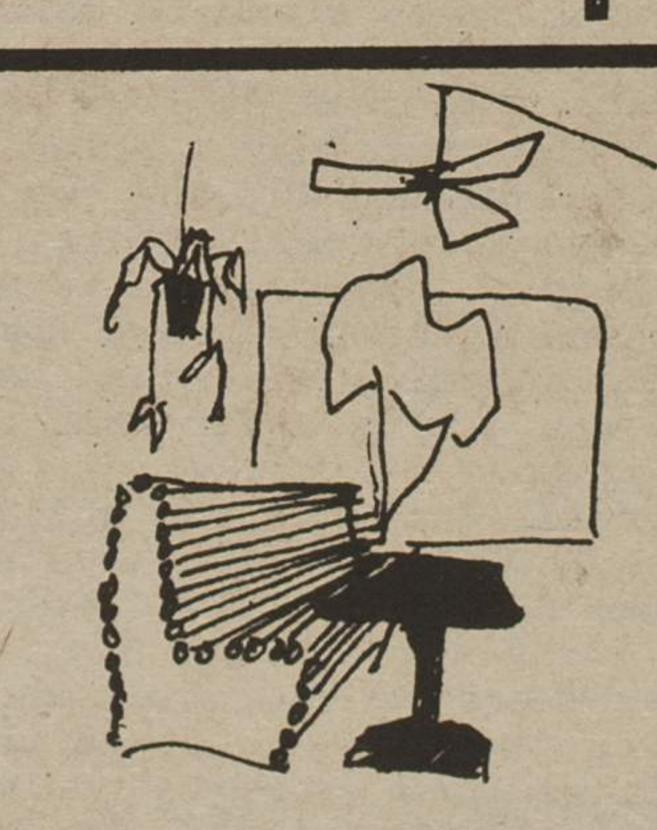
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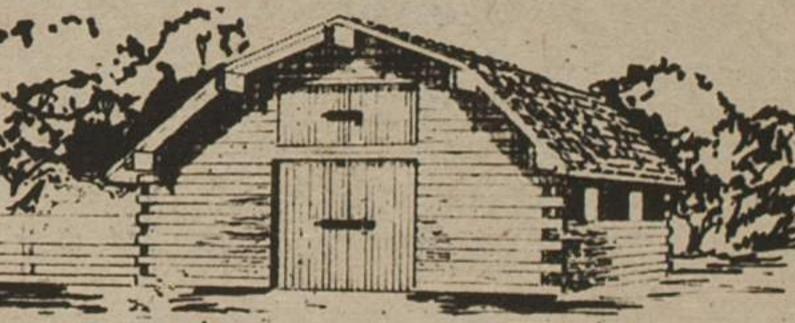


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SHADE TREES AND SHRUBS. "PLANTED BY THE MOON."



PUBLIC NOTICE PAGE 6.

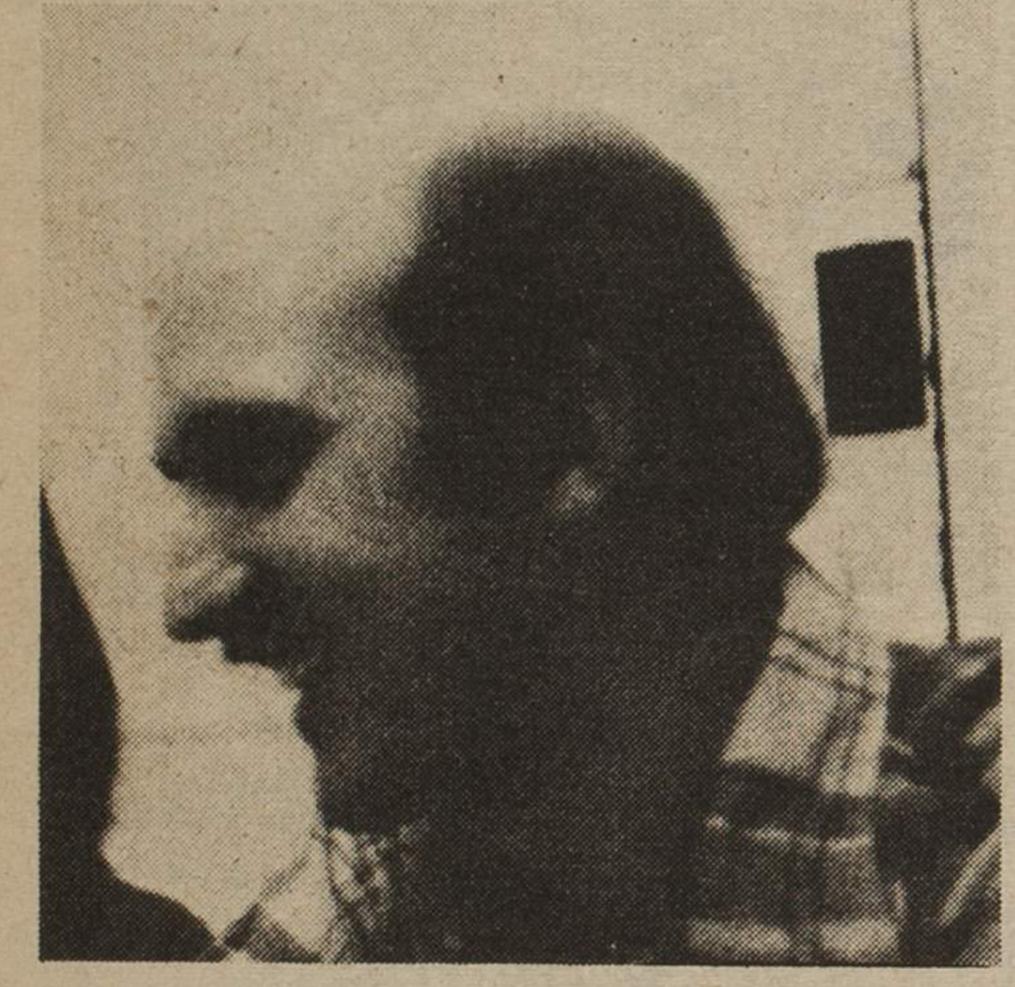
NUKE QUESTIONS STILL SIMMER

Paul Johnson of the People's Energy Project recently spoke with Bill Ward, attorney for the Mid-America Coalition for Energy Alternatives (MACEA.) MACEA has been instrumental in the struggle against Wolf Creek, the nuclear generator planned for construction near Burlington. (See Story on page one.) Here are some excerpts from their conversation.

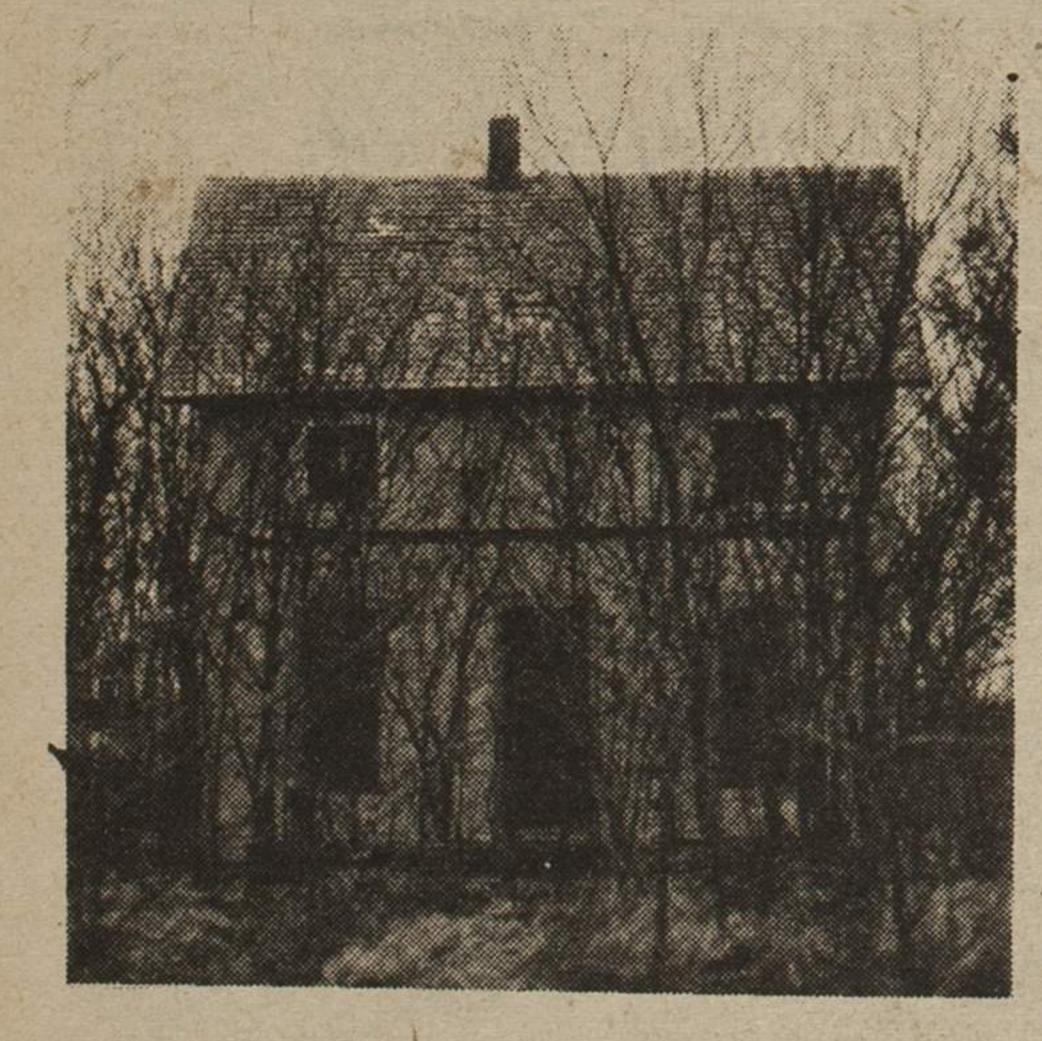
P: Could you briefly tell me how long the hearings on Wolf Creek have been going on, and your opinion of the outcome so far?

B: We've been at it since August 1975. Recently a partial decision was issued which permits the utilities to begin construction at the site to at least clear the land and build some structures. At this point the utilities are not being hampered by the failure of the Nuclear Regulatory Commission (NRC) to issue a complete construction license because they can go ahead and build in accordance with the limited work authorization. They still have a long way to go before finishing up the limited work.

Maybe our biggest accomplishment to date has been postponing the issuance of the complete construction license. It would have issued at least a year ago, maybe a year and a half ago, if we hadn't been there. Every day that the license is not issued and the hear-terminated. For this reason the banks are charging more for loans



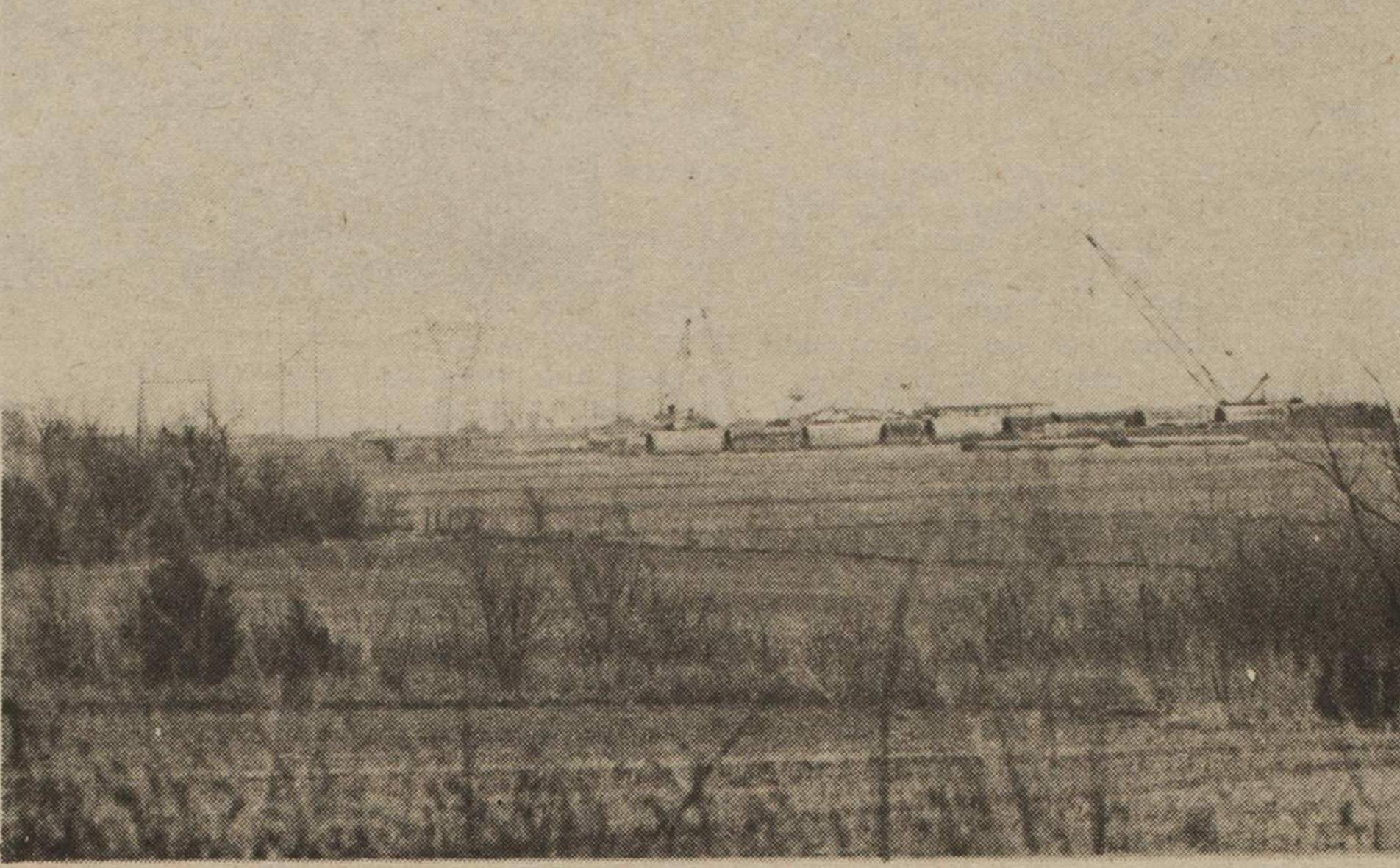
remote possibility that the NRC will agree with everyone else that coal is a cheaper alternative than nuclear power, and that energy conservation is even a better alternative than native than coal. But I guess that I've never been particularly op-



timistic about getting a favorable decision from the NRC. Still I was surprised to see that on the issuance of the partial decision, the vote was two to one, with the chairman voting against it.

P: What are the financial problems that the utilities are running into?

B: Basically, if you are comparing coal to nuclear, a coalpowered plant is cheaper to build than a nuclear plant, in spite of the fact that nuclear fuel is allegedly cheaper than coal. So, to the extent that the utilities have difficulty raising capital, it penalizes their nuclear plans and favors coal. Now, the amount that utilities are having to pay to the owners of their common stock to persuade people to purchase stock and thereby finance



construction projects is growing at a rapid rate. The utilities are having to request something in the order of an 18% return on common stock. Whether
they will be granted that or not
is quite an open question.

Today utilities are facing large construction programs and are not receiving a return on their investments until the projects are banks are charging more for loans since they know that payments are not guaranteed until the plants begin producing power. All of this means that the cost of money is rising and nuclear plants are penalized. The hearings were quite revealing about a month ago when we reopened them with respect to the ability of the applicants to finance the plant. One day there was testimony from two witnesses, who were vice-presidents of large brokerage firms, to the effect that Kansas City Power and Light's bond rating was solid. Then, the next day, the chief financial officer of KCP&L testified that if the utility went to the bond market it was likely that their rating would fall and the amount they would have to pay to sell bonds would increase. This totally destroyed the credibility of the two previous witnesses. Then, at the beginning of our cross-examination of the two witnesses, we discovered that their two companies would stand to make a lot of money if KCP&L sold those bonds. We knew it from the start but the testimony enabled the NRC to understand why the two witnesses were really there. They will probably be able to weasel around it some way and come up with a decision against us. But it was pretty clear that the testimony of the two was selfserving and that the utilities are indeed going to have a rough time financing Wolf Creek.

P: Where do you think the power will come from to force the utilities into conservation measures? Will they be forced off natural gas?

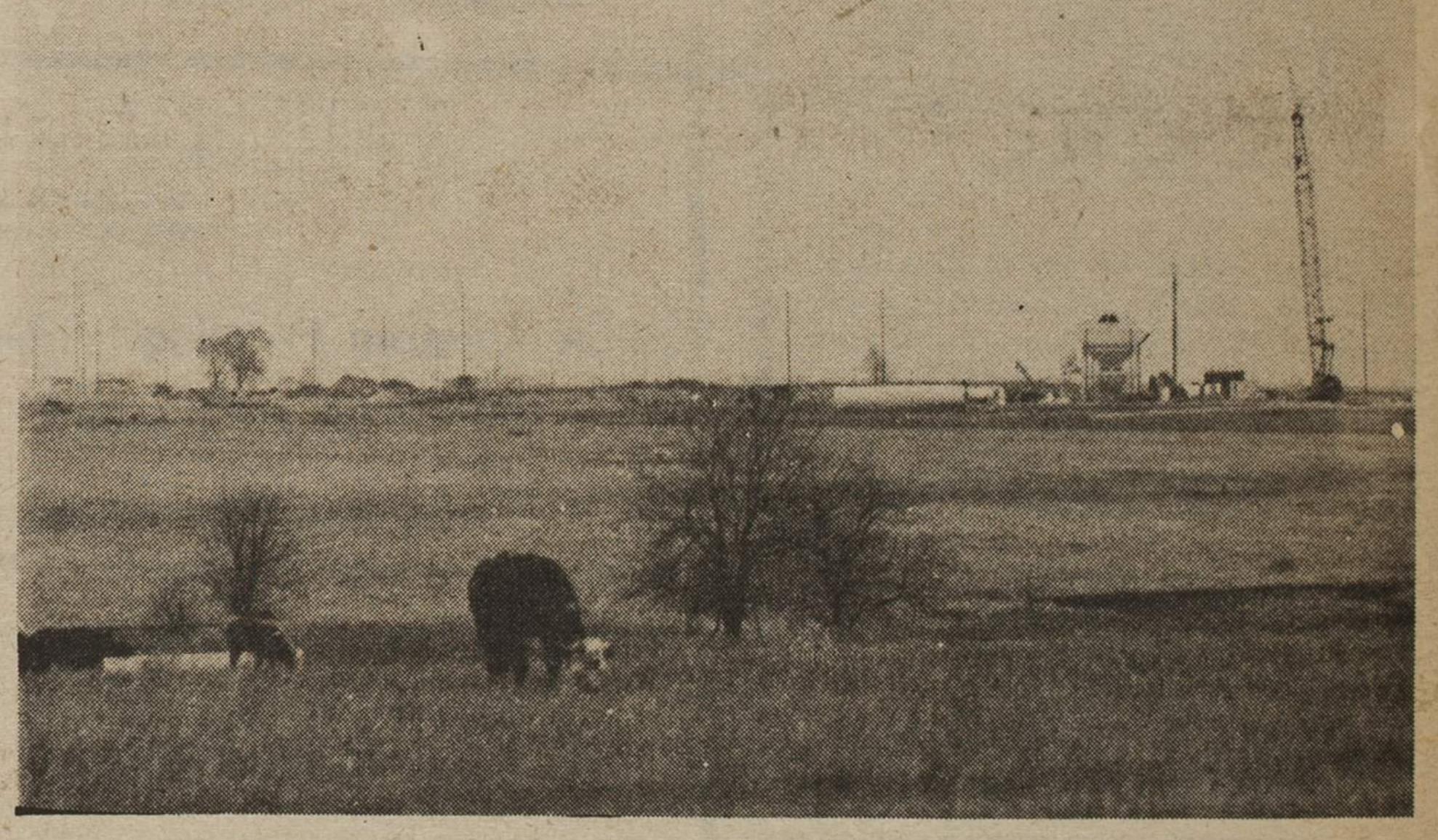
B: Well, in general, I would have to say I'm hopeful that the Carter administration will pursue the appropriate policies. As for natural gas, let's look at KG&E's situation. They now produce the majority of their electricity with two gas-fired power plants. The plants are relatively new and are

in quite good shape. In 1975, the Federal Power Commission ordered about 22 utilities to convert from burning gas to coal. A couple of KP&L plants were hit by the order, but KG&E was totally bypassed. Personally, I suspect that they were not required to convert to coal because they had plans to build Wolf Creek, which would essentially replace the gas plants and permit them to be used only for the summer peaks. To me, that's a very inefficient way to use the two gas plants. Nonetheless, it's what the utilities would like to do, because in spending more money for new facilities they are able to make

P: Do you think that the utilities' future growth rates are realistic?

B: Their growth projections are getting more realistic. Our economists have testified that the utilities should not need the Wolf Creek facility until approximately 1990. The applicants brought in an expert witness from New York who disagreed and said that no credibility should be attached to our witnesses. However even their expert later predicted a 4.25% growth rate as compared to the 7% rate promoted by the utilities. I am convinced that any kind of a reasonable conservation program will reduce the need for the plant, expecially in this part of the country where our buildings leak energy by the bushelful.

You have got to realize that the utilities decided to build this plant back in 1968, when growth had been steadily progressing at an annual rate of about 7% for at least 20 years. The utilities just put the ruler down and drew a line and decided that they would need a new plant by 1981. Then of course, the oil embargo occurred and we all cut back on our use of energy. But the utilities had locked themselves into this position already and had begun to pour money into Wolf Creek. If they had it to do over again, they probably would decide not to do it. They've had too many problems and realize that they're not going to need the plant. But if they are going to have to eat all of the money that they've spent on the plant, it may mean that KG&E would have to forego divi-



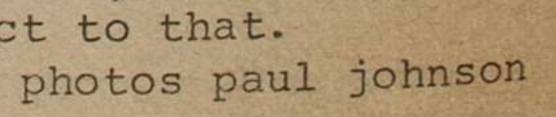
more money. That's the way the utility business works - the more you spend, the more you make.

To me, it is simply incredible that KG&E has not done a feasibility study on converting the two gas plants to coal. Instead they are spending their time trying to convince us that they need the nuclear plant. We are now trying to decide whether the NRC has violated the National Environmental Policy Act by not insisting on an analysis of the applicants' ability to convert the gas plants to coal as an alternative to building Wolf Creek. We may decide to take action on this in the courts.

dends for a year or so, and top management would certainly be questioned by the stockholders if that happened. So, it's full speed ahead.

P: Is there any possibility that Wolf Creek will be converted to coal?

B: We have heard rumors both directly and indirectly that the utilities were considering converting to coal. I really don't know what to think of those rumors. If they decided to build coal plants instead of nuclear, they should not put a plant at Wolf Creek. Prudence dictates that they ought to back up, convert what they have to coal, build some intermediate peaking units, and then watch to see how the American people, the people of Kansas, and the people of Missouri are going to respond to the new phenomenon of higher energy prices. Then, if they need new units in the future, make them coal. But we must get behind the notion of energy conservation and solar energy development. Technologies are viable and economic -- utilities can make money on it. I don't object to that. They can borrow money a lot easier than individual homeowners can, and if they were to finance the construction of solar energy units, insulation programs, and so forth, I wouldn't object to that.





NUCLEAR (cont.)

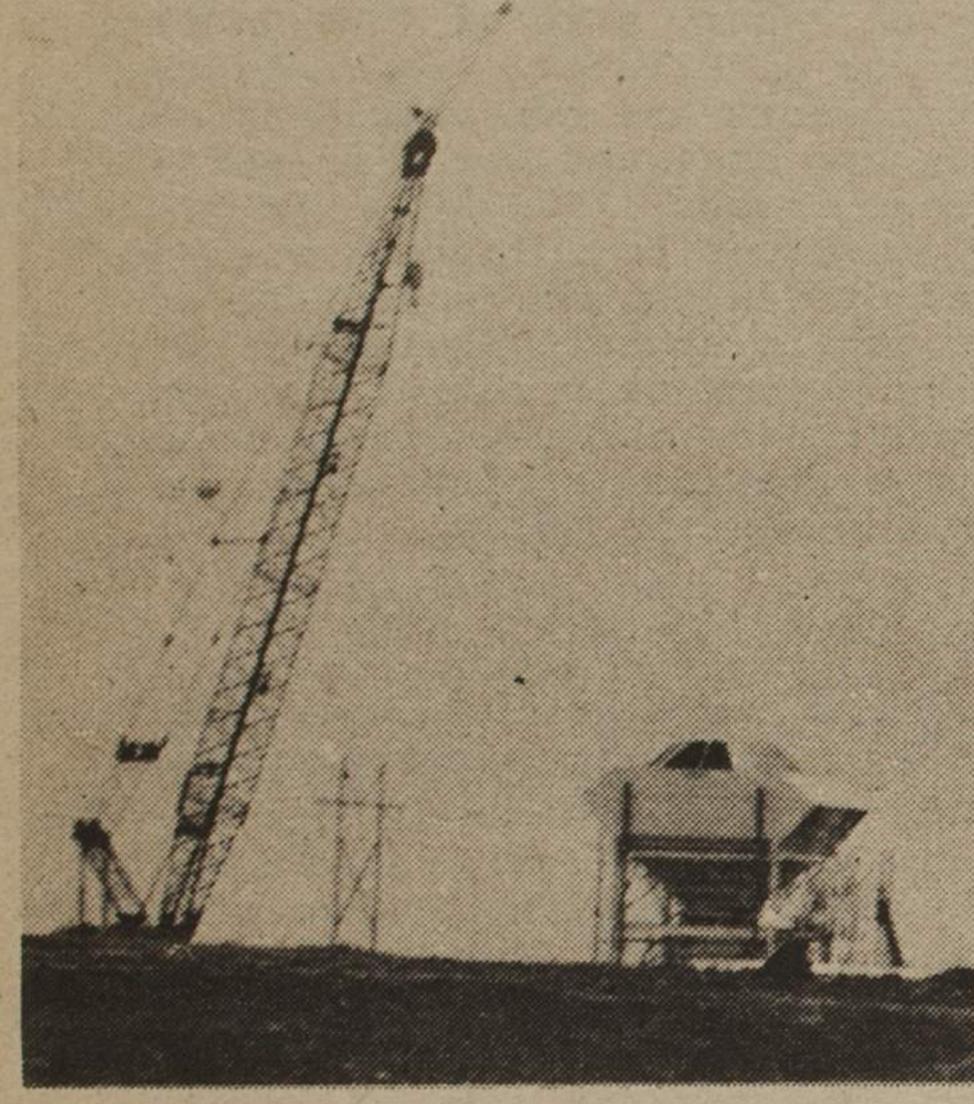
FROM PAGE ONE

mines to the waste storage facilities. Radioactiviy cannot be detected by any of your senses, but it can kill you, give you cancer or cause birth defects in your children, nonetheless. It is the most insidious of all pollutants.

So much for the surface reasoning. What is really motivating the utilities?

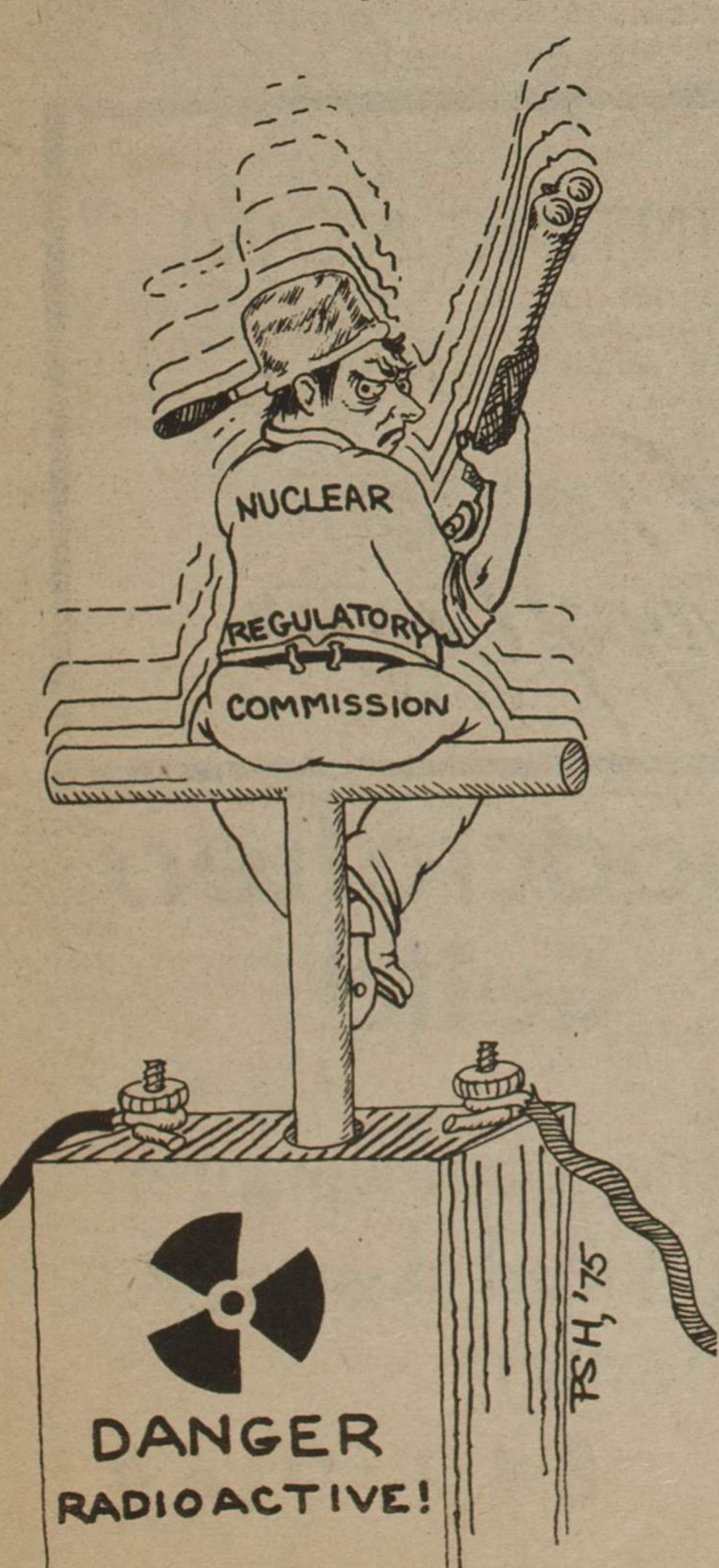
The answer is higher profits at the expense of Kansas workers and ratepayers. Nuclear power produces fewer jobs per dollar invested than any other energy source. This means that here will be fewer workers possibly to go on strike at Wolf Creek than at an equivalent coal facility The utilities, thus, can have more control over revenues, which means higher profits. The ratepayers get the screws put to them when Wolf Creek is incorporated into the rate base. Rates are figured on a set percentage of power plant investment. Since a nuke costs more than an equivalent coal plant, it will bring in more revenues and, again, more profits.

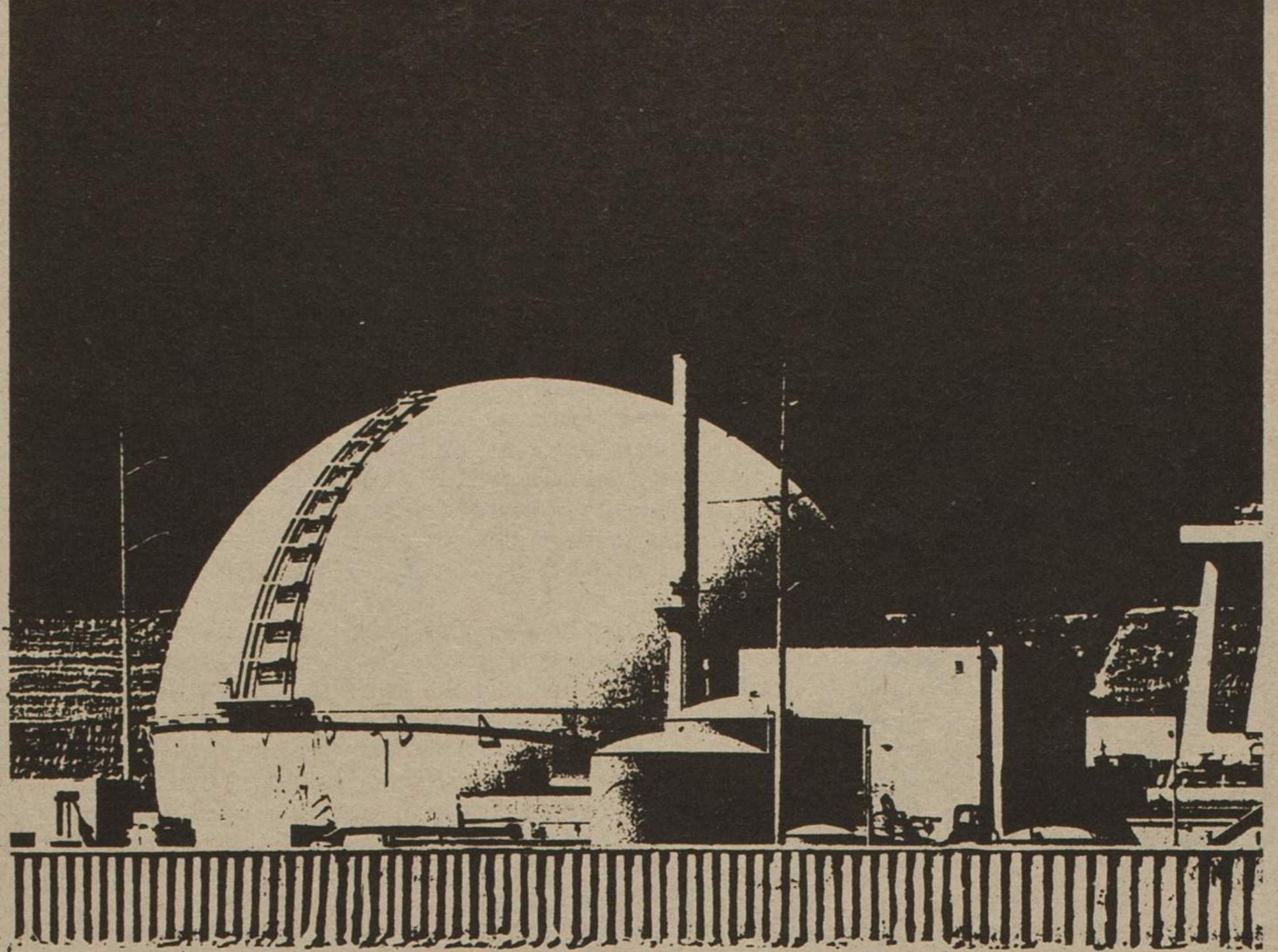
Well, so much for the demented thought processes of utility executives. What has happened since KGE and KPL decided to build Wolf Creek? The drama has centered on the procedure necessary to obtain a

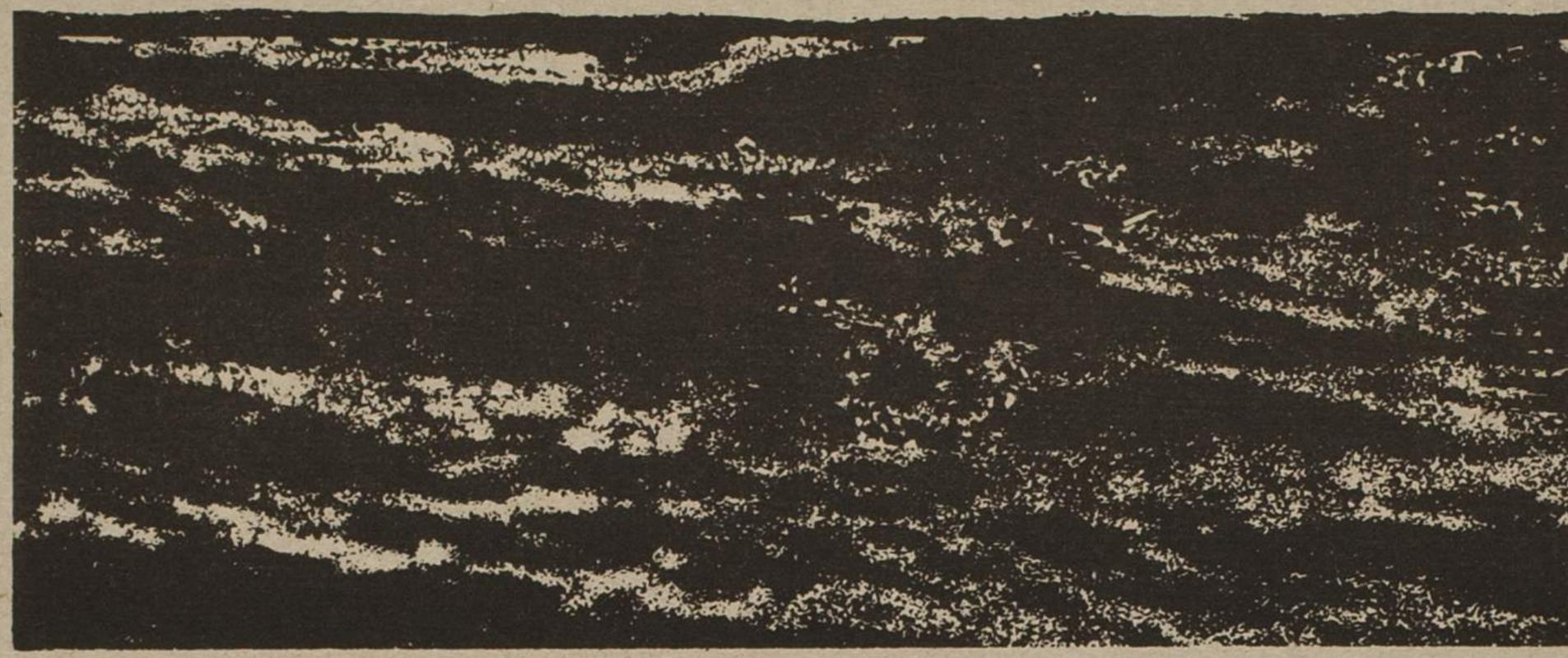


construction permit from the federal Nuclear Regulatory Commission (NRC).

The government long ago recognized that civilian applications of atomic power would have to be monitored because of the hazards posed by radioactivity. Before a utility can construct a nuke, it must get a permit to do so and it must also get an operation







permit once it is built. The latter is obviously a formality because once a utility has made a billion dollar investment, it won't be denied the use of it.

The granting of a construction permit is a little more serious. Two of America's largest corporate concerns, General Electric and Westinghouse, make 70 percent of all nuclear reactors. The health of our government is contingent upon keeping these two companies afloat. Their commitment to nuclear power has been so great that they are unable to absorb a new energy direction. Also, most of the people who make up NRC are former employees of the nuclear industry. This blatant conflict of interest was purportedly taken care of when the old atomic Energy Commission (AEC) was split by Congress into the NRC and the Energy Research and Development Administration in 1975. However, the subsequent resignations of people in NRC who say that the attitudes of the people in it haven't changed sets the record straight tion-work-in-progress" (CWIP)

Three organizations decided to take part in the construction permit hearings. Two sought to stop the nuke-- the Mid-America Coalition for Energy Alternatives (MACEA) and the Wolf Creek Opposition (WCO). MACEA is a group of environmentalists based in Kansas City. WCO is a group of farmers and concerned citizens who live in the Burlington area. Because of financial hassles, Creek and their other construction for thousands of years. WCO had to drop out of the fight. MACEA has carried on to this day and has been an able antagonist on these most inhospitable grounds.

The third intervening party was the Kansas Attorney General's office, which states publicly that it only wants to make sure that the two utilities can pull off this venture. Privately, the attorney general's office is opposed to it. The other parties are the utilities, the NRC staff (a transparent ally of the utilities, supposedly defending the public interest) and the three-member Atomic Safety and Licensing Board, which is supposed to listen to all arguments and make the actual decision to grant or deny the permit.

The hearings are a long and rather boring series of legalistic debates over such topics as: Can the utilities afford it? Will nuclear waste harm the people or the environment of Kansas? Can the utilities get fuel for Wolf Creek during its lifespan? Is it the most economical way to go? Is there a real need for it?

Some interesting things have happened to liven up the proceeding. First, Westinghouse defaulted on the contract to supply fuel for the plant because the price of uranium unexpectedly doubled twice in five years. Westinghouse, thus, couldn't supply fuel at the price agreed on and had to say no to over 38 utilities it had made deals with or to go bankrupt.

The utilities immediately sued, and Westinghouse sued, in turn, 29 foreign and domestic producers of raw uranium, charging they had conspire to jack up prices. A lot of this brouhaha still is unresolved, but KG&E and KCPL aren't going to get any nuclear fuel out of it. They have yet to find another supplier, although they are negotiating with " an individual" in New Mexico. One only hopes they don't buy the Brooklyn Bridge twice.

Next, the utilities failed to ram through in the Missouri or Kansas legislatures. In Missouri, the people voted it out in a referendum last fall. In Kansas, it has been stopped by the Kansas Corporation Commission (KCC). KCPL, whose rate case was involved, took the KCC to court, and it is curhelped the utilities finance Wolf ues to flow unmolested as it has

activities by allowing them to charge customers for power plants before they are producing power. All along, the two utilities have told the KCC and Missouri's counterpart, the Public Service Commission, (PSC), they must have CWIP or damage their financial image to Wall Street, where they borrow most of the money. Now the utilities have reversed field and told the NRC that CWIP is not important. The Chairman of the NRC board, Samuel Jensch, who is already opposed to Wolf Creek, wasn't taken in by this ploy and the confidence of one of the other two members was shaken by the obvious contradiction. So there is, believe it or not, an actual chance that the Board might vote to deny the construction permit.

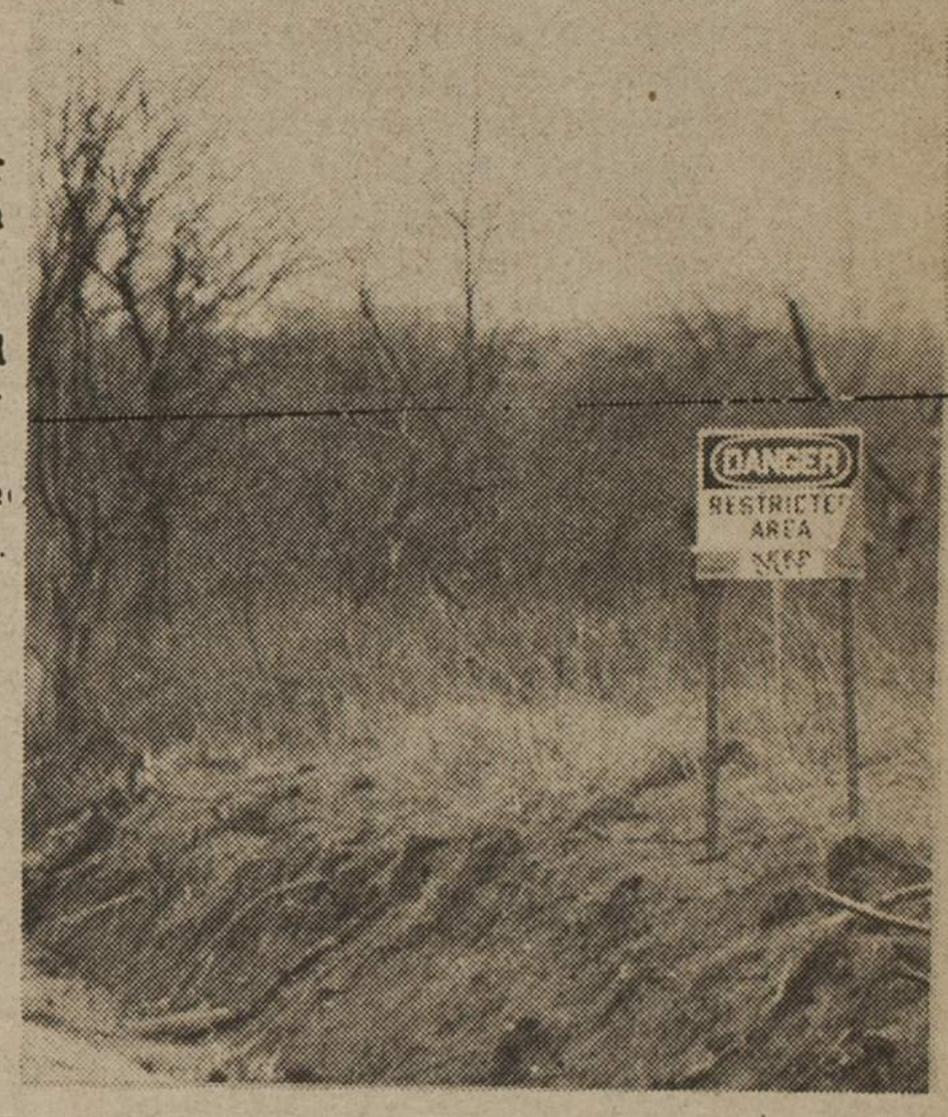
At this time, MACEA has moved to reopen the hearings and add more information before a final decision. The grounds are:

the utilities have lowered their annual load growth projections from about 65percent to 44 percent;

2. the cost of the plant has risen from \$825 per kilowatt installed to \$937;

3. the overall cost of capital (stocks, bonds and short-term loans) has risen from 7½ to 10percent.

Number one means that the plant may be built before it's needed. Numbers two and three mean Wolf Creek may be too expensive to build. The Board has yet to rule on that motion.



a rip-off gimmick called "construc- Although those are three very substantial points, it is known that the requests to reopen are largely a delaying tactic with the hope that the utilities will get tired of the whole mess and throw in the towel. Because even if the Board says no, the utilities can appeal their decision and the Appeal Board has never turned them down.

rently on appeal. CWIP would have In the meantime, Wolf Creek contin-



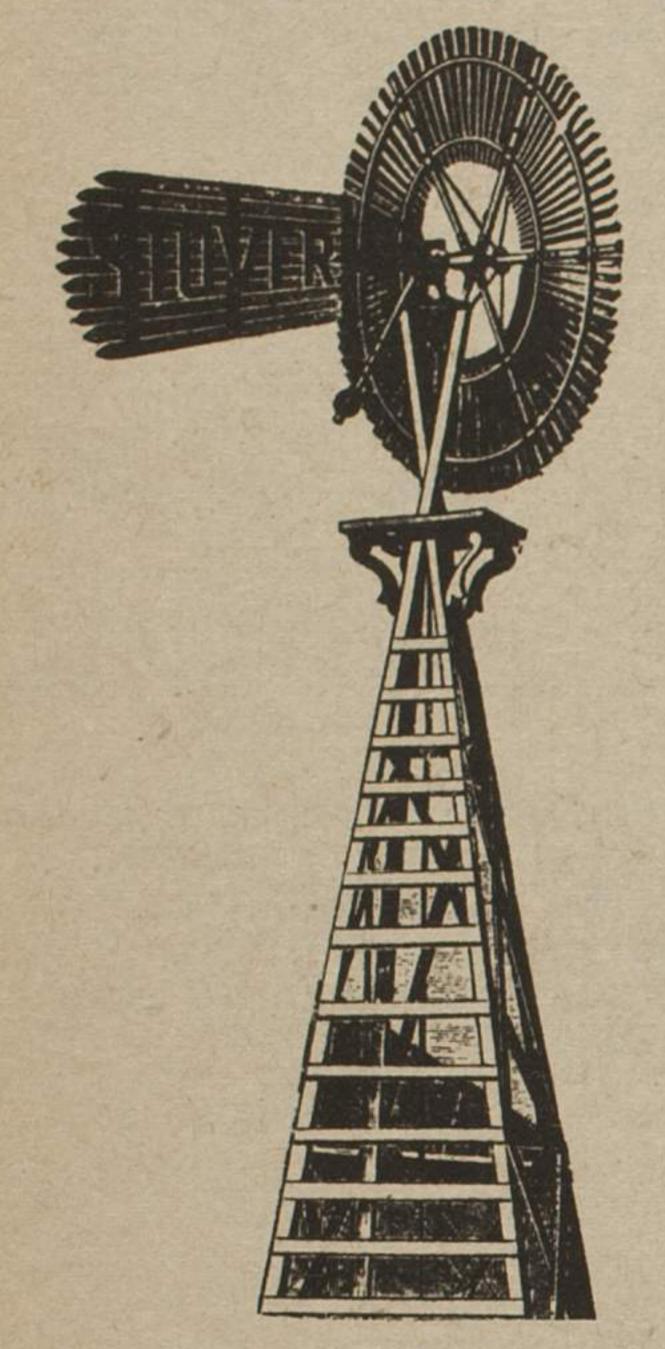
photos paul johnson

WINDS OF CHANGE

BY ANNE BROWNING

"Wherever there is a high standard of living, there is also a low standard and the cost of these high standards, is usually paid for by future generations."

Whenever I think of windmills I get two images. The first is the teetering, ivy-entwined old farm windmill visible at about two mile intervals anywhere in Kansas. The second is one of those fiftyfoot monsers with twenty-fivefoot propellers which I saw in a Walt Disney movie about Holland. These images remain quite appealing to me, but I now realize how ridiculously removed they are from the modern intermediate and advanced wind technologies of today.



The development of automobile electrical systems and aeronautical propeller design were important factors leading to practical design of wind-driven generators-the first form of free private electrical power generation. In the United States windmills sprang up on farms everywhere in the 20's and 30's, until the Rural Electrification Agency (REA) began to provide more convenient and cheaper sources of large amounts of electricity. With currently growing may purchase your own anemometer recognition of the folly of depen- (wind gauge.) In planning for dence upon nonrenewable energy resources and their accompanying pollution, monopolistic control, and skyrocketing prices, more people are turning to cheap, clean Generally, if you find over a 10 and eternal sources of energy. They are finding the wind a beautiful alternative.

FUNDAMENTALS:

Unlike the old Dutch windmill of my memory, the windmills of today don't use the wind directly for mechanical energy such as pumping water or grinding grain; rather, they convert the wind's energy into electricity. A complete wind system is composed of :

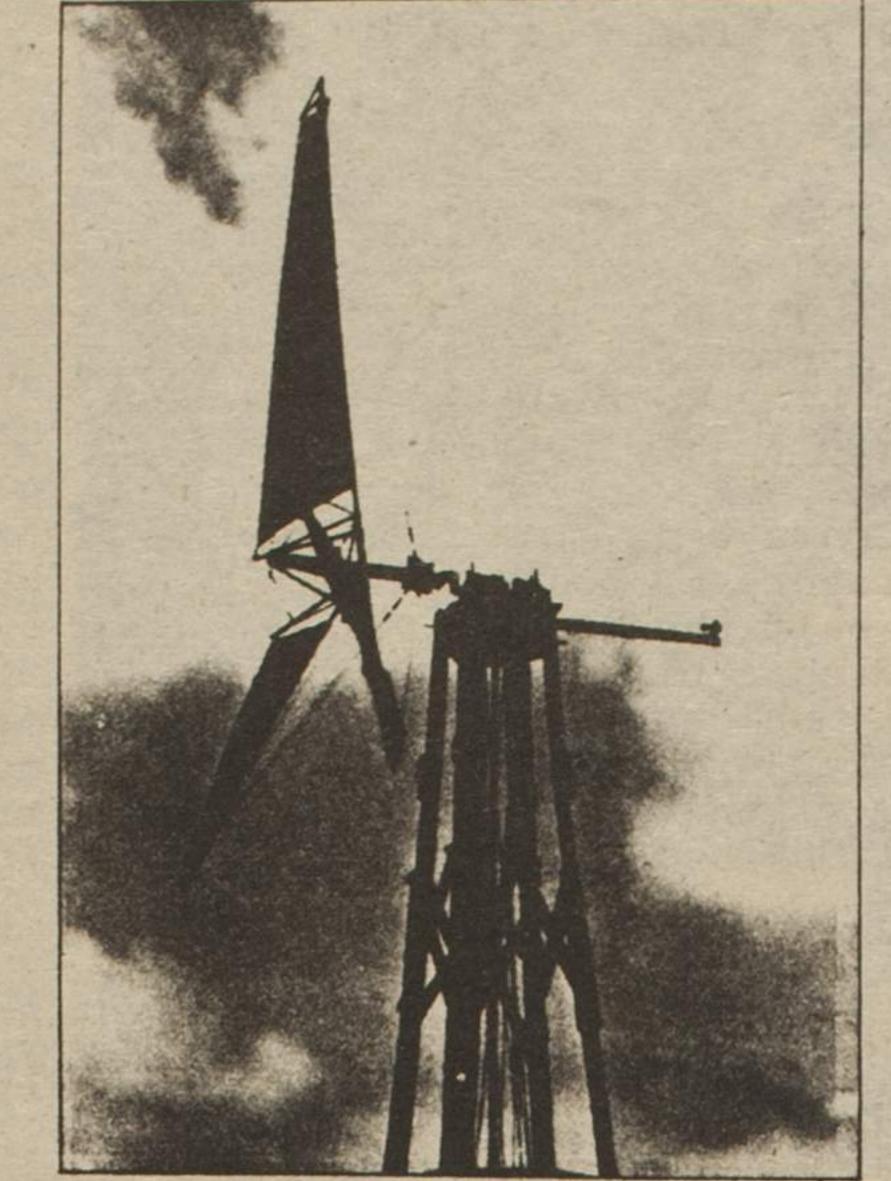
1) a tower to support the wind generator 2) devices to regulate generator

voltage 3) propeller and hub system

tail vane

rent (AC).

storage system from which to draw power on windless days 6) an inverter, when necessary, to convert from stored direct current(DC) into alternating cur-

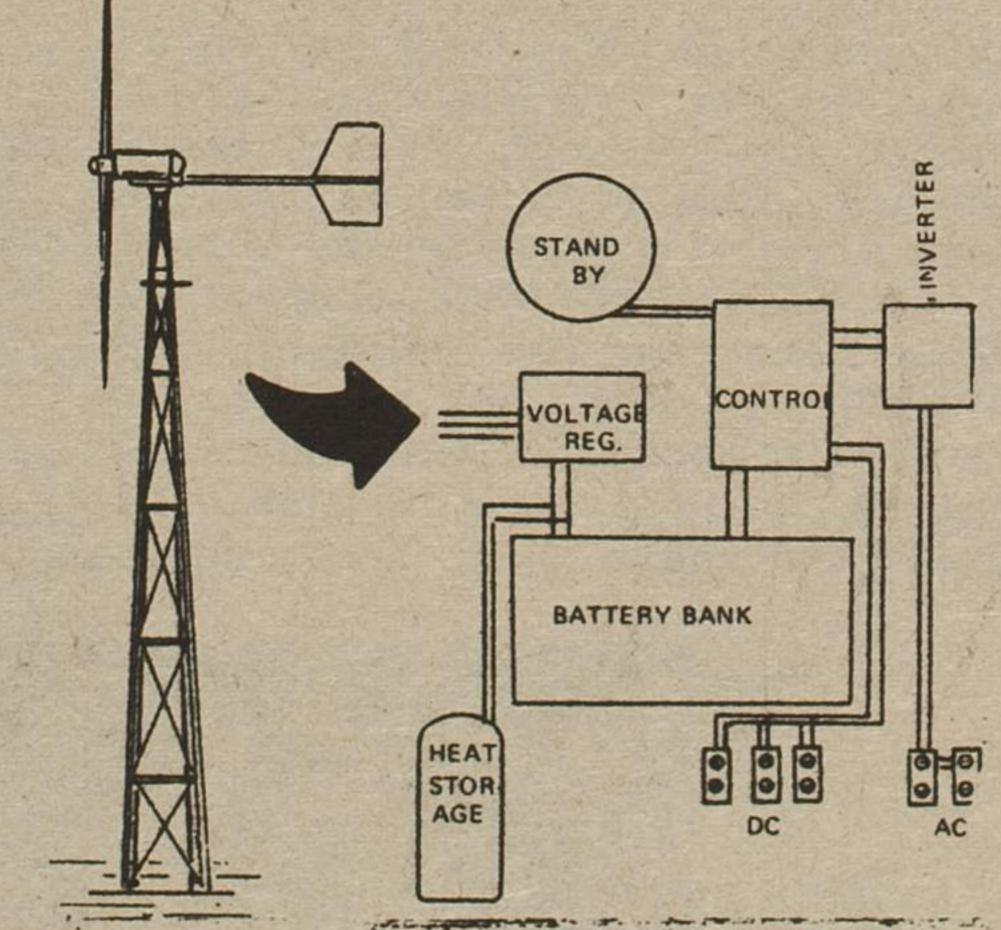


The goal of any wind system is to produce a kilowat hour at the lowest cost. However, no system can alter the fact of life that winds are an "intermittent source" of energy. The basic law of actual wind energy production is known as the Cube Law, which states that the wind power available is proportional to the cube of the windspeed; that is, if you double the windspeed, you will get 23 or 8 times as much power.

The amount of energy captured by the windmill of course depends on the amount of wind intercepted, or the disc area swept by the blades. This leads to a second basic wind energy law regarding the relationship between the power produced and the propeller diameter: when you double the diameter of the propeller the output will increase by a factor of four.

CHOOSING A SITE:

In order to find out how many kilowatt hours per month you will be able to produce, you first must determine, the average yearly wind speed of the proposed site. The National Weather Bureau records center (U.S. Weather Bureau, Federal Building, Asheville, N.C. 28801) will probably have some statistics for your area or you your storage and back up systems, you will want to know the average longest periods of no wind and shortest periods of some wind. mph wind average on a norm of 2 or 3 days per week, you probably have an adequate wind power site. Needless to say, prospective windmill builders in Kansas should have no trouble.



Candles

THE REAL PROPERTY OF THE PARTY OF THE PARTY

The size of your wind system will be figured in realtion to the relative wind velocity of the region. Six mph is the lowest practical speed and 12-25 mph is considered the highest range. There are two types of winds during a month; first the "prevalent winds" from 5-13 mph, and second the "energy winds" ranging from 13-23 mph. Although the prevalent winds occur two and one-half times as often as the energy winds, the energy winds will probably produce about three-fourths of your power because the energy varies with the cube of velocity (Cube Law again.)

Your tower must be very strong to support the generator assembly under the strongest of winds (most commercial towers will withstand 140 mph.) The best location is as high as is economically feasible to reach free-flowing, unobstructed air currents, such as 15 to 20 feet over all obstacles within a 500-foot radius. This is due to the disturbing influence of surrounding objects causing the air to whirl and have an irregular flow. A nearby hill or high ridge will similarly cause turbulence because winds blow parallel to the ground, not at right angles to gravity.

Nominai
Output
Rating of
Generator

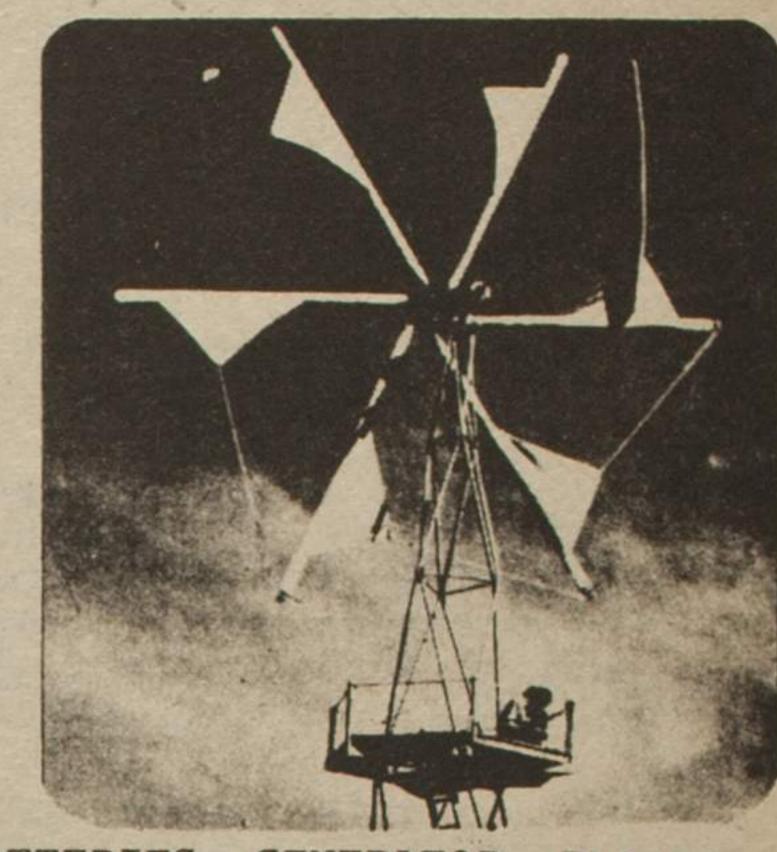
Generato		Averag	Average Monthly Wind Speed in mph				
in Watts	6	8	10	_12		16	
50	1.4	3	5	7	9	10	
100	3	5	8	11	13	15	
250	6	12 -	18	24	29	32	
500	12	24	35	46	55	62	
1,000	22	45	65	86	104	120	
2,000	40	80	120	160	200	235	
4,000	75	150	230	310	390	460	
6,000	115	230	350	470	590	710	
8,000	150	300	450	600	750	900	
10,000	185	370	550	730	910	1090	
12,000	215	430	650	870	1090	1310	

AVERAGE MONTHLY OUTPUT IN KILOWATT-HOURS CAPACITIES

To choose an effective wind system, keeping your storage costs at a minimum, you will want to determine how much power you will practically have at your disposal. The following three steps should give you an idea of your wind plant's potential.

1) Locate on the chart both your average wind speed and the generator rating of the system in question and you will find the expected monthly output. Divide by 30 and you will get a figure for the number of watt hours per day available for your use. 2) Find the capacity in Kilowatt hours of the battery system you will be using, by multiplying the amps times the volts, which will

give you the number of watt hours. Divide by 1,000 to determine the kilowatt hours capacity. 3) From here you can determine the number of days with no wind on which you could operate from storage, by dividing the watt hours capacity of your battery (step 2) by the estimated watt hours per day you will use (step 1).



BATTERIES, GENERATOR, BLADES Wind system batteries must be capable of storing power for long windless periods at a moderate cost. The best battery at present is probably the lead acid battery which is designed for repeated cycling from full charge to full discharge for a period of many years. Proper care of the battery can extend its life remarkably.

After you have determined your daily electrical needs and the size of battery or storage system you will use, you may determine the necessary size of your generator or alternator. Conventional alternators are not practical as they are designed for high rotational speeds (1800-3600 rpm or reveloutions per minute,) whereas wind driven gnerators require a low cut-in speed. These direct drive or low gear ratio type generators have the additional benefits of materials efficiency and minimum wear on the machine. The modern wind system will use

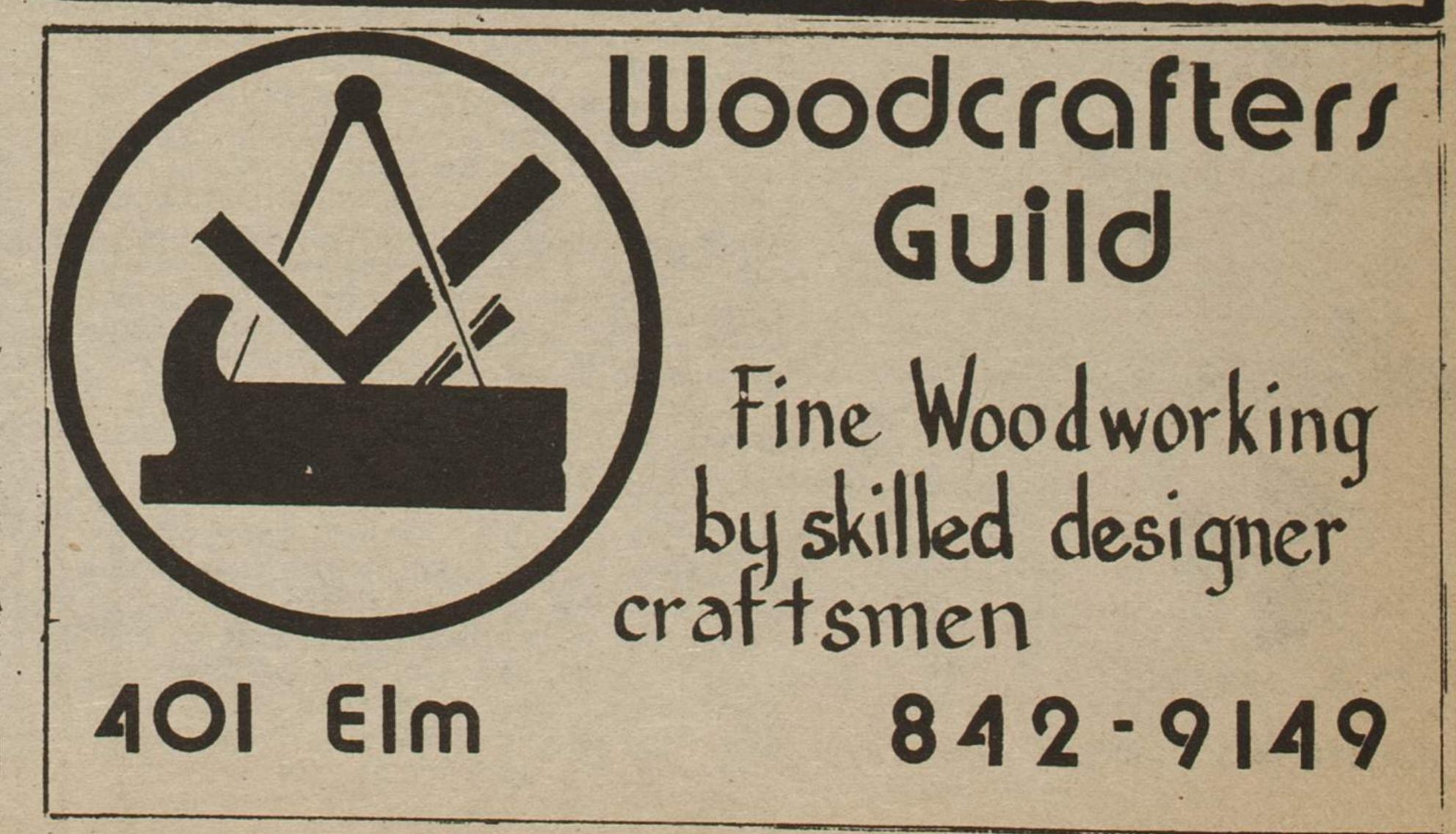
2or 3 long slender blades which are designed to operate at a high "tip speed ratio" - the ratio of the propeller tip speed to the wind velocity. A higher tip speed means higher rpm for a given wind speed and consequently more power output. The main advantage of a propeller as opposed to multiblade design is that the propellers will rotate 5 to 10 times faster. The three bladed props have been found to more easily overcome difficulties in low winds and to more easily orient to changes in wind direction.

These are a few of the many factors to consider in putting together a wind system suitable to your needs. For more information, see The Energy Primer by Portola Institute in your bookstore or write 558 Sante Cruz Ave., Menlo Park, Ca.



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PUBLIC NOTICE PAGE 9

CURE SOUGHT FOR GAS BINGE

by Dayn Lelan

Like a broke wino beginning to think he'd better just sip at his last half-bottle of Thunderbird, our state government is beginning to grope for ways to curb the enormous waste of vanishing natural gas.

As of 1975, there were 12,660,000 MMcf(million cubic feet) of natural gas reserves left in Kansas. At the '75 rate of production , we'll have guzzled that up by 1988. (Source: U.S. Bureau of Mines) And there will be no more where that came from. Not for a few million years anyway. Obviously, a state gas conservation program is long overdue. The Kansas Corporation Commission (KCC) and the state legislature each recently took a first small step in this direction.

The KCC seems to be groping for a way to discourage the use of natural gas to generate electricity. In '75, over 1/5 of Kansas gasuse was for electric generation. Electric utilities gobbled up more gas than either industry or residences. This seems particularly stupid since this electricity could be generated by burning coal, of which the country has a 4-600 year supply.

The KCC has up to now taken the position that they lack the author- showing that failure to increase ity to tell the utilities what fuels prices paid producers would rethey can use. But a recent decision sult in premature abandonment of by the KCC might indirectly discour- wells." The KCC was led to conage the use of natural gas by that fat fossil glutton, Kansas Gas & Electric (KG&E).

This decision came in response to an attempt by KG&E and its major pipeline supplier to pull a fast one on the KCC. KG&E and Kansas Gas Supply (KGS) asked for permission to amend one of their contracts. They claimed the effect of the proposed amendment would be to double the price KG&E pays KGS for gas piped by KGS to KG&E. KGS claimed this was necessary because the gas-well producers are saying they can't produce much more gas at the current price of about \$.20/Mcf (thousand cubic feet).

But when the KCC took a closer look at the contract amendments proposed by the companies, they found much more than the compan-

there. "This amendment, if approved, would give the parties to crease prices whenever desired, without approval of the Commission," the KCC stated in its order on the matter. The order stated, "KGS falls short of any clude, "The parties to this amendment, both in their exhibits and testimony, did not rise to the level of candor in this matter which the commission desires."

Consumer groups can only hope that so that the more electricity you this was done partly to encourage KG&E to convert its gas-burning plants to coal capacity.

PEP's Paul Johnson attempted to raise such a possibility by intervening in the Feb. 25 hearing on the matter. Johnson was going to build a case based on the following facts:

of natural gas; that's twice as much as was used directly in the city of Wichita in '75.

B. Generating electricity is a wasteful use of gas. It requires twice as much gas to heat a home

with gas-generated electricity as with a gas furnace; the cost of home heating in Wichita is 3.5 times greater with baseboard electricity than with gas.

C. Converting KG&E's gas-burning generators to coal would probably take half the time and money of building a billion-dollar nuclear plant, which is KG&E's solution to the situation. An independent study of this alternative is urgently needed.

The KCC ruled that the issues were not germane to the KGS case; Johnson's petition to intervene was denied. But his challenge may have spurred the KCC to give closer scrutiny to the case. At least, that was the opinion of Commissioner Pete Loux

Meanwhile, across the street the legislature has started taking a closer look at the wisdom of conservation. With a "We Will Freeze in the Dark" mentality coloring the public mood, it would be political folly for office-holders to ignore the problem any longer.

the amendment carte blanche to in- The legislature has passed a resolution sponsored by representatives Bob Miller (R- Wellington) and Don Mainey (D- Topeka) asking the KCC to study the feasibility of various conservation measures. A. By allowing gas utilities to make a profit from insulating homes, the gas supply could be increased through conservation.

> B. Utilities could be encouraged to get into the solar energy busness.

The companies' request was denied. the current declining block prices use, the more per unit you would pay; discount prices for consumers ous dogs not to wolf down all the who achieve a decrease in their consumption; higher rates for consumption at those times of day when demand is highest; seasonal peak pricing could be implemented).

The KCC is to present their findings to the legislature at the A. In '76, KG&E burned 41,000 MMcf beginning of the 1978 session. Though this resolution is an encouraging first step, we're still a long way from home. The resolution is not an endorsement of these cajole, and entice from the sideconservation measures, merely an expression that they are worthy of study.

Many hurdles loom between this resolution and the implementation of actual conservation measures. First the KCC has to find the time and money to make these sweeping studies in less than a year, while simutaneously carrying on its other duties. Maybe they'll report favorably on these reforms, and maybe they won't. Maybe the legislature will mandate some of these reforms and maybe they won't. If they don't, the KCC might feel it lacks the authority to act on its own. Then, if the KCC does order some reforms, the utilities might use every ruse and dodge in their book of tricks to avoid or delay compliance. Of course, the utilities might not mind making a profit from conservation measures made necessary by their previous promotion of waste and over-consumption in the name of profit. We can only hope that in the coming scuffle , conservation measures vill actually be implemented while there is still something left to conserve.



C. Various rate reforms (reversing Well, I'm beginning to think I shouldn't have compared the state government to a wino. It is more like a child pleading with ravenfood on its plate. The use and consumption of our precious, vanishing gas supply is controlled by private companies who up to now have sucked it up and sold it as fast as they could. Yet they've known for at least twenty years that we would start running out about this time.

> So far, the most the state has got up the gumption to do is wheedle, lines. And the dogs merely respond with an occasional snarl as they pick the carcass dry.





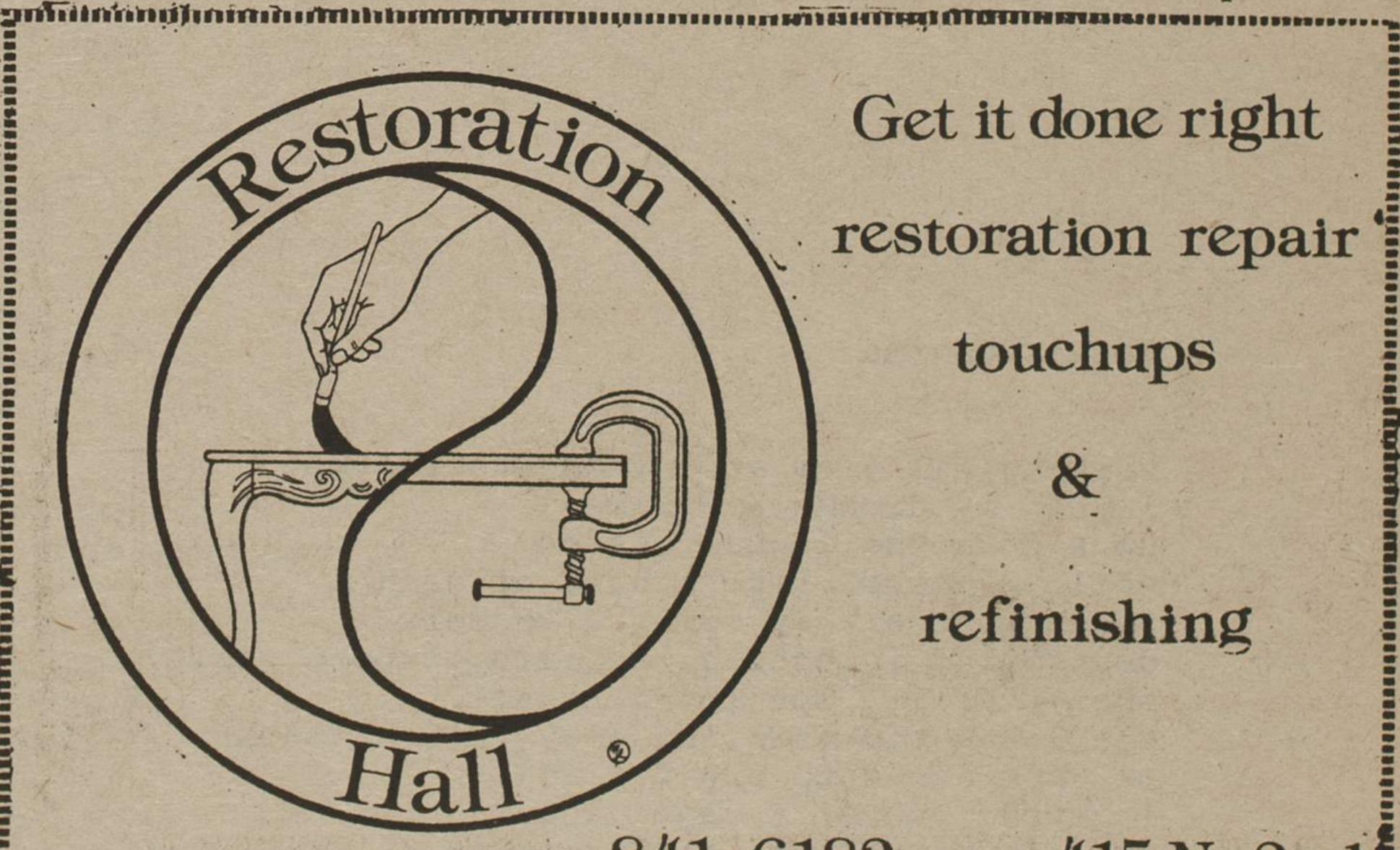


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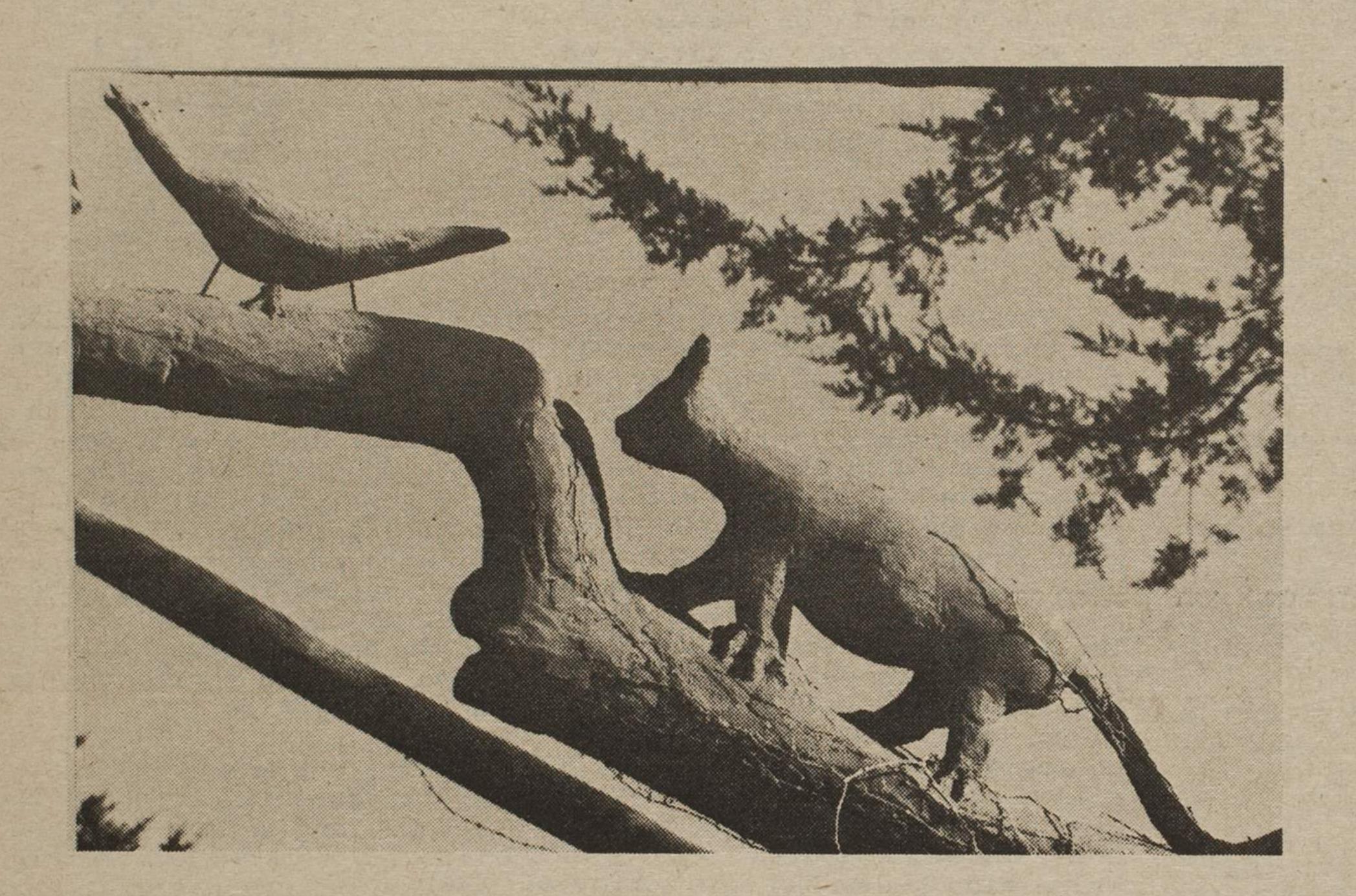
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zazen at galen's wigwam

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tiny green leaves
a young tree
poised
like a ballet dancer
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the dharma of wood





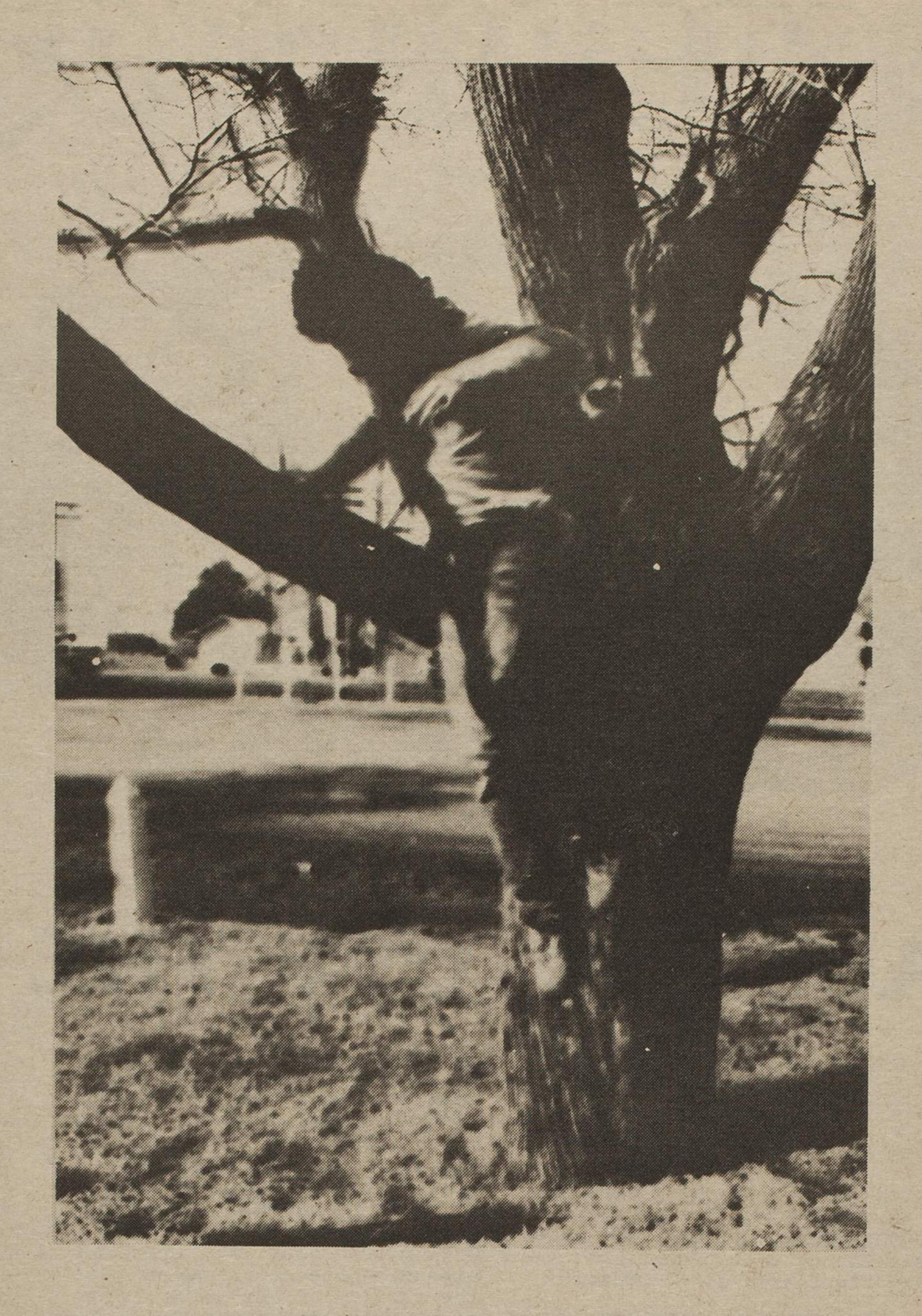


love's dharma

working til 4 am at a neon supermarket i push my dreams & desires up & down the linear aisles while my heart like a nazi of pain . rages thru all my veins & vessels destroying intentions beliefs purpose sanity. she loves me, she loves me not. she loves him more, equally, not as much. my soul longs to cry for weeks. i am the hub of a wagon wheel, the spokes, all possible paths, constantly spinning, carrying me on, leaving rationality in the dust. one moment, straight ahead is transcendent love a breath later, recriminations & bitterness. days spin, choices spin, i spin. the world, my world, cracks breaks shatters. i hunt pieces, new & old, in my dreams. i get desperate, can't find any of them. this koan has no solution i suggest to myself & immediately repress the conversation. scared of pain's craziness, i seek a hiding place amidst capitalist tv tincan phantasies. there's no room on the shelf. i stop, give up, seek only peace, miss it by a country mile, & have to start all over again. love's a dharma all its own.

CONTROL OF THE PROPERTY OF THE





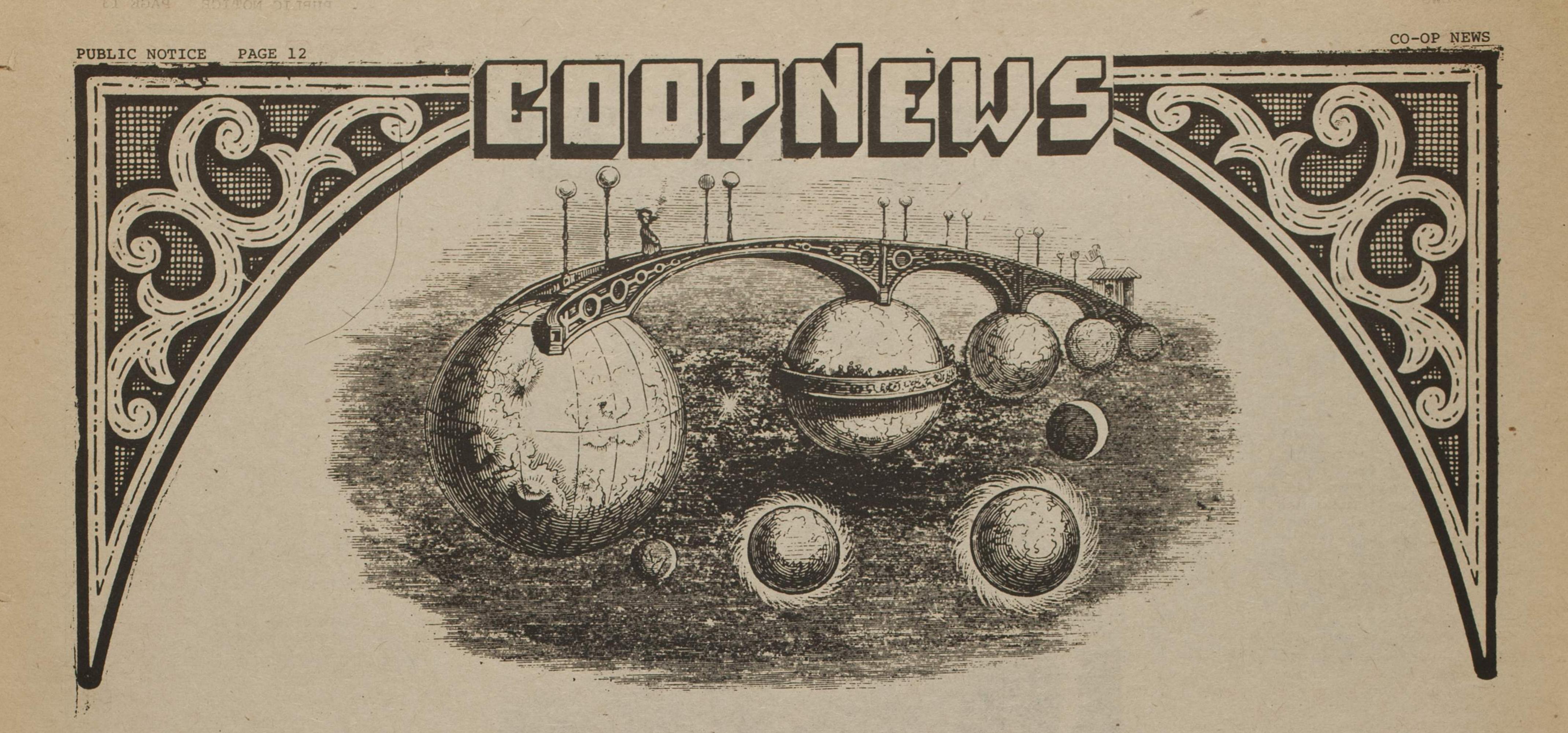
gratitude to the ineffable tao

this contemporary situation panorama
this capitalist us of a tv tincan technology
this communist socialist anarchist sectarian egotism
this rapacious queer fear masculinity gone amuck
this energy gluttony food starvation politics
this racist sexist classist homosexism
this greed insecurity fear
this global village mindfuck
this whole earth scene
is a natural organic theatre
brought to You
by your friendly neighborhood tao.

iiee!! if you think the revered tao
would create Only a pretty
everybody serene & happy drama
a white middleclass fantasy of heaven on earth
you've got the wrong birth
the wrong time the wrong world
& you wouldn't know the venerated tao
if it slapped you in the face
(which it is)

iiee!! & if you've gotten this far understood in your belly not your mind only & decided what me worry & decided to do your own thing & decided the mess the unhappiness the suffering personal &/or social is not your concern, responsibility & decided it's not Your Work then you're wrong wrong again

iiee!! & the ancient tao is a banana in your ear is bliss & suffering, personal political mystical no blame no victim no enemy no way out or in or up or down us here ours now our pain our joy our responsibility all of us grasses trees clouds rabbits rivers fire earth spiders african pigmy berlin businessmen soviet spy san francisco faggot the stars quasars black holes theories trends connections epistomologies throughout all space & time all of it, us together & apart & beyond & if you disagree & beyond iiee!! the tao



OVERFAUL OR OFF-IRE-WALLS

Many important Co-op meetings have been taking place in recent months. Decisions have been and are being made that will determine the direction of the Co-op for years to come. Efforts were made to contact all Co-op members prior to most of these meetings. But if you were missed or were unable to attend, you may be interested in a brief review. For

another slant (I can't claim to be objective) or more details, talk to other Co-op members who have participated. "The times, they are a-changing ... "

March 11 - This general membership meeting was preceded by a mouth-watering potluck and an entertaining, education film entitled "In Search of An Organic



America." Bob Grubbs, a member of the newly "re-formed" Steering Committee, chaired the meeting and introduced the other nine Committee members. Chuck Magerl distributed and explained the financial statements for the year 1976. Sales were over \$200,000. The profits resulting from this growth were plowed back into inventory expanding the amount as well as the variety of our stock. The first tentative plans for summerization of our present location were discussed. Lack of cool and cold storage space was of primary concern. Coupled with the uncertainty of the future of the 600 block of Massachusetts, these problems led to a discussion of of buying a building and moving. Locations available were discussed. It was decided that an open house should be organized so that all Co-op members could see the alternatives for themselves.

March 20 - Using a telephone campaign, all members of the Co-op were encouraged to visit 1) Turner's Grocery at 7th and Maine, 2) Someplace Else - an ex-bar in North Lawrence, 3) Offthe-Wall Hall at 737 New Hampshire, and 4) our present location in order to discuss and de-

cide the future location of the Co-op. After the "Open House," members met in the dance studio above the Co-op and, after some initial discussion, broke into small groups to encourage greater participation by all present. When the small groups reassembled, two had decided the Co-op should purchase and move to Off-the-Wall Hall. One group favored staying to give the Co-op more time to find a more suitable location and to consider other alternatives (closing membership, splitting into two co-ops, etc.). One group was split between moving to Off-the-Wall Hall and staying. A committee was formed to study financial and other aspects of these two alternatives. This committee was to present its findings at a general membership meeting the following Sunday at which the final decision would be made.

March 25 - This "official" quarterly general membership meeting. had been planned by the Steering Committee far in advance of the moving/staying issue. A brief discussion of the topic during the business part of the meeting began to illumine the short-

Continued on page 14

WILD EDIBLES by Uncle Dan't

It's that time of year to start goin' out lookin' for wild edibles, folks! If you don't know much or anything about wild foods, it's best to learn to identify plants directly from someone who knows how. Country people who "lived through" the depression are good teachers. It seems that these delicious plants are even more highly regarded when that's all you got to eat. It's good to know wild edibles and medicines for emergency and survival situations but let's not forget a lot of the wild stuff is very tasty!! Taste is the real reason it's good to know what to eat when you're in the wilderness or in the country. With the way modern times are going you might need to know some survival stuff sooner than you think. If you can't find a teacher, here are a few good books on the subject.

THE WILD FOOD TRAILGUIDE by Alan Hall - Holt, Rinehart, and Winston (1973) - \$3.45This paperback is concise and a

good size to take with. It has fairly good drawings and descriptions of the plants, lots of which STALKING THE WILD ASPARAGUS and can be found in this area.

FIELD GUIDE TO EDIBLE WILD PLANTS by Bradford Angier - Stackpole Books (1974) - \$4.95 The major attraction of this book is its great color illustrations of edibles. In book tutors, good pictures are one of the main things to look for. A number of books display this as their weakness. However, the main weakness of this book is the scanty mention of ways to prepare the plants.

EARTH MEDICINE EARTH FOODS by Michael A. Weiner - Collier Books N.Y. (1972) - \$3.95 This is a very useful book with good illustrations. The information in it was accumulated from various Native American Tribes. It would be simplistic but true to say they didn't need any supermarkets, drugstores, or discos. The earth was all they

needed.

STALKING THE HEALTHFUL HERBS by Euell Gibbons - David McKay Co. Inc. N.Y. (1962) - \$3.95 These are great books written in Gibbons' rambling, conversational style. They contain loads of good information gleaned from years of research into Native American's early use of plants and much personal use of the things he's talking about. That's a drawback with other authors. They're merely reporting secondhand information. Gibbons was all for wild food. Can I help it if he also liked Grape Nuts cereal? Did you know that eventually those ads were banned by a bunch of people who complained to the FCC. They thought that because he said such things as "you can eat a pine tree" their kids were going to start eating poison plants or some such nonsense. Any parent who lets his kid watch T.V. at all places him or her in a more imminent peril



Violence? Mom and Dad, let them eat violets! Cibbons was a pacifist as well as a P.R. man for nature in all its glory. He emphasized the mutualism and cooperation of nature and downplayed the survival of the fittest idea of the Darwinists. Not too long ago he went back to the earth. So long, Euell.

That's about it for now. The fact remains that there is no definitive book on wild edibles in this area. You'll have to gather that information over a period of time and quite a bit of reading. Just look for the book or teacher that suits you best. Happy Foraging!!!



HOME & GARDEN ALCHEMY

by Thom Leonard

Miso, richly flavored, salty, fermented soybean paste, is a traditional East-Asian seasoning that can easily be incorporated into western-style cooking; in soups, salad dressings, as delicious garnishes or condiments in a variety of savory sauces and spreads, and in place of salt in any main dish or dessert. Rich in tan paste into dark, tasty miso. enzymes and lactobacillus it aids in digestion as well as being a good source of easy-to-assimilate soy protein.

The three main varieties of miso are barley, red, and soybean. The grain food (rice, pasta, bread, first two are made with grain. Soybean miso, including hatcho miso, is made from only soybeans, salt and water. In addition to these "regular" miso varieties, there are several "special" misos including "finger-lickin' miso" and sweet simmered miso, both of which are used a toppings for grains, vegetables or tofu.

The miso-making process is basically a two-part fermentation. In the first step, grain that has been soaked and steamed until tender is inoculated with spores of a variety of Aspergillus oryzae mold and incubated in wooden trays for two days; after this time the individual grains are bound together by a white mycilium; the mold has begun to "digest" the complex starches and proteins of the grain and has created enzymes which will assist in the secondary fermentation. The molding grain or koji, is now mixed with the cooked and

mashed soybeans, salt, water, and a small amount of miso from a.previous batch. The mixture is packed into large cedar vats where it remains for at least several months and as long as 3 years for some varieties. During this time, select enzymes, yeasts, and bacteria transform the light

Among the many nutritional and health benefits derived from miso:

-- a small amount of miso (1 tsp.) eaten at a meal with any whole oatmeal, etc.) can increase the available protein by as much as 30-40 percent due to the complimentary amino acid patterns. -- if served without cooking, the bacteria and enzymes present in natural miso serve to populate our defenses with healthful helpful flora in much the same way as yogurt or acidophilus -- the long fermentation transforms 80-90% of the soybeans nutrients into simpler, easy to digest forms. Boiled soybeans are only 68% digestible. The now famous trypsin inhibitor is also deactivated in the miso-making process.

--miso is one of the few vegetable sources of vitamin B12 (others include various sea vegetable and fermented soy and grain foods such as shoyu, naffo, tempeh).

--miso is an alkalizer, helping to balance an acidic condition created by overconsumption of sweets, fruit, and animal products.

--it is now believed that miso eaten daily helps to prevent radiation sickness and expells radioactive and other toxins from the system. Japanese folk culture has long held that miso soup rids the body of nicotine from cigarette smoking. Japanese traffic policemen eat miso soup regularly to alleviate the effects of automobile pollution.

Healthful as it is, miso need not be taken like a medicine, eating a spoonful in the morning because it is good for you. The rich, hearty flavor of miso is a delicious complement to the light flavors of a grain and vegetable diet. The simplest traditional preparation is miso soup; or substitute 11/2 tsp. miso for each 1/4 tsp. salt in any recipe. Before adding it to other ingredients, cream it with a small amount of liquid (water, stock) so that it can be easily and evenly incorporated.

BASIC MISO SOUP Thinly sliced onion Thinly sliced carrot Soaked, drained and cut wakame Stock or water Miso (1 tsp, more or less, per cup of liquid)

Add the onion and carrot to sim mering stock. When tender, add wakame, simmer briefly, then add creamed miso. Remove from heat, and serve; also good with small cubes of drained tofu in the soup. MISO GRAVY 2 TB oil 1 small onion, minced 3 TB fine whole wheat flour 1½ TB miso

Saute the onion until lightly browned, in one TB oil, add rest of oil and flour, stirring constantly until nutty aroma is present and flour is lightly browned. Add miso, saute for 30 sec. Add water, a little at a time, continuously stirring, bring to a boil (add pepper, herbs if desired) and simmer until thick. Serve over steamed vegetables, grain, mashed potatoes, biscuits and gravy.

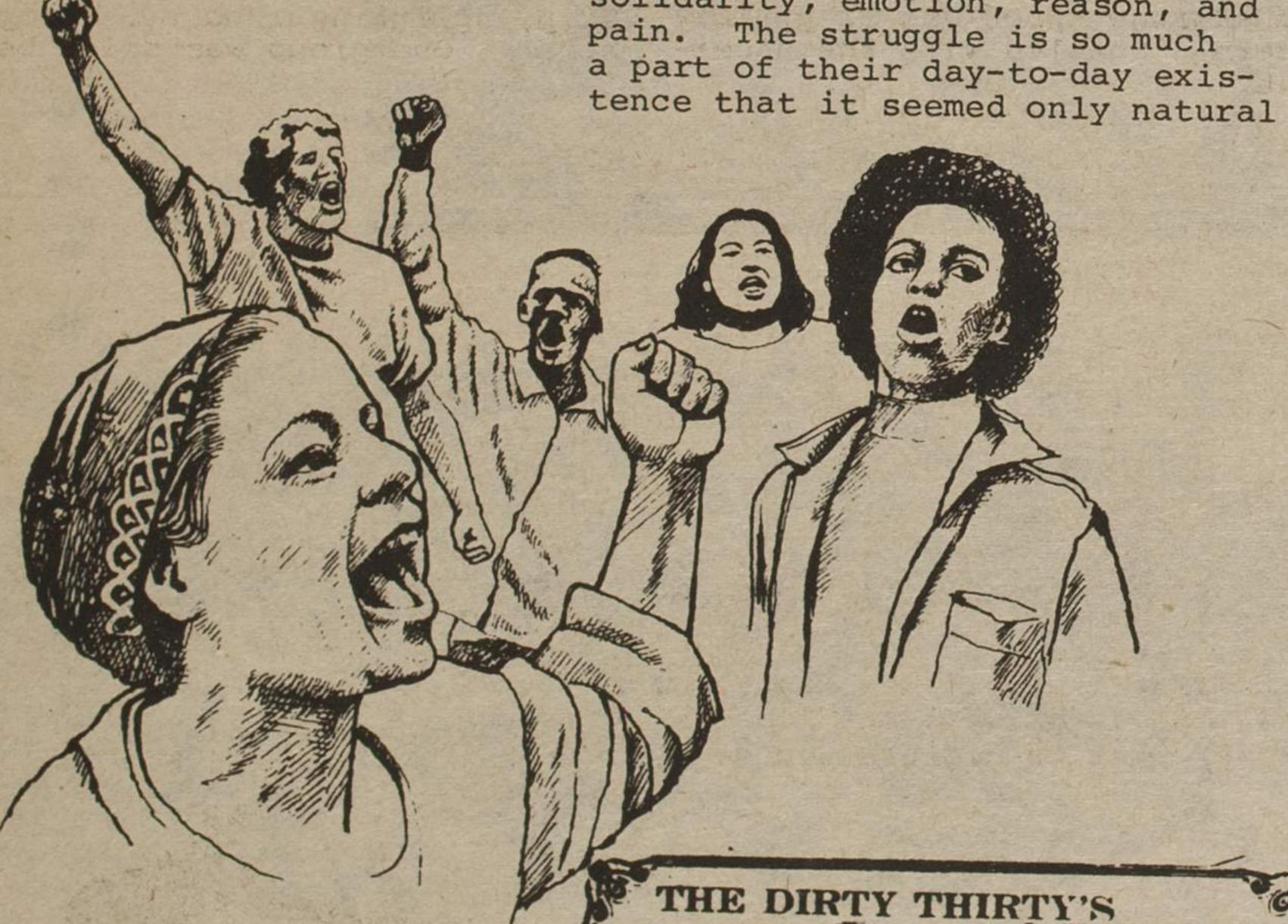
Miso, like tofu, is a traditional East Asian soybean food that can be prepared in small shops or at home and that lends itself to infinite adaptation to western cusine while providing high quality, inexpensive protein for the lean years ahead. Your Community Mercantile now stocks hatcho, barley and delicious brown rice miso.

Much more information and many more recipes can be found in the Book of Miso or the pamphlet "What is Miso?" both by Bill Shurtleff and Akiko Aoyagi also available at the Mercantile.



ANGER & OPPRESSION: a conference

The Ozark Food Co-op and the Federation Warehouse in Fayetteville, Arkansas have been struggling around the issue of sexism



and its companion -isms (racism, it should manifest itself at the ageism, classism, etc.) for the March meeting in Fayetteville as past several months. It has been a process fraught with dissent, solidarity, emotion, reason, and

it had at previous meetings of the Federation. Perhaps feeling outside the struggle or unable to deal with it, most Federation members looked for a path of least resistance. But at the most recent meeting, we began to realize that the Fayetteville struggle was our struggle too. We were not perfect. We had not transcended these problems. There is no reason why the struggle happening now in Fayetteville or one similar to it could not or should not happen here.

Recognizing this, the Federation is sponsoring a weekend of discussion entitled "Anger and Oppression" on May 6, 7, and 8 in Leslie, Arkansas. Topics for discussion include but are not limited to Sexism, Economics, Racism, Nutrition, Ageism, Land Reform, Classism, Nuclear Power, etc.

People with special knowledge in these areas are encouraged to come as long as they plan not to become domineering "speakers." The emphasis is on the personal and experiential rather than the general and theoretical. We hope to examine not only how we are oppressed but more importantly how we perpetuate oppression. The structure of the weekend will be decided by those who participate.

Participants should plan to fend for themselves. The only thing provided is a few acres of central Arkansas. So bring your sleeping bag, food, and friends. For more information, contact a store coordinator at the Community Mercantile. Ask to see some of the newsletters coming out of Fayetteville these days. You might find that the product of struggle is growth and that's what it's all about, isn't it?

& EARLIER SPECIALIZING IN ANTIQUES COLLECTABLES 842-2226 10:00 - 5:30Closed Mondays Quality

2 DRIGINAL PRICE Sunday

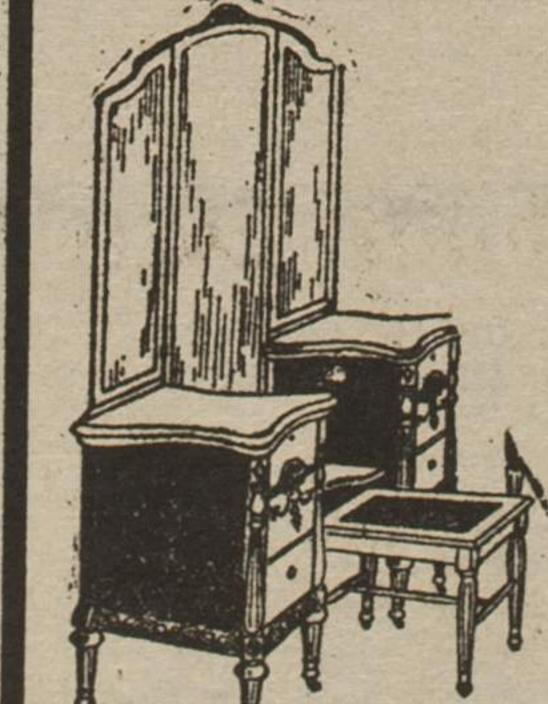
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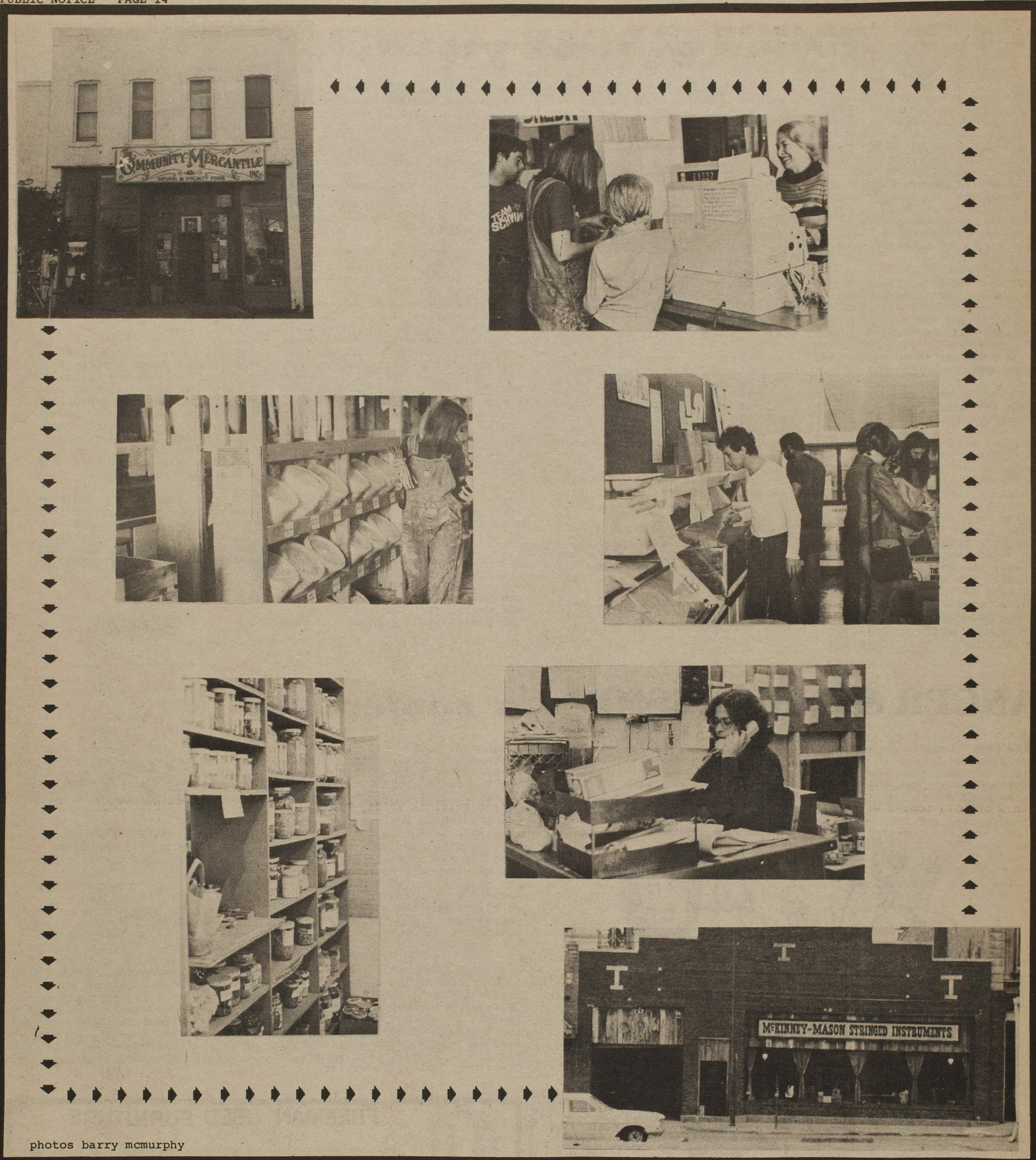
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OVERHAUL (cont.)

comings of the Co-op's decisionmaking process. Steering committee member Mark Larson chaired
the meeting and introduced the
city commission candidates - Ed
Carter, Jack Rose, Jerry Albertson, Muriel Paul, and Barkley
Clark - who had come to discuss
among other things, the future
of the 600 block of Massachusetts
St. You had to be there to appreciate it.

March 27 - The committee that had formed at the March 20th meeting distributed its report outlining present problems, alternative solutions, and comparing financial information on Off-the-Wall Hall and our present location. Barry Bunch of the Steering Committee chaired the meeting. In spite of their efforts, the meeting was fraught with general confusion, mis-communication, hostility, and a lack of clarity. Because consensus seemed impossible, several votes were taken. As a result of these votes, the Co-op was to remain in its present location. Two committees were formed - one to plan the remodeling and the other to look for sites to buy in the future.

March 30 - The Work Collective met with the Steering Committee, the remodeling committee, and other involved Co-op members.

Nearly everyone felt that the meeting of the 27th ended in confusion with no positive direction for action. Also, some bad feelings had surfaced and had not been resolved. To clear up these matters, another general membership meeting was set up for the following Sunday and a telephone campaign was planned to notify all Co-op members.

April 2 - Four persons - Jim Scheurich, Leslie Sayet, Larry Mulhern, and Sharon Lee - had been chosen at the March 30th meeting to plan and chair the meeting.

After reviewing the reasons for the meeting, they proposed that a 2/3 majority vote be necessary to carry any decision. Their proposal was accepted. Next, a group of nearly 20 principle characters in the move/stay debate were asked to concisely express their views.

After a break, there were open questions and discussion. Then a vote was taken. An overwhelming majority voted to attempt the move. As a result, two committees were formed. Both need your interest, involvement, and support.

Moving/Remodeling Committee -This group is presently wading through the red tape of buying a commercial building. They are conferring with bank, real estate, and local business people. They are planning how we can best meet the financial requirements facing the Co-op. Should we buy the building, this group will also be planning how Off-the-Wall Hall can be adapted to best suit our needs structurally. If we do not buy the building, this group will plan how to remodel the present location to make the space there more workable and pleasant. If you can help, contact Jim Scheurich at 842-1284 or Ed Scheurich at 842-0488.

Structure/Decision-Making Commit-

tee - This group is examining the power structure and direction of the Co-op and developing proposals that could change both. They are discussing increasing the work requirement, requiring some meeting attendance, closing membership, splitting into two or more Co-ops with perhaps a central warehouse, establishing a workercontrolled community based store, etc. One radical departure from the 2 hour work requirement that they are considering is work teams. As a member of the Co-op, you would belong to a work team in charge of a particular area. For example, if you were on the Cheese team, you and other members of your group would be responsible for ordering, receiving, cutting, and stocking cheese. One member of your team might be your representative to the Steering Committee. This group will be making proposals to the general membership in the future. Don't wait for the presentation; take part in the formulation! Contact Richard Delaware at 841-7163 or Sharon Lee at 842-7952.

The cool room runneth over THE ICEMAN GOETH

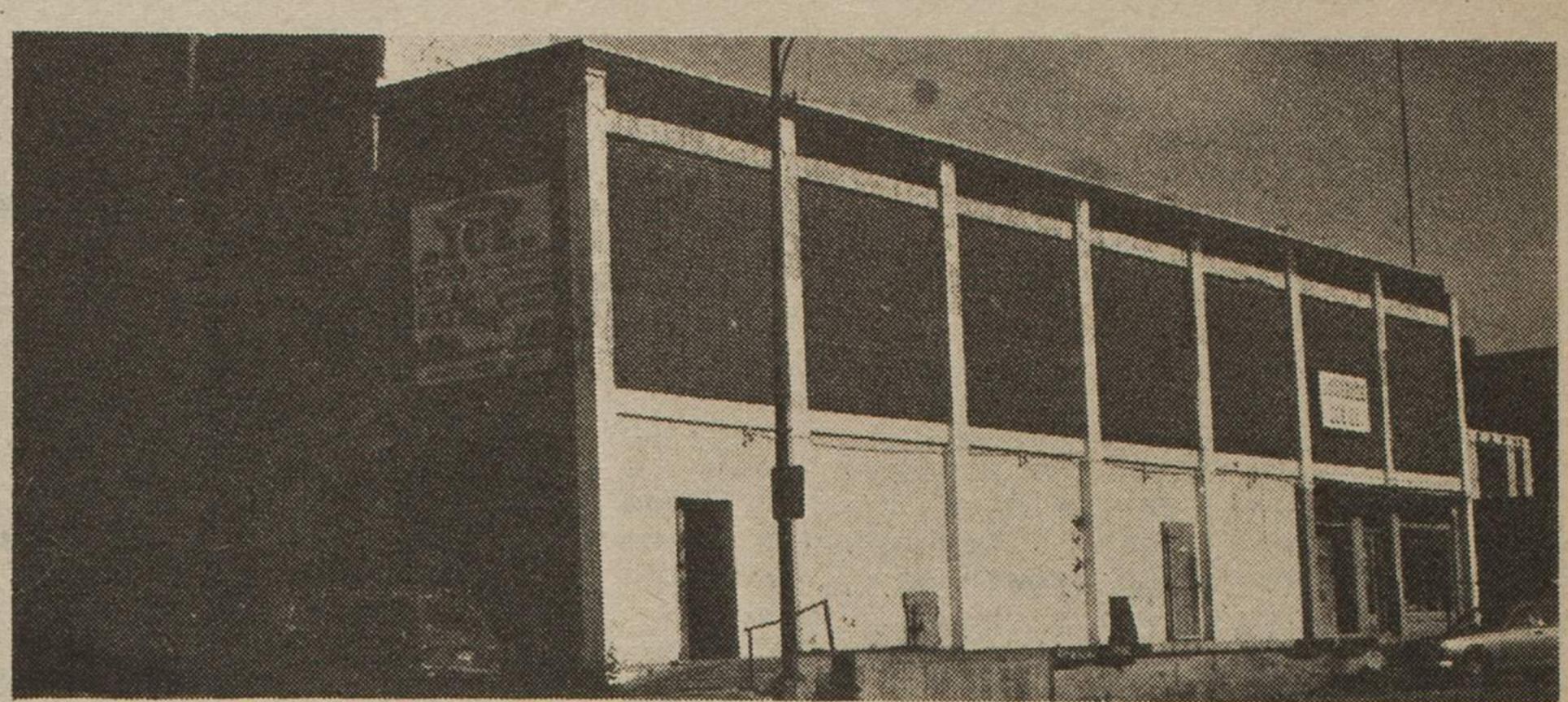
BY MOLLY VAN HEE

Last summer the Co-op began renting a cold storage area in the Lawrence Ice Co. This large antiquated building houses the only space of its kind available in Lawrence. We felt lucky to have it at first due to its convenient location behind the Co-op and cheap rent. In spite of early optimism, it soon became obvious that using the ice house would be a temporary thing. The space was intended for long term storage, not the constant in and out we were doing. Also the ice house hours prevented immediate storage of early and late shipments. A truck was needed to move these large shipments to and from the ice house. Worst of all, increasing Co-op sales and inventory meant that a daily trip was required.

After the long inconvenient winter, investigation began into building a cold storage space of our own. The expense and semi-

permanent nature of a walk-in cooler provoked thought about other problems at our present location. Talk of moving to a new storefront began. What happened next is a whole other story, one I won't attempt to tell. What it led to was the decision to buy our own building or stay where we are and remodel. Remodeling plans include building a walk in cooler. So, we can keep using the ice house knowing we'll soon move or remodel, right? Wrong!

A couple of weeks ago the ice house was visited by federal health officials. After this routine inspection we were told that rat and mice excretions were found on some of our bags. For several days nothing could be put in or taken out leaving us worried and low on stock in the store. Finally we were required to send several bags of food' valued at \$70-80 to the city dump. They were declared unfit



for animal or human consumption. The rest of our food in storage was returned. The ice house was required to remodel its cold storage area leaving us with nowhere to put our food. Luckily, the ex-Casbah Cafe is changing hands and has an unused walk-in cooler. We are using it at this time, awkward as it may be. Pos-

sibly we will need another place to locate our food before we have moved or remodelled. If you know of any possibilities, tell a store coordinator. Meanwhile we all need to work a little harder to keep on top of the endless shuffle of food from here to there and back again.



BY LAURIE SCHWARM

in one dish.

Do you have a good recipe for granola? This one was given to me by a friend and I have found it to be the best of the many I have tried. Besides being delicious, it really sticks to your ribs!

For a special and mouth-watering breakfast/brunch try a bowl of this granola topped with cold cup custard and then fresh strawberries. The custard is a creamy smooth companion to the crunchy cereal. And think of the nutrition. You are getting grains, nuts, milk, eggs, and fruit all

- 5 cups rolled oats
- 1 cup wheat germ
- 'l cup coconut 1 cup sesame seeds
- l cup sunflower seeds
- 1 cup soy flour 1 cup powdered milk
- 1 cup chopped cashews or almonds

Mix the above ingredients in a large bowl. In another bowl, . stir together:

1 cup oil 1 cup honey

Combine the two mixtures well and bake on cookie sheets, occasionally stirring, at 325 degrees for around 20 minutes until dark golden.

This makes quite a bit of cereal, about a gallon jar full and the recipe can, of course, be varied (add raisins, dates, more of one ingredient, etc.).

Signing off until next month, here is a favorite small poem by William Carlos Williams.

THIS IS JUST TO SAY

I have eaten the plums that were in the icebox.

And which you were probably saving for breakfast.

Forgive me. They were delicious so sweet and so cold.

VERBENA BAKERY & THE STAFF OF LIFE BY CHUCK MAGERL



he aroma and lure of freshbaked bread is an attraction few people can resist. There's just something about the rich, healthful taste, and the wonder of the bread-making process. Nan Martin found herself caught in this curiosity several years ago and is now involved in a bakery providing Nan's ingredients also include unbread for several hundred people in Lawrence.

Nan operates a natural foods bakery in the Community Mercantile Co-op, selling bread, cookies, buns, rolls, and cakes to the co-op grocery and the Sister Kettle Cafe. The ingredients for her products indicate her concern for making the highest-quality pread available.

"All the flour we use here is whole wheat, stone-ground flour, usually milled about 5-6 hours be- set me wondering about the real fore we use it in the bread," Nan value of the food I was eating. said. "The freshness of the flour The idea for a bakery began when

guarantees the presense of vitamins that begin to change or fade soon after grinding. For sweetners we primarily use raw, unfiltered honey, higher in minerals and enzymes than pasteurized honey."

refined, preservative-free oils, sea salt, and various combinations of seeds, raisins, rolled oats, and other grains. Her concern with the nutritional value of the bread is the result of a steady process of learning and practical application over the past seven or eight years.

"I had a friend who worked in Anna area, crocheting, and sports. On Berger's health food store and her the go in all seasons, Nan has father raised bees for honey," she recalled. "She introduced me to the ideas of natural foods and

I moved to Santa Barbara, California for a couple of years and got to see several natural foods bakeries in operation there. It felt like a good way to make a livelihood and I guess the fascination kept ahold after I moved back to Lawrence."

After returning to Lawrence, Nan helped start the Cornucopia Restaurant, began making granola for the new food co-op, and as the co-op moved to it's present location, found an opportunity for a bakery. She purchased some used equipment in Kansas City and has been in business for two years.

One of the subtle characteristics of those two years has been the conscious non-commercialness of the bakery. Advertising and aggressive promotion were never necessary because there was no other natural bakery in the Lawrence-Kansas City area. In fact, Nan has actually quit baking for the 4 or 5 businesses in Kansas City that once bought from the bakery, explaining, "I'm not an entrepreneur. I value my free time and enjoy the opportunity to not work. I live frugally so the money I make seems fine. I don't make a killing but I do make a living."

The luxury of not having competitors in the market has allowed Nan the freedom of scheduling her time to include activities such as repairing her house in the Pinckney sponsored city-league women's teams in softball, volleyball, and basketball, as well as playing on the co-op's co-ed softball team.

Perhaps it's this balance between

work and recreation that provides the continuing energy for Nan's baking job. In any case, those of us without the time or energy to bake our own don't have to go without-thanks to Nan!

Free for All!

BY DOT ROBERTS

Tow would you like a food that is free, easy to obtain, and very healthful? It can be used as a tea or for a delicious green salad. It has a French name dent de lion (lion's tooth). We call it dandelion. British researchers have found dandelions have 12 times more Vitamin A than lettuce, 3 times more Vitamin C, 6 times more niacin, 4 times more calcium, a goodly amount of zinc, and 4 times as much organic iron.



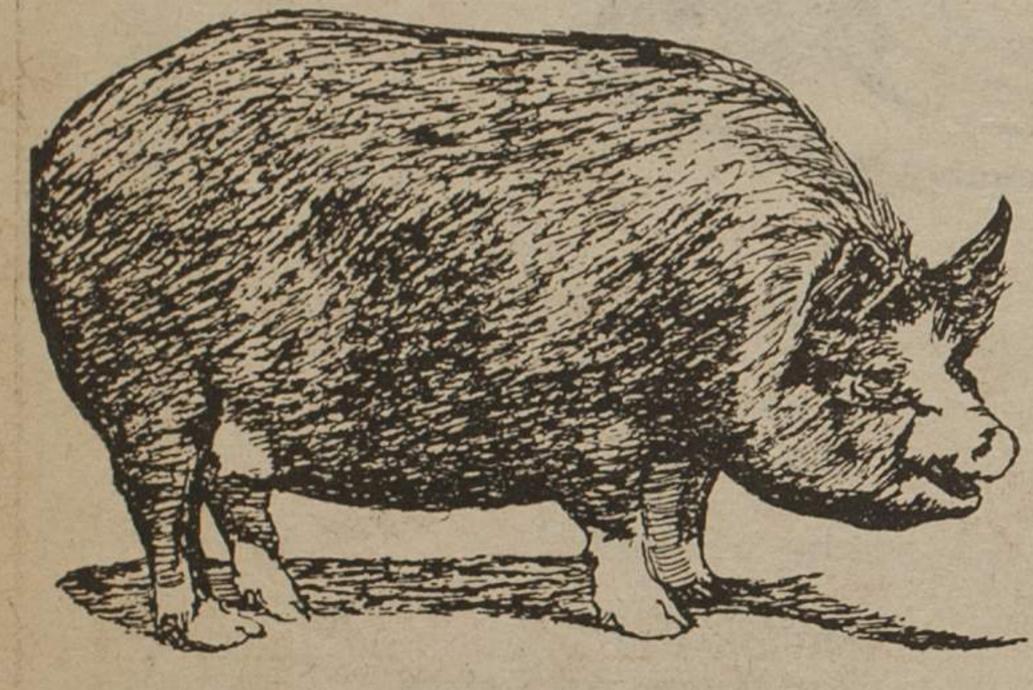
Pick out your patch of free, young dandelion leaves (be sure no poison has been used on the area), wash and sort them, and fill the bowl. Other fresh vegetables may be added - slivered or scraped carrots, red cabbage strips, and avocado pieces. Vinegar or salad dressing may be added as desired. Yum, Yum, Delicious!

WHY SPOIL THE BACON?

One of the major food concerns in our bodies: recently has focused on the levels of chemical additives in supermarket food. Tissue tests of meats have revealed hazardous amounts of growth stimulants, environmental contamination, and processing chemicals.

Sodium nitrate and sodium nitrite are chemical additives that are commonly used in cured and processed meats, such as hot dogs, bacon, ham, and bologna. They are gen is severely impaired. This added to slow down the growth of botulinum bacteria, which cause botulism, a deadly disease. And, more importantly for the meat industry, sodium nitrate and nitrite globin level exceeds 70 percent." gives neat a pink coloring to make it look fresh, like raw hamburger or steak.

Sodium nitrate (also known an saltpeter) is found in nature with of nitrates should be carefully removed when salt is refined. Sodium nitrite is made chemically from sodium nitrate. Most of the nitrate that enters our bodies is excreted harmlessly. Some of it is eaten by intestinal bacteria and converted to nitrite. It is nitrite that is most dangerous to our bodies and our lives. It is also nitrite that is most often used in meat curing and processing since it speeds up the curing process -- and the meat industry, like any other, equates speedier methods with more profits.



The dangers of nitrites are twofold: they are poisonous when eaten in quantities only a little higher than levels used in food, and they can combine with amines jorganic compounds containing nitrogen) in the stomach to form nitrosamines--these are known to be cancer-causing (carcinogenic).

There have been many cases of nimost harmful chemicals in the food body outside the stomach. we eat--one of the few food additives known to have definitely caused deaths in the U.S.

This is the way that nitrite acts

"... When absorbed into the bloodstream, nitrite readily converts the hemoglobin in the blood cells to methemoglobin, which cannot carry oxygen. Human blood normally contains about one percent methemoglobin, and 99 percent hemoglobin, and there is no problem. However, if nitrite is present and raises the percentage of methemoglobin to above 10 or 20 percent, the blood's ability to carry oxycondition is known as methemoglobinemia. Victims quickly discolor and have difficulty breathing. Death may result when the methemo-(Jacobsen, Eater's Digest)

Infants under one year of age are the most susceptible to methemoglobinemia. A baby's consumption salt. It is one of the substances controlled, and nitrites should be C) and sodium erythorbate--two avoided. After a consumer lawsuit, preservatives -- are somehow able to Gerber and Beech-nut, the baby food neutralize nitrates in the stomachgiants, stopped using nitrites in while interfering with nitrosation their products, although Gerber still uses them in "toddler meals", and amines forming nitrosamines). which are for infants over one year, of age. The U.S. Department of Agriculture (U.S.D.A.) is just now proposing a ban on nitrites in baby (ppb). Beef jerky, ham, and lunch foods.

> Most infant deaths due to methemoglobinemia occur in rural areas, due to contaminated well water. In fact, the biggest dangers from nitrate poisoning is from our water supply and from vegetables grown in fields that have been heavily fertilized with nitrates.

The danger of nitrate and nitrite poisoning--serious as it is--is nothing compared to the danger of nitrosamines.

Nitrosamines were first found to be carcinogenic in 1956. The first evidence that nitrites could convert to nitrosamines in the stomach came in 1963. This touched off a lot of research in this area, which has unearthed these facts:

1. Experimental animals fed nitrites and animes in the amounts that average Americans eat every day developed tumors.

2. Increase in the incidents of stomach cancer in the U.S. is directly related to the increase in the consumption of cured meats.

3. Nitrosamines can also trite poisoning. It is one of the cause cancer in other parts of the

> 4. Nitrosamines can not only be causes by nitrites in cured meats, but have been found in the meats themselves.

5. Sodium ascorbate (Vitamin



(the chemical binding of nitrites

The nitrosamine level in hot dogs is up to 80 parts per billion meat have nitrosamines up to 48 ppb. Canned (processed) tuna has up to 26 ppb. Nitrosamines at levels higher than 10 ppb can be cancer causing in humans.

The American Meat Institute (AMI) and the USDA are recommending that either sodium ascorbate or erythorbate be added to bacon, and that the quantity of sodium nitrite in bacon be lowered. Bacon is now the food presenting the worst threat from nitrosamine. But these recommendations would only lower the chance of getting cancer from bacon -- they would not eliminate it. And what about the rest of the nitrite-filled meats?

The meat industry opposes the banning of sodium nitrite for three reasons: the risk of botulism would be too high, the cured meats; contraceptives, analgesics. This would not taste cured, and the public would be turned off by the natural gray color that the meats

First of all, it is questionable whether or not the levels of sodium nitrite that are added to commercially cured and processed meats actually do prevent the growth of bacteria. Besides, there are other ways to preserve meat--nitrite-free frozen sausages are already on the market with no problems of botulism.

Secondly, according to a British study done in 1973, "salt was shown to make a major contribution Courtesy TURNOVER

to bacon flavor, but sodium nitrite has no detectable taste at concentrations similar to those found in bacon." Sodium nitrite makes little or no contribution to cured flavor.

Finally, in response to charges that the public won't buy meats that aren't pink-colored, it should be noted that meat products like bratwurst and breakfast links are the grayish color of naturally cured meat, and nobody has been outraged over them. If consumers knew the reason for the change in color, it shouldn't take very long before they would prefer meats without nitrites and nitrates. The meat industry chooses to treat consumers as if they were stupid-more into a pink color than healthy meat. In reality, using these chemicals saves them money -- and that is what they are most concerned with.

The following common products contain amines, which will react in our bodies with nitrites to form cancer-causing nitrosoamines: eggs, fish, cereal, meat, beer, tea, wine, cigarette smoke, antihistamines, anesthetics, tranquilizers, nasal decogestants, oral is just a partial list. If you wanted to stop the formation of nitrosoamines in your body, it would have without sodium nitrite. would be a lot easier to stop eating nitrites than to stop using products containing amines.

> Public pressure must be put on the Food and Drug Administration (FDA) the USDA, the AMI, and the meat industry to stop the use of nitrite and nitrate in meat. And until this practice is stopped, avoid meats that contain sodium nitrite, limit your intake of nitrate, and keep the Vitamin C handy.

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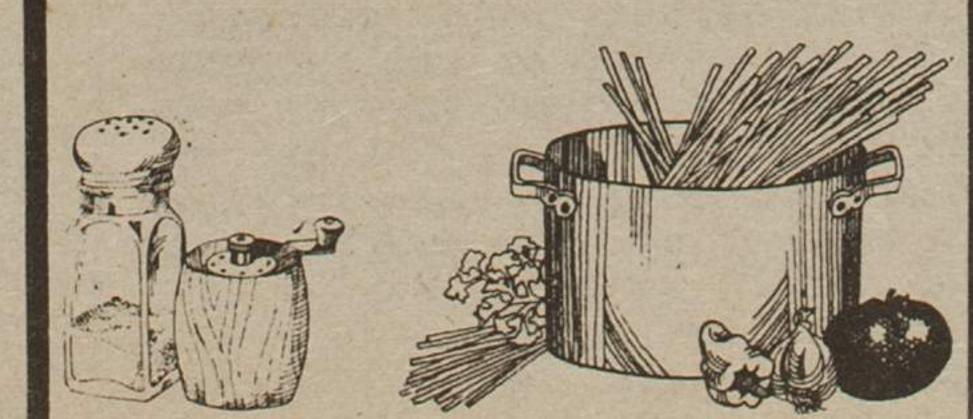
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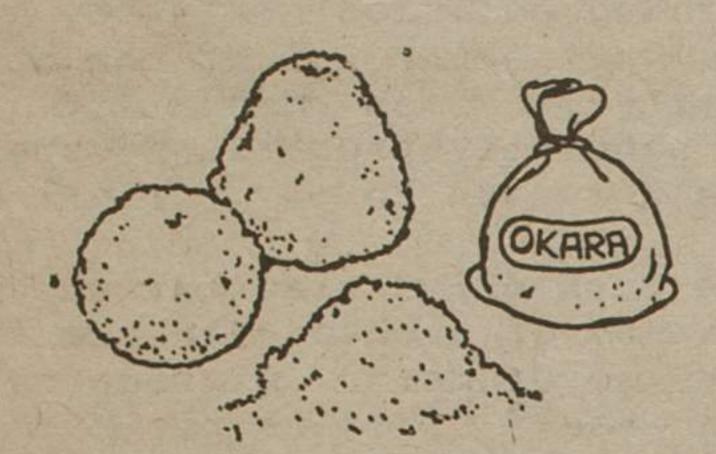
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Want to learn a new language? Come on in, sit yourself down, and try to read our menu. You'll find such tongue-twisters as Hiziki, Miso Pate, Wakame, Okara, and that curd of all words: Tofu. Ask a waiteress the difference between miso and tahini and you probably won't get a straight answer You see, we're learning this new language too. Someone puts up a strange word on the blackboard and for the next three hours every conceivable pronunciation you can imagine hits the scene. Let's simplify by explanation.

Okara is the shell of the soybean and a very important substance. It is the fiber of the bean and a

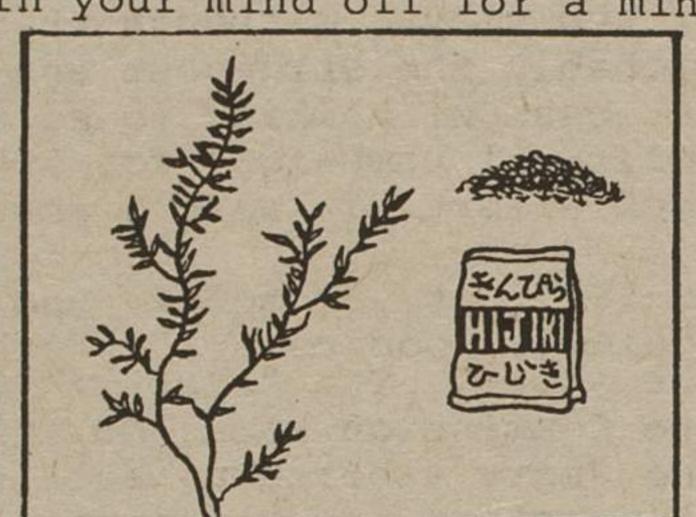


clear definition found in The Book of Tofu states that "fiber is composed of carbohydrates found in the outer bran layers of whole grains and the cell walls of natural vegetables and pulses, it passes unchanged through the human digestive tract performing two key functions: l, it provides the "bulk" or "roughage" necessary for regular bowel movements and the prevention of constipation; and 2, it absorbs toxins (including environmental pollutants) and speeds their passage out of the body ... " How can you use okara? Well, you can add it to bread, pancake batter, cookies, cakes, soups, chili, granola, or feed it to your goats as I do to increase

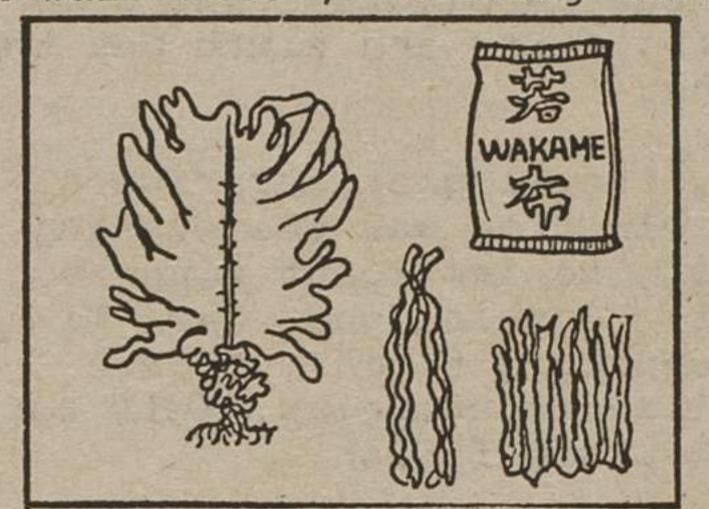


milk production. This good fiber not only helps clean out your system but also offers you the same amount of protein as whole milk or cooked brown rice.

If the sight of murky strands of form and before the soup, casseaweed floating in your soup upsets your mental set, then

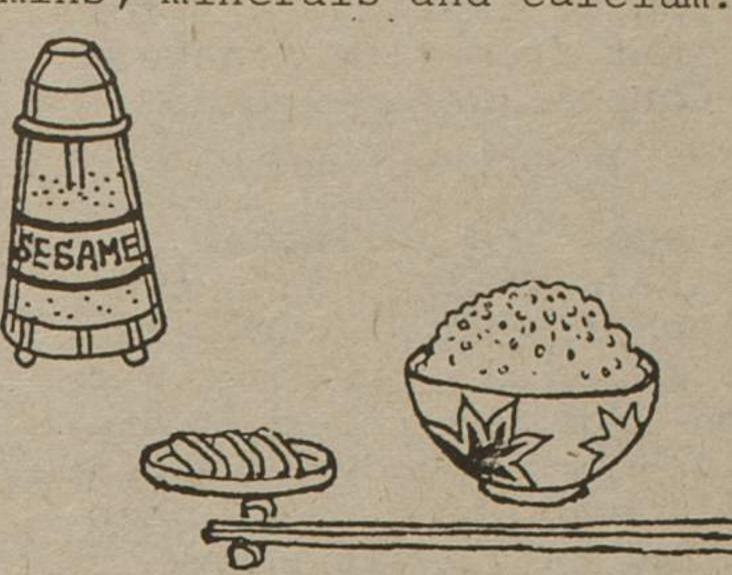


and smell the mineral-rich aroma from the sea and you'll be surprised to know that the two aforementioned, Hijiki and Wakame, happen to contain over 50% more calcium per weight than dry milk, are super high in iron and rich in protein and niacin. These vegetables come in dried serole or rice gets started we drop these feather-light strands turn your mind off for a minute in warm water, watching them



quadruple in volume within minutes. Sauteed with carrots and onions gives you a rare blend of ,land and sea.

Gomashio - sesame salt is four to five parts roasted, groun sesame seeds mixed with one part sea salt. Sesame is a concentrated source of calcium (containing 83% as much calcium as powdered milk) and high in iron. Sesame butter used at the Cafe to supplement and enhance the flavor of salad dressings, is made from the whole sesame seed and differs from Tahini. Tahini is a sesame paste made from hulled sesame seeds, more expensive to buy and less nutritional because the elimination of the hulls give you less vitamins, minerals and calcium.



There you have it, some explanations to stick in your bag of thoughts. It's a slow process of learning about foods the Orient has eaten for centuries, but the key concept to our philosophy at SK is one of conservation of our land and sea, sharing her nutrients without over-indulging and eating lower on the food chain so that others may eat too.

by Galen Tarmen

My family has had a long tradition working with various financial institutions. Although I did my best to avoid such drab topics as checking/saving accounts by majoring in philosophy at KU, I think my early exposure permeated my unconscious. My father worked at a Farmer's Coop Credit Union for over fifteen years.

His stories of the ups and downs of farmers' finances have slowly come back to me as I get more involved with the Community Mercantile Credit Union.

Their credit union had to be different. They had to take chances and give farmers the benefit of a doubt. They were dependent upon each other so the farmers and the credit union had to develop a mutual respect. Basically my father's credit union had to re-define credit risks and attempt to humanize the whole process to include intangibles such as weather, insects, etc.

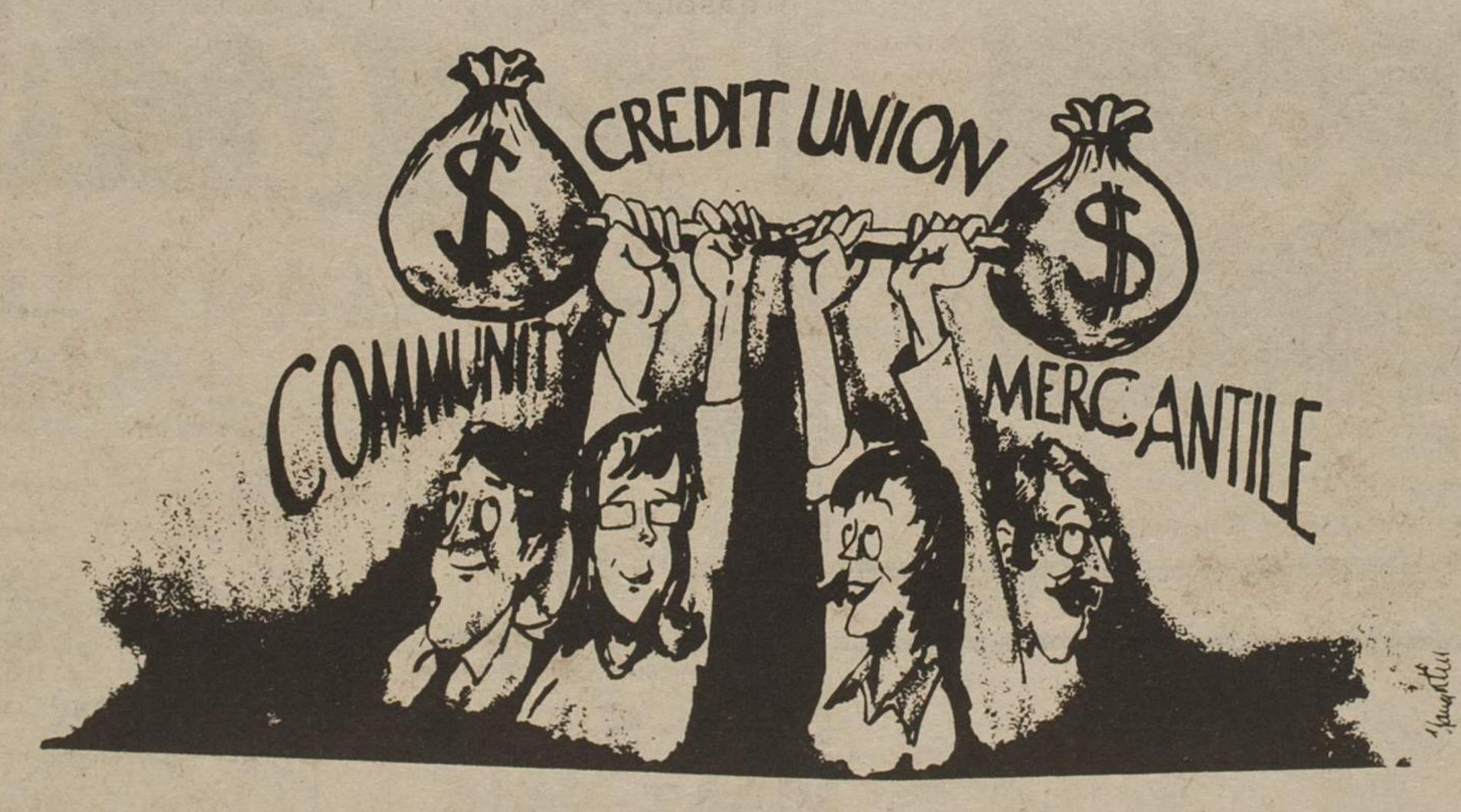
Community Mercantile Credit Union

Assets: \$54,248.67

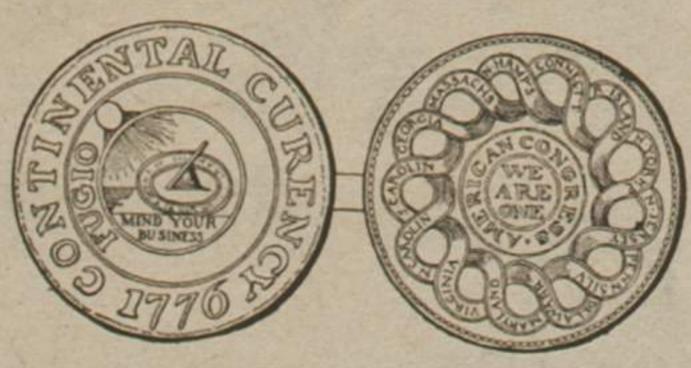
Loans: \$34,540.92

Accounts: 247

AS Of April 1, 1977



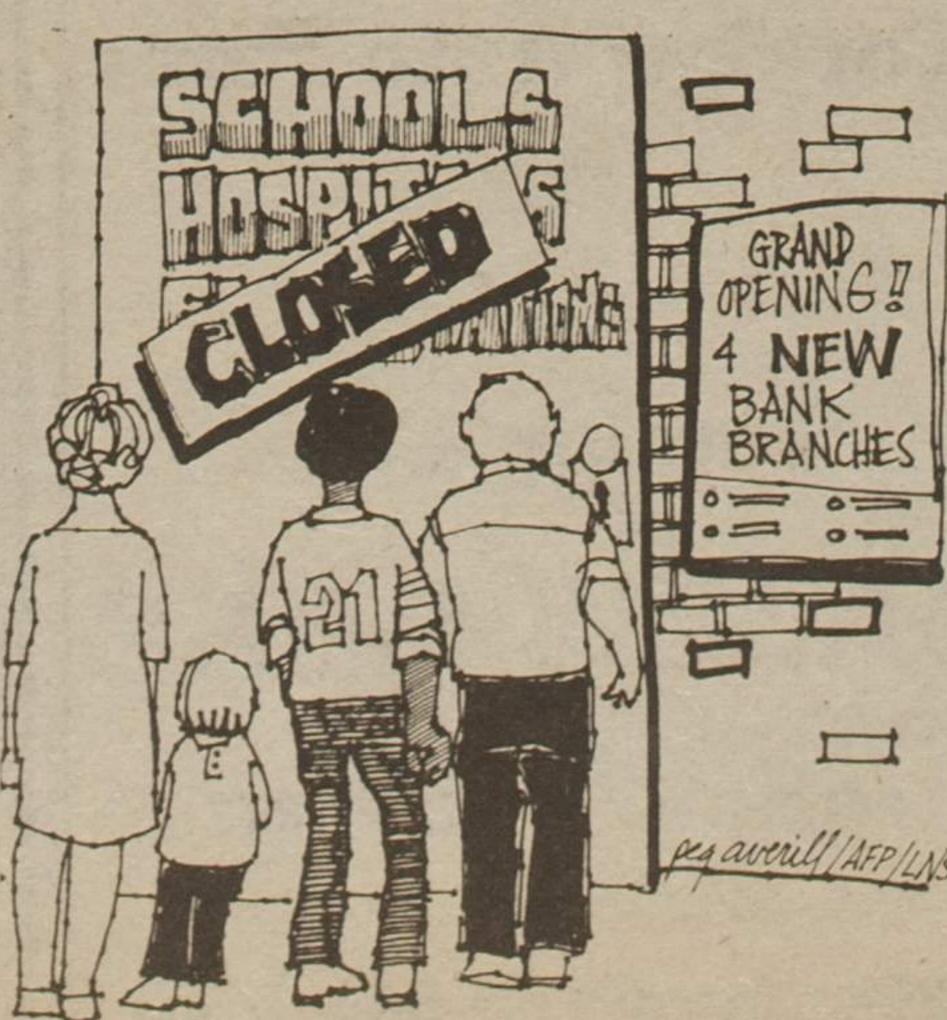
On the other end of the financial spectrum was an outfit that my brother worked for. Fresh out of KU business school with a few years of National Guard under his belt, he was ushered into middle management of a sprawling corporate conglomerate. In essence, his job was quite simple. Borrow \$30 million or so from Chase Manhattan Bank at prime rates (6-7%) and



FIRST AMERICAN COIN Coined in Massachusetts in 1776.

loan it out to poor people at rates ranging up to 18% a year. The credit ratings for each applicant were revealed as quick as filling out a sterile application and plugging it into their brand new computer. You see, no one person could borrow more than \$2,000 a crack, this conglomerate must have had the most efficient treadmill possible. I was quite pleased when my brother chose to find other employment.

In attempting to understand that experience, the sobering fact that economic discrimination is a way of life, became more meaningful. People have had little say on how their credit ratings were established. However, the various financial institutions thrive upon dividing classes of people and assigning them varying degrees of risk. This had led to a stifling situation closing off monetary access to vast numbers of people.



The Community Mercantile Credit Union, along with many others, have been attempting to reorder such disgusting priorities. Flexibility, along with those intangible, personal considerations can be considered the trademark of this successful operation. When banking is done on a community level among friends, many more considerations can be weighed about a person's credit worthiness. With sound financial advice, members of the credit union can understand the wisdom (or lack of wisdom) of taking out a certain loan. Naturally we can't offer all the conveniences of other financial institutions, but those are minor if you consider the greater say you have in managing your financial affairs.

Credit Union Tues. 9-12 3-6 Wed. 5-8

Assuming power from the regular financial institutions is easy. Simply close your old accounts and look for a more personal place to keep your savings. By denying banks direct access to your savings, you will be telling them that you see greater worth in community control as opposed to the benign consideration of simply the highest interest rate.

You may lose out on a few dollars of interest, but isn't that a small price for seeing your friends and community benefit from your wealth?

BY PAUL JOHNSON

MONEY BUYS CITY HALL

BY MARK KAPLAN

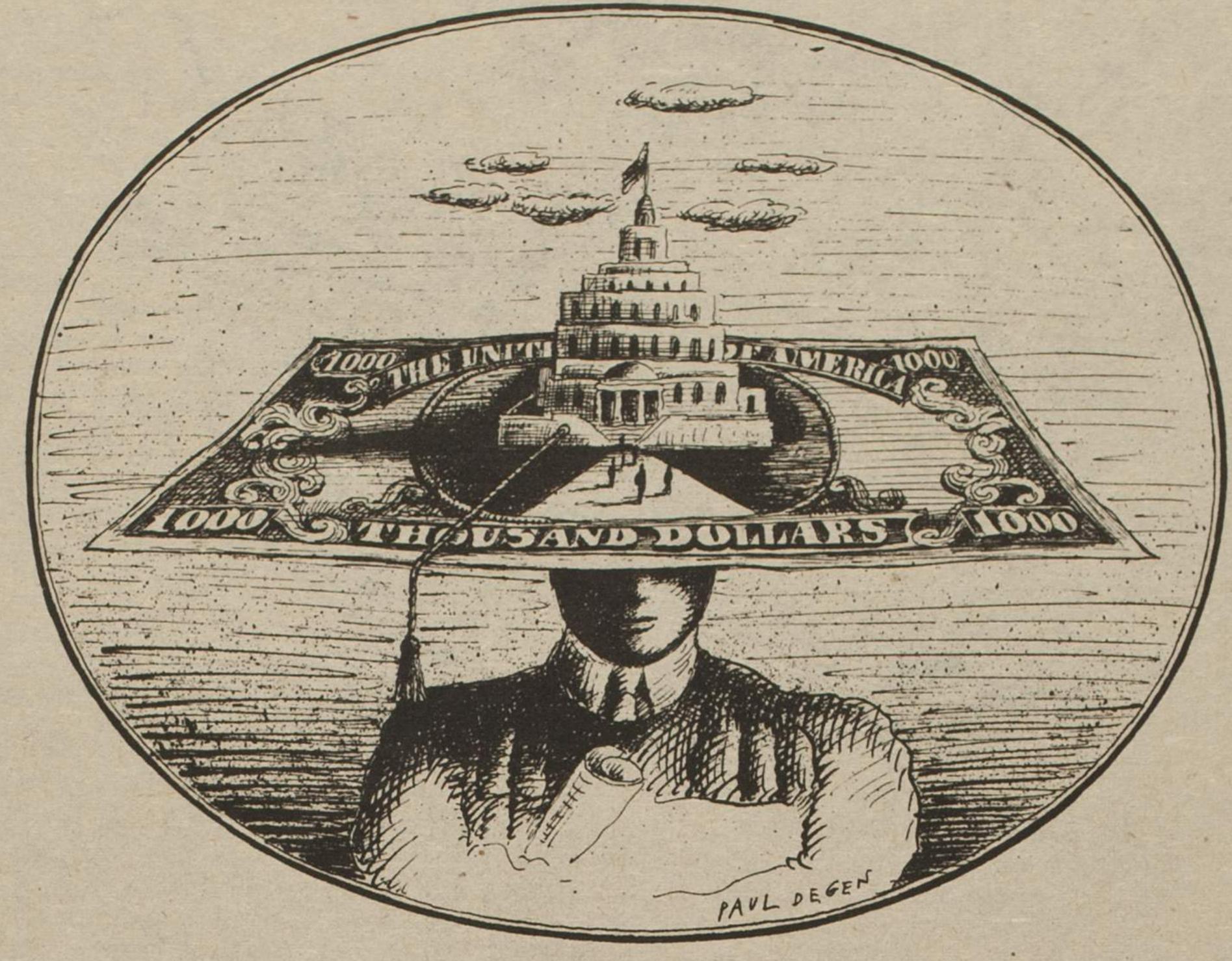
hings are returning to normal in Lawrence in more ways than one. Local elections for School Board and City Commission, a biannual process, are finished with once again. Without a doubt, the dual forces of business and landowners made a coveted election come-back.

The business-real estate candidates won a clear victory. Placing first were Barkley Clark, associate dean of the KU Law School Ed Carter, district manager for Southwestern Bell, and Jack Rose, former Commissioner, director of KU laboratories and an owner of several acres of developable land. The question of changing the form of government from City Manager to Mayor-Council was defeated two to one.

Two years ago, the political records were shattered when two school teachers and a housewife were elected to the Lawrence City Commission for the three seats on the five-member body. Lawrence is a small town, with roots deep in tradition and conservatism. For many decades the town was run by a relatively small clique of downtown business and banking interests, with the governing body made up of like personalities Yet, 1975 saw this pattern radically altered, with two "wageearners" winning seats on the Commission.

Two high school teachers, Carl Mi- Probably the biggest surprise of beck and Don Binns, brought a fresh and welcome relief in 1975 to the usually stuffy atmosphere pervasive at City meetings in years past. Marnie Argersinger, also elected in 1975, was only the a fourth-place finish. second woman ever elected to the governing body.

The voters who elected these new faces were brought to the polls by the City's forthright attempt



to build a new maintainence facility for City trucks in the Pinckney neighborhood north of Sixth street. Well-organized efforts by the neighborhood succeeded in firing interest to the point of voter abandonment of the tradition-. al business candidates, who came in fourth, fifth and sixth out the a running.

the '77 election was the ousting of one of the insurgent winners from '75. Commissioner Carl Mibeck, running a tough , though under financed campaign, fell to

Mibeck was forced to take his record before the voters in this year's primary and general election bout, since his third place finish in '75 gave him only a two-year term.

Noted originally for his strong and often vociferous opposition ted for East Lawrence, Mibeck par-mission. layed himself to the forefront of nearly every issue involving a threat to the residential areas of the city. Although this is

probably the strongest and broad-

est base with which to enter a

political campaign, for the Mi-

beck effort, it wasn't enough.

In 1977, it was money, and not "neighborhood power." that called the shots. The "also-rans" of the Commission race, Muriel Paul and Jerry Albertson, felt the sting of an under-financed campaign. Campaign chests for the Mibeck, Paul and Albertson candidacies were small potatoes compared to the winner's. (The sole ing mistrust and disdain for City exception to this might be the last minute surge in the Albert-

son campaign due to reinforcement rods commonly used in construction of buildings for campaign signs in exchange for Albertson's vocal support of a regional shopping center in the 'burbs.

Though official reports have yet. to be filed, it's evident that winning campaigns for Commission were well-planned and wellfinanced. Most of that money came from local business and real estate. All of it went to elect Ed Carter, for the Chamber of Commerce, and Jack Rose, for the land owners. Barkley Clark, burning political starlet, clawed his way to the top of the heap on merits of class distinction, thoughtfully-prepared newspaper ads and cash to pay for all of it.

The cash drive also buried the proponents of a change in the form of City government. A group calling itself Citizens for Mayor-Council government, placed the question of abandoning City Manager government on the ballot April 5th in an attempt to oust the position of the appointed City Manager to the Haskell Loop roadway sla- and the at-large selection of Com-

> It was a threat not taken lightly by the City. Additional thousands (peanuts) went to propagandize a case for retaining the present form and its present personnel roster. Near the last day of the campaign, the City stepped in a bit of mud by using its publicowned computer facilities to run off a mailing list for a pamphlet urging a "no" vote on the propisition.

> Though typical of City Hall's lack of respect for the tax-payers' dollars, it certainly didn't hurt them at the polls. Despite mount-





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The Boxed In Blues

FROM PAGE ONE

"It doesn't really affect me," Joanne says. "Except you can't hang anything on the walls. So all the plants are hung from that wooden beam on the ceiling."

I ask about their feeling for the neighborhood.

Molly replies, softly, "Well, we don't know too many people around here. But there are a lot of activities, like adult education. I haven't found folks too friendly around here."

"We haven't gone out of our way to meet any of our neighbors and they haven't gone out of their way," offers Joanne.

Across Iowa Street from Gaslight Village lies another set of mobile homes, Mobil Acres. Here fewer yards are fenced in, no car-ports exist, and front lamps burn even in the middle of the day.

And Steve Frazier, a resident of the Acres, is burning at the attitude of his questioner. Do you think the home construction business had ever opposed mobile-home sites?

"I don't think they've had to," Steve replied. "There's enough zoning opposition and enough psychological opposition ... "

What kind of psychological opposition?

'Well, like the sort of questions you've been asking. My dad's company's homes get 30-year FHA loans. (Steve's father operates a tri-state mobile-home manufacturing company based in McPherson, Kansas.) Now that they're better built, they can get that. And they're safer now, too. Last year's new HUD regulations for new mobile homes make it mandatory that water-heaters are kept separate from the home in a sheet-rock lined compartment. And the ventilation systems have to be less flash-fire prone. Tie-downs and smoke alarms are also mandatory.

Last summer, Steve worked as a cost analyst in his father's factory. He explains why mobile homes are so inexpensive.

"Assembly-line. Specialized labor. Set out a floor frame and set it on a chassis. When

it's rain or cold you still make them. And you're talking about unskilled labor. You can hire off the street and have them put-They just do one task. At a re- place. gular construction site you're talking about carpenters, plumbers, electricians, all of whom are highly paid. Whereas these unskilled guys start out at \$3 an hour, a carpenter starts at \$10.

Steve shares a mobile home with

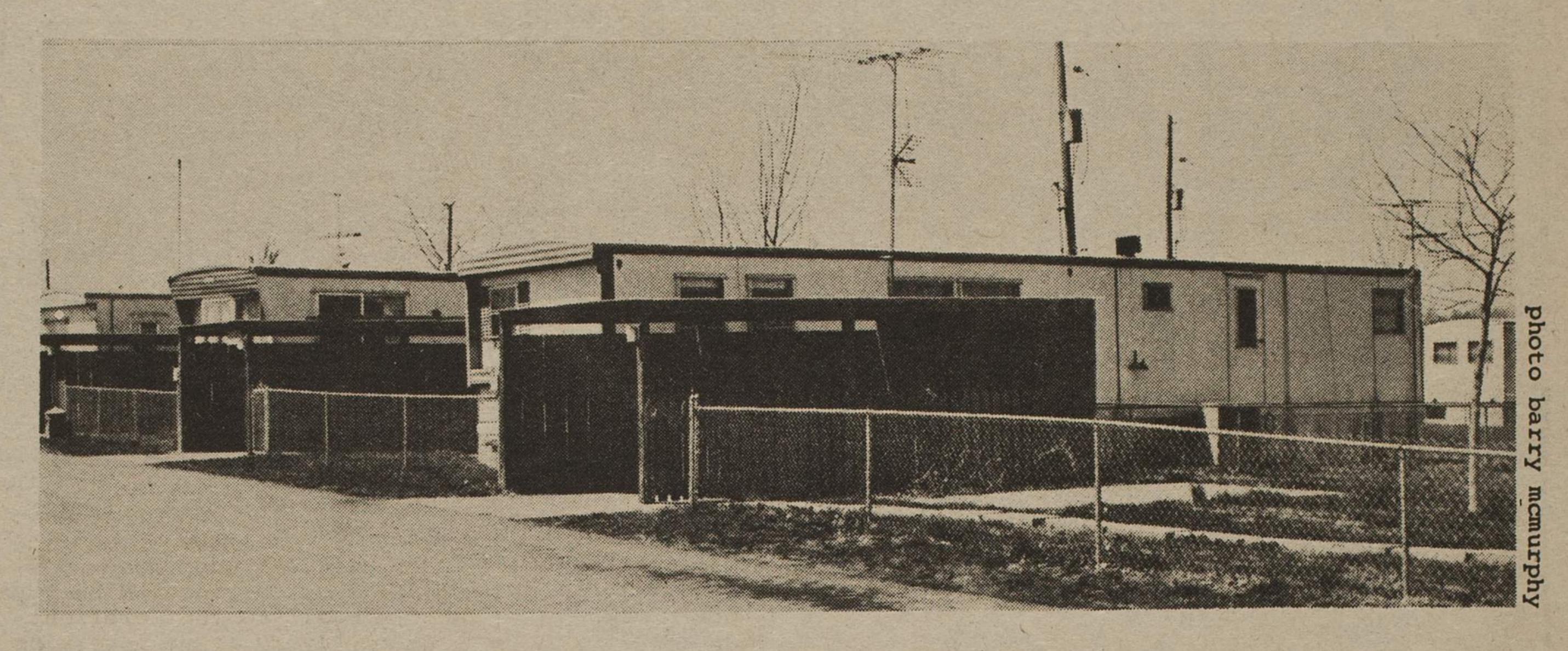
and the thick carpeting. All trappings to cover what is otherwise an ice tray with cubicles.

ting them together within a week. But Steve puts the doubter in his

"I would like to think I have an open mind. I wouldn't buy a house in the trailer parks, because trailer parks are depressing. I wouldn!t buy a single-wide because they're a long box. But," he leans forward, "a double-wide is a completely unique experience." Pete Czarnecki--both KU students. So he directs the doubter to the

price is \$4,500 for the simpler models to \$20,000 for the flagship of the mobile-home fleet, the double-wide. Bill Webster says, "Go have a look."

Again, the stapled-on-wood, again the padded bar, the plastic cabinets, the thick carpet. But here inner-space has expanded and the illusion is that of a moderately sized home. Three bedrooms, two baths, but also some added ... features. Like the lime-green artificial turf on the doorstep, and the contraption no good space



"The majority of people who live in these parks are middle-class people with families," says Pete. "The people who rent are students."

Again that pesky question of social interaction crops up.

"It's just not conducive to neighborliness since you don't go outside."

Their living room features laminated wood paneling, plastic chandeliers, flowery curtains, and brass curtain rods. The only departure in style from Molly and Joanne's place is a peaked roof that makes their living room seem more spacious.

Illusion is the thread that binds mobile homes together. The brown plastic cabinets in the kitchen that you have to run your fingertips over to tell what they're made of; the thin layer of laminated wood that covers the metal walls; the gaudy curtains

Mecca for mobile homes in Lawrence, Bill Webster's Mobile Homes, intercom, as if communication is 3409 W. 6th. Webster is an affable man, and he plays the standard Navy joke on his visitor.

"How many trailers do you own in Mobile Acres?"

"None," he deadpans.

A moment of confusion, and then, "Oh, I get it. It's like asking an admiral how many boats he has in a fleet, right?"

He nods his head solemnly, obviously having played this game many times before.

"Okay, how many mobile homes do you own there?"

"We're projecting 400 for over there, but right now we only have half that."

At his 6th Street site, Webster sells mobile homes. Starting

'age home would be without, the impossible by natural methods and added circuitry is necessary.

So you step out of the oversized capsule. In the parking lot of Webster's Mobile Homes is a blue chevy with a "For Sale" sign on its windshield. You shiver in a brisk wind and wonder why mobile home parks don't have more windbreaks. And then you remember the only sustained batch of trees you've seen on your odyssey through mobile home parks -- a long row of evergreens dividing Gaslight Village from the suburban homes on the north. How many of the mobile homers occasionally sneak looks through those evergreens trying to catch a glimpse of their future dream houses? And how many of those people on the suburban side, who may have once lived in places like Gaslight Village, would just as soon forget the whole thing?



