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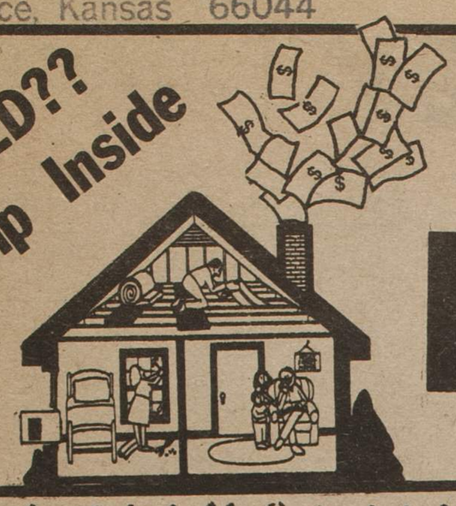

Public Notice
In cooperation with the Community Mercantile
Vol. III No. 1 Nov., 1977, Lawrence, Kansas

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Yes . . . Right Here in Lawrence

BY SUSIE HANNA

Were you outraged by your high natural gas bills last winter? You'd better start winterizing now and bracing yourself for even higher gas prices. Winter is on the way and the local gas company is clamoring for higher prices and more profits.

Kansas Public Service Co. recently raised their rates 4.8 per cent and is now pushing hard for more money and a new rate-setting policy which would make increases quicker and easier to obtain. Along with gas shortages and efforts by Congress to drastically increase gas prices nationally through deregulation of prices, it means outrageous gas prices are going even higher.

The local gas company is an unusual utility. It's privately owned and serves only Lawrence; most privately-owned utilities serve more than one city and as such are regulated by the Kansas Corporation Commission. The Gas Co. operates under a franchise agreement with the City. Rate increase are granted by the Commission with the advise of consulting firm studies.

As a private corporation, the Gas Co. makes money by selling gas. The more customers and the more gas sold, the greater the potential for profits. Declining consumption due to conservation and mild winters over the past five years, along with rising operating expenses have cut into company profits.

The Gas Co. now is complaining that their profits are set unreasonably low. Last year the company made $200,000, $130,000 short of the profit margin specified by Black & Veatch, the rate-setting consultant.

In addition, a company accounting error caused the company to charge too low a price for the gas sold the first eight months of 1977. By the time the error was discovered, $90,000 in revenue was lost.

In August the Gas Co. quietly and illegally increased gas prices, following the discovery of the price error. Though required by the franchise agreement to give 30 days notice for an increase, the company boosted their prices on Aug. 23 and then, exactly one month later, informed the City of their actions.

Now, they intend to charge customers for the $90,000 error. Olin Petefish, company attorney, told the Commission that they intend to recover the money either by a surcharge or by withholding refunds to gas customers scheduled to be distributed at the end of the year.

Both methods of recovery appear to be illegal. A surcharge would be retroactive rate making, increasing prices on gas already sold, which is in clear violation of state law. (Kansas Supreme Court 3/25/64 Southwestern Bell vs Kansas Corporation Commission) Witholding refunds entitled to customers breaks the franchise agreement.

Petefish told the Commission that it was the company's position that they are entitled to get the $90,000 whether the City liked it or not. He then challenged the Commission to a "friendly suit" in Douglas County District Court.

The Commission then asked the City Attorney for a written opinion, the first step in contesting the company's plans in court.

The Gas Co. is also pushing for a new method of rate making. Petefish, calling on the Commissioners to "rise above" their desire to keep utility profits low, asked the City to allow unexpected cost increases to the company to be passed on immediately to customers.

The Commission took no action, but the Gas Co. intends to form-

CONTINUED ON PAGE TWO

NEIGHBORHOOD NEWS

BY SUSIE HANNA

What's all the fuss about on the east side of Massachusetts?

The Journal-World billed the debate over construction of a new East Lawrence neighborhood center an "old fashioned neighborhood scrap." The East Lawrence Improvement Association had voted to stop plans for the center and put the money into repairing the existing center and housing rehabilitation. In response, the Far East Lawrence Improvement Association voted to support the center.

The issue wasn't a neighborhood battle, nor was it a neighborhood decision to build it. Amidst a large crowd, the City Commission voted unanimously Oct. 18 to build the center. The pleas by ELIA members for more housing money were quickly fluffed off by the Commission.

People unfamiliar with the East side often assume it's one big neighborhood. Mayor Marnie Argersinger, in a paternalistic tone, chided the neighborhoods' residents for squabbling

But East Lawrence and Far East Lawrence are two distinct neighborhoods with different needs. Old East Lawrence, the area north of 15th and west of the railroad tracks, is the oldest neighborhood in the city. It has many more elderly and low-income people than Far East Lawrence. Far East Lawrence, the area east of the

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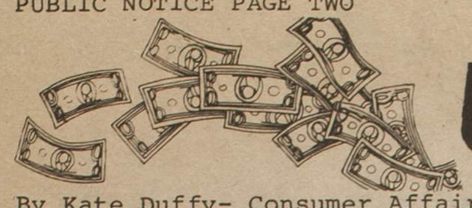


UP THE CHIMNEY

By Kate Duffy- Consumer Affairs Association

Last month we gave information about various government programs available for winterizing homes. This article deals with the same problem: how to keep your home warm in freezing cold (Brr!) weather. It's starting to get chilly already, so start working on your winterization projects, if you haven't begun already.

Some of the projects listed below require more money than many of us have. Unfortunately, at the present time, there are no programs to help out renters with these costs. Some landlords will allow their renters to do some simple weatherization projects and take the cost out of their rent. Make sure you check with the landlord first.

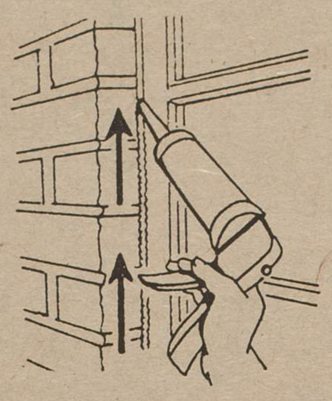
WEATHERIZATION CHECKLIST

* Clean filters on furnace.
* Have your furnace system checked before cold weather sets in.
* Clean your thermostat.
* Check insulation for settling.
* If you have central heating system, exposed ductwork to the outside should be wrapped securely with insulation.
* Make sure the attic is properly vented. Venting removes excess moisture.
* Check for drafts coming in doors and windows. The northwest side of your house is colder and needs more protection.
* Check the outside of your house for cracks where the wind can blow in.

WINDOWS AND DOORS

You can lose up to 1/3 of your heat through windows. Here is a list of suggestions to help you get some of that heat back.

Run your hand along the windows in your house. Feel a breeze? Thats where heat is escaping and cold air is coming in. You can fix this costly problem by placing cloth or newspaper at the top, bottom and center where the window meets the casing. Close the window to make a tight seal. You can also weatherstrip the sides of the window where it slides up and down. If you have cracks around the windows that are stationary, you can caulk them.



The most durable caulk you can buy has a butyl, polyvinyl, latex or silicone base. Most kinds you apply with a caulking gun. You must use it when the outside temperature is above 50 degrees. If you're low on cash, try using masking tape or clay instead.

Storm windows will always help cut down fuel bills but are too expensive for renters to invest in. So you can make some from heavy duty plastic and furring strips from the lumberyard. This way you don't have to keep buying plastic every winter. Make sure you weatherstrip before you add the windows.

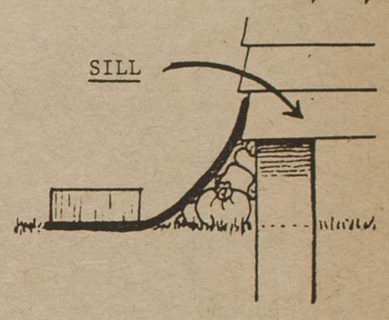
Draperies and shades also reduce fuel costs. Draperies work best when they are "capped" which just means they have a piece of fabric lined with plastic going across the top of the window. This redirects the flow of hot air back into the room. If you fasten the curtains to the sides of the window, cold air will be kept from leaking into the room.

Insulation screens can be made by fitting panels of rigid insulation board to your window. By hinging them and covering them with nice material or paint, they won't detract from your home. At night, just close the screen and you have better protection from the night air and wind. You should also sandwhich them between thin panels of gypsum board to make them fireproof.

Doors are harder to weatherstrip than windows. One easy method though, is to put molding at tops and sides if you don't have it and then tack some weatherstripping to the molding. Seal the crack at the floor by putting a throw rug under it. Make sure you weatherize even unused doors by putting weatherstrip around the edges. You can also hang a plastic shower curtain over a less used door for better protection from the wind. Try to open and close doors very quickly in the winter because you lose a lot of heat when they're opened. Also, make sure both your basement and attic doors are air proof and that your basement windows have plastic on them.

FLOORS AND FOUNDATIONS

Cover your floors with rugs, rugs, and more rugs. Having a layer of foam underneath is a good idea but if you don't have the money, try getting old rugs at garage sales and putting newspapers underneath. This will keep the floors warmer too. If your foundation has cracks in it, "bank" it. Fill old sacks with dirt or leaves and stuff these around the edge of the house to fill the space between the sill and the ground. Another way is to nail tar-paper or plastic to the sill and drape it to the ground. Hold it in place with rocks, bricks, or dirt. When snow comes, shovel some over the sacks or tarpaper to fill in any air spaces. It helps keep the heat in.



Trouble you can't afford

FROM PAGE ONE

ally approach the City in a few weeks.

Now, only price increases on the gas itself can be passed on directly to customers. Any major increases for company expenses are studied by a consulting firm, usually Black and Veatch, and then the Commission sets the rates and allowable margin of profit based on the rate studies.

The new method would allow costs for such thing as higher insurance and employee wages to be passed on to customers without a consultant study.

The Gas Co. would benefit from this new plan. Although the Commission would still have to approve increases, adjustments would be quicker and easier to obtain since the company would have to persuade only five "laymen" Commissioners. Because the Commissioners are part-time officials, they would be ill-equipped to study and analyze the Gas Co.'s inevitable barrage of facts and figures supporting a need for higher prices and profits. The Gas Co. would find it much easier to sell their rate increases to the City.

The potential for abuse would also be greater under the new method. Why would the Gas Co. hold down costs if they could be passed on to customers? Who would make sure the company didn't make any accounting errors which charged customers too much for gas? The error that slighted the Gas Co. wasn't discovered by the company, but by Black & Veatch.

The Gas Co. appears to be pushing for a way to guarantee more profits because its future growth is being threatened.

In June, the Federal Power Commission ordered a ban on any increase in the amount of gas transported to companies by the Cities Service Gas Co., the supplier for Kansas Public Service Co. If that order is upheld next year, it would ban any new gas hookups by the Gas Co.

Similar FPC orders in other cities have virtually haulted growth of gas utility companies, and have greatly curtailed the growth of the cities. Home builders would be forced to build all-electric homes or homes with electrically assisted solar units.

For a gas company that's livlihood depends upon growth to increase profits, such an order would be devastating.

The FPC ruling raises the question of who should own the Gas Co. Should a public utility be privately owned? Should profits be made on a dwindling natural resource vital to survival in a society that's still dependent on non-renewable fuels?

The principal owners of the Gas Co. are now the D.E. Dunne family of Wichita, the Holmes family of Lawrence and the Docking family, including former governor Robert Docking and his brother "Dick" Docking.

In Kansas there are 75 municipally-owned gas companies. Nationally, statistics show that because publicly-owned companies pay no taxes and make no profits, they can sell gas cheaper than private companies.

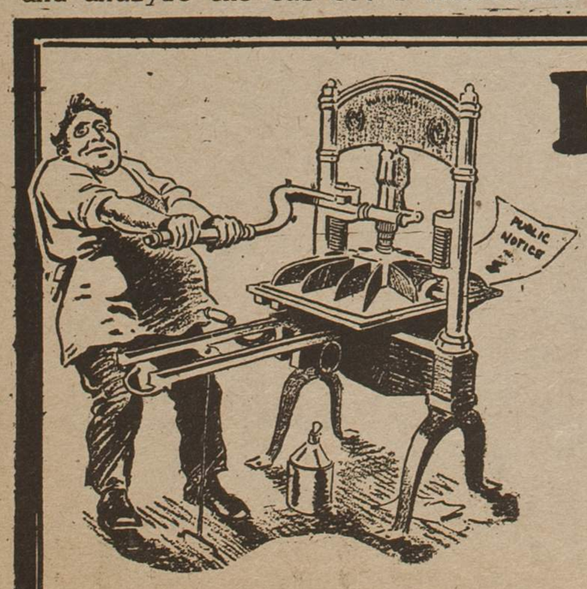
Last year alone, the Gas Co. paid about $70,000 in federal, city and county taxes. Add to that $200,000 in profits and that's nearly a million dollars that customers paid for costs not essential to supplying people with fuel.

Actions by the Gas Co. in recent weeks are more than just unethical and unfair, they're clearly illegal and call for immediate action by the City Commission. The people of Lawrence are entitled to know how much they're paying for gas and should be given a fair chance to protest rate increases; hardly possible when the Gas Co. informs the public of an increase after the fact. The company should not be able to charge people for a mistake made by the company.

The City Commissioners should pursue the Gas Co. to the limit in court. They should realize the repercussions of adopting the Gas Co.'s proposed new rate-setting method and reject the idea.

Moreover, the Commission should begin now to buy the Gas Co. and begin providing Lawrence residents with gas at the lowest price possible.

Meanwhile, to survive the cold weather that's ahead, it will take more than political heat to warm homes, so PUBLIC NOTICE offers advise on winterization in this issue.



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The PUBLIC NOTICE is published monthly in cooperation with the Community Mercantile Food Cooperative and People's Energy Project. Our office is located on the top floor of the Stubbs Building, 1101½ Mass., Lawrence Kansas, 66044. Call 842-5657.

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PUBLIC NOTICE SUBSCRIBES TO THE PACIFIC NEWS SERVICE

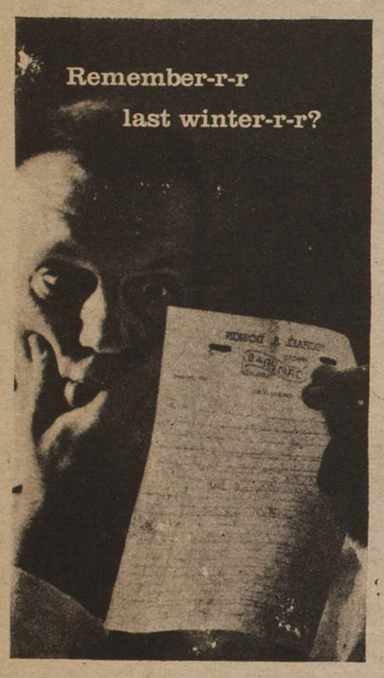
The editing committee of PUBLIC NOTICE reads and discusses all articles and letters submitted for publication. We want to be a reader-writer paper, but due to limited space, we are forced to select what we consider are the most timely, concise, interesting, distinctive, informative and imaginative articles about our community. PUBLIC NOTICE will try to print all letters. Letters must be signed. Names will be withheld from publication if requested. Due to our limited space, lengthy letters may have to be edited. We will make every effort to preserve the substance and style of all articles and letters. Want to help? Join us at PUBLIC NOTICE. 1101½ Mass. or call 842-5657.

OR INTO THE BANK?

FURNACES

Most gas furnace systems are only 20-30% efficient. That means only 20-30% of the heat the furnace cranks out gets into your house. You can make it more efficient by installing air ducts to the furnace from the outside so that air from the house isn't pulled to the furnace. Already heated air is won't be wasted by the furnace. You may eventually install a heatpipe or motorized flue damper to cut back on heat that escapes through the chimney.

The heat pipe essentially conducts heat back into the air ducts while the damper automatically closes when the furnace shuts off.



No murderous fuel bills this winter...

CLOTHING

Wear natural fabrics such as wool or cotton and be sure you wear them in layers. Long underwear and socks at night can be a big help. And don't forget that grandpa used to wear a nightcap to keep his head warm. When you sit and work or watch t.v., use a quilt or afghan to cover your legs. If you're having a party at your house, be sure to turn down the heat. Each body in the room acts as a small heater and you don't need the furnace up as high.

SUN ENERGY

Leave the curtains on the south and west windows open on sunny days. Be sure to close them at night. If you're building a new house or reroofing an older one, remember a dark roof absorbs more rays and heat. Of course, this will make your house warmer in the summer too. You can also make a simple solar window box to help heat rooms with windows facing south. We have plans at the downtown Consumer Affairs office that are free for the asking. If you have plans for adding on to your house, consider a greenhouse. Warm air collects in the greenhouse and then can be circulated through the rest of the house by fans. They are easy to build and will return your investment quickly through savings on your fuel bills.

INSULATION

Insulation is a very important consideration in conserving heating and cooling energy in the home. It reduces the leakage of heat into or out of our homes. Poor insulation makes your heating system work harder and longer.

The most important part of your house to insulate is the attic. Thats where most of the heat escapes. You should have a minimum R- factor of 30 in the ceiling and a minimum R-13 in the side walls and floors. The R-factor just means insulation's resistance to the passage of heat.

There are several types of insulation available. If you use the blanket or batt type, then you can do the job yourself. Loose-fill is either poured in or blown in and usually done by a contractor. For more information on types of insulation, please contact the downtown Consumer Affairs Office. We have booklets to distribute.

After you have selected a contractor to do the work, make sure you get a written contract from him or her for the specific job. Check the contract carefully for work content and warranty. The best way to do this is to make a list of all the things you feel she or he should do in the course of the job. Then check what you know should be included against what's in the contract.

Sign the contract only when you are fully satisfied that it details everything you want done. Insisting on a detailed contract doesn't mean you don't trust your contractor. But once you have a contract, each of you knows his or her limit of responsibility before the job begins.

HUMIDIFIERS

High humidity helps our bodies hold heat. Dry air absorbs moisture from the skin at a rapid rate and makes us feel chilled. A properly humidified home is as comfortable at 68 degrees as a dry one at 75 degrees. If you can't afford to buy a humidifier, then placing pans of water near heating outlet (not electric heaters) will raise the humidity level in your home too. Keeping houseplants is also good since they add to the humidity. If you dry your clothes at home, hang them near a south window or a stove or radiator. This will add to the humidity too.

CPF

For more information on weatherization, please contact the Consumer Affairs Office, 843-4608. We have lots of material that we are eager to share with you.

NEWS

FROM PAGE ONE

tracks, in contrast, was developed after WWII. It's people are workclass and are generally younger and have higher incomes than Old East Lawrence.

Richard Kershenbaum, ELIA president, tried to explain to the Commission that Old East Lawrence wasn't opposed to a new recreation center for the East side, But because of the critical housing need, he said, they didn't want Community Development funds, the only available money for housing assistance,spent on the center.

"East Lawrence...is faced with serious housing deterioration that threatens the future of the neighborhood," he said. "If houses continue to deteriorate to the point where demolition is the only recourse, then there will be no neighborhood to benefit from a new center."

Of the City's $1.2 million in CD funds, only $215,000 are alloted for rehab this year. It won't begin to tackle the housing problem. The City's housing study shows 1,057, or nearly half, of the households in Pinckney, East and North Lawrence have serious housing needs.

The disagreement over the center should be no surprise; the City induced the dispute by offering a mere $250,000 in CD funds(too small a sum to build an adequate East side center) to two areas with different needs.

"This is ridiculous," one East Lawrence resident said after the meeting. "While the City can play around with two, two and a half million for a new City Hall, they offer us $250,000. It's like fighting over crumbs."

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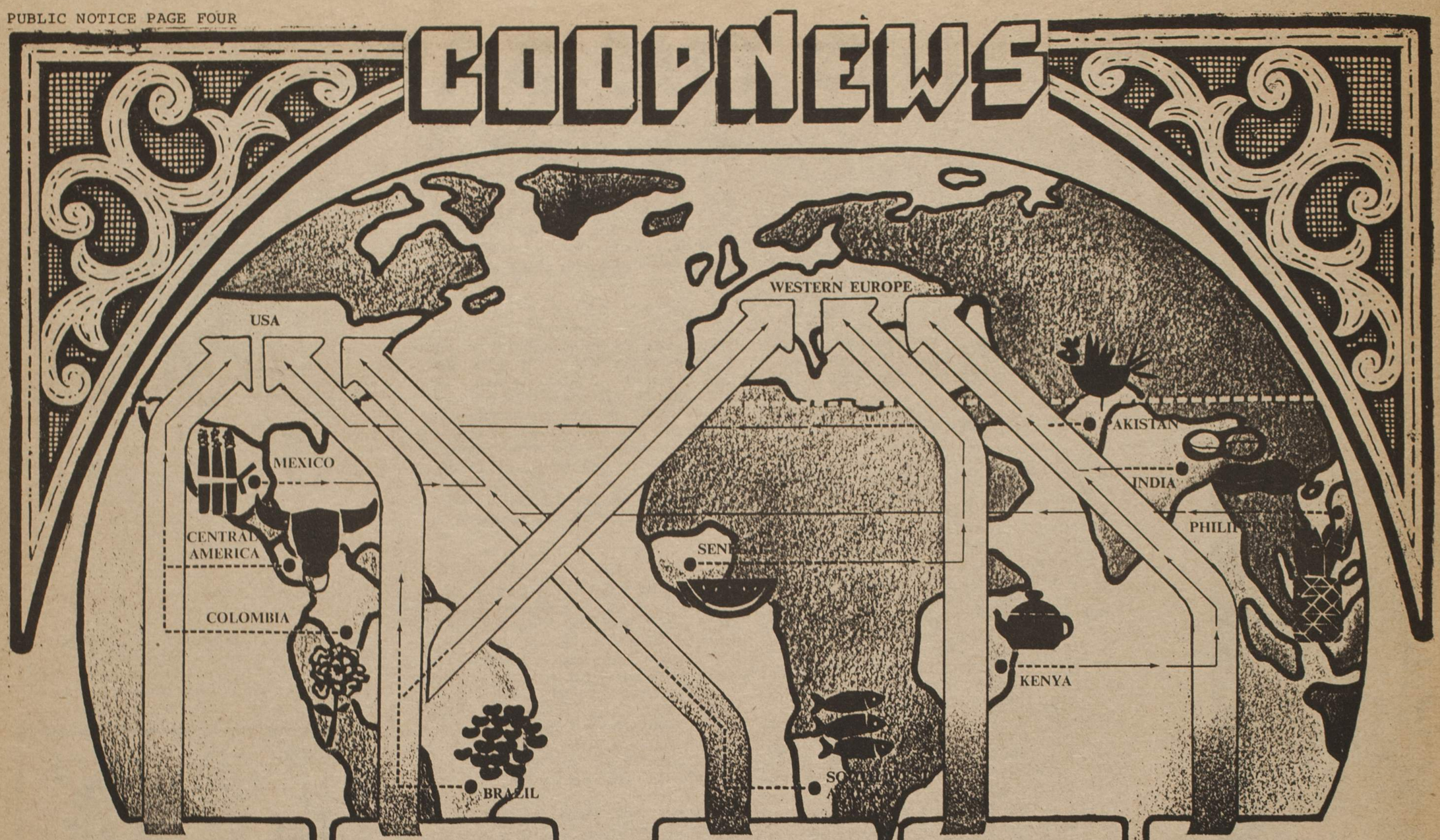

LATIN AMERICAN AGRIBUSINESS CORPORATION: A consortium of 15 giant U.S. corporations, including Borden, Ralston Purina and Gerber. Incorporated in Panama to avoid paying U.S. taxes, it still receives U.S. loans. Exports beef, vegetables and carnations from Central America and Colombia for Safeway and Southland (7-Eleven). Land and labor costs in Latin America run it as little as ten per cent of those in the U.S.

CARGILL: The world's largest grain commodity trader. The Minneapolis-based multinational is the largest family-owned U.S. corporation. Return on net assets increased more than 40 per cent after the Soviet wheat deal. Now expanding into poultry in Pakistan and Taiwan. The company is also relying more heavily on its Brazilian soybean base. Successfully survived expropriation of its Peruvian fishmeal operations.

DEL MONTE: World's largest agribusiness corporation. Ownership of Del Monte's Filipino pineapple and banana plantations is being contested by peasants who claim the company threatened to encircle their farms and cut off all access unless they signed leases. Shirley Temple Black sits on the board of directors. Recently moved its asparagus production from California to Mexico; 90 per cent of the crop is then exported.

BUD ANTLE: This concern uses some of the best farmland in Senegal to produce vegetables, melons and exotic spices for the European market. But the same land would be equally suitable for grains and other nutritious crops badly needed in local diets. In the early 1970s, exports increased as famine spread. Back in its Salinas, California, headquarters, the world's largest iceberg lettuce grower was instrumental in jailing Cesar Chavez.

UNILEVER: Manufactures more than 1,000 products. The name Unilever doesn't appear on any of them. In India, Hindustan Lever buys crops at low prices and packages them into Vanaspati vegetable ghee for the affluent. The makers of Birds Eye and Lipton Tea are not satisfied with near-monopoly status in Europe. A board chairperson commented: "It remains to be seen how soon the rest of the world can be brought into line."

Now Open: Global Supermarket

That fresh asparagus in your local chain store, if it could talk, might say a lot about hunger in the developing world--where it was probably grown--and why the world's food shortages are liable to get worse.

Until a few years ago, you could bet that asparagus came from central California. Today, it more likely comes from Mexico, where its production for export displaces foods formerly grown for Mexican peasants. It's a product of the expanding Global Farm that produces for the Global Supermarket--at the expense of farmers and consumers in both importing and exporting countries.

The shift from local and regional food production/consumption to the Global Supermarket has had profound, if gradual, repercussions in such areas as diet, growing techniques, marketing, local agricultural economies and food costs.

Frances Moore Lappé, author of "Diet for a Small Planet," with her new book, "Food First: The Myth of Scarcity"

But most important, the local farms that once produced food for the local populations of the underdeveloped world are giving way to a system that feeds a relative few at the expense of everyone.

Agribusiness firms from the developed Western countries, especially the U.S., are shifting production of high-value food items--beef, fruits and vegetables, even cut flowers--from domestic farms to the underdeveloped countries where cheap labor, land and water permit maximum profits.

By gaining control over global exports of certain foods, the giant firms can set prices on a global level. But in so doing, they make it necessary for the people of poor countries to compete with those in wealthier countries for the same food on the Global Supermarket shelf. Thus, because the Japanese have invested in Brazilian soybeans and can pay more for them than Brazilians, most Brazilian soybeans end up on Japanese dinner plates.

In order to supply the demands of the wealthier countries, more and more of the prime agricultural resources of the underdeveloped world are being channeled away from the local people for export to well-fed foreigners.

In Senegal, for instance, a desperately poor African nation, Bud Antle Inc., one of the world's largest iceburg lettuce growers, expanded its vegetable production for export to European cities, despite a worsening drought in Senegal. The company uses water piped in hundreds of miles to a sophisticated drip irrigation system, and flies its produce to Stockholm, Paris, and Amsterdam. Meanwhile, world relief organizations had to conduct massive aid programs to feed the Senegalese.

To make way for its mechanized production, Bud Antle uprooted giant baobob trees, which supply local people with material for making everything from rope to houses.

Ironically, while the Senegalese went without, European consumers of the Senegalese-grown food paid taxes to destroy their own domestically grown vegetables in an effort to support higher prices in the face of the cheaply produced imports.

The growing world demand for beef has prompted expansion of cattle farming in Latin America--even while beef consumption there has declined. In 1975, for instance, Costa Rica sent 60 million pounds of beef to the U.S. But per capita beef consumption had declined in Costa Rica from almost 49 pounds in 1950 to 33 pounds in 1971.

Alan Berg, in a Brookings Institution study of world nutrition, noted that despite dramatic gains in meat production in Central America, the meat is "ending up not in Latin American stomachs but in franchised restaurant hamburgers in the United States."

MEXICO'S BREADBASKET

Perhaps the most dramatic example of food exporting from the developing world is Mexico, where cheap land and labor is now supplying one-half to two-thirds of the U.S. market for many winter and early spring vegetables.

If recent growth trends continue, "in a relatively short time Mexico will account for almost the entire winter supply," according to a 1974 study by Ray Goldberg of the Harvard Business School.

The shift from cultivation for local consumption to production for the U.S. is largely contracted and financed by American firms.

Del Monte, for instance, is one of two growers that now controls

(continued on next page ▶)

"The biggest breakthrough against cancer is in the hands of the public, not the scientists." — Dr. John Higginson, Director of the International Agency for Research on Cancer in Lyon, France.

Old ideas die hard. The cancer establishment has been looking for a virus so long it seemed barely possible that another answer might surface. The nutrition people have been carping about diet for a while, rarely getting a hearing.

Now comes word from National Cancer Institute's Division of Cancer Cause and Prevention that there is mounting evidence that eating habits are a cause of cancer. "Improper diet," said Dr. Gori in Science Digest, "is related to about 40% of all cancers in men, 60% in women." The report noted that Seventh Day Adventists, who do not smoke, and whose diet consists chiefly of fruits, vegetables, whole grains, and dairy products, have a cancer rate 50 to 70% less than other Americans. (ACRES, U.S.A.)

Supermarket cont.

over 90 percent of asparagus production in Mexico. In 1973 the firm paid American asparagus farmers 23 cents a pound for their crop. At the same time, Del Monte's Mexican contractors received 10 cents a pound.

Since labor costs account for up to 70 percent of the cost of growing vegetables, the company translates cheap labor into greater profits.

Since 1975, white asparagus has no longer been grown commercially in California at all. And production of much of the rest of the domestic crop has been shifted to Mexico.

Meanwhile, multinational agribusiness has dramatically altered the availability of food for Mexico's local population. Only a few years ago the national production of many fruits and vegetables was sufficient to keep prices low enough for lower-income families to eat some of these local products, at least occasionally. But now crops grown for the Global Supermarket often crowd out more nutritious crops for local consumption.

The land that is now contracted by Del Monte for asparagus production, for instance, once grew corn, wheat and sunflower seeds for local consumption.

The shift in production priorities has even made beans--a staple of the Mexican diet--a luxury item for Mexico's poor.

And like in Senegal, while local people go without, tons of perfectly good produce are destroyed because of market conditions in the importing countries. According to a Harvard Business School study, at least 65 percent of the fruits and vegetables produced in Central America for export are "dumped or, where feasible, used for animal feed" due to an over-supplied market in the U.S. or because the food does not meet the high "cosmetic" marketing standards here.

Because competition in the Global Supermarket is so strongly linked to cheap land, labor, and federally funded irrigation, agribusiness depends for its survival on the maintenance of underdevelopment.

It is a vicious circle: To supply food for the developed world, firms must maintain chronic underdevelopment in Latin America, Africa and elsewhere. The underdevelopment, in turn, ensures the continuing absence of a strong domestic market, which al alone could shift production toward meeting local food needs and feeding the world's poor.

new season

spirits co-op

The frantic effort of moving and the hub-hub of new surroundings at the co-op has relaxed to a pace of ever increasing business, with new members joining and old members finding more of their food needs at the larger store.

And even more can be anticipated as new ideas are brought up at re-orientation discussions, and questionaires return with members' views on stocking policy.

Our bakery is open again, organic produce is arriving weekly, and apple cider is at its peak flavor.

But all these physical changes at the co-op may be over-shadowed by the re-organization of the operation and decision-making, as proposed in the work team outline, scheduled to take effect in December.

CMCU Two Years Later

earning 5% cmcu

The month of November represents the second aniversary of the beginning of the Community Mercantile Credit Union. The month will be marked with informative posters and flyers explaining the role of the credit union in the co-op community and the services it offers to it's members.

Over three hundred co-op members have joined the credit union in the first two years. The main attractions have been the insured savings program, low-interest loans, and free checking services. As the credit union has grown, the savings interest has risen from 3½% to 4% to the present rate of 5%. And the accounts are each insured to $40,000, just like those other banks. Our difference is that we loan our members' savings out to other members for their needs and to groups like the food co-op, Public Notice, Sister Kettle, and local organic farmers. And new services are on the way.

The month will end with a members' meeting and dinner at Sister Kettle Cafe where we'll exchange pleasantries, toss around a few new ideas, and vote for our new officers. Now, when was the last time you voted for the president of your bank? Check us out!

NEW SOY NOTES

Finally. The first issue of SOYCRAFT has just been published by a Lawrence couple. The quarterly tabloid is a sounding board, an exchange for people across the country interested in the uses and production of soybean food. Danette and David Briscoe co-ordinated the project, selecting articles on producing miso in the Ozarks, starting a tofu shop, and tempeh making in Nebraska.

The $4 subsription price brings four issues of the tabloid and occasional news briefs through the year. Write; P.O. Box 1178, Lawrence, KS. 66044. Also available at the Community Mercantile Co-op, Seventh and Maine.

Facing Skin Problems With Vitamins

BY DOT ROBERTS

At this season of the year a great many people are bothered by skin problems, due in a large part to the harshness of the many chemicals in city water. Another contributing factor is the changes in the weather. Lack of certain food elements cause many skin problems.

Poor skin often indicates a shortage of B-2, called riboflavin. One excellent source of riboflavin is liver; a 3½ ounce serving provides three times the suggested daily allowance. Other sources are cheese, milk, poultry, and eggs. Aging skin needs pantothenic aicd which is found in yeast, egg yolk, oats, alfalfa, whole milk, kidneys, liver, and brains. The richest source of all is royal jelly of the honey bee.

A common skin problem, especially for young people, is oiliness of the skin often with acne as the result. There are now nutritionally-minded physicians, among them Dr. Neil Solomon, who correct subclinical nutritional deficiencies. He corrects a whole range of beauty problems caused by the lack of some important food element. For example, a girl miserable with pimples and blackheads found relief in Dr. Solomon's recommendation that she eat more deep gold and dark green vegetables and fruits for their Vitamin A content. This alteration in the girl's diet helped to eliminate the pimple and blackhead problem. Foods in the Vitamin A category include carrots, spinach, turnip greens, lettuce, golden cantaloupe, parsley, kale, and broccoli. Other sources are eggs, liver, milk, butter, and kidney. Dr. Solomon says he prefers to recommend foods to eat and grow beautiful on rather than "shots," except for the more severe cases of nutrional deficiencies.

For some people with oily skin, B-6 has been recommended. Adding two bananas and a serving of pork each week together with other B-6 rich foods such as lima beans, potatoes, liver, milk, oatmeal, yeast, veal, and wheat germ improves the condition of oil ness of skin. Now that the Pill is in common usage Dr. Paul Gyorgy, the discoverer of B-6, believes that women should take at least 25 milligrams of B-6 daily. Pill users also require more folic acid or folate, which is secured by eating asparagus, liver, and spinach.

Dr. Solomon has treated problems of the hair and teeth by the same method of recommending certain foods to correct the nutritional deficiencies. Excessively dry skin can really be a problem for some people. Niacin or B-3 can help to correct the deficiency. Generous amounts of lean beef and mushrooms should be added to the diet to end the shortage of niacin. Mushrooms are rich in niacin and several minerals, according to Dr. Solomon. He is connected with John Hopkins University School of Medicine in Baltimore and he is Secretary of Health and Mental Hygiene in Maryland.

A free booklet "Facts about Nutrition" can be secured from The National Institute of Arthritis, Metabolism, and Digestive Diseases. The address is NIH (National Institute of Health), Building 31, Room 9A04, Bethseda, Maryland 20014.

Kettle Klattler

The continuing communication corner from the Sister Kettle Cafe, Lawrence's sole vegetarian/ collective restaurant....

November 15th is scheduled as Sister Kettle's big benefit dance, with music from Suffrage and Down Home, and dance with Pandi Feid. Hopefully Off-the-Wall Hall will still be in operation, and is tentatively listed as the location.

● We are looking for another full-time collective member who is willing to work for $1.25 per hour and lots of supportive love. Welcome to Chris Mecham, our newest worker!

● Sister Kettle is maintaining her $1.25 per hour wage, but if business drops as cold weather sets in, we'll be hard pressed. We appreciate your support and your continued business.

● Sister Kettle now barters with customers (and prospective customers too!). For example, you can trade an hour of dishwashing for a two dollar meal. Got any ideas how you could help?

Fresh From Sunburst

Many people think that one of the best things about the food co-op these days is the organic produce that is delivered to us every Friday by Sunburst Foods, of California. So what's so special about Sunburst and what is meant by organic food?

Sunburst is made up of farmers, Sunburst Farms Juice, Sunburst Farms Bakery, a wholesale warehouse, and retail outlets. They are the only group providing organic produce to the mid-west on a regular basis. When we buy from Sunburst we are providing the financial basis for 300 men, women, and children living on four rural communities in California. These folks adhere to a simple lifestyle, giving up many of the recognized "necessities" so that our resources might be more effectively used. Any profits they make go towards the purchase of as much undeveloped land as possible that others might have the opportunity to share this way of life. Sunburst is "totally committed to healing our Mother Earth."

Their commitment to Mother Earth explains why they require each farmer that supplies them to submit a signed affadavit stating what is grown and by what methods. Often these affadavits simply say that:

> The produce delivered from my farm was grown without the use of chemical fertilizers, pesticides, fungicides, or chemical weed controls, and any storage on my property was done without the use of chemical fumigants.

Sunburst's own Tajiguas Ranch grows vegetables, hass avocados, lemons, melons, strawberries, hay and animal feed. They employ composted manure along with apple and carrot pulp from their own juice factory. Their fruit orchards are fertilized with fish emulsion and kelp sprays to supply all the basic nutrients and trace minerals. Sunburst's aim is to supply us with "unequivocably organic produce, professionally packaged, competitively priced, and dependably delivered."

Food "Choices" Challenged

"The simple fact is that our diets have changed radically within the last 50 years, with great and often very harmful effects on our health. These dietary changes represent as great a threat to public health as smoking."

Sen. George McGovern

In the middle of last winter's frigid storminess, a group of U.S. Senators released a report called "Dietary Goals for the United States". The group, known as the Select Committee on Nutrition and Human Needs, included such notables as George McGovern, Edward Kennedy, Charles Percy, Hubert Humphrey, and Bob Dole. The tone of their study offered serious warning and called for immediate action. As Sen. McGovern continued,"In all, six of the ten leading causes of death in the U.S. have been linked to our diet."

The study has gone virtually unnoticed. Maybe the winter snows were bigger news. Or maybe we believe that "its not really that bad."

"As a Nation we have come to believe that medicine and medical technology can solve our major health problems. The role of such important factors as diet in cancer and heart disease has long been obscured by the emphasis on the conquest of these diseases through the miracles of modern medicine. Treatment not prevention, has been the order of the day.

"The problems can never be solved merely by more and more medical care. The health of individuals and the health of the population is determined by a variety of factors. None of these is more important than the food we eat."

Statements like this one from Dr. Philip Lee of the University of California, and other researchers in nutrition and health were gathered through a year of investigative hearings and combined to form the 80 page report.

The goals suggested the following changes in food selection and use:

1. Increase consumption of fruits and vegetables and whole grains.
2. Decrease consumption of meat and increase consumption of poultry and fish.
3. Decrease consumption of foods high in fat and partially substitute poly-unsaturated fat for saturated fat.
4. Substitute non-fat milk for whole milk.
5. Decrease consumption of butterfat, eggs and other high cholesterol sources.
6. Decrease consumption of sugar and foods high in sugar content.
7. Decrease consumption of salt and foods high in salt content.

And although food additives as a category may not justifiably be considered harmful, the varying degrees of testing and quality of testing and the continuing discoveries of apparent connections between certain additives and cancer, and possibly hyperactivity, give justifiable cause to seek to reduce additive consumption to the greatest degree possible.

Continued ➧

Bakery Rising Again

After four weeks of constuction delay, the co-op's bakery has reopened. Bouncing back with a wide assortment of breads, bagels, cookies, and macaroons, the utility companies' backlogs and double-talk seem like things of the past.

The major block that kept the bakery closed for so long after the co-op move came with KP&L's refusal to provide three-phase electrical service (necessary for the mixer) without andexorbitant service fee. This refusal forced the bakery to consider an equipment switch-over costing over $2000. As a last resort, the KPL action was taken to the Kansas Corporation Commission, sparking an immediate re-evaluation by KPL and new electrical service one week later.

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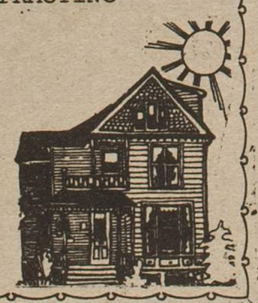

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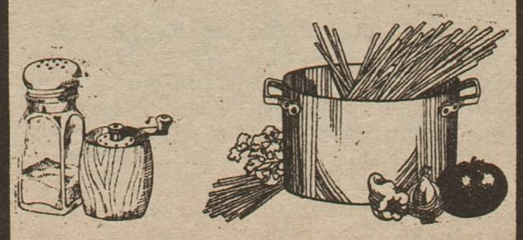

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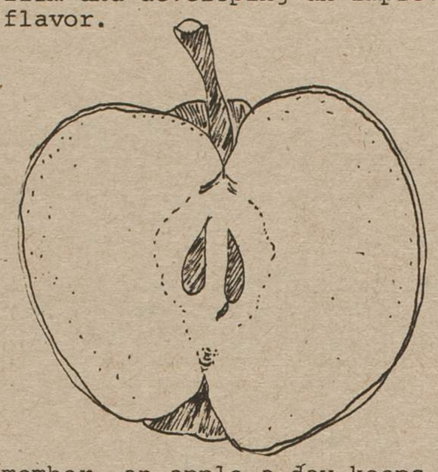
Food Talk

BY LAURIE SCHWARM

There is something so nice about seasonal foods. They mark the progression of seasons and the passing of time in a symbolic way. Certainly asparagus is the harbinger of spring, red, ripe tomatoes the sign of summer and apples the essence of autumn. These foods give to the eater a tangible expression of the glory and specialness of that particular time of year.

Apples, originally an Asian food, are available to us all year long but they are in their best form from September to January. There are numerous varieties of apples, all of them valuable sources of Vitamin C and calcium.

--Jonathans are probably the all time favorite munching variety, tart and crisp, and good for cooking too.
--Red and Golden Delicious are sweeter and have a softer pulp.
--Pippin, which the co-op has luckily been able to get and which are not available at any other Lawrence grocery, are tart and great for cooking or eating.
--Rome Beauty are supposedly the best baking apples, remaining firm and developing an improved flavor.



Remember, an apple a day keeps the doctor away and also the dentist, as biting into a hard apple cleans plaque off teeth.

FRIED APPLES
(good with pancakes, good with pork)
For four people slice five or six apples into ¼" slices or rings. Heat butter, or if you eat bacon, bacon grease, in a skillet to cover. Dump in the apple slices and fry over medium heat until soft and slightly browned. Sprinkle with cinnamon if desired and serve..

APPLE MUFFINS
Beat together:
1 egg
¼ cup safflower oil
¼ cup honey
½ tsp. freshly grated lemon peel
Sift in:
1½ cups unbleached flour or whole wheat pastry flour
1 Tbsp. baking powder
½ tsp. salt
½ tsp. cinnamon
¼ tsp. allspice
few gratings of nutmeg
Stir only enough to moisten dry ingredients. Fold in:
1/3 cup diced apples
2 Tbsp. chopped pecans or walnuts.

Fill buttered muffin tins 2/3 full. Bake 375° for 20 minutes. 12 biggies.

Lawrence will host the first in a new series of co-op federation meetings early in January. Co-ops from cities and rural areas of Kansas will gather to share ideas and formulate strategies for a larger federation meeting in late spring.

The plan for 5 regional conferences was developed at a September meeting outside St. Louis, Missouri. This is to be the first step in an effort to foster greater participation in co-op networking and promote more local dependence.

Regional News

Volunteer workers have held the Fayetteville, Arkansas, Ozark Food Co-op together through the past month of disarray.(See Co-op hits skids, last issue.) Debts have been reduced, rent payments met, and food is once again being sold through the store. But the co-op's future is far from settled and regular meetings are still called to discuss proposals.

One proposal outlined the regional co-op warehouse in Fayetteville assuming ownership and control of the store by expanding its worker collective to cover the operation. This scheme was dismissed by the warehouse workers after several meetings, realizing the stress of collectively operating two businesses simultaneously.

choices challenged cont...

The committee's call for dietary changes is complemented with pages of explanations, testimony, and graphs. But as Dr. Hegsted of the Harvard School of Public Health advised, there are no definite conclusions, only safer assumptions:

"There will undoubtedly be many people who will say we have not proven our point; we have not demonstrated that the dietary modifications we recommend will yield the dividends expected. We would point out to those people that the diet we eat today was not planned or developed for any particular purpose. It is a happenstance related to our affluence, the productivity of our farmers and the activities of our food industry. The risks associated with eating this diet are demonstrably large. The question to be asked, therefore, is not why should we change our diet but why not? What are the risks associated with eating less meat, less fat, less saturated fat, less cholesterol, less sugar, less salt, and more fruits, vegetables, unsaturated fat and cereal products-especially whole grain cereals. There are none that can be identified and important benefits can be expected."

It's discouragingly government-like to find a group of legislators recognize a danger like American mis-nutrition, and yet not know how to act. In an age where experts claim over 50% of TV food advertisings are anti-health pitches, this Senate committee proposes government committees and more research groups, thus postponing any real aid or action. They realize the power of advertising in determining food choices, particularly among the poor, but profess nothing more than a lame plea to the industry to "help as they can."

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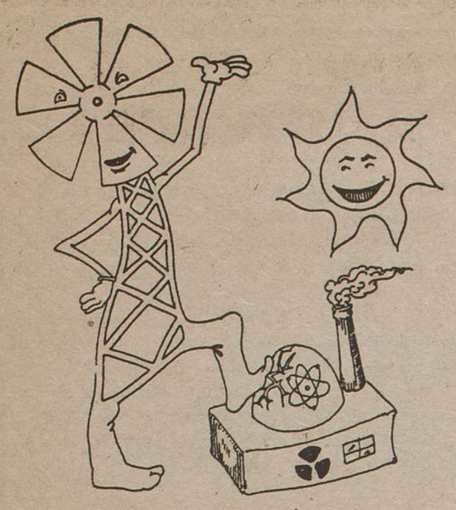


People's Energy Project

POWER FOR PEOPLE, NOT PROFIT!

VOLUME III, NO. 7 NOVEMBER 1977

A PEOPLE'S SOLAR PROJECT

By Rasa Gustaitis
Pacific News Service

San Bernardino, Ca.

Last July, someone turned a valve, letting water flow into solar collector pipes, then down into a giant tank buried under a vacant lot in one of this smoggy city's bleakest neighborhoods. By nightfall, 10 restored homes and 10 brand-new greenhouses will warm up with a unique solar energy system.

By nightfall, 10 restored homes and 10 brand-new greenhouses warmed up with a unique solar energy.

Among those who cheered was Valerie Pope, 44, who six years ago was a struggling welfare mother and who now heads one of the most imaginative and vigorous self-help organizations in any high-rime, low-income urban community; and Nate Rekosh, 65, a retired aerospace engineer, who helped launch the U.S. missile program and who is now pioneering what is probably the first solar prcject intended to serve urban poor people.

The central heat and hot water system conceived by Rekosh is designed to do several things: lower utility bills for homeowners of the 10 buildings, help them grow healthy food economically, upgrade a neighborhood and create jobs for previously unemployable people.

When Pope and Rekosh first sought funds for it, they met with rebuffs from grant-dispensing officials accustomed to hearing from large firms and institutions, not from predominantly black community groups like theirs, the West Side Community Development Corp. (CDC).

But their persistence finally sprang loose some start-up money, which led to more. Now they are reaping praise from city, state, and federal officials who see Rekosh's design as possibly adaptable to public, subdivision and military housing.

The 10 solar heated homes, among hundreds that the Veterans Administration (VA) and Federal Housing Administration (FHA) had repossessed in the neighborhood, have been rehabilitated, and are ready to go on the market as reasonably priced shelter. They have sparked further upgrading in the area.

The ex-convicts, parolees and other outcasts who worked on the homes and solar system as trainees in a program for the jobless are on their way up to $7.50 an hour. And the CDC is about to embark on broader and grander projects, again involving solar energy.

NECESSITY PLUS IMAGINATION

'[illegible]gan with economic neces-[illegible] mixed with some rare imag-[illegible]n and drive.'

Eight years ago, Pope was struggling to rear her three children on welfare in this city of 100,000 where the job market has been depressed for year and unemployment of minority youths is about 40 percent. In the process, she and Sharon Cooper, a mother of five, led the formation of a welfare rights groups that fought for jobs, school integraion and more fairness in public aid programs.

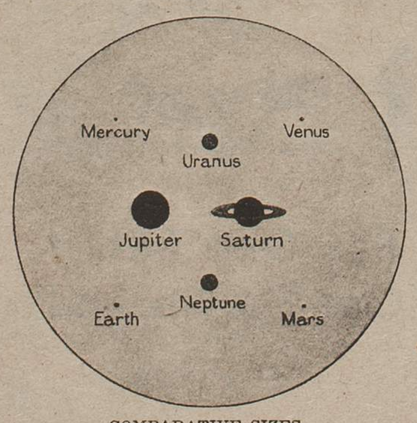
The abundance of vacant, vandalized houses in the area offered a chance for concrete action. The homes had been built for employes of Norton Air Force Base and the local electronics industry. But in 1958, after major job cutbacks, most were sold to black families in fast-buck operations, without adequate credit and income checks. Most of the homes soon reverted to banks, the FHA and the VA. Some had been sold several times again, and finally abandoned.

Pope and Cooper persuaded the VA to make their newly formed CDC the broker-managers of 20 of these properties. "It was the first time the VA had ever done such a thing," Cooper said. The VA agreed to provide money for materials.

A month of picketing and a trip to Washington yielded a $5,000 start-up grant from the federal Comprehensive Employment and Training Act, a job training program. Richard Cole, a black general contractor who specialized in rehabilitation because he was often excluded from new projects, took charge of the job. The city provided administrative staff.

The group set high standards : "Poor people don't have money for upkeep," Cooper said. "We decided plumbing had to be better than usual. All paint had to be washable. Roofs had to last. Insulation had to be good."

Spending $3-7,000 on each four-bedroom, two-bath house, the group put them into shape and sold them at an average of $10,250 each. They are now worht $18,000 but no new owner has sold.



COMPARATIVE SIZES
The sun is represented by the large outer circle.

To make sure none defaulted, as previous owners had, the CDC provided careful income and credit checks. Afterwards, it offered counseling in case of financial stress.

It was in the counseling-- in trying to help families stretch tight incomes to the utmost-- that Pope hit on the solar power idea. She looked at a collector someone had built as an experiment, but found it too ugly. "I had read that people were fighting solar as detracting from the value of property," she said. "So I knew we had to build it so it would add to property value."

At this point, Nate Rekosh walded in. He had grown restless fishing and tending roses during two years of retirement. Over a long and diverse career with the space program, the missile program and the Army Corps of Engineers, Rekosh had accumulated knowledge he wanted to use, but he had no outlet. Then he heard about Valerie Pope and the CDC.

ENERGY

SUN POWER

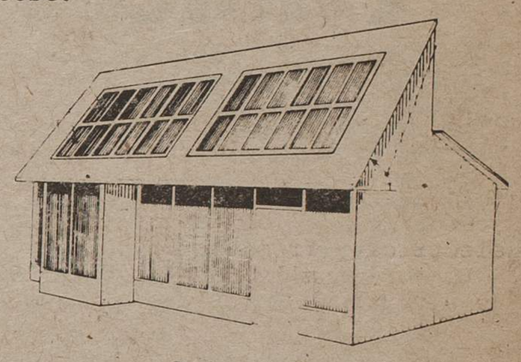
Energy from that heavenly source of light and life may be brought down to earth without sky-high costs -

Parking his Lincoln Continental some distance away from the CDC's storefront office in a near-abandoned shopping center, Rekosh walded over to see Pope. He was soon hard at work on the solar project.

Partly because Pope is an avid gardener, they decided to place the solar collectors atop truncated telephone poles, integrated into the roofs of a string of connecting greenhouses. The water tank, big enough to last through four sunless days, was to be buried in an empty lot. The lot itself would become a park with gazebo.

The system was designed to work as a closed loop, storing water in the 5,000-gallon tank, ready to be pumped into the homes as needed.

With the homes insulated to maximum efficiency, Rekosh says, owners can expect at least 45% savings on utility bills. The solar system is designed for 85% efficiency, and would probably generate more heat than needed most of the time in San Bernardino's sunny climate. In the future, the surplus could be adapted for cooling or generation of electricity.



NEIGHBORHOOD SOLAR HEATING AND FOOD GROWING PAVILION, SAN BERNARDINO, CALIFORNIA

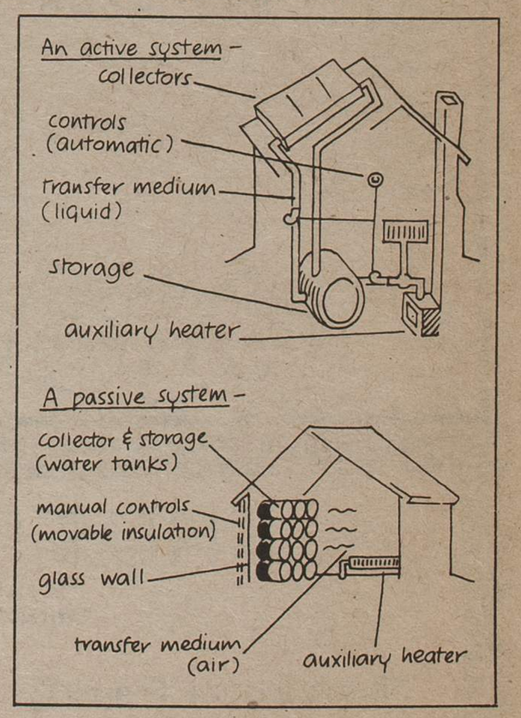
In case not enough sun shines to meet the homes' demand, however, a standard back-up gas heating system goes on automatically. Sophisticated computerized checks and measurements were built in since the system in a research model. Therefore, Rekosh says, the total cost of $99,000 is far beyond what future copies would cost.

Solar House

The CDC is now seeking approval to install a similar system for a public housing apartment project. It expects the cost to be at least 10% less. The city is looking favorably on the new plan.

"They're the only ones in town doing anything, other than the city," said Gary Van Osdel, San Bernardino's director of community development.

"Their earlier project has seemingly had a very positive effect," he said. "Because they had local people working and were known, they didn't experience the same kind of vandalism and theft others have. They were able to sell at a more reasonable price. And they've brought some stability into the neighborhood."



As for the solar project, he said, "Solar R and D (research and development) is usually done by large firms, corporations. And here's this lettle bitsy, grassrooty thing. That alone is totally amazing."

No Luxury!!

John Chancellor, News Director
NBC News
30 Rockefeller Plaza
New York, New York 10020

John Chancellor:

I am appalled that you would report the death of a man whose electricity was turned off with such statements as .... no one was to blame.... everyone did what was supposed to be done.

In our present day society electricity is a matter of life and death. When a nation becomes as dependent upon a source of power as we are upon electricity, the distribution of that power carries the responsibility of life and death. No one to blame? It was the mentality that sees electricity as a means for profit rather than as a source of sustainence that was to blame.

I'm even more appalled by the spokesman from the power company saying he had a duty to protect the customer who pays on time from those who don't. Does he have a duty to save me half a penny by eliminating everyone whose account is $18 past due? Absolutely not! He does have a duty to guarantee that this sort of thing is not liable to happen everytime a sick, elderly, or disabled person, for anv reason whatsoever, can't pay his bills. When human life is at stake that consideration is more important than keeping costs down. Everyone did not do what was supposed to be done. There is no excuse for turning off the only source of heat in a house in freezing weather without first finding out what has happened to the occupant.

The power companies insist on the customer going downtown in person to make a deposit before electricity is turned on. We customers should insist on being contacted in person before electricity is turned off. I'd be willing to pay an extra deposit to cover the expense of having the police check out my house if I should ever fail to pick up my mail. It would be worth more than $18 to me.

Sincerely,
R.H. McKenzie
Topeka, Kansas
January, 1977

Freedom In The Wind

from The Bay Area Cooperator

Last May we ran a story about windmills providing energy for home use. This story deals with a fairly easy-to-build wind turbine generator and the possibilities for use in our homes.

The wind turbine generator to be described offers a person the opportunity to work for his independence and to personally create functional results.

It is a 4' wide by 8' high unit constructed from easily obtained materials which are moderately priced. The tools needed for constructing the device are of the normal household variety: hammer, measure, saw, screwdriver, etc., and can be built without help by most people who consider themselves of average mentality.

This particular wind turbine generator is adapted for generating electricity from the Savonius Rotor originally developed in 1925 as a vertical water pumb for use in deserts.

5 mph wind will turn it on, a standard auto generator and three heavy duty batteries will supply home with a 12 V system. At present, stereos, heaters, lighting, TVs and refrigerators are on the market for use with a 12V system When one considers the cost of rewiring the home to handle the two systems, that of the wind turbine generator and of the utility company, and then compute the savings into the cost of operating most of the one's electrical needs, the difference becomes worth the effort it takes to purchase the new appliances and to construct the generator. Think about having a nearly unlimited elecrrical supply for pennies worth of maintenance.

The total cost of the unit using new materials is estimated at $150. Additional expenses are the purchase price of the preferred appliances, rewiring the house to take on the 12V system, and the three to five heavy duty batteries needed for reserves.

This wind turbine generator could be installed with a brake in case the winds came in gusts of over a hundred miles an hour. Barring this kind of situation, a wind turbine generator mounted on a platform or on one's roof could continue to produce electricity for the life of the materials used. Since it is open on three sides it collects the wind from any angle.

Credit for the adaptation of this generator goes to Frank Palmore of Design Associations HMB. For an easy to read blueprint send $5 to Designs Associates, 469 Grove Street, Half Moon Bay, CA 94019.

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