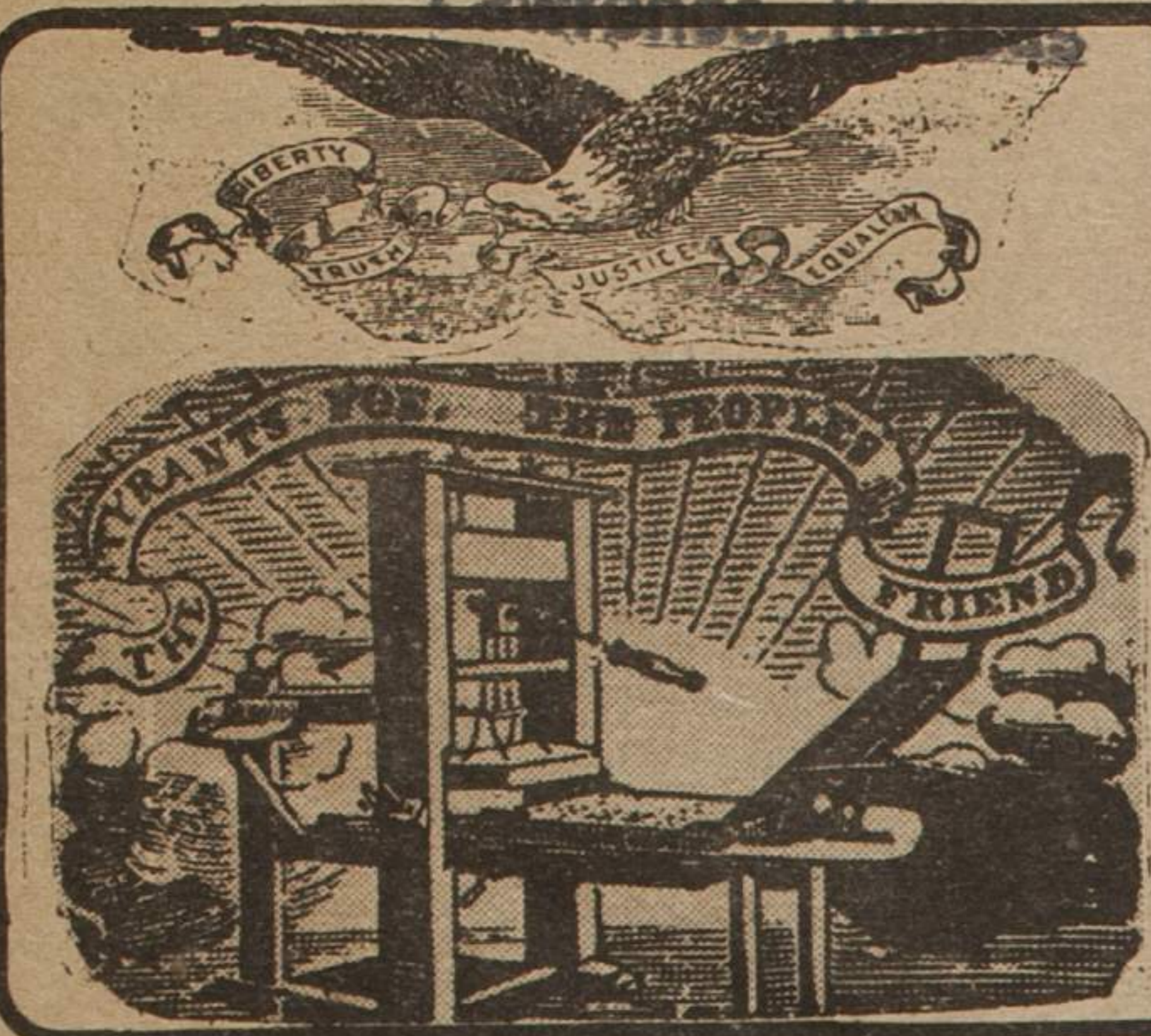


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Public Notice

In Cooperation with the Community Mercantile

Vol. III No. 2 Dec., 1977 Lawrence, Kansas

25¢

what's the gimmick?

LAWRENCE GOES BIG TIME!

BY SUSIE HANNA

"I think five years from now, you're going to be amazed at the north end of downtown."
--City Commissioner Jack Rose

AFTER YEARS OF SCORNFUL REMARKS BY CITY OFFICIALS AND THE CHAMBER OF COMMERCE ABOUT THAT "AWFUL MESS" AT THE NORTH END OF DOWNTOWN, PLANS ARE NOW MOVING ALONG RAPIDLY TO DEMOLISH THE BOWERSOCK MILLS AND ELEVATORS. OVERLOOKING THE KANSAS RIVER SOON WILL BE A MULTI-MILLION DOLLAR CITY HALL, A MONUMENTAL STRUCTURE THAT WILL STAND AS A TRIBUTE TO THE CHANGING CHARACTER OF LAWRENCE. WITH THE CITY TAKING THE LEAD IN "CLEANING UP" THE BOWERSOCK PROPERTY, PRIVATE DEVELOPERS WILL THEN CONSTRUCT MODERN BUILDINGS, HOUSING SHOPS, OFFICES AND WHATEVER ELSE THE MARKETPLACE DEEMS PROFITABLE IN THE 600 BLOCK OF MASS.

The City has been planning to acquire their own building for several years. Plans were to move into the old Police-Fire building, 7th and Vermont, when the Police Department moved into the new Judicial building.

These plans were scrapped about a year ago. Commissioners said costs were too high for the remodeling (estimated at \$700,000) and said the City would probably outgrow the facility in 15 years.

City officials are now planning to construct a four to five story

building with a price tag that's jumped from \$1 million to \$2.5 million to a building with no top dollar limit.

"This is going to be an expensive project," Commissioner Rose said recently. "I have never wanted to build a new building, but the inexpensive options are no longer available.

"I don't think we should build a Cadillac but you've got to build a quality building because it will be a symbol of Lawrence and will be used for a long time. I don't know what the dollar charge



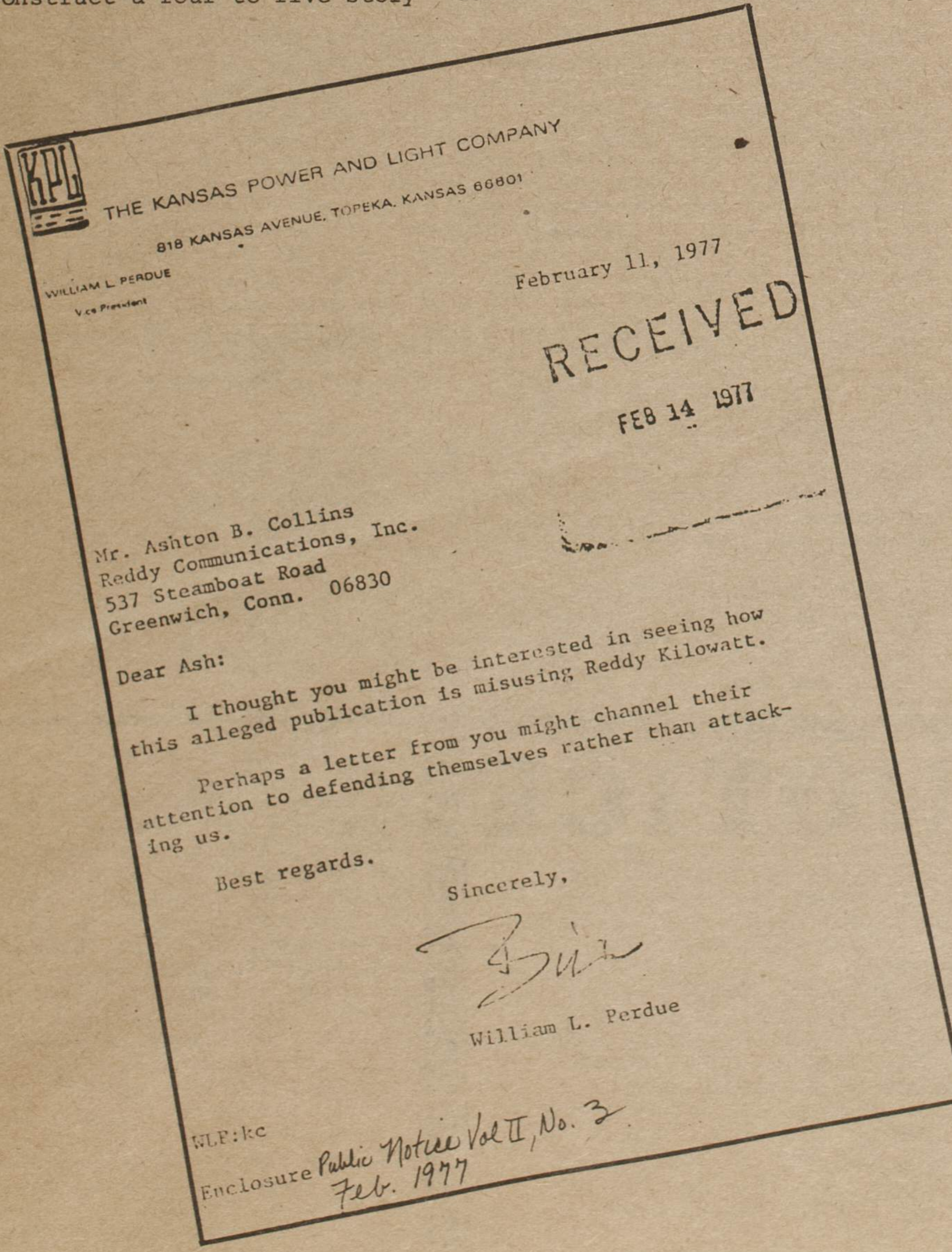
will be, but it will have to cost whatever it does. We're not setting a top dollar figure. When the final figures come in then we'll have to decide if we can afford it."

The City is willing to spend a

bundle in the Bowersock area to spur private redevelopment of the entire Riverfront area.

Commissioner Barkley Clark has said he'd like to see something

CONTINUED ON PAGE TWO,



Reddy To Go To Court

BY PAUL JOHNSON



Seems as if our friendly local electric utility, Kansas Power & Light, has been coming unglued over the PUBLIC NOTICE use and alleged misuses of little ole Reddy Kilowatt.

We recently learned that the vice president of KPL had written a letter requesting that the owners of Reddy to put pressure on us to stop using the graphic in a critical manner.

Reddy is jointly owned by Reddy Communications, Inc., a Connecticut-based utility consulting firm and by dozens of private utilities. Reddy Communications has now filed suit against the Environmental



"This rag of yours has been printing libels about me --all the more vicious because your facts are correct."

Action Foundation for use of Reddy in a "very undignified and ugly fashion" in their monthly publication, Power Line.

The purpose of the suit is to harass and force E.A.F. to defend itself rather than continue its work in advocating rate reform.

KPL's vice president, William L. Perdue, is trying the same tactic on PUBLIC NOTICE. Witness the letter reprinted here.

PUBLIC NOTICE has yet to receive any letters from Collins threatening a lawsuit, but in the meantime we are giving full support to E.A.F.'s struggle in their suit. A special Reddy Kilowatt Defense Fund has been established to keep Reddy free and to keep publications like ours operating. Contributions are tax-deductible and should be sent to:

Environmental Action Foundation
724 Dupont Circle Building,
Washington, D.C. 20036

We intend to continue to report on KPL, particularly in light of the fact that they are now pushing for a 28 percent rate increase, the biggest increase ever requested in Kansas. Watch for more information in the next issue.

BIG TIME

FROM PAGE ONE

like the River Quay of Kansas City, minus the Mafia.

Obtaining the Bowersock property was a key in beginning the redevelopment scheme. The City knew that no private investor would ever redevelop the Bowersock property because of the le-

gal difficulties in obtaining a clear title.

Realizing also that the mills in their deteriorating condition would discourage any developer from building nearby, the City initiated negotiations last January with Stephen Hill to acquire the property.

In the agreement reached, the City acquired the buildings for \$1 with the understanding that

within a year the City would have to decide to locate the City Hall there or pay a \$25,000 penalty.

It was a clever deal. The City got a City Hall site and eliminated an "ugly" roadblock to redevelopment. The Mills were relieved of dam maintenance (the dam needs immediate repair estimated at \$375,000), and they were given a 30-year lease on eight acres of land at the eastern edge of the site that, once the City Hall is built, will be prime for profitable development.

The Bowersock deal was made before the City had any firm idea of whether it was feasible to build a City Hall on the site. After all, the site did appear

required to hold a referendum on the financing.

So it's not surprising that the City has no plans to elicit public participation in the design process.

"We think there may be involvement by the Lawrence Arts Commission; certainly the plans should be well publicized but I would doubt, if we'd zeroed in on a design, that we would want to change it because of a public meeting," Rose said.

The City is erecting a monumental structure at a great expense. They are destroying the grain elevators, some of the oldest in the state, that stand as an im-

PHOTO BY WILBUR HESS



WHERE THE OLD BOWERSOCK MILLS AND ELEVATORS HAVE STOOD FOR DECADES, SOON WILL BE A MONUMENTAL CITY HALL OVERLOOKING THE KANSAS RIVER.

The City Commission recently declared itself a Public Building Commission to finance the City Hall project. Just what is a PBC?

By state law (KS 12-1757) the government can create a corporation, a PBC, to finance public building projects. It's a radical departure from traditional financing methods. Under any other approach, if the City didn't have all the money on hand for a project, it would have to ask voters whether they wanted to go into debt by holding a referendum on the issuance of bonds.

"Mainly," Commissioner Jack Rose explained, "it allows you to build any building without the vote of the people."

In the City Hall project, the City will pay the PBC for the bonds it issues with most of the \$2.25 million in revenue sharing money that will be coming in over the next three years. While it may make financing quicker, the question, according to former state legislator Jerry Harper, is whether you should rule out voting on public building projects. Only if a petition were signed by at least 5 per cent of the electorate in opposition to the issuance of bonds by the PBC would a referendum be required.

to have some drawbacks. The 6th and Mass., intersection is already jammed at rush hours. With the new double-span bridges bringing even more traffic into the area, access for pedestrians and motorists could pose a problem. And then there were the railroad tracks that run through the site.

Public participation in every phase of the planning process has been very limited. Lawrence voters were not asked whether they wanted a City Hall building, because the City wasn't

portant reminder of the community's heritage. The City is committing a majority of revenue-sharing funds for several years to come and eliminating alternative uses (or even suggestions of alternatives since there will be no real public hearings on the their use), funds that possibly could be more beneficial in other social projects. And, the City is doing it all in a manner that attempts to by-pass the democratic process of participation.

SEE BOX ON THE BIRTH OF THE PBC

FARKLEY BARKS



BY FARKLEY BARKS

There's been a lot of loose talk around town lately about the evils of Lawrence's new Public Building Commission (PBC) and it's about time we put these cynical comments and wrong-headed ideas out to pasture.

In all frankness, I don't think it's necessary--or proper--to answer the groundless charges that the PBC will allow my City Commission to do as it pleases in erecting our new Convention Center down there on that rundown block by the Post Office. Or building most anything else (perhaps a municipal golf course?) without voter approval. Or circumventing state indebtedness and cash-basis laws.

Granted, the new PBC might be used for such things by some future City Commission that doesn't responsibly respond to public needs like the present Commission. In fact, however, it would be patently unfair to "lock in" some future Commission to an inflexible course we happen to think proper now. After all, things change.

But what I chiefly want to point out about these PBC critics is that they don't understand the wisdom of the PBC. They don't understand it now any more than they're going to understand public projects some future Commission might be forced, by changed circumstances, to undertake.

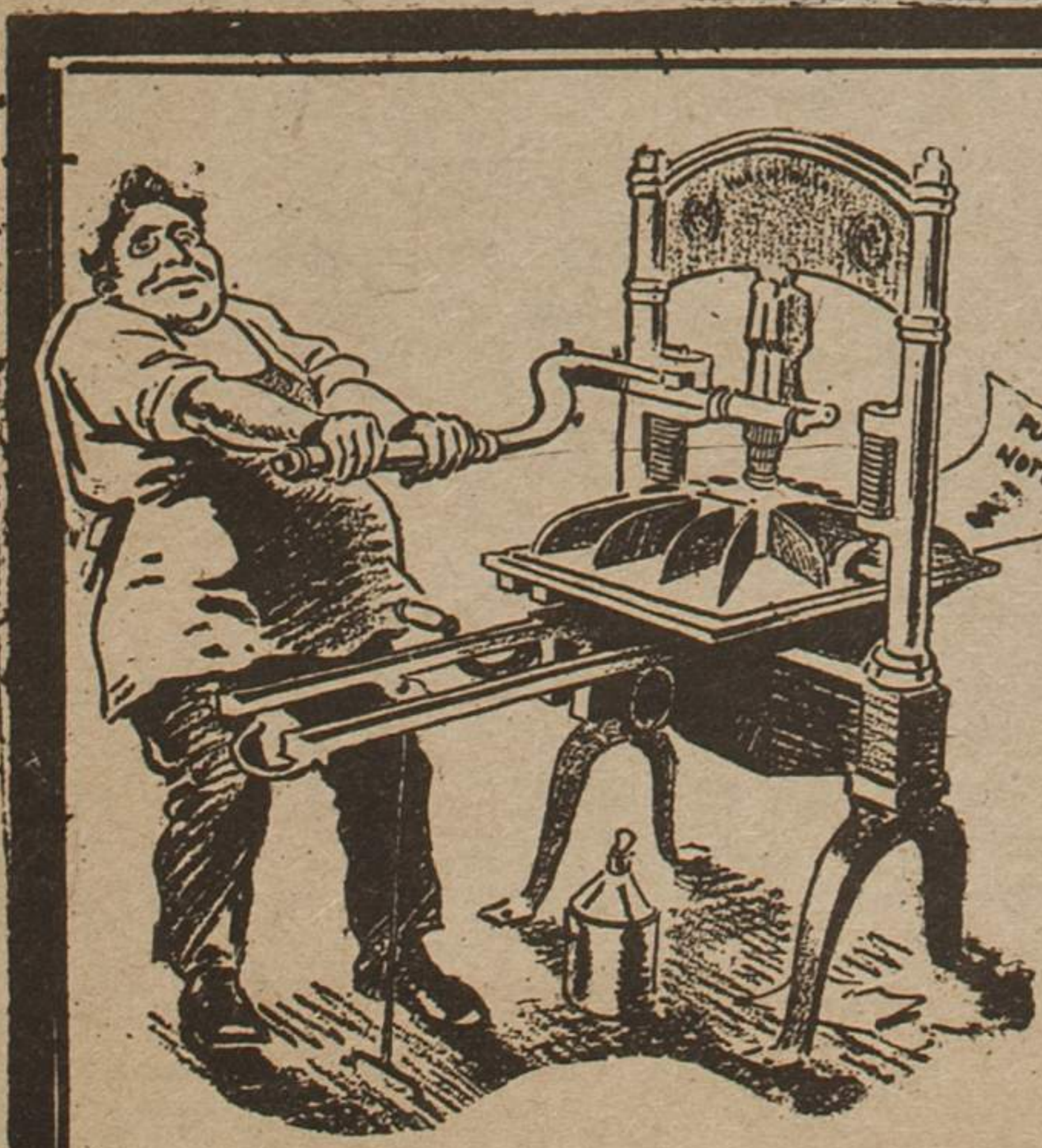
To put these fearful critics and their charges in perspective, just remember they're the same disgruntled elements we've heard from in the past. They wanted to change our form of government last year just to get rid of Buford Watson, one of the finest public servants it's been my privilege to know. They're the same people who refuse to see the benefit of stimulating economic development to insure our fair city's population reaches 75,000 in five years (so we can retain our position as one of the 25 fastest growing towns in this great country.) In all candor, I want you to know I've never seen any of these people at our Chamber of Commerce meetings. In a word, they're the "Aginnners" who have tried to raise anti-progress roadblocks in the past.

I ask you, what's wrong with our fine development on 23rd Street or along my "Miracle Mile" on south Iowa Street or out in Santa Fe Industrial Park? The formula is simple: Development means Jobs which means People which means Dollars which means Civic Happiness. And who can really quarrel with Happiness?

Well, enough of that. (See how these critics' negativism can be infectious?) Let's look at some of the PBC's advantages that the anti-growth radicals haven't told you about. In the first place, look at all the thousands of taxpayers' dollars Lawrence wasted on pointless referendums on the airport issue (which has finally been properly resolved.) If we'd had the PBC a decade ago, we could have saved all that time and trouble--and your dollars--just by having the PBC build a new airport and not bothering all you folks. For another thing, the PBC doesn't mean the people will have less voice in what goes on in Lawrence. (It will mean substantially more.) Even though citizens can't vote on specific projects, I have an iron-clad commitment from our publisher (the one who owns a little property across the road from the new City Hall) that he will commit all the pages needed to print letters-to-the-editor about future buildings projects. So public debate on the issue will be assured--and at no cost to taxpayers.

Even more to the point, just think of all the people who will get involved in local affairs because they think the PBC is building too much or too little.. Voter apathy is a cancer on many small-town governments, but with the PBC, we'll have a virtual guarantee that the disease won't infect our affairs here in "River City."

In closing, I reaffirm my solid, unequivocal commitment to "urge" the dismantling of the PBC after it's served its "limited function" for the community. I want to make it perfectly clear, however, that I have but one vote on the City Commission, despite reports my vote counts for five.



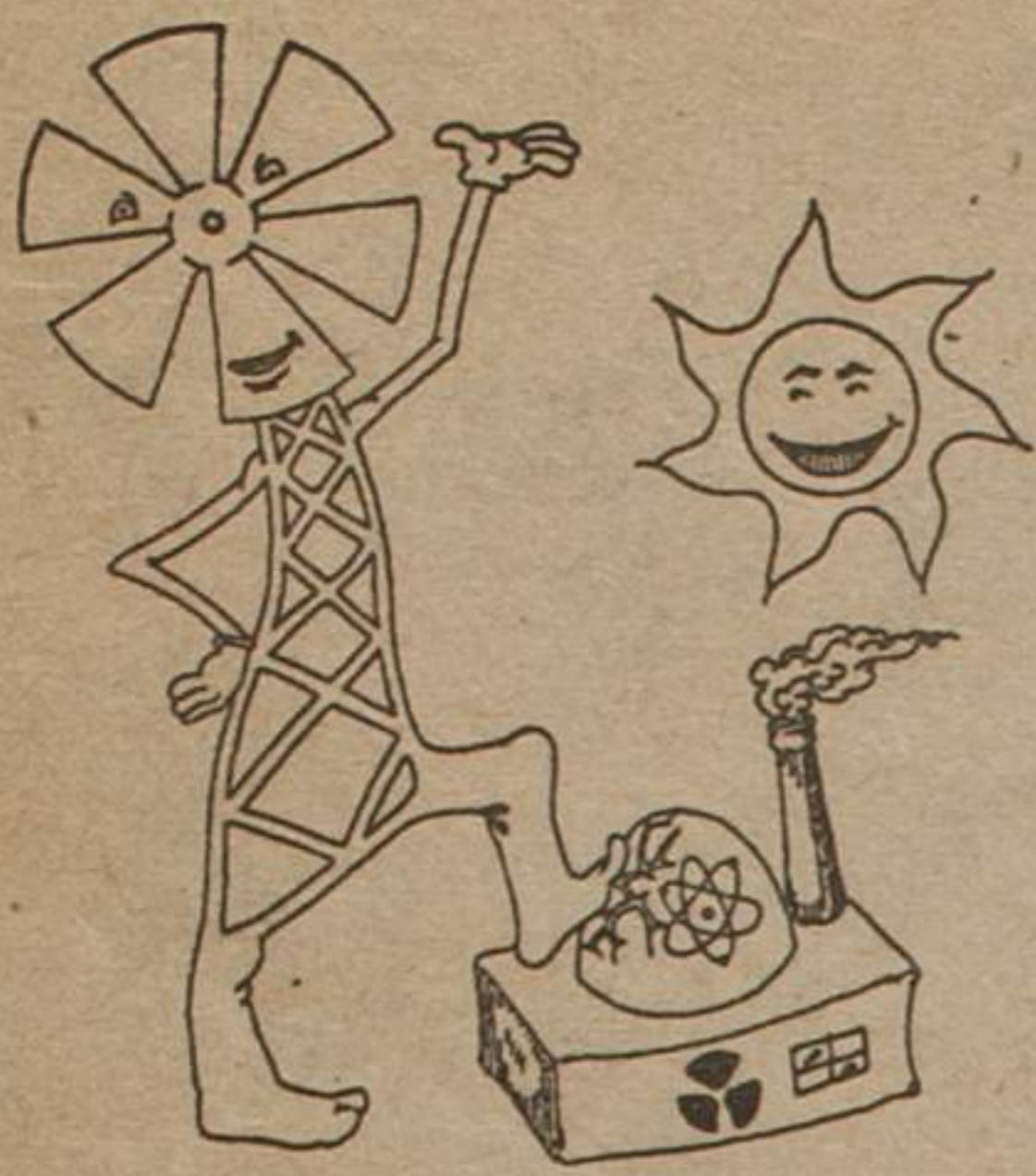
PUBLIC NOTICE

The PUBLIC NOTICE is published monthly by PUBLIC NOTICE INCORPORATED in cooperation with the Community Mercantile Food Cooperative and the People's Energy Project. Our office is located on the top floor of the Stubbs Building, 1101 1/2 Massachusetts, Lawrence, Kansas, 66044. Call: 842-5657.

PUBLIC NOTICE SUBSCRIBES TO PACIFIC NEWS SERVICE

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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, 1101 1/2 Mass. or call 842-5657.



People's Energy Project

POWER FOR PEOPLE, NOT PROFIT!

VOLUME III, No. 8 DECEMBER, 1977



Rep. Don Mainey
Rep. Bob Miller
Sen. Arnold Berman
Ramon Powers, Leg. Research

Kansas has an excellent chance to hold down electric rates by learning from the mistakes of other utilities and states. President Carter has wanted to mandate such electric rate reforms from the national level but the states, and especially the private utilities, have argued for their own autonomy. Well, it looks like the states will get their wish to keep deciding their own electric energy policy. With such continued freedom, Kansas can initiate reforms which will hold down costs, reestablish rates for our new energy era, and generally refine what levels of profit will be in sales of electricity.

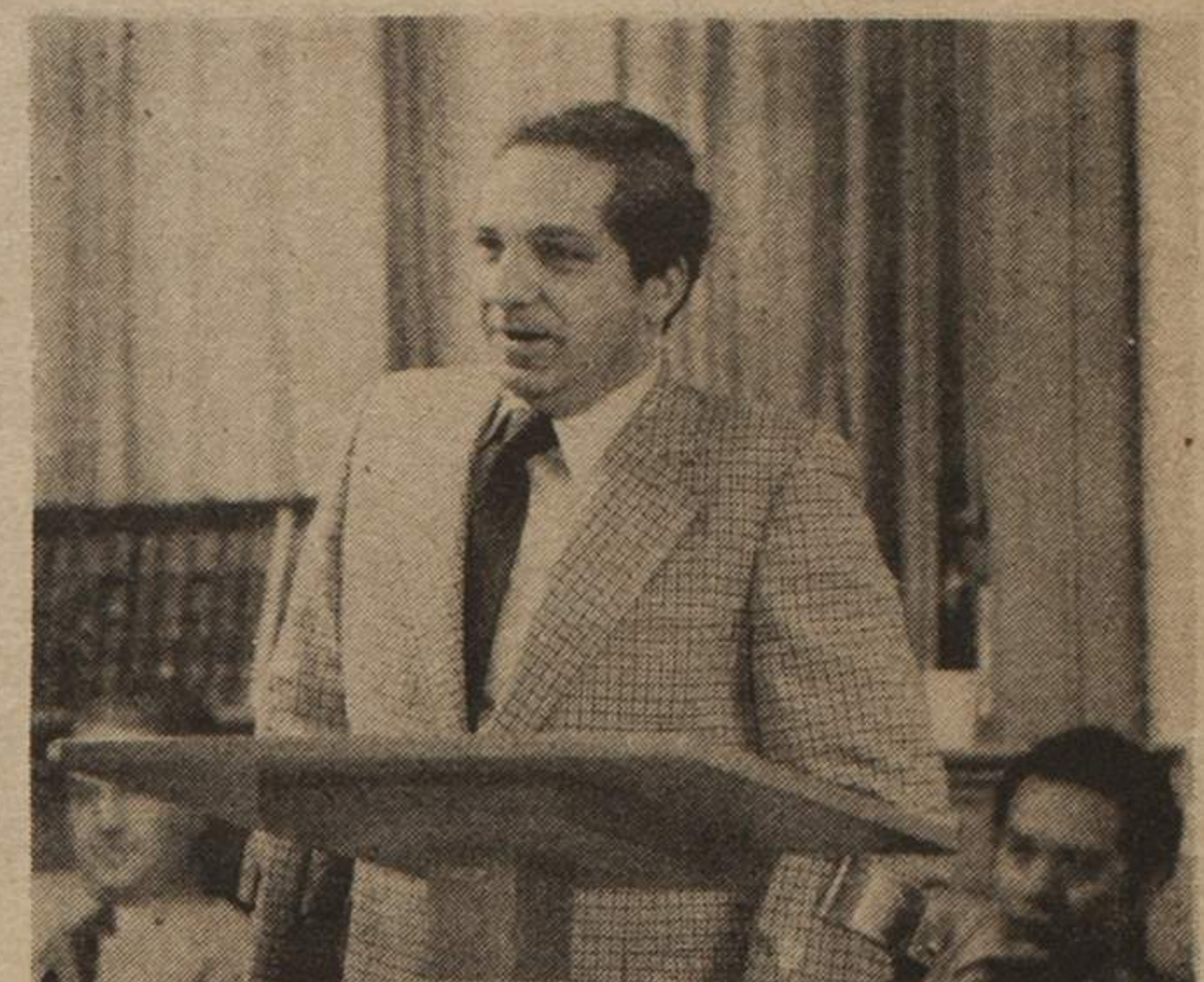
The accompanying photos are from the Kansas Legislative Interim Energy Committee hearing on rate reform held September 21 and 22. In that hearing, the conferees were told of inefficiencies that Kansas actually encourages in its rate making formula for utilities. These inefficiencies stem from an antiquated rate making formula not useful for our new energy era. The first major difficulty is the simple fact that the more a utility spends in building power plants, the more profit they are allowed to make. The second major difficulty stems from the same pork barrel philosophy that our defense contractors used in their cost plus overrun agreements with Uncle Sam. The fact that our electric rates are based on paying off very cheap, older power plants without realizing the much higher costs to replace those plants with new ones. Today our new plants cost at least four times what the present plants did.

Utilities' revenue requirements and thus profit are figured as a fixed percentage of their hardware (power plants). The incentive is quite clear for them to add power plants as quickly as possible. Since no state agency has had any control over such expansion, the electric utility industry has had a blank check to grow.

The best speaker in that hearing, Professor John Nordine of Kansas State University, spoke of the need to get fuller use of the present plants. By doing this we could hold the line on expansion. He proposed doing this in a well researched presentation on "time-of use" pricing. This pricing scheme recognizes that power bought at times of maximum demand on the system is more expensive than power bought at times when the demand is low. This comes about for two reasons. First, at top demand, the utilities turn on special peaking turbines which use so much more fuel than their steam/turbine baseload plants like Lawrence. Secondly, utilities build expensive new plants to handle those rare occasions of peak demands while average day-to-day demand seldom requires full utilization of present plants. If power usage is shifted from the peak times, then the need to expand is slowed considerably. Since we have no control over more costly fuel contracts, the only real area of savings comes when we build fewer plants.

Wisconsin has initiated such rates for industrial and commercial customers so that for peak power the customer pays three times as much as off-peak power. With all the hoopla in Washington DC over such proposed rates, the electric utility industry is under pressure to consider such options.

As we use up old power plants and have to replace them, our electric rates should inform us of the higher costs. This then gives the public an opportunity to hold down their electrical needs if possible and thus slow down the expansion. No one likes higher energy bills but that is not the choice. Fuel and power plant construction costs are skyrocketing and there is little we can do about that economic fact. The question is one of paying the full bill now or waiting for the bombshell. Greater usage of the present plants via "time-of-use" pricing is really the only control we have over our electric bill.



G.T. Vanbeber, KCC
Charles Roth, Pres.-REC's
William Brown, KPL
Prof. John Nordine, KSU

BY JESS DEBOER
FROM FREE ENVIRONMENT NEWSBRIEFS

WINTER VEGETABLES

IOWA CITY--Lettuce, spinach and radishes will soon be growing in the solar greenhouse at the Senior Citizens Center, 538 S. Gilbert, according to Karl Scholten, a University of Iowa sociology student and coordinator of the project for the Iowa Public Interest Research Group.

It'll be mostly experimental this year, to see what works best, he said.

The \$1,850 cost of the 12-foot by 16-foot greenhouse was paid by the Hawkeye Area Community Action Project and the University of Iowa School of Social Work.

The outside shell of the building was put up this summer by seven teenagers supervised by two adult carpenters, working for the Comprehensive Employment and Training Act (CETA.)

In the fall the Iowa Public Interest Research Group took over supervision of the project. IPERG became involved in the greenhouse to prove that practical use of solar energy is possible, Scholten said.

Sunlight through the 11-foot by 16-foot translucent roof and the 4-foot by 16-foot translucent wall will warm the greenhouse and the 18 55-gallon drums of water, said Bob Singerman, who also worked on the project.

The building is heavily insulated to hold the heat collected in the water barrels, Singerman said. Hinged, insulated panels are closed to cover the translucent

wall area at night to prevent heat loss. Greenhouses with a similar design have been built in Colorado and Nebraska.

The greenhouse should stay at 55 degrees even with three consecutive cloudy days, Singerman said.

The greenhouse has to be opened promptly every morning and closed at night, Singerman said. Opening a couple of hours late during the winter might mean it would freeze

the next night, because it didn't have time to store up enough heat.

"I think it's a lot of work," he said. "But if the greenhouse were close to where you lived it wouldn't be so bad,"

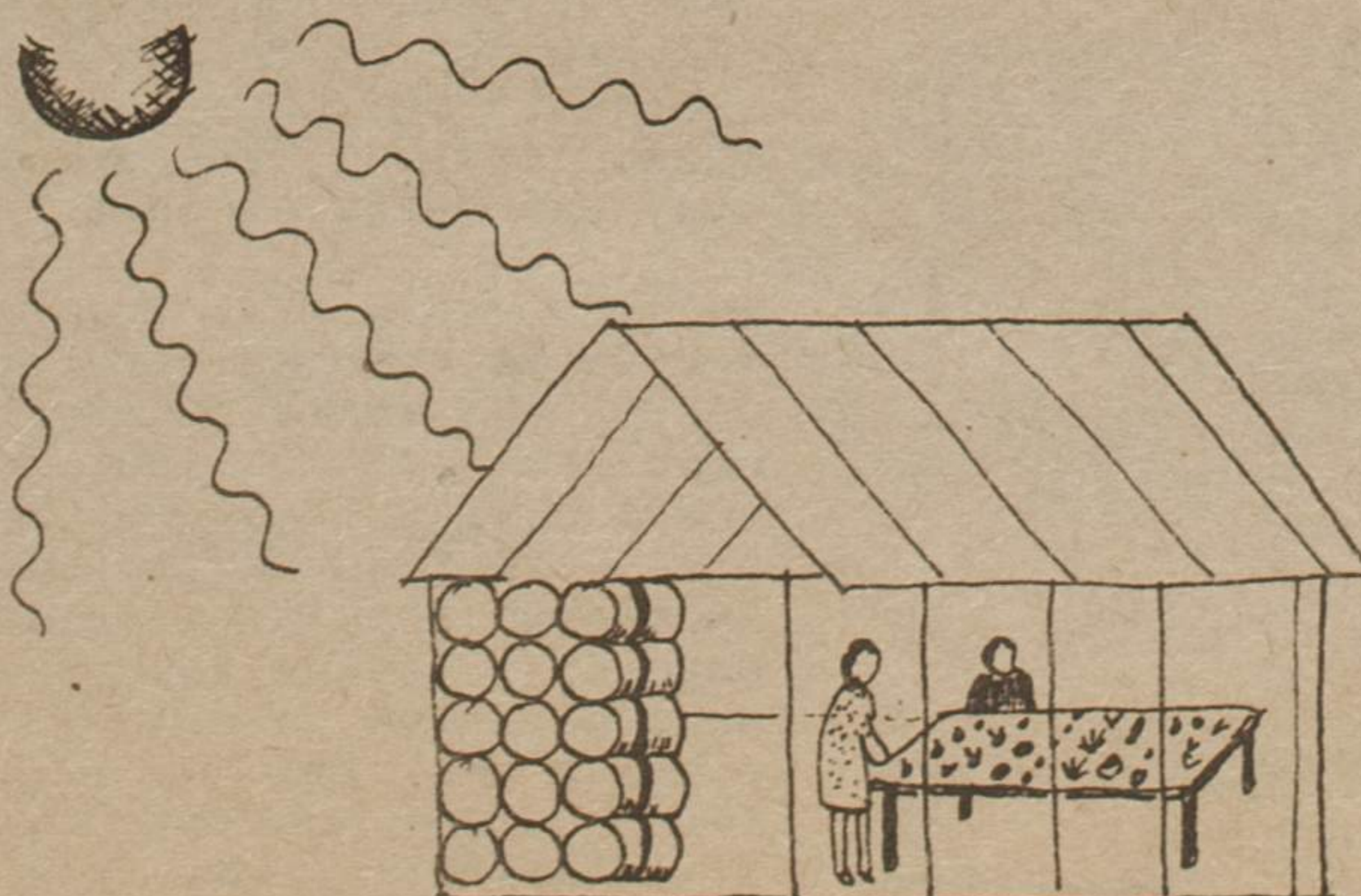
Passive solar collection systems, that operate without pumps or other mechanical aids, are the combination of hundreds of little things done right, Singerman said.

The depth of the foundation might make a difference, he said. This greenhouse has a foundation two feet deep and it might have been better to go four feet deep, well below the frost line, he said.

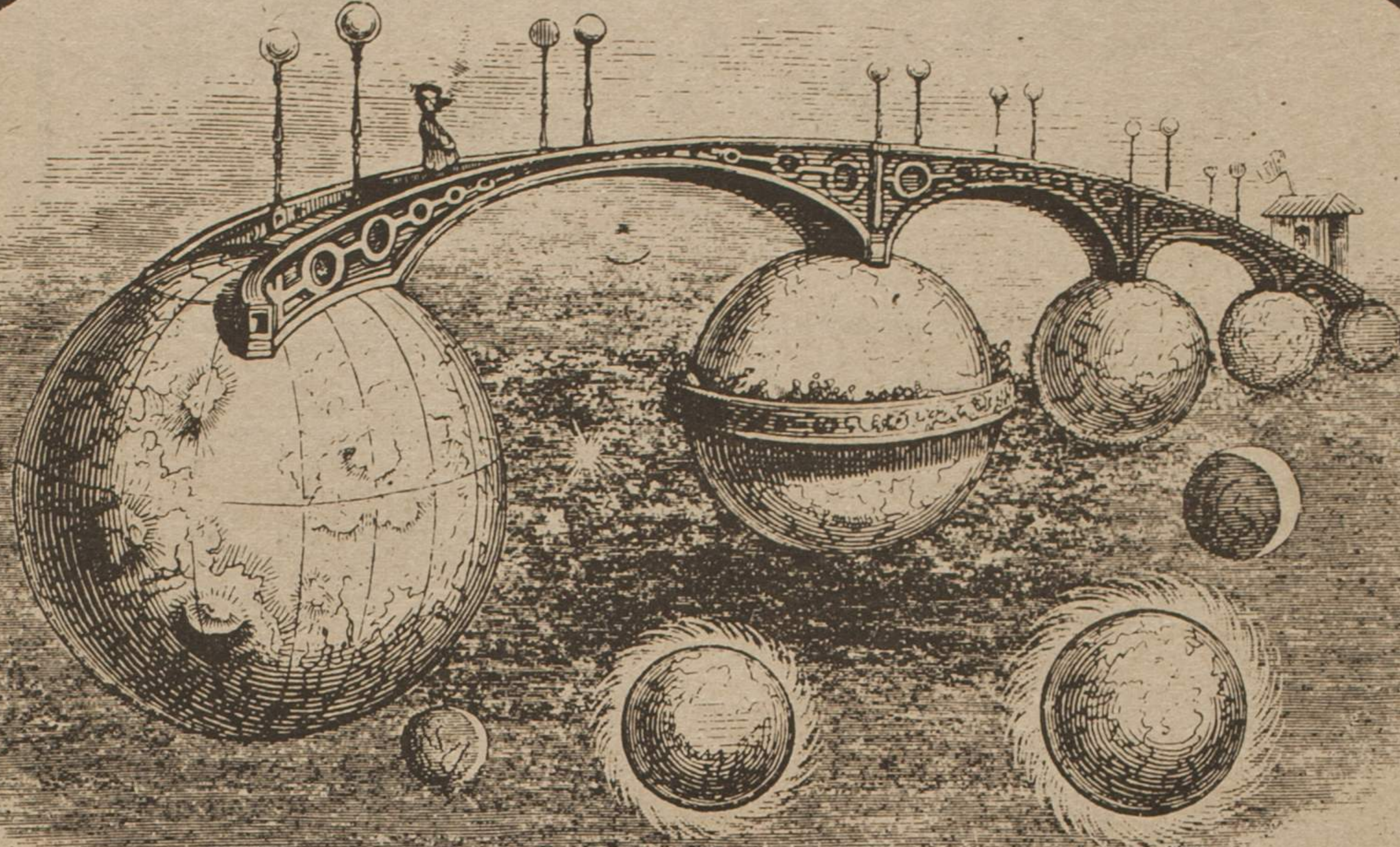
This greenhouse should operate 10 months a year and if everything works it could operate all year.

Several older persons will supervise the operation of the greenhouse and Scholten is trying to involve other people in the daily operation.

Food grown in the greenhouse will go to the congregate meals in the Senior Citizens Center and if production is large enough, some might be sold to make the project self-supporting, Singerman said.



COOP NEWS



NO MORE SUGAR KISSES

By Diane Luber

If you have a sweet tooth like mine, being told that "sugar is bad for you" isn't going to noticeably limit your search for sweet satisfaction. You might make the switch from white or brown sugar to honey and molasses but you probably need more information to convince you that you really need to curb your appetite for sweets. I have here some solid facts that have helped me to think more than twice about munching on a candy bar or trickling honey on my morning toast. I'm passing them on to you so that we can all help each other to avoid sugar's attraction and to come to appreciate the myriad other flavors waiting to be tried.

Are All Sugars the Same

The three common single sugars are glucose, fructose, and galactose. These three taken individually or combined together in varying arrangements comprise what we identify as sugars. Glucose and fructose are the sugars most commonly found in fruits and vegetables.

Granulated sugar, powdered sugar, "raw sugar," brown sugar, and molasses are all sucrose which is fructose linked together with glucose. Honey is a mixture of sucrose, glucose, fructose, water, and other substances. Lactose, the sugar found in milk, is composed of glucose linked to galactose. Starch, while not usually thought of as sugar, is made up of many glucose units linked into long chains. Starch is found in fruits, vegetables, and grains.

Digestion of sugars begins in the mouth. Salivary enzymes and bacteria digest glucose, sucrose, fructose, and lactose as well as break down the long chains of glucose in starch into shorter ones. Starch is broken down only to the double glucose sugar, maltose; not to single glucose units. After passing through the stomach, they enter the small intestine where the sugar chains and double-sugars are digested into their single sugar components. The three single sugars pass from the small in-

testine through blood vessels to the liver. There they are either converted into glycogen for storage to meet future needs or converted into glucose that is carried in the bloodstream as "blood sugar."

Why does Sugar

cause Cavities

The bacteria in the mouth break down glucose, sucrose, fructose, and lactose into lactic and pyruvic acids. These acids dissolve the enamel covering of the teeth allowing the soft dentin underneath to be exposed and digested. Since starches are not broken down into single sugars in the mouth, they cannot directly cause tooth decay. Stickiness of food enhances its decaying properties. Sticky candy and even dried fruit stay in contact with teeth longer, giving bacteria longer to act. Sticky cooked starch can cause decay indirectly by trapping sugars and bacteria in the mouth. So no matter what you eat - brush and floss your teeth

to insure dental health.

If you eat large amounts of sugar (with the exception of lactose), your body will not be able to absorb as much calcium. Calcium is an important component of bones, helps blood to clot, and nervous system to function smoothly.

Deficiencies in B vitamins may also result from overeating refined sugars. Several B vitamins are needed for the body to digest and assimilate sugar. These vitamins are present in non-refined sources such as fruits, vegetables, and whole grains. If sugar is refined, stripped of its other nutrients, our bodies will use the B vitamins from other foods to digest it, and not have enough B vitamins left for other uses. Other deficiencies may result when sugar replaces better quality food - sodas instead of fruit juice or milk, sweet rolls instead of eggs or cereals, etc. Sugar has also been implicated as a contributing factor in hypoglycemia, diabetes, and heart attack.

Honey is recommended by some as a "natural" sweetener but is better described as a naturally refined sugar. The B vitamins found in honey are probably not even enough to digest the sugar much less contribute to our daily requirements. So honey can contribute to tooth decay, vitamin, and mineral imbalances just like sugar. However honey has three things going for it:

- Honey takes longer to digest than sugar so you don't experience the sugar "rush" that is so hard on your body.
- Honey is sweeter than sugar, so you can use less to achieve the same sweetness level.
- Honey that is locally grown may contain antigens against locally grown pollen, thereby helping hayfever sufferers.

Blackstrap molasses contains appreciable amounts of iron and calcium and many people include it in their diet for these reasons. If you do, just be sure to account for the sugar in it as well.

How can I Eat Less Sugar

- 1) Start slowly - slow progress will be more lasting than overnight conversion.
- 2) Reduce the amount of sugar or honey you put in your coffee or tea.
- 3) Replace soft drinks with water or unsweetened fruit juices.
- 4) Pay attention to the labels on the food you buy. Ingredients are listed in order

STILL MEETING AFTER ALL THESE YEARS



Want to lower your food bill?

FOOD CO-OP

Organizational Meetings:

Thurs. Sept. 19 7:30PM United Ministries Bldg. 1204 Oread

Sun. Sept. 22 3:00PM South Park Bandstand
(in case of rain, postpone one week)

Come to either meeting (or both). Listen, learn, and share your ideas. The co-op will be an incorporated, non-profit organization with a store front, specializing in high quality foods like:

Milk and Dairy Products

Fresh Produce

Natural Foods

Imported Foods (including cheese)

Beans, Nuts, Seeds, Herbs, Spices, Oils, "Health Foods," Grains, Flours,

Can get paper products, dog and cat food, and many other items

(No obligation from attending meeting)

It's deceptive in its innocence. An old note among the files that, in retrospect, reads like a birth certificate. During the fall of 1974 these flyers were tacked around Lawrence, testing the response for another food co-op in town. (There were already several in operation.) Thirty people appeared for the first meeting and with cautious enthusiasm shaped the early life of the Community Mercantile.

Sunday pre-order pick-ups began almost immediately in the back room of the Mercantile Grocery, Lawrence's natural food store. As the recession of 1974 eroded the Mercantile's financial base, the co-op was faced with the awesome choice of buying out the business and its location at 730B Massachusetts, or finding a new distribution center. A fund raising push in December of '74 brought in the initial \$5,000 needed to purchase the business. (Essentially a gift price from Judy and Harry Kroeger.)

On January 2, 1975 the Community Mercantile opened, the first co-op food store in Lawrence since the 1920's. The other small buying clubs merged with the store-front group and a rapid expansion forced the co-op to move five months later to 615 Massachusetts, a controversial move at the time. The 600 block location was the home for two years of increasing business and

(continued on page seven)

(continued on page six)

TOASTY NEW HOME FOR BAKERY

By Anne Schmidt

Nan Martin is back in business, on the go. Nan manages the Community Mercantile's Verbena Bakery, across the alley from the food store. Together with an assistant, Larry Bethel, the bakery produces whole grain breads and baked goodies for sale through the food co-op. This interview explores her business, her new location, and also reveals information for those who would like to use more wholesome and natural products in their own baking.

"Originally this bakery building was a two-car garage, then a bait shop, and now after a few alterations, it has become Verbena Bakery."

- How does the space you now have compare to what you had at the old store?

"Not any comparison at all, really. The old space was adequate...barely. The freedom of having my own space appeals to me, and it's at least twice as large."

- What kind of equipment do you have? What are the new additions?

"My equipment is very basic: ovens, dough mixers, work tables, proof box, cooling racks. No automated dough dividers, loaf shapers, conveyor belts. I believe in the quality of hand-made products. My only new piece of equipment is "Baby Verbena" which is a smaller version of my big dough mixer. I bought her so I could get into business while waiting on electricity-related problems to subside. Now, she will be mixing only cookies and light dough items."

- What were some of the problems you had getting in full production; problems with mixer hook-ups?

"My "Big Verbena" is now hooked up. At last. Problems I had were with KPL. In the beginning they told me that three-phase (the type of current BV runs on) electricity was going to be too much of an expense for them; that the amount of electricity I consumed was not worth the expense to them. Well, this threw me into a tizzy because that meant selling BV and getting a newer machine that would run on single phase power. (Eds. note: single phase power would also consume more energy to do the same job.) I looked at a mixer with an \$1850 price tag...about the only thing available at the time. I also tried to sell my



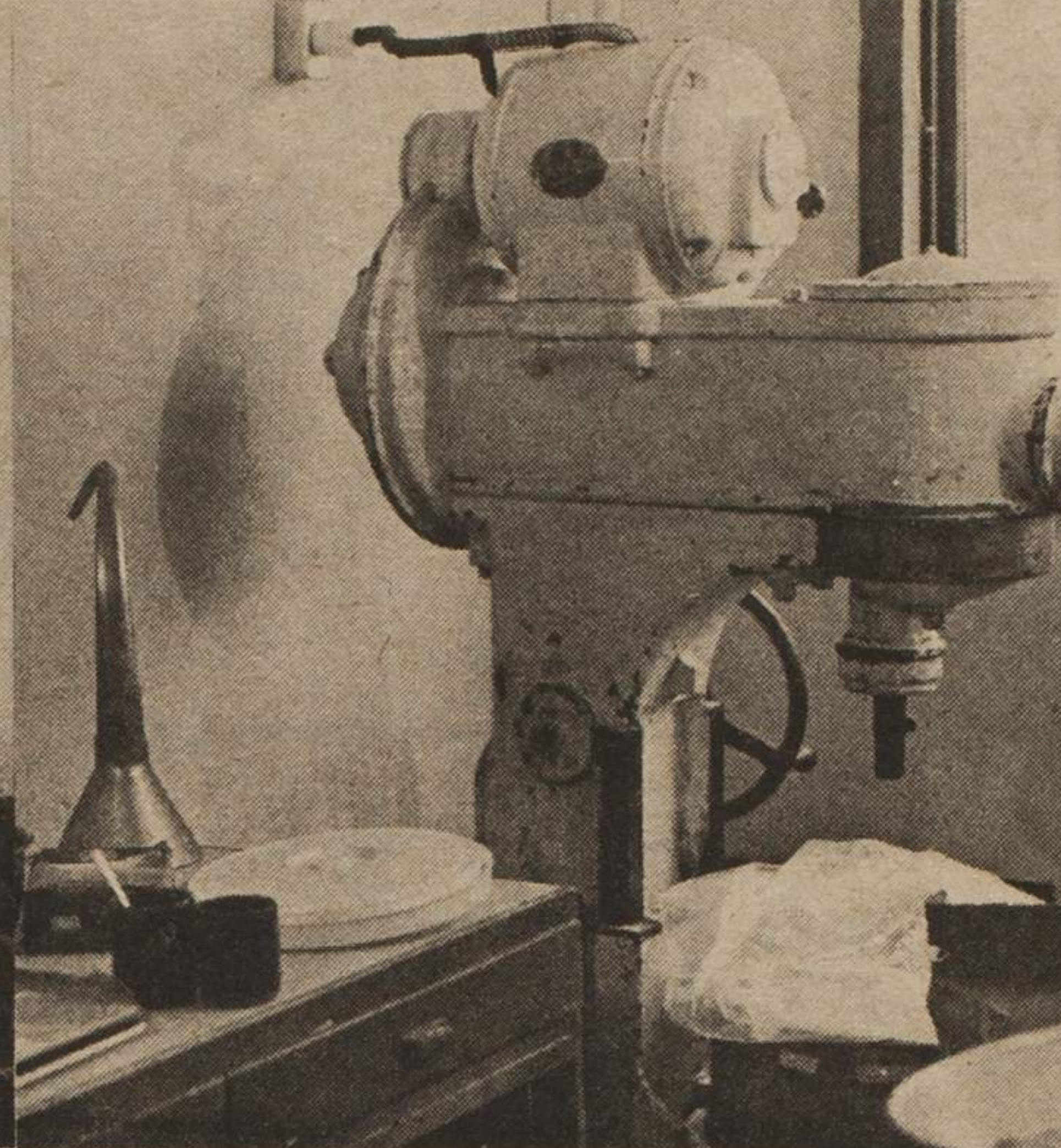
Photos by Kathy Clark



mixer. With no one interested in buying it, that would have been another \$650 expense for me to absorb. After singing my sad song long enough, someone mentioned that I should call the Kansas Corporation Commission and explain my plight. In a few days, KPL was out to give me a new estimate on what my monthly minimum bill would be to have for them to provide service. When they told me \$12.95, I said I'd take it! Now it's full speed ahead.

- What items do you make?

"My products are natural, whole grain baked goods: breads, buns, bagels, cinnamon rolls, cookies, brownies, date bars, cakes, granola, all sold through the Community Mercantile. How much we make each day all hinges on demand, of course. I do want the bakery to remain a small, personal, quality-oriented endeavor."



- Do you have any tips for converting white flour recipes to whole wheat food?

"Unlike white, all-purpose

flour, whole wheat flour takes two forms. One is hard wheat flour - for use in bread. The other is soft wheat flour for use in everything else. Hard wheat flour is high in gluten and protein. Soft wheat flour has less of both. When I first started using whole grain flours, I eased into it. Using $\frac{1}{2}$ whole wheat. Gradually, I used more and more until now it's 100% whole wheat or whole grain. (Except for one variety, Jane's Plain.) Cookbooks suggest substituting $\frac{7}{8}$ cup whole wheat flour for 1 cup white flour and decrease the amount of oil used 20% since there is oil in the germ of the whole wheat flour."

- And how do you go about converting recipes that call for sugar to honey?

"It really is experimental. With cookies I probably use an equal substitution and just add more dry ingredients. More often than not, I also exclude eggs and baking powder in cookies. The protein that eggs add are substituted with complementary soy flour and seeds and various other whole grain flours. By guess and by gosh is much the attitude I have acquired over the years and it usually works for me. When using honey, it's a good idea to use a bit lower cooking temperature, since honey tends to scorch above 325-350°. Honey is not the only sweetener I use. I'm totally sold on malt syrup. It's great in cookies, and in combination with honey in cinnamon rolls it's deluxe! Sorghum is an excellent sweetener, especially good in apple pie. Blackstrap molasses I consider more of a flavor than a sweetening agent. It's real good in bread."

EATING - WILD STYLE

By Danny Bentley

Even at this time of year there are still wild edible plants to be picked and dug (if the ground's not too hard.) I have to write this quite a bit ahead of time so who knows what the weather will be in late November or early December after this temperate autumn.

If you can locate the dry stalks of Jerusalem Artichokes (members of the sunflower family), you can bet that there will be plenty of the inulin-rich tuber roots underground. Dig these tubers, wash them and cook like potatoes or slice raw into salads. The wild ones have a much richer taste than the store-

bought kind. Don't try to store a large amount of these as they shrivel. If you do, keep them in a box of sand. Or you can leave them in the ground until you're ready to use them.

Cat Tail and Arrowhead are both aquatic plants. Their tubers can be dug or mooshed out, as the case may be and used like potatoes. They may also be dried and ground and used as a flour extender. You should gather aquatic plants from places you are confident that the water is not polluted.

In the winter it's harder to get the vitamin C you so badly need because there is less fresh stuff. Vitamin C abounds in the red velvet-like seed heads of Sumac. These heads supplied what is said to be a favorite winter drink of many Native Americans. Don't worry - poison sumac has very white berries and the red sumac is not poison. To prepare

(continued on page six)

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SUGAR cont.

of decreasing quantity so the most abundant ingredient is listed first. Don't be fooled by the many names for sugar - glucose, fructose, galactose, sucrose, dextrose (glucose), levulose (fructose), natural sweeteners - some products use several.

- 5) Substitute high protein snacks (cheese, cottage cheese, hard boiled eggs, yogurt, soy nuts, or fresh fruits and vegetables) for sugar.
- 6) Use other spices (nutmeg, cinnamon, etc.) to add flavor to your food.
- 7) Reduce the sugar called for in standard dessert recipes -

	MG. IRON	MG. THIAMINE (B1)	MG. RIBOFLAVIN (B2)	MG. NIACIN (B3)	MG. CALCIUM	% SUGAR
RECOMMENDED DAILY ALLOWANCES						
ADULT FEMALE 18-35 YRS 128 POUNDS 5'4"	15.0	.8	1.3	14.0	800	
ADULT MALE 18-35 YRS 154 POUNDS 5'9"	10.0	1.2	1.7	19.0	800	
BROWN SUGAR 100 GRAMS 2/3 CUP	3.4	0.01	0.03	0.2	85	96.4
HONEY 100 GRAMS 1/3 CUP	0.05	trace	0.04	0.3	5	77.42
WHITE SUGAR 100 GRAMS ABOUT 7/16 CUP	0.1	0	0	0	0	99.5
DARK (BLACK STRAP) (THIRD EXTRACTION) 100 GRAMS 1/3 CUP	16.1	0.11	0.19	2.0	684	55
BARBADOS MOLASSES (UNSULPHURED) 100 GRAMS 1/3 CUP	(not determinable)	.06	.20	(not determinable)	245	70

* BY FOOD AND NUTRITION BOARD - NATIONAL ACADEMY OF SCIENCES NATIONAL RESEARCH COUNCIL, PUBLICATION 1143

you might actually like the flavors of other ingredients when they are given a chance.

There is more to sugar than its nutritional characteristics (or lack thereof). Its political and social history is pretty sordid and may give you reason enough to cut it down or out of your diet. But more about that in future issues. In the meantime, does anyone have any information to contribute on corn syrup, malt syrup, or maple syrup? My sweet tooth is still looking for an "out."

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COMPOST: PILING IT ON

By Patsy McCoy

Community Mercantile members will be seeing a new task on the daily "to do" list. Two compost piles have been started in back of the bakery. The project has grown from the need to use the waste from the fresh produce coming into the store.

As most of you may already know, compost is a mixture of soil and partly decayed organic matter or humus that is used to improve garden and potting soils. Natural compost is found in wooded areas where years of decaying leaves and fallen trees, animal droppings, and moisture have built up a soft, springy floor of soil that is dark, moist, and rich in plant nutrients. Compost piles allow a more rapid decomposition than that found in the woods when the materials used in layering are broken first into small pieces.

Properly prepared, it is free of weeds and odor. The heat produced by the decomposition will naturally discourage dogs, rats, and flies.

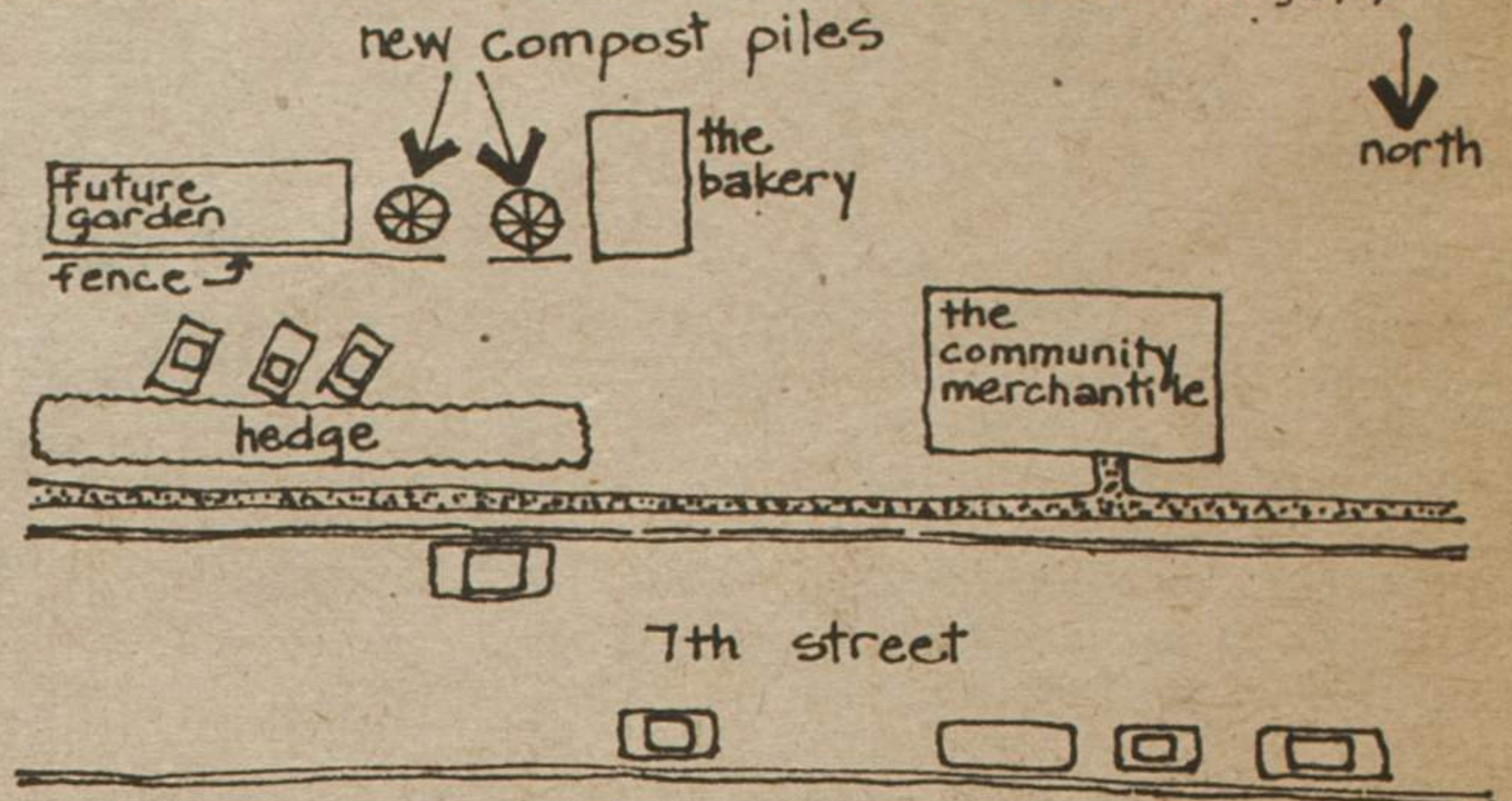
Since we have just begun, there is still lots of room for new knowledge and suggestions. Here is the procedure we are using so far:

- 1) Clean out and gather any vegetable scraps.
- 2) Pour the vegetable and fruit waste on top of the compost pile. Cover that with 2 to 6 inches of dry matter such as leaves, grass clippings, or straw. Then cover that with a layer of soil or manure. Other layering materials may include sod, sawdust, crushed

corn, cobs, wood ashes.

While layering the materials, create a "dish" shape on the surface with the center of the pile lower than the outside edge.

- 3) Certain materials should not be added to the pile: no meat waste (attracts dogs),



no dairy waste, no cloth or paper (attracts rats and mice.)

- 4) Every 60 days or so, the piles should be "fluffed." This is done by cutting into the pile vertically with a shovel and then turning and mixing. Fluffing aerates the compost and assures even heat distribution.

We can use compost materials from peoples' homes and lawns to fill out the piles. Large plastic containers with lids will be for sale through the Mercantile, handy for collecting "compostable" garbage at home.

Future plans for the compost are flexible. Some of it will be used to start a garden in back of the bakery. Naturally, new knowledge, suggestions, ideas are welcome. Contact a store co-ordinator or Patsy McCoy 843-0984 or Bruce Thomas 842-7052.

Eating Wild cont.

the red sumac, strip the berries off the larger and smaller twigs as much as possible because these twigs contain tannic acid. Let the berries stand in water three or four hours. Stir and smooch them with a wooden spoon occasionally. The water will turn dark pink. Strain through a clean cloth and chill. It stores well in the fridge. You can make this quite strong and then dilute it to your own taste as you use it. Art likes to use it as a mix for whiskey. Some people like to sweeten it but it's real good by itself. Sure beats Kool Aid!

Another Vitamin C packed seed is Rose Hips. They're the bright red berries appearing large or small on rose bushes this time of year. It's the fruit of the rose. Pick them, get alot of scratches, dry the berries and store for winter use. Grind them when ready to use. They're great by themselves or mixed with mint or other kinds of tea.

Two things come to mind here. 1) When you store teas in a jar make sure they are completely dry or they will mildew. 2) When you make teas from leaves and berries never boil the substance in the water. Pour the boiling water over it and let it set for about 3 minutes. The essential oils are lost in the steam if you boil it directly.

One of the most conspicuous wild edibles of this season is the Persimmon. They are the bright orange fruits which turn normal looking trees into oriental-like masterpieces. Always make sure they're ripe before you eat one (the skin should slip off easily). Unripe persimmons taste like a mouthful of alum. Do not eat the skin as it is undigestible. Persimmons make great pudding, there's a good recipe in the Joy of Cooking. These and all soft fruits are easy to make fruit leather which easily rivals the store-bought kind and makes great Christmas presents.

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Take 2 cups pureed fruit such as strawberries, apples, pears, apricots, or persimmons. Add about one teaspoon of honey if desired. Pour onto plastic wrap lined cookie sheet or baking sheet. Spread evenly to a bare minimum thickness. Bake at 150 degrees oven for four hours with door ajar. At this temperature, the wrap won't melt. I dried my persimmon leather on top of our heating stove by raising it off the stove surface on bricks so it wouldn't burn. You can also experiment with mixing different kinds of fruit and by putting different spices in it.

I will be happy to assist one and all in their search for wild edibles and otherwise useful plants. Call 842-4418 and I'll try to be of service. For now, thanks for your time and remember - EAT WILD!

Food Talk

By Laurie Schwarm

Lately I've been reading about cultures in which long life, and I mean long life to the tune of 150 years, is more prevalent than in our own society. There are three geographic locations where these people are found in numbers and they are the Pakastani Hunzas living high in the Himalayas, the Vilcabambans of the Andes mountains in Peru, and the people living in the Caucasus region of Russia.

Researchers have found several corresponding characteristics which seem to link the three cultures together and may explain why they live such long and productive lives, for in most cases these centenarians are still working and useful members of their society. First of all was the fact that all these people live in mountain climates where the air is clean, thin and pure. This kind of air conditions the heart early on to be strong by opening up the blood vessels within the heart. Secondly, these people have been hard workers, physically, for all their lives. They begin working ten hours or more in the fields when they are merely ten years old and are still going at it at age 115!

Living in isolated regions of the world, free from the tensions and traumas of the modern world of course adds to their tranquility and certainly family genes had something to do with the outstanding ages reached by some of these folks - - -

HOWEVER, DIET seemed to be the strongest and most convincing link between all these peoples. This is nice because while we can't live in the mountains and still remain here in Lawrence, Kansas, and while we can't alter the sort of family genes we are stuck with, we can alter our diet to be more life-giving.

When analyzed, these centenarians' diets had these similarities: moderation in quantities eaten, avoidance of excess fats and animal protein and ample vitamins, minerals and fiber in their diets. More specifically, these people eat only 35 to 50 grams of protein daily while we Americans eat more than 100 grams daily. Worst of all, most of our protein comes from animal proteins that are also high in fats and

calories. In contrast, the people we are talking about eat little animal meat. It is considered a rare treat, the usual diet consisting of fresh fruits, vegetables, nuts and grains, and fresh dairy products. From these sources they get all the vitamins, minerals, and fiber that the body needs to be healthy and strong.

Translated into a help sheet for us, the suggestions might go as follows:

- Lower your protein intake and get more protein from grains, beans, nuts and seeds, and less from red meat.
- Do not eat as much as you are used to. Americans eat 30% more food than their bodies need.
- Eat chicken and fish more often and red meat less often, only 3 times a week.
- Use more fresh fruits and vegetables for vitamins and whole grains, beans, rice to give minerals and fiber (and protein.)



Using seasonal foods, this month try Baked Butternut Squash with honey and sesame seeds, Sweet Potatoes cooked and sliced with fruits, and cooked Cranberries.

CORRECTION: In my recipe last month for Apple Muffins, 3/4 cup milk should be added to other wet ingredients. Sorry!

Still Meeting cont.

an increasingly complex structure of member involvement.

With a solid tradition of change, the co-op now begins its fourth year of business at yet another site. The Community Mercantile bought the Turner's Grocery during the summer with a second fund raising effort. And the experimentation with member involvement and a customer/member operated grocery continues. The present attempt to broaden co-op decision-making and responsibility through de-centralized work teams reflects the desire to refine the concept of a member operated store through the confusing mesh of business needs and social/political needs.



The Average American ends up over 1,100 miles from his or her average food supply. This is not 1,100 miles as the crow flies. It may have started out as a nice field of beans right next door to the nice family who ultimately bought a wee bit of it. But meanwhile it was hauled three times and processed twice, all with imported fossil fuel. (A talk by Frank Ford, head of Arrowhead Mills Foods.)

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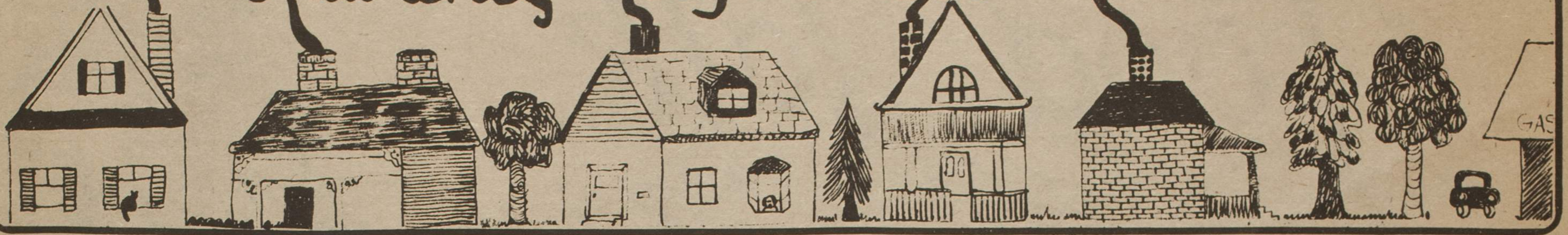
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446 Locust

East Lawrence Neighborhood News



Winter Blues

By Kate Duffy and Barbara Thompson - Penn House

Last winter was so cold that many folks on low and fixed incomes found themselves in trouble with the Gas Company. Bills ran so high and accumulated so fast, that many people couldn't keep up with them.

If you find yourself in this predicament this winter, there are a couple of things you can do:

1. Go down to the Gas Company office at 733 Mass. and talk to the Credit Manager about your bill. They will accept partial payments but you need to work out a deal with them. After working out some deal, make sure you make the monthly payments so they know you're sincere about paying the bill.

2. For financial assistance, you may apply to the Emergency Service Council through Penn House, ECKAN, Salvation Army, or Ballard. An ESC rep from each organization will take your application to the weekly meeting where the group votes on it. ESC exists on donations from groups and individuals.

3. S.R.S (Welfare office) has money for people who have received cut-off notices. They have a special formula for the income guidelines that you must fall under to qualify for assistance. They will pay up to 3 months back bills. You can use this service once a year. Give them a call at 843-6511 for more information.



East Lawrence is a special community where many of us live and work. East Lawrence people have many interesting ideas and talents to share with each other and the rest of the town. Do you write poetry? Draw? Have any good jokes or stories to tell? Know a good recipe? Well, PUBLIC NOTICE would like to print your contributions on this page every month. You can either mail it or drop it by the PN office at 1101 1/2 Mass. around the 1st of each month. If you would like someone to pick it up, call us at 842-5657 or 841-5080.

E.L.I.A.

What's the East Lawrence Improvement Association?

It's a group of East Lawrence residents who meet each month to discuss and take action on neighborhood projects such as tree planting, sidewalk repair, housing fix-up, including weatherization, roof repair and painting. It's a way for neighbors to meet neighbors, and an initiator of social events such as the famous East Lawrence picnic.

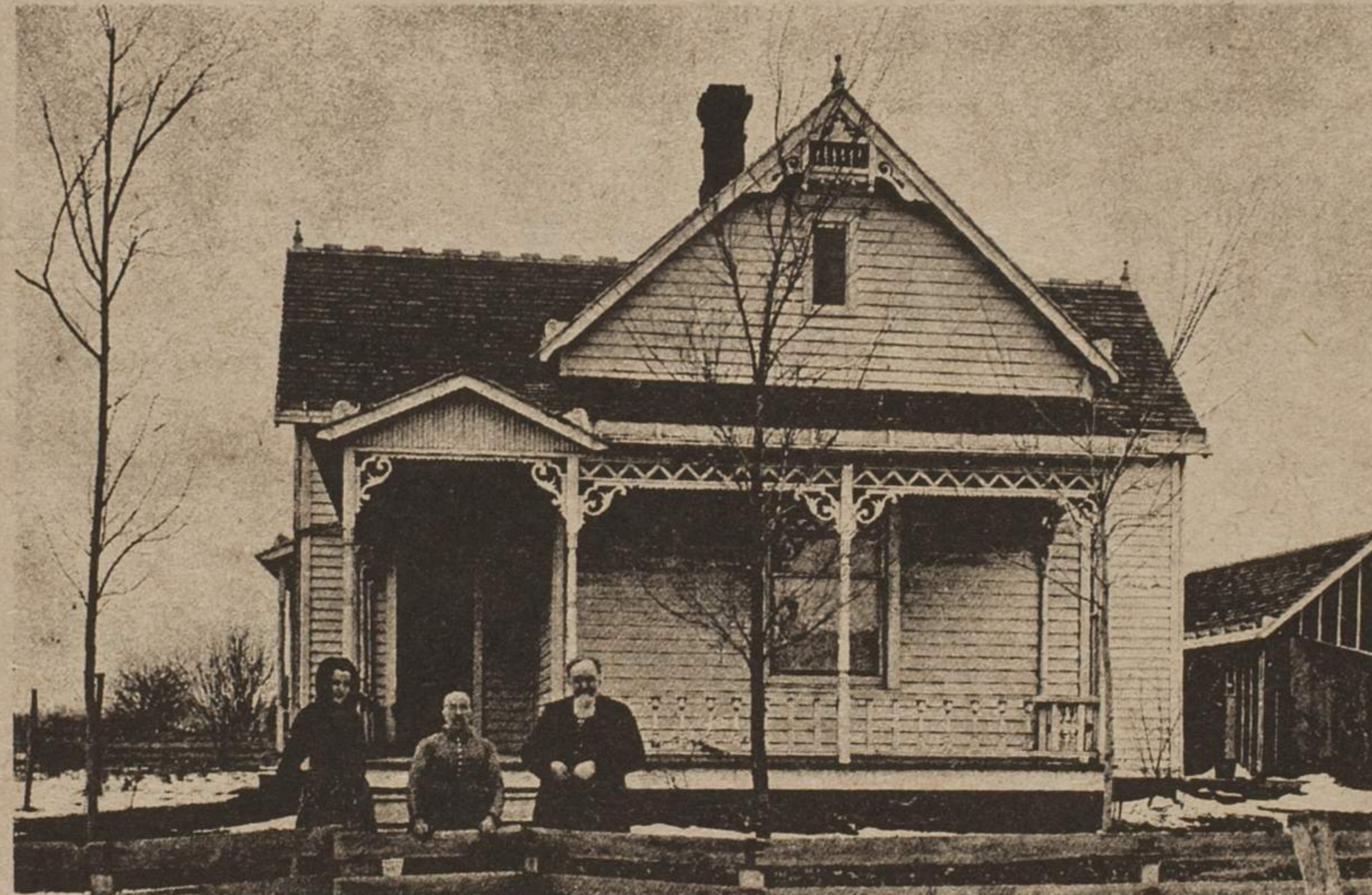
You are welcome to join if you live or own property within the neighborhood's official boundaries of 15th Street to the south, the Santa Fe line to the east, the river to the north and Massachusetts to the west. Memberships are \$1 per year.

The association meets the second Monday of each month at 7:30 pm in the recreation center, 10th and Delaware.

Older Gal

By Gertrude Shanafelt
1024 Pennsylvania

Lord help me to grow old gracefully
Not to be a troublesome bore,
To know life and its score
Enjoy my friends, in the hope
That they can enjoy me more.



Disappointment

By Ida Lyons
Formerly of 1012 Rhode Island

Saucy little squirrel,
Scampering 'cross my yard;
Busy, seeking walnuts
For his winter hoard.

Sorry, little fellow,
I fear that you'll find none,
For a man was here last summer,
And your walnut tree is gone.

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Should East Lawrence apply for national recognition as a historic district? Edgar Boles, Dale Nimz, and Arthur Townsend, who've been surveying the neighborhood, will soon finish the nomination form, and so a special meeting of the East Lawrence Improvement Association is being called in December. Following a color slide show of notable neighborhood buildings, the membership will vote to either pocket or forward the nomination to the Kansas Historic Sites Board of Review. Approval of the nomination at the state level would send the application to the National Register of Historic Places for consideration and acceptance.

The photos displayed here are just a few examples of the beauty of the neighborhood of East Lawrence.



BUILT IN THE 1860S, THIS HOUSE AT 945 RHODE ISLAND WAS THE HOME OF SHALER W. ELDRIDGE, ONE OF THE FOUNDERS OF LAWRENCE AND PROPRIETOR OF THE ELDRIDGE HOUSE ON MASSACHUSETTS.



WHAT IS NOW FREEMAN'S USED FURNITURE STORE, 1145 PENNSYLVANIA, USED TO BE HUNTER BROTHERS' PROVISION STORE. IT WAS ONE OF AT LEAST TEN GROCERY STORES THAT ONCE OPERATED IN LAWRENCE. THE STRUCTURE HAS BEEN ADDED ON TO SEVERAL TIMES. THE DOOR HANDLE IS A FINE EXAMPLE OF THE DETAILED CRAFTSMANSHIP FOUND IN MANY OF THE BUILDINGS IN EAST LAWRENCE.



ACROSS THE STREET FROM NEW YORK GRADE SCHOOL AT 939 NEW YORK IS THE HOLLADAY RESIDENCE. IT IS A FINE, LARGE FRAME HOUSE WITH A CARPENTER-GOTHIC PORCH.



THE PEOPLES JOURNAL

AMTRAK'S \$16 MILLION 'RIP OFF' ...

Frank Browning
Pacific News Serv.

Just a few years ago thousands of eager vacationers used to board the C&O railroad's crack George Washington in New York for a genteel half-day ride to this mountain resort. They dined with linen and silver on a feast of wild game as the train swayed softly along lush Appalachian valleys up to within a few hundred yards of the old Greenbriar hotel.

Today, weel-heeled vacationers still visit the Greenbriar, but they seldom arrive through the stately train station next door. There is a train, but the elegance of yesteryear has given way to the proximate comfort of a recently upholstered cattle car.

The disgruntled comments of train riders who remember the glory of the old George Washington, and scores of other trains like it, have been the daily fare of Amtrak officials since the quasi-governmental corporation started business in 1971.

Amtrak executives acknowledge that its train's inconvenience, discomfort and tardy schedules are responsible for cutting into passenger patronage, and ultimately for adding to the company's mushrooming annual deficit--up to \$406 million last year.

Most Amtrak agents and officials simply grin and bear passenger complaints, contending the situation will improve once the company can buy new equipment to replace the 40-year-old cars used by most trains.

But one man at Amtrak has taken a different view of why passenger trains are so slow and uncomfortable. He is L. Fletcher Prouty, a former Air Force colonel who for 20 years helped the CIA run its secret global airline system until, in the early 70s, he began to blow the whistle on many of the agency's covert operations. Then he went to work for Amtrak.

"You know, finding out how passenger train service was ruined in America wasn't very different from uncovering CIA operation," Prouty says. "It takes the same kind of instinct for finding cover-ups and rip-offs."

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Sometimes Prouty even refers to Amtrak's dilemma as "one of the biggest unreported scandals in America--the \$16 billion rip-off." For \$16 billion is what he says it would cost to bring back the comfortable, efficient passenger system he claims has been systematically and consciously destroyed by the private railroad corporations of the United States. "Do you ever wonder why our schedules are often slower now than they were 30 or 40 years ago?" Prouty asks rhetorically. "Do you ever wonder why it sometimes feels like you'll be thrown out of bed whenever the train takes a bend faster than 35 miles an hour?"

What Prouty found was that all through the fifties the major railroad lines undertook reconstruction of their tracks that virtually eliminated the possibility of running smooth, high-speed passenger trains over them.

"Poor track maintenance is part of our problem," Prouty admits, but more important, he says, was the decision by the railroads after World War II to opt for super long, heavy, slow-moving freight trains.

"What did that do?" Prouty asks. It meant that on curves which had a very steep super-elevation designed for the old high-speed passenger trains, the slower freight trains would derail--actually fall off the track into the curve."

"The use of longer, heavier and higher freight cars is continuously being increased, and this required the American railroad to lower the maximum super-elevation being placed in curves," testified R.E. Tew, assistant chief engineer of the Seaboard Coast Line in hearings before the Interstate Commerce Commission (ICC) several years ago. His comments were echoed by most technical witnesses who appeared before the ICC.

Says Prouty, "All that technical jargon means that today when one of our passenger cars goes around the bend, it can no longer slide up into the elevated curve smoothly as it was designed to do, but instead bangs against the rail sideways until the turn is completed. No amount of fancy suspension equipment can change that, make the ride smoother or allow us to run the train faster."

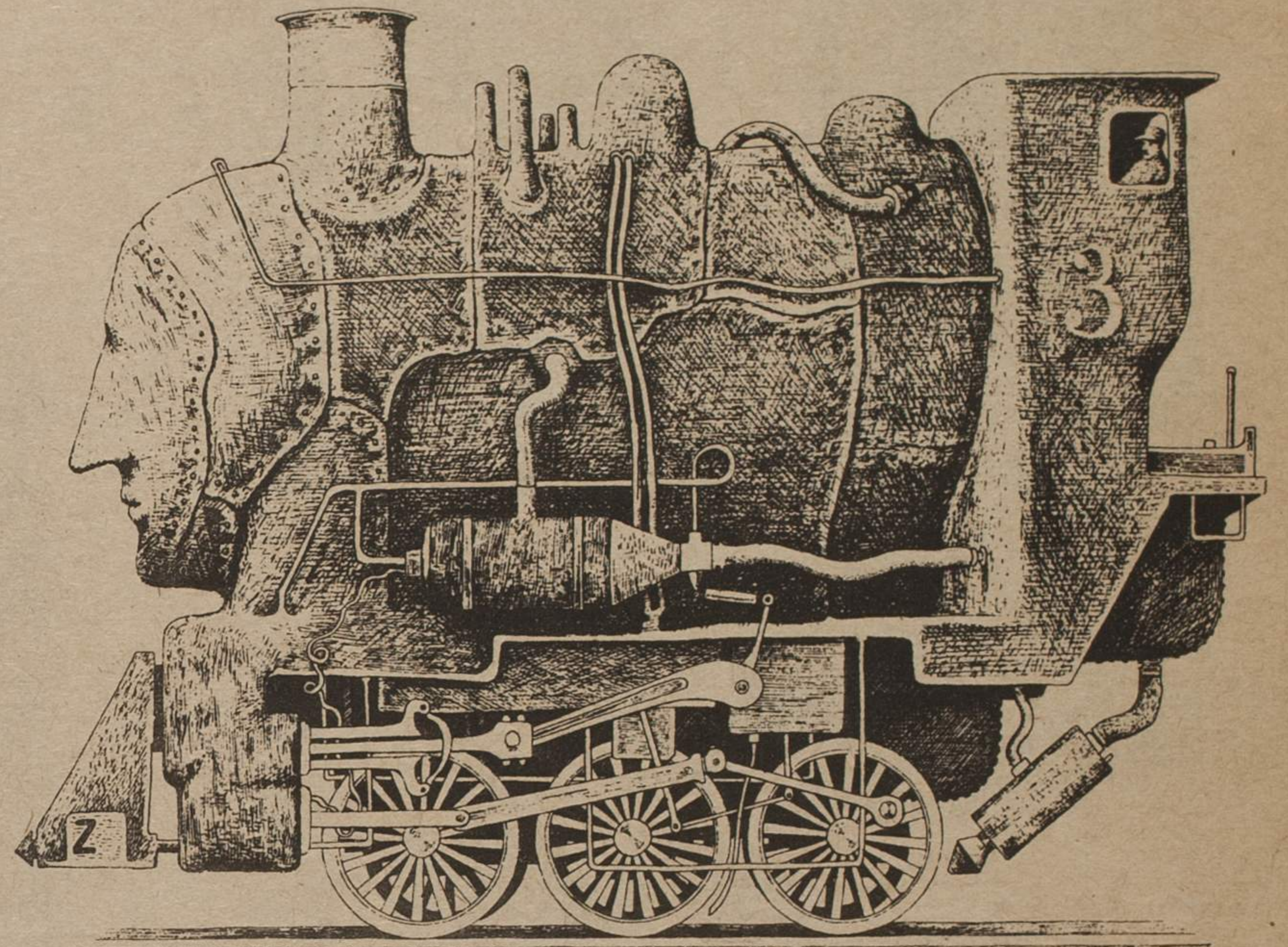
Since nearly all the trackage in the United States is still owned and maintained by the private railroads, Amtrak has no power to upgrade the track for faster traffic. For that reason, Prouty says, Amtrak may never be able to offer fast, comfortable service equal to what passengers had in the 1930s.

Amtrak's performance has come under increasingly sharp congressional criticism, the latest in an unpublicized report issued by the Government Accounting Office (GAO) last June.

Noting that Amtrak had spent over \$34 million in incentive payments to private railroads since 1974 to improve on time performance and maintenance quality, the GAO charged that the only improvement had resulted from "a more liberal definition of 'on time' and because of loosened schedules."

"The \$34 million in incentive payments had little effect on performance," the report concluded. GAO faulted Amtrak for altering schedules to provide longer running times, measuring on time performance only at final destinations and not at intermediate stops, and relying on private railroad records for calculation of its incentive payments.

Typical of the GAO's criticism is a recent run between Los Angeles and New Orleans that arrived 45 minutes to an hour late at most stops but pulled into New Orleans 15 minutes early because the schedule allowed the train over four hours to travel 145 miles.



Drawing by Erik Hillerd

... and the LAWRENCE CONNECTION or murder on the Lone Star Express

By Jolene Babyak

Two news items surfaced back-to-back mid-November that concerns Lawrence a great deal. One was that Sales and Marketing Management magazine ranked Lawrence 25th among the 25 fastest growing "officially recognized Standard Metropolitan Statistical Areas". Though Lawrence petitioned to be included in the SMSA, this does not diminish the fact that it is central to the Kansas City-Topeka-Emporia corridor, and with Clinton, is likely to balloon in population within the next 5 years.

The second item is that Lawrence may lose the only passenger train service, the Lone Star Express, within as short a time as 6 months.

Amtrak, according to an official spokesman, is "going to try to dismantle lines in the midwest and keep running 120 trains in the northeast corridor at the expense of the long haul trains in the midwest."

They have already planned to eliminate the Floridian January 19th, which serves areas from Florida to Chicago, and some time after that they will eliminate the Southern Crescent, serving Washington D.C. to New Orleans.

IT CAN HAPPEN HERE. Despite our somewhat dubious rating of 25th fastest growing metropolitan area in the country, we may lose our

one passenger service train, serving people to and from Houston, Ft. Worth, Wichita, Emporia, Lawrence, Topeka, Kansas City, up to Chicago.

The Lone Star Express is the only passenger train serving Lawrence, and one of two in the state.

Hearings will begin, said the local Amtrak official, sometime after the new year.

You can help however, by sending letters of protest to the following officials. Write your letter, and send copies to others. We need this service, not because we're growing, but because we use it.

Write to:

Secretary of Transportation
Brock Adams
Dept. of Transportation
Washington D.C. 20520

Senator James Pearson
5313 Dirksen Senate O.B.
WDC 20510

Sen. Bob Dole
4213 Dirksen Sen. O.B.
WDC, 20510

Rep. Larry Winn
2336 Rayburn House O.B.
WDC, 20515