

CRIME GROWS WITH LAWRENCE

Problems are creeping into Lawrence's panorama of go-go growth. Crime leads the list with a spurt so remarkable it challenges concerned residents to seek some answers. Robberies are up an astounding 69% over one year ago, larcenies jumped over 25%, as did non-aggravated assault. A record of six murders were reported.

It's a trend that's discouraging to residents who are concerned about the psychological shock of these high-fear crimes. Local real estate booster films claim, "We have all the advantages of a city of millions with almost none of the problems." But all the advantages of Lawrence are jolted by the fear of crime, the fear of victimization that calls into question our sense of satisfaction, well-being, and quality of life.

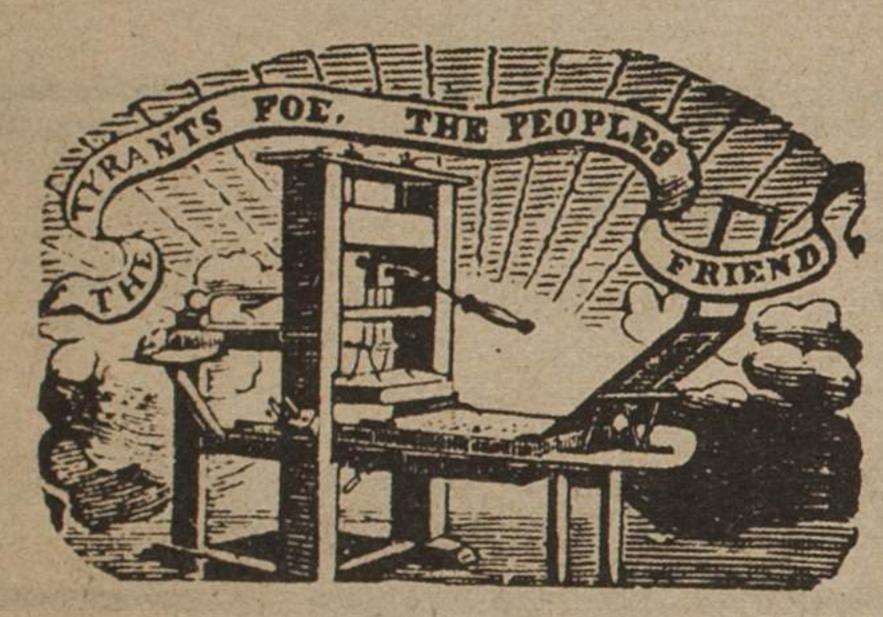
Although sociologists and criminologists cite a relationship between high-growth cities and high crime rates, Lawrence Chamber of Commerce officials disagree.

"I think there probably is a growing crime problem in Lawrence," admits the Chamber's manager, Glen West. "But I'm not at all sure there's a relationship between the crime and our growth rate. It's probably a sign of national problems such as changing moral values.

"Crime tends to pose problems, I'd say, in cities with inadequate employment, particularly with high minority unemployment figures brought on by an eroding industry in the inner city. In Lawrence we see a good employment picture and increasing sales tax receipts and assessed property valuation figures, good signs of a healthy, growing economy."

But the booming towns of America are suffering from a "crime syndrome" that far exceeds the crime rates in the "decaying cities" of the North and Northeast. This is the conclusion of Paul Brantingham, a criminology professor from Florida State University, as a result of his investigation of crime in 250 U.S. cities. Brantingham studied the FBI Uniform Crime Reports as a useful barometer of the extent of crime in our cities.

"The areas that are engaged in massive growth produce social and physical settings in which all kinds of crime can go on," he reported in an Associated Press story. "Growth creates several important social opportunities for crime."



In Cooperation with the Community Mercantile

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A Look at Farm Movements

### Kadicals Kaised on Kansas Soil

BY SUSIE HANNA

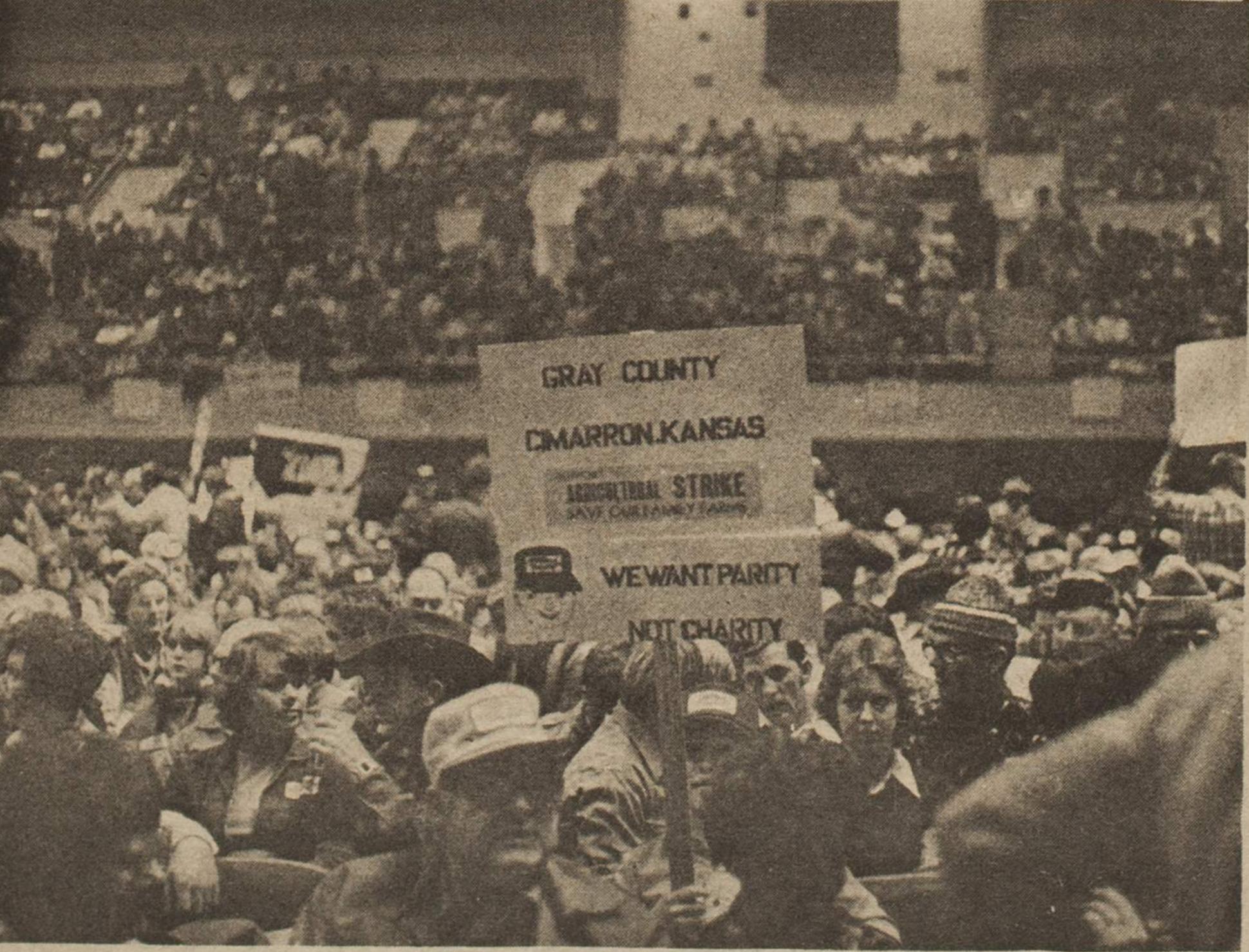
It was one of the rowdiest gatherings Topeka has ever seen. Thousands of farmers flooded the state capital on Dec. 10 to protest low farm prices. Hundreds participated in a 10-mile long parade of tractors and other farm equipment. Over 5,000 people, carrying signs and shouting and chanting, poured into Municipal Auditorium for a rally.

These are the farmers hardest hit by falling farm prices and inflated operating expenses. In freezing temperatures, many of them had traveled across the state, driving tractors and meeting in small towns along the way to talk about their problems. When they arrived in Topeka, they were angrier than ever and anxious for solutions.

The farm protest in Topeka, one of many in state capitals across the nation, was one of the most important, because the American Agriculture movement, which organized the rally started just across the state line in Eastern Colorado. The first strike office that opened in September in Western Kansas was the second in the country. Kansas is in the forefront of this farm movement.

In less than three months, the American Agricultural movement spread quickly across Kansas and now boasts more than 60 strike offices. New offices open each week as AA organizers hold meetings in more and more farming communities.

As of Dec. 14, the AA supporters say they are on strike and will plant no crops and buy only items mecessary for basic survival until the price for their products



OVER 5,000 FARMERS GATHERED IN TOPEKA'S MUNICIPAL AUDITORIUM FOR A RALLY IN DECEMBER. PEOPLE CAME FROM ALL PARTS OF KANSAS TO PROTEST FALLING FARM PRICES AND INFLATIONARY OPERATING EXPENSES THAT THE FARMERS SAY ARE PUTTING THEM OUT OF BUSINESS.

reaches a level that covers the cost of production and a reasonable profit margin.

his is not the first attempt by farmers to organize and fight for better and more secure working conditions. For a strong tradition of rural radicalism exists in the U.S. And, it is in Kansas and nearby states that this radical tradition first developed.

It was here that the Free Soil movement flourished. Kansas was one of the first places to organize the Grange, a post-Civil war group that united farmers against the railroads and grain dealers who made great profits at the ex- ditions, dropping farm products pense of the farmers.

The Grange prepared farmers for the second farm movement of the 1890s, the Farmers' Alliance movement, the largest and most

effective farm protest in Kansas history.

The successes of the Alliance came through involvement in state and national party politics. Shortly after it was created in Kansas, the Alliance formed the People's or Populist party, the strongest third national party in American history. Kansas was the soul and center of the Populist movement, for it was here that the party was born in 1892.

Although the Populist party disbanded in 1900, the farm movement continued in Kansas through the Farmers' Union and the Society of Equity.

Others active in the Populist movement later joined the Socialist party in sufficient numbers to make it the third largest party in Kansas.

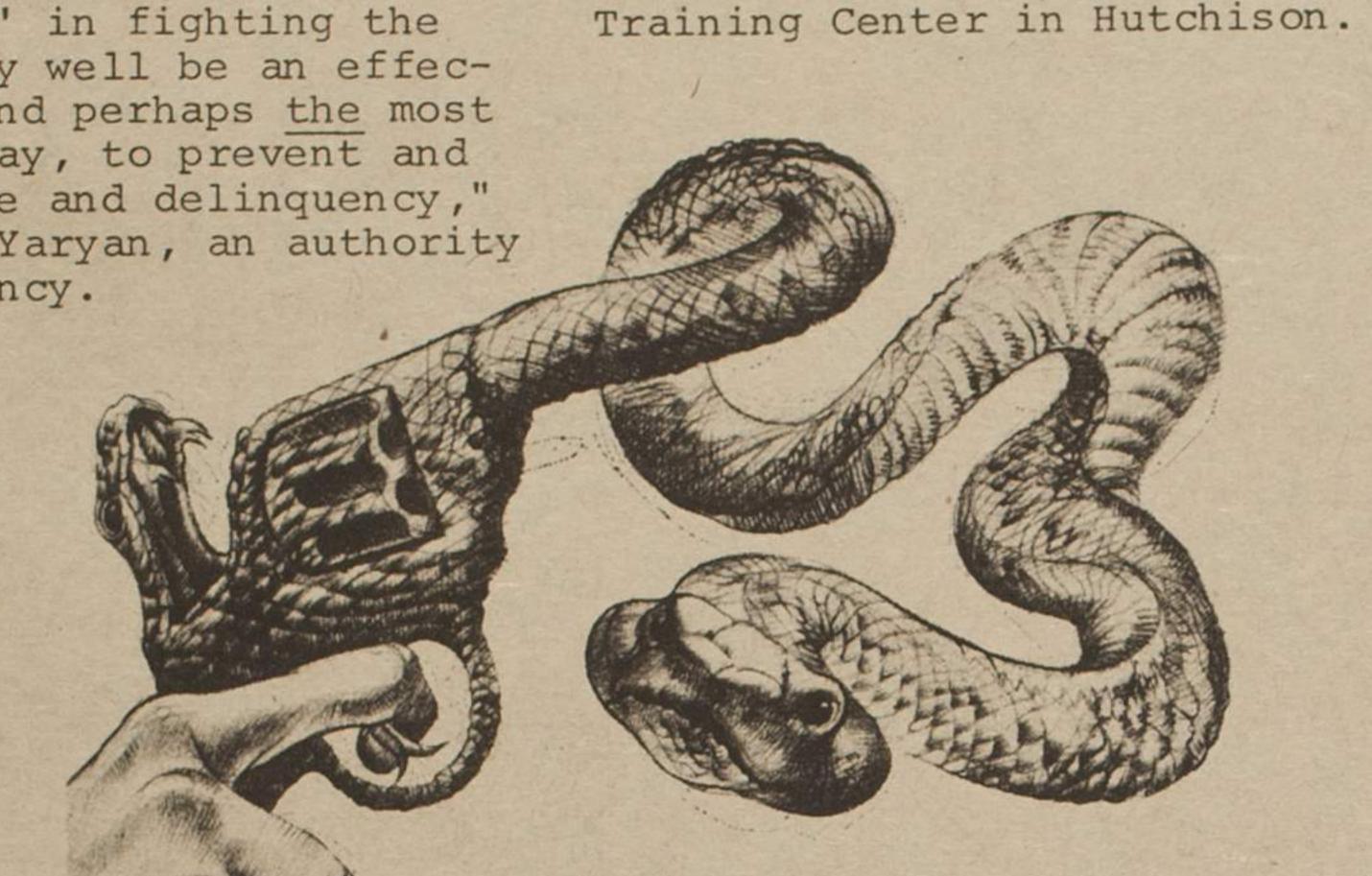
The Populist causes born in Kansas soil lived on in national politics long after the People's party dissolved. Both the Democratic and Republican parties espoused Populist rhetoric in turn-of-the-century politics. Theodore Roosevelt and Franklin Roosevelt are two of the most well known politicians who successfully ran for office on Populist platforms.

Many similarities exist between today's farm movement and those of the past. Just as now, farmers in the 19th century were plagued by adverse weather conprices and revolutionary changes in farming techniques that forced farmers to invest in expensive farm machinery in order to com-

#### CRIME..

Growth undermines the neighborly sense of community and disrupts the public's role in reducing crime. Citizen "crime alert" programs are difficult in on-the-go towns like Lawrence with its mobile population. There's a lack of certainty of who's a neighbor and who's a stranger passing through.

"Although little systematic research has been done in this area, the reported incidences of communities getting together suggest that active 'community involvement' in fighting the problems may well be an effective way, and perhaps the most effective way, to prevent and reduce crime and delinquency," notes Ruby Yaryan, an authority on delinquency.



funds."

reports.

Members of several Lawrence neighborhood associations are addressing the dilemma of growth and neighborhood instability, and crime, attempting to piece together programs to safeguard the quality of life in their part of Lawrence. But the stress of growth is just beginning.

Lawrence is now on the list of. 25 fastest growing cities according to Sales and Marketing Management magazine. The town shares the honor with the sun and fun towns of the West Coast and the South. Lawrence also shares their crime problems.

"The seasoned eye of the criminal must be fooled. That takes the combined effort of a public, exploitation in Lawrence? Will well educated about how they can

help, and a quality corps of

officers. But these programs

need money, and many cities are

slow to allocate the necessary

Trends show that these cities

not only will increase in people,

but will increase in crime at a

ulation growth. Most cities in

top 25 nearly doubled in crime

in four years according to FBI

Many growing cities are slow to

recognize their crime problem

and struggle along with an in-

adequate police force. The e-

rosion of the sense of community

and the lack of adequate police

funding contribute to the prob-

Thomas, instructor of police at

lem, according to Mr. Vivian

the Kansas Law Enforcement

rate far outstripping their pop-

Sales and Marketing Management's

Lawrence grappled with funding disputes with the police force last fall. Officers requested turnover within the force and provide a stable, well-trained unit. Much of the request was not honored, and federal funds now hold a key to adequate police protection for Lawrence.

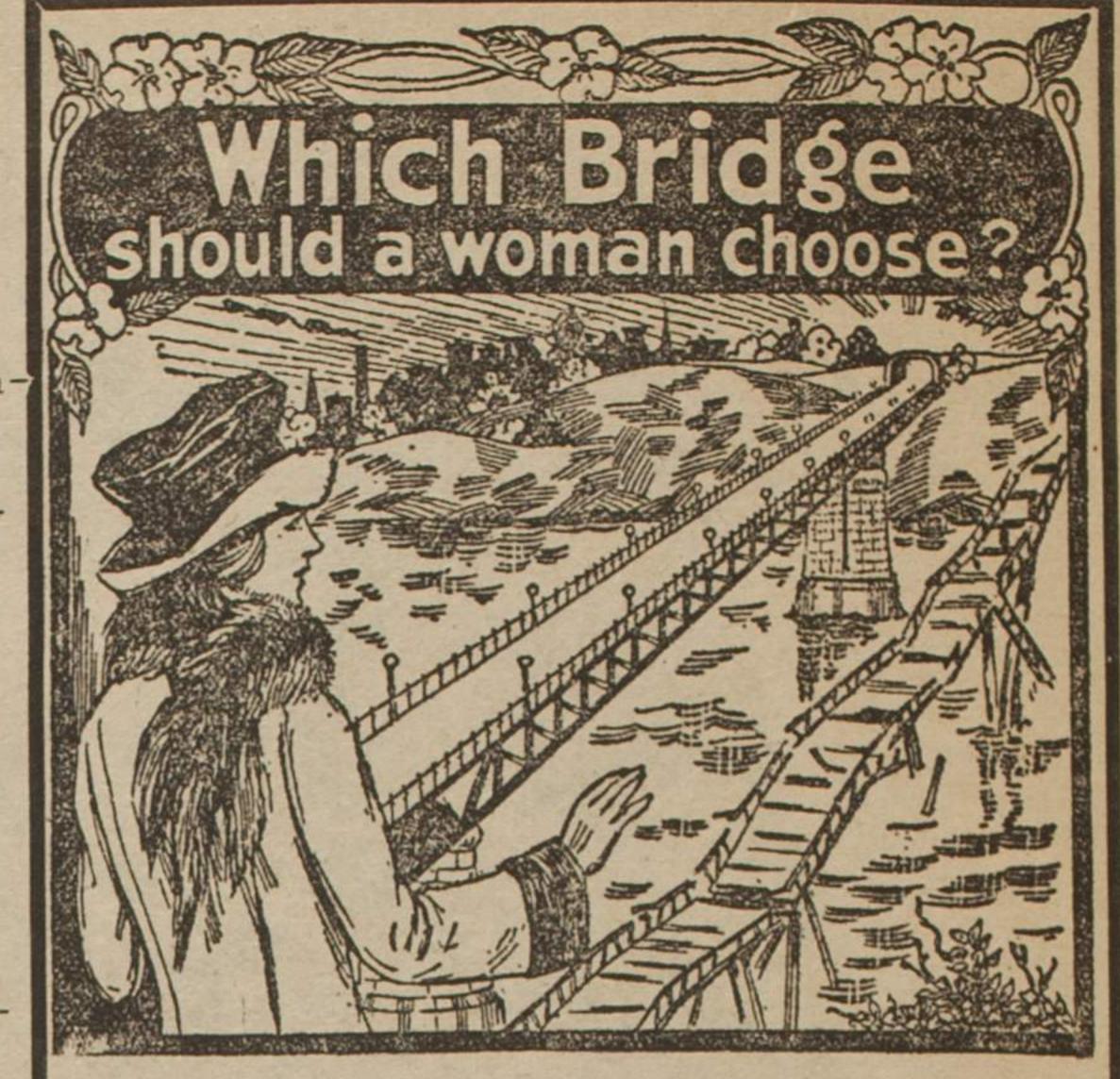
A major federal grant established a crime analysis unit within the Lawrence Police Department to try to pinpoint crime trends and influences with in the city.

"We do recognize problems in expansion of the city," Officer Ron Olin, co-ordinator of the special unit said, "and essentially the grant will hopefully aid us in making better use of our existing resources. We'll have a more systematic sense of where officers are needed in the city.

"In four or five years the Clinton reservoir project will confront us with enforcement problems we haven't dreamed of. But with a well-trained and well-paid force we may be able to meet the needs, and avoid any tight money spots."

The environmental debates of the past decade convinced the nation "there is no such thing as a free lunch." When Sales and Marketing Management magazine listed their top 25 cities, including Lawrence, "to alert marketing executives who want to be sure they are positioned correctly to exploit future highgrowth areas," we have to wonder what will be the cost of this crime's increase continue? Or will the Chamber's sought after "quality growth or well-managed growth" recognize and ease the problem?

To assure that Lawrence will remain a desirable place to live, steps must be taken to revitalize a sense of community. better pay to reduce the rate of Neighborhood alliances should be fostered; the gee-whiz attitude toward growth should be replaced with a deliberate, searching concern for the well-being of Lawrence's character.



"I choose the new, improved Vermont Street span," says Mayor Marnie Argersinger. "It's completely free of unsightly street lights and paved with a surface that's built to fall apart." She spoke last week at a conference of Douglas County chief executives from a point high atop the old cable tower at the Bowersock complex. "I've played bridge for years, but never for such high stakes until I became mayor." At the conference, she announced her plans to finance the bridge bonds with voluntary contributions of Dillons 'Instant

Money' cards, thus giving each

a chance to get involved in City

and every Lawrence housewife

government, "like I did."

ANNOUNCING...

Help us update the Women's Resource Guide! If you would like your organization to be listed in the booklet's addendum, being compiled by the Women's Coalition, call 864-4934.

#### BARKS: BARREY My Views on the Farm Strike



BY FARKLEY BARKS

A few folks around town have taken notice of this agricultural strike that's happening. As I travel across our great state on I-70, on the way to my native Colorado, gazing across the pastures reminds me of where my roots are. And this causes me to wonder about the significance of this farm strike. It is clearly having an effect in Western Kansas, Washington, and even locally. Why those farmers even brought their dirty tractors into town a few days ago.

But back to my roots, what will be the strike's impact on banks making loans to farmers? What kinds of clauses will my banks want. to draft into loan agreements before giving credit to farmers? How many tractors will the bank need to repo(ssess) because farmers default on their payments? These are important considerations. Finally, what will be the effects here on Lawrence?

Answers to these questions are not easy. I've been told that the plain meaning of this strike is that the farmers demand 100% parity. I do not believe we can really tell anything about this strike from its plain meaning. That would be too wooden, too inflexible. We have to look beyond the plain meaning of this farm strike for its purpose, its intent.

You know, a lot of those Easterners have a very paternalistic attitude toward farmers. They think that farmers are ignorant and need to be protected by special legislation. Well, we in Kansas know that the modern farmer is an astute businessman. He sees that he is losing everything, and that is why he wants those paternalistic Easterners to pass special legislation. To get this legislation, farmers are going on strike, trying to cripple the economy.

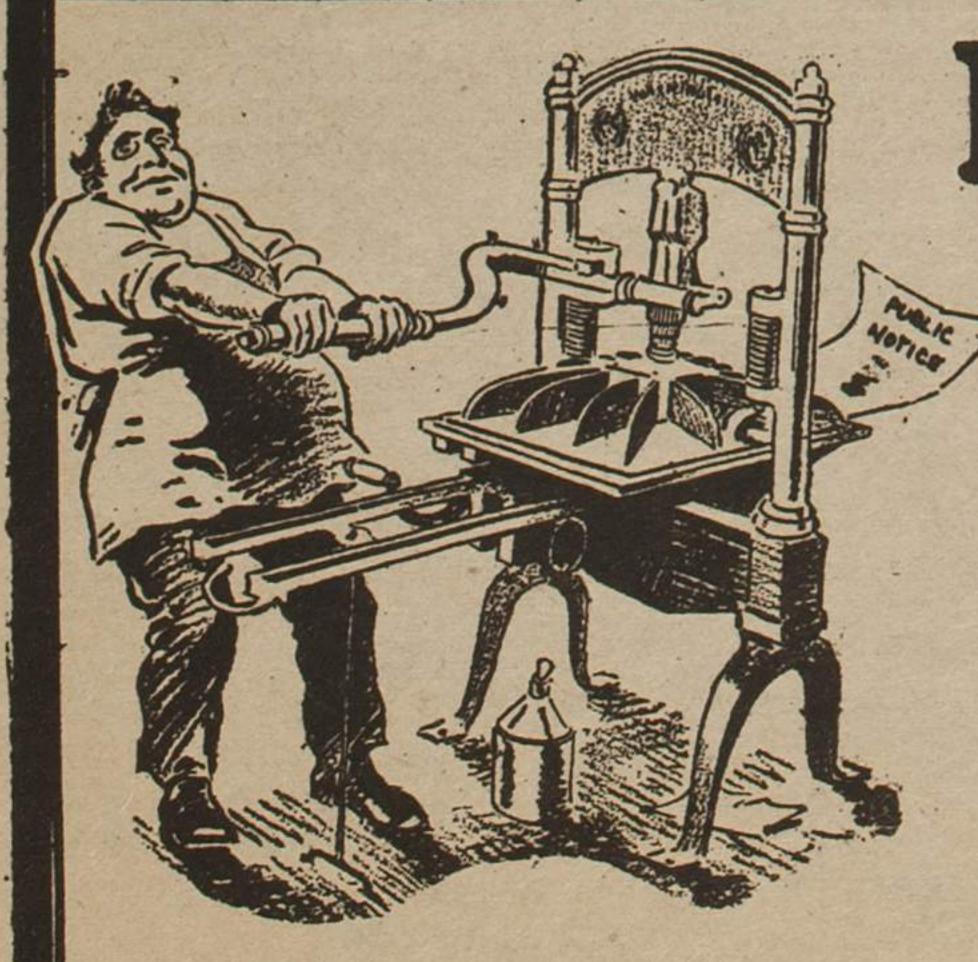
DECIMAL DESCRIPTION OF THE PROPERTY OF THE PRO

It is sad that they have to resort to behaving like big city labor unions. This is how desperate they have become.

But before we become too critical, we should do like Buster Brown and step into the shoes of the farmers. We would see a group of hardworking patriotic Americans who just haven't figured out yet that astute businessmen that they are, farmers should take a profit by selling their land. Now it is too late for many of them, because with rising production costs and lower prices for farm products, sschwp!, their profits are sucked up by inflation.

And now farmers have fallen into the same trap as other Americans who expect the government to bail them out. Yes, even the farmers want to dance to the federal tune. But in venturing into this business of asking Eastern elitists for price parity, farmers must learn to jump through all the hoops necessary to obtain federal relief. Herein lies the problem. When Buster Brown stepped into their shoes, farmers could no longer jump through the hoops, nor could they dance to the federal tune. That is the plain meaning of the agricultural strike.

Of course, we don't have to really concern ourselves with this issue too much here in Lawrence. We abide by that holy canon of construction. As we develop mile after miracle mile of farmland, many Douglas County farmers can keep from going into debt. Farmers here have a profitable outlet for their land. This may be worth a lot to the farmers because its highest and best use might be as a shopping center. If we are successful in thus precluding this strike from taking effect in our city, we can rest assured that our city employees won't get any crazy ideas of their own.



PUBLIC NOTICE

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### CITY FUNDS FRISCO FORAY

BY BARRY SHALINSKY

Francisco with air fare, hotel, and meals paid for by the taxpayers? That's just what thousands of city officials from all over the U.S. did in early December, including four from Lawrence.

They were attending a meeting of the National League of Cities.

City Commissioners Marnie Argersinger, Don Binns, Jack Rose and
Assistant City Manager Mike Wildgen made the trip at a cost of
about \$2,500, according to estimates by Wildgen. A comparison
of other area cities shows that
Lawrence used reasonable restraint
in playing with tax money.

Lawrence officials travelled coach, the same as most cities surveyed. Hotel rooms were \$150 per person for five days at the Mark Hopkins, less costly than some Kansans who stayed at the Hilton. Registration of \$125 was the same for everyone.

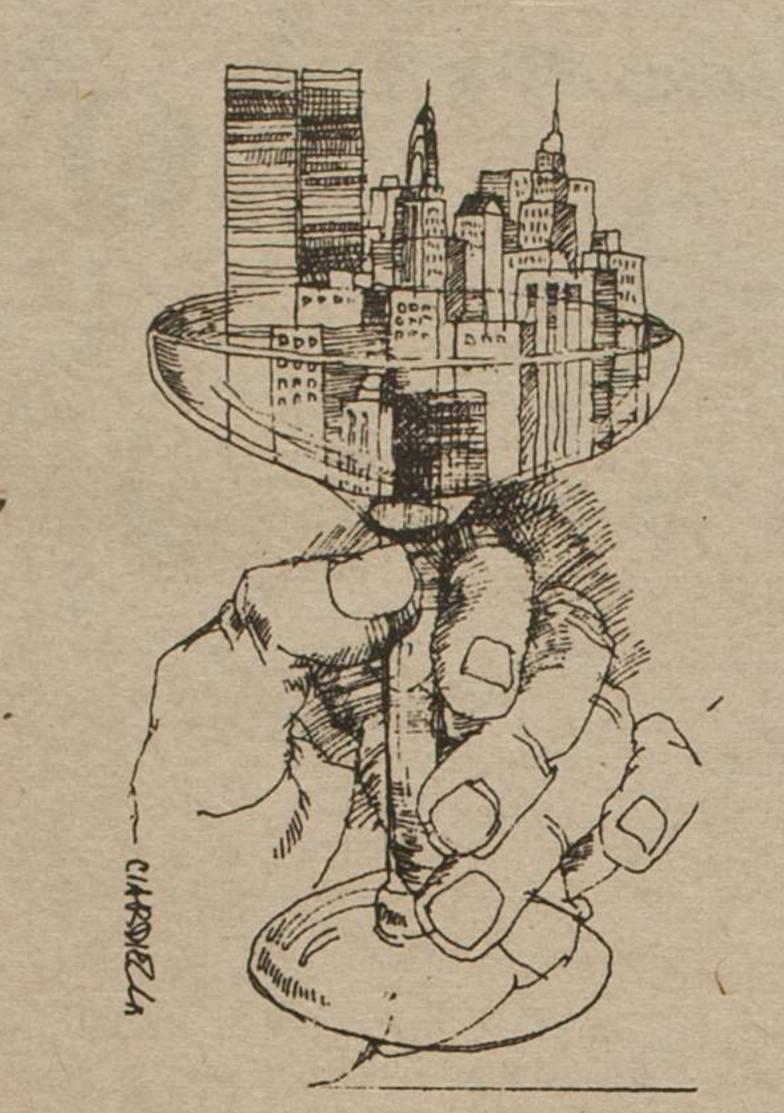
The largest disparities were on meals. According to Wildgen, Lawrence officials were given an allowance of \$8 to \$10 for lunch and dinner, somewhat less for breakfast.

"That is the cost of a moderately priced meal in San Francisco," Wildgen said. "We could have spent more, of course, but the difference came out of our own pockets."

Vouchers for meals haven't

been submitted.

By comparison, one councilman from Johnson County reportedly plans to turn in \$15 to \$20 meal vouchers. But according to another K.C. area official, "I spent about \$150 of my own money on food, tips and trans-



portation. I do not intend to turn in any more than \$40 in vouchers (\$8 a day). I don't find that unreasonable. I just don't see any tangible benefit to the taxpayers to justify them paying any more." Was it really necessary for
Lawrence to send four people to
San Francisco? Manhattan and
Emporia each sent only one.
However, Junction City and Leavenworth each sent 7, Liberal
and Overland Park each sent 8,
and Great Bend sent 9 city officials. Perhaps the folks in the
"sin capital" of Kansas should
consider renaming their town
"Junket City."

The question is not whether Lawrence was excessive in comparison
with other cities. Clearly the
city was not. The real questions
are what did these people do and
did we get our money's worth?

According to one small town Kansas delegate, "Binns was on the floor part of the time. I saw Marnie there more often. Binns seemed to be more into what was going on. Neither of them voted for gun control." As to Wildgen and Rose, this Kansan stated, "I didn't see them at any meetings except parties. They may have been there, but I don't recall seeing them."

Wildgen says that as a nonvoting delegate, he could not get
onto the floor. However, there
were workshops in different "tracks."
Wildgen attended workshops in the
"policy leadership track," dealing
with commercial and industrial
development, employer-employee
relations including compulsory arbitration and right to strike,
community development and municipal
liability.

Wildgen said the commercial and industrial development workshop dealt with how to revitalize the downtown areas of larger cities so that housing rehabilitation and neighborhood preservation would follow. Sounds a lot like the plan to redevelop the 600 block of Massachusetts.

On the question of arbitration, the assistant city manager said, "It's good to be informed on how things are done in other cities. We may use what we learned in spring negotiations and we may not It depends on if there are paralle! situations. Unions want arbitration. Cities don't because labor asks for top demands and when it doesn't get them, cries immediately for arbitration. This takes power from the city and puts it in the hands of a third party who doesn't care. He (the arbitrator) gets paid no matter what. And they (labor) get at least one-third to one-half of their demands."

Apparently, the workshops reinforced ideas the city has in dealing with its employees. This is hardly surprising, considering the professional managerial credentials of some of the panelists. Many of the workshops presented more than one side. Although Wildgen was impressed with Jerry Wurf of AFSCMF a union of government employees, Wurf did not convince anybody from Lawrence.

Undoubtedly, the Lawrence delegation went to workshops and came away with \$2,500 worth of knowledge. But some Lawrence citizens might find fault with what they learned. Its cost to us might be far greater than air fare and hotel bills. We may find ourselves paying for an airport and downtown luxury hotel.

Movin' on...

#### UTILITIES FORM UNITED FRONT

In their quest to retain high profit margins, Kansas electric companies are joining together for the first time in a new lobbying association with a former state senator as the director.

Electric Companies Association of Kansas includes the Kansas City
Power and Light Co, Kansas Power
and Light Co., Kansas Gas and
Electric Co., Central Kansas
Power and Light Co., Central
Telephone and Utility and
Empire District Electric Co.

D. Wayne Zimmerman, a former state senator from Olathe, who lost in the 1976 general election, serves as director and lobbyist for the association.

"Zero" Zimmerman, as he is known by his former legislative colleagues, was decidedly probusiness when he was with the legislature. The association is operating full time from its Topeka offices rather than just during the legislative session.

Zimmerman was appointed to the State Ethics Commission last session of the legislature by President of the Senate Ross Doyen, who is now in trouble with the Ethics Commission for 1976 campaign violations.

Most knowledgeable observers thought Zimmerman's appointment was similar to the fox to guard the chicken coop. But a law

forbidding former legislators from accepting posts on any state commission that were created during their tenure in the legislature prevented "Zero" from accepting that position.

Dues to the association are based on the volume of business and size of the member companies. A spokesman for KP&L and Zimmerman has refused to disclose the budget of the association.

A proposal, introduced by Sen.
Arnold Berman (D-Lawrence), and
adopted by the Interim Energy
Committee, would prohibit lobbying
expenses and exorbitant executive
and advertising costs from being
included in future rate increase
requests.

The move by the utilities to lobby more effectively shows the depth of concern that these companies are viewing the present legislature with. With an increasingly Democratic and independent Kansas legislature bunch the companies are for the first time scrambling to retain their "competitive edge" It remains to be seen, though,

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whether "Zero" can influence many of the more independent and/or newer legislators who have retained their objectivity through the distracting haze of free cocktails and dinner.

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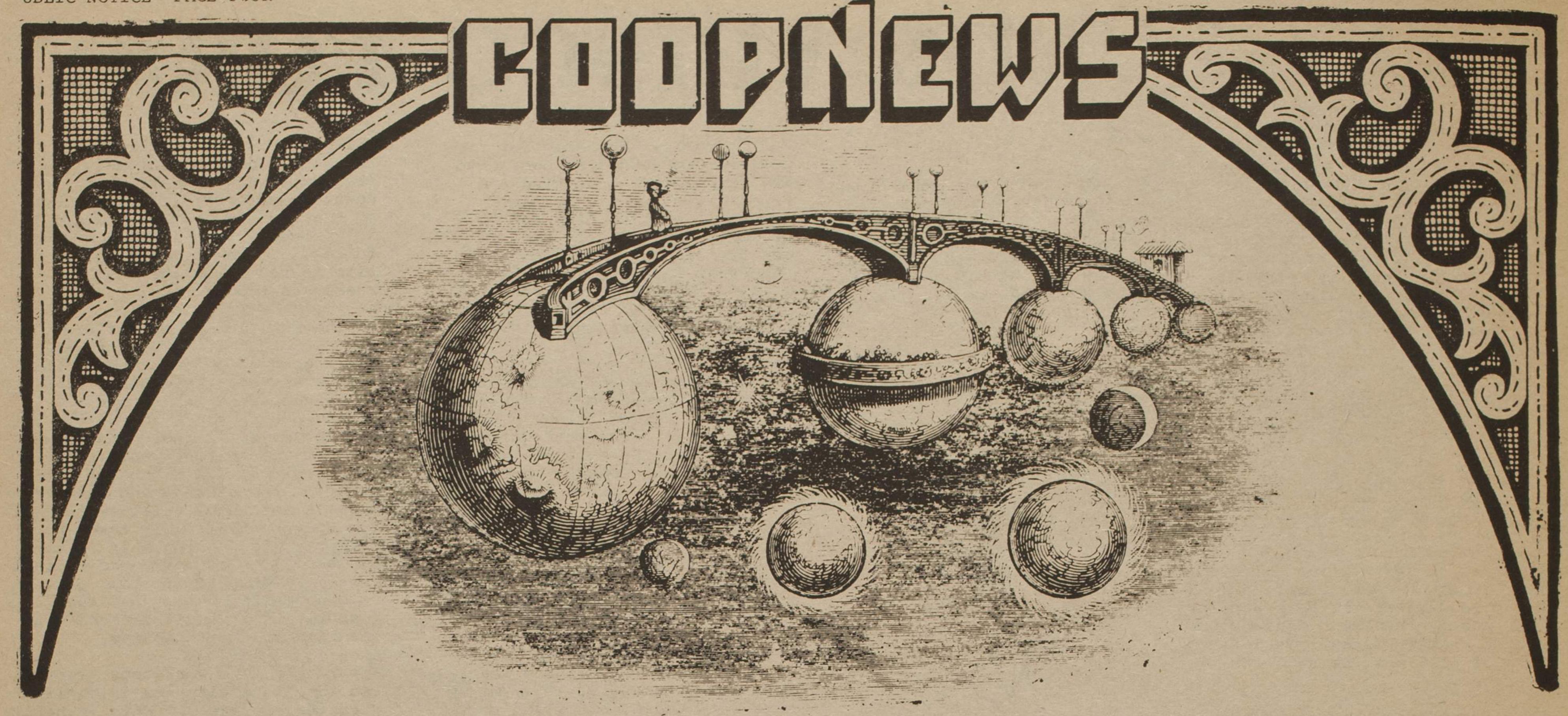


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# Nestlé Makes The Very Best? Baby Bottle Blues

BY DIANE LUBER AND MARCY MAULER

n the late 1960's it became apparent, especially to the producers of baby formula, that the "Baby Boom" had busted and that the birthrate in developed countries was heading for an all time low. Some companies gave up the baby business and went into other profitable ventures. But Ross Laboratories (the subsidiary of Abbott Labs which manufactures Similac and Isomil), Bristol-Myers (which manufactures Enfamil and Olac), Wyeth (which manufactures SMA, S-26, and Nursoy), and Nestlé (which manufactures Lactogen) all turned their attention to the Third World. In 'their effort to turn native mothers against traditional breastfeeding and convert them to the "civilized" method of bottle-feeding, these companies give out free samples, pamphlets, posters, and contributions of equipment to hospitals. If that doesn't do the trick, they send "mothercraft personnel" dressed in nurse-like uniforms to visit new mothers providing gifts and advice - and leaving infant formula samples.

Confused by "professional" advice, Third World women are abandoning breastfeeding in an attempt to do what's best and modern for their babies. They try to reconstitute a powdered formula when their lack of education may prevent them from clearly understanding the directions. When the only water available may be contaminated. When lack or expense of fuel makes sterilization impossible. When no refrigeration exists. Finally, when the free samples run out and the mother's breast milk supply has dried up due to disuse, these women attempt to over-dilute the expensive formula to make it last weeks instead of days.

The results? Diarrhea. Mal-

nutrition in the form of marasmus (sunken eyes, prominent ribs, thin little arms and legs) and Kwashiorkor (puffy face and feet, anemia, apathy). Protein deficiency resulting in permanent brain damage (the full effects of which we will not realize for another 15-20 years). Death is the final form of the "bottle disease. In %ambia, mothers put empty Nestlé Lactogen cans and feeding bottles on their dead babies' graves for they believe to the end that these were the most valuable possessions their babies once



Photo from Mother Jones

Ira Sandlar

Putting aside obstacles to sterile bottle-feeding found in Third World countries, a look into breast-feeding's replacement by bottle-feeding finds us all victims of formula manufacturers' marketing hype. Well over 90% of all modern mothers are physically able to breastfeed their babies. Mother's milk (even of an underfed woman) will provide adequate nourishment for at least the early months. For a year to 18 months more it can provide a good protein supplement. No matter what water the mother drinks, the baby receives breast milk relatively free of local infections. Mother's milk protects the infant from a generally unsanitary environment and at the same time induces in the infant an immunity against a variety of diseases. Breast-feeding, while not a foolproof method of birth control, can delay ovulation and therefore pregnancy from ten weeks to as long as twenty-six months. Rather than take advantage of breast milk as a valuable natural resource, fuel and other resources are used up to produce all the paraphernalia needed for artificial feeding - bottles, nipples, sterilizers, disposable bottle liners, etc. Pollution is needlessly caused by the same. Medical care may be necessary for the bottle fed infant who may be 10 times more susceptible to illness than his/her breastfed counterpart. In this time of food shortages and famines, the waste of human milk widens the world "protein gap" both by removing an existing protein food and by requiring a replacement. Is bottle-feeding really more convenient than breast-feeding? Or do we resort to bottle-feeding because our society sees female breasts solely as sex symbols?

What can be done? Because of U.S. women's role in the world as status setters, and because of our desire for the best for our children, those of us who have the opportunity to choose should look seriously into the alternative of breast feeding. Church groups here have used stockholders' petitions and lawsuits to force some U.S. formula manufacturers to discontinue their promotion of infant formula to mothers who can't afford to use it safely.

Finally, all of us can participate in the boycott of Nestlé products. Nestlé has been singled out because its transnational structure makes it practically immune to any pressures other than a boycott. "Crunch Nestlé Quick" is the slogan given to the boycott which includes Taster's Choice, Nestlé's Quick, Nescafe, Nestea.

Libby's and Stouffer's products,

Souptime, and anything else with

Nestle's Crunch, Decaf, all

the name Nestlé on it.



The Community Mercantile Food
Co-op, after soliciting opinions from its members, is participating in the boycott by no
longer carrying Jarlsburg Cheese,
a Norwegian Nestle product. Join
us and remember when you see a
Nestle product what it repre
sents, - Third World babies who
died for lack of their mother's
milk.

#### Quick!

thanks to mother jones magazine for research information.

Boycott anything with the name Nestle on it, including Taster's Choice, Quik, Nescafe, Decaf, Crunch, Souptime and Lactogen;



all Libby's and Stouffer's products; as well as Crosse & Blackwell's, Keiller, Maggi, McVities, Crawford, James Keller & Son; also Deer Park Mountain Spring Wa's Jarlsburg and Swiss Knight Cheese.



-- Laurie Schwarm Last spring the federal government made it official. The Senate Select Committee on Nutrition and Human Needs reported that Americans eat too much meat, sugar, fats and salt and are damaging their health by this diet. They recommended that people change their diets to include:

--21% more dry legumes and nuts

--25% more vegetables and

fruits --10% more milk, skim variety --69% more grains AND

--25% less meat of all kinds

--24% fewer eggs -- 59% less sugar

-- 59% less visible fats and oils

I think it seems significant that for two of my (many) favorites.

their studies came to this conclusion and I hope it is the beginning of an effort by the Health and Agriculture departments of the government to further better dietary habits by getting this information distributed and advertised. The clipping from which I gleaned these statistics also made note that livestock groups, especially the National Cattleman's Association, criticized the Senate Committee's conclusions and questioned the relationship between what American's eat and their health. Well, we can only laugh at that and see clearly just whose interests they are protecting. But they could lobby to get the report hushed up, as

With grains and legumes in mind I'd like to give you the recipes

often happens.

#### BOSTON BAKED BEANS (for 6-7)

- 3 cups dry peas, beans, or navy
- beans 1 cup dark molasses
- ½ tab. dry mustard
- 1/2 teas. salt
- teas. pepper
- 1 lb. bacon diced (uh-oh) 1 medium onion, chopped

Soak beans overnight in 3 quarts cold water. The next day simmer for about an hour until beans are tender. Drain and reserve liquid. Put beans, onion and bacon in a large covered pot. Combine molasses, seasonings and 3 cups of the reserved liquid. Add to bean mixture and stir well. Cover tightly and bake at 300 degrees for 4 or more hours stirring occasionally and adding more reserved liquid if needed.

#### LEMON RICE

1 stick butter

1 teas. salt 1 teas. mustard seed

teas. cayenne 2 teas. tumeric

3 cups cooked rice

Juice of one lemon

3 tab. toasted sesame seeds

Melt butter. Add seasonings and stir until well blended and the mustard seeds dance. Then add rice and stir well, then lemon juice and stir well. Heat thoroughly and top the dish with the sesame seeds.

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#### FOOD INTOLERANCES

(When my stomach growls) -- Dot Roberts

Senator George McGovern, in the forward of "Dietary Goals for the United States," a report by the U.S. Senate's select committee on human needs , suggests that the common American diet may be killing us. Too often, the food we eat is filled with salt, saturated fat, sugar, and cholesterol which contributes to sickness and even death.

Dr. Charles Ireland, director of Howard University Medical School, noted the Senate committee's finding and gave his opinion that faulty nutrition leads to many health problems affecting black people, such as hypertension, heart disease, obesity, and diabetes. Add intolerances to certain foods not only by black people, but by Native Americans, Puerto Ricans, those of Mediterranean ancestry, and other white people, and you have more health problems.

What foods are the most offending ones to certain people? How can you find out if those foods bother you? Intolerances may be in-born, or genetic. Milk intolerance is a world-wide problem and, in some people can cause gas, bloating, and diarrhea, because of the body's lack of an enzyme, lactase, needed to assimilate the milk sugar. A lactase tablet, now available in some stores as a dietary supplement relieves the problem and symptoms vanish.

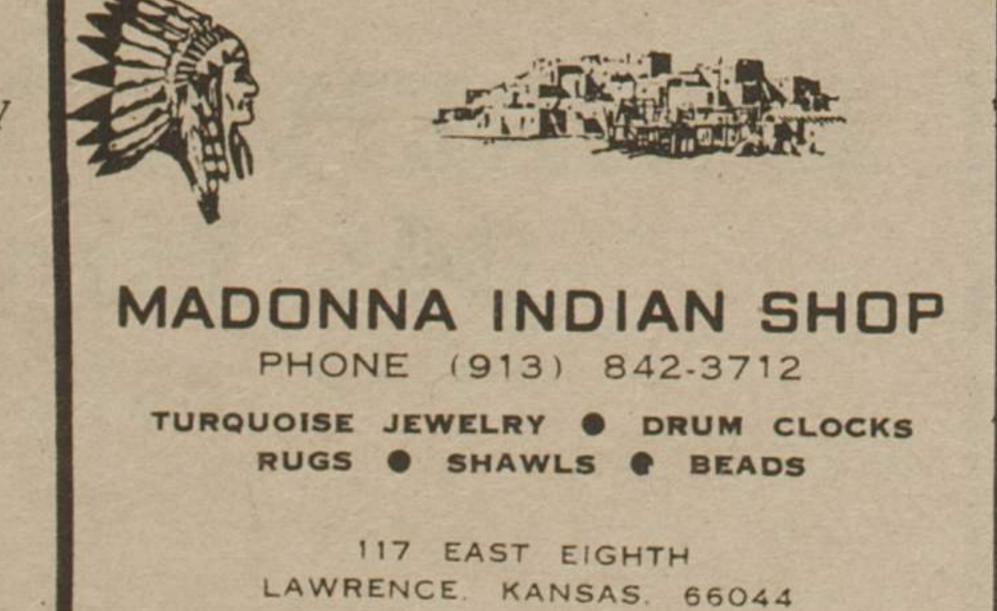
A common intolerance is caused by certain grains, such as wheat, oats, rye, and barley. They all contain gluten, a sticky protein substance in the plant grain. When gluten is completely eliminated from the diet, this change in eating habits has restored many multiple sclerosis and celiac (abdomenal) disease victims to health again. Hilda Cherry Hills, after 30 years re-

Fine Custom Framing

search, has written an authoritative book, "Good Food, Gluten Free" which has helped in the diagnosis of many hitherto mysterious diseases. Health disturbances such as schizophrenia, rheumatoid arthritis, and diabetes are now suspected as being related to food intolerances. Most MS and celiac victims can often tolerate brown rice and rice flour, corn and corn meal, or potato flour.

Some people have an intolerance to chocolate, and fats. Carob can be substituted for chocolate. The vegetable oils, such as sunflower oil and safflower oil are acceptable for people intolerant of certain fats. English doctors are treating hundreds of MS patients with sunflower oil and they make a good recovery from leg weakness, brain, and vision disturbances. Apparently the linoleic acid in sunflower oil and seeds helps to repair the nervous systems of MS victims. Pantothentic acid and B6 are also important.

Dr. Jonathan V. Wright and Hilda Cherry Hills suggest that you may become your own guinea pig and eliminate questionable foods for a week to see what happens. Exclusion of refined sugar, carbohydrates, such as desserts, soft drinks, and canned foods,



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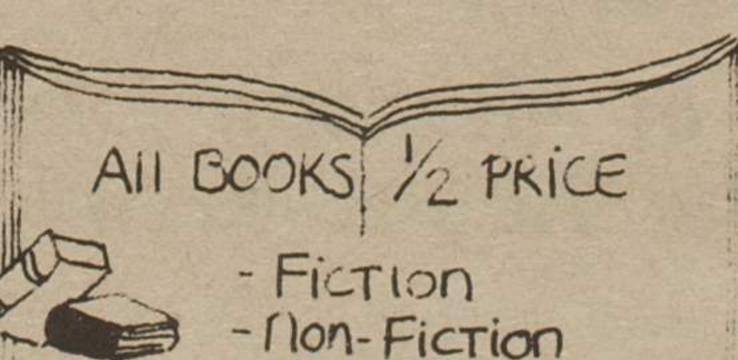
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as well as all additives, should be followed by a diet of fresh, natural foods such as fruit and vegetables, including potatoes. Lean meat, fish and poultry in the diet should help. Taking out all grains, all milk, dairy, and animal products (except those previously mentioned) for a week may help you track down your food intolerances. Sunflower oil or safflower oil can be used for cooking and salads. Then add one suspect food each day and observe your reactions. If your health improves, your self-search may repay you many times over.

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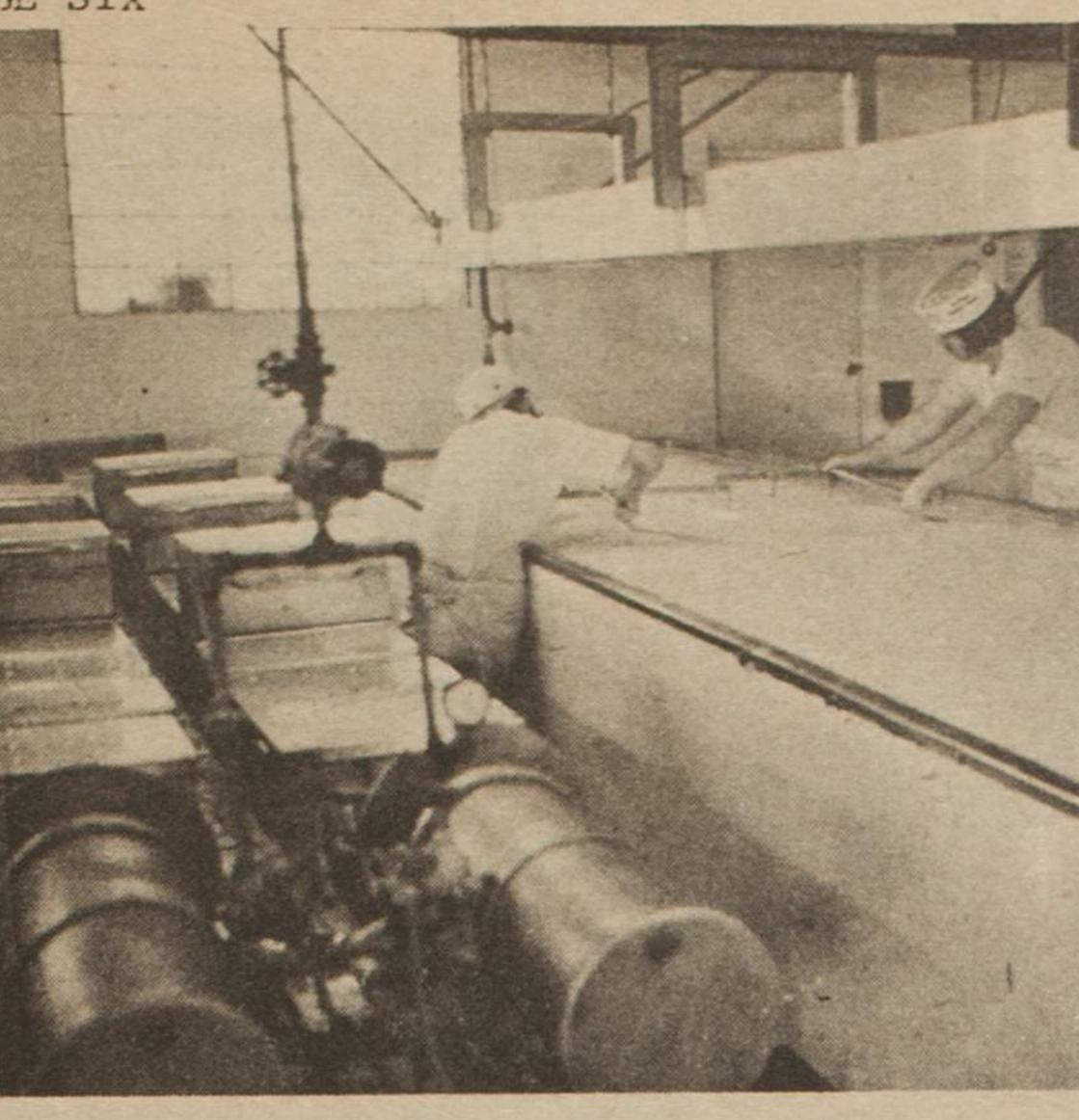
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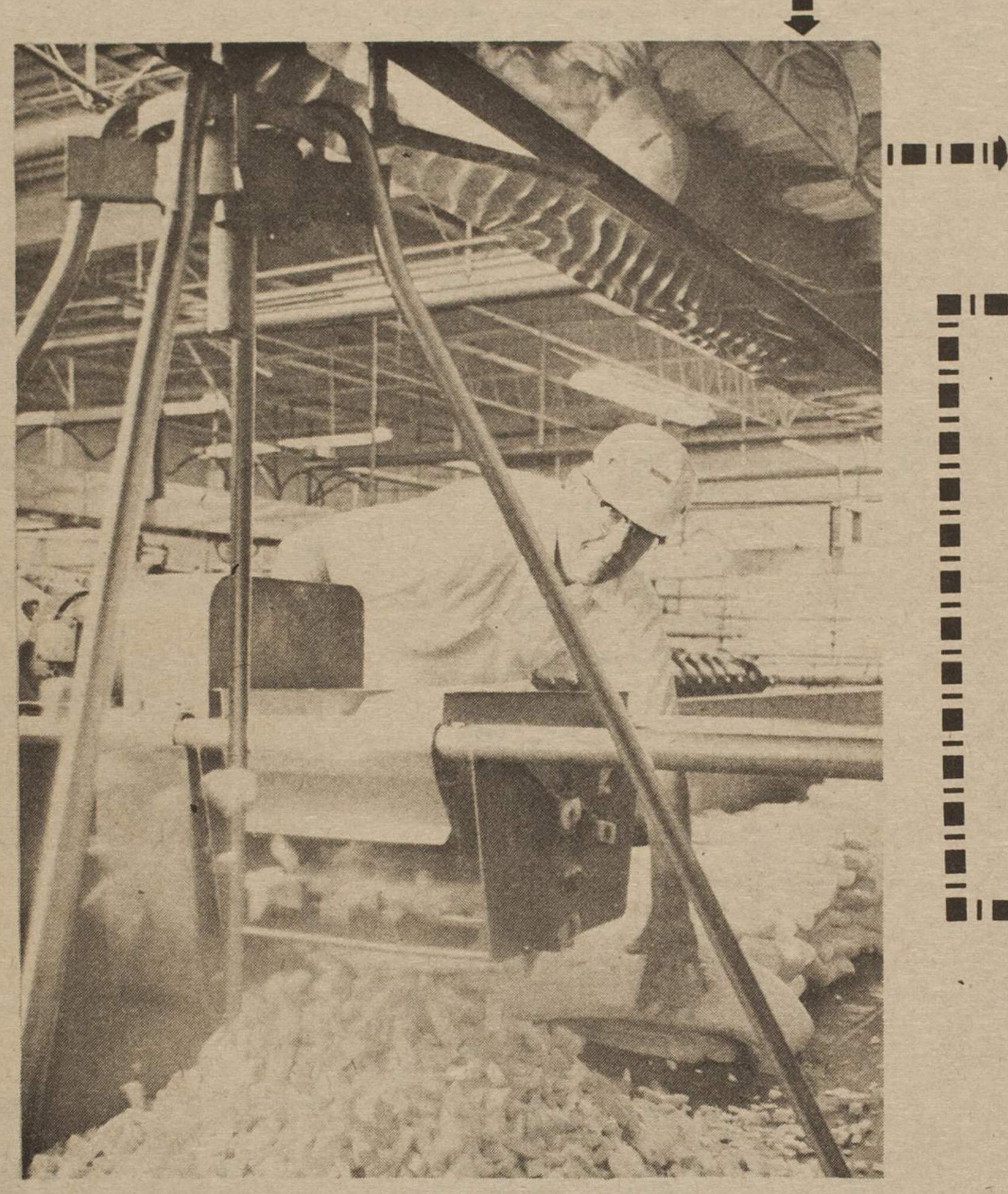
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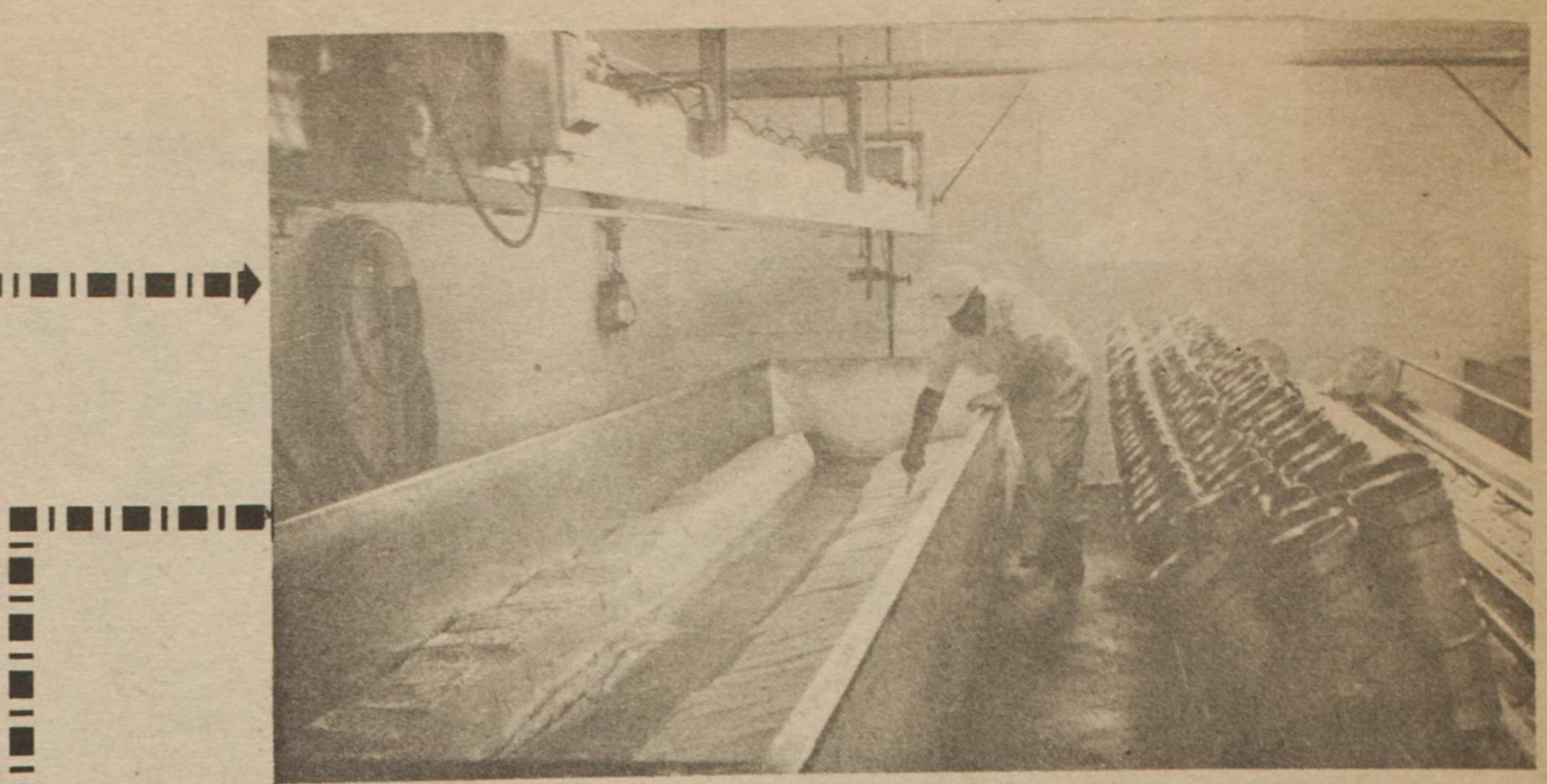
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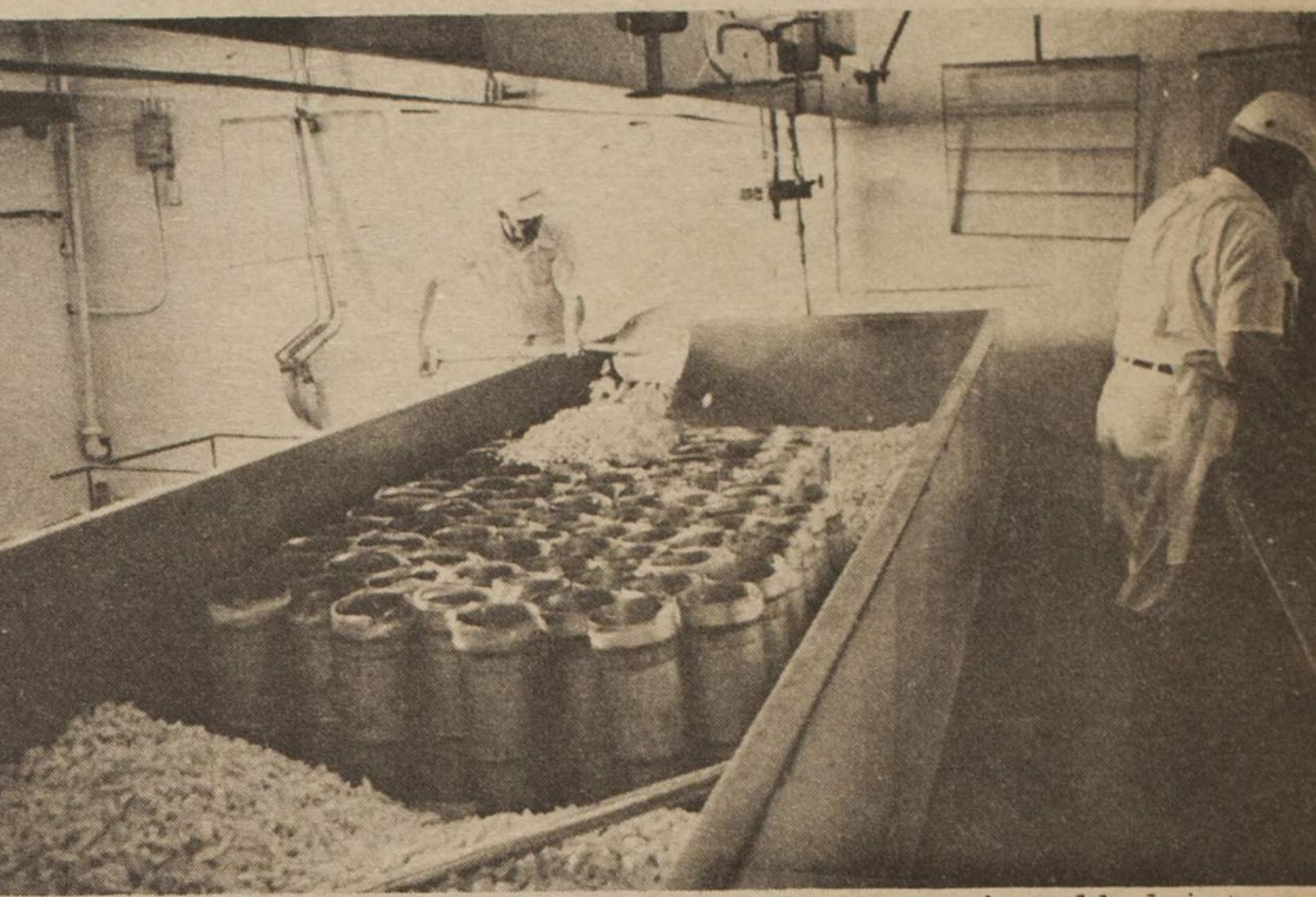
The Community Mercantile buys its cheddar and monterey jack cheese from the Dwight-Alma Cheese Company which has been making cheese in the Flint Hills town of Alma since 1945. Every morning before sun-up this vat is filled with 14,000 pounds of milk from local farmers



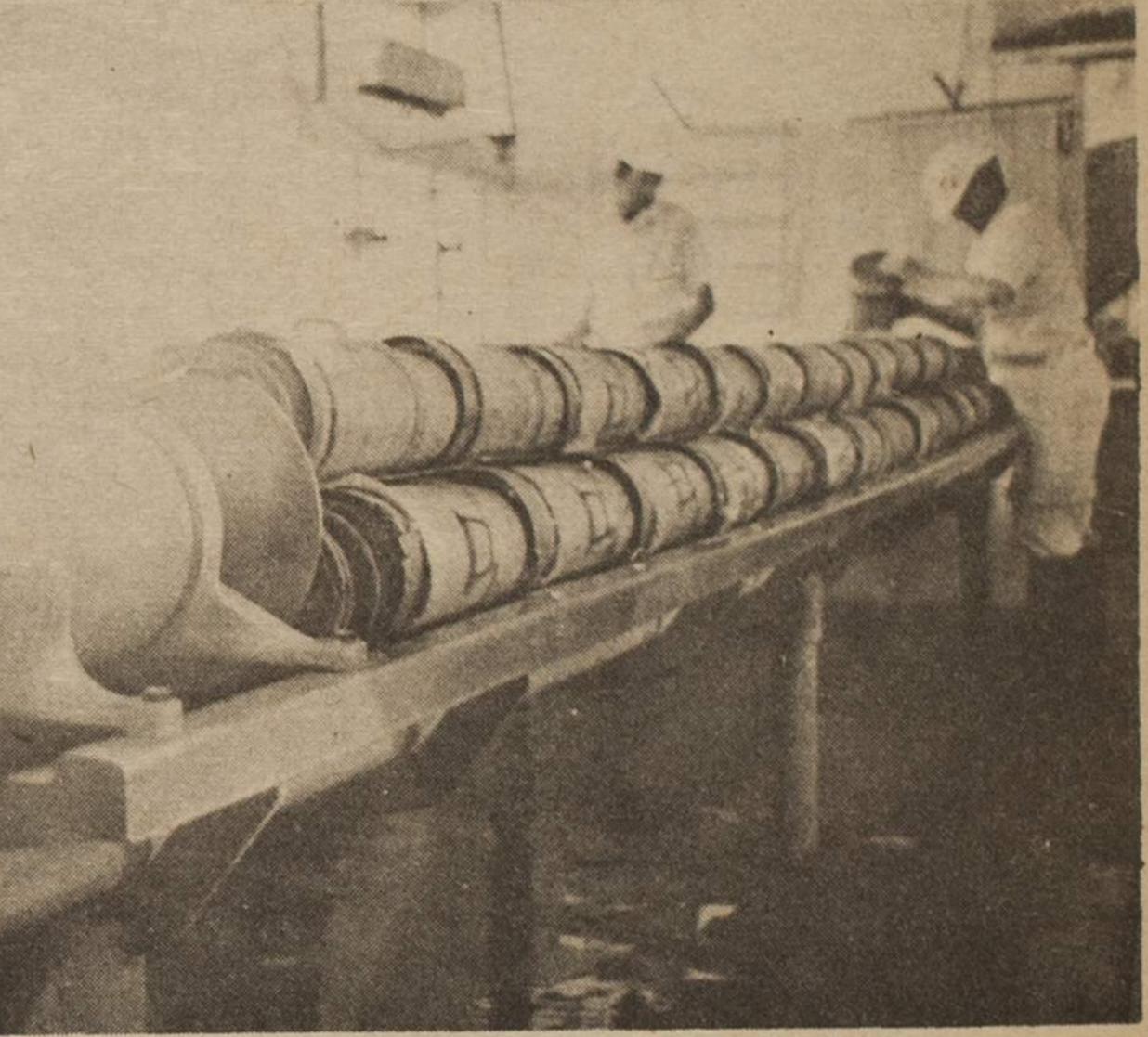
The slabs are fed into a machine which cuts them up into nibble-size pieces. And at this point in the process, they are already good enough to eat!



The addition of rennet substitute causes the milk protein to curdle, coagulate, and settle in a sea of whey. The whey is then drained off leaving slabs of curds.



After the curd pieces are salted, they are shovelled into metal canisters (in this case, tube-like containers which give longhorn cheese its distinct shape).



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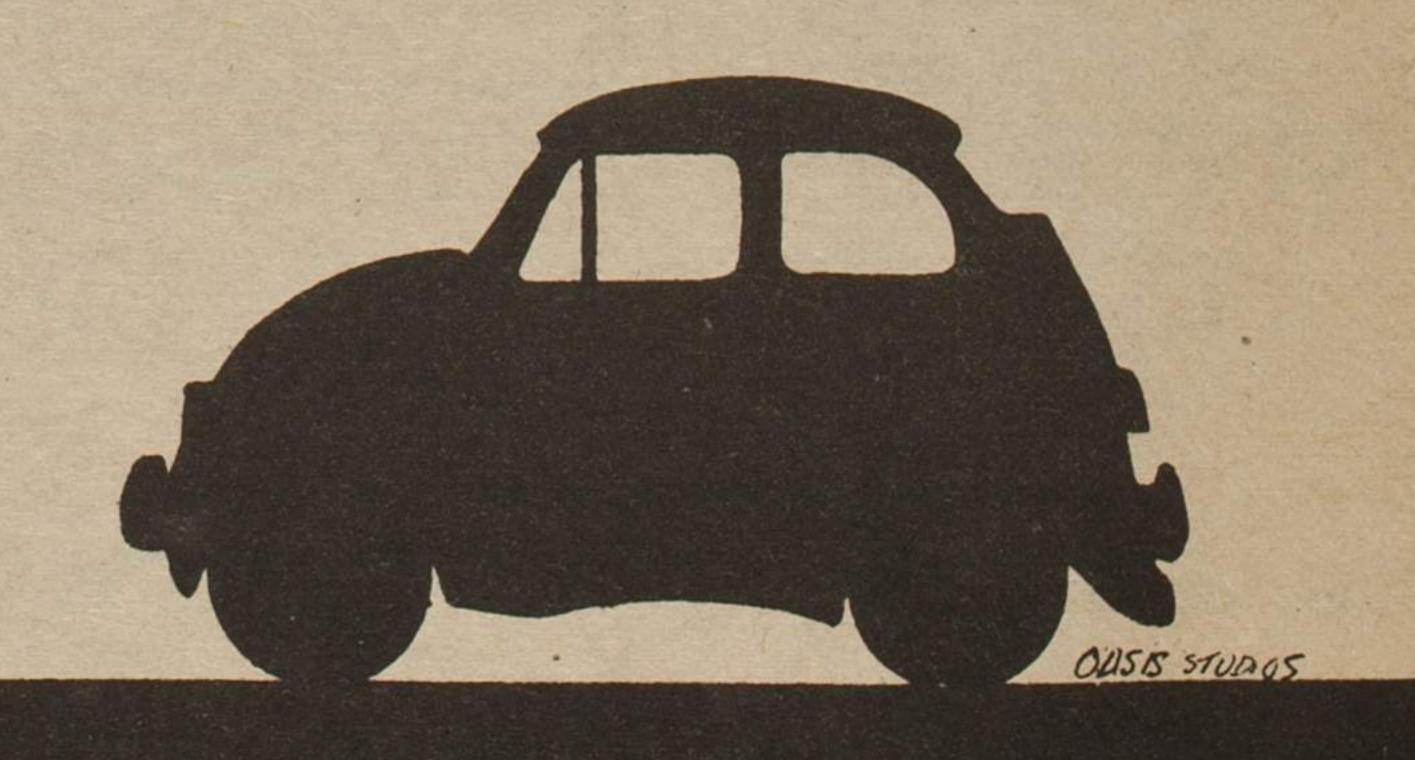
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The Community Mercantile honors the farm strike by continuing and reaffirming our food and farm "policies."

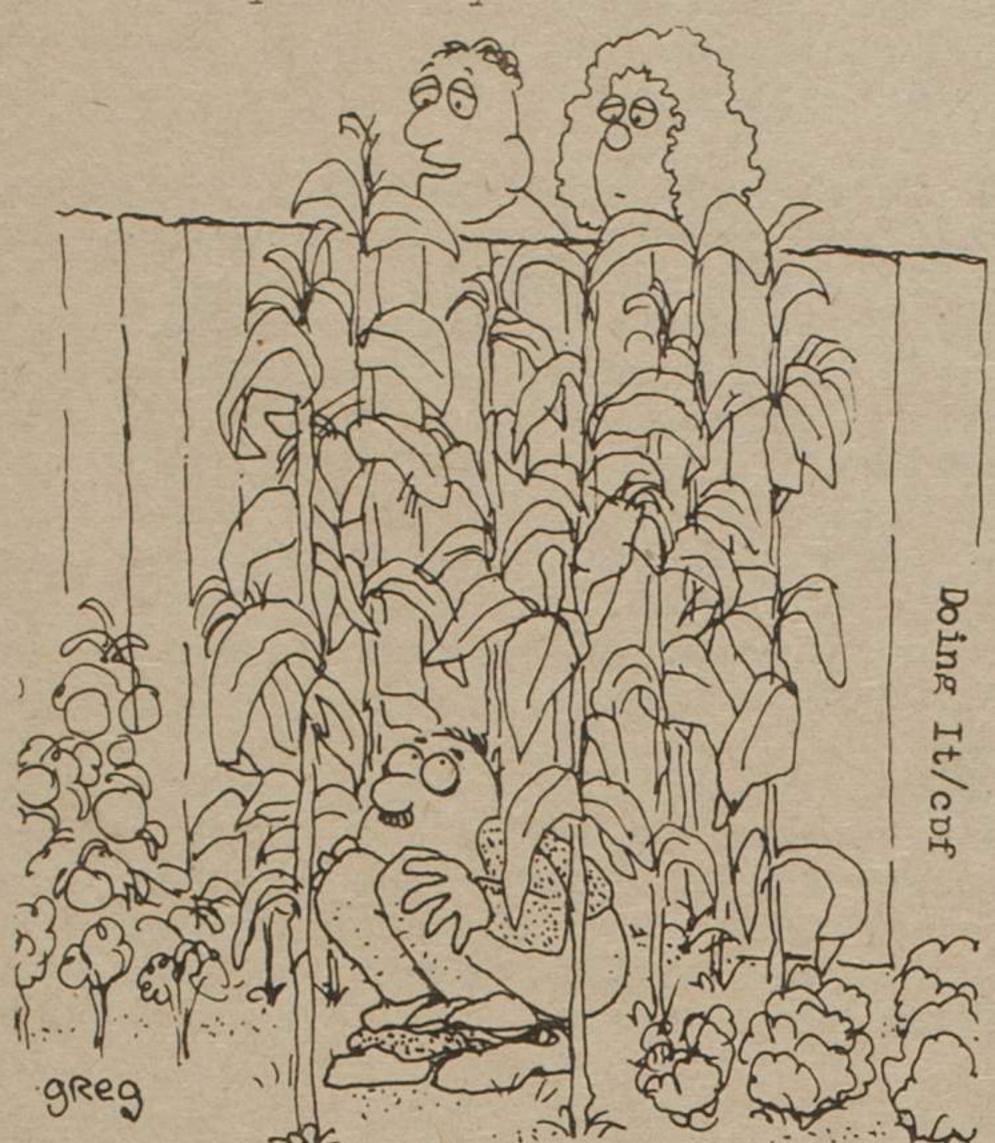
We've recognized that as "consumers" our greatest long term interest is the security of local family farms. A major portion of our food purchases at the co-op are directly from local farm families, eliminating the middleman. And the prices w we pay often meet or exceed the parity price farmers need to survive.

Prices we pay are based not so much on the "speculation" of the market, but the "knowledge" of the real value of our local family farms.

Family farms are falling to the policies of near-sighted businesses under the guise of "efficiency." We need to re-examine the myths of "efficiency" and "profits" by asking the qualifying questions; efficient and expedient for whom? Profitable for how long?

Family farms are our key to the health of our land, and therefore the continuous health of our people.

The co-op's Library work team asks people to donate books for the First Annual Book Sale to be held at the Community Mercantile, January 28. Proceeds will go towards a reference and lending library at the store. Please bring your contributions to the store by January 20.



"WOW! LOOK AT HARRY'S GARDEN!
I WONDER WHAT HE PUTS ON IT?"

A jury award of money damages to an organic farmer who sustained crop losses due to an aerial crop duster working on adjacent land, was affirmed by the Washington State Supreme Court.

The high court upheld the trial court's instruction that the sprayer would be "strictly liable," if the jury found the dusting to be the cause of the farmer's crop damage, even if the sprayer exercised "utmost care to avoid harm."

In the Court's view, crop dusting constituted an inherently dangerous activity.

Co-op News and PUBLIC NOTICE would like to thank San Francisco's TURNOVER, A Magazine of Food Issues, for their dedicated research and writing on vital food topics. TURNOVER has provided inspiration and information for many PUBLIC NOTICE stories. Last issue's sugar story was summarized in part from TURNOVER'S Special Sugar Issue. Here's our overdue credit to the workers of the Bay Area Food Network.

Linda Harvey has been added to the co-op's work collective this month after a grueling selection process. Untold hours of interviews, discussions, and consultations brought mounting consternation and delayed the final decision several times.

Many thanks to all the good, interested people that applied for the position.

Keep your eye out for Linda and give her lots of support as she learns the ropes in the coming months.

The only cooperation which is commonly possible is exceedingly partial and superficial; and what little true cooperation there is, is as if it were not, being a harmony inaudible to men. If a man has faith, he will cooperate with equal faith everywhere; if he has not faith, he will continue to live like the rest of the world, whatever company he is joined to. To cooperate in the highest as well as the lowest sense, means to get our living together.

Henry Thoreau, WALDEN

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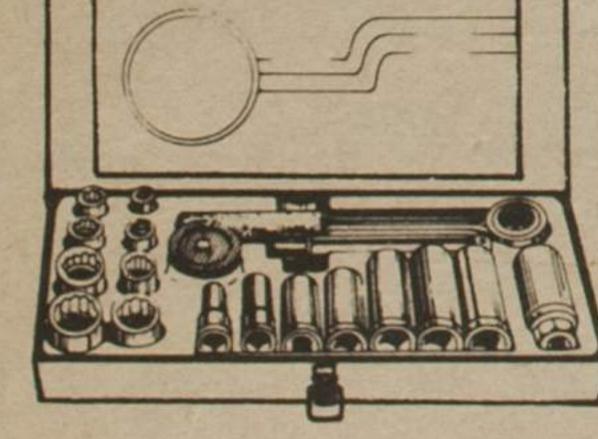
Eating at Sister Kettle Cafe is much more than a dining experience. It is a statement about what you support. It's saying you believe people can work together collectively as equals rather than in a power-oriented hierarchy. It's saying that meat is not essential at every meal and thus the worlds arable lands can produce enough food for all people. It's saying that you respect non-smokers rights to enjoy fresh air while

Eating at Sister Kettle is saying that you enjoy the warm food and social atmosphere of your own cafe since it belongs to everyone. It's saying that you appreciate the people who work for \$1.25/hr (including tips). It's saying that all people really are one family.

eating, whether you smoke or not.

During this winter season, please remember that the cafe is strug-





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### SISTER KETTLE SPEAKS

gling to make enough money to remain a reality. Cold weather produces high gas bills and tempts us all to stay home and cook and Christmas tightens our budgets so people generally eat out less often. Enjoy warming your homes with your own ovens, but when you do venture out for a meal, please remember what it means to eat at Sister Kettle and give her your love and support.

SISTER KETTLE'S TUESDAY NIGHT COFFEEHOUSE

Beginning January 17th, Sister Kettle Cafe will be open on Tuesday evenings from 8pm till llpm for a coffee house. Admission will be \$1 at the door and drinks and goodies will be available. Anyone desiring more information or interested in performing can contact Arifa St. Clair at 843-7005.

Look forward to these three fine evenings in January:

--January 17th
Rosey's Bar and Grill
with Martha Haehl, Joyce
Constance, Carol Head and
Linda Davis.
Traditional and contemporary
folk music about women, by
women "from the poetic to the
profane; from the sincere to
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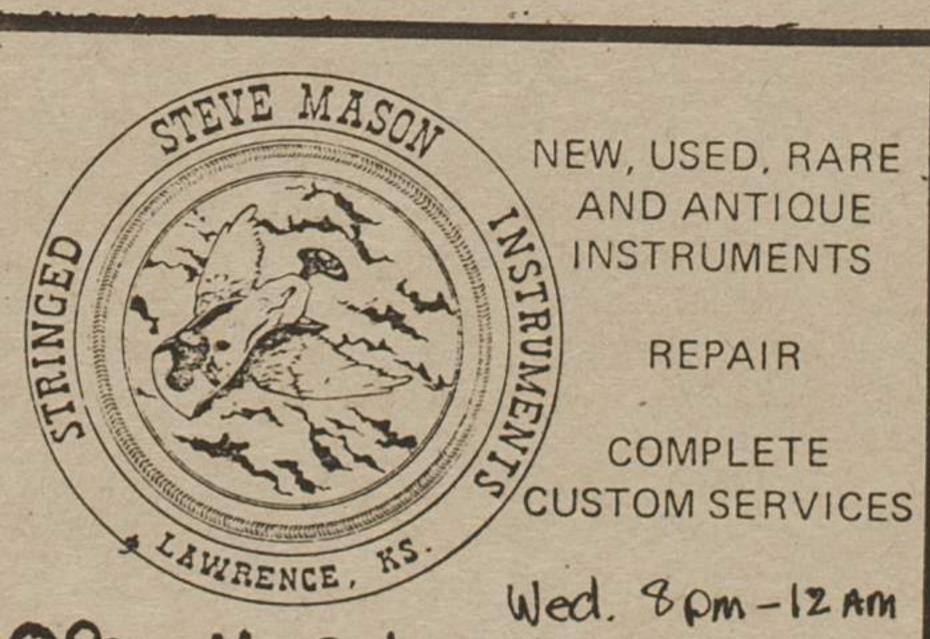
--January 24th
Beth Scalet
Folk and blues.

--January 31st
Luke Baldwin
National recording artist from
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San Diego Folk Festival, The
Foolkiller, and on numerous
college campuses.

In addition we're offering you the following:

--Sister Kettle would like to barter some of her food (\$2/hr) for dishwashing. She asks for long term reliability.

--Each month John Lundmark coordinates a show of local artists at Sister Kettle. Come in and sign up.



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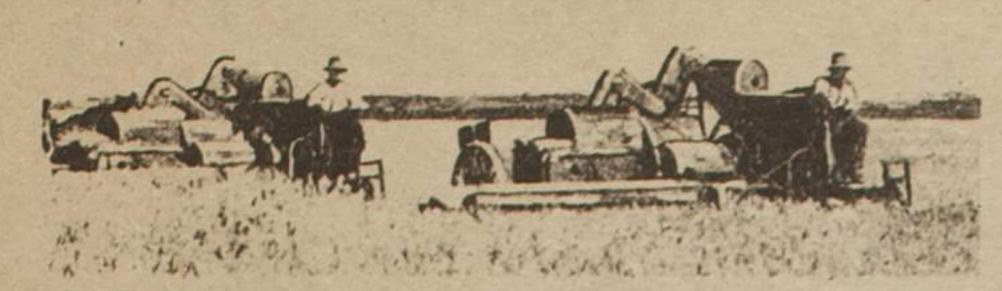
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#### FROM PAGE ONE

pete. Many farmers were seriously in debt. Then as now, the question of "fair prices" was uppermost.

From 1880 to 1895, the price of farm products dropped steadily. Corn which sold for 83 cents in 1881 sold for 28 cents in 1894. Wheat dropped from \$1.19 in 1881 to 49 cents in 1894. Alarmists proclaimed that Kansas farmers were so deeply in debt that if the state were put up for auction, it wouldn't sell for enough to pay its debts.

Today, it's estimated that 45 per cent of farmers in Kansas are in serious financial trouble, with about 10 per cent going bankrupt yearly due to low farm prices and high operating expenses.

Wheat prices have dropped from about \$5 a bushel in 1974 to a low of \$2.17 this fall, while the cost of farm equipment and fertilizer have skyrocketed.

FARMERS OF ALL AGES PARTICI-PATED IN ONE OF THE LARGEST FARM PROTESTS IN THE COUNTRY BY PARADING THEIR EQUIPMENT AROUND THE STATE HOUSE. SOME DROVE THEIR TRACTORS THROUGH FREEZING TEMPERATURES FOR THREE DAYS TO BE A PART OF THE 10-MILE LONG PARADE.

FARM MOVEMENT PHOTOS BY kate duffy, david hann & susie hanna

Farmers of the 1890s had faced drouth and depression before and would have gone on with hope for better times if they had believed that the game was being fairly played. But the same old explanation for low prices caused by overproduction when there were underfed people in nearby cities, didn't suffice. The farmers blamed much of their plight on an unfair system of interchange that left them with no control over the prices they sold their goods at nor control over the prices for equipment and supplies. Farmers saw their condition as being "fleeced both coming and going."

Today, President Jimmy Carter contends that a lot of the suffering farmers now are experiencing is due to drought and he believes that with better weather will come better times for farmers. But the same analysis that farmers of the 1890s came to, has now penetrated the minds of today's farmers. Like farmers of the past, those active in the American Agriculture movement are vehemenent against monopolies and middlemen, and they know that government and big business are not their best friends.

What a Kansas historian wrote of farming conditions in the 1890s sounds remarkably like what AA supports maintain:

"Poverty is bearable if everyone is poor, but the farmer's discontent was aggravated by the extravagances of the 'idle rich' which the press flaunted in his face, and by the tales of fortunes being piled up by capitalists. A little investigation showed that these fortunes were in all cases, traceable to monopoly of some essential thing -land, transportation, trade, money or credit ... "

Desparate for change, farmers. for the first time organized pol-

itically through the Farmers' Alliance in the late 19th century. Through cooperation, many believed , they could fight and succeed in gaining a better, more just marketing arrangement.

The Farmers' Alliance started in the late '80s. It taught organization of cooperative business association for buying and selling. It had a well-defined political program. abundant literature and well-organized propaganda. The Alliance convinced thousands in Kansas and throughout the U.S. that farmers, along with many other "little guys," were the victims of a long series of unfriendly legislation, that government and big business had robbed them to build up trusts and monopolies, and that their . salvation was to organize and get legislation for their common good.

The Alliance started in 1888 in Kansas and quickly spread through the state. The first state convention was held in 1889 in Newton. Over 80 delegates from 27 counties attended. The Kansas Alliance boasted a membership of over 100,000 in their first year.

In 1890, county presidents of the Alliance issued a call for a meeting of state reform organizations in Topeka to decide what actions to take in the upcoming state elections. In a historic meeting,

Again in 1892, the Populists won great victories. The entire state Populist ticket was elected and the lower house was made up of a majority of Populists. In 1896, the Populists gained full control, electing the Governor, both branches of the legislature and a majority of the Supreme Court.

Nationally, the Populists nearly elected William Jennings Bryan as President. He lost by a very close margin.

By 1898, just as some thought the Alliance should be able to force legislation through to substantially improve farming conditions, the Populist party began to decline, mainly because times were getting better. After five years of depression following the panic of 1893, business was looking up. And, the Republican and Democratic parties began to address some Populist concerns.

Even though the People's party was no more by 1900, the Populists succeeded in influencing the two main parties and in educating the public about the inequities that exist for many in the U.S.

Those who were raised on Populism and who continued to be politically active fought for more reforms. Many of the Populists' causes were eventually enacted into law.



delegates from the Alliance, the One of the most influential Grange, the Knights of Labor, the Farmers' Mutual Benefit Association, and the Single Tax club formed a third major political party, the People's party.

The Populists, as they eventually were called, successfully waged some of the most intense and spectacular campaigns the state and the nation have ever witnessed. There was great enthusiasm for the People's party. In the early 1890s newspapers reported only small crowds at Republican party gatherings, but crowds of over 10,000 and lines of farmers' wagons two miles long were reported at Alliance meetings.

Mrs. Mary E. Lease, a fluent talker and active Populist leader, of public attention along the urged farmers to fight: "The thing for farmers to do is raise less corn and more hell." And, farmers proceeded to do so in party politics.

In the election of 1890, the Populists won an astonishing victory with a campaign that was clearly anti-capitalist and prosocialist. The Populists attacked the "money power" and advocated such radical ideas as public ownership of transportation, communications and land. They elected 60 per cent of the county and township offices, the attorney general, five U.S. Congressmen, and enough state legislators to give them clear control in the state house.

Nationally, the Alliance elected over 40 Populist candidates to Congress and several Senators from Southern states.

Kansas had elected five of the candidates in the Alliance Congress, the largest number in any one state, causing Kansas to be regarded as the center of the movement. Kansas and Populism were considered one and the same.

spokesmen for the Populist cause and a proponent for better farming conditions was President Theodore Roosevelt who was elected on a platform that sounded more populist than Populism itself.

As a direct result of the organizing efforts by Kansas farmers, the federal government, under the leadership of Roosevelt began to offer help to the farmer.

Roosevelt had a great interest in providing farmers with equitable prices and good living standards In 1908 in an address to Congress he said:

"... The farmers have hitherto had less than their full share lines of business and governmental life. I am therefore anxious to bring before the people of the United States the question of securing better business and better living on the farm, whether by cooperation between farmers for buying, selling, and borrowing; by promoting governmental advantages and opportunities in this country; or hy any other legitimate means...It is of the greatest consequence that the people of the open country should learn to work together, not only for the purpose of forwarding their economic interests and of competing with other men who are organized, but also to develop themselves and to establish an effective community spirit. This effort should be a genuinely cooperative or common effort in which all...share proportionately in its benefits."

He appointed the Country Life Commission to push for the formation of cooperatives to shore up the economic low spots of country life, to establish prices and to control production. The years that followed his administration were some of the most properous for farmers.

Immediately after the People's party disbanded, other organizations took up the cause of the farmers. The Farmers' Union organized in Kansas to obtain a better and more direct market for all products of the farm and to eliminate increased expenses in supplies. They fostered scores of buying and selling cooperatives.

About the same time, the Society of Equity was started. It urged farmers to organize into a powerful union to fix prices on important crops. Equity's founder maintained:

"All he is supposed to know under the present system is how to work sixteen hours a day and the road to market. When he gets there he finds a man who tells him how much his produce is worth, and if he wants to take something home with him he is told the price of that also ... This arbritrary fixing of prices destroys the independence of the greatest class of our citizens...and is more tyrannical than were the taxes imposed by George III."

In 1903, Equity initiated a wheat holding action. Growers were urged to hold wheat for \$1 per bushel. The following year, another holding aciton took place Although prices weren't pushed up, Equity took credit for cushioning the fall of prices. More importantly, the holding actions boosted farmers' spirits and encouraged them to work together. It gave rise to the formation of many farmers cooperatives, that with the help of the Farmers' Union, numbered over 12,000 by 1922.

The late '20s were hard times for farmers and consequently there was also a flurry of organizing.and protest. Under President Hoover, farmers moaned that there was a new 4-H club, "Hoover, Hyde (who was then the Secretary of Agriculture), Hell and Hard Times."

Farmers raised plenty of Hell, leaving their farms to picket the highways when they went on strike. Their militant actions along with their voting power, had a lot to do with the election of Franklin Roosevelt and the creation of New Deal programs to help farmers.

loday, many argue that the farmers movement doesn't stand a chance in achieving more equitable prices because as voters, they make up only 4 per cent of the total electorate.

Also, the system that 19th century farmers charged as being unfairly stacked against the small farmer, is just as unfair today. The farmer's enemy is still big businesses who have monopolistic control over marketing, middlemen who reap great profits and the government which works for agribusiness interests.

Farmers in the 1890s and the 1920s were able to make some changes and their success came through mass demostrations and through party politics.

The Alliance succeeded, in part, by linking up with the Democratic party. Farmers in the late '20s allied with labor and small business interests to help elect FDR.

More importantly, farmers were able to gain more control over. prices for the goods they bought and sold through cooperative organizations; stores, grain elevators, marketing associations.

The strength of the American Agriculture movement today lies in efforts to form a permanent organization that will be able to give farmers necessary information to plan ahead, and an organization that can participate in planning the federal farm program.

The key to altering a system that has periodically subjected farmers and small operators and individuals to economic ups and downs is a political alliance of farmers and consumers. Above all, the American Agricultural movement needs to convince consumers that it is not the farmer who is to blame for high food prices, and that food and food politics are of concern to us all.

### In Douglas County...

Tarmers in Douglas County have just begun to organize behind the American Agriculture movement. On December 27 over a hundred farmers participated in a tractor parade down Massachusetts Street. The parade was followed by the first organizing meeting.



But no clear leadership or plan of action has emerged. Those who tend to support the strike seem to be waiting to see what their neighbors plan to do. No single person has stepped forward to lead the movement in the county.

I.J. Stoneback, as the current National Farmers Organization president and former county commissioner, has been a leader in the rural community for over 20 years. Although he arranged the first farmers meeting in December, he says he is reluctant to take the lead.

In a recent, interview, Stoneba had several comments to make about the farm movement.

PN: Are there plans to open a strike office in Lawrence?

S: Not really. I've thought about it, but I'm just getting too old. I think some younger person should take the lead. I didn't really want to call (the meeting) I was just waiting for someone else too, but it seems like nobody else wants to take the leadership.

PN: What seems to be the prob-

S: It's unorganized. There are no officers. I've worked with the NFO for 20 years. The NFO is a much more organized, while this is just a movement. There's no system. I suggested that we need to start a Minuteman system to organize. A chairman would call officers who would in turn call five people, who would call more people, to get the word out for things like this tractorcade. Me and my wife, we didn't even know that was going to take place. Just one guy organized that.

PN: Why are some farmers not behind the movement?

S: There's an apathy there that you just can't get the job done. I know it's there in my mind. I been through too many strikes and I know what farmers do. You get the price up a little higher by witholding from the market; and they go and sell. They scab on you.

The NFO had a series of strikes in the '60s. We witheld hogs and cattle from the market and had a milk holding action, which I think was somewhat effective. At least we got the government support price raised.

PN: What does the Farm Bureau do in Kansas?

S: It's an organization of gentlemen farmers organized by the Board of Trade and Chamber of Commerces to keep the farmers quiet. They're what you call ... Company Unions.

PN: What about the NFO?

S: What good members do is authorize the NFO to sell for them. It's the same as a holding action if farmers would let the NFO sell for them. It's a quiet way of doing it.

PN: Do you think Douglas Co. far mers will support the strike once the AA starts organizing here?

S: I hope so. I would go along with it if there was around 50 who wouldn't plant too.

Here's the way I feel about it, I planted wheat last fall and I harvested and I got it in my grain bins and I got a government loan on it. If I had sold it I would have got less than the cost of production. So why produce another crop, even at cost of production? If I don't plant then maybe I will get enough for last year's crop, parity price, and it would make up for the crop I didn't plant.





I had \$30,000 income this last year. But I had \$60,000 expenses... I'm hurt as bad as anybody because cattle have been low and wheat is low and those are my two main crops.

#### Time is Running Out on Us



PUBLIC NOTICE interviewed several persons who organized the American Agriculture movement when they were in Topeka for the massive protest and rally.

The following interview is with Marti Floyd, the organizer of the first Kansas strike office in Johnson. He's been working full time on the movement, flying all over Kansas talking to other farmers about their problems.

PN: How has farming been for you?

F: My income was \$8,000 last year and I'm paying on \$200,000 worth of equipment. I pay more interest in a year than most people make. And, I work from daylight to dark. When I planted my corn crop this year, I knew I was going to lose money on it. Your ambition to work just isn't there when you can't even make enough to pay your interest on loans.

PN: What do you think the basic problem is?

F: Manipulation by the government. For example, imports. They're importing so much from other countries and keeping supplies high, so prices are low.

If they don't do something, foreign investors are going to come in , also big conglomerates, to buy up land, and when that happens there's no longer going to be efficiency food production, because they'll work from 8 to 5; not like us who will work from dawn til dark. And then prices will get high. They'll demand it.





A lot of Arab countries are financing farmers that are in bad trouble. Big farmers. By doing that, it's the easiest way for them to get control of the land. If prices continue the way they are, those farmers are going to go broke and then the Arabs will own the land, real suddenly and you won't realize it.

PN: What do farmers want?

F: We're just trying to preserve the family farm. We just want a decent living. We're not out to get the consumer. If we get parity, we'll only raise the cost of food 2 to 3 per cent. That's a small cost to the consumer that can make the difference in whether we survive. One out of ten of us won't be here next year. And the year after that it will be worse. In three years only 50 per cent of us will still be far farming.

One of the things we want is farmers at the top, running the farm program instead of people who know nothing about it.

### 's a Tractor Drivin' Woman

Johnette Martin drove an unheated 1968 930 Case tractor 300 miles from Norton to Topeka. It took her three days. She drove from sunrise to sunset, stopping in small towns for farm meetings in the evening.

The first night, 600 farmers turned out for the first AA meeting in the Belleville area. She slept on the floor of a hotel room that night with the wives of other farmers who were heading for Topeka. The other drivers in the tractorcade of 60 slept in national guard armories set up along the way. Being the only woman, she decided to make other arrangements.

Ms. Martin is 27, has been married for 10 years and has three boys. She made the journey without her husband and children, because as she put it, "Farming has been so good lately that my husband is working in town."

He couldn't get off his job so Ms. Martin decided that if their farm was going to show their support for the strike, she would have to drive the tractor.

PN: Do you do a lot of the farm work?

M: Yes. I figure marriage is half and half and I'll do my half. I take care of all the chores and drive the tractor until he comes home from work in town and then he drives the tractor.

PN: Does he help with the house work?

M: You bet. When we get done harvesting, for example, I'll take a shower and he'll fix supper. I'll do the dishes and he'll put the kids to bed. We work together on everything no matter what it is or where it's



at. We do it together.

farm?

PN: What is the situation on your

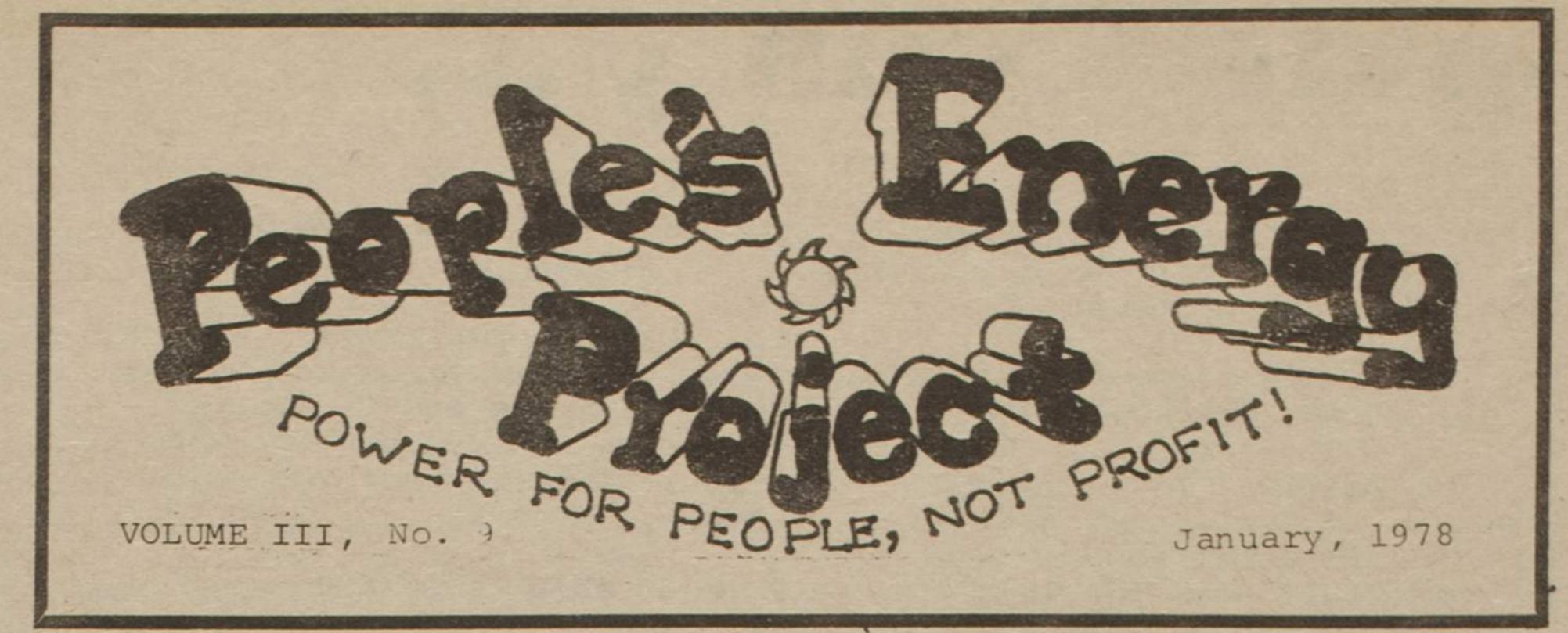
M: Since we bought our place four years ago, we've yet to make a payment on it. We've had to refinance. His job in town buys our groceries, clothes and to battle. When they come back, and pays our utilities. The livestock and crops we raise are suppose to support the farm. But we've put a pencil to it and at the cost of our repairs, we paid over \$7,000 in repairs last year, and our fertilizer and our seeds, if we would just hold the wheat we have now and keep what we harvest next year and, then not go to the fields at all in '78, we will save thousands of dollars.

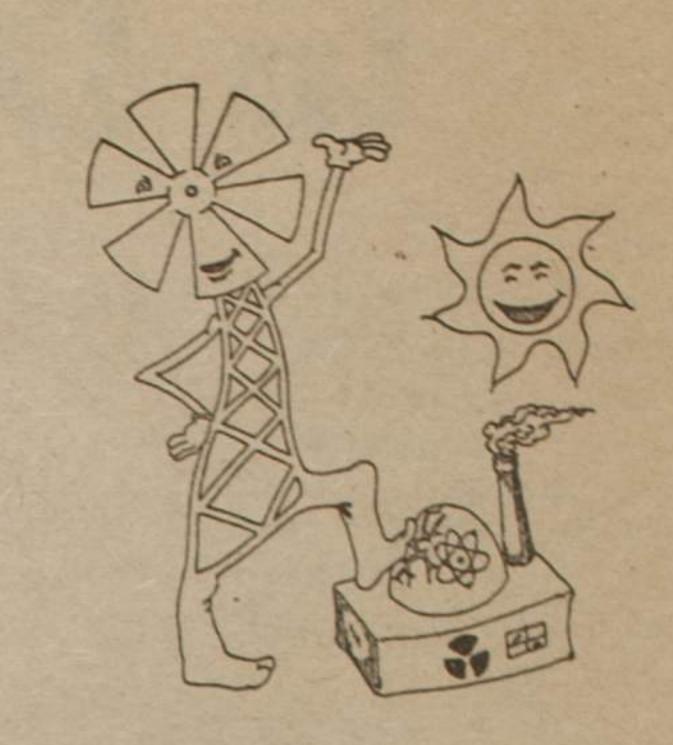
PN: Do you think there's enough support from farmers to make changes?

M: Yuu dian't see half the support for this thing here today that there really is. When we go back home, the welcome we're going to get there ... It's just like when we send our boys off everybody says, "Boy you did it for us." And, they feel that we did it for them and they're going to back us.

At our meetings they tell us what is going on, you know, back in Washington. It's about like Watergate. Once you dig something up, you just never quit getting to the dirt of it.

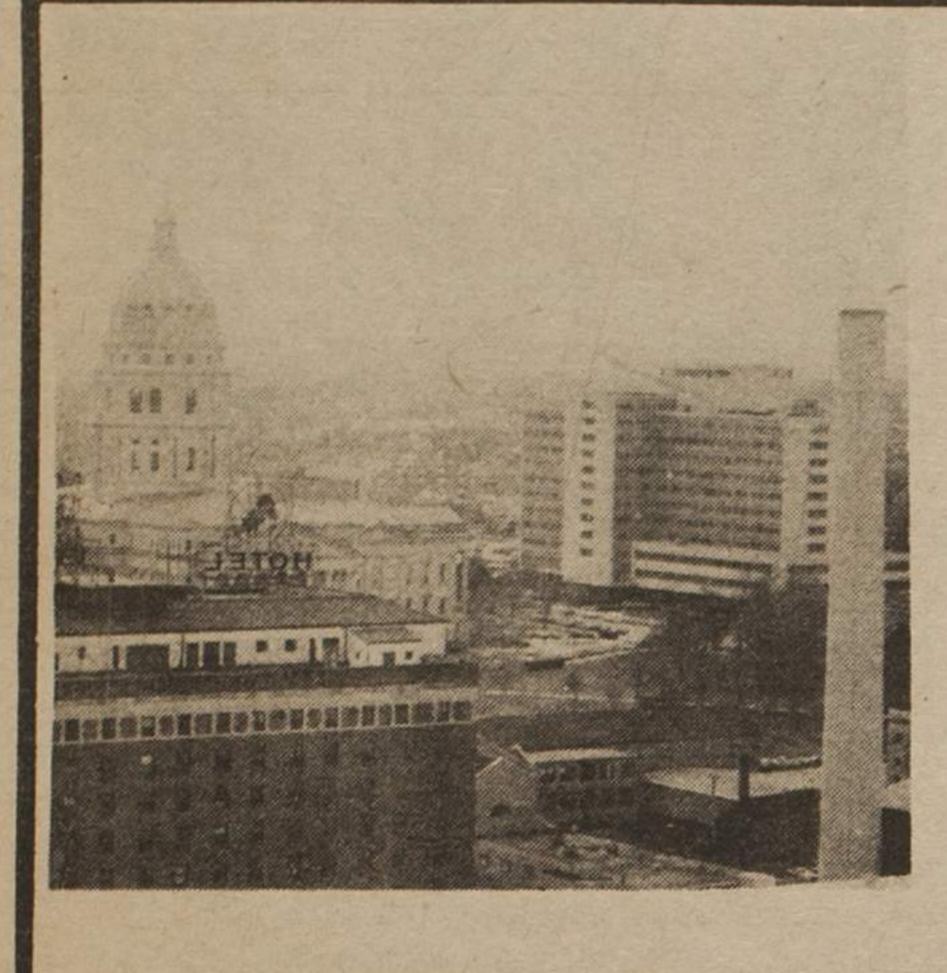






### the ENERGY DEBATE

### goes on and on and ....



In the last two years, the state agencies of Kansas have been hit with a 68% increase in utility bills. The Statehouse and State Office Building are heated by steam from KP&L's oldest powerplant in downtown Topeka. With gas curtailments continuing in the winter, KP&L wants to phase out that old steam boiler. Going all electric would be KP&L's answer. If the State thinks their bills are high now, wait til then. Rather Kansas should be the first state to have a solar heated and cooled state office complex.

On November 21st and 22nd the League of Women Voters and the K.C.C. put on the first statewide utilities and consumer conference in Topeka. This event marked a small but important beginning for greater energy discussion between all concerned sectors of Kansas. Getting the various complaints and gripes out on the table is a must before arriving at common solutions. The first day was highlighted by numerous speakers from the K.C.C. to consumer groups to utility representatives. Topics ranged from financing problems and rate structures to more general discussion of energy direction. Tuesday morning was reserved specifically for workshops on the issue of rate structures



and how best to apply them in Kansas. A very necessary beginning that must actively be followed up with smaller conferences all over the state.

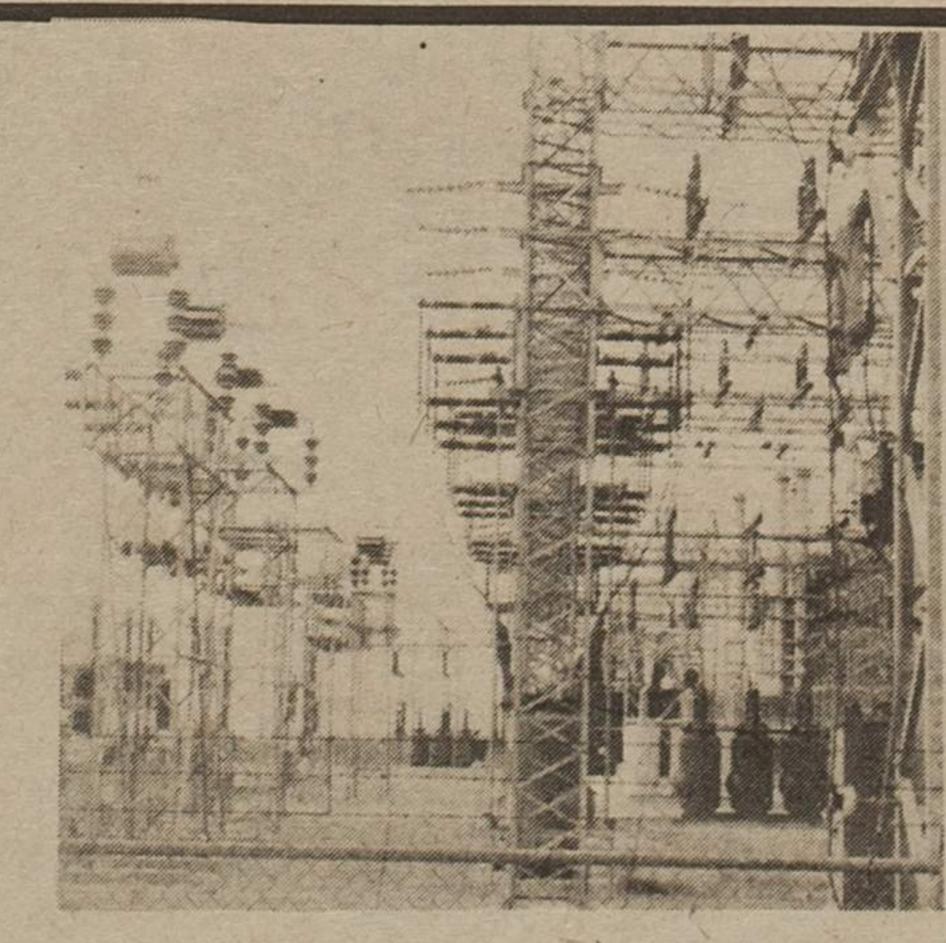
The Lawrence KP&L power plant points up quite distinctly the real need for some mandatory re-. gional energy planning. The plant has the capability to burn oil, gas, or coal but given the shortsighted planning of its management, they have burned our precious natural gas all summer long. KP&L claims it was 20% cheaper than coal. KP&L gets that cheap gas from Cities Service which has "take or pay" contracts with the producers. Since Cities Service has never bothered to purchase storage facilities, they dump the gas in the summer as they wait for the winter heating season. The gas would last twice as long burned in home furnaces as opposed to KP&L's boilers. KP&L pays only

tor the gas and very very little for upkeep of the gas lines. If they paid an equal share of the overhead that you and I do, they would have been burning coal.

E.A.F.

As reported in the December 77 issue of Public Notice, the electric utilities are opening their offensive against critics who misuse the Reddy Kilowatt trademark. The lawsuit by the owners of Reddy Kilowatt, Reddy Communications, Inc., against the Environmental Action Foundation is at a sort of "draw" for the moment. A federal judge has ruled that EAF cannot defend its caricatures of Reddy on the basis of freedom of speech, knocking out the keystone of EAF's defense, in the eyes of Reddy's owners. However, the judge has not issued an injunction against its use on the basis of little proof of people being confused by unauthorized use.

One wonders who should pay for the critical energy mistaked of the past. Case in point is KP&L Hutchinson powerplant. The big unit there was completed in 1965 and is capable of only burning naturalgas or fuel oil. For the past five years natural gas has been curtailed to some degree each winter. Pretty soon there will be a mandate to forbid the use of gas as boiler fuel. Essentially a \$200 million plant put in mothballs due to the fact that KP&L was unaware of the pending gas crisis. The gas officials were warned of such problems in the 1950's. Now KP&L is demanding payment for its coal fired plants and claims victory in getting off gas. A victory



for power plant manufacturers but another hard lesson for KP&L customers.



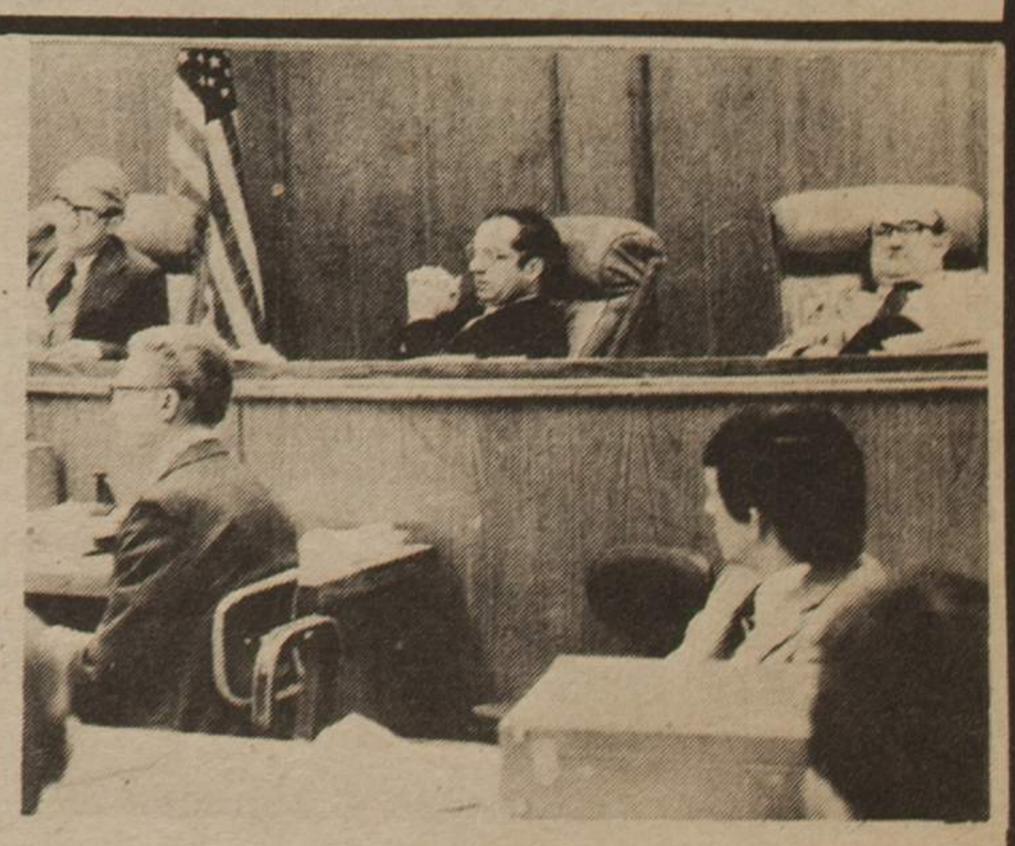
Amory Lovins speaks well for the new energy scenario slowly developing in this country. He is as soft spoken as the soft technology proposals he advocates. Cambridge educated and employed with the Friends of the Earth for the past five years, his three books and numerous articles have sprung him onto the national scene as one to be disproven. Mr. Lovins suggests in his book Soft Energy Paths: Toward a Durable Peace where the merits may lie in technical disputes and shows what energy options exist for the long term and what short term actions must be avoided if we are to preserve those options.



The Federal Courthouse located in Topeka has been widely acclaimed as an example of energy awareness. This building uses roughly one-fourth the energy

used by other buildings of comparable size. Built by the Government Services Administration, the building incorporated three key design advances. The first was to insulate the whole building very very well. The side walls have 2" of polyurethane foam while the ceiling has 8" of insulation. All windows are glazed and doubly thick. Secondly, the windows are recessed five feet so as to block out 'the higher unnecessary summer sun while collecting the lower winter sun. An awareness of passive solar energy that will become much more common. Thirdly, the building has a computer to monitor all energy usage and regulate unnecessary operations. It recycles and freshens all waste heat from the machines and people.

The Kansas Corporation Commission must be given the necessary funds to broaden and fulfill their obligations to regulate the utilities. Our sister state Missouri is an excellent example. For one thing, they have their own computer to test the various models of growth and price sensitivity. They have a department of utility research and planning which actively assesses the utilities' load growth projections and feeds its own projections into the regulatory process. They actively measure what the utilities are doing in load management so as to get move for each consumer dollar. The K.C.C. is forced to continually hire outside consultants to evaluate



the utilities. Besides being much more expensive, the K.C.C. is not developing the in-house expertise so as to work more closely with the utilities in getting the best deal for the consumer.

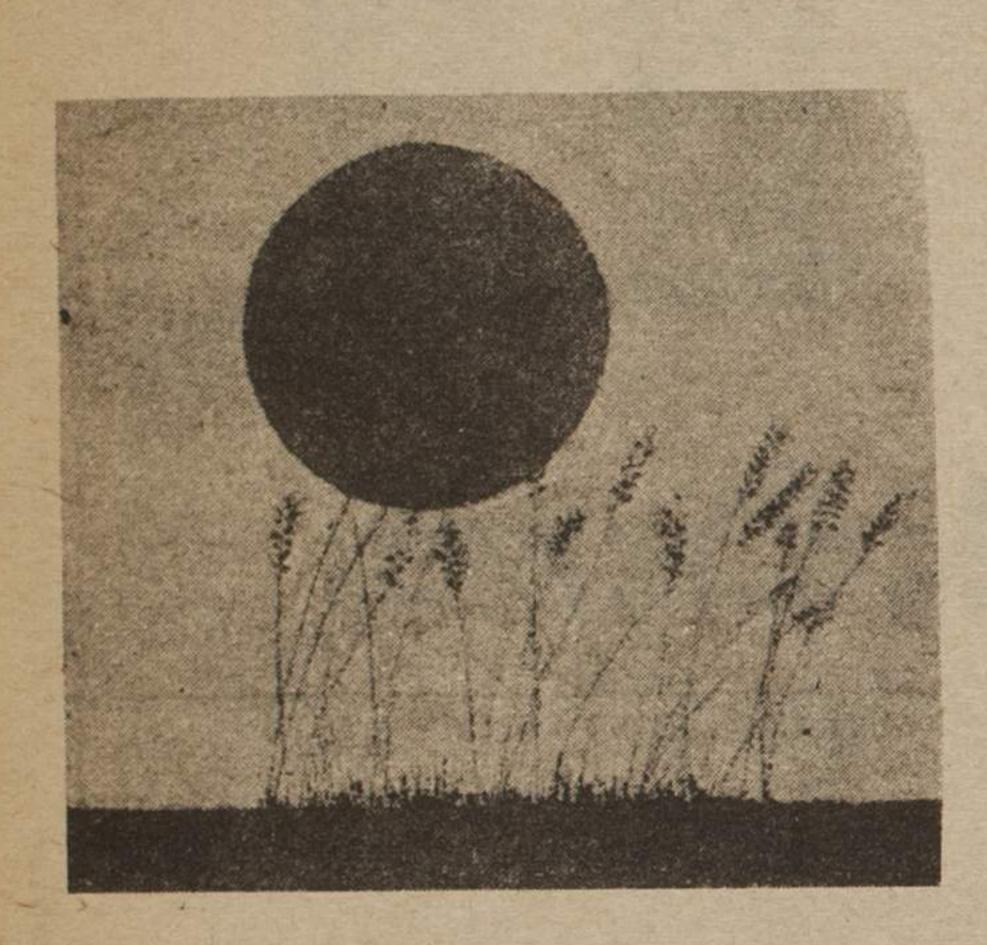
# Blowing in the Wind

Wind energy has pumped water for centuries, and it powered the world's fleets for several millenia. In the early 1900's, 6 million windmills generated electricity and pumped water all over the U.S. but by the 1950's cheap fossil fuel and rural electrification replaced most of them. Today in Kansas, hundreds of old windmills dot the countryside, most of them decaying, rusting; rarely do you see a new windmill. So quickly have people forgotten how to used the wind, wind technology is referred to as exotic.

Given the fact that electric rates will continue to climb and the promise of new breakthroughs in storage ability, wind power can once again provide people with a practical source of energy.

And, construction of wind systems could result in more jobs for local residents. Small businesses could construct windmills in local shops, using local resources and labor.

#### energy

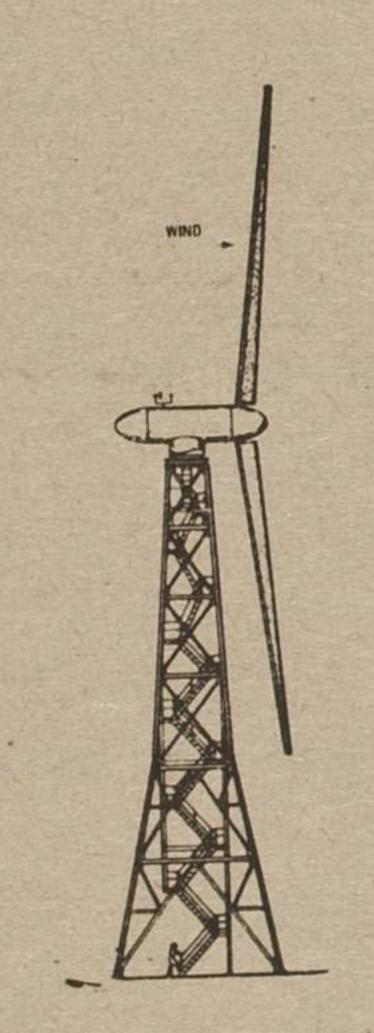


\*\*In New York City, when members of a tenant housing cooperative installed a windmill on their roof, Con Edison threatened to disconnect service to the building. The company claimed the feedback of windmill power could create "adverse effects on Con Ed's transformers and computerized control equipment and even pose a hazard to repair crews working elsewhere in the same system." However, the New York Public Service Commission ordered Con Ed to buy surplus power from the wind generator and so far, Con Ed has suffered no damage.

\*\*Windworks (Box 329, Route 3, Mukwonago, WI 53149), a small firm in Wisconsin, developed the Gemini Synchronous Invertor, which allows a windmill to feed electricity into the grid when it produces more than its user consumes. When Windworks first tried to hook an invertor-equipped windmill into the grid, Wisconsin electric refused to allow it. Eventually the utility permitted the windmill to feed excess electricity to the grid, but the utility refused to buy the surplus.



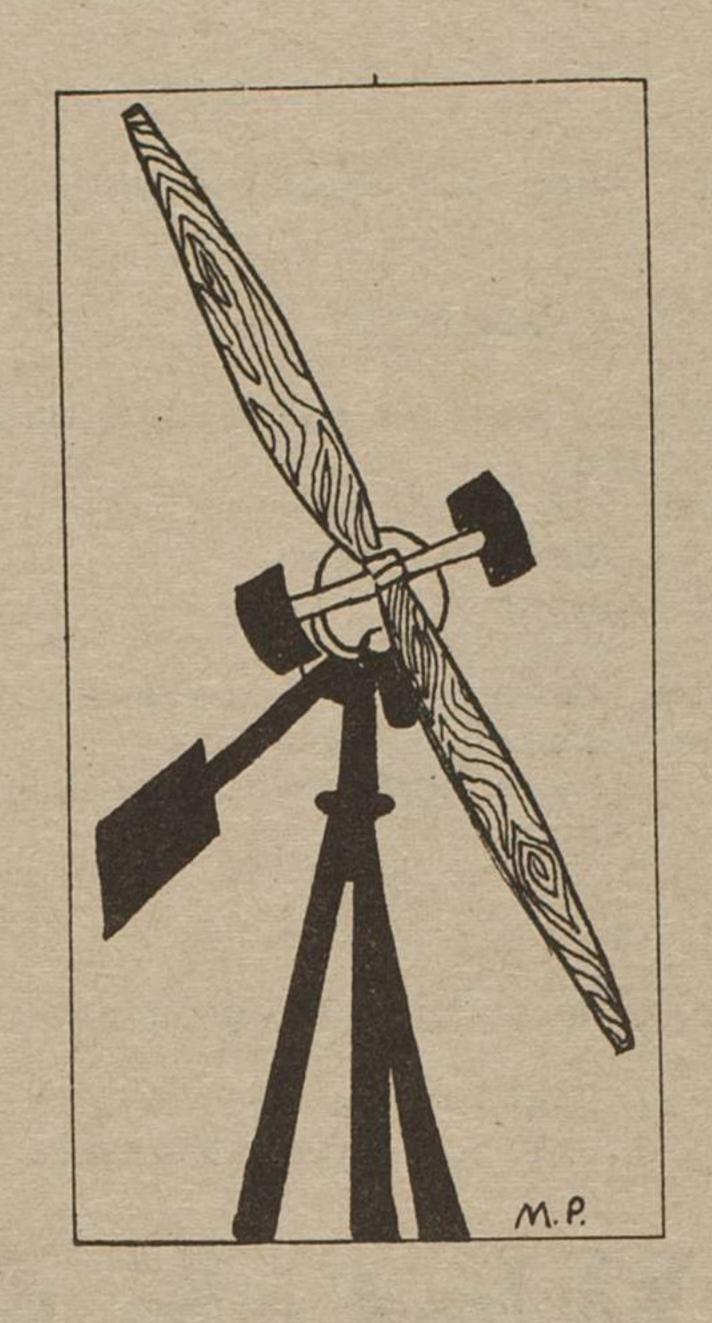
These are examples of smallscale operations. But there have been some successful giants in wind power. The largest windmill ever operated was known as Grandpa's Knob, erected in 1941. It generated power for a Vermont utility for two years, until a faulty bearing --irreplaceable during the war-put it out of commission. Later it threw a blade, but was never repaired because by that time, cheap oil was in, and wind was on its way out. It is still considered to be a technical success by engineers.



\*\*Just off the coast of Massachusetts, the island of Cuttyhunk now receives approximately half of its electricity from a windmill. The machine was manufactured by a small firm employing only 10 people. The windmill provides the 50 islanders with over 400,000 kw per year. Projected cost of electricity is 5.3 cents per kwh, which is competive with electric rates in most areas of the country. The windmill cost \$280,000, as compared to its \$2 million neighbor on Block Island.



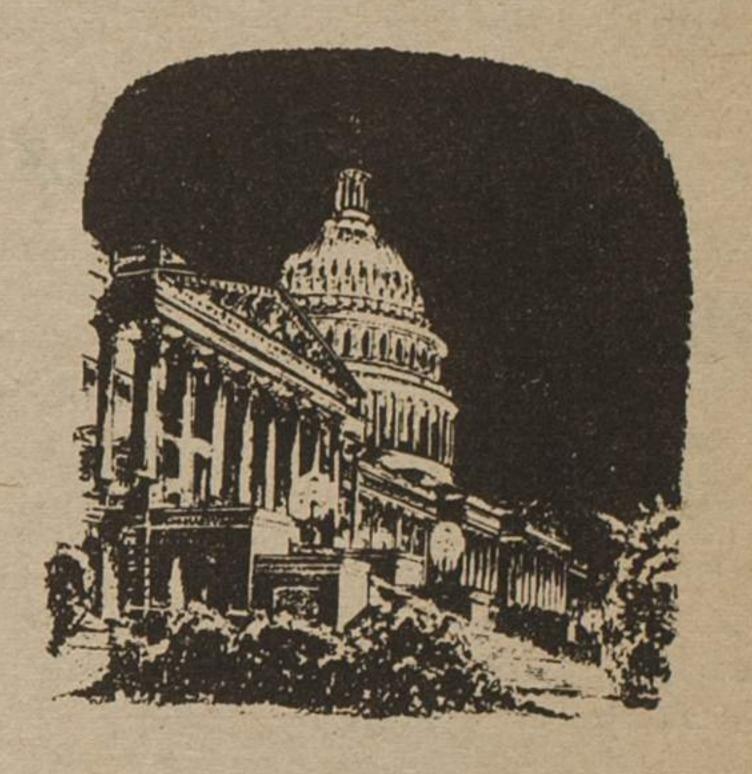
\*\*A windmill almost as big as the U.S. Wind Program's giant will be is nearing completion in Denmark. The 2 Mw machine is a joint project by teachers, students, carpenters, engineers, and others in the college community of Tvind. The group's aim was to reduce the college's \$48,000 fuel bill. Since the wind at Tvind blows 280 days per year at ground level speeds greater than 9 feet per second, a windmill seemed the logical choice. The Tvind mill will cost \$300,000 compared to \$10 million for the Boeing giant.



\*\*In Denmark, where 100,000 windmills supplied the equivalent of 200,000 kw in 1900, the city of Kolding's high school receives all its electricity from a windmill. Capital and installation costs for the 8 kw machine totaled \$3200, and it will pay for itself in 3 years.



he Federal Energy Administration, under pressure from Barry Commoner, has released a major report on photovoltaics (electrical energy from sunlight) prepared by the BDM Corp. (McLean, VA.). The report suggests that an investment of just \$500 million by the Defense Department to replace 20% of its gasoline generators would return \$2 billion in savings over a 20-year period. This market would be in the 152 Mwe range; at a market level of 500 Mwe in the 1980's, photovoltaic-generated electricity would be priced at 50¢/peak watt--a price that would make photovoltaic devices cost-effective against nuclear power by the time many proposed nuclear plants are due to be under construction.



#### People & Energy

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BY STEVE OTTO

Lhere's a man in town planning to build a new restaurant. He will specialize in foods that are unusual. The restaurant will be called, "Everything You Always Wanted to Eat and More." It will be an international restaurant, with American, Mexican, German, Iceland and Topeka, Kansas foods.

His food will vary from Hot to Bitter to Sweet. The man's name is Frank splshfitszx. He is from Topeka, Kansas. He is 80 years old and his hobbies are bicycling and photographing Bison and Wolves, which he hasn't done since they became extinct.

He has been generous enough to share some of his famous recipes with Public Notice. You'll have to admit they are unusual and exciting.

JUNK FOOD CASSEROLE

5 potatoes, sliced thin; add one cup of lard 3 tspoons of sunflower oil 4cup of peanut butter cup of pepper

Add salt, onion salt, oregano, arrow and Italian seasoning. Heat for three hours and smother with so; sauce.

CRABGRASS DINNER (can be made with cabbage too)

Boil crabgrass or cabbage with water and oil for five minutes. Extract oily layer using a seperating funnel and save for later. Mix grass with & cup of cooking oil and 3 gs of vinegar. Add salt and pepper and boil in a reflux condenser for 1/2 hour then dry in a desicator over magnesium sulfate. Add & cup of chopped almonds, & cup of cloves, \u00e4cup of tomali and oil extract. Blend, heat and serve.

HARVEY BANGUP (for those who 1 like that "been out drinking" feeling without alcohol.)

one shot of vinegar one dash of tobasco one nightshade berry

(can be fatal in large numbers) Dilute with orange juice and water and ice.



### Got a Pain? Watch Out for Quick Cures

BY KATE DUFFY - Consumer Affairs

United States came to over \$5 billion in 1972. Drug manufacturers have made equally high profits. Over the past 10 years, the drug industry, has ranked as one of the 2 most profitable manufacturing industries in the country (the other is soft drinks.)

Whats going on? Many everyday health problems are more annoying that dangerous. Left alone, people could cope quite well with such problems. But we are being bombarded with "miracle this and that" through T.V., radio, newspapers, magazines and labels on rows and rows of products filling drugstores and supermarkets. Got a pain? Pop a pill. An itch? Rub this on. Upset stom- States use prescription drugs at ach? Drink this. Consumers' Union (publisher of Consumer Reports Magazine) calls it the medicine show. Advertising agencies are the new medical educators of the public. The education style is basically the same. They work to induce alarm so that they can reassure and promise relief or

rescription drug sales in the benefit with every bottle, jar, and tube. Selling is their main purpose; thus, they state no more than what is in their interest.



Consequently, 60 million people use valium as part of their daily routine. About 2/3 of the United one time or another. An estimated 75 million Americans are taking 1 or more drugs on a regular basis. 70 to 80 percent of prescriptions written by private doctors are used by non-hospitalized patients. Over 15 million people take aspirin or combination drugs containing aspirin.

awesome and unprecedented-risks

of catastrophic accidents, the

terrorists. These are only a

·tating short-run consequences

few of the ominous possibilities.

Any one of these can have devas-

for the thousands of people who

will die slowly and for the tens

building of atomic bombs by

Prescription medicine keeps getting allergies you may have, drugs you stronger year after year and laws aren't strong enough to protect the consumer. So, the consumer must protect him or herself. For example, the FDA requires a drug manufacturer to test new drugs for safety and effectiveness. But the manufacturer isn't obligated to check the drugs' safety when used in conjunction with other drugs.

So how do you know if the medicines Keep written records of all drugs you take won't clash dangerously? and vaccines you take and any The best way to protect yourself is to know what you're getting into when you take medicine. Find out what you can from the doctor who prescribes or suggests the medicine in the first place. Don't be afraid to ask questions. Make sure your doctor has complete information about your health before accepting any drugs or prescriptions. This includes any

are already taking, pregnancies or present illnesses. Know the name and correct spelling of the drugs you're taking. When taking liquid medicines, remember to shake them thoroughly before you down them. This insures uniform distribution of the ingredients. If you are having surgery, tell all the doctors involved what drugs you take, including aspirin and other over the counter drugs.

allergic reactions to them. If you're pregnant it's especially important to keep accurate records of the date, dosage and any reactions that occur. Always read the labels of over the counter drugs before you buy them. It's not good to mix some over the counter drugs with prescription medicines. You can find out which ones by looking at prescription reference books in the Consumer Affairs Office, 901 Kentucky, Pm. 305B. Or ask your pharmacist for more information.

#### Letters from Our Readers

TO THE EDITOR:

Awesome Dangers.

Nuclear power represents the greatest single threat to the health and safety of humanity. These dangers are immediate,

TO THE EDITOR: Have you read British economist

E. F. Schumacher's book "Small is Beautiful"? Schumacher died this year and that is a great pity. For the "civilized" nations --especially the United States -need men like Schumacher to prod the insensitive, heedless and arrogant.

creation, Man is the highmost beautiful. But Man Therefore, SMALL IS 'UL and he, MAN, should not e for the huge, the super and that, like noise and c, but return to the simplic les. He should cease flouting Nature, as he has done in the last quarter century. Rather, he should work with it.

Again and again, Schumacher decries mass production. Instead, he urges a return to production BY THE MASSES. He quotes Thomas .Acquinas who said Man is endowed with two priceless attributes: a brain and hands. But unless they are used, they will atrophy and die, which great masses of unemployment, brought on by mass production, insures.

I have long thought that too much automation is "for the birds." For what does it do? Displaces people from the land--their land-creating megalopolii, and with them unemployment, disease and CRIME.

As the highest of all things created, Man should treat the lower forms with respect -- with noblesse oblige, as the kind should living cell tissue, causing cantreat his loyal subjects with kind cer and all manner of mutations.

of thousands who will suffer.

The long-run effects promise to be worse than anything our species has ever known. In fact, they may have virtually no end, for the damage could persist for 50 times the length of recorded. history.

consideration. This applies to

It's little wonder that our insurance policies are worthless should a nuclear accident happen.

-- Francis Blaufuss Westphalia, Kansas

both plant and animal life, of which combined there are over one and a half million species. Remember, in 1961, Rachel Carson's "Silent Spring"?

But Man has -- IS -- exceeding himself, and as a result he will eventually reap the whirlwind.

All Schumacher's chapters are heady stuff, but none more so than the one on the potential disaster to the entire earth if nuclear fission is allowed to continue, and this by the arrogance of the few, aided by their governments.

For once loosed, radiation cannot be stopped; and the alpha, beta and gamma rays thus released are particularly harmful to all

We could have deformed births. exceeding beyond imagination the thalidomide babies of some years ago.

The earth over millions of years was created in its marvelous fullness for all creatures -- "that enormous, wonderful, incomprehensible system of God-given nature of which we are a part, and which we certainly have not made ourselves." It certainly WAS NOT MADE for the few super-rich and super-clever to tell the rest of us what is right for us!

A critic wrote that he had never heard of E. F. Schumacher until he read this book. But having read it, he now would nominate him for the Nobel Prize in Economics.

Topeka, Kansas --Sarah Shoner

And the second s

### Old Time Snuff

BY BETTY GIBLER

Inuff is a very old product, originally used in England to clear
the sinuses, because of the damp,
foggy weather. Processed into powder, it was used at times to take
away the hunger pains produced
when there was a lack of food.
Some people use it by mouth, others
by inhaling it.

It is very popular in Southern states, the Midwest, and Northern states among field hands, factory workers, and a variety of laborers.

But contrary to beliefs that only poor, illiterate Southern people use it, it is very much used by well-to-do people, aristocrats and business people; in the 16th and 17th centuries, snuff was used mostly by the upper class people.

Although there is less mouth cancer produced by snuff than cigerette smoking, there is a risk of contracting mouth cancer after prolonged use by mouth.

when there was a lack of food. Snuff has been used for medicical Some people use it by mouth, others purposes too. In older days, it was by inhaling it. used to draw stingers out from insect bites and to put on mosquito bites to stop the burning and itching.

There's humor in snuff too. If a wife is mad at her better half, she can load up her mouth with snuff thus turning off a repentant husband coming home expecting a big kiss and making up.

All in all, snuff is a big seller in the tobacco market and a product used and enjoyed by many.

That's 'snuf this time.



Eagleman
is New
City Manager

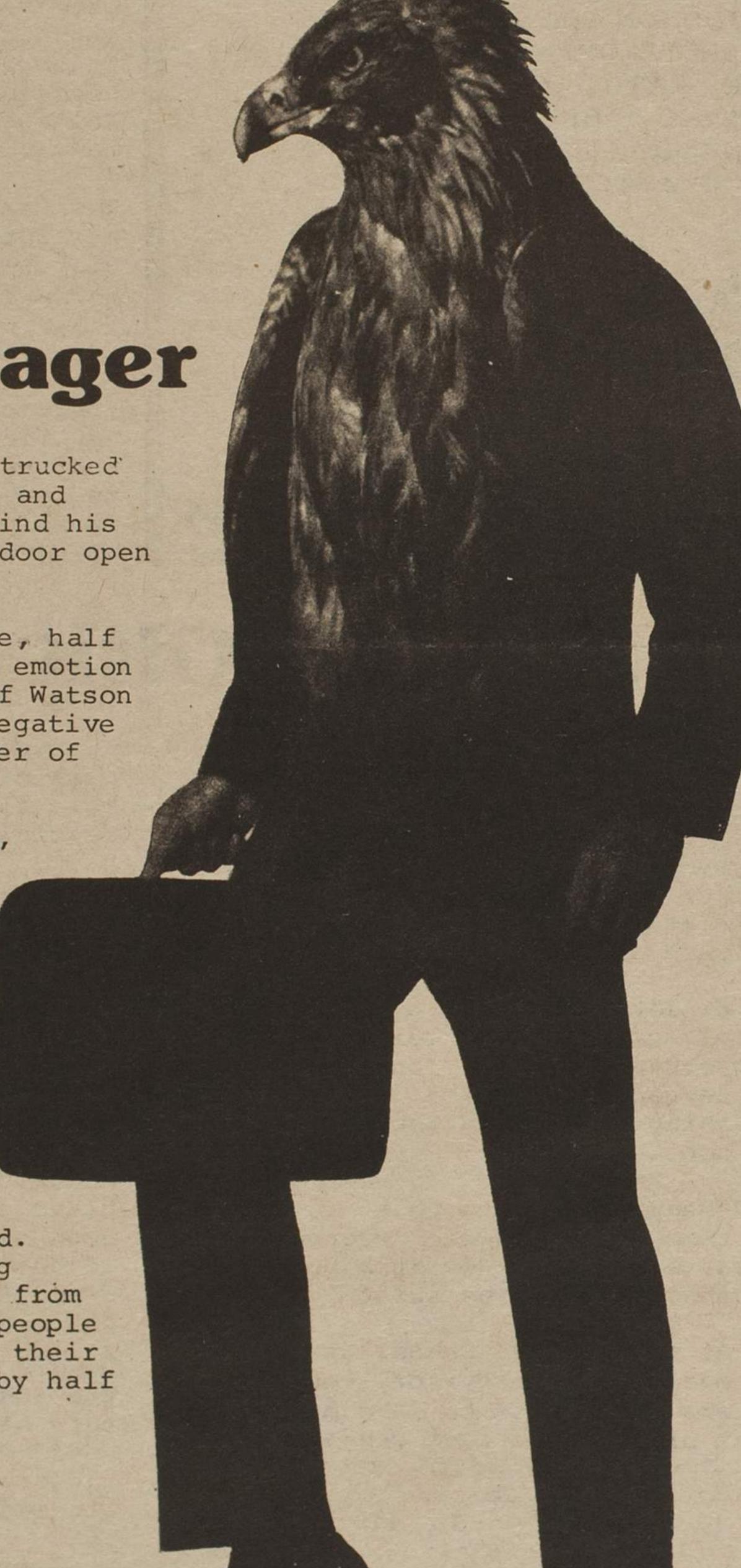
Corporal Daniel Eagleman trucked into City Hall yesterday, and caught Watson praying behind his desk when he flicked the door open with a certain hand.

Eagleman, being half eagle, half man, was surprised at the emotion playing around the face of Watson who was caught in the abnegative act by the new City Manager of Lawrence, Kansas.

Eagleman addressed Watson, telling him that eagles frequently showed more dignity than the manager, and implored him to rise to the erect posture characteristic of a man rather than grovel like a hound on the rug.

Watson rose and saluted the Corporal.
Clark stood near the
door and held out his hand.
Watson shook it, muttering
that spite had driven him from
government, and that the people
would soon tire of having their
trash collection managed by half
an eagle.

A bientot, Buford.



FROM US DOGS POINT OF VIEW

Please don't blame us dogs, for spreading your trash around, It took some people to make it, and so comes your frowns. We dogs seen a whirl wind come across our god's ground.

And turned your old trash cans up side down.
And your trash went round and

We dogs do have our litters; just leave us alone. We do clean and take care of our

We do clean and take care of ou litter! Us dogs don't smoke, and such

fool capers.
Running around signing our names
on mortgage papers.

Us dogs don't like to be tied up or in a pen
We'll take care of us--you worry about your sins.

--By Wilbur Ray

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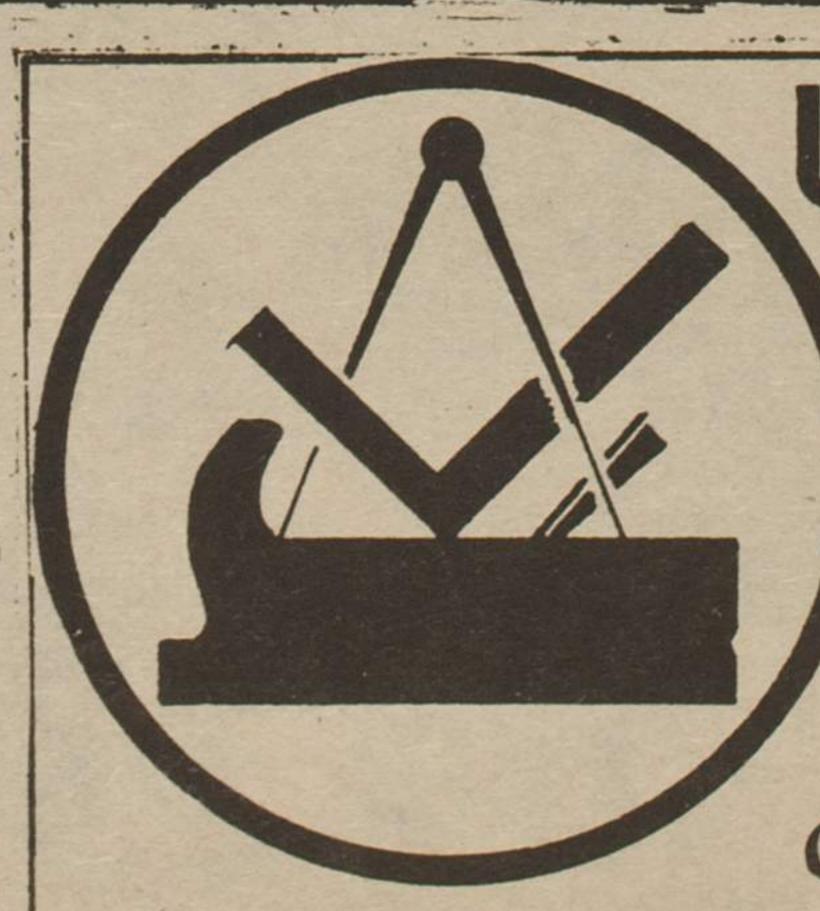
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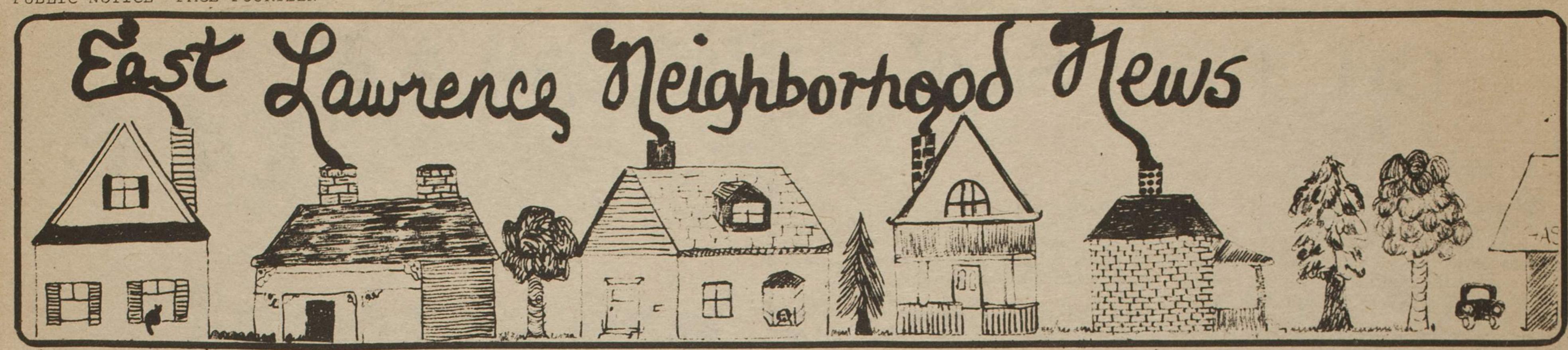


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#### RESIDENTS ALLOCATE FUNDS

by Louise Page

What's happening in East Lawrence? December's meeting of the East Lawrence Improvement Association proved there is much to be done and much being done.

The main focus of the meeting was deciding how to spend over \$6,000 of Community Development money that has been allocated to the ELIA.

The members voted to spend part of the money for the purchase of playground equipment at the New York Elementary School, which will soon be implementing a day-care program.

Some money will be donated to a Building fund for the renovation of Rev. Sims' house. Rev. Sims, who has served the group for many years, has received a housing grant from the City, but the amount fell short of what was needed for repair.

A neighborhood door-to-door survey also will be funded to obtain general information on housing conditions and needed areas of improvement. This survey will provide some part-time surveytaking jobs for a few East Lawrence residents. A supply of

smoke alarms will be parchased, although how they will be distributed has not yet been discussed.

There is still some money left to allocate. Other ideas not yet voted on are: planting some twoyear old trees in the more barren areas; historical markers; trash

cans and lumber for trash racks to clean up the alleys; equipment such as a roto-tiller, lawn mower and chain saw that residents could borrow; and winterization equipment for houses such as caulking guns, plastic and staple guns. Any resident or ELIA member with project ideas is urged to voice

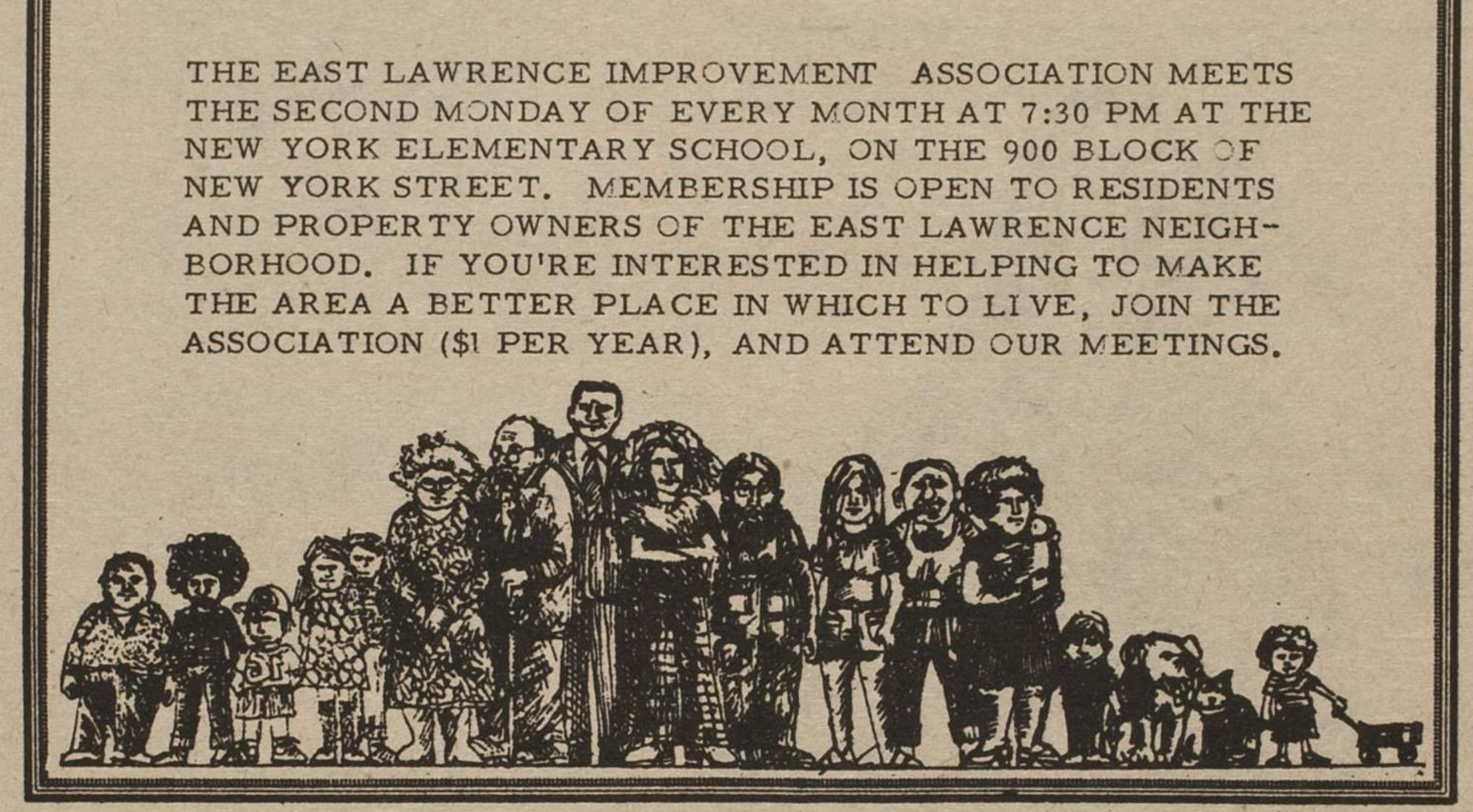
them.

Another big project underway is the development of a park. About \$80,000 was left by the late Maramee Hobbs in her will to purchase land for an East Lawrence park in memory of her husband, Earl Hobbs. The ELIA members present voted to recommend to the Parks and Recreation Board that the existing park at 10th and Delaware be improved with the money.

Richard Kershenbaum, ELIA president said, "This is the only logical place to spend the money." Otherwise, the area is sure to become industrial. The 10th and Delaware park is the only East Lawrence park.

The Parks Board will meet December 20th from noon to 1:00 to discuss the Hobb's Fark money, and make a recommendation to the City Commission.

So, a lot is happening in East Lawrence. It's refreshing to see concerned and friendly neighbors getting together to discuss these issues. The January meeting will be held on January 9, 7:30pm, at the New York Grade School.



#### DAYCARE PROPOSED FOR NEW YORK SCHOOL

by Betti Harris

After years of dropping enrollment that has prompted rumors of the closing of the only school in East Lawrence, plans are now underway to boost enrollment by offering a before-and-afterschool daycare center at New York Grade School.

Barbara Willits, chairman of the advisory board from the Lawrence Schools Area Council, said the daycare center program would make New York Grade School a magnet school by attracting students from other schools in the district.

The proposed day care center would allow children to be delivered by their parents to the school at 7 a.m. and then picked up at 6 p.m. each school day. The children would be in the daycare center only before and after the regular school session. They would then be enrolled in school classes the rest of the day. Enrollment would not, as it is presently, be restricted to children who reside in East Lawrence, but would be open to any one in Lawrence who wants the daycare services.

The estimated fee to participate

in the program is \$10 a week for each child and \$5 for kindergarteners.

For an additional \$3.50 a day, the center would also be open whenever school is closed, except for national holidays.

Jacki Kirk, a member of the advisory board, said that qualified persons would supervise the children.

"Transportation will be left to the parents," Kirk said, "except for children in special education. We hope to offer transportation for these children." Willits said, "People are desperate for daycare centers. Many working people are looking for or need dependable, responsible and attractive babysitting sources. This program would offer these things."

The center proposal was prompted in February when the School Board discussed strategies to prevent the closing of the school by increasing enrollment at New York.

New York's enrollment has dropped from 314 to 100 in the past eight

years. Five of the 14 classrooms are being used as classrooms. The other classrooms are used by the schools district as libraries, special cases. audio-video rooms and offices for counselors. Many of the classes are combination ones, ' such as third and fourth grades.

Willits said many of the residents of East Lawrence were upset last February because "any time a neighborhood school closes, something is lost in the neighborhood.

"Many of these people are longtime residents of Lawrence who have attended New York School themselves," she said.

At the Oct. 24 School Board meeting, the advisory council was authorized to make plans for a proposed daycare center. The advisory board expects to present the daycare proposal to the school board early in 1978. Willits said their goal was to have the service by fall 1978.

A survey conducted in September by the school district indicates that 78 parents have an immediate need for the center. This would mean 98 children of these parents are interested in enrolling.

The people requesting day care weren't concentrated in any one area of town.

Kirk said the council was encouraged by the results of the survey, even though only 78 or about 5 per cent of those who returned surveys incidated they needed the service.

"We are not working on the idea that our program would be successful if we filled the school," she said, "just mostly fill it."

Each student in U.S.D. 497 was given a survey to take home to their parents. Of 3,288 surveys distributed, 382 were returned.

Fifteen of the 78 families who say they need the daycare center indicated that \$10 a week was too expensive.

Kirk said the more students who participate in the program, the more flexible costs could be for

The cost may be reduced for those using the service only before or only after school.

Eighty persons who returned the surveys included comments and questions about the service. Some were against the service such as the person who wrote: "This is a parent's total responsibility. If these practices continue, the schools will soon be bedding down the students. If parents continue to have children, they should be responsible for them."

Others were more concerned about the cost to tax payers. Most of them said they were "definitely opposed to tax-supported daycare indiscriminately provided for all students in their district."

Kirk said a minimum of 48 students would keep the program completely self-supporting.

The proposed daycare program was commented on favorably by some. One person wrote, "Each of the last four years we have had to locate a new sitter for after school care in the Broken Arrow district and have had an awful time finding one. There is a need for the type of program you suggest and we would be interested in discussing it with you."

The advisory board is now planning the fine points of the program which includes what equipment will be needed, what rooms will be used for the program and its budget.

Kirk said that the East Lawrence Association for Improvement of New York School and the PTA area council may provide the initial money for the program.

"We want to get the school going," Kirk said. "New York is a bit ignored because it doesn't have enough children to be a viable school. We hope to change that."



EAST LAWRENCE'S NEW YORK ELEMENTARY SCHOOL