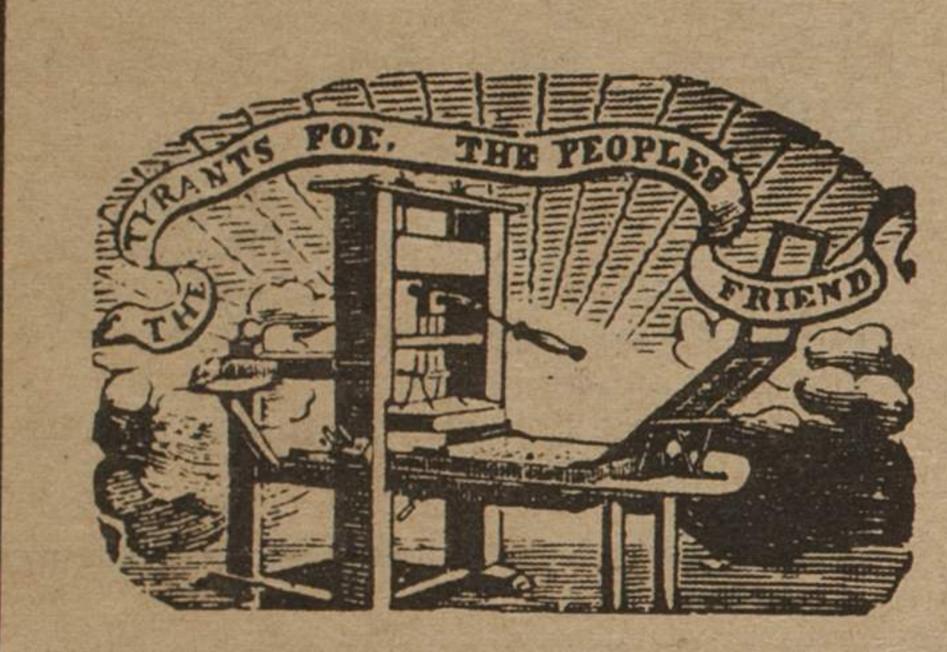
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sity 6045 **PSSET** 

# Reared on Irish Spuds, He's Turned Sweet

Story on Page 3



Public Notice

In Cooperation with the Community Mercantile

Vol.III No.5 APRIL 1978 Lawrence, Kansas

# STORM OVER WOLF CREK

BY THE STAFF

Abillion-dollar-plus nuclear plant is slowly rising out of the prairie along Wolf Creek near Eurlington, Kansas. But just 75 miles to the north in the state capital, a storm is brewing.

Some Kansas State Legislators have joined a growing number of people who are questioning the need for nuclear power in Kansas. Confronted with conflicts between what the utility companies who own the plant say and what they actually do, the legislature has created a special committee, armed with subpoena powers to call witnesses, to investigate the claims by utility companies that Kansas needs nuclear power.

What Kansas City Power & Light and Kansas Gas & Electric, joint owners of the Wolf Creek nuclear power plant have said is that Kansas really needs nuclear power to meet the "growing demands" of residents.

But contrary to their claims, KCP&L recently began "detailed negotiations" to sell power to a Nebraska utility company.

The special legislative panel will be investigating whether the utilities lied to them in intentionally overestimating power demands to win approval to build the plant.

In addition to the legislative investigation, the Attorney General's has instructed his consumer protection division to study whether electricity demands

were exaggerated when developers obtained a license and water contract needed to operate the plant.

When the 1976 legislature was debating whether to sell the utilities water from John Redmond Reservoir, located near the plant site, KG&E and KCP&L presented figures showing that demands for electricity were on the rise and would continue to climb in the future.

PAGE TW



"This survey indicates you can fool seventeen per cent of the people a hundred per cent of the time, thirty-four per cent of the people fifty-one per cent of the time, and a hundred per cent of the people twelve per cent of the time."

# What's Culturing in K.C.?

A unique conference on alternative journalism and popular culture is in the planning. The Midwest Conference on Alternative Journalism and Popular Culture, is scheduled for May 31-June 4 at the Foolkiller, a non-profit grassroots community and cultural organization, in Kansas City, Mo.

The conference will include writers, journalists, folk and country musicians, alternative theater groups, film makers, craftspeople, educators and community organizers from across the country.

Some of the areas proposed for the conference are:
BROADCAST JOURNALISM--"Intro-duction to Community Radio,"
"Public Radio and Public Res-ponsibility"

MUSIC AND PEOPLE'S CULTURE-"Organizing Folk Festivals",
"The Midwest Bluegrass, Jazz,
Folk, and Country Tradition",
"This Guitar Kills Fascists:
How to Win Hearts and Minds
with Music", "Popular Music and
Women".

WRITING, PUBLISHING, AND
JOURNALISM--"The Alternative
Newspaper: How to Make It
Survive", "Writing Reviews:
Music Theater, Books", "Cartooning and Illustrating",
"Grantsmanship: Sellout or
Salvation".

THE SELLING OF THE PEOPLE'S CULTURE--"Food and Commodity Coops: Short Circuiting the Middleman", "Small Business Skills".

Other subjects include: law, crafts, alternative theory,

film, creating grassroots cultural organizations, technology, drama, and mental health.

If you want to help in the planning of the conference, attend the final planning meetings April 1, 1 to 4pm, and April 2, 9am to 1pm at the Foolkiller, 39th and Main.

Cost for the entire conference including evening programs is \$30 advance (before May 24) and \$35 at the door.

Send checks to Midwest Cultural Conference, 2 W. 39th, Kansas City, Mo. 64111.

PUBLIC NOTICE hopes to see you there.







PUBLIC NOTICE PAGE TWO

## Storm

FROM PAGE ONE

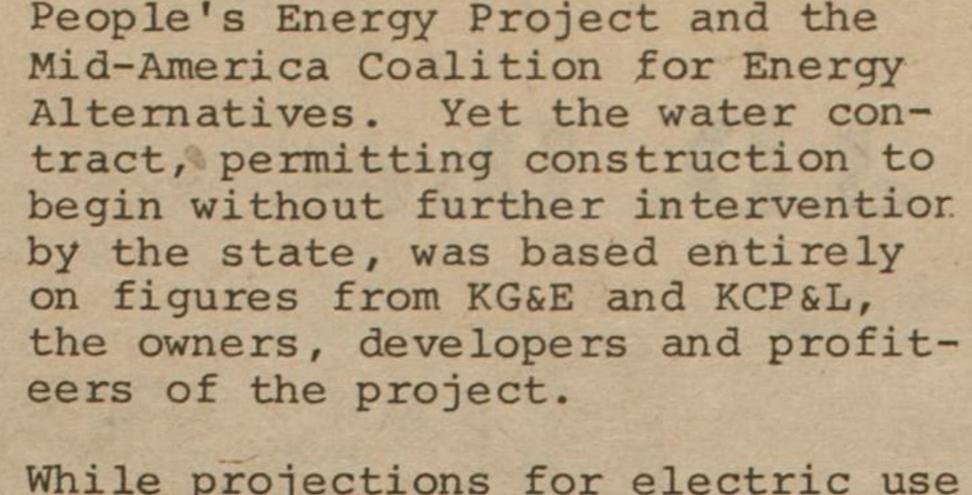
As late as last fall, a top KCP&L official told the legislature that the plant was needed to meet Kansas energy demands.

The utility companies used a method, however, which resulted in the highest projected growth of peak power needs. They based their projections on 1963-73 peak loads, disregarding the fact that higher prices and conservation measures had slowed growth in demands.

The utility estimates for 1973-77, for example, have exceeded actual peak growth by 100 per cent.

Utility lobbyists and some state officials put pressure on the legislature to approve the water contract. Governor Robert Bennett told the legislature that, "brownouts" were sure to happen in less than 15 years and possibly within 8 years if the plant wasn't built.

Little attention was given to estimates by other groups that the electric needs were considerably less than estimated by the utilities, nor was there a detailed discussion of the costs and financing of the plant.



While projections for electric use were wildly high, utility company projections for construction costs were too low. Actual costs are expected to run considerably over the present \$1 billion estimate by the time the plant is finished in 1983.

To make matters worse, the plant is being built on a cost-plus contract, which provides that as construction costs rise, the utilities must pick up the increases. Increases are then passed on to electric customers.

Calling for the investigation were: Sen. John Simpson, R-Salina; Sen. Arnold Berman, D-Lawrence; Rep. Robert Miller, R-Wellington; and Rep. Donald Mainey, D-Topeka.

The basic question to be explored is whether the legislature was mislead, according to Rep. Mil-

"We should proceed today to show the people of Kansas that the legislature is more than a bunch of pesky gnats who will go away with the wave of a hand," he said.

Additionally, the committee will investigate:

--whether a proposal by KCP&L to sell 17 per cent of its interest to a Nebraska utility is in the best interest of Kansas.

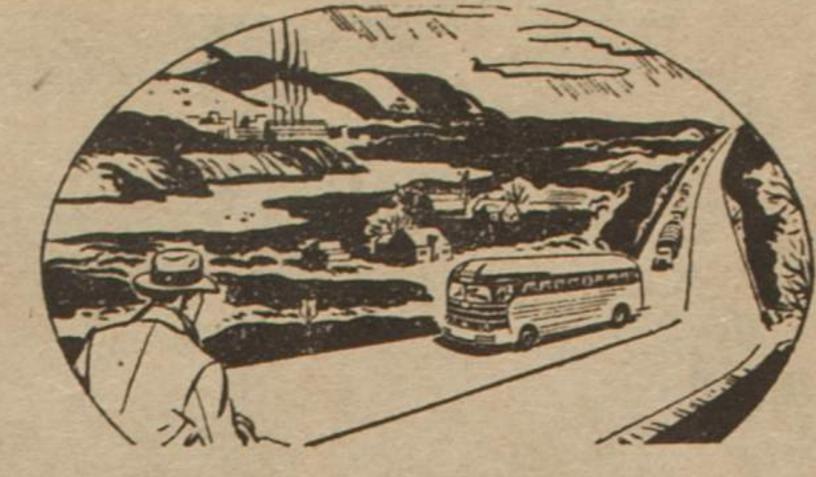
--whether Kansas utilities were given a chance to buy an interest in the plant.

-- whether state laws permit regulation and monitoring of the

If you'd like to comment on the question of nuclear power in Kansas, direct your letters and phone calls to members of the special investigative panel that is now checking into the Wolf Creek Power Plant. Members may be contacted through the State House

Rep. Donald Mainey, D-Topeka, chairman; Sen. Elwaine Pomeroy, R-Topeka, vice-chairman; Sen. Robert Talkington, R-Iola; Sen. Arnold Berman, D-Lawrence; Rep. Richard Brewster, D-Topeka; Rep. Ben Foster, R-Wichita; Rep. Robert Miller, R-Wellington.

investigation by the end of April.



#### Can You Picture. KANSAS without Highways?

Upon having traveled from the naked Pacific beaches of southern Mexico, through her verdant jungle mountains, across the primitive deserts of Arizona and New Mexico. the generous plains of Texas, Oklahoma and Kansas--then onto 23rd Street: If Manitou could have shown the Native American what the white man was going to do to this strip of prairie grassland, he would not have rested until the last pale face was on a boat heading back across the ocean or until the last red skin lay bleaching under the desert sun.

-- Alan Hurlbut

#### What Was Good for the Railroads...

he Mount Oread Bicvcle Club. is sponsoring two public rallies and a bike hike on Sunday April 9. The events have been organized to marshal support for the creation of a bicycle path between Lawrence and Tonganoxie.

A railroad right of way between the two towns is being abandoned. There is competition among adjacent landowners, groups wanting to maintain rail service for tourism and profit, and those who seek to establish a bicycle and pedestrian path.

A rally to organize the rail trail bike tour will begin at 10:30 a.m. at the South Park Gazebo. The group gathering at the park will bicycle to Tonganoxie for a 1:00 rally there.

For more information, contact the Mt. Oread Bicycle Club at 864-3477.



"NEW GAMES" were played in South Park on Sunday the 19th of March. Spring's arrival and Lawrence's playful souls were definitely a successful combination. If you want to join in the fun and meet some folks, drop by South Park (near the recreation center) on April 2. We plan to play at least every other Sunday. Everyone WELCOME!!!



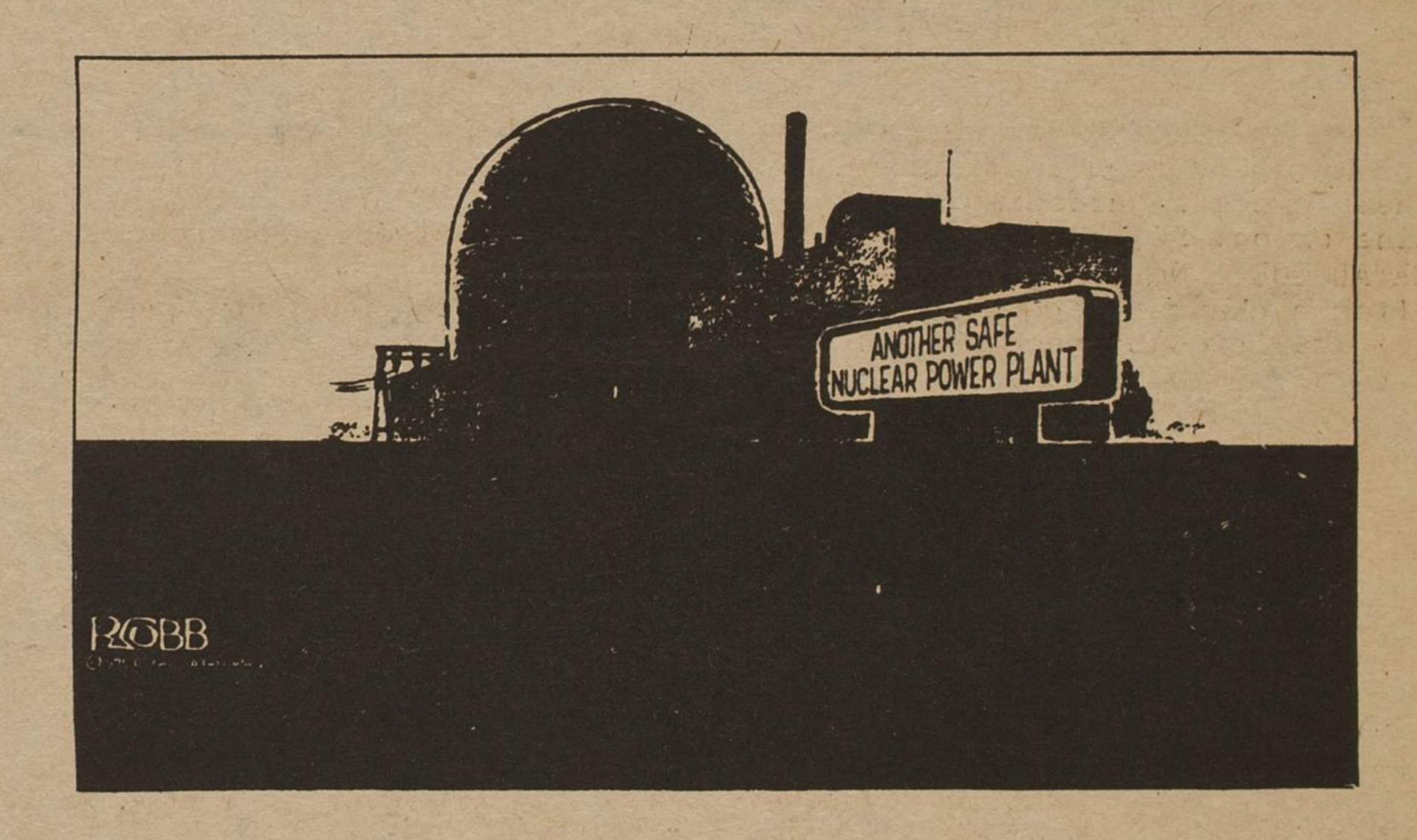
With the power plant now under construction, the legislature has finally begun to ask some of the basic questions that failed to be raised two years ago.

The legislature and the public was warned that the estimates put forth by the utilities were inflated by citizens groups such as

proposed sale.

in Topeka. They are:

The committee should complete its



FROM THE PARSONS SUN March 13, 1978

Lo believe Kansas Gas & Electric as that utility tells the story is to believe that nuclear power is flourishing and has few if any problems.

More objective sources, however, tell quite a different story: Nuclear power never has had so many troubles.

The Wall Street Journal, a highly reliable newspaper, said in a full length story published only last week that "nuclear power, once considered the panacea for the nation's future energy needs, has fallen on hard times.

"Grandiose plans to dot the landscape with 1,000 atom-powered generating plants by the year 2000 are only memories now. Today, projections call for only 400 such plants by the end of the century, including 67 already completed. Even that may be too optimistic. In the past three years, utilities have ordered only 13 new reactors; in the decade before that, they were placing orders at the rate of 20 a year.

"Nuclear power's problems aren't simply the result of vocal critlong before they moved. They've

ism, of course. There are unresolved questions related to reactor safety, the disposal of nuclear-plant waste and the availability of nuclear fuel. Moreover, cost overruns and construction problems at many plants, along with unexpected slowdowns in the growth rate of demand for electrical power, have increased the economic risk of building big nuclear plants."

Kansas also appears to be experiencing a case of severly inflated nuclear plant costs. KCP&L at any rate is seeking to unload part of its burden in the new Wolf Creek plant, being built with KG&E, by selling a share to Nebraska power cooperatives.

KG&E consistently has minimized the cost and other problems as if they were of little moment to the consumer who will pay the final bill, whatever it is.

The public needs more facts and it is good that the Kansas Legislature is preparing to look into the projected sale to Nebraska interests and related questions. Citizens are entitled to know, not be kept in the dark while awaiting painful rate increases.



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

PUBLIC NOTICE SUBSCRIBES TO PACIFIC NEWS SERVICE

Those contributing to this issue: CHUCK MAGERL, SUSIE HANNA, KATE DUFFY, JACOB FLAKE, PENNY DAVIES, ANN SCHMIDT, STEVEN SKOLNICK, PATTI HACKNEY, SHEREE WELCH, PAUL JOHNSON, STEVE TREASTER, LAURIE SCHWARM, JENNIFER SHAW, BARRY SHALINSKY, JOYCE STEINTER, MARCY MAU-LER, DON ZAVELO, DAVID BAIRD, DAVID HANN; JANE NICHOLS, JOLENE BAB-YAK, DOROTHY SPRINGER, SUE BRYANT, CINDY HAGG, OCOEE MILLER, DIANE LUBER, LARRY SCHWARM, DAVID VAN HEE, CHARLES HAMILTON, DOUGLAS PAL-MER, TERRI TORK, ED BOLES, MICK RANNEY, DAVE EVANS, RHONDA NEUGE-BAUER, MOLLY VAN HEE, AND SPECIAL THANKS TO THE FOOLKILLER, ELIA, OREAD NEIGHBORHOOD ASSOCIATION, PEP & EMILY.

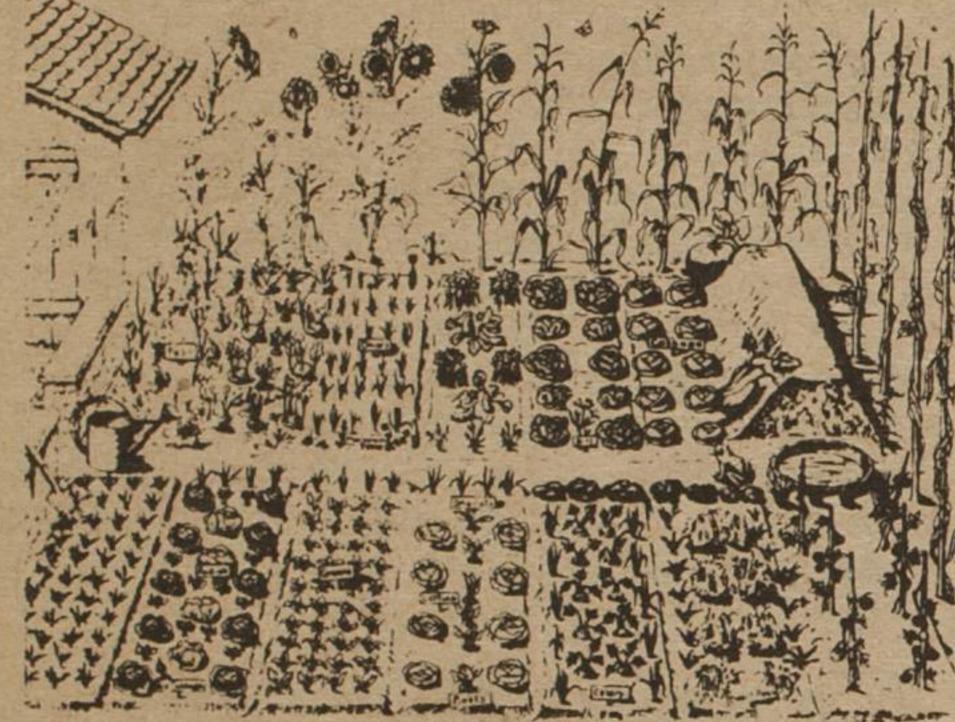
The second was the bout garden no by watching his

# Down to Earth

By Anne Haehl

Is this your first year with a bit of ground for a garden? Or have you made some attempts to garden before, and had little return for your efforts? If you're strictly in the beginner class, this article is for you.

One note, first. Some of us are discouraged by the idea of the "green thumb". I thought some people could just make plants grow, and I couldn't. Or our more mystical friends may talk to plants or claim to really, deeply understand them. While there may be some truth to these ideas, if someone gets a better harvest than you, he probably knew better what that plant needed, and more conscientiously provided it.



With courage, then, proceed to get information for your garden. Three sources make a good start: seed catalogues, the county extension, and a book setting out the Ruth Stout system.

Seed catalogues are advertised in all types of magazines. If you have any trouble finding them, check a gardening magazine or pg. 56, WHOLE EARCH CATALOGUE. Not only do they offer a chance to compare price and qualities of seed varieties, but they offer essays on topics such as double-cropping and wide-row planting.

The second main source of information is the Douglas County Extension. They will send materials if you call, but I'd really recommend you make a trip

there (2210 Harper) to look over the wealth of pamphlets available. Be sure to get "Recommended Vegetable Varieties for Kansas" and "Kansas Garden Guide". Note that planting hearty varieties will help avoid the need for insect sprays. If you have problems later, the extension agents are most willing to help.

Finally, I recommend getting one of the books by Ruth Stout, such as the NO-WORK GARDEN BOOK, Bantam, 1971. This marvelous, no-nonsense New England woman tells you how a heavy, year-round mulch will help you avoid the expense and danger of poisons, save water and weeding, and eliminate roto-tilling.

Now, armed with all this information, and drooling over the beautiful pictures, you can plan your garden. You need two plans -- one for space, and one for time. For the space plan, sketch the area(s) where you might plant your vegetables. Be sure to include trees and fences or buildings that will shade the garden. You might scratch down some notes about soil and drainage if you have a large area. (Incidentally, the extension can arrange soil tests, too.) You may well want more than one spot--for example, tomatoes in full sun to get a good start, a few plants by the house to bear through the hot summer.

Plan your time on a big calendar, considering your other commitments as well. It is very important to consider harvest times as well as planting times, or you may find, like me, that the beans dried out before they were noticed. Seed packets will list how many days it takes plants to reach maturity, and it's easy to count off from the time you expect to plant. Some dates will need to be estimated and later adjusted, depending on the exact date of the last freeze and so forth. (The extension column in the newspaper lists such useful facts.) Remember to list 2nd or 3rd crop plantings.



The final stage of preparation is to buy your materials. Of course, you have your seed catalogues, but you'll probably want to get live plants from a local nursery. I've found them knowledgeable and anxious to help. Remember, the nursery

and the seed companies have a stake in your success. Their reputation depends on it. Anyway; why should you just get seeds when you can get seeds plus information? Good luck and good harvest!

Gardening for your Health

#### Do it Walter's Way!

By Walter Babbit

Trowing a garden can be a healthful pursuit. In the last five years more people have taken up gardening than ever before.

They have watched their neighbors save money by eating vegetables out of a garden in their own backyard. Not only do you save money, but one gets valuable experience that could save on doctor and hospital bills.

Things to do this month:

- 1) Transplant asparagus plants. 2) Buy tomato plants and put in garden soon as it is warm.
- 3) Plant seeds of vegetables such as peas, potatoes, onions, carrots, beets, and lettuce.

Why should you have a garden?

- 1) Save money
- Will force you to exercise a little more.
- 3) Be good for your health. You will have fresh vegetables to eat, and not depend on shipped in vegetables.
- You will have better nutrition.

PLANT A GARDEN IN 1978!!!!!!!!

# "Grab A Spoon And A Lb. Of Butter"

By Susie Hanna

ames Dresser likes to work with his hands. You can see the years of hammering, hoeing, digging, carrying and tinkering in his large, strong hands. Dresser's passion for "puttering" is written all over his North Lawrence home. Gardening magazines covered the living room.

Cacti, tropical plants, tomato plants, spring seedlings, tulips and houseplants of all kinds are growing in brick planter boxes, which Dresser built, toward the large sunny picture windows on the north and south walls of the family room. Dominating the room is a large, round, fireplace which Dresser and his son built from bricks, using an old airplane tail pipe for the chimney.

In the garage and the basement is an incredible collection of old motors, parts, scrap metal, boxes, refrigerators, washers, and other old appliances which have been pushed out for the arrival of newer, more modern replacements. "Of course, I can't throw anything away," Dresser explains. "It might come in handy some time."

But Dresser's main interest lies outdoors in the rich North Lawrence soil where he annually plants a garden on an acre of ground.

As a child growing up on a farm south of Lansing, he learned about gardening by watching his



mother. Irish potatoes, their staple crop, took up an acre of their huge garden plot.

"We ate a lot of potatoes," he chuckled.

Dresser and his wife lived in East Lawrence from 1926 until 10 years ago when they moved to North Lawrence. But the good, river-bottom soil of North Lawrence had attracted the Dressers. long before they moved. They've been gardening north of the river for 30 years.

"To appraciate North Lawrence, well you have to understand it," Dresser explained. "North Lawrence kind of has a bad image, you know, like East Lawrence. But this North Lawrence soil, its partly sand, it'll grow anything."

Dresser keeps several hundred pounds of potatoes in a root cellar in his basement through the winter both for table use and for spring seedlings. Although Dresser sells some of his produce locally, most of the vegetables and fruit they grow is used by the family. They can it, freeze it and even press it.

Dresser is particularly proud of the apple cider press he built. Every week in the fall on what they call "Cider Sunday" the Dressers sell their freshly pressed apple cider. What they don't sell in the fall is stored in wooden barrels in the basement.

Dresser is still learning about gardening. He's attending weekly County Extension classes on gardening. He's an avid reader of seed catalogs, gardening magazines, and books. And, he's always ready to try a new method.

"I've been finding out that I've been doing some things wrong for over 20 years, " he said. "There's always new things to

he Dressers grow a wide variety of vegetables along with fruit trees, berries and flowers. But Dresser's speciality is the sweet potato. He's been growing them for 20 years.



Dresser says he grows sweet potatoes because they're fun. The fun is in the comparison, he says. "We had a four and half pound sweet potato this summer and I told a fellow about it that lives here north of town and he shut me up real quick. He said he had one laying out that weighed six pounds! So I quit braggin' about it there."

Sweet potatoes are also fun to eat. With at least 20 years of experience behind him, Dresser has concluded that the baked potato is the best.

"The best way to eat a sweet potato is to get yourself a pound of butter or oleo and a sweet potato baked. Break it in two and Extearn. The start eating the start eating

PUBLIC NOTICE PAGE FOUR

The State Attorney General has been asked by Douglas County for a legal opinion to establish whether assisting in the birth of a baby outside of an established, licensed hospital, constitutes practicing medicine without a license.

The request was prompted by the recent death of an infant following a home birth.

The following letter was written in response to a series of articles that appeared in the Journal-World. Molly Van Hee recently gave birth to a healthy baby girl in the privacy of her own home.

Dear Editor,

The recent articles on home birth appeared to be inaccurate at best and biased at worst. Any interested person who studies home birth would find that there are medical professionals comparable to those quoted who currently aid in and/or fully support home birth. I know such people personally.

The damage or death of a newborn child is a difficult experience for parents wherever it happens. To suggest that giving birth at the hospital is the best way to avoid this is inconclusive. Our country does not have infant mortality rates to be proud of. We compare unfavorably with many other countries, some where home birth occurs extensively. The risks to a new baby that are more common in the hospital setting include infection and medical over-intervention. The statistics comparing home births to hospital ones simply do not warrant the negative attitudes highlighted in the articles.

As for the local people that the newspaper calls "lay midwives", to my knowledge they neither talk people into home birth nor "actively intervene" to keep them from going to the hospital. Nor do they take money, apply eye drops, give episiotomies and stitches, or of all things, perform Caesarean sections! Expec-



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"Emerging Woman"

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#### IETERS

tant parents in the Lawrence area who choose home birth do so at their own risk and for their own reasons.

This is not to say that I feel my child or I deserve second best after choosing to give birth at home. As one of many parents who made that decision after car careful thought and study, I do not believe myself to be either uncaring or irresponsible toward my child as stated in the articles.

I am not opposed to home birth attendants being licensed. On the contrary, I am appalled by the unwillingness of our local medical community to support such people. This refusal of those in control of medical technology to provide it at home births creates a vacuum for lay people to fill out of pure necessity. Far better for our local doctors to work to provide legal and safe home births than to try to talk people out of them.

I call for the local medical community to immediately examine the roots of its objections to home birth. Doctor Steven Bruner was quoted as saying, "There is nothing wrong with home delivery if it's done right, but you have to go to the Netherlands to get it right...they've got the technology, but they've melded it with the home." I would like to add Canada, England, and the Stephen Gaskin Farm in Tennessee as other places where home birhts take place with safe results.

If medically safe home birth is possible anywhere, certainly it is possible here. For the many of us desiring this option, why is it not available?

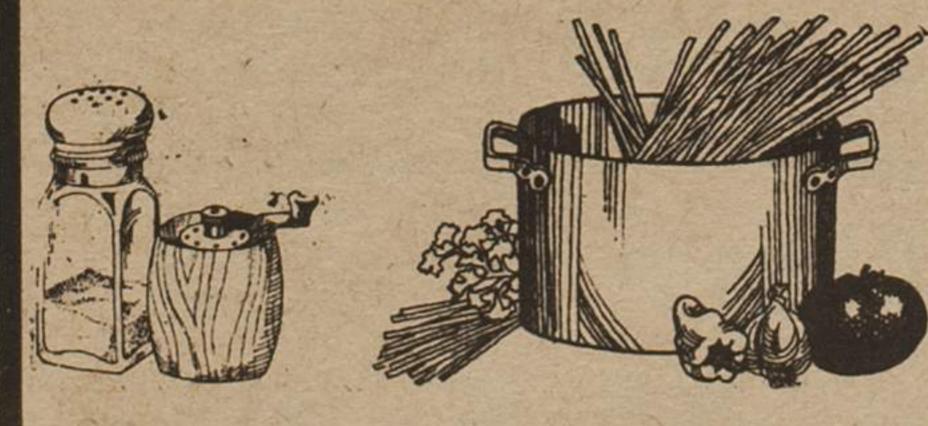
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Dear Public Notice:

I was very disappointed when I read your article about the Lawrence Housing Authority and the Section 8 program pending.

Your article lacks accurate information, picks up on issues out of context and presents a most unfair picture of the Lawrence Housing Authority. You set out to build a critical case against the Authority and me, and you accomplished what you set out to do. I wasted my time giving you an interview, and I will never do so again.

Now as to Abner Purney with the HUD area office, his statements would raise doubts about the Authority's intentions for Section 8. My personal communications with that office have been with other officials on Section 8. Did it not occur to you that since the Section 8 has not had the success other housing programs have, and so few units have been leased, and it's the only program available right now that it is HUD's job to push the program over-much. Mr. Purney's office is closing in May, I'm sure he wants a transfer to the next HUD office. You didn't expect HUD to take the credit for any oversights in communications with the LHA's which may have resulted in not contacting or leasing units, did you?

As for Mr. Purney's comment that we should do anything necessary in rent studies if we want the program, studies have been done. The LHA did all this work, no one else.

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#### HEADQUARTERS

DRUG OR PERSONAL CRISIS ?

YOU'VE GOT A FRIEND

WE NEVER CLOSE

841-2345

1602 Mass.

Since the original application for 40 units, the Lawrence Housing Authority has presented every stage to HUD with the same opinion, the fair market rents are too low to work in our community. We did not know HUD could or would approve higher increases until Mr. Smith suggested that this might be possible. If the League told you otherwise, they gave you incorrect information. It was not possible to request the increases as Mr. Smith suggested by a study. This is for programs in operation. The method for requesting the 19% increase was not previously known to the LHA or HUD-could hardly have been information we would have available to us without HUD communicating it to us.

As to your making an issue of the amount or possibility of initial financing as brought up by Philip Kissam, this is not an issue and has never been an area of concern for the Housing Authority. Mr. Kissam has been told this in the past. I am tired of trying to tell Mr. Kissam anything.

I have always been aware that development financing was available for the first fiscal year of the program. My Section 8 Handbook says \$275.00 per unit, but if Mr. Purney says \$200.00, then \$200.00 it is. However, since this was not the problem, there was and is no point in discussing it. You failed to ask me about this in our conversation, and I feel you owe an apology for that.

Only someone totally unfamiliar with housing would compare the Lawrence community to that of Topeka. You neglected to mention Topeka's prior involvement with landlords through leasing programs before entering the Section 8. And you neglected to comment on a very similar community's experience with the Section 8, Manhattan.

I work too hard and care too much about the Lawrence Housing Authority to accept this type of criticism without recourse. I personally resent being used as a routine exercise in apprentice journalism or for the entertainment of amateur citizen participants in public housing.

Thank you for your attention.

Sarah Peters Executive Director.

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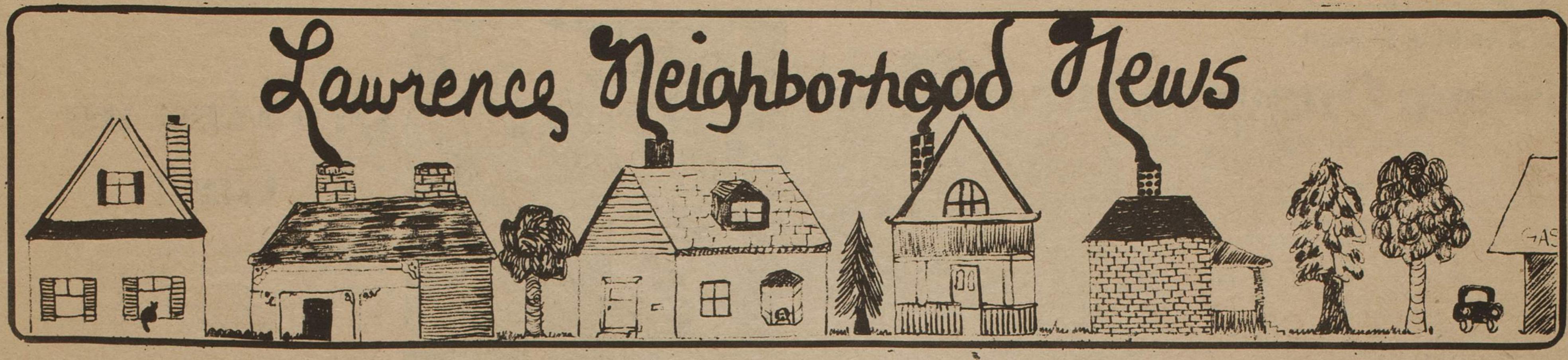
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# Oread Folks to Meet April 3rd

By Bob Marvin

Hout 20 people attended the February Oread Neighborhood Association meeting. Discussion centered mainly on the upcoming neighborhood survey. Garner Stoll of the City Planning Office attended the meeting to discuss the housing surveys which will be used in formulating a comprehensive plan for the Oread neighborhood. We decided to set up a committee to assist Garner in the survey and nine members signed up.

Edgar Boles showed "A Place in Time", a film about historic preservation in other cities around the country.

Forty people showed up for the March meeting. The major subjects discussed were the proposed law office at 13th & Mass. Community Development Fund proposals, and incorporating the neighborhood association.

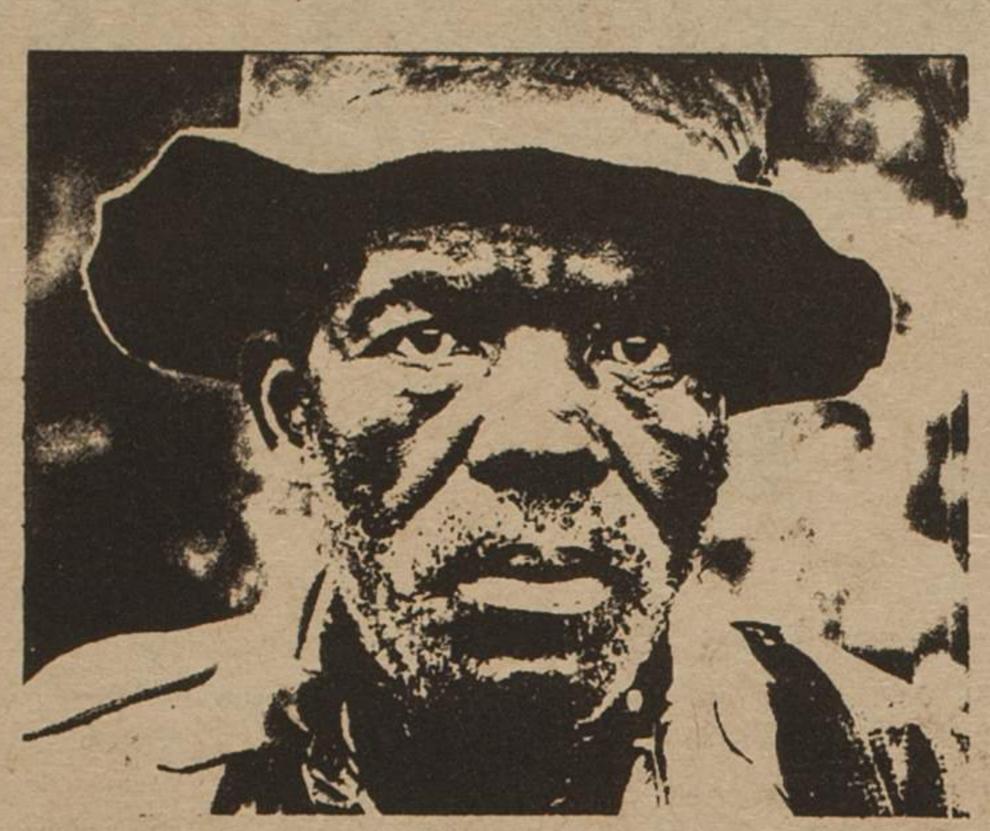
Richard Zinn and Fred Six presented the plans for their law firm's office located on the vacant lot between South Park and 13th St.

Marcie Francisco, an Oread member and representative to the Community Development Committee described their budget recommendations. They included a revolving fund for restoration of historic buildings, a renters' winterization project, and neighborhood associations' funding. Under this last proposal, Oread would receive \$8,000; \$3,500 for operating expenses (mailings, etc.) and \$4,500 BY DICK COWDEN in discretionary funds. The discretionary funds could be used for documentation of historic buildings kicking around a quietly radical or for materials to be used in other projects such as cleanups or alley repairs. No firm commit- They are still filling in the dement was made on incorporating the tails to make it work; problems association.

meets the first Monday of every month at 7:30 pm, at the South Park Recreation Center. The next meeting will be April 3.



# EAST SIDE STORY



By Kate Duffy

he March 13th ELIA meeting was attended by 20 people. All sorts of things were discussed, including the Community Development proposals, VISTAS in East Lawrence, the Historic District,

Susie Hanna has been working hard at getting the ELIA and Watkins Museum some money from the National Endowment for the Humanities Youthgrant. She'd like to interview some of East

Lawrence's oldest residents about what it was like 50-60 years ago in Lawrence. All this information would first be on tape and then typed into narrative form, a kind of book which would stay at the Museum. Later, an exhibit would show there.

Richard Kershenbaum informed us that the Historic District nomination could be approved this summer. To celebrate the event we discussed holding an East Lawrence celebration in August that would coincide with the annual picnic date. The Museum would like to have a special East Lawrence photo exhibit at the same time. We discussed the possibilities of sponsoring a walking tour of the neighborhood and free buses to the Museum during the celebration. The money to do all this will come from the Kansas Committee for the Humanities and it would be sponsored by the TLIA and Watkins Museum.

The deadline for the grant application is April 15th so we should know by July if we are to get

the money. This money will help pay for a Director and a Researcher for 4 weeks to organize the event and to pay for the photo processing.

Judy Bailey reported that anyone who wanted trees should put their order in as soon as possible. The trees will arrive in the middle of April .

ELIA has also been asked to be a sponsor for VISTA- volunteers in service to America. We would have 2or 3 VISTAs working for the neighborhood association. They would be paid by the Federal Government. Barbara Willits has applied to be the VISTA supervisor.

Richard Kershenbaum and George Elston reposted that all was well with the Community Development Committee. They enjoyed working with the other representatives and felt they all were pretty much working for the same goals. Our proposals have been received well, especially the Housing Rehabilitation.





he folks at Penn House are idea -- a skills exchange.

such as how much is a haircut worth, or who is qualified to of-The Oread Neighborhood Association fer child care. In recent American history, coordinated bartering systems have appeared in hard. times as ways to sidestep the usual money economy. This one is intended to be different. Though its headquarters will be Penn House in East Lawrence, the organizers hope the exchange will attract participation from people througut the community.

The Skills Exchange is a system in which people can barter their skills. Basically here's how it will work: A coordinator maintians information on people and their skills and arranges matches with other people who need that particular service or skill performed. A person receives credit for services rendered. The credits are then used to purchase services from other persons enrolled in the exchange.

The exchange is being coordinated by Tranice Morrison and Cindy Hagg who will be explaining the exchange to local civic and church groups in the coming weeks. Kay Fletcher, a research assistant for KU's Institute for Public Affairs and Community Development, is administering the program.

Fletcher said people who sign up for the exchange will volunteer their services in any skills category they choose, from sewing to home repairs to tutoring. They will also pick services they wish to have done for them. All new members get eight free credit units just for joining.

The exchange's formal origins can be traced to last spring at "grant writing time." But the idea for it has been evolving at Penn House for years, Miller said.

"We've had people come in here with the most interesting talents, things, they didn't consider outstanding skills, "she said. "Hillbillies from East Lawrence -- farmers from the Mississippi Delta with recipes for skunk grease poultices for pneumonia -- that work! Just hearing about recipes we started to learn about all the talents these people had. We had women who made beautiful quilts. There was one who made a great jam out of peach seeds; not peaches, but the pits, the way the poor people do."

Miller said among many in East Lawrence the exchange has been functioning informally for a long time. "We wanted a real exchange so they didn't have to depend only on the people they knew."

#### HOUSE OF USHERES

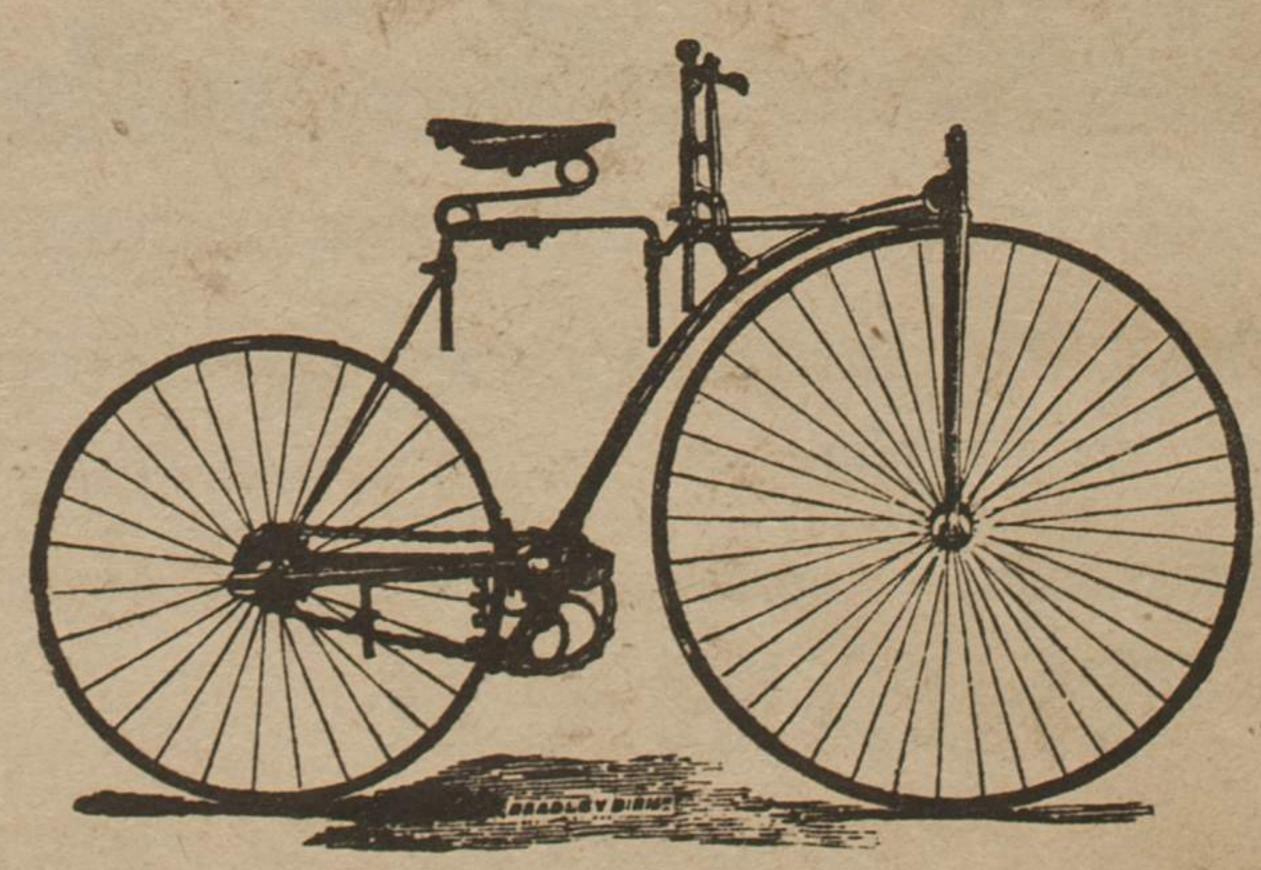
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LATIN AMERICAN SOLIDARITY

#### Group Opposes Imperialism

By Rhonda Neugebauer

The Latin American Solidarity Committee, a recently formed political action/education group in Lawrence is already thriving. Their first public project will be the showing of two free films on Tuesday, March 28 at 7:30pm in Spencer Art Museum. Both films are being co-sponsored by the International Club.

"Compañero" is about the life of Chilean singer and poet Victor Jara, his brutal torture and public execution. Victor Jara was part of the New Chilean Song Movement. He and other musicians sang of contemporary social, economic and political issues. Their music was deeply rooted in traditional musical instruments and Chilean folklore. When the military junta overthrew the constitutionally elected Marxist government of Salvador Allende, they banned the musicians, songs, instruments and recordings of the New Chilean Song Movement to counter cultural resistance. Victor Jara was loved by the Chilean people. In tribute to Victor Jara, American songwriter Holly Near wrote, "They can kill a man, but not a song when it's sung the whole world 'round."

"To the People of the World" is about human rights and conditions of political prisoners in Chile since the military coup in 1973. Amnesty International estimates that more than 100,000 Chileans have been arrested, 5,000 of them executed. This film is an appeal to the people of the world to help through education and solidarity.



Following the films, Luis Ramirez, a Chilean refugee now
living in exile in Kansas City,
will discuss and answer questions
about his personal experience as
a political prisoner. Representatives from the K.C. Chile Solidarity Committee will provide
information on how Americans can
put pressure on the junta to
secure the release of political
prisoners.

The Latin American Solidarity
Committee's goals are to keep
alive the spirit of anti-fascism,
to encourage understanding of
existing repressive conditions
of military rule, and to promote
critical analysis of the implications of United States maintenance and support of military
juntas in many Latin American
countries.



#### Old Glory on Tour

The Watkins Community Museum, 11th and Mass., opened an exhibit entitled, "The Glory and the Dream: The History of the United States Flag," March 21.

The exhibit, on loan from the Tumbling Waters Museum of Flags in Montgomery, Ala., is the largest



known flag exhibition in our nation's history, and includes original historic flags, as well as reproductions of flags lost through time, contemporary flags, engravings, and an original mural, all from the permanent collection of the Tumbling Waters Museum. The exhibit traces the artistic and historical significance and origin of the U.S. flag from the fifteenth century through the twentieth century and beyond.

The Lawrence exhibition is the 10th and last stop on a tour that began as a Bicentennial celebration three years ago on March 21, 1975, at the Alabama Dept. of Archives and History in Montgomery, Alabama.

This is the only exhibit stop in this area, and will continue through April 23, during the regular museum hours of 10 to 4 Tuesday through Saturday and 1:30 to 4 on Sunday. Admission is free.

ansas City Concert

#### Willow Presents Woody

Woody Simmons will be appearing in concert with Nancy Vogl
on Friday, March 24, 8:00PM, at
the Linwood Multipurpose Center,
32nd & Flora, Kansas City, Mo.

Woody has performed in Kansas
City once before with the Clinch
Mountain Backsteppers; Nancy has
played here and recorded with
the Berkeley Women's Music Collective. They are taking a
cross-country tour to promote
Woody's new album, "Oregon
Mountains", distributed by
Olivia Records.

Woody Simmons is an extremely versatile guitar, piano, banjo, mandolin player and singer. She performs her own tender melodies to foot-stomping banjo picking. Woody is featured on banjo on Cris Williamson's album, "The Changer and the Changed" on the Olivia label.

Willow Productions is pleased to sponsor Woody in concert March 24. Tickets are available for this performance at: Capers Corner and New Earth Bookstore in Kansas City, Kief's in Lawrence, The Soundboard in Topeka, and the Woman's Place in Columbia.

# 多等等

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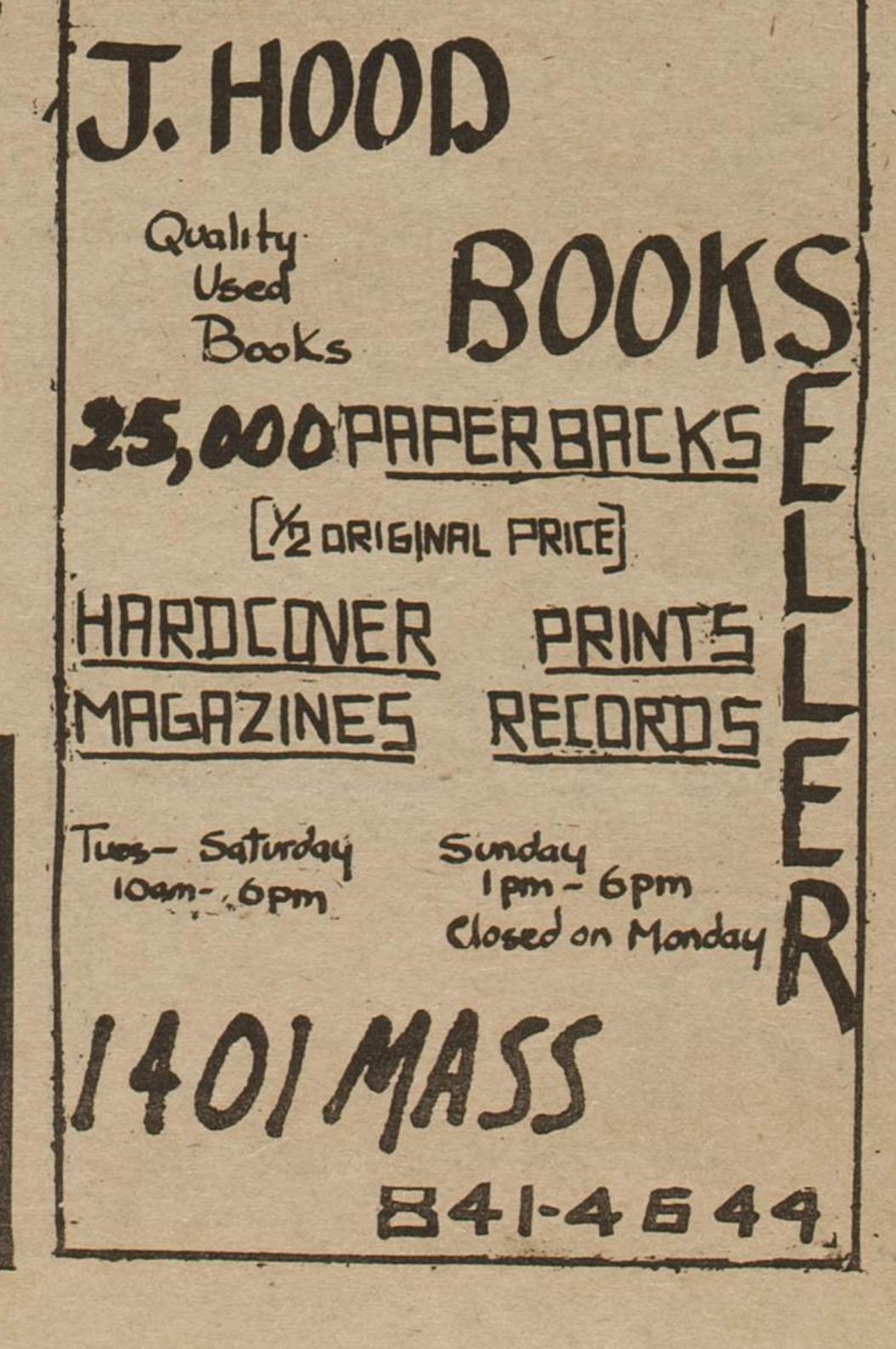
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# Growing up Gay!

Lita Mae Brown, author of the best-selling novel, Rubyfruit Jungle will appear in Kansas City for an exclusive midwest engagement on Friday, March 31st at 8pm in the sanctuary at 4601 Main.

Rita Mae Brown's Rubyfruit

Jungle is an autobiographical novel about growing up gay and enjoying it. It was too hot for the establishment press to handle so a feminist press,

Daughters, Inc. published the manuscript in 1973. Overnight it became an underground best seller selling 70,000 in trade paperback.

This year Rubyfruit Jungle was picked up by Bantam Books and went on to sell 250,000 copies in the first month and a half after its release in the mass market edition. In 1979, director Joan Tewkesbury, Nashville screen writer, is scheduled to begin filming the movie version with Cris Williamson doing the sound track.

Tickets for the event are available at Capers Corner and New Earth Bookstore in Kansas City, Kief's in Lawrence, The Soundboard in Topeka, and the Woman's Place in Columbia. They are \$3 in advance and \$4 at the door.

#### Skills Exchange

CONTINUED FROM PAGE FIVE

Though the organizers speak of operating at the business community's periphery, the economic aims are deadly serious. "For a lot of our families, fifty cents saved is a big deal," Miller said.

Hagg said participants will have to understand that the exchange system will be completely voluntary. She produced a copy of the membership agreement, which releases Penn House from responsibility for damages or poor work-manship.

Though money will not be involved, many market principles will remain in effect. Any "buyers" will have the right to turn down services of a "seller" whose services aren't wanted. And, by the same token, "Sellers" can refuse service requests.

"If you have offered a service, you can attach any special circumstances you want, Hagg said. Usually people who want baking done, will bring their own materials, such as flour."

Fletcher said ultimately the exchange should run virtually on its own. Penn House is seeking continuing funding to cover office expenses. Ideally, exchange volunteers with no previous job experience can be trained to mind the office and handle contacts, she said.

For more information or to join the exchange, call Penn House at 842-0440.

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# Home Births Threaten Obstetricians

#### They earn highest salaries

Threatened with losing a bit of their income that averages \$64,000 a year, obstetricians are complaining about the growing trend among fairly affluent women to have their babies delivered at home. The American College of Obstetricians and Gynecologists (ACOG)—who earn the highest salaries of all primary care physicians—are especially angry about the increasing use of midwives.

ACOG executive director Dr.
Warren Pearse claims that home
delivery causes "material trauma
and child abuse." But Judith
Rooks of the American College
of Nurse Mid-Wives recently retorted, "I wish Pearse would
address himself to the significant number of poor women
living in rural areas who are
high risk maternity cases and
can't afford a physician or go to.
a hospital to deliver."

#### A Modest Proposal

The National Peach Council has made a modest proposal worthy of Jonathan Swift. It was suggested that older workers who didn't intend to have children should be recruited to handle DBCP, a pesticide that has been implicated in causing sterility.

#### con't, proposal

This modest proposal was advanced as an alternative to banning the pesticide or updating agronomy practices to include the precepts of eco-agriculture.

The suggestion was offered by Robert K. Phillips, executive secretary of the Peach Council, in a letter to Eula Bingham, an administrator at OSHA. In a telephone interview cited by the Hemet News of Hemet, California, Phillips said the suggestion definitely was not tongue-in-cheek.

In addition to sterility, DBCP has been implicated as a cancer cause.

DBCP is made by Dow Chemical, Shell, and Occidental Chemical Company. (ACRES USA)

#### Do You Want to know How Expensive a Car Is?

·By Mick Ranney

According to a 1976 Changing Times article, a new standard size car driven 10,000 miles per year for ten years would cost an average of \$17,878. This includes incidentals, but does not take into consideration inflation or the cost of pollution caused by the car and the resultant poor health. Similarly, a good quality bike can be purchased for \$150, with an annual maintenance cost of about \$30.00. If used for 10 years, the cost is \$450.00. Six miles, round trip daily by bicycle costs less than 2¢ per mile, as compared with 18¢ per mile for the automobile.

# Poisoning the Pot

A two-year old campaign to eradicate marijuana with paraquat and 2,4-D is probably poisoning the pot that some young people like to smoke. Young people do not often listen to older people, and therein lies a sad tale.

Never mind whether pot is good for you or not. That's all besides the point. Fact is herbicides have been used to destroy opium poppies, but they do not always kill off the marijuana. The phenoxy herbicides leave a sickly yellow overcoat on the plant. When Mexican troops fail to torch the 2,4-D drenched fields, pot plants are harvested and the stuff is shipped north and into unsuspecting hands. Some 13 to 20 million people who listen to nothing about the problems of pot eat and smoke the contaminated material.

The phenoxy herbicide 2,4-D is bad enough. Cancer, deformed births, mental retardation, diseases of the nervous system-all are the legacy of 2,4-D.

Paraquat, if eaten, can mimic the symptoms of Legionaires disease, according to EPA.

If chemicals are floated in on populations with reckless abandon in the United States, then for Mexico and Venezuela, it is

ladies and gentlemen hush! Recently the Venezuelan government under pressure from the U.S., started bombing marijuana in fields along a 75 mile corridor near the Colombian frontier. Used was Tordon 101 and Agent Orange (a combination of 2,4-D and 2,4,5-T, the defoliation goodie concocted for Vietnam).

The story is out that while Agent Orange reefers have yet to hit the street, Mexican pot doused with herbicides has already glutted many city and suburban high schools.

"It is no longer just a matter of enforcement," one official has been quoted as saying.
"Giving countries lethal herbicides to destroy pot is like giving a loaded gun to a three year old." (ACRES USA)



# WINTER DIES!

HAPPY VERNAL EQUINOX!!!

Sorry if we seem gleeful, or even early in our prediction, but to commemorate the occasion PUBLIC NOTICE brings you well deserved peaks of sights you will be seeing in Kansas this Spring. Photo credits in People's Journal Pages: Jane Nichols 1; Jolene Babyak 2,6; Larry Schwarm 3,4,5.





# A Hint of Socialized Medicine It Can Happen Here

by Jolene Babyak Pacific News Service

People preparing themselves for the promised onslaught of Russi -an flu might consider two alternatives: visit the local health department for a vaccination -or move to Stickney, Ill.

For if you lived in this sprawling Chicago suburb, you'd simply go to one of three clinics with proof of residency (a water bill will do) and you'd be entitled to free health treatment.

Have a baby here and a public health nurse will come to your home with diet and health care instructions. Move into town with a senior citizen and he or she will be whisked off to a clinic where podiatry exams, hypertension, diabetes or hearing and eye tests are given regularly, small, prove the need for what all free.

Sound unbelievable? Not for the 44,500 people in Stickney Township, who have been getting "free" primary health care for over 30 years.

Considering that most Chicago residents, for example, pay between \$12 and \$20 per office visit, Stickney's public health plan is unusual indeed.

While many communities provide public health clinics for the indigent or for VD treatment or immunizations, few public health clinics provide physicians for a broad range of medical needs-and even fewer are wholly subsidized by local taxes.

Stickney prides itself on its cradle-to-grave health care. Everything from pre-natal, pediatrics, immunizations to mental health needs (at reduced rates) and care for the special needs of senior citizens is provided. Stickney also provides extensive social services such as students to aid families if a parent becomes incapacitated.

But by far the most applauded service is dentistry. Stickney has five public health dentists, including two who circulate year-round among the area's 12 \*

elementary schools in a mobile unit. The unit is attached to a school's utility lines for a month while dentists check students, and, if needed, fill, .clean, or extract teeth with parental permission. All free, up to the 8th grade.

Limited x-ray and lab services are also available at about half the going rate (chest x-rays in Chicago cost about \$15, whereas Stickney charges \$7). Medication also costs about half.

"It's all coming together now," said Kenneth C. Rehnquist, health director of Stickney Township, who said that planning and communication were the toehold to efficient service. "You start you've got, show you're successful, then take it step by step. We didn't start out with all the programs we have now," he said.

Although the health plan has evolved over the last 30 years, it has its origins in the Depression, when former Township Supervisor Herbert Maid sought to help local truck farmers get off relief rolls. He convinced businesses in nearby Clearing Industrial Park to support a clinic to make them employable.

Today the clinics and township business (most of which is involved with health care) cost about \$1.1 million to operate, of which local industries pay about 68% in property taxes.

Private individuals, accounting for most of the remaining percentage, pay about \$22 per household a year for the service.

Nor is the program subsidized by local doctors. Salaries of the three township physicians (one staffed in each clinic), the nurses, psychiatrists, psychologists and dentists are commensurate with the area agencies, and Stickney has at least 12 private physicians and dentists operating side-by-side with the health service.

"We're not trying to replace the private practitioner," said

Rehnquist. "We try to intervene with a program of preventative medicine, and most private practitioners are geared to the healing aspects of disease once it occurs."

A healthy attitude exists, in fact, between the local private practitioners and the health service, which refer patients back and forth. A private doctor in the area explained that the health service's quarterly newsletter, sent to every household, made citizens more health conscious, which in turn benefitted the private practitioners. "Brings more business in," agreed a private dentist in the area.

And, adds a housewife, who, like many residents, uses both the township clinics and private doctors: "Let's face it, what doctor isn't busy?"

While national health expenditures in 1976 amounted to \$139 billion, or \$638 per person, millions couldn't even afford minimal care. What makes Stickney able to accomplish primary health care so cheaply?

Health directors realize that soaring costs have relied on several factors. Duplication of services, especially littleused expensive equipment, is rampant among hospitals. Inefficiency, boggled paperwork and no real incentive toward finding solutions are added ingredients.

Stickney has none of these problems. It receives minimal government funding in the form of revenue sharing and state grants, and provides no hospitalization, so paperwork is kept to a minimum. And since it is working on a fixed budget, there is a high incentive for efficiency.

"My most important job," said Rehnquist, "is coordinating services so that we don't duplicate. This is the key to cheaper delivery."

"It sounds like they're getting a lot of services for a limited amount of dollars," said Dr. Bill **Etching by Charles Bragg** 

Roy, M.D., J.D., a former Kansas congressman and current member of Secretary Califano's (HEW) Advisory Committee on National Health Insurance. "One of the problems we face with national health insurance is that mental, dental, preventative, rehabilitative services and things of that nature will probably not be

covered...so communities could broaden their public health services and benefit their population greatly."

Louis S. Viverito, present township supervisor -- who said that poorer communities or towns without industries would probably have difficulty establishing extensive services modeled after Stickney's -- claimed that he wouldn't have been re-elected without opposition if his constituents weren't happy with the health plan.

Last year the three clinics had over 30,000 patient visits, and the dentists seated nearly 5,000 patients.

If this is socialized medicine (and the term has little meaning to many health directors today) then it is alive and well in Stickney, Ill.

"Anybody with the same dream and the same drive," said one private doctor in Stickney, "could do the same thing."





# CREDIT.

#### It Doesn't Mean Going Into Debt

The word 'credit' tends to leave a bad taste in many people's mouths. And to some degree that makes sense! But credit can also be a good positive tool to use and a lifesaver for some. It enables people to pull through emergencies a little smoother and to afford some extras or just simply survive.

In the book, SEVEN LAWS OF MONEY, Michael Phillips, an exbanker, outlines a method to acquire various forms of credit. First, when you open a checking account, be sure to have as much money in the initial deposit as you can scrape together. If you need to, borrow money from a friend and try to come up with a couple grand. In a couple of ' days you can give it back. The important thing is that your opening balance is recorded on your signature card and is considered to be representative of your financial status. (Even though it might not be.)

a person's past.

Acquiring credit takes a little time and stability. You need to have had one job, one address, a phone and a checking account for one year. A few months later you should apply for a gasoline credit card. Then apply at a luxury store.



They give credit easily because their high mark-up covers their losses on credit. Six months later go for the Sears or Macy's card, or a similar middle-price-range, national store. Their credit is the hardest to get and can help you get the rest. Use these accounts one or two times and be sure to pay promptly. Seven to nine months later, apply for Mastercharge or Visa cards (at different times, though).

If you have successfully gone through the gauntlet, you're free to change jobs or move around. Your credit record has been established.

When applying for a credit card, a company has 30 days to answer your application. If you are turned down, they need to send you written reasons or tell you of your right to request such an explanation.

Next month I will write about the different types of credit and the responsibilities that go with each.



By Kate Duffy Comsumer Affairs Association

## From the Depths of a Wrinkle

By Charles Hamilton mental There is one book to read and study: The Laws of Scientific Hand Reading, by William G. Benham, Putnam, NY, London. practical All the rest are interesting, but unreliable. Q: What do you look for when material you read hands? A: First, I ask the subject to hold out his/her hands, palms out. If the dominant hand is different from the other, I compare them to see what changes Plain of Mars Resistance Coolness AGGRESSION Imagination · Mysticism Grace Coldness Sympathy have taken place. The dominant Music Passion Selfishness hand is a map of the present and future, while the other reflects

Next, I have the subject extend the hand. I test for flexibility of the hand (flexibility of the mind). The finger tips and nails are examined next. A small nail indicates a more delicate constitution than a large, sturdy nail. Gaps between the bases of the fingers indicate an open, easy to know individual, and the likelihood that the person lets money slip through the fingers. No gaps mean the opposite.

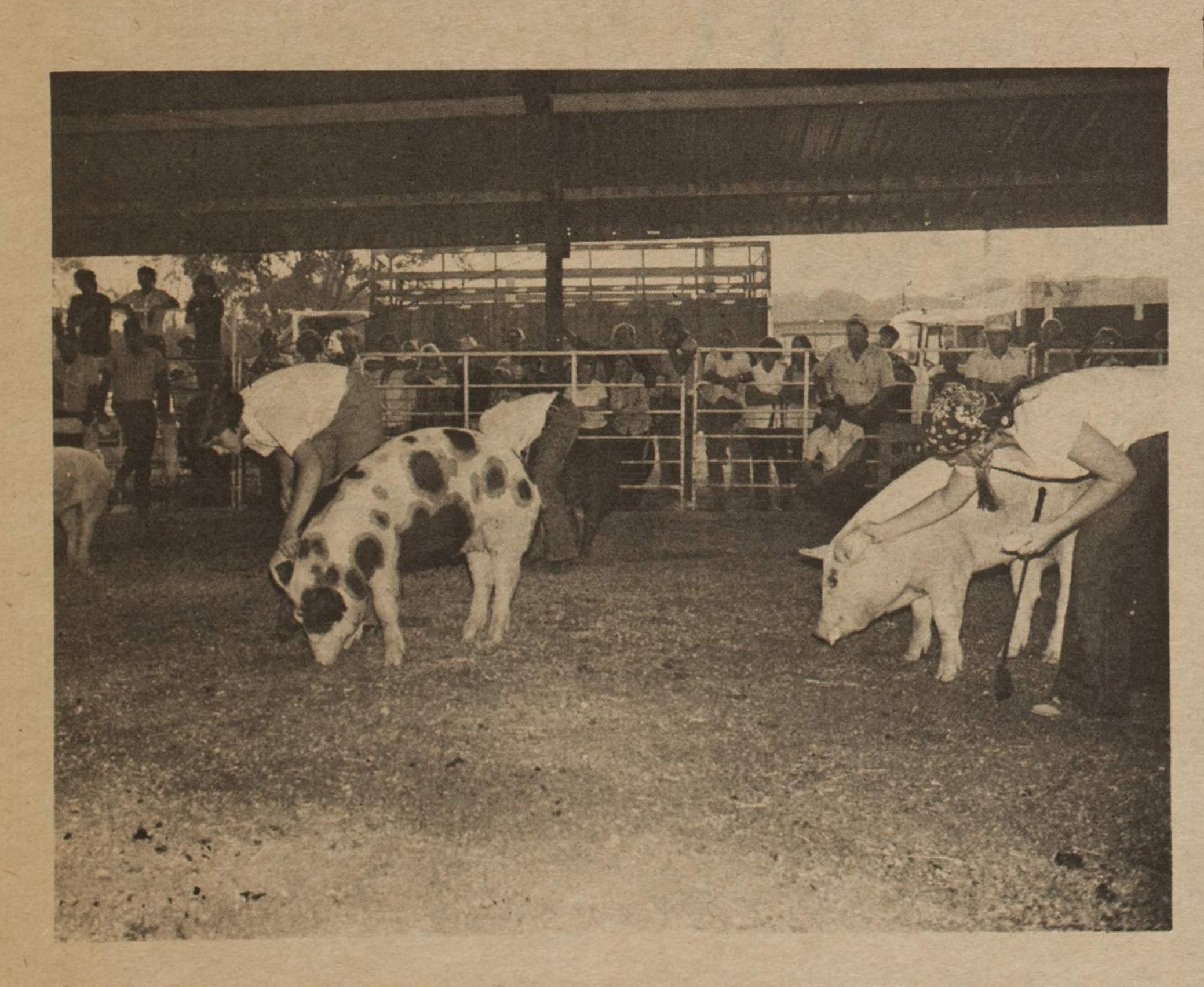
Q: What is a mount?

Generally, one or two mounts predominate. Dominance is perceived as thickness, pink or red color of the mount, a long finger, strong vertical lines,

and central placement of the paex of the mount. Some practice in examining hands is necessary before this is fully understood.

Q: Which is the most important digit?

A: The thumb reveals the most about an individual. A low-set thumb indicates generosity and adaptability, while a high-set thumb indicates frugality and stubborness. A thick, fleshy tipped thumb belongs to calm people, while those with flat tips are nervous. The type of tip also tells how the subject will use his/her will. Longer thumbs are more powerful than shorter thumbs, and strengthen the mount of Venus. Sausagelike thumbs belong to coarser persons, while conic or pointed ones correspond to a delicate nature and also to possible psychic abilities. Waisted reason phalanges suggest tact and strong intellect. Flexibility of the thumb indicates flexibility of the will.





# BERKELEY CO-OP FACES CRISIS

By Mark Blackburn

(Berkeley, CA)

This university town, long known as a home for radicals and their ideas, puts its money where its mouth is when it comes to buying food for the table: it shops Co-op.

A third of Berkeley's food needs are met by the Berkeley Co-op, the largest consumer's co-operative in the United States and owner of what is said to be the most profitable supermarket west of the Mississippi.

But after 40 years of successful existence -- and devotion to a set of principles formulated by a group of weavers in Rochdale, England, in 1884, the effective founders of the modern cooperative movement -- Co-op now faces a battle against insolvency that pits conservative defenders of the bottom line against political activists who fear ideals are about to be sacrificed.

The final outcome may have significance for American consumer cooperatives as a whole because, according to a spokesman in Washington for their trade association, the Cooperative League of the USA, "Berkeley is looked on as a model of the things a

OPEN FORUM—No more tolerance

Replication of the following redestribution of the following from the followin

co-op could do when it keeps an active and stimulated membership."

With 90,000 of the estimated 1.2 million members of U.S. consumer cooperatives, Berkeley provides a range of services to its members not normally expected of a commercial supermarket. They include a credit union, access to inexpensive legal advice and air charters, free advice from a home economist and child care centers -- called "kiddie korrals" -- for shoppers.

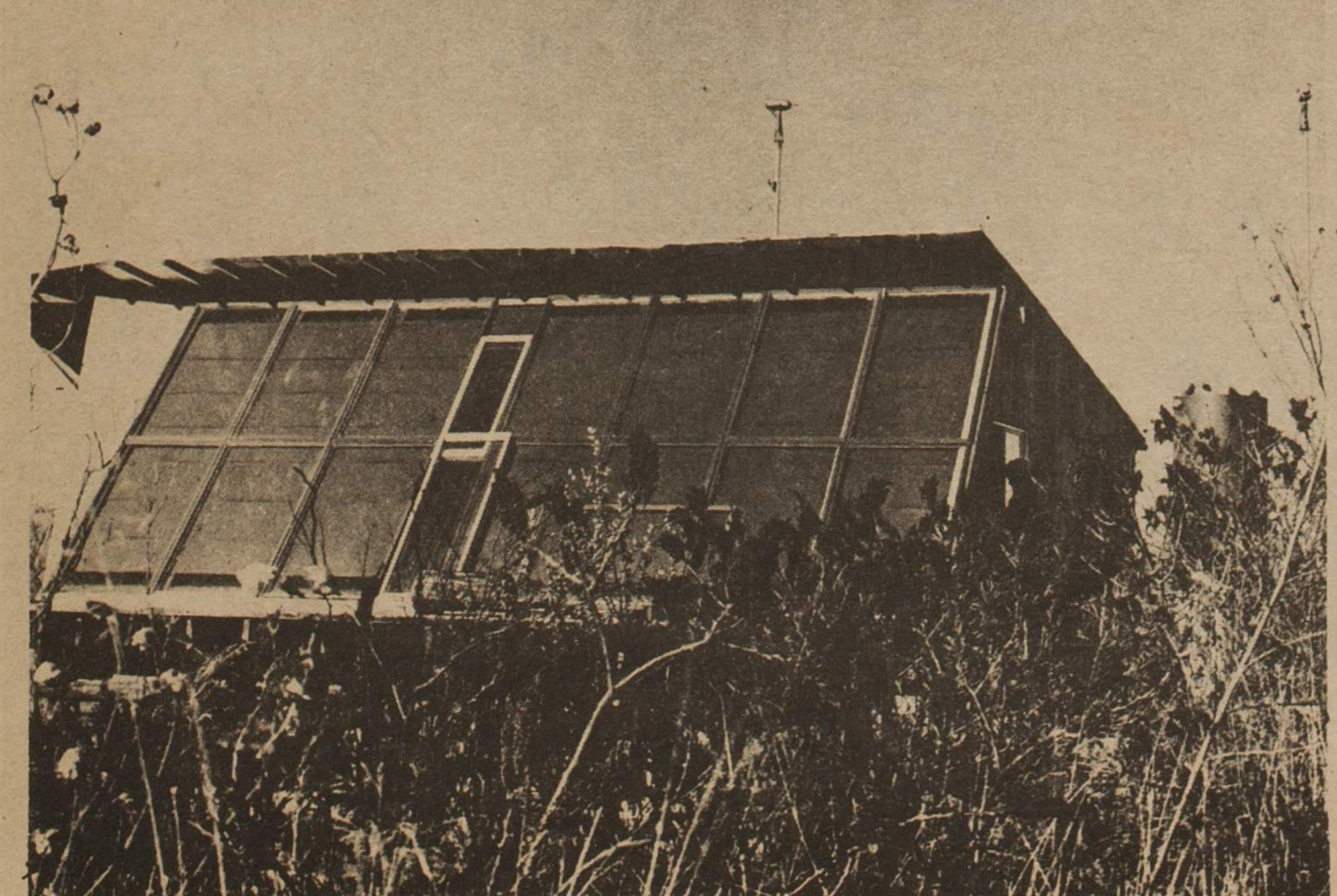
But what has made Berkeley truly distinctive in what otherwise could be just a grocery business is an involvement in political

causes. During the '60's it supported the Black Panther Party by supplying food for its breakfast for children program and wholeheartedly backed United Farmworkers leader Cesar Chavez by joining his boycott on Gallo wines and non-union lettuce and table grapes.

When environmentalism became the



# Talk about better ideas



A view of one recent building at The Land Institute, designed with solar and wind energy systems; low-cost too!

The co-op meeting of March 23 features a slideshow and talk by Wes Jackson of the Land Institute near Salina, Kansas.

The Land Institute defines itself as a non-profit educational/research organization devoted to a search for alternatives in agriculture, energy, shelter, and waste. Wes Jackson is a founder of The Land, and will describe the progress of the young group. Their projects include several solar heating systems built into houses they've designed. Many times the houses are built with native materials, stone, sod, and timber from the surrounding countryside. Wind power is also used as an energy source at the school's site.

Currently, Wes describes himself as, "deeply into agriculture."

One of his recent articles carries the title "Soil Loss and the Search for a Permanent Agriculture." Wes will speak at 7Pm at the Salvation Army Center, 10th & New Hampshire. The public is invited.

cause of the day, Berkeley dropped aerosol cans containing
fluorocarbons, which were said
to be environmentally harmful.
It discouraged both smoking in
Continued page thirteen

#### LIBRARY PROGRESS

by Douglas D. Palmer

As work teams feel the ropes of their new jobs and become more efficient every member prospers. The more support any facet of the Co-op receives the more effective it can operate. Such is the case of the Library Work Team. Thanks to member and non-member support our financial resources went from virtually zero to fifty dollars.

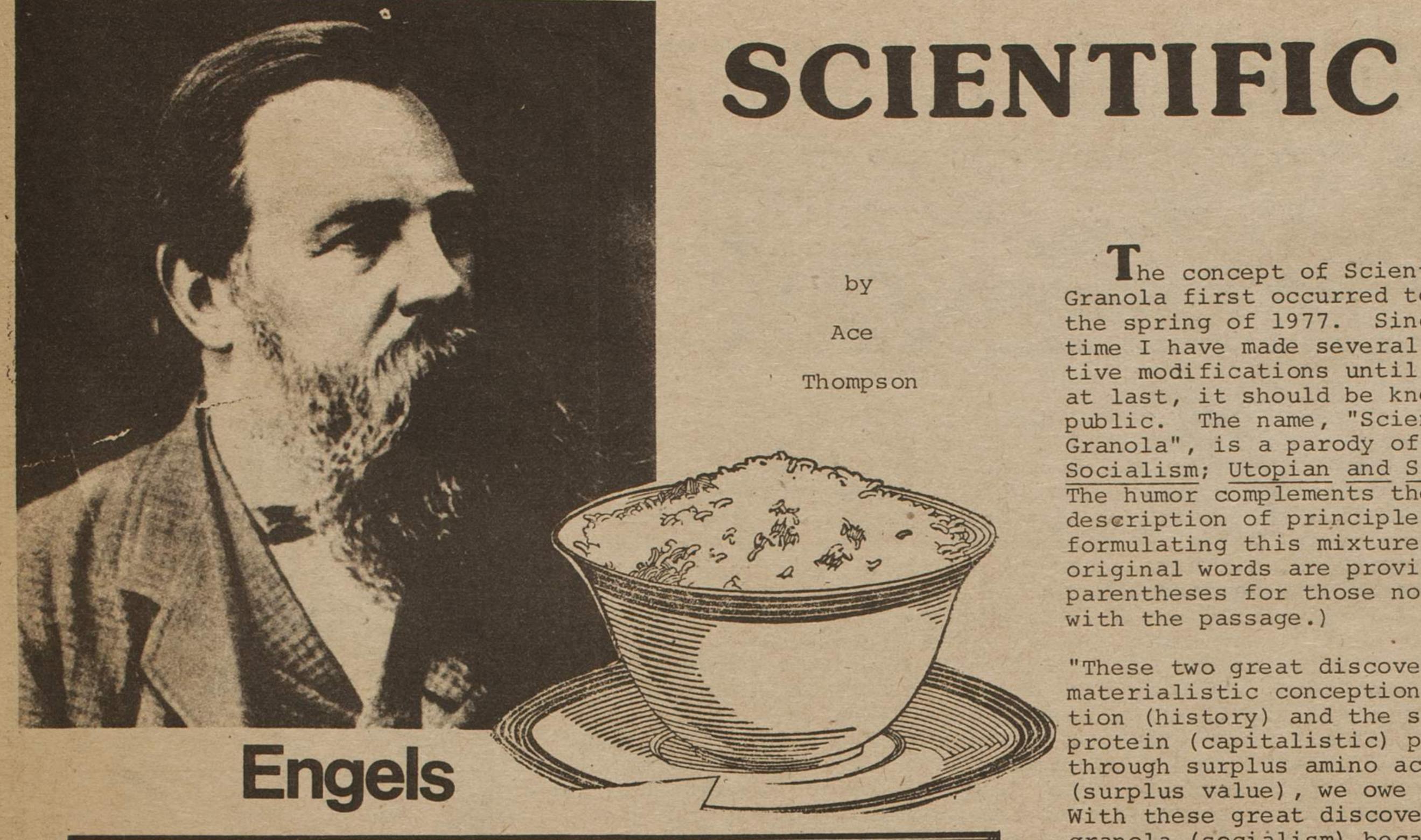
We have many areas in which this money could be filtered. Before doing this we would like to find a source for some items that would enable us to channel the money towards other areas.

Many members have a desire to see publications such as "Mother Earth News," "Organic Gardening," and "Prevention" at the library. It is our hope that someone would donate copies of these periodicals to the library on a regular basis. Such a donation would benefit everyone. Old copies in useable condition would be immediately added to the magazine section.

Other items that we would put to use are 4 x 6 cards, recipe files, just about any catalogues (seed, book, tool, etc.), and wall lamps or floor lamps for aid in reading in the northeast corner of the basement which, as a matter of fact, happens to be the location of the library.

At this time we will not be able to offer books to check out. Everything in the library is for in-store use. Some of the services we will have are reference books and magazines, a children's book section, Co-op Archives, pamphlets on a potpourri of interesting subjects and a recipe file. The recipe section will host blank cards for those who wish to share a favorite recipe with all of us and will have recipes for those interested in trying new ideas using foods available at the Co-op.

Everything considered, the Co-op library is in its infancy. But this is the time when the most can be learned and put to use. We are learning, with your support, to stand up on sturdy legs and walk for the good of all.



"We have this tendency in the food industry toward providing products that are highly refined, which contain only a bare minimum of the nourishing quality you can get in the whole food it attempts to replace."

Dr. Ross Hume Hall, speaking in Kansas City cited a list of processed foods that are little more than a greedy scheme to hoodwink shoppers. One item on the list, textured vegetable protein, or TVP, is sold in some stores as a "natural foods" product.

TVP is a form of artificial meat manufactured from soybeans. Soybeans are high in protein and are a very nourishing food, but to make TVP, the soybeans go through extensive processing. According to Dr. Hall, "The soybean is extracted with gasoline so as to remove the oil; it is then extracted with alcohol, followed by hydrochloric acid to remove the starch material. The so-called protein flour is then dissolved in lye. The lye solution is forced through a spinneret into an acid bath and the protein precipitates out in threads which wind up on the bottom. The protein threads are cemented together, dumped in various solutions to give it color, flavor, and chopped in little pieces."

."When you take protein out of its context and manufacture an artificial product like TVP, you no longer have any kind of equivalency with respect to the effect of meat, which contains more than just protein. These products can in no way be considered the nutritional equivalent of any meat product they replace."

Dr. Hall is the author of Food For Naught, the Decline in Nutrition, and a past chairman of the Canadian Biochemical Health Sciences Centre in Thanks to Kansas Organic Producers News Ontario.

he concept of Scientific Granola first occurred to me in the spring of 1977. Since that time I have made several qualitative modifications until I felt, at last, it should be known to the public. The name, "Scientific Granola", is a parody of Engels' Socialism; Utopian and Scientific. The humor complements the accurate description of principles used in formulating this mixture. (The original words are provided in parentheses for those not familiar with the passage.)

"These two great discoveries, the materialistic conception of nutrition (history) and the secret of protein (capitalistic) production through surplus amino acid value (surplus value), we owe to Marx. With these great discoveries granola (socialism) became a science."

The "secret of protein production through surplus amino acid value" refers to the technique of complementing proteins. The information was adapted from Frances Moore Lappe's Diet For A Small Planet. Complementing proteins is roughly analagous to dialectics Two opposites, e.g. one protein source deficient in an amino acid and one overly sufficient in it, enter into a relationship in which the surplus is appropriated by the first in order to synthesize a complete protein. Each serving (1/3 cup) provides 6½ grams of complete, usable protein.

By "materialistic concept of nutrition" I mean that I have objectively chosen the ingredients on the basis of nutritional value. The empirical investigation of the elements necessary for complementary proteins and general good nutrition is roughly analagous to Marxian materialism. Believe it or not, it was Ludwig Feuerbach, the 19th century German materialist/philosopher who profoundly influenced Marx, who coined the phrase, "Man is what he eats." In German it is a pun, "Mensch ist was er isst."

This granola contains no sweeteners from simple sugars, e.g.

sugar or honey, which contain little or no vitamins, minerals, or fiber. Seventy-nine percent of the protein is in its raw, natural state, while ninty percent of the calories are from raw sources. Therefore, precious nutients remain intact. The Max Planck Institute For Nutritional Research has demonstrated that one only needs 1/2 the protein requirements in their diet if the protein is raw. The fat content in this mixture is 5½ grams per serving, most of which are polyunsaturated, essential oils. Total calories are 172 per serving.

The Recipe:

3½c buckwheat

GRANOLA

2 c millet 1 c sunflower seeds

l c raisins

1 c dried apples 1/2c sesame seeds

1/2c roasted soy nuts (chopped)

1/2 cashews (chopped) 4T non-fat, non-instant milk

4T nutritional yeast

3T cinnamon 2t nutmeg

water Cut apples into small pieces. Soak them in water with the raisins for about a minute. Drain and place in a bowl. In a small bowl mix the yeast, dried milk, and spices, then pour it over the dried fruit. Mix evenly, scraping the sides of the bowl to remove caking on it. This technique causes the powdery ingredients to adhere to the dried fruit, preventing them from sifting to the bottom. Mix remaining nuts, seeds, and grains in and place in a large jar. Makes about 2/3 gallon or 30 servings. (The above parody should be conspicuously displayed on the jar.)

This granola has a unique taste that becomes addicting only after one has acquired a taste for it. Beginners may find these tips helpful:

1) get a raisin or apple in every

2) eat slowly and chew each bite for a long time 3) a spoonful of lecithin on top

is pleasing

4) try it on fresh fruit(esp. bananas)

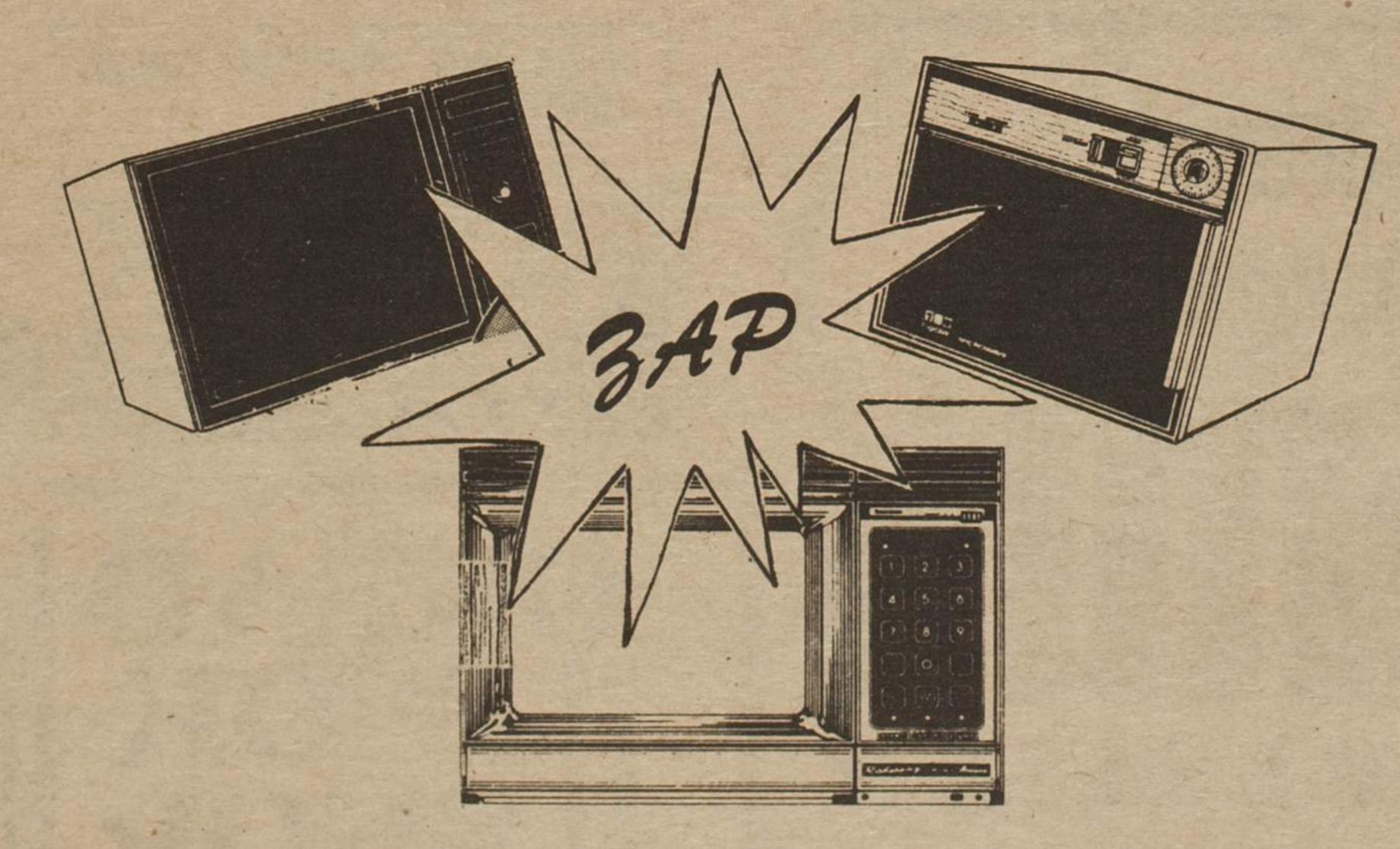
5) try it with milk or yogurt.

### COOKING YOURSELF QUICK

Memember the fuss about American embassy personnel in Moscow being harmed by microwaves which the Russians were using to eavesdrop (or to jam U.S. eavesdropping devices)? Well, it turns out that the level of radiation involved was less than half of the legally permissible radiation leakage twenty inches away from a microwave oven.

Microwaves - from radar, communication signals, ovens, and other sources - are potentially dangerous in two ways. Big doses of the radiation can heat up vulnerable parts of the body just like they cook food; barely noticeable heat can cause cataracts in the eyes. Smaller doses over a long period of time are thought by some scientists to affect the blood and the nervous system, causing headaches, anxiety, fatique, and similar symptoms. Blood cancers and birth defects are also suspected.

The U.S. Bureau of Radiological Health (BRH) has set its standards for microwave ovens low enough to ward off the first kind of danger. The ovens must also contain warning against use with doors that aren't or won't shut tightly. Still, last year the BRH had to force General Electric to recall or repair 36,000 ovens made from 1973 to 1975 that were suspected of leaking more than the BRH allows. GE balked at first and insisted that hearings be held to prove the danger; faced with mounting evidence, the company gave in.



As to the danger from the low level of radiation which the BRH allows to escape, the agency admitted in 1963, "The long-term bio-effects of chronic low-level microwave radiation have not been investigated in this country." In the Soviet Union where, it turns out, they have been studied, standards are much tougher. The Soviet acceptable level for workers exposed to the radiation is 0.01 milliwatt per square centimeter; the U.S. standard is 10 milliwatts - 1000 times higher.

The BRH standard for microwave ovens is 5 milliwatts of radiation measured two inches away from the oven, which is equivalent to 0.05 milliwatts at twenty

inches. The highest level of radiation measured inside the U.S. embassy in Moscow (which provoked official demands that the Soviets stop beaming the microwave signals) was just under 0.02 milliwatts.

It appears that at least until the dangers are more carefully studied, owners and potential buyers of the ovens should beware: you may be cooking more than food.

(Author Paul Brodeur researches the varied effects of microwaves in the book, The Zapping of America.) Thanks to the Southern California food movement newsletter.

You're invited to the Alternative Medicine Show. Different subject every Sunday at 6:30 pm in the Council Room of the Kansas Student Union. Current subject for week announced on the bulletin board at the co-op

Also you may attend a class to learn wild edible and useful plants in this area. Meet at 916 Tennessee Sundays at 2:00 when the weather will permit field trips.



On March 31st and April 1st, Dr. Harold Keller, a mycologist at Wright State University, Dayton, Ohio will conduct "fungi days" at the Land Institute in Salina (see article on page 10). Friday night he will give an informal lecture followed by a reception. Saturday morning at 9:00 AM participants will be instructed on how to identify, collect, and prepare mushrooms. In the afternoon Dr. Keller will lead a foray to nearby wooded areas to collect mushrooms. Specimens will be brought back to the Land Institute for dissection and identification. An instruction packet will be provide for each participant. Brine a sack lunch. You must recister by March 26 and the cost is \$5.00. Write the Tar Tnstitute, Rt. ?, Sali.a,

# (MOTHER'S) MILK IS A NATURAL!

Tuman milk is species specific; it was designed to meet the needs of the human infant. It is in effect a source of biological information which carries on those processes started in the placenta and completed with weaning and the total independence of the growing young.

The requirements of different species are different. For example, whale milk is higher than most milks in fat and calories, important elements for animals living in cold water. Rabbit milk is particularly rich in protein, which is needed for the very rapid growth of young rabbits. Cow's milk is basically formulated by nature for a rapidly growing and maturing organism who must stand on its own feet in one day and quickly mature to independence. A calf doubles its birth weight in one-third the time a human baby does. In contrast, the human baby is an organism in whom maturation takes place over years rather than months, and in whom somatic (physical) growth must take second place to brain growth in the early weeks and years.



Dr. Derrick B. Jelliffe notes that "the constituents of human milk and cow's milk are dissimilar the baby. in almost all respects, with the exception of water and lactose." Both do contain four basic ingredients - water, fat, milk proteins, and milk sugars - but differ in kinds, amounts, and proportion.

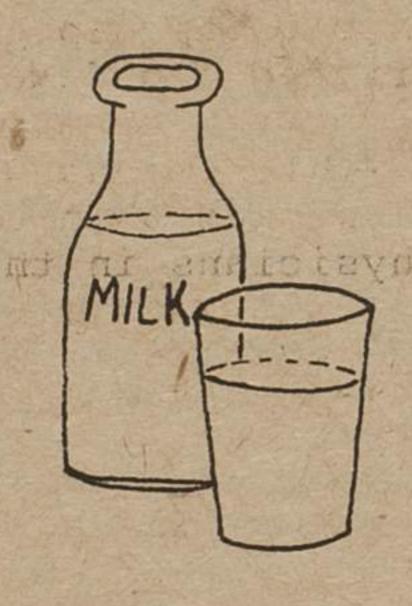
Cow's milk contains three times as much protein as human breast milk. It is also of a different kind which forms tough curds in the stomach making it harder for the infant to digest them. Human milk proteins form softer curds, easier to digest and used with nearly 100% efficiency. The lactose. This milk sugar is baby on formula excretes nearly 50% of the protein and this places a strain on his immature system.



Some amino acids (the components Besides the differences in these of protein) are essential for the infant, in contrast to the adult. Recent data indicate that, while cystine is essential for somatic, growth and taurine for brain growth and maturation, neither can be synthesized by the infant body. "Human milk is a rich source of both cystine and taurine. In fact, taurine is one of the most abundant amino acids in human milk - perhaps a reflection of the needs of the rapidly growing human brain. Cystine and taurine are almost non-existent in cow's milk and are extremely low in the blood of infants fed cow's milk." (R.A. Guthrie M.D. and Jan Riordan R.N. - Wichita)

Water is the common ingredient. It should be mentioned that the breastfed human infant receives all necessary water from human milk while his formula fed counterpart needs extra water to help his kidneys eliminate unusable proteins and mineral salts.

Fat is a source of energy provided by both milks. Cow's milk contains twice as much saturated as unsaturated fat while human milk has almost equal parts. One effect of the structure of fat in cow's milk is to cause a loss of calcium in the intestine of the infant fed such milk. From the point of view of the digestion of fat, human milk is almost self-digesting; an enzyme present in breast milk makes it easy on



Human milk contains twice as much sugar, largely in the form of easier to digest, it helps the infant to utilize proteins and is believed to help in the absorption of calcium.

four ingredients, the vitamin and mineral content differs in the two milks. The essential vitamin content of human milk generally ranges from two to ten times the amount found in cow's milk, varying with maternal diet. Sterilization of formula reduces the vitamin level further, since many vitamins are destroyed by heat. There is very little Vitamin C in cow's milk, since calves can manufacture their own, while the human infant receives this vitamin from his mother's milk. Fatsoluble vitamins A and E and water-soluble B complex vitamins are in sufficient supply in human mother's milk. Vitamin D, a fatsoluble vitamin, is readily synthesized by the body on exposure to sunlight. What little there was in human milk was formerly measured only in the fat content. Recently, however, a water-soluble variant of this vitamin has been discovered in breast milk; human milk contains far more vitamin D than was hitherto supposed.

The mineral content of human milk is lower than that found in bovine milk; this means less excess load for the immature kidneys to excrete. The calcium content is one-fourth that of cow's milk.

Formula fed children tend to have larger, heavier skeletons as a result of the extra calcium. Human milk also contains a more favorable calcium to phosphorus ratio than do infant formulas. Flouride is low in human milk and supplementation is not recommended by the American Academy of Pediatrics because of this low level. Iron content is sometimes controversial. The human baby is born with a good store of iron, especially so if the cord blood (with its iron-rich red blood cells) is allowed to drain into the baby before the cord is cut. Then too, a recent study indicated that the iron in breast milk is sufficient to meet the requirements of the exclusively breastfed infant until he triples his birth weight. Also, lactoferrin, an iron-binding protein found in breast milk, plays a

role in the prevention of irondeficiency anemia in the breast fed baby.



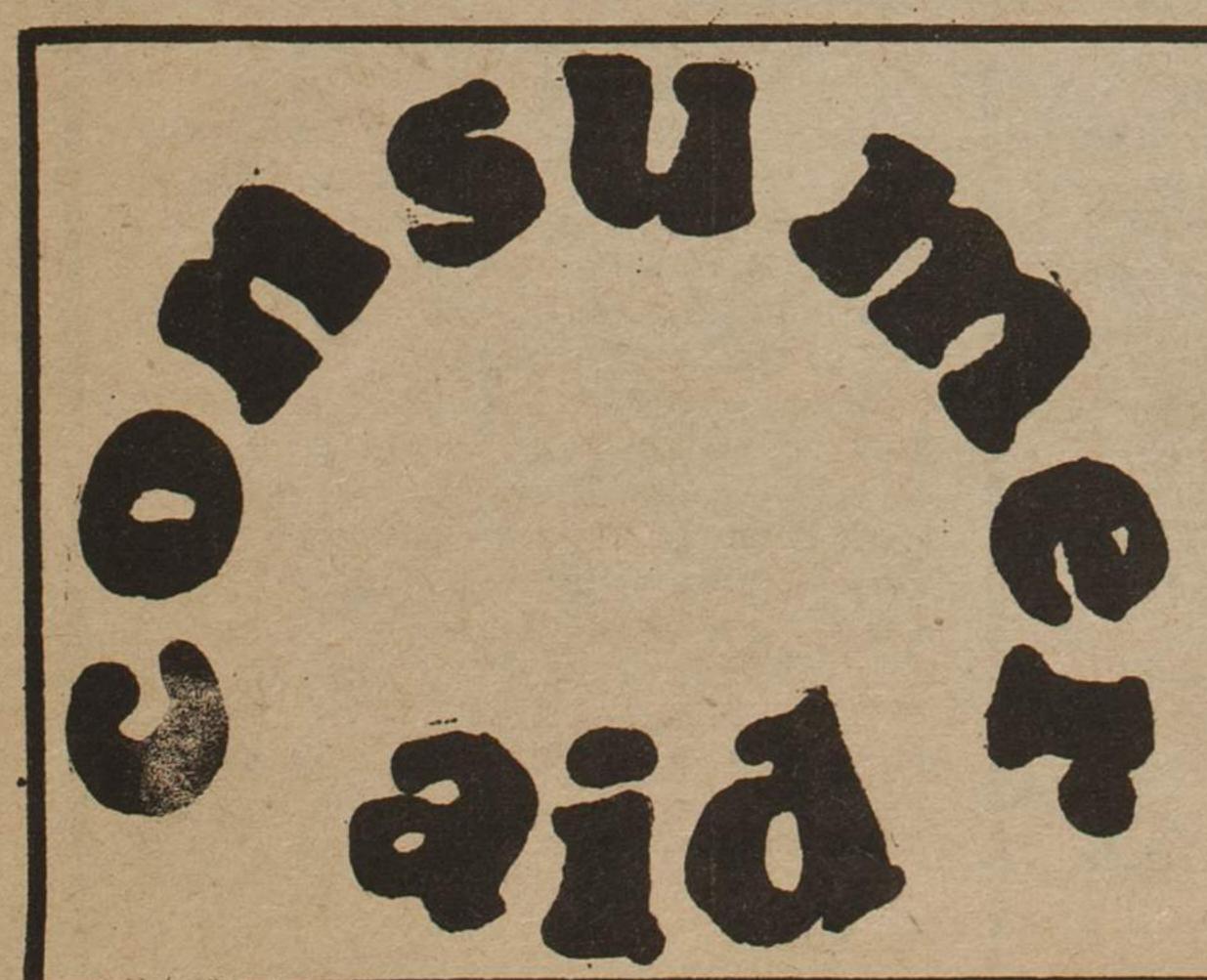
Only some of the various differences in the milks of the two mammals, cow and human, have been mentioned; furthermore many remain undiscovered. It might also be noted that the milk of human mothers differs according to maternal diet, perhaps differs to meet each baby's own needs, and also changes over time. Colostrum, the first liquid consumed by the human baby, has five to six times more protein than true milk, and has half the fat and carbohydrate. Dr. Robert Jackson (pediatrician, Columbia, Mo.) has pointed out that the proportions of the constituents in human milk gradually change; the colostrum of the first day is not the same as the colostrum of the second, and then when you get into transitional milk there is a gradual consistent change intimately related to the needs of the baby. He says that no matter how much artificial formulas are improved, it's never going to be possible to manufacture formulas for the first day, the second day, the third day, and so on that makes the kind of sense the milk of the baby's own mother does.



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## SISTER KETTLE SPEAKS



Dister Kettle Cafe is gearing up for spring. Changes are happening as we continue to learn how to run a collective vegetarian restaurant. The biggest change of the last month is our new menu. After a long and educational process we repriced all 'the food we serve at the Kettle.

To our amazement many items were nowhere near the 4 times markup quideline that we feel is necessary to pay for our labor and overhead expenses. (Our fixed expenses total over \$1200 per month.) While repricing we kept in mind the need to keep the basic foods low priced while making up the difference on luxuries and desserts. Out of this need we added a cheaper salad and cheese sandwich.

While the collective is basically idealistic and wants low prices, the fact is that the Kettle is just barely scraping by, and our \$1.25 wage is not enough. The Kettle has made it thus far on "love and volunteer energy", but we need a living wage and a financial cushion. Raising prices is one step in this direction.

#### BERKELEY, CONT.

its stores and cigarette purchases by making cigarettes available only from locked cases.

But now, faced with escalating losses (\$122,000 in fiscal 1976, \$359,00 in fiscal 1977, and \$244,00 just in the first two months of fiscal 1978), Co-op has decided, amid much debate over causes, that the bottom line must come first and politics second.

Figures supplied by Co-op General Manager Leonard Levitt indicate that losses would be worse if Co-op honored proposed boycotts against either Coors beer (worth \$48,000 in gross profits last year) or Florida orange juice (worth at least \$200,000 a year in gross profits).

But the bulk of Co-op's losses appear to be due to increased competition experienced by all supermarkets, past inefficiency and unprofitable operations in some areas where Co-op has expanded outside Berkeley.

In its just-completed election for a new board of directors, the conservative slate -- which has fastened on politics as a cause of Co-op's losses -- triumphed over the opposing activist faction, which has blamed mismanagement.

"We need to spend more time on managers' reports than on the cause of the month," said conservative Curt Aller during the campaign.

Accusing the outgoing board of mismanagement, activist George Johnson said it was "bankrupt of ideas and ideals," while fell fellow activist Mathilde Moore said, "The stores have lately become second-rate Safeways."

Recently Co-op adopted a new policy which would rule out participation in boycotts in the future. "The Co-op will now remove a product from the shelves only (1) to protect the health and safety of the community at large (not just the product user) or (2) if sales of the product do not justify its further presence," said a policy statement.



The controversy caused a furor among members. Before the decision was made, some wrote in to say that if Co-op continued to insist on boycotts, they would take their business elsewhere.

Others, like Ying Lee Kelley of Berkeley, took the opposite view, saying, "What the board has apparently forgotten is that we Co-op members consider the Co-op our store and that we base our support on the continued demonstration of the Co-op's moral concern. Without this, many of us are finding very little reason to continue to shop Co-op."

What the future appears to hold for Co-op is cutbacks both in ideals and in moneylosing operations. And, as it prepares to cut costs like any other business enterprise, Co-op may discover that its original sin was that it contravened its central notion of economic democracy by becoming too large.

Over the years Co-op has grown from its original Berkeley location to 12 supermarkets around San Francisco Bay. Of the 12, three are losing money. Some smaller operations, including a service station, have already gotten the axe.

But Co-op may be treading a narrow line. If it becomes too small, it may cease to be competitive. (PNS)

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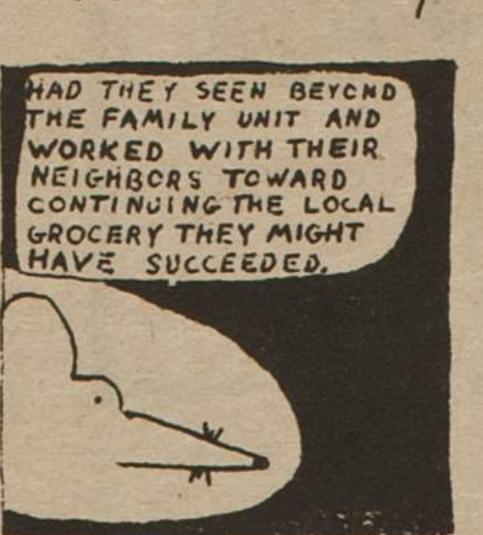
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REDKEN



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to kill all mice residing
in the store, Anony Mouse has begun to organize resistance, and has come first to the hole of Molly and Mortimer Mouse and their family





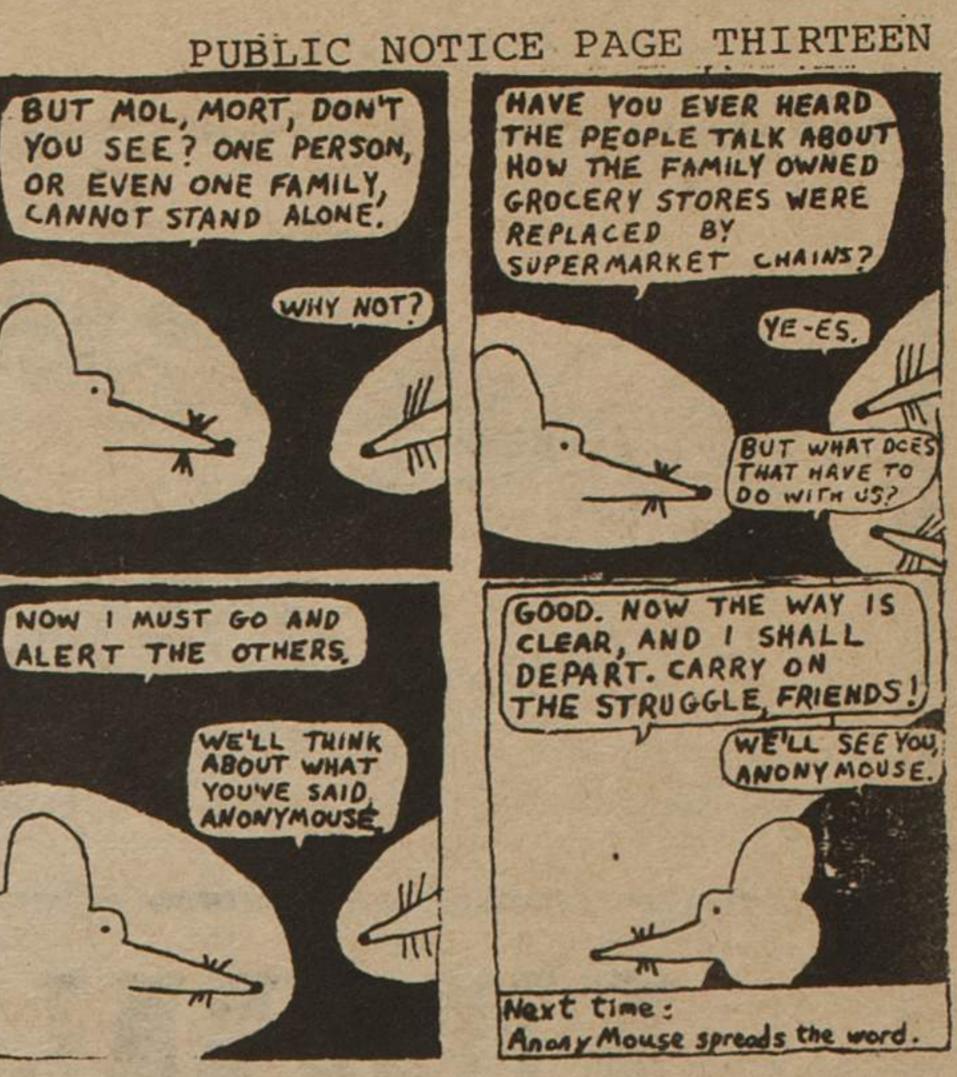
WE'D LIKE TO HELP

YOU, ANDNY MOUSE, BUT WE'VE GOT TO

THINK OF OURSELVES

AND THE CHILDREN,





CHELATION by Dot Roberts

Jome surprising facts about the At a clinic in Kansas City, which health of young Americans were brought out by the autopsies performed on the victims of the Korean War. It was discovered there was a significant scaling (40% average) in the blood vessels to talk. As he sat taking his of the soldiers. However, that figure had risen to 75% of scaling ly and gestured with both hands. in victims of the Vietnam War.

Deterioration of blood vessels is of exercise, and ever popular smoking and drinking.

What can be done to reverse this degeneration and blood vessel aging? Intravenous chelation (pronounced kelation) is a treatment many people are turning to. It removes the scale inside blood vessels and re-establishes circulation.

This method of treatment was developed in Germany in 1937 to take metals, especially lead, out of workers. Clinical research has been done in a number of countries on the medical application of a synthetic amino acid, called EDTA, which is injected in the blood system in small amounts. continue to preserve the clini-It circulates in the body, picking up the calcium deposits in the constricted blood vessels.

Chelation (which means grabbing as by a claw) has been used by trained physicians in the treatment of arteriosclerosis, and other cardiovascular diseases, heavy metal poisoning, arthritis hypertension, and a variety of other diseases. Chelation has also been linked to diabetes improvement, prevention of strokes, and avoidance of dangerous and very expensive open heart surgery. Workshops are held twice a year under the direction of the American Academy of Medical Preventics.

uses the chelation method, I saw and talked with a number of the patients. One man from Canada, a stroke victim, had lost the use of his right arm and was unable treatment, he talked continuous-

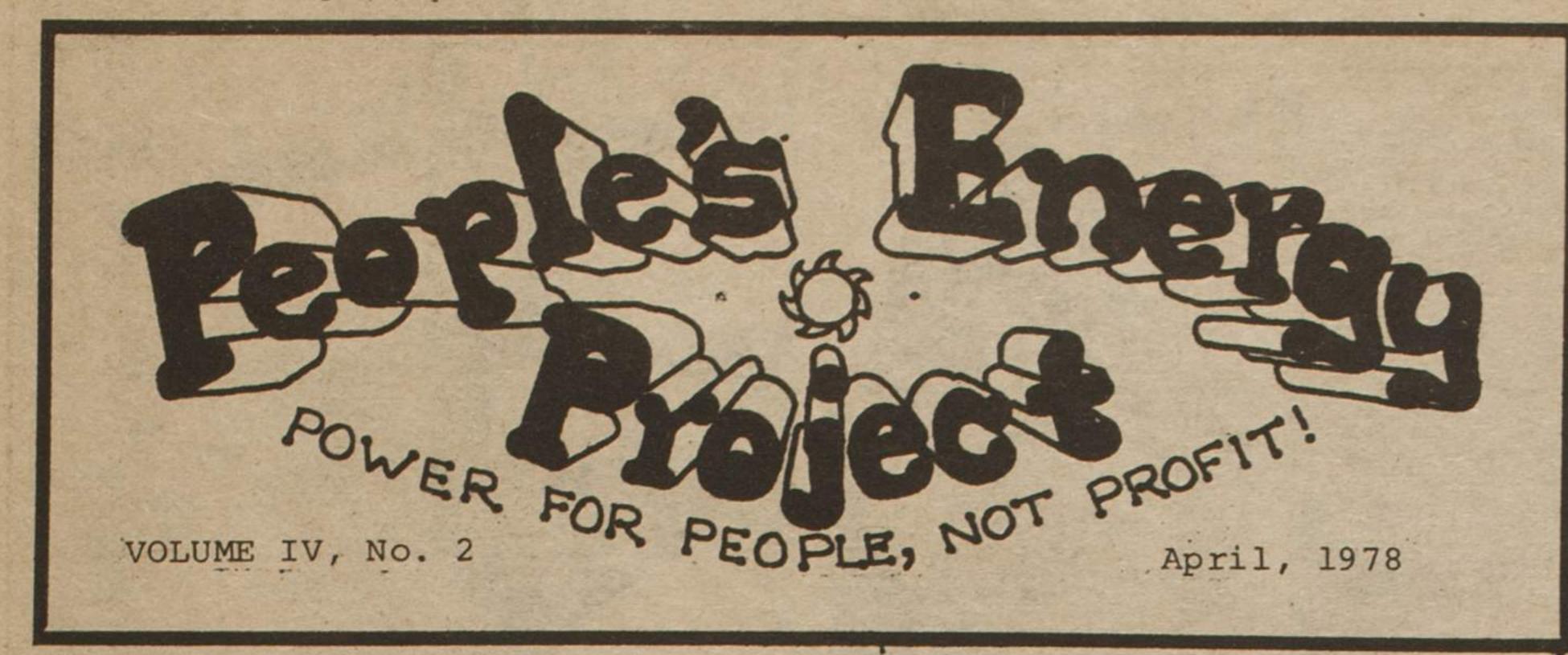
A woman who had undergone three open heart operations, and was accelerated by improper diet, lack scheduled for a fourth, was talking about how happy she was to discover chelation treatment and avoid the next operation. Several patients were being treated for heavy metal poisoning which they had been exposed to in their factories.

> In the U.S. last year a total of \$94 billion was spent for disease problems and this figure continues to rise. All this expenditure has not improved the health of the American citizen and has , in some cases, jeopardized it. The passage of any of the six major health bills now before Congress, even a health security act, will not improve conditions because all of these cal or physical model. All the hospitals, all the new equipment, and costly research is based on a Sickness system. Wouldn't it be better to put more emphasis on a Health system? On a program to prevent and reverse degenerative diseases? Prevention is the most significant single deterrent to present day spiraling of medical costs.

> Two doctors from the Kansas City clinic will explain their work at a meeting Thursday, April 27, at 7:30 pm at the Lawrence Public Library.



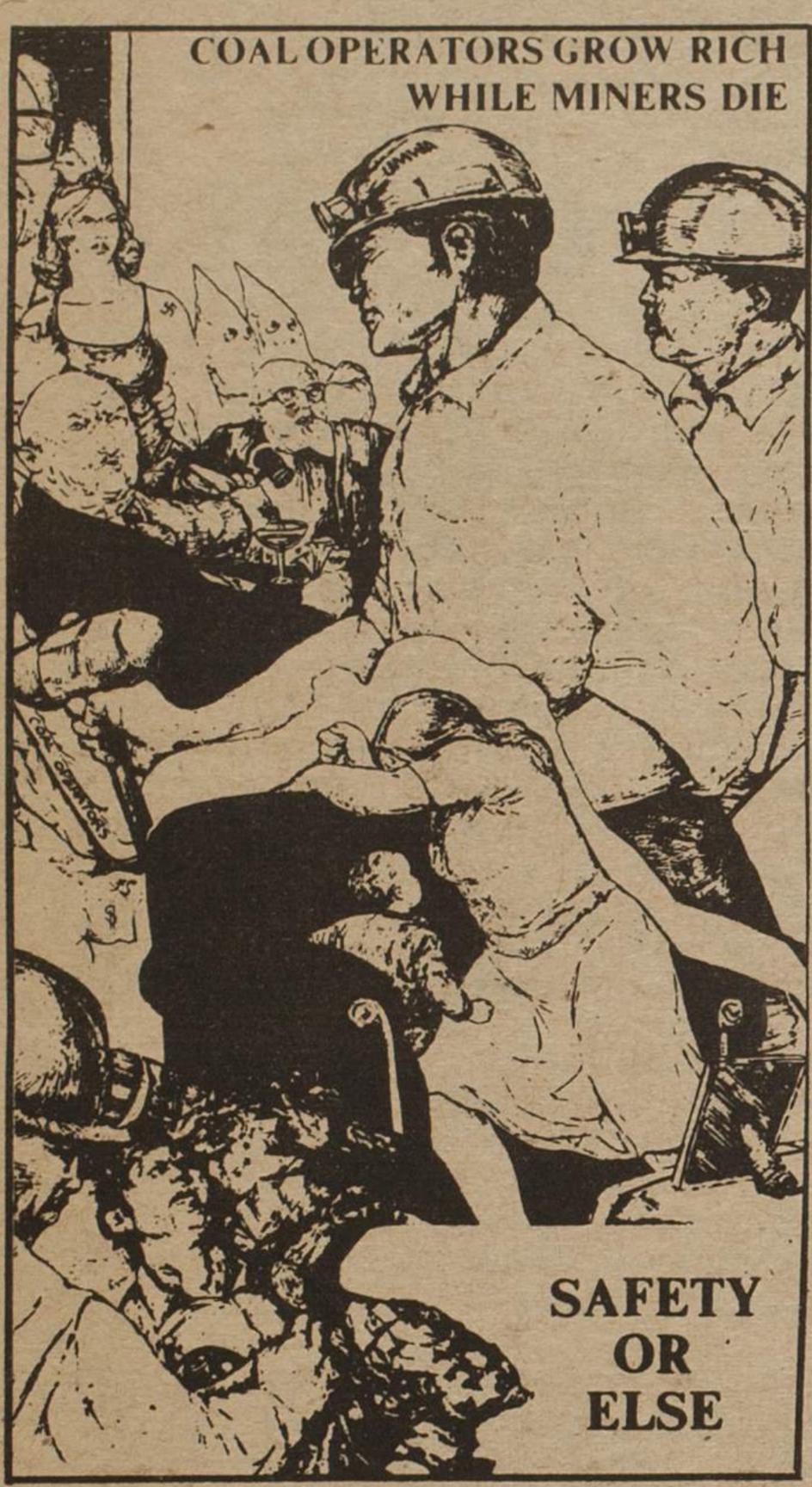




# UNIWSBIG Oil

By Paul Johnson

A fine portrait of the coal situation in the United States will visit Kansas University on April 22. It is a film by Barbara Kopple, entitled "Harlan County, U.S.A." The movie focuses on the bottom line consideration for the coal miners: decisionmaking—who makes the decisions, who profits from them, and who ultimately suffers.



Miners Art Grp.-LNS/cpf

After viewing the film, you will see the incredibly dangerous jobs these miners do and how, after sacrificing their health for our standard of living, the coal operators and government still waver on whether to pay the miners health costs. Big oil has taken over the coal fields and will carry on life's age-old axiom--a buck is a buck no matter how it's made. Government cannot be counted upon to restrict the abuses of mine safety. The mineworkers need not be told this: they have lived and died with that reality. Besides demanding adequate salaries and fringe benefits the miners should demand half ownership in the mines.

Miners have already paid the price in terms of their health, lost miners, and grave environmental degradation. Big oil need never live in West Virginia or Kentucky. With the movement

to greater uses of coal, this country will see clearly how quickly an area can be mined or stripped and left to waste. Boom/bust economics has been a way of life to break unions and take advantage of scarce resource situations. If full accounting for health hazards and environmental concern is ever to come, it will be the miners as part owners demanding complete accountability.

As part owners, the miners would develop our coal supplies on a reasonable basis. The rate of production would be set around a host of factors -- need for the coal, safe rate of extraction, plus economic and environmental impact on the surrounding community. The miners want something to pass onto their children. There is a full, rich tradition which cannot be translated into hard and fast dollar accounts. For Wyoming, quick exploitation of that coal will occur since those people have no tradition with that area. For Appalachia, the scenery and style of life means much.

The mineworkers recognize the stranglehold that big oil has been developing. If electric utilities cannot obtain coal, they will have to burn oil supplied by the very same people. What is happening is that the prices are being. pushed upward by comparing the heat value/cost of coal to that of oil. The cost of coal has more than tripled in price since 1970. No one at this time has the power to hold big oil companies accountable for this energy monopoly. Besides coal and oil, they have substantial control over natural gas and uranium. At any turn, big oil has the final say over our



Rachel Burger/cpf

energy future which is a reality that the mineworkers are fighting.

In Appalachia, there is a century supply of low sulfur deep mine coal to be had. There is also significant reserves of high sulfur coal that can be taken with the least damage to the surrounding terrain. Presently we are seeing the introduction of coal burning technology that will allow us to burn high sulfur coal cleanly.

Coal needs for utilities should start to decline as the introduction of solar technology becomes economic. People who are heating electrically will convert over as the prices keep skyrocketing. Solar water heaters will make the greatest impact initially as people phase out heating water electrically. The introduction of photovoltaic cell (electricity from sunlight) will go the way of hand calculators as the necessary silicon chips are mass produced. For 1985, its already cost effective with nuclear power (source Dept. of Defense) and subsequent breakthroughs will drop the cost significantly.

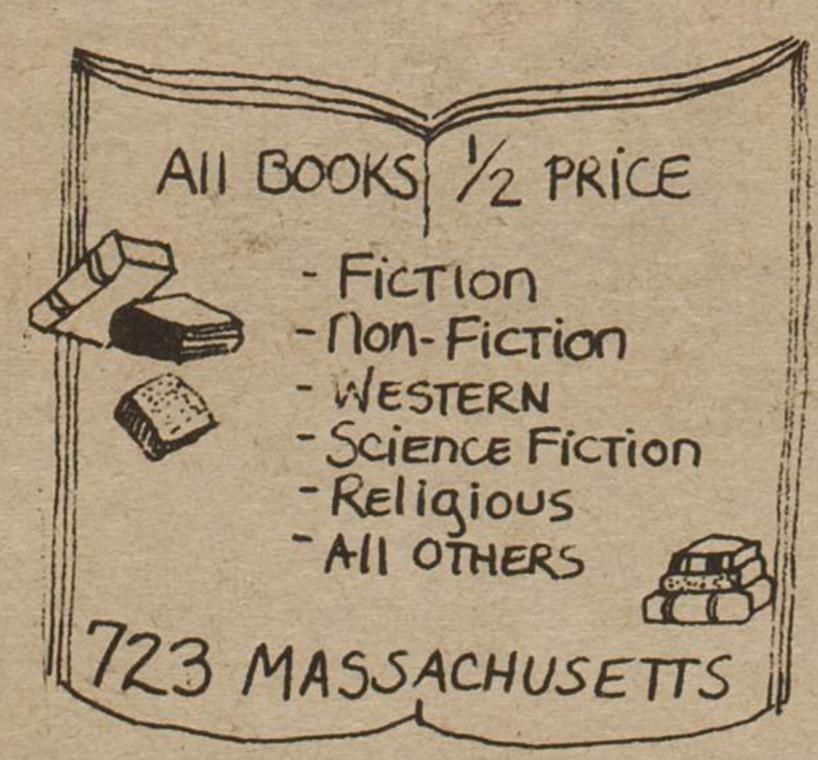
If we buy ourselves into a heavy electrical future via large powerplants we will not

have the flexibility to integrate sensible alternatives into the plan. Big oil and the utilities will have already committed our capital, giving most consumers no other option but to pay for their fiddler. The mineworkers I believe would opt for a plan that entails sensible long term development of the mines for their lives and those of their children. Big oil and the previous coal operators had many chances to pursue sensible



development of our energy reserves. Their greed and push for profit had them accelerating and abusing the development of coal and oil. The mineworkers deserve their chance to have an equal say in how the future development of their mines and lives will unfold.

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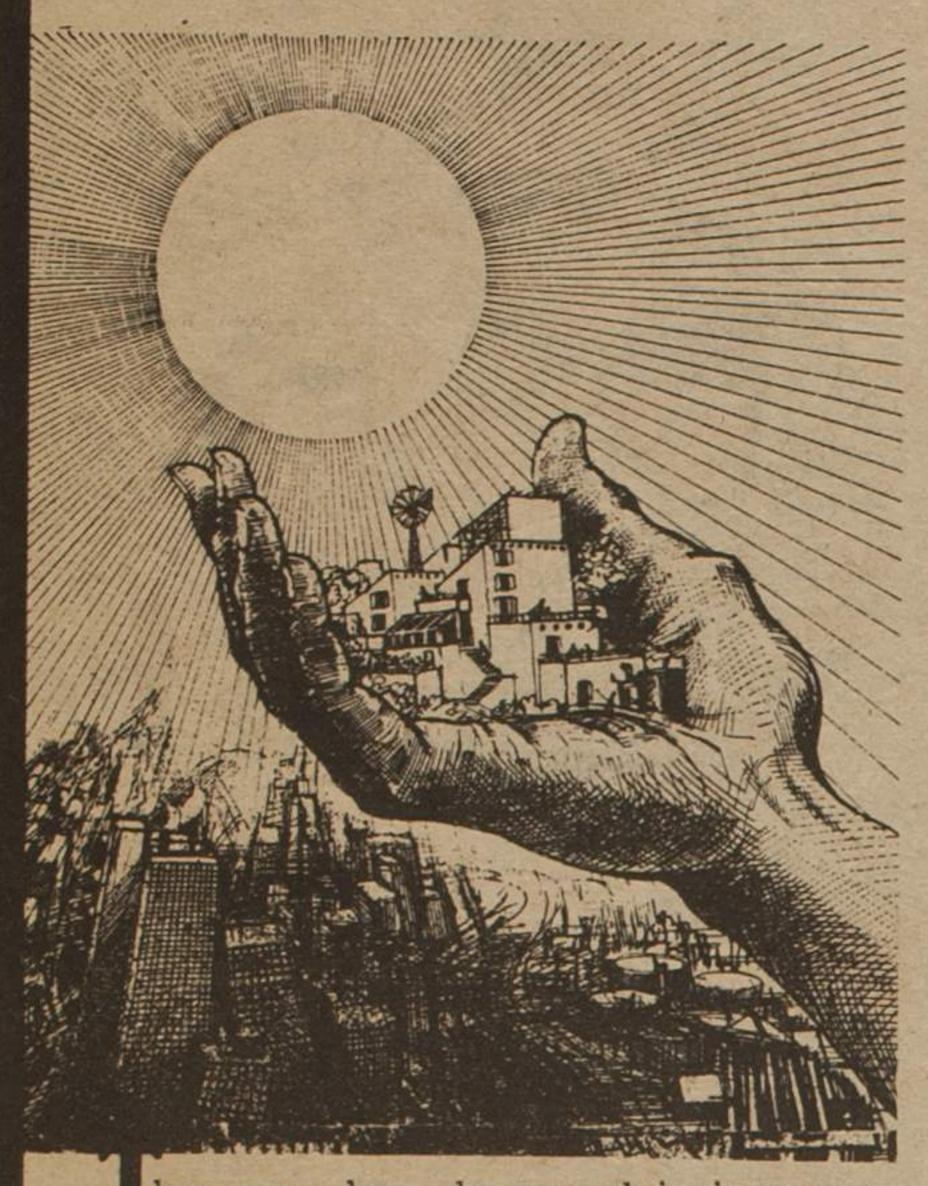
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# SUN DAY IS MAY 3



The sun has been shining now for several billion years, and scientists expect it to keep doing so for several billion more. The sun rises every morning and sets every evening, delivering energy to your doorstep (or rooftop) without powerlines, pipes or a hose. It is the most predictable and egalitarian energy source. Since the sun doesn't foul the air, land or water, it is safe and non-polluting. And there isn't a thing that a terrorist, hijacker, multinational company or international cartel can do to prevent sunpower from reaching you.

Even when the sun isn't shining, its immense energy is at work making the winds blow, clouds form, rain fall, and trees and crops grow. Since the sun transfers power into everything it touches, the proper technology can harness that energy and put it to work for you. Sunlight becomes hot water through a solar panel. It becomes electricity through a solar cell. Wind becomes a

water pump through a windmill.
Rainfall becomes electricity
through a small hydroelectric
dam. Wood becomes warmth
through a wood stove. Our
planet will never have an
energy crisis as long as there
is a sun--if we begin to harness
the sun's power.

Solar technologies are not "exotic"--many of them predate oil, gas, and nuclear technologies that surround us today. Windmills, solar panels, wood stoves and small hydro dams have been with us for centuries. Now they are just waiting to be put to widespread use.

On May 3, 1978, there will be a national celebration of the world's only inexhaustible, predictable, egalitarian, non-polluting, safe, terroristresistant and free energy source. It will be called Sun Day.



On May 3, 1978, when the sun first hits the U.S., Sun Day activists will be there. A group is planning a celebration on top of Cadillac Mountain in Maine. Later in the morning, New Yorkers can enjoy a sunrise concert at the United Nations. Some folks in Martinsburg, West Virginia are planning a tour of solar homes, and if you go to Princeton, N.J., you'll be able to see some spectacular movies of the sun itself. In Chicago, plans are underway to build a huge community greenhouse. Farmers in the Midwest will be able to see a traveling slide show depicting agricultural uses of sun, wind, methane, and other fuels available right on the farm. Unions in several cities are considering huge rallies to call for more solar jobs. Several congresspeople and state legislators want to pass solar



legislation on Sun Day. And Californians will be hosting appropriate technology fairs, sun art shows, poetry readings, and street theatre as the sun heads out over the Pacific.

FOR INFORMATION ON LOCAL SUN DAY ACTIVITIES, JUST CALL:

James Mendenhall at 843-9808. or write Solar Assist Corp. P.O. Box 979; Lawrence, Kns. 66044.

(above article from brochure put out by Sun Day/Suite 1100/1028 Connecticut Avenue, N.W./Washington, D.C. 20036)

Despite growing citizen interest in renewable energy, the Carter Administration has reduced its commitment to solar energy

Although the Department of Energy's total budget request was increased by 22% to \$12.6 billion, solar energy will be receiving a smaller part of it. The total solar request of \$373.58 million is now only 3% of the total DOE budget, down from 4% last year when the total solar budget was \$389.9 million. There were specific reductions in solar heating and cooling, cut by \$20.5 million, and in photovoltaics, cut by \$400,000. Increases went to wind, satellite power system studies, and operating expenses for solar power towers.

"The Carter Administration is not fulfilling its campaign promises on safe, renewable energy," commented Richard Munson, co-coordinator of Sun Day. "Noting the potential for solar technologies, the DOE budget is very disappointing. Many solar advocates felt that at least a doubling of DOE's commitment was necessary to make a rapid transition to a solar era," he continued.

Representatives of various public interest groups are asking citizens to write to President Carter to express their disapproval of DOE's priorities. Moreover, several Congressional offices are making plans to increase the solar funding. A "Solar Coalition" of Congressional staff and public interest groups is also developing a

series of bills to further promote solar energy. Contact Suzannah Lawrence at Consumer Action Now (317 Pennsylvania Ave., S.E., Washington, D.C. 20003) for more information about the Coalition.

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(above stories are from Save Energy: Save Money! Revised Edition CSA Pamphlet 6143-5, August 1977)

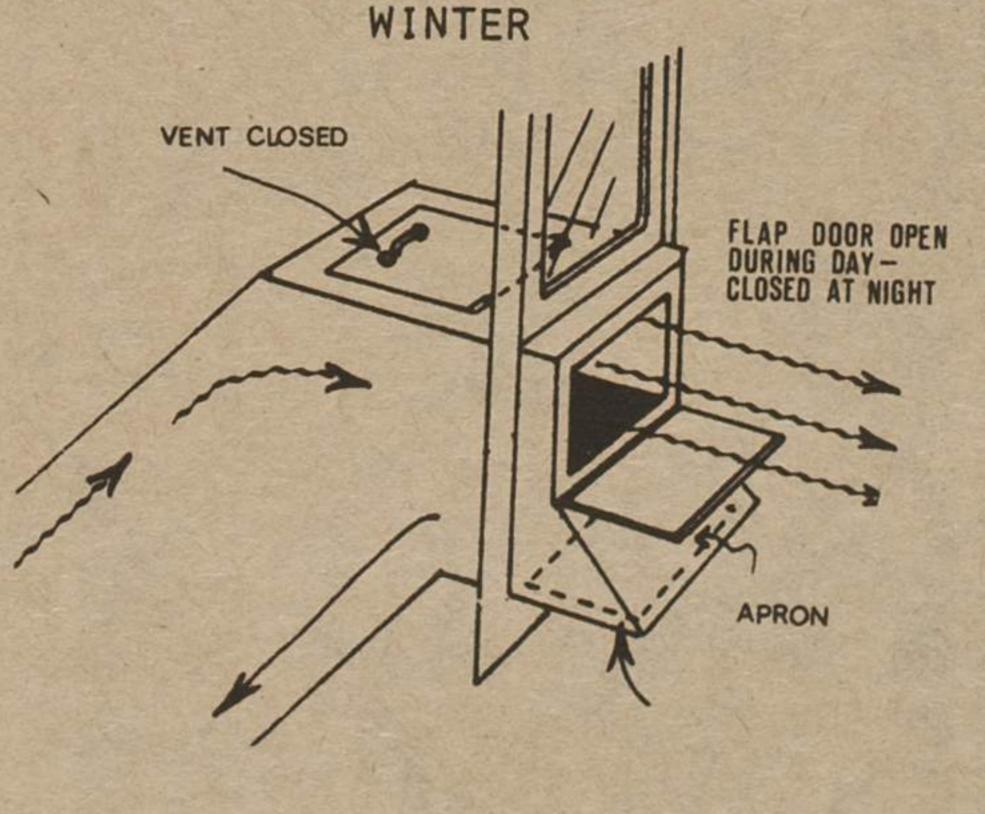
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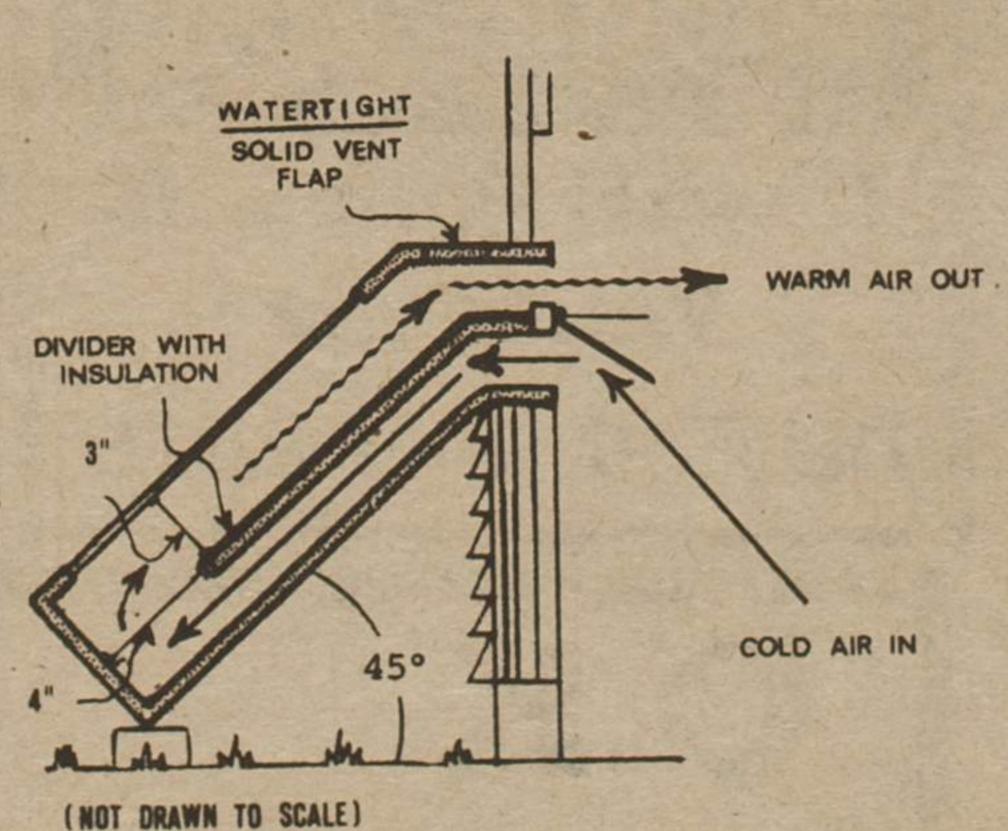
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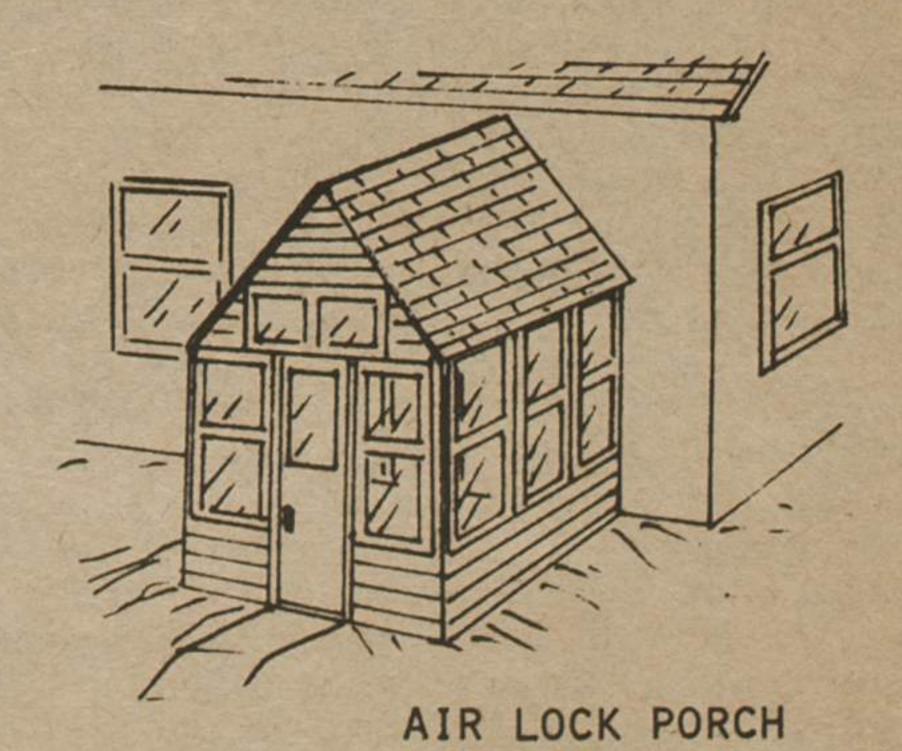




The literature for technical how-to-do-it solar projects has increased dramatically. For reference to such manuals, I would recommend three

Environmental Action 2239 East Colfax Denver, Colorado 80206

sources:



American Section of the International Solar Energy Society, Inc.

300 State Road 401 Cape Canaveral, Florida 32920

Alternative Sources of Energy Rt. 2, Box 90A Milaca, Minnesota 56353

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