

THE PEOPLE'S ENERGY PROJECT  
P. O. Box 423  
Lawrence, Kansas 66044

# Farkley Embarks on Fishing Expedition

A plague of huge catfish has brought construction of the Clinton Reservoir to a halt. Army Corps of Engineers scientists are at a loss to explain the recent influx of catfish behind the newly-constructed dam on the Wakarusa River west of town.

Spiritual leaders in Lawrence claim that the catfish are a sign that the Almighty disapproves construction of the reservoir. Delivering a sermon at his services, Rev. Sampson Moon of the Duplication Church stated, "If I had my way, I'd tear that old dam down."

But City Commissioner Farkley Barks sees the situation differently. "It's a conspiracy," Farkley barked. Barks blamed a "coalition of neighborhood association 'aginners' and the Duplication Church" for the problem. "This whole thing is just too fishy," Barks complained.

But the City Commissioner does not intend to sit idly by and watch the Clinton project get scuttled. "I have to act as a watchdog to protect the local economy from these fanatics. In all my years in City government, this is the first time

I've ever opposed Duplication services," Farkley asserted.

And Barks plans to bite. "We'll pass a resolution declaring the Catfish to be a non-conforming land use. And while we're at it, we'll close the Hawk and the Wheel!"

In the meantime, City Manager Butford Watson declared an end to the Open Season on Lawrence bicyclists. "We have tried to eliminate this nuisance," Watson proclaimed, "but now it is time to bait and tackle the real enemy." Watson announced signing a multi-million dollar pact with two professional catfish hunters.

Watson justified the high salaries, saying, "These catfish hunters are the best, and we have to pay them enough so they will not want to throw a strike. We have had enough problems with police and fire fighters already."

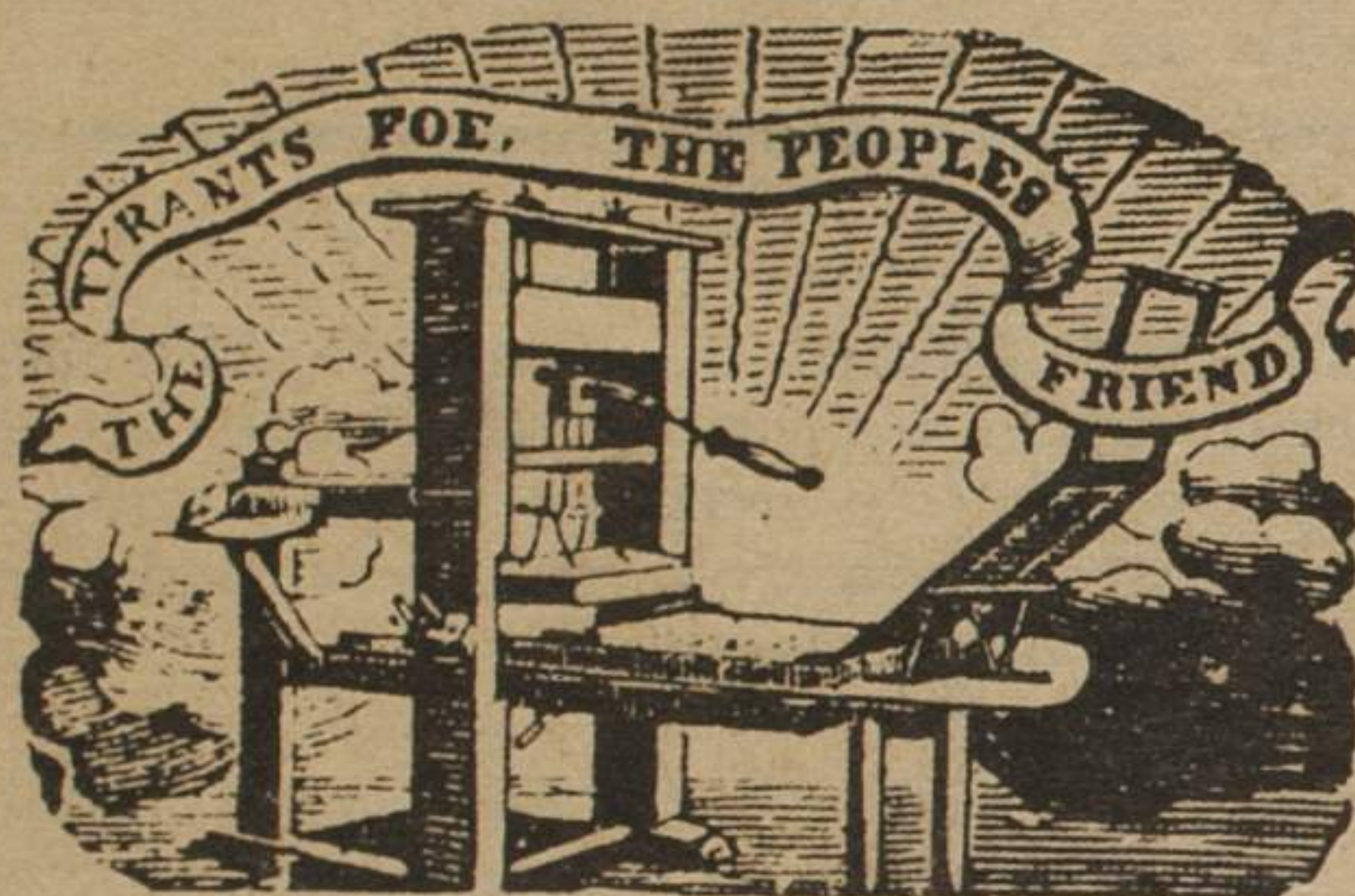
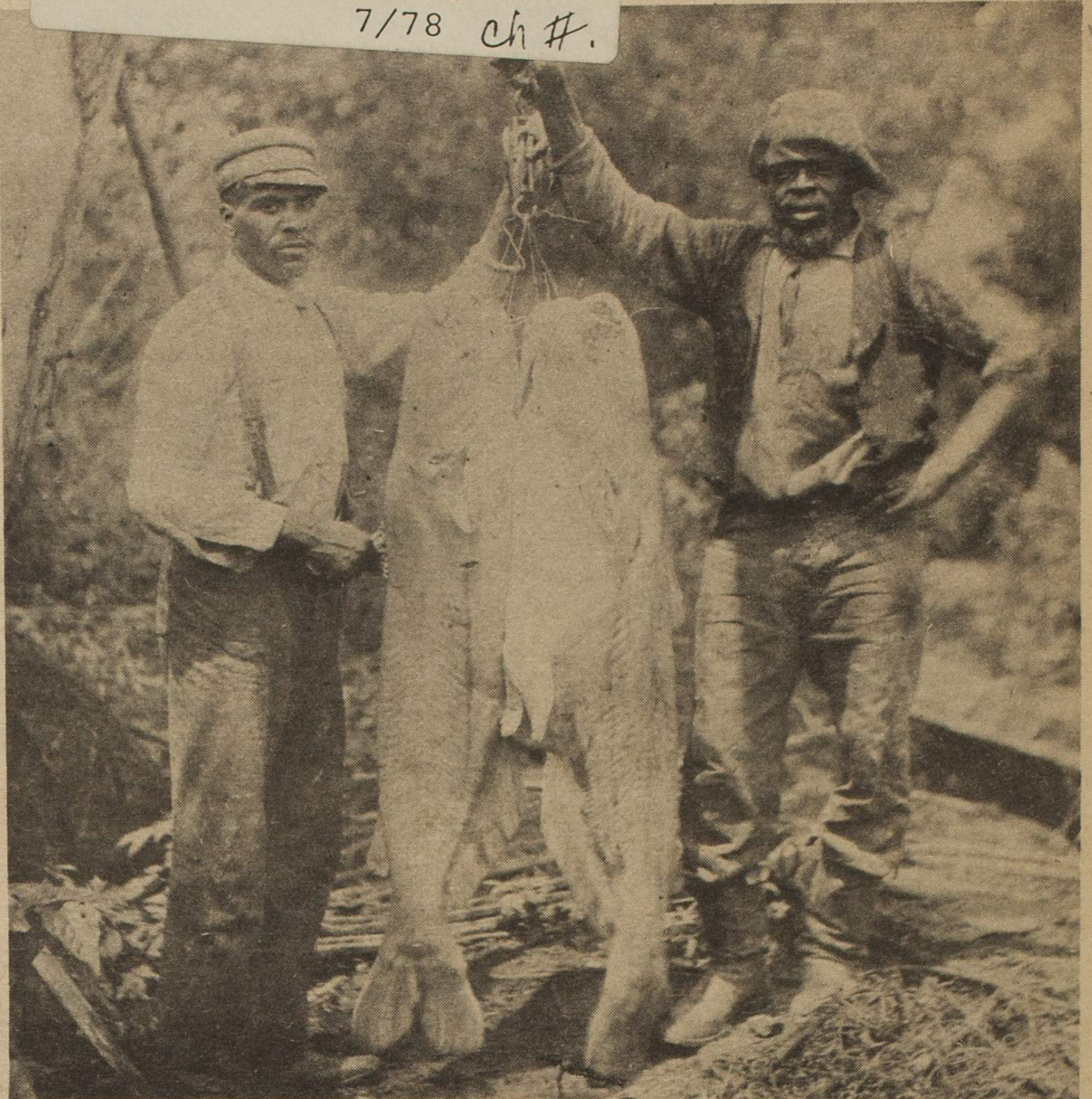
City Commissioner Egg Carter promised to procure all the lines and poles needed for the expedition. "Making connections is my business," Carter said, citing his pre-

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## Public Notice

In Cooperation with the Community Mercantile

Vol. IV No. 1 [Oct. 1978]

Lawrence, Kansas  
25¢

## Anti-Nuclear Alliances Meet

By Bill Beems

In early August of 1976, eighteen people occupied the nuclear power site in Seabrook, New Hampshire. Two weeks later 180 people returned and participated in a similar action. In the two years following those first rumblings, the anti-nuclear movement has mushroomed in this country and throughout the world.

During August 16-20 of this year the first National No-Nukes Strategy Conference was held in Louisville, Kentucky. For the first time people representing the grassroots anti-nuclear groups across the country came together. They gathered to work on a strategy to end the nemesis of nuclear power. The people who came left both happy and discouraged, tired and inspired, divided and united,

knowing much more and realizing how much more there was to know. But, most importantly the people who came to Louisville, left all the more determined to end the threat of the nuclear industry.

With sign in hand at the appointed rendezvous point--I-70 and the Paseo in downtown Kansas City.--I was picked up by Bob and Joanie from Omaha. Soon, we were off for the conference. Arriving in Louisville we sought out the University, the site of the activity. The lobby in the Humanities Building was our gathering place throughout the week. When we arrived there on Wednesday, an interesting mix of people were already there. Old and young, urban and rural, they had come here with one common theme--No Nukes!

Following an opening assembly on Wednesday evening, the conference broke into a rapid pace of early morning risings, workshop-filled days, and late night discussions. The people who attended the four day conference were primarily young people oriented toward alternative lifestyles. But many of the people present did not fit so easily into that media image of anti-nukes, widely presented to the American public. I visited and worked with a housewife from New York City, a dairy farmer from Wisconsin, and a rancher from Colorado, all of whom were middle-aged or older.

Political and lifestyle differences exist within this movement and were evident in Louisville, but that indeed is a strength. The grassroots movements growing across the country touch many people.

There were two types of workshops that all of us attended. On the first two days we were divided into fifteen various issues workshops in which we developed the many proposals for strategy now being considered across the country. We worked in the same groups for these two days and in that time over 100 proposals were created. On the final two days everyone attended a variety of skills workshops. These were very helpful in the sharing of useful information on topics such as: fundraising, rate-withholding campaigns, union outreach, and organizational structure and process.

Sunflower, Abalone, Oyster, Headwaters, Paddlewheel, Clamshell, Catfish, Keystone, Sunbelt, the alliances present at the conference were as varied in make-up as they were in symbolic names. The very existence of a national conference with several hundred

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### Protest Planned

As Kansas's first nuclear plant continues to rise above the hills near Burlington, a citizens group prepares for civil disobedience. Kansas Natural Guard, composed of anti-nuclear volunteers, intends to interrupt the train delivering the nuclear reactor vessel to the plant.

The reactor vessel is a key component of the Kansas Gas & Electric and Kansas City Power & Light plant. Attempts to delay the delivery will occur on a spur track leading to the site. Demonstrators anticipate the arrest of those actually staging the protest action.

Training sessions for people intending to participate have been conducted in several Kansas cities, and more sessions will be held. Support people are also planned to assist with the demonstration. Because of the difficulty in predicting the exact date and time of the delivery, protesters may only have 3 or 4 days notice.

For further information, contact Bill Beems at 842-2822.

## LAPSAC Advocates Childbirth Alternatives

If the fabled stork indeed brought babies, members of a new Lawrence organization could cease their efforts. The Lawrence Association of Parents and Professionals for Safe Alternatives in Childbirth (LAPSAC) was formed last spring by Chris Petr (current LAPSAC president), Tami Petr (nurse-midwife), and others concerned with the limited range of safe childbirth alternatives available to area parents.

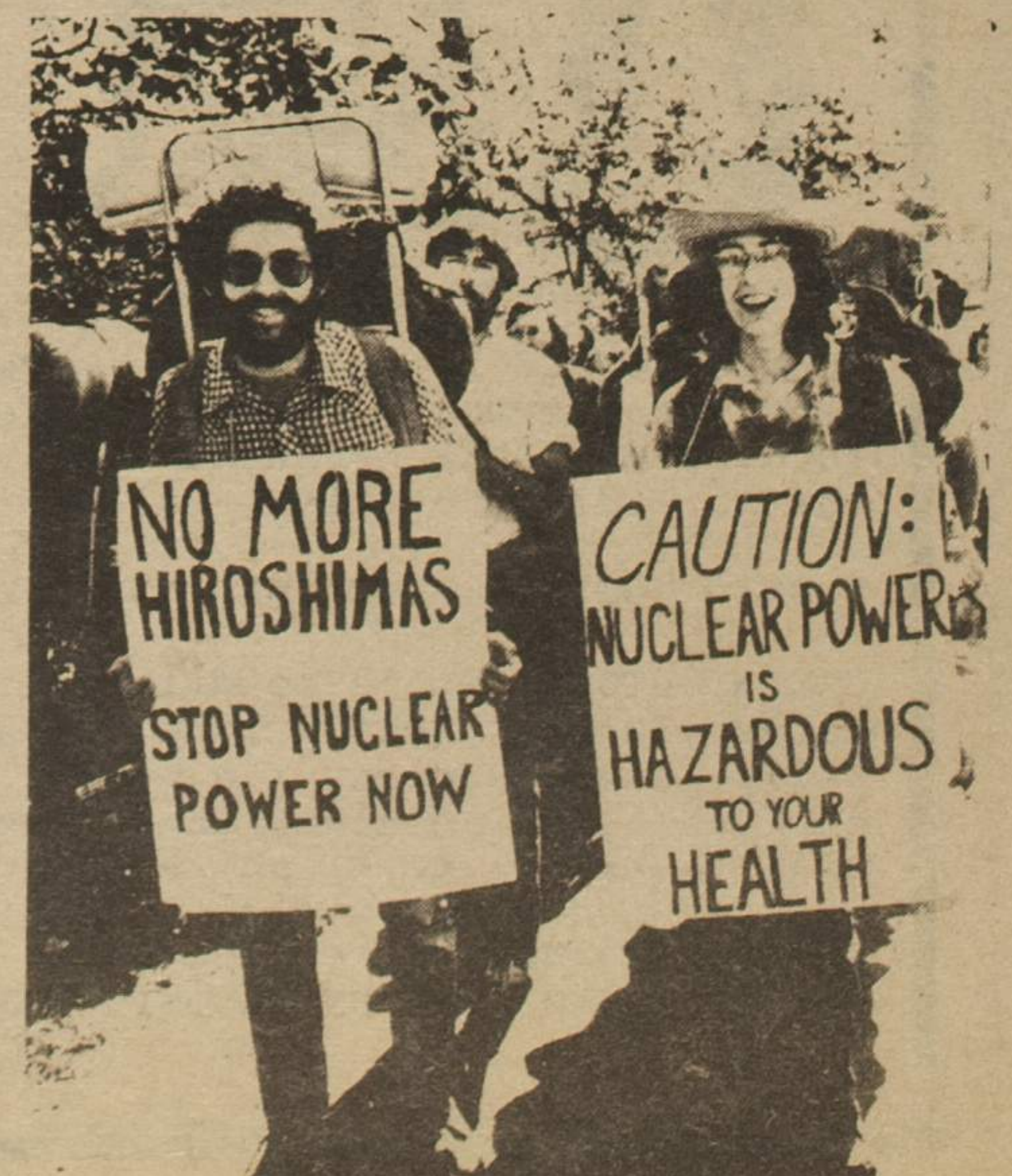
LAPSAC, as a member group of NAPSAC (the national organization) holds monthly meetings; has standing committees on education, safe homebirth, and safe hospital alternatives; keeps resource files on area childbirth-related services; provides speakers for community groups; and offers the quarterly newsletter published by NAPSAC.

But a proposal pending in the Kansas Legislature has drawn a lot of attention from Lawrence members.

A special legislative committee on Public Health and Welfare held a preliminary hearing this summer in Topeka to study "the desirability of state recognition of the practice of midwifery and the regulation thereof", proposal 20. Many members of LAPSAC and other state childbirth groups attended.

Kansas does not currently have any recognition of the role midwives can fill in childbirth. In other states, Rhode Island for example, midwives may provide pre-natal care, attend women in cases of normal childbirth, and

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Ellen Shub CPF

# Black Composer Returns to Kansas

by Tom Averill

Kansas honored Coffeyville-born Dr. Eva Jessye, one of the first black women to attain international musical fame, with an official "Eva Jessye Day" on October 1.

Activities included a performance of Dr. Jessye's folk oratorio, "Paradise Lost and Regained," directed by Dr. Jessye herself, at Pittsburg State University.

Eva Jessye was born in 1895. As she writes in her autobiography, *My Spirituals*, it was "on a Sunday morning, at the very hour the 'Amen Corner' in the Macedonia Baptist Church across the street was at the boiling point. 'Hallelujahs,' 'Praises to God,' and the frenzied 'stomp' of sisters in the throes of religious ecstasy resounded through the air."

Music was an integral part of her childhood. An unsubstantiated story has it that around 1905 an orchestra arrived in Coffeyville by train only to find that the car carrying all of its music had inadvertently been switched off the track. Only the conductor had his score, and in searching Coffeyville for someone to transcribe the music from his score into the various parts for the orchestra he was continually told of a 10-year-old black girl, the only person capable of the work. In desperation, he went to Eva Jessye. She finished the transcribing in time for the concert.

From Coffeyville, Eva Jessye went to Quindaro, Kansas, where she attended Western University, the only university for blacks in Kansas. From there she went to Langston University in Oklahoma, taught public school for a time, and in 1920 became music director at Morgan State College at Baltimore. Six years later she founded what was to be known as the Eva Jessye Choir. In 1927, she wrote *My Spirituals*, songs and reminiscences of her southeast Kansas childhood. By the 1930s, she was directing choir for such famous productions as "Hallelujah" the first black musical motion picture; "Four Saints in Three Acts," Virgil Thomson and Gertrude Stein's opera; and "Porgy and Bess," for which she remained choir director until her retirement in 1958. In 1963, Dr. Martin Luther King chose the Eva Jessye Choir to accompany his March on Washington.

The 83-year-old composer and conductor currently resides in Ann Arbor, but is now in Pittsburg, preparing for "Paradise Lost and Regained." She is also writing a book on her "Porgy and Bess" experiences and leading an active life: "I can touch fingers with the past, the present, and with the future." She gives seminars, workshops and lectures, and stays busy serving as "confidante, advisor, informant, etc." "So many problems students have today," Dr. Jessye remarks. "But it is interesting and rewarding."



photo by Danny Caplan

A record number of bicyclists from several mid-west states rode along in the annual Octoginta. The 80-mile fall tour of Douglas County was sponsored by the Mt. Oread Bike Club. Here, the riders stretch out on the route to Lecompton, early in the ride.

## LAPSAC Favors Legalized Midwifery and Hospital "Birthing Room"

provide immediate care of newborn infants, all in continual collaboration with a physician.

To help change the legal outlook towards midwives in Kansas, two LAPSAC members will speak at the

Public Health and Welfare committee's next hearing. Chris Petr and Garnet Wrigley will propose adoption of the Rhode Island midwifery bill.

The Rhode Island bill provides for the practice and licensing of both nurse midwives and lay midwives. Nurse midwives would qualify by training at an established nurse midwifery school in addition to their nurse certification. Lay midwives would complete a state approved midwifery educational program but need no prior certification.

To prepare for the legislative hearings, two statewide meetings have been held, with the purpose

of unifying the large grassroots support shown for this licensing of midwives in Kansas. LAPSAC hosted the first of these meetings in Lawrence. The latest meeting, in Wichita focused on strategies for the hearings.

Although the state midwifery legislation has been a strong focus of LAPSAC since the organization began, local issues have not taken a back seat. Progress is being made by the hospital alternative committee in establishing a birthing room at Lawrence Memorial Hospital.

The birthing room proposal would rearrange the separate labor/delivery/recovery rooms in favor of one "home-like" room where the entire birth process could occur as naturally as possible with medical standby assistance. The LAPSAC committee has drafted a position paper on hospital birthing rooms and is communicating with hospital authorities

who are now considering plans to implement such a service.

The need to have more control and responsibility in our own lives is expressed in many ways by people in Lawrence. Certainly one of the most basic areas is health care and what literally comes first is birth.

LAPSAC hopes to provide the continually valuable service of exploring and voicing the needs and desires for quality childbirth experiences.

For LAPSAC information, write Chris or Tami Petr, RR#3 Baldwin, Kansas 66006.

## LETTERS



Dear Editor,

I recently read your article in Public Notice titled "North Lawrence in Zoning Grip!" by Diane Luber. As a city employee, I have found the alternative viewpoints expressed in Public Notice to be, for the most part, interesting and informative. Unfortunately, this article went beyond the expression of an alternative viewpoint and grossly misrepresented the facts concerning the Lawrence-Douglas County Planning Office staff's attendance at the June 12 and July 10 meetings of the North Lawrence Improvement Association. I would like to make the following corrections:

1. The overall "tune" of the article gave the impression that the Planning Staff was trying to keep information about Plan '95 and the existing zoning in North Lawrence from being accessible to North Lawrence residents. The facts are that both a copy of the Land Use Guide found in Plan '95 and the official zoning maps were put on display by the staff at the July 10 meeting.

2. The article says that residents were not told how to apply for a rezoning. I personally went over the steps involved in applying for a rezoning at the June 12 meeting.

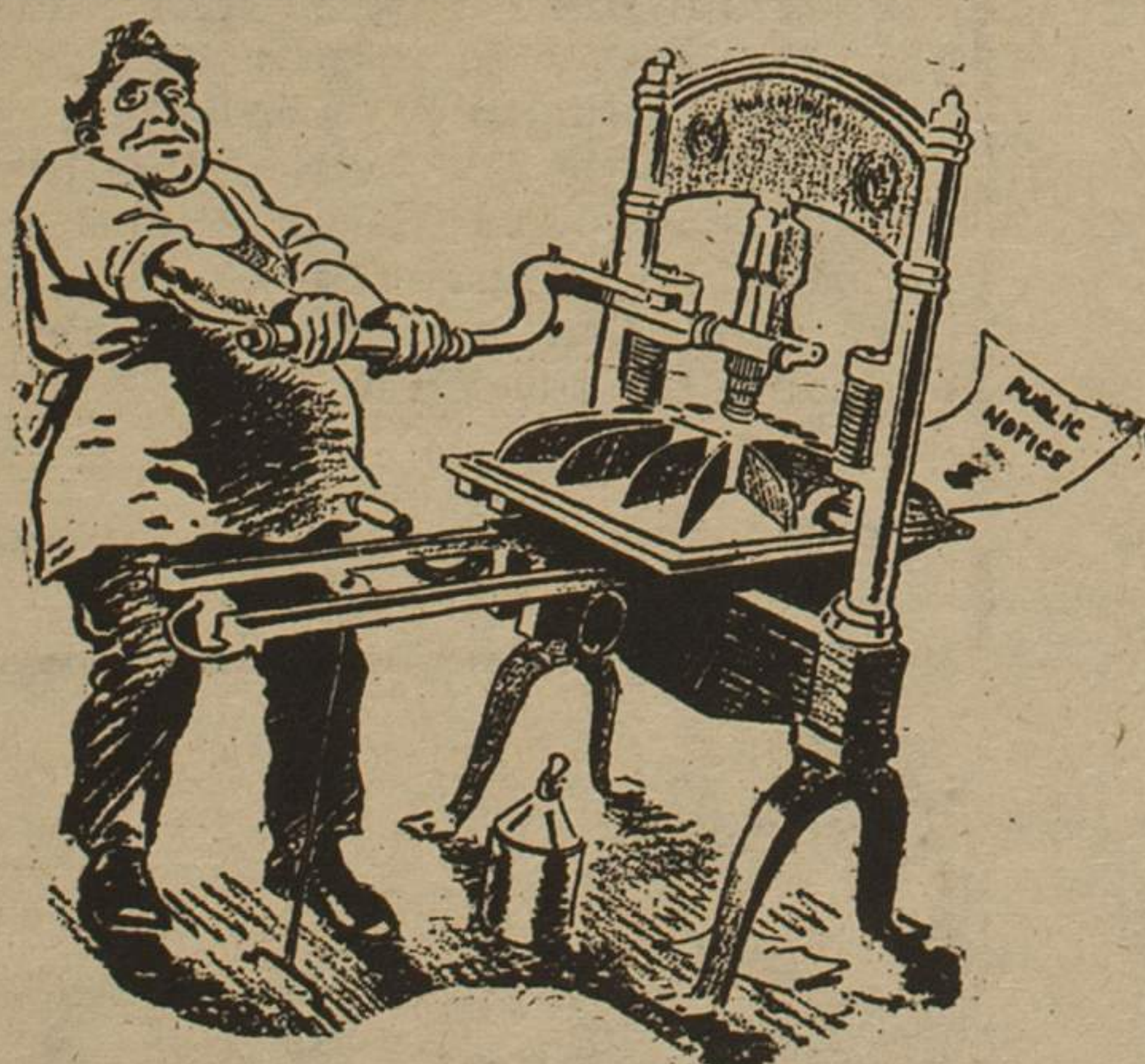
3. The article says that I said the following, "He was able to tell us that according to the present Plan '95, the residential area of North Lawrence will be surrounded by industry by 1995." I did not say this at all, but rather, that much of the area surrounding the existing residential area is designated by the general land use guide plan as a potential location for future industrial expansion.

4. The article says that we did not inform North Lawrence residents how Plan '95 might be altered or modified. At the June 12 meeting, this subject was extensively discussed. One of the points that I made at that meeting was that the neighborhood plans were dealing primarily with land use problems and that land use was going to be a major focus of the North Lawrence Plan.

The article also says that the Planning Office was "not prepared" for the Improvement Association meetings. This remark is especially unfair since I was unable to attend the July 10 meeting because of a previous commitment to the Oread Neighborhood Association. The Planning Staff representative at that meeting was Steve Allison, a CETA employee who joined the staff in May to work on the neighborhood surveys. His purpose at that meeting was to supply the North Lawrence Improvement Association with the information that they had requested at their June meeting, and not to answer technical questions.

Alternative viewpoints are fine, but how about substantiating them with a few facts? Sincerely,

Garner Stoll  
Neighborhood Planner  
Lawrence-Douglas Co. Planning Office



## Public Notice

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## Ida Keeps Going **STRONG**

By Jeffrey Ann Goudie

Ida Grace Lyons turned 102 on September 28, which doubtless makes her one of the oldest individuals in the state.

In a recent interview at Presbyterian Manor where she's lived for a year and a half, Ida appeared remarkably alert and sharp-witted. She isn't emphatic in her notions about why she's lived so long, but she does have a few conjectures. "I've never used very many condiments...I breathe clear to my diaphragm...I breathe clear down to my boots!" And although she admits to not being as straight as she once was, she repeated the advice given her by an 85-year-old woman who "was as straight as a string"--stand with your knees pushed back as far as they'll go.

Ida is blunt about life going on 102. "I don't like it. I'm losing my eyesight and I can't see so well, don't hear so well. When I do hear, I don't always understand." Additionally, she has problems with her equilibrium, and needs support to stand.

Although she concedes that Presbyterian Manor is the nicest nursing home she knows of, she's quick to point out that it's undeniably an institution. She complained of a regulation that mandates she have a bottle of water in her room, though she can go to the tap when she wants a drink. I remarked that I noticed

she had some of her own furniture in her room. She quickly interjected: "And you notice the two beds in the room--just like a hospital....We don't have any carpet on our floor--just like a hospital. Me-tic-u-lous-ly clean just like a hospital."

Ida was born in North Lawrence in 1876, the eldest of seven children. She began her long teaching career at 19 in a one-room schoolhouse at Willow Springs, about nine miles southwest of Lawrence. In 1907 she began teaching in the grade school in Lawrence, switching over to the junior high when it was established in 1916. Seven years later she was appointed to head the junior high's library-study hall, a job she held until her retirement in 1942. Before coming to Presbyterian Manor in February 1977, she lived 28 years--part of the time alone--at 912 Rhode Island.

At 100 years of age, Ida published a small volume of her poems, most written for participation in the Lawrence Writers Workshop. The blue booklet contains one of her most popular poems, "This Old Gal":

This old gal is losing her eyesight  
This old gal is losing her hair.  
Her mouth is full of dentures,  
And she has to walk with care.

This old gal is good no longer.  
She can't hear what people say.  
And when she's lost all her senses,  
She no longer wants to stay.



**Ida Grace Lyons at 102**

Life is not easy for Ida at 102, but she's still got her wits, and the doctor says she's in excellent health. When our interview was completed I started out of the room to get an aide to help Ida

into her wheelchair. At the door I looked over my shoulder to see Ida up off the couch moving toward her chair by herself. I hurried back, pleasantly surprised again by Ida Lyons.

## Diverse Delegates Share Concerns about Nukes

delegates attending was a major statement in itself.

Already, plans are being laid for the second conference next summer. However, the most valuable product of the conference is the report issued to all the delegates. Hundreds of conference hours were put into producing this book. It is filled with information concerning groups around the country, contact people, and most importantly, the conference proposals. These proposals are being considered by local groups across the country. Networking will be established between regional groups who wish to work on the same issues.

Locally, Lawrence Residents for a Radioactive-Free Kansas (RFK) will be considering the proposals at the first meeting in October. Presently all groups in the Sunflower Alliance in Kansas are working toward the events around Karen Silkwood Week, November 11-19, which is being observed across the nation. This is one of three major national actions outlined at the conference. On June 3-4 of next year, there will be international days of protest against nuclear power. This action is originating from Switzerland and is hoped to be observed across Europe and North America. The third action discussed at the conference was a national march on Washington. It was tentatively scheduled for spring/summer of 1980.

A major division existed at the conference that should be recognized and dealt with. There is a rift between people opposing nuclear power and people opposing nuclear power and nuclear weapons.

This division is further compounded by the fact that most nuclear weapons installations are in the western half of the country. People in the East are not as directly threatened by the nuclear weapons

industry. Because of this, the people in the East see the introduction of nuclear weapons as a further complication in their attempts to teach people about nuclear hazards, without threatening or alienating them. On the other hand, the people of the West feel that in their situations, nuclear weapons facilities simply cannot be separated from the nuclear energy industry.

The division over the inclusion of nuclear weapons is a major one. In the entire conference only one consensus agreement was blocked, and it was over this very issue.

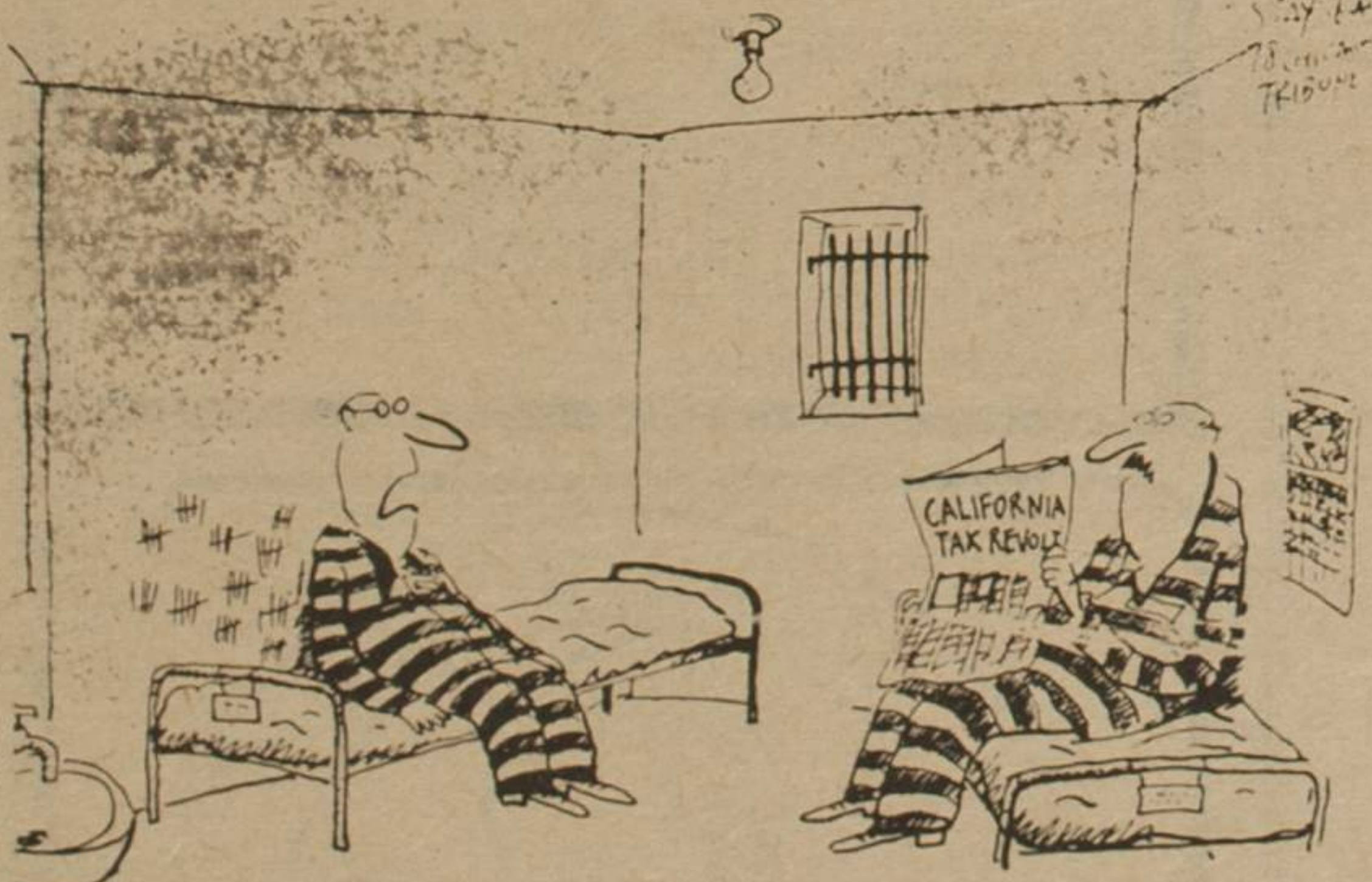
In Lawrence, R.F.K. has taken a stand opposing both of these threats.

What came from the conference was not division, but unity. This unity came not from common perspective--there are many perspectives, as there should be in any major coalition--but from the

inspiration we found in one another. There was something very positive about hundreds of people from all across the country coming together to work on the ending of the nuclear industry's existence.

This conference was the first gathering of all grassroots anti-nuclear groups in the country. The movement is growing and actions are occurring all across the nation. In the week prior to the national conference, over 500 persons were arrested in California while occupying a nuclear power site. While we were at the conference, 12 members of the Bailey Alliance were arrested for a similar action in Illinois.

Eighteen thousand people participated in the Seabrook demonstration this summer where eighteen had stood two years ago. People are awakening to the threats posed by the nuclear industry, and they are beginning to raise up and say no!



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Let us not in base subjection  
Brood away our fearful life  
When with deed and aspiration  
We might enter in the strife.

-Karl Marx-



# Home Security Deters Burglars

by Earl Haehl

Your valuables are subject to theft--unless you use American Express Traveler's Checks. That's when you travel. At home you require the super-wireless burglar alarm guaranteed to wake up the neighborhood, turn on lights, and dial the police.

Reported crime is on the rise with burglary up. What can you do to protect yourself? First of all you reinforce your walls, mine the driveway, get a ten-foot electric fence, admit no one without a security badge, and sit where you have a good view of the entire premises with an M-60 machine gun.



Back to reality, there are precautions you can take to assure reasonable security. Probably none will deter a professional who wants something specific. But the average burglar relies on moving in and out quickly. If he or she encounters an impediment that slows down the operation, he or she will look for a simpler operation.



The first step is to get the booklet on Residential Security put out by the police department. This deals with locks and blocking entrance. The burglar in a hurry is deterred. This is based on the single family dwelling, but can be adapted for apartments.

In addition, there are some areas not covered.

**Watchdogs:** The best watchdog is loud, not vicious. An attack dog has a good chance of getting hurt or killed in an encounter with an intruder. Also there is the chance of you getting sued when he jumps the meter reader. A noisy dog attracts attention and starts a chorus of canines throughout the neighborhood.

**Alarms:** A burglar alarm can be effective if it can be heard. Be wary though. If the squirrels trip it when they hit the roof or it jars on, it is useless. Check with the police before buying one.

**Neighbors:** Good neighbors are the best protection. They know when you're away and they

know who's likely to be authorized to enter. They can always get your mail and other junk in the yard. If you don't have good neighbors, snoopers are the next best. They know everything.

**Firearms:** The gun magazines talk about weapons for home defense. I agree for myself, but not for everybody. Nobody should consider using a firearm to confront an intruder without being competent in the use of the weapon and willing to kill if necessary.



Blowing away an armed intruder is self-defense. Blowing away an unarmed intruder is, if not murder, manslaughter. Getting blown away by an intruder is the end.

If this article is your first exposure to home security and you've never had a gun, don't get one--at least for home defense. And if you're considering that nice little .25 cal. automatic at Gibson's forget it.

The weapon for home security is a 12-gauge pump or double barrel shotgun with a magnum load of 00 buckshot.

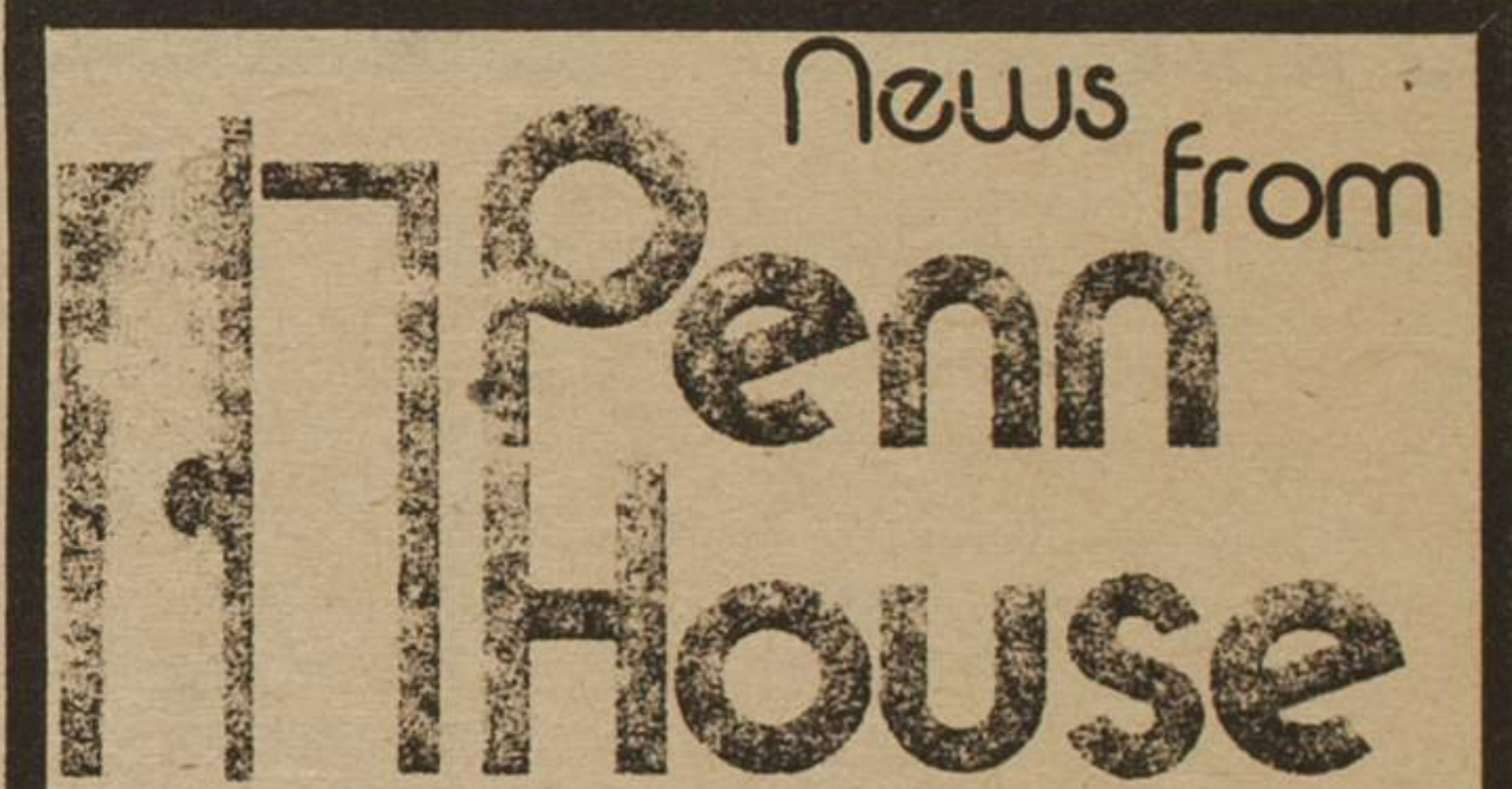


The shotgun has the size to make any intruder back off, and the power to cut somebody up. Also it is a fairly good hunting weapon which is a better reason to own one than home defense.

A word of caution. Never use a "dummy" or replica. It's suicide.

My recommendations? Minimum security, good neighbors, general caution. If nobody knows you have the Hope diamond, nobody is going to look for it.

Gotta close now, there's a short in the electric fence, a mine just went off in the driveway, and I gotta clean the machine gun.



Are you a renter? Were you cold last winter? If you are a low-income person who lives in one of the older neighborhoods, East Lawrence, Far East Lawrence, North Lawrence, or Pinckney, you can receive free materials to get your house ready for the winter.

Winterization materials include plastic, tacks, lathes, nails, weatherstripping, caulk, caulking gun, and doorsweeps. Interested? For more information call Penn House, a United Fund agency serving the low income community. Our number is 842-0440. Or drop by and visit at 1035 Pennsylvania.

If you want an Attorney General who:

- \* solicits and receives large campaign contributions from insurance and oil companies,
- \* equates violations of the Campaign Finance Act with jaywalking,
- \* favors the return of vigilante drug enforcement agents,
- \* wants parole boards abolished,
- \* inspires Vern Miller to "love him like a brother,"

Vote for Curt Schneider's opponent.

But if you want an Attorney General who:

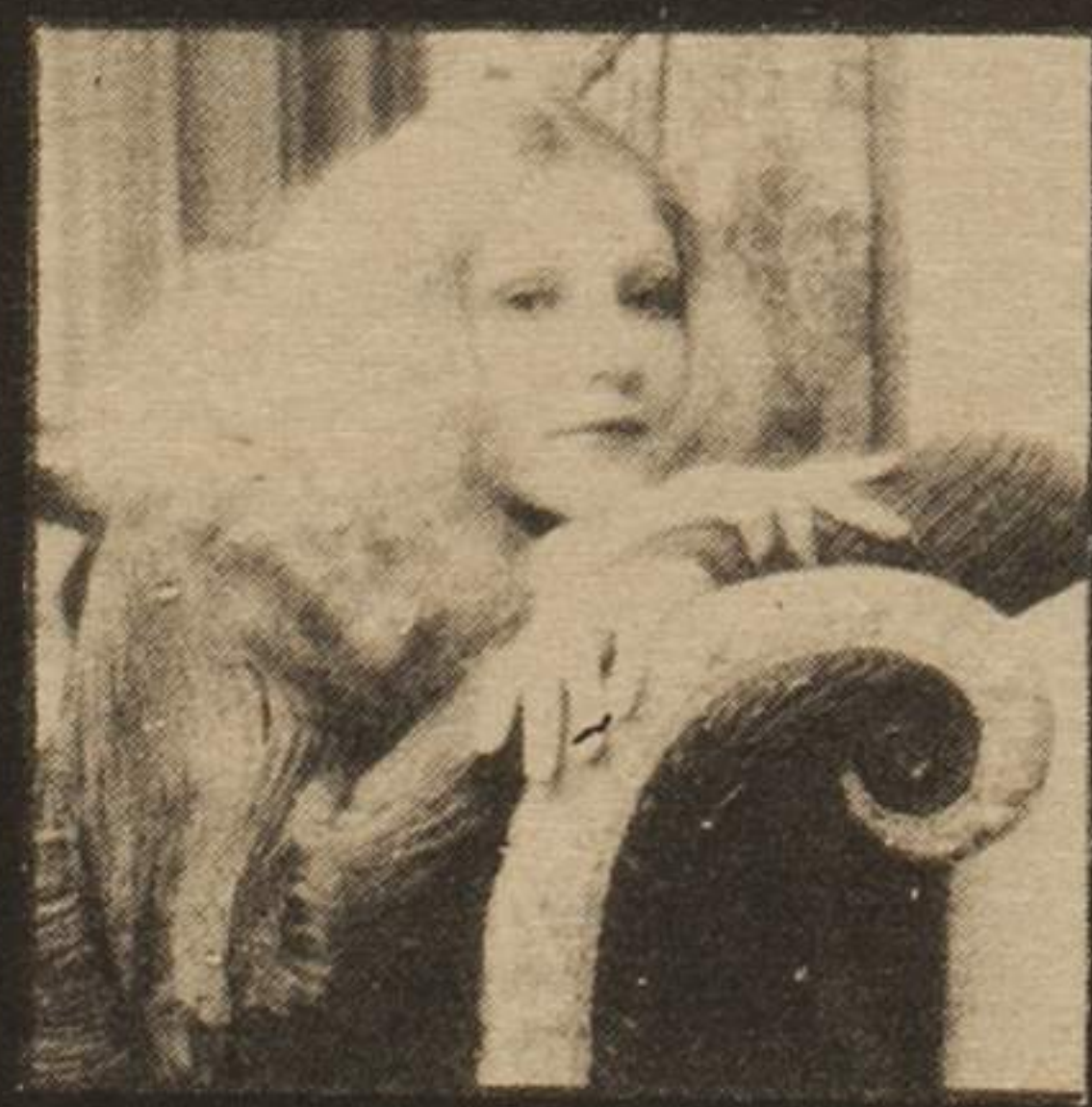
- \* recovered over \$2,500,000 in damages for defrauded Kansas consumers,
- \* vigorously enforced the Campaign Finance Act,
- \* intervened against licensing of the Wolf Creek Nuclear plant,
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- \* has issued over 1500 opinions of which only 2 were overturned,

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# Freemans Improve East Lawrence

By Barbara Willits

The 12th and Pennsylvania area has a new look these days. The vacant lot at 1143 Penn. is wearing a new face after 18 years of rampant growth of weeds and brush.

Loren and Margie Freeman have operated Freeman Used Furniture at 1145 Penn. for nine years. They modestly shrug off my compliments on renovation of the area.

Mrs. Freeman explained that his construction of a duplex on the 1143 lot is part of an effort to persuade his mother to locate in Lawrence.

The duplex will have two-bedroom units, providing much needed housing in the East Lawrence neighborhood, where very little residential development takes place.

All of us who have been aware of the debris, foundation rocks, partly filled cisterns, etc. are pleased to see the improvement. At least four large loads of material were hauled away.

The Freemans have made a vital contribution to the neighborhood and are to be commended for their efforts.



## Neighborhoods Reflect Transitions

By Tom Brom  
Pacific News Service

"We work in neighborhoods because more and more people want to define where they live as a fundamental part of their lives," says Tim Sampson, an organizer in Oakland, Calif.

"Neighborhoods are areas people want to defend and preserve. Everything else in their lives is either unstable or blown away."



Government statistics give some indication of the social pressures that are rapidly changing peoples' lives.

The national rate of inflation hit 10 percent for the first six months of 1978. In many poor communities, unemployment is often double the official

6 percent rate, while minority youth unemployment reaches 45 percent.

HUD reported in June 1978 that the average new single family home cost \$62,900. It takes a yearly household income of more than \$25,000 to afford the housing payments for such a home, and only 15 percent of American families make that much.

Last year 45 percent of all homebuyers had more than one wage earner. Women are now 41 percent of the U.S. workforce and make up an increasing share of the growing part-time labor pool.

Part-time workers are now 22 percent of the workforce. Since 1954, the number of part-time workers in non-agricultural jobs increased at a rate twice as great as the increase of full-time workers.

At the same time, membership in trade unions--a cohesive force in working-class districts--has declined from 33 percent to 20 percent of the workforce since the 1940's.

By the end of 1977, only one out of five families in the United States conformed to the traditional husband/working, wife/homemaker model.

These statistics sketch a social reality in rapid transition. The pressures--declining real income, an inflated housing market, changing economic and social status for women and petty crime--come together in the neighborhoods.

Many people just have not been able to handle the personal threats of rapidly changing American society," comments Madeline Adamson, editor of a neighborhood action newsletter in Washington, D.C.

"The neighborhoods are 'reactionary' in the literal sense, but they are reacting against very real issues affecting people's lives."

## Neighborhoods Elect Officers

Three Lawrence neighborhood Associations elected new officers in October.

Oread Neighborhood Association officers were elected amid controversy. Landlords packed the meeting with families and friends, who residents of the neighborhood charged were ineligible to vote. The landlords elected their slate. David Holroyd, the new president is the only officer who lives in the Oread neighborhood. Other officers are Dick Lynch, vice-president; Virginia Munger, secretary; and Robert Egger, treasurer. Lynch, Munger, and Egger are non-resident property owners.

The North Lawrence Improvement Association re-elected its president, Margaret Brun. Other NLIA officers are Robert Pears, vice-president; Leona Campbell, secretary; and Julia Bond, treasurer.

East Lawrence Improvement Association officers elected for the coming year are former ELIA president Barbara Willits, who will once again serve as president; George Elston, vice-president; Kate Duffy, secretary; and John Hamilton who was re-elected treasurer. Dick Dunhaupt will assist John Hamilton in administering financial matters concerning ELIA's new VISTA workers.

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PUBLIC NOTICE will print your class ad free of charge. Call 842-5657 or mail to 1101 1/2 Massachusetts.

## Diane Appointed

Mrs. Diane Helmuth has been employed as Douglas County Extension Home Economist, Foods and Nutrition agent, effective Oct. 1. Mrs. Helmuth will fill the vacancy created with the retirement of Oletha Blevins.

She is responsible for the Extension Expanded Foods & Nutrition Program where she has fifteen nutrition aides. She has been employed with the Oklahoma State University Extension Service for five years.

HOUSE with 5 acres for sale by owner. big old-fashioned 2 story house, 3-4 bedrooms, on rural water line (also has well). 2 dams, fertile land in lovely creek valley. located 2 miles north of Oskaloosa. \$25,000. call 1-863-2845 evenings and weekends.

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Jim Supica, Democratic candidate for legislature, 43rd district. (Pd. Pol. Adv.)

Pd. for by the Citizens for Supica, Louise Silber, Pres.



## ENERGY BRIEFS



Douglas County Extension Council is sponsoring an Energy Expo on November 10 and 11 to help you explore your energy alternatives.

There will be energy related commercial exhibits as well as "mini" educational seminars with speakers addressing a variety of energy topics including:

Is Wind Free?  
Will Wood Work for You?  
Exotic Fuels.  
Everything You Want to Know About Solar.  
Landscaping for Beauty and Comfort.

The Douglas County Extension Center at 2110 Harper is the site for the Energy Expo.

Sixty families in the San Luis Valley of southern Colorado have formed the Solar Energy Association, and have built themselves solar-heated, forced-air collectors that 1) can cut heating bills 30-50%, 2) cost \$300-\$400 in materials, 3) that you can build and install in 2-3 days, and 4) will pay for themselves in 2-3 years. What's more, they are happy to share the simple plans with us. (Even the San Luis Valley's Rural Electric Corp. has decided to use one of these collectors to solar heat its central maintenance shed). For \$1 the association will send you plans. For \$5 you can become a member and receive their newsletter. Write to Box 647, Center, Colorado 81125.

from Well-Being no. 18

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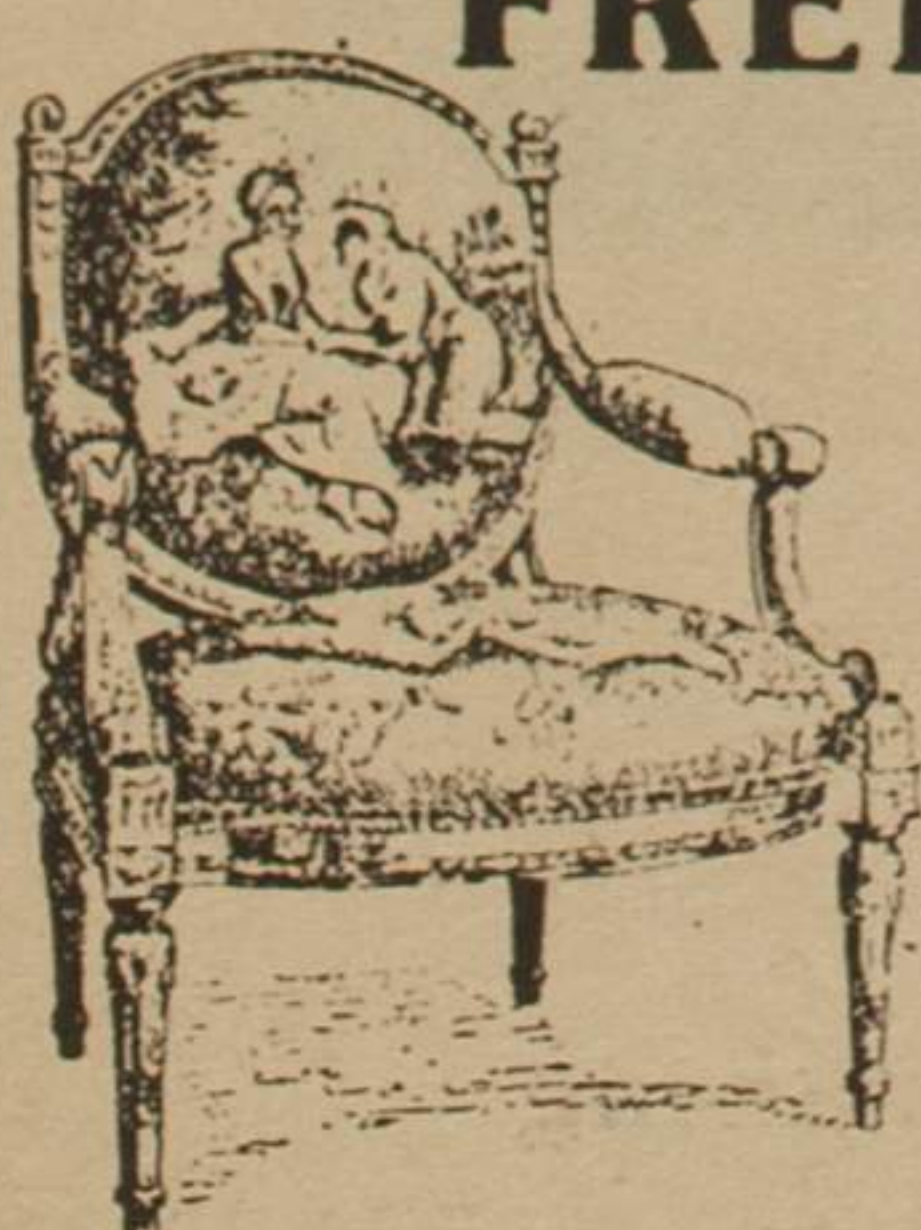
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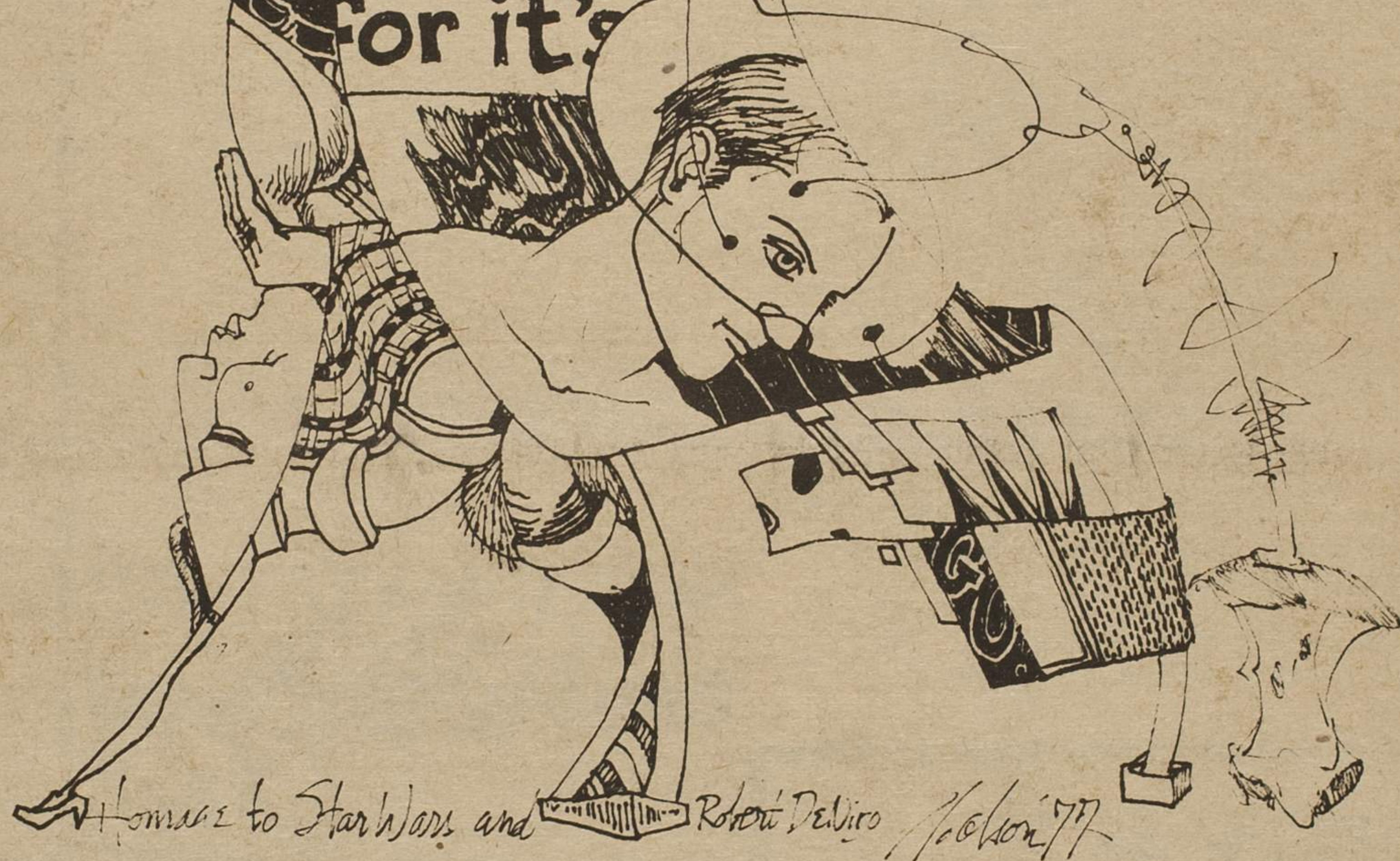
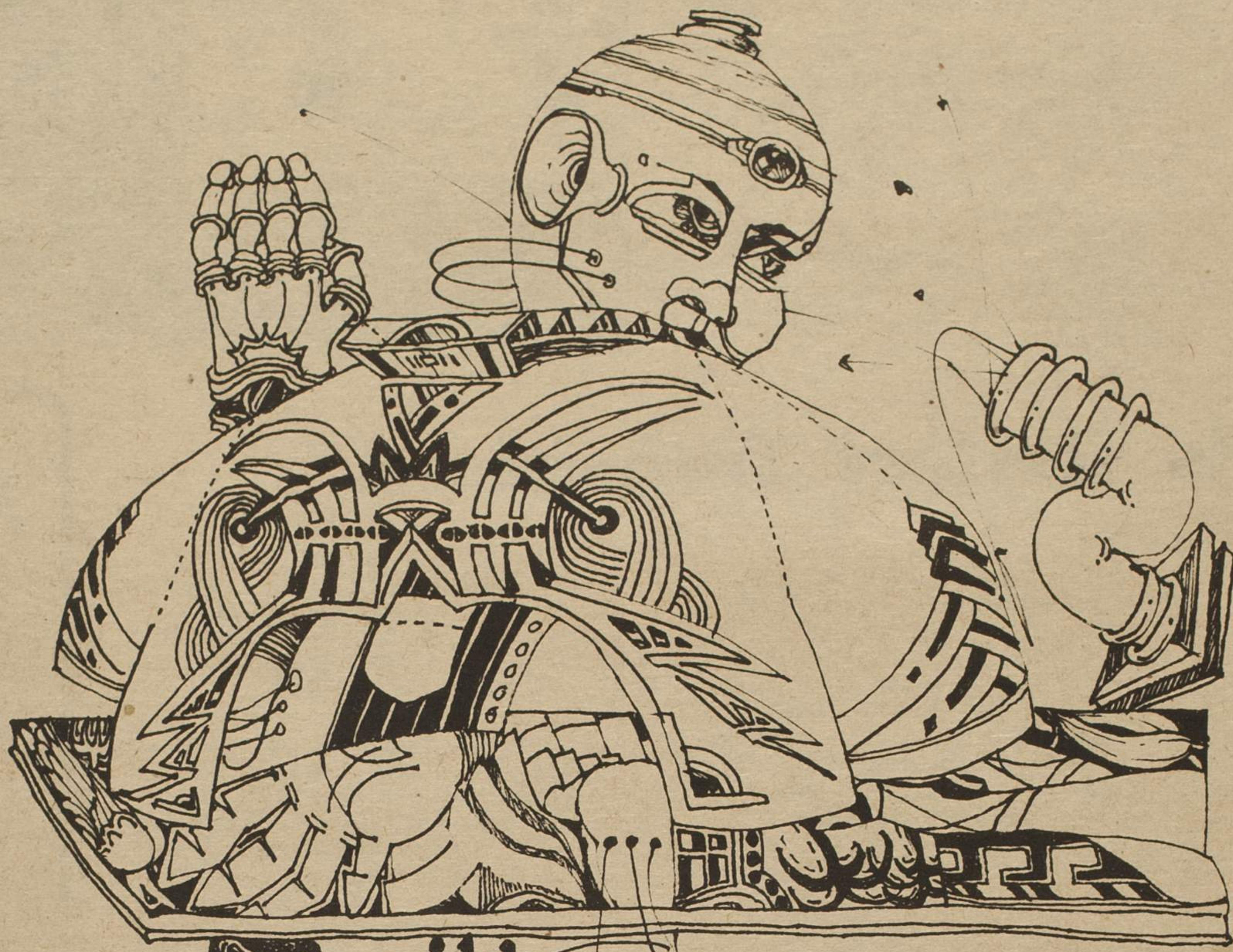
Mon. 4-8

Tues.-Sat. 4-10

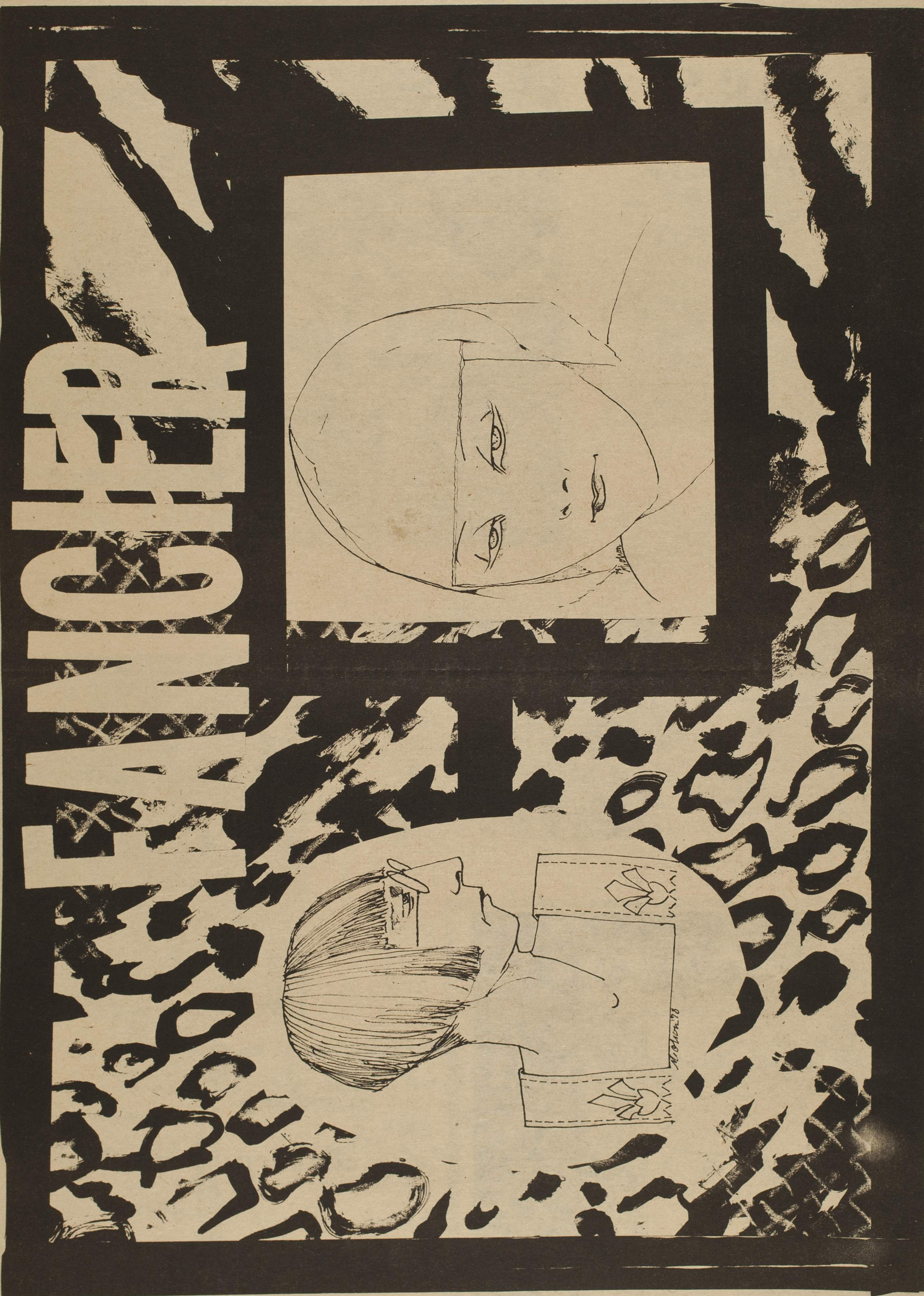
Sun. 4-8

446 Locust





DRAWINGS | ACTUAL SIZE | Molson '78



# COOP NEWS

## RAIN FAILS TO DAMPEN CO-OP BIRTHDAY FAIR!

The Community Mercantile's first annual Birthday Fair marked a festive beginning of the 5th year of the food co-op.

Several hundred members, neighbors, and curious Lawrenceans wandered through a Sunday afternoon of food, music, and prizes.

Birthday cake from the bakery, ice cream from Holy Cow, and free helium balloons aided the birthday feel. Raffles were held for a juicer and a credit union savings account. Cakewalks, watermelon, hamburgers, honeycombs, tempeh, sprouts, sandwiches, teas, a book sale, and informational exhibits circled the co-op parking lot.

Co-op musicians helped keep the whole show wrapped together. Ann Franke, Holly Fisher, and Deb Holmes (right) performed in mid-afternoon, as well as Kurt Sigmon and the New Music Ensemble of Lawrence.



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Soup Kitchen 10am to 7pm

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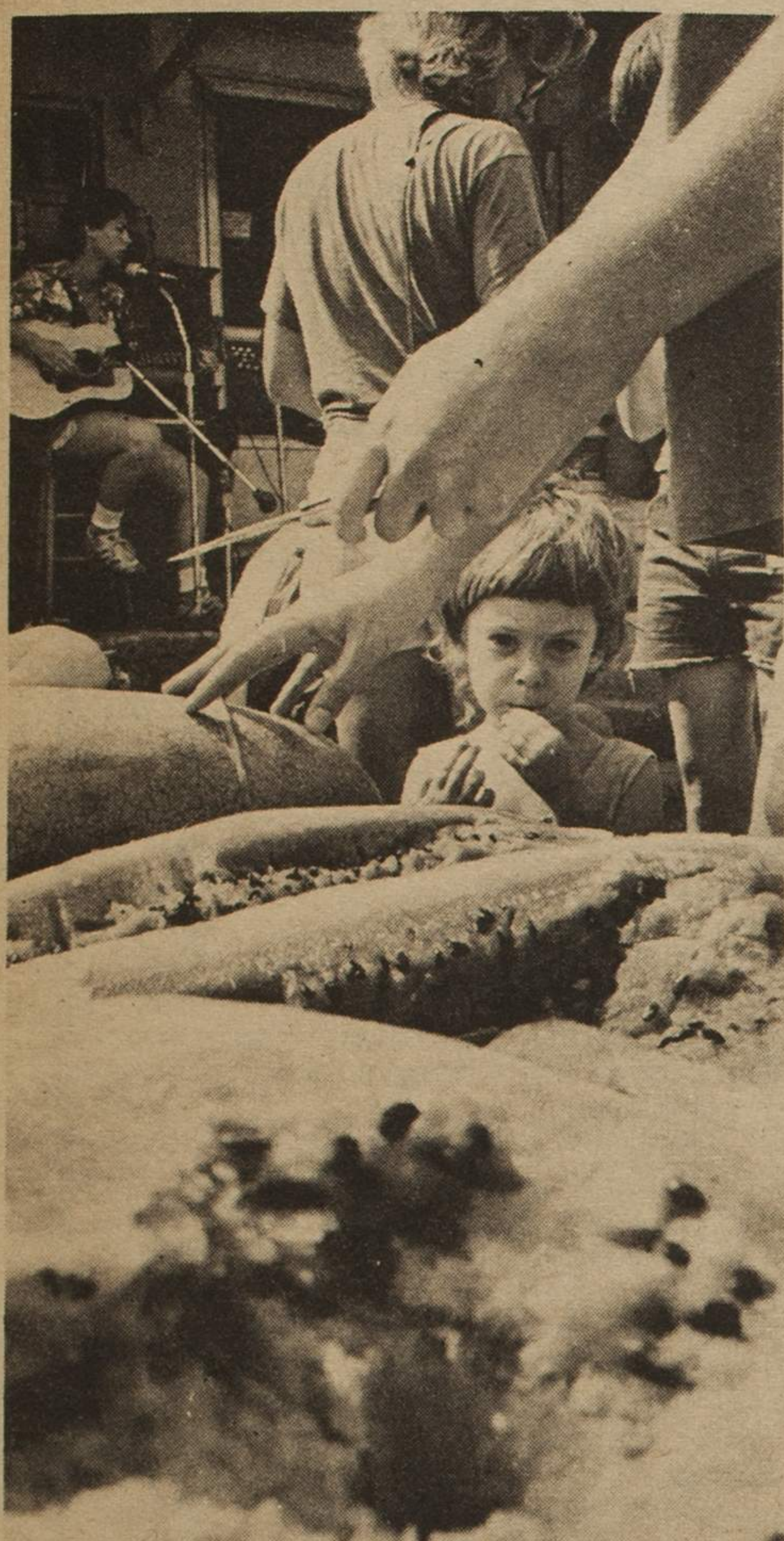
**HEADQUARTERS**

DRUG OR PERSONAL CRISIS?

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CO-OP NEWS is partially funded by:

THE COMMUNITY MERCANTILE INC.

730 Maine

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Tues. and Thurs. til 8

Anyone can shop at the Community Mercantile but members can save 10-40% on their purchases. To find out how to become a member, attend an orientation session held at 7:00 PM on the first and third Thursdays of each month at the store or talk to one of the store's coordinators. We feature farm-fresh eggs, dairy products, and produce, plus our own bakery products and a wide variety of staple and specialty foods.



P.S. We  
take food  
stamps!



## Co-op Poet Publishes

A Norse Myth for the Waning Moon

The moon is a young apple in the sky.  
Each night a great bear,  
a black-furred, black-tempered bear  
bites the apple.  
Nibbles each night  
at the succulent fruit, the white  
flesh gnawed by pointed teeth.  
Pierced to the core,  
seeds scattered to blackbirds and mice,  
the apple is devoured.  
Giant fangs flash like stars against the void.  
Trees whisper the black bears hunger  
as he browses a barren field.

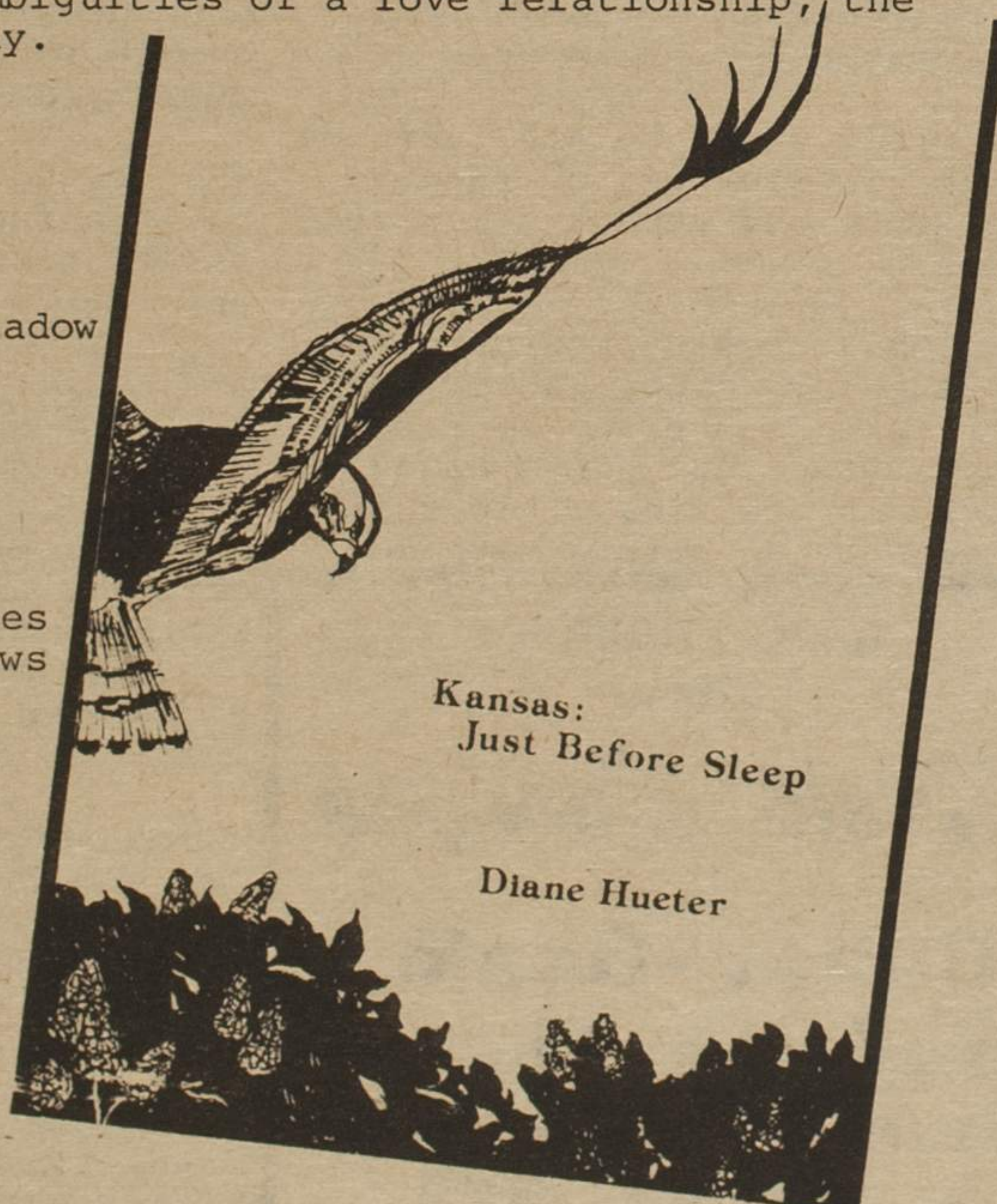
Kansas: Just Before Sleep by Diane Hueter is a fine book both to read and to hold. The poems are solid with no wasted words. They tell us how it is to be connected; connected to two daughters, a husband, and the natural world surrounding them. That Kansas wind blows through here, the ambiguities of a love relationship, the exuberance of the night sky.

Josie's Poem

Mother  
wash your face  
let loose your hair  
and come with me to the meadow

Up the hill to the pond  
We could take off  
all our clothes  
glide like snakes  
through the water  
We could sit on our haunches  
like frogs in muddy shallows  
and trap the tiny ones  
between our fingers

Mother  
wash your face  
take the tired knots  
from your hair  
now before the sun  
goes down  
we must see the cornfields  
sparkle  
one final wave of green.



This chapbook printed by Cottonwood Review is for sale at the pre-inflation price of \$1.25 at area bookstores, cafes, and the food co-op. Cottonwood Review has plans for more books by working local poets.



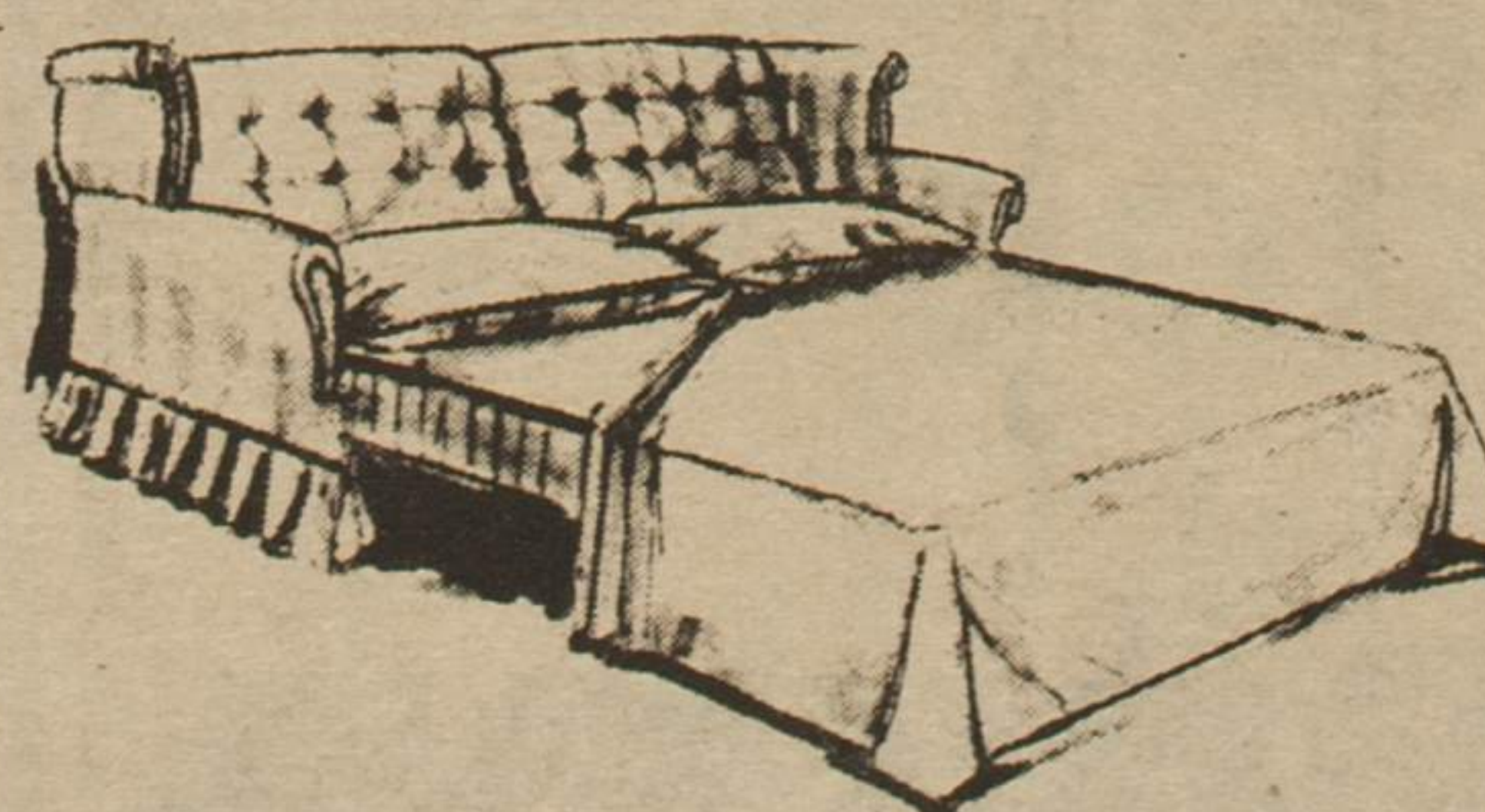
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\*JUDY, OUR NEW COLOR XEROX

# Adults Need Calcium

By Trudy Rice

It is a common error to assume that adults don't need calcium because their bones are no longer growing in length. Dr. Mary P. Clarke, Extension Specialist in Nutrition Education at Kansas State University, points out that the bones of the body are not static. They are constantly in the process of breakdown and rebuilding.

For most persons, food is the main source of calcium for the body. However, calcium is continuously lost from the body in the urine and feces, and from the skin. With adequate calcium in the diet, the amount that leaves is about the same as the amount that enters the body.



If the loss of calcium from the body is greater than that absorbed, then calcium is released from the bones to maintain the constant blood level of calcium, carefully controlled by hormones. The body may have lost considerable amounts of bone calcium without any obvious symptoms. Perhaps such a condition becomes apparent only when a person breaks a bone, and healing is delayed. Many women show increased losses of bone calcium after menopause. A good life-long diet of adequate calcium seems to protect a woman from fractures and improves her chances of rapid recovery from broken bones later in life.

Just how much calcium is needed to prevent bone demineralization? The recommended dietary allowance (RDA) for calcium has been set at 800mg (milligrams) per day by the National Research Council of the National Academy of Sciences. However, Dr. Clarke emphasizes, this is an allowance value and should not be confused with a requirement. Requirements vary from one person to another, whereas nutrient allowances are placed at a

level considered to be adequate to meet the nutritional needs of nearly all healthy persons.

What foods will provide you with 800 mg of calcium per day? Among common foods, milk (290 mg of calcium per 8-ounce cup) and Cheddar cheese (210 mg per oz.) are considered to be the richest sources of available calcium. Ice cream and cottage cheese are not quite as good sources, having about 100 mg of calcium per ½ cup.

For those who don't like milk, an excellent way to include more calcium in the diet is to add extra non-fat dry milk powder to soups, cream sauces, meat loaf, or to cooked cereal. Each 1/3 cup non-fat dry milk powder adds about 300 mg of calcium of the 800 mg recommended for adults.

Values for mineral elements such as calcium, given in books on food composition, are based on chemical and physical methods of analysis. The values represent the total amount of mineral present in the food and not the amount of the mineral element available to be absorbed and used by the body. For example, says Dr. Clarke, although the leafy green collard has about 360 mg of calcium per cup of cooked, drained leaves, substances such as oxalic acid combine with calcium to form insoluble salts that make calcium

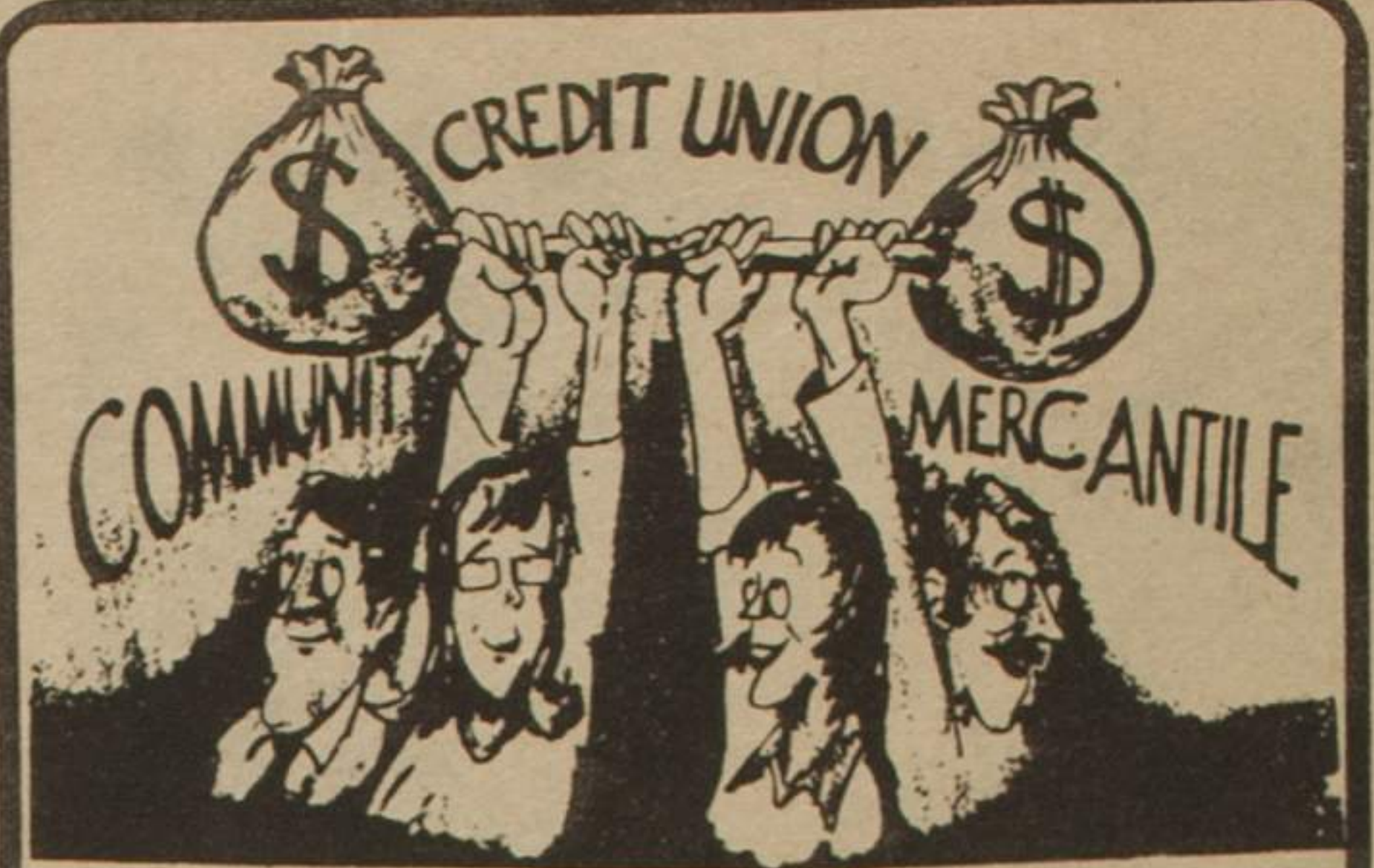
unavailable for absorption. So, the calcium from vegetable sources is not as readily available as that from milk products.

Adults do need calcium. So, although milk is not the only source of calcium, it is the most readily available source of absorbable calcium for maintenance of bone integrity. Two or three glasses of milk per day will easily fulfill the RDA for calcium in adults.

## Do Your Part

The traditional summer slump in business that the store coordinators wearily look forward to each year didn't really make itself obvious this time around. Business has boomed with the return of cool weather and appetites for warm dinners.

The co-op has never been busier than it is these days. But we still go through the regular crunches when it seems that no one has signed up to do their volunteer work yet, and half of those that did sign up must have chosen kite-flying instead of coming in. It's great to see so many people in the store shopping, but it's best to see them checking out a full cheese case and well stocked shelves. Please remember to sign up.



The Community Mercantile Credit Union has completed another year of operation; a year that saw an economic pinch as loan demands ran high and the sources for borrowed money became increasingly costly.

Through the economic confusion the credit union has continued its growth. For the third consecutive year the credit union doubled in size in savings and loan amounts. At the close of the accounting period, September 30th, over 400 people were listed as members.

To continue the credit union services in the up-coming year, 25 new volunteer workers have joined the current staff. These committee members will both aid the present level of operation and develop new services for credit union members. Money orders, travelers checks, interest bearing checking, and insurance services are being explored.

## Sister Kettle Collective Explores Goals

Recently, we at Sister Kettle held a circle meeting to discuss our goals as a collective for working together and creating the cafe. We decided that it would be worthwhile to share some of the ideas that came up at that meeting with the community since the cafe exists not only for its employees but also for the people who are its customers. Here, therefore, is a brief summary of what we thought about what the cafe is and what it could be:

(a) an alternative business which is oriented toward serving good natural food at nonexploitive prices, also offering educational material about options available in food preparation, different facts and theories about nutrition, information about where foods come from, etc.

(b) a learning experience in collectivism and building group trust, acting as a role model for



Borrowed Times/cpf

other collectives to learn from our successes and mistakes.

(c) a place where we are learning about the intricacies of running a restaurant and becoming a stable business.

(d) a job for ourselves which gives us enough money to live comfortably in a manner we have determined ourselves; going along with this is the idea of learning that there is an alternative to

the consumerism which seems so inevitable in our society.

(e) working toward a dream of owning land as a collective and growing as much food organically for the cafe as possible.

(f) a gathering and meeting place for all types of people with friendly and good relations between worker and customer.

(g) a working situation where we are learning the power of living love: for the food we serve, towards our customers and each other; where individual growth is possible and even necessary as a part of the job.

(h) being the only cafe in town which offers exclusively vegetarian food in its many shapes and colors.

Sister Kettle was two years old this September and in many ways is growing stronger and more mature as a restaurant and business as time goes by. We are very grateful as always to our loyal regulars for their support and welcome our new customers in hopes that we can serve them well.

These are goals which are not new but which we must redefine and renew on occasion as pledges to ourselves and to the Lawrence community of our intentions as a collective and a cafe.

We extend our love and best wishes on the occasion of our birthday to all our customers and set ourselves once more to the work of creating our cafe.

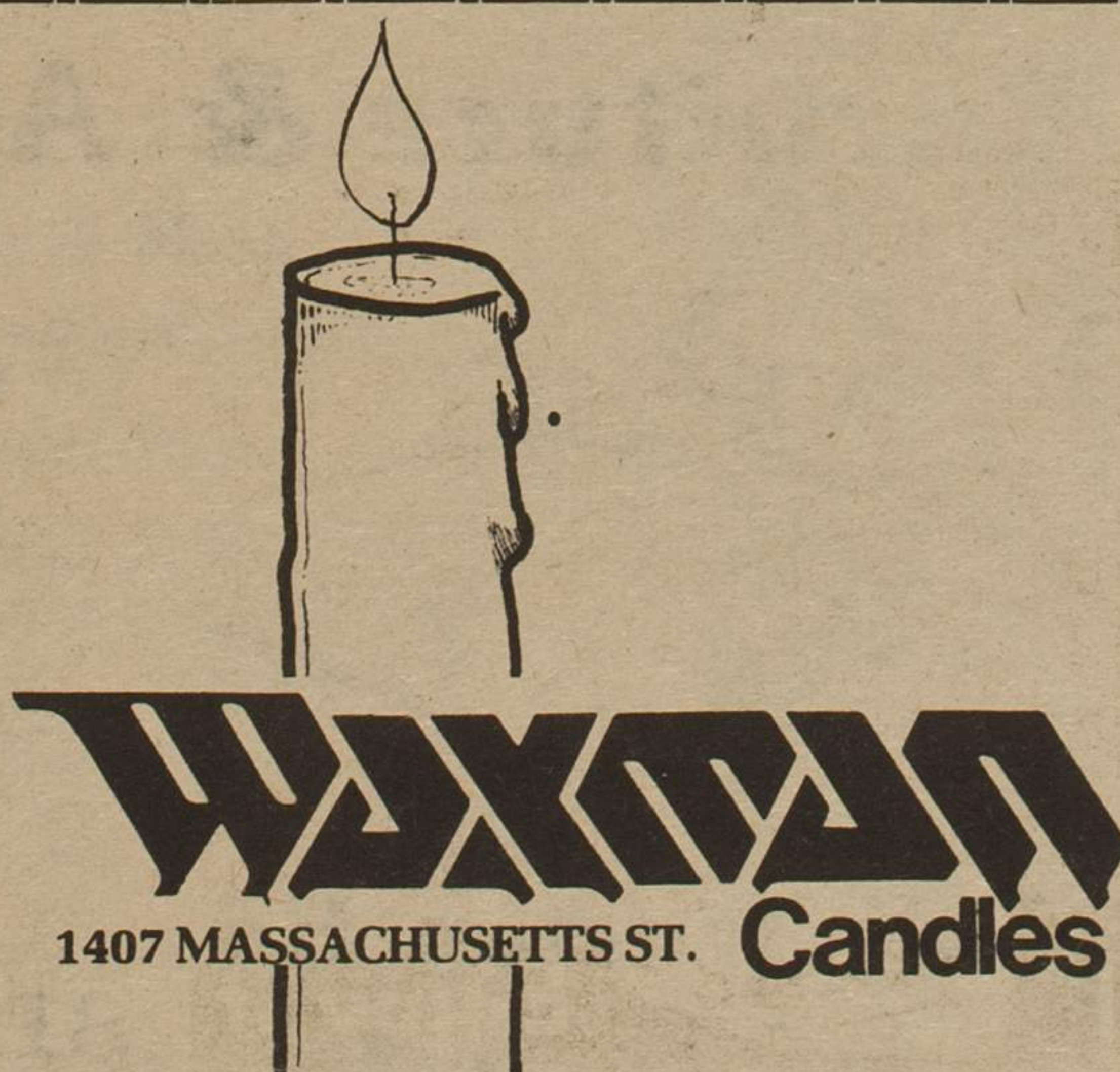
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