

ELEVATOR EXISTENCE

up when you think you've won a game
 down when you think you've lost
 up when you think you've become a star
 down when you pay the cost
 up when you meet a new friend
 down when you lose a lover
 up when you bowl a strike
 down when you throw a gutter
 up when you pass a difficult test
 down when you fail a quiz
 up when your ego is pleased with itself
 down when you see how it really is
 up when you think you're progressing on the Path
 down if your pet dies in the street
 up when you've gotten pleasantly stoned
 but down if there's nothing to eat
 up when you think that you're getting somewhere
 down when your car flats a tire
 up 'cause you think you're satisfied now
 but down 'cause you're not getting higher
 up when you're watching the fireworks explode
 down when the finale is over
 up when you climb to the top of the mountain
 down if you fall a bit lower
 up with the chickens, down with the pigs
 how does it all really matter?
 sensory input, stimulus-response
 your memory tapes are just getting fatter
 riding the wheel of life, destination unknown
 we're seeking the Tao like hoboes
 Relax and have faith in the power of Love
 quit acting like a bunch of yoyos.

LCFC

NEWSLETTER

#5

-Larry ☺

August 1976



Notes to Assistant Co-ordinators

From the Editors - Debi Powers
Tana McLane

The Newsletter is having problems and we need your help. Our ad sales have decreased by more than 50%, and without ads the Newsletter will cease to function.

Newsletter ads are the cheapest form of paid advertising in Tallahassee, at only \$5.00 per. If you want to sell your crafts, place an ad in the Newsletter. If you know someone with a business, tell them about the Newsletter. Another thing you can do is to patronize the businesses who do advertise through the Newsletter, and tell them that you saw their ad in the Co-op Newsletter. Place ads and money in the Newsletter box at the storefront, or call Joy Clark at 385-7837. Thanks for your help, folks.

The Co-op Cookbook Committee is organizing. If you would like to be on the committee to produce the Cookbook, call Debi Powers for information at 576-6272. Keep putting your original recipes in the Newsletter box. The response has been good, but we need still more contributions.

The Newsletter is looking for a typist to add to the staff. This person must have an elite typewriter and will be responsible for typing and proofreading. In exchange for your effort, you will be able to buy food at the Co-op at wholesale prices -- no mark-up. If you are interested, call Debi, or leave a note in the Newsletter box.

We goofed! Obviously we haven't explained all we could to the Assistant Co-ordinators. These are some problem areas:

- 1) Voids -- when you void a ticket, total it out, taxable too, if applicable.

- 2) Food Stamp Payouts -- note all payouts on clipboard at register. This is important for bookkeeping.

- 3) No vitamins can be bought on Food Stamps.

- 4) Cat food and dog food are taxable.

There will be an Assistant Co-ordinators' meeting, given in two sessions. You need only attend one.

9:00 AM Wednesday, August 11

8:00 PM Thursday, August 12

All old and new Assistant Co-ordinators, please attend. If you can not for some reason, please notify Pat or Dynes.

Nice '72 Honda CB 350
only \$450.00
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NEWSLETTER STAFF

Editors - Debi Powers, Tana McLane
Typist - Tana McLane
Ad Salesperson - Joy Clark
Artwork - Tana McLane
Columnists - Freddy Kay, Tana McLane,
Debi Powers
Contributing Writers - J. Watt, Irlene
Brooks, Loris Bristol, Lois
Bigger, Melynda Reid, and
Larry

Notes from the Co-ordinators

1) Just a reminder -- all goods in the storefront are marked at cost. You pay a percentage mark-up depending upon your involvement.

35% non-member

25% non-working member

15% members who worked 2 hours during previous month

10% members who worked 4 hours during previous month

0% for first \$80.00, 15% thereafter, members who work 8

hours a month as an Assistant

Co-ordinator (Manager). An

assistant co-ordinator takes

responsibility for specific

tasks (register, vegetables,

cheeses, Newsletter, etc.) on

a consistent schedule.

Assistant co-ordinator positions are filled from a waiting list. Any member can get on this list. Check at the storefront office.

2) Always remember that we have a "self help" storefront. If you don't see what you want, ask someone to help you find it.

3) Please have your membership number and the correct percentage mark-up in mind when you get to the cash register.

4) Please, if you hear the phone ring in the storefront, answer it. Save our jangled nerves.

5) The question most frequently asked of the co-ordinators is how to sign a new member up. This is one all members can answer. There is no need to seek Pat, John, or

Dynee.

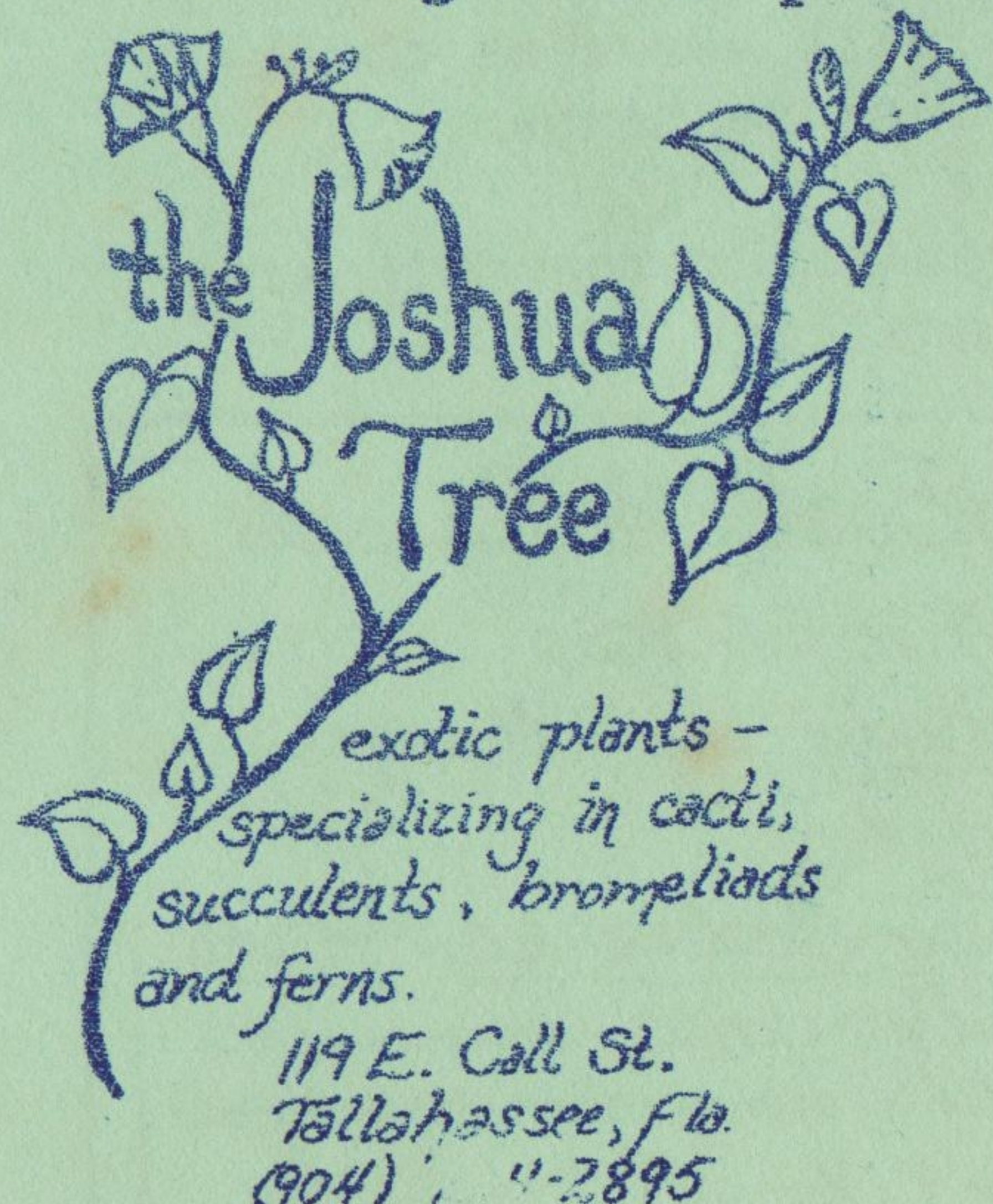
6) Workers, please save the large Tyson Egg cartons and flats. Put them on top of the vegetable walk-in cooler in warehouse. They are delivered free if we return these.

7) Also, please save the cardboard apple trays for display. Thanx.

There are still some assistant managers who do not know how to work the cash registers. Please contact a co-ordinator for assistance.

The only people who can buy food at cost are the assistant managers and those who have signed up for special assignments, such as the Newsletter staff and those who pick up vegetables in Thomasville, etc.

To those who have been cutting, marking and pricing cheeses: Please check with Pat, Dynee, John, Renee or Aaron. We have lost approximately \$200.00 (wholesale) due to mis-marking and mis-pricing.



JULY BOD MEETING

A June Financial Report was presented by John Woodworth. A committee comprised of Rob Dunn and Freddy Kaye will investigate the feasibility of a Senior Citizens Delivery Service. The Board approved application for a beer and wine license. Rob Dunn presented two bills concerning federal funding of consumer co-operatives. These bills will be considered by the U.S. Senate and House of Representatives. Board members debated whether or not LCFC should officially support or oppose these bills. It was finally decided that Lois Bigger and Melynda Reid would write pro and con arguments to be printed in the Newsletter for consideration by the members.

The BOD decided to better organize Board meetings by making available to each Board member a copy of the 1) agenda, 2) minutes, 3) financial report.

Ray Jacobs will serve as chairperson through September.

The July general membership meeting was cancelled.

SPECIAL BOD MEETING IS CALLED

A second Board of Directors meeting was held on July 28. Amy Jordan served as chairperson. Representatives of the 3RD AVENUE FOOD SPROUT attended the meeting in order to ask LCFC to help them through financial difficulties which they are presently experiencing. The BOD agreed to extend FOOD SPROUT credit on an \$1100 food debit for sixty more days. The BOD also voted to waive the mark-up usually charged to co-ops who order food through LCFC. But the FOOD SPROUT must pay cash for C.O.D. orders. The FOOD SPROUT acknowledged that they would allow LCFC members to buy at the FOOD SPROUT storefront for the same mark-up they receive at LCFC, in order to increase sales. Debi Powers agreed to place an announcement to this effect in the Co-op Newsletter, so that LCFC members would be aware of this new policy and would know the FOOD SPROUT hours.

There was discussion about organizing a joint benefit concert or a large flea market.

An LCFC committee composed of John Woodworth, Lois Bigger, and Melynda Reid will meet to review the financial records of the FOOD SPROUT in order to determine if it is economically feasible for LCFC to extend any more credit to FOOD SPROUT towards purchase of food. In other words, to determine whether FOOD SPROUT will ever be able to make payment toward the credit. (On Sunday, August 1, this committee met to examine the financial records

Co-op Books & Records

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of the FOOD SPROUT. The committee decided that, based on the information found there, LCFC should neither lend more money nor extend further credit to the FOOD SPROUT. However, the 60-day extension of the \$1100 credit still stands.)

The representatives from FOOD SPROUT who attended the BOD meeting were David Rosenfeld and Alan Pendleton.

Due to LCFC deficit spending, John Woodworth obtained an emergency loan of \$5000 from CO-OP BOOKS AND RECORDS. This action precipitated some resentment and concern from several BOD members. The LCFC bookkeeper, Linda Parrell, and accountant Jim Parlapiano, as well as John Woodworth, were present to answer questions concerning this action and LCFC deficit spending. A BOD committee, composed of Dynee Marmish, John Woodworth, and Melynda Reid will draw up proposals on deficit spending, to be presented at the next BOD meeting.

There was further discussion about obtaining a Beer and Wine license. New arguments against the license were presented. They were: 1) economics -- would the Co-op be able to sell cheaper than such establishments as Jax Liquours? 2) Beer uses large amounts of grain in production, grain which could be used for food. 3) Many members would object to having alcohol in the store. 4) There are only a few brands of beer available in returnable bottles. 5) There are lots of artificial ingredients in beer and wine.

Arguments for the license were: 1) Beer and wine would sell easily and would increase revenue for LCFC.

2) Members should be given the choice of whether to buy alcohol or not.

A committee composed of Rob Dunn and John Woodworth will study the economic aspects and types of artificial ingredients in beer and wine. These findings will be presented at the next BOD meeting. Debi Powers will count the ballot to see what percentage of the members requested beer and wine.

Nu-Life, a corporation which sells vitamins to wholesalers, has told its wholesalers to no longer sell to co-operatives. This is a violation of anti-trust laws. A lawyer in Tampa will be representing all Southeastern co-ops in a suit against Nu-Life.

Melynda Reid will be working with the co-ordinators to place a series of advertisements in the Tallahassee Democrat.

Freddy Kaye met with a representative of the Senior Citizens group to show her the store and discuss the feasibility of a Senior Citizens Delivery Service. At present time, this project would not be possible. But the Senior Citizens' group is organizing a "field trip" to come see LCFC and learn what it is all about.

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sisterhood



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Consumer Co-op Bank

A "National Consumer Co-operative Bank Act" has been introduced in the U.S. Senate and House of Representatives. The following Pro and Con arguments were written by two members of the LCFC BOD. The BOD has strong opponents and proponents to this bill, so it was decided that the BOD would not endorse or oppose the bill. Instead, it would present the information to the Co-op members for their consideration.

A copy of the Bill will be posted on the bulletin board at the Co-op. If you would like to read it, check it out. If you strongly oppose or support the Bill, the BOD recommends that you make your views known to Congress.

PRO

In Support of the "National Consumer Co-operative Bank" Bill

This is an outline of arguments that can be employed to support the proposal for a federally-chartered and controlled National Co-op Bank.

- a. To assist in the initial capitalization of a consumers' co-operative. A beginning co-op which derives its initial monies from its members only is generally compelled to pay back these loans quite quickly, often within a year or two. This premature repayment of members tends to hinder the growth of services to member-consumers. The margin received beyond (above) operating expenses is generally syphoned off from the co-op into loan repayment schedules. A commercial loan from a bank usually allows a business five years to repay the loan for initial expenses.
- b. To assist in the formation of consumers' co-operatives where the community is not yet educated to the need for such ventures. A functioning consumers' co-operative provides to the community the most powerful argument for the value and purposes of such ventures. A community unaware of co-operative values is not able to draw from itself the financial resources required to serve its own needs. Surely such communities should not remain isolated from the benefits of the consumer-owned business movement. Education costs less than ignorance-engendered isolation.
- c. To help co-op ventures maintain low prices (a corollary to (b)). In order to expand services to their members, most consumers' co-ops must extract money from the % mark-up allotted for current expenses (overhead). The mark-ups charged to the consumers are quite often higher than current expenses require. More capital infused into these ventures would reduce the % mark-up charged to the consumer

for growth capitalization. In general, the shorter the term of a loan to a business venture (whether the loan be for initial or on-going growth) the higher the % mark-up charged to the consumer member.

d. To speed the growth of alternatives to big business.

The Berkeley Co-operative Movement has spawned over several decades of member-financed growth a wide variety of services to its members: groceries, cars, loans, insurance are a few of these services provided for its members co-operatively. A great infusion of federal funds would reduce the time required for other regions and communities to develop a strong network of consumer-controlled services. Capital is, after all, the growth regulator of all business.

e. To provide greater planning flexibility to co-op ventures.

Currently, the lack of capital surplus in most consumers' co-ops impedes the implementation of new ideas and services to member-consumers. At LCFC, for example, if we had owned our own refrigerator truck for our own use, we could have collected from the fields or farmers' markets crops that were too ripe or too bountiful to sell this harvest season. Peaches, melons, squash, sweet onions — these foods and more could have been saved for our members' use. LCFC could not plan or implement a crop patrol because the monies were not and are not there to support such a service.



In Opposition to the "National Consumer Co-operative Bank" Bill

by Lois Boggs Bigger

Leon County Food Co-op was founded primarily to provide quality, low-cost food to members interested in their own nutritional well-being. Secondly, it was hoped that an expanding membership base might provide the impetus for further community projects independent of the food store funding process.

The organizers believed that several hundred \$5.00 membership subscriptions were vastly superior to ten or twelve large investments, if the co-op were to be a truly co-operative organization. For this reason, a \$3,000 government loan was turned down early in the co-op's organization. The co-op would not belong to its members, who not feel the necessity to contribute time and effort if everything was taken care of by the Government. Consequently, the co-op took several lean months to get on its feet. But the benefits derived from the struggle have proven worthwhile. A committed, interested base of members over 2,000 strong feel a direct responsibility for and to the co-op.

continue

The U.S. Senate and House of Representatives are sponsoring identical bills in Congress to provide a Co-op Bank to assist in the organization and financing of consumer co-ops. While I feel that it is a positive step for the National Government to recognize the growing consumer movement, my initial reaction is one of "We did it without you". We fought prejudice, lack of capital, disinterest of suppliers, low credit allowance, etc. And we still did it. And in doing so, we've created a strong community interest in the co-op.

The proposed bank will have several functions. It is to provide financial assistance for the establishment of co-ops, funding for developing national standards for buying, organization of in-store management guidelines, etc. Eventual ownership of the bank will fall to the member organizations after the initial debts are retired.

I strongly feel that such functions can be fulfilled by existing co-op structures themselves without government largesse or interference. National co-op newsletters and bulletins are already sent to us monthly to apprise us of suppliers, organization details, etc. These organs were founded and funded locally, developed from the same type of interest as our own LCFC. LCFC already has the distinction of being the largest food co-op in the southeastern U.S. We can, through correspondence with other large co-ops, certainly improve our daily operations and in-store efficiency to better serve our members. But we can achieve these goals ourselves.

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THE MINORITY SPEAKS ON THE RESULTS OF THE BALLOT
(as reported in Issue # 4)

The ballots are in. The membership has spoken, at least the membership as presently constituted and those who took the time and trouble to vote. They voiced their preference overwhelmingly to restrict the Co-op stock to predominantly natural foods, with some exceptions. Possibly 45% of the membership voted.

From one viewpoint, the membership voted as would a group made up largely of bankers on legislation to exempt banks from taxation. It spoke as would a special interest group, possibly prejudiced to fully appreciate its own long-run self-interest and/or the interest of its patrons in the long run.

This is one view of the results of the ballot. And coming as it does, from both a Co-op member and a member of Common Cause, which specializes in awareness of voter motivation, it is a view worth considering.

Another view, though somewhat similar, is that the ballot itself may have been somewhat unscientific. This view holds that the ballot did not adequately provide in its choices for those members who favored stocking predominantly natural foods, but also other foods to attract participation of persons who are not completely converted to the natural food vegetarian diet, and who must therefore shop at one or several other food stores to meet their present felt needs. This group, potentially large, is composed of persons who cannot or are unwilling to afford the luxury of multiple food store shopping. Thus the Co-op loses the opportunity to "educate and emotionally support" them in their more complete break with conventional eating habits with all its dangers.

In my own personal experience as a member of the now famous Hyde Park Consumers Co-operative near the University of Chicago in the 1930's, we faced this same problem. The Co-op Board decided on a policy of stocking a rather wide range of High Demand food products, but marking the shelf labels clearly to indicate the preference of the majority of a special co-op committee as to their probable value or possible danger nutritionally. Apply this system today to spaghetti, for example, the white spaghetti would be labeled red or yellow, depending on the type of processing and/or additives used as preservatives or coloring. The whole grain spaghetti would be labeled green or yellow.

By this policy, we attracted a broad spectrum of purchasers and, once in the store, helped by labels, posters, newsletters and other means to make them more aware of their potentially dangerous habits. This policy also

continued on page

meant that a substantial portion of the customers or members were always "on their way" so to speak, toward more healthful living. We tried to help them help themselves and help lead or push them toward the summit which, for some, was a long hard journey.

June 26, 1976
Loris Bristol

Book Review: Vegetarian and Macrobiotic Guide to Europe
or "The Great European Health Food Trip"

*Reviewed by
Freddy Koye*

This book is for all those folks lucky enough to escape the Tallahassee summer, on their way across the Great Ocean. Entitled The Vegetarian and Macrobiotic Guide to Europe, it was compiled by Howie Sinkowitz, who traveled from one vegetarian restaurant to another on a four-month trek across the Continent. I personally accompanied him to some of the most culinary spots in Europe.

The book is well written, researched, comprehensive, and up-to-date. It is account of the European Health Food Movement, complete with maps, prices, recommendations of restaurants from Oslo to the Canary Islands.

The author, a vegetarian and lifelong friend, lives in northern Vermont in a log cabin he built himself. He runs an organic farm, teaches math and yoga, makes inkle looms, and has a Ph.D. in Operations Research, from University of Pennsylvania.

The book can be ordered from:

Craftsbury Publishers
Craftsbury, Vermont 05826
price \$1.95



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FAMILY HOME DAY CARE ASSOCIATION

by Arlene Brooks

What is it?

A recently formed non-profit organization of 1) people actively involved in caring for children, either in their homes or in centers, 2) people interested in becoming day care providers, or 3) people interested in children and their well-being. The association was born from the labors of the Leon 4-C (Community Co-Ordinated Child Care) Council at 222 W. Pensacola St., which maintains a family day care referral service. The 4-C Council will refer you to 3 or 4 day care parents near your home or work. Family Day Care homes are not licensed in Leon County. However most of the day care providers in our referral service have completed a series of workshops instructing them in such areas as nutrition, safety in the home, first aid, creative play, making toys, interpersonal relationships with children, growing pains, etc. A field worker has visited in many of the homes to assist in any way necessary.

Why an association?

- 1) To bring those interested in child care together.
- 2) To further educate, protect and give status to the day care provider. We are more than babysitters.
- 3) To co-operate with other organizations concerned with the well-being, care and development of children.
- 4) To share ideas, projects, concerns and difficulties in day care.

Monthly meetings are held on the 4th Saturday of each month at the Lincoln Community Center, 438 W. Brevard St. General business is discussed and a planning program is presented. Topics range from fire safety to crafts for children. Dues are \$ 2.00 yearly, plus service projects. Money is used to cover basic expenses of postage, refreshments, and whatever needs the association has.

Who are its members?

1) Anyone interested in the care and well-being of children, whether their own or someone else's. You, as a working parent, may be in need of a good environment for your child. We feel a home environment, where your child will receive supervised care with a small number of other children, is a good choice. 2) Anyone currently caring for children other than their own, who like to learn more and be part of an organization which is interested in what they do each day. 3) Anyone interested in setting up a day home care either on a full time, part time, or emergency care basis.

If you are in need of a day care home for your child, or are interested in setting up a day care home or are interested in children and would like more information about the association, call the Leon 4-C Council at 224-2158.

In the smothering humidity of this season, it is difficult to be excited about cooking lengthy meals. The least effort in the kitchen is my aim these days. Cool salads of vegetables and cheeses, fresh and dried fruits, and long cool drinks of juices or yogurt or kefir come to mind. It's time for a pitcher of chilled mint tea in the refrigerator, sun tea - made out in the everabundant sunshine.

There is also the possibility of Gazpacho. Recipes abound for this cold vegetable soup. This one came to me through a friend in Orlando. Gazpacho can be made in large quantities and kept in the refrigerator for several days.

GAZPACHO
(cold vegetable soup)

- 1/2 cup olive oil
- 4 tbs. lemon juice
- 6 cups tomato juice
- 2 cups bouillon (Morga brand "Bouillon de légume", available at LCFC)
- 1/2 cup finely minced onions
- 2 tomatoes, peeled and cubed
- 2 cups minced celery
- 1/4 tsp. tabasco
- 2 tsp. pepper
- 2 tsp. salt (I use Parkelp)
- 2 green peppers, finely chopped
- 2 diced cucumbers

Mix above ingredients together in a large bowl. Cover and place in refrigerator for several hours. Can be garnished with croutons.

Operating Statement for June 1976	
Gross revenues, sales	44,037.98
Cost of goods sold	38,148.52
Adjusted gross profit	5,889.46
Memberships	275.00
Other	236.97
<u>Total gross revenues</u>	<u>7,011.33</u>
<u>Operating Expenses</u>	
Supplies	367.15
Rent (June & July)	1476.80
Payroll	1360.00
Phone	694.92
Advertising	94.40
Taxes payroll	77.22
Cooler repair (contractual)	171.61
Refunds	311.00
Auto	1.00
	<u>4596.80</u>
	4596.80
<u>Other Expenses</u>	
Comps	1.65
License	3.00
	<u>4.65</u>
	4.65
<u>Total Operating Expenses</u>	<u>4601.45</u>
Net income	2409.88
Cash on hand	4982.45
Cost of goods prepared	43,974.68
Accounts receivable	3,434.83
Accounts payable	8,889.36
Accounts receivable (7-28-76)	2352.60
Accounts payable	1,261.65
Outstanding loans	22,103.00



There are several perfectly ordered communities operating behind our home. Being ordered and perfect, they obviously aren't human. These communities happen to be of honey bees, the most healthful and unadulterated source of sweetener we know.

It's staggering to imagine the bee hours and lives involved in the production of even one 55 gallon drum of honey. One hive of bees will produce 50-300 pounds of honey in a season, depending on mother nature and the beekeeper. The average may be 100 pounds, not nearly the weight of that drum. As soon as the first light warms the hives' entrances, thousands of worker bees hit the fields, gardens and our yards in search of pollen and nectar. They pack their leg bags full of pollen and their special stomachs with nectar. Back and forth they travel until dark. It's no wonder that in the long summer days, they literally work themselves to death in a few short weeks. Fortunately for the colony, new workers are hatched every twenty-one days to replace their older, worn out sisters.

When the baby bee emerges, she spends her first days working as nurse for the brood. After she's oriented to the new world, she works to guard the hive. Finally, she joins the thousands of field workers in the production of honey.

When the days grow shorter and cooler, another interesting event occurs. All of the drones (males) are forced out of the hive to die of exposure. There are hundreds of these drones whose only purpose is to fertilize the queen, the mother of the hive. The "lucky" drone that does do the mating dies instantly after the act. The rest hang around eating honey and visiting other hives until winter, when their usefulness ends and their non-production threatens the survival of the colony. But when spring comes again, warming the earth, and the wildflowers fill with nectar once more, new drones are hatched with thousands of new worker bees. And the colony once again works towards its continued survival.

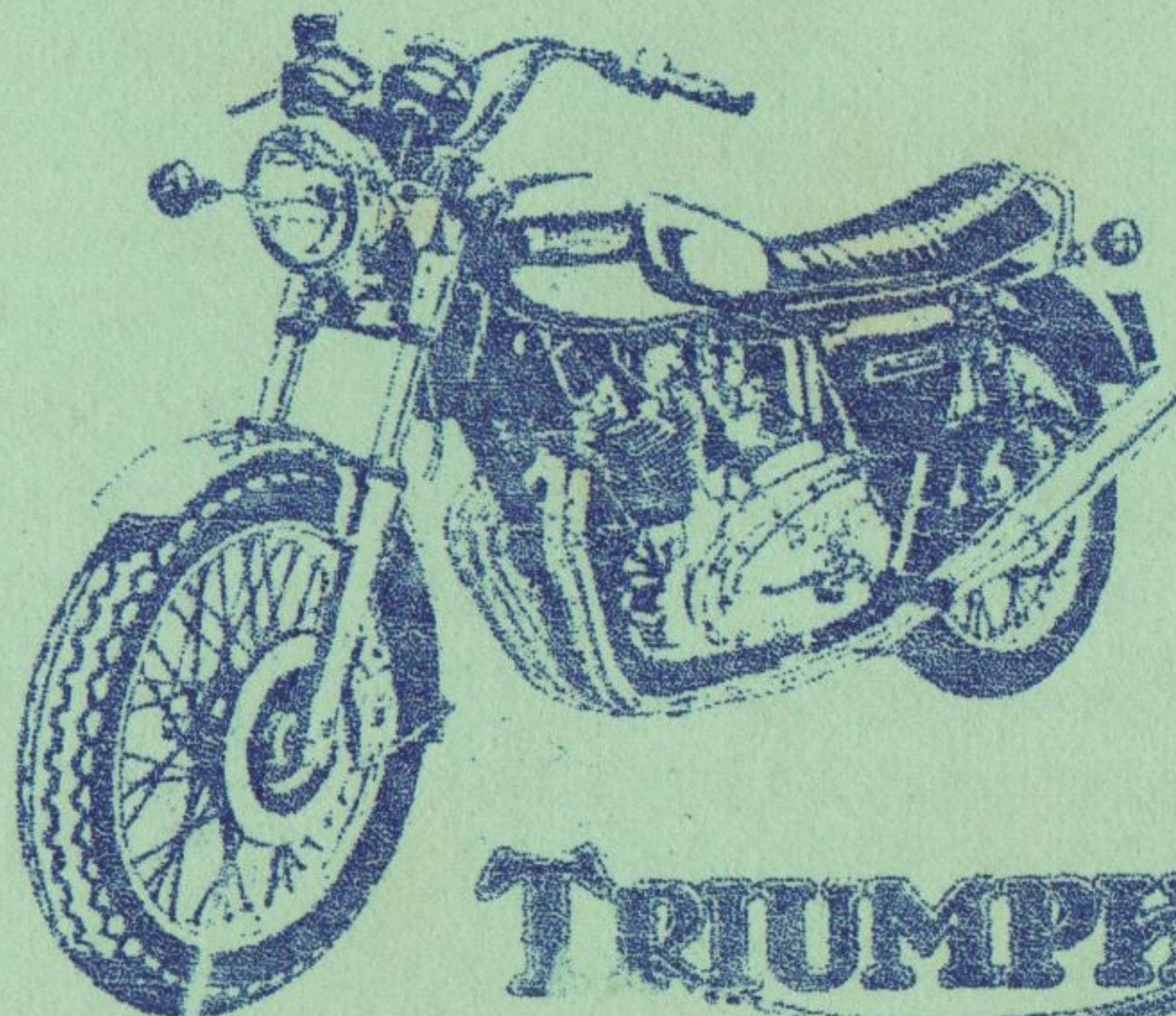
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AN APPLE A DAY

by Freddy Kays

Happy Birthday, America. You are fatter than ever, in many ways. But this is not a political column, so I'll stick to the issue of proper nutrition.

By "fatter than ever", I mean we eat too much, usually of the wrong foods. NO! Just too much. If you desire to lose weight you must give off more than you take in. Mysterious? NO! Difficult, to an extent. If you want to maintain your weight, then give off and ingest an equal amount of energy--calories, that is.

Calories are units of heat energy which are "stored" in food in many nutrient forms, such as protein, carbohydrates, and fat. Vitamins and minerals exist to help convert these nutrients into energy, pure energy. It all occurs in your body. A complete utilization process which exists to keep the body intact. Food is here primarily as fuel for maintenance, growth and repair for our physiological system. Of course, being a hedonist like many folks, I like the taste and feeling of food. That is, my tongue and olfactory tissues do. The olfactory epithelium are located in the lower frontal lobe of the head and is the mechanism behind 70% of what we taste.

Back to calories, properly spelled Kalories. How do you know how many calories to eat, and of what type? (Proteins, fats, or what?) The Food and Nutrition Board of the National Research Council have specific recommendations.

Recommendations:	Carbohydrates	40-50%
	Fats	30-35%
	Protein	1.0 - 1.25 gm/per kilo body weight

The formula to figure amount of calories needed daily is: CALORIES equals TIME (24 hours) multiplied by WEIGHT (body weight in kilograms) plus ACTIVITY (20% of TIME x WEIGHT--for sedentary people; 30% of TIME x WEIGHT for active people)

This is kilograms of ideal body weight. That is, "height, weight and frame size" tables. The tables are usually supplied by a mega life insurance company. An example: a woman 5'5", 25 years old, and medium frame should weigh approximately 120-125 pounds, so since there are 2.2 pounds per kilo then $125/2.2 = 57$ kilos and because $C = T \times W + (.2 \times (T \times W))$ then $24 \times 57 + 20\%$ of (24×57) equals $1368 + 274$ equals 1642 calories.

So this woman needs 1642 calories daily. Of course, everything depends on the amount of exercise one does daily. A sedentary person needs fewer calories.

I hope this will give you all an idea of how to figure out your daily caloric needs. Just remember, as ol' grandpappy used to say to my grandmother as she downed another pint of Breyer's, "taste makes waist".

For your own information and inquisitiveness, you can write to the USDA for handbook #72 on "Nutritive Values of Foods (can also be bought at the Union Bookstore). Write: U.S. Government Printing Office, Wash. D.C. 20402. It cost \$.85 plus a bonus (where's your incentive!) to know what foods give which protein (types of amino acids), the "Amino Acid Content of Foods". Write the same address as above for Home Economics Research Report #4, by the USDA. It costs \$.75. This booklet will guide you to the foods to combine to get all the essential (8) amino acids that you need, especially if you are a vegetarian or cost-minded consumer.

This brings up another recommendation close to my biased heart. From August 7 to August 15, 1976, in Ithaca, N.Y., the 1976 North American Vegetarian Congress will be held. Registration for the week is approximately \$55.00 per person, meals and lodging additional. The fee covers all educational events, including the lecture program, workshops, classes, discussions and seminars, use of swimming pool, athletic facilities. For further information, write to.

North American Vegetarian Society
501 Old Harding Highway
Malaga, N.J. 08328
(phone 609 694-2887)

The facilities are provided by a new college, Ithaca College, Ithaca, N.Y. An LCFC caravan!

Help! A sister Co-op needs help. The 3RD AVENUE FOOD SPROUT, a relatively new co-op located at 219 East 3rd Avenue, is experiencing serious financial difficulties which may end in the closing of the store. In order to increase sales, the Food Sprout has announced that they will allow LCFC members to buy from their store at the same mark-up you pay at LCFC. FOOD SPROUT Store hours: Mon.-fri. 10-7, Sat. 9-6, Sun. 12-6 (open Sunday, when LCFC is not).

AS THE WORM TURNS

by Debi Powers



Tallahassee sure is hot this time of year! But if you think you are hot, think about those vegetables out in the garden in the Florida sun all day. No wonder they look dry and yellow and wilted. Florida gardens need a lot of rain. Most garden books insist that a garden needs a good soaking once a week and no more. I tend to think that books were written by people with little experience in a July-August Florida garden. My garden needs to be watered every other day. Mulch will conserve some moisture. But when it is over 90 degrees and sunny for three or four days in a row, my garden needs water to maintain maximum production.

Speaking of maximum production, another important thing to remember is to keep everything picked. If you pick vegetables everyday, the plants will continue to produce. There are a few exceptions to this, such as corn. But this is generally true. The best examples are okra and pole beans. Pick them every day and you'll have a huge crop.

Keep planting. During July, I replanted beans, peas, corn, tomatoes, and squash. It is much harder to clear, hoe, and plant this time of year than it was in the cool spring days. And the insect problems will be much worse. But the rewards of the harvest will be great. So, keep on farming, folks! August is not too late to plant peas and beans. In September, we can plant collards, mustards, turnips, onions, radishes, carrots, and lettuce. These will grow all winter long, and produce fresh, vitamin-rich, organically-grown food for cold winter nights.

Can you believe I'm writing about winter when we find ourselves in the hottest time of the year? Well, get out there and garden, and work up a sweat. It will maintain your health along with all those organically-grown vegetables you are eating.

Horse manure is available in town. It costs \$1.00 per car load and \$3.00 per truck load. Call 385-2834 during the day, and 385-5663 in the evening.

The Food Sprout is interested in sponsoring a Benefit Concert or a Large Flea Market.

If you're interested in helping out, call:

Drin Apper 385-2818 or Roy Schuetz 224-8610