

Welcome, New Members!

The Leon County Food Co-op has a growing membership of approximately 2500. People are the heart of the co-op. Members are not only shoppers but active participants in the formation of store policies and principles.

All members are urged to attend monthly covered dish suppers and general membership meetings held the third Sunday of each month at the Alumni Village Recreation Center from 2:00 - 4:00 PM. The supper meetings offer an opportunity to meet other members and discuss important co-op issues.

The membership elects the nine members of the Board of Directors who serve for one year terms. The BOD is responsible for conducting the business of the co-op. The present BOD members are Lois Bigger, Earl Billingsley, Rob Dunn, Amy Jacobs (chairperson), Freddy Kaye, Debi Powers, Melynda Reid, Barry Smitkin, and Jeff Thompson.

Three coordinators and a bookkeeper are hired by the BOD to run the day-by-day activities in the storefront. The coordinators are Pat Handschy, Dynee Marmish, and John Woodworth. The bookkeeper is Linda Ferrell.

Assistant coordinators, members who work a specific two-hour shift each week, are chosen from a list of volunteers whenever there are vacancies. All other members are urged to sign up for a two-hour shift once a month to help out in the storefront.

All food in the store is marked at wholesale cost. We operate on the honor system which allows each shopper to weigh and determine prices on produce, nuts, grains, etc. At the cash register a percentage is added to the wholesale total. The percentage depends on the amount of time a person works at the co-op:

- 35% markup for nonmembers
- 25% markup for nonworking members
- 15% markup for 2 hours/month working members
- 10% markup for 4 hours/month working members
- 0% markup for coordinators, assistant coordinators and those doing special assignments

To many members, the co-op is merely a grocery store. But to those who donate their time and interest, it is a warm and friendly community. The Newsletter Staff urges you to become an involved ACTIVE member!

LCFC Newsletter
September 1976

Issue #6



649 W. Gaines St.
Tallahassee, Fl. 32304

222-9916

FROM THE EDITORS

Tana & Debi

First of all, we want to express a large and warm THANKS to Andy Leon. In these past months, the Newsletter has experienced changes of all sorts. Changes in format, changes in printing colors, and changes in content. There have been few constants. But Andy has been a continuous source of information and assistance in bringing the random scraps and doodlings to life as a cohesive Newsletter. He prints this publication for a reasonable rate. And he hassles through the details of measurements and margins and deadlines. We, the editors, have learned much through Andy's efforts.

The Newsletter now has three new staff members. Nancy Key, a longtime member of LCFC, is our excellent new typist. Kathy Craddock has assumed the role of the advertising representative for the Newsletter. For this, her first issue with us, she has done an outstanding job. Sonja Nalon is our folder/collator. She gives us one-day service on folding and collating mounds of Newsletter pages hot off the presses. To each of you, we extend our thanks.

In this issue, we introduce two new columns. Pat Handschy, one of our three storefront coordinators, has written about "Stuff You Can Use." And Ellen McDonald is taking on the long-promised column on herbs and their uses.

Please leave the names and authors of interesting and informative books about nutrition in the Newsletter box. We want to print a list of member-recommended books in the next issue.

NEWSLETTER STAFF

Editors/Layout -- Debi Powers and Tana McLane

Typist -- Nancy Key

Printing -- Andy Leon and M.C. Michaels

Ad Salesperson -- Kathy Craddock

Artwork -- Tana McLane

Writers -- Pat Handschy, Amy Jacobs,
Freddy Kaye, Ellen, Larry,
Tana McLane, and Debi Powers

Folding and Collating -- Sonja Nalon

CO-OP POLITICAL RALLY

On August 29, LCFC sponsored a candidates rally and covered dish supper. All local political candidates were invited to speak. The format consisted of short speeches and questions from the audience. The rally and supper were held outside the Alumni Village Recreation Center which created a very informal setting for discussions. Those who attended seemed to enjoy the opportunity to mingle and talk to candidates in a small informal gathering. The following candidates were present: District I County Commission-- Doug Nichols and Bob Turner; District III County Commission -- Les Epperson and Jack Whiddon; Superintendent of Schools -- Jim Sulliman, Ed Finn, and Ned Lovell; School Board -- Diane Conklin and Mike Beaudoin; Sheriff -- Ken Katsaris, Raymond Hamlin, and Robert Prince. The candidates in the sheriff's race spent the most time speaking and answering questions from the audience.

BEER AND WINE DEBATE

Should the co-op sell beer and wine? This topic will be under discussion at the October co-op covered-dish supper meeting. Bring friends and food. October 17 at the Alumni Village Recreation Center starting at 2:00.

CO-OP MEMBERS TEACH CPE CLASSES

Two CPE classes this fall will be taught by co-op members. They are:

Mouthstuffers 103 -- Andy Leon & Lynn

Nutritional Guidance for Vegetarians, Pregnant Women and Others -- Claire Collins

Co-op Books & Records

New Books:

Man's Body and the new expanded Our Bodies Ourselves

Also: Mother Jones, Sybil Child, Communities -- many other periodicals

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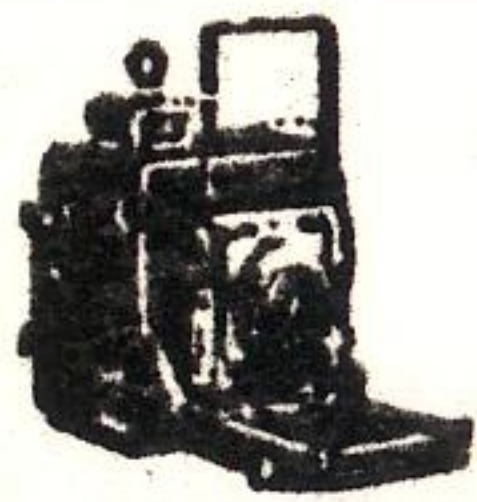
Cook Book's Brewing



The Co-op Cookbook Committee, under the direction of Ellen McDonald, is organizing the 96 original recipes that have been submitted by LCFC members.

MORE RECIPES ARE NEEDED!

This is a cooperative effort which needs everyone's help! Please take a few minutes to write down some of your original recipes and place them in the Newsletter box. If you would like to help produce the cookbook by donating ideas, energy, artwork, etc. call Ellen at 222-2452.



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NOTES TO THE ASSISTANT COORDINATORS

Thank you for the great response to the meetings we had. It was the largest turnout ever. There will be more in the future so please check the A.C. notice board when you come in. It is located on the side of the green cabinet near the office. There is now a vegie info board on the side of the vegie cooler that faces the office, check it for information on vegetables.

We're still having a great problem with the register coming up short. In July we were \$168 short for the month -- please:

(1) Put all voids in the drawer of the register #1, punch both the taxable and nontaxable subtotal keys, then the cash total buttons to void a ticket. This is extremely important because if you don't, the next person in line has the subtotals added to his/her bill.

(2) Collect the money!! About once a week someone walks in saying they forgot to give their check to the register person.

(3) Count back the change to the customer. It is a good check for you and assures them they are getting the correct change.

(4) Mark on the clipboard all food stamp credits given out. There is a clipboard for each register.

Vegie News:

The vegetables need to be iced down three times a day. Check to see which ones are not iced. Stack bananas concave down please.

All the information we would like for you to know is posted on the side of the cooler nearest the office.

Only have out at any time 15 or so eggplants.

Rotate the carrots at night and in the morning.

NOTES FROM THE COORDINATORS

The vegetable blackboard is no longer. Now all the prices are directly over the vegies in the cooler and on the signs on the tables. Remember to weigh and price everything you're going to purchase.

If you do not like an item you see in the co-op, tell us.

We often make "special" purchases. These range from cheese to peanut butter. But most often, they are dairy products that will soon be past the recommended selling date (usually 3-7 days before). These are usually 1/2 to 1/3 the regular price and are a real bargain. Sour cream, cottage cheese and yogurt have been some of the "special" items. Look for them.

If you would like compost materials, and workers are concentrating on vegetables, ask if there are any. We would appreciate you taking it, but we cannot "save" it. The flies and roaches like it too much. And it must be taken care of immediately, which translates into giving it away for compost or putting it inside the dumpster. (Please -- inside, NOT OUTSIDE.)

There are items in the co-op that are neither organic nor natural. The best way to find out if you would like to eat something is to READ THE LABEL. Please don't trust the co-op to have all healthy or natural foods. You know what you do eat and what you won't eat, and only YOU can make the choice.

A project I would like to help start is a co-op laundromat. But, I know nothing about it. If you have any knowledge about machines, etc., please talk to me, Patricia.

A flea market! If you have energy and time to put into putting one together (we have a large parking lot), please see me, Patricia, and maybe all the talented ones among us can benefit as well as the nontalented ones can get some nice things.

Aaron is interested in compiling and posting nutritional information on unlabeled goods in the storefront, such as produce, grains, herbs, etc. Anyone who is interested in helping, please see Aaron.

We welcome everyone to attend the Board of Directors meetings. They are held about once a month and the time and place are publicized near the office. The meetings are a challenge, mostly being long, drawn-out, heated, boring, and interesting.

It may sound callous, but the coordinators know most of the problems the co-op has so if we seem disinterested in complaints, bear with us. But remember, please, we need to know the solutions.

If you hear the phone ringing -- answer it! And while I am on the subject, we allow personal phone calls but, we are a business and need access to the phone and have vital incoming calls. If you use the phone, please keep your calls brief and infrequent.

Due to the popularity of information-sharing through signs we have to ask that you:

- (1) Do not post signs on the windows.
- (2) Be responsible for taking the signs down when they are no longer needed.
- (3) Date the sign.
- (4) Only use the information sharing board and not the various "official" boards.

Attention: Parents and other interested persons -- If there is enough response that regular tasks won't be neglected, supervision of children at the co-op can become a job that will count toward your hourly requirement. Please sign up!!!

The elusive eggroll skins are here. Currently they're 60¢/lb and come packaged in 5 lb packages. They are bagged up in 1 lb sizes in the store. The 5 lb sizes are kept in the freezer and the 1 lb sizes are by the milk.

Have you seen blue circles on some of the bins? That means the product was organically grown!

COMPARISON OF PRICES

	<u>PUBLIX</u> <u>9/4/76</u>	<u>CO-OP (15% working member</u> <u>9/6/76 mark-up)</u>
<u>Dairy Products</u>		
<u>Cheeses:</u>		
Cheddar	\$1.79/lb	\$1.51/lb
Swiss	1.95/lb	1.76/lb
Mozzarella	1.94/lb	1.54/lb
Gouda	2.49/lb	2.15/lb
Parmesan grated	3.18/lb	2.36/lb
Dannon fruit yogurt	.39	.35
Whole milk, gallon	1.59	1.46
Eggs, large	.69	.75
<u>Canned Goods</u>		
Tomato sauce, 8 oz.	.22	.23
Tomato paste, 6 oz.	.29	.26
Mushrooms, 4 oz. (stems & pieces)	.51	.48
<u>Dried Fruits</u>		
Dark raisins	.78/lb	.64/lb
Apricots	3.12/lb	1.33/lb
Dates	1.06/lb	.61/lb
Figs	1.16/lb	.72/lb
<u>Nuts</u>		
Roasted peanuts	1.11/lb	.67/lb
Cashews	2.53/lb	.87/lb
<u>Cereals</u>		
Granola	.83/lb	.74/lb
Wheat germ	.76/lb	.29/lb
<u>Grains</u>		
Brown rice	.36/lb	.25/lb
Yellow cornmeal	.31/lb	.22/lb
Oatmeal	.51/lb	.26/lb
<u>Breads</u>		
Bran'nola	.85	.82
Orowheat raisin rounds	.76	.66
Arnold's wheatberry	.71	.66
<u>Fresh Produce</u>		
Apples, red delicious	.20/ea	.04/ea
Oranges	.12/ea	.07/ea
Bananas	.19/lb	.20/lb
Mangoes	.99/ea	.44/ea
Tomatoes	.59/lb	.31/lb
Cucumbers	.15/ea	.10/ea
Bell peppers	.15/ea	.09/ea
Lettuce	.49/head	.41/head
<u>Frozen Foods</u>		
Orange juice	1.06/gal	1.32/gal
Peas, Birdseye	.59/pkg	.59/pkg
Corn, MacKenzie's	.59/pkg	.54/pkg
Breyer's ice cream, 1/2 gal	2.09	1.68

TAKING RESPONSIBILITY FOR OUR CO-OP

The Co-op offers us an alternative to the high prices that most grocery and health-food stores give us. It also offers a social atmosphere, with a homey feeling. For this we should be thankful. But, I feel like there are some members around the co-op who do not take this organization seriously. Despite the fact that the co-op does not have a time-clock to punch, or a nasty manager to "control" things . . . it is involved with large amounts of money, debts, bills, etc. . . . and needs to be run efficiently.

We, as members of LCFC, must take on part of this responsibility. It should not be left entirely up to the coordinators. This is our co-op -- you, me, the coordinators, assistant coordinators, Board of Directors, and all 2500+ members. We all must take responsibility for our actions in order to keep this co-op running smoothly. There is no reason that time at the co-op should be spent undoing each others mistakes. We all need to stay in tune with each other, and with what is happening in the co-op.

Two and four hour per month workers and assistant coordinators are the glue that hold together this cooperative. It is from our efforts that there are goods on the shelves and in the coolers to be sold. But we must remember to be conscientious about our work; if something is not furnished and you need to leave, tell someone who is going to be around for awhile. Also, assistant coordinators who run the register must be more careful. At the end of the day the register hardly ever comes out even. I really think this is due to lack of knowledge of the responsibilities that come along with doing the register -- such as memberships, and dealing with food stamps. Things can get really screwed up if these things are not done properly. So, if you're unsure of something, ask someone who knows. After all, bluffing over a mistake is only hurting ourselves in the long-run, by making prices go higher because of loss.

I guess what I am trying to say to everyone is take some responsibility for your co-op. It is a major business and needs to be respected like one. We are all lucky to be involved in it; we can choose the food we want on the shelves, and the prices we pay. The co-op really tries to meet our needs, so we, in turn, should remember its needs. The co-op is a blessing, let's remember that. Thank you, Ellen

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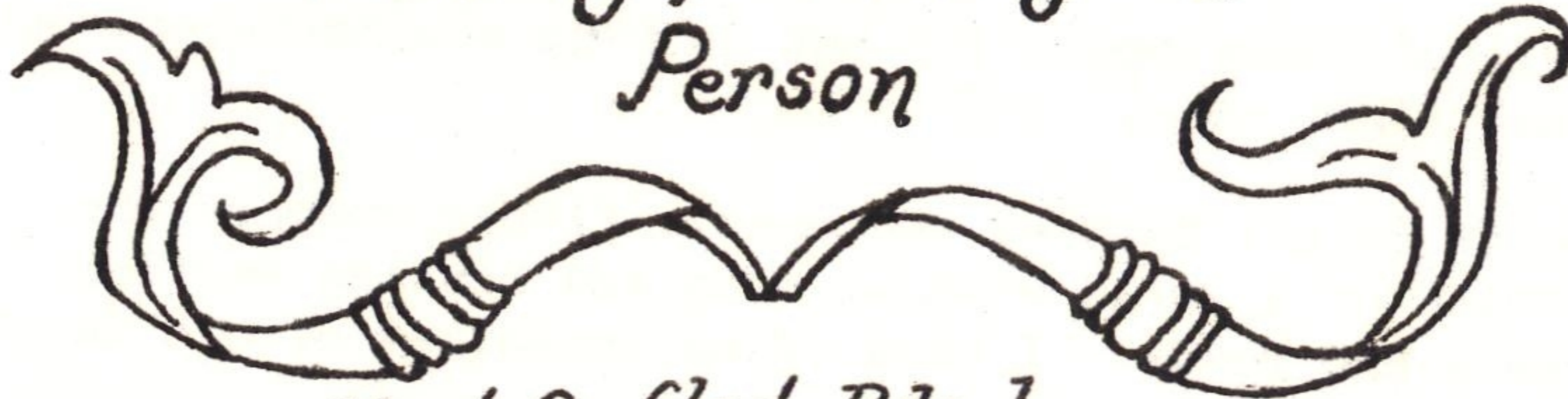
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WHAT'S HAPPENING TO OUR CO-OP?

by Larry

What is going on in the co-op? I find myself asking this question more and more. I wish more members were also wondering what the co-op is going to be like in the near future, especially anyone who has been a member when the store was on Macomb Street. We're obviously bigger and better now and have a lot of potential for growth. But what kind of growth? When does progress and expansion get out of hand or move too fast? I think it's when basic human values become secondary to economic priorities. For example, the subject of which items are sold in the store makes me wonder whether having a healthy body is secondary to the convenience of not having to shop somewhere else for a desired item. I personally would hate to see the co-op become another Zayres - Q.D. with one of every object in existence on sale so that every human being in Tallahassee could buy what they wanted. Yet, little by little this is what is happening on the shelves and this is an "ideal" that some of our Board of Directors members are striving for. Another serious consideration of the B.O.D. is to sell beer and wine in the co-op, since some members have requested it and for the possible increase in revenue it would bring. If some members request the sale of Heroin at bulk prices do we do it? Does the loss of increased revenue mean the co-op will have to close? Isn't the co-op a nonprofit organization? Another Board of Directors' proposal is to greatly increase advertising of the co-op and it's wares in radio, TV, newspapers and to organizations. Right now with over 2500 members and in the slow summer months, the efficiency of daily operation of the store is just adequate, but what will happen with the increase in customers when fall quarter starts at F.S.U.? How many members can the co-op maintain without alienating those who want a sense of community spirit? More people need to ask more questions and express more opinions or else there will be no guidelines for the future of the co-op. Find out why the opinions of the 409 people who voted in the ballot are being ignored. Ask for another ballot if it's necessary. Find out from the coordinators and members of the Board of Directors what's happening to our co-op. Does the Leon County Food Co-op want to be an economic organization guided by the same "values" and priorities a traditional American business might be proud of, or a part of the positive change in the consciousness of this planet in its evolution towards health and sanity?


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STUFF YOU CAN USE

Pat Handschy

This is a new column in the Newsletter. Hopefully it will be a useful information-sharing channel about food, household hints, almost anything. I'll be writing the column but if you have anything you'd like to hear about or you would like others to hear, leave it in my box at the co-op. Thank you.

For those of you who prefer to eliminate rennet from animal sources: Nowadays vegetable rennet and animal rennet cost about the same so manufacturers use them alternately, depending upon market fluctuations, and availability. There is no way to tell which is used unless the manufacturer designates, which they don't and won't (we checked). But LCFC carries as regular line Rogue Gold cheeses. They are made with raw milk and vegetable rennet. We also carry, subject to irregular delivery, quality Kutter's cheeses which are made with vegetable rennet. Also imported cheeses, except Swiss, are made using vegetable sources.

Would you like to know more about food co-ops? I recommend "The Food Co-op Handbook." It is a very informative book.

One of the most frequent questions posed to me is "What is this? How do you cook it?" Well here's some of the high frequency "What is it?" foods:

Bulgar wheat -- basically chopped up wheat berries. It differs from cracked wheat only in the way each is chopped up. It has a rich but not strong flavor and can be cooked like rice, or steamed or (my preference) soaked and cleaned, drained, then fried in oil (butter sticks a little) for 5-10 minutes, then water added to steam. I add all manner of things then but people I feed it to like tamari and pine nuts best. I have added: sauteed onions, pumpkin seeds, sunflower seeds and combinations of all. Cook the additions until they pick up and give some flavor and eat. Traditionally it's served with lamb and has lemon juice squeezed over it.

Triticale -- we carry both flour and berries. It is a wheat and rye hybrid that contains more protein than both. Nutritiously acclaimed as a hope in famine prevention. Flour can be substituted for rye flour and whole wheat flour although it's best not to use all triticale flour. The berries can be cooked like wheat berries (basically boiling or steaming). A good-tasting combination is 1/3 each of triticale berries, wheat berries and barley (Cindy told me this). Any grain can be boiled but then fry in a bit of oil and then steam/boil will make the result less gummy and richer tasting.

Next time I'll tell about yeasts but I need to research it a bit more.

Fast ones:

Cockroaches are attracted by the smell of cantalope. Try not to keep any cantalope out. Take the compost out or the garbage out right away.

Vermont and Oregon require a 5¢ deposit on all bottles and cans. Please support the addition of this to Florida laws. Think of a world with no cans and bottles marring the landscape and littering the streets and roads. I know of no organized effort as of yet but it should be coming soon.

Don't like something you see on TV? Well, write them a letter. They, the TV people, consider one letter as representing 600 people. The power of the pen!

Food ingredients listed on packages are listed in diminishing quantities. This means although you don't know exact quantities you can get an indication of how much is in a product. For example, in cornflakes, the ingredients are listed as corn, sugar, etc. so sugar is the second largest ingredient in cornflakes. Look at baby food sometime.

Sea salt doesn't have iodine in it, but seaweeds (kelp, etc.) are a great source of natural iodine. And, by the way, if you're feeling depressed try eating things like seaweeds, with high concentrations of minerals in them. It might help. Nerves are most affected by the mineral level in you.

Sesame seeds are a great source of fiber to your diet. They can be added to quick bread and cake recipes without having to alter the amounts of the other ingredients. The result is added flavor and crunch. I add one to two cups to my banana bread and such.

HERB OF THE MONTH

by Ellen

Camomile (Anthemis Nobilis)

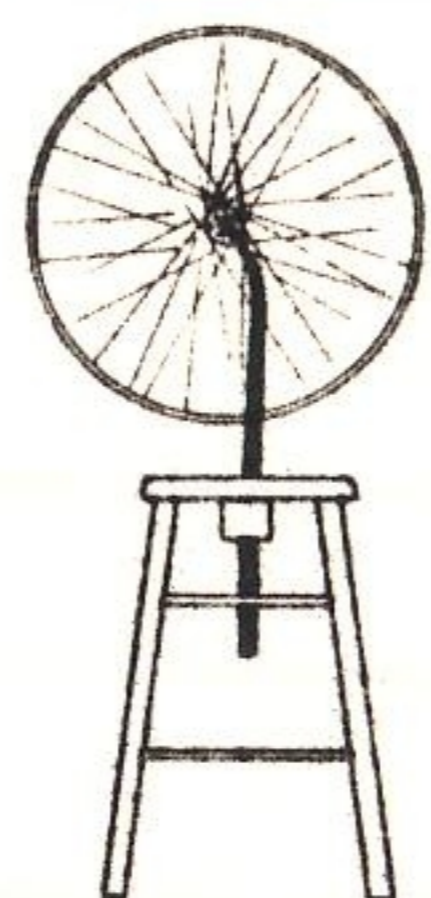
Common Names: Roman camomile, camomile, garden camomile, low camomile, ground apple, whig plant.

Medicinal Part: Flowers

Properties and Uses: tonic, aromatic, antispasmodic, carminative (relieves gas), anodyne (relieving pain or causing it to cease). Also, has a calming effect, and if taken before sleep, supposedly prevents nightmares. Good for heartburn and weak stomach. Good for fever and restlessness in children. Makes a good wash for open sores and wounds, and also as a wash for tired and weak eyes. Can be made into an oil and used for sprains, swellings, callouses, and bruises.

Preparation: Use 1 tbsp flowers in 1 cup water. Steep for a half hour. Can steep it longer or shorter depending on desired strength.

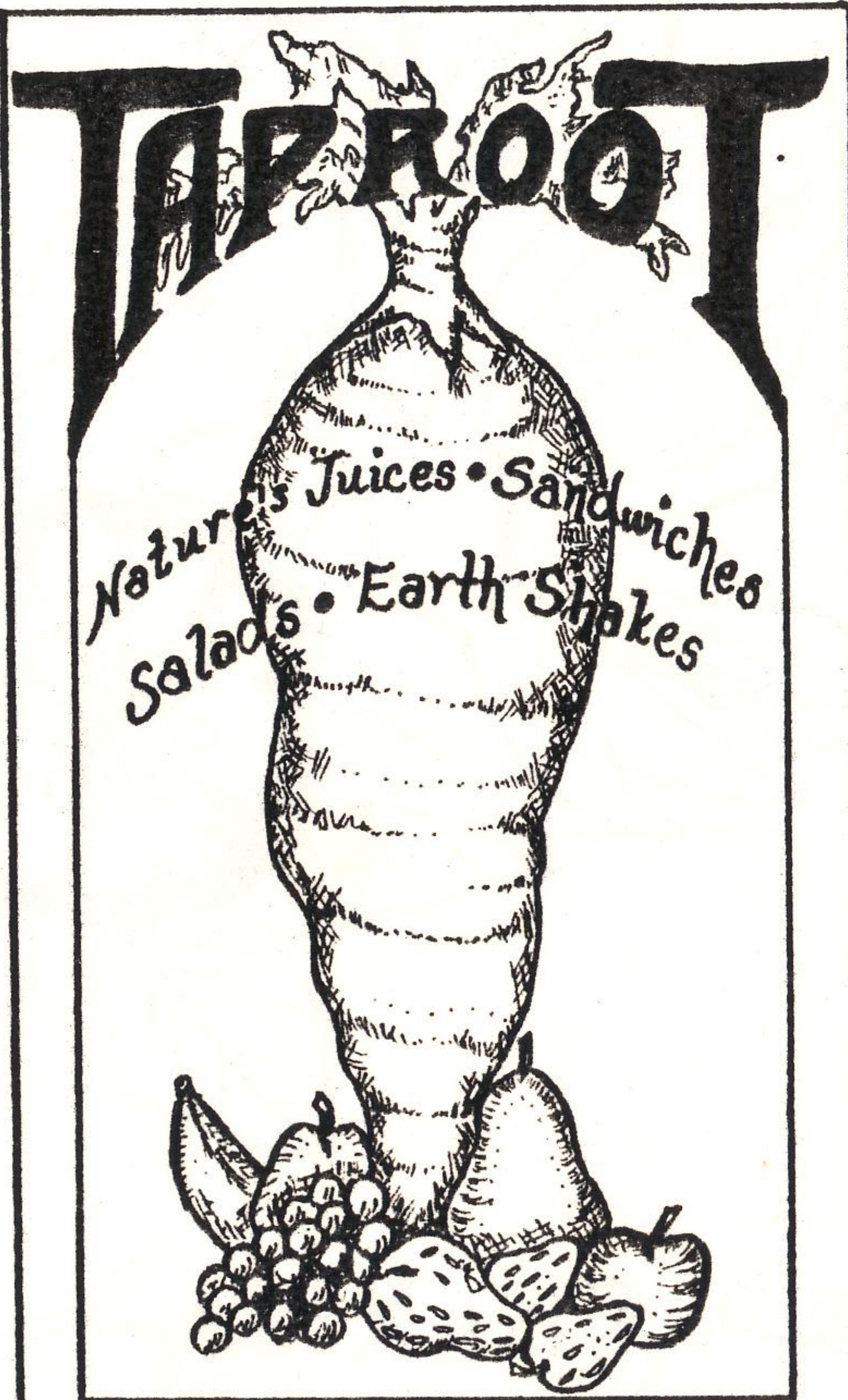
Cosmetic Purposes: Camomile hair rinse for light haired people. It brings out the blonde highlights. Use 1/3 cup flowers to 1 qt boiling water. Steep until it is tepid. Pour over hair, leave on for 15-20 minutes, then rinse out.



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WOMEN! SUPPORT THE FEMINIST WOMEN'S HEALTH CENTER

by Debi Powers

This summer, I became familiar with the Tallahassee Feminist Women's Health Center. This health center, which is owned and operated by women, provides high-quality, low-cost health care to women in a very relaxed and friendly atmosphere. The "self-help" concept is the backbone of FWHC philosophy. By learning vaginal self-examination, a woman can stay "in-tune" with what is happening in her body and can detect problems before they advance. For too long OB-GYN examinations have been mystified by the medical profession. For too long women have been dependent on a male-dominated medical profession which is more interested in profit than in the health and well-being of women. For too long women have been the guinea pigs in experiments dealing with birth control pills, IUD's, DES (a drug used in the morning-after pill which can cause vaginal cancer), Flagyl (a cancer-causing drug used to combat Trichomonas vaginal infections) -- the list goes on and on. It is time for women to educate themselves and to have a voice in their own health care.

A Self-Help Clinic is started the first Tuesday of each month at 7:00 and runs for four consecutive Tuesday nights. A woman attending the clinic will learn self-examination and will have the opportunity to discuss many topics, such as, pregnancy, birth control, common vaginal infections, sexual response, menopause, childbirth, abortion, menstrual extraction -- any topic that the group wants to discuss.

The FWHC self-help idea is an alternative to the monopolistic control of the medical establishment. If a woman knows how to examine herself and knows her body well enough, it will not be necessary for her to run to a doctor for every little itch or discomfort. She can help herself.

The FWHC offers a low cost GYN clinic and a Woman's Choice Clinic (abortion clinic). Needless to say, the Tallahassee medical establishment is not thrilled about the FWHC. In order to maintain their control on health care, many physicians have pressured their colleagues to deny the FWHC any medical services. One local and two nonlocal physicians were pressured into terminating their employment with the FWHC. As a result, the FWHC has filed a federal Anti-Trust suit against six local OB-GYN physicians and the Executive Director of the Florida Board of Medical Examiners. The case comes to court in **November** and the FWHC has an excellent chance of winning. This will be a landmark case and will have a profound effect on the FWHC movement. The history (I mean, her-story) of the FWHC movement is filled with legal hassels. Hopefully, this case will be one more step forward.

by Tana McLane

On the first Tuesday evening in July, I entered the Feminist Women's Health Center to participate in my first self-help session. Arriving a little late, I located the room where the meeting was to take place. My feelings were mixed and indecipherable. But I was met with friendly enthusiasm and was invited to sit in.

A slide presentation beamed from the wall. It was a fairly integrated introduction to what we could cover in the discussions to follow. Specula, women's faces, women's cervixes, flashed before us. My appreciation for the complexity of the female human increased before this first class ended.

Literature was circulated, along with various contraceptive devices. That night I examined the first diaphragms and Intrauterine Devices (IUD's) I had ever seen. These things are used by millions of women, and I had never been in contact with them before.

continued next page ...

The highlight of the evening was the woman who "shared her cervix" with the class. This is done by inserting a speculum into the vagina, then opening the speculum and thus the vagina, and locking the speculum open. The cervix, the gateway to the uterus, is located several inches inside the vagina. It is round and pink and shiny, with a small opening called the os. I was amazed upon seeing a cervix for the first time, and a thought flashed, "This easy-to-locate, active part of a woman's body ... and yet generations of humans have come and gone without seeing it, without knowing of it."

I encountered "sex education" and physiology in public school. I've seen the scare movies on venereal disease and horrendous birth films from a military hospital. But never had the opportunity been offered for me to know my body's ways, as well as to see other women. The most marvelous thing was to see women's anatomy all doing the same thing. But with different shapes and colors -- subtle differences. And exploring the concept of "well woman" examination is intriguing.

"Well Woman" examination and "self-help" are new areas of investigation. A "well woman" exam is done with the desire to be familiar with and understand the changes a woman's body passes through throughout each stage of the menstrual cycle, which is to say, every day. The exam is not conducted toward a search for symptoms or problems. But if any unusual changes are noticed, then the woman can seek medical help before too much time passes or complications arise. Basically, she is examining a healthy body with its subtle cyclical changes. Through "self-help," we became aware of home remedies for some common vaginal disturbances. These studies bring us a few steps closer to self understanding.

In class we each "shared our cervixes." This involved overcoming years of conditioning and shyness for each of us. The first time we were asked if we wanted to "share," there were negatives all around. And we were amused that none of us were inclined to, yet. But, by the second class, we had each dealt with our feelings. And we shared.

Our rhythms are in harmony with this universe. We have much more to learn. I encourage you to explore these physical sexual and reproductive aspects for yourself. You will find beauty and knowledge.




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HELP SAVE THE APALACHICOLA RIVER

Steve Leitman

Do you ever think about the environmental skullduggery that's being committed by some corporations and public agencies and then feel helpless to understand the issue and do something about it? Well, now's your chance to beat the frustration blues and become an effective environmental activist.

The Apalachicoalition is a group of people in and around the Big Bend area of Florida consisting of members of the Audubon Society, Izaak Walton League, Sierra Club and other folks interested in preserving the Apalachicola River from the whims of big business and the Army Corps of Engineers.

The Apalachicoalition was formed several months ago by people who are concerned with plans and practices of the Corps to convert the Apalachicola River into a barge canal at the expense of its natural resources.

Currently, the Corps is dredging more than one million cubic yards of river bottom each year. In addition, the Corps' desnagging program (the removal of fallen trees from the river in order to enhance navigation) is eliminating some of the more important fish and wildlife habitat from the stream.

Realizing that similar Corps projects have destroyed other rivers, the Apalachicoalition began working to prevent the same sort of thing of the Apalach. Currently, the Apalachicoalition is raising money for a 16mm color film which will be used to publicize the beauty of the river, its economic and recreation values and the threats posed by industrialization. We are also preparing for our booth at the upcoming Apalachicola Seafood Festival and researching allegations made by pro-dam constituents.

The filmscript is currently being written and when enough money has been raised, the film will be made by professional filmmakers who are members of the Apalachicoalition. These filmmakers are only going to charge the coalition for materials, and in this way, a high quality production can be made at a very low cost. Still, it will cost approximately \$8,000 to make the film. A sizable portion of the cost has already been collected from donations from the Florida Defenders of the Environment, various Audubon chapters, and individuals. We are steadily moving toward the financial goal necessary to begin the film but we need your help to raise the rest of the cash.

To gain some perspective as to why we need to make a film as soon as possible, think about this for a moment.

In 1973 the Governor and Cabinet passed a resolution opposing a series of dams proposed to be built on the Apalachicola River. At that time, the six Florida counties bordering the river were all opposed to the dams and supported the state decision. Since that time, an Alabama-based industrialist group -- the Tri-Rivers Waterway Development Association -- has been working to convince the State of Florida to change its mind. They have mounted a very effective public relations campaign in support of the dam. And, one of the most effective tools in the campaign is a film depicting the desirability of industrialization which is shown to civic groups throughout the Panhandle. We feel Tri-River's campaign is highly biased and omits or distorts many facts associated with the dam.

However, as a direct result of Tri-River's propaganda campaign, three of the six counties along the river are now officially supporting the construction of a dam on the Apalachicola. If we are to be successful in our defense of the river and Apalachicola Bay, we must counter this campaign by one of our own, presenting the other side of the issue.

Will you help? We need additional members as well as dollars. We'll gladly accept any donation you might offer and, if you're interested, the donations can be made tax deductible.

continued on next page

We are a growing organization. We need you, your ideas, your time, and most of all, your personal support. If you're interested in joining, making donations, or just want to know what we're up to, give us a call or come to one of our meetings. Any Apalachicoalition member will be happy to explain what we're doing or call Leon Bloodworth -- 386-2935, Pat Parks -- 877-3572, Bill Sykes -- 224-0361, Michael Miller -- 488-6661 or 224-0991, or Helen McAninch and Steve Leitman -- 878-2226.

A box will also be provided in the LCFC manager's office for anyone wishing to make a donation.

Help us help each other!

AN APPLE A DAY

by Freddy Kaye

"Little Miss Muffet sat on a Tuffet eating her curds and whey," so what? So, she was probably eating some homemade cheese in which the solid protein matter of the milk separated as curd from the liquid portion, which remained as whey. This brings me to the topic of this column, "Cheesemaking Today," which is really a general description of the production of most cheese.

The whole process involves a modification of the casein, (the milk protein) involving the separation of the solid of milk from the liquids. To achieve this separation, the addition of lactic acid organisms such as Streptococcus lactis will serve as a lactic starter to produce acid and lower the ph of the milk (a lower ph, therefore the more acidic). The milk is then warmed to provide for proper growth of the organisms and the development of acids. Both are very important to the entire cheesemaking process. Poorly developed acid results in a soft, mushy curd and lends itself to undesirable bacterial growth. Then rennet must be added! Of course, here is where you separate the vegans from the lacto-vegetarians. Rennet is a proteolytic enzyme. Rennet acts on the warmed milk, causing the solid protein matter of the milk to separate as curd from the liquid portion, which remains as whey. If the milk is warm and acidic, the curd will be harder. If the milk is cool and "sweet," the curd will be softer.

Originally, the only rennet that was used for cheese production was an extract prepared from the fourth stomach of a suckling calf. Rennet enzyme is also prepared from the digestive stomach of pigs (where the digestive enzyme pepsin is released) and sheep.

I have read that present day commercial preparations of animal rennet are costly, and that most cheesemakers do not find it profitable to use them. This statement is questionable, for sure, but it is mentioned as a point of interest.

So, the next question is -- "What is an animal rennet substitute for cheesemaking?" There are extracts of soybean oil and wild artichoke (Jerusalem artichoke) which are cultured into a curd. This curd is used as a mold to produce rennetless cheese. There are also cultured molds synthesized in the laboratory. The cheese, Tofu, is one example of a soybean curd which can be purchased at the LCFC storefront.

In cheesemaking, 95% of the water held in the milk is released via heat, acid, and rennet (curd). Then the whey must be drawn off because, at this point, it has a high concentration of acid which greatly affects the texture of the finished cheese. After draining, the curd is salted and put to press, which shapes and compacts the curd. Then the cheese is allowed to ripen, after it is removed from the press. The slow ripening of the cheese is the proteolysis of the curd, a major chemical change. The addition of color and carotene is usually for the visual appeal, not for the taste or quality. This practice is more common in America than elsewhere.

There are numerous books written on cheese from "do it yourself" to government (USA) booklets. One recommendation is a paperback published by the USDA, Agric. Handbook #54, "Cheese Varieties and Descriptions." There are at least 700 varieties of cheese mentioned and/or described in the excellent inexpensive (\$1.50) booklet. Write the USDA, Washington, D.C.

Some helpful hints on keeping cheese:

Semi-hard cheese -- wrap in moist cloth (moistened with plain water) and store in the refrigerator.

Soft and very fresh cheese -- wrap in aluminum foil. The foil conserves the moisture and protects them from odors.

Hard cheese -- wrap tightly in polyethylene wrap (plastic film) before refrigeration.

Cheese can be kept out of the refrigerator but must be kept cool at 50-55 degrees F. If you want to freeze cheese, this is possible for Swiss, Provolone, Camembert, Brie, and Parmesan -- in foil. Cheese tastes best when served at room temperature.

Cheese, of course, is an excellent source of protein with or without the animal rennet, therefore it should be generously added to your meals. One suggestion is as a dessert along with fruit such as pears and apples. Taste a slice of cheese and a slice of fruit together at the end of a meal, very tasty and refreshing. A last word on cheese, wine (be it white dry or red dry) or beer is an excellent addition to any cheese palate. Bon appetite!

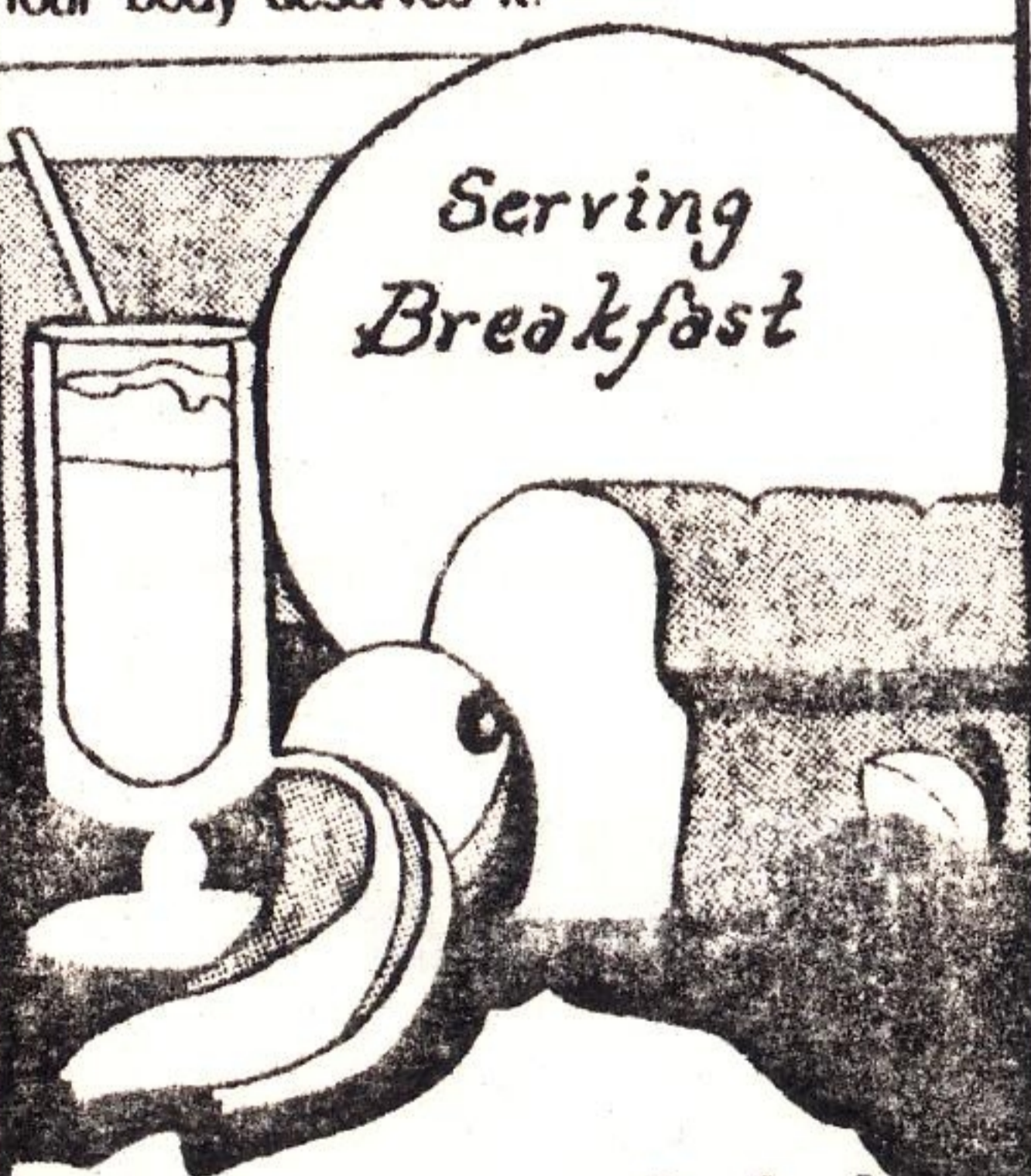
POEMS by a'nanda vanii/elizabeth

you are (s)tucked away
in the recesses of rusted emotion
a safe hiding place
so far away i could never say
if i reached across to touch
i would not find "you" home but
perhaps my trying could
speak miles . . .

naked, turn
into myself
moonvision of
the keeper to
my soul she
waits drawing
breath slowly
silently
in the midst
of turbulent dreams

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AS THE WORM TURNSOrganic Gardening Ideas

AS THE WORM TURNS

by Debi Powers

Now that September is here, you have two options about what to do with your garden: (1) prepare it for next spring and let it rest through the winter, or (2) plant a fall garden but keep adding plenty of nutrients so that it will be ready in the spring. If you choose the first option, pull up all the old plant "carcasses" from summer, and all the weeds, and put them into the compost pile. If it is possible to get a tiller or tractor, plow the garden space. Spread plenty of manure, compost, sewage sludge, rock phosphate, lime, and whatever other organic fertilizers that you are into. Last of all, cover the garden with a thick blanket of leaves, grass clippings, or hay. In this way, you can "put your garden to sleep" for the winter. Actually, the garden soil is not sleeping at all. The micro-organisms in the soil will constantly be working to break down the fertilizers and mulch and next spring you will find rich, easily-workable soil. You may find that all you need to do in the spring is rake away the mulch in the rows and plant your seeds. When the plants are a couple of inches high, you can push the mulch back up against the plants, add more mulch, and sit back and watch it grow!!

Many of you will choose the second option, that of planting a fall garden. I really recommend this. In our climate you can grow some things all winter long. A really great thing about fall-winter gardens is that there are no bug problems!! Yea!! What can you plant that will grow all year? All kinds of greens -- cabbage, collards, turnips, mustard, kale, swiss chard. These vegetables are loaded with nutrition and really add a lot to your winter diet. You can also plant beets, carrots, onions, lettuce, radishes. You might try broccoli, cauliflower, or brussel sprouts (I've never tried planting them but many say they do well in the cool fall weather or very early spring).

If you decide to plant a fall garden, follow the same steps listed above: pull up and compost remaining summer vegetation, plow or till the soil, cover with organic fertilizers and mulch. Then plant your winter crops and you are finished except the eating! In January you should spread more fertilizers and mulch so that the soil will be ready in March for spring planting.



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