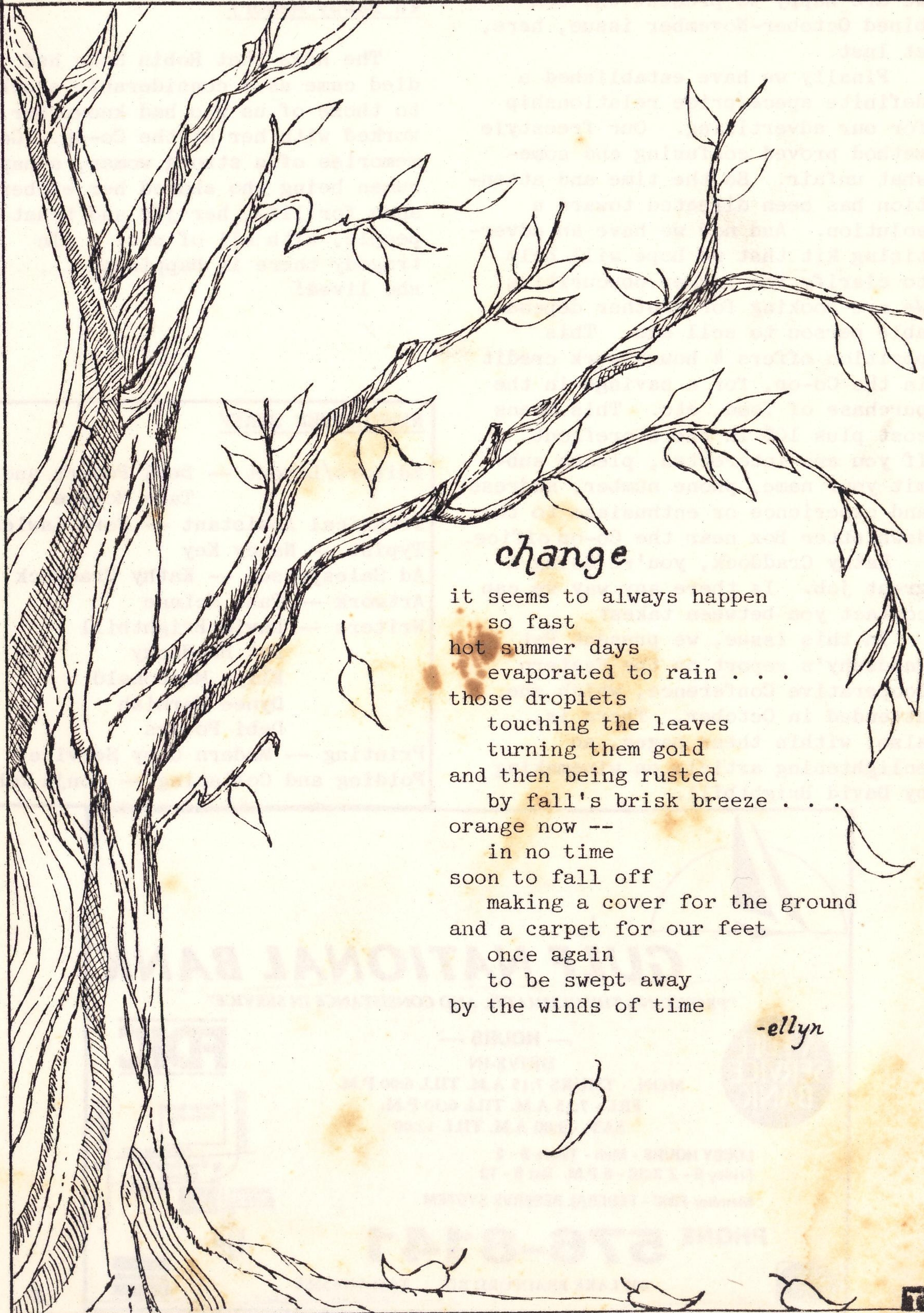


LEON COUNTY FOOD CO-OP

NEWSLETTER



649 W. Gaines St. Tallahassee, Fla. 222-9916



change

it seems to always happen
so fast
hot summer days
evaporated to rain . . .
those droplets
touching the leaves
turning them gold
and then being rusted
by fall's brisk breeze . . .
orange now --
in no time
soon to fall off
making a cover for the ground
and a carpet for our feet
once again
to be swept away
by the winds of time

-ellyn

From the Editors

Debi Powers &
Tana McLane

Due to unexpected illness and other scattering influences of late, we didn't get our act together in time to produce an October LCFC Newsletter. Our apologies to our readers and advertisers. However, we are happy to present the combined October-November issue, here, at last.

Finally we have established a definite space/price relationship for our advertising. Our freestyle method proved confusing and somewhat unfair. So the time and attention has been directed toward a solution. And now we have an advertising kit that we hope will help to clarify the former obscurities. We are looking for another dependable person to sell ads. This position offers 4 hours work credit in the Co-op, for a savings in the purchase of food, etc. This means cost plus 10% in the storefront. If you are interested, please submit your name, phone number, address, and experience or enthusiasm to the Newsletter Box near the Co-op office.

Kathy Craddock, you're doing a great job. Is there any way we can contact you between takes?

In this issue, we present Pat Handschy's report on the Eastern Cooperative Conference, which she attended in October. There is, also, within these pages, an enlightening article on winemaking by David Brightbill.

So, on to the Newsletter. This publication is as interesting as you folks make it. Your contributions in art and writing can carry the show. We eagerly await for your input into this Newsletter.

In Happy Memory

The news that Robin Sohn had died came as a considerable shock to those of us who had known her and worked with her at the Co-op. Good memories of a strong woman, a happy human being who shared her exuberance for life, her joy and trust in people, with all of us . . . In tragedy there is happiness . . . she lived!

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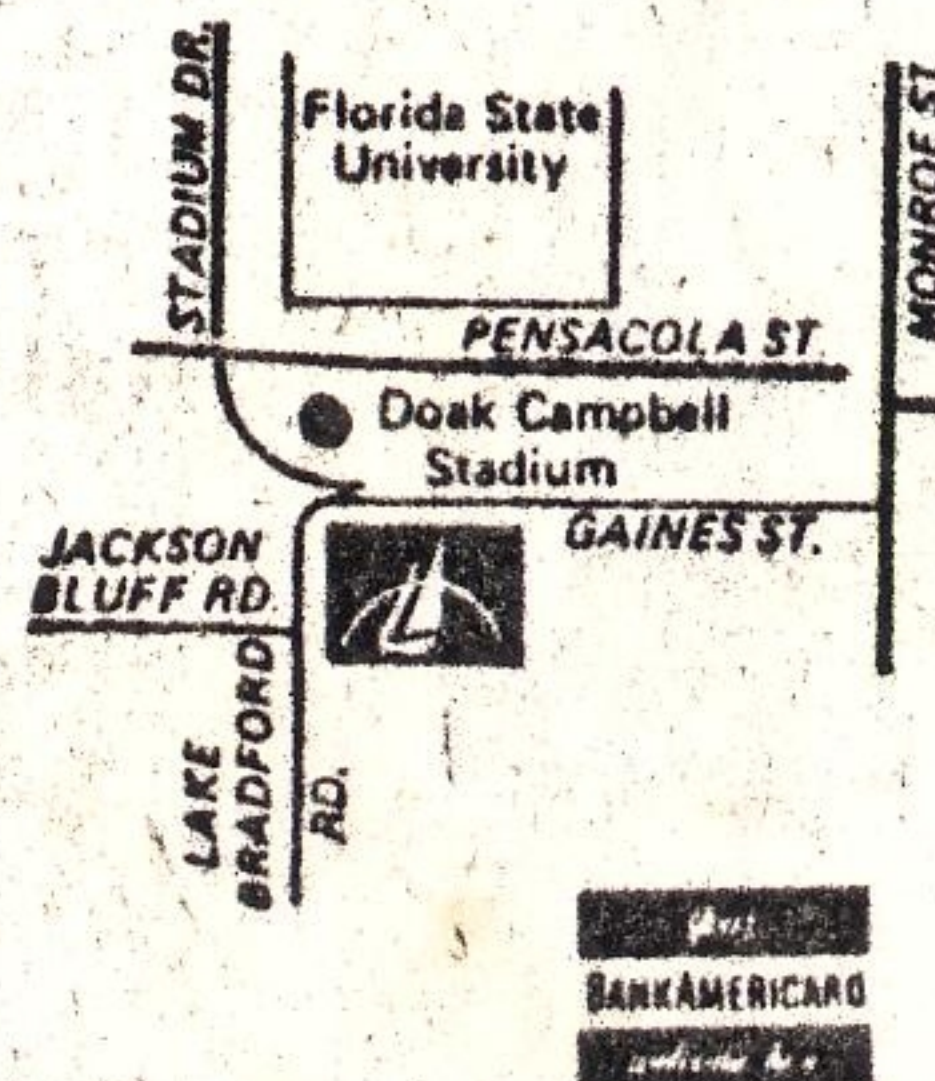
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October Board of Directors Meeting

The BOD met on October 5 at the LCFC storefront. Barry Snitkin served as Chairperson at the meeting.

Pat Handschy reported that LCFC had a table at the FSU registration, in the union, and at Activities Night where information was distributed and memberships were sold.

The BOD voted to approve a comprehensive health insurance plan for paid employees of the Co-op.

The BOD also agreed to donate four wheels of Black Diamond Cheddar Cheese to the WFSU TV Action Auction.

Coordinator Pat Handschy will represent LCFC at the Eastern Co-op Conference held in Vermont on October 15-19. LCFC will pay \$100 toward expenses for the week.

The BOD voted to raise the salary of Linda Ferrell, the bookkeeper, from \$40 to \$50 per week.

There was considerable discussion about extending store hours to one hour later on one night a week. The coordinators were very opposed to the idea. Members should express their opinion on this issue to a coordinator or BOD member.

There was discussion concerning the need for purchasing an electronic register. Aaron will find a contact. This purchase will have top priority based on the length of the lines in the Co-op and the inefficiency of the old registers. Freddy Kaye requested an Express Lane. Coordinators will be working to solve these problems in the storefront.

November Board of Directors Meeting

The BOD met on November 11 at the LCFC storefront. Barry Snitkin presided as Chairperson.

The BOD agreed to legally register the Co-op's name so that it cannot be used by another organization.

The BOD discussed the idea of a Credit Union and agreed to hear more details before any decision is reached.

Pat Handschy presented the Financial Report. There was discussion on ways to improve Co-op efficiency.

Pat reported on her trip to the Eastern Co-op Conference (see Newsletter article). Her expenses amounted to \$80 which the BOD agreed to pay for.

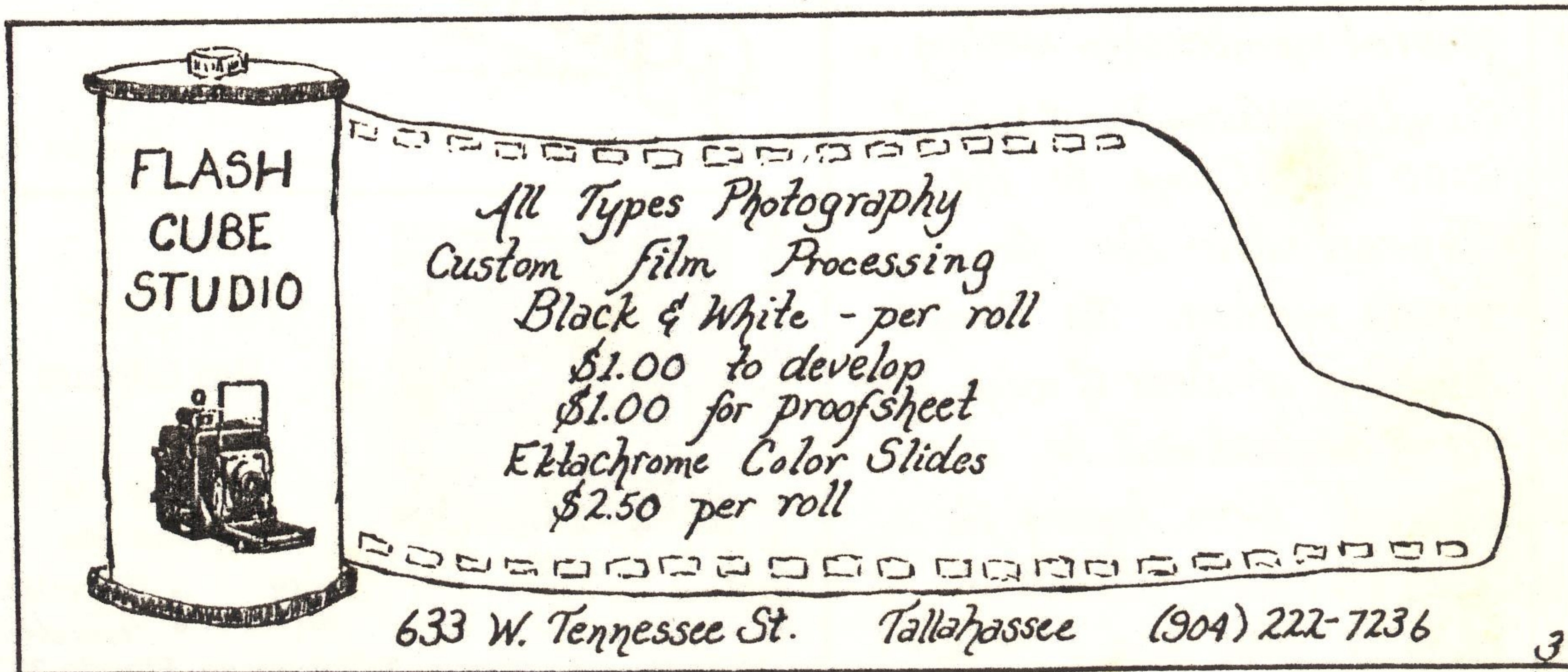
The Tallahassee representative for the Orrowheat Company wants to rent space in the Co-op warehouse. This space is currently unused. The BOD agreed to rent the space for \$1.36 per square foot per month.

A Craft Show will be held on December 1 and 2 at the Co-op (see Newsletter article for details).

Van Lewis, a Tallahassee seafood salesman, has asked the Co-op if we would like to sell fresh fish and shrimp in the storefront. The BOD will present this topic to the membership at the November Covered Dish Supper.

The November Supper meeting will be held on November 21 at 2:00 PM at the Tap Root Restaurant at 631 W. Tennessee Street.

Three BOD positions will be open to election by the membership.



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3

Notes from the Coordinators

It's not the things we have to do here in the storefront that are so difficult, but the things we have to undo . . . please if you're not clear on how to perform a task, ask a coordinator or assistant coordinator. We're here to help.

If, in the course of your work in the storefront, should you come up with a suggestion to make this easier on all of us, write it on the blackboard in the workroom. Tell someone, but let us know . . .

Keep those bags and egg cartons coming.

About the suggestion list . . . we try to comply with all requests for goods that appear on the suggestion list, but it's not always that easy. Some requests do not have enough support to warrant taking on a new distributor, trying to meet their minimum order in light of other budget requests, having to process new shipments, having to research new distributors for a single request for small quantities, and other considerations. But keep suggesting, we'll keep trying. The more requests there are for a single item, the more likely we are to order it.

Please, if you or your child breaks it or spills it, pay for it. Our pricing structure does not account for this. It's your responsibility!

Covered Dish Supper

general membership meeting...

Sunday, November 21st at 2:00 PM. Come to the

Taproot Juice Bar, for an inside meeting. The Co-op's handling of beer & wine, and fresh seafood will be discussed. We're hoping for a good turnout. Bring a covered dish and a friend!

#

Our distributors now have the grain mill attachment for Champion Juicers; prepaid special orders only, cost -- \$66.33 plus 10% for special orders (\$7.64), plus tax (\$2.92) comes to \$75.89.

We want to hear from local growers regarding produce purchases. One of the Co-op's basic tenets is support for, and direct purchase from, the producer. There have been some problems trying to coordinate deliveries, delivery deadlines, and the need to meet minimum order requirements with our full-line supplier. We now order produce from Mark Levinson in Gainesville, who in turn goes to the farmers markets throughout the state to bring us a full selection of produce, much of which is not grown in Florida.

Common Misconceptions:

All goods in the storefront are marked at cost, that includes freight costs on common carrier shipments (5%), refrigeration costs on produce, milk and eggs, and 5% spillage on honey.

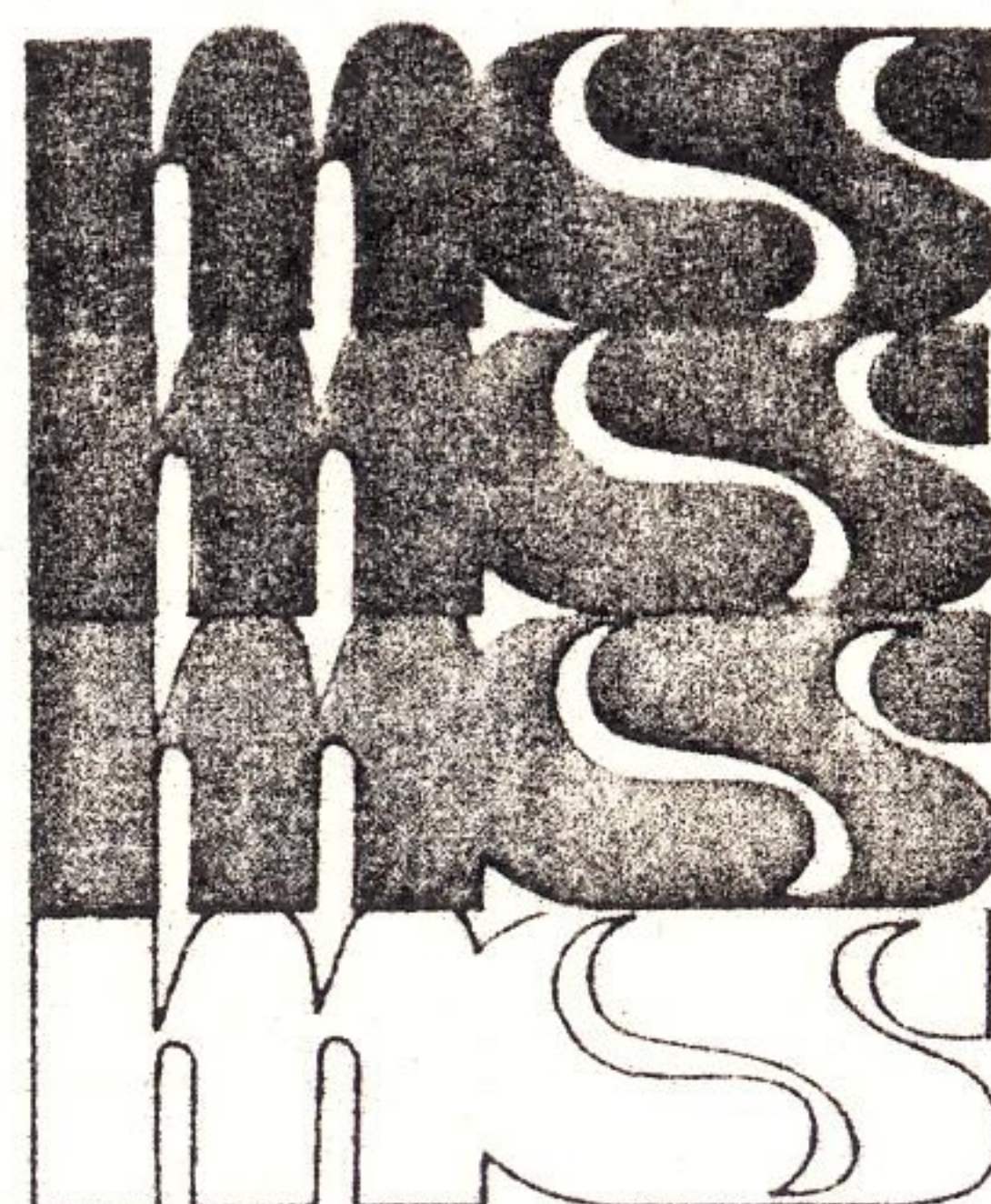
When we go through the register, we pay a markup not a markdown, of 10%, 15%, 25%, or 35% (on all goods except milk and eggs) depending on our participation in the Co-op through the work we do for it. All goods marked up include consignment articles, tee shirts, etc.

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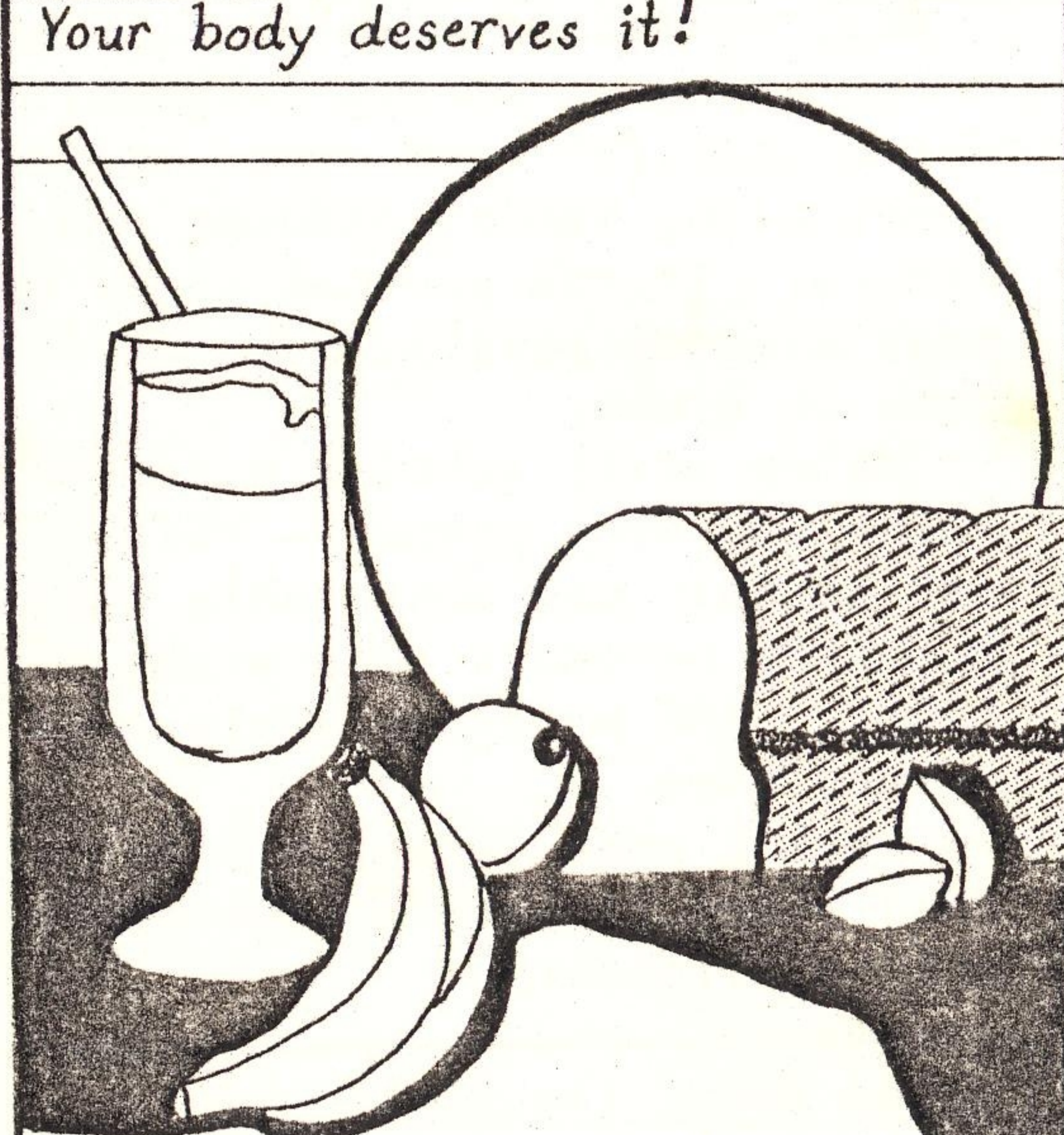
212 N. Monroe Street Tallahassee, Florida 32301

We get a lot of calls from people who don't understand the sub-totals on their receipt. Let us explain the most complex type:*

00.20 T -- taxable item
 02.20 E -- nontaxable item
 00.20 T --
 00.40 E
 00.40 SU -- taxable subtotal
 TOTL
 00.04 PRO - 10% markup on taxables
 00.44 SU -- total taxables plus
 TOTL markup (yes, you pay tax
 on cost plus markup of
 item)
 02.60 X -- nontaxable subtotal
 00.26 PRO - 10% markup on nontaxables
 01.58 E -- milk, eggs, no markup
 00.74 E
 02.32 X -- total milk and eggs
 TOTL
 05.64 TOTL Grand Total

*Ed. note: this breakdown is taken from an actual cash register ticket.

Your body deserves it!




Nature's Way
 a natural foods restaurant

| | |
|-------------------|--------------------|
| Smoothies | Soups (made daily) |
| Natural Ice Cream | Salads (to order) |
| Fresh Juices | Dinners |
| Herbal Teas | Sandwiches |

1932 W. Tennessee (Univ. Plaza)
 8 blocks west of F.S.U.

224-2043



There are only about half of the original shopping carts left. If you know the whereabouts of any of them, please bring them back or tell us where they are. Please bring them back inside when you're finished with them. Shopping carts cost about \$50.00 each and this loss is one the store does not have the money to replace.

Remember . . . the blue circles mean the products are organic, as far as we can tell. There are no organic guidelines or regulations.

Vegetables do not come in a certain day of the week. We order them and two days later they arrive.

We have new rules for children in the store. We have had to initiate these rules because we have had complaints and because unsafe conditions existed.

1. Unsupervised children must play in the living room. There are toys and books there for them.
2. NO children are allowed in the warehouse area without an adult with them. (2 reasons: there is rat poisoning, and inadvertently some children have gotten locked in the bathrooms)
3. NO skateboards or tricycles allowed in the store.
4. NO playing with the stock carts or the grocery carts.

There has been quite a bit of controversy involving the ballots we asked you to fill out. The interpretation of the coordinators concerning the outcome of the poll was this:

The membership who responded wanted predominantly natural foods with some "grocery store" items such as tomato paste. It also was interpreted by us to mean the members did not want meat but did not seem to us that products that contain lard, etc., should be excluded. When a questionable item is requested specifically by a member (questionable meaning containing meat, preservatives, MSG, etc.) we order the item. If objections arise from other members, we tend to discontinue the item, unless it is specifically requested again. In

5 other words, we listen to whoever

continued

is the most vocal. What we do not do is dictate to anyone what to eat or what not to eat. There is no way we can second guess what you eat, and we don't try to. We rely on you to read the label and judge for yourself what you choose to put in your mouth. And, incidentally, for those who complain about artificial ingredients being in the "grocery store" items: most, if not all, Health Food meat substitute items contain MSG, artificial flavoring and coloring, etc.

There is a new store policy in effect now. Most of you know that a penny is added to the price per pound of an item put in plastic bags. We have now started adding a penny to the items in paper bags. We estimate that to package an item costs up to 3 cents per bag. Paper bags now cost more than plastic bags. The real expense is the label. Yes, the small white gum label costs 1 cent to 2 cents each. The triangular designation for the cost will now already have the 1 cent added to it.

One thing I haven't expressed in these ramblings to you is what happens to the markup you pay at the register. More and more of it is being used to finance everyday costs. Our expansion is only one reason for this. The biggest part of our "extra" money is used to counter waste. Here are some things you can do to help us tighten up:

1. Don't waste. By this I mean -- recycle paper bags instead of using the new ones which cost. Do not use new plastic bags for your vegetables.
2. Do not waste the gummed labels by writing extras out. They do not get used later. Write out only the number that you need.
3. We pay \$1,000-\$1,200 per month in utilities. This is almost one week's profits. Keep the cooler doors shut. If you go inside keep your trips to a minimum and shut the door behind you -- they all have inside handles. Turn off lights not in use and turn off electric machines not in use.

4. Keep your phone calls to a minimum. We can not be your phone away from home. We're a business and need to receive business calls and to make calls on business.

5. Don't nibble. Don't sample. If you want to taste something -- buy it. Tell others not to do it. Tell you children not to nibble.

6. Look for bargains in the vegetables. When something is not quite perfect, we often mark it down, put it on sale. If we can get anything for the produce we lose less than when we throw it away. To say nothing about the World Food Crisis. . .

7. Please report anyone stealing. We have had to call the police on people before. We're not "bad persons" but we are a co-op with a philosophy based on not ripping anyone off. We expect and demand the same.

8. Suggest ways of cutting costs.

Notes to Assistant Coordinators

All assistant coordinators are being asked to accept responsibility for a specific task area, register, vegetables, stock, cheese, and others. If you are not clear on your responsibility, ask Patricia, John or Dynee.

We're still getting a lot of voids and even worse -- voids without taxable and nontaxable totals. We can't record a void without a total. And we desperately need to record them.

Please make sure you write all food stamp payouts on the appropriate clipboard.

Notes About the Cookbook!

The cookbook is now in the process of being typed. After that is done we will need much help in putting it together -- with drawings, doodlings, indexing, pasting and cutting, and lots of good ideas! We would ideally like to have it out in time for Christmas gifts.

Any help would be most appreciated. Call Ellyn at 222-2452 or leave a note at the Co-op.

YARROW (*Achillea millefolium*)

diaphoretic, astringent, tonic, stimulant, mild aromatic, emmenagogue, vulmerary

Yarrow grows everywhere, in the fields, by the roadside, and in the grass. It flowers from June to September, having white or pale lilac daisy-like blooms. Folklore tells us that Achilles used this herb to help stop the bleeding wounds of his soldiers. In England, yarrow is known as "tansy" and was one of the witches' herbs used for incantations, and by superstitious friends who brought it to weddings to insure the couple seven years of love. Supposedly at the present time it is still a potent love charm:

"Thou pretty herb of Venus' tree,
Thy true name it is Yarrow;
Now who my bosom friend must be,
Pray tell thou me tomorrow."

(Halliwell's Popular Rhymes, etc.)

From a more practical standpoint, yarrow is a very useful herb for ailments such as colds and fevers. Since it is a diaphoretic it opens up the pores of the skin, and produces perspiration -- thus releasing some toxins, and helping in bringing a fever down. It is said that if an infusion of this herb is taken in the early stages of a cold, that it will break it up within 24 hours. It is also said to be very healing to the mucous membranes, thus being helpful in the irritation a cold may bring or even for a nosebleed. (used as a poultice)

For women yarrow is an especially useful herb. It is said to help bring on menstruation (emmengogue), and also to help relieve menstrual cramps and excessive flow. It also can be taken as a douche for leucorrhea.

Yarrow has a mild taste -- and can be drunk freely as a tea, used as a poultice, or as a douche. It is also healing to the mucous membranes of the bowels, and can be taken as an enema to soothe irritations.

Yarrow grows good in a sunny place along the grass, maybe. Plant by the full moon, and dry the whole plant, but not the roots.

Information taken from:

Back to Eden--Kloss

A Treasury of American Indian Herbs--Scully

A Modern Herbal--Brieve

Well-Being #5

Craft Show

Leon County Food Co-op is sponsoring a show for craftsmen and artisans to show their original works. The show will be held Friday and Saturday, December 2 and 3. All interested artists are requested to register with Patricia at the Co-op any Wednesday or Friday after 3 PM. (space preferences will be given to members) A charge of five dollars (\$5.00) will be assessed for each day to cover the costs of advertising. Last day to register is November 31.

VISIT

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How I Spent My "Summer" Vacation or Patricia Sees Snow for the First Time
in Twelve Years

by Pat Handschy

Actually, my "vacation" wasn't that at all. October 15-19 were the dates for the Eastern Cooperative Conference in Norwich, Vermont. I left Tallahassee the night of the 12th and drove with representatives from Hogtown Grainary for 44 hours, to reach our destination. We stayed with friends in Stowe, Vt. the first night and then drove to Gove Conference Center the next day to attend the workshops. There were 15-17 workshops held daily, ranging from one hour to three hours. Among the topics discussed were nutrition, technical assistance, profits, patronage refunds, warehouse organizations, trucking, the organic movements, co-op politics, legal questions, finances, inventory, consumers cooperative alliance, etc. The list is endless. I attended the following workshops: "Co-ops and Legal Questions" (David Reed GIPC warehouse, Chicago), "History of the Co-op Movement" (Harrison Drinkwater, Hanover Consumers Co-op, Hanover N.H.), "Management and Financial Planning of Co-ops" (Daniel Fox, Tucson Food Co-op Federation, Tucson, Ariz), "Interregional Trucking" (Ben Ptashnik, Upper Valley Co-op, Vermont), "The Exploitation of Co-op Workers" (Richie Watson, Jamaica Plain-Roxbury Food Co-op, NEFCO, Boston, Mass), "Communications Among Federations" (Don Lukin, NEFCO Communications, Boston, Mass), "Nutrition and Healing" (leaderless), "Co-ops and Spirituality" (Larry Ryder, Maine and Lucinda Talbot, FEDCO Warehouse, Maine). I also had private consultations with Daniel Fox (Tucson) on inventory and financial planning, who was invaluable to me; Eric Weinburger (Accountant, Cambridge, Mass) on bookkeeping, who I kept up till 2:30 AM one night, explaining some of the basics of bookkeeping to me, using LCFC's books; and David Reed (Chicago) who explained the little-understood situation in Minneapolis, concerning the *People's Warehouse* and the *Distributing Alliance of the North Country (DANCE)*: basically there are political differences which, in the past, have turned ideological discussions into physical violence. I also attended unscheduled discussions on warehouse operations, cheese, pasta, and communications among co-ops, and warehouses and federations. LCFC is (because of its warehousing facilities) a distributing point for information from this part of the country to the co-ops in Florida. This information-sharing is an aspect of the conference that was sorely needed in the South. This conference was the only one in which co-ops from Florida have been represented. LCFC, Hogtown Grainary-Gainesville, and the Co-op Store, Tampa attended. The most enjoyable workshop I attended was the one on spirituality, which was the last one held. The others scheduled after this one were cancelled because everyone was burned out. We all got in a large circle and gave and received head rubs (all our heads were bursting with newly acquired knowledge) and chanted and sang. All the love and friendship and respect we felt for everyone there was expressed. High times.

There were 100-200 people there, depending on which day you counted, from innumerable co-ops, warehouses, and federations.

I awoke one morning to see snow falling. Everyone from Florida (five of us) were freaking out, running and yelling to each other and everyone else, "It's snowing outside! It's snowing!" We received such blase' replies as "You expect it to be snowing inside?" (from New York), "It won't stay, the ground's too warm (from Minneapolis) and the all-encompassing "Are you crazy or something?" We didn't care. We went out and sat in it, and froze.

I drove back with the representative from the Co-op Store in Tampa, after running around in New York City trying to get a car to drive back in, took a bus from Jacksonville, and finally arrived back in Tallahassee on October 23. Many thanks go out to Dynee and John who had to work my hours (and all who helped Dynee when John was ill), Marty, Margie, and Charlie from Gainesville, Gary from Tampa, Dan from Tucson, Anne from

continued

9 Minneapolis, David from Chicago, Dave from Minneapolis, and all the folks from New Palty, New York and all the rest I can't name. Special thanks to J. D. Young, who gave us lodgings in Stowe and who drove me to Norwich, and to Edna Turner who drove us to New York and gave me a guided tour of the city. I plan to go to other conferences in the future and hope others are able to go. The enjoyment and knowledge gained are worth the discomfort of getting there and back.



Childhood

hand in hand
walking home
eating hibiscus petals

sailing trees
scattering leaves
of a book . . .
its gone

A'nandavanii/Elizabeth

The Feminist Women's Health Center presents its

 **LEGAL FUND BENEFIT** 

Tuesday

November 23

8:00 PM

at **TOMMY'S**

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On November 29, the trial begins. The Feminist Women's Health Center has levied charges against five local obstetrician-gynecologists and the head of the Florida State Board of Medical Examiners, for their attempt to monopolize women's health in the Tallahassee area. The physicians working at the FWHC's first-trimester abortion clinic were pressured into quitting, by the five defendants.

This legal case will settle some key issues affecting the relationship of women and the medical community. Many interested people around the country look on, awaiting the decision. It is a Federal Antitrust Suit and will be held on the 2nd floor of the Park Avenue Post Office. Get informed. The issue is women's rights. Come to the Benefit, Nov. 23.

Wine Stuff

You may have noticed the addition of wine making supplies to the stock in the storfront in the last few weeks. It would take a book or two to explain how to make good wine so I am not even going to try. I am going to explain a little bit about what these new things are and point out a few good sources for finding out more about wine making.

The most important single ingredient in wine making is a good strain of wine yeast. For a long time, the only way to buy wine yeast was as a liquid culture. The type now being sold at the Co-op is a dry yeast, packaged in nitrogen gas in a small foil envelope. An envelope is good for one to ten gallons of wine. IT IS VERY IMPORTANT TO USE WINE YEAST FOR MAKING WINE. If you use bread yeast, your wine will taste like bread. Besides, the wine yeast at the Co-op is inexpensive and well worth trying. The all purpose wine yeast is less than a dime a package. We also ordered some special yeast for making honey (mead) wine. I am not sure if it is a good deal or not. I will soon have a test batch of mead going, using the special yeast, and will report back. The guy that sells honey at the Miller's Landing festivals told me that good mead will make you run around screaming obscenities with a broad sword in your hand.

The funny looking plastic things in the green boxes are fermentation locks. These are used to let pressure out of fermenting wine without letting air in. Take one out of its box and look at it. It is a neat tool. We forgot to order corks with them. One reason is that different size containers use different size corks. A cork for a one gallon bottle will not fit a five gallon bottle, and a five gallon cork is useless in a thirty gallon oak keg. Basically, you need a cork the size of your container with one hole in it, to use the fermentation locks.

The last item we ordered was the Hires rootbeer extract. I don't know anything about it and would be interested in hearing how it worked. If you need crown caps, I have about 400 or so and will be glad to sell or trade them.

If there is any interest, the Co-op can probably be talked into stocking these books for the storefront:

The Art of Making Wine by S. F. Anderson -- \$1.50

Guidelines to Practical Winemaking by Julius Fessler -- \$3.95

I was told that there is a good article on wine making in the latest *Mother Earth News*, now at the Co-op.

In order to make wine legally, you have to have a federal license. Anyone who is the head of a household can get one free. The only catch is that in order to be considered the head of a household, you have to "exercise family control or responsibility over one or more individuals closely connected with him by blood relationship, or relationship by marriage, or by adoption, and who are living with him in one household." What that means is that, because I am a married person, it is legal for me to make wine at home. My cousin, who is not married, and lives alone, wrote a letter asking for a license and was denied one. The permit I have been talking about is a federal one and good for 200 gallons of wine. If you want one, write to the Assistant District Commissioner, Alcohol and Tobacco Tax Division of the Bureau of Internal Revenue, Federal Office Building, 275 Peachtree St NE, Atlanta GA. There is also a state license which you are supposed to have, also free, and obtainable from the division of the local beverage office once you have your federal permit.

do wa dittydavid brightbill

A revolutionary new biological insect control is being tested! It is so easy, that it is hard to believe! This new method was reported by Jeff Cox in the October issue of *Organic Gardening and Farming Magazine*. All organic gardeners should subscribe to this excellent periodical. But, for those of you who don't, let me share this new method with you.

Collect some insects who are damaging your crop, (about a handful for a garden or 3/4 lb. per 100 acres). Put the live insects into a blender with some water. The ratio should be 1/3 insects and 2/3 water. Blend at high speed for about a minute. Strain through cheesecloth and dilute with water in a ratio of 1/4 cup "bug juice" to 1 cup water. Spray your crops thoroughly, including undersides of leaves. The "bug juice" can also be frozen and used again at a later date. Be sure to label clearly.

This new "bug juice" method sounds unbelievable. But farmers are finding this method very successful, and inexpensive.

Since this is such a new method, scientists haven't decided how it works. There are three possibilities: The first hypothesis is that healthy insects carry pathogens in their bodies that are normally dormant. When released by the blending and sprayed on a field, they are activated and start an epidemic. The second hypothesis is that the smell of ground-up insects attracts large numbers of predators and parasites which quickly control the pest over-population. The third hypothesis is that the bugs release a distress chemical when liquified in the blender, which frightens pests away from the area. It is also a possibility that all three of these hypotheses are true and that they work in combination! There has not been enough scientific research yet to determine the reason, but the method seems to work well.

If you would like to help test this method, there are some very important things to remember. First of all, don't freak out over a small amount of insect damage. Your crops can take minor damage. If damage is not serious, it is better to leave it alone because you have a good predator-pest balance. The natural predators will keep the pest population in control. Second of all, know your pests! There are several good books that can help you learn about and identify garden pests. I recommend: *Organic Plant Protection* by Rodale Press and *The Bug Book*.

You don't want to make a mistake and grind up predators instead of pests. So be observant. Catch them in the act! Thirdly, keep good records about what is happening. These records could be very valuable since this is such a new method. You will be the scientist experimenting with a new idea. Be observant and write everything down! You need to observe and record the specific results of the spraying. If you found dead pests all over the garden, that would support the first hypothesis. If you had a tremendous increase in the predator population, that would support the second hypothesis. If your pests seem to just disappear with no trace, that would support the third.

This next year, thousands of organic farmers and gardeners all over the country will be testing this new method. I hope that you will be one of us! When your tests are completed, send the results to:

Pest Control Test
c/o Jeff Cox
Organic Gardening and Farming Magazine
Emmaus PA 18049

They would like to know the pests involved, amount of pests collected, dilution used, effectiveness, observations, the size of your garden or farm, the size of the area sprayed, and your name and address.

continued...

There will be very little (if any) insect damage to our fall and winter gardens. But when spring comes to Tallahassee, we will have a great opportunity to test this method as well as many ideas of our own. We must be our own scientists and researchers in the field of organic agriculture because agri-business, pesticide and fertilizer corporations, and the USDA are certainly not going to help us!!!

Manure for sale -- in town
\$3.00 Truckload
\$1.00 Carload
Call 385-2834

Lois Bigger will be in charge of a LCFC juice booth at the November Market Day.

The BOD elected Barry Snitkin as Chairperson to preside for the next three months.

The Feminist Women's Health Center needs donations!! There is a jar in the storefront. Please help! We have a big court case happening this month!

Co-op Books & Records

New Book:

Sylvia Porter's Money Book

Also:

Mother Jones, Sybil Child,

Communities

and many other periodicals

Frank Frazetta Calendar 1977

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Coming Next: The Christmas Issue
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