

# Leon County Food Co-op

# NEWSLETTER

Issue No. 14

Autumn 1977



*Spinning silently  
our globe leans into autumn  
our pace quickens  
as the season begins  
its clashing  
running hot so smoothly  
into cool*



*We must remember  
our dreams and our reality  
and merge them  
and give them life*

Dynee, Pat & John

Sincere thanks  
for helping make our Co-op work  
...the Members



FROM THE EDITORS

This month, both the editors of this Newsletter returned to work-- Debi to her third year at Carter Parramore Jr. High School (Quincy) where she teaches American History, and Tana to a new job at Mediatype. The lassitude of summer has ended, but the heat has not. Welcome back, friends, from your seasonal journeys.

It seems, as we reach for more widely-spread input into this Newsletter, that our publication dates become more widely spread, also. This is for the best. There are logistics to be worked out and ads to be sold and created. Sometimes a month is too short. We seem to be unconsciously sliding into a more comfortable pattern, a looser garment allowing us to stretch and bend unrestricted.

We hope, by slowing down the production rate, to produce a larger format and more expansive circulation. We're having a good time being the catalysts for your publicized expressions.

Many of our ads are being typeset now. My poor left hand needs a break. No, really, time is becoming more precious to me now. And I'd like to start seeing some artwork coming in from other artists around. If you do wish to contribute art, you must be aware of the requirements for making artwork "photo ready."

Photo ready means high contrast (black/white or grey contrasts, no color in our case); line drawings; and of reasonable proportions. It would also be good to turn in copies of your work, as returning it may be a problem.

Thank you, everyone, for your energy in this Newsletter dance.

Tana



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Tallahassee, FL 32301

Mediatype

Jane Duncan-special  
thanks

**FOUND**

Swiss watch found in a re-cycled grocery bag. If you lost it, please come to the storefront office and identify it.

From the archives of Leon County General Co-op and Garage:

"Somewhere in a food co-op far, far away . . ."

September 1, 1989:

The BOD decided to go ahead and purchase a third electronic manager. "The purpose of this one will be to take over the role of the previous one, giving it more time to try to communicate with the first one, and fight with members." The new manager's functions will be facilitated by the newest interface hookup feature, enabling direct readout to register, card and food purchased. "All we need now are electronic members," joked one of the eunuchs.

Members have suggested replacing the automatic-opening front door with an old-fashioned revolving door, to add to the store's "down-home" atmosphere. It has even been suggested to install two revolving doors, one for shoppers and one for children, eliminating some need for baby-sitters.

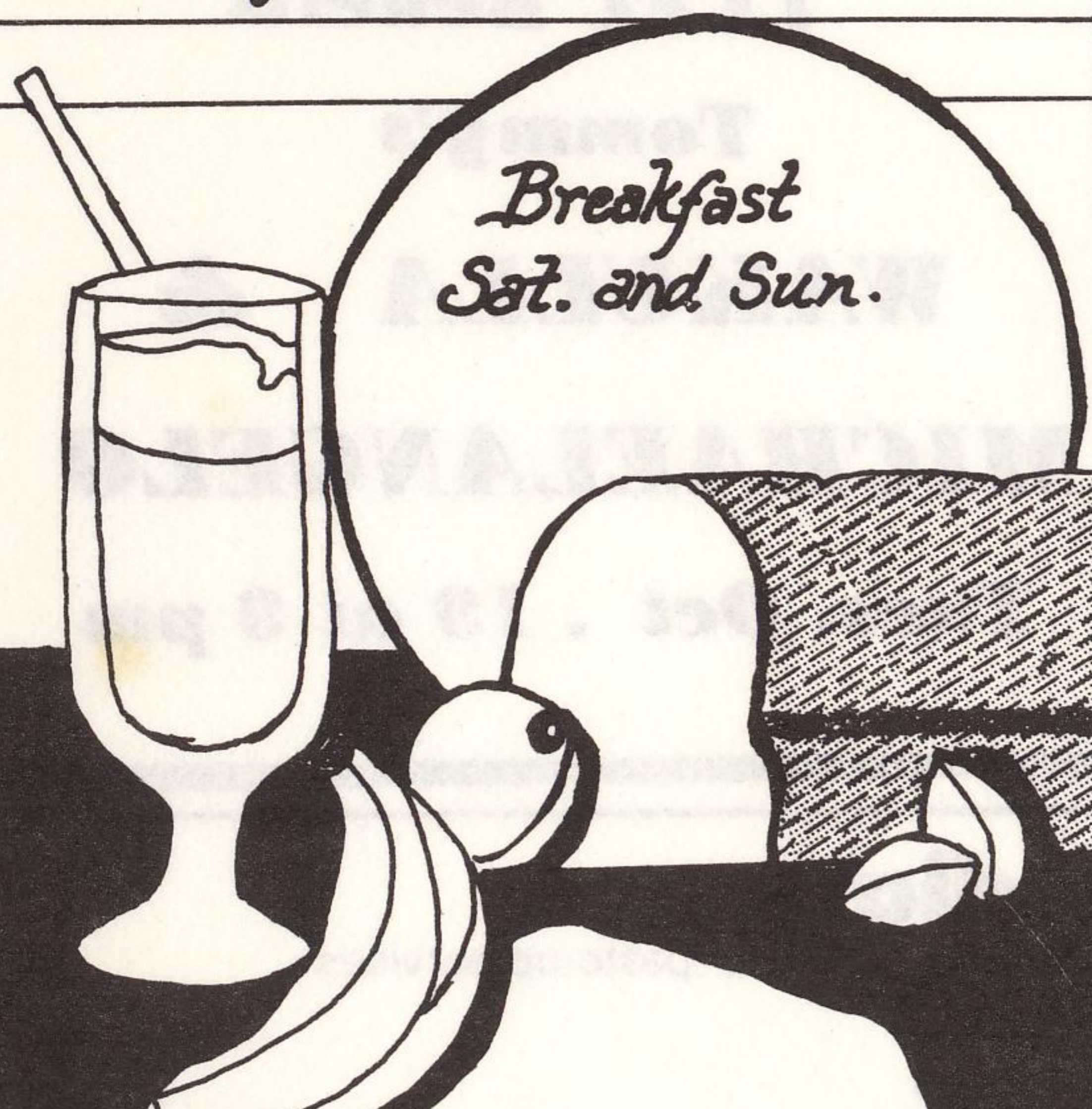
Muzak will NOT be played on Thursdays, effective immediately . . . shoppers sensitive to or offended by this practice: you've still got three other days to shop in.

New products: We now stock Shaklee (Basic "J") and Barbra's Hash Brownies. Michael Valentine Smith dribble glasses are also in (you asked for it).

A note from the managers--Please, let's have more workers when there are too few, and less workers ("take it easy") when there are too many.

The LCGC&G Open Tennis Championship took a surprise turn yesterday when leading contender, Teddy Sunshine, Vishnu Brown III, riding an unbroken streak of seven wins, unexpectedly resigned from the tournament. "Too borgeoisie, man," he was said to have remarked.

Your body deserves it!




Breakfast  
Sat. and Sun.

**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



Danny's

# Yard Sale

Instant cash paid for

- furniture
- bikes
- tools
- jewels, etc.

---

I buy-sell-trade  
Every Sat. 8-5

Call anytime  
224-7331 or 224-1428

**1017 Thomasville Rd.**  
(behind Feminist Women's  
Health Center)

# Co-op News

## NOTES FROM THE COORDINATORS

1. We found 3 boxes of bananas still in plastic. Evidently, someone's shift was up and they didn't let anyone else know that the job needed finishing. Plastic ripens bananas quickly. ALWAYS let a worker, AC, or coordinator know when you leave a job undone.

2. Our egg supplier DOESN'T RECYCLE egg cartons. Bring them for your own use when buying unclassified or fertile eggs, and you pack 'em.

Copies of Community Interests--LCFC bylaws are now available on request.

Having problems with your membership? Ask for a "membership problem form" at the storefront office.

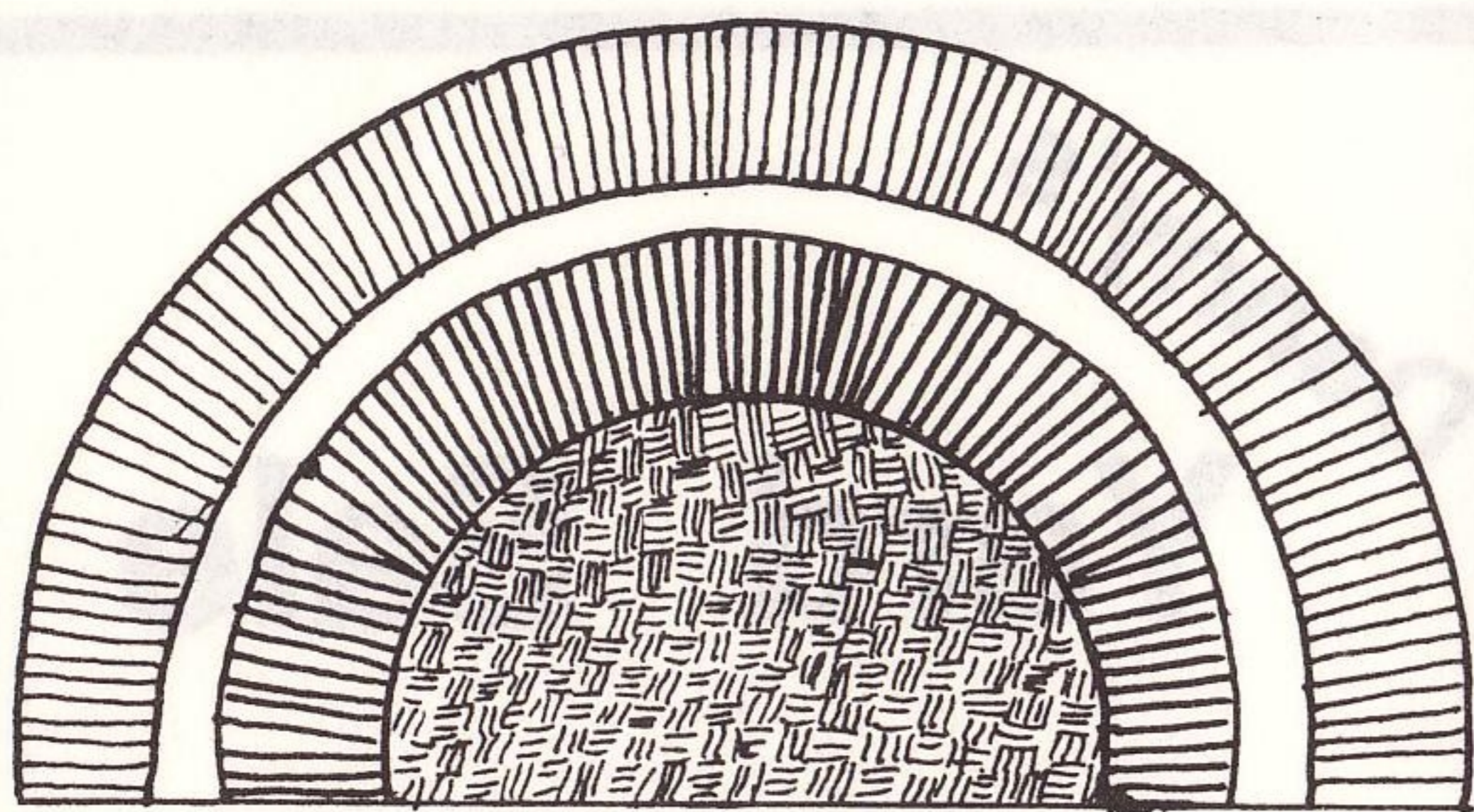
## LCFC BOUNCES CHECKS!

On August 18, a Thursday afternoon, several shoppers at the scene were alarmed when several checks bounced at LCFC. In addition, many dollar bills, nickels, dimes, quarters, and our new electronic cash register which contained the above all slid off of the check-out counter and bounced at least once before coming to rest. It was a case of friction losing control and gravity taking over.

Therefore folks, if you run the cash register please check to see that it's properly centered before you start using it. An old Chinese proverb--"We can make all the mistakes we want in this world, as long as we don't make the same one twice."

P.S. Don't slam the register cash drawer too hard please.

Jim King



*The basics... a healthy combination*

## **SUNASU\***

*a unique Vitamin-Mineral-Herb  
Supplement &  
Hi-Protein Powder for a  
perfectly-balanced nutritional  
program*

Jo Ellen Carson 576-9320

Todd Smith (days) 488-0375



*\*sun given life force*

## **LCFC Benefit**

**Tommy's**

**WAKULLA &**

**MICHAELANGELO**

**Tues. Oct . 19 at 9 pm**

## **mediatype**

typesetting, layout & paste-up services

Resumes  
Invitations  
Posters  
Business Cards  
Fliers  
Booklets

**mediatype**  
Rm. 314 University Union Bldg. 644-5744

Menus  
Brochures  
Pamphlets  
Newsletters  
Books  
Bulletins

MINUTES TO THE AUGUST 10, 1977 BOARD OF DIRECTORS MEETING OF LCFC

In attendance were:

Tana McLane  
Richard White  
Susan Smith  
Larry Teich  
Patricia Handschy

Rob Dunn  
Andy Leon  
Debi Powers  
John Woodworth  
Dynee Marmish

1. The income statement for the quarter ending July 31, 1977 was explained by our accountant, Jim Parlapiano. Noteworthy points were: the sales for the period were 16% higher than last year, the gross profit of 7.6% is higher than last period, and there is \$18,000 more inventory than last period.
2. Susan Smith was elected the Chairperson for the next two months.
3. The \$80,00 wholesale limit for purchases by Assistant Coordinators was discussed. Due to the rise in the cost of living and the fact that some months' ACs work five weeks, the \$80.00 limit was increased to \$100.00, effective in September.
4. The Outreach Committee was dissolved. The Chairperson will now delegate any business the Committee would have had to other board members, as occasions arise.
5. Th Bylaws Revision Committee presented the changes to update and simplify the bylaws. With minor changes the new bylaws were adopted and copies are available for the asking.
6. Andy Leon volunteered to be in charge of setting up tables at fall registration at FSU.
7. Board Members were reminded that the next benefit at Tommy's is October 18.

CUSTOM JEWELRY • REPAIRS • POLISHING

*G. Greene silversmith*  
741 N. MONROE ST. TALLAHASSEE, FLORIDA 32303

(904) 222-7957

Coordinators, assistant coordinators, members of the Newsletter staff, members who keep and update the computerized membership lists, and a number of others who have put in the equivalent of eight hours a month on special projects (such as carpentry or sign painting) are entitled to shop at cost, or 0% markup, on the basis of their work. A list of these people is kept by the coordinators, and is updated--as well as is possible--on a monthly basis.

The purpose of keeping a list of those entitled to purchase at wholesale is twofold. Most basically, it identifies those who have earned the entitlement by name, for control purposes. If the name of a member of a household appears on the list, that household is entitled to purchase at wholesale. Secondly, the list is maintained as a record of the amount purchased at wholesale. It enables those who are entitled to purchase at wholesale to make sure that they do not exceed the purchase limit, or to pay the ten percent markup on that excess. The list is also totalled, both individually and overall, so an idea of the total amount purchased can be determined for accounting purposes.

The purchase limit has been eighty dollars a month. At the end of each month, the purchases of each household are totalled, and ten percent of any amount in excess of the limit is calculated and written on a separate list, which is then placed on top of the "wholesale purchase list" on the clipboard at the checkout counter. With inflation in mind, the Board of Directors voted at their August meeting to increase the limit to one hundred dollars a month, starting with the September 1977 totals.

There is a constant turnover of assistant coordinators. Because of the large number of co-ops who are students, this turnover is always greatest during the summer and at the beginning of the fall quarter. This article is intended to help facilitate the transition for new ACs, as well as to reacquaint old ACs with their responsibilities, so the following comments are for the benefit of all who buy at wholesale.

The list, as it is now kept, is far from perfect. But it is infinitely superior to the old system, which consisted of totalling up register receipts which were signed by the purchaser, and were squirreled away in a large jar beside the register. Here is how the system works: a person entitled to purchase at wholesale places his/her name at the end of the list. It is your responsibility to have one of the coordinators initial this entry. If the entitlement is on the basis of special project work, the coordinator will also need to discuss the length of time the entitlement should be for, and enter it in the index card file kept in the office.

*continued next page...*

**BRUSH & BUCKET...**  
**paint, wallcovering,**  
**floorcovering, and more**  
**1003 N. MONROE**

For all others, the entitlement begins a week after you start work, and ends a week after you quit. Do not become upset if at some time your name disappears from the list. Errors can and do occur in purging the list. Discuss the problem with a coordinator and re-enter your name at the end of the list and make sure that they initial it. If it is not initialled, your name will not be added to the regular list for the next month.

The ten percent markup on any purchases over the limit (now \$100.00) should be paid as soon as possible. Delinquencies are presently too common. Be sure to check the list at the register, where the delinquencies are listed below the amounts due for the current month on the same clipboard as the wholesale purchases list. Unpaid markup on amounts over the limit are, in effect, forced loans from the co-op, loans that we cannot afford. The co-op is an extended family, any of the economic relationships of which are based solely on trust. It is your responsibility to see

that all purchases (except those under \$1.00, if they are few, and if you wish to leave them off), are properly recorded on the list, even if you do not think you will go over the limit. Pay the markup as soon as possible after it is posted. You may need the money, but it really belongs to the co-op. No other group of workers can purchase in advance of paying the markup. With privilege comes responsibility. If you have problems with paying the markup, see a coordinator. Something can be worked out. Some ACs work a double shift and have a corresponding limit. And be sure to see a coordinator if you question the amount of the markup which is listed! Errors in computing the total amount purchased are always possible. Reduce the possibility by writing legibly, and by not keeping arcane household accounting systems on the list. The person who adds up the totals cannot figure out what you are doing, and will probably come up with an incorrect total. When you pay your markup, be sure to mark it paid on the list. That is the only way to get your name removed from the delinquency list, and failure to do so may account for some of what appears as delinquencies on the list. Your markup should be entered on the key marked "profit 2-6" on the old register, then total out the machine and please, please do not ask that an average on one month be applied to the next. It's not supposed to work that way, besides being just one more problem for the bookkeeper.

The co-op is an extended family, but it's also a business. Keeping track of finances may be temperamentally unpleasant for many members, but it is one of the things that is necessary for the co-op to continue functioning.

**TAPROOT**

Nature's Juices • Salads  
Sandwiches • Earth Shakes  
Rainbow Sardats

**NATURAL FOODS and JUICES**

10am - 8pm Mon - Fri, Sat 10am - 5pm  
631 West Tennessee Street

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**FURRIN  
AUTO  
PARTS  
&  
REPAIR**

222-6864  
504 W. Tennessee St.

CPE COMING EVENTS

by Jimmy Lohman

In addition to its usual arsenal of free fall classes, CPE is offering the Tallahassee community a variety of significant lectures, films, and special events. Of particular note are:

Tues. Oct. 4--"W. R.: The Mysteries of the Organism," a movie based on the extraordinary work of psychologist Wilhelm Reich. 8:30, Room 120 Carraway

Fri. Oct. 7--Paul Krassner live at the Down Under. A cofounder of the Yippies, close friend of Lenny Bruce, and editor and Zen Bastard of The Realist, this living legend of radical paranoia will do two shows, 9 and 10:30 p.m.

Tues. Oct. 11--Film-"A Sense of Loss," a close, insightful look at strift-torn Northern Ireland. 8:30, Room 120 Carraway

Thurs. Oct. 20--Free concert: Leon Thomas perhaps the most remarkable vocalist on the scene today. 9:00 at Ruby Diamond

Tues. Oct 25--Two important films: "Taking Our Bodies Back" and "Rape Culture" at 8:30, Room 120 Carraway

Thurs. Oct. 27--Congressman Ron Dellums from Berkeley, one of the few true representatives of the people discusses Carter's "social programs" or lack thereof. St. Mary's Primitive Baptist Church at 454 W. Call Street behind Jerry's on W. Tennessee Street, 8:30 p.m.

Tues. Nov. 1--Stokely Carmichael, one of the great young leaders of the 60's Black liberation movement. 8:00 Ruby Diamond Auditorium

Wed. Nov. 2--Harry Edwards, radical black athlete and educator will deliver two lectures: "History of the Black Student Movement" at 3:00 in the Leon Lafayette Room; "Sociology of Sports" 8:00, 143 Bellamy

Tues. Nov 8--Morton Halperin: "The CIA, the University, and the Myth of Objective Scholarship." 8:30 at 102 Longmire

Thurs. Nov. 10--Film: "The Battle of Algiers"

CPE classes are offered without charge to all interested participants. Catalogues are available at the CPE office, LCFC, and throughout Tallahassee area. CPE needs volunteers to help with various functions ranging from publicity to office help. For information, call 644-6577 or come by Room 251 of the Union.



## *Seeds of Universal Light*



1907 Talpeco Rd. • Tallahassee, Florida 32303 • (904) 386-5857

### **Free meditation instruction and counseling**

**Group Meditation - Wed. 8:00..Taproot Juice Bar**

**Men's Meditation Thursday 7:30..call for locations**

**Women's Meditation**

**Sunday Sharing- Sun. 9:30..Lake Jackson Indian Mounds**

**Classes all year -- call for more information**

**"Don't Worry Be Happy"**

A full-time bicyclist experiences Tallahassee quite differently from a pedestrian or a motorist. The upslope of hills is excruciating, the down-slope akin to flying. Traffic is challenging and though bikers are supposed to obey road rules, one's tendency is to dodge and dart and angle creatively around cars and down one-way streets. Bikes operate on clean energy. Your body (hopefully, well nourished) makes it all happen.

Now that FSU has outlawed student parking on campus, and enforced it with patrol boys and girls and little booths, bicycles again become the optimum mode of transportation.

And they're out in full force, folks. Colorful tenspeeds flash in the angling autumn sun. But the major problem, a hassle for the bicyclist and a ludicrous oversight, is the LACK OF BIKE RACKS even on FSU's campus.

We chain our steeds to palm trees, to benches, signs, and each other's. Some buildings have these tiny little steel rings that you can struggle with and eventually succeed in chaining your front wheels. Unfortunately, many of our bikes are equipped with quick-release hubs, so this style of fastening the bike is totally ineffective.

At the University of Florida, where I went to school, adequate bike racks abounded. They were real racks, made of pipe, with concrete slots for the front wheel. The bike slid into the slot between two pipes and the chain then passed through the wheel, through the frame. Then the end loops were locked together. Elementary? Find one in Tallahassee.

Merchants around town could contribute to the mental comfort of bikers by providing some sort of bike security for customers who depend upon bicycles to carry them to the stores. I felt scattered the other day while I was doing business with a store on Tennessee Street. One eye was constantly on my bike which was chained only to itself. The rest of me struggled through a distracted state of mind to finish shopping and to hurry, hurry. . .

'Nuff said. As returning-student, returning-legislature traffic increases, as the availability of affordable petrol decreases, bicycles prove to be practical and convenient. But as any bike owner (or bike thief) knows, a bicycle usually represents a substantial investment. The universities, the local businesses, and the community at large, must be made aware of our need for better bicycle security.



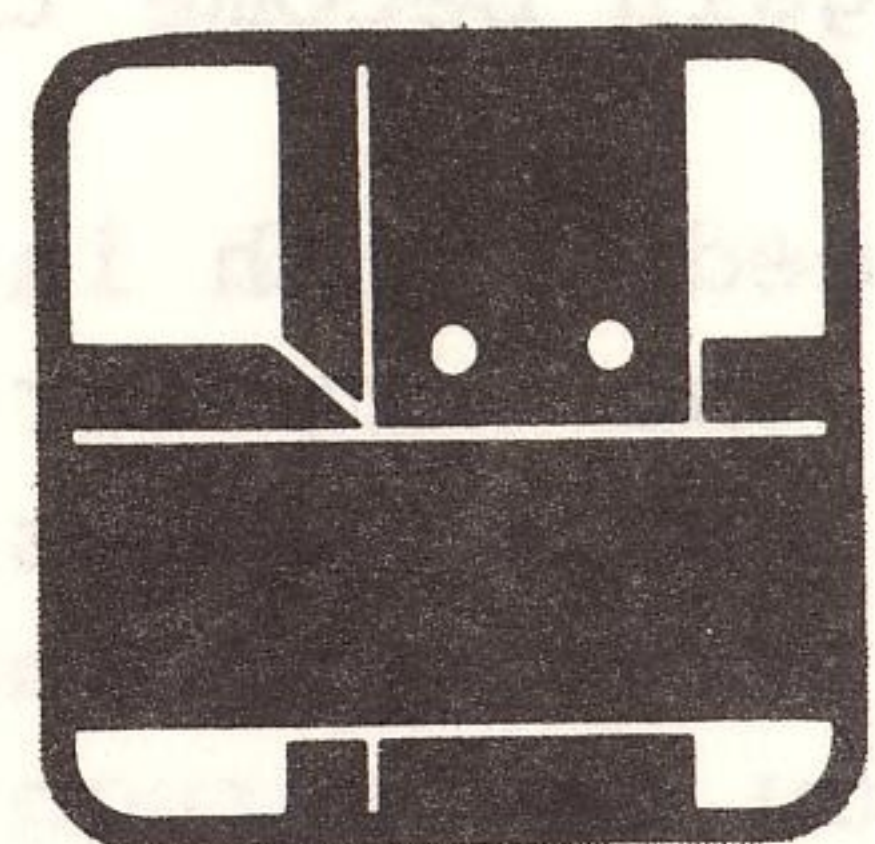
**Frank & Tec's**  
**RECYCLED**  
**BICYCLES**

224-1926  
672 W. GAINES

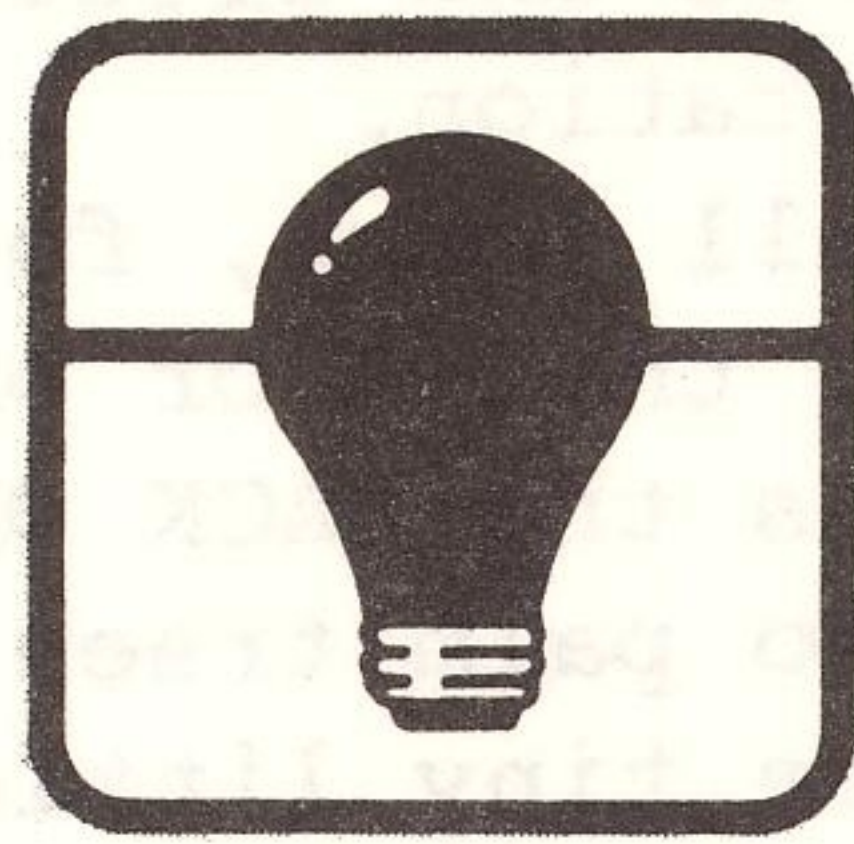
**BUY\* SELL\* TRADE...PARTS\* ACC.**

"Your used  
bicycle shop"

## Environmental Action



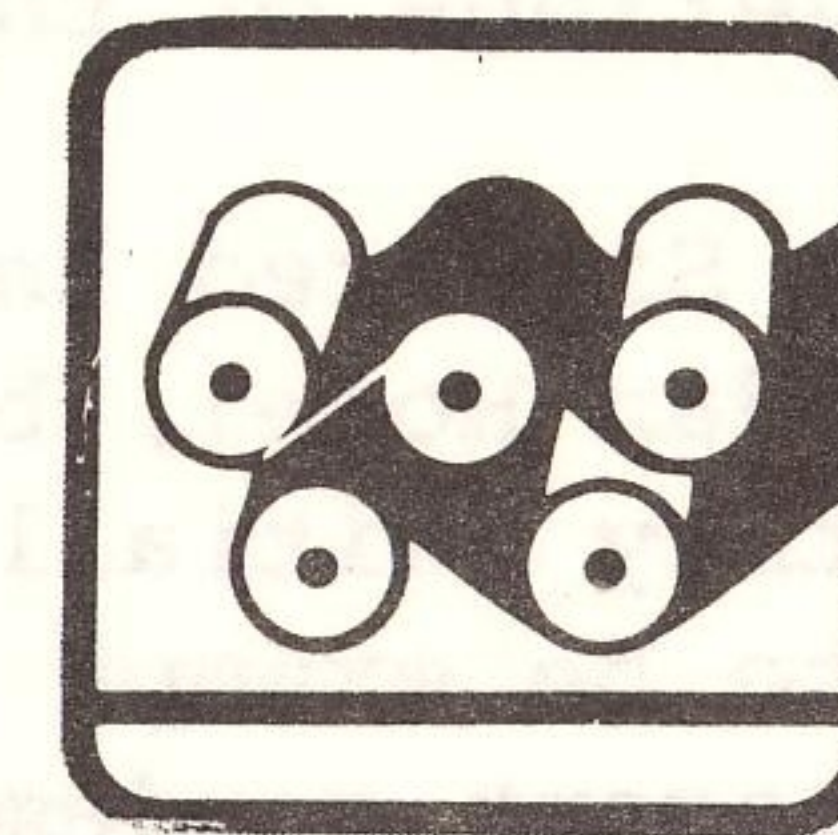
The American Iron and Steel Institute



The Edison Electric Institute



The Manufacturing Chemists Association



The American Paper Institute



The American Petroleum Institute

Environmental Action has declared war on the Filthy Five--five leading industry associations that are working to undermine the goals of the 1972 Clean Water Act.

The Filthy Five serve as Washington lobbies for some of American's worse water polluters: the steel, oil, chemical, paper and electric power industries. Together they represent 353 major industrial facilities currently operating in violation of federal water pollution laws.

The 1972 Clean Water law established a series of cleanup deadlines that would move the nation toward a 1985 goal of "zero discharge" of pollution into lakes, rivers, and oceans. Industry was directed to meet a key cleanup deadline just this past July, but a host of industrial polluters--63 percent of them in industries represented by the Filthy Five--missed that deadline (EA, July 2).

Congress presently is considering major revisions of the 1972 law. Industry lobbyists hope to convince legislators to weaken the 1977 cleanup goal and a second one scheduled for 1983. They also say zero discharge is "economically infeasible" and the 1985 goal should be taken off the books.

"If the Filthy Five get their way," says Peter Harnik, who is coordinating Environmental Action's campaign, "Congress will end up sacrificing the hard-won gains of America's most important anti-pollution law. Just because a handful of trade associations thinks clean water isn't worth the investment doesn't mean the rest of us have to go along with them."

Pollutants dumped into rivers, lakes and streams by the five industries are having far-reaching economic and health impacts. PCBs (polychlorinated biphenyls), arsenic, cadmium, mercury, chlorinated hydrocarbons and numerous other toxic industrial chemicals are contributing to death and disease in fish and wildlife, in some areas sharply reducing incomes derived from fishing and recreation. Federal environmental officials also believe such chemicals--which travel through the food chain in drinking water and food substances--are causing increased cancer rates among humans.

The Filthy Five are operating lobbying campaigns in Washington and, in some instances, at the local level. The paper industry, for example, hopes to coordinate public opposition to the clean water act by using local jobs as a pressure point--a form of economic blackmail environmentalists find particularly irksome. Peter Wrist, vice president of the Mead Corporation, told the New York Times last spring that the paper industry feels confident of success because it has "major facilities in 350 of the 438 congressional districts."

## Announces the Filthy Five

In Washington, meanwhile, the Filthy Five have combined staffs of about 1050 and budgets that run as high as \$26 million (the American Petroleum Institute). In contrast, the pro-environment interest groups are running a shoe-string lobbying effort, collectively employing a total of five full-time clean water lobbyists.

"The Filthy Five are following the classic corporate anti-environmental strategy," according to Harnik. "Back in 1972, when the public was up in arms about dirty water, they kept a low profile. Now, while the public believes that the law is a permanent part of our national commitment to end pollution, the special interest lobbyists are at work undoing the gains we made."

The primary point of the Filthy Five campaign is to help raise public consciousness about the disproportionate amount of power corporate trade associations have in Congress. "We know how the Filthy Five stands on water quality," says Harnik. "If the rest of us want to have a say in congress, we're going to have to work hard and do it now."

### FOUR WAYS TO FIGHT THE FILTHY FIVE:

1. Write to your senators and tell them to "hang tough" with the Senate version of the clean water legislation. Tell them not to give in to any of the weakening provisions the House is expected to accept. Letters should be sent to U.S. Senate, Washington, D.C. 20510.
2. Write to your representative and tell him/her not to vote for legislation that has been weakened by the Filthy Five. Tell him/her to keep the 1983 and 1985 clean water deadlines intact. Letters should be sent to the U.S. House of Representatives, Washington, D.C. 20515.
3. Write to President Carter and ask him to veto any water bill that has been weakened by the Filthy Five. In particular, he should veto any bill that does not include the 1983 clean water deadline and the 1985 "zero discharge" goal. Letters should be sent to the White House, Washington, D.C. 20500.
4. Write a letter to the editor of the Tallahassee Democrat. Among other things, you might point out that special interests are quietly working behind the scenes to gut a water pollution law that was passed with broad public support only five years ago.

(Reprinted from Environmental Action magazine, September 10, 1977)

Tallahassee is within 100 miles of a new nuclear power plant near Dothan, Alabama. Here are some important facts that we have learned:

1. There will be two 390 megawatt reactors on the site. One is already operating! (They snuck that one in right under our noses, folks!) The information that we have shows that it went on line in June of this year. The projected operating date for the other reactor is August 1978.

2. The water used to cool the reactor will come from and be returned to the Chattahoochee River, which flows into the Flint River, which flows into the Gulf. (It's beginning to sound even closer to home!)

A local citizens' movement is forming to educate the public and protest against nuclear technology. Science for the People and a growing group of LCFC co-ops are in the nebulous planning stages for this movement. If you would really like to participate in something meaningful to you, to this society, and to the future generations of humans, plants, and animals, drop your name off at the Newsletter Basket near the storefront office. Include your name, phone number (or address if you don't have a phone), and identify your purpose by writing "anti-nuke." We're compiling names and we'll be getting in touch with you soon.

**ALL HANDS  
ABOARD**  
QUALITY  
LEATHERCRAFTING

904-222-1696

114 E. COLLEGE AVE.  
TALLAHASSEE, FLA. 32301

WHAT HAPPENED TO HERSTORE AND  
BLACK CREEK

In late summer, Tallahassee saw the fading (temporary, we hope) of two small businesses. Herstore and Black Creek Crafts have been forced to close by obscure maneuverings of their landlord.

Situated in the base of the Floridan Hotel, but facing Call Street, they initially thought themselves to be exempt from the hotel's recent condemnation. But, despite the fact that each of the two stores operated on their own electric meters, the utilities commission suddenly cut off their service. Unfortunately, business don't operate well without electricity. So, both closed.

Herstore is looking for a new location and financial support. They hope to reopen soon, when they have their energy together again.

We haven't heard from Black Creek Crafts in awhile. But we hope to see them reopening soon, also. They provided a both practical and mystical atmosphere to our fair village.



**advertising design and  
custom screen printing  
on**

T-shirts, jackets, canvas bags, aprons  
calendars, & posters

Rt. 3 Box 205A Cairo, Ga.  
912-872-3202

Ruth Wharton, Tallahassee  
Representative

I cannot tell you what the EAG will be this year. It may be only a weekly meeting of student environmentalists who do not possess the Weltanschauung or interpersonal skills needed to take affirmative action. Or it may be a well-oiled grass roots organization that takes stands and acts on issues near and far. I can tell you that the need for this group is demonstrated, as can be inferred from the resilience of the EAG.

The field of environmental concern is far flung and varied. It includes fighting for a sidewalk along a path that thousands of us use daily. But it also includes organizing a boycott against Japanese goods to save a species that few of us have ever seen before. One thing for sure is that environmentalists are in headlong retreat. This nation is plummeting towards dependence on a resource that will soon run out. Its cities have been built around one mode of transportation, the car. The realtors are even now cutting up critical marsh and farm lands to be sold to suburbanites. All environmentalists have been able to do is turn and take potshots at the ignorance and greed that is raping this country. The B-1 bomber was downed by one of these potshots.

The EAG last year took stands on six major issues. We helped expand Apalachee Recycle Center, an organization which was itself formed by EAG members three years ago. We took stands on the Bottle Bill, the consolidation effort and the Save the Whales campaign. We made progress in getting the city to build two bikeways: Call Street and Lake Bradford Road. Finally, we put on our yearly extravaganza, Earth Day.

EAG has only begun to touch upon what should be its prime responsibility. That is to be the voice of student concern for the university environment. To add punch to the cries of people when an unneeded sidewalk is laid or a majestic tree cut.

The EAG meets Monday nights at 7:30 in Room 352 Oglesby Union. All people are invited to attend and participate. The officers are registered students and are elected at the beginning of each quarter. The EAG helps form the Student Consumer Union which is a Student Government Agency.

One final note, the EAG is a democratic organization. You should be familiar with parliamentary procedure if you want to participate. If you need to review, I would suggest the modern and short book Simplified Parliamentary Procedure by Lucille Place. It is available at the state library downtown and perhaps other libraries.

## Drake's Health Club & Massage Studio

Add years to your life  
And life to your years

Full line of vitamins, minerals and  
protein supplements.

Exercise room, Sauna & Swedish Massage

222-5364

311 W. Brevard Street, Tallahassee



**SUPERNATURAL  
YOGURT**

*Danny-yo Soft-frozen  
Dannon Yogurt*

620 W. Tennessee Street

## YOUR HAIR

The hair and the skin are the most obvious indicators of your state of health that others see. If your hair is dull or greasy, thin or (horrible thought in our youth-oriented society) getting a bit gray, maybe you should look at what's happening to it from the inside. You can get lots of products to put on it, but they really only camouflage the problem, don't they?

Hair is composed almost totally of protein, carotin to be specific, the same protein that makes up your nails and holds your skin together. If your hair breaks easily, splits, or falls out, it may not be getting enough protein. (I'm assuming that you don't bleach, tease, permanent wave, or otherwise torture it.) This can be due to two factors: (1) you aren't getting enough protein or (2) enough protein isn't getting to your hair.

(1) Take a look at your diet. Adequate amounts of whole grains, beans, milk products and eggs (with or without meat) should give you plenty of protein to make hair. The next question is: are you digesting it? If you have gas or other symptoms of indigestion, you probably aren't getting the benefit of what you eat. Look into digestive enzymes. Also look into your lifestyle--most shut-downs of the digestive tract are due to physical or emotional stress.

(2) Now, to get that protein (after it's broken down into amino acids) to your hair requires good circulation. While gentle brushing of the scalp (with natural bristles only, please) does help, there are also vitamins that help the circulation. In particular, the B vitamins, vitamin C, and vitamin E. I venture to guess that no one in our society gets enough vitamin E unless they take supplements. That's because it's practically impossible to avoid refined flours and oils, which have the vitamin E removed.

*continued next page*

## Ten Speed Drive

welcomes all students

to come by Tallahassee's largest  
and finest bicycle shop. Quality  
and value are our only business.

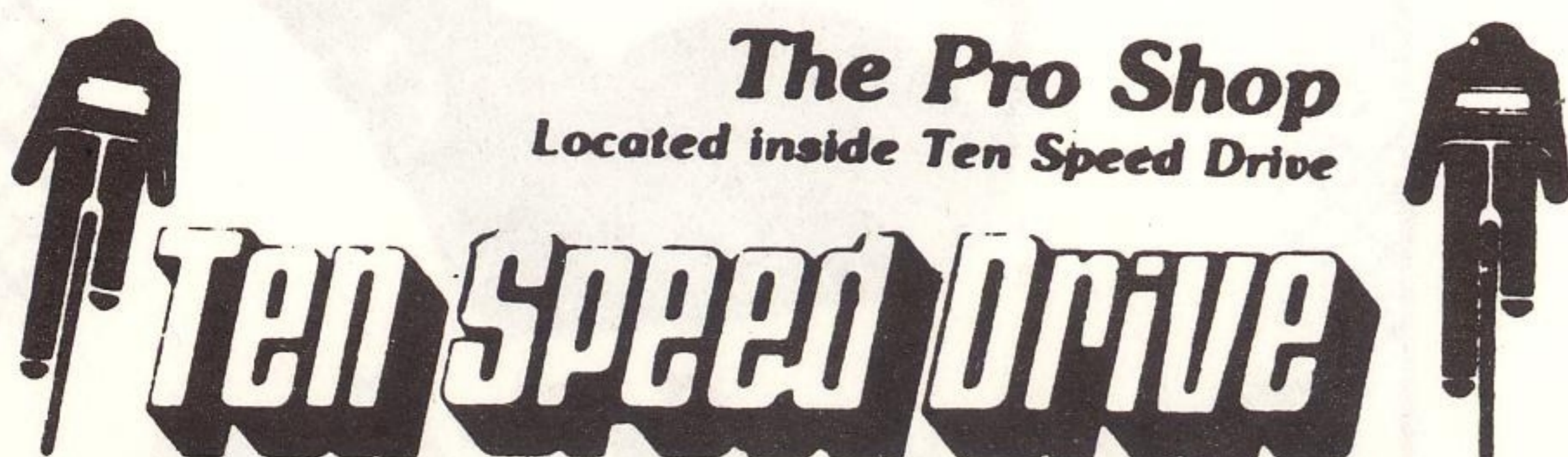
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Essential fatty acids are also important to good circulation and to the functioning of the oil glands that keep the hair shiny. (Deficiency of these can actually cause a greasy condition of the scalp.) Unrefined oils are good sources of these.

Many minerals, including the trace minerals, are important in putting hair together as it grows. If you are getting mostly natural foods (unrefined foods, lots of fresh fruits and vegetables), you are probably getting an adequate amount. Otherwise, try a supplement.

But I can't leave this discussion of hair without talking about the "hair vitamin." Para-aminobenzoic acid (PABA) is one of the B vitamin complex. While it has a lot of functions, PABA is most dramatic in its effect on the hair, both on its color and thickness. I have seen almost totally gray hair regain most of its color in a year on large doses of PABA. Hair that is falling out often responds with dramatic new growth of PABA, also. Unless you have severe problems like these, however, I wouldn't recommend very high dosages. You can overdo vitamin pills very easily.

You can see that we haven't left many nutrients out of our discussion. Basically, a healthy body produces healthy hair. Next time you look in the mirror, look at your hair as an index of your general health.

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MILLET

by Ron Miles

During these hot summer days when the desire to eat gets a hold on you, but you remember nights lying there with a full stomach and feeling very uncomfortable, why not try a little millet to satisfy the desire? It's a very light, tasty grain that I'm sure you'll enjoy.

Millet has been used by humans since the beginning of cultivated food. The Egyptians were the first to use millet as the mainstay of their diet. Millet is also used by the North Chinese and North Africans. And the Hunzas have used millet as a main part of their diet for centuries, a credit to their excellent health and longevity. At present, about one-third of the people in the Orient use millet daily.

Millet resembles corn in its chemical composition. Millet contains 3.5% fat, but it is richer in protein than corn which contains about 9.0%. The protein is a very digestible type. Millet also contains the essential amino acids. It is also richer in minerals and vitamins than the other grains. Being an alkaline food, we grain eaters can enjoy millet without the troubles that other whole grains sometimes cause the digestive system.

To sum it up, it must be said that millet is a very complete food, nonfattening, and very tasty. People have sustained excellent health during famines when millet was about all they had to eat. So, the next time you pass the millet bin, get yourself a scoopful and, with the following suggestions, enjoy!

*continued next page*

# MOTHER EARTH NEWS

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## An Effort to make School Lunches Healthier

There are 15,000 reasons for the nutritional improvement of the meals served at Leon County Public Schools. That is the approximate number of children who will be taking part in the breakfast and lunch programs this year. Last December the wheels of change were set in motion at the first meeting of the School Meal and Nutrition Subcommittee of the Leon County Schools District Advisory Committee. Carolyn Aidman is the chairperson and the members are a diverse group of concerned individuals from the community. The goals from the start were simple and the problems complex--how to prepare nutritionally delicious meals that would reach the children's plates in a state that encouraged consumption rather than consternation. Over the past ten months encouraging steps have been made in this direction.

Through the efforts of the Subcommittee and Subcommittee member Connie Beaudoin, School Food Service Director for Leon County, the public schools now have a Nutrition Education-Coordinator in the person of Jim Boylan. He will insure the initiation of an educational program on nutrition that will eventually touch every student, teacher, administrator, cafeteria worker, and parent. This influx of nutrition education will be supported and highlighted by needed changes in the quality of the food served to the children in the schools. It will take a slow but inspired push for reductions in the consumption of foods high in sugar, salt, cholesterol, and fats; and an increase in the amounts of fresh fruits, vegetables and fiber-rich foods. The health and happiness of the children in our community is the pot of gold at the end of this rainbow of change.

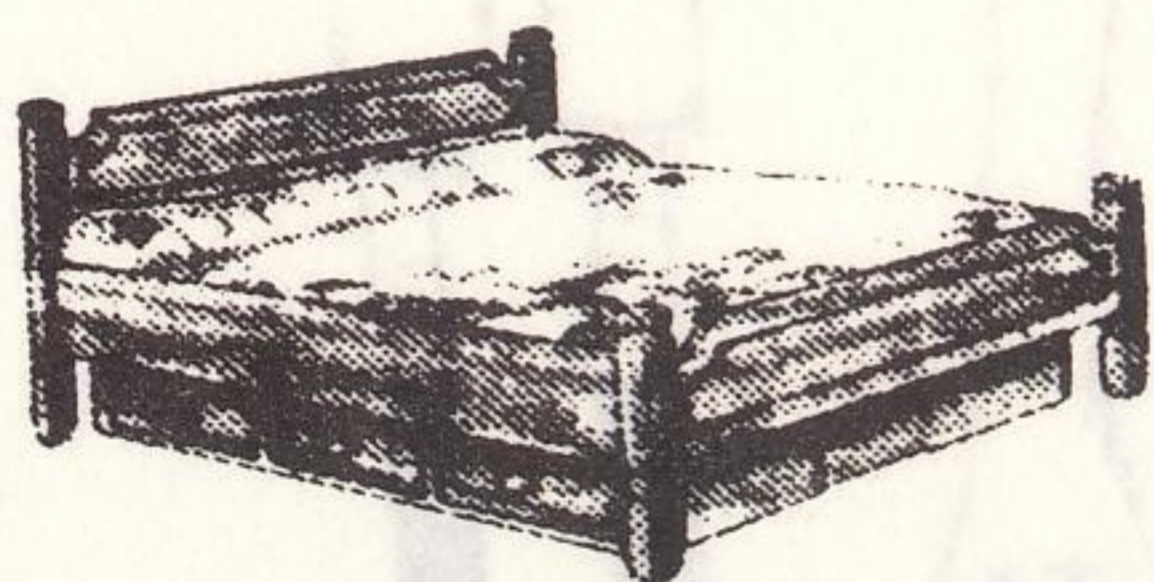
Another major development that further shows the time is ripe for improvement is the study of plate waste (food not eaten) that has been underway since the start of the current school year. Jon Baily from Florida State University has secured a federal grant for this study which will help pinpoint the problems associated with the school meal program and unearth positive measures for change. Touching on everything from food preparation to cafeteria environment, the plate waste study will be a major source of information. The School Meal and Nutrition Subcommittee, Jim Boylan, and Connie Beaudoin will be pooling their energies and concerns to make the school meal a healthful ingredient in the lives of the 15,000 children who place their stomachs at its mercy. We're at the beginning and the potential is enormous. The ways that you can help are as diverse as your thoughts on the subject. If you wish to share in this call Carolyn Aidman at 877-5474.

"For the rest of your life..."

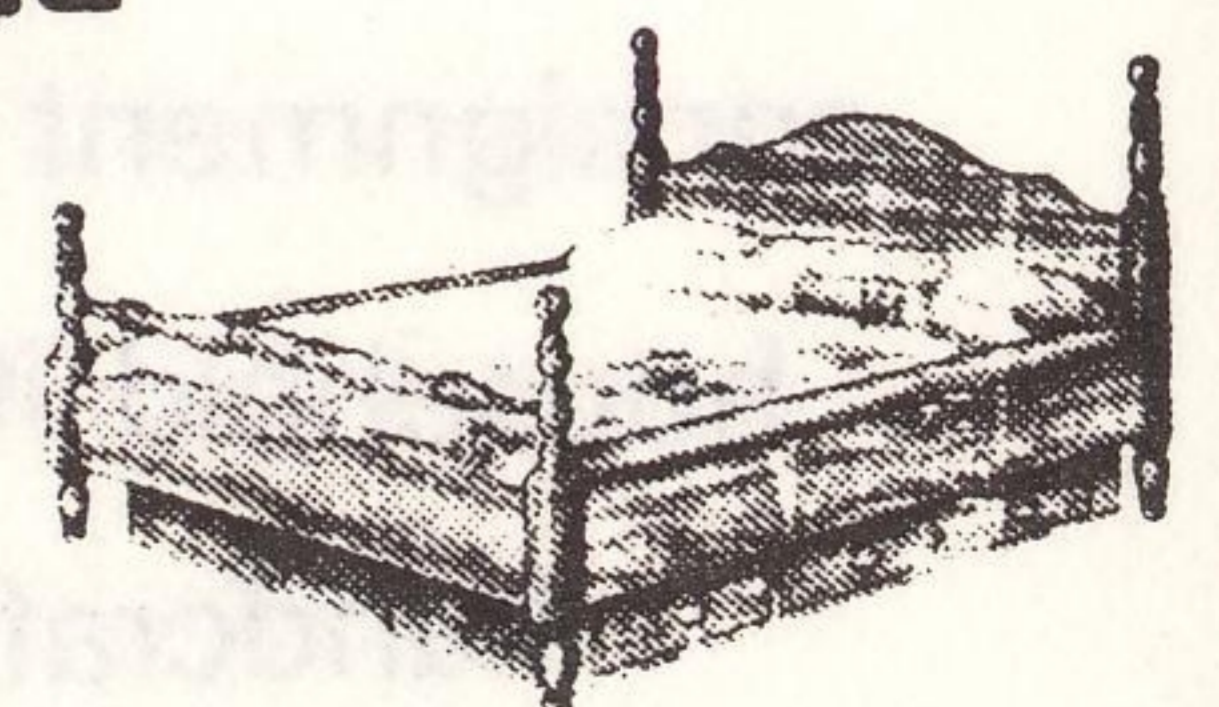
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## AS THE WORM TURNS

by Debi Powers

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Integrated Pest Management: A Step in the Right Direction

You don't have to be a born-again composter of the Rodale School or a total immersionist of the bio-dynamic French-intensive persuasion to practice integrated pest management. (Kennedy P. Maize, Environmental Action, August 27, 1977)

There is a lot of talk these days about a method called Integrated Pest Management. The aim of this method is to control pests naturally, with an absolute minimum of chemicals. Farmers scout their fields to determine insect populations and damage. (Pest "scouts" are now available for hire.) "Economic injury levels" have been established to determine how much damage a crop can handle without "pocketbook loss." Bio-control methods such as pest-specific diseases, parasites, predators, sterile insects, and resistant crop varieties are stressed. Pesticides are used only as a last resort.

The integrated pest management system is much different than conventional pest control where crops are routinely sprayed on a schedule. Conventional pest control results in thousands of tons of pesticides being poured into the environment each year.

Cornell entomologist David Pimentel estimates that "completely abandoning chemical pesticides would result in an overall reduction of only about 6 percent in U.S. food production." Pimentel concludes that crop losses caused by insects have INCREASED in the last 30 years with heavy pesticide use because pesticides have allowed farmers to eliminate crop rotation and expand monoculture. Farmers have also used plant varieties with high yield, but with more susceptibility to insect damage.

Believe it or not, even the USDA is starting to emphasize integrated pest management rather than conventional methods. (Thanks to our new Assistant Secretary of Agriculture, Rupert Cutler.)

What does all this mean to those of us who are interested in the effect of pesticides on the environment and who want wholesome, nonpoisoned food? Hopefully, it means that more and more farmers will be turning away from heavy pesticide use. (But, of course, we should not underestimate the power of the agri-chemical interests.) Hopefully, it means better quality food and less environmental damage. Integrated pest management seems to be a step in the right direction.

P.S. Many thanks to LCFC coordinators for ordering all of those beautiful organically grown vegies!

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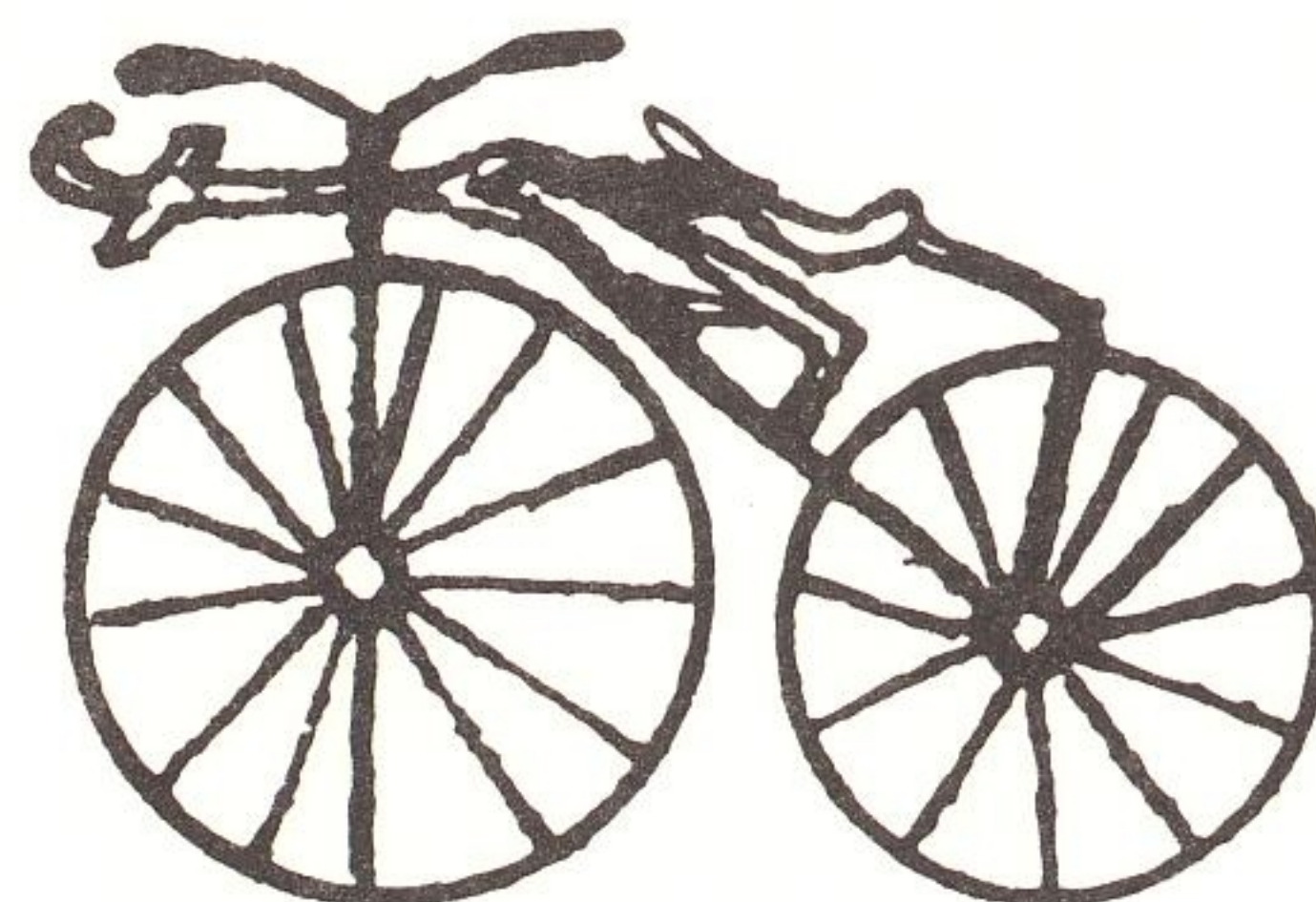
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