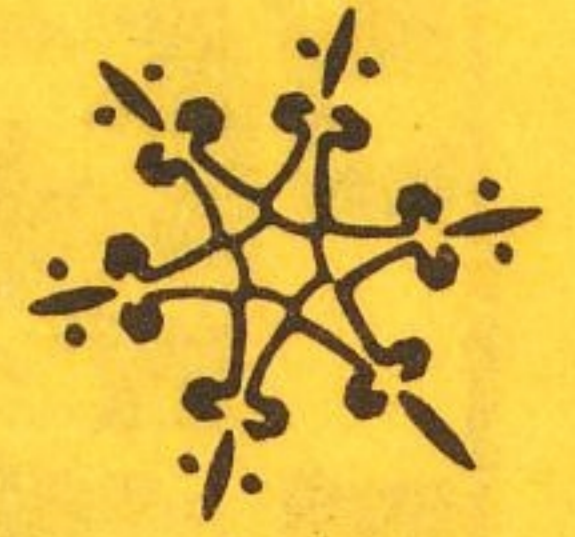


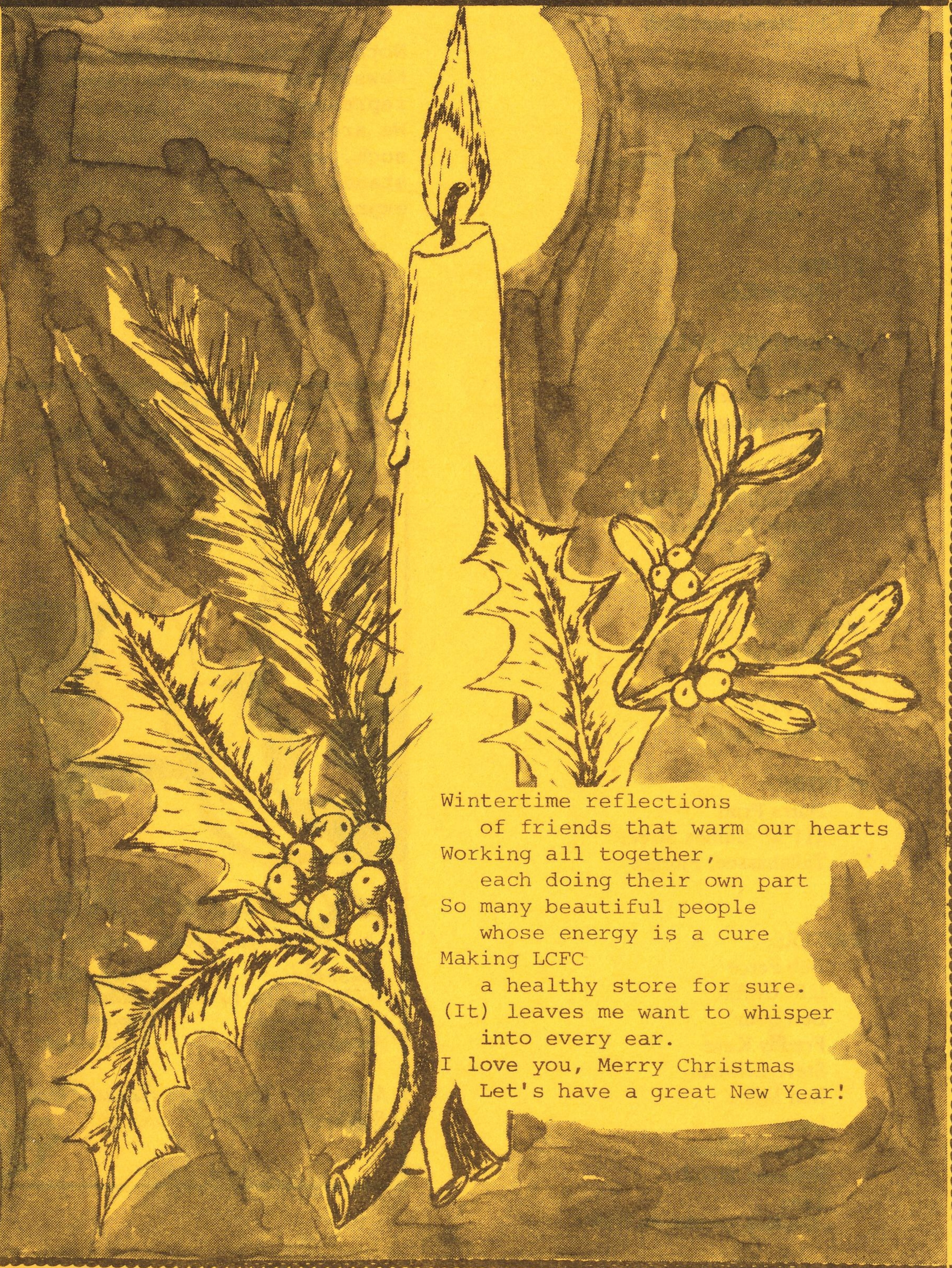
Leon County Food Co-op



NEWSLETTER

Issue No. 15

Christmas 1977



Wintertime reflections
of friends that warm our hearts
Working all together,
each doing their own part
So many beautiful people
whose energy is a cure
Making LCFC
a healthy store for sure.
(It) leaves me want to whisper
into every ear.
I love you, Merry Christmas
Let's have a great New Year!



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Roseann Wood
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Jim King - poem on cover

DISCLAIMER

LCFC exists as an open door to the ideas and expressions of all its members. LCFC's Newsletter stands for the ideas of those who write in it. If you agree or disagree with an issue, let us know in writing.

Nothing that is printed in the Newsletter should be taken as representation of LCFC as a whole. We are a union of individuals. As such, we do not make political stands as a group, but rather, express ourselves singularly.

Your body deserves it!

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FROM THE EDITORS

Well, it finally happened. After operating for almost two years, the LCFC Newsletter staff met together for the first time to discuss new directions, problems, and suggestions.

One problem we've often had is that of getting the many copies of Newsletter collated, folded, and to the storefront. That particular job has always been a drag because one or two persons have had to shoulder the whole load--and it is gigantic. To date, we print around 1,500 copies each time, and that means handling 7,500 sheets of paper! Our present solution is to organize a folding party at the storefront for any member who wants to work their two hours this way. We will post signs at the storefront about a week before the party so you don't have to depend on the coincidence of being there at the right time.

We discussed the desire to reach out toward the larger community around us, of providing a larger service than just an in-house newsletter while still retaining Co-op news and developments. It has been pointed out that our Co-op has far-reaching potential, but that we've kept pretty much to ourselves. We've learned many vital things and it's time to start sharing them. However, we're going to proceed cautiously so as to not over-extend our energies.

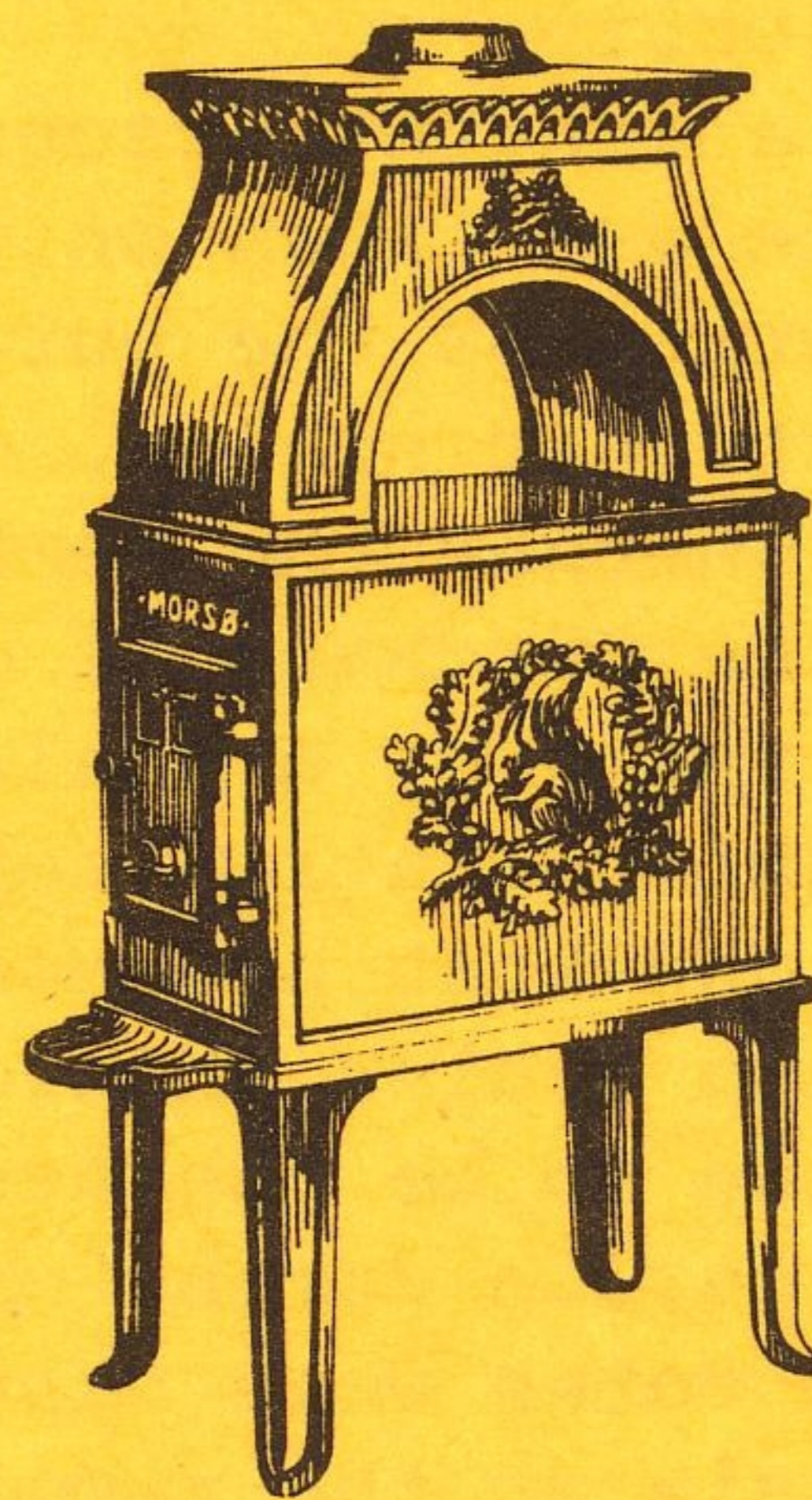
Freddie Kaye is back again in this issue. He has joined the staff as our nutritional editor and his column "An Apple a Day" will be a regular feature. Ruth Wharton is our new ad salesperson, along with Debi Rolfes and Debby Morningstar. Bill Taylor is involved with the Newsletter on two levels: he's helping to organize the aforementioned folding parties and he's planning to assist in production, also. Welcome to all of you.

Have a peaceful season and a productive New Year.

Tana

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Co-op News

GENERAL MEMBERSHIP MEETING

by Richard White, Present Chairperson of BOD

A general membership meeting was held at the Grass Roots Free School November 20. Attendance was very light. Only about fifty people attended.

One board seat was open. Geri Moore, Jim King, and Andy Leon were nominated. Andy was reelected by a large majority.

After a lengthy discussion, a straw vote was taken on the recurring question of the purchase of more electronic scales. The question was whether the membership favored the purchase of one scale to be operated by a scale person at a weighing station separate from the checkout process; or whether two scales should be purchased, one to be operated by each register person during checkout. Seventeen votes were cast for the single scale at the remote location, and fourteen votes were for placing two scales at the checkout line.

The discussion of the scale question was part of a broader discussion of the financial condition of the Co-op. Some of the recent financial measures of the Board were described. It was disclosed that gains in the second quarter offset losses in the first quarter and resulted in a gain of \$5,224 for the first half of the fiscal year.

On the basis of this gain, the Board approved the following measures at their regular meeting November 14: (1) the salaries of the coordinators and bookkeeper were raised from \$100.00 to \$150.00 per week, (2) authorization was given to take applications for a fourth coordinator position, (3) five part-time cashier positions were created at an authorized salary of \$3.00 per hour, and (4) purchase of electronic scales was tentatively approved.

The Board had second thoughts on the costs versus the potential benefits of the measures approved at the regular meeting, and a special meeting was held November 19, at which the salary increases, the fourth coordinator, and the cashiers were put up for repeal. Only the decision to hire cashiers was repealed.

There is no question that the financial condition of the Co-op has improved. But at least some of the improvement must be attributed to the benefits at Tommy's and emergency pricing measures taken by the Board which have caused a small increase in the cost of food to the consumer. The cheese, dairy products, vegetables, and prepackaged items now have a small markup to cover spillage and spoilage included in the "cost" price. This step, which amounts to a surcharge, was taken as an interim measure to prevent further losses while the search continues for a cure for the drop in the average gross return on goods sold.



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Sunday, November 20, kicked off the season's LCFC general membership meeting/covered dish dinner cycle at the Grass Roots Free School. New policy recently voted by the BOD was discussed, as were other topics pertaining to the improvement of LCFC's efficiency. A good meal was had by all.

The problem is the usual one-- in our large Co-op (more than 4,000 active members), only about forty or fifty people attended this meeting. This is unfortunate because the general membership meeting is the place for discussion, complaints and suggestions to pour forth from you.

Running a co-op is a huge task and responsibility. It's more than a grocery store. To sit back and allow the decisions to be made without feedback could be hazardous to its health. The BOD exists to decide policy. But it heavily considers input from everyone who voices their feelings.

Most of us are busy creatures, involved in work, projects, families, school . . . Sunday is a day off. The meetings are relaxed and friendly (usually), and productive. So, once a month, on the third Sunday, come on out to the potluck and participate in LCFC's flow.

NOTES FROM THE COORDINATORS

The storefront office always needs rubber bands and paperclips. If you throw them out at home, bring them in.

Please help the workers who follow your shift by putting your trash into the dumpster and cleaning up after yourselves.

No trash in the box bin! This wooden bin by the front door is for reusable boxes only--not bags, cardboard inserts or trash.

Restaurant workers: we need large jars for herbs.

LCFC Board of Directors

Rob Dunn
Andy Leon
Tana McLane
Debi Powers
Susan Smith
Barry Snitkin
Larry Teich
Richard White

Storefront Coordinators

Patricia Handschy
Dynee Marmish
John Woodworth

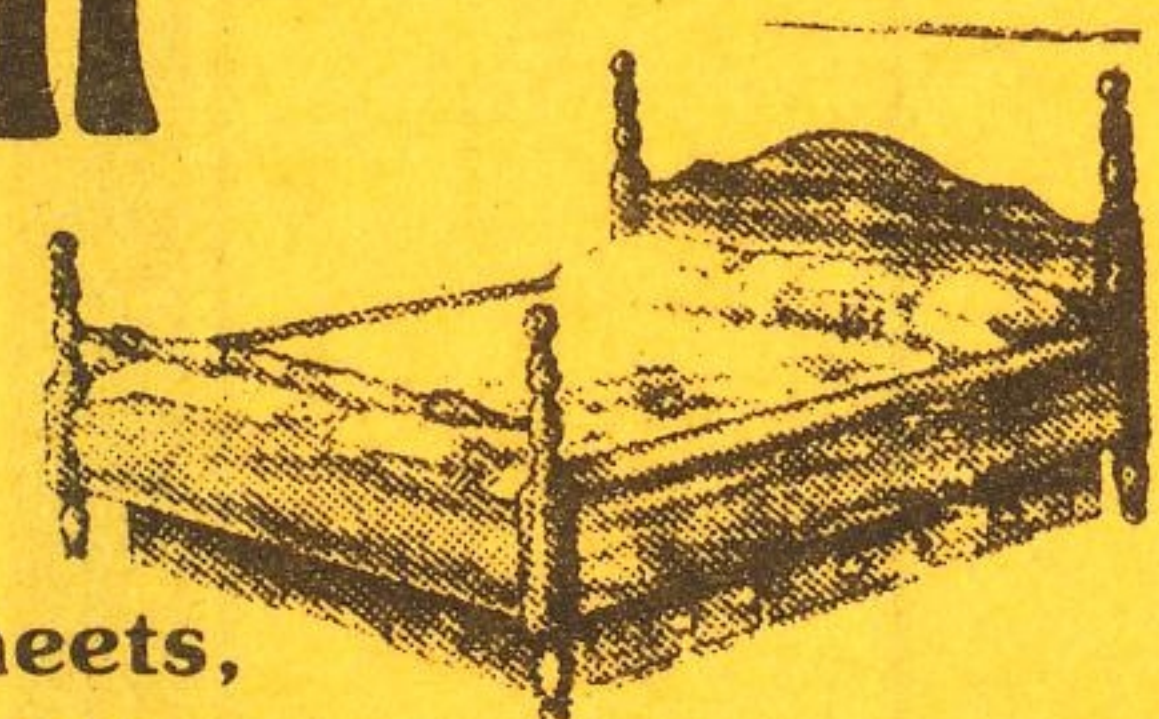
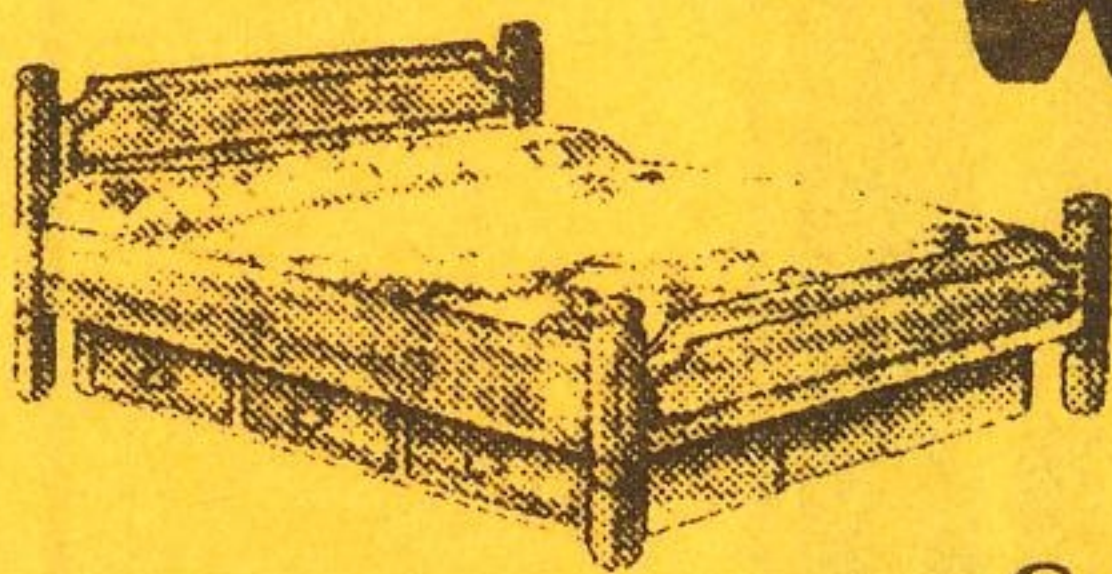
Bookkeeper

Linda Farrell

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Letters to the Editors

Hello fellow members. I would like to converse with you about the "swap shop." Sure hope all the members are aware of the swap shop (a small room with shelves) located in the northeast corner of the Co-op storefront. When the Co-op first moved to Gaines Street, the room was designated as a place where all members could bring useful items (kitchen utensils, clothes, books, toys, etc.) that were no longer needed so that they could be of benefit to others. Everything donated to the "room" was free to anyone for the taking. I really thought the idea of a free exchange among members was great and made good use of it. Eventually the swap shop turned into a trash room by not being kept neat. So it was closed and turned into a supply room. Recently the swap shop has been reopened with the same potential for exchanging useful items with others. I walked into the swap shop Saturday evening and wow! My stomach turned as I realized a tornado must have hit! As I proceeded to straighten the mess, it appeared that people had brought items and bags full of clothes to donate and had set them on the floor. Every member is unofficially assigned to helping maintain the swap shop by keeping it neat and orderly when someone

has something to share. PLEASE make sure it will be usable by placing the item on the shelves. To my dismay, I found many dangerous items (breakable and sharp) on the floor where small children could reach them. Many children go into the swap shop in search of toys. Only toys or large items should be on the floor and everything else should be placed on the shelves. And if you happen to see a not-so-small child in the swap shop going wild and pulling clothes off the shelves, please take a minute to explain the love that stimulated the swap shop's creation and the energy of a cooperative in general. Please, the swap shop has such great potential as a service to all. Let's try to keep it together so that it can continue to be an expression of love and sharing.

Thanks for listening--

P.S. I love Pat, John, Dynee and the Leon County Food Co-op. Many times I want to express my love to them and let them know how much their dedicated energies are appreciated. I know that we all help each other but without their guiding stimuli we would rapidly fade in keeping our storefront together. I do love you Pat, John, and Dynee.

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letters continued

Editor:

Moving to our new location was nice for many reasons, not the least of which is being able to have the lounge area for socializing. From the beginning, that part of the store offered parents an extra bonus in that they may leave their younger children occupied with books and toys while they shop. Many children prefer to tag after their parents and shop with them, which is probably an even more valuable way for them to spend their time.

One afternoon recently while I was shopping, a half-dozen 3-5 year olds ran, jumped and screamed loudly enough to disrupt normal conversation. They were racing each other up and down the aisles, threatened to spill shelved stacks and almost had two serious collisions with grocery carts. They discovered some of the empty grain drums and climbed into them playing hide-and-seek. At no time did I see any adults "attached" to these children. I attempted twice to caution them about being too rambunctious, but they ignored me. Why should they listen to me when obviously their parents sanctioned their actions?

The Co-op is, and should remain, a family store where families can shop in a relaxed, unhurried manner. However, the Co-op is neither a playground nor a day-care center. Children should be taught by their parents the proper behavior while visiting the store and should not be left totally unattended to romp uncontrollably, disturbing the store and other members.

L. F. Griffin
October 11, 1977

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EDITORIAL

Catfish Alliance has grown larger since our last report. The anti-nuclear energy group has been joined by FSU's Environmental Action Group, NOW, and Science for the People, which expands Catfish's ability to attack the problems inherent in stopping so vast a monster as the encroaching nuclear energy power plants and nuclear weapons production.

This month has heralded Catfish's efforts to attract supporters for a cleaner, safer method of energy and to educate ourselves and the public on the multi-level problems of nuclear energy.

It's been said that there is no such thing as a friendly atom in this particular issue. People have been killed and people are going to be killed as our society is forced to embrace a very harmful, needless means of running its machinery. To put this important information before you is Catfish's aim.

Catfish met with David MacReynolds of the War Resisters League, a longtime social protester and tactician on November 11 and 12. He was quite enlightening about several aspects of the anti-nuke movement. One thing he emphasized was that each person should be encouraged to participate in and give to the struggle in his/her way. All positive energy is welcome and necessary for Catfish's success.

On Sunday evening, November 13, a memorial service was held for Karen Silkwood. Two members of LCFC were instrumental in making local Catfish (a unified effort against nukes) a reality. Debi Powers and Barry Snitken both helped organize the memorial service and spoke on the nuclear problem. Linda Thalman of NOW and Jim Dean of EAG spoke also.

The speeches emphasized unsafe practices in nuclear plants; Karen Silkwood's murder; politics of nuclear energy; who profits from nuclear power plants; what intense, unnatural radiation does to the body; great hopes for defeating nuclear plants and weapons--but a serious acknowledgment of what an immense task lies before us. The speeches were good. The issue is crucial.

There's no more time to space out or to hope someone else gets it together to defeat the probability of nuclear neighbors. We have one of our own now, peaceful Tallahassee. It sits just 70 miles away, in Dothan. It's going to pollute our rivers with radiation (that's all, if we're lucky), going to contaminate the seafood industry. That's the very least. I cannot imagine the worst, which could be a core melt down or other fatal disaster.

David MacReynolds said we might be the last generation on Earth. Now is the time for you to make your contribution to your posterity. Find some way to give--your time, your effort, your special skills or knowledge, and your support.

NO NUKES Y'ALL AT CO-OP BOOKS

The Silent Bomb/Nuclear Energy The Unviable Option

All Atomic Comics Unaccountable Risk

Buttons - periodicals - Bumper Stickers on the way

10% OFF ALL NEW BOOKS/20% OFF FOR MEMBERS

652 W. Tennessee Street

Nukes in Brief

by Tana

This is the beginning of a column to keep you briefed on what's being done in the anti-nuclear power movement in Tallahassee and on the international level. Please understand that even this column represents only the learning and opinions of individual members of LCFC, and not of LCFC as a whole.

John Phillips

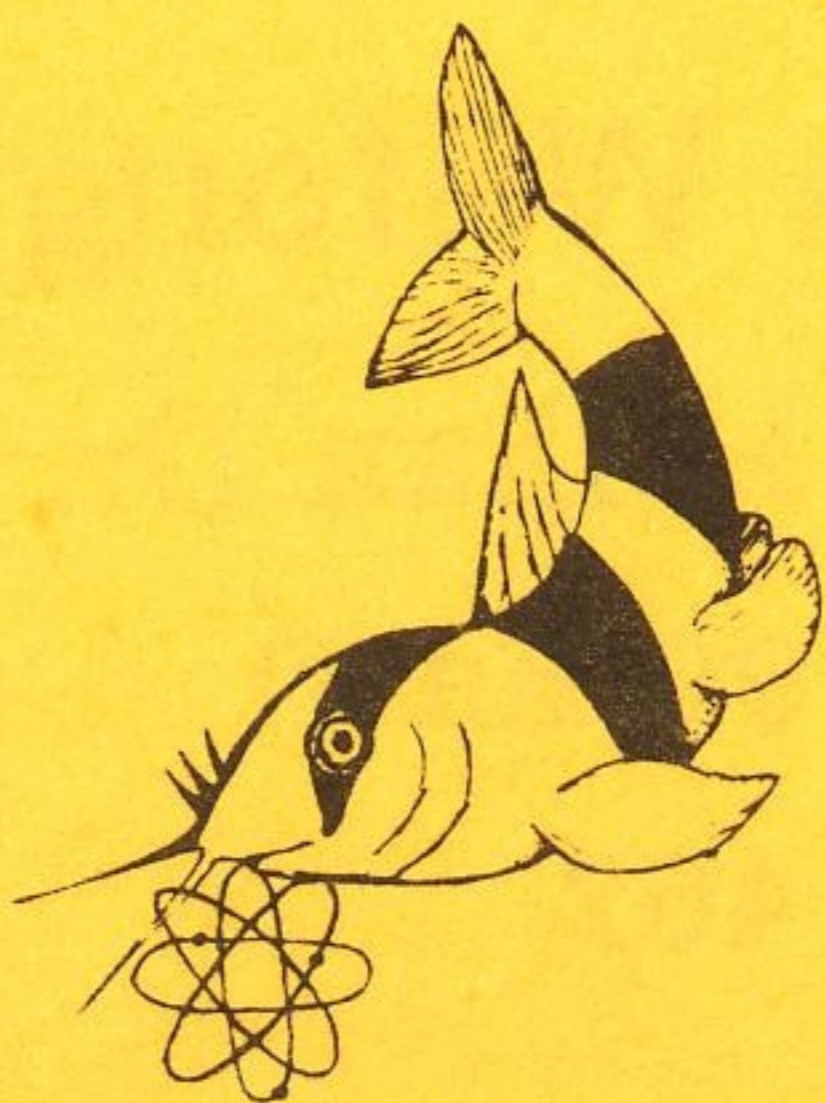
John Phillips is the guy who designed a low-cost, feasible atom bomb while a student at Princeton. He spoke at FSU on November 15, relating the story of how he came to design such a horrendous weapon.

He wanted to prove that a non-genius could bring it off using nonclassified information. He turned it in as a physics project, but could not get it back because it had become classified.

He proved his point: a lot of people have the ability to produce a potentially fatal bomb.

Phillips is touring to tell people that it doesn't take much plutonium (radioactive end-product of nuclear fission) to create a nuclear explosion and that there is 8,000 pounds of plutonium unaccounted for over the last five years. He predicts that in the next ten years a European city will be held hostage via a terrorist nuclear threat. European terrorists are hard core, as we've seen with the Baader-Meinhoff group and others. Nuclear power plants produce plutonium as an extremely long-lived waste product. They produce it every day and there's no way to store it, which it will require forever.

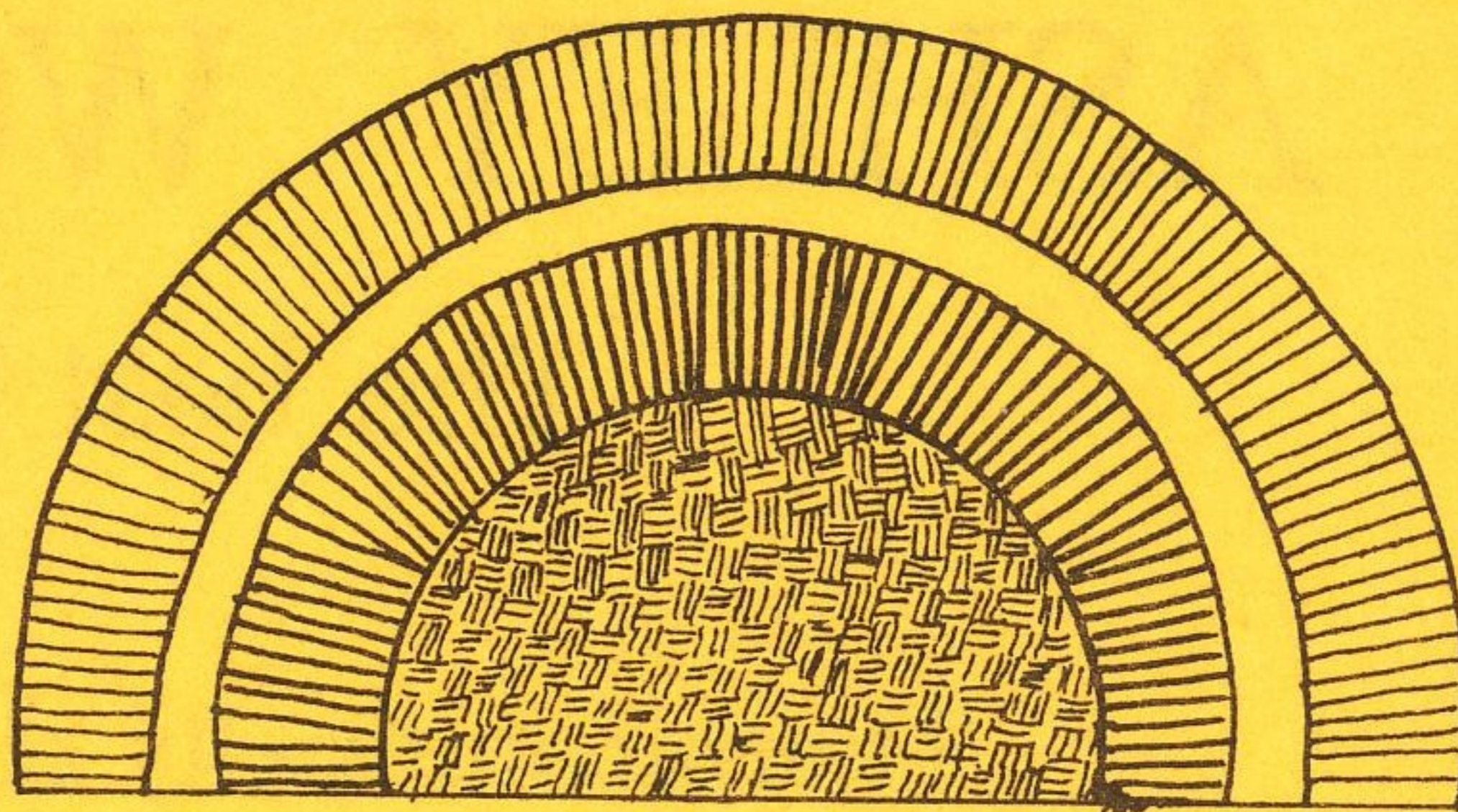
Join
Catfish
Alliance



Useless Aluminum

The production of aluminum requires vast quantities of energy and much of what is produced is used for disposable items such as foil, TV dinner trays and aerosol cans, which pose three-fold negativity (poisonous contents, freon gas, and aluminum again). Soda pop and beer are also packaged in this nonreturnable manner, though some are now recycled.

In these times when nuclear energy is being pushed at us by the power companies and other big businesses as the solution for tomorrow's energy needs, we need to question their wisdom and seek things that can be altered in our lifestyle today. Use less aluminum. Reuse what you've got that's still usable. And look for other similar alternatives to the wasteful lifestyle that we've been encouraged to exploit.



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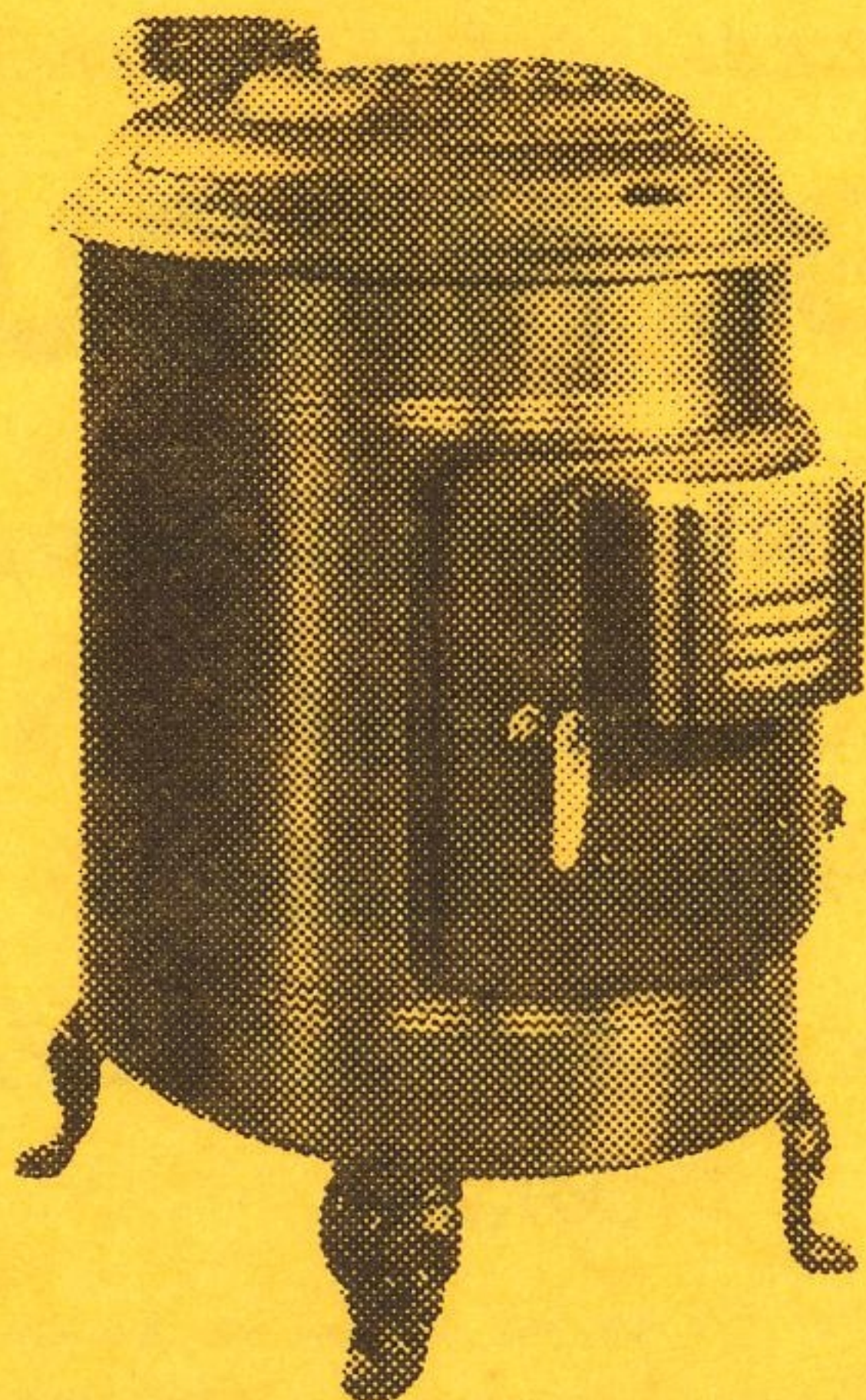
First of all, Co-op is not a noun. It is a verb. It is an ongoing activity of Universe that spontaneously surfaces in storefronts, on hill-sides in Tennessee and Tanzania, and probably always between things, like people. Did you know this, or did you think that Co-op was a concrete box on Gaines Street full of food? Now I am not interested in developing an abstract semantic distinction here, for it is clear to me that I can feel the source of what I am saying deep inside (or deep outside?). It is a feeling of gestation but also of uncertainty because there is no guarantee that it will come to term in this vicinity of time and space--the question is still weighing in the balance. It is the old question of a willing spirit breathing into weak flesh. Co-op, which is sort of like the spirit, is linked up to an inexhaustible (but not infinite) reservoir of power. Like the dynamics of gravity and radiation, its continued availability is assured by the ceaseless integrity of Universe itself. When I say "power" I refer to transformation of energy in time, integrated as rate of transformation, which is the scientific definition of the word. From this definition, power is obviously a verb. By Co-op, I indicate an active, eternal principle that organizes the transformation of energy.

Energy is physical while Co-op is not. Being a generalized behavior of Universe, and thus being only apprehendable by humans' minds as relationships between things physical, Co-op exists per se only in and among our minds, and in that meta-physical arena it organizes the creation, destruction and transfer of the possible meta-physical complement of energy, information. The willing spirit.

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(continued)

The flesh is the human creature of habit and history, of muscle, viscera and bone. It is the parking lot, refrigeration units, lights and locks on the doors at the store. It is the new computer cash register and scales, all orbiting around an inventory of more or less processed biologicals, plastics, metals and minerals. Currently, this is the extent of the flesh, the vehicle of Co-op in our lives. Technically, the vehicle is a set of resistances and precessions in a flow--a flow which is a mix of Co-op, addiction, parasitism, . . . (By "precession" I indicate a change in angle, distinct from "resistance" which is a dissipative barrier.) The various elements of the flow, which can only be conceptually resolved, have their own kind of intrinsic dynamic laws. Each arrangement of the vehicle allows a particular evolution of the relative components of the flow. For example, the vehicle of government is arranged to allow a self-feeding expansion of bureaucracy, or the vehicle of education is arranged to allow a progressive isolation of individual viewpoints and atrophy of communicative abilities. As such, the arrangement of the vehicle is purely a matter of physical resource utilization--it could be this way or that or ten thousand other ways and each permutation will favor its "own" particular evolving balance of flow elements.

So where does this leave us, the autonomous commanders (potentially) of biological body and mechanical extension flesh? You answer the question for yourself. My preliminary, general answer is that we are in the position of cultivators. We do not control the source of the power that is Co-op, but we do have the opportunity to smooth the way for its actualization in our locale. We can prepare the ground and let Universe do the rest through us.

I could go on indefinitely with this kind of intuitive lead-following but I won't. All I seek to do is to open a field of active, practical thinking and doing to facilitate the evolution of Co-op in our lives. The door to this opportunity may not be open that long.

Interested?



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Peace on Earth...



It's coming on Christmas
They're cutting down trees
They're putting up reindeer
And singing songs
of joy and peace *



Thanksgiving's over now. The northern hemisphere has tilted away from the sun, causing shorter days and longer, colder nights. Sometimes I think our ancestors created so many winter holidays to celebrate inner warmth, ways of communing with each other when nature feels too cold.

Maybe that's why the department store gloss seems so inappropriate an expression. But I have so little extra time this year, with the projects I've taken on. The gifts I'll be able to make will be few.

A good alternative to either of these directions is to buy from local artisans. If you missed the Renaissance Fair and Market Day, there are still places to purchase handcrafted items. The craftspeople need the support and *your* family will receive unique gifts.

Surely, I am not the most informed consumer around. Slowing down a moment to review possible channels for such gifts, these come to mind. Jan and Tommy, formerly of Black Creek Crafts.

Many of us have missed the little store since its sudden closing this past August. Where else could you buy dragon's blood or a bitter sand potpourri if the need arose? And where else could you talk to people so knowledgeable about herbs and spices, and so available, as were Tommy and Jan? The locked door created a void in our community. Until now. Now you can again acquire the aromatic delights, the same useful tonics (medicinals, oils, cosmetics) and the same unique potpourris, herbal pillows and culinaries by mail order. Write to Jan and Tommy at: P. O. Box 5265, Tallahassee, Florida 32301. You can also find them at most FSU Thieves' Markets on Thursdays, where their tables stop passersby with the delicate scents of herbs and the shine of hollow log planters.

**Joni Mitchell*



Seeds of Universal Light



Come share meditation

Wednesday at 8 pm

Sunday Morning Sharing

8 am discussion group

9:30 am service

All held at the Taproot Juice Bar 631 W. Tennessee St.

Good Will Toward People



Thieves' Market, FSU Union every Thursday.

Many FSU students are already aware of this cacophony of craftspeople who sell their wares in the Union courtyard. From about 10:00 AM to 3:00 PM you can purchase plants, T-shirts, pottery, wooden planters, unusual clothes, jewelry, and herbal delights.

Consignment Shelves, LCFC, over the freezers.

An increasing variety of handmade items. Of late, there have been many beautiful ceramic mugs and jars, wooden picture frames, plants, planters and some leaded glass. These items are sold at the craftspeople's price, plus your percentage markup in the storefront.

Various Local Shops.

Check the Newsletter ads for ideas. How about a fish or two for a friend's aquarium? Or a wheel of cheese? Or a water bed. . .

LeMoyne Art Gallery, Gadsden Street

You can find beautiful handmade ornaments and gifts of the high quality you are used to finding at the LeMoyne gallery. Last year I was amazed by the reasonable price tags ranging from surprising displays. Well worth the visit, even if only to browse or seek inspiration. Christmas show begins around November 24 and lasts until Christmas.

Tana

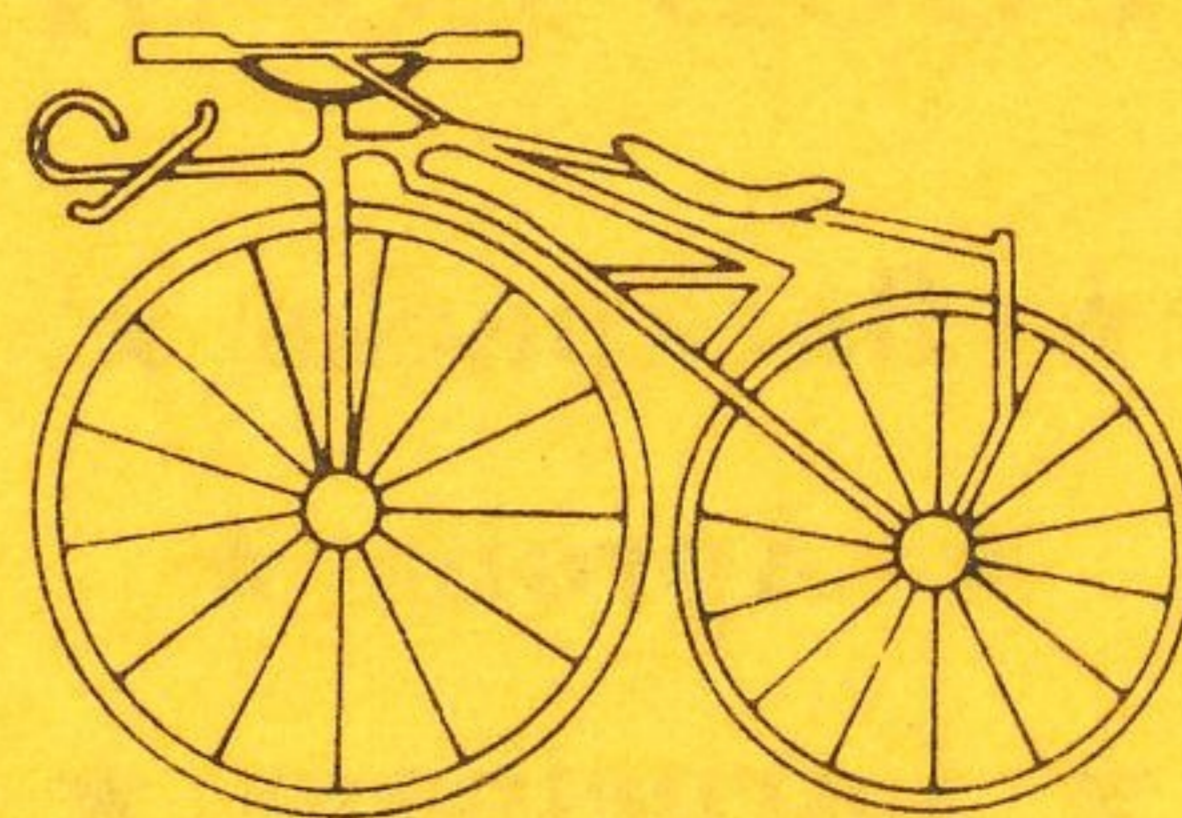


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Parts & accessories for Christmas



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Merry Christmas



HOLIDAY IDEAS

Have covered dish dinner with your friends.

Keep nuts and fresh or dried fruits around as munchies.

Plan on planting your Christmas tree by having a live tree.

Use pine cones, sweet gum balls, acorns, magnolia seed pods and leaves for decorations.

Have a party and string popcorn for the tree (if stored in tin container they will last several years for re-use).

String cranberries for trees.

Have a feeling of holiday sharing within you always regardless of time of year.

GIFTS

Buy herbs from bulk jars in Co-op. Put in canning jars and draw picture of plant that the dried herb came from on a circle piece of paper same size as lid and insert under screw ring. Include short discussion of herb's uses.

Turn a friend on to a living plant.

Give seeds for spring garden.

Give subscription to Organic Gardening and Farming magazine, Prevention or Mother Earth News (Editor's Note: Well Being, New Age too)

Give a Leon County Food Co-op Cookbook.

Put aromatic herb in small hand-sewn pillow and embroider plant/herb on top.

Make mobiles of available seed pods.

Make shell windchimes.

NEW FROM
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FOOD CO-OP**

★ Backpacks ★

★ Aprons ★

★ Carpetbags ★

The perfect gift for loyal Co-op members. Available in the T-shirt section of the Co-op.





Happy Chanukah



CAROB HOLIDAY CAKE

Ingredients:

1 cup carob powder
3 cups whole grain flour (corn, millet, wheat combination)
3 cups oatmeal
 $\frac{1}{2}$ cup sesame oil
 $\frac{1}{4}$ cup peanut butter
1 cup honey
2 or 3 cups peppermint tea (use more if necessary)
1 cup nuts
teaspoon or two vanilla

Add 2 cups peppermint tea water to oatmeal and let soak half hour. Add rest of flour, carob, oil, peanut butter, honey, vanilla and mix well for several minutes. Batter should be about consistency of brownie mix, maybe little smoother. Add more water to get right consistency. Add nuts, pour batter in 2 or 3 pans. Cook at 350 degrees for approximately 30 minutes. Be sure to not overcook so cake will be moist.

Ice cake with cream cheese and honey icing and decorate with currants, nuts, coconut or whatever appeals to your taste.

MAKE YOUR OWN CHRISTMAS CARDS

There are many simple and cheap ways to send your own original Christmas (or any holiday) card. The method I use most often is to acquire stacks of old (or free new) magazines (holiday issues are helpful) and cut out pictures and words that are appropriate (or totally off the wall) which are then pasted on (rubber cement works best) construction paper or thin cardboard. Construction paper comes in many colors and is easy to cut. Cut the paper to twice the size of whatever envelop you have, but a little smaller so that when you fold it in half, the finished card will easily slide in and out. With rubber cement, the thin magazine paper doesn't wrinkle after drying. So let your creativity, imagination and Alpha waves run rampant and produce an exquisite, funny or heartwarming object d'art that anyone would be proud to receive and leave on display for months. Just ask any of my relatives how wonderful a card like this can be.

Larry

5

**Seasons
Greetings
from**

TERMINUS

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FOR
MEN AND WOMEN

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Christmas
specials**

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Happy New Year



SPICE UP YOUR HOLIDAYS

by Ron Miles

If you've been waiting all year to try some of the different and unusual spices on the shelves, now's the time to experiment. What could be better than standing around a warm stove making sweet soup on a cold winter day? Or that first taste of Banana Spice Cake, warm out of the oven? Or fine Raisin Chutney over steamed brown rice; sure to please any friend who might stop by just in time for dinner.

Remember, when starting to use new herbs and spices in cooking, start with a little; add to suit your taste. Some spices seem to be enhanced by baking while others mellow out. Feel free to combine spices. Let your guests try to figure out what's in it.

Friday's Soup

1½ cup currants

1½ cup raisins

2 cups prunes

1 t agar-agar

1/3 t cinnamon

¼ t cardamon

1 cup apple or fruit juice

2 cups water

Sliced lemon

1/3 t nutmeg

¼ t allspice

6 t star anise

Place all ingredients in a heavy skillet or kettle. Let soak 1 hour. Simmer 15 minutes. A sweet treat to enjoy at the end of a hard week. Store in refrigerator.

CUSTOM JEWELRY - REPAIRS



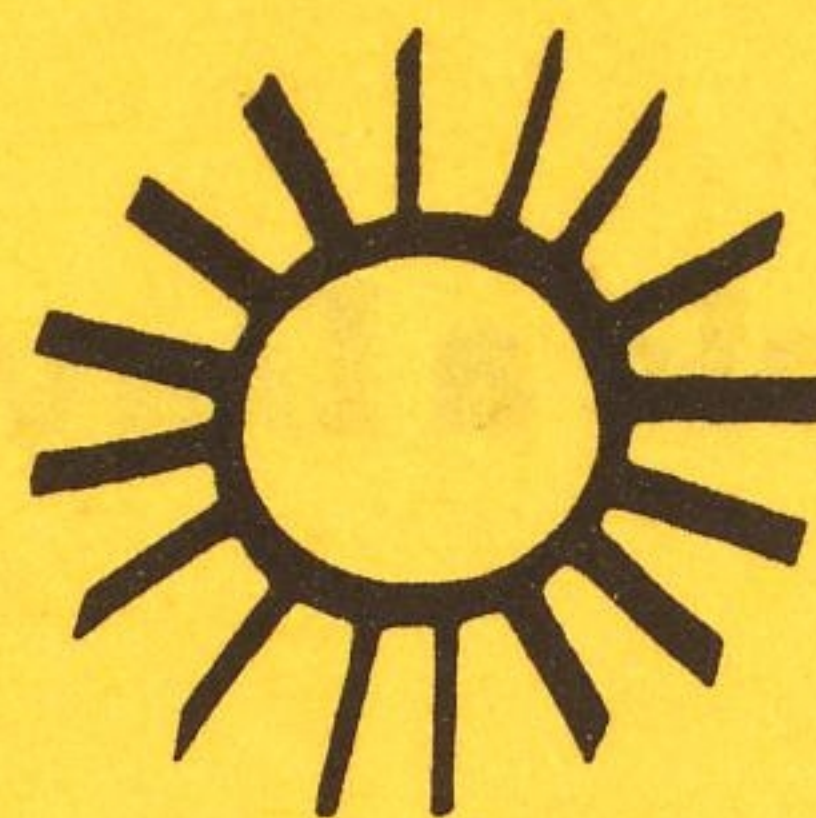
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Good Cheer



Banana Spice Cake

- 1/2 cup honey
- 1/2 cup butter
- 3 eggs
- 1 1/2 cup unbleached white flour
- 1 1/2 cup wholewheat flour
- 2 t baking soda
- 1/4 cup molasses

- 3 bananas
- 1 cup yogurt or buttermilk
- 1 1/2 cup nutmeats
- 1 1/2 cup raisins
- 2 t cinnamon
- 3/4 t cloves
- 1/2 t nutmeg

Combine all wet ingredients. Add soda and spices. Add bananas (mashed), nutmeats, and raisins. Add flours. Place in cake tin. Bake at 350 degrees for 30-40 minutes.

Frosting may be made out of 1 cup of cream cheese and 1/2 cup honey. Combine well and spread on cake after it cools.

Raisin Chutney

- 1 lb. raisins
- 1 1/2 cup apple cider
- 1/3 cup honey
- 1 t ginger

- 1/4 t garlic powder
- 1/4 t cayenne pepper
- 1/4 t coriander
- 1/2 t cloves

Simmer all together and enjoy over rice, pancakes, mixed with yogurt or--just enjoy!



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An Apple a Day



by Freddy Kaye

Awareness, there is hope. After three months of blazing a few nutrition trails in Brevard County, I decided Tallahassee was the place to be to further the cause. What cause, you ask? Nutrition Education, of course; Nutrition Awareness.

I guess many of you will be interested to know that even the top executive of Publix knows beef has certain derogatory health implications. His beef sales are on the downslide and he really doesn't know what to do about it. Tough luck!

Yes, awareness. Even the State of Florida has implemented, in seven counties, a pilot project to teach more nutrition in the public schools. This project brings the school food service folks and the teachers together in a new kind of classroom/lunchroom laboratory structure. No final reports on it yet!

Further on, Leon County has hired a nutrition educator, from Boylon, to further the cause locally through our schools--a humongous job for one person. There should be scores of them.

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Most everyone today has heard of Senator McGovern's Select Committee on Nutrition and their new recommendations for the U.S. Dietary Goals. They are: (1) increase consumption of fruits and vegetables and whole grains, (2) decrease consumption of beef and increase consumption of poultry and fish, (3) decrease consumption of foods high in fat and partially substitute polyunsaturated fat for saturated fat, (4) substitute nonfat milk for whole milk, (5) decrease consumption of butterfat, eggs and other high-cholesterol sources, (6) decrease consumption of sugar and foods high in sugar content, (7) decrease consumption of salt and foods high in salt content (no more ham hocks in the old blackeyed peas, y'all); and (1) increase carbohydrate consumption to account for 55 to 60% of the energy (calorie) intake, (2) reduce overall fat consumption from approximately 40 to 30% of energy intake, (3) reduce total fat intake to 10% of energy intake, (4) reduce cholesterol consumption to about 300 mg. per day (present consumption is about 1,500 mg. daily), (5) reduce sugar consumption by 40% to account for about 15% of total energy intake, (6) reduce salt consumption by 50-85% to approximately 3 grams daily.

The above is the U.S. Dietary Goals! So, take a close look at your own diet.

At this moment, even the State of Florida has a new Senate Sub-Committee on Nutrition chaired by State Senator Jack Gordon (Miami-D). This man even believes the U.S. Dietary Goals should be more compatible to our needs, (i.e. approximately 80% carbohydrates, 10% fat, 10% protein). I agree with him. He has a good point here, much less fat. And America also overdoes on protein. There are valid studies which show that very healthy people in other countries live well on 23 grams of protein daily, which is about half of our RDA. Please note: these people are healthy in the beginning of the study.

So, friends and neighbors, next time we'll discuss a problem which relates to us all--obesity and overweight; why it occurs and what can be done about it, from birth onward.

All suggestions and recommendations are welcome. Let's all strive to have a happy and healthy New Year!

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FEMINIST WOMEN'S HEALTH CENTER

ALTERNATIVE LEARNING CENTER NEEDS
PUBLIC SUPPORT by Roseann Wood

As most people know by now, the Leon County Alternative Learning Center is in another fight to keep its doors open. The ALC is one of a very few voluntary option programs for junior high and senior high students in the entire south-east.

Last year the ALC emerged from intense scrutiny with a glowing report by the Superintendent's Assistant, as well as with substantial national recognition (the ALC is the organizing site for a national newsletter for public alternative schools).

This year the battle is over money, with Superintendent Ed Fenn recommending closing of the school because not enough students are enrolled to justify the entire budget. In addition, he criticized the small class size and "poor" attendance figures for some students.

In fact, the ALC only missed the targeted enrollment figure by 5 students, and is still owed \$25,000 in FTE money which the other schools spent erroneously. The ALC has had to recruit students without a formal recruitment policy with the other schools, mostly because of some administrators being threatened by giving students a choice. The ALC is still pushing hard for such a policy, which would

provide fair access to all students, and in the words of one member of the School Board, "If you had a recruitment policy you'd have so many students wanting to come there you'd have to swap buildings with Godby."

Also, the small class size has been an intended goal of the school all along. And the guidance counselor, media specialist, and even the Director teach classes to insure it is met. And the "poor" attendance of some students is a dramatic improvement for most, who hardly came at all in the regular schools.

With school systems shutting down all across the country, educational costs skyrocketing, and public frustration on the rise, it is crucial in Tallahassee that our only organized and experienced testing ground for new solutions remain open. Contact with members of the School Board and the Blue Ribbon Committee on Curriculum will be effective in assuring that.

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One of the inevitable life-roles for those in our society is that of a consumer. Often we all find ourselves unsure of those we're dealing with and end up supporting people who are ripping us off, either monetarily, philosophically or spiritually (draining you of life-energy is no less a ripoff than draining you of your money).

This column is an attempt to start a consumer clearinghouse where coopers can learn from each other which businesses in the area have treated them well. For instance, I recently had a sawblade sharpened and found a man in town, one Mr. Gibson, who does good work, treated me fairly and provided me with good conversation. By submitting this to a central place, other people who wish to have sawblades sharpened would know where to go with minimum hassle.

So, what I'm asking for is for members of the Co-op who have had good experiences with local businesses to share this information by submitting it to the Co-op Newsletter. We'll start keeping a central file for everyone's use. The best submittals will be published in the Newsletter each month and all will be kept on file by subject.

Because of the abundance of negative energies in all our lives, let's try to focus just on positive points in this column. All submittals should contain at a minimum: (1) the item or service obtained, (2) where it was obtained, (3) the cost, (4) any other good features about the business which encouraged you to want to tell others about it, and (5) include your name and membership number. These businesses need not be in Tallahassee, just easily accessible to Tallahasseeans. Also, no businesses will be allowed to advertise in this column.

Speaking of consumerism, it's also important to consider the other side of the coin--producing. Have you ever stopped to think how much you produce and how much you consume? And, especially if you're like most, who consume more than they produce, have you ever stopped to think where the excess production to balance your consumption comes from? It's sort of scary to realize that most of what we produce is nonessential to our being, while most of what we consume is essential. If this description fits you, then perhaps it's time to start waking up and re-ordering your life.

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Announcements

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At the Livestock Pavillon (one block off Highway 319 in Crawfordville--
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Demonstrations

Proceeds will benefit craftspersons, charities and local county groups.

Interested in a booth? Contact: The Great Wakulla Craft Revival
Box 607
Crawfordville 32327

The Flambeau is now available at the stand in front of the storefront. We
welcome this new convenience.

Catfish Alliance meetings every 1st and 3rd Thursday at 7:30 PM in the
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Announcements

PUBLIC SERVICE ANNOUNCEMENT:
Tallahassee Organizations File
Update and Expansion

Leon County Public Library is in the process of updating and expanding its organizations file. We need the following information: name of organization, contact person, address, phone number, meeting time, activities and services. If you are involved with an organization that has formed recently or changed any of the above information within the past year, call or write and let us know:

Dina Acosta Mars
Community Information Coordinator
Leon County Public Library
127 N. Monroe Street
Tallahassee, Florida 32301
487-2665

Editor's Note: This file can be an important tool for all of us for making contact throughout the county. Dina is interested in all manner of organizations.

**FSU & LPO
present**

Thursday, January 12th

Alternative Medicine - A mini film series including: "Holistic Health" - Leaders in the field at work demonstrating their methods for controlling pain, healing cancer, and promoting optimum health through treating the whole person (body, mind and spirit).

"Tibetan Medicine" - filmed at the Tibetan Medical Center of the Dalai Lama in the Indian Himalyas, depicting the healing of both the physical and psychic being through the use of natural medicines, acupuncture, and moxabustion.

"Psychic Surgery in the Phillipines" - exploring every aspect of this remarkable subject and related phenomena in the remote villages of the Phillipines; meeting and watching spiritual healers at work using only their hands. "By all standards, this is the best film produced to date on the subject."
7:30, Moore Auditorium --FREE.

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