

LCFC Newsletter

#13 2nd summer

649 W. Gaines St.

Tallahassee

222-9916

SOCIAL ACTIVITIES BRING CO-OPERS TOGETHER

In the last couple of months, the Co-op has sponsored two social events that have brought Co-op members together for fun and entertainment.

On May 1, the Co-op held a benefit at Tommy's, a local night spot on Tennessee Street. Three bands donated their time and energy and all proceeds went toward buying a new electronic cash register in the storefront.

Music was provided by Wakulla, Michaelangelo, and McKenzie Band. Everyone had a great time.

On July 17, the Co-op held a party at the FSU Seminole Reservation on Lake Bradford. There was a covered dish dinner, general membership meeting, swimming, and volleyball. *Music* was provided by Wild Blue Yonders and Camel. It was a great day!

If you have been missing these social events, plan to attend future ones. It is a great opportunity to meet other co-ops and have a great time! A Co-op benefit is now being planned for October 4 at Tommy's. Don't miss this one!!

ORGANIC PRODUCE COMES TO LCFC

LCFC is now stocking organic produce grown by Glenn Grayber. Glenn is an organic produce producer of national reputation. His vegetables are grown in composted soil which has seen no chemicals for seventeen years, (except for the ubiquitous DDT and other trash in the rains).

The produce is picked fresh in Ohio a few days before it is to be shipped, then packaged and refrigerated. The Co-op stocks Glenn's organic yellow squash, zucchini, onions, carrots, beets, Chinese cabbage, and many types of lettuce. We hope to keep organic produce in stock through autumn.

We hope soon to be carrying organic black beans, pinto beans, navy beans, kidney beans, mung beans, alfalfa and millet. Our supplier requires large minimum orders on these items, which forces us to wait until our cash flow is up in the fall to where we can afford to purchase these items.



LCFC Newsletter Staff

EDITORS:

Debi Powers ... layout
Tana McLane ... production

TYPIST:

Nancy Key

ART:

Lorri Dzi
Tana

ADVERTIZING SALES:

Kathy Craddock
Debby Morningstar
Tana

FOLDING & COLLATING:

Pam Dignan

CONTRIBUTING WRITERS:

Claire Collins
Pepi Harnden
Dynee Marmish
Glenn Schwarz
Barry Snitkin
Peter Sugarman
Larry Teich
Tana
Debi

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Durra Print

Dear Folks--

Could someone please tell me how to make soy sauce? Maybe in one of the books for sale at the Co-op, if not in somebody's memory.

Also I'd like to know whether there's a preferred way to prepare human excrement for garden fertilizer. Any information on these two matters I will appreciate.

Thanks--

J.B.

P. O. Box 1292

Homosassa Springs FL 32647

NEWSLETTER EDITORIAL POLICY

This Newsletter was purposely designed to serve as an open channel of communication among Co-op members. Articles in the Newsletter do not necessarily represent the opinions of LCFC as a whole. If you have something to say, please do. This is your Newsletter.

CHECK CASHING POLICY

Too many poeple are bouncing checks regularly at the Co-op. Although we sympathize with the financial plight of these members, the Co-op finds itself in the position of needing ready cash because of our rapid turnover of merchandise. Bad checks are, in effect, short-term, noninterest loans that we can't afford to make.

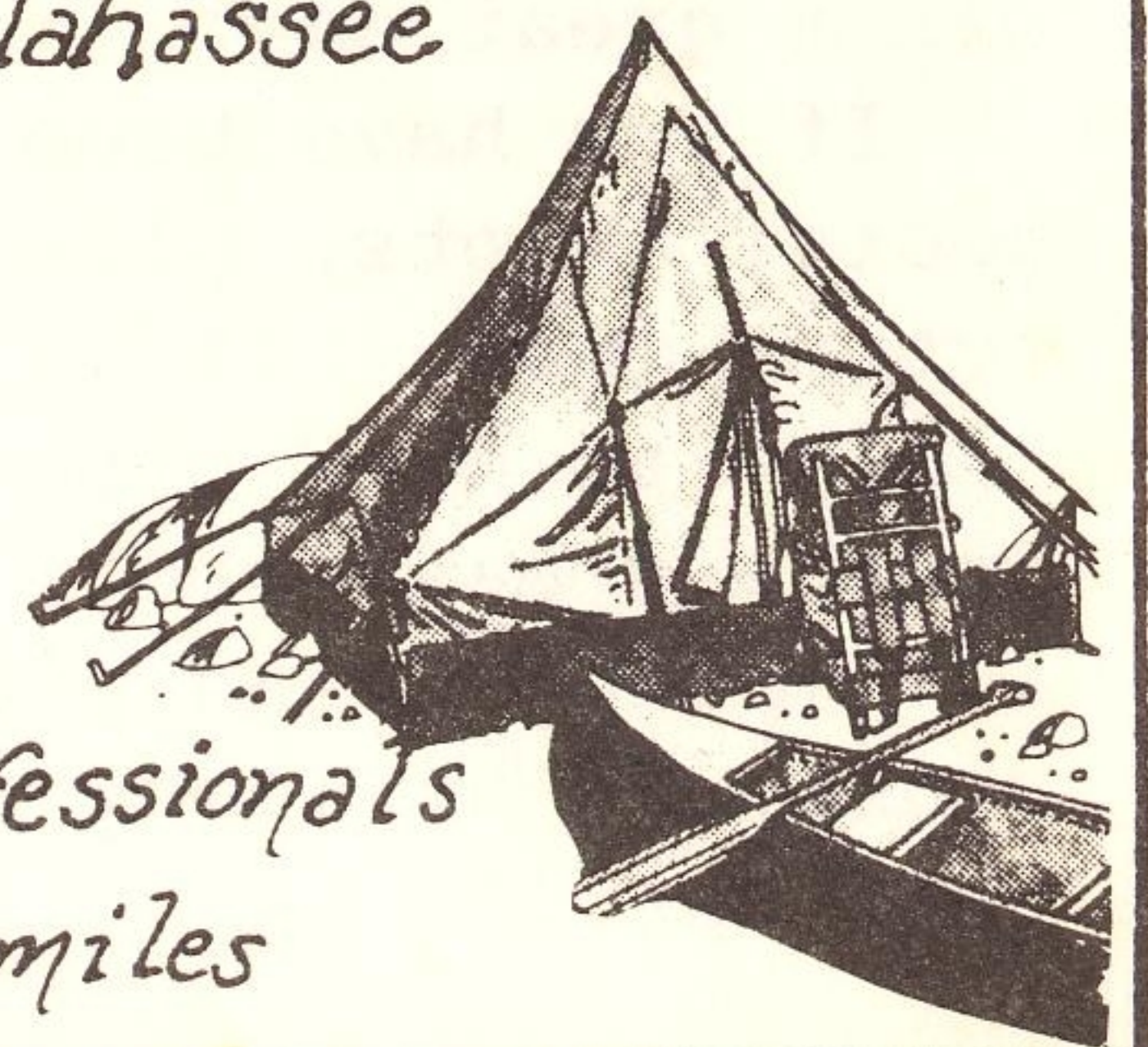
Therefore, FAIR WARNING: After two bounced checks, you will be allowed NO more check-cashing privileges for six months.

Also, to cash checks, members need to show their cards and write their membership number on the checks and the cashier needs to initial each check.

We can outfit you
for your outdoor trips

Trail Shop
206 W. College Ave.
Tallahassee

The
only professionals
for 100 miles



NOTES FROM THE COORDINATORS

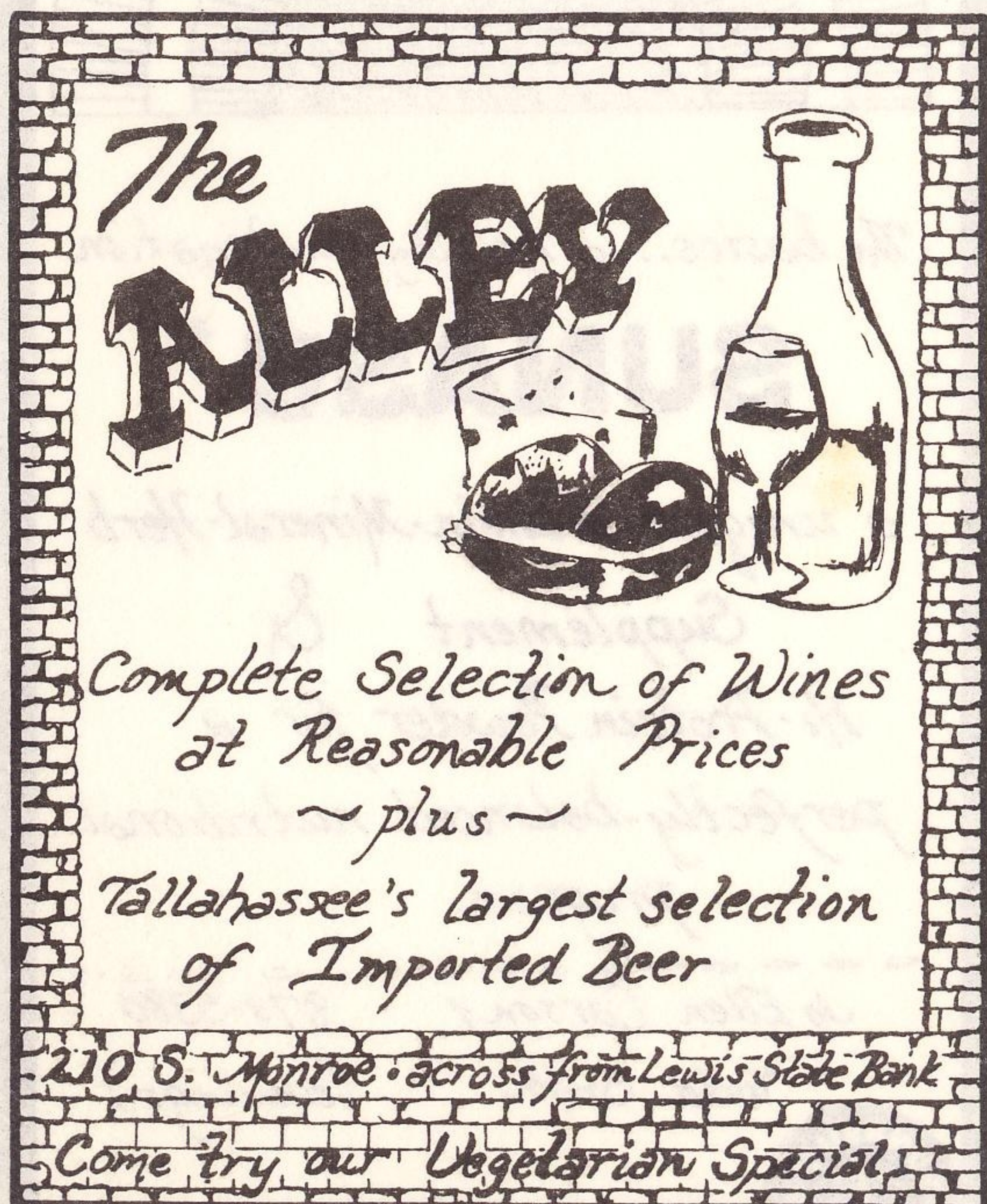
We found some safflower margarine in the freezer. Let's all beware how we display things. Make sure you shelve things properly, neatly.

We were geared up for an onslaught of end-o'-month workers--ready to clean coolers, scrub shelves, etc. It didn't happen. So, it looks like we're spreading out the workload.

If you come in and there is "nothing to do," you just don't have enough information. Remember, we're bagging our repackaged food for storage stock, not display stock--so we can stay ahead of our display needs. So, if the displays are full--bag ahead!

We're short several Assistant Coordinators--the waiting list is empty. If you've worked 10-20 hours in the storefront and you can take responsibility for the same 2-hour shift every week to do the register, vegetables, stock or cheeses, please sign up on the waiting list on the clipboard on the wall by the office.

AC's can purchase groceries at wholesale (0%), up to \$80.00 a month. Anything above \$80 is at 10%. See John, Dynee, or Patricia, or any AC for further information.



The
ALLEY

Complete Selection of Wines
at Reasonable Prices
~ plus ~
Tallahassee's largest selection
of Imported Beer

210 S. Monroe • across from Lewis State Bank
Come try our Vegetarian Special.

Everyone at 0%--Please be sure to write your purchases on the clipboard like your s'posed to, so we can do our end-of-month tallying.

Some man called to say that he paid \$4.00 for a 40¢ avacado. Obviously, some heavy-fingered cashier punched too many zeros. Thank goodness he kept his receipt! A reminder to us all--take your receipt at the register so you can verify your purchases.

Another goof--Recently the health inspector came and removed some out-of-date milk from the display and kindly placed it in the storage cooler for us to return to our supplier. Next morning he came back to re-inspect and, lo and behold, there was the old milk on display again. Now, imagine, if you will, trying to explain how a co-op works and how somebody didn't think to check the dates before restocking and how we have from five to fifty neophyte grocers in the store everyday.

FISH BREAKS

703 N. Monroe
224-3206

*If you are into fish -
and want the best at most
reasonable prices -*

Stop In

*Bring this ad along and get
your choice of Aquatic Plant*

FREE

(from a selection of three)

continued from page 3

Anyway, he was none too pleased. So, everyone check dairy dates from now on and please be careful to bring older (but not out-of-date) items out to sell first, as not all are refundable from our suppliers.

Also, re: Health Department-- They've put a stop sale on all our natural unhulled sesame seeds because of their unusually high content of roach excrement (now don't start putting on the white gloves)--they didn't come from our roaches--these were shipped in. So, if you bought any natural unhulled brown sesame seeds, (not the regular hulled kind) bring them in for your money back.

Seems all I'm reportin' are goofs--but they are important goofs. We learned from them. Don't be disheartened. It is something special that we all do here together and it works-- despite our goofs--

Thanx

More good news next time

A PLEA TO ALL MOTORISTS

by Larry Teich

Pedestrians, joggers, bicyclists, skateboarders, and motorcyclists are human beings too, and have the right to go somewhere using public roads. Animals are alive too, and shouldn't have to die because one got in the way of somebody driving a car. Please stop using speed as a privilege. Please stop using power as a right. Please stop using roads as personal property. Please stop considering people and animals as obstacles to your progress. Please don't think having the "legal right of way" allows you to kill or maim. While driving a car, please consider the world from a nonmotorist's point of view.

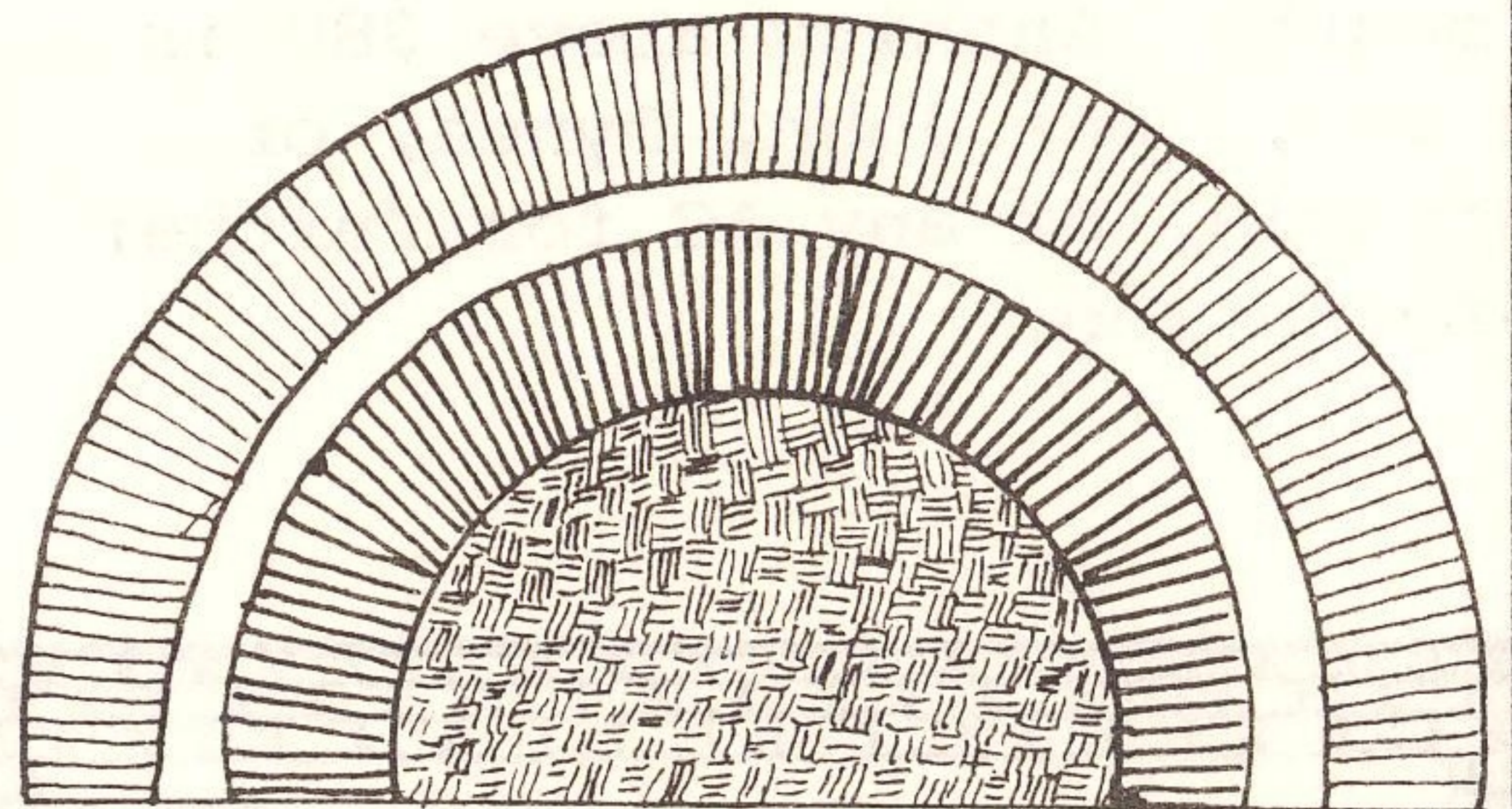
WEAVERS

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Tallahassee, Florida
(904) 222-1642*



The basics... a healthy combination

SUNASU*

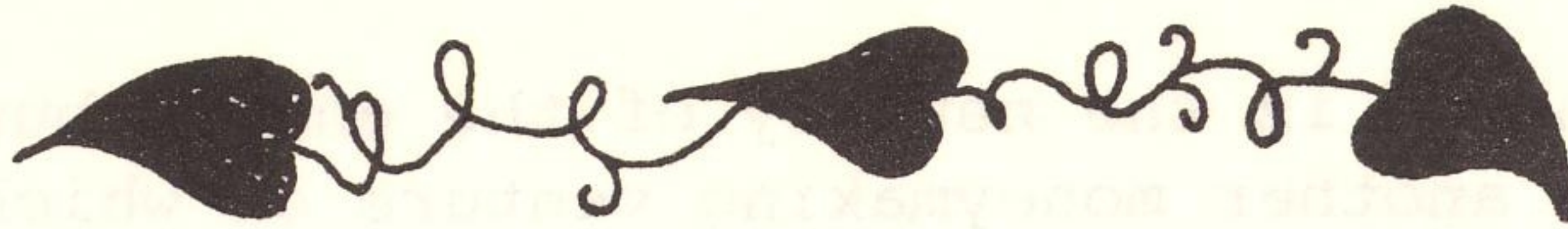
*a unique Vitamin-Mineral-Herb
Supplement &
Hi-Protein Powder for a
perfectly-balanced nutritional
program*

Jo Ellen Carson 878-5380

Todd Smith (evenings)



**sun given life force*



FROM THE EDITORS

The Newsletter is changing still. This is our thirteenth issue; hopefully one of luck. The Newsletter is a monthly effort. And it is an effort, folks.

The process of birthing it is rather like cell mitosis. Even the rest moments, those two precious weeks between the publication of the previous Newsletters and the ad sales for the next, is a time of collecting, evaluating, and dreaming on to the next one. We don't stop.

In my head, since the beginning, has been the idea of a true community newspaper. Sort of a homegrown Village Voice--concerned with the businesses and alternative lifestyles and cultural events which are created here in our town. Most of us (all of us?) are here by choice, for school or because the vibes here are so nurturing. We've created a special entity--The Leon County Co-op--an organization that other co-ops and health-food restaurants across the state hear about and are curious about and are encouraged by. It hangs on the valiant effort of a few, and on the steady, smaller efforts of many. It has grown remarkably, based on both the selfish and altruistic motivations of its members.

Our selfish motivations drive us to put forth energy that ultimately lowers our food costs. Our altruistic motivations sometimes nudge us to put forth a little more, go a little farther, for the betterment of the whole.

This Newsletter is an extension of LCFC's consciousness. It reaches the community via members and our advertizers. We mail them across the state and to Atlanta, also. It encompasses many of the same principles that LCFC encompasses--it requires interest and energy and consistency. And it requires that we continually look behind to see how we can do better than before; and ahead, to expand the scope of what we have to offer.

If you look over your past issues of the Newsletter, you will see that we have improved technically each time. Not quantum leaps, of course, but a little here and there, to make our copy sharper, more professional. We've learned how to make it easy, thanks to a little help from our friends.

We got lazy. We've had an excellent advertizing saleswoman, Kathy Craddock, who's given us a lot of energy and guidance in these months. I learned a lot from her. She has been an intermediary between the businesses who advertize and those of us who produce the Newsletter. This is her last effort with us, and we thank her profoundly. Another staffer, Sonja Nalon, our artist, is taking a six-month leave-of-absence to work on a movie at the coast.

So, we are in a state of flux yet again. To survive and, indeed, to further our goals, we need to take on some more staff members who have a lot of love and energy to put into the Newsletter. We want to have a meeting in August to discuss the open positions. We can't deal with slaggards, so be sure you have the time and are responsible when you approach this idea. We give work-credit toward purchases at the Co-op. It's freelance work away from the store, which may please those who need greater latitude than store hours offer. But we have deadlines and business proprietors who trust us. So consider!

Contact me through the Newsletter basket by the storefront office if your're curious or interested.

Thanks--

Tana

Nuclear energy is the new toy of the energy business people of this Earth. It is another moneymaking venture of which we, the citizens and probable victims, have no say so. It is a poorly conceived but well-advertized way of controlling and dictating fuel prices which cannot and will not get lower. The advertisements bill nuclear energy as the safe, cheap energy of the future. Is it? I think not and I know I am not alone in my beliefs. Here are my reasons for a nuclear moratorium. First of all, is nuclear energy cheap or cheaper than other sources? No, it's not and here's why. Nuclear power's capital costs are estimated at about 20 to 50% higher than coal's. A recent Harvard Business School-MIT study showed that the capital costs of nuclear plants shows no signs of stabilizing and are climbing at alarming rates. What about performance at the huge megawatt nuclear plants already in operation? The Wall Street Journal in 1973 labeled nuclear plants as "atomic lemons." Why? Their unreliability is their most dependable feature. Nuclear plants expected to run at an availability factor of 80% are averaging 54%. Also, the cost of nuclear energy is spiralling. Instead of being blackmailed by OPEC, we will have the uranium producers to deal with. And there are fewer of them and there is a swindling supply. From 1972 to 1976 the price of uranium went from \$7 to \$40 per lb. The major issue in the talk of nuclear economics is the insurance against tragedies. The nuclear power industry in the 1950's forced Congress to pass the Price-Anderson Act if there was to be any nuclear energy (blackmail, huh). It stated that the liability in a catastrophe was to be limited to 1% of the potential damages which the AEC then (1950's) estimated could be \$40 billion. The Price-Anderson Act essentially shifted the \$13 billion insurance premium to us, the taxpayers. In other words they make the money, we take the risks. All these things, plus the enormous amount of money in grants for nuclear research, show monetarily why nuclear power plants are a bad idea. We must abandon this extreme waste.

But, as far as I'm concerned, money is the least of the issues. The future of human and other animal life on our planet Earth are being continually jeopardized by nuclear energy. If nuclear energy is so safe, why did 2300 prominent scientists and technologists petition Congress and the White House in 1975 to diminish the large growth rate of the "nuclear energy program" until the safety had been thoroughly examined? What is there to examine, you might say. Plutonium 239.

What in the world is plutonium 239? Until nuclear power came about, it was literally nothing. It is a chemical unknown to nature and completely produced as a byproduct of nuclear power. *continued...*

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

Plutonium is also the reason that I agree with Dr. John Gofman, a professor Medical Physics at University of California, in calling not only for a moratorium on construction of nuclear plants but also a phase-out of existing plants. Dr. Gofman, who is the co-discoverer of 4 isotopes, the slow and fast neutron fissionability of plutonium 233 and 2 processes for plutonium separation has written "View of a Moratorium" and I shall quote him from it at times.

Reasonableness seems to be the issue. Is it reasonable to expect anything less than a total moratorium? No, because "if we generate nuclear power we create astronomical quantities of radioactive fission products and plutonium 239. Since no proponents of nuclear energy dispute the fact of the extreme toxicity of plutonium the problem becomes, whether or not these substances can be virtually perfectly isolated from the biological environment almost forever." What does Dr. Gofman mean by "forever?" He means that it must be isolated for 250,000 years at a safety factor of 99.999% safe. This is a blatantly ridiculous thing for proponents to say they will be able to do this. Already there have been leaks in the storage containers in Washington (state) and in Colorado. Also, as the latest news shows, the NRC and the individual plants in operation cannot account for all the plutonium they produce. And as you should know, plutonium is the major ingredient in nuclear bombs.

But why do we need to totally isolate plutonium 239 from the biosphere? Plutonium is probably the most highly carcinogenic material on this Earth. One millionth of a gram has caused cancer on test animals and a microgram on your skin **will cause cancer.**

Also, "no one disagrees that genetics injury from ionizing radiation is a most serious consequence and as a result numerous geneticists have recommended that the nuclear power industry never be permitted to deliver more than 1% of the dose (of radiation) received from natural sources." But, in the event of an accident, tragedy, and catastrophe we would all get much more than this amount. This doesn't, and it shouldn't, make us all run out and have kids. What kind of a place will this be for future generations at the rate we're going?

In 1969, in Rocky Flats, Colorado, the nuclear plant there had a fire where the damage was estimated at \$45 million. Asked whether any plutonium had leaked into the atmosphere or biosphere, the AEC (now NRC) said no. But Dr. Edward Martell of Colorado made some measurements and found about one-half a pound of plutonium on the ground east of the plant. Considering that a tiny speck the size of a needle point can be fatal, this is a lot. At first Dr. Martell's findings were ridiculed but subsequent tests by the AEC's Health and Safety Lab confirmed that he was close to the actual amount. But the AEC insisted that this large amount of plutonium really didn't come from the fire. Instead it came from the leaking storage barrels at the plant site. Although they knew in 1962 that the barrels were leaking, they continued to put more barrels out to rust for 6 more years. And to save money they used old barrels.

Robert Gillette's articles in Science magazine show that this was by no means unique to Rocky Flats.

What does this mean to us? It means the proponents of nuclear power plants are willing to accept that lives will be lost and people will be killed. One life ruined or ended would be too much, but how about thousands or millions of lives ruined or ended? What if we lose an area the size of California virtually forever? What if our grandchildren are really "freaks?" What if there are no more grandchildren? It is not worth it. As far as I'm concerned, it would be better to have less electricity to use than no Earth to live on.

FREEBROOK VILLAGE: A MODEL FOR PEACEFUL ANTI-NUKE PROTEST by Debi Powers

On April 30 and May 1 over 2000 members of the Clamshell Alliance occupied the construction site of the Seabrook Nuclear Power Plant being built by the Public Service Company of New Hampshire. After about 24 hours of the peaceful occupation of the site, the police arrested the occupiers and held 1414 of them in makeshift jails in State Armories.

The Clamshell Alliance planned extensively in organizing the demonstration. One of the main problems that had to be overcome was the control of 2000 occupiers and several thousand nonoccupying support persons without resorting to hierarchical, sexist structures that have been the case in many past protest activities. Another problem was how to exclude persons prone to violence and provocateurs who could disrupt the entire demonstration and give authorities an excuse for the use of violence.

A system of consensus government was used and all decisions were made by the occupiers themselves. Occupiers were organized into Affinity Groups of from 10 to 20 persons. Each Affinity Group had at least one medic, one peacekeeper, and one spokesperson. These positions were rotated within each group. Each Affinity Group went through at least 3 hours of training prior to the occupation. An "Occupiers Handbook" was prepared which was required reading for all participants. Each person brought supplies to last 4 days. Each Affinity Group had at least one support person who would not occupy the site but would tend to the needs of the occupiers.

On the morning of April 30, about 3000 people assembled and marched the 4 miles to the Seabrook site. The Public Service Company announced that it would not try to prevent the demonstration, but it obtained an injunction for the fenced off area of the actual construction site. The Clamshell Alliance had decided in advance not to violate the injunction covering about 20 acres inside the fence, but would occupy the rest of the 700+ acre site.

The demonstrators set up their village and placed a sign at the entrance which read: FREEBROOK VILLAGE--POPULATION 1800 (The New Hampshire Attorney General estimated 2500 to 2700 occupiers.) There were tents of every color and description. Banners and signs identified Affinity Groups. There was dancing and singing and many meetings. According to one participant: "No provocateurs, no rowdiness, no vicious political in-fighting, no movement heavies, no macho-behavior, no ego-tripping, but instead, a group of beautiful people, of all ages from 18 to over 60, living together harmoniously, accomplishing a great deal, and being strengthened tremendously in our basic commitment--not only to the environmental issue of nuclear power, but also to a whole revolutionary way of working for social change in this country."

On Sunday, May 1, Governor Meldrim Thompson flew onto the site and met with representatives of the Clamshell Alliance. Thirty minutes later, police officers from all New England states (except Massachusetts) began arresting occupiers for "criminal trespass." Except for a few instances, occupiers went with the police without resistance. Many were kept in buses, trucks, and the back of semi-trailers for up to 18 hours between the time of arrest and the time of arraignment. Conditions in the trucks were miserably crowded and cold but morale was kept high with songs, such as, "We all live in a green army truck, a green army truck," to the tune of Yellow Submarine. Another song was sung to the tune of Frere Jacques: "Meldrim Thompson, Meldrim Thompson, do you hear, do you hear? We won't let you build it. Is that clear? Is that clear?"

continued

All those arrested took a vow of solidarity that none would accept personal recognizance unless it was given to all and that none would pay bail unless it became absolutely necessary because of their personal circumstances.

Freebrook Village was reborn inside the State Armories. Fourteen hundred people were united in nonviolent resistance, acting by consensus, continuing the occupation--only this time as guests of the Governor! (It cost the state of New Hampshire \$50,000 a day to feed and house these people who were neither destroying property nor harming anyone.)

Did it stop the Seabrook nuclear plant? Maybe not--but the influence of thousands of people who are willing to suffer and go to jail for a cause is something that neither private companies nor governments can ignore. And the prospect that such a movement may grow must be calculated into the cost of building nuclear plants in the future. The Clamshell Alliance focused national attention on the destructive centralist technology of nuclear power

(Thanks to the "Green Revolution" magazine for the details of the Seabrook demonstration. DP)

Now, what about ourselves? A nuclear power plant is already in operation on the Crystal River north of Tampa. How many words of protest did we hear about its construction? Another nuclear power plant is scheduled to begin construction in Dothan, Alabama (only 110 miles from Tallahassee). It is time that we begin organizing so that our voices of protest will be heard. Barry and I are researching the details of the Dothan Nuclear Plant and we would like to form a committee to speak out against nuclear industry in this area. All those who are interested in working on our anti-nuke committee, please leave your name and telephone number in the Newsletter box in the Co-op. We will call our first meeting sometime in September.

The Second Edition

926 W. Tharpe St. 386-1567
(behind FARMER'S MARKET)

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Bargain Prices

Consignment Items
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consignment

SUPERNATURAL YOGURT



Danny-yo Soft-frozen
Dannon Yogurt
620 W. Tennessee Street

OUR SPROUTS. . . FROM THE SPROUT FARM

Two and a half years ago, Terry Reed, a long-time member of LCFC, conceived the idea of selling sprouted seeds as a means of livelihood for her family. She and her husband, Frank, manufactured and sold various crafts for awhile. But people don't need luxurious crafts in this overchoice civilization of ours. So, of necessity, the idea of a homegrown business metamorphosed toward the spectrum of food. Sprouts were a natural because they are fresh and nutritious and seem so good karmically. They may be a possible answer to the food shortage, also.

Terry began selling sprouts to LCFC, earning about six dollars a week. Low profit made the effort barely worthwhile. But the dream persisted. Slowly the output built.

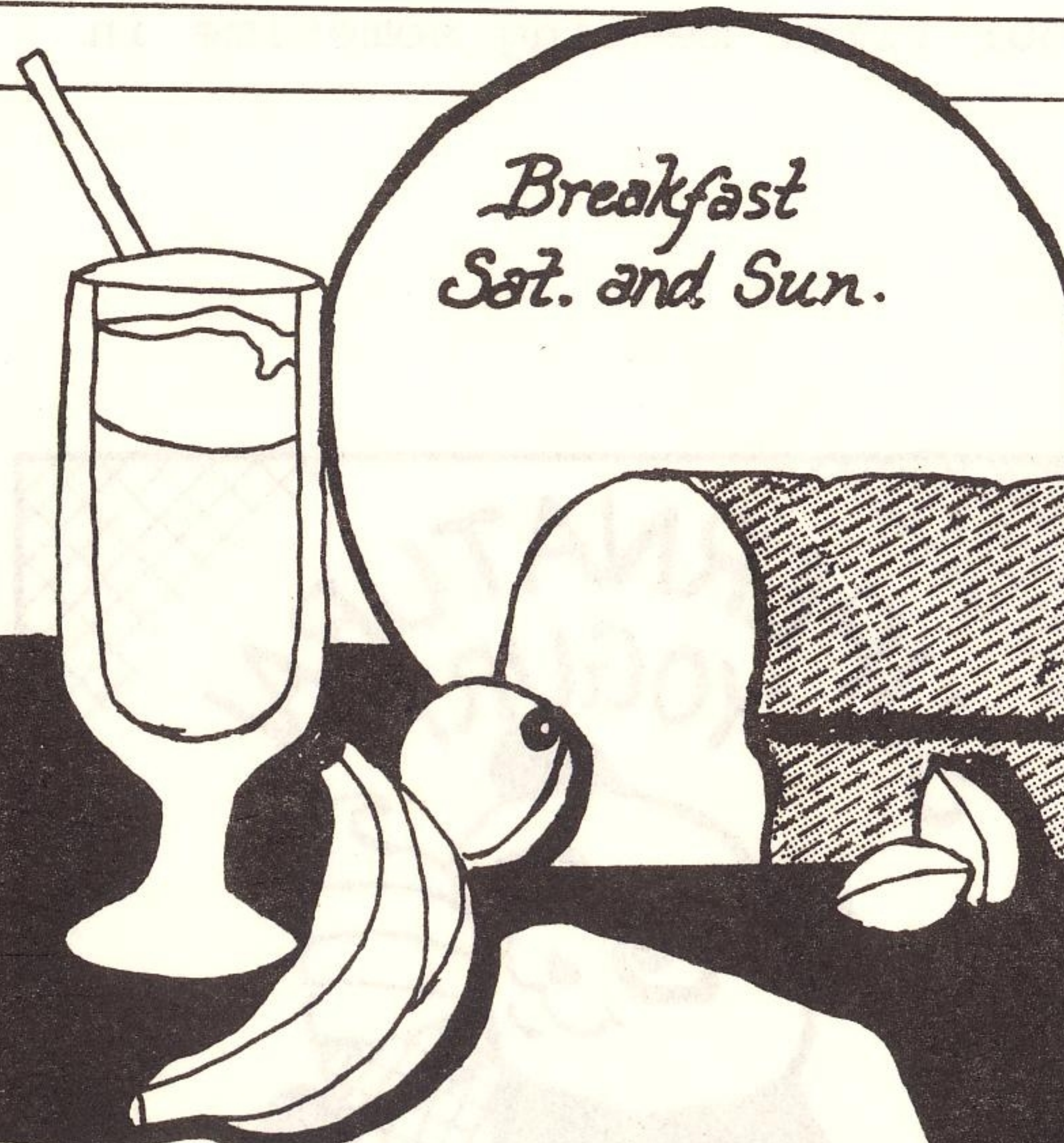
The sprouting was originally done in gallon jars. She began sprouting alfalfa--her favorite, and the most nutritious. But, that summer, the stifling heat made the sprouts rot. So, they (by now several members of the sub-community were also involved) built a sprouting cabinet which used bread trays and screens. This allowed better air circulation and greater accessibility to the growing sprouts. The sprouting cabinet was used for a year. It was also the early prototype for the future sprout room.

This summer again brought rot and devastation to the sprouting business. It also prompted further completion of the sprout room. It is climate-controlled so sprout production continues. The room itself is not quite complete, but it's functional!

Eric Shepherd and Ruth Wharton and Frank and Terry Reed are the Sprout Farm. They aim toward distribution of nutritious fuel at fair prices. They provide LCFC with alfalfa, mung, wheat and other assorted sprouts. They also supply sprouts to several local restaurants. The Sprout Farm gets by with energy and love from their friends.

Contact the Sprout Farm at: Rt. 3, Box 125-A; Monticello, Florida 32344
Or leave a message at LCFC.

Your body deserves it!



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Sat. and Sun.

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224-1010

I would like to address this to all proclaimed homosexuals and their stereotyped others, the lesbians and bisexuals; as well as to all heterosexuals: I admire your courage for fighting for what you believe in.

I am concerned about Anita Bryant and the adverse effects her morally-dictated efforts are having on a growing segment of our society. But I am also aware of her role in bringing to light a problem that is upsetting to a larger segment of our society. I admire her courage as well.

I am upset and angry at the fact that homosexuals will come out and proclaim their sexual lifestyles publicly. Who wants to know? Sex is not a public matter but, rather, a private affair. When a person claims to be a homosexual or heterosexual or bisexual, they are, through those terms, focusing on one aspect of a whole range of intimacy. Is sex all they have with their lovers? Isn't that the stereotype? If so, why do they publicly pronounce their involvement in such a superficial relationship? Who cares? Let's put a little quality in our diction.

Why not claim to be a HOMOSENSUAL instead? This implies any warm, tender, same-gender human contact. As strange as it may seem it makes a world of difference to simply replace the censor's letter "X" with "NS." I can claim to be a homosensual with or without engaging in sex and I have kept my private affairs private. Homosensuals need loving human contact such as a sincere handshake, a loving hug, sensual intimacy or even sex. But they do not focus on sex when they claim to be homosensuals. This term precludes gender labeling and the stereotype implied by the words homosexual and lesbian. Both males and females can be homosensuals equally. If one feels the need to specify gender, try "sen-she" for females and "sens-he" for males. Note the spelling. The term "gay" also suggests a stereotype. Gays might try calling themselves "sens." But so can straights. Are there any laws discriminating against "sens?" or homosensuals?

Anita Bryant has said that she doesn't mind people being homosexuals as long as they keep it to themselves. She has made this statement on the "PTL Club" on several occasions. If a homosexual will claim to be a homosensual, Ms. Bryant doesn't have to know about their sexual practices and that individual has expressed his or her sens-itivity and concern for other humans regardless of their gender.

Anyone who has hugged their same-gender parent or children or friends is a homosensual. Most of our legislators are homosensual and feel comfortable about it. Therefore, is it likely that they will legislate against homosensuals? Hardly!

I feel that loving human contact regardless of gender is necessary for healthy human development. We can all practice loving kindness by being homosensuals, and our sexual "skeletons" remain in the closet.

I feel its very important, to reduce division between people so that we may come closer to a true understanding and love for each other. In this way we are healing our separations, not intensifying them.

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 Meyer's Park November 5-6
 100 Exhibits
 limited number in each medium
 \$25.00 for 12' x 12' outdoors
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 for Application, write to:
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WHY SHAKLEE?

by Claire Collins

Shaklee is a company in Hayward, California named after and founded by Dr. Forrest C. Shaklee in 1956. Shaklee is composed of high quality vitamins, household cleansers, and personal toiletries. All of Shaklee's products reflect Dr. Shaklee's main goal of being "in harmony with nature." What does this mean? It means that there are too many products marketed today that are steadily destroying our environment and at the same time deteriorating our bodies. Before most people even saw this as an upcoming problem, Dr. Shaklee was hard at work developing products that would not harm nature but instead contribute something.

Shortly after graduating from the Palmer College of Chiropractics, Dr. Shaklee conducted a study of isolating certain acids from fruits and vegetables, calling them vitalized minerals, for the mineral content of our food was well known. At the same time, Casimir Funk, a Polish bio-chemist was being acclaimed for the discovery of what he called vitamins. The young Shaklee and Funk corresponded, sharing ideas and the kernel of knowledge on nutrition began to bloom. This was in 1915. More recently Dr. Shaklee was given the largest research center west of the Mississippi River to continue his vital studies.

The Nutrition Program, Vita-Lea and Protein Powder, is guaranteed to make you feel better. The other products are guaranteed also.

Shaklee's cleansers are made to be nondestructive to our environment. They are vegetable base and some are PH balanced as in the Basic-H. Basic-H was discovered while Dr. Shaklee was engaged in the manufacture of a cosmetic product. Basic-H is designed to take the place of all household cleansers and thus saving the consumer up to \$50.00 monthly. Co-op wholesale, \$2.45 per quart makes up to 64 gallons of cleaner and 4000 pints of window solution. Basic-L combines the same qualities as Basic-H with extra strength to handle the laundry. $\frac{1}{4}$ cup works excellently in either hot or cold water. The only product that comes to mind as being anywhere close to Basic L as far as the environment is concerned is Arm and Hammer, but let's compare the prices. Arm and Hammer is \$2.30 for 7 pounds. Basic-L is \$7.20 for 10 pounds. This breaks down to about 30¢ per pound vs 72¢ per pound. With Arm and Hammer one used 1 cup while

continued ...



Basic-L uses $\frac{1}{4}$ cup. Now this changes the above figures to \$1.20 per (13) pound for Arm and Hammer vs 72¢ for Basic-L. Try this comparison with any product, you will see that Basic-L is an inexpensive, effective way to fight pollution. I use my rinse water on my garden, I wouldn't dare do this with a commercial brand. For those of you that can't seem to get away from using bleach try Basic-D, Shalee's dish washing detergent for automatic machines. It is much less destructive and is effective.

As stated above Dr. Shaklee has as his goal to make his product comply with nature instead of destroying it. When he combines economy with it, there seems little reason to continue using commercial products that are detrimental to our environment. Try Shaklee for yourself and compare results, we are sure that you will be pleased.

If you have any questions concerning this article or Shaklee products direct them to Claire Collins--222-5373.

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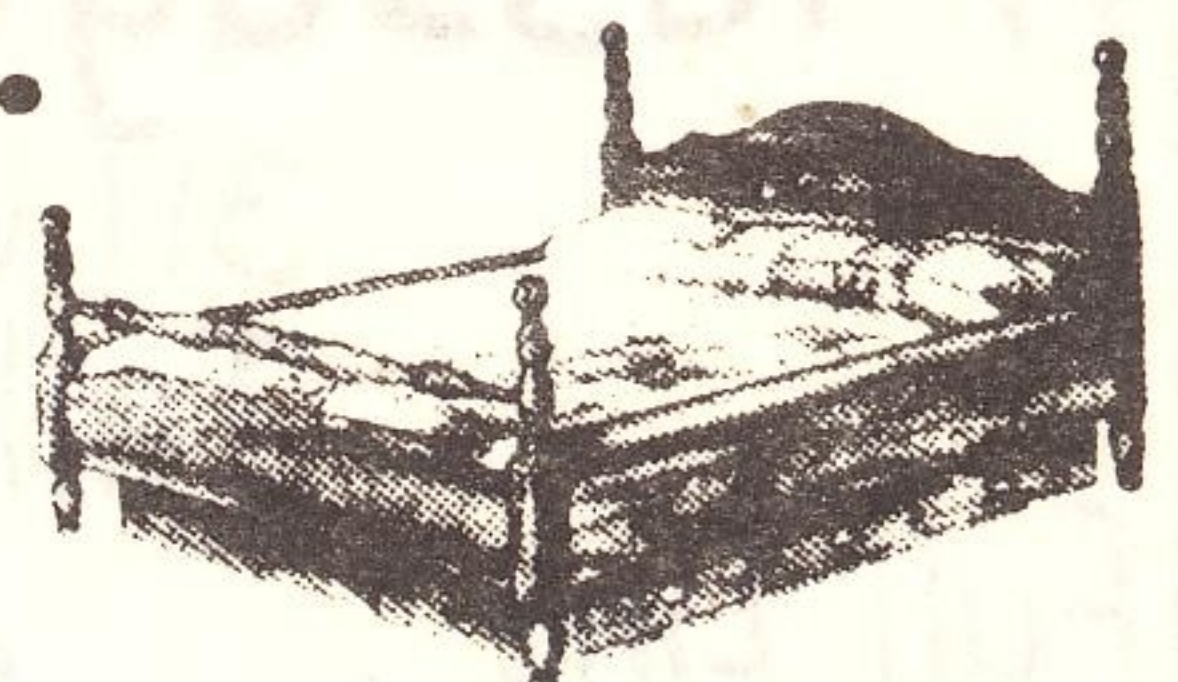
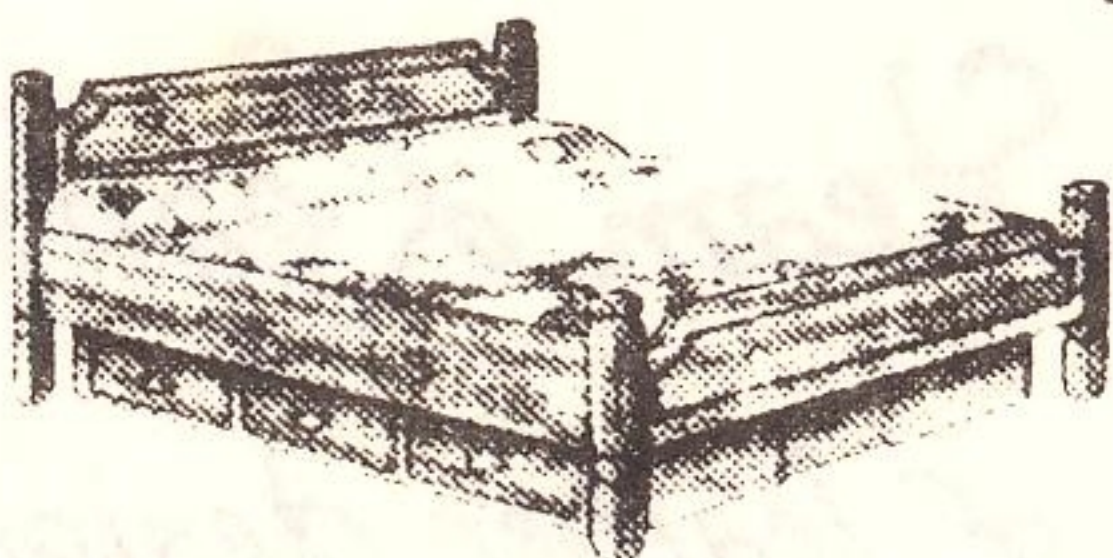
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For thousands of years certain trends have been observed and certain potential found to be mapped by the relationship of the planets, sun, and moon to a specific spot on earth at a given time. In LCFC's living room area there is a poster showing this map or horoscope chart for our Co-op, with a few key words for the uninitiated. The symbols on the chart are also defined as to the zodiac sign or planet represented.

Every chart has at least 8 planets listed on it in addition to the sun and moon. In addition there is also a division into 12 houses or areas of life. While all may not be of equal importance, they are all needed together to make the full picture of an entity. Most astrologers consider the sun in a chart to be of primary importance since it has to do with our basic self. What are our values when the chips are really down? However, the way we see ourselves and the way others see us is shown by the ascendant--the left-hand horizontal line between the houses marked 1 and 12 on the chart. Our emotions are usually shown by the position of the moon and its relationship to the other planets in the chart. Our energy is symbolized by Mars and its relationship to the other parts of the chart. The house in which it is located indicates the area of life toward which our energy is directed. Venus, the goddess of love and beauty indicates the original love nature, those that we attract and those attracted to us. Mercury, the messenger of the gods, is the symbol of the mind and its functioning. It has to do with our ability to communicate, especially in the everyday things of life. This is by no means a definitive statement of the meanings of these parts of the chart but simply an attempt to give those with no background some idea of a few parts of a horoscope.

Since everyone is acquainted somewhat with the sun signs I'll start with the position of the sun in the chart of the Co-op. If there is enough interest I can go on to other parts of the chart in other newsletters. The sun was at 10 degrees of Taurus 51 minutes at 11 A.M. Daylight Saving Time on May 1, 1974 in Tallahassee, Florida when the doors were first opened for business on Macomb Street. This is the date and time given to me by Joe Christy. This places the sun in the house having to do with hopes, aims, ambitions, as well as groups, organizations, and friends. Mercury is conjoining the sun in this house, showing that young people are very important to the achievement of these goals.

Sun in Taurus indicates that taken as a group the Co-op has a practical down-to-earth approach to achieving our goals. Taurus is an earth sign symbolizing practicality, solidity, the conservation and concentration of powers. It is a fixed sign symbolizing stability, determination, and purpose. Most people also associate Taurus with money and business. *(continued)*

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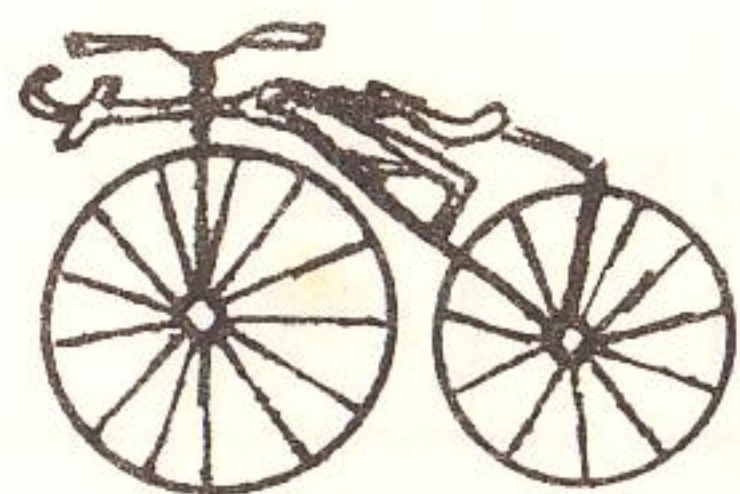
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Patience, persistence, and conservatism are part of the nature. It is important to be careful and to think things through very carefully before making a decision. However, once the decision is made the perseverance of Taurus is legendary. Taurus is symbolized by the bull in nature--the quiet Ferdinand enjoying the flowers as well as the toro of the bullring when aroused to defend whoever or whatever is important. Our Co-op as a good Taurus is well organized (most of the time) and functions best in an ordered, organized, established routine. Taurus people are basically kind, warm, generous, and sympathetic. They desire material security. The mind is thorough, rather than quick. Matters are carefully thought out and all the pros and cons are carefully weighed before taking action or even making a decision. Anyone tried to get the Co-op members to make a quick change in anything lately?

Beauty, especially natural beauty, is an important part of our nature as a group. Taurus is ruled by the planet Venus, in this chart in the sign of Pisces making us extremely sympathetic to those needing help. However, emotion is not as freely shown as by some other signs. We prefer to offer practical assistance to those needing it--food, shelter, and even money when necessary along with sound advice. While restraint and control on the surface are important, we can be sensitive, especially to criticism and rejection. This can make us suspicious of the motives of others. Venus, our ruler, in Pisces, also gives an added depth to the artistic talent available in the group. As a practical outlet we have encouraged the use of the store to sell individual products.

Since Mercury, the planet symbolizing mental processes, is at 7 degrees Taurus 15 minutes and is also in the same 11th house it increases all of the above tendencies and strengthens them. It also indicates an interest and ability to use the hands either artistically or to build what is needed to further the purposes of the store. Hard work and lots of manual labor have gone into the store and will continue to in the future.



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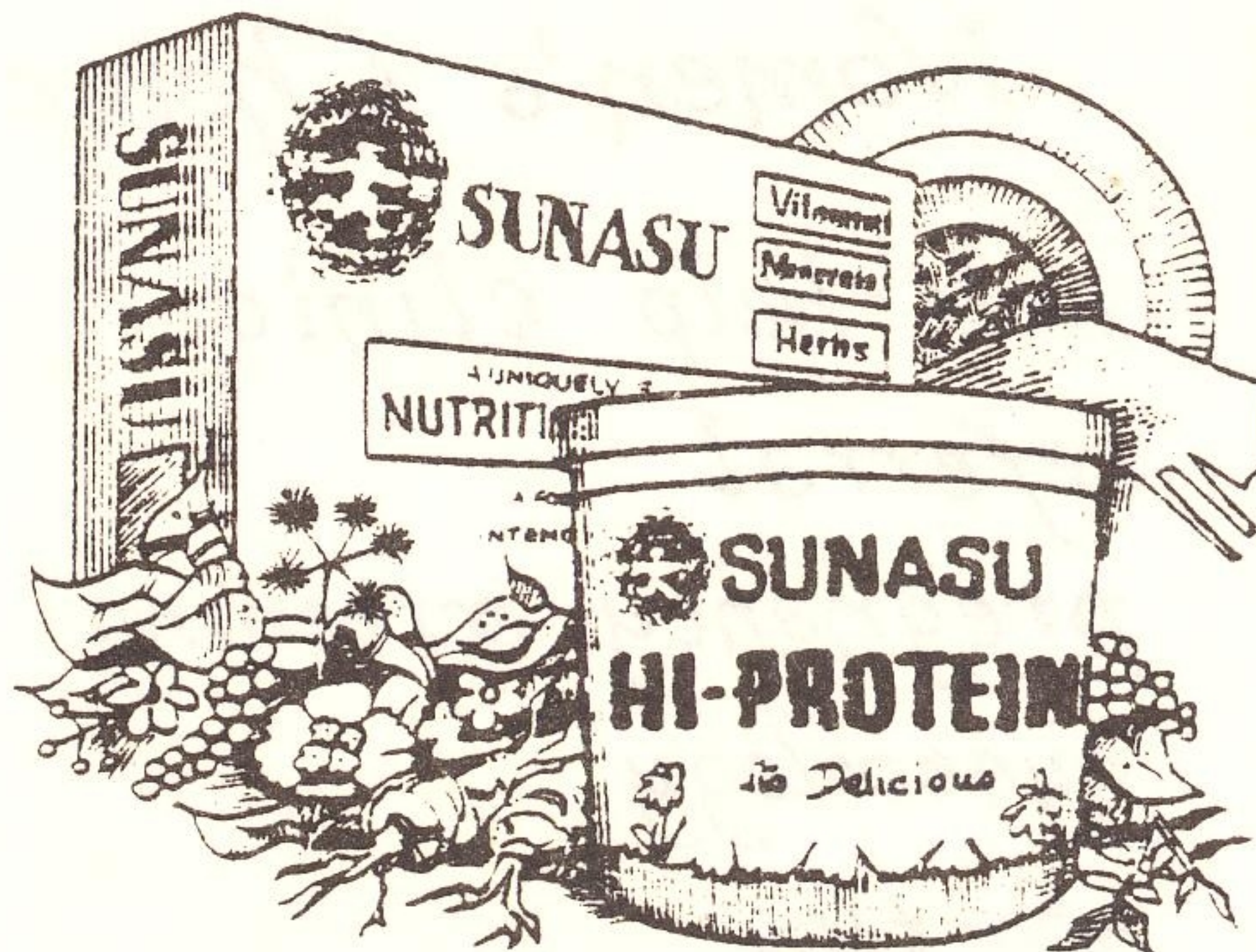
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RECYCLE NEWSPAPER

by Glen Schwarz FSU-EAG

Apalachee Recycle Center has placed a paper recycling box at the northwest corner of the Co-op parking lot. We urge those of you who get newspapers regularly to save them up and place them in the box. Remember that purity is the key to recycling so don't contaminate your stack of newspaper with cardboard, magazines or any other type of paper.

Ledger paper is also being recycled by Apalachee. Ledger is also known as premium paper and includes notebook paper, Xerox paper, stationery and computer printout. If you use a lot of this kind of paper, you could save it up and deposit it in the collection box.

Most of the newspaper collected is now being made into home insulation. Because of the boom in insulation installation, Apalachee is showing a good profit. They hope to open a warehouse sometime next year and begin collection and purchasing of all recyclable materials.

For the present, Apalachee has agreed to give Co-op all the paper bags that they receive from other collection boxes around Tallahassee.

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