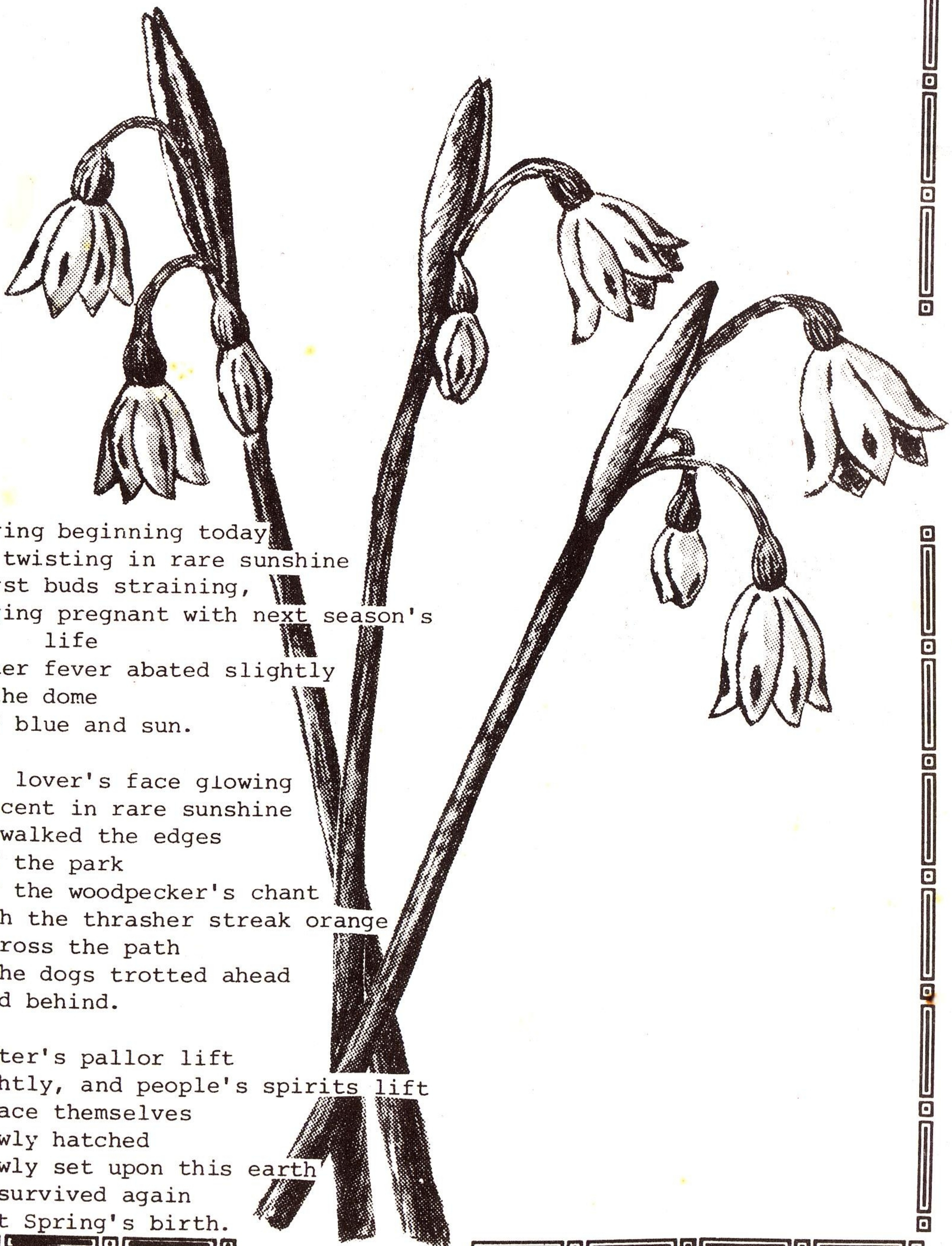


Leon County Food Co-op's NEWSLETTER

Issue no. 16

Spring 1978



I saw Spring beginning today
my cat twisting in rare sunshine
the first buds straining,
bulging pregnant with next season's
life
my winter fever abated slightly
under the dome
of blue and sun.

I saw my lover's face glowing
luminiscent in rare sunshine
and we walked the edges
of the park
to hear the woodpecker's chant
to watch the thrasher streak orange
across the path
while the dogs trotted ahead
and behind.

I saw winter's pallor lift
so slightly, and people's spirits lift
to embrace themselves
newly hatched
newly set upon this earth
having survived again
to greet Spring's birth.

John Woodworth's Hurrah

On March 30, 1978 John Woodworth, LCFC's longest-reigning coordinator steps down from his position. We couldn't resist an interview with John. We wanted to ask provocative questions about his view of the Co-op, and we hope than in his replies you catch a glimpse of the man and the developing food co-op.



Tana: John, when did you first get involved with LCFC?

John: Well, my ex-wife and I were going to the Fruit & Vegie Co-op at Alumni Village where we learned that some people at the F&V Co-op were doing the initial groundwork toward setting up a storefront co-op. Neither of us gave it much thought until the spring of '74, around May. Vicki signed us up as members. We faithfully discharged our obligation by working two hours a month. While working one Saturday, I met Joe Christy. I had supervised other people working there in pricing (at that time, each item was marked with both a member and non-member price) and stocking a Tree of Life shipment. I didn't know anyone who was involved with the Co-op at that time.

T: How long were you involved before you became a coordinator?

J: I don't remember just when it was. Probably sometime in September '74. About that time, Joe asked me if I would like to be a manager, someone to assist him. I told him I would think about it and get back in touch. Two or three weeks later, I decided that I would like to get involved with the Co-op, persuading myself that my strong misgivings could be overcome.

I began working October 2, 1974, my 24th birthday. That afternoon Joe, Barry Sager and I drove off to a small farm in South Georgia to pick up a 55-gallon drum of honey. A very auspicious beginning, don't you think?

T: The first time I saw you, you were slugging away at the cooler at the old storefront, getting it ready to move to the new store. I was taking Newsletter #3 to the printer. Seems so long ago. The move to the new store seemed so tenuous. What reflections do you have upon that time?

J: If, by tenuous, you mean that moving was a risky venture, I would have to agree. At that time, I felt the same way. Now, looking back, I see how fortunate we were that the opportunity arose. It would have been very difficult to equip a vacant building with the necessary coolers, shelving and such. Installing coolers with the requisite compressors, drain lines, power lines and so on would

have been a real pain. Instead, here was a complete store two blocks from our old location (on Macomb), fully equipped, that rented for about the same square foot rate that we paid in our old location.

What appeared to be the largest hurdles were financing the purchase of the equipment and raising the volume of sales to the point where we could meet our overhead. We estimated a jump of about 300% above our \$1600-\$2000 overhead at the old store.

Fortunately, the move to the larger, more pleasant location pretty much solved the problem of attracting more people. At least until that summer, when we experienced our seasonal drop in sales volume.

The bank was very willing to loan us the balance of the purchase price (less our \$3000 down payment) with a ten year rate at 10% interest and, in fact, our monthly payments on the loan are one of the lowest monthly outlays we have to meet.

We were, I think now, fortunate that things broke as well for us as they did.

T: There have been highs and lows.

What do you think of LCFC's phenomenal growth?

J: I've always felt that growing fairly large and becoming firmly entrenched in the permanent Tallahassee community was necessary for our survival.

T: You are multifaceted. Most LCFC members know you only from the storefront. But there's more to you than that. What other things fill your life?

J: I have a B.F.A. in painting and have always considered painting (ART) to be the most important part of my life. I also have made a rather cursory study of classical guitar.

T: Where do you come from?

J: Los Angeles, California.

T: And where are you going from here?

J: West, eventually.

T: From your experience, where do you see LCFC right now?

J: Well, it appears to me, at this point, that the Co-op has reached its limits of outward expansion into other businesses areas. At least, it seems to have reached its limits of the fund of individual energies. Of course, the whole picture can change, and LCFC may someday go marching off in a new direction.

And a glimpse at our new coordinator

I was pretty excited the night the Board called me and asked me to come over to sit in on the remainder of their meeting. I think I can be forgiven if I fail to recall much of that meeting (Something about a new scale and trips to Atlanta); after all, being offered a real job after all these years - it was quite a thrill!

There's more to being a coordinator than being excited, though. Some things are simple, but useful to remember (like always carrying a magic marker). Others are part of the routine that must be learned (filling out the close-out sheets). The work day is full of vigorous labor (unloading the vegetable truck), continuous observations about the store (remember to refill the maple syrup), and a self-perpetuating stream of questions (how often do we order rick flakes? from whom? how fast do they sell? etc.).

The job has its frustrations. On my first morning, three assistant coordinators failed to show up and others were late. Three trucks arrived at exactly the same time, all requiring workers. A customer, finding he couldn't cash a second party check, stalked out in disgust and left his groceries for me to reshelve.

On the other hand, it has its rewards, like the satisfaction of explaining to a customer how to weigh and price honey

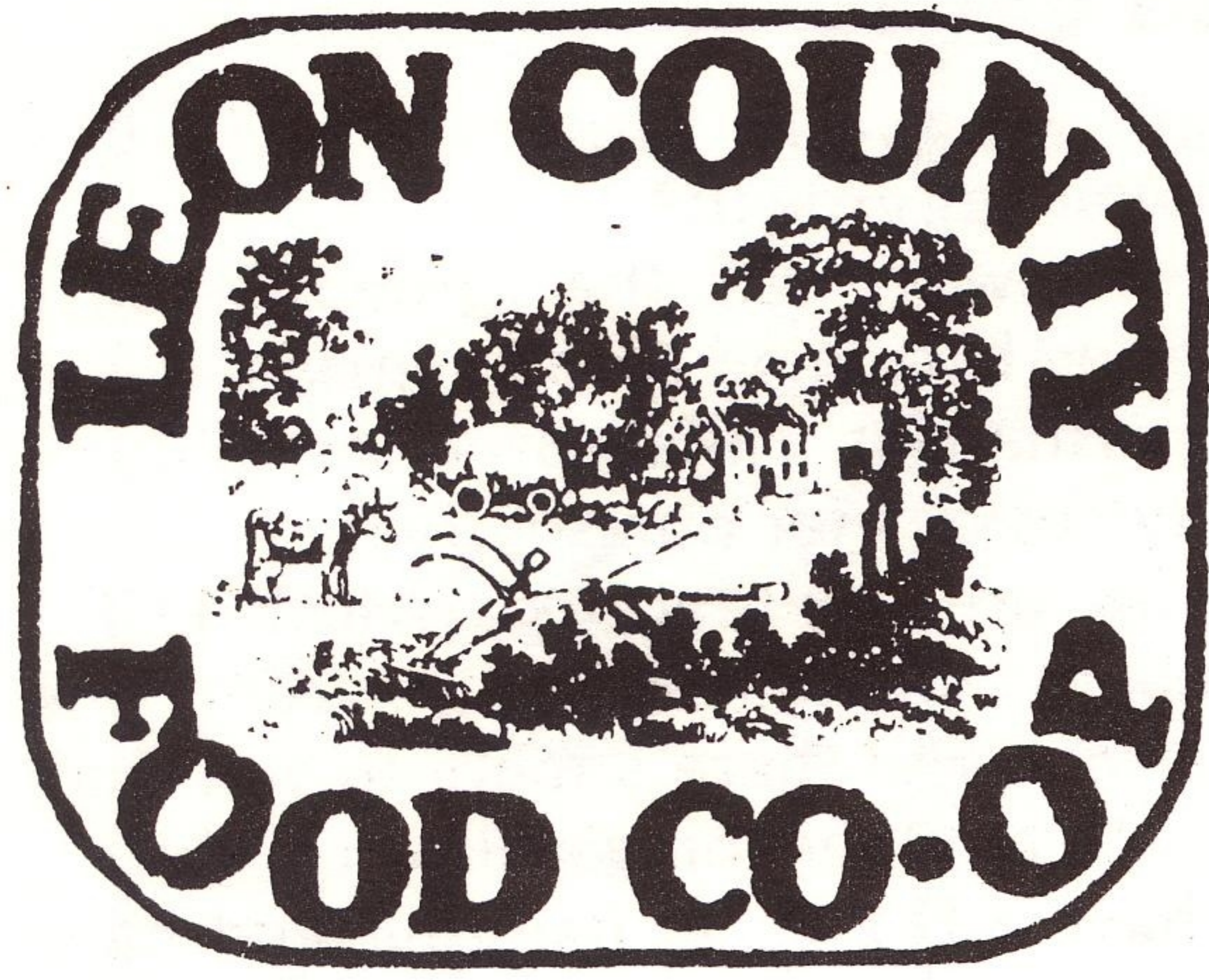
and finding I had a whole audience of listeners. Once, in a moment of perplexity and indecision, a worker came up and commented on how nice it was to work with someone who was so organized. (Gee, I needed that!)

Before coming to the Co-op full time, I was employed at the State Energy Office, deep in the heart of the bureaucracy. While there, I tried mightily to accomplish things, only to see them stifled by inertia. At the Co-op I find I thrive without the bureaucracy; I am confident that the bureaucracy survives without me. I was a graduate student in American Studies prior to that, and my undergraduate degree is from New College in Saresota, from which I graduated in 1975.

When not at the Co-op, I can be found riding my bicycle around Leon County looking for warblers, orioles and woodpeckers, or else seated on my back porch playing the guitar to an irregular audience of squirrels, bluejays and neighborhood pooches. I haven't entirely lost my literacy, although I think I have cured myself of my former addiction to newsprint.

I like my life right now, and I am pleased to be a regular part of the Co-op. Stop by and introduce yourself sometime soon.

Robert Brunger
(rhymes with hunger)



from the editor

In this issue of the Newsletter, we look back, we look forward, and we look at ourselves from many angles right now, as we stand today, in early 1978.

Please offer any feedback you wish to by writing an article for your Newsletter.

STAFF

EDITORS:

Tana McLane
business, format design, production
Debi Powers
text, layout

TYPING:

Nancy Key

ADVERTISING SALES:

Ruth Wharton
Janice Gibbons
Tana

NEGATIVES:

Bill Taylor

FOLDING/COLLATING:

Senior Living Center with
Apalachee Community Mental
Health Services
Roy Howard - supervisor

MEDIATYPE:

Jane Duncan

WRITERS:

Robert Brunger
Donna Cannon
Ben Irvin
Freddy Kaye
Candi Paparone
John Woodworth
Larry
Debi
Tana

Buy a page for your organization

We offer a new service to local co-ops and other alternative organizations. You may now buy a page (or portion thereof) in LCFC's Newsletter.

This page can be for your group's information and announcements, or you can use it as a large advertisement. A full page costs \$54.00. You decide what goes on it, the layout, artwork and general design. We'll type it, paste it up, make it photo-ready and print it. For \$54.00, you reach 1,500 households and organizations and receive an ample supply of each issue to distribute to your members. Without the hassle of producing a full newsletter of your own.

A page equals one side of an 8½" x 11" sheet.

Interested? Contact Tana through the Newsletter Basket at LCFC storefront. Leave your name, phone number, and when it's convenient to call.

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The Newsletter Basket

The basic function of the Newsletter Basket is to receive incoming articles and to coordinate Newsletter-related activities.

Magazines, newspapers and other publications should be placed in the storefront living room, not in the Basket; unless you have specific information you wish us to see, or newsletters from co-ops and other organizations.

When you place your name and phone number in the Basket for us to get in touch with you, please include the following information:

Your name, phone number;
When convenient for us to call;
Reason we are to get in touch.

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 a stated 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 take political stands as a group, but rather, express ourselves singularly.

"We're Growing" Plant Sale

"Friendly Prices"

10%-20% OFF on all plants
Good thru 3-14-78

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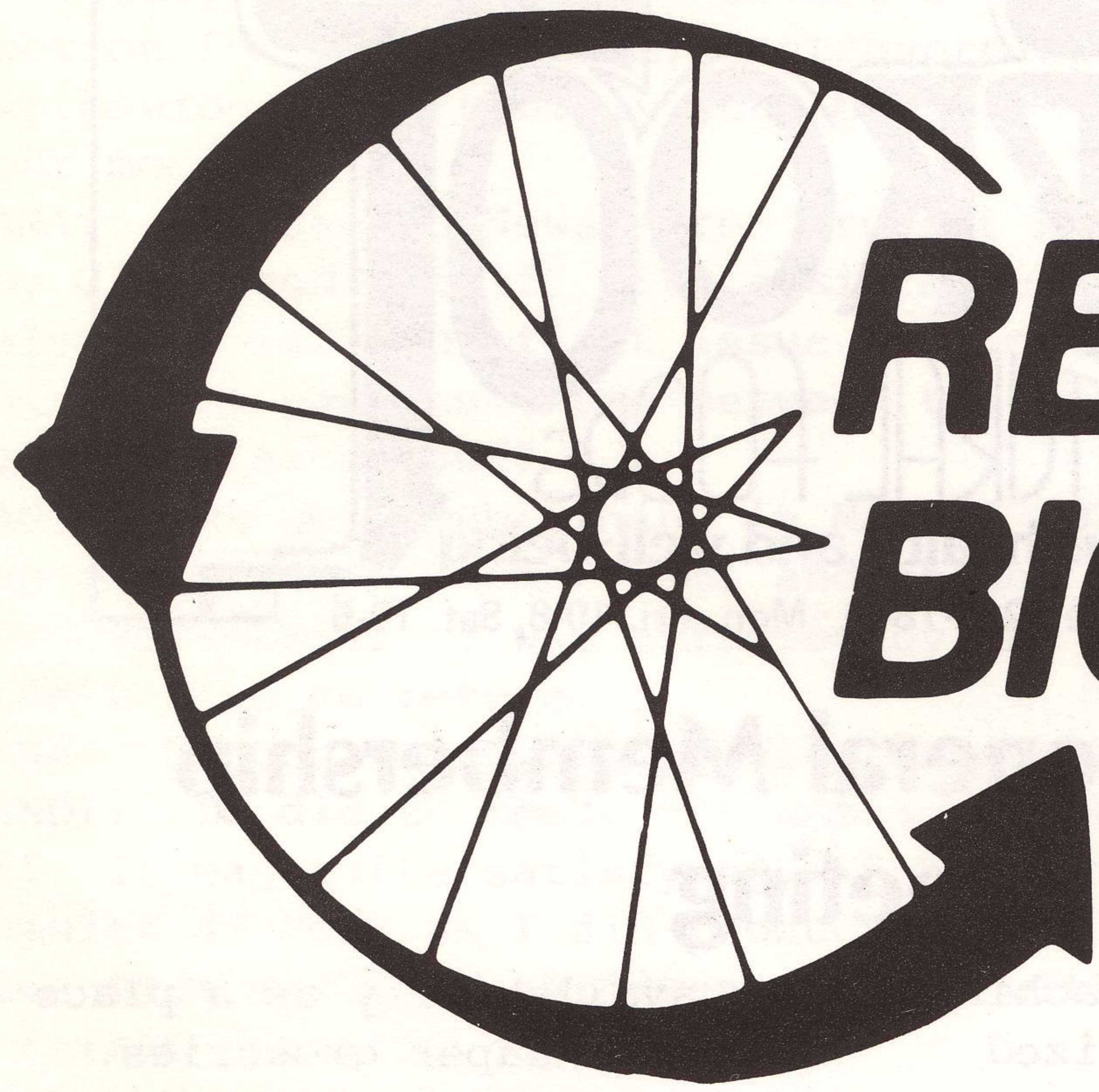
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M-Sat
12-5
Sunday



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224-1926

672 W. Gaines

Membership Handbook

The May issue of the Newsletter will be the much needed handbook. We hope to encompass LCFC's history, growth, structure, how it functions and how you can become more involved.

The more input we get from you the more interesting and comprehensive it will be. We need your help

*We need old files and information concerning LCFC and related topics.

*We need a staff to research and organize the information.

*We need a picture of the old storefront on Macomb St.

*We need to come together quickly. It's March now and it will be May soon.

Contact Tana by leaving your name, phone, and/or information in the Newsletter Basket. If the information is valuable to you and you want it returned, please note that clearly.

What You Can Do...

There are numerous small things each of us can do to improve the efficiency and esthetics of the Co-op. Looking around on a busy Saturday these things come to mind.

1. Weigh your bulk items before you get in the checkout line. If you don't know how to use the scale, it's cool. We all had to be shown the first time. Ask someone who looks like they know what they're doing. They'll show you, and then someday it'll be your turn to teach.

2. Take a few extra minutes to stack recycled grocery bags neatly. This is the first thing we see when we walk in. They should be stacked according to size.

3. Bring your own jars for honey, tamari, bulk shampoo, etc. We aren't allowed to furnish recycled containers. Weigh the jar first, and fill, and then reweigh, subtracting cost of jar from total cost.

4. Return shopping carts to the cart corral to keep them from blocking the checkout areas, and to make them available to incoming members. We really don't have that many.

5. Do you have special skills that could be useful to the Co-op? Maybe you can earn your percentage discount by using those skills. Ask the coordinators or BOD members.

AC's needed

Your Co-op has several openings for assistant coordinators (ACs). ACs work a 2-hour shift each week in produce, stock, cheese, register, etc. In return they can purchase \$100 worth of groceries per month at wholesale.

If you're interested, please come in and inquire at the storefront office. Don't be afraid! Training is provided. It's even fun.

Book Review

by Tana

Herbs and Things

Jeanne Rose's Herbal
Grosset & Dunlap \$3.95
Workman Publishing Company
New York 1976

This handy book has been around for years, but its easy information and delightful presentation should be hailed once again. Herbs and Things, while not a complete index to every known herb, is definitely a starting point for becoming familiar with these wondrous substances.

Jeanne Rose covers medicinals, psychedelics, cosmetics, and pure sensory satisfactions. Her information is well indexed in several ways, with useful terms defined clearly and toxic, irritating or potentially dangerous substances coded simply. All this makes her book a useful tool for finding pertinent information when you need it, without wading through pages of unrelated data.

Herbs and Things is also a pretty book, with mystical line drawings illustrating each section. It makes a great gift for a friend or for yourself. Good winter-time reading.



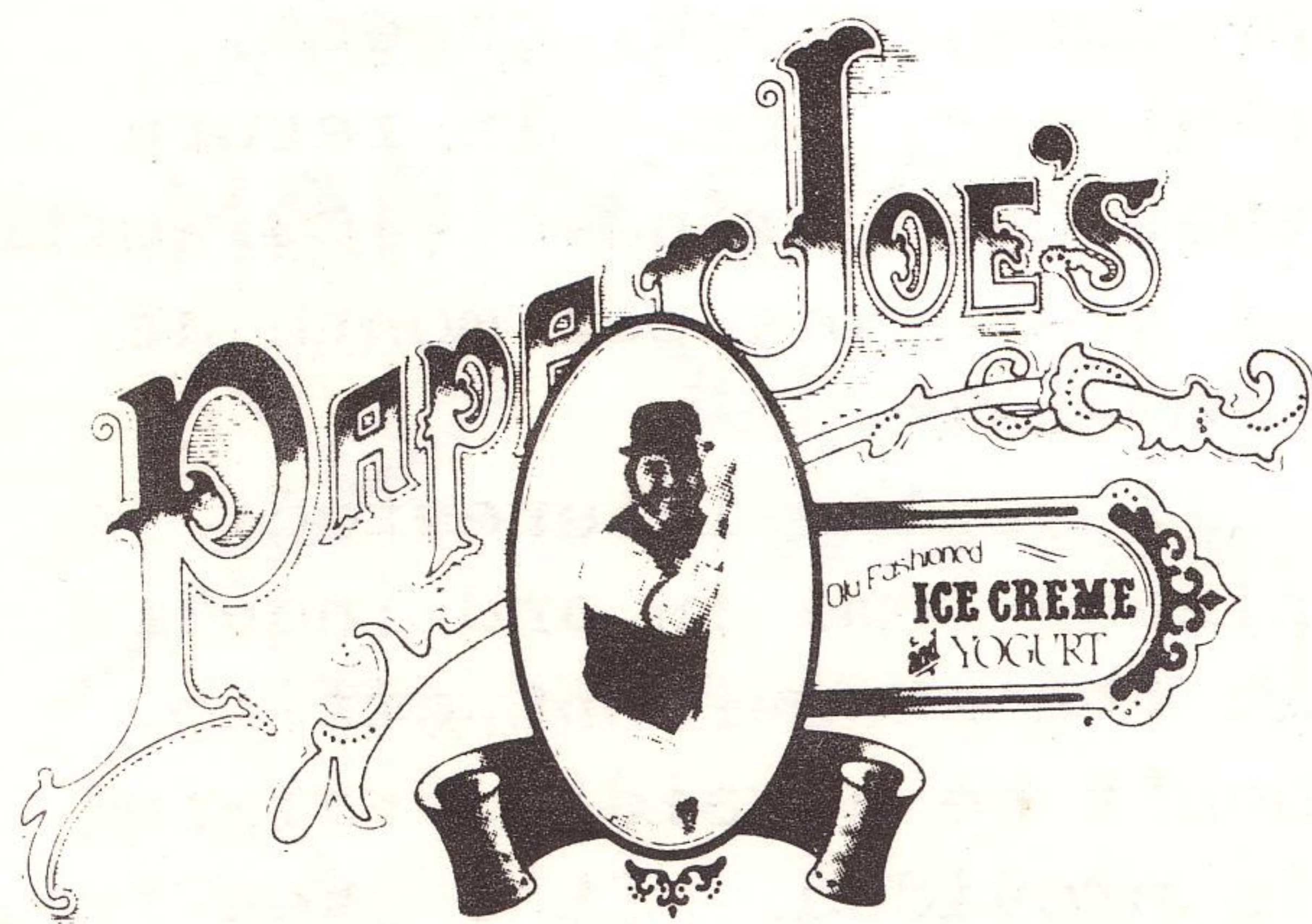
Special General Membership Meeting

Now that LCFC is reaching a more mature, stabilized stage of its growth, many members are thinking and talking about improvements and extensions that could be made in Co-op operations. The purpose of the proposed meeting is to bring together these members so that we can actually begin to do something about our ideas. We must realize that the future of our Co-op is decided just as much by the things we don't do, the opportunities we don't take, as it is by the actions that are taken. The possibilities for improvement are vast but nothing will come of them unless we make a move.

One of our coordinators recently expressed the feeling that the general membership really doesn't have any interest in the Co-op beyond

its availability as a place to buy cheaper groceries. That coordinator was probably right to a large extent, but many of us do have deeper interests in the Co-op as an alternative whose development in areas beyond food alone may be crucial to the healthiness of our lives. Yet those deeper interests will be frustrated until we can begin to communicate them to each other and bring them together into a common reality. So start collecting and refining your ideas, always remembering to keep an open mind. Together we can make things happen. As a Chinese sage once said, and continues to say, "A path is formed by walking on it." Time and place will be posted in the storefront.

Ben Irvin



114 E. Jefferson 224-2412

featuring
Picnique frozen yogurt
by Colombo

Weekdays 9 am - 11 pm
Weekends 10 am - 1 am

Adulterated Foods

Since most shoppers buy their groceries from the shelves or display racks, they don't get to see the original containers or boxes that food is shipped in. In the case of produce, most distributors must label what has been done to the contents of each box or bag. The following examples have been copied directly from goods stored in the warehouse and coolers of the Co-op in the effort to keep everyone more informed about what they eat. Don't assume that something is pure just because the Co-op sells it.

Rutabagus, cucumbers and sweet potatoes are all waxed. Sweet potatoes are treated with 2.6 dichloro-nitroaniline (botran); white potatoes are treated with "sprout nip 17/M" to inhibit sprouting (eyes); red delicious apples are sprayed with sodium O phenylphenate (a); one box of grapefruit was sprayed with thiabendazole fungicide; another brand of grapefruit and one type of oranges were sprayed with ortho phenylphenol and benomyl--all fungicides.

These are only some examples of what processes or

chemicals have been printed on shipping containers. What other untold adulterations happen to food or their effects on a human body are too enormous a research project to print here but more information will be provided as it is found. Anyone concerned with maintaining a healthy body should, at the very least, scrub or wash thoroughly any produce before eating.

Larry



G. Greene Gold and Silver

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CUSTOM JEWELRY - REPAIRS

Announcements

COSMIC ENERGY WORKSHOP.
SAT. APRIL 15th 1:00-5:00 PM
SUN. APRIL 16th 2:00-6:00 PM
MOORE AUDITORIUM, FSU
Featuring Bill Cox, founder and editor of "Pyramid Guide International Newsletter."
Demonstrations--Instruction--Audience Participation--
FREE TO ALL
(Sponsored by FSU-LPO)

PSYCHIC SURGERY in the Philippines has been rescheduled for May 4th, Thursday, 7:30 PM in Moore Auditorium.

The film explores all aspects of this remarkable subject and related phenomena. Filmed in the most remote villages of the Philippines, it covers spiritual healers at work using only their hands.

Also shown that evening will be the film "Rolfing: Gravity is the Therapist" which demonstrates Ida Rolf's method of structural integration.

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A Water Conference will be held by Clean Water, Inc. on April 6. There will be tours of watersheds, speakers and a water fair. Start at the new State Archives and Library, 500 S. Brounough.

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"We must develop a 'biotechnology'--a life technology, to replace the inorganic technology we've built. Instead of continuing to plunder our irreplaceable resources--which we won't be able to plunder much longer anyway--we must begin to explore the use of our replaceable resources."

Dr. Ralph Borsodi, in
Plowboy Interview,
Mother Earth #26

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Calling All Radioactivists... Barnwell is Near!

by Debi Powers

Many of us who are opposed to nuclear technology have been working hard over the last six months. Now is the chance that all of you who feel as we do can come together to express your opposition to nuclear power. On April 29-May 1, antinuclear power activists will come from all over the eastern part of the United States to Barnwell, South Carolina for a mass demonstration.

The Palmetto Alliance (the South Carolina antinuclear coalition) has leased 25 acres near the Barnwell Plant site. A huge circus tent will be erected in which to hold activities. Participants will bring camping gear and camp-out on the 25-acre site. Here is a short summary of activities:

April 29 Nonviolent training and value-sharing sessions

April 30 Rally to draw the line against plutonium. Energy Fair with bands, theater, and speakers: Dr. John Gofman, Dr. Helen Caldicott, a delegation from Hiroshima, Japan, and many others. (Hopefully Jackson Browne)

May 1 Put ourselves on the line against the plutonium economy. There will be a march from the rally site to the Barnwell Plant where we will demand to meet with the owners of the facility. We will deliver ourselves as a Human Petition.

The Tallahassee Catfish Alliance will be chartering buses to Barnwell. It will cost each person about \$23.00 to ride the bus (unless Catfish raises enough money to "subsidize" the buses and lower the price for riders). The buses will leave Friday morning and return very late Sunday night. Most participants will be attending the legal mass demonstration on the rally site (the leased property) on April 30 and will not be participating in the May 1 civil disobedient action. Any persons who are willing to participate in the May 1 civil disobedient part of the demonstration will have to attend special training sessions on nonviolent civil disobedience. These people will probably be arrested at the Barnwell site, much like what happened at Seabrook, New Hampshire. The May 1 activity will not be an occupation because no one will be entering the plant property. The plan is to sit in front of the gate, stopping traffic, offering ourselves as a Human Petition to the plant owners with the demand that the plant not be opened under any auspices. It is important that people understand that they don't have to be willing to be arrested on May 1, to take an aggressive role in the Barnwell Project. The April 30 mass rally will be held on leased property and hopefully, will attract thousands of participants. The Tallahassee Catfish Alliance hopes to take hundreds of people to Barnwell. Our chartered buses will return before the civil disobedience activity. If you are interested, please send your name, address, phone number, and whether you wish to go by bus or will drive.

The Barnwell Project
 c/o Tallahassee Catfish Alliance
 Post Office Box 20049
 Tallahassee FL 222-7080

Also: be sure to specify if you would like to be a part of the Tallahassee Affinity Group who will stay to participate in the May 1 activity.

"To the village square must go the facts of atomic power; from there come America's voice."

--Dr. Albert Einstein

What is Barnwell?

by Debi Powers

The Barnwell Plant is not an ordinary nuclear power plant. It is a reprocessing and waste storage facility which will receive all of the radioactive wastes from nuclear plants all over the country and some from overseas. There are about 65 operating reactors, another 168 either being built or planned, and 750 nuclear plants projected in the next 20 years. An average sized nuclear plant generates about 20 tons of deadly radioactive wastes per year. Nuclear plants have not had anywhere to send this "spent fuel" since 1973 when Getty Oil's West Valley Reprocessing Plant in New York was shut down as a health hazard.

The question of safe waste storage has never been answered by the nuclear industry and Barnwell will house more radioactive material than any commercial plant in the world.

Nuclear facilities are allowed to routinely release certain amounts of low-level radiation, but the Barnwell Plant will be allowed to release hundreds of times more radiation than other nuclear facilities.

Another potential danger to millions of Americans is in the transportation of spent fuel to Barnwell. The plant will receive over 500 shipments of waste per year from all over the country. Trucks and trains are the main vehicles for transportation. Thousands of deaths could result from a single accident. For this reason, over 30 municipalities have banned the shipment of nuclear waste through their cities.

The Barnwell Plant is 95% completed. Allied General Nuclear Services has asked the federal government to take over the plant because it is not going to pay off economically. This proposal is now being studied by a U.S. Senate Committee. The result may be federal reprocessing of commercial wastes--another bailout of the nuclear industry by the taxpayers.

The Barnwell Plant has been called the "rectum" of the nuclear industry. Nuclear plants across the country have become seriously constipated with their own wastes. The only available place for them to relieve themselves is in Barnwell, South Carolina. Stopping the Barnwell Reprocessing and Waste Storage Facility would be a devastating blow to the entire nuclear industry.

Please go to Barnwell with us!

**There is something
 you can do to stop
 nuclear power.**

**Get informed and
 get involved**

**Put your name on
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Yogi Amrit Desai is coming to Tallahassee March 12-13. Two evening lecture-discussions at the Unitarian Church of Tallahassee, 2810 N. Meridan Road, 7:30 PM. Contact 575-0954. Donation \$2. Sponsored by Seeds of Universal Light and the Singles Forum.

Ollistic Massage Workshop

A good-sized, highly interested group of us Tally folk met with Farra Allen and his wife Libby from N.C. to learn his unique technique of his basic ollistic massage. We began our workshop with group meditation and passing and receiving energy from the circle. He then did a demonstration on the back, neck and face--
THE ESSENTIALS! He combined deep muscle massage, polarity, acupuncture and (spine) reflexology. I found his work to be a fine cross between massage and Rolfing, as it was quite deep and controlled and required awareness and participation from the person receiving; (i.e. breathing and relaxing).

Donna Hartman Cannon

Through the past lightly: A Glimpse at the early Newsletter

Recently I met Candi Papparone, one of LCFC's former coordinators and the editor of LCFC's first Newsletter project. We had quite an interesting chat about the experience of producing a periodical that is community and co-op oriented.

What follows is an interview between Candi and myself, by mail. We found ourselves too busy to do it any other way.

TANA: Candi, you edited LCFC's first Newsletter and you worked with a different staff than we do today. How many of you worked on them?

CANDI: Four. Cathy Giddings and Helen Papparone (mother) typed it; then there was Charles the printer and me, the editor.

TANA: What other involvement did you have with the CO-op?

CANDI: I was a manager (coordinator), until April 8, 1975. Up till then, I was involved in all of the Co-op's business--the cooler, Jackie Moore Recycling Center, managerial duties. The Newsletter involved me with a lot more. My main interest was to organize, which was a great need.

TANA: What was your primary aim with your Newsletter?

CANDI: I wanted members to get more involved with their Co-op. Also--suggestions for improvements, food and nutrition knowledge, generally helpful information and where to find it, Co-op News Section, progress reports and current events. Dr. Hardy wrote a feature article on health. Local establishments expressed their presence and purposes in the

Co-op Books Extensive selection
of books on health, diet, herbs, livestock,
cooking, camping plus **Well Being, East-West,
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New Age, 10% off all new books 20% off for members
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and appointments,*

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(904) 224-9600*

FEMINIST WOMEN'S HEALTH CENTER

Tallahassee Aware

Support this free directory of Tallahassee local merchants and its alternative community resources with a little of your time and energy. Primarily, we need people to solicit listings for this directory; that is business ads and/or listings for individuals, offering services, or spiritual groups.

Please help. For further information contact Barbara Heym at 222-3631 or Dave Rosenfeld at 386-8639.

Grass Roots Free School currently has a few openings for children five to ten years of age. For more information call Pat Seery, the school's director, at 224-9929.

A special project for school requires lots of discarded toothbrushes. Please put your old toothbrushes in the special box in LCFC office. Thanks.

Through the past (continued)

community. We had an art review section; a "people's voice" section for frustrations, controversies and profound poetic expressions; and monthly moon phases to plant by or tell your mood by.

TANA: The second Newsletter project began with Debi Powers, Joy Clark and myself, with assistance from Evadne Arney and Melynda Reid. Our first issue came out in March of 1976. How long a gap was there between the first Newsletter project and the second?

CANDI: We quit publishing in May of 1975, so there was a ten-month gap. Summer came and things got slack and I left for Californis. I was affected by the indifference and didn't care to return.

TANA: Do you feel your Newsletter succeeded?

CANDI: It did succeed. It was a bit crude, but I enjoyed it! It was quite satisfying. I hope others enjoyed the results as much as I did producing it. I solicited articles from members, children, anyone with something of interest for all.

TANA: How many were published?

CANDI: Two.

TANA: What are you doing these days? Are you involved in LCFC these days?

CANDI: I'm a designer/craftsperson. I make rope chairs and am a home furnishing artist. I exhibit in national art and craft shows and am the director/coordinator of the Renaissance Celebration in Tallahassee in the autumn. I live with Vic Edwards in a house we built in Monticello and I shop at the Co-op. Vic exhibits his driftwood candles in national art and craft shows.

CANDI: What is the Apalachee Recycling Center accomplishing?

ANY ANSWERS, FOLKS?

Herbs to avoid during pregnancy

Everywhere I seem to have friends who are pregnant or have new entities brightening their lives. Reading "Well Being" Volumes I and II, I have run across some herbs that should be avoided during pregnancy due to possible toxic or abortive affects.

*yarrow
mugwort (artemesias)
blue cohosh
black cohosh
pennyroyal
tansy
apricot kernals
cotton root
rue
golden seal

**all sages
cloves
noonseed
skunk cabbage
wormwood

For more complete information, please read the articles in "Well Being" as well as various other sources of herbal information. Herbs and nutrition require some study.

*from Well Being #4, page 15

**from Well Being #3, page 14

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As the Worm Turns

by Debi

Spring!

Go out into the garden and turn up the soft, dark living soil which has been resting under a blanket of leaves throughout the cold season. Let the strong, sweet, rich aroma of earth arouse your senses.

Touch the earth.

Play with handfuls of it.

Let the warm sun refresh and awaken the earth.

Prepare!

There is manure to be hauled. Compost piles to be moved and rebuilt.

Leaves to be raked and hauled.

Minerals to be spread.

It is wonderful to be outdoors!

To delight in the soil and the sun!

To feed the soil which will feed the plants which will feed you.

The beautiful cycle of life!

To mix the soil, the compost, the minerals, the manure.

And then to plant.

To press the seeds--the embryos against the earth.

And wait.

And watch.

To see life emerge from the soil!

In search of light!

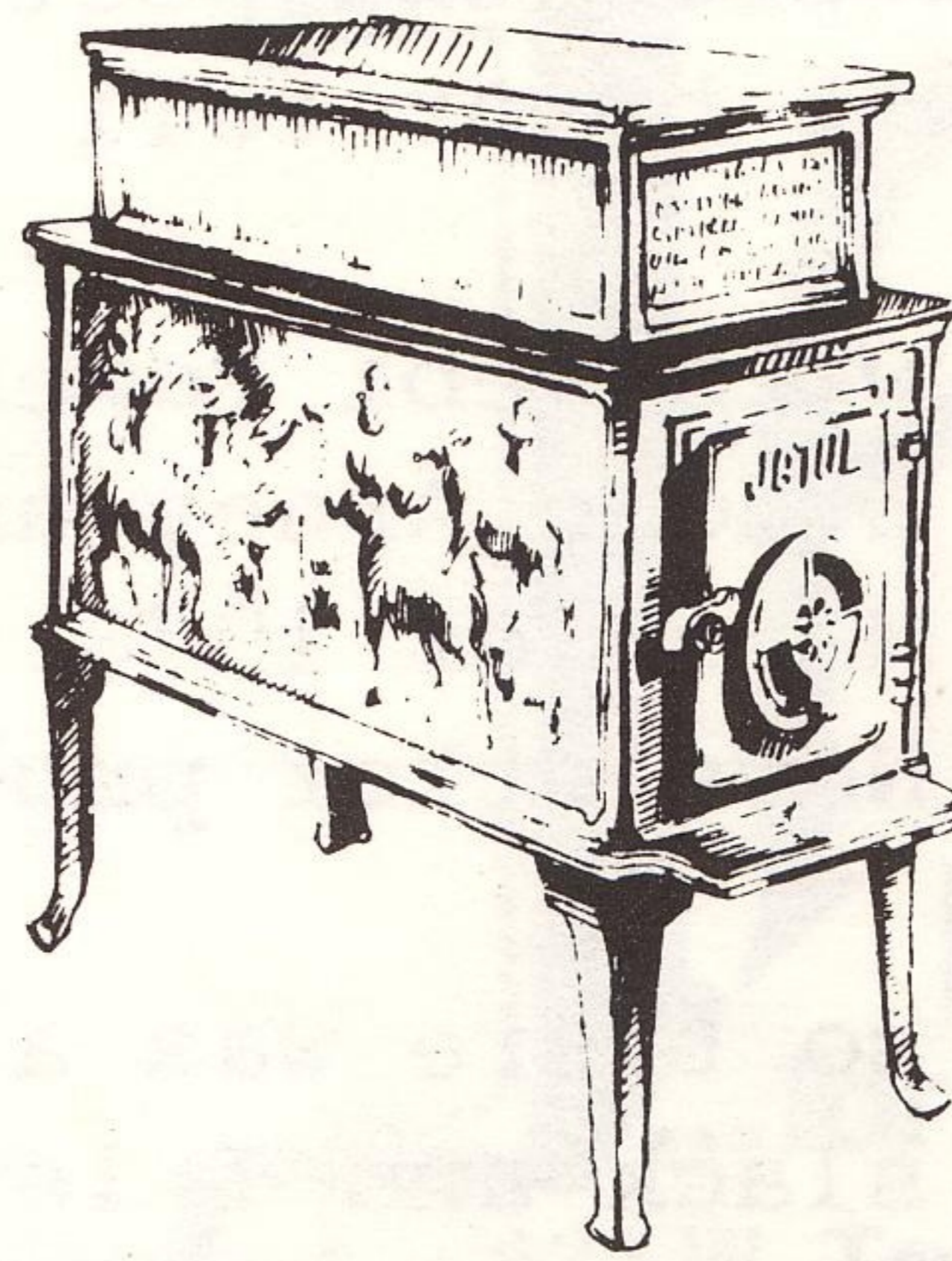
To see its tiny strength.

To watch it grow.

Spring!

Come Alive!

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An Apple a Day

by Freddy Kaye

Occasionally I receive requests for the latest scientific findings in nutrition. So, here are two late-breaking ditties, for your information.

We Americans often believe "more is better" and "if a little bit helps, imagine what a lot can do." Which, of course, is not always the case.

One example is the encouragement to athletes to eat large amounts of beef and other high protein foods. Often their coaches, untrained in nutrition, believe these goods to increase muscle mass. But high protein intake results in significantly higher calcium excretion. Calcium is a

major component of bones and teeth.

Dr. Helen Linkswiler, professor in the Dept. of Nutritional Science at University of Wisconsin, states: "Data shows indisputably that the level of dietary protein has a profound influence on urinary calcium. Tripling the dietary protein causes urinary calcium to double."

Another little ditty: Rats when given large amounts of ascorbic acids produce too much blood cholesterol. The RDA for humans is 45 mgm of Vitamin C a day.

The rats received zinc and copper to resemble an American diet. The investigator, L. M. Kilevay, says there is evidence that ascorbic acid depresses intestinal absorption of copper and that this increases the ratio of zinc to copper is associated with an increase of cholesterol in the blood.

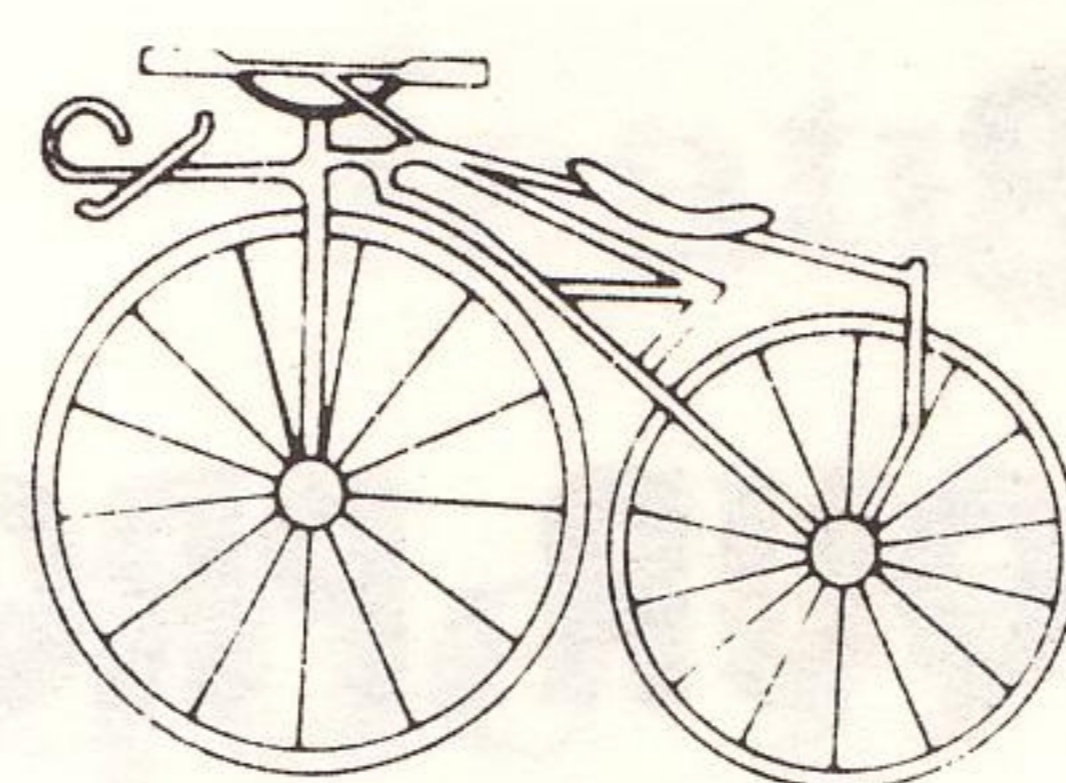
So, those who o.d. on Vitamin C, be aware of this possibility. Perhaps the best recommendation for times when you take large amounts of Vitamin C (for colds, bleeding gums, bruises, etc.) is to eat low cholesterol, polyunsaturated foods. If a little bit is good, is a lot always better? I wonder.

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How I deal with colds

by Tana

(This is not meant as medical advice or as nutritional claims. It is merely my account of a recurring problem and how I cope with it.)

Last winter was my first in Tallahassee. As we all remember, it was rather severe. Coming from Central Florida, I was ill-prepared for the stresses the freezing grey days would impose upon my physical self.

Around October, I contracted a serious cold that slowly seeped into my bronchials. It made me cough and wheeze and sapped my energy and my sweet disposition. This began a cycle of being very sick, then getting almost well, then plunging into sickness again.

My doctor called it "flu" and filled my pockets with antihistamine and antibiotic samples. My chiropractor adjusted my aching spine and sent me home to rest, saying I would be worse before I'd be better.

All the time, I plied myself with megadosages of Vitamin C, tried to eat well, and sucked on Vicks mentholiptus cough drops to control my constant hack.

Back then, Ellen MacDonald wrote an herb article for the Newsletter, and I read about yarrow and nettle being good for congestion. So I added them to my repertoire of herbal teas. I also inhaled the steam rising from the cup, which acted as a vaporizer.

When a close friend of mine, who's never been quite able to relinquish cigarets, told me that she took 2 or 3 garlic oil capsules a day and boy! did it ever clean her lungs out! I thought that might apply to my predicament also. So I began taking garlic capsules.

Your body deserves a good lunch...



Soups (made daily)
Salads (to order)
Dinners
Sandwiches

Smoothies
Natural Ice Cream
Fresh Juices
Herbal Teas

Nature's Way

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Garlic is an unusual experience. I've heard that it's a natural antibiotic and a natural expectorant. Expectorants cause mucus to become more liquid, cause sinuses and bronchials to drain, and cause the body to expectorate (in this case, give up) the excess mucus. While this was happening (and it did, wow!), I had a runny nose and coughed a lot. But I cleaned out my respiratory system and got hold of my Being again.

For me, garlic oil is extremely useful. These

days I take two capsules after supper if I have a scratchy throat or have been exposed to someone's cold.

Which brings me to my last point. I am learning (slowly) to stay in tune with myself and to monitor how I feel healthwise, fairly often. I vowed last winter that I wouldn't start this winter off already under the weather. So, when I've felt cranky, like a cold was brewing under the surface, I've slowed down and taken care. Usually it's worked out.

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