

Leon County Food Co-op's

# NEWSLETTER

Issue No. 18

Summer 1978

## elevator existence

up when you think you've won a game  
down when you think you've lost  
up when you think you've become a star  
down when you pay the cost  
up when you meet a new friend  
down when you lose a lover  
up when you bowl a strike  
down when you throw a gutter  
up when you pass a difficult test  
down when you fail a quiz  
up when your ego is pleased with itself  
down when you see how it really is  
up when you think you're progressing on the Path  
down if your pet dies in the street  
up when you've gotten pleasantly stoned  
but down if there's nothing to eat  
up when you think you're getting somewhere  
down when your car flats a tire  
up 'cause you think you're satisfied now  
but down 'cause you're not getting higher  
up when you're watching the fireworks explode  
down when the finale is over  
up when you climb to the top of the mountain  
down if you fall a bit lower  
up with the chickens, down with the flu  
how does it all really matter?  
sensory input, stimulus-response  
your memory tapes are just getting fatter  
riding the wheel of life, destination unknown  
we're seeking the Tao like hoboes  
relax and have faith in the power of Love  
quit acting like a bunch of yoyos

by Larry



# The New Head Cashier Position

Last year, in November, a number of people felt that the co-op needed a fourth coordinator to solve many of its problems. Others felt that hiring cashiers would alleviate problems better and prevent cash losses. Most people thought that there was not enough money to create any more paid positions.

After many coordinator, board and general membership meetings, a compromise solution has been found. Applications are now being taken for a Head Cashier position. This person will be responsible for training, scheduling, and overseeing all register Assistant Coordinators, working a 30-hour week floating schedule to cover peak periods and no-shows, closing out the registers daily and assuming responsibility for all cash flow, and for working closely with the coordinators and the bookkeeper.

The salary will be \$150 per week,

equal to the coordinators' since the degree of responsibility will be the same.

The duties and decision powers, however, will not be the same, nor will any register AC be replaced by this person.

The deadline for applications is 6:00 p.m. August 12. They will be reviewed by August 17 and the top five candidates will be interviewed on August 21. The decision will be made August 22 and the starting date for the job will be September 4.

A head cashier will help take a load off the coordinators and free them to do their jobs better, monitor, and hopefully prevent the recurring cash losses through the registers and increase the efficiency of moving shoppers through the lines, thereby making the entire operation at the front of the store smoother.

# The Membership Survey

by Larry

Have you ever wondered who else is a member of the Leon County Food Co-op, what they are like, what kinds of foods are most popular, or what opinions are common? Have you ever had an opinion, suggestion, request or gripe to express but never did or didn't know how?

Well, folks...here's your chance to show your cooperation and participation. Fill out the **Membership Survey** and deposit it in the box by the front door. This will provide the co-op with a profile of its membership and answer a lot of questions and unknowns about our approximately 6,500 members. The questionnaires will be collected all summer, analyzed, and the results will be published sometime in the fall.

Please help make this an interesting and representative tool for improving our co-op. (Don't forget, there's an ongoing produce survey, also.)

# Report on the Pensacola Conference

On July 10 & 11, two carloads of LCFC representatives drove to Pensacola for the third conference of Southeastern co-ops. Linda, Agnes, Patricia, Tana, Larry, Ben, Michael, Rob and Jerry all took part in this quarterly attempt of area co-ops to increase cooperation and communication with each other and to further our mutual growth and development by forming a confederation. Much progress was made toward achieving this goal by those who attended. The co-ops represented this time were LCFC, Sevenanda (Atlanta), Peoples' Foods (Athens), Ever'man's (Pensacola), Bread Tree (Birmingham), Community Co-op (Clearwater) and Nature's Harvest (Melbourne).

The agenda for Saturday was: registration at Ever'man's Co-op, then a gathering at a house on Pensacola Beach for the general meeting and information session. After lunch, workshops on communications (given by Patricia and Tana), coordination of volunteer workers, food co-op financial statements and philosophy occurred simultaneously. After a break, they all repeated so one could catch a different workshop. The afternoon workshops were central versus distribution warehousing (having each member co-op store certain goods and have a circular trucking route always

maintaining full loads rather than all goods coming from one location), inventory control (Rob), produce (Agnes), and solar energy. A fine supper provided by the host co-op and a social gathering with music and swimming finished the day and most people camped on the beach. Sunday morning started with Euell Gibbons pancakes, containing fresh-picked huckleberries and local cattail flowers (best I've ever eaten in my life). A general meeting to establish committees started the business and small group discussions provided proposals and future action. After lunch, a final gathering decided on the committee proposals and assessed our accomplishments for the weekend.

One committee formed was the bylaws and charter committee, which drew up a revised Articles of Agreement (or preamble), and outlined the research and activities necessary for drafting a formal set of bylaws and the Articles of Incorporation for approval at the next conference. The skills sharing committee proposed methods for improving communications and sharing resources and services. The warehouse committee outlined the possibilities of using the existing warehouse in Atlanta and expanding trucking facilities and to research other alternatives. The

fund-raising committee proposed a \$25.00 membership fee for joining the Federation, a 1/10 of 1% assessment on total sales of the warehouse to each co-op and to research the Co-op Bank Bill now before Congress and other government funding.

Ever'man's held an open house for final goodbyes and good buys for trips home. Those riding in Patricia's car, however, had to wait another day to say goodbye because her car broke down, almost causing Pat to break up.

The long driving distance might have kept down the number of co-ops attending, but the next conference, on Labor Day Weekend, September 2, 3, and 4, is more centrally-located, right here in Tallahassee.

The more people involved in setting up and putting on a conference, the more organized and productive it can be. Housing, food, childcare, workshops are all areas that need volunteers and skills offered. Contact any coordinator or board member if you can help. Everyone can attend and take part in this meaningful learning experience. Let's help continue to make Tallahassee and the Leon County Food Co-op a center for sharing and growth.

## from the editors

This Newsletter, Number 18, is our last for the season. We've gone about it long and hard for more than two years, and this summer we are stopping in order to go on and experience the things that are next on our personal agendas and that draw us away from Tallahassee.

This summer, Debi Powers, the first editor of the LCFC Newsletter, 2nd edition, will be in Seabrook, New Hampshire with other fellow co-ops-- Jerry Johansen, Barry Snitkin, John Buckley and more. The town of Seabrook has been struggling, with much outside support, to prevent a nuclear power plant from beginning its operations there for the past four years. Two referendum votes against it and exhausted legal channels have not been enough to turn that thing around. And these local Tallahasseeans have gone to lend their support, via the Serenity Affinity Group, a group of mutually supportive friends.

Also this summer, I am going to Scotland. This will bring a new pace to my

stride. I'm going to walk around my homeland, see the sights and report back later.

At the close of this time (and knowing we will open anew), I'd like to thank all the people who have worked with us these two years. Support has come from so many of you, in the form of

written contributions, compliments and criticism. We've all had to grow during this learning process, and we have progressed. We know more what our goals are.

John Woodworth once said that LCFC was a first-class store who deserved a first-class Newsletter. We're working on it. Love,  
Tana



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## 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.

## Minutes

General Membership Meeting  
May 21, 1978

Approximate Attendance: 22

1. Minutes of Board of Directors meeting of May 15 read aloud.
2. Discussion of new head cashier.
3. Suggestions for inventory expansion and better utilization of space--
  - a. Hardware sales or exchange
  - b. Removal of junk from back warehouse
  - c. A survey for direction of expansion
  - d. More commitment of time by more people to realize

- these goals
4. Voting for Board positions--New Board Members: Ben Irvin and Debi Powers (re-elected); nominees for next vacancies: Martha Weinstein Correia and Tana McLane.
  5. Bylaw revision committee report--Decisions are reached through consensus vote. Finalized version will be presented to the Board of Directors and at two general membership meetings for ratification and approval.
  6. Discussion of the need for more assistant coordinators.
- Meeting adjourned.

### contributing writers

Agnes Davy  
Rob Brunger  
Patricia Handschy  
Candi Paparone  
Rose Van Oss  
Jerry Johansen  
Larry  
Freddy Kaye

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Michael Wright

**mediatype**  
Jane Duncan

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Debi Powers  
Ruth Wharton - advertising

**printing**  
Durra Print

### advertising sales

Janice Gibbons  
Ruth Wharton

### advertising art

Nancy Boughamer  
Bill Taylor

# A Coordinator's Notes

by Rob

The price of milk and dairy products has gone up somewhat (shucks...). We are now marking all of these items directly.

Have you noticed that the Leon County Food Co-op has been getting some attention in the press lately? The Florida Times-Union sent their food editor, Nancy Weir, over to do a major story on us which was printed (color pictures and all) on the front page of their food section on May 18. This is the best write-up we've yet had, and we're grateful for the exposure. Anyone who would like to read the article should check out either the bulletin board or the food clipping file.

Not to be outdone, the Tallahassee Democrat sent Terri Hume over to talk to several Co-op people about vegetarianism. It appeared in the food section on June 8. Hopefully Terri discovered that vegetarians are not a bunch of mystical and ascetic weirdos, but simply those who have given their food habits and their own relationship with the planet a bit of reflection and have come up with a basic and sound alternative.

Finally, we received a call from the Atlanta office of U.S. News and World Report, who reportedly are doing a story on food co-ops throughout the United States. As the largest cooperative storefront in the Southeast, it was gratifying to learn that they would pay attention to us!

As part of our overall effort to clean up our bulletin board act, we have started regularly maintaining a "Food News" section on the

board. I post various clippings there at least once a week; the old clippings are kept on file for anyone who would like to see them. So get in the habit of looking at the bulletin board to find out what's going on, for better and for worse.

Incidentally, I only read the St. Petersburg Times, so if any of you are regular readers of other papers and want to get involved with this, bring me your clippings and I will happily add them to my own.

You may have noticed that we now have a worker sign-up sheet very prominently posted by the front desk. We hope you will use this to help you get your work schedule together. It isn't absolutely necessary for you to sign up in order to work, but it is helpful; furthermore, we sometimes have to turn away workers at the end of the month, so look at the list and find a convenient time when your contribution will be most useful.

I have received some feedback from folks who say they have worked here and did not enjoy it. They cite various reasons, including the feeling that they were outsiders, that their efforts were unwanted, or that no one told them what to do. To these folks I would like to extend such apologies as I am able and implore you to come back and try again--the very heart and soul of this cooperative, as with any, is the fact that its members have a hand in what goes on. Your labor here is desired, is appreciated, and I want you to know it.

For those of you who have never worked here, perhaps

because you felt somewhat intimidated by it all, come on in and tell me. If I am personally too busy to show you around, I will at least introduce you to someone who will try and make you feel right at home and give you a task that will help you feel a part of it all. After all, you are.

None of the things that need to be done are outrageously difficult or odious. Many, in fact, are extremely simple. Once you are shown how to do the job right, it is simply a matter of doing it.

So come on in and be a part of the whole--and lower your food costs at the same time!



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## Renaissance Fair

# Produce Survey Results

by Agnes

Renaissance Celebration is looking for interested artisans (musicians, artists, actors, and the like) to work with the Renaissance Fair Committee. We have an Annual Celebration in Myers Park in the fall of the year. It is a Juried Arts and Crafts Show along with performing artists and exhibits from local community interest groups.

To promote such an event, we need more "people power!" We need persons who can spare a few hours a week working in such areas as public relations, advertising, sending applications, going by the printers, putting up posters, T.V. interviews, lay-out work and all other necessary details to make the event a successful one!

Our main goal is to present quality at a professional level to the Tallahassee Community and surrounding areas. What is hampering growth at the present time, is lack of "people power!" Dedicated, willing individuals with a genuine commitment --professionals in their art field, with similar needs and ways to market their work, who want to see the growth and continuation of such an event as Renaissance Celebration in the Tallahassee area.

So, if this interests you or fits your personality, please send us a resume telling about yourself, your background experience in your art field and general interest in Renaissance Celebration.

Thank you,  
Candi Paporone  
Director-Coordinator  
P.O. Box 424  
Monticello FL 32344

145 folks have filled out the produce survey sheets so far and the results, in numbers, are as follows:

Question I: Are you satisfied with the Co-op's produce?

Yes--70

No--54

No answer--14

Yes & No--7

Question II: On priorities in produce supply was answered in various ways . . . Of those who indicated only one choice:

freshness--27 (a)

organic--18 (b)

moderate price--8 (c)

constant supply--13 (d)

Of those who assigned a numbered rating:

a.--11

b.--4 (as their highest priority)

c.--4

c.--2

Of those who checked several priorities without indicating preference:

a.&b.--20

a.&c.--7

a.,b.,c.--3

b.,d.--2

a.,c.,d.--4

c.,d.--2

a.,d.--6

Question III: Would you pay higher prices for produce?

Locally grown:

Yes--73

No--35

10%--55

20%--12

30%--5

Organically grown:

Yes--91

No--27

10%--61

20%--15

30%--9

Question IV:

Yes--103

No--5

What?--1

No answer--33

Philosophical discussion of "awareness"--3

continued page 5

- Question V: Will you shop at the Co-op in summer, or have you another supply?
- a. mainly at the Co-op--48
  - b. other supply--48
  - both--12
  - no answer--9

In the comments section 46 folks wrote something extra:  
 15 people wanted to see fresher produce of better quality  
 4 felt our supply and quality were both inconsistent  
 5 said quality and variety seemed to be improving  
 7 registered complaints about high prices

Interesting comments I'd like to share for thinking about:  
 The Co-op should venture into a farming operation to supply our own fresh food needs.  
 We need a rack to hang bananas on.  
 A recipe of the week card for vegetables (I'd like to see this happen . . . bring me your favorite un-cookbook recipe and we'll display it).  
 STOP Agri-business  
 And to the person who wrote "Good-luck, Agnes"--thanks.

What does all this mean in terms of our produce at the Co-op? When I put it together with the verbal feedback we get everyday, it means we need to make some changes if we are going to satisfy our members' needs.

The demand is for FRESH produce above all else. Although a large number of people are satisfied overall, more than 1/3 are not. The challenge is to obtain fresh quality produce at moderate prices. Another large segment of people would like more organic produce and will pay higher prices for it. I will investigate getting more frequent, regular supplies of organic produce.

Presently, our major supply comes from Jacksonville once a week. We are looking into ways to set up more frequent delivery and to find other sources that will be reliable year round. The availability of local produce is good now and we are trying to coordinate people and start a file of local growers for use in the future. I am purchasing at present as much organically-grown local produce as I am able to obtain. Please see me at the store if you have any to sell.

As a cooperative store, I believe firmly that we must be responsive to our members' needs. Please continue to give verbal feedback on the produce and I will make every effort to make changes that will allow us to provide a constantly fresher, quality produce at the most reasonable price we can get. Look for more information in future Newsletters to keep informed of our progress in this area.

## New Products

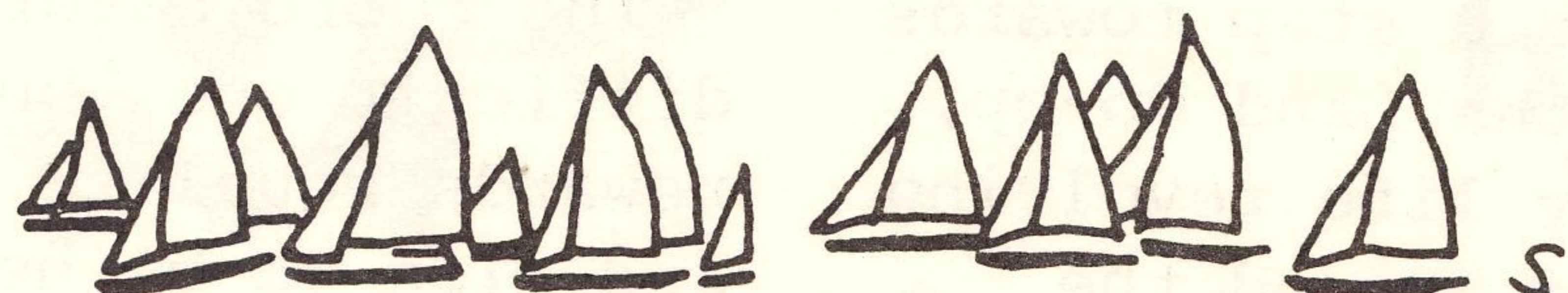
by Rob

We are always seeking out new products that we think will interest Co-op shoppers; we invite your suggestions and comments. Among the items recently added to our catalogues, including a few old favorites that have been absent for a time, are the following:

- Westbrae products, including bulk pastas, fruit spreads without any added sweeteners, exceptionally fine and modestly priced nut butters
- nigari from the Lecanto tofu people
- fructose sweetener
- a full line of Tom's soaps and cosmetics
- frozen cheesecake (try some soon--you'll be glad you did!)
- Haagen Dazs ice cream in small cups
- farm fresh eggs from several local individuals
- an increased line of Erewhon granolas
- new domestic and imported cheeses, including raw milk brick, Bon Brae, Vermont cheddar, Leicester (pronounced "Lester" in case you are wondering), English stilton, and Danish Tilsit
- a full line of Jolly Joan products, of particular value to those on special diets but suitable for all
- wild rice
- Mathis raw milk dairy products
- a full line of granolas from the Nu-Life people, a small cooperative cottage industry located in Arkansas.

We are sorry to say that we have lost a couple of suppliers who felt that our business was insufficient to justify a north Florida

continued page 9



# About Agnes      The Worker Flow Problem

by Rob Brunger

When faced with a "write something about yourself," I seem to always draw a blank. At the moment, faced with a Newsletter deadline of yesterday, I shall try.

I arrived at being one of your coordinators at the end of a series of involvements with people-oriented things. Starting from a BA in History and a job as social worker in New York City (where I was born), on through assistant manager jobs in an art gallery and craft shop and a student-owned grocery store in Jersey. Along the way, I was involved in a lot of volunteer activities centered mostly around children and students and trying to organize folks to do something about the things that affected their lives.

I live at the Miccosukee Land Co-op in a very small room built of scrap lumber, love, and a little help from my friends. I plan to build my own house there, and this occupies much of my spare time at the moment. I enjoy all the things I am learning in order to accomplish this goal and plan to be a pretty fair carpenter before I'm done. I also like running and don't do it as often as I should.

Peoples' lives are often fragmented as mine has been at times, pulling them in many directions at once. Working at the Co-op has been a means of pulling some of these fragments into a connected circle.

I believe people should be able to control their lives and not be at the mercy of a perhaps alien society's standards. The

We have been working on a statistical breakdown of our worker flows, and what it shows is something that we have known all along--we don't have a shortage of workers, but we do have a serious maldistribution problem. We very seldom have ample help at the beginning of the month, at the end of the day, or on certain weekdays, and we have more than enough the last few days of the month, and on Saturdays.

Concentration at the end of the month also leaves the early weeks with too few workers to do even the basic, necessary work like bagging and restocking the shelves. The workers that do come in during the beginning weeks are overburdened with work; pressured by this. The result is they do not return to work again. Workers are so necessary in the operation of the store. All of the work in the store is done by the 2-hour and 4-hour workers. Often we hear, "We're out of cashews!" and we have to reply, "We're not out, they're just not bagged up because there are no workers to bag them."

Organizaing what's been done and needs to be done is also essential. The morning workers end up doing these jobs which delay everything. (A side note to this--everyone should clean up after themselves; take your own trash out and straighten up what you're leaving and put back what you have used. If you don't do it, someone else has to. One day that someone else will be you, faced with a mountain of boxes to break down and throw out.)

Leon County Food Co-op is a cooperatively owned and operated venture. Cooperatively operated means making an effort to come in when we need people doing what needs to be done. In February we had seven people one day (in the first week of the month) and 42 people another (on the last Saturday of the month). One day that month 21 people came in within a three-hour period. Please be aware of this problem and do what you can to lessen it.

We have a worker sign-up sheet posted near the office now. USE IT! You have a free choice of hours, but we suggest you not put it off until the last few days of the month.

Some of you may not know that we will take workers as late as 6:00 PM in the day. Those of you who work during the day may find this convenient once or twice during a month. Clean-up may not be the most glamorous job in the Co-op, but at least, it's honest work!

Work on some other day than Saturday if you have any choice in the matter.

Remember, the next time you get ornery at the Co-op because you find something amiss, that it might very well be a result of too few people showing up at a time when help is needed.

Food Co-op is a step towards this, as is the Land Co-op, and I find my life revolving more and more around the realities I care about, at home and at work.

The coordinator's job is a difficult one, but I find its rewards equal to its hassles and plan to be here trying to make it better for us all for a long time.

# HELP!

by Jerry Johansen

Do you ever come into the store craving a Nectar Pie only to find that we are all out? Have you ever been seeking a precious herb and not been able to find it-- only to discover later that there was a whole bag of it in the back and that it had just not been moved up front yet? Do these kinds of things give you the feeling that the Co-op is running below its potential?

If you have felt this, a usual reaction is to blame either the coordinators or the store. Now, I ask you to think for a minute... This is a cooperative. A food co-op relies on its members to cooperate and do the work in the store, thereby cutting salary costs to a minimum which allows lower food prices. It is for this reason that we have only 4 paid staff members--the coordinators and the bookkeeper. These people have specialized jobs that require special expertise and daily contact with the work (ordering, financing, etc.). When they are forced to neglect this work because they have to do basic (but more immediate) things such as sweeping, running registers, and stocking shelves, the whole Co-op suffers and things do not get ordered.

Blaming the coordinators is unfair because they could do their jobs better if we, the members, would do ours.

The second place to place the blame is on the store itself. Who is the store? We are. So, we only have ourselves to blame if the store is not running well. Even though we are up to 6,000+ members, there are less volunteer workers than before! The store will not run itself, you know. Furthermore, with the price of food these days, your two or four hours a month are a way in which you can have some power over your food bill.

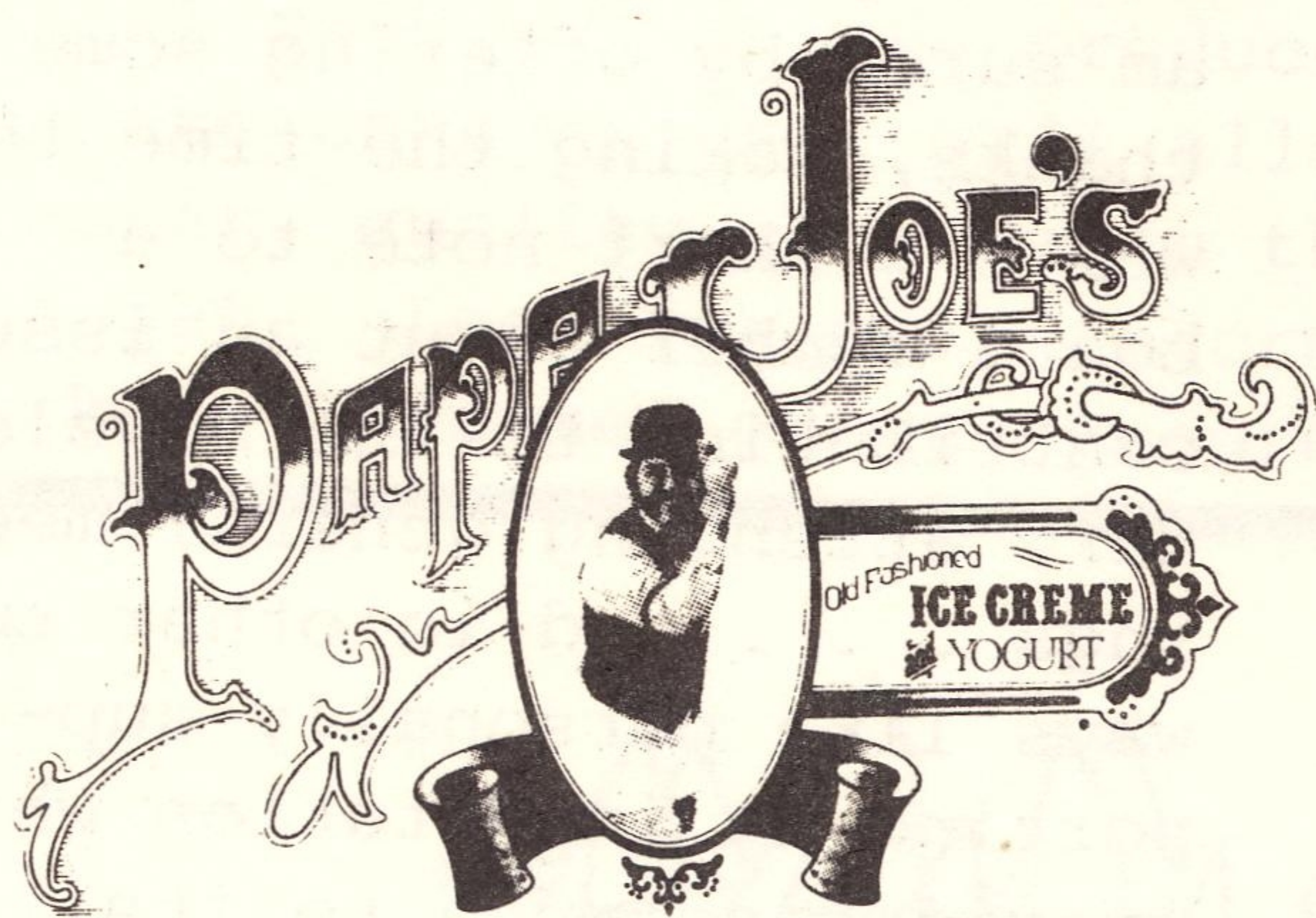
What I am trying to say is, all of you 25%ers, WE NEED YOU! Two hours a month is really not that much to ask. Also, the work is fun and you get to meet a lot of nice people. So actually, it is two (or four) hours a month of pleasant experience rather than work! If there are several people in your household, you can split up the work. Parents, bring your children with you. If you cannot make it during store hours, there are special projects such as the monthly inventory, which takes place on evenings or weekends. Ask a coordinator.

Besides the constant need

for 2 and 4 hour volunteers, we need several assistant coordinators (ACs). ACs work the same 2-hours per week shift and take responsibility for that shift in their area. The AC areas are: produce-- (keeping the produce cooler stocked with fresh, quality produce); stock-- (Keeping the shelves supplied with stock from the back); register-- (operating the front cash registers); cheese-- (cutting cheeses for the cheese cooler); special-- (helping with the shipments when they come in); and cleanup-- (the 6-8 shift every evening, making the store presentable for the next day's onslaught). An AC may buy up to \$100's worth of groceries per month at 0% mark-up. We need ACs who are reliable and can be at their shift on time every week or arrange a replacement.

For those of you with impossibly busy schedules (like the rest of us), many people have found that it is easier to work a regular, committed 2-hours per week (8-hours/month) shift than it is to work 2 or 4 hours of unscheduled time. Those of you who always forget to work until the last week of the month should understand what I mean.

continued page 9



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# Letters

Dear Editors:

I would like to respond to some of the ideas and questions contained in the LCFC Newsletter Special Report. I feel that I've got to say that yes, Richard, you are "a completely uncompromising idealist," expecting "all of the people all of the time to work together at LCFC." LCFC is not an isolated mountain village! Though the concept means much to many, in reality the Co-op is a storefront, a place to buy good food.

We have all grown up in a society which does not value food, its preparation or its growth. Employers do not set aside time, schools do not set aside time, for

their people to work in vegetable gardens, dairies, or co-ops. It is a struggle for most people to leave open the time for 2, 4, or 8 hours to work at the Co-op. It feels good to do it, obviously. But I don't think we can expect everyone to have additional hours to devote to projects or meetings of great frequency.

I think so many people have or have had meaningless jobs (paid work), or are holding onto jobs "just for awhile, just for the money," that work for pay is suspect. Thus, we hold volunteerism in high regard, often forgetting that these same volunteers must bring in some money for food, shelter, clothing, etc.

People have only so much free time, and I think that LCFC gets a fair share. For people to have more time to devote to gardening and talking to neighbors, the other facets of our lives must change, also--30-hour work week, community-based educa-

tion, recreation, child care the simplification of our lives . . .

One way of doing this is to provide decent jobs for ourselves. I think we should have paid cashiers, a few more people who give their best hours of the day to the Co-op, seeing that it runs smoothly. I don't think more of our problems will be solved by more coordinating. Plain old cashiering could be pretty efficient. I think this should be tried before adding a 4th coordinator, considering that two of the present ones are new to their positions.

I think some special projects could well be handled by ACs if we're talking about expanding our scope. Couldn't an AC position be created to deal with a library, juice bar, produce, etc.? Possibly register ACs could work into these positions. I know that everything does not warrant an AC position, but if we're talking about moving ahead as opposed to stagnating, some incentive must be offered in exchange for people's energy.

This is not to say there aren't already people who give a lot of their time (BOD, Newsletter, etc.), because working for the Co-op is personally satisfying. Members who don't have the energy for this kind of work can help to perpetuate it, I am sure, by offering some thanks, taking the time to write a short note to a board member about an issue, contributing to the Newsletter, attending general meetings . . . and in other small ways like personally supporting an institution which provides so much to its members.

Rose Van Oss

## Co-op Records

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## New Products continued

trip--Lecanto tofu, and Golden Fleece goat products. We will still be able to carry half-gallons of Golden Fleece goat's milk, but they will be available on late Monday, Tuesday, and Wednesday only.

Finally, we are able to carry a substantial line of carob products in bulk once again, although in the interest of proper nutrition you would know that all carob-covered products contain large amounts of sugar. It was the concern over this sugar content which led our original supplier to drop them from their product line, but we have now located another source of supply.

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## Help! continued

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## Fluoride

by Freddy Kaye

In the fall, Leon County will probably be faced with a new referendum to consider: should we allow fluoride to be added to our drinking water? This question has divided families, separated lovers, and still nowhere in public print do you see the pros and cons of fluoridation. In the immortal words of Sargeant Friday of 'Dragnet,' "We just want the facts, Ma'am, just the facts."

When the old woman walked across the street, fell, and broke her hip, the doctor said she was losing her balance, old age was the cause. But, what really happened was that her bones became porous (holes in the bones), weak, and at that point in time when she was walking, her hip bone crumbled under the weight of her upper body. Why? Certain minerals form and stabilize the structure of bones, including magnesium, calcium, phosphorous and fluoride. Fact: These minerals are essential for preventing porous bones or osteoporosis.

Fluoride is a mineral which makes up our bones and teeth, a sort of building block which we need throughout our lives. Why? Because our bones and teeth are automatically being resorbed and decayed all our lives. To prevent this destruction by resorption and decay, fluorine or fluoride (the same) is essential. Fact: When a baby's bones and teeth first form, calcification occurs, which is a crystal formed from calcium and phosphorous called hydroxyapatite. Then fluoride replaces the hydroxy portion of the crystal, making the crystal strong and resistant to change. Fact: Your body needs fluoride.

If you eat foods which contain fluoride, usually fruits grown in areas naturally containing fluoride, you probably get enough fluoride from the water in the fruits. But, if you do not eat these fruits, then where will you get your fluoride? So, the fluoride content of food varies greatly from 0.3 mg. in low fluoride areas to 3.1 mg. in high fluoride areas (not including drinking water). By the way, West Texas produces some of the highest naturally occurring fluoride in the ground.

I'm sure most of you have heard how fluoride reduces dental caries (cavities), which is true. Actually, careful research studies (not backed by Crest toothpaste) have shown how dental cavities have decreased from 50 to 65% in communities where fluoride is added to the water supply. Great. So why no fluoridate every community?

Ok, there is a toxicity level or harmful level which causes mottled enamel in the

permanent teeth of children. The mottling occurs when fluoride is present in the drinking water in concentration of 1.5 ppm. (parts per million) and up. In these same areas, there is a very low incidence of dental caries. Mottling affects the appearance, not the strength of the teeth. Is there a trade-off here? Well, no. The question is finding a level of fluoride in drinking water low enough to eliminate mottled enamel and high enough to prevent dental caries and to strengthen bones. This level or amount has been found - not more than 1 ppm., which is easily controlled. The concentration of water and fluorine should be 1 mg. per fluid liter of water.

Also, for those older folks who do not realize why they, too, need fluoride, the occurrence of osteoporosis (especially in

women) and aortic calcification (calcified heart artery) in men is much less in areas where fluoride is in the drinking water. Fact.

What are the real harms of fluoridation if we control the amounts, and we can? Much of the prejudice against fluoridation seems to arise from the conclusion that because this mineral is harmful when used in excess, it must be avoided altogether. We are all aware of the need for moderation concerning the consumption of foods, drugs, alcohol, whatever. We should understand that a substance may work one way at a high concentration and another way at a low concentration. There is not a simple relationship between amounts and their effects. So, if we weigh the

continued page 11

## did you know...

by Rob

...that we will accept volunteer workers as late as 6:00 PM in the day?

...that we have occasional after hours jobs, take-home special projects, and Sunday projects? In particular, we do inventory on the last night of every month immediately following the store's closing.

...that the general membership meetings held every month are open to everyone? That they generally consist

of a covered-dish potluck dinner in an outdoor setting, and can be as much fun as those who attend care to make them? (Volleyball, anyone?)

...you can buy case lots of anything at a 10% mark-up, regardless of what your regular percentage is?

...we will special order Champion juicers, Acme juicers, food grinders, peanut butter makers, water

continued page 11

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## did you know...continued

distillers, and grain mills? There is a straight 10% mark-up on these items (all of which are taxable) and they must be prepaid.

...Apalachee Recycling Company maintains facilities immediately outside the Co-op for recycling aluminum and newsprint. (Sorry, we cannot recycle glass at the present time.) They ask that newspapers be bundled together and tied with string rather than indiscriminately dumped in the box.

...we maintain a very open policy with regard to displaying notices and messages of all sorts? We ask only that no messages be displayed on the front window save those that pertain directly to Co-op business; others will be removed.

...that those members who work 4 hours a month can buy almost all their food from the Co-op at less cost than in local supermarkets? Those items that do cost more are generally of superior quality (e.g. our whole wheat flour is organically grown and stone-ground, and all of our Hain and Arrowhead Mills oils are cold-pressed).

## Fluoride continued

benefits versus the harms of fluoridation, the scale overwhelmingly tips in favor of the benefits. It is your choice. I'm just presenting the facts, Ma'am, just the facts.

Fouride for the Baby: Calcification of the baby teeth begins in the 5th month of pregnancy. For this and the bones, fluoride is needed. If water in your county does not contain fluoride, get a supplement from your physician.

After the baby is born, 0-1 month, if formula-fed, supplements of Vitamins A, D, and C, and fluoroide (if not in the water supply), with milk, are all needed nutrients.

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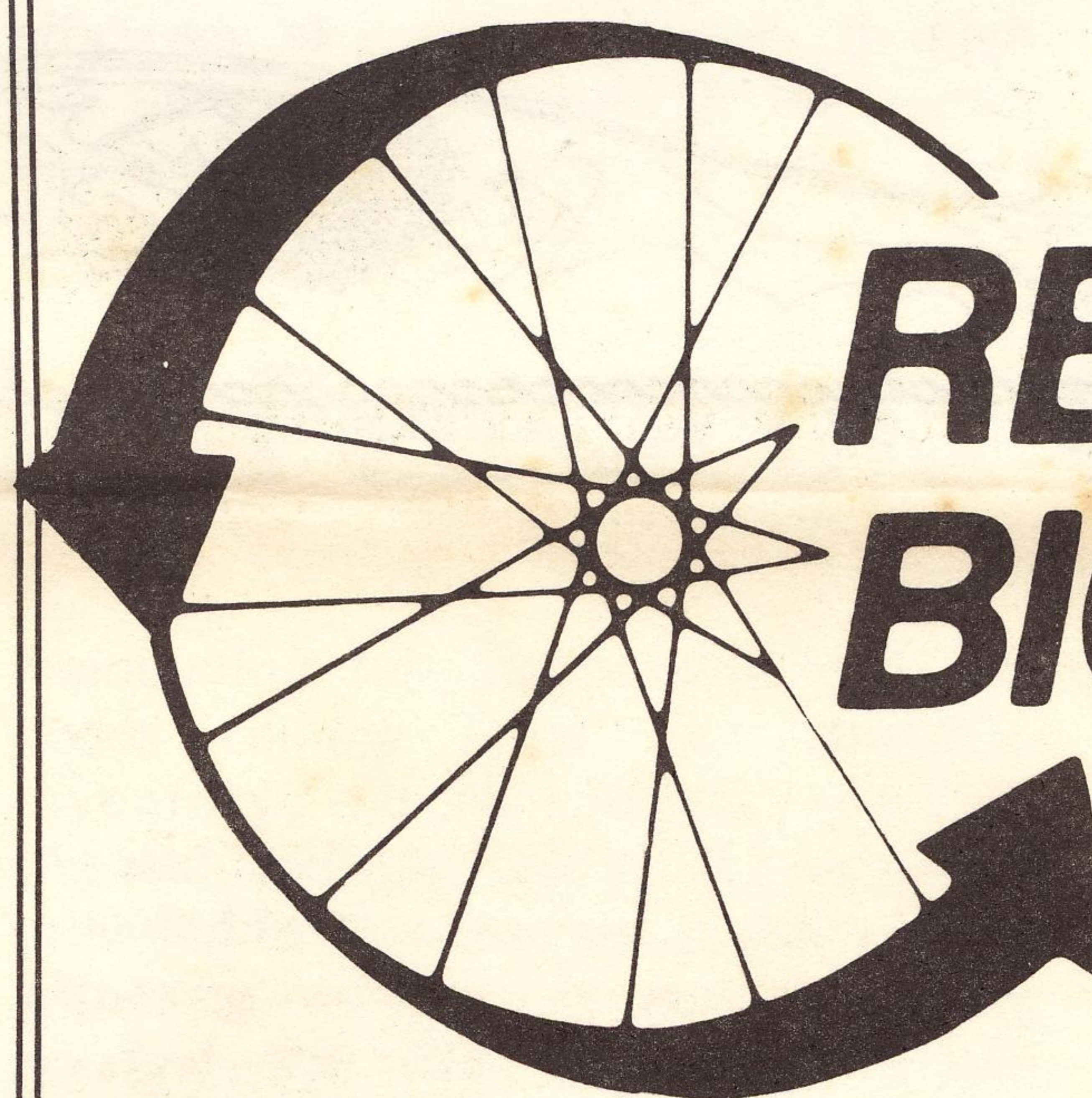
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