CRIME GROWS WITH LAWRENCE

Problems are creeping into Lawrence's pattern of growth. As farm prices plummet no crops and buy only items necessary for basic survival until the price for their products reaches a level that covers the cost of production and a reasonable profit margin.

This is not the first attempt by farmers to organize and fight for better and more secure working conditions. The tradition of rural radicalism exists in the U.S. And, it is in Kansas and nearby states that this radical tradition first developed.

It was here that the Free Soil movement flourished. Farm bills were one of the first pieces to organize the Grange, a post-Civil War group that united farmers against the railroads and grain dealers who made great profits at the expense of the farmers. The Grange prepared farmers for the second farm movement of the 1930s, the Farmers' Alliance movement, the largest and most effective farm protest in Kansas history.

The successes of the Alliance came through involvement in state and national party politics. Shortly after it was created in Kansas, the Alliance formed the People's or Populist party, the strongest third national party in American history. Kansas was the soul and center of the Populist movement, for it was here that the party was born in 1892.

Although the Populist party disbanded in 1900, the farm movement continued in Kansas through the Farmers' Union and the Society of Equity.

Others active in the Populist movement later joined the Socialist party in sufficient numbers to make it the third largest party in Kansas.

The Populist cause born in Kansas still lives on in national politics (not after the People's party dissolved. Both the Democratic and Republican parties exposed Populist rhetoric in turn-of-the-century politics. Theodore Roosevelt and Franklin Roosevelt are two of the most well-known Populists who successfully ran for office on a Populist platform.

Many similarities exist between today's farm movement and those of the Populists. The farmers in the 19th century were plagued by adverse weather conditions, dropping farm products prices, and rents. Many farmers in farming techniques that forced farmers to increase farm machinery in order to compete.
Crime...  

Trends show that those cities not only will increase in people, but also will increase in crime. The rate of outstripping their population growth is putting a lot of pressure on the Lawrence Police Department. The top 25 nearly doubled in crime in the last four years according to FBI reports.

Many growing cities are slow to recognize their crime problem and struggle along with increased population. The recognition of the sense of community and the lack of adequate police funding contribute to the problem. According to Mr. William Thomas, instructor of police at the Kansas Law Enforcement Training Center in Hutchinson, there’s a lack of certainty of who’s a neighbor and who’s a stranger passing through.

"Although little systematic research has been done in this area, the reported incidences of communities getting together suggest that active 'community involvement' in fighting the problems may be the most effective way, to prevent and reduce crime and delinquency," notes Ruby Vargas, an authority on delinquency.

\[Image 0x0 to 716x1020\]

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CITY FUNDS FRISCO FORAY

BY BARRY SHALINSKY

How would you like a trip to San Francisco with air fare, hotel, and meals paid for by the taxpayers? That's just what thousands of city officials from all over the U.S. did in early December, excluding four from Lawrence. They were attending a meeting of the National League of Cities.

City Commissions' Hanne Argeringer, Don Bluba, Jack Hose and Assistant City Manager Mike Wildgen made the trip on a tab of about $2,500, according to estimates by Wildgen. A comparison of other area cities shows that Lawrence used reasonable restraint in playing with tax money.

Lawrence officials travelled coach, lobbying association with a stayed-on. Hotel rooms were $10 per person for five days at the Marquis, less costly than some Kansans who stayed at the Hilton. Registration of $125 was the same for everyone.

"That is the cost of a moderately priced meal in San Francisco," Wildgen said. "We preach, teach and practice fiscal responsibility with the Ethics Commission for the chicken coop. But a law thought 1976 campaign violations.

State session of the legislature by Topeka of offices rather than just operating full time from its chamber. During the legislative session. Zimmerman, a former state senator from West Lawrence, was appointed to the Ethics Commission last session of the legislature by President of our state George Deyon, who is now in trouble with the Ethics Commission for 1976 campaign violations.

Most knowledgeable observers thought Zimmerman's appointment was similar to the fox to guard the chicken coop. But a law

utilities form united front

In their quest to retain high profit margins, Kansas electric companies have been lobbying together for the first time in a new lobbying association with a former state senator as the director.

Electric Companies Association of Kansas includes the Kansas City Power & Light Co.; Kansas Power and Light Co.; Kansas Gas and Electric Co.; Central Kansas Power and Light; Gas & Electric Co.; and Telephone and Utility and Empire District Electric Co.

D. Wayne Zimmerman, a former state senator from Glade, who lost the primary election, serves as director and lobbyist for the association.

"Zero" Zimmerman, as he is known by his former legislative colleagues, was decided pro-business when he was with the legislature. The association is operating full time from its Topeka office rather than just during the legislative session.

Zimmerman was appointed to the state Ethics Commission last session of the legislature by President of our state George Deyon, who is now in trouble with the Ethics Commission for 1976 campaign violations.

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forholding former legislators from accepting posts on any state commission that were created during their tenure in the legislature prevented "zero" from accepting that position.

Due to the association are based on the volume of business and size of the member companies. A spokesman for KPL and Zimmerman has refused to disclose the budget of the association.

A proposal, introduced by Sen. Arnold Berman (D-Lawrence), and adopted by the Interim Energy Commission, would prohibit lobbying expenses and Exempt executive and advertising costs from being included in future rate increase requests.

The move by the utilities to lobbying more effectively shows the depth of concern that these companies are viewing the present legislative session with. With an increasing pressure on the Democratic and independent Kansas Legislature and the companies are for the first time scrapping to retain their "competitive edge" it remains to be seen, though.

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Downtown luxury hotel.

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Downtown luxury hotel.
Nestlé Makes The Very Best?

Baby Bottle Blues

By Diane Luber and Nancy Mauger

The late 1960’s and early ‘70’s were a time of social change. The women’s movement was in full swing, and there was a new emphasis on natural living and healthy eating. Baby bottle feeding was seen as a convenient solution for parents who couldn't breastfeed, but it also came with its own set of concerns and controversies.

Breastfeeding, while not a foolproof method of birth control, can delay ovulation and therefore pregnancy from ten weeks to as long as twenty-six months. Rather than take advantage of breast milk as a valuable natural resource, fuel and other resources are used up to produce all the paraphernalia needed for artificial feeding - bottles, nipples, sterilizers, disposable bottle liners, etc. Pollution is needlessly caused by the same medical care that is necessary for the bottle fed infant who may be 15-20% more susceptible to illness than his/her breastfed counterpart. In this time of food shortages and famines, the waste of human milk widens the world "protein gap" both by removing an existing protein food and by requiring a replacement, is bottle-feeding really more convenient than breast-feeding? Or do we resent to bottle-feeding because our society sees breast feeding as a taboo symbol?

What can be done? Because of U.S. women’s role in the world as status setters, and because of our desire for the best for our children, those of us who have the opportunity to choose should look seriously into the alternative of breast feeding. Church groups have used stockholders’ petitions and lawsuits to force some formula manufacturers to discontinue their promotion of infant formula to mothers who can’t afford to use it safely.

Finally, all of us can participate in the boycott of Nestlé products. Nestlé has been singled out because its transnational structure makes it practically immune to any pressures other than a boycott. "Crunch Nestle Quick" is the slogan given to the boycott, which includes Taster’s Choice, Nabisco’s Quick, Nestle’s Crunch, Decaf, all Libby’s and Stouffer’s products, SoupStone, and anything else with the same Nestle on it. Boycott anything with the namenestl on it, including Taster’s Choice, Nescafe, Decaf, Crunch, SoupStone and Lactogen.

Confused by "professional" advice. Third World women are abandoning breastfeeding in an attempt to do what’s best and modern for their babies. They are hooking their babies on powdered formula when their lack of education may prevent them from correctly understanding the directions. When the only water available may be contaminated. When lack of or expense of fuel makes sterilization impossible. When no refrigeration exists.

Putting aside obstacles to ster­ile bottlefeeding found in Third World countries, a look into breast feeding’s replace­ment by bottlefeeding finds us all victims of formula manu­facturers’ marketing hype. Well over 90% of all modern mothers are apparently able to breastfeed their babies. Mother’s milk (even of an unfortified woman) will provide adequate nourish­ment for at least the early months. For a year to 18 months more it can provide a good protein supplement. No matter what water the mother drinks, the baby receives breast milk relatively free of local infections. Mother’s milk protects the in­fant from a generally unsanitary environ­ment and at the same time induces in the infant an immuni­ty against a variety of diseases.

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The Community Mercantile Food Co-op, after soliciting quin­tions from its members, is partici­pating in the boycott by no longer carrying Jarselh cheese, a Norwegian Nestle product. Join us and remember when you see a Nestle product what it repre­sents, - Third World babies who died for lack of their mother’s milk.

Quick!, thanks to mother jones magazine for research information.

all Libby’s and Stouffer’s products; as well as Ortega’s Blackwell’s, Keiller, Maggi, Mcvities, Crawford, James Keller & Son; also Deer Park Mountain Cheese, Yulee and Swiss Heinz cheese.

Nestle’s Crunch, Decaf, all Libby’s and Stouffer’s products, SoupStone, and anything else with the same Nestle on it.
FOOD INTOLERANCES
(When my stomach growls) ---Dorothy Roberts

Senator George McGovern, in the forward of "Dietary Goals for the United States," a report by the U.S. Senate's select committee on human needs, suggests that the common American diet may be killing us. Too often, the food we eat is filled with salt, saturated fat, and processed, chemically laced food which contributes to sickness and even death.

Dr. Charles Ireland, director of Howard University Medical School, recently appeared on "The Today Show." Dr. Ireland had been diagnosed as having a terminal illness and was before a national television audience to announce his finding and give his opinion that faulty nutrition leads to many health problems affecting black people, such as hypertension, heart disease, diabetes, and diarrhea. Dr. Ireland also says that people can be intolerant of certain foods, not by black people, but by Native Americans, Puerto Ricans, those of Mediterranean ancestry, and other white people, who may have some health problems.

What foods are the most offending ones to certain people? How can you find out if these foods bother your stomach? There is in-born, or genetic, Milk intolerance is a world-wide problem and, in some people can cause gas, bloating, and diarrhea, because of the body's lack of an enzyme, lactase, found in the stomach. Most MS and celiac victims can tolerate brown rice and rice flour, corn and corn meal, or potatoes.

If people have an intolerance to chocolate, and fats. Carob can be substituted for chocolate. The vegetable oils, such as sunflower oil and safflower oil are acceptable for people intolerant of certain fats. English doctors are treating hundreds of MS patients with sunflower oil and they have made a good recovery from leg weakness, brain, and vision disturbances. Apparently the linoleic acid in sunflower oil and seeds helps to repair the nervous systems of MS victims. Pantothenic acid and B6 are also important.

Dr. Jonathan V. Wright and Hilda Cherry Hills support that you may become your own guinea pig and eliminate questioned foods for a week to see what happens. Exclusion of refined sugars, carbohydrates, such as desserts, soft drinks, and canned foods, as well as all additives, should be followed by a diet of fresh, natural foods such as fruit and vegetables, including potatoes, bean meat, fish and poultry in the diet should help. Take out all grains, all milk, dairy, and animal products (except those previously mentioned) for a week may help you track down your food intolerances. Sunflower oil or safflower oil can be used for cooking and salads. Then add one suspect food each day and observe your reactions. If your health improves, your self-search may repay you many times over.

LEMON RICE

1 stick butter
1 teas. salt
1 teas. mustard seed
1 teas. cayenne
2 teas. turmeric
1 cup cooked rice
Juice of one lemon
1 cup dark molasses
1 medium onion, chopped

Put butter, rice, and all but salt in a pan, heat thoroughly and top the dish with the scosso seeds.

SUGAR REFERENCE TO DIABETES

FOOD REFERENCE TO DIABETES

1. Most people with diabetes are intolerant of sugar, especially the high fructose corn syrup, sucrose, honey, and high fructose corn syrup. Add molasses, stevia, and other sweeteners in place of sugar. At your local store, look for sugar-free delights such as fruit and vegetables, including potatoes, bean meat, fish and poultry.

2. Liver disease is related to food intolerances. Sunflower oil or safflower oil can be used for cooking and salads. Then add one suspect food each day and observe your reactions. If your health improves, your self-search may repay you many times over.

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Soak beans overnight in 3 quarts cold water. The next day simmer for about an hour until beans are tender. Drain and reserve liquid. Put beans, onion, and bacon in a large covered pot. Combine molasses, sausages, and 3 cups of the reserved liquid. Add to bacon mixture and stir well. Cover tightly and bake at 300 degrees for 4 or more hours stirring occasionally and adding more reserved liquid if needed.

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The Community Mercantile buys its cheddar and monterey jack cheese from the Dwight-Alma Cheese Company which has been making cheese in the Flint Hills town of Alma since 1945. Every morning before sun-up this vat is filled with 14,000 pounds of milk from local farmers.

The addition of rennet substitute causes the milk proteins to curdle, coagulate, and settle in a sea of whey. The whey is then drained off leaving slabs of curd.

After the curd pieces are salted, they are shovelled into metal canisters (in this case, tube-like containers which give longhorn cheese its distinct shape).

The canisters are arranged so that pressure can be applied overnight to compress their contents. The cheese is then moved to refrigerated storage for aging.

The sales are fed into a machine which cuts them up into nibble-size pieces. And at this point in the process, they are already good enough to eat!
The Community Harvested Bread the same day by com-
plaining and getting our food back in our own hands. We've recognized that as "con-
passion" our greatest long-term interest is in the security of local family farms. A major portion of our food purchases at the co-op are directly from local family farms, eliminating the middleman. The co-op pays often and most of the parity prices farmers need to flourish. People who pay are biased not so much on the "speculation" of the market, but the "measur-
ment of the real value of our local family farms.

Family farms are falling to the policies of near-sighted business owners under the guise of "effi-
ciency." We need to re-examine the myth of "efficiency" and "profits" by asking the qual-
tifying questions: efficient and expedient for whom? Profitable for how long?

Family farms are key to the health of our land and therefore the continuous health of our people.

Eating at Sister Kettle Cafe is much more than a dining experience. It is a statement about what you support. It's saying that you believe people work together collectively as equals rather than in a power-oriented hierarchy. It's saying that this sort of community is essential at every level and thus the world scales lands can produce enough food for all people. It's saying that you respect non-workers rights to enjoy fresh air while eating, whether you smoke or not.

Eating at Sister Kettle is also saying that you enjoy the warm food and social atmosphere of your own cafe since it belongs to everyone. It's saying that you approve of the people who work for $1.25/hr (includ-
ing tips). It's saying that all people really are one family.

During this winter season, please remember that the cafe is struggling to make enough money to re-
main a reality. Cold weather gen-
terizes high gas bills and tempts us all to stay home and cook and Christmas tightens our budgets so we generally eat out less often. Enjoy warming your homes with your own ovens, but when you do venture out for a meal, please remember that it is meant to eat at Sister Kettle and give her your love and support.

SISTER KETTLE’S TUESDAY NIGHT CONCERTS

Beginning January 17th, Sister Kettle Cafe will be open on Tuesday evenings from 8pm till 11pm for a coffee house. Admission will be $1 at the door and drinks and goodies will be available. Anyone willing to share their time or interest in performing can contact Arifa St. Clair at 443-1955.

Look forward to these three fine evenings in January:

- January 17th
  Rosée’s Bar and Grill
  with Martha Hansen, Yoyo Constantine, Carol Head and Linda Davis.

- January 24th
  Sister Kettle Folk and Blues.

- January 31st
  National recording artist from San Diego Springs, Bob Dunson has played his original and contemporary folk music at the San Diego Folk Festival, The Oddball, and on numerous college campuses.

In addition we're offering you the following:

- Sister Kettle would like to verbally save her food (and this meeting) for disponableness. She asks for less reliability.

- Each month John Ludmark coor-
dinates a show of local artists at Sister Kettle. Come in and sign up.

---

The co-op’s library work team and people to donate books for the First Annual Book Sale to be held on the Community Harvested, January 28. Proceeds will go to wards a reference and community library at the store. Please return your contributing to the store by January 29.

A jury award of money damages to an organic farmer who sustained crop losses due to an aerial crop duster working on adjacent land, was affirmed by the United States Supreme Court.

The high court upheld the trial court's instructions that the sprayer would be "strictly liable," if the jury found the duster to be the cause of the farmer's crop damage, even if the farmer asserted "sound care to avoid harm.”

In the Court's view, crop duster ing constituted an inherently dangerous activity.

Co-op News and PUBLIC NOTICE would like to thank San Fran-cisco's TURNOVER, A Magazine of Food Issues, for their dedicated research and writing on vital food topics. TURNOVER has pro-
vided inspiration and information for many PUBLIC NOTICE stories. Last issue's sugar story was summarized in part from TURN-OVER's Special Sugar Issue. Read our overdue credit to the workers of the Bay Area Food Network.

Linda Harvey has been added to the group's work collective this month after a grueling selection process. Daily hours of interviews, discussions, and meetings brought mounting consternation and delayed the final decision several times. Much thanks to all the good, interested people that applied for the position.

Keep your eye out for Linda and give her lots of support as she learns the ropes in the coming months.

The only cooperation which is commonly possible is exceedingly partial and superficial; and what little true cooperation there is is as it were not, being a harmony invisible to men. If a man has faith, he will cooperate with equal faith everywhere; if he has not faith, he will continue to live like the rest of the world, whatever company he is joi ned to. To cooperate in the highest as well as the lowest measure, means to get on living together.

Henry David Thoreau, WALDEN

SISTER KETTLE SPEAKS

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TO VALE RECORDS!

quality used records

"A COMPLETE LINE OF PARAPHERNALIA"

842-3059

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J. HODD

Quality Books

2000 PAPERBACKS

"An ORIGINAL FREE"

HARDCOVER PRINTS

MAGAZINES RECORDS

WE BUY, SELL, TRADE

OLD ROCKETS,

GOLD RINGS,

SILVER

OLD POCKET WATCHES,

WALL CLOCKS

731 New Hampshire

PUBLIC NOTICE PAGE SEVEN
Farmers of the 1890's had faced drought and transportation, trade, wages, and fertilizer have skyrocketed. The Populists, as they eventually became known, fought for farmers' rights, especially to control production and prices and to control production. One of the most influential people for the Populists was a proponent for better farming conditions and President Theodore Roosevelt who was elected to a platform that sought more populist than Populism itself.

Today, many argue that the farmers movement doesn't stand a chance in achieving more equitable prices and profits for farmers. The Alliance succeeded, in part, by linking up with many other "little guys" such as farmers, into a syncretic movement. The farmers have hitherto had less than their full share of public attention along the lines of business and governmental life. I am therefore anxious to bring before the people of the United States the great importance of securing better business and living better on the farm. And I'm happy that many good and competent farmers, and good and competent people in the world, are working hard to make the United States a better place to live. The Populists were not necessarily self-made men who reaped great profits and who wanted to control the land and the state. The Farmers' Alliance started in the late 1870s. It sought to organize the farm movement to boost farmers' spirits and encourage them to work together. Farmers saw their condition as worse than their full share. They sought to control production and prices and to control production. The Alliance succeeded, in part, by linking up with many other "little guys" such as farmers, into a syncretic movement.
In Douglas County...

Farmers in Douglas County have just begun to organize behind the American Agriculture movement. On December 27 over a hundred farmers participated in a tractor parade down Massachusetts Street. The parade was a tractor parade down Massachusetts Street, followed by the first organizing meeting.

But no clear leadership or plan of action has emerged. Those who tend to support the strike seem to be waiting to see what their neighbors plan to do. No one person has stepped forward to lead the movement in the county.

Johnette Martin drove an unmarked 1968 393 Case tractor 300 miles from Norton to Topeka. It took her three days. She drove from sunrise to sunset, stopping in small towns for farm meetings in the evening.

The first night, 600 farmers turned out for the first AA meeting in the Belleville area. She slept on a cot in a hotel room that night with the wives of other farmers who were heading for Topeka. The other drivers in the tractorcade of 90 slept in national guard armories set up along the way. But the only woman, she decided to make other arrangements.

Mr. Martin is 27, has been married for 10 years and has three boys. She made the journey without her husband and children, because as she put it, "I think it's too good lately that my husband is working in town.

He couldn't get off his job so Mr. Martin decided that if their farm wages were not enough to support the strike, she would have to drive the tractor.

Mrs. Martin drove a tractor to the Kansas City area and back home. She decided to go to the fields at all in '78, and go to the dirt of it.

PUBLIC NOTICE

Johnette Martin drove an unmarked 1968 393 Case tractor 300 miles from Norton to Topeka. It took her three days. She drove from sunrise to sunset, stopping in small towns for farm meetings in the evening.

The first night, 600 farmers turned out for the first AA meeting in the Belleville area. She slept on a cot in a hotel room that night with the wives of other farmers who were heading for Topeka. The other drivers in the tractorcade of 90 slept in national guard armories set up along the way. But the only woman, she decided to make other arrangements.

Mr. Martin is 27, has been married for 10 years and has three boys. She made the journey without her husband and children, because as she put it, "I think it's too good lately that my husband is working in town.

He couldn't get off his job so Mr. Martin decided that if their farm wages were not enough to support the strike, she would have to drive the tractor.

Mrs. Martin drove a tractor to the Kansas City area and back home. She decided to go to the fields at all in '78, and go to the dirt of it.

PUBLIC NOTICE

But no clear leadership or plan of action has emerged. Those who tend to support the strike seem to be waiting to see what their neighbors plan to do. No one person has stepped forward to lead the movement in the county.

In a recent, interview, Stanbona, had several comments to make about the farm movement.

F: Are there plans to open a strike office in Lawrence?
S: Not really. I've thought about it, but I'm just getting too old. I think some younger person should take the lead. I don't really want to call (the meeting) I was just waiting for someone else to do it, but it seems like nobody else wants to take the lead.

F: What seems to be the problem?
S: It's unorganized. There are no officers. I've worked with the NFO for 15 years. The NFO is much more organized. This is just a movement. There's no system. I supposed that we need to start a Minstesian system to organize. A chairman would call officers who would in turn call five people, who would call more people, to get the word out for things like this tractorcade. Me and my wife, we didn't even know that was going to take place. Just one guy organized that.

F: Why are some farmers not behind the movement?
S: There's an apathy that you just can't get the job done. You know, it's there in my mind. I been through too many strikes and I know what farmers get the price up a little higher by withholding from the store and they go and sell. They acab on you.

F: NFO had a series of strikes in the '60s. We withheld boys when we thought the NFO had a milk holding action, which I think was something unnecessary. At least we got the government support price raised.

F: Time is Running Out on Us

PUBLIC NOTICE interviewed several persons who organized the American Agriculture movement when they were in Topeka for the Kansas strike office in Johnson. He's been working full time on the movement, flying all over Kansas talking to farmers about their problems.

F: How has farming been for you?
F: My income was $8,000 last year and I'm paying on $200,000 worth of property. I pay my taxes and rents, and I'm working for that. I'm working for the consumer. If we get parity, that's the easiest way for them to get control of the land. And if there's no way of getting the control of the land, we've got to get control of the land.

F: Manipulation by the government for the worst of the farmers.

F: They're importing so much from other countries and keeping supplies high, so prices are low.

F: If they don't do something, for instance, sign investors are going to come in, and big conglomerates, to buy up land, and when that happens there's no longer going to be farmers. And then you'll go on out of business because they'll work from 9 to 5, and you'll work from dawn til dark.

F: What do farmers want?
F: We're just trying to preserve the family farm. We just want a decent living. We're not out to get the consumer. If we get parity, we'll only raise the crops.

F: What do farmers want?
F: We're just trying to preserve the family farm. We just want a decent living. We're not out to get the consumer. If we get parity, we'll only raise the crops.

F: What do farmers want?
On November 21st and 22nd the League of Women Voters and the K.C.C. put on the first statewide utilities and consumer conference in Topeka. This event marked a small but important beginning for greater energy discussion between all concerned sectors of Kansas. Getting the various complaints and gripes out on the table is a must before arriving at common solutions. The first day was highlighted by numerous speakers from the K.C.C. to consumer groups to utility representatives. Topics range from finding problems and rate structures to more general discussion on energy direction. Tuesday morning was reserved specifically for workshops on the issue of rate structures and how best to apply them in Kansas. It was a very necessary beginning that must actively be followed up with smaller conferences all over the state.

The Federal Courthouse in Topeka has been widely acclaimed as an example of energy awareness. This building uses roughly one-fourth the energy claimed as an example of energy awareness. This building uses roughly one-fourth the energy pending gas crisis. The gas of problems in the 1950’s. Now KP&L is getting off gas. A victory is demanding payment for its coal fired plants and claims victory for upkeep of the gas lines. If they paid an equal share of the overhead than you and I do, they would have been burning coal.

In the last two years, the state economies of Kansas have been hit with a 48% increase in utility bills. The Statehouse and State Office Building are heated by steam from KF&L’s oldest power plant in downtown Topeka. With gas curtailments continuing in the winter, KF&L wants to phase out that old steam boiler. Getting all electric would be KF&L’s goal. If the state thinks their bills are high, now, wait till the winter. Kansas should be the first state to have a solar heated and cooled state office complex.

One wonders who should pay for the critical energy mistaked of the past. Case in point is KP&L Hutchinson powerplant. The big unit there was completed in 1949 and is capable of only burning natural gas or fuel oil. For the past five years natural gas has been curtailed to some degree each winter. Pretty soon there will be a mandate to forbid the use of gas as boiler fuel. Essentially a $100 million plant put in mothballs due to the fact that KF&L was unaware of the pending gas crisis. The gas officials were warned of such problems in the 1950’s. Now KF&L is demanding payment for its coal fired plants and claims victory in getting off gas. A victory used by other buildings of comparable size. Built by the Government Services Administration, the buildings incorporated three key design advances. The first was to insulate the whole building very well. The ceilings have 6” of polyurethane foam while the ceiling has of inslation. All windows are glassed and double thick. Secondly, the windows are recessed five feet so as to block out the higher unnecessary summer sun while collecting the lower winter sun. An awareness of passive solar energy that will become much more common. Thirdly, the building has a computer to monitor all energy usage and regulate unnecessary operations. It recycles and freshens all waste heat from the machines and people.

The Kansas Corporation Commission must be given the necessary funds to promote and fulfill their obligations to regulate the utilities. Our sister state Missouri is an excellent example. For one thing, they have their own computer to test the various models of growth and price sensitivity. They have a department of utility research and planning which actively assesses the utilities’ load growth projections and feeds its own projections into the regulatory process. They actively measure what the utilities are doing in load management so as to get more for each consumer dollar. The K.C.C. is forced to continually hire outside consultants to evaluate the utilities. Besides being much more expensive, the K.C.C. is not developing the in-house expertise to do the job properly. If they do it closely with the utilities in getting the best deal for the consumer.
Wind energy has pumped water up mountains, and it powered the world’s fleets for several millennia. In the early 1900’s, 8 million windmills generated electricity and pumped water all over the U.S. but by the 1950’s cheap fossil fuel and rural electrification replaced most of them. Today in Kansas, hundreds of old windmills dot the countryside, most of them decaying, rusting—rarely do you see a new windmill. So quickly have people forgotten how to use the wind, wind technology is referred to as exotic.

Given the fact that electric rates will continue to climb and the promise of new breakthroughs in storage ability, wind power can once again provide people with a practical source of energy.

And, construction of wind systems could result in more jobs for local residents. Small businesses could construct windmills in local shops, using local resources and labor.

**Windmills**

In New York City, when members of a tenant housing cooperative installed a windmill on their roof, Con Edison threatened to disconnect service to the building. The company claimed that the feedback of windmill power could create “adverse effects on Con Ed’s transformers and computerized control equipment and even pose a hazard to repair crews working elsewhere in the same system.” However, the New York Public Service Commission ordered Con Ed to buy surplus power from the wind generator and so far, Con Ed has suffered no damage.

In Denmark, where 100,000 windmills supplied the equivalent of $2 million neighbor on Block Island, the city of Kolding’s high school receive all its electricity from a windmill. Capital and installation costs for the 8 kw machine totaled $120, and it will pay for itself in 3 years.

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**Windworks**

**Just off the coast of Massachusetts, the island of Cuttyhunk now receives approximately half of its electricity from a windmill. The machine was manufactured by a small firm employing only 18 people. The windmill provides 30% of the island’s needs with over 400,000 kw per year. Projected cost of electricity is 5.1 cents per kw, which is competitive with electric rates in most areas of the country. The windmill cost $300,000, as compared to its $2 million neighbor on Block Island.

**A windmill almost as big as the U.S. Wind Program’s giant will be nearing completion in Denmark. The 2-Mw machine is a joint project by teachers, students, carpenters, engineers, and others in the college community of Tynd. The group’s aim was to reduce the college’s $28,900 fuel bill. Since the wind at Tynd blows 280 days per year at ground level speeds greater than 9 feet per second, a windmill seemed the logical choice. The Tynd mill will cost $395,000 compared to $10 million for the Boeing giant.

**In 1941, it generated electricity for a Vermont utility for two years, until a faulty bearing threw a blade, but was never repaired because by that time cheap oil was in, and wind was on its way out. It is still considered to be a technical success by engineers.**

These are examples of small-scale operations. But there have been some successful giants in wind power. The largest windmill ever operated was known as Grandpa’s Knob, located in 1941. It generated power for a Vermont utility for two years, until a faulty bearing threw a blade, but was never repaired because by that time cheap oil was in, and wind was on its way out. It is still considered to be a technical success by engineers.
Announcing...

By Steve Otto

There’s a man in town planning to build a new restaurant. He will specialize in foods that are unusual. The restaurant will be called “Everything You Always Wanted to Eat But Never Could.” It will be an international restaurant, with American, Mexican, German, Icelandic and Topeka, Kansas foods.

His food will vary from Hot to Bitter to Sweet. The man’s name is Frank Splitts ZX. He is from Topeka, Kansas. He is 80 years old and his hobbies are bicycling and photographing Bison and Wolves, which he hasn’t done since they became extinct.

He has been generous enough to share some of his famous recipes with Public Notice. You’ll have to admit they are unusual and exciting.

**JUNK FOOD CASEROLE**

5 potatoes, sliced thin; add one cup of lad.
3 teaspoons of sunflower oil
1/2 cup of peanut butter
1/2 cup of sugar
Add salt, onion salt, oregano, arrow and Italian seasoning.
Heat for three hours and another with soy sauce.

**CRABGRASS DINNER**

Boil crabgrass or cabbage with water and oil for five minutes.

Extract only layer using a separating funnel and save for later.

Mix with a cup of oil and 3 gs of vinegar.
Add salt and pepper and boil in a reflux condenser for 1/2 hour then dry in a desiccator over magnesium sulfate.
Add 1/2 cup of chopped almonds, 1 cup of cloves, 1 tsp of tomatil and oil extract.
Blend, heat, and serve.

**HAIRY DANGEROUS**

(for those who like “been out drinking” feeling without alcohol.)

One shot of vinegar, one dash of tobacco, one nightshade berry.
(Or be fatal in large numbers)
Dilute with orange juice and water and ice.

Got a Pain? Watch Out for Quick Cures

BY KATE DUFFY - Consumer Affairs

Prescription drug sales in the United States now total over $25 bil­ lion in 1972. Drug manufacturers have made equally high profits. Over the past 10 years, the drug industry has ranked as one of the 2 most profitable manufacturing industries in America (the other is soft drinks).

What’s going on? Many everyday health problems are more annoy­ing than that dangerous, left­ alone concept that people can cope well with it. We are being bombarded with “fix this” and this and that through TV, radio, newspapers, magazines and labels on cans and over the counter products filling drugstores and super­ markets from coast to coast.

An item? Run this one. Opisthotonos - a neurological condition (publisher of Consumer Reports Magazine) calls it the medicine of the 1970’s. The doctors are agencies that are now writing prescriptions for the public. The education style is basically the same. They work to induce alarm so that they can pressure and require relief or benefit with every bottle, jar, and can that they can sell.

Consequently, 60 million people use valium as part of their daily routine. About 1/3 of all United States use prescription drugs at one time or another. In 1961, 34 million Americans were tabu­ lated to use drugs on a regular basis. 70 to 90 percent of all pres­ cription drugs written by private doctors are used by non-hospita­ lized patients. Over 99 mil­ lion people take aspirin or com­ bination drugs containing aspirin.

So how do you know if the medicines you take don’t clash dangerously? The best way to protect yourself is to know what you’re getting into when you take medicine.

Paint what you can from the doctor who prescribes or prescribes the medicine in the first place. Don’t be afraid to ask questions. Make sure your doctor has complete information about your health before accepting any drugs or prescriptions. This includes any allergies you may have, drugs you are already taking, pregnancy or present illnesses. Know the name and correct speller of the drugs you’re taking. When taking liquids or medicines, remember to shake them thoroughly before you keep them. Take in uniform distribution of the ingredients. If you are having surgery, tell all the doctors involved what drugs you take, including aspirin and other over the counter drugs.

Keep written records of all drugs and vaccines you take and any allergic reactions to them. If you’re pregnant it’s especially important to keep accurate records of the dates, dosage and any reactions that occur. Always read the labels of over the counter drugs before you buy them. It’s not good to mix some over the counter drugs with pre­ scription medicines. You can find out what ones by looking at pre­ scription reference books in the Consumer Affairs Office, 991 Lan­ tana, No. 305. Or ask your pharmacist for more information.

Letters From Our Readers

TO THE EDITOR:

**Awesome Danger**

Nuclear power represents the greatest single threat to the health of our nation. These dangers are immediate.

Have you read British economist D. F. Schumacher’s book “Growth Is Beautiful”? Schumacher died this year and that is a great pity. For the “wielded” nations --especially the United States--scholars must find a way to speak the injustices, needlessness and arrogance of our civilization.

The nation man is the highest
Not beatiful. But beautiful
Not beautiful. But man!

Man is not God. God is not man. Man and God, not man, should not not not be God. And then, life noise and

not return to the simplici­ ties. He should cease floating between worlds as he has in the last quarter century. Rather, he should work with it.

Again and again, Schumacher derides mass production. Instead, he urges a return to production by the масс. He quotes Thomas Aquinas who said man is endowed with two priceless attributes: a brain and hands. But unless they are used, they will atrophy and die, which great reason of un­ employment, brought on mass production.

I have long thought that too much automation is for “the birds.” For what does it do? Displaces people from the land—their land­ creating desolatol, and the whole economy, disease and crime.

As the highest of all things created, man should treat the lower form with respect—with noblest religion, as the kind should treat his loyal subjects with kind consideration. This applies to both plant and animal life, of which contains at least one, a half million species. Remem­ ber, in 1912, Rachel Carson’s “Silent Spring”?

But man has--IS--exceeding him­ self, and as a result he will eventually reap the whirlwind.

All Schumacher’s chapters are hard stuff, but none more than the one on the potential disaster of automation. I urge everyone each of us to read this book. If necessary to continue, and this by the arrogance of the few, aided by their governments.

For once tired, radiation cannot be stopped; and the alpha, beta and gamma rays thus released are particularly harmful to all living cell tissues, causing can­ cer and all manner of mutations.

It’s little wonder that our insurance policies are worthless as they do not protect us. 2/3 of prescriptions available are questionable. Drug manufacturers do not work with it.

We would have deformed blips exceeding beyond imagination the thalidomide babies of some years ago.

The earth over millions of years was created in its marvelous full­ ness for all creatures—that unknown, wonderful, beneficent system of God-given nature of which we are a part, and which we certainly have not made our own. Not only that but we have—super­ clever to tell the rest of us what it is really like.

A critic wrote that he had never heard of D. F. Schumacher unless he had read this book. But having read it, he now would nominate him for the Nobel Prize in Economics.

—Sarah Shoter

Topeka, Kansas
Old Time Snuff

BY BETTY GIBLER

Snuff is a very old product, originally used in England to clear the sinuses, because of the damp, foggy weather. Processed into powder, it was used at times to take away the hunger pains produced when there was a lack of food. Some people use it by mouth, others by inhaling it.

It is very popular in Southern states, the Midwest, and Northern states among field hands, factory workers, and a variety of laborers. But contrary to beliefs that only poor, illiterate Southern people use it, snuff is very much used by well-to-do people, aristocrats and business people; in the 16th and 17th centuries, snuff was used mostly by the upper class people.

Although there is less mouth cancer produced by snuff than cigarette smoking, there is a risk of contracting mouth cancer after prolonged use by mouth.

Snuff has been used for medicinal purposes too. In older days, it was used to draw stingers out from insect bites and to put on mosquito bites to stop the burning and itching.

There's humor in snuff too. If a wife is mad at her better half, she can load up her mouth with snuff thus turning off a repentant husband coming home expecting a big kiss and making up.

All in all, snuff is a big seller in the tobacco market and a product used and enjoyed by many.

That's 'snuff this time.

Eagleman is New City Manager

Corporal Daniel Eagleman trudged into City Hall yesterday, and caught Watson praying behind his desk when he flicked the door open with a certain hand.

Eagleman, being half-eagle, half-man, was surprised at the emotion playing around the face of Watson who was caught in the abnegative act by the new City Manager of Lawrence, Kansas.

Eagleman addressed Watson, telling him that eagles frequently showed more dignity than the manager, and implored him to rise to the erect posture characteristic of a man rather than grovel like a hound on the rug.

Watson rose and saluted the Corporal. Clark stood near the door and held out his hand. Watson shook it, muttering that spite had driven him from government, and that the people would soon tire of having their trash collection managed by half an eagle.

--By Wilbur Ray

FROM US DOGS POINT OF VIEW

Please don't blame us dogs, for spreading your trash around. It took some people to make it, and so comes your frowns. We dogs seen a whirl wind come across our god's ground, and turned your old trash cans upside down. And your trash went round and around—all over town. We dogs do have our litters; just leave us alone. We do clean and take care of our litter! Do dogs don't smoke, and such fool papers. Running around signing our names on mortgage papers. We dogs don't like to be tied up or in a pen. We'll take care of us—you worry about your sins.

--By Wilbur Ray

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RESIDENTS ALLOCATE FUNDS

by Louise Page

DAYCARE PROPOSED FOR NEW YORK SCHOOL

SAUL FARMER

After years of dropping enrollment that has prompted rumors of the closing of the only school in East Lawrence, plans are now underway to boost enrollment by offering a before-and-after-school daycare center at New York Grade School.

Barbara Willits, chairman of the advisory board that presented the proposal, said that the daycare center program would have a number of positive benefits. "The daycare program will be a magnet school by attracting students from other schools in the district."

The proposed daycare center would allow children to be enrolled by their parents at the school at 7 a.m. and picked up at 6 p.m. each school day. The children would be in the daycare center only before and after school. They would then be enrolled in school classes the rest of the day. Enrollment would not be, as it presently is presented, restricted to children who reside in East Lawrence, but would be open to any one in Lawrence who wants the daycare services.

The estimated fee to participate in the program is $10 a week for each child and $5 for kindergarten.

For an additional $3.50 a day, the center would also be open whenever school is closed, except for national holidays.

Jacki Kirk, a member of the advisory board, said that qualified persons would supervise the children.

"Transportation will be left to the parents," Kirk said, "enough for children in special education. We hope to offer transportation for these children."

Willits said, "People are desperate for daycare centers. Many working parents are looking for or need dependable, responsible and attractive babysitting sources. This program would offer these things."

The center proposal was prompted in February when the School Board discussed strategies to prevent the closing of the school by increasing enrollment at New York. The New York enrollment has dropped from 314 to 100 in the past eight years. Five of the 14 classrooms are being used as classrooms. The other classrooms are used by the schools district as libraries, audio-video rooms and offices for counselors. Many of the classes are combination ones, such as third and fourth grades.

Willits said many of the residents of East Lawrence were upset last February because "any decision to close a neighborhood school closes, some parent or other." The area is "in the neighborhood."

"Many of these people are long-time residents of Lawrence who have attended New York School themselves," she said.

At the Oct. 24 School Board meeting, the advisory council was authorized to make plans for a proposed daycare center. The advisory board was directed to present the daycare proposal to the school board early in 1978. Willits said their goal was to have the service by fall 1978.

A survey conducted in September by the school district indicates that 78 parents have an immediate need for the center. This would mean 98 children of these parents are interested in enrolling.

The people requesting day care weren't concentrated in any one area of town.

Kirk said the council was encouraged by the results of the survey, even though only 78 or about 5 per cent of those who returned surveys indicated they needed the service.

"We are not working on the idea that the program would be successful if we filled the school," she said; "just really fill it.

Each student in U.S.D. 937 was given a survey to take home to their parents. Of 1,228 surveys distributed, 382 were returned.

Fifteen of the 78 families who say they need the daycare center also indicated that $10 a week was too expensive.

Another big project underway in the development of a park. About $20,000 was left by the late Herbert "Buddy" Hobbs. Hobbs had willed funds to Lawrence Community Development Corporation. The closing of the East Lawrence school has given the corporation a logical place to spend the money. "We are a logical place to spend the money," she said.

Some residents were against the service such as the parents of one student. "This is a parent's total responsibility," one parent said.

"If these practices continue, the schools will soon be bulldozed down. But if parents continue to have children, parent's should be responsible for them."

Others were more concerned about the cost of the program. The parents said they were "definitely opposed to tax-supported daycare if the students are indiscriminately provided for all students in their district."

Kirk said a minimum of 48 students would keep the program completely self-supporting.

The proposed daycare program was presented on favorably by some. One person said, "I have been in the last four years and we have had to look elsewhere for after-school care in the Broken Arrow district and have had an awful time finding one. There is a need for the type of program you support and we are interested in discussing it with you." The advisory board is now planning the final points of the program which includes what equipment will be used for the program and the budget.

Kirk said that the East Lawrence Association for Improvement of New York School and the 7th area council may provide the initial seed money for the center.

"We want to get the school going," Kirk said. "New York is a bit isolated because there aren't enough children to be a viable school. We hope to change that."
The zoning regulations of the City of Lawrence are designed to encourage investment rather than discourage it. In one case, code enforcement abandoned by the city because of a fear of community reaction, poor city services, street maintenance and animal control, and police tolerance of rowdy behavior around 13th and 9th Street have led to a gradual abandonment of that area. These points indicated to those who formed the neighborhood association that some kind of strong organization, the area would continue to decline. At the same time, association members heard that the area had the greatest potential for rehabilitation and upgrading of any neighborhood in the city. So, in May, 1977, residents first went to the City Commission with a series of requests in the areas of zoning, code enforcement, city services, community development and rehabilitation.

As a result of that meeting a formal association was formed. Members, association officers, and representatives met with various city officials.

So far, results have been meager. The association has been recognized by the City Commission, and the area has been designated a Community Development Target Area, which would make it eligible for aid. But no effort to clean the streets at all, no effort to paint the buildings at all, no effort to clean the streets around the neighborhood at all. The residents have organized for aid, but the residents have not been organized in an effective way. The residents have not organized in a way that would result in the neighborhood being cleaned up. The residents have organized in a way that would result in the neighborhood being cleaned up. The residents have organized in a way that would result in the neighborhood being cleaned up.

Contact with the City Planning Commission has resulted in a preliminary work on a neighborhood plan which would modify and update the City's Plan '73. The plan will be ready for adoption in January, 1978. Students, landowners, and homeowners are bound to have different ideas about what zoning and building policies ought to result from this plan, so the outcome in terms of renovation in the neighborhood is still in doubt. To date, the outcome of the planning process has not been encouraging. At the December 13, 1977 meeting of the City Commission, the Planning Commission suggested that the request of the Lawrence Association to zone some property along the north side of 9th Street should await completion of a neighborhood plan. Even though such a plan has not even been scheduled by the City. At the same time, the Planning Commission approved a rezoning request for 13th and Massachusetts, in spite of a plea from the Great Neighborhood Association to avoid completion of the neighborhood plan, already underway.

In the area of police services, the association is currently working on an application for a neighborhood anti-crime grant from the Federal Law Enforcement Assistance Administration. Officer Brothers of the Lawrence Police Department spoke at the November meeting of the association about crime in the neighborhood, and methods of control. There are still serious problems with Shompenish on 9th Street, and with bars on 14th. The group hopes to create enough pressure to secure better police protection for the neighborhood.

There are also problems with city services in the area. Such as the area is on the east side of the Lawrence Police Station, and wet weather in the summer and fall, indicate a good deal of silt on the streets. Yet, the City has not made an effort to clean the streets at all, and still presents a sometimes grave hazard to two- wheeled vehicles. Almost every road, and is sometimes 5-6 inches deep. When it snows, the City puts up barricades on the streets on the hill, instead of clearing and/or salting the streets. The barricades utterly failed to stop traffic. Tie, in effect, "closed" those streets, when they weren't closed. One result of this policy was a significant increase in collision at 13th and Tennessee, at the bottom of the hill. Numerous area residents were, at the same time, more-or-less isolated in their homes, or mobile only at risk.

For 1978, the Lawrence Neighborhood Association will seek support cooperation from the City, and greater resident involvement in association affairs. At the present time, the group has 85 dues-paying members ($1.50 per year). The January association meeting will be on the 9th, at 7:30 PM at the South Park Recreation Center. Ordinarily, the group meets on the first Monday of each month at the recreation center at 7:30. All area residents and property owners are eligible to join, and anyone else is invited to attend.
I once spent time in a nightclub kitchen with the man who saturated the West Coast with purple rock in the late 1960’s, Augustus Samuely Overey (that’s why the owl) III, a fellow whose for such flashbacks as parachuting into Golden Gate Park to distribute take of his acid to the loved-in hippies there. Neither was I chose to be there, in the kitchen of Thee Experience. Thee 7551 Sunset Strip, Los Angeles; he was following the Grateful Dead and I was following some faded Marceau adventure dream that took me to California and back to Kansas four times in the wised year of 69.

I was washing dishes in a three-chambered sink while he was standing with his back running the freezer door; shooting the gas from cans of whipped cream into his lungs by holding the whipped cream case upright and bending the nozzle into his mouth, bouncing against the freezer door as the nitrous oxide went to his head. He stood there and emptied a dozen cans that night, always asking me to find more for him in the freezer after he finished a couple and wanted a couple more.

I was just a scrub boy, a dishwasher and organizer of the kitchen, at Thee Experience in the early months of 1969. I was in and out, for the fifteenth time, of a relationship with a woman I loved but couldn’t settle down with. It got screaming awful in those months, so I moved away from her and started sleeping in the back of the nightclub. I’d go to bed at 3 and wake at 10 to the sound of musicians auditioning. I slept on a board propped up on two订阅block. For standing in front of a three-chambered sink and washing glasses in record number, for building shelves and calming waitresses whose legs rested against the freezer door, for tolerating an impudent wimp of a 19-year-old chef and peeling potatoes the early months of 1969. I was in and out, around 5 in the morning, turned the ticket booth girl fornicating on those bleachers.

This whole mess was held together by the performance of Marshall Srevetz, an ex-marine, 29 but looked 59, hair in steel wool curls, wanted out like Hero’s hair on both sides of his head. His intensity and calm, always high, never varied in crisis. I saw him crawl the crush of night orders and Marshal would just say, "It’s cool," and meant--not like the million hippies who were going through hot spots with that expression in those years.

Marshall held the place together with flat-tary. He’d come up to me and compliment me for my speed in plumping the glasses through those vases and tell me he needed me because I kept the waitresses happy by listening to them when they were upset by grumpy customers.

Marshall held the place together with his personality, which attracted everyone, the Grateful Dead played for Marshall—for next to nothing. Jim Hendrix came down to Jim, with Buddy Miles. So you got to soak your way through the first half of the night, wait for the Grateful Dead and I was following some famous back man, the wimpy chef—kept of us, around 5 in the morning, turned the ticket booth girl fornicating on those bleachers, was named Wendy, a new girl from the East, full of information about scienology, took me home with her, in the midst of all this wildness of the nightclub as someone rolled in the 3-D hydraulics of LSD. It never happened, Marshall had gone, one of the waitresses reported that the girl had gone out with the manager, but it was a sinister Halloween trick at the bottom of the stairway. I saw him crawl the crush of night orders and Marshall would just say, "It’s cool," and meant--not like the million hippies who were going through hot spots with that expression in those years.

For my speed in plumping the glasses through those vases and tell me he needed me because I kept the waitresses happy by listening to them when they were upset by grumpy customers.

Is that all? No! A Service Center has been opened at THE FOOD coop, 7pm-9pm, allowing members to make deposits, loan payments and leave messages any time the store is open.

NOTICE! NOTICE!

Credit Union
New Hours & New Services
Beginning January 2

9-1 2-6 9-1 10-4
at the food co-op

Is that all? No!

A Service Center has been opened at the food co-op, 7pm-9pm, allowing members to make deposits, loan payments and leave messages any time the store is open.

Anything more? Of course!

We are now offering Share Certificates, at the following rates:

<table>
<thead>
<tr>
<th>Rate</th>
<th>Minimum Balance</th>
<th>Certificates for 1 year</th>
<th>Certificates for 1 year</th>
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<tbody>
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<tr>
<td>6.75%</td>
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<td>6.75%</td>
<td>$500 increments</td>
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</tbody>
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Substantial penalty for early withdrawal.

Community Mercantile Credit Union
Where money isn’t your only interest

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NOTICE! NOTICE! |

Notices will be provided at the food co-op for the following:

*Sunflower special*