FEDERAL BUCKS TO SLASH RENTS

The Department of Housing and Urban Development (HUD) program, known as Section 8 Existing Housing Assistance, is designed to assist lower-income families who pay more than 25 per cent of their income for housing. The program is available only to families, the handicapped and persons over 62 who meet specified income limitations.

The Lawrence Housing Authority (LHA) has been taking by the LHA to start the program. The program, known as Section 8 Existing Housing Assistance, is designed to assist lower-income families who pay more than 25 per cent of their income for housing. The program is available only to families, the handicapped and persons over 62 who meet specified income limits. HUD pays that part of the rent which exceeds 25 per cent of the tenant's income.

The LHA members have said the major roadblock to beginning the program has been that the 'fair market rent' limits set by HUD, were too low for Lawrence, where rents are extraordinarily high due to the University population.

Fai·market rent is the maximum a dwelling can be rented for under the program. Currently, the LHA estimates that the rent for a one-bedroom unit, and $199 for a two-bedroom unit. This price includes utilities.

The LHA feared that the program would fail if it was started with the current rent limits, but qualified persons wouldn't be able to find qualified housing within the established price range.

To qualify, a dwelling must pass the City Minimum Housing Code inspection.

Prompted by a November decision by the LHA not to proceed with the Section 8 program, a HUD official, James Smith, attended the January LHA meeting to urge the board to pursue the program. He told the LHA that HUD would adjust the rent limits so the program would succeed.

Board members expressed surprise at this offer. Kay Calvin, chairman, said she hadn't known that HUD would be willing to raise the limits.

A few days after that meeting, Sarah Peters, executive director, made a formal request for a 19 per cent increase and said the LHA intends to ask for an additional increase of 10 per cent. But the LHA has known that HUD would negotiate the price, according to members of the Lawrence League of Women Voters who have been following the Authority, and according to a HUD program specialist, has been told that the Authority hasn't been pushing the program.

"I don't think they (LHA) really want to do it," she told PUBLIC NOTICE recently. "They probably think it's too much trouble for the number of units involved."

Asked if the LHA was aware that they could ask for a rent limit increase, he said, "I think so."

"If a housing authority is serious about its problems, we (HUD) will help them any way we can," he said. "But we can't help unless they ask. They have to take the initiative. They've just been sitting on this contract for six months."

Although Lawrence has been offered money for just 40 units, Pursey said that more units possibly could be developed in the future. He cited Topeka's program as an example of just about all of their 240 units filled. Applications are now requesting funding for 176 more.

Justice Tougher to Buy

Utilities could no longer shop around for an understanding judge when appealing Kansas Corporation Commission decisions under legislation introduced recently by State Sen. Arnold Burman (D-Lawrence).

The KCC is the state regulatory body charged with regulating utilities and Common Carriers. Under current Kansas procedure any KCC decision can be appealed by the utility involved to any district court in the state where that utility serves the public.

As a result, utilities have often turned to District Judges in small, unpopulated counties to overturn statewide decisions of the KCC, an agency with a staff of experts.

Within the last year, a Tolland County District Judge ordered the KCC to reverse a long-standing practice and mandated that utilities must charge their customers for production facilities still under construction. The last KCC decision on Southeastern Bell Telephone rates was reversed by a Cowley County Judge.

The new law would place jurisdiction for KCC appeals in the Kansas Court of Appeals, the highest court in Kansas. Appeals of that decision could then be made to the Kansas Supreme Court.
A RENTAL crisis has been identified by the Lawrence Housing Authority (LHA) as one of their goals in the future. This crisis is that there are many women who are victims of domestic violence in Lawrence, Kansas, and who need help. The LHA has complained that this type of crisis is one of the most pressing issues facing the organization and the community.

The LHA has also reported that they have seen an increase in the number of women coming to their agency for assistance with housing problems. The agency has been forced to turn away many women who need help because they do not have the resources to assist them.

In response, the LHA has created a special program to help women who are victims of domestic violence. This program offers a range of services, including temporary shelter, counseling, and legal assistance.

The LHA is currently seeking funding to expand this program, and they are also looking for volunteers to help with the day-to-day operations.

In addition to this program, the LHA is also working with other organizations in the community to help women who are victims of domestic violence. They are collaborating with local shelters, legal aid organizations, and advocacy groups to provide a comprehensive approach to addressing this crisis.

The LHA is hoping to receive funding from both government and private sources! to continue this important work. They are also seeking partnerships with other agencies to increase their impact.

The LHA is committed to helping women who are victims of domestic violence, and they are working hard to provide the support they need. They encourage anyone who has information or resources to contact them at 842-5657.
by Bo Smith

Editor's note:

Bo Smith, author of this movie review and one of the most respected writers on documentary films, has been instrumental in the selection of films for the USA Film series.

First, about my tastes: I'm partial to films that can be called "independent" or "experimental." I've also been a leading figure in the avant-garde film movement for over 15 years, and I'm most strongly recommending catching Terre em Transe, by Yvonne Rainer, a leading figure in experimental film, i.e., your basic, made-up-together film, that require the audience to passively consume a film, i.e. theatrical films, and are often labelled "lyric." If that doesn't say anything to you (I'm not sure what it says to me), just go with an open perspective, expecting to see something different, something more than another slick and hollow piece of corporate produced mass culture entertainment.

Next of Chick Strand's films are anthropological in nature and chiefly focus on Mexican life situations. However, as a warning, don't expect by documentary films that use film form innovatively, especially to the extent that the audience is made more responsible for taking an active role, often by use of devices that intentionally expose the illusory nature of films. Films that do little more than turn a play into a film, i.e. theatrical films, and films, rather fictional, or, documentary, that require the audience to passively consume a story or a "correct" line of reasoning, simply won't cut it.

A similar open mind set is important for all of the films shown Thursday nights, the night that's set aside for films that warrant both the "independent" and "experimental" tag. These are films that aren't peddled, that have an internal interest to turn a profit, instead, they are much more often shown by non-profit operations that often receive outside support, like art museums and university film programs (90's doesn't!), and therefore unfortunately don't often reach the mainstream of working people. I'm most of them they're not good, or not worth your time; the selection of films for the film series is completely arbitrary, and I suggest getting there early.

On February's four Thursdays the following films will be shown: Yvonne Rainer's Lives of Performers on Feb. 26; 6 films by the grand old' wise and witty poet of San Francisco, James Broughton (The Bed) on Feb. 27; and, as has already been mentioned, Portrait of Jason, by Shirley Clarke, a leading figure in independent film since the '50's, on the 9th. I shout you to try some of these films out.

We're Alive, Time scheduled for documentary films that also de

Also in the area of experimental films, i.e., your basic, made-up-together film, I'm most of them they're not good, or not worth your time; the selection of films for the film series is completely arbitrary, and I suggest getting there early.

As a general rule the Swiss seem to get into being more conscious of what they do when they visit another country than when they visit home. This is also true of the Swiss cinema, and I suggest getting there early.

In the area of avant-garde films, i.e., theatrical films, and are often labelled "lyric." If that doesn't say anything to you (I'm not sure what it says to me), just go with an open perspective, expecting to see something different, something more than another slick and hollow piece of corporate produced mass culture entertainment.

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Their idea, according to Director Ann Evans, is to case out one of the great themes used throughout the arts - eliminating nudes. It insults Lawrence citizens' shield youngsters who come into the gallery from the sight of a naked body. It seems ironic that child-incomplete is half of his works in a show because they contained sensitive lyrically and beautifully expressed, but can see sex on the T.V. screen which is unavoidable today. The nude female form. Therefore his exhibit was is censoring nudity is not new, but in this day and age it is surprising and appalling.

SISTER KETTLE SPEAKS

Sister Kettle Cafe's Tuesday Coffee House has been very successful in it's opening performances. Our first act was Kristin's Bar and Grill. Like always they put on an excellent show combining new feminist music with old traditional folk tunes, the serious with the light-hearted. Our second entertainer was John Schill who thrilled us with original songs, blues, and those golden oldies.

The Coffee House is open every Tuesday from 8 til 11 PM. The admission is $1. We serve coffee, tea, and milk as well as Nan's goodies.

February's schedule is as follows:

February 7 - Kurt Signor
Kurt is a local performer who describes himself as a disappointed guitar player who keeps losing Norman Blake look-like contests. He says he's played all around the country, but no one ever paid him for it. Kurt will be playing rapier, blues, and just plain tunes.

February 14 - Cheap Local Talent with Pat and Gordon Cleveland. Funky country is the way Pat

BRIEFS

The boycott against JP Stevens textile products is working. In its last quarterly report, Stevens showed a decline of approximately 17% in profits over the same period last year and its stock recently hit its lowest point of the year. (free-for-all)

James Gang

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The Art Center has a policy prohibiting the display of nude female form. Theref ore his exhibit was a show because they contained shortcomings or offensive may need to be reviewed all forms of suggestive exhibitions of nakedness and sex on the T.V. screen which is unavoidable today. While it is agreed that certain works of art which are sensational or offensive may need to be reviewed, it insults Lawrence citizens' shield youngsters who come into the gallery from the sight of a naked body. It seems ironic that child-incomplete is half of his works in a show because they contained sensitive lyrically and beautifully expressed, but can see sex on the T.V. screen which is unavoidable today. The nude female form. Therefore his exhibit was is censoring nudity is not new, but in this day and age it is surprising and appalling.

SISTERS SPEAKS

describes their music. They have played extensively in the Lawrence area as well as other parts of the Midwest.

February 21 - Kim and Don Carlason
All you traditional folk enthusiasts should be sure to come see these two Ottawans. With Kim on autoharp and Don on guitar, they play everything from gospel to tabor and rail road songs to original satire. They have performed extensively at the Poolkiller in Kansas City, at several benefits in the K.C. area, and at various colleges.

February 28 - Greg Trooper, Jim Paschetto, Chris Potter
This trio plays rhythm and blues and progressive folk. Greg is lead singer and plays rhythm guitar, Jim plays lead guitar, and Chris plays bass. They've played at the Poolkiller and the Silver Spoon in Kansas City, and at the Geza House and Off-The-Wall Hall here. Don't miss them!
SETTING AN ENERGY POLICY

By Paul Johnson

A state department of energy has been proposed by Rep. Don Hilsen, D-Topeka. The central idea is to pull together all energy related functions of the state under one autonomous organization. The reasons are fairly self-evident. First, the only state energy office we have now is directly under the partisan chair of the governor. While this energy football is tossed between the governor and the legislature, our energy future looks none and more bleak. Second, we need a strong advocate for energy conservation and the introduction of solar and other alternative technologies. We already are well aware of the immense political power which the utilities and the oil/gas interests have. While they sing the "Freeze in the Dark" chorus of unlimited power plant construction, someone needs to strongly support the more sensible, economic opportunity in conservation. Finally, we need some mandatory future planning regulations needed for major energy production plants.

Such a bureau could establish an up-to-date comprehensive list of state and local energy producers and suppliers to work to lower local shortages by keeping track of new technologies and potential state-wide supply sources. It could also emphasize the highest quality, lowest cost product.

For low income residents the bureau could initiate the organization of a community solar business. In this way, the state could insulate itself a high quality, low cost supply. By dropping marketing in the middle-income market.

In addition, the bureau could sponsor new developments in the conservation market. As a field, keeping the state aware of such changes.

EDUCATION TEAM

After decades of energy consumption information bombarding us, there is a real need to have conservation materials so available. At this point in time, we can save energy more cheaply and definitely more safely than any other energy option. The savings for Kansas could be substantial.

The following are branches of activity which could be generated out of a state department focusing on energy concerns:

WEATHERIZATION BUREAU

Two-thirds of the homes as well as many businesses in Kansas are inadequately insulated. A bureau established for the purpose of co-ordinating the availability of energy saving materials and comparing prices would save the government and private sector money.

There is no evidence from experience that the investment policy which Kansas must adopt must coincide with that which is most profitable. John Raymond Keynes, the great economist, believed that an equal distribution of benefits and necessities was the key to a stable economic environment.

The next step in this campaign would be to create an energy conservation education curriculum for the school systems.

Such a bureau could present a detailed statement concerning energy-related plans for Kansas. The statement would be presented and discussed by the state legislators. In this way, the state of Kansas could begin to establish an energy plan.

On a yearly basis, the group would present a detailed statement concerning energy-related plans for Kansas. The statement would be presented and discussed by the state legislators. In this way, the state of Kansas could begin to establish an energy plan.

TOUR FORCE

Currently, in the state of Kansas, there are numerous political barriers to trying new technologies. Energy production and sales have been manipulated by a handful of companies. Determined to preserve their profit position, they are fighting to keep the public uninformed on the latest energy ideas. They are trying to keep the public from buying solar cells more effectively.

A two percent severance tax on oil and gas taken from Kansas soil was introduced recently by State Senator Arnold Beman (D-Lawrence) this session of the legislature and referred to the Senate Transportation and Utilities Committee.

While Kansas now pays severance taxes on most imported oil and gas, Kansas is one of the few major energy producing states without a severance tax. Severance taxes are designed to compensate the public for the loss of the state's irreplaceable energy resources.

Monies gained from the severance tax (SB 590) are to be used to provide a state-sponsored alcohol program, to establish a low interest loan program for the development of solar and wind energy systems, and to create an energy stamp program that would help elderly and low-income persons pay their increasing utility costs.

The gasohol program (SB 591 and SB 592) would convert excess Kansas grain into ethanol alcohol. Ethanol alcohol would then be mixed with gasoline and burned in automobiles and other internal combustion engines.

These bills seek to help relieve both the distressed Kansas agricultural scene and the state's increasing dependence on imported oil and gasoline.

SOLAR SUPPORTERS

Many people in Kansas have expressed a willingness to support any effort in this field. A solar energy bureau under the state legislature could initiate new projects and research. This would promote the use of solar energy.

The effort is important to make available an up-to-date list of solar hardware. Currently there are a number of sources of longevity and sources are the type of information which should be given to all contractors as well as state government people.

This group would keep informed on new solar breakthroughs and make such information available. The consumer has the right to know what products are available.

Another option is to advocate for wind energy. Being in a windy state, Kansas should be a leader in the use of wind energy. Many industries could generate their own power if they could negotiate with the utility companies.

Many folks ask why we can't generate electricity from the water power in the spillways at our reservoirs. Once again, the utilities have taught us bad ideas; none is organized to oppose the utilities.

Another option for this group is to work with cities to generate power from their garbage. Another example is to advocate for ethanol alcohol. Farmers could use the spent grain from the alcohol industry to grow more corn and the spent grain could be used to grow more corn.

A multipurpose wind power development could be of benefit to Kansas. Such a bureau could establish an up-to-date comprehensive list of state and local energy producers and suppliers to work to lower local shortages by comparing prices and costs. Energy production and sales have been manipulated by a handful of companies. Determined to preserve their profit position, they are fighting to keep the public uninformed on the latest energy ideas. They are trying to keep the public from buying solar cells more effectively.

THE CONSUMERS' ADVOCACY UNIT

With increasing frequency, the state utility companies have been appealing to the KCC for rate increase demands. The interests of consumers are poorly organized, and with such increase the consumers' lobbying power diminishes.

This unit would consist of committees, rate engineers, future planners and attorneys who would speak at any state regulatory body which has power over utility operations.

The following are branches of activity which could be generated out of a state department focusing on energy concerns:

WEATHERIZATION BUREAU

Two-thirds of the homes as well as many businesses in Kansas are inadequately insulated. A bureau established for the purpose of co-ordinating the availability of energy saving materials and comparing prices would save the government and private sector money.

There is no evidence from experience that the investment policy which Kansas must adopt must coincide with that which is most profitable. John Raymond Keynes, the great economist, believed that an equal distribution of benefits and necessities was the key to a stable economic environment.

If state and local governments are priviledged positions, it would benefit the nation to have them in a position to be able to provide energy to the public. This would be a step in the right direction in the right direction in the right way for the little known Russell Bill which passed the Senate in 1975 but was killed by Dela, who brought the lawsuit.

By Steve Treaster

PUBLIC NOTICE PAGE FIVE
The food co-op's work team concept is getting into gear. The ten work teams are gaining an understanding of their areas of responsibility (cheese, spices, herbs & spices, etc.) and are contributing to a smoother operation of the store. Each team also designated a representative for the co-op's steering committee.

The steering committee is an advisory group and a decision-making body working in cooperation with the work collective. At their initial meeting in January, the committee outlined the form for future monthly meetings and heard suggestions for upcoming agenda items.

Each work team representative then gave a status report on their team, answering any questions or suggestions other folks had. Nearly every team is interested in more co-op members joining them in their areas. There's virtually no limit to the scope of work and creativity involved.

**ICE CREAM**

It'll stick to your ribs.

**Dietyl glycol** (ingredient used in anti-freeze and paint remover) is an inflammable liquid used in dyes, plastics, and rubber.

**Ethyl acetate**; **Butyraldehyde**; **Diethyl glycol** (ingredient used as a solvent.)

Dietyl glycol is used instead of ethyl acetate to take the place of eggs; piperonal is used instead of vanillin; ethyl acetate is pineapple flavor; butylaldehyde is nut flavor; amyl acetate, banana flavor; and benzyl acetate, strawberry flavor. If you ever spilled some ice cream or forgot to wash a dish that contained modern ice cream, you will have observed that it hardened so tight that it was almost impossible to clean up with water. There is a well-known phrase "you are what you eat." Maybe today's ice cream and other embalmed foods are responsible in large part for a lot of irrational people.

As if things weren't bad enough already, FDA tried to permit manufacturers to replace the milk with cheaper substances such as whey, casin and even cornstarch. This would save manufacturers millions of dollars at the expense of consumers who would get inferior ice cream. Plywood is stuck together with glue made from casin. Jack Anderson came right out and accused Peter Hutt, FDA's former chief counsel, of being with the ice cream container industry while he was officially an FDA employee. At least one of his manufacturers has stated ecstatically, "To be honest, we'll put in just enough milk to get it on the label." (Iglo Baker, D.V.N. - CHICAGO USA)

**Deposit Law Valuable**

A new report compiled by the State of Vermont concludes that Vermonters have saved enormous economic and social benefits by outlawing throw-away beverage containers throughout that state.

The study says that Vermont's required five-cent deposit on all beverage containers has reduced the state's roadside litter pick-up effort by 56 percent because there's less trash to collect. It adds that beverage sold in refillable containers rather than throw-away can save consumers less money, saving the average Vermont family about $60 a year. The study results also calculate that about 700 billion BTU's of energy are conserved by the law because throw-away bottles are no longer being made.

The 56-page report, according to state officials, refutes "misinformation" about the Vermont experience reportedly being spread by bottle manufacturers across the United States. The beverage container industry is actively opposing a Vermont-type law which is proposed on a nationwide basis. (public news service)

**Changes in Ice Cream**

**Dietyl glycol** (ingredient used in anti-freeze and paint remover)

**Piperonal** (insecticide used to control bedbugs)

**Ethyl acetate**; **Butyraldehyde**;

**Diethyl glycol** is an emulsifier used to make ice cream and are approved for this purpose by FDA, the very agency that tried to take the place of eggs; piperonal is used instead of vanillin; ethyl acetate is pineapple flavor; butylaldehyde is nut flavor; amyl acetate, banana flavor; and benzyl acetate, strawberry flavor. If you ever spilled some ice cream or forgot to wash a dish that contained modern ice cream, you will have observed that it hardened so tight that it was almost impossible to clean up with water. There is a well-known phrase "you are what you eat." Maybe today's ice cream and other embalmed foods are responsible in large part for a lot of irrational people.

As if things weren't bad enough already, FDA tried to permit manufacturers to replace the milk with cheaper substances such as whey, casin and even cornstarch. This would save manufacturers millions of dollars at the expense of consumers who would get inferior ice cream. Plywood is stuck together with glue made from casin. Jack Anderson came right out and accused Peter Hutt, FDA's former chief counsel, of being with the ice cream container industry while he was officially an FDA employee. At least one of his manufacturers has stated ecstatically, "To be honest, we'll put in just enough milk to get it on the label." (Iglo Baker, D.V.N. - CHICAGO USA)
T·he Community Mercantile Food Co-op belongs to a federation of co-ops operating in the status of Arkansas, Kansas, Missouri, Oklahoma, Texas, and Louisiana. Together, we own/operate/serve the Cross Cooperative Warehouse located in Fayetteville, Arkansas. In the past, representatives of member co-ops have held quarterly meetings which were hosted by a different co-op in the region each time. As our geographical boundaries expand (for instance, to include New Orleans last year), the miles between co-ops have proved to be a stumbling block to regular attendance at these meetings. To remedy this, folks at the last federation meeting held in October 1977 divided the federation into five regions. It was suggested that every other federation meeting become a regional meeting instead of a federation-wide meeting. This would hopefully make it easier for more folks to attend and would also strengthen regional cooperation.

On January 14 and 15, the Community Mercantile Food Co-op hosted the first meeting for our region which consists of all Kansas Co-ops. Despite bad weather, folks from Topeka, Manhattan, Emporia, Salina, Wichita, Kansas City, and Beloit (as well as two friends from Colorado) converged at the Salvation Army Building in Salina. The agenda was developed around the Kansas Cooperative Warehouse news which was the first item on the agenda. The warehouse was in the black with $3,000 profit and the team made plans for the upcoming year. Unfortunately a co-op in Memphis was expelled and formed a new warehouse about $1800 and prompting a new election. As a result, folks from Fayetteville proposed a raise in the warehouse employees which was accepted.

In the afternoon, Kathi Dower and Jim and Sue Zookes of Kansas Central Cooperative Warehouse reported on a workshop on food cooperatives, Kansas Organic Producers, the People's Grocery, and several other organizations are sponsoring it and another workshop on marketing for farmers to be held in Manhattan on January 28.

The food co-op in Columbia informed us that it was their intention to discuss setting up a Northern warehouse at their regional meeting. In our discussion it was agreed that some items now stocked in Fayetteville might be better kept in a more northerly location to avoid excess shipping from northern suppliers—beans, many bulk grains, and pasta. Such a major change would greatly affect the truckers' collective which transports food from the warehouse to the federation co-ops and back so our discussion could not be complete without them. It was obvious that more homework was necessary, but the possibility of a northern warehouse held appeal.

A more free-for-all discussion occupied us the rest of the afternoon. How can we resolve the ideal of each co-op buying food locally with the need to build our warehouse's buying power? Will neat, which is seldom sold in co-ops today, because of their vegetarian bent, take on a new face tomorrow, especially in view of our state's wheat and soybean suppliers. China has made great strides in the areas of agriculture and co-operation which many of us find inspiring.

After a break for supper, everyone came back together for a traveleogue of China shown by Betsy and Eugene Evans of Farview Farm, the Community Mercantile's wheat and soybean suppliers. They went to China in January 1974 with a group of Kansas farmers. China has made great strides in the areas of agriculture and co-operation which many of us find inspiring.

Sunday morning we met at Sister Kettle Cafe for a delicious breakfast, moved to the Community Mercantile where visitors picked up a few treats for the drive home, and we renewed our commitments to the federation and each other. We returned to our individual co-ops feeling a little lightened, having shared our problems, goals, and hopes. See you in April in Tableshub, Kansas for the next federation meeting.

SPEAKER VISITS ORGANIC FARMERS

Dr. William Lockeretz of the Center for the Biology of Natural Systems, Washington University, St. Louis, MO., will be the featured speaker at the annual meeting of the Kansas Organic Producers. Dr. Lockeretz and his team are in the third year of a 5 year study, designed to compare the economic performance and energy usage of organic and conventional farms in the Midwest. Results of the study so far indicate that organic and conventional farms perform approximately the same in terms of their ability to produce crops. Dr. Lockeretz has spoken to organizations worldwide about the study, believed to be the first of its kind ever conducted in the United States.

The meeting will be held in Salina, KS., on February 11, 1978, at the University Methodist Church, 1557 S. Santa Fe. The evening will include a dinner followed by a discussion of the organization's election of officers and other organizational business. The dinner will begin at 5:00 PM, followed by a public meeting for the noon meal. Dr. Lockeretz will speak immediately following the noon meal. The public is invited to attend this noon meeting at no charge.

PUBLIC NOTICE . PAGE SEVEN

that we try harder to understand the relationship between production and consumption, we offer little in the way of a solution. One person pointed out that the federation's monthly wheat purchase is a small part of even a moderate-sized wheat farm's production. Our lack of storage facilities places the burden of storing, usually shouldered by grain elevators, back on the farmer who was short of storage. This realization, while putting a small dent in our co-op ego, also strengthened our resolve to unite our idealism with reality.

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For the Common Good
Breastfeeding: another form of health insurance

By Nancy Reuter

Both human and cow’s milk can provide nutrition, but the best of health is one that the formula-fed baby may be missing. Immunity to many diseases is performed by the milk. Every baby receives immunity factors in this milk, including polio, staphlococci, and E. coli (which cause diarrhea, and other infections). There is less incidence of diseases, including polio, staphlococci, and E. coli (which cause diarrhea, rashes, eczema, and other infections) in babies who continue breastfeeding. It can be demonstrated in the lab that breast milk itself is anti-bacterial. In the mother who continues nursing her baby also continues to provide protection. It can be demonstrated in the lab that breast milk itself is anti-bacterial.

The mother of a child who had been breastfed had sixty times more energy in sucking to get his food than the baby fed by bottle. This constant exercise encourages good development in his jaws and teeth. Nursing calls different muscles into action and thus minimizes oral problems such as tongue thrust (abnormal swallowing), mimicking closure (the baby does not close his mouth in bottle feeding), a typical rolled short upper lip, mouth breathing, and others (malocclusion). Speech problems may be avoided. A New Zealand study discovered that breastfed children made a positive difference in the jaw at which male children (especially) spoke clearly. (Clear speech is related to later reading ability.)

Dental cavities may be fewer. An Oregon study whose purpose was to discover whether fluoride water made a difference in the number of cavities also learned that breast feeding helped prevent them. Children in both communities (with and without fluoride) who had been breastfed at least three months had fewer cavities.

The overall long range health of breastfed babies is better. As well as fewer allergies and oral problems, there are fewer ear infections, colds, mononucleosis, diarrheal infections, etc. The better health means fewer trips to the doctor and dentists and lower medical expenses.

Other long range benefits are also becoming known. Dr. Mark Freeman, at the University of Oregon College of Medicine, found that breastfed infants had fewer cavities.

Speaking before the Senate Subcommittee on Health and Scientific Research June 5, 1977, stated that "It is being increasingly recognized that problems of adult life such as arteriosclerosis, cardiovascular disease, hypertension, and obesity may have their origin in the salt load, unbalanced phosphorus-calcium ratios, and other aberrations associated with feeding babies infused milk intended for calves." Breast milk is rich in Cholesterol (formula is not) and some studies indicate that dietary cholesterol in infancy may be necessary; it is "conducive to development of satisfactory regulatory mechanism for cholesterol metabolism in the adult." (Dr. Samuel Forman, professor of pediatrics at University of Iowa College of Medicine). Infantile obesity, which often leads to adult obesity, is less common in breastfed infants. Even if a mother has a hefty baby, his weight is more likely to be muscle than fat.

Mothers concerned about the alleged danger of PCB’s etc. in breast milk should be reassured by Dr. Freeman’s testimony before the Senate Subcommittee. Dr. Freeman has summarized that "The advantages of breastfeeding to the mother are so overwhelming that it would take the most dramatic serious toxic effect to alter this fact. It is like this on the horizon. All things considered, as a nation we still have everything to gain and nothing to lose by the encouragement of breastfeeding."
Residents Back Historic District

Nearly 100 people, mostly East Lawrence residents, gathered at the New Horizon Community Church on Friday night, Jan. 30, for a color slide show of historic buildings in East Lawrence. Following the show, a unanimous vote was cast to establish a historic district in East Lawrence. Following a frosty night, Jan. 30, the Lawrence Improvement Association announced that the group's proposals for use of next year's Community Development Block Grant Funds at the first public hearing in January. The following year, 1979, would receive nearly $750,000 from the federal funds. Housing rehabilitation is the group's number one priority for use of the funds.

"The Community Development Act requires that the Community Development grant be used to finance a variety of projects. A revolving fund could develop, with any profit from the sale of these houses funneled back into the CO Department and used to expand the special rehabilitation program," ELIA president said.

Another special project proposed by the ELIA was the purchase, restoration and resale of the Shelor Eldridge house, 465 Roche Drive, which was abandoned, this brick house was built in 1882, and the founders of Lawrence are one of the oldest structures still standing in the city.

"This mansion, property restored, would not only serve as a historical landmark for the community, it would also serve as a cultural landmark," Kershenbaum said.

"Once completed, this landmark would be a focal point of the proposed East Lawrence historic district."

A formal application for official designation as a national historic district has been prepared by Lawrence Preservation Trust, at the request of the ELIA.

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Another priority the ELIA has had for the past five years is the improvement of the storm drainage system in East Lawrence. The group requested CD funding for an engineering study to determine how the storm drainage system may be improved to protect homes. A special tree planting project was proposed. Although both the City and the neighborhood one and another group have planted trees, many of these trees planted, for example, to keshan, were small and have a high mortality rate. The ELIA proposed planting 50 more native trees with about 4-inch diameter trunks along thoroughfares in the neighborhood.

The group also requested funding to provide a series of seminars and educational films for neighborhood children on Saturday mornings at the New York Grade School.

The ELIA requested that funding be continued for the sidewalk repair program and, to be consistent with interests in historic preservation of the neighborhood, that brick sidewalks be restored, instead of being replaced with concrete, wherever possible.

Finally, the ELIA requested $10,000 for operating expenses and small project funding. In the past three years, the ELIA spent most of its money on small projects including neighborhood cleanups, street planting, painting, purchase and distribution of garbage cans and racks, playground equipment for New York School, funding an Old Star Report of the area and administration of the association.

Following the second public hearing, a 15-member citizens committee comprised of two representatives from each eligible target area neighborhood and three at-large representatives will study all the requests and make recommendations to the City Commission. The Commission makes the final decision on funding.
RACISM: the Myths, the Miles

BY JOEL DREYFUSS

There is a growing fear among blacks that racism is again taking hold in America. The revival is seen by many as more subtle and elusive than in the past, and thus harder to fight, because a majority of white Americans, supported by an influential body of intellectuals, denies it is real.

The controversy over the make-case and affirmative action is particularly terrible, as the debate on race relations that had been dormant since the 1950s. It has also exposed, quite clearly, the new sophistication of racial attitudes that have continued unabated since the 1950s.

Nathan Glazer, one of the leading intellectual champions of neo-conservatism supports the notion that racism is not a continuing social force in America. In his book Affirmative Backlash, Glazer announces that racism has been defeated in the battle to withdraw from the fight for equal opportunity so the forms of the political are one and the same.

The concept is attractive if you believe that race is now a benign fact of life. Glazer is one of just the opposite signs in unimportant statistics and surveys of white attitudes towards the portrayal of blacks in the popular media.

A Louis Harris survey last summer supported the idea that racism is not a continuing social force in America. A Harris poll released last month, for example, indicated that racism has been defeated in the battle to withdraw from the fight for equal opportunity so the forms of the political.

According to Stanford university sociologist Seymour Lipset, another neo-conservative, most whites "accept the reality of at least some racial discrimination but see black problems as stemming from the moral failings of individuals."

"In other words, the old assumption of the lazy and shiftless black persists. At the same time, fully 75 percent of white Americans feel blacks have "poured too fast." In their struggle for equality, according to a 1977 Harris poll.

The complexity of the new racism was cited in a September 1977 report by the U.S. Civil Rights Commission. It noted that "the more subtle forms of discrimination continue to materialize requiring more stringent enforcement to ensure compliance with the law."

One example of this new subtlety may be found in sports, an area played by many as the best example of equal opportunity.

After analyzing 12 National Football League games on the street, major television networks, psychologist Raymond E. Hairville of the State University of New York in New York found that announcers subjected black athletes to more negative comments about their talents, abilities and motivation, concluding that announcers were "building a positive reputation for white players and a comparatively negative reputation for black players."

There are other examples. Most black studies programs that sprang up in the 1960s are gone today, victims of underfunding and neglect. Few books or articles written by blacks are published today, and since the demise of "Blasphemy," the film industry has reverted to the lily-white portrait of blacks in its movies.

Major box offices have shown little evidence of a movement toward "pluralism," according to a survey in "Star Wars," "Annie Hall," "The Deer" and other major films, blacks are either excluded or limited to villainous roles.

And despite the success of "Roots," the television industry has made little progress in its portrayal of blacks or other minorities, who are too often cast as modern day versions of Ama and Andy.

"Black is either super-excellent or super-deficient," according to Stanford sociologist Seymour Lipset, another neo-conservative, who claims "the reality of at least some racial discrimination but see black problems as stemming from the moral failings of individuals."

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Carter's is closing. It's one of the few small businesses left that existed as a family tradition in Lawrence and we will miss it.

You can walk into the store and smell the history: the wooden bookshelves, the display cases, and the care and respect with which the owners treated their customers. It has always been a friendly place with a low-key atmosphere where things haven't changed much. About the most significant investment in automation they made recently is the pencil sharpener.

Carter's at 1205 Massachusetts was a stationary store since 1879 where the Carter family had it. Frank and Millie Carter bought it in 1912 and the Carter family has owned the business ever since. Their experiences as Black women in Lawrence are now available for all to see, maybe for the last time. The Carter name will now be available to protect yourself from these problems. Look through the yellow pages, make a list of the businesses you might use. Call the Consumer Affairs Office, 842-4088 or 964-3963. We can tell you if there are complaints about them.

After narrowing your list down call the companies and get a feel of their policies. If you're hiring a contractor for insulation or remodeling, get a list of past customers and check their satisfaction with the work. Then write a contract that specifies all the work you want by the contractor. Be specific and don't sign it until you're sure the contractor understands your responsibilities.

If there's no contract involved (when dealing with mechanics, etc.), be sure to ask for a written estimate. This will give you proof of the expected cost of the job. A clause can be added permitting the price to go up to 10% of the cost. Ask to be contracted if the price starts to go beyond 10%. If a company refuses to give you a written estimate, then go to another business. If you have complaints about the finished job, talk to the manager. Be polite and diplomatic with her/him. If you feel you're getting nowhere, give us a call and we can advise you on what kind of action to take next.

If you aren't sure how to set out a written estimate, go up to 10% of the cost. Ask to be contracted if the price starts to go beyond 10%. If a company refuses to give you a written estimate, then go to another business. If you have complaints about the finished job, talk to the manager. Be polite and diplomatic with her/him. If you feel you're getting nowhere, give us a call and we can advise you on what kind of action to take next.

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Drake's in the spirit of the plains

By Jacob Flake

Some people go there just for the gossip it provides. This evening I sat across from a couple of neatly looking boys, ex-EU football players. As I eavesdropped, their conversation revealed that one of them was Mike Reeves, the poor guy just out on the field by Pepper-Hayes as the "12th Man" in the 1960 Orange Bowl. As a consequence of his being on the field, 80 loyal, I imagine my eavesdropping is duplicated 80 times a day at Drake's.

It's all healthy voyeurism, hipsters peeping into the lives of Main Street businessmen and vice-versa. I've never been in a cafe in which so many types were (represented).

TE BO BEAMCHED AT DARS

Try Drake's at dawn. Notice the sleep-weakened headed for work, my hours have changed and I don't go there much at that time anymore.)

In the afternoon, at one or two, go to Drake's for a quiet time. Grandpa has gone home, replaced by a solid, smiling woman who'll get you up a meat-loaf special before you know it, she only cooked and smiled. Then don't go home until you've walked towards the radio and snapped it off in the middle of "One Night of Julian's" by a solid, smiling woman who'll get you up a meat-loaf special before you know it, she only cooked and smiled. Then don't go home until you've walked towards the radio and snapped it off in the middle of "One Night of Julian's"

Cooking at the grill, flashing light, parleys at the country music station plays a little too slowly. (one friend says that Drake's is the only place he can even listen to the lyrics of country-western songs is Cathy's. Everybody calls her Grandma. Her voice is as harsh as the songs on the radio, or change to a lilt in an instant. If you like over-mixing, watch for her eggs. She'll boil them in oil until they're nearly over-easy. No matter. Order her pancakes, plate sized and delicious.

If you go in really early, grandma herself will serve you. Later in the morning you may be served by Hazel, who'll fix you an egg (if grandma's on break) and smile sweetly—she seems to be losing her eyes and weary a morning can be. I remember a remark made by Crystal, another friendly waitress, one day, "This is the kind of day I like to get in a car and drive, not caring where I'm going, and keep driving until I'm out of money."

MAST STREET SIGHTS DURATED

Walk into Drake's at 10am. At that hour, the place crowds with City Hall employees, retired City Hall employees, newspaper girls fetching carry-outs, and Massachusetts St. businessmen in the past, a few retired bureaucrats and businessmen used to sit at the table-counter and enact a boisterous ritual. (They may still, but my hours have changed and I don't go there much at that time anymore.)

Try Drake's at dusk. Notice the traffic-weakened headed for work, most people are usually on their way to their cars. By sitting on the outside of that counter, you can watch everything. Sit there, if it's your first time in Drake's.

EAVESDROPPING ENCOURAGED.

The social dynamics of the cafe will amuse you. Though there is little interaction between the City Manager and the folks who killed the Haskell Loop, both of whom have been seen in Drake's, everyone seems much more interested in everyone else.

WILL PAY FOR INFORMATION WHICH WILL HELP TO LOCATE PLAINS BEYOND REPAIR WHICH I CAN BUY FOR PARTS. CALL MIKE 941-7617.