

# SPECTRUM

A Cooperative Newspaper for the Tallahassee Community

Vol. 1, No.1 October 1978

## Caravan for a Non-Nuclear Future

The Caravan for a Non-Nuclear Future is a concerted effort by Floridians concerned about nuclear development to publicize their concerns, educate, and awaken more people throughout the state.

The Caravan will leave Turkey Point on November 11 and slowly wind its way up the east coast of Florida, arriving in Tallahassee on November 16th. En route, people on the Caravan will talk to people, leaflet them, do street theatre and basically educate people about the dangers of radiation and the transportation of high level radioactive wastes through their communities.

High level wastes and spent fuel rods are coming into the Port of Miami from Germany and Sweden, according to a 1976 Florida House of Representatives' Nuclear Energy Report. It is being transported up I-95 to the Savannah River Nuclear Plant in South Carolina.

No agency in the Federal, State, or local governments has or will accept responsibility for monitoring these wastes. So, the goal of the Caravan is to directly inform people of the dangers to their property and to their lives. The Caravan will offer samples of model legislation from New York City which bans the shipment of radioactive wastes in the city limits and encourage Floridians to follow suit.

The Caravan was born during the week of June 17-24, when several Tallahasseeans walked from Boston to Seabrook, New Hampshire. Barry Snitkin, a local member of Catfish Alliance, an organization which educates and informs people of the hazards of nuclear energy, said, "We talked to thousands of people on the march. We were supported by many people, and, to be truthful, I felt good about it. So I helped to initiate a meeting at the Seabrook site on June 25th between Tampa, Miami, and Tallahassee people. We decided to coordinate a concerted action in Florida, and the Caravan has grown out of two long meetings held in Tampa."

Another goal of the Caravan is to build support for a comprehensive solar program in Florida. "We will also put the utility companies on notice that Floridians don't want or need nuclear power plants. We hope to accomplish this by meeting with people in homes, community centers, churches, shopping centers, or just walking down the road. We will emphasize that a comprehensive solar program will create at least twice as many jobs as nuclear plants, without the inherent dangers," said Barry.

There will also be a bike caravan, traveling from the nuclear power plant at Crystal River to Tallahassee, a distance of 170 miles. The bike caravan will meet the rest of the Caravan in Tallahassee on November 16, when everyone will arrive in the city.

Specifics for the Caravan are still being worked out. There are many things interested people can do to participate in the Caravan activities. Depending on one's time commitments, one could travel the whole way from Turkey Point to Jacksonville to Tallahassee. Or one could travel part of the way, coming back to Tallahassee early. There is work to be done on the rally that will greet the travelers in Tallahassee, to inform local citizens about the issues. And there is printing, mailing, publicity work to be done.



If time doesn't permit much involvement, perhaps a donation of a check to "Caravan for a Non-Nuclear Future" could be offered instead.

"Please support our efforts to recreate a non-nuclear Florida which will be liveable for our children. If there's any way you might wish to participate in the Caravan, including driving your truck with 55 gallon drums painted like radioactive cannisters or riding your bike, please contact me soon. Remember, nothing will be won without the support of many dedicated people. We welcome your input. No nukes, y'all."

Barry Snitkin, c/o Catfish Alliance, P.O. Box U 5862, FSU, Tallahassee, Florida 32313.

Inside this issue...

Tallahassee Aware, a community directory

News from: Miccosukee Land Co-op,  
Feminist Women's Health Center, Leon County  
Food Co-op, Co-op Books and Records, Catfish  
Alliance, and more...

# Seeking Wholeness

by Roger Peace

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SPECTRUM is an open forum for the Tallahassee community. Emphasizing events, developments and activities in the "alternative" or "progressive" community here, we encourage people to participate with contributions of articles, labor, or advertisements.

Writers cannot be paid. Articles are printed on a space-available basis. Please be sure to include your name and address (and perhaps a biographical line or two) so we or our readers may contact you.

SPECTRUM is published on a monthly basis. The deadline for articles and other information is the 21st of each month, allowing the final ten days or so of the month for production.

Views expressed by writers are not representative of SPECTRUM or of particular organizations unless identified as such. Our goal is to provide an open forum for the whole community, but the staff does bear certain legal and moral responsibilities for the contents of the publication. Therefore, we reserve the right to withhold from publication any material that is libelous in tone. The SPECTRUM staff also reserves the right to withhold material referring to specific individuals until such individuals have had the opportunity to review and respond to all articles in question.

### WANTED

Ad salespeople for SPECTRUM. Benefits: 25% commission after first \$50.00 in ad sales and 10% above cost at Leon County Food Co-op. We need 2 or 3 people for this job. Call 575-2934 before 11:00 a.m. for more information.

"Spectrum" conveys the idea of diversity, different colors of light or different perspectives on life. It also means unity within a whole, as light and life provide the undifferentiated substance out of which various colors or perspectives emerge.

Two of the perspectives represented in this issue of SPECTRUM are the political and spiritual. It is often the case with progressive-minded individuals and groups that these perspectives are divorced from each other, in many ways, reflecting the larger society where religion concerns itself with personal "salvation" while politics concerns itself with institutional power. If we are to make real changes in ourselves and society, however, we cannot afford the luxury of this dichotomy. We may distinguish between them, but ultimately, these perspectives must be seen as

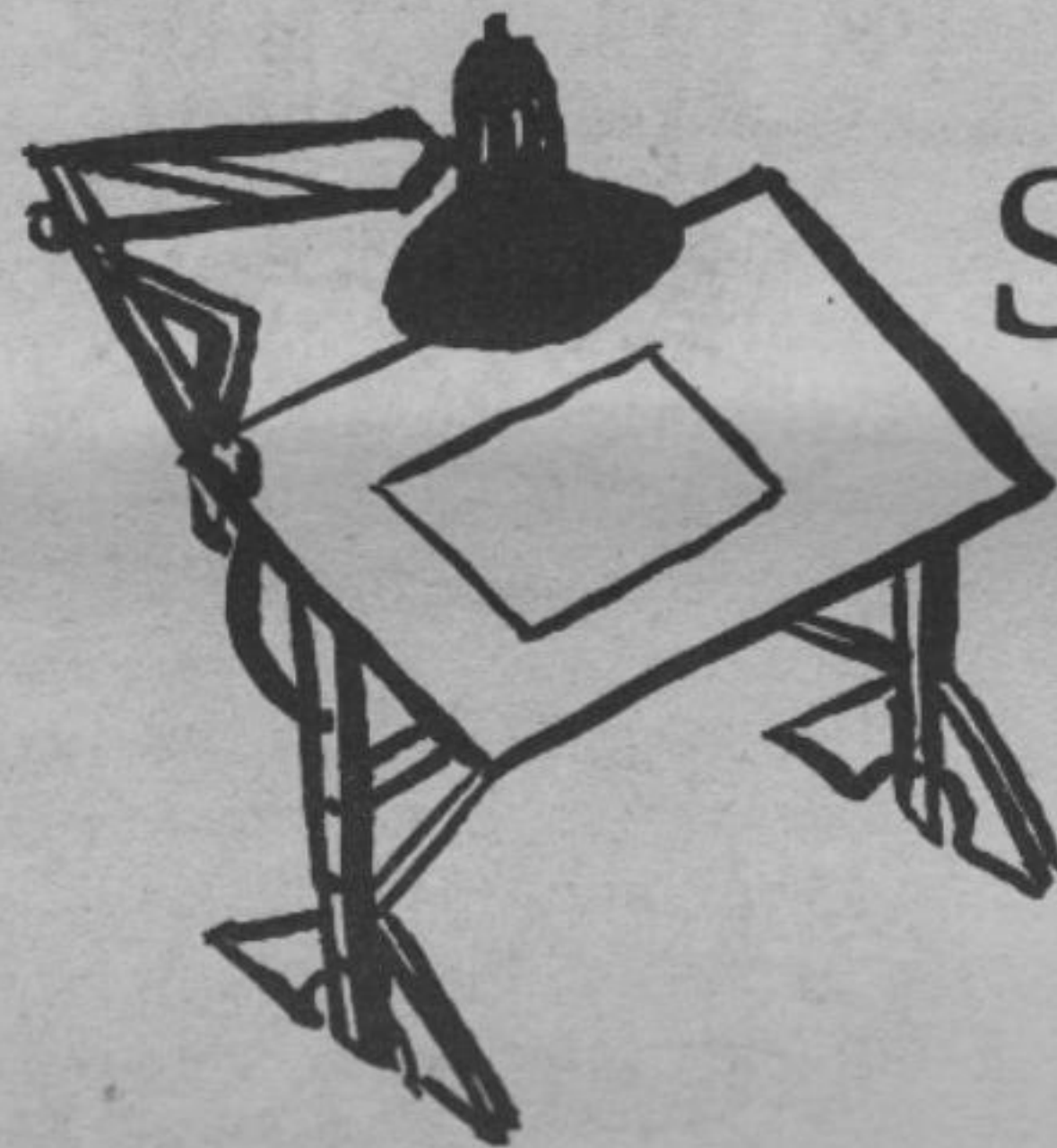
different colors of the rainbow of life, parts of a whole (holistic world-view) which encompasses both.

To seek psychological or spiritual liberation without working for social justice leads to self-delusion and the perpetuation of injustices in the status quo. Individuals cannot develop their human potential in oppressive societies, those that maintain themselves through exploitation, coercion and dogmatism instead of cooperation, justice and openness to truth. The Christ-truth is "crucified" in each of us as we learn to adapt and accommodate ourselves to the institutional injustices of society. We must not only liberate ourselves, we must liberate society as well.

On the other hand, attempts to change the oppressive features of the status quo must be rooted in spiritual principles - truth, peace, justice. Insofar as rev-

olutions or transfers of power ignore these, the society will revert back to corrupted, oppressive institutions, and the psychology of oppressed and oppressor will continue. Violent revolutions, moreover, perpetuate a worship of power itself and a value system of "might makes right". These subtle, spiritually-impo- verished influences destroy the moral basis of society - cooperation, trust, sharing - and make it impossible for us to achieve the ideals

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## Spectrum's Evolution

by Tana McLane

The Leon County Food Co-op's Newsletter began in March of 1976, when the need became evident within the Co-op for some periodic means of communicating to members about what was going on.

It was in March of 1976, also, that our future vision beheld a larger, more comprehensively integrated publication that could serve the Tallahassee community in a way that no current publication was. The first crude issue of LCFC's Newsletter included such news bits as solar energy in Florida, the EPA's banning of several environmentally hazardous pesticides and the agri-chemical industry's retaliations, a court case for organic farmers whose land was contaminated by a neighboring farmer's use of Thiodan, nuclear energy, and food additives. Already, we were incorporating broadly related topics into the media stream of the Food Co-op.

The process of coordinating the Newsletter was an intense education. It required that we adopt new skills, a willingness to do whatever needed doing, and a consciousness (sometimes hard won) of the people who were writing as well as for whom the material was being written. Nothing like a bonafide tabloid, the Newsletter was usually a fun project with brief work intensives for the week before our printing deadline.

But, evolution is a clarifying process on all levels. As we learned our craft, we grew more into the position of acquiring knowledge about the community around us. As we learned more about the community, we became more involved with it and its struggles. The more we became in-

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Hospital Unresponsive

# TMH Accountability to Community?

For three years, the Feminist Women's Health Center has attempted to obtain a Transfer Agreement with the Tallahassee Memorial Hospital in order to provide the best possible health care to the Tallahassee community. The Transfer Agreement is an arrangement that provides for rapid transfer between health facilities should an emergency arise. It facilitates a transfer of records, a patient advocate, and continuity of care. While TMH maintains that the Emergency Room facilities are enough to meet the FWHC's needs, this is not quite true. The hospital's position ignores delays, unnecessary paperwork, and bureaucratic red tape. The FWHC provides demonstrably high quality health services, meets a community need, and meets every legal qualification for obtaining a transfer agreement. Why, then, has it been denied for so long?

TMH's lack of responsiveness to the FWHC has a long history. As early as June 20, 1975, when an article appeared in the Tallahassee Democrat outlining the FWHC's informative approach and low fee (compared to local OB/GYNs'), there has been great pressure on FWHC doctors to abandon their participation in our abortion clinic or risk losing their staff privileges at TMH, the only area hospital. One of our doctors quit the day after the article appeared and the other left after two subsequent OB/GYN staff meetings. The FWHC found it impossible to employ any local doctor to work in the abortion clinic. Since that time, we have been working with out-of-town physicians, many of whom have also been pressured to quit. Recognizing that a local medical boycott was the strategy to close down the FWHC and maintain the doctors' monopoly of women's health care, the FWHC filed a federal anti-trust suit against five local OB/GYN doctors and the Executive Director of the Board of Medical Examiners. The Capital Medical Society and all its members are named as co-conspirators for passing, without question, a resolution supporting the doctors. The suit is still pending in the courts.

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"It is perfectly ethical for an out-of-town doctor to work with a community-based group. It is medical monopoly and denying services which are totally unethical and yet they are sanctioned."

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How can TMH remain so unresponsive to the community? The hospital and the hospital Board have been accused, by such community-based groups as Government Accountability to the People, of practicing racial discrimination in several forms, of employing various devices to prevent input from the community into Board procedures (such as requiring Board members to own land), and of hampering the functioning of the FWHC. TMH has been the object of a picket and a consumer inspection of dangerous health practices. The community has tried to establish hospital accountability without success. One of the reasons for this is that the Board members are appointed by the City Commission, which has no further control over TMH. Simply, there is no check on the hospital's decisions. On August 17, 1977, the FWHC made a proposal to the Board suggesting provisions for a more accessible meeting agenda, a question-and-answer period, and public seating at Board meetings. In response, James Connor, then President of the Board, stated that the Board is "autonomous" and that "these meetings will not become public forums..."

The Tallahassee community, however, is determined that the Board meetings should reflect public concerns. The Board knows this and, after three years of refusing to consider the Transfer Agreement, has taken a different posture. A committee, composed of Dr. Al McCully, Alice Faiver, and Tom Kinnebrew, has been appointed by the Board to examine the possibilities of a Transfer Agreement. The FWHC feels strongly, and has protested accordingly to the Board, that these three people are prejudiced against cooperating with the Health Center; Faiver for anti-abortion attitudes, McCully because he is past president of the Capital Medical Society, and Kinnebrew because he was president of the Board when it decided to have four women arrested for trespassing while conducting a consumer

inspection of TMH. These actions indicate conflicts of interest. The committee members, however, claim to be capable of complete objectivity about the Transfer Agreement, and the FWHC's protest has been ignored. The FWHC and its supporters fear that the entire situation is no more than a smokescreen so that the Board may remain autonomous while taking on the appearance of accountability.

The Board has indicated that the difficulty over the Transfer Agreement could vanish were the FWHC to employ an OB/GYN with staff privileges at TMH. The Catch-22 nature of this requirement is obvious, in light of the medical community's boycott of the FWHC. We have talked with every new doctor who has come to Tallahassee, but they learn quickly that the fraternity among doctors is not accessible to them if they work openly with or support the FWHC. The other alternative is to have our doctors apply for courtesy staff privileges, routine for doctors who do not live in town. The problem is that the Credentials Committee can question the ethics of a doctor working with the FWHC as an "itinerant surgeon" while supporting the ethics of doctors actively attempting to maintain their medical monopoly. It is perfectly ethical for an out-of-town doctor to work with a community-based group. It is medical monopoly and denying services which are totally unethical, and yet they are sanctioned. One doctor told us, "It would be suicide to work with you." Our doctors are still being threatened and harassed in their own communities.

Since there is no designated structure in which the TMH Board can be held accountable for its actions, only pressure brought by the Tallahassee community has any possibility for influencing the hospital's policies. Since the channels for community input to the Board are limited, it is important for community members to use their numbers. The FWHC needs widespread support in every form: individuals contacting Board members, contacting other groups, writing letters to the Democrat, bringing out other ways the hospital is unaccountable, and attending hospital Board meetings. The FWHC has community meetings to discuss these issues further. The subcommittee's meetings are open to the public. It is essential for the Board to see that Tallahassee citizens want the FWHC to have a Transfer Agreement and support the FWHC's qualifications for it.

*by the Feminist Women's Health Center, a women-controlled, non-profit organization which delivers well-woman health services (birth control, abortion, annual exams, self-help clinics, and lots of information) 1017 Thomasville Road, Tallahassee 32303, phone: 224-9600.*

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From the Miccosukee Land Co-op

## A History of the Mikasuki Indians

Over a year ago I saw a public TV documentary on today's American Indians and their struggles to keep some of their cultural traditions alive. A segment of the program dealt with the Mikasuki Seminoles who live in the region of the Everglades. The narrator pronounced the name as "Me-ka-soo-kee." I have encountered several variant spellings of the name: Mickasukie, Miccasuky, Mikasuki, and Miccosukee.

After the Queen Anne War (1701-13) the Spaniards wished to create a buffer of natives between them and the British in Georgia. They recruited a Tamathli group of Lower Creeks to settle in Apalachee (west of the Aucilla River) on farmlands once belonging to Indians destroyed in English and Creek raids. In time the new Indians became known as Mikasukis.

Under Spanish rule, the Mikasuki Indians were recognized as legitimate owners of this land. Contracts with missionaries greatly influenced the behavior of this tribe: they built permanent housing rather than camps and some of their agricultural practices resembled the European methods. Some scholars maintain that this made the Mikasukis more 'civilized' than most other Indians, and contributed to their ultimate resistance to the white man's attempts to 'patronize and protect' them.



### Stewardship of the Land

The size of the Mikasuki settlements around Lake Mikasuki increased greatly as a result of two significant migrations. One was that of a band of Creek Indians who had disagreed with the chief of their village near Columbus, Ga. This band came to call itself the Seminoles, which means "lost men" or "runaways." By the early 1800's the Mikasukis had begun to amalgamate with the Seminoles. A later migration consisted of numbers of slaves who had escaped from their American masters for freedom in Spanish Florida. There was enough rich soil around Lake Mikasuki, and so gradually a few blacks settled within and between the Mikasuki villages. (It is said that in a few cases the Seminoles had slaves, but the ownership was never a binding or permanent thing as it was with the white man.)

Eventually the cooperative existence between the runaway slaves and the Mikasukis resulted in the first bad experience this tribe was to have with the white man.

In 1818, Andrew Jackson led a small army through North Florida for the "murder and recapture of fugitive slaves" living with the Mikasukis and Seminoles. The invasion was condemned by many public men but approved by many others, including John Quincy Adams, who was then the Secretary of State. Many Indians were killed and their towns burned.

Some of the Mikasukis fled to Madison County (near modern-day Greenville). In the 25 years which followed the Indians led wandering and anxious lives, driven from their ancestral and fertile lands on the Appalachicola, Suwanee River, and Lake Mikasuki.

When Florida became a U.S. territory in 1822, the Mikasuki Indians numbered about 1,400, and the total population of all Florida Indians was said to be about 5,000. Now began the serious efforts to make way for the white pioneers and to carry off the descendants of runaway slaves, many of whom by this time had intermarried with the Indians.

One treaty called for the removal of the Indians to a reservation south of Tampa Bay, but a delegation of Seminoles found that the soil there was too poor to be cultivated. Later treaties required that the Indians be shipped west (to Texas and Oklahoma) where the land was acceptable, but the government's insistence that the Seminoles submit to the control of the Creek nation was abhorred by the Seminoles. In the handling of the treaties, the Americans employed treacheries, bribery of the Indian leaders, and promises of food, clothing and money to the destitute red men. When these efforts failed, the U.S. army and white volunteers from Alabama resorted to force, starting the seven years of fighting which would be known as the second Seminole War.

Through all of the fighting there were accounts of the Mikasukis as being the most militant and most determined to remain in Florida. At one point in 1837 when the Seminole leaders Mikanopy, Jumper and Alligator made an agreement to remove west, the implacable Mikasuki through their chief Abiaca (or Sam Jones) insisted that they were still at war and would on no account agree to leave the country. (Abiaca was described as being "well set, neatly formed and perfectly finished small man, with locks white as the driven snow--aged and venerable, yet active as a hind, and intrepid as a lion, struggling for the home of his childhood and the grave of his forefathers.") General Jesup wrote to Gen. Zachary Taylor "all hope of terminating the war . . . was at an end . . . the Mickasukies had determined to fight to the last."

However, the United States continued to send troops to Florida, and the Seminoles and Mikasuki warriors were pushed deeper into the swamps, where they could not rely upon agriculture but were forced to hunt and gather food, with a constant watch for sudden raids and battles with the white men. By the end of the war in 1842, almost 4,000 Florida Indians had finally agreed to be deported (most to Oklahoma, with an appalling number of them dying during the difficult journey). The Indians who remained were estimated at less than 200, hiding in scattered groups in the Everglades, where the army had given up hunting them. The Americans had lost almost 1500 soldiers' lives and had spent \$19 million in the effort to kill and

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## Mikasuki Indians continued

remove the Florida Indians; this way nearly four times the amount spent to purchase Florida from Spain!

It should be noted that the U.S. and Florida governments continued in the 1850's to induce the remaining Seminoles to join their families in the West. There were more offers of money, farm animals, property, and clothing made to them than to any other American tribes, but the Florida Indians held fast to their native land. But finally in 1857 the western Seminole agent and Creek agent engaged the services of a number of influential Seminoles to search the Everglades and cajole the remaining Indians into emigrating; they secured 165 of them for removal to the West, at great expense. However, 17 warriors and very old men refused to emigrate and abandon their Mikasuki chief Abiaca, who was then 108 years old; they promised to remove after his death, but several of the Mikasukis never did leave the Everglades, and some of their descendants are still there today.

For nearly 20 years after the Third Seminole war in 1858, the 2 or 3 hundred undefeated Indians lived in almost complete isolation in and near the Big Cypress Swamp and the Everglades. In the 1890's the Bureau of Indian Affairs began to buy up reservation lands for the Seminoles, but they did not move onto these lands since the white man did not encroach upon their swamp camps. Other than a few missionaries and Indian Agency personnel, very few white men had any contact with the Seminoles until the 1950's when the Tamiami Trail was built. Because of this, the Seminoles and Miccosukees have held on to more of their traditional lore, dress, housing, religion and social customs than perhaps any other tribe in the U.S. However, there have been trends of change in the past 20 years with the construction of Alligator Alley, still another paved road which serves to increase contact with the outside society.

Climate and soil conditions of southern interior Florida were not conducive to the type of permanent agricultural settlements the Indians had known near Lake Miccosukee, Suwanee and Appalachian Rivers. Instead they built temporary camps in Winter for hunting hides, skins and meats, and later shifted to small and widely scattered fields to tend and harvest crops during the Spring and Summer. Great distances were travelled in dugout canoes



to visit coastal towns and exchange hides and skins for cloth, metal tools and utensils, guns, salt and sugar.

In recent decades Seminole families have successfully exploited the tourist market, through the production of crafts and the operation of souvenir stores and "exhibition villages." Many work on commercial vegetable farms or on cattle ranches, and some Seminoles own these enterprises, which were largely started by government funding.

But the Seminoles were independent of government assistance during the first half of the 20th century. They viewed the attempts of the white men to introduce services and schooling with antagonism and suspicion. Formal education was not readily accepted--it was 1963 when the first Seminole graduated from high school.

In 1958 the reservation Indians (by then most of the Indians were living on the 3 separate reservations created for them) organized as the "Seminole Tribe of Florida." For many years the organization was only a puppet of the Seminole Agency which administered programs of the Federal government. In 1961 the (Tamiami) Trail Indians adopted a constitution and bylaws, organizing as the Miccosukee Tribe of Indians of Florida, and a separate Miccosukee Agency was created for them.

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## About the Land Co-op

The Miccosukee Land Cooperative is a community of 110 families and individuals who together own 280 acres nine miles east of Tallahassee, Florida. Unlike a commune or land trust, Co-op members privately own their own homesteads, ranging in size from one acre to ten acres each. A total of 90 acres is preserved in its natural state as Common Land owned collectively and enjoyed by the entire membership.

The membership is a diverse group whose occupations include nurses, carpenters, students, musicians, small business owners, lawyers, dancers, professors, artists, librarians, and computer programmers. Ages range from newborn infants to retirees, but most of the adults are in their late 20's and early 30's. MLC members are drawn together by a common desire to live in a rural environment where natural land features are respected and interaction between neighbors is more frequent and less superficial than in the average suburb.

### LIVING ON THE LAND

Very few of the Co-op houses are "conventional" types (there are three geodesic domes and many original designs built by the owners themselves). High ceilings, wood siding, natural ventilation, decks and screened porches are popular features on the handmade houses. Several solar water heating systems are in use; electric power is available from a local rural electric co-op. Water and sewage are the responsibility of the individual homeowner; local regulations are followed for putting in septic tanks and wells. Many members share in a "cluster" well arrangement with adjacent neighbors; a large tank and pump can supply enough water for 3 or 4 families.

"On the land" Co-op members spend much of their spare time outdoors. In Winter there is firewood to chop (most people heat with wood-burning stoves), and the rest of the year MLC folks are often found tending their vegetable gardens. A few members have built their own greenhouses. Dogs are popular as pets, and farm animals include chickens, goats, rabbits, turkeys and ducks, plus a couple of cows and horses. The Land Co-op is an official wildlife sanctuary--natural wildlife commonly seen or heard include quail, wild rabbits, possums, snakes, whippoorwills, and owls. Wild plums, blackberries, dogwoods, pecans, magnolias and many types of wildflowers grace the various parts of the 280 acres.

Many people living on the land find ways to pool their resources with neighbors--tools and special skills are often shared, homemade and homegrown foods are exchanged, and a few carpools have been established. By and large, the general feeling of Co-op members has been that the Miccosukee Land Cooperative has a social and natural environment which is strongly preferred over a home life in the city.

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# Inside Co-op Books and Records

by Hartmut Ramm

## HISTORY AND PHILOSOPHY:

In late 1970, a group of students, faculty and others (mostly from the Florida State University community) got together to provide a local outlet for the literature that had developed from the radicalization of the late 1960's. Existing bookstores were not living up to the "free marketplace of ideas" routine, nor were (or are) they inclined in that direction. Community Literature, Inc. was established as a nonprofit corporation to provide the general public with popular and important books, newspapers, posters, records, etc., at the lowest possible prices.

Though almost anything relating to alternative lifestyles was to be carried, an emphasis was placed on materials (usually hard to obtain otherwise) concerning progressive people; events and movements, past, present and future. As regards the selection of political literature, it was decided to take a nonsectarian Left and socially progressive position in order to provide a "full spectrum of the Left's" positions on such questions as sexism, national minorities, imperialism, class struggle, monopoly capital, the united front against fascism and all forms of oppression.

The CO-OP BOOKSTORE storefront was opened in April of 1971. It got started via membership dues (about \$1000) and a lot of donated used books in a floor space of 350 square feet, that cost \$50.00 per month. At that time, all people power was volunteered. The location of the store was chosen with a view toward serving the three campus communities and the general public. Later, the floor-space was expanded to 600 square feet and the name changed to CO-OP BOOKS AND RECORDS. By this time, we were able to pay wages to some of the key people of the staff, while continuing to utilize volunteers, thanks mainly to revenue generated by record sales. Also, by this time we had the best selection of Movement literature in the Southeast.

In March of 1974, we opened our record store. It was 1500 square feet dedicated to the sale of the full range of music at the lowest prices in town. In May of 1976, we set up a record distributorship called LOOKING FORWARD DISTRIBUTORS. Its warehouse is in the same building as the Leon County Food Co-op.

In recent times, we have expanded the scope of our activities to financial support of progressive groups and activities on a local, national and international scale through loans and outright grants. We see ourselves as a part of the growing grass roots movement to provide economic, political and cultural alternatives to the American people. Among these Movement groups and causes that have received our aid this year are: The Tallahassee Catfish Alliance, the Feminist Women's Health Center, the Wilmington Ten, the John Marshall Defense Fund, INFAC (Nestles boycott), CPE, FSU's Women's Center, the Rape Crisis Center, the Iranian Students' Association, the Puerto Rican Club, the Women's Political Caucus and the Revolutionary Communist Youth Brigade.

## BRASS TACKS

The key to the Co-op's remarkable success has been the dedication of its volunteers--a consequence, we believe, of the high principles that the Co-op embodies. But, we also have the distinction of having the lowest prices in town on BOOKS and RECORDS, and that has not hurt us, either. The bookstore sells all new books at a discount of 10%. For a yearly \$2.00 membership fee, you can get a further discount of 10%. The membership is valid for a full year, so if you expect to buy more than \$20.00 worth of new books during the year, it will pay off to become a member. Members who volunteer one or two hours of work each week in the bookstore receive a discount of 30% on books, 10% on newspapers and periodicals, and 10% on records and tapes.

That brings us to the astounding prices of records and tapes:

\$7.98 records sell for	\$4.75
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7.98 tapes sell for	4.99

In addition to all this, the Co-op regularly sponsors film series or Left films which reflect the Co-op's policy of promoting the struggle of all people against exploitation and oppression.

This quarter, the following films will be shown at 7:30 in 120 Carraway, on the respective dates:

## Movies


"Controlling Interest"--The Multinational Corporation Film--October 30

This Film will take a hard look at the operations of multinational corporations around the world. It will examine the impact of these firms in the tyrannization of labor, resources, and politics of working people here in the US as well as in the underdeveloped regions of the third world.

"The Long Chain"--November 6

This film examines the oppression of women in India, oppression maintained through the historic caste system, the traditional female role, and the contemporary use of women's cheap labor by transnational corporations. The exploitation of women as construction workers by transnationals such as the First National Bank and the Sheraton/ITT conglomerate is probed. An alarming expose of the economic and social consequences of transnational investment in the Third World is revealed in this film.

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# Reporting the Book Co-op's workshop

by Hartmut Ramm

On Friday, September 15, the Board of Directors of the Book and Record Co-op held its first political workshop. It was called to give the Board an opportunity to air certain conflicts that had surfaced during recent months and were becoming obstacles to the Board's effective functioning. The conflicts were interpreted by some to be personal in nature, by others political; but the Board was unanimous in recognizing that a workshop, in which the disagreements could be brought into the open, was needed.

All interested Co-op members were invited to attend in the hope that this would promote honesty, provide a richer pool of ideas, and pressure the Board to live up to its responsibilities. The meeting began with self-criticism by each Board member, followed by analyses of the state of the Book and Record Co-op, the problems it faces, and possible solutions. This

was followed by an hour of exchanges among Board members, chaired by two volunteers from the crowd. Finally, everyone was invited to comment freely on the foregoing discussion.

The need in the Co-op Board for what has come to be called "political struggle" arises from the stubborn fact that its members are distinct and opposed to each other on many levels: in life style, politically, economically and philosophically. The Board represents many diverse views on the how, what, when and where of revolution. What unifies the Board in the face of all this opposition is its undogmatic commitment to the dissemination of all points of view on the Left.

This commitment to the full spectrum of the Left is the heartbeat of the Co-op. It is founded on the premise that we, the Left, have need of each other and must sacrifice some opposition for the sake of frying big-



ger fish. Full spectrum of the Left means that none of the Left's many factions is the worst enemy of any other. None would ally with the Right against the Left. What is meant by that abused term? Without wishing to serve up a ready-made definition, it is one Board member's view that any conception of "Left" which does not include as a defining criterion the struggle against injustice in one or more of its many forms misses the boat. And the term that cannot be over-emphasized is "struggle."

This, then, is the Co-op Board: a committee whose constituency is the Left, whose allegiance is to this undifferentiated entity and whose purpose in life is to give it strength. Now, after seven years, the Board has finally decided to confront itself in the light of that they necessarily produce, would be irrational and irresponsible.

It is too soon to draw up the balance sheet for the workshop. There was much that was resolved, much that wasn't. But the appropriateness of the workshop, its timeliness and the importance of holding more in the future were not questioned. The Book and Record Co-op, like everything else, is shot through with contradictions so monumental that they dominate its existence. To ignore these contradictions, and the conflicts the allegiance demanded of it and in the presence of its constituency. Only good can come of that.

"If there is no struggle, there is no progress. Those who profess to favor freedom and yet deprecate agitation are people who want crops without plowing the ground. They want the ocean without the roar of its mighty waters. Power concedes nothing without demand. It never did and it never will. Find out what people will submit to, and you have found out the exact amount of injustice and wrong which will be imposed upon them; and these will continue until they are resisted with either words or blows or with both. The limits of tyrants are prescribed by the endurance of those whom they oppress."

Frederick Douglass

## Movies continued

"Angola: the People Have Chosen"--November 14

This hour-long documentary was filmed just before the Angolan people gained their freedom and while thousands of panicked Portuguese settlers were fleeing the country. It depicts vividly the broad-based popular support of the MPLA and gives life to the often-heard view that the MPLA victory was based solely on Cuban and Soviet support. The spotlight of the world is on Angola at the present time. But mostly all we get is words expressing causes, ideologies and foreign policy. This strikingly photographed film offers a vivid first-hand glimpse of what the country really looks like and how the people live.

Two films on Rape: "No Pat Answers" and "Rape"--November 22

"Rape" deals with rape as a violent physical and psychological intrusion. The filmmaker and three victims discuss the politics of rape as revealed in the ways hospitals, courts and the police treat rape victims. The material is presented in a way that encourages the viewer not to agree or disagree, but to think.

"Last Grave at Dimbaza"--December 6

An indictment of apartheid in South Africa, this film shows African women caring for white children while their own starve. Black men, who, after working all day, come back to squalid barracks in the township hundreds of miles away from their families. "Last Grave at Dimbaza" was shot illegally by whites in the cities and by blacks in the Bantustans. It was smuggled out of the country, and edited in Europe. The camera work is gripping. Although the film does not mention the rising liberation movement in South Africa it is still an indictment of those who support or perpetuate the status quo in South Africa.

"In light of the sorry history of discrimination and its devastating impact on the lives of Negroes, bringing the Negro into the mainstream of American life should be a state interest of the highest order. To fail to do so is to ensure that America will forever remain a divided society."

It is because of a legacy of unequal treatment that we now must permit the institutions of this society to give consideration to race in making decisions about who will hold the positions of influence, affluence and prestige in America. For far too long, the doors to those positions have been shut to Negroes. If we are ever to become a fully integrated society, one in which the color of a person's skin will not determine the opportunities available to him or her, we must be willing to take steps to open these doors. I do not believe that anyone can truly look into America's past and still find that a remedy for the effects of that past is impermissible."

*from the dissenting opinion of United States Supreme Court Justice Thurgood Marshall in the Bakke case, rendered June 28, 1978*

LAW OFFICE OF KENT SPRIGGS  
324 WEST COLLEGE AVEUNE  
TALLAHASSEE, FLORIDA 32301  
224-8701

Best Wishes to SPECTRUM  
Bold Journey from Friends

Practice limited to civil rights, labor relations, personal injury, medical malpractice, workman's compensation, and "political" cases.

Kent Spriggs, Tommy Warren, Joe Henderson, Chris Fallon, Sharon Tedder, "Bo" Peoples, Elizabeth Woodsmall, Chris Sullivan

# Caveat Emptor: Florida's migrant workers

by Cliff Thael

At a recent LCFC general membership meeting many voices rang out urging that LCFC restrict its political involvements to those issues directly and specifically related to FOOD. Since I am personally and politically involved with "the politics of food," I thought that this might be an opportune time to inform co-ops of a very tragic circumstance that is directly related to almost every fresh fruit and vegetable we eat--the plight of the migrant worker in Florida.

Many of us remember the exhilaration of participating in the Civil Rights Movement of the '60's, marching against wars and hunger and pollution. Some remember the nationwide efforts of Caesar Chavez and the United Farmworkers as they attempted to raise the consciousness of this nation to the intolerable working and living conditions their people were forced to endure. The UFW evolved a variety of strategies such as invoking the moral outrage of middle America through the support of grape and lettuce boycotts that were highly effective.

As the toll, in terms of profit, rose higher and higher, first one and then the other large California corporate farms rushed to embrace Chavez's union. The agricultural fields were unionized and, as a result of the work of one tireless man on behalf of his fellow laborers, things are now far better for the farmworkers in California.

But California is not the rest of the nation. As the sixties ended, America saw things improving for Chavez's followers in the West and they closed their minds to the critical problems and needs of farmworkers and rural poor in other parts of the country. Here, within our own state, a quarter of a million migrants subsist on such meager wages and live in the most deplorable housing imaginable. The average farmworker family of five earns under \$2500.00 annually. They exist in dwellings that average 1.9 rooms. Eighty-five percent of the houses lack electricity; ninety percent lack hot and cold running water and toilet facilities. The average life expectancy of the farmworker is 49 years, twenty less than for the general population.

In one southern county where individual corporate farmers receive up to \$4 million each year in federal subsidies, a study of 250 farmworker preschool age children revealed that 49% suffered from "functional anemia," an indication of protein and vitamin deficient diets and possible malnutrition. The survey also established a relationship between hunger and family income--the poorer the farmworker family, the more malnourished the children. It is indeed a tragic state of affairs when the people who labor to put food on our tables are themselves the victims of malnutrition.

The Florida Constitution states that "no body of workers shall be denied, or have their rights abridged, to collective bargaining in behalf of the same." Yet, twenty-nine years later, the Florida Legislature still refuses to act favorably upon a fair Collective Bargaining Bill for farmworkers. Every major growers' association is on record against a State mechanism for collective bargaining.

Many clever politicians and Grower lobbyists appear to be on the side of the "little man" when they claim to want farmworkers to be covered under the National Labor Relations Act (NLRA). The gimmick here is that under NLRA law, secondary boycotts (such as Chavez and the UFW pulled off) and strikes at harvest time would be prohibited. Of course; the Growers and their friends in the Legislature want this "federal protection" of farmworkers! It will, once again, work only to the advantage of the rich and powerful.

Corporate growers and rich landowners are afraid of an organized labor force that could not be forced to work long hours in the "sweatshops in the sun," live in dilapidated houses, and expose themselves to dangerous pesticides for little more than a subsistence wage. Consequently, millions of tax dollars are being sent each year to subsidize agricultural research at land grant colleges like the University of Florida's Institute of Food and Agricultural Science (IFAS).

Much of the research involves development of a mechanized capability to harvest food. According to Anita Gutierrez, Domestic Policy Director of Carter's White House, as much as 80% of the field harvesting jobs in the United States will be mechanized out of existence within ten years.

The implication of mechanization on our society are clearly unsettling. A majority of some twelve million farmworkers must face a future with many cultural, racial, and educational barriers that might prevent them from moving into other areas of employment. What this may mean for the general population is a sharply increased tax burden to assume the debt for this very dependent class of people who will not be in a position to fend for themselves in the job market.

A more frightening scenario can be extrapolated from the experiences of other so-called "highly civilized" nations who have adopted harsh policies towards those weak and defenseless citizens who are determined peripheral.



There is really very little that most of us can do in a personal way to promote justice for the farmworkers. However, we are not merely individuals. We are members of a society which functions, in a manner of speaking, as a corporate individual affecting goals and purposes which cannot be effected on the personal level. In a democratic society the values that guide corporate behavior (i.e. the social ethics) may be expected to reflect the personal ethics of the members.

Since society, as a corporate unit as well as each individual member, profits from migrant labor, both social justice and personal justice demand redress for: (a) the social, political, psychological, cultural, legal and economic deprivation of farmworkers, particularly migrant; (b) the imbalances created in the rural sector; and (c) the inequitable transfer of financial resources and responsibilities effected by the present farm system.

There are some things, however, that we, as concerned neighbors, can do to help our brothers and sisters who labor to put food in our bellies. Next year will be a "big year" for farmworkers. Several farmworker organizations plan demonstrations and marches in Tallahassee in support of a favorable Collective Bargaining law. An individual who has a desire to be a part of the solution could write letters to each of his/her legislators in support of a State mechanism for Collective Bargaining. They could also attend one of the several Farmworker Support Benefits being planned for early fall in Tallahassee. They could join or form a Farmworker Support Committee that would monitor activity on the State level and help mobilize people to support farmworker actions when needed. They could join VISTA and work for a year helping farmworkers organize for self-protection.

This is not a small problem that affects only a few limited existences. As Corporate America moves more and more rapidly into agriculture, the small family farmer is quickly becoming a vanishing hero. Because of the vertical integration structure of Agribiz, no singly individual farmer is capable of competing in the marketplace with the giants. Small farmers, in increasing numbers, are being forced into a contractual peonage that hold frightening possibilities for all of us. When there is no competition for a commodity, the sky's the limit when it comes to prices.

# Tallahassee Aware

A COMMUNITY DIRECTORY brought to you by SEEDS OF UNNIVERSAL LIGHT

P.O. Box 2672, Tallahassee, Fl. 32304 OCTOBER 1978 Vol. 1, No. 1

TALLAHASSEE AWARE HAS THREE ESSENTIAL PURPOSES: 1) TO PROVIDE A DIRECTORY OF SPIRITUAL PATHS AVAILABLE IN THE COMMUNITY; 2) TO PROVIDE A MEANS FOR PERSONS OFFERING SKILLS TO BECOME KNOWN; AND 3) TO SELECT AND SUPPORT BUSINESSES THAT EXPRESS THEIR OWN CREATIVITY AND APPRECIATE THE NEEDS OF THEIR CUSTOMERS OVER AND ABOVE THEIR OWN FINANCIAL MOTIVATION. THE PEOPLE INVOLVED IN CREATING TALLAHASSEE AWARE HAVE SUPPLIED THEIR ENERGIES AS SERVICE THROUGH SEEDS OF UNIVERSAL LIGHT. SEEDS IS AN OMNI-RELIGIOUS CHURCH THAT FOLLOWS NO OTHER DOGMA THAN HELPING EACH INDIVIDUAL'S OWN GROWTH IN SELF-AWARENESS AND SERVICE TO GOD.

WE HAVE COMPILED MANY REFERENCES FROM FRIENDS IN THIS FIRST ISSUE, THERE WILL BE MANY MORE THAT SHOULD BE INCLUDED, AND WE NEED YOU TO RETURN THE ENERGY THAT YOU RECEIVE THROUGH USING THIS DIRECTORY BY SENDING US CHANGES OR ADDITIONS. YOU ARE THE PEOPLE THAT MUST SUPPORT AS WELL AS CRITICIZE US FOR THIS TO WORK... THE EDITORS WILL SUPPORT WHAT IS SUPPORTED BY THE COMMUNITY. THANKS!

ANOTHER NOTE ON ENERGY EXCHANGE IS THAT THIS DIRECTORY IS BEING PROVIDED FREE AS A COMMUNITY SERVICE. IF YOU DON'T FIND ANYTHING OF PARTICULAR VALUE TO YOU, WE'D APPRECIATE IT IF YOU'D RECYCLE THE ENERGY BY GIVING IT TO SOMEONE THAT MIGHT BE ABLE TO USE IT.

## FISH FREAKS

703 N. Monroe, 224-3206  
11-8 M-F, 10-6 Sat, 1-5 Sun  
Most complete line of fresh and saltwater critters around. The owners are knowledgeable and friendly to their customers.

## DR. ROBERT E. LEE

2701 N. Monroe, 385-5141  
An old time veterinarian, short on bed-side manner but long on caring. Does surgery. Very reasonable fees.

## NORTHWOOD ANIMAL CLINIC

1881-B N. Boulevard  
385-8181; 7:30-7 M,Th;  
7:30-6 T,W,F; 8-noon Sat



## Animals

A very complete clinic with 3 permanent doctors, 2 boarding rooms, 5 examination rooms. Belongs to Emergency veterinarian service.

## OAKWOOD VETERINARY CLINIC

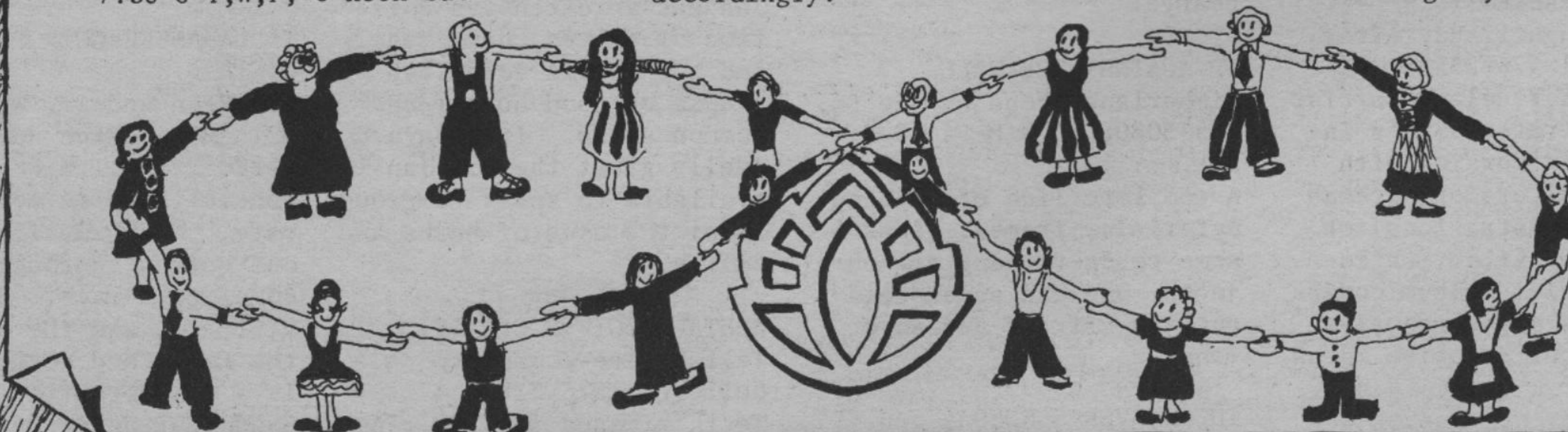
Clayton Ritter, DVM,  
Luke Blanton, DVM  
2528 W. Tharpe, 386-1138  
Hours by appointment. Very thorough vets! Good for tough cases but they charge accordingly.

## SPAY AND NEUTERING SERVICE

939 W. Tharpe St., 386-4148  
Low-cost spay and neutering services to help hold down local animal overpopulation. Fees: male cats, \$10, female cats, \$20; male dogs, \$15, female dogs, \$25.

## TALLAHASSEE-LEON COUNTY ANIMAL SHELTER

4300 Capital Circle, S.W.  
877-7210, 8-6 M-F, 8-4 Sat  
Pick up stray animals. Adopt out pets. Investigate cruelty to animals charges. Take calls and make diagnosis to injured animals. Run a file system for lost and found animals. Evening and weekend emergency calls.



## Arts and Crafts

### BISCHOFF STUDIOS

741 N. Monroe  
10-6 T-Sat. Gorgeous glass-works (your eyes will feast here) & other assorted art pieces.

### CRICKET HOLLOW CRAFTS

Dan Meador, 878-6404 or Steve Cannon, 576-0757  
Creations of wood and stained-glass, furniture & lamps.

### HALLELUJA WOODWORKS

Ross Barrable 576-2557  
(Also see listing under Musical Instruments). Tables, massage tables and picture frames.

### JIA DAWN ALLEN, Morning

Light Creations  
218 W. First Ave. 224-6992  
Custom Macrame.

### JOAN KRAFT

533 N. Meridian, 222-0708  
Custom order pottery; mugs, planters, vases, mobiles and wind chimes.

### LE MOYNE ART FOUNDATION

125 N. Gadsden, 224-2714  
First local gallery established in 1964. Displays from local, Floridian and occasional out-of-state artists. The Christmas show and open house is not to be missed with art pieces in all price ranges. 11-6 Tue. thru Sat. 1-5 Sun.

### LITTLE BROTHER SHOP

206 E. Sixth Ave. 224-3686  
10-5:30 - M-Sat.  
Original pewter pieces all designed by Metzke. Jewelry candle-holders, boxes, trays and serving pieces.

### LONNIE WILLIS

702 N. Calhoun, 222-3044  
Original design in stain and leaded glass. Custom made.

### LYNNE BARRABLE

3425 Springhill Rd. After 5 pm, call 576-2557  
Lynne is a freelance artist and illustrator. She's interested in working with serious writers or persons needing illustrations for publication (i.e., children's stories, album covers etc.) This artist is also open to your creative ideas.

### PAT LYONS

Miccosukee Land Co-op  
877-6851-Message Phone  
Macrame and fine art. Original designs in macrame

room dividers, wall hangings, plant hangers and table covers and rugs. Reasonable prices or will trade.

### MASONBRINK GRAPHICS

Marc Masonbrink  
706 Simmons St. 224-1182  
Photography & cinema, illustrations, graphic arts, signs, lettering, portfolios and business reports.

### NORTH FLORIDA POTTERY SUPPLY

Art Odenea & Norm Gimple, potters  
680 McDonnell Rd. (Downtown Industrial Park) 224-3326  
Pottery classes and workshops for beginners and intermediates. Raku process demonstrations given. Firings in raku, salt, reduction. All your pottery needs: wheels, kilns, clay. Also functional & decorative stoneware for sale.

### NOUVEAU

646 W. Tennessee St.  
222-6696, 10-6 M-Sat.  
Unique designs in waterbeds, hardwoods, fine leathers, precious metals and gems.

### OUIBET STUDIOS

2419 Lk. Bradford Rd.  
575-6014, 9-4 MWF, 9-4 T-Th, 9-1, 7-10 p.m.  
Ceramics, hydrocal, supplies, custom firing. Evening instruction available. Certified Duncan teachers.

### THE SILVER LINE

213-1/2 W. College 224-2238  
Kathy Tully & Diane Sams  
Custom-created silver pendants & silver sculpted people mounted on precious stones. All truly unique. Wonderful stained glass work also.

### SUNSHINE, BARBARA HEYM

3327 Thomasville 386-8639  
Ink portraits, water color, mirrors and wood puzzle paintings and murals.  
Custom orders at no extra charge.

### UP AGAINST THE WALL

Timberlane Shops on the Sq.  
385-3080, 10-9 M-F, 10-6 Sat.  
A complete line of matting materials, frames, glass & some ready-to-hang art objects. One can assemble one's own frame and save money.

### THE WEAVER'S SHED

Timberlane Shops on the Sq.  
385-9665  
This store carries a complete line of weaving sup-

plies, looms, needlepoint, wool & pottery. Classes are available. Helpful in new design implementation.

### THE WITCH'S STONE

3123 Katherine, 576-1988  
8-9 W-F, 8-4 Sat-Tues.  
Specializing in beading supplies; beautiful loose beads of all sizes; macrame cords & jewelry findings. Finished macrame pieces, finished beadwork (loom type Indian beading, Panamanian collar necklaces) and woodwork for sale or custom orders.

### THE WOOD GRAINERY

878-3263 or 575-3939 (Ask for Bill or Neil)  
Hand-crafted time pieces and other neat stuff, designed in cypress, cedar, and selected hardwoods. Custom and commission work available.

### THE WOOD SHOP

1319-1/2 E. Tennessee St.  
878-2826  
A group of woodworkers specializing in hardwood furniture. Each person offers his own unique design. Featuring furniture, hot tubs, cabinets (built-in), housing components, hardwood doors with stained glass, hardwood spiral stair cases. Also energy-efficient houses built from ground up.

---

Before enlightenment  
Chopping wood and carrying water  
After enlightenment  
Chopping wood and carrying water.

---

## Body Work

### BLACK CREEK HERBS AND SPICES (Jan Godfrey)

575-0972 10-2 M-F  
Jan has an extensive collection of spices, herb teas, and scent oils sold with a dose of good humour and common sense. It always smells great there. Jan is available to speak to groups about the uses of herbs and spices.

### DENTAL HYGIENE CLINIC

Tallahassee Community College 576-5181  
Teeth cleaned for \$2. The first appointment will take about 4 hours because they are into educating folks on proper dental hygiene.

### FEMINIST WOMEN'S HEALTH CENTER OF TALLAHASSEE

1017 Thomasville Rd.  
224-9600 9-5:30 M-F  
M & Th 2-4 W 6-7:30  
Pregnancy screening, self help clinic: birth control advice, GYN exams, Pap smear, VD screening, etc.

### DR. W. C. HARDY

1603 Old St. Augustine Rd.  
877-1871 after 2 PM  
A specialist in nutrition, Dr. Hardy is available for health lectures by appointment or individual consultations. He is most interested in disseminating information he has collected over the years.

### MASSAGE

Donna Cannon 575-0972  
Donna has been practicing massage in Tallahassee for several years. She also offers classes in beginning and intermediate massage. A thoroughly professional super human being.

### POSTURAL INTEGRATION

Carol Lessinger 222-2119  
1110 Miccosukee Rd.  
Postural integration is a holistic approach to mind/body therapy. It realigns the body in harmony with gravity and releases tension and muscular stress. techniques are: deep tissue manipulation, acupressure, Gestalt psychology, and movement awareness. Carol is a certified PI practitioner and a licenced massage therapist. She has worked with both children and adults in area of massage, creative movement and self discovery through body awareness.

### CHIROPRACTOR

Richard F. Carr, D.C.  
225 W Brevard St. 222-9689  
Hours by appointment  
Central location, he has time and inclination to individualize treatments.

### TALLAHASSEE CHIROPRACTIC CENTER

Dr. Penn and Dr. Whitfield  
1216 Miccosukee Rd. 878-6233  
9-12, 2-5 M,T,W,F 9-12 Th  
Specializing in corrective care. With the first visit one gets a thorough exam and complete X-rays. Second visit you and the doctor view the films and decide if there is a chiropractic problem. Good healing energy working with the spine though not inexpensive. They are willing to work up an individual fee schedule.

CONTEMPORARY AND CREATIVE DANCE - adults and children  
Carol Lessinger,  
1110 Miccosukee Rd, 222-2119  
Carol offers classes to help you become aware of movement potential while expanding your creativity and connectedness to yourself. The emphasis is on centering, grounding, flexibility, and space exploration. There will be both contemporary dance exercises and creative movement experiences.

CREATIVE DANCE STUDIO  
1232 Timberlane Rd. 385-0435  
The desire is to help the individual grow in total movement awareness. Classes available for the inexperienced as well as the trained dancer. Creative dance, Modern ballet, Ballet, Jazz, Belly dancing, Yoga, Disco, Movement awareness, Group production workshop. 2,000 sq. ft. studio with wooden floor.

CHINESE MARTIAL ARTS ASSOCIATION OF TALLAHASSEE  
2020 S. Adams, downstairs  
Kung-Fu, Tai-chi;  
martial arts equipment  
upstairs at Oriental Bazaar

SHAOLIN KUNG FU  
Tony Brown  
Palmer Munroe Recreation Center 7-9 PM Tues  
Martial art for fitness, centering, defense.

TAI CHI  
Rex Aperauch 224-1401  
7-9 M,W & F  
Exercise and meditation

TENNIS INSTRUCTION  
Carl J. Powers 576-0097  
1913 Hillsborough St.  
The "inner game of tennis" method to keep awareness in the present as well as moving meditation

YOGA, HATHA  
Michael Stafford, 222-3117  
6:30 PM Th  
United Ministries Center  
Park St.  
6:30 PM Mon at Unitarian Church on Meridian, and Sat mornings to be announced.  
Hatha Yoga with emphasis on correct asanas. Michael is a serious student of Yoga, an excellent teacher for beginners as well as advanced persons.

YOGA, INTEGRAL  
Neil Abell  
4305 Brittany Blvd, 575-3939  
Certified Integral Yoga instructor. Offering classes and workshops for

groups and individuals in hatha yoga and meditation.

YOGA, KRIPALU  
Lynn L. Kasler 575-3939  
4805 Brittany Blvd.  
Certified Kripalu yoga instructor. Trained in hatha yoga and meditation. Also available for counseling.

JIM NEILL, ROLFER  
386-8886 for appointments  
Specializing in the Rolfing technique of connective tissue manipulation.

What is the necessity of giving up the world altogether. It is enough to give up the attachment to it.

Rama Krishna

Too much self-recrimination is just more of the ego dance. Let it go by and get on with it. After all, if you were finished you wouldn't need to begin. Just accept where you are in the here and now and proceed full speed.



## Bookstores

CHRISTIAN BOOKSTORE  
249 E. 6th Ave, 222-4530  
9:30-5:30 M-Sat  
Bibles, books, Sunday school supplies, cassettes, 8-track, albums and sheet music. Also religious supplies for communion and church furniture.

CO-OP BOOKSTORE  
652 W. Tennessee 222-6677  
The place for new and used unusual books at low prices. Extensive collection on pathways of consciousness, the occult, healing, herbs, diet, alternative periodicals, books on liberation movements and philosophies in the world today as well as the past.

CULLARS BOOKSTORE  
119 S. Monroe, 222-8819  
9:30-6, M-Sat  
Carriage Gate Mall 385-6131  
9:30-9 M-Sat  
Two locations with different coverage; friendly local owner who really cares. Sells new and used books. Will buy and/or trade used books. Carriage Gate Mall sells only new books.

HOUSE OF BOOKS  
833 W. Tharpe St. 385-0526  
Used books for trade and sale, lots of paperbacks.

WALDEN BOOKS  
Tallahassee Mall, 385-7690  
Fine folks run this store and they will help you get any book you want. Special orders, spiritual books and the latest in print.



## Construction

JONES CONSTRUCTION, 877-7825  
Renovations, new construction remodeling. Talented woodworker with 11 years experience. Specializing in custom built homes.

MAD DOG DESIGN AND CONSTRUCTION COMPANY, INC.  
Chuck Mitchell 878-3203  
Mad Dog is a group of craftsmen/builders committed to incorporating high quality construction and fine finish woodworking with energy efficient design. A home is designed to fit its environment with the best use of material and technology. They enjoy doing their own building blueprints. One speciality is low-cost passive solar design systems.

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Route 2 Box 615 878-6563  
Original innovative design work. Custom homes. Unique trim and tile work. Energy efficient houses. Renovation and restoration work done; also hot tubs and saunas.

RALPH OR JERRY GOODSON  
575-0218  
Home improvement. Masonry of all styles, carpentry for additions on homes or buildings of all sizes. Business rates are reasonable. Nine years experience.

RAY RATTIEN  
386-8639  
Carpentry and electrical work and other home repairs. Electronic specialty work.

RUSS BURNETT, PAINTER  
386-8639  
All types of painting, recondition older homes.

SUN TRAIL CONSTRUCTION, INC.  
1323 Tennessee St. 224-7445  
Radio phone 222-8585, unit 232.

Residential - commercial - specializing in custom buildings and designs.



## Education

AFTER SCHOOL  
at Unitarian Church 2810 Meridian, 385-5115 after 2:30. Call Harold Mayo to get details on this unique school.

ALUMNI VILLAGE CHILD CARE  
Linda Mitman, teacher/director. Alumni Village Recreation Center, M-F 7:30-5:30  
Linda wishes to emphasize this is not a nursery but a pre-school or day care center run in conjunction with Alumni Village. Ages 2 1/2 - 5. A parent cooperative. Parents work 4 hours/week and get a break on FSU tuition. Priority to Alumni Village residents, then FSU, FAMU, TCC, community.

COUNTRY DAY CHILD DEVELOPMENT CENTER  
Luther Hall Rd. and Hwy 20 West 576-2613  
Ages 3-5 groups are mixed ages, creative play equipment. Dave and Carol have made shaded outdoor area as part of a 5 acre home setting. Space inside arranged in terms of different activities. Role playing of real life roles. Active discovery learning as well as arts and crafts. Responsible actions encouraged in child in working toward a positive self-concept. Pick up and drop off at Messer Field.

CREATIVE PRE-SCHOOL  
2746 W. Tharpe 386-1450  
Infant - 6 yrs.  
Full care and child centered educational program. Excellent recommendations.

GRASSROOTS FREE SCHOOL  
555 Ocala Rd. 224-9929  
Director: Pat Seery  
Ages 5 and up. Progressive alternate to public education. Based on Summerhill philosophy. The students and teachers make and follow the rules.

NATURAL BRIDGE FREE SCHOOL  
615 E. 6th Ave, 224-2882

SCHOOL FOR APPLIED INDIVIDUAL LEARNING (SAIL)

725 N. Macomb 488-2468  
State supported. Grades 8th through 12th. Diplomas awarded. Only 120 students  
Bus service provided.

VICKI MOORE, TUTORING  
218 W. 1st Ave 224-6992  
eves and weekends. Certified teacher (both early childhood and elementary levels). Will tutor or counsel children in math, language arts, et.al.



FLORIDA A & M UNIVERSITY  
Department of Music  
Contact: Lindsey Sarjeant  
599-3334 Jazz group for hire.

FSU CIRCUS  
FSU is famous for its Flying High Circus. The show under the new Big Top is usually the first two weekends in May. It's beautiful, strong and wholesome like no other Circus. Performers are all FSU students. Call FSU Ticket Office for dates.

JUGGLING PARTIES  
Dr. Don Rapp 385-5627  
Don is a local "personality" He has appeared on national T.V. as well as FSU and civic activities. He now offers private lessons and juggling parties in your home. All age groups can be taught the basics of juggling for a memorable party.

MADRIGAL DINNER  
An annual glorious dinner/pagant/concert at FSU. Buy tickets early. Madrigal singers and waiters are all in Olde English costume. The Union is transformed into a Great Hall and food is served with a flair (a blast of trumpets). Dinners start early in December and run about two weeks. Call FSU Ticket Office for more information.

MARKET DAYS, by the Junior Museum. Fairgrounds, S. Monroe Street  
Nov. 18 & 19, 10-5 Sat, 12-5 Sun

The best opportunity to Christmas shop for art and handcrafted presents in one place.

PANACEA BLUE CRAB FESTIVAL  
Panacea, Florida, Hwy. 98  
Saturday before Labor Day - parade, race, seafood, crafts, fireworks.

SATURDAY NIGHT AT THE MOVIES  
Tap Root Juice Bar  
631 W. Tennessee St.  
Periodic Sats...check bulletin board at Tap Root. New Age films centered on alternative systems and philosophies are made available. Sponsored by Seeds of Universal Light.

SPRINGTIME TALLAHASSEE  
209 E. Park, 224-5012  
April 7th - art in the park, footrace - check the brochure for all the details.

SUB AND PUB  
102 E. Jefferson St. 224-3001  
8:30-3 M-F, 8PM-1:30 W-Sat.  
Jazz oriented, listening parlor. Some accoustic, no rock. Deli: sandwiches, beer, wine and salads.

TOMMY'S DEEP SOUTH MUSIC HALL  
480 W. Tennessee St. 224-9615  
Lots of live local talent. Tommy is supportive of local groups who are in need of raising money by offering time and space for benefits. A small cover charge. Beer, wine, soft drinks and juices.

WATERMELON FESTIVAL  
Monticello, Florida (east of Tallahassee on Hwy. 90)  
Annual festival in July with parade, contests, crafts display and great eating.

## Flowers & Plants



BLOOM ROOM  
704 W. Gaines, 224-2074  
9-6 M-F, 9-5 Sat  
Timberlane Shops on the Square, 385-7395  
10-9 M-F, 10-6 Sat  
Friendly folks with reasonable prices. Plants and cut flowers delivered for a small fee. Corner stands sprout in various locations throughout Tallahassee at holidays.

ENCHANTED PLANTS AND DESIGN  
by Deborah Morningstar  
224-5759

Plant leasing and sales, perfectionist plant maintenance service, professional interior plantscaping, interior design. Specializing in indoor gardens and fountains.

GOSSETT TREE SERVICE, INC.  
506 E. Williams St., 224-9570  
Sam Hand, Jr., owner  
The crew is well trained, courteous and will clean up their trimmings. Custom shrub maintenance, fertilizing and pruning with good health of trees and shrubs of highest concern.

NATURE FACTORY  
203 S. Monroe, 224-2593  
10:30-6 M-Sat  
Timberlane Shops on the Square, 385-7904  
10:30-9 M-F, 10:30-6 Sat

SOUTHERN SUN  
119 E. Call St., 222-7397  
Excellent prices on healthy plants plus lots of friendly advice and know-how with each plant sold.

## Food and Nutrition

THE ALLEY  
210 S. Monroe, 222-9463  
11-11 MTW, 10:30-2am ThFSat  
Sandwiches, pickles, salads, wine coolers and a casual atmosphere. Live entertainment Th, F, & Sat evenings.

ANGELO'S, Panacea, Florida  
1-944-5362  
The fish is fresh from the Gulf, broiled or fried and concocted from family recipes. Their herb butter and Greek salads are outstanding. Moderate prices.

ANDREW'S SECOND ACT  
102 W. Jefferson, 222-2759  
5pm-12:45 M-Sat, 6:30-9pm Sun; lunch 11:30-2:30 M-Sat  
Referred to us as "only gourmet food in Tallahassee" -fresh fish daily and their own sangria. There is a nightly choice of beef, veal poultry or fish. SPECIAL: 5:30-6:30 everything is \$5.50. Reservations are recommended.

ANDY'S GREENHOUSE  
505 E. Tennessee St, 222-4135  
11-3 M-F, 6-10 M-Sat  
The food is a delight, prepared with love and fresh herbs. No red meat served, but seafood is. Two nightly

entrees change daily. Lunch is also served -salads and sandwiches, including cold cuts. Small and homey; reservations are recommended for dinner.

COFFEE BOUTIQUE  
Timberlane Shops on the Square, 10-9 M-F, 10-6 Sat  
Exotic and delicious coffees and treats.

THE DELI  
228 S. Adams St., 222-3444  
11-3:30 M-F, 5:30-11 M-F, brunch 11-3 Sat & Sun  
A fun place for lunch or dinner. The decor is zingy and the food excellent.

HEIDI'S BAKERY  
Capital Plaza on Thomasville Road, 224-9519  
7:30-6 Sat  
Really good goodies, gingerbreadmen, carrot cake and great rolls...

SUNASU - Marc and Carol Masonbrink, Independent Distributors  
706 Simmons St., 224-1182  
Sunasu product line of complete nutritional program in two parts: multi-vitamin-mineral-herb tablets, and amino acid profiled protein powder.

JULIA MAE'S  
locations in Sopchoppy, Florida; Lanark Village (at Martha Ann's Motel & Restaurant); Carrabelle, Florida; Grand Ol' Opry House, Tallahassee  
What more can we say about a seafood restaurant named after the cook?

LEON COUNTY FOOD CO-OP  
649 W. Gaines St., 222-9916  
9-7 M-F, 9-6 Sat  
One of the largest food co-ops in the southeast. \$5 membership yearly for family or household of up to 4 adults. The food is marked at cost on the shelves and you add a percentage according to membership and hours worked. If you want to check it out, as a non-member you have 35% markup. By becoming a member, you immediately get 25% markup. Fresh produce, dairy products, unfiltered juices, nuts, grains and other bargains...all healthy stuffs.

LINDA POLK - RAW NATURAL HONEY.  
Lake Talquin, 575-0995  
No heating, orange blossom and tupelo. Will deliver (\$1 per pound).

**MAXIN'S**

228 S. Adams - above The Deli, 222-3446  
11:30-1 am (11:30-2:30 lunch)  
M-Sat

Great art deco atmosphere. Seafood bar at night for hungry drinkers. A fun place, but expensive. Dress flashey. The \$3.50 salad bar at lunch is a delight especially for carnivores.

**NATURE'S WAY**

1932 W. Tennessee St.  
224-2043, 11-9 T-F, 9-9 Sat,  
9-1:30 Sun breakfast  
Soup, salad and two entrees of the day. The atmosphere is as attractive as the food

**NEO-LIFE PRODUCTS DIST. CTR.**

930 W. Tharpe St., 385-8541  
High quality natural food supplements, 100% biodegradable cleaners, NEST (Nutritional Emergency Storage Today) food storage program, cosmetics from natural and organic sources. Champion juicers and Magic Mill wheat grinders and mixers also available. Distributorships welcomed.

**ORIENTAL BAZAAR**

2020 S. Adams St., 224-1401  
10-6 M-Sat  
Oriental goods, foods and spices. Martial Arts equipment.

**SHAYS**

Crawfordville, Florida  
10-10 M-Th, 10-11 F & Sat  
30 miles from Tallahassee, a beautiful drive with great food at the end. Fresh broiled or fried seafood. Prices are reasonable but not cheap. Bring you own alcoholic beverage. Home style atmosphere.

**TAPROOT JUICE BAR**

631 W. Tennessee St., 222-7840  
10-8 M-F, 10-5 Sat  
A varied menu of natural sandwiches, pizzas, salads, soups and fruit shakes. Seasonal specialties made with fresh fruits and vegetables.

**TASTY PASTRY**

629 W. Tennessee St.  
7-5 M-Sat  
Timberlane Shops on the Square, 7-9 M-Sat  
Decent munchies, bread, cookies, cakes, Danish, etc.

**THREE STARS OF CHINA**

115 N. Adams St., 224-1342  
11:30-2 M-F, 5-10 M-Th,  
5-10:30 F&Sat  
Good vegetarian meals as well as traditional Chinese food done just right. Carry

out also. Japanese room where you can sit on the floor and get loose.

**WINE & CHEESE CELLAR**

460 W. Tennessee, 222-7891  
9-10 M-Sat, 9-9 Sun  
Wide selection of cheeses and wine. Imported beer, meat and cheesboards. All sandwiches and subs made to order. Baklava, salads, sprouts and Arabic bread. Will deliver to groups.

**LUCY HO'S BAMBOO GARDEN**

116 E. 6th Ave., 224-9099  
5-10pm M-Th, 5-11pm F-Sat,  
11:45-2 M-F  
Lucy has a long-standing reputation for outstanding dinners and lunch. Japanese menu available upstairs in an authentic setting.

The ability to know the begining of antiquity Is called the thread running through the way.  
Lao Tzu

There is such security in the passage of time. It is like an image on the waters, ever the same, though the waters continually flow.

The journey of a thousand miles begins with one step.  
Lao Tzu

**Hair Care**

**BARBARA STUBBS HAIRDRESSER**  
c/o CUTTING LOOSE  
111 S. Adams, 222-0505  
Specializing in personalized hair styles.

**BARBER COLLEGE**

1221 Apalachee Parkway  
877-3020 - 10-6 T-F, 8:30-5:00 Sat. An inexpensive way to trim your hair. From \$1 up.

**CONTINENTAL CLIPPER BARBER SHOP**

3501 S. Monroe, 877-7636  
9-6 T-S. Highly recommended hair cuts.

**GERI MOORE**

1-926-7540  
A cosmetologist for 6 yrs. before freaking at the chemicals being used. She would love to give haircuts in exchange for veggies or plants or whatever.

**HEADQUARTERS HAIRCUTTING**

2017 W. Pensacola, 576-1511  
Reasonable prices. New age techniques. Good energy, nice atmosphere.

# Home Maintenance


**THE BREEZE**

515 Palm Court 222-2603  
Landscaping and lawn service by Roy Abarbanel. Good quality work, commercial or residential. Planting, sodding, small tree removal, complete lawn care.

**M & L HEATING & AIR CONDITIONING**

310 Piney Rd, 878-3798  
Good service with no hassles or rip off.

**PAUL'S PEST CONTROL**

105 S. Duval 222-6808  
Has been recommended as hassle-free. They also provide free inspection, terms and 24 hour service.

**VACUUM CENTER (Don Hanson)**

305 W. Brevard St. 224-0402  
Vacuum cleaner repair and sales. "A well-read, articulate and intelligent man" we're told. The Hoover-Guru.

**Human Interest Groups****CAT FISH ALLIANCE**

Barry Snitken 575-2934 or 222-9929  
Organization to oppose the unhealthy and dangerous spread of nuclear power plants and to promote clean energy sources. Better active today than radio-active tomorrow.

**WOMEN'S CLUB**

Los Robles, 224-0825  
Thursday lunch meetings. Charity and beautification work.

**Miscellaneous Services****SUE BILANCIO**

222-2425  
Typing done, fast and accurate. Neo-Life distributor (see Food and Nutrition) Astrological counseling and natal charts calculated.

**DON HOOD**

222-2425  
Stereo consultation and custom installations. Custom

furnishings, nomadic or permanent. BMW motorcycle tuneups and minor service.

**LEON COUNTY LIBRARY**

AUDIO VISUAL DEPARTMENT  
Northwood Mall downstairs  
487-2665

Variety of A/V equipment & entertainment, 16 mm to slides. Apply for A/V card 24 hrs before you want to check anything out. Limited time for projectors and steep fines.

**HOME FINDERS (Veda Hosp)**

1114 Thomasville Rd,  
224-6186; after hrs, 386-5596  
Sympathetic ear for your location problems. She's willing to help you.

**LIFE INSURANCE (Vicki Gotlin)**

New York Life Insurance Co.  
666 Barnett Bank, 222-6600  
A special agent in life, health, group insurance and annuities.

**NEW AGE HANDIWOMAN**

Leslie Moody  
2017 Hillsborough St.  
P.O. Box FSU-6278 or leave message at Tap Root 222-7840  
Minor bicycle repair; astrological interpretation; sewing and mending; child, animal and home sitting; baking; I-Ching casting and interpretation.

**STOCK BROKER**

A. G. Edward & Sons  
1001 Thomasville Rd, 222-0460  
Doug Lenley, individualized intelligent service.



## Museums

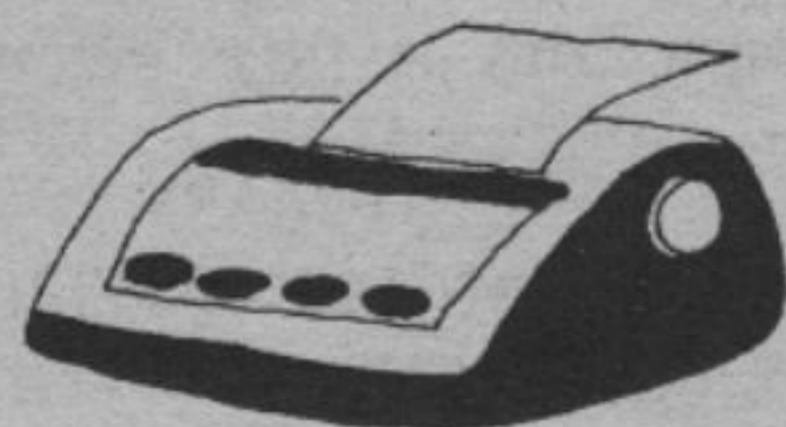
**MUSEUM OF FLORIDA HISTORY**

R. A. Gray Archives  
500 Bronough St.  
9-4:30 M-Sat, 1-4 Sun  
Features displays on early Indian life including many artifacts. FREE. Souvenir shop.

**TALLAHASSEE JUNIOR MUSEUM**

3945 Museum Drive, 576-1636  
9-5 T-Sat, 2-5 Sun  
A lovely nature trail with lots of animals in their natural habitat; various exhibits, inventions and transportation of the early 1900's, a bird watching room, a collection of 1880's restored North Florida buildings. Adults \$1.50, children 3-16 \$.50.

## Paper Work



APALACHEE RECYCLE CENTER  
Newspapers and aluminum.  
681 Industrial Dr.  
222-CANS hot line  
222-1208 warehouse

EDITING-FRANK H. STEPHENSON  
P.O. Box 20124, 644-4030  
Will help make any paper  
sound intelligent. Experi-  
enced and reasonable.

MODERN COPY  
116 S. Calhoun, 222-7514  
8:30-5 M-F, 9-12 Sat  
Xerox copies fast with a  
smile. Stick-on labels  
and colored paper.

PIP (Postal Instant Press)  
207 E. Park Ave., 222-4616  
8:30-5 M-F  
All your printing needs  
from camera-ready copy.

THE WITCH'S STONE  
3123 Katherine, 576-1988  
Personal typing done.

## Musical Instruments

### & Recordings

CO-OP RECORDS  
652 W. Tennessee, 224-8031  
10-9 M-Sat, 12-6 Sun  
The best prices on records  
in town. Includes a selec-  
tion of used records which  
are fun to browse through.  
Large selection of current  
rock, jazz, blues and  
classical records.

HALLELUJAH WOODWORKS  
Ross S. Barrable  
3425 Springhill Rd, 576-2557  
Beautiful handmade instru-  
ments - harps, dulcimers.  
Custom carving, hardwood  
slab tables, massage tables,  
and picture frames.

STEREO SALES  
625 W. Tennessee, 224-2635  
A complete line of stereo  
equipment and accessories.  
They really try to please  
the customer with concerned,  
hassle-free service.

SWEETBAY STUDIOS  
1317 Jackson Bluff Rd.  
576-8868  
Professional recording and  
mixing in a beautifully  
designed sound studio.

## Photography

DON HOOD  
222-2425  
Photography, stock photos  
and originals.

HERNANDEZ PHOTOGRAPHY  
Timberlane shops on the  
Square, 385-3620 10-6 M-F  
weekends by appointment only  
Specializing in creative  
black and white portraiture  
strong emphasis on quality  
and craftsmanship. Wedding  
and commercial photography.

## Recreational



## Opportunities

WILL ADLER 222-9959  
Generously offers free  
harmonica lessons.

ARMORY  
1400 N. Monroe 224-0845  
Features roller skating.  
Parties from \$10.

### COMMUNITY CENTERS IN TALLAHASSEE

Dade St. Community Center  
1115 Dade, 224-7350

Fourth Avenue Community  
Center  
450 W 4th Ave., 222-4614

Jake Gaither Recreation  
Center  
Bragg Drive 576-1016

Lafayette Community Center  
Ingleside Ave in Lafayette  
Park.  
Community Center 222-3330  
Arts & Crafts 224-7220

Palmer Munroe Recreation  
Center 576-3435  
1900 Jackson Bluff Road

Walker Ford Community  
Center 576-6621  
2301 Pasco.

The centers offer every-  
thing from dog obedience,  
trampoline, tie dyeing,  
weaving, pottery classes  
cake decorating, yoga,  
guitar lessons, etc. The  
schedule changes 3 times a  
year. Check the Tallahassee  
Democrat or call the center  
for complete info. Register  
early for the popular clas-  
ses. The instruction is  
first rate for the small  
cost to the student. Some  
centers have summer camp

programs and after school  
activities for children.

LAKE JACKSON INDIAN MOUNDS  
ARCHEOLOGICAL SITE  
US 27 north to Crowder Rd.  
small blue sign, just before  
Lake Jackson road turns off  
to the mounds. Situated  
next to the lake, picnic  
tables in shade, field for  
games, and the mounds offer  
a space to relax. Seeds of  
Universal Light holds Sunday  
meetings at 9 AM in warm  
weather on top the biggest  
mound. This is a place to  
experience the energies of  
another civilization.

QUINCY AIRPORT  
1-875-1920  
Glider club, offer glider  
pilot instruction and sky  
diving lessons. Call for  
more information.

ROLLING THUNDER RIVER  
COMPANY 576-0253  
P.O. Box 6175, Tall. Fl.  
Chatooga River whitewater  
clinics, Caribbean diving  
and sailing, North, Central  
and South American land,  
river, ocean expeditions.

SILVER LAKE  
8 miles west on Hwy 20, left  
on Silver Lake Rd. Recre-  
ation facilities, camping,  
picnic tables, shelter area,  
nature trails.

STATE CAPITAL  
S. Monroe at Apalachee Pkwy.  
9-4:30 weekdays  
Free tours of the new capital  
The capital is 22 stories  
high; on top is an obser-  
vatory.

SAILING INSTRUCTION -  
AMALIE ASH  
P.O. Box 6175, 576-0253  
Sailing small sailboats,  
race tactics. Boat tuning  
and maintenance, hobie cats.  
Will train your crew!

WAKULLA SPRINGS  
SR 61 (S. Monroe) 14 miles  
south of Capital  
Lodge open 24 hours/day, year  
round. Waterfront hours;  
9:30-6:30 summer; 9:30-5:30  
winter. World's largest and  
deepest spring...abundant  
wildlife, nature trails,  
glass botton boat, hotel,  
gift shop, dining room and  
concessions.

The more you talk about it  
The more you think about it  
The further from it you go.  
Stop talking, stop thinking  
And there is nothing you  
Will not understand.

Seng-Ts'an

## Self Growth and



ALEXANDER ZOLTAI  
878-6652  
Astrological Interpre-  
tations at the metaphysical  
humanistic and mundane  
levels. Personal, inter-  
personal and organizational.  
Also lectures, demonstra-  
tions and classes.

APALACHEE MENTAL HEALTH  
COUNSELING SERVICES  
805 N. Gadsden 487-2930  
Individual and group  
counseling for the adult,  
elderly, family, or child;  
alcohol & drug assistance.  
You can be seen for an  
initial session the same  
day you call. Two half-  
way houses, job development  
program, 24-hour emergency  
availability.

ASTROLOGICAL COUNSELING  
Natal Charts calculated.  
Sue Bilancio, 222-2425

BIOFEEDBACK TRAINING  
Will Halford, M.A.  
1020 E. Lafayette St.  
Suite 107-A 878-3410  
Hours by appointment. A  
very gentle and perceptive  
man, Will works to develop  
and deepen one's meditation.  
He gives training in bio-  
feedback, EEG and EMG for  
control of tension, anxiety  
and insomnia.

ALICE CAPP  
Rt. 7, Box 1077  
222-2425  
Astrological charts per-  
sonally delineated, paint-  
ed, and interpreted. (Natal,  
progressed, synastry, or  
composites).

GERALD GROW  
222-0829  
Private sessions based on  
The School of Wilhelm Reich  
and on the Theater of  
Personal Growth techniques.  
This is an educational and  
body-oriented approach to  
becoming more of who you  
are.

He has also taught the  
Bates Method of Vision  
Exercises for over 3 years  
and periodically holds  
classes in and around  
Tallahassee for people who  
want to improve their eye-  
sight.

### ISA (INSTITUTE FOR SELF ACTUALIZATION)

A weekend experience to learn how to make your life work...to stop fooling yourself about why it's not working...to go through transformation into your wildest dreams, because you are given the tools to make them happen. Contact Judy Meeter 576-4741 or Claude Needham 576-3528

### JIM HEALY

211 John Knox Rd, 385-5162  
Excellent individual counseling. Jim is also into weight control, marriage counseling, and hypnosis.

### KELLY POWERS - PSYCHIC AND ASTROLOGICAL COUNSELOR

By appointment only 385-4629

### MARRIAGE ENCOUNTER

1916 Rhonda, 385-6327  
A weekend experience with couple communication techniques taught; centering on the Christ's plan for marriage. Available as a Catholic or Episcopal expression.

### PAST LIFE REGRESSIONS

Explore your past without hypnosis. For information contact Mil Oppenheimer, 576-0700; Deborah Morningstar, 224-5759; or Carol Haenni, 385-9676.

### REBIRTHING

By appointment only. Contact Mil Oppenheimer, 576-0700.

### SEVEN HILLS HOLISTIC HEALING ARTS CENTER

P.O. Box 2678, Tallahassee, FL 32304, 575-3939 or 878-3263  
A New Age organization whose purpose is to encourage a balanced integration of all aspects of the individual - body, mind, emotions and spirit. Emphasizing a harmonious relationship between the self and the environment, both immediate and universal, the Center seeks to facilitate individual growth through educational endeavors and direct services. In addition to providing lectures and workshops on traditional, conventional, and alternative approaches to total well-being, Seven Hills sponsors an annual Healing Arts Festival, attracting speakers and practitioners from throughout the country. Those interested in becoming involved are encouraged to contact us.

### SMYLY THOUGHT CONTROL

Contact Peter MacGill, 878-4632. Periodic classes and seminars geared toward allowing you to experience an expanded awareness of your human potential.

Our close ones are thirsty for love. Go on giving to your loved ones until they are fully satisfied. The love you give has a divine power. Whenever someone offers it in the true spirit of sacrifice to the loved one, his heart is transformed into a reservoir of nectar.... Wherever there is love, there is God. Wherever there is love, there is happiness, peace and bliss."

Swami Shri Kripalvanandaji

### Specialty Shops

#### HQHQ (HIGH QUALITY HEAD QUARTERS) 121 S. Monroe, 222-7675

Not just another head shop. Gutsy with plate glass windows right onto Monroe St., here paraphernalia is spread around with legal smoking mixtures, various herbs and underground comics. Not for people that want to hide their "heads" in the sand, but worth the trip for the curious.

#### NATURAL STONE

224-9472  
Planters, patios, and pool decks by Duncan Johnson. Beautiful aggregate stone pottery in a wide choice of colors and sizes. Free estimates on pool decks and patios.

#### PACKS & PADDLES

926 W. Tharpe St. 386-6214  
A complete wilderness shop specializing in canoeing, kayaking, backpacking, skiing and other outdoor pursuits. Free clinics, seminars and slide shows. Come by, there's always a pot of tea on.

#### THE WICKERY

Bannerman Rd. Bradfordville Fl., 9-6 M-Sat 385-7573  
A pleasant drive north on Thomasville Rd., watch for sign on left as entering Bradfordville. Largest selection of wicker around. Annual Christmas open house with cookies and hot punch, and a decorated 25 ft. tree.

## Spiritual Groups



### BABA MUKTANANDA

Contact Gil Lazier 386-5267  
Group meetings and special films sharing Baba Muktananda's message to America.

### CHRISTIAN CAMPUS HOUSE

524 College Ave.  
A group of folks living an alternative Christian lifestyle. Strong concern for social action...committed to caring for one another's search and self-wholeness.

### CHRISTIAN SCIENCE (First Church of Christ Scientist)

122 N. Adams 224-0445  
A religion using the science of healing as taught in the Bible and interpreted by Mary Baker Eddy. Reading room next door open daily.

### DIVINE INFORMATION CENTER

450-1/2 W. Tennessee St. (next to Tommy's)  
Contact Greg Edeburn at 576-9379. 7:30-9:30 nightly Satsang. All are welcome. Discourses on meditation techniques revealed by Guru Maharaj Ji.

### ECKANKAR CENTER

507 S. Woodward (upstairs)  
Todd Smith 576-9320.  
Classes 7-8:30 p.m. 10/5, 10/19, 11/2, 11/16 in 246 Union, 12/7 in 252 FSU Union. The path of total awareness using the Light and Sound to guide Souls back to the Godhead.

Religion only seems different if you're dealing with a retailer. If you deal with a wholesaler, they all get it from the same distributor.

Stephen Gaskin

He who has so little knowledge of human nature as to seek happiness by changing anything but his own disposition will waste his life in fruitless efforts. Johnson

The way that can be told Is not the constant way. The name that can be named Is not the constant name.

Lao Tzu

EDGAR CAYCE STUDY GROUP (A.R.E.)-SEARCH FOR GOD. 3749 Shamrock W., Killlearn 7:30-9:30 p.m. Sunday's. Also monthly meetings with guest speakers. Contact Carol & Paul Haenni, 385-9676.

### FOUNDATION FOR METAPHYSICAL AWARENESS

Contact Kelly Powers at 385-4629. 8 pm T, 113 Bellamy, FSU  
Referral and resource group for people interested in psychic development and metaphysics. Referrals for people interested in psychic counseling, astrological readings and tarot readings. Classes in psychic development and related areas.

### MEHER BABA

For information, contact Steve Sakellarios at 575-3713, 1850 Ivy Lane.

### SEEDS OF UNIVERSAL LIGHT

P.O. Box 2678, 878-4632 or 386-8411. Meditation, Wed. nights 8 pm at Taproot Juice Bar, 631 W. Tennessee and Sun, Sharings 9 a.m. at Lake Jackson Indian Mounds (cold or rainy weather, go to Taproot). An omni-denominational church that offers fellowship through chanting, meditating and discussion. The services that Seeds offers Tallahassee include the compilation of TALLAHASSEE AWARE.

### SELF-REALIZATION FELLOWSHIP

(SRF), 1605 Redwood Drive, Gary Werdesheim-877-3265. 8 pm Thurs, 11 am Sunday meditation & chantine.

The higher one climbs on the spiritual ladder, the more will he grant others their own freedom and give less interference to another's state of consciousness.

Twitchell

God is an intellegent sphere whose center is everywhere and whose circumference is nowhere.

Hermetic statement

Each man is a cosmic unit. The society in which he lives is a reflection of a map of the cosmos.

Argueles

All that is visible must grow beyond itself, extend into the realm of the invisible. Thereby it receives its true consecration and clarity and takes firm root in the cosmic order.

I Ching

SRI AUROBINDO  
source person, call Steve Service, 222-9362, leave message with Gretchen

TALLAHASSEE PREPARATORY MEETING OF THE SOCIETY OF FRIENDS (QUAKERS)  
FSU Union Room 352, 10 a.m. Sun. Contact Margaret Fogg at 385-9300.

THOMASVILLE ROAD BAPTIST CHURCH  
1950 Thomasville Rd., 224-7835. 11 am Sun. Sunday School for all ages 9:45 am Bus ministry, mission closet for needy. Bible used at every service. Everyone welcome, all races come.

UNIFICATION CHURCH  
Contact Jim Fleming at 575-5446  
Teachings of Rev. Sun Myung Moon. Meetings Tues 7:30 pm Room 67, Bellamy Bldg. FSU

UNITY CHURCH AND EDUCATIONAL CENTER  
1303 Ocala Road 576-4575

URANTIA DISCUSSION GROUP  
Contact Jean Kendrick, 224-4995  
7:30-9 p.m. Sun., 545 E. Van Buren (across from Myers Park). The class will consist of readings from the Urantia Book, the 5th epochal revelation of the planet Earth, with discussion and sharing experiences.

TALLAHASSEE AWARE  
P.O. Box 2672  
Tallahassee FL 32304

Here's a new listing for the next issue...or a change for one that's already listed...

Here's my tax deductible contribution to help produce the next TALLAHASSEE AWARE. (Make checks payable to Seeds of Universal Light, please).

## What to Wear

### BARGAINS

BARGAIN BOX  
123 N. Monroe 222-3200  
9-5 M-F, 10-3 Sat.

GOODWILL  
300 Mabry St. 576-7145  
9:30-6 M-Sat.

THE SALVATION ARMY  
1442 S. Adams St. 222-3255  
9-5 M-Sat.

### MISCELLANEOUS

BIRKENSTOCK FOOTPRINTS  
Betsy Grimmett, 222-5900 or 644-3279 116 W. 6th Ave.  
These shoes are truly "footprints". Take a few days to get used to them as they introduce new beneficial foot movements and shape to your feet. Sizes for children and adults alike...resole-able...insoles available.

ETHERAL MATERIAL  
Timberlane Shops on the Square 385-6001, 10-9 M-F 10-6 Sat. All natural fabrics from all over the world at unearthly prices. Best quality goods and super peasant patterns...watch for sales.

ROSE'S BACK DOOR  
Rosemary Hewitt Rt. 6, Box 224, Quincy, Fl.  
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Rt. 4, Box 532, Jackson Bluff Rd. Apt. 3, 576-0409  
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OASIS  
W. College & Bronough St.  
Kassy lovingly chooses her stock for those "antique" freaks" and is very generous about her prices. You will continually find neat old treasures to wear here. A very personal store.

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AUTOMATIC TRANSMISSION SERVICE, 227 E. Palmer Av. (off S. Monroe), 224-4210  
These folks don't advertise as they don't need to. Their reputation is from many satisfied customers.

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DOWNTOWN GULF (Ed Hudson)  
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Very dependable service at affordable prices. Service covers all types of car problems, but air cond. is their specialty.

Miracles realized with calm acceptance...that's knowing.

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PARKWAY STANDARD (Joe Berry)  
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RADICAL REPAIRS  
Woodville Hwy in Blue Dolphin Pool's industrial complex, just before the Truck Rt. Sorry, no phone. Excellent, precision repair work for VW's. New guys in town--they try harder!

RECYCLED BICYCLES  
672 W. Gaines (across from LCFC) 224-1926 10-6 M-Sat.  
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SWAMPSTEAM AUTO REPAIR  
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Shunryu Suzuki

## Etcetera

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Developing, enlarging and mounting lab for black and white.

# LCFC Bylaw Report

by Jerry Johansen



If we're going to regain control of our economic lives, we're going to have to support a serious cooperative movement, based on mutual aid and democracy, community-oriented and with the natural world in mind.

## Co-op's Nooz

This is the space for the Leon County Food Co-op related stuff which will keep members aware of what's happening. This is an expansion of the old LCFC Newsletter into a cooperative effort with others in the Tallahassee community who always printed their articles with ours anyway. SPECTRUM will continue to provide a voice for the food co-op and will provide larger readership and distribution. Members may still submit any comments, information, or articles to the same Newsletter Basket by the storefront office. That which pertains directly to the food co-op will appear in "Co-op's Nooz," and more general stuff may appear elsewhere. As usual, space may be limited. If there are any questions, please ask.

### CURRENT STUFF (currant's tough)

Minutes of all meetings are permanently posted in the storefront, but these are some important excerpts:

1. BOD meetings are now conducted by consensus to reach decisions rather than parliamentary procedure and majority rule.
2. Massive progress was made at the Labor Day cooperative conference at the FSU Reservation to establish a Southeastern Confederation for Cooperation. See Conference Report for details. And watch for the next Confederation newsletter in the Co-op.
3. The epic saga of the Bylaw Revision Committee continues.
4. LCFC Newsletter metamorphoses into SPECTRUM.
5. The idea of LCFC utilizing its warehouse space comes out of storage.
6. Please turn in the completed membership surveys. If enough people respond, the results will be printed next issue.
7. Our new head cashier is Dave Taylor. Say hello and get acquainted. (Tell him to put our money where our mouths are.)

BOD meetings are on the 3rd monday of every month and Membership meetings are held on the 4th sunday of each month unless there are mitigating circumstances. October's meeting is important since it will be the first vote on approving the revised bylaws. Agendas and nominations to fill BOD vacancies are always posted in the store on the bulletin board.

Here are some other things you should know:

- When someone joins the Co-op they become a part owner of the store
- All articles of incorporation, bylaws, and BOD minutes are posted for reading at the storefront
- All BOD and general membership meetings are open to all members
- Working for credit in the store is totally voluntary. The percentage you wish to pay above wholesale and which hours are convenient are for you to decide
- There is a sheet by the office to write down requests and suggestions
- Any member can join or form a group to make improvements, do special projects, or help fill any need not provided for
- Any member can sell appropriate items on consignment
- All members, as part owners, are responsible for staying aware of all co-op policies and changes and to be concerned with its future growth and development

Larry Teich

The Bylaw Revision Committee was created by a motion at the February 26, 1978 Membership meeting. It was composed of seven members, four of whom were to be members (Russell Burnett, Jerry Johansen, Jim King, and Phil Ortiz), two of whom were to be BOD members (Debi Powers, Richard White) and one who was to be a coordinator (Patricia Handschy).

The committee's first meeting was held in March, where it was decided to develop a set of bylaws which could consider LCFC and Community Interests, Inc. the same organization. We were lucky to have a complete bylaw revision proposal already prepared by Richard White to use as a jumping off point. Following this were several meetings over the next few months where sections of the new bylaws were proposed, revised and re-revised.

The motivation behind setting up the committee was many faceted. In the recent past, there had been some conflict between the BOD and the membership of who exactly had the decision making power in the Co-op. There were also concerns regarding conflict of interest on the part of BOD members, especially in the area of creating new positions which could then be filled by a BOD member. Another aspect of this came on the tail end of a controversy concerning the calling of an "emergency" meeting of the BOD. A final complaint was that the BOD had, to this point, revised the bylaws in a random, hasty, and careless way; and that it was time for a complete overhaul of the bylaws as a whole.

The Bylaws committee, in its meetings over the next several months, addressed these issues and developed several other innovations. The committee constantly tried to simplify the bylaws by making a distinction between what should go into the bylaws and what should be left to policy. For example, the membership fee was taken out of the bylaws because it was felt that this is a policy which would change more often than a bylaw would.

The biggest problem faced by the committee was arriving at a solution to the controversy over power relationships. Several tentative solutions were developed, but none of them felt satisfactory to the whole committee for very long.

The committee recessed in June while some of the members went on vacation. The adjournment was welcomed as an opportunity to get away from this for awhile in order to come back to it again later with (hopefully) some fresh solutions.

The committee probably could have worked for several more months, attempting to create a perfect set of bylaws. I finally decided, however, to present this revision as it stands and encourage its acceptance. Those of us who have further suggestions or different solutions should think about working within the new procedure for revision of the bylaws and present these proposals from time to time. I would encourage everyone to concentrate on the Bylaw Section II, and limit suggestions for change to this section for the time being. Later, any other ideas, complaints, etc., can be worked through the new revision

continued page 20

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# Principia

by Richard White

Cooperatives have become booming concerns over the past few years. A "New Wave" of cooperativism which accompanied the social stirrings of the sixties has swelled with ever gathering force through the seventies. Within the food co-op movement, recent events are leading toward consolidation of gains through creation of regional and inter-regional organizational bonds.

## A SOUTHEASTERN CONFEDERATION IS FORMED

Food cooperatives are united not only in their philosophical adherence to the principles of consumer cooperativism, but also in their need for a distributive system for their goods as effective as those operated by the large supermarket chains. Regional federations of food co-ops have been formed in many sections of the U.S. and Canada. These federations have been formed to address the common problems and to serve the common needs of the co-ops in their regions. Often a cooperative warehouse is formed by the federation, though apparently some federations do not warehouse, and some warehouses are formed independent of federations.

For the past year, through a series of four regional conferences, food co-ops in the Southeast have been gradually reaching out to each other to federate and to develop cooperative warehousing. An interim structure has been evolved, and various committees are working diligently on a corporate charter, bylaws, and warehousing arrangements. A name, "Magnolia: Southeastern Confederation for Cooperation," was chosen at the most recent conference, which was held in Tallahassee September 2-4.

Nearly a hundred participants, representing twenty retail storefronts and buying clubs, two warehousing collectives, and a producers cooperative interested in arranging direct buying with consumer co-ops, were present. Geographically, the participants ranged from Columbia, South Carolina to Miami, Florida. Sentiment was very strong among the participants that the Confederation was needed as a resource center for technical assistance for both new and existing co-ops, that it should serve as a central clearing house for information as diverse as job availability and problems with distributors, and that it should serve in a coordinating capacity with regard to regional warehousing.

Warehousing committees were formed to deal with the major existing alternative food wholesalers. One, the "Florida Committee," is dealing with a proposal by Bingo Distributors, a workers collective in Sarasota, which would provide an organizational basis for input to the collective's decision-making process, but which would stop short of actual control. Bingo is also soliciting financial assistance from the Confederation, in the form of bonds.

The Florida Committee decided that, perforce, their co-ops would continue their present relationship with Bingo. They also decided to accept Bingo's offer to bring members of an "advisory council" to Sarasota at Bingo's expense to discuss Bingo's proposal and other matters. But the committee decided to look further into the legalities of bonds before making any decision with regard to assisting in the capitalization of Bingo, and delegates were given fact-finding responsibilities with regard to the prospects of setting up a truly cooperative warehouse, one in which the savings would definitely accrue to the benefit of the owner/members rather than possibly to a workers' collective as profit.

The other committee, though it included representatives from South Carolina, was labelled the "Georgia Committee," because its discussions centered around the P. R. Sarkar, Sons and Daughters warehouse in Atlanta, another workers' collective which operates in conjunction with Sevananda, a cooperative food store sponsored by the Ananda Marga organization.

P. R. Sarkar seems to be amenable to cooperative control of their warehouse, but they are currently involved in legal difficulties as they and Sevananda are working to separate from their sponsor, and to assume a truly cooperative role in a legal and structural sense as well as in name and intent. P. R. Sarkar lacks trucking (which Bingo



photo by Richard White

Regional Co-ops discussing the formation of Magnolia, the new cooperative confederation at the Conference in Tallahassee, Labor Day Weekend.

has), but their philosophy in terms of cooperative control appears to be more in keeping with that of the Confederation.

Warehousing capabilities of the Magnolia Confederation will necessarily develop, but slowly. Yet there can be no doubt that cooperativism is on the move in the Southeast, and that we will soon become a fully operational regional unit of the cooperative movement at large.

## A NORTH AMERICAN ALLIANCE OF FOOD CO-OP WAREHOUSES AND FEDERATIONS IS FORMED

The Consumer Cooperative Alliance (CCA) is one of the major cooperative organizations in existence. It includes members in both the U.S. and Canada, and is to be distinguished from the Cooperative League of the U.S.A. (CLUSA) in three major respects. The latter obviously professes to adhere to national boundaries, it includes producer as well as consumer co-ops, and it has a paid staff. Other major organizations include the North American Student Cooperative Organization, which deals with all types of student consumer cooperatives, particularly in the areas of food and housing; and the National Association of Housing Cooperatives, which deals exclusively with the needs of housing co-ops.

To these existing organizations, there can now (tentatively) be added a North American Alliance of Warehouses and Federations. A committee of the Consumer Cooperative Alliance was established to form such an organization for the benefit of food co-ops, at the CCA Institute held in Madison, Wisconsin this summer.

CCA is an interesting amalgam which appears to have barely perpetuated itself for fifty years, but which has now been fairly well revitalized and taken over by the New Wave co-ops. Representatives of the New Wave definitely predominated at the Madison Institute, with only an occasional voice being raised for the older, less participatory, form of cooperativism. Interestingly enough, there were a large number of grey heads to be seen at the Institute, but their bearers were mostly new members of housing cooperatives, which have attracted many senior citizens.

Either separately, or as a part of this intriguing heirloom, the Consumer Cooperative Alliance, food co-ops will hopefully become fully organized on a continental basis at the CCA Institute which will be held in Austin, Texas next summer. So, there are definitely some great things to look forward to in the food co-op movement in the not-so-distant future.

# BODY TALK

by Ira Shorr

With all the stimuli our society provides it's no wonder we have become a nation of externalists. Bombarded by television, radio, billboards, magazines, newspapers, politicians, fortune cookies, parents, teachers, skywriting, and inane chatter, the individual can spend years listening to others' thoughts without focusing inside to the source of his or her own personal truths. Think about your friend who sits in his apartment with the TV, stereo, toaster, dishwasher, and blender all operating, while he reads "I'm Okay, Your Electricity Bill is a Mother." A clear case of technological trauma.

In the 60's Timothy Leary urged self knowledge through the use of drugs. Today this message has spread to the middle class in the form of TM courses and self-help books. Our nation of externalists is trying, myself among them. I recently set aside a quiet moment and tuned inside.

The best and brightest of all the cells in my body were gathered to discuss general working conditions. This summit conference of cells was being held in a comfortable artery just behind the bridge of my nose. Representatives from my major appendages and organs were to have their say.

A round, robust brain cell opened the meeting with a rousing version of "My Body 'Tis of Thee." Then, one by one, the cells flowed to

the head of the artery to read their reports.

The cell speaking for my legs, feet and toes was justifiably proud of the miles I had jogged since the last meeting. "But there is a concern," the cell said. "Lately he has been loafing. Running to the bathroom just won't make it. Also, he is paying no attention to his feet. I mean the guy is 6'2" and that's a lot of pressure to put on somebody. We won't stand for it much longer. If he would only give us a little massage once in awhile and get at those 72,000 nerve endings. But, Nooo, he uses his feet as sock racks and nothing more."

I absently started to rub my feet as the speaker for the stomach gave his report.

"My fellow cells, things are looking pretty good in the stomach. Our boy has ceased pouring junk down his esophagus. He has stopped eating the fat of the land, canned goods, twinkies, and Sugar Smacks. Why, he has even broken his cola and salt habit. But . . ."

At this moment I stopped patting my midsection and listened closely. The cell's tone took a dramatic turn.

"It's those binges we have to be concerned about.

"'Twould be a shame if beer, pizza and potatoe chips felled this mighty oak!"

The cells burst in spontaneous undulations.

Next up was the heart. In a tender tone the cell told of the smiles and warmth I

had been dispensing and urged me to get into yoga for further physical and emotional purification. By the time the heart had finished extolling the praises of love, sharing and giving, there wasn't a dry cell in the house.

The brain cell was now called to the podium. I was intensely interested in this report for I knew of my brain's ability to keep useless thoughts circulating through my mind. I pictured a tiny, ascot-wrapped figure, speaking in a cool and cultured manner.

"Good afternoon. We are gathered here to reach conclusions that will lead this body towards a level of physical, mental and spiritual awareness, unheralded in his immediate family."

My reverie was broken by the sound of my mother shouting at me to get a job. As my attention focused outward again I heard all the cells commending me for the lengthy period of introspection I had just indulged in.

My family and some of my friends feel that I force too many questions down life's throat. The truth is the questions slide easily and lead to a richer understanding of my existence. With all that is going on around you, be sure to study the inner drama. Your body is the rehearsal hall where your beliefs are being tried out. The better you know your script and its ramifications, the longer your play will run. Break a leg.

## A Gathering of Quills

by Len Schweitzer

Word had spread/boom...the silence of each passing moment.

Tallahassee writers of poetry, prose works of fiction, non-fiction and journalism, drama and the unnameable gathered Monday evening, a week ago, in the downtown wood-and-Tiffany styled Sub & Pub.

The word foretold they would fashion a guild, a cooperative in the modern sense, designed to publish, distribute and promote books of their best/collectively-chosen artistry.

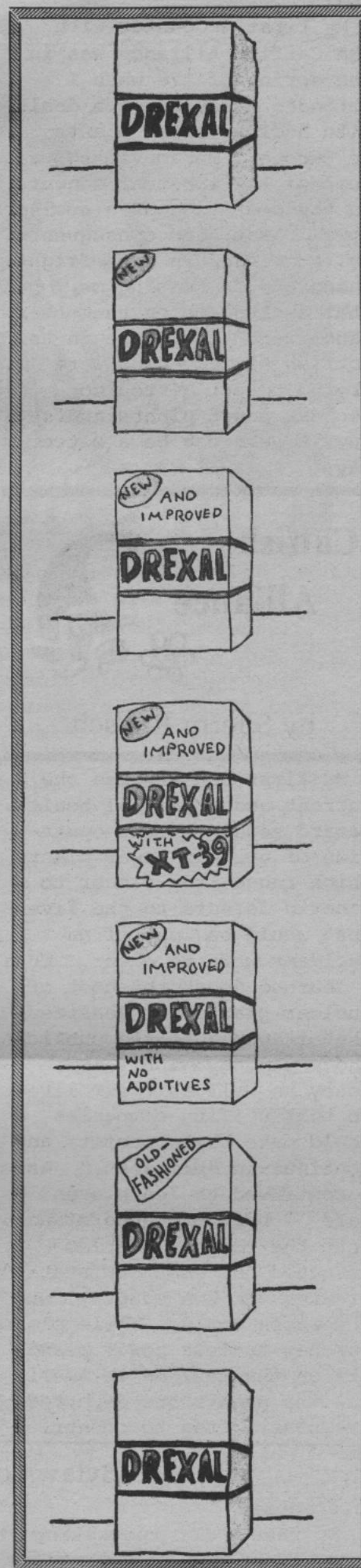
Within thirty minutes past the meeting time the gathering had swelled to a congenial crowd numbering over

fifty persons. To an individual long acquainted with Tallahassee writers this SRO assemblage seemed like a brisk Who's Who of Local Literati.

Taking initial charge of the forum, P.V. Le Forge and Hal Shows, who had done much to spread the word, gave to their peers a mimeographed explanation of why everyone had gathered.

The first question raised asked whether the guild-to-be would become a self-defeating mutual admiration society with little impact upon the Tallahassee, much less the national, community.

continued page 22



G. Greene  
Gold and Silver

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CUSTOM JEWELRY - REPAIRS

My first encounter with the Catfish Alliance was in the spring of '78 when I attended a movie which dealt with nuclear power plants in Europe. The movie showed some of the inherent dangers in the operation of a nuclear power plant, and consequently, succeeded in both frightening and depressing me. What excited me on the other hand, were the people in the Catfish Alliance who were trying to put a stop to nuclear power plants and saying, "There can be a better way."

## Catfish Alliance



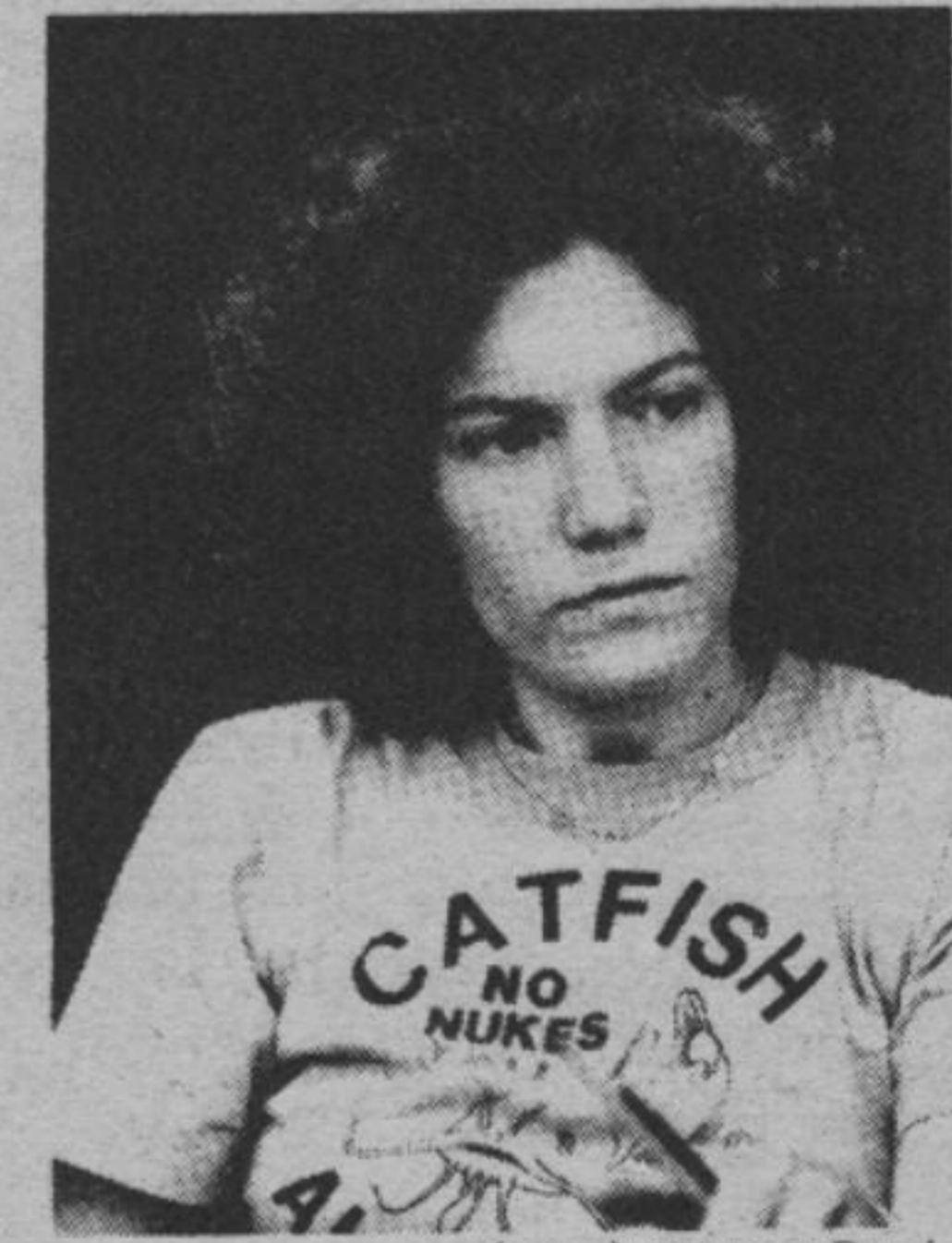
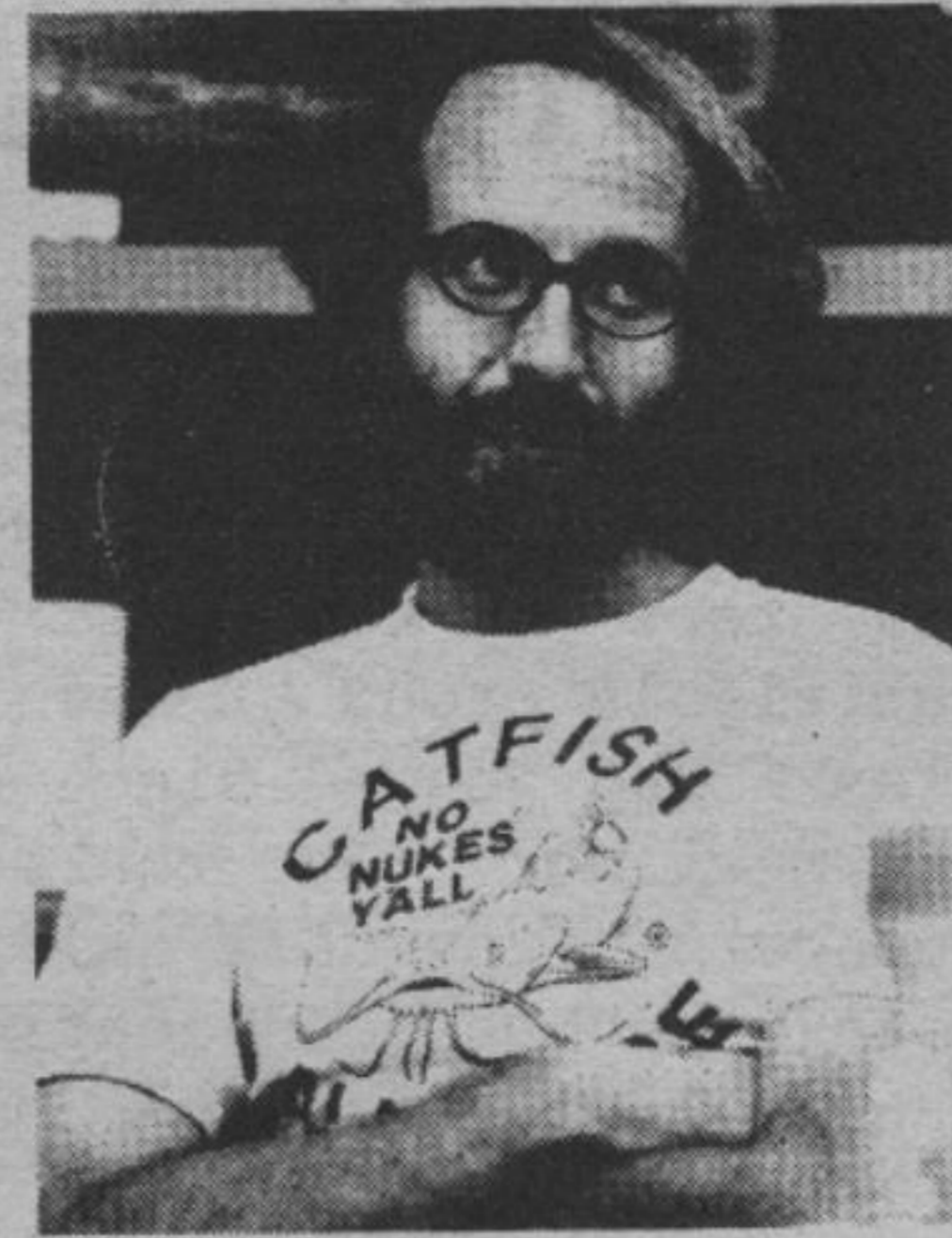
by Sherry Rausch

My first concern was the current and potential health hazard caused by the operation of nuclear power plants, which range from cancer to generic defects to the lives that would be lost if an accident were to occur. Then I learned about the cost of nuclear plants and realized that it would be the public who would pay with their money as well as their lives so that utility companies could make their profits and continue to "progress." As I continued to learn even more, I began to understand that the nuclear problem involved not just our state or even our own country, but the whole world. While plans for new nuclear power plants are on the decline in America, the plants are exported overseas, often to countries

where the people are not even allowed to protest the building of the plant.

Now, one might think that the nuclear problem is just too overwhelming, too much out of our hands. However, gains have been made by the anti-nuke groups that are springing up all over the country. Almost daily the media is taking notice of what these groups are doing. The Tallahassee Catfish Alliance itself has made great strides in the last year. Starting from a small group of about a half-dozen concerned citizens, the Catfish Alliance currently has a mailing list of about 450. Almost a hundred people from Tallahassee participated in a demonstration at Barnwell, S.C. in April to protest the building of a nuclear re-processing plant. In May, Tallahassee Catfish hosted a regional conference where people from all over the Southeast got together to share information and discuss strategies. In June, six people from Catfish went to Seabrook, N.H. to protest the building of a nuclear power plant there, while the remaining Catfish people held support actions in Tallahassee. On August 6, Catfish, along with other alliances around the country, observed Hiroshima Day.

This past August I was fortunate enough to attend the first national anti-nuke conference held in Louisville, Kentucky. People from all over the country met for the first time to discuss ideas about how to stop nuclear power. Over 120 different proposals came out of the conference, ranging from ideas of how to educate



photos by Morgan Bunch

Local Catfish members at a recent workshop. L-R clockwise: Hartmut Ramm, Rick Johnson, Barry Snitkin, Janet Sherman.

people in one's own community about the nuclear issue to national actions.

Because keeping up with the nuclear issue requires a continuous learning process, there is an "educational" at the beginning of each Catfish meeting. In addition, literature is available at the Book Co-op pertaining to the many aspects of nuclear power.

Catfish is currently planning and working hard on upcoming events for fall. Starting November 11, there will be a week of events that will try to bring attention to the nuclear issue. During this week, the Caravan for a Non-Nuclear Future will be traveling from Miami to Tallahassee to make people aware of the transportation of radioactive wastes through the state of

Florida. Other actions during the week will include the observance of Karen Silkwood Day (Karen was killed in an automobile accident shortly after she had finished a report revealing health hazards in nuclear power plants--she was carrying the report the day she was killed, but by the time the police reached the accident, the report was nowhere to be found), showing of movies about nuclear power plants, etc.

Catfish Alliance invites you to participate in its fall session. The next general meeting will be held Thursday, October 12th, in Room 346 FSU Union, at 7:30 PM. There will be a meeting every other Thursday after that.

No Nukes, Y'all!

### Bylaws continued

procedure.

My reason for requesting this is that I am concerned that if we try to accomodate everyone's suggestions for changing a comma here, a period there, it would take many more months to get this revision into effect and we would have to labor under our inadequate current bylaws until that time. I assume that anyone who has any major concerns or ideas regarding the bylaws would have expressed them through the many opportunities available to them during the six months that the committee met. All of the meetings were open to anyone and people came on several occasions. Several other people submitted written suggestions.

I ask that everyone examine this proposal carefully, as a whole, and see if it is not workable and satisfactory in the main. I encourage the adoption of this revision in its entirety and that everyone who has suggestions/complaints join the rest of us in making any future changes through the new procedure set forth within.

These bylaws are a whole system. A particular statement, taken in isolation from the rest, may seem strange. When it is seen how it is part of the whole, it may make more sense. It is important that this revision is studied and understood as a whole before exception is taken to any particular statement. Please take your time.

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# A Church Called 'Seeds'

by Martha Curie

Seeds of Universal Light is a place to share, to grow, and to receive support from like-minded individuals. The members and participants of Seeds' functions represent many different ideologies and spiritual pathways. There is a feeling of "family" tied together in spirit. Seeds is changing everyday, and yet there is maintenance of some structure to offer space within to grow. We're changing because change is the nature of this universe, and because we want to continually be open to our personal growth as well as to the growth of Seeds.

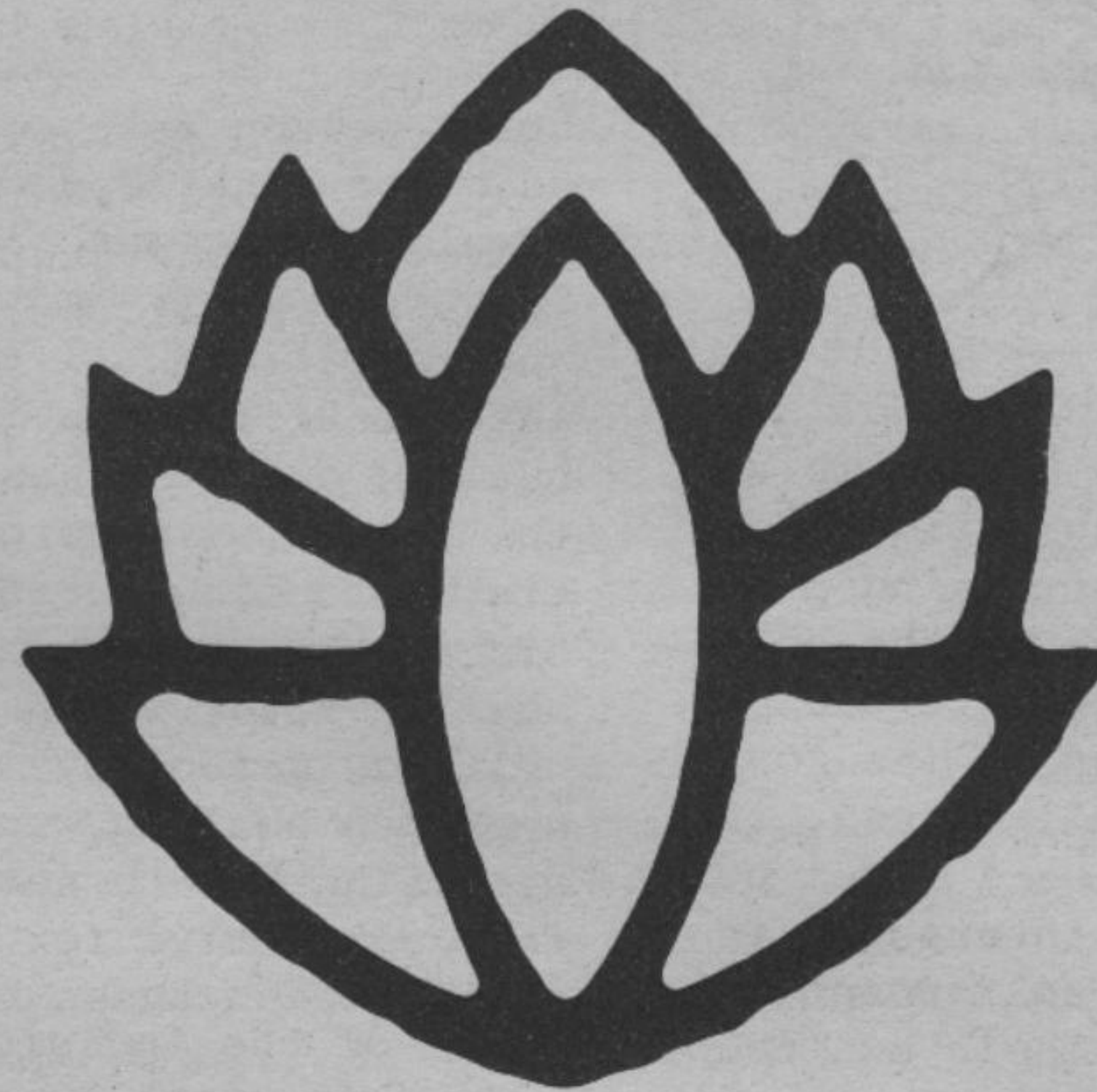
Usually when we begin our spiritual quest (whether so labeled or not), we have reached a point of questioning the spiritual upbringing we have had. Often we look back and see there was a lack of "spirit" to stimulate us, and that our needs have expanded. Our first contact on our inner travels may be a book that particularly impressed us, or a friend or group following a particular path that influenced our thinking. Our need for intellectual understanding gets quenched by the multitude of books available to us about the many ways to grow. After much reading, we find it is time to actualize our intellectual understanding. It is time to stop reading about meditation and begin to meditate. It is time to stop hearing that there is a more balanced way to living and begin to live that way ourselves. We begin to open ourselves to others who wish the same for themselves.

Seeds of Universal Light was founded by several friends in Indian Shores, Florida in 1972 as an answer to the need for a place to share together and to exchange ideas and philosophies while following our individual ways of growth. We wanted to come together to meditate, learn from each other and open ourselves to other teachings and teachers. We also felt a need of be of service to the One.

By 1974, our work had grown and we felt the need to establish ourselves as a church. We did so and received IRS tax exemption a little later. We also moved to Tallahassee in the fall of 1974 and began our work here. Since that time, we have grown tremendously and are currently looking for a permanent physical space in town. We also feel a strong need for establishing a physical-spiritual community in the countryside and to provide wholistic healing services, schooling for children, and community outreach through that center.

Seeds has stayed remarkably free from dogma. We offer support to each person, offer the age-old truths that never vary from religion to religion. We do not recruit new members or participants, but extend a welcome to all those who wish to join with us. We feel we have much to learn from each other, and because we have no one teacher or religion guiding us collectively, we look for truth in all the ways represented. Our commitment to Seeds is to look for the harmony, to serve the One, and to recognize our true nature.

Seeds encourages each individual to bring balance into his or her life through all levels of the being. In the physical body realm we have offered or are currently offering yoga, rolfing, massage, New Games, movement, dance and wholistic healing. On the emotional level, we share workshops and retreats aimed at bringing about a better understanding of the emotions and create a nonthreatening space for people to release emotional blocks. The love of the individuals within the group adds support to emotional balancing. To stimulate the mental level, we share classes, workshops, movies, and speakers aimed at gaining



an understanding of teachings, as well as what science and metaphysical thought has shown us about this reality.

On the spiritual level, we try to see the One in all we do. We share exercises and techniques for maintaining a level of awareness and consciousness in our actions. Our Wednesday meditation/chanting group and Sunday Sharings offer a place to share with each other spiritually.

We offer ministerial counseling through our ministers to anyone at no charge. We feel meditation instruction and metaphysical healing should be shared without fee, though we do understand the need to return gifts through donations and do accept them.

Besides counseling, our service to the community includes the Seven Hills Healing Arts Center. Seven Hills sponsored a healing arts festival this spring for the purpose of educating and demonstrating wholistic healing techniques. (See Seven Hills, this issue)

Another outreach is "Tallahassee Aware" which is a community directory for the area. It is included as part of this first issue of SPECTRUM. Everyone's input into the directory is appreciated.

Seeds offers a variety of classes several times a year. In the past, we have offered metaphysical healing, yoga, esoteric tarot, herbal workshops, massage, dance, leadership in the new age, and a dreams workshop.

We distribute a bi-weekly newsletter which provides information on Seeds-sponsored activities and items of interest to the community. The newsletter is free and is mailed directly to its readers. If you wish to be put on the newsletter mailing list, please call Judy Meeter at 576-4741.

Activities that are regularly scheduled are Meditation/Chanting held every Wednesday night at the Taproot, 631 W. Tennessee St., at 8:00 p.m. Sunday Morning Sharings are held at the Lake Jackson Indian Mounds (off Crowder Road, north on Monroe St.) at 9:00 a.m. In case of rain or cold weather, we meet at the Taproot. We invite you to share these times with us.

We are looking for a permanent home/center for Seeds of Universal Light, so telephone contact with any of the following people is the best way to obtain more information. Martha Curie...386-8411; Scott Cassidy...222-8672; Rotha and Peter MacGill...878-4632. Our mailing address is P.O. Box 2678, Tallahassee, Florida 32304.

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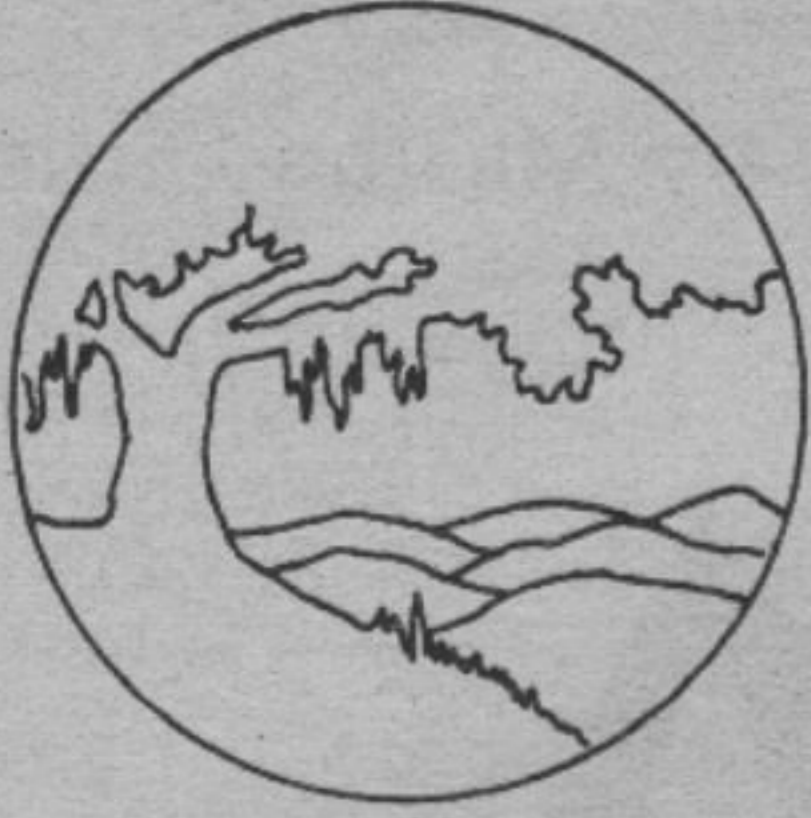
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The Seven Hills Holistic Healing Arts Center is a new age organization dedicated to increasing public awareness of the holistic healing arts. Since the beginning of its formation in Tallahassee, it has come to be a focal point for persons interested in taking more self-responsibility for their own health and well-being.

Following the success of its first major undertaking, the Seven Hills Healing Arts Festival in May of 1978, the Center has continued to sponsor lectures, experiential workshops, and growth opportunities all designed to increase the harmony of the individual self with the environment, both immediate and universal. It is hoped that through these efforts, all of us can get a little closer to our true nature, to each other, to our surroundings, and to an understanding of what true health really means.

Traditionally, the concept of holism has involved an understanding of the

## Seven Hills: a step away from orthodox medicine

by Neil Abell

total person as a combination of interdependent and equally important parts. The body, mind, emotions, and spirit are all taken into consideration in the healing or an illness or in the elevation of a general state of being. Practitioners of the various holistic healing arts, which include rolfing, iridology, native American healing, and the use of herbs, to name a few, all strive for a balance between these various parts of the individual.

Further, most treatments differ from traditional medical approaches in that drugs and surgery are seldom used. In their place, holistic practitioners look for the causes which underlie the symptoms of the disease, and attempt to understand what brought about the undesirable condition in the first place.

An old holistic saying advised, "It is more important to know what kind of person has a disease than to know what kind of disease a person has." In that light, a holistic approach often suggests a change in one's lifestyle, from changing the diet to changing the occupation, in

order to bring about a true "cure".

Self-responsibility enters the picture when we realize that, without our full support and a genuine desire to change our state of being, there is little that any practitioner can do. These things understood, however, the practitioner becomes a facilitator who can introduce us to the true healer: ourselves.

As to Seven Hills Holistic Healing Arts Center continues to grow, it will focus on two main areas: education and direct services. The education will include exposure to traditional, conventional, and alternative modalities, all with an emphasis on total well-being.

Most recently, Mr. James Vahjen, a San Diego-based iridologist, came to share his knowledge and experience in the field of iris analysis. In the near future, Marcellus Williams, a traditional Muskogee medicine man from Oklahoma, will visit and offer his insights into the world of native American healing. He is tentatively scheduled for November 4-5.

Through supplying direct

services, the Center will strive to provide a full range of health care from immediate crisis solutions to establishing long term, rejuvenative programs for the whole person.

An essential part of the Seven Hills identity, as a project and as a center, has been its reliance upon support and energy from the community it serves. We have, in the short time since our birth in January, realized many of our dreams, and come to recognize and respect how much work and growth lies ahead. While the Center has been sponsored by and received much support from Seeds of Universal Light, a Tallahassee new age church, it is currently seeking the help, strength, and ideas of every interested person.

If you have an interest in becoming involved in this alternative community project, or would like to know more about the Center's activities, goals and dreams, please contact us at P.O. Box 2678, Tallahassee 32304, or call 878-3263 or 575-3939. And look for more about us in this space soon.

### Seeking Wholeness continued

and visions which have inspired us. When spiritual principles are cast aside, its effects are similar to cutting the roots of a tree, it may not cause any immediate changes in the visible portions of the tree, but eventually it will fall. When the moral basis of society is cut away by war (against other human beings or nature), society cannot long endure.

The same spiritual principles need to be applied in our personal lives. We need to counter falsehood and close-mindedness with honesty and openness to truth, and hate for "the enemy" with a sense of our common humanity. We need to believe in the possibility of change - in ourselves, in others, and in society - and give each other the necessary support and constructive criticism needed to make changes in the oppressive aspects of our psyches and society.

### New Writers' Guild continued

A majority of the writers replied that their aims transcended the raising of a mutual admiration society and agreed there was nothing wrong with self-gratification, having their best work disseminated on a large scale.

In fact, they seemed to feel it was most healthy for them to assert themselves in this cooperative manner.

It remains to be organized, whether the guild elects a board of editors who would select mature booklength



writings worthy of publication or leave such matters for general decision by the cooperative body.

Le Forge distributed index cards and asked members to indicate the type of genre preferred, so that workshops could be organized.

The purpose of the workshops was declared to be a provision of workable forums for criticism. Workshops also would provide impetus for writers needing it.

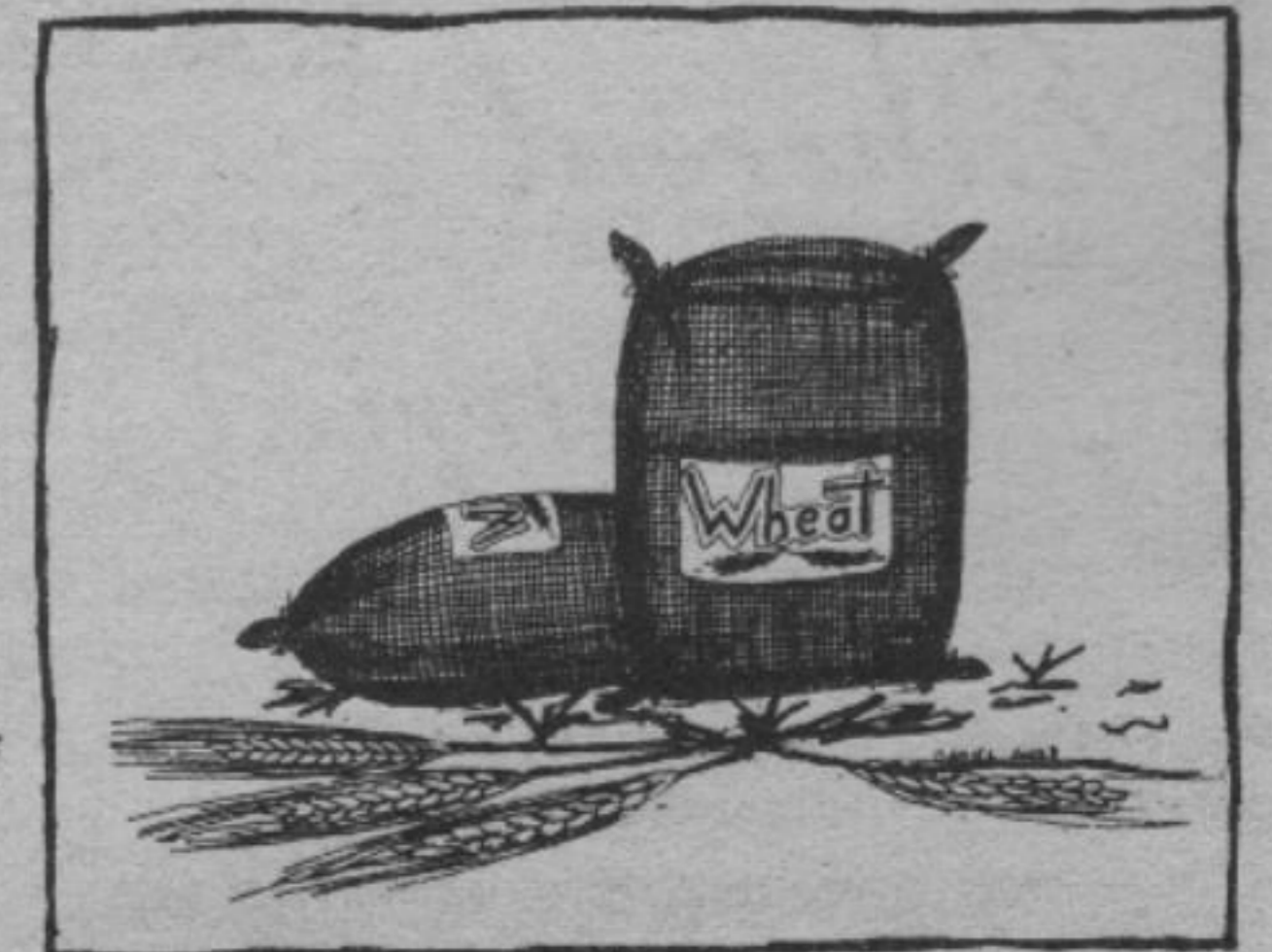
A majority vote decided that workshops would begin meetings after a week's time and that a general meeting would be held a week later, on October 16 at 7:30 p.m.

at the Natural Bridge School, 1615 East Sixth Avenue. Arrangements will be made by Bert Furbee, who voiced much enthusiasm for the forming of Tallahassee's first writers' guild.

Le Forge assured each person submitting a card to the ad hoc committee of organizers that he or she would be contacted before the first workshop meetings.

The Tallahassee Writers' Guild welcomes all local writers to join it.

Information can be obtained by calling Le Forge during reasonable hours at 224-0478 or by contacting him at work at the Record Co-op on Tennessee Street.



# SAIL into Education

by Debi Powers

The School for Applied Individualized Learning (SAIL), formerly the Alternative Learning Center, has begun a great new year.

SAIL is part of the public school system, but it offers an alternative pro-

SAIL students gardening during their Ecology class.

gram of applied learning to high school students who wish to transfer from traditional high schools. At SAIL there is a close, personal "family" environment where both students and teachers participate in decision making processes.

Students at SAIL attend regular academic classes in the morning hours and participate in applied learning courses in the afternoon such as: carpentry, gardening, ecology, tutoring or volunteer work in the community. SAIL attempts to alleviate the alienation and

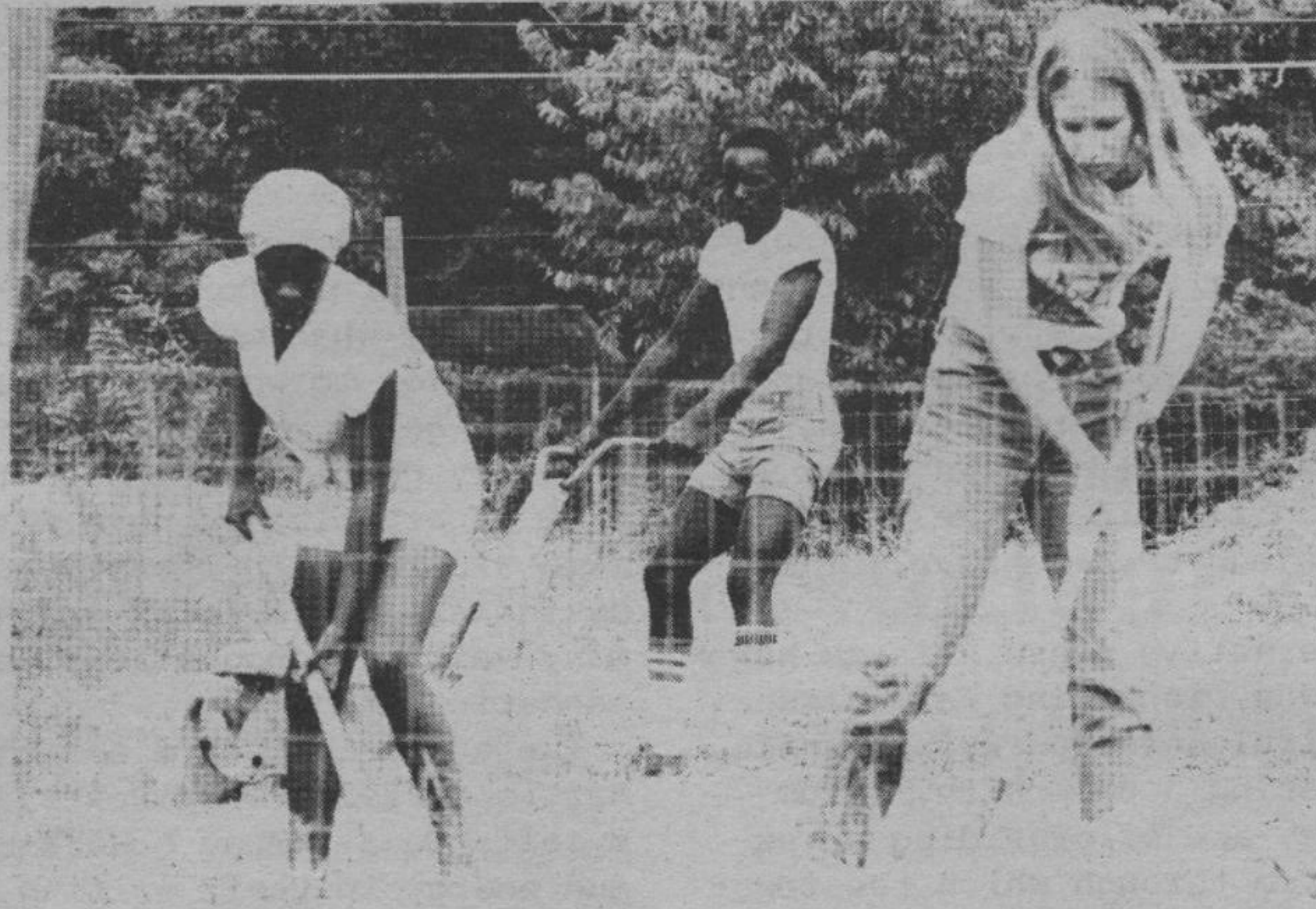


photo by Morgan Bunch

dissatisfaction that many young people feel toward school. It is a school where learning takes place in a relaxed and supportive atmosphere.

Field trips are used extensively to broaden the classroom experience. Classes are small, contributing to personal, individualized instruction.

Students who wish to transfer from another high school may come to SAIL for a three day trial period. The prospective student and the screening committee (composed of students and teachers) will decide whether or not SAIL is the right school for the student.

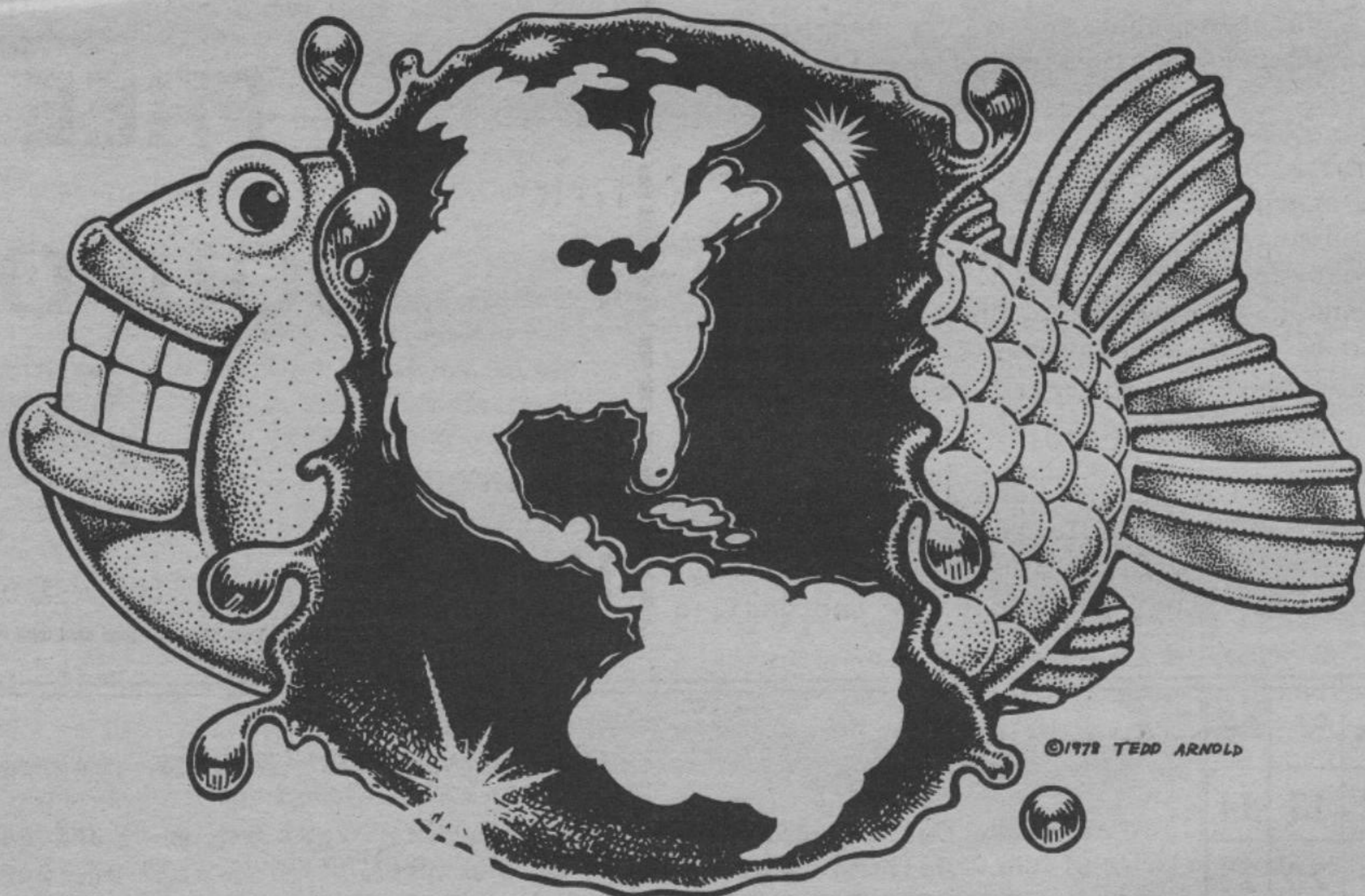
For more details, contact Roseann Wood at 488-2468.

## Public School Nutrition

Would you like to help in the upgrading of the nutritional quality of the school lunch program in the public schools? Are you able to work with students in the cafeterias and classrooms? The Leon County School Meal and Nutrition Committee invites you to join us in these and other school feeding projects. Call 222-9082 for further information.

## CPE

The Center for Participant Education (CPE) offers the Tallahassee area one of the largest and most inclusive "free universities" in the United States. An agency of Florida State University, CPE offers over 100 free classes, and numerous free films and lectures each quarter of the academic year. Everyone in the community, non-students as well as students are invited to attend CPE classes and special programs. In addition, anyone can teach a CPE class. For more information, call 644-6576 or 644-6577.



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STUDIOS

Spectrum's Evolution continued

volved, the more we learned and felt the need for a forward surge toward providing a similar outlet for other alternative groups and individuals. It became obvious that everything going on around us was interrelated.

We began to search for a way to broaden our impact. The idea of a community newsletter took a firmer hold. In early summer of this year, some folks at the Book Co-op began making noises like they were trying to put together a newsletter to inform their members and to reach the larger community. Together, we decided to pool resources and invite other local grassroots organizations to contribute time, energy, money, written materials, artwork -- whatever they could or wanted to, in order to produce a publication that would illuminate the strong, yet usually unsensational ideas and events prevalent in our local culture.

So, the ancient wheel of alternative press efforts began to turn again slowly. Many towns, including Tallahassee, have produced incredibly beautiful newspapers for awhile, scratching the itch of coordinating a community, illuminating the alternative culture, and of providing an experiential and intellectual forum through which the town-folk may express. This time, the wheel has been greased with the re-emerging quality of cooperativism, a notion that is newly defining itself in contrast to the established competitive, either-or dichotomy that has split the world of humanity in so many ways.

It is a large task and responsibility to live up to the ideas of social and spiritual change. It requires that we be alert and aware, that we make each move consciously, that we allow room for growth and differences among ourselves so that we may be allowed to explore and express our own facet of the universal gemstone. Nowhere is it

more important to be honest and aware than when we are publishing an orchestral voice of a community.

Of necessity, there must be enough foundation and support for a building to stand. There must be enough skill, desire and agreement for a monthly newspaper to be published. The staff of this monthly newspaper, named SPECTRUM to express our essence to the community and to remind ourselves of what we are about, can provide the basic structure for getting the physical work done. The content of what we print is dependent upon what we receive in addition to what we ourselves contribute.

As we go to print on our first issue, we feel very good and very grateful for both the quality and the broad spectrum of articles we have received. We are deeply pleased with SPECTRUM's new masthead and its format design, both by Ted Arnold, a local graphics designer. Ted offered many valuable suggestions towards SPECTRUM's overall esthetic integrity.

The editorial staff for this first issue has been: Margie Menzel, Roger Peace, Larry Teich, Ted Arnold, and myself, Tana. Many others have contributed their time and energy in their writing, the thread that binds us all together. Some of us will be here on a continual basis and some of us may participate from time to time, as it fits our lives. The staff and production of SPECTRUM are open to your input on all levels, and you are invited to involve yourselves on whatever level you wish. Please contact either Tana or Roger about this.

We expect to grow and stretch and change in the process of SPECTRUM's evolution. We are not now what we might someday be. SPECTRUM can be like clay in a sculptor's hands and we can join together to mold it into whatever shape serves us best.

Mikasuki Indians continued

The Miccosukee group have been involved in a conscious attempt to establish a separate identity from the Seminoles; some of their more vocal leaders claim that their history is distinct, insisting that the Miccosukee are aboriginal to Florida whereas the Seminoles are immigrants from the Creeks of Georgia and Alabama. (All of the reading I have done, however, suggests that only the Ais, Calusa, the Timucua and the Apalachee were aboriginal to Florida, with the statewide population of all these Indians estimated as high as 25,000. These Indians died from diseases carried over by the Spanish, wars started by the Carolinians, and huge numbers of them were shipped to the West Indies to be sold as slaves. It was the Creek "pioneers" or "frontiersmen" who migrated south to settle the abandoned Indian lands from the early eighteenth century onward.

In 1967 it was estimated that there were 1350 Indians living in South Florida. The Seminole Tribe had about 860 on three reservations and 140 off the reservations, there were 150 in the Miccosukee Tribe, and about 200 unorganized Trail Mikasuki.

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Sun	Mon	Tues	Wed	Thurs	Fri	Sat	
Oct...	10	11	12	13	14		Oct. 12 - Metaphysical Healing by Martha Curie, Taproot, pre-registration 386-8411
15	16	17	18	19	20	21	Oct. 12 - Catfish Alliance general meeting, 7:30 pm, room 346 Union, FSU
22	23	24	25	26	27	28	Oct. 16 - Roling Demonstration by Jim Neill, FREE, 8:00 pm, Taproot
29	30	31	1	2	3	4	Oct. 16 - LCFC BOD meeting, 8:00 pm, 2105 Autumn Lane
							Oct. 22 - Community Picnic (Seeds), Jackson Indian Mounds
							Oct. 22 - LCFC membership meeting & covered dish dinner, 2:00 pm
							Oct. 24 - Catfish Alliance steering committee meeting, 7:30 pm, EAG, FSU
							Oct. 26 - Catfish Alliance general meeting, 7:30 pm, 346 Union, FSU
							Oct. 28 - Catfish Halloween Benefit "Spooks Against Nukes" 324 W. College Ave.
							Oct. 30 - Seeds' Halloween Benefit, Tommy's, 9:00 pm
							Oct. 29 - Prosperity Workshop by Martha Curie, Taproot, 1:00 pm

We hope to present a more comprehensive community calendar in the coming months and to help organizations to schedule their conferences and events in accordance with others in Tallahassee. Please turn your calendar entries in to the SPECTRUM baskets at LCFC or the Book Co-op by the 21st.