

# SPECTRUM

A Cooperative Newspaper for the Tallahassee Community

Vol. 1, No. 2

November 1978

FREE

## The Spirit of Thanksgiving

by Martha Curie



Last week a friend who I suspected had a much more refined diet than my own, came to dinner. When I asked him what he wished to prepare, he answered that "anything prepared with love" was okay by him. To him, the attitude in which the food was prepared was more important than the nutritional value or the attachment to his preferred diet.

How does one prepare food with love? By paying attention

### World Hunger

## The Arrogance of Apathy

by Jack Ahlers

The enormity of the problem makes it easy for too many of us to remain indifferent. Today ONE BILLION human beings have stunted bodies or damaged brains because of inadequate food. Millions from their ranks die the slow, agonizing death of starvation each year.

There is something violently wrong within our world in which less than one-third of the population (those living in "developed countries") consume 75 percent of the world's protein annually! In light of this it is obscene to not that the greatest growing industry in the United States today is the development of "Health Spas," essentially a weight-control industry. The American Medical Association states that 40 percent of all Americans

are overweight. Our frenzy for consumption seems to have no end. Air conditioners in the U.S. alone use up as much total energy each year as does the entire nation of China annually with its 830 million people.

To be sure, the United States is the richest nation in the world. Yet, according to the World Bank, among the 17 major western countries contributing foreign aid in 1975, the U.S. government ranked 5th from the bottom (based on percentage of GNP).

The irony is that although these and a multitude of other staggering facts and statistics are readily available to us, they don't seem to make much difference in how

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to the action involved in preparation and manifestation. Being aware of what we are doing is an act of love. Next time you are chopping carrots, look at the incredible mandalas in each round slice, enjoy the smell, the texture, the sounds of slicing. Appreciate how the carrot got into your kitchen and then prepare it for serving by your thoughtfulness. Prepare the food as though it were sacred (which it is), and that it were being served for a holy person (which it is).

Keeping one's thoughts on what one is doing is meditation. If you have eaten food prepared by someone who is angry at you, you often can feel that in the food. Then of course, if you are angry at that person for being angry at you, your own body will not digest the food properly. Eat when happy and not when rushed. Fast food is usually eaten in the same manner--quickly and without much love.

Many adults when they go back "home" delight in the way Mom prepares and serves food with them. Mom usually loves to prepare your old favorite food and she prepares it with consciousness. Even if the food is something not normally in our diet now, the love in which it has been prepared makes it a joy and an honor to eat.

When eating food, an attitude of thanksgiving occurs when we pay attention to what we are doing. Beginning a meal with words of thanks, or stillness slows us down to an awareness of what we are doing at the table. When eating, be aware of each bite--the taste, texture, the preparation, and the beauty, as well as the Source from where it came. When we do this, the food and our body interact in the highest possible way. There are stories of holy people who deliberately ate toxic substances and suffered no ill effect from them. I don't recommend this,

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## Anti-Nukes Rally Planned

The Tallahassee Catfish Alliance will be sponsoring a No Nukes Rally in Lewis Park on November 16th to culminate a week of activities throughout Florida generated by the Caravan for a Non-Nuclear Future.

The Caravan will leave the Turkey Point Nuclear Plant (south of Miami) on November 11 and proceed north along I-95 (the route used to transport radioactive wastes through Florida). During the week, caravaners will participate in leafleting, rallies, films, and community dinners in Miami, Ft. Lauderdale, West Palm Beach, Ft. Pierce, Melbourne, Cocoa Beach, Daytona, and Jacksonville.

The Caravan will arrive in Tallahassee on November 16th at Myers Park. Those who wish to join the Caravan for a parade through downtown Tallahassee will meet at Myers Park at 3:00 pm.

The No Nukes Rally will begin at 4:30 pm in Lewis Park. Speakers will include Flo Kennedy, Chip Reynolds from the Nuclear Cargo Task Force, and Don Kell from the Florida Department of Environmental Regulations. Music will be provided by Shami's No Nukes Band.

Following the rally, there will be a community covered dish dinner at 7:00 pm, at the First Presbyterian Church (downtown).

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# SPECTRUM

A Cooperative Newspaper for the Tallahassee Community

MAILING ADDRESS: 2105  
Autumn Lane, Tallahassee,  
Florida 32304

Submit articles and other information to either the SPECTRUM basket at Leon County Food Co-op or at Co-op Books. Deadline for articles and such is the 21st of each month.

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Members of the Leon County Food Co-op who wish to help SPECTRUM with distributing their next issue [Dec. 4th & 5th], will receive regular member discounts on the food purchases for their efforts. If you're interested in helping us on these days, leave a note in the LCFC basket for SPECTRUM or call Larry at 575-2934. Thanks.

For more information about SPECTRUM, call 575-2934.



## Spectrum's Evolution

by Tana

Two days before we go to press on this second issue, I sit here at my typewriter pondering all the things that Spectrum has moved through and beyond. In the last month, a viable collective and staff have grown, providing people of energy and responsibility to fill the positions that are so bountiful in any publication.

Friends ask me if I'm happy with the work we're doing here. Emphatically, yes! It's long and tough and complex to produce a paper, but there's so much learning on so many levels. To run a cooperative community publication is quite idealistic.

It means working long, long hours making little money. And having people who love us tell us that we should be getting paid better for what we do. It means learning to work together (beyond good intentions), and with groups of people who are just as intensely involved with their own work - pulling from them the things that are different and common, getting it down on paper and in graphics. But, most strongly, it means keeping our minds operating on seventeen channels at all times to remember to add that last jumpline, sell that ad and deliver finished copies to the locations that distribute the

physical fruits of our labors.

We have faith, as naive and simplistic as it may seem to some, that the community in which we live is beautiful and valuable (as are all communities), and worth examining and talking about and reflecting upon. Most of us here still center around our small city and scribe our circles within the alternative community: alternatives to huge grocery complexes; alternatives to medicine and health; alternatives to energy; and alternatives to education and mainstream consciousness. These things, being the vanguard of (hopefully) a newer, more enlightened era of humankind, are worth illuminating and nurturing.

On a more here-now level: People have been asking just what was that Tallahassee Aware? That was a community directory compiled by some of the folks involved with Seeds of Universal Light Church. They began that project a year ago; ferreting information, and updating it. When the first issue of Spectrum drew nearer, Seeds was still looking for a way to print their information in a way that was both reasonable (cost-wise) and expedient. It was a natural for Spectrum and Tallahassee Aware to cooperate in this regard. Seeds covered the expenses for the eight pages the directory filled. It will not be a regular feature, though we've gotten many good comments and may offer a quarterly update from time to time.

## Holiday Craft Shows

The LeMoyne Art Foundation presents its annual Christmas Show and Sale. Entitled "The Crystal Palace," it will open Thanksgiving Evening, November 23 at 8:00 PM and will last through December 30.

LeMoyne is open 10:00 AM to 5:00 PM Tuesday through Saturday, and 2:00 PM to 5:00 PM Saturday.

This is a good place to buy beautiful inexpensive ornaments and children's gifts by local artisans.

The Great Wakulla Craft Revival will have a Christmas Fair on Saturday, December 2, from 9:00 AM until 4:00 PM at the Livestock Pavillion in Crawfordville.

Craftspeople are invited to have booths (cost--a \$5 returnable deposit). For more information call 904-926-5648 or write P. O. Box 607, Crawfordville FL 32327.

# TEACH A CPE CLASS

If you have any special skills, ability or knowledge that you would like to share with the Tallahassee community, the Center for Participant Education [CPE] can use your services. One of the largest "free" universities in the nation, CPE is committed to the ideal of a totally open exchange of ideas and knowledge for the benefit of all.

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# OASIS

from the Miccosukee Land Co-op

# Parenting in Community

"A lady once told me, 'you've got to wait to have a child until you're in a place where it's your home, your life; you're in a community and you've got some land and you know what you want and where you're going'. She had this four or five year old boy, was on her own and trying to make it - doing really good. Now that I'm here I realize that she had some really good points because parenting was so much more a struggle before than it is now. I feel like there's a whole lot more strength available here," commented Patience.

The "here" of which Patience speaks is a rural community where individuals own their own homesteads but share 90 acres in common. Some of the children who live here are part of extended families, others have nuclear or single parent arrangements. Each family has its own style of parenting, too, with changes occurring all the time. Most often, the changes in family structure result from trying to work out a balance between feminine/masculine influence in the household and the time/no money, money/no time syndrome.

These issues were the focus of a recent discussion on the land among parents and other interested adults. Many parents readily agreed that parenting "is an incredibly heavy responsibility" and that the supportive community is a major factor in family happiness, security

and freedom. The following dialogue is shared in the hope that we may all grow in our understanding of the universal flow.

Agnes: Burt is now working at home, a recent change. Until Jennifer was eight, I was the one who stayed home. But because of his being so involved with the girls even though I was home most of the time, the transition to Burt being home was easy for the kids. It was good for us. I'm working full time. It's a really good change every once in awhile to switch places. I hope the different role models my kids have will enable them to make choices that will bring happiness because they will know more of what people are really about.

Judith: I was home with Orenda for the first fourteen months. Then Tom and I each began to work twenty hours a week. It sounds ideal, but it was very hectic. We instituted one family day a week when plan something special - a trip, picnic, swimming. Still, I saw Tom and Orenda's relationship strengthen. They got into things she and I never did together. Now Tom is working outside our home, often six days a week. I work at home and teach dance two nights a week.

Norine: I am the main child-tender and have been the entire time. I worked once between my two children on weekends. Laurie works a lot. But, I think things



photo by Susanne Bunch

will change...more than reverse working situations, one of us will be able to work part-time. We won't need to be making as much money in the future as we do now for our house.

Georgjean: When we had Jessica, we shared pretty equally her care for the first year. Now Cliff's working forty hours a week. Changes...I hope that we can pursue something more creative together in the future. I think it's sad today that my grandmother isn't here, my mother isn't here. Maybe my children will move away. I want to maintain something here -- family.

Rose: My ideal is Randy and I sharing the daily lives of our three children. We did for a few months after Randy

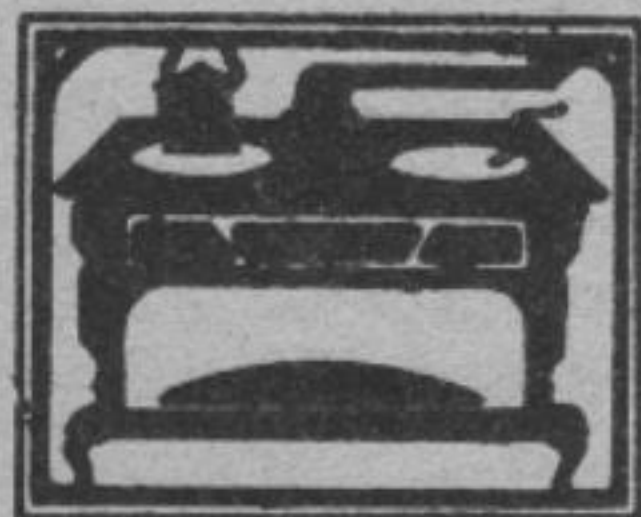
by Rose Van Oss

was graduated. I worked two days a week and had our youngest child in the morning; he went home with Randy in the afternoon. We had good half-days to spend at the school of the other two, time to go to the library leisurely, build and garden. Of course, we were living well below poverty level and that is no fun after awhile.

I'm really intrigued by the philosophy of Scott Burns, an economist who wrote *Home, Inc.* He believes that parenting should be viewed as a vocation to be engaged in fully by man and woman as partners. For the first six years of life, one parent could work one-quarter time at a high rate of pay. Gradually, as the children become more self-sufficient, both parents can spend more time working outside the home. I would like our family to be a productive unit as opposed to a purely consumptive one. But, we all need time at home to learn and utilize skills. We garden and build but this doesn't pay for our land...

Roger: People have said that it's a problem for men and women to function as co-partners in raising children because of having to work in the larger society. If you look back to village communities, you see an integration between home and work, a blending of community, ecology and work. Past communities, however, were mainly

*continued page 18*



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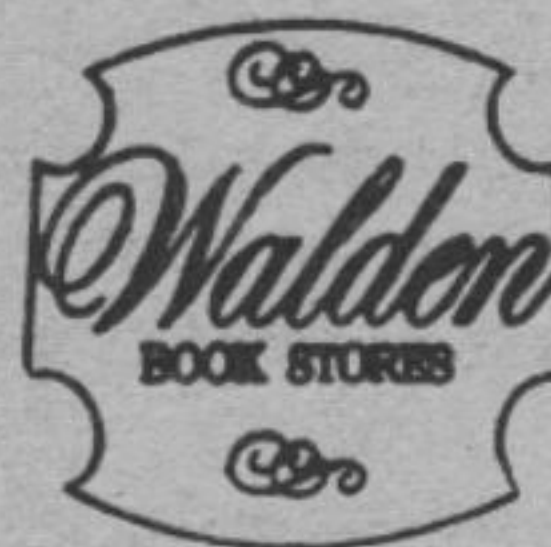
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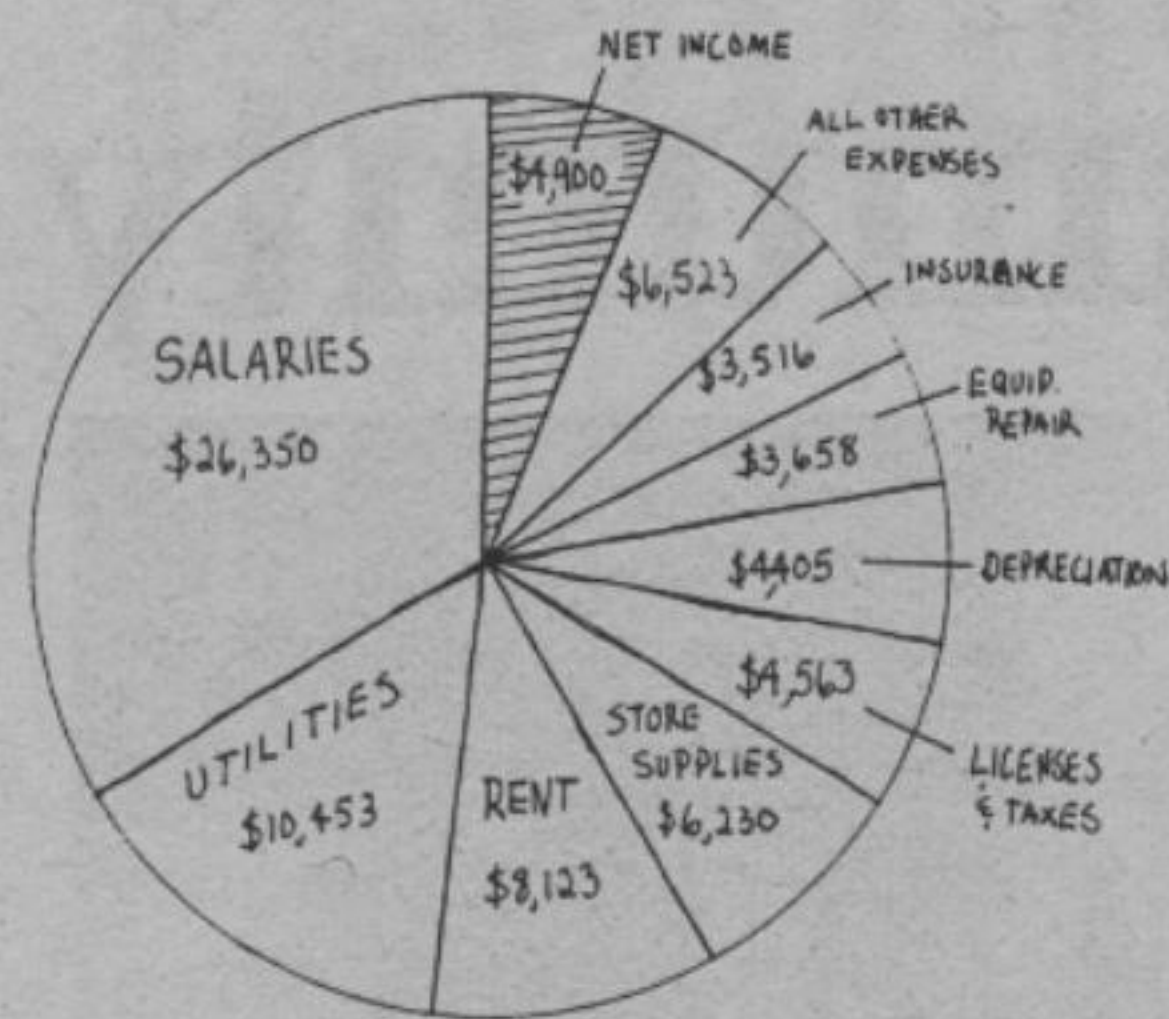
**Judy Meeter, manager**

## Summary of LCFC's Finances

by Ben Irvin

Under the guidance of accountant Nick Lioce, LCFC bookkeeper Linda Farrell put in countless frustrating hours these past few months getting a year's worth of records to come into balance. As a result, we have a reliable financial report for the year ending 4/30/78 and a firm basis on which to carry our records forward. The long-awaited report seems to indicate that we are doing just about what a co-op should be doing financially--just barely getting by.

Of our total income for the year of \$716,000, \$637,000 went directly to pay for goods and shipping. The difference of \$79,000 constitutes a gross profit margin of about 12½%. This difference is what must be used to pay salaries, rent, and just in general to operate the storefront. The report shows that all but about \$4800 was used for those expenses and for taxes.



Where the gross profits went - \$78,722 total [4/30/77 - 4/30/78].

This amount of \$4800, or just over ½% of the total cash that flowed through our business, is what was available for growth over the year.

We see where that money went when we compare the value of our inventory at the beginning and end of the year and find the latter to be greater by just about that amount.

Overall, we are in good financial condition for a food co-op. For the curious or interested, a complete official copy of the financial report is posted in the store.

## Editorial Perceiving Beyond the Practical

by Tana McLane

Cooperativism is an elusive, esoteric term when viewed outside of the context of the action. Yet my intellect tells me that we must occasionally direct ourselves to it and to its criteria and problems.

The co-op I have been most involved with is LCFC. Like most co-ops, it runs heavily on volunteerism, with direction from a small paid staff and an advisory committee (board of directors, in our case). It is a food store and it provides both an impetus and a channel for its members to step outside their pasts and their current roles to participate (at least at the final stage) in the food chain from supplier to consumer.

But the Co-op embodies much potential that has never yet been realized, on a personal nor a political level. By political, I do not mean one rigidly defined model, but rather a conscientious choice-making mechanism that attempts to balance the finely-tuned needs of business with the ideals of fairness and equality for humans and other resources.

Because LCFC, unlike many other food co-ops, does not embody one major ideology, many policies are left to immediate precedent. This, I believe, creates the diversified atmosphere that is both good and bad for the Co-op as a process and a state of being. Good, because it allows for vast potential on the one hand by encouraging freedom and conscious participation. But bad because it leaves us without any more direction than being a food store attempting to offer semi-progressive foodstuffs (if you can say that about food).

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## A Coordinator's Notes

by Rob Brunger

We are now receiving our produce twice weekly instead of only once. The result has been a noticeable improvement in our produce display and a resulting increase in produce sales. (Agnes gets the credit for this one!)

And speaking of increasing sales, have you noticed that the Co-op seems busier of late? It's a fact: in 1977 our weekly sales averaged \$11,700 whereas so far in 1978, they are averaging \$14,000.

Nor is that all. We are now beginning to pick up on the potential for warehousing our products to local businesses and institutions. For those of you not familiar with our policy on this, here it is: We will sell anything at our cost plus 10% to anyone (individual or group) wishing to purchase items in case (or bag) lots. In other words, we offer maximum savings on any items not requiring our attention (other than unloading). If you have any specific questions on this, contact one of the coordinators. If you're looking for bargains on produce, we are now placing free produce and half price produce on the table at the far end of Potato Island, near the egg cooler. Look for them there.

We are still having that perennial problem of people coming in droves during the last part of the month and the first week of the new month and then finding ourselves virtually without workers during the middle of the month. Last month I was forced to turn away a few would-be workers because there was a surfeit at the time. I know a couple of you were really steamed at me for doing this, but I will maintain my ground: if there isn't any meaningful work to be done I won't play "let's pretend." Meanwhile, the Co-op needs workers all through the month, and at the end of each day.

Incidentally, working at the end of the day (6-8) is an unrecognized bargain, since you get 2 hours work credit, but the shift actually ends as soon as we're finished. The more of you that come in to help us with the trash, the sweeping, and the mopping, the quicker we get done, and the sooner we all go home. If we're done at 7:15,

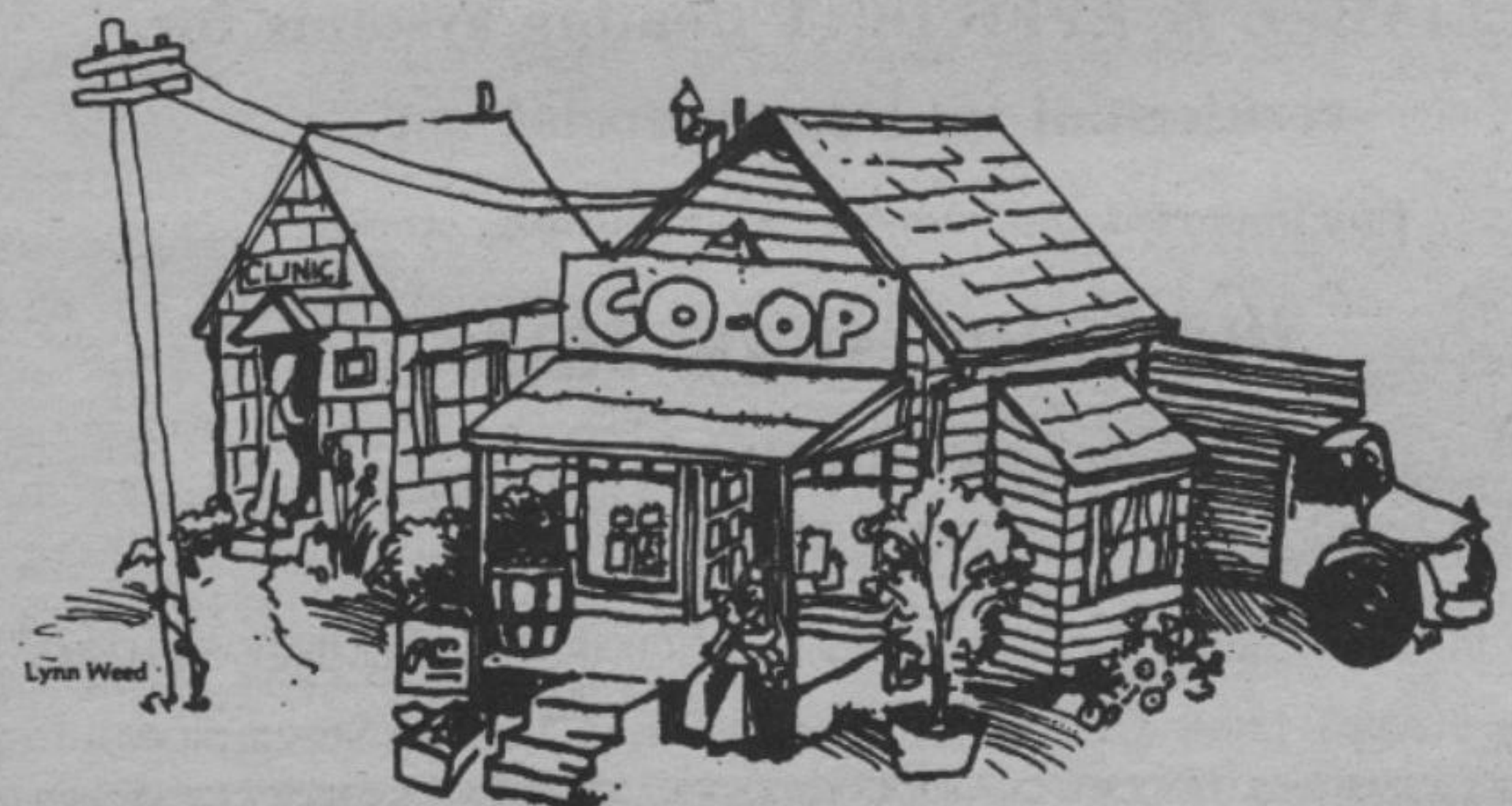
you still get your work credit. (So think about it!)

We have a number of carpentry tasks pending. If any of you are skilled at carpentry and would be interested in working on such tasks, get in touch with a coordinator.

We have started a new shelf for cookware and related items. Look for them.

We all read in the newspapers about the declining value of the dollar in foreign markets (we do all read the paper, right?), but that seems like an abstraction until the meaning of it starts hitting home when we place some of our orders. Cheese prices have been particularly susceptible to these economic winds of change, and you may find that your favorite Dutch or Danish or Swedish cheese has begun to climb. A similar case exists for many of the imported fruits and nuts, notably cashews. Meanwhile, on the domestic front a particularly unfortunate combination of rain, winds, and drought in California has made absolute nonsense out of the fruit and nut market. We sincerely regret that those circumstances are going to show up in increased prices for most commodities from that state. One bright spot in this gloom is that we are now able to receive direct shipments from Golden Lotus

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## Perceiving continued

The solution is not simple or immediately obvious. Because we are reinventing the wheel (as participants in the cooperative New Wave), there is no reliable guidebook. Some of the most involved members have quite a high level of understanding and expertise about our problems while others function by their wits (still having much to offer). But there are many members who have not been made aware of even our Co-op's broader issues.

One thing that would be helpful would be for the members of LCFC, as individuals as well as members of a possibly dynamic group, to take the responsibility upon themselves to participate to a greater extent in some of the more important issues LCFC is facing now. (We've just revised our bylaws. We need working committees to accomplish the many projects that will vastly improve the storefront. We need someone to coordinate childcare while parents work or shop. We need more educational outreach, both to our own members and to the larger community. The list goes on...) We need to face ourselves and realize that LCFC is not just our corner jiffy store with our own organic version of ice cream sandwiches; not just a place to meet friends or struggle through long cash register lines. Surely, these are all part of the experience of shopping at LCFC. Really positive things come of the interactions with the people who frequent the store. But the thing we really understand is that we are part, whether conscious or not, of the larger movement that has been growing all around us for years, and a part of the overall world society that produces our food, processes-warehouses-and-supplies it.

In choosing to work together as a cooperative, we challenge the structure around us. We join together to reduce our costs, to make a store run, and to learn more about the process and ourselves. Hopefully, from this experience will come the awareness that food production starts much further back than the packaged delights assailing us from the shelves. What are we doing to encourage the improvement of this process?

We must examine ourselves, also, in the context of the

## Coordinator's Notes continued

distributors in Denver; they offer us what are almost certainly the best prices in the country for most items.

### NEW ITEMS

Keep your eyes and ears open when you're at the Co-op; we are constantly adding to our product line. A sampling of recently added products includes:

- cous cous in bulk (at substantial savings over package prices)
- loveburgers in bulk (ditto)
- a wide selection of various bottled spring waters
- Westbrae products: pippin apple juice, peanut-cashew-date butter, sesame tahini, peanut butter, sweet nut thins, applet butter, granolas
- cold sauna herb mix (brew it like tea and then inhale the vapors)
- dehydrated vegetable flakes for soup mixes, rice, etc.
- reusable cloth tea bags
- cocoa butter in bulk
- non-talc baby powder
- Community Soap Factory's liquid soap (cheaper than Dr. Bronner's)
- Knudsen's red grape juice
- and last, but not at all least, Murray's apple juice is back in town (amid great rejoicing!).

### ROBERT'S TESTIMONIAL OF THE MONTH

Two new products this month have caught my fancy, and I would like to commend them to you: Pure and Simple Sicilian olives (they are to Progresso what a Rolls Royce is to a Chevrolet); and DeBoles Jerusalem artichoke lasagna noodles (a bottle of good wine - not available at the Co-op - and congenial companionship heavily colored my evaluation of this product!).

larger cooperative movement that is happening around us. This cooperative movement is gathering force to have impact on the very large, oppressive, controlled business that food production and distribution have become. How are we making ourselves aware of that? How are we, as co-op members (and hopefully, participants), helping that noble aim along? By spacing out? By being too busy in other equally vital aspects of our lives? By apathy? By wanting to socialize instead of doing this work that we now have the opportunity to do?

Sure, there is a time for play and a time to enjoy this fine thing we have been privileged to have access to. But the founding parents of LCFC have all gone. The older leaders (in the true spiritual sense of being there daily and through everything that has come along) are burning out. There is so damned much to do. And those who are working to do it could use input in the form of action as well as ideas.

Tallahassee has an unusual number of projects (political, cultural, lifestyle, etc.) for us to involve ourselves in. But the name of the game, if we are to be truly different from the mainstream status quo (which is what we are all reacting against by having a co-op), is to think of the whole first and individual gratification second. Not last; I think that there is room for both very close to the top. But can one be truly gratified in a system that is generating more problems and inequities than it is solving? The old question of sharing, of the quality of one's life - at least on a practical, material level - shows up again and again.

In the future, I will be researching the phenomena of cooperativism. I hope to find and then to offer practical suggestions to myself and to us all in this regard. I have this frustrated feeling that we could all be doing a lot more a lot better, if we just grasped that vacuous thing that we have the potential to create. Business meetings are not the place for this speculative activity, as has been shown time and again. Perhaps we will discover what is.

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## The Renaissance Fair That Wasn't

# Have You Noticed?

by Jerry Johansen

The sound of spontaneous music, the aroma of exotic foods, and a myriad of arts and crafts have been conspicuously absent from Meyer's Park so far this fall. Missing also have been the folks in colorful medieval garb: the jugglers, mimes, artists, craftspeople and readers of fortunes and the stars, who for the past several years have come together on a certain fall day to celebrate the new age.

Tallahassee's Renaissance Celebration is no more. According to founder Candi Paparone, "It became too much for one person, and no one else came forward to lend assistance."

Renaissance. The rebirth of quality existence in a culture suffering from mass-produced, quantity-oriented, plastic life. Several counter-culture fairs have arisen nationwide in the last ten years. They serve as tribal gatherings, learning exchanges, marketplaces and forums for creativity in all its forms.

Having seen the California Renaissance Fair, Candi recognized in 1973 Tallahassee's need for a similar event. Something to provide an outlet for local artists and craftspeople while also encouraging the individual

growth that comes from exposure to peers and their work. Also, the fall season is a time of celebration... the atmosphere magical... the weather here beautiful.

There have now been three Celebrations in the last four years, each co-sponsored by Renaissance Celebration, Inc. and the Tallahassee Recreation Department: 1974, Lafayette Park; 1975, Meyers Park; 1976, no fair (due to promised help which did not materialize - the bicentennial was celebrated, the renaissance was not); 1977, Meyers Park (with the help of Vic Edwards). This year, in spite of advertising the need for help well in advance all over town, no one came forward. Consequently, we do without a celebration again in 1978.

Is this death or dormancy? Candi has pretty much "closed the door" on the whole thing. An artist herself, she does not have the extra time. She would help again, however, if a committee of several people would come together to make the work manageable. If you would like to see the Renaissance Celebration revived and have energy to add to the project, contact Candi at:

P.O. Box 424  
Monticello, FL 32344



photo by Stephen Hilliard

Scene from the Renaissance Celebration in Myers Park in November 1977 [above]. Below is beautiful Myers Park in Autumn light. This year, there will be no Renaissance Celebration.

photo by Morgan Bunch



## Principia: The Confederation Warehouses

by Richard White

The cooperative warehouse in Georgia has taken one small step closer to realization. A decision was reached at a meeting at Sevenanda Natural Foods in Atlanta, October 7, that incorporation of a "Magnolia Warehouse" should be accomplished as soon as possible. Representatives from food co-ops in South Carolina, Alabama, Georgia, and Florida acquiesced in principle to a plan submitted by the staff of Sevananda/P.R. Sarkar, for the co-ops' gradual investment in and assumption of control over the warehouse operation now owned by the Ananda Marga religious organization. Early completion of the process of incorporation will enable the new warehouse to begin

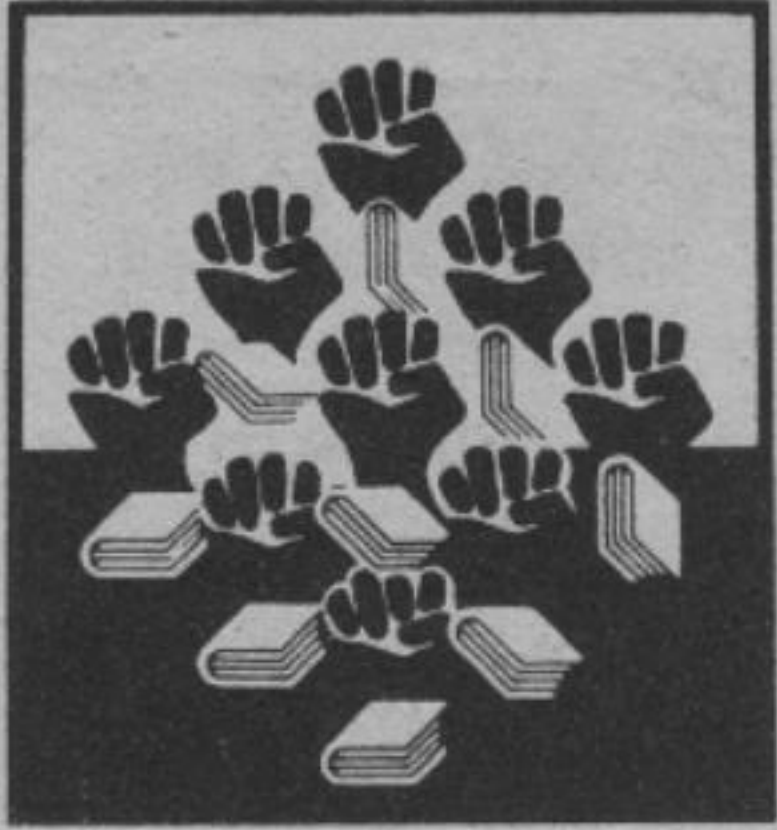
operation in new facilities in mid-January, or February at the latest. The staff of Sevananda/P.R. Sarkar will act to break a three-to-three deadlock of their Board of Directors with regard to their separation from Ananda Marga. The staff will retain control of the new Magnolia Warehouse until a major portion of its capitalization has been contributed by the member co-ops. The staff regards initial control of the warehouse as necessary to avoid suit by Ananda Marga. Details of the transition of control, in the form of bylaws for the new corporation, were not agreed upon at the October 7 meeting. Several items in the proposed bylaws were controversial and were referred to the committee. Representatives from the various

co-ops will meet in Atlanta again in January to settle these details with the staff.

Leon County Food Co-op will probably not be able to participate in the Atlanta cooperative warehouse, at least initially, because neither LCFC nor the new warehouse has any transportation capabilities. A temporary trucking collective composed of co-ops from Peoples' Foods in Athens and Savannah Food Co-op, has been making short runs from Atlanta as far as the 221 Pickens Street Co-op in Columbia, South Carolina. But there are not plans to continue this run for very long, much less to expand the route. Thus, it appears that LCFC would be unable to participate in the warehouse for the time being. The smaller co-ops in the hin-

terlands of South Carolina, Alabama, and Georgia, will have to shoulder the burden of creating a source of supply which is probably as essential to them as it is unnecessary for LCFC.

Perhaps the membership of LCFC would like to give guidance to the coordinators and Board of Directors as to whether we should become involved in this undertaking which perhaps would cost us more than we benefit, and would involve some degree of risk. The basic question is whether our membership feels that LCFC should participate in such a warehouse as an expression of support for our friends and neighbors in the broader cooperative movement, or whether we should focus instead upon our own immediate economic benefit. What do you think?



## Periodical Emissions

by Hartmut Ramm

Around ten lbs. of no-nuke literature hit the racks this month down at the Book Co-op, all of it first-rate and guaranteed to make your juices flow. Our most recent addition to the rows of clean energy literature is The Sun. If the name brings a warm glow to your heart, the content may stir up your adrenalin. One of the issues in our first shipment contains an interview with one of our persecuted scientist brothers, Richard Webb. Webb's crime was to write a book entitled The Accident Hazards of Nuclear Power Plants, which makes the startling revelation that there are two forms of reactor catastrophies that the Nuclear Regulatory Commission (NRC) has decided to ignore. These "inconceivable" accidents ("power cooling mismatch" and "runaway") are, in fact, no less demonstrably improbable than the "worst conceivable accident," the "loss of coolant accident." And such accidents would have even graver consequences than the loss of coolant. Webb reckons that half the land east of the Mississippi could be devastated by just one such accident. Words fail.

If you had to pick the country that you would least like to see armed with an atomic bomb you might well choose South Africa. According to a U.N. committee report, your choice would be a wise one, for the simple reason that bellicose racists are dangerous people. But your vote would be an ampty gesture, because South Africa already has the bomb, and the United States helped it get it! Southern Africa has the story. Read and weep. Two other countries which helped out were France and Germany. Both have large, aggressive nuclear establishments. Newsfront International, a monthly digest of the world press, contains a translation of a German article which describes the balance of forces in that country. Another issue of the same magazine (still available) has a story on those who, in growing numbers, are saying, "nucleaire? non merci." It seems that the struggle in France is being pushed forward by an increasingly radical peasantry.

Another sleeper this month is the Co-Evolution Quarterly. Entitled "Journal for the Protection of all Beings," it gives us a Buddhist approach to nuclear politics, as expounded by Lawrence Ferlinghetti, among others. The magazine brims with creative interpretations, in prose and verse, of the anti-nuclear struggle and of the societies that made it necessary. Enough said; this issue of CEQ could sire a doctoral dissertation.

Now we come to the old stalwarts. The Bulletin of Atomic Scientists is not, as the name suggests, a trade mag for the nuclear establishment. Instead, it is deservedly the most prestigious journal on our side of the issue. It was spawned by the opposition of prominent scientists to nuclear weapons, and it has made the logical extension of this opposition to nuclear power. This month's issue has articles about university-sponsored nuclear weapons labs, the neutron bomb, cancer and low-level radiation and sky rocketing cancer incidences among radiation workers.

The Progressive is another old friend. In this issue the editor and a nuclear physicist dare to think the unthinkable. They imagine that a 20-megaton bomb explodes in the Chicago Loop and describe the horrors that unfold from from milli-second to second to minute to year and after. The article is like castor oil; it tastes bad but it may prove to be beneficial. We must learn to articulate the dangers we face if we are to have any hope of avoiding them.

The periodical that has taken the forefront within the movement press is Critical Mass Journal. One of Ralph Nader's life-giving creations, it is the tribune of the movement. No other periodical will keep you as well-informed on all aspects of nuclear activism. If you participate in the Catfish Alliance's activities, CMJ is for and

## Book Co-op Benefits

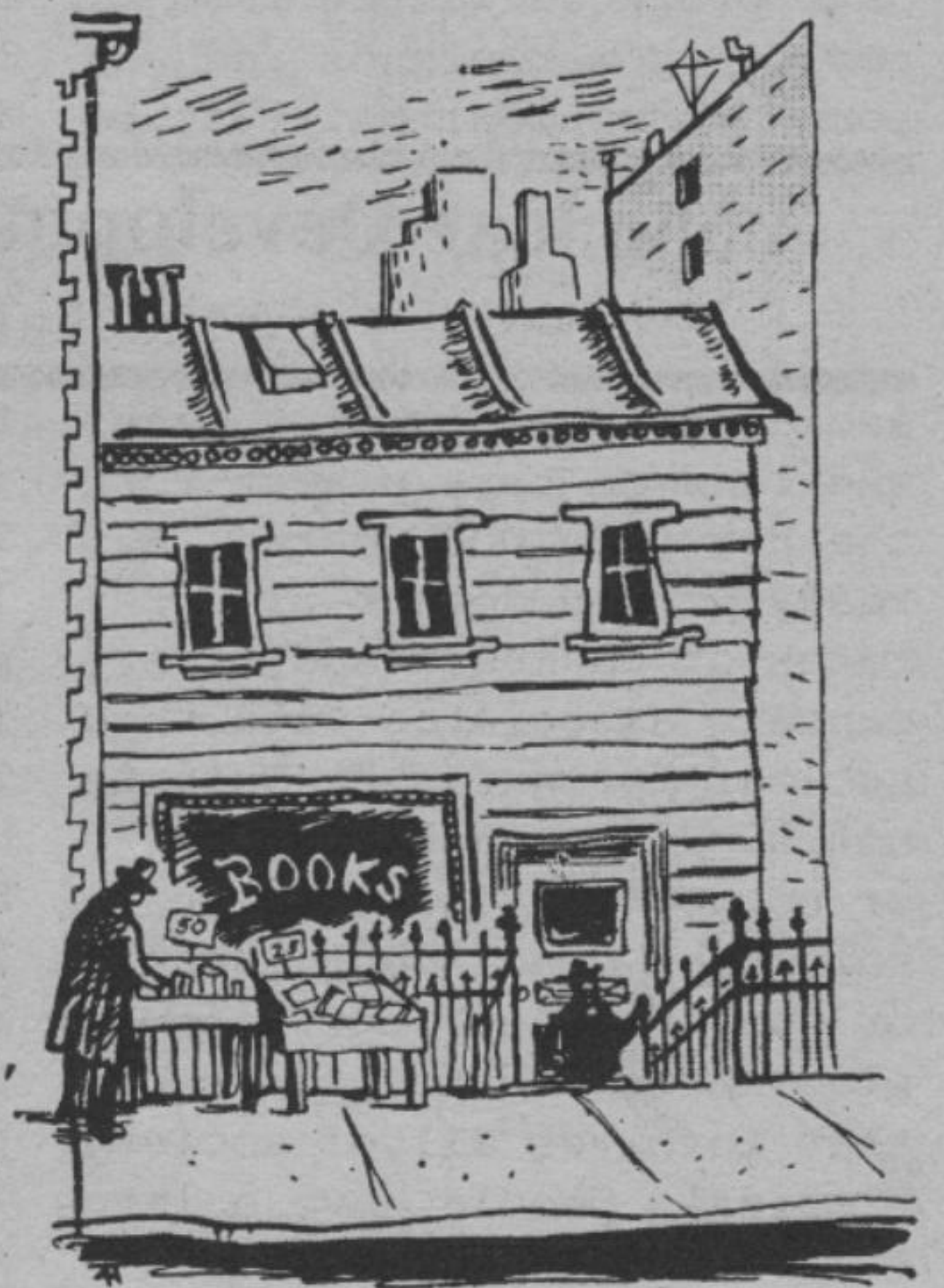
# The New Package

by Ronda Hansen

After seven years of having the same membership fee and discount policy, the Board of Directors took a courageous step into the inflationary present and changed both benefits at once. The membership fee is now five dollars instead of two. Non-members no longer receive any discount on books, members receive 10% off the list price on all new books, on magazines, and on any other item in the bookstore. Volunteers receive 20% off on books, magazines, other bookstore items (such as T-shirts, tarot cards, etc.) and 10% off records; for two hours of work each week they receive 30% off books and magazines, etc., and 10% off records.

We still need feedback on this decision, so please contact us at the storefront and tell us what you think. It seems that a lot of non-members never noticed that our books were discounted in the first place. The change also gives members discounts on magazines whereas before they paid list price. We hope that the changes will encourage more people to come to the Co-op and participate.

Other changes at the bookstore include new shelves in order to use our space



more efficiently, alphabetization of all the sections so that customers and volunteers can find books more easily, and general cleanup and beautification of the store. Alix Radbill, one of our volunteers, has completely reorganized the used and consignment section and will be making a map of the entire store. Someone else suggested that we transform the front of the store into a more cozy sitting area.

Please share your ideas and your energy. Remember it's YOUR store.

about you. The same goes for Nuclear Opponents, which is much older than CMJ, somewhat less newsy and somewhat more didactic. The current issue contains parts of the sensational petition brought before the NRC by Jeannine Honicker, a Tennessean activist. Her petition demands that nuclear power be abolished on the grounds that it violates the fundamental human right, guaranteed by the Constitution and endorsed by several international conventions, of requiring the prior consent of all affected parties for any activity that poses a demonstrable threat to their life and limb. The article contains the most recent and reliable facts on radiation and health. Here is one to toy around with: "Recently disclosed evidence from NRC internal memoranda indicates that on the order of 100 deaths will occur at the milling stage of the nuclear fuel cycle to future peoples for each day that fuel is produced." Here is another: "Radon gas escaping from enrichment tailings may cause millions of deaths in future generations." A final quote sums it up: "It is uncontested that each and every stage of the fuel cycle emits poisons to the biosphere. In earlier times it had been thought that the volume of these poisons would be so insignificant as to not injure public health. The best available current evidence now indicates that release to the biosphere of these poisons at any level attainable by present design of the fuel cycle constitutes a serious public health burden and a loss of life to millions of people over long periods of time." Note that this toll of victims does not include the victims of future catastrophic accidents.

continued page 8

The question of whether or not to proceed with nuclear development is one of the most critical issues facing humanity today. Already we have produced wastes from nuclear power plants and bomb production that must be the reasons for our concern.

#### HEALTH

High levels of radiation are known to cause leukemia, cancer, and birth defects. Research, done by Dr. Thomas Mancuso and others, shows

## Nuclear Development and Florida

### by the Tallahassee Catfish Alliance

isolated from all air, water and land on this planet for the next 250,000 years. Already we can detect higher rates of leukemia and other cancers associated with this nuclear "progress." This is not simply a technological or economic problem to be solved by government agencies or corporations, but a complex moral and social issue that involves all of society. Florida's people have a large stake in this problem. In the upcoming issues of *SPECTRUM*, Catfish Alliance will present a series of articles on the nuclear fuel cycle and its implications for each of you as members of the Tallahassee Community. Included here is a sampling of

that even low levels of radiation cause increased levels of bone marrow and lung cancers. All nuclear power plants constantly emit low levels of radiation. There are four such plants currently operating in Florida. In addition, Floridians are exposed to radiation from the uranium extraction associated with phosphate mining.

#### REACTOR SAFETY

While a nuclear power plant is operating, it may contain as much as one and a half tons of highly toxic radioactive materials. If an accident occurs, these materials may be released to contaminate air, water,

and agricultural lands nearby. Nuclear industry officials say that such accidents are unlikely, but one near-miss has already occurred in Florida.

In March, 1978, the nuclear plant at Chrystal River had a serious accident that released radioactive gas into the atmosphere and caused the plant to be shut down for six months. The Public Service Commission is currently investigating this accident in hearings being held in Tampa.

#### NUCLEAR WASTES

Millions of gallons of lethal nuclear wastes are currently being "temporarily" stored in above-ground containers awaiting the discovery of a method to isolate these wastes from contact with land, air, and water for

the 250,000 years it will take for them to become safe. Because of the inadequacy of this temporary storage, over one-half million gallons of these poisons have leaked into the environment in the thirty years these "temporary methods" have been in use. In Florida, reactor wastes are stored in concrete holding tanks near each of the nuclear power plants.

#### TRANSPORTATION

Trucks carrying nuclear wastes now travel through Florida along I-95 from the Port of Miami to waste storage sites in South Carolina. The wastes in these trucks come from Sweden and South Africa. While in transit, nuclear wastes have spilled,

*continued page 17*

### Emissions continued

But where there is sunlight there is hope. The outlook would be far more dismal if the alternatives to nuclear power were not making such gigantic strides. The energy and inventiveness of clean energy activists brings to mind previous industrial revolutions--the creation of new technologies is being propelled forward by an ideology, environmentalism. Love of God (Calvinism) was the spiritual motor of the first Industrial Revolution in much of Europe; in Germany it was love of country; in the solar revolution it is the love of Earth and Life. The current issue of *Alternative Sources of Energy*, a kind of clean energy *Popular Science*, gives off some of this feeling, as it shows how to build ingenious solar hot-water heaters costing as little as \$200, using readily available materials and employing conventional construction techniques. *Rain* is another good source of information about the soft technological revolution. Each issue has a wealth of book reviews and resource information, in addition to a technical article or two.

That brings us to a first riddle--when is a machine not a machine, technology not technology? The answer--when it isn't controlled by the shrinking number of growing monopolies that dominate our economy. Production is designed not to reward the human race for its efforts but to reward the few investor clusters that own the industrial assets of this country. The current issue of *Dollars and Sense* shows how the nuclear industry and government have suppressed solar technology and propped up nuclear. That brings us to another riddle--when is a social system not a system? The answer--when it is capable of such outrageous blunders. And this brings us to our final riddle--when is a representative not a representative? The answer--when he is Don Fuqua. Fuqua is on the House Committee on Government Operations, and you can read about his views on nukes in its 23rd House Report, entitled "Nuclear Power Costs," No. 95-1090, April 1978. Fuqua's views dissent from the majority's sound indictment of nuclear energy. Call his office in Tallahassee at 904-224-1152 and ask that you be sent a free copy of the report. While you're at it, ask for a copy of "Considerations of Environmental Protection Criteria for Radioactive Waste," U.S. Environmental Protection Agency, Office of Radiation Programs, Waste Environmental Standards Program, Washington, D.C. 20460 (February 1978). This report concludes that ". . . there is no way to guarantee protection from pollutants such as radioactive materials . . . other than by prohibiting their production." That is a bureaucrat's way of saying NO NUKES Y'ALL.

## CO-OP RECORDS

### Caravan Sale



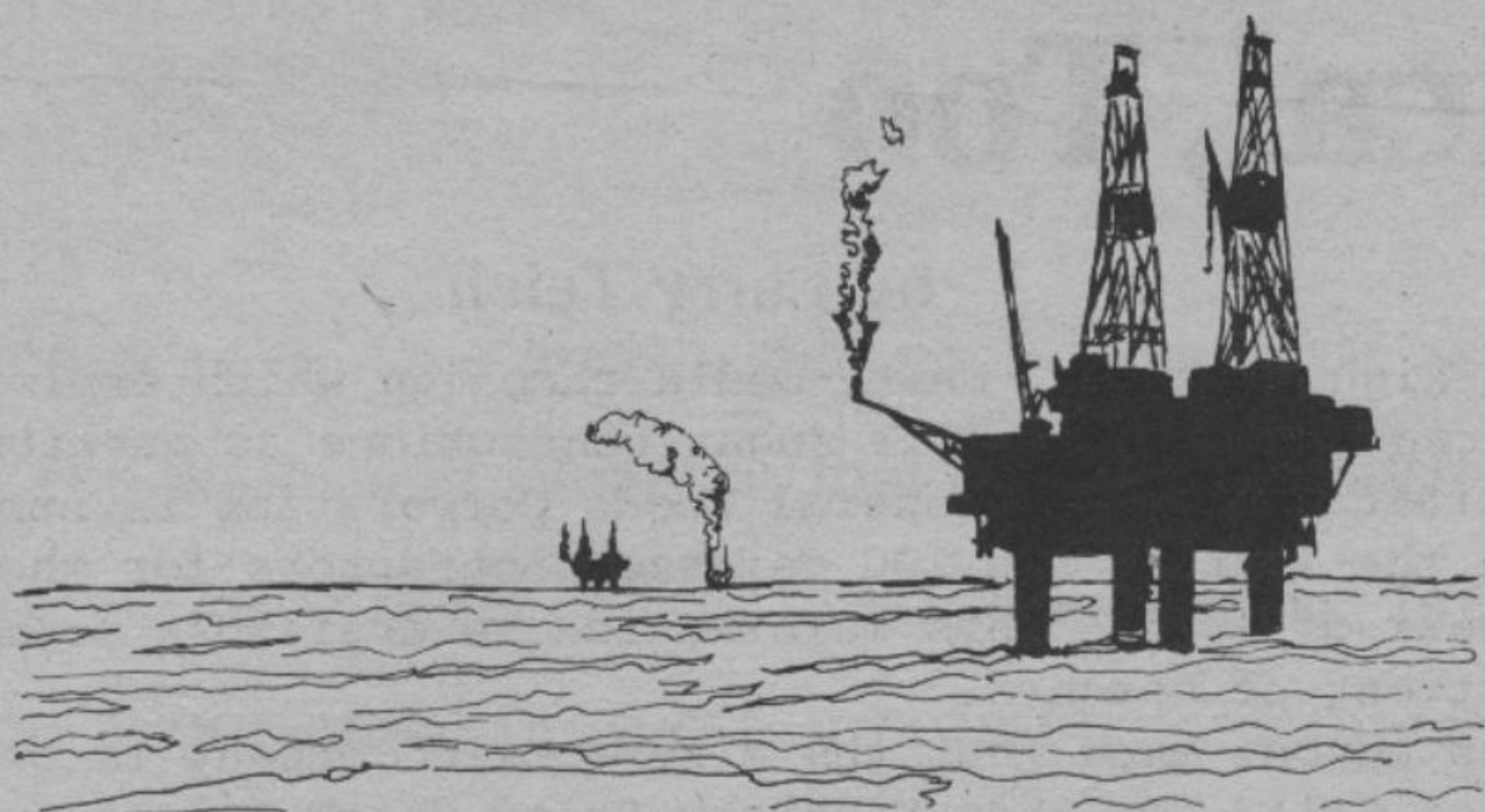
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sing out against nukes



## Encroaching on Our Wilderness

by Doug Alderson

Florida has 31 aquatic preserves designed to protect and perpetuate prime marine areas along her coast. The concept is a noble one, but special-interest loopholes in the Act threaten the very nature of the Act. For example, in one part of the 1975 Aquatic Preserve Act, the law states, "there shall be no drilling for oil and gas". The clause goes on to describe the potential environmental disruptions of oil and gas drilling, such as oil spills. Later in the Act there is another clause which states that oil and gas loading and docking facilities will be allowed in aquatic preserves, even though the risk of damaging oil spills is still prevalent.

In the Fort Clinch State Park Aquatic Preserve, Eastern Seaboard Petroleum has filed for a dredge and fill permit to build a large channel and loading facility for oil tankers. These tankers will range from 550 to 750 feet long, with widths from 85 to 100 feet. The company wants to deepen a channel at the mouth of the St. Mary's River to 40 feet, widening it to 400 feet. A new channel will also be dredged for turning. Four hundred eighty thousand cubic yards of sand will be dumped on the uplands. A large concrete dock is proposed to extend into the channel.

Besides environmental disruption of a prime marine environment, perhaps the most disturbing part about the proposal is its geographic location. The area in question lies directly south of Fort Clinch State Park - "practically in the campground," noted one state park official. If the facility is built,

the Department of Natural Resources officials claim they will close the campground at Fort Clinch State Park. Another natural area lies only a half mile away - Cumberland Island National Park. Oil spills would certainly affect the beauty of this park.

At this moment, the Department of Environmental Regulation and the Army Corps of Engineers are viewing the permit request. The Department of Natural Resources will also have input.

To help prevent potential environmental damage resulting from oil spills and dredging, and permanent esthetic loss to Fort Clinch State Park, please write letters opposing the proposed petroleum docking facility in the Fort Clinch State Park Aquatic Preserve. Also, state your concern over the damaging loopholes in the Aquatic Preserve System. There is already a major port in Jacksonville. We do not need another one in an aquatic preserve and adjacent to a state park.

Please write:  
Harmon Shields  
Executive Director  
Department of Natural Resources  
Crown Building  
Tallahassee, Fla. 32304

Betty Gregg  
Bureau of Permitting  
Department of Environmental Regulation  
2600 Blairstone  
Tallahassee, Fla. 32301

John Adams  
Army Corps of Engineers  
P.O. Box 4870  
Jacksonville, Fla. 32301

For more information, contact Doug Alderson at (904) 877-7942, Florida Chapter of Sierra Club.

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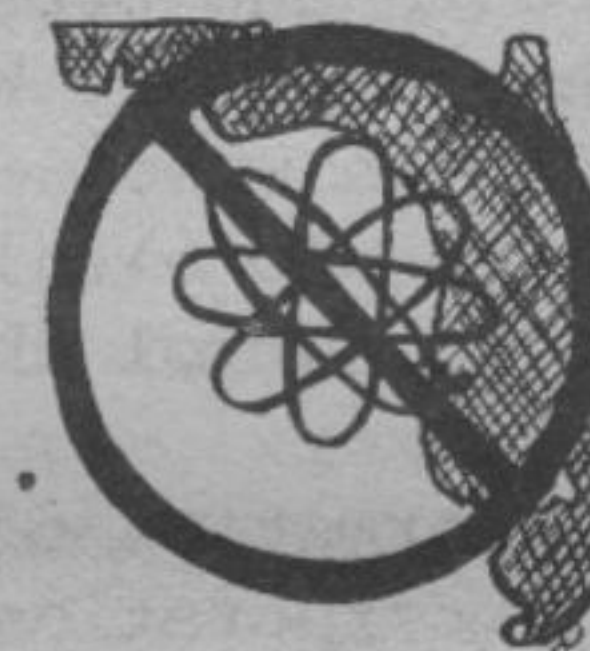
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# Food is Political, Too

by Larry Teich

What do the members of a food co-op, members of Congress, members of boards of directors of corporations, migrant farmworkers, native peoples, feminists, hippies and children have in common? They all eat food. This is not just a statement of the obvious. There are individuals who believe that the food co-op should not deal with politics or at least should limit the involvement to political issues which directly and obviously pertain to food, nutrition, or the cooperative movement. To limit oneself or a co-op, to cut off interaction with others or the rest of a community is detrimental to growth and, to me, borders on absurdity. The no person is an island theory holds



true for co-ops as well. It's impossible for a co-op to not be affected by events, political or otherwise, which are occurring simultaneously in the rest of its community. The members of a co-op are a cross section, to an extent, of that community. There is a basic paranoia of the mythical "silent majority" of a co-op which prevents a representative body from making an official policy or statement which reflects the entire membership. This does prevent misrepresentation of some individuals, but also prevents any progress in promoting public welfare where a co-op's influence can make a difference by negating its own influence voluntarily. Why do I feel this way?

"The personal is political." This a feminist slogan which tries to point out that political factors of society permeate women's most private lives. To develop one's consciousness or determine personal paths of action, there must be some degree of control and freedom of choice about basic needs. Here are two quotes from the Spring '78 issue of Food for Thought, the newsletter of the Michigan Federation of Food Co-ops. "...Anyone who really understands the food production-distribution system knows that food and politics are inseparable. Politics, to be blunt, is what determines who eats and who doesn't. We must not confuse means with ends." (James P. Walton) "The hard thing for co-op participants to understand is why we should be concerned about how much the people are being paid to produce a particular food we buy, or whether or not the company supports repressive governments on some other continent. Who controls what and how does it affect the health and prosperity of the average person? Not just Americans or Western Europeans, but anyone who is a cog in the wheel - and there aren't too many people in the world who aren't somehow affected by the politics of who does control the food production." (Mark Steinke)

For example, the transformation of agriculture to agribusiness now gives large corporations control over food production and supply, packaging, marketing and distribution while exploiting the efforts of family farms, migrant workers, and the consumer public. Recently, a coalition of organizations and individuals including the Committee of Children's Television and the Society of Dentistry for Children, have filed a class action suit against General Foods, makers of Post Cereals. Part of the suit reads, "General Foods and Post Cereals are us-

ing a high pressure, multi-media campaign which exploits children in order to sell sugar concoctions as nutritious breakfast cereals." General Foods Corporation is number 92 on the list of top 100 defense contractors for the fiscal year of 1976. This information is available from the Department of Defense.

Does anyone know that the Minute Maid Company is owned by Coca Cola? Or that Kentucky Fried Chicken is a subsidiary of Heublein, Inc.; that Burger King is owned by Pillsbury; Jack-in-the-Box is owned by Ralston Purina; Red Lobster Inns by General Mills, etc.? Does anyone know, besides certain major stockholders, where the profits of the companies go or what is ultimately done with them? There are lines of ownership (similar to geneological trees showing lines of origin) which profits follow that are like creeks and streams, which are tributaries of rivers, which merge and flow in increased amounts until they are deposited in an ocean of money and power. A particular item of food on the shelf of a co-op is the start. Some stores are owned by companies which are divisions of corporations, which are subsidiaries of conglomerates, which are part of transnationals, which can be in trust with multinationals.

For example, Nestles is a multinational company which had products for sale at the food co-op. This corporation has a large advertizing campaign and sends sales representatives to Third World countries to promote the idea that their infant formula product is a better substitute for mother's milk. Due to economic and educational and health conditions, this practice has led to proven cases of infant death, malnutrition and sickness. Despite censure from citizens, individuals, and the courts, these practices continue. As a result, there is a widespread boycott of all Nestles' products. The whole issue of boycotting has validity regardless of the ultimate affect on those in control. It is a conscious effort to achieve some corporate responsibility by the consumer being thrived upon.

Nestles is only one example of the disregard for human welfare in order to satisfy monetary greed. Other corporations sell their baby formulas using questionable marketing schemes. Other multinational corporations exploit Third World countries for profit by using farmland for luxury export crops instead of food for local inhabitants and by gross negligence and unfair labor practices. Classism can be one cause of apathy. An example is the Middle Class White American assuming that everyone in the world has the same viewpoint on these matters.

This quote is from A Call To Consciousness, an address to the United Nations Commission of Non-Governmental Organizations in 1977, by the Hau de no sau nee (Six Nations Council) who were representing the Native American peoples' oppression in this country. "The modern age and its consumer values, has altered, in a very basic way, the very structure of human society, and the basic conditions of the natural world."

For example, I don't think there is any question of the need for government accountability to its people. But who decides what our children are taught in public schools and what they will eat while there? Who sets the standards for safe accumulations of pesticides or other toxic chemicals in our food and water? Who decides what is a "safe level of radioactive contamination in farm soils, cows' milk, or in the air? Who decides to put poisonous byproducts from the aluminum industry (flouride) into the public water system that you drink from at the co-op? Who decides to construct unsafe nuclear power plants on geological fault lines, near population centers, or anywhere; and who stockpiles enough nuclear weapons to kill everyone on the planet several times ("overkill"), and spreads this technology to countries all over the world for a price which could make the issue of relating food

and politics a moot point? Certainly not me, or anyone likely to read this article. The Hau de no sau nee has this sane attitude toward government:

"For centuries we have known that each individual's action creates conditions and situations that affect the world. For centuries we have been careful to avoid any action unless it carried a long-range prospect of promoting harmony and peace in the world."

It's a food co-op's duty as a consumer organization to educate its members and its larger community on issues concerning their daily lives. Not only positive areas like achieving health and well being, but the negative aspects like human exploitation and ecological insanity. Furthermore, it's every individual's duty to act on information gained which is proven correct, especially if it concerns a moral or ethical situation where apathy will allow or perpetuate harm to others or the planet. If it's not a food co-op's place to provide a channel for human development, an avenue for individual expression or to act as a catalyst in the interrelationship of people in order to bring about positive change, then whose place is it?

If we, as co-op members do not break the tradition of abrogating responsibility for the quality of our lives, then who will? The fact of a food co-op's existence is political in nature. To take direct action as an alternative economic structure is, especially in this country, a political move of citizens to provide for themselves what their government has not. We sometimes use a slogan in our advertisements which goes, "Food for people, not for profit."

IT'S SSSSSO GOOD FOR YOU AND OUR NEW PRESERVATIVES KEEP IT FRESHHH ETERNALLY!



People deal with food co-ops, food co-ops deal with food, food deals with economics, economics deal with politics, politics deal with people. This is not a chain, this is a circle. This is not a tangent, this is a whole. This is not a stray asteroid, this is a planet. This is not a shooting star, this is a universe. This is not a single thought, this is a spirit.

The interrelatedness of peoples' lives cannot be denied. The food co-op is a reflection of this and to limit the co-op's expression is to limit the quality of our lives.

## Vested Interests

by Roger Peace

Many people with money, time, energy and prestige invested in the status quo tend to feel that they have a stake in perpetuating it, or at least a part of it. This seems natural and yet, at the same time, it lends easily to maintaining the perversions of the status quo. Consider the following:

- The premeditated destruction of our environment and natural resources
- Maldistribution of wealth and income, leading to wasteful wealth for some and abject poverty for others
- Social alienation (i.e. lack of community and cooperation) with its accompanying class division, racism and sexism.
- A "balance of terror" in which the nations of the world spend "400 billion dollars in pursuit of their so-called national interests
- The prostitution of ideals

and moral values (be they capitalist or communist) in order to justify the status quo and prerogatives of the power-elites.

The status quo should be changed because we don't need to live in a polluted radioactive environment, nor in a constant competitive struggle for economic survival, nor in a society where status rests on the humiliation of our fellow human beings, nor in constant fear of mass orgies of murder, nor in a spiritual vacuum. And it is up to us to change things - ourselves, our societies, our understanding and visions.

Perhaps if we could view our vested interests in a larger perspective, these changes would be easier.

*continued page 17*

## World Hunger continued

we think and live out our lives. At best, we have become masters at cultivating a careful silence, a silence that essentially negates a real, viable future for all persons everywhere. Several years ago the Canadian Jesuit, Leslie Dewart, said: "All history is free and possible. This means that history can actually fail. A real and eternal, more precisely, definite and irreversible hell is a real possibility." Harvard Theologian, Harvey Cox, redefines sin for us today by calling it apathy. Apathy, he says, takes the form of hiding behind a speciality, a lack of knowledge and a fear of involvement which allows us not to assume our share in the responsible use of power in the world. "The apathetic avoidance of politics," says Cox, "is the sophisticated way in

which we, like Cain, club our brothers to death."

There is an alternative to apathy and indifference. It begins by cultivating a healthy, critical stance toward society's givens. For instance, on the issue of world hunger: we are witnessing the radical transformation of the control of food resources - both in the U.S. as well as throughout the non-socialist "underdeveloped world." Agriculture, once the livelihood for millions of self-provisioning farmers in the Third World, is being turned into a fat profit base for a new class of "farmer." Traditional landholders, moneylenders, military officers, city-based speculators, foreign and largely transnational corporations are rapidly becoming agricultural entrepreneurs.

*continued page 17*

# Examining the Self-Help Movement

by Margie Menzel

The self-help movement began with a group of women who got together as a result of the feminist movement in Los Angeles. They began fighting the California laws against abortion, and soon came to the conclusion that, if women were ever going to win this struggle, they would have to know more than they did about medical procedures and their own bodies. There are two major methods by which this process was aided: vaginal self-examination, and women sharing their experiences with each other.

Vaginal self-examination is being shared now thanks to Carol Downer, who observed a gynecologist using a speculum and acquired one. A speculum is a duck-billed plastic instrument that, inserted into the vagina, separates the walls and brings the cervix and vagina into view.

A woman can do self-examination with the aid of a mirror and a flashlight. Looking inside her vagina, she is able to observe her os, the opening to her uterus; and her cervix, that part of the uterus that surrounds the os and extends downward into the vagina. By doing this, she can observe changing conditions in her vagina, and by sharing this information with other women, she can frequently discover what the condi-

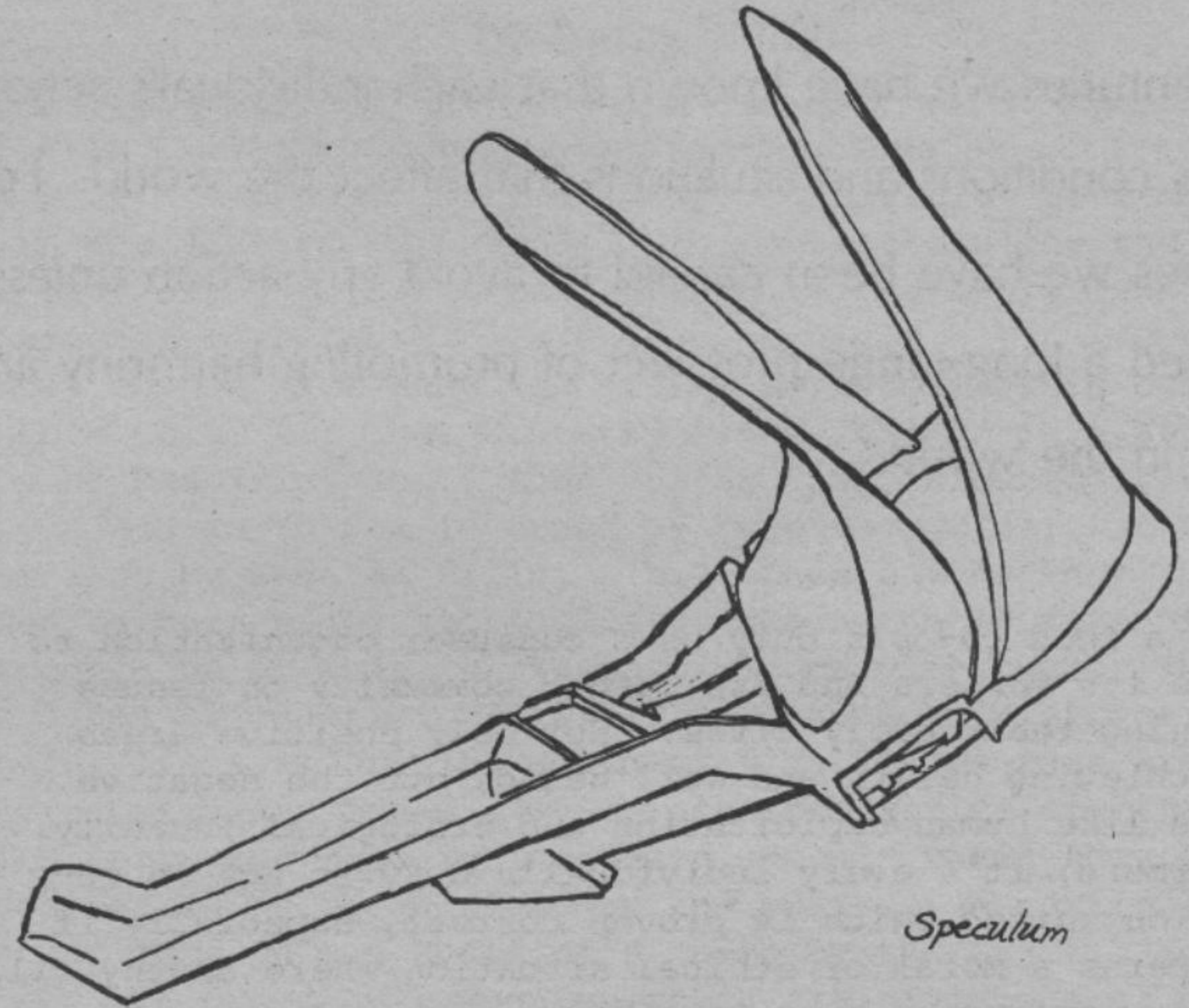
tions mean and how to deal with them.

For example, a man's penis is an external organ. Should a herpes blister (a sign of venereal disease) appear, it would be very obvious and could be treated at an early stage. A similar condition of the cervix, however, would go unnoticed during the intervals between costly visits to a gynecologist, unless the woman is practicing self-examination. By doing so, she can find out how other women have dealt with such problems.

The standards of normalcy that gynecologists have set for women are truly amazing. A doctor's announcement that a woman's uterus is "tipped" or "flexed" often terrifies her. But most uteruses are tipped or flexed.

A self-help group discovered, after some members who had IUD's complained about the pain of insertion, that all of the doctors involved told them that they had "low pain thresholds".

A male gynecologist is hardly in a position to define what amount of pain is "normal" for a woman in a gynecological procedure. Obviously, if women's experiences coincide, the standards of "normalcy" ought to be changed. This is the purpose of sharing our experiences: to communicate with each other rather than through doctors who profit



through our ignorance.

And how do they profit by our ignorance? They withhold information about the simplest procedures - procedures that we could perform for ourselves. What about a routine IUD check in a doctor's office? All he does is insert a speculum and look to see whether the string is in place; the only difference between a doctor and a woman (non-doctor) doing it is the doctor's fee.

Another example is cervicitis, an inflammation of the cervix perfectly visible by the means of the speculum. A doctor often prescribes cauterization, which is both costly and unpleasant; whereas, women have discovered that cervicitis can clear up of its own accord and, of course, we can observe the process ourselves.

Another observable process has to do with the menstrual cycle. It's possible to practice a form of birth control by noting the appearance of secretions that indicate ovulation. When her cervix opens, softens, and becomes darker or blotchy red, a woman can know that she's pregnant.

Because the self-help movement arose out of the struggle over abortion, it's only ironic justice that women's discoveries about their bodies have advance abortion techniques. Previously, two of the most common procedures being used under twelve weeks were the D&C (dilation and curettage) and some combination of the aspiration technique. The D&C involves

general anesthesia. The cervix must be dilated, which means the muscles are stretched by the use of instruments, to allow entry into the uterus. A curette (sharp, scraping instrument) is then introduced to scrape away the uterine walls, thus emptying the contents. The aspiration method involves only local anesthesia. The cervix is dilated as above, and a suction or vacuum attached to pressure empties the uterine contents. Many abortion centers which stated that they used the aspiration method were also scraping the uterine walls with a curette, which is really a combination of both procedures. By sharing, women and women-controlled abortion facilities have learned how to lessen the traumatic effects of abortion; eliminating a great deal of unnecessary curettage, not dilating the cervix so much - all more inconvenient for the doctor, of course, by far less painful for the women.

Advanced self-help groups have discovered how to extract a menstrual period. By means of a tube or cannula (plastic tube) attached to a syringe and an airtight bottle (creating a vacuum), it is possible to extract menses oneself. This procedure is: by means of the speculum, the woman can locate the external os. The cannula can then be gently inserted WITHOUT DILATION. Manual rotation of the cannula will then exert the

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Who represents TMH OB/GYNs on the Transfer Agreement? Only those who have a history of bias against women's rights to health care!

## New Developments for FSU's Women's Center

The FSU Women's Center has a new major structure and a wide range of activities to offer. The Center now has an agency status, a board of directors, and more support from the FSU administration. As a result, far more outreach is being accomplished, and there are opportunities for everyone to get involved.

Two consciousness-raising groups are being formed, a men's group and a women's group. The men's group is a new program, designed to study male roles in female oppression. The two groups will meet on alternate Thursdays having a joint session every third meeting. Call 644-4007 if you're interested. John is the contact person for the men's group and Adrienne and Hortensia for the women's.

The Center is also planning a number of presentations in dormitories, sororities, and women's scholarship houses. The workshops, sponsored by the Task Force on Violence Against Women, will do self-defense demonstrations and present panel discussions on rape. The Karate Club will be

teaching women's self-defense.

An exciting new project is a collaboration of the Women's Center and the Video Center: a WFSU-TV program on the women's community. The projected format includes a news update, features on such topics as battered women and child care, regular informational presentations on women's health, and segments from the videotape library by speakers like Adrienne Rich, Mary Daly, Phyllis Chesler, Rita Mae Brown, Carol Downer, and others. The show will also provide the opportunity to hear about Tallahassee feminist groups and their activities. Marjorie Menzel is the producer-director. Contact her at 644-4007.

The Women's Center will have programs on returning women's studies. The Child Care Co-op and the Feminist Women's Health Center will also be collaborating with the Women's Center, and the Organization of Women Law Students will help with the Task Force on Violence Against Women workshops. Get involved there's something for everybody!

## Women for Racial & Economic Equality

Women for Racial and Economic Equality (WREE) is involved in a number of vital issues. The United Nations has designated 1979 as "The Year of the Child," and WREE is conducting a signature campaign for the Bill to Save Public Education, which would provide federally-funded child care.

The significance of child care in the struggle for women's rights cannot be overemphasized. WREE uses the slogan, "Child care - an economic necessity."

WREE is also working for the passage of the Equal Rights Amendment, and wants to remind the community to vote YES on TWO on Tuesday, November 7th. (WREE's analysis of what the ERA would mean is based on affirmative action.)

"Dollars for diapers" is another WREE project. Its purpose is to fund a supply campaign for South America. You can get involved with WREE by contacting Deborah Mash, 629 W. Pensacola St., 224-4490.

## Self Exam continued

necessary suction effect and, by means of the vacuum system set up in the airtight bottle, the uterine contents will empty into the bottle.

This is just an introduction. More articles on the far-reaching effects of self-help will follow, and more information on joining a

self-help group is available at the Feminist Women's Health Center, 1017 Thomasville Rd., 224-9600.

*Parts of this article were derived from a reprint by Colette Price in Women's World, P.O. Box 694, Stuyvesant Station, New York, N.Y., Number 4, Volume I, Mar.-May, 1972.*



Oh, no! Equality for women depicted [by those who would have us remain less equal] as a wolf in sheep's clothes. From a flyer distributed by FACT [Families Are Concerned Today], the tone of which is scare-tactical.



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# Allen to Altman

by Larry Stevenson & Hal Jacobs

Seems we're lucky to have a couple of quality films in town. Reynolds didn't make a movie this week and The Cheerleaders Go to Mars is reportedly delayed in transit. So we're stuck with Robert Altman's A Wedding and Woody Allen's Interiors.

Though dismayed at the thought of paying two fifty to see a movie without a single axe murder or gang rape, the prospects, however, are somewhat brightened by the light and laughable Altman; nor, we admit, are they any way diminished by the technical excellence and the personal revelations of Allen.

In Altman's A Wedding, we see the rituals surrounding an American upper-class marriage ceremony. The groom's family is headed by Lillian Gish, her most interesting role since her days as D.W. Griffith's silent starlet (she plays a peacefully resting corpse throughout most). They represent the established rich of this country in all their polite decadence whereas the bride's family, with Carol Burnett as the dutiful, Christian wife, belongs to the upwardly mobile Southern gentry with their red-neck naivete and their millions made in the trucking industry.

Though this type of situation gives Altman his usual sturdy soapbox from which to express himself, A Wedding will appeal far more to the average movie-goer than to the faithful Altman fan, that person to whom Nashville and Buffalo Bill and the Indians represented complete cinematic successes.

Like Nashville, A Wedding uses a plot device whereby a group of widely disparate characters are thrown into one situation, then are left to grope towards a resolution. As in Buffalo Bill and the Indians, Altman makes some

insightful observations on what we sometimes too seriously call "the American way of Life."

It is the tone of these observations that has changed. The gentle sarcasm of A Wedding sharply contrasts with the strident highhandedness of his earlier films. This softening of his stance should bring to Altman the commercial success which has eluded him since Mash. However, it will be a mild disappointment to some of his hard core devotees who may view this latest effort as a sellout.

Altman's theme has always been the essential phoniness of America. In Mash, he mocked America's insistence on seeing itself not simply as an enforcer of peace, but as the world's final moral arbiter. In Buffalo Bill and the Indians, he savaged another manifestation of American phoniness--the manufactured hero turned into a salable commodity by a smart promoter. But in A Wedding, his characterizations playfully range from a distinguished doctor who can't keep his hand off the booze or young women's breasts, to Mia Farrow's portrayal of the bride's sister who dreamily uses another's fingers plus her own to count the number of military school cadets she's had lately.

All of which leads to the point that A Wedding is Altman's funniest film since Mash. There remains a bitter and pessimistic edge to underlie some of the humor. Still, the impression is not that Altman is sneering at us as before, but that he is inviting us to join in a good laugh at ourselves. Much like the Woody Allen films of old.

But what about the Woody Allen of today? He's older now; he's also much freer as to what he can do artisti-

cally. We are all aware of his paranoia (at least if you've seen one film by him you are) and how he reconciles himself with the world through his sense of humor. But, in Interiors, what laughs there are, excluding the gaiety of Maureen Stapleton, they are silent, very subtle, and very, very nervous.

We try to laugh in an effort to reduce the film's foreboding quality; yet, we can't. The film is intensely serious--it's suffocating, depressing; it's Interiors because we're never allowed out. The intimidating complexity of the city is seen from the confinement of an auto, but here, even the limited reassurance of city noises is abruptly taken away by the rolling up of the window. In another scene, the pitching ocean and the fenced-in beach are framed without a sky. Throughout the entire film, there is never a feeling of oneness or of freedom.

Geraldine Page is commanding as the cold and neurotic woman who must suffer a separation very late in her marriage from a husband, E. G. Marshall, who seeks greener pastures since the children have established their own lives. With the exception of Marshall and Maureen Stapleton, the colorful widow he eventually marries, the characters are as suffocating and bleak as the frigidly fashionable interior designs arranged by Geraldine Page's character.


Woody Allen makes special

points with two of their grownup children. Diane Keaton is a successful poet but a failure in her personal relations with those around her. She's confined in the sense that she can't relate to anyone except anonymously through her poems; even that becomes stifled by her fear of death. Marybeth Hurt, as her younger sister, (bearing a striking physical resemblance to Woody Allen) suffers isolation because of her inability to express herself creatively. She's afraid of becoming hopelessly linked with a business or mother role. Sadly, she probably has no chance for self-expression except through one of the two. The film ends with her established at an advertisement agency.

Like Altman's film, Interiors is an expose' of a wealthy American class overcome with neurosis and depravity. They differ in their treatments. While Altman's is humorous, Allen's probes and dissects with such unrelenting force and style that he has been accused of faking a Bergman--but there is no fakery involved. What is involved is a sincerity and depth of feeling which Woody Allen overwhelmingly succeeds in communicating to his audience.

It is truly a Woody Allen film. You feel him behind the camera--his eye, his words, his style. Even the nondescript promotion of the film relays his message--the tone is cold, incredibly so,

continued page 19



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# Seven

As interest in holistic approaches to health continues to broaden and grow in our community, those of us involved in the Seven Hills Holistic Healing Arts Center find that the issues we must consider in our development are becoming increasingly more complex and subtle. In searching for answers to questions raised by those in the many facets of our operations, we are finding that we must look more deeply into our own inner resources, while simultaneously reaching out for the wealth of information available from the larger holistic community.

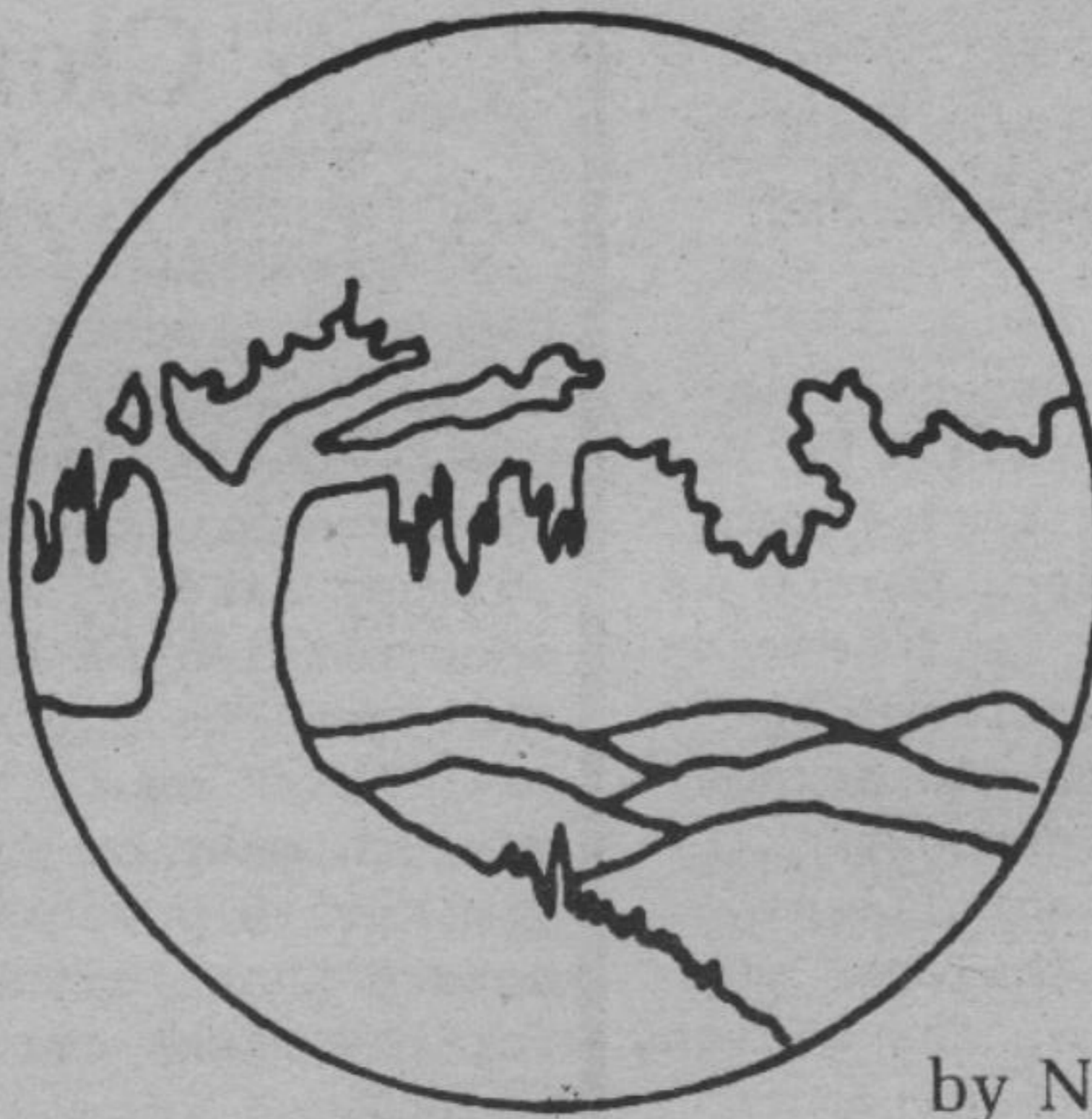
This searching is one of the most vital aspects of our growth, for the more we encounter and learn, the more we have to share, and the more we have to offer to the community of which we are a part.

The following thoughts are passed along from Jerry Driessen, Ph.D., executive director of the Association for Holistic Health in San Diego, California.

"To me, holistic health is the responsible integration of traditional and alternative healing and health programs. It is an approach to health based on a love of life, not a fear of death."

It leads to a high level of wellness for the total person throughout the total life cycle. "Holos," means entire or total, as in 'hologram,' and the following characteristics can be attributed to holistic health:

1. Its objective is full, vibrant health (positive wellness).
2. It focuses on primary prevention rather than crisis intervention.
3. It recognizes that the client is an active and committed partner in the healing process, not a passive recipient.



by Neil Abell

4. It is pragmatic--it recognizes the value of "what works," without having to understand completely the causal processes involved.

5. It fully recognizes the value of the rational scientific approach as a tool for discovery, understanding, and evaluation. Simultaneously, it is accepting of a non-rational, nonscientific approach in some situations, especially when this results in a noticeably healthier person. Such 'nonscientific' approaches might, for example, include yoga, zen, meditation, massage, and postural training.

6. It recognizes that not all illness is "bad," and "to be eliminated" at the earliest possible moment. Some symptoms represent detoxification or signal the need for balancing.

7. It is a process of centering, integrating, balancing, and vitalizing.

As this issue appears, we have just completed a weekend with Marcellus Williams, a Native American medicine man from Oklahoma. More of what he shared with us will be mentioned here next month. However, there are several workshops and projects on the horizon which should be of interest.

On the weekend of Nov. 18 and 19, Kenneth A. Cadigan will be offering a workshop designed to accent the essential unity of the various

holistic practices.

"The idea is to get people out of their boxes and into a position to realize the unity of these practices," Cadigan says. "I want them to discover the best in all things, and use what feels right at the moment."

Cadigan, a certified health practitioner from the Hippocrates Health Institute in Boston, has also studied with Bernard Jensen, D.C., who is often referred to as the modern-day "father of iridology," and Dr. John Christopher, the well known herbalist. He has traveled widely, offering workshops for the past 7 years, and is currently enrolled in the Florida School of Massage in Gainesville.

Among topics discussed in his workshop will be polarity health care, reflexology, chromotherapy, creative visualization, and spiritual healing.

The event will take place on Saturday, from 10:00 AM to 1:00 PM, and from 2:00 PM to 5:00 PM. Further information available from Barbara 386-8739, or Jaya 224-6992.

Coming up on December 2-3 is a weekend with Dr. Richard Sword. Sword, who holds a Ph.D. in psychology and obtained a doctorate in acupuncture in Thailand, is also a certified rolfer. A preventive health specialist, he is founder of the Maui Preventive Health Center

# Hills

in Hawaii, and the Gainesville Healing Arts Exchange.


In his workshop, which will focus on basic techniques of holistically evaluating one's own health, Dr. Sword will introduce us to such areas as food and nutritional supplements, use of pendulums, applied kinesiology, body polarities, and biofascial systems. More information is available from Rotha, 878-4632.

In terms of our internal organization, Seven Hills is making rapid progress towards the development and implementation of a workable organization structure. Task force members assigned to this in early October, are Lynne Andrews, Barbara Heym,

Anna Kousaleos, Barbara Mitchell, Claude Needham, and Starr Taylor.

And finally, preparations are underway for the Second Annual Seven Hills Healing Arts Festival! Chairperson for the festival is Karen Heatwole, and a steering committee has been established to help bring the project along.

In this project, as in all other aspects of Seven Hills development, we welcome, encourage, and need the help and participation of all interested persons and organizations. Karen can be contacted at 224-7043.



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# GRASS ROOTS FREE SCHOOL

The Grassroots Free School sits on a kudzu-covered hillside just off Ocala Road. The building, which once housed a country club, now brims with the accoutrements of childcraft and burgeoning intellects.

Begun in March of 1972, Grassroots is a tax-exempt, non-discriminatory, private, non-profit institution.

The school has no compulsory attendance for any classes or projects. Its precepts are based upon those found in Summerhill, by A.S. Neill.

The students govern themselves on a one-person-one-vote basis in all matters except those involving health and safety. Meetings (pow-wows) to decide upon groundrules are open to everyone involved with the school, adults and children, and the rules apply to all. In this regard, says Pat Seery, the school's coordinator, "Grassroots is an attempt at an equal rights environment, with adults and children enjoying the same rights and living by the same rules."

There are no grades or levels at the school. Projects are sometimes aimed at older or younger children. Evaluations occur

continually between adults and children, and between children.

Grass roots holds that the mind is inherently inquisitive and should be allowed the fullest extent of freedom. Each person is unique, and it is fundamental in an educational setting to respect and acknowledge such uniqueness.

The minimum enrollment age is five. Children may not enroll after age eleven, although the school continues up through high school levels for students who enroll by their eleventh year, and for those who transfer from other free schools.

Children are accepted on a first-come basis, according to vacancies in their age groups.

Tuition is based upon a percentage of parents' or guardians' incomes. Some scholarship money is available for minority groups. Financial contributions are tax-deductible.

All parents and guardians are automatically members of the non-profit corporation which carries legal responsibility for the school, and which makes the larger decisions about the school. Parents and guardians wishing to participate in the everyday activities of Grassroots are encouraged.

The school day begins at 9:30 a.m. and the school day is over at 3:00 p.m. Children bring their lunch.

Visitors are welcome at Grassroots, but are required to read Summerhill before visiting. Please call Pat Seery at 224-9929 before coming.

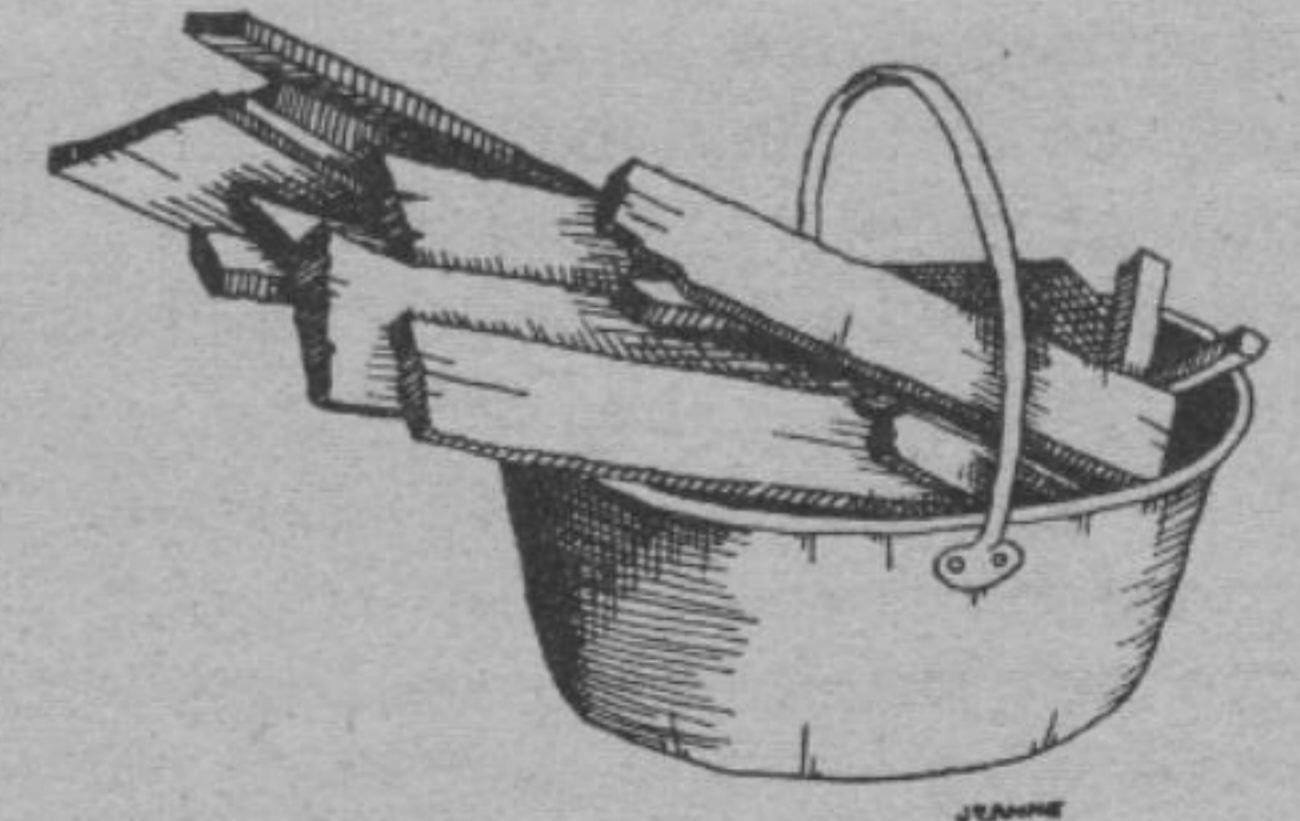
## Clean Your Chimney

by Terry Truesdell

When was the last time you had your fireplace cleaned? Is there an accumulation of black soot? Chimney sweeping is necessary to prevent chimney fires. Whenever an accumulation of creosote and soot gets to approximately 1/4" thick on the wall of your chimney or fireplace, you have a potential fire hazard that is just waiting for the right circumstance to ignite.

Besides the risk of burning your energy needs, dampers part of your house and ruining should only be opened when your chimney sweeping is necessary to prevent birds and other animals from blocking your flue. Birds can block your flue, causing soot to build up and back smoke and dirt into your living room.

A homeowner who burns seasoned oak or hickory will not have as dirty a chimney as one who burns pine. Lighter pine should only be used in small quantities to start a fire, never as a main fuel.



In order to conserve on you have a fire going. Any other time, an open damper will waste heating and cooling energy and will allow birds to enter your house.

Cleaning a chimney or fireplace is a very dirty job that is difficult to perform without getting soot everywhere. A chimney sweep can inspect your fireplace and, if necessary, clean it without getting soot all over the house.

## ERRATA

The last column of Hartmut Ramm's article, "Co-op Books' Political Workshop" (Issue #1), should have read:

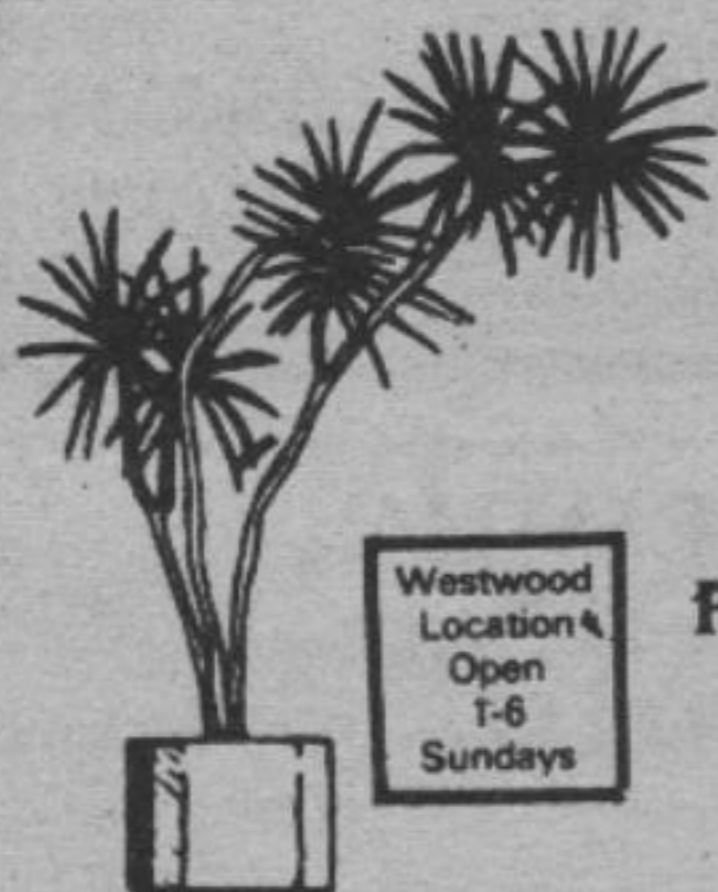
It is too soon to draw up the balance sheet for the workshop. There was much that was resolved, much that wasn't. But the appropriateness of the workshop, its timeliness and the importance of holding more in the future were not questioned. The Book and Record Co-op, like everything else, is shot through with contradictions so monumental that they dominate its

existence. To ignore these contradiction, and the conflicts that they necessarily produce, would be irrational and irresponsible.

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 the allegiance demanded of it and in the presence of its constituency. Only good can come of that.

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## Nuclear Development Cont.

leaked, been stolen and even lost in other states. Floridians are exposed to low level radiation from even the sealed trucks as they pass through our communities.

### ECONOMICS

Construction costs for nuclear plants have risen ten times higher than the consumer price index. The costs of perpetual management of nuclear wastes is not included in the price that consumers are now paying for electricity. A nuclear plant has an average working life of 30-40 years. When they become too radioactive to function, they must be dismantled, adding further to the hidden costs of nuclear generated-electricity.

Increased use of solar power, insulation of homes, and more efficient industrial use of energy would create up to three times more jobs than nuclear power.

## Vested Interests continued

One can compare the person who invests his/her energies in the present system without regard to the deeper social and spiritual implications of his/her actions to a business which focuses on short-term goals of economic gain without regard to long-term goals of compatible relationships with the environment, workers and consumers. Similarly, short-term benefits for the individual that wealth, status or power may bring must be weighed against the long-term goals of character development, enlightened consciousness, and inner and outer harmony.

Ultimately, the long-term goals outweigh the short-term. Why? Because of human mortality. "You can't take it with you" as the saying goes, but even more important is what does go with you, the

### ALTERNATIVES

Viable alternatives to nuclear technology exist in the form of conservation and solar power. Solar power includes not only energy directly from the sun, but wind, water, and geothermal power as well as production of fuels from wood, crop residues, and domestic garbage.

Conservation includes insulating buildings, cutting electric demand during peak hours to reduce the amount of generating capacity needed and recovering wasted energy include reusing industrial steam to generate electricity. More than half of the energy produced in this country is wasted.

The technology for both solar power and conservation now exist. They have only to be applied.

There are a multitude of other questions about nuclear power as a viable energy source. We have only touched on a few here. We hope that this information has encouraged you to consider what you have at stake in the question of nuclear development. We invite you to join us in expressing our views about nuclear power in Florida before the Legislature on November 16 at the rally that will conclude the Caravan-for-a-non-Nuclear Future. (See related article.)

karma which follows you in your next life.

Understanding and acting upon the moral laws of our beings creates psychic and social health - in the same way that understanding and acting upon the physical laws of our bodies creates physical health. By going against these laws we naturally fall prey to a host of personal and societal diseases. While injustices may appear to gain their temporary rewards, they cannot endure, neither in our own lives, nor in society.

## No-Nuke Rally continued

Catfish Alliance is expecting a large turnout for the rally. Anti-nuclear activist, Debi Powers, stated that, "It is imperative that everyone opposed to nuclear power come out for the Rally next Thursday in

## Apathy continued

As food production is taken out of the hands of the self-provisioning farmers and tied more and more into a world-wide marketing system, local food resources go less and less to feed local people. The authors of Food First!, Francis M. Lappé and Joseph Collins, who have researched this matter extensively, say that there is no country in the world in which the food resources could not feed the local people. Because underdeveloped countries are portrayed to us frequently as helpless and pitifully in need of our aid, we often lose sight of the fact that hungry people can and will feed themselves if they are allowed to do so. The most fundamental constraint to food self-reliance is that the majority of the people in the underdeveloped countries are not themselves in control of the production process.

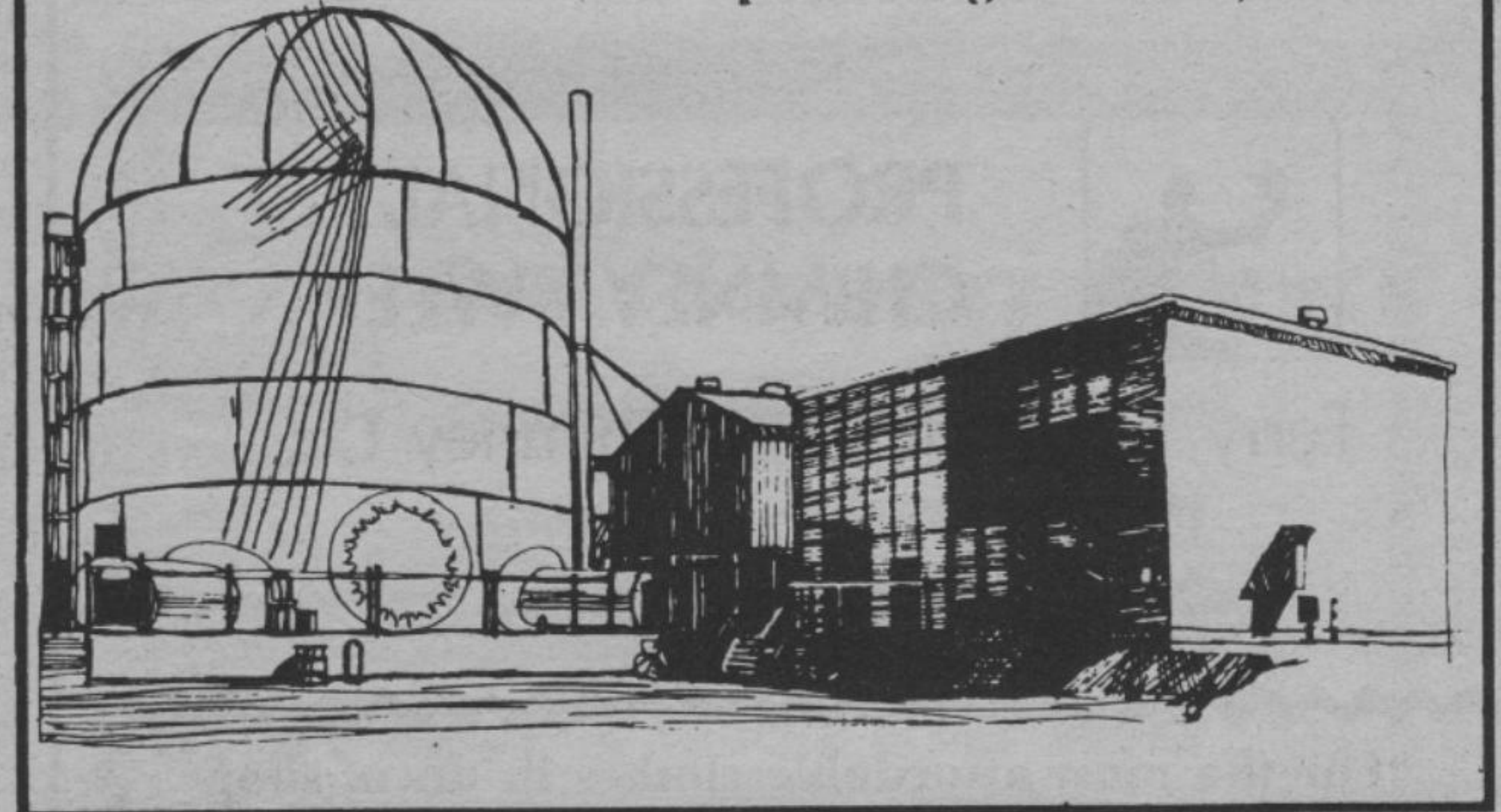
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The month of November, 1978 has been declared Food Emphasis Month, and at Florida State University a number of activities have been planned to highlight the plight of world hunger and the ways we can effect change. A number of religious organizations (including Baptist Campus Ministry, Campus Chris-

tian House, Episcopal Ruge Hall, Luther House, United Ministries Center, and Wesley Foundation) have formed a students' Speakers Bureau to make presentations and lead discussions on world hunger throughout the month of November to churches, civic groups, Greek houses, etc. A major emphasis of these presentations is to point out concrete ways the hunger issue can and must be combated. The Speakers' Bureau on World Hunger is also facilitating the forming of study-action groups desiring to develop simplified lifestyles. National Educational T.V. will also highlight the world hunger issue with its series, "Fight for Food," to be broadcast over WFSU-TV on four consecutive nights (Nov. 12-16). Watch for listings of exact times!

Finally, there will be a special ecumenical worship service on world hunger held at Wesley Foundation, Chapel of the Upper Room, Wednesday evening, Nov. 29 at 7:30 p.m. Ronald Sinclair, of Auburn University, will be the speaker. For further information on any of the above mentioned activities please call Jean Vaught, Wesley Foundation (222-0251) or Jack Ahlers, United Ministries Center (222-6320).

World's first licensed nuclear power plant, built by GE in California. It started producing electricity in 1957.



order to show the government and the nuclear industry that citizens demand a non-nuclear future. Catfish Alliance has a lot of support throughout the Tallahassee community and now is the time to come together in visible support."

Anti-nuclear activities will be taking place all over the U.S. during the week of the Caravan in memory of Karen Silkwood, who died while working to reveal unsafe working conditions in the Kerr-McGee Plutonium Plant in Oklahoma.

# Fertility Rites

by Ira Shorr

The gods are being pulled down from their pedestals. Doctors are facing malpractice suits, lawyers are labeled shysters, and that great American delicacy, white bread, is being castigated for having as much nutritional value as a shoe-horn. We are in a cynical stage of development and an institution best have a solid foundation if it plans to stand.

Tom Hansen of Boulder, Colorado decided to attack the sacred cow on a deeply personal level: he sued his mother and father for malpractice of parenting. Now that's chutzpah! But why shouldn't parents be held responsible for a human life? Our society is surfeited with regulations revolving around our automobiles, businesses, and bureaucracies but little energy is directed towards insuring a loving, humanistic upbringing for our children. Any bozo and his bride has the ability to conceive a child without having any conception of why.

The result is an endless cycle of pristine souls being imprinted with negative feelings about life from parents who have yet to learn to love themselves, let alone their children. Let's call a time out and talk this over before the courtrooms are filled with plaintiffs and parents.

"Ladies and gentlemen of the jury, my client, little Davey Bradshaw is twenty-

five years old and still afraid of vegetables. He can't sleep without a night-lite. The neuroses passed down to him have ruined his complexion as well as his state of mind. The endless spankings he received in K-Mart make it impossible to shop without crying. The boy is obviously not able to function in society."

At this point the jury looks at Davey, who is using his attorney's briefcase to play peek-a-boo with the judge.

Education can be a tool to curtail these sibling sacrifices. A group of humanistic counselors (they're flowing from the universities like ink blots) could be established to offer forums on the reality of childrearing, for prospective parents. If nothing else, this would provide an opportunity for the couple to verbalize their feelings about children.

If the causes of pregnancy stem from conformity, boredom, or lack of birth control then future meetings can be arranged to put the responsibility in perspective.

Since the veins of government run thick with paper, some of it can be used for well respected treatises on child raising and circulated to pre-parents. If they can't read, teach them and then pass out the literature.

I can hear the shouts of "1984" in the background and I hope to silence them with the word "voluntary." To

help motivate couples', certificates of attendance from the seminars can be presented at participating hospitals in exchange for reduced rates on delivery.

These seminars would also provide an opportunity for expectant mothers to receive nutritional counseling so that the child will have a greater chance of arriving healthy. Over fifty percent of birth defects could be avoided through proper nutritional habits on the part of the mother.

This entire process can be followed up with yearly "reflections" (a sticker will be attached to the rear bumper of each parent) set up in a comfortable environment where the problems of parenthood can be freely discussed. Again, savings

on health care can be used as a motivator.

Any number of auxiliary programs can be developed and although the costs involved may be high, the savings will be higher. To finance this system we can tax the cereal, candy and soft drink companies that have grown into financial behemoths by turning our children into sugar junkies. Or by taxing the toy manufacturers who push guns and war toys on vulnerable psyches.

The U.S. government can chip in by continuing to eliminate waste and by diverting some of the billions of dollars it spends on destruction machines (ostensibly to protect us from outside influences). This gun money can be

*continued page 19*

## Parenting continued

developed around kinship bonds, whereas here we are developing our community around idealistic value bonds. The values may still be vague, but I think they're here - cooperation and ecological protection - and give us a sense of commonality.

Patience: This kind of environment, I think, makes parenting so much easier because no matter which direction, which way I want to do it, there's support and energy for that. Eli just turned two and I've been the main caretaker since he was born. We're still adjusting to Dale being out of school. As far as educating Eli, I want to have a big part in that. Before I had any children, I always thought Dale and I would educate our children. I've since revised that opinion because I found that when I'm taking care of Eli all the time, I'm so involved in his care and the daily stuff -- that's all education, too - but for the more academic things, it's hard to find the energy. Also, there's a whole lot more to learn than what Dale and I know. I hope to literally make use of the people in our community. Everybody has such skills that everyone can be a teacher to all of the children.

Agnes: One of the things we all (parents and those who are not) have to do is to be able to recognize when people have made a choice which is right for their family and support that effort in any way we can because everyone is going to want to do something different. Support is an important thing.

Jennifer and Kristin have never felt the kind of freedom to be whoever they are that they feel in this community. And part of that is because Burt and I feel it, too, so we're probably giving them that example right along with what's happening in them. The kids can walk down the roads singing their hearts out and no one's going to try to hush them up. They feel acceptance, love, encouragement. . .

While lifestyles in the community are quite diverse, there is a deep respect for the natural environment. Children wait for the purple martins to come in spring, pick blackberries together in summer and golden blooms in fall. They pass on clothes and toys, share the warmth of woodburning stoves in winter and are very familiar with the sounds of hammer and saw and the feel of a hoe. As Judith said, "This is the place to be to see children grow up."



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Looking for people to share in the preservation of over 150 acres of beautiful wild land one mile from Lloyd, Florida. Fifty acres will be held as a wildlife refuge and the remainder to be divided into parcels of not less than five acres. All of the land is laced with beautiful streams and hardwood trees. For details and a tour of the land, meet at 505 Concord Road, last right turn off 90-E before the Truck Route at 10:00 am on Sunday, November 12th. Mark Greenfield 599-3827

## Apalachee Mental Health

Apalachee Community Mental Health Services held an Open House last Thursday, Oct. 26, to provide an opportunity for interested persons to meet the staff and find out more about its alcohol, drug, mental health, and job development programs. Films concerning these topics were shown throughout the day. In addition, four new grants were highlighted which provide programs for the minority population, juveniles and abused women.

On Friday, Oct. 27, a workshop was held entitled "Treatment Alternatives for the Drug Involved Offender". The purpose of the workshop was to provide a forum from which the legal profession and the treatment providers might consider issues related to drug abuse. Invited guests included local judges, state attorneys, private attorneys, public defenders, probation and parole officers, members of both city and county commission, representatives from the attorney general's office, and the general public.

For more information, contact:

Jerry G. Patton  
625 E. Tennessee St.  
487-2930

## Fertility continued

directed internally to strengthen the human bond that holds together the fabric of life.

A tremendous amount of energy and change is needed to raise the human condition to a higher plane of sharing. Why not start at the beginning. As a song I've heard lately states: "I believe that children are our future . . . ."

SPECTRUM will print community announcements as space allows. A "community announcement" is information shared in which no exchange of money is required. All other blurbs are classified as advertising.

## Film continued

and sterile, exactly the feeling of the film, and the other point of the bland advertising is, simply, the film speaks for itself.

These observations of Woody Allen, and moreover, the quality by which they are rendered, make this film by far the most rewarding and valuable experience seen on the American screen in a while. There are two important reasons why. One, the film delves into a section of society which thoroughly dominates our culture with

their value judgments, thoroughly permeating the social fabric of every individual in it and not able to escape it. The film reveals the tastemakers--those to whom society owes its substance and defers its judgments. And two, it shows the artistic integrity of the man, Woody Allen, who has chosen to move beyond a proven formula for success towards a more personal and revealing type of expression; all this at a great emotional and financial risk to himself.

## Thanksgiving continued

of course, but at times we can create ill effects on our body by foods not too healthy for us by our own attitude towards them. I suggest becoming as receptive as possible, and letting the head trips go.

Cleaning up the dishes can become high times also. The dishes were always a chore I disliked as a child (being "made" to do them). One day several years ago, I began paying attention to washing dishes, and turned the chore into something I enjoyed--truly enjoyed. I learned from this the value of the saying "Anything worth doing is worth doing well."

Taking this thought further, as far as consciousness in what we are doing, most of our actions are pretty mechanical. Driving the car is a good example. Most of us put ourselves into "automatic pilot" and the car gets to where we want to be. Most of the time, we don't even know where "we" are either when we're driving.

Another form of thanksgiving is in our relationship to other people. By becoming aware of what someone is trying to tell us, false personality is dropped quickly. We stop preparing ahead of time for our next comment. Instead, we listen and respond to what is being offered. It slows the whole communication trip down and harmony has an easier time expressing itself. It is interesting that when a new relationship comes along, we are very receptive and flowing. Later, when it becomes routine (like driving, cooking, eating, etc.), we tend to stop listening to what is going on.

With so much inattention and unawareness going on, it's pretty clear we aren't being too thankful of what's happening. So, the United States set aside this day for remembering to be thankful. Thanksgiving is an attitude, which when adopted, can make a total transformation in your life. A great place to begin is the Seeds of Universal Light Thanksgiving Feast at the Indian Mounds (north on Monroe Street, past I-10 to Crowder Road, then right on Crowder to Mounds). The Feast, a bring-a-lovingly-prepared-covered-dish affair, will begin at 2:00 PM on Thanksgiving Day, November 23. You are warmly invited, and please bring friends.

Other November Seeds' activities:

Every Wednesday night 8:00--Meditation & Chanting--Taproot

Every Sunday 9:00 AM--Sunday Sharing at the Indian Mounds (in case of rain or very cold weather, we meet at the Taproot)

November 12--Prosperity Workshop, Taproot, Freewill donation

Meditation and counseling are available by calling Martha Curie, Minister of Seeds of Universal Light, 386-8411.

## Fund Appeal for India

This year monsoon rains in India have caused catastrophic flooding over large areas in the country. Heavy losses of life (in the thousands) and destruction of property (including standing crops and livestock) have totalled more than 100 million dollars, dealing a crippling blow to the people in the flood-affected areas from the foothills of the Himalayan mountains in the North to the Gangetic delta basin country in the Southeast.

A group of individuals here in Tallahassee are working to collect donations for a relief fund to alleviate the suffering of millions of people. Although floods in India are an annual occurrence, this present one is unprecedented in living memory. We therefore appeal to you to contribute generously to the flood relief fund to help rush relief and assistance to evacuate and rehabilitate the victims, to provide food, clothing, shelter, fodder and seeds, and to send in medical relief to prevent epidemics of cholera, etc. from breaking out.

Any amount donated by you will be greatly appreciated. Please call 644-1257, 576-2483 or send your contribution to INDIA SOLIDARITY PROJECT, Box 20049, Tallahassee, Florida 32304, or leave a message at Co-op Books number--222-6677. We shall be grateful.

*Welcome to Earth,  
Erin Alyssa Burn  
born October 11, 1977*

### CALIFORNIA CONCEPT INTN'L

Expert Hair Design & Grooming  
for Men & Women

2052 N. Monroe St. 386-7541

### Massage Therapy

by Donna

576-0757

licensed masseuse

### Craig Bloch Piano Tuning & Restoration

Moving/Estimates/Refinishing  
Used piano continually bought  
and sold 222-5686

# community calendar

sunday	monday	tuesday	wednesday	thursday	friday	saturday
<b>nov.</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
	Chris Miller, Mainstage, FAB-FSU, 8 pm	ERA/Election day (vote YES on TWO) NOW meeting; call Ida Cameron (386-5707)		Catfish Alliance meeting, 356 Union, 7:30		No-Nuke Caravan begins at Turkey Point Autumn Arts & Crafts Fair, Union courtyard,
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
Seeds Prosperity Workshop, Taproot 2-6; contact Martha Curie (386-8411)	Seeds advance metaphysical healing, Taproot, 8 pm; contact Martha	Angola - Co-op Books & Records, 120 Carraway, 7:30		No-Nuke Caravan arrives in Tallahassee Rally at Lewis Park, 4:30 - Flo Kennedy guest speaker		Seven Hills - Ken Cadigan, body awareness workshop; call Rotha MacGill (878-4632)
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
Grassroots Free School Parents' meeting, 4 pm, covered dish, 555 Ocala Rd.	LCFC Board meeting, TBA; contact 222-9916 ERA organizational session; contact NOW	SPECTRUM copy deadline Rape and No Pat Answers, 120 Carraway, 7:30		Thanksgiving LeMoyne Christmas Show opens (through 12/30)		LCFC membership meeting, TBA; see notice at Co-op
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>dec.</b>	<b>2</b>
		Benefit for Indian flood victims, Jimmy Lohman & friends, 9 pm, \$2.00		Catfish Alliance meeting, 356 Union, 7:30 Women's Center men's & women's Cr groups		Great Wakulla Craft Revival, 9-4 Seven Hills - Dr. Richard Sword, workshop
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
Seeds Meditation Workshop, Taproot, Velma Frye, benefit concert, Moore Aud., 8:00 pm	FWHC monthly meeting, 1017 Thomasville Rd., 5:30 pm	NOW meeting, 1st Presbyterian on Park & Adams	Last Grave at Dimbaza -Co-op Books & Records, 7:30, 120 Carraway			

## regular events

FRUIT & VEGIE CO-OP  
Alumni Village, Thursdays  
at 5:00 pm

SELF-HELP CLINIC AT FWHC  
1017 Thomasville Rd. 224-  
9600, first Tuesday of every  
month

GAY RAP GROUP  
318 Bryan Hall, Tuesdays  
at 8:00 pm

SEEDS MEDITATION GROUP  
Taproot, Wednesdays at  
8:00 pm

SEEDS SUNDAY MORNING SHARING  
Lake Jackson Indian Mounds  
at 9:00 am (Taproot if rain-  
ing or cold)

FSU's WOMEN'S CENTER  
Alternate Thursdays at  
7:30 pm (TBA)

BOOK CO-OP BOARD MEETINGS  
Call 222-6677

BOOK CO-OP QUARTERLY MEMBER-  
SHIP MEETINGS  
Call 222-6677

FSU's WOMEN'S CENTER  
Planning meeting for Wo-  
men's Week, 644-4007

WOMEN RETURNING TO STUDIES  
Contact Evelyn at 644-4007

## Dr. Winchester to Speak

Dr. Jack Winchester will speak on the hazards of the "perfect Swedish solution to nuclear wastes". Sponsored by the Sierra Club, the lecture will be held at Myers Park Community Center at 7:00 pm. Open to the public.

**SPECTRUM**  
A Cooperative Newspaper for the Tallahassee Community