

SPECTRUM

A Cooperative Newspaper for the Tallahassee Community

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FREE

WILDERNESS: Broken Treaties and a Plea for Help

by Doug Alderson

Long ago, a trail of broken treaties left the American Indian a scattered and dependent people. When the lands were wrested from them through wars and outright massacres, more than blood was spilled on the barren earth. A whole spirit of compatibility with nature effaced.

Early in this century, the federal government purchased much of the violated earth from private entities, designating many national forests as areas "for all the people". The exploiters were still around however, and when the trees grew back and deposits of oil and other minerals were found on public lands, a new trail of broken treaties ensued - this time with people of all races. Once again, land was controlled by a select few. And slowly people became further alienated from the land, from the spiritual bond, and were forced to contain themselves in the urban sprawl.

In more recent times, movements and organizations sprouted in an attempt to recapture this bond with the land. Areas have been designated "forever wild" under the Wilderness Act of 1964. Many more areas should be covered by the Act, especially in Florida, where the population is swelling at four times the national rate. This is where RARE II comes in. RARE II (Roadless Area and Review Evaluation) is a process by which citizens can preserve the last vestiges of Florida wilderness in the Ocala, Osceola and Apalachicola National Forests. Coupled with this opportunity is a chance to save critical habitat for Florida's disappearing animal species, such as Southern Bald Eagles, Florida panthers and manatees, as well as important gene pools and ecosystems of plants.

The purpose of RARE II is to determine which national forest lands throughout the country will be preserved as wilderness, meaning that no road building, timbering or mining can occur in these areas.

RARE II was brought about by the Carter Administration and by conservationists who were concerned over Forest Service apathy toward wilderness preservation, especially in the populous East. Only four years ago, Forest Service officials were maintaining that there were no

roadless areas east of the Mississippi River that qualified for wilderness protection. This ironic stand was further proven by the original RARE I inventory in 1973, where not one eastern roadless area was proposed by the Forest Service, thus omitting millions of acres of threatened wilderness. They claimed that areas were either too small (under 5,000 acres) or that intrusions of humans were too obvious. Not many people believed them. Positive changes came about through a new ideology stipulating that wilderness doesn't necessarily mean virgin forest. A once-exploited eastern wilderness, which has since reverted to a natural state, can still qualify for wilderness designation. As a result, hundreds of eastern wilderness proposals began filtering in when RARE II began. Florida was no exception.

Over a year and a half ago, the initial public inventory was held for Florida in a series of Forest Service workshops. Altogether, 188,334 acres, a total of 25 areas in the three national forests, were proposed as "forever wild" areas by involved citizens. Within a couple of months, the Forest Service deleted six areas, a total of 60,000 acres, due to existing timber contracts. The list boiled down to 19 areas for a total of 128,930 acres, eleven percent of the national forest acreage in Florida.

Two weeks ago, the Forest Service released their preliminary recommendations for wilderness out of these 19 areas. Reaction to the recommendations can best be described in the words of Washington Wilderness Society representative Randy Snodgrass: "The Forest Service threw the conservationists a crumb and said, 'Here, go away, be happy.'"

In Florida, only **three** of the 19 proposals were recommended by the Forest Service to be wilderness, all of them in the Ocala National Forest. Eight areas were slated to be further planning areas, the fate of which would be determined by the Forest Service in four years, and eight areas were placed into the non-wilderness category. This is contradictory to the majority of the 670 letters to the Forest Service during the public

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SPECTRUM

A participatory journal of news and opinions

STAFF

Bruce Frank, ad design
Nancy Key, typing
Morgan Bunch, photography
Rowan Fairgrove, production
Pat Springer, production & ad sales
Vicki Mariner
Roger Peace
Tana McLane
Larry Teich
Ira Shorr
Margie Menzel
Jerry Johansen

Special thanks to Doug Alderson for photos on page one.

For more information about SPECTRUM, call 575-2934.

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

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

SPECTRUM is published on a monthly basis. The deadline for articles and other information is the 15th of each month, allowing the final fifteen days or so of the month for production.

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

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We'd like to thank many of you, our fellow friends and community members for your contributions to SPECTRUM. Unfortunately, this is a small issue of the paper and we had to hold more than half of the copy we received. But, please continue to contribute and we will run the articles as our space and growth permit.

We are also happy to announce that SPECTRUM is moving to an office adjacent to the new Community Resource Center on W. Gaines St. Look for us there in the next month.

Through the Looking Glass

by Roger Peace

An interesting discussion held in January among SPECTRUM staff, writers, editors, and interested persons brought up a number of questions and ideas. After brooding over them a bit, I think it would be worthwhile to air them for SPECTRUM readers.

Well, who are SPECTRUM readers, anyhow? Are articles written for LCFC members who already know how food co-ops work, for the "alternative community" in Tallahassee who need to be informed about events happening in their circles? For white, middle-class, college-educated people now seeking meaningful ways of living, for the young who need reassurance that their counter-cultural lifestyles will not disappear when they get older, for the spiritually-minded who want to see their beliefs put into practice, or for the general public to casually peruse while going about their daily business?

No doubt, there are parts of each among SPECTRUM readers. Yet the differences between those who've been working in progressive movements for five or ten years, those who are just beginning to consider changing their habitual adaptation to the status quo, and those who view alternatives as a romantic quest of youth (which does not measure up to "reality") is quite a bit for one newspaper to encompass.

SPECTRUM has taken bold steps in moving from a food co-op newsletter to a community paper. Its direction and focus, however, have not become clear yet. How do we address the larger issues facing the nation and world which affect people in the Tallahassee area? Do we concern ourselves with the basic needs of all residents in the area or limit ourselves to groups, businesses and organizations with a progressive outlook? And what is the guiding philosophy that enables us to distinguish between groups which deserve our support and those which are either conservative or left-extremist?

Perhaps these are only scholarly questions after all, since SPECTRUM is a co-operatively written paper. No one sends our volunteer writers into the field to cover such and such a story or inquire into this or that question. The smorgasbord of topics and articles within each issue as well as the variety of approaches and attitudes is a natural result. Then, too, we may see only the writer's viewpoint which, oftentimes, does not consider all sides of the issue and present opposing viewpoints.

What happens when the editors receive an article whose outlook and analysis is reactionary, conservative, or somehow doesn't measure up to the editors' ideas of progressive? Abstractly speaking, we have a conflict between the cooperative nature of the paper and its progressive orientation. Concretely, an editorial/political decision must be made - either to print it (contradicting the progressive outlook), or not to print it (contradicting the cooperative basis). I might add here that the same contradiction faces the Leon County Food Co-op (LCFC) in terms of ordering natural, unadulterated foods or ordering less holy foods (meat?) that many people want and eat ... or Co-op Books and Records - in terms of ordering books that create more social consciousness or "hocus-pocus" and escapist novels which, again, many people want.

The question then becomes: who should make these decisions? For SPECTRUM, the editor or editorial committee should seem the most likely answer. In which case, we would have to designate who these people are, define their duties, powers and limitations, and decide how they are to be elected or appointed to their positions and removed again. Sounds like organizational bylaws, doesn't it?

Well, as it is, SPECTRUM staffers have managed to informally jawbone through differences thus far and have

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"Self Portraits," an exhibition of women's art, will open February 3 at the Leon County Public Library. The exhibit will run through February 24, and will be augmented by a series of films about women artists, workshops for local women artists, and a performance night.

The month-long series of events began when it was discovered that the State Library had purchased the Public Broadcasting Service (PBS) series about women artists, which was televised last spring. The series includes films about Georgia O'Keefe, Mary Cassatt, and Louise Nevelson, all famous women artists of the 19th and 20th centuries.

The Leon County Public Library decided to show the films as a series, supplemented by additional films on other women writers, artists and performers.

"The films covered a lot of the better known women artists," said Dina Acosta Mars, one of the program organizers, "but we wanted to also include something specifically for local women artists.

"We decided to have an exhibit of art by women in Leon County at the library," she continued. "Having the show at the library meant the artists would get a different kind of exposure than they would at a local gallery, and that the people who come to the library would get a chance to see art they might not see otherwise."

The theme of the show, "Self Portraits: The Artist as a Woman," is intended to communicate the uniqueness of women's concepts and perceptions as reflected in their own art forms. The program organizers also hoped that the events would provide local women with the opportunity to meet others and discuss their work.

"There is a wealth of women artists in Tallahassee," Dina said. "But, for the most part, they don't know about each other. We've had a lot of women call up and say 'You mean there are other women artists in Tallahassee?'"

Although the work of local women writers will not be displayed at the exhibition, there will be a special Women Writers Workshop at the library on February 14, and several local poets will read their work at the February 23 "Self Portraits" Performance Night.

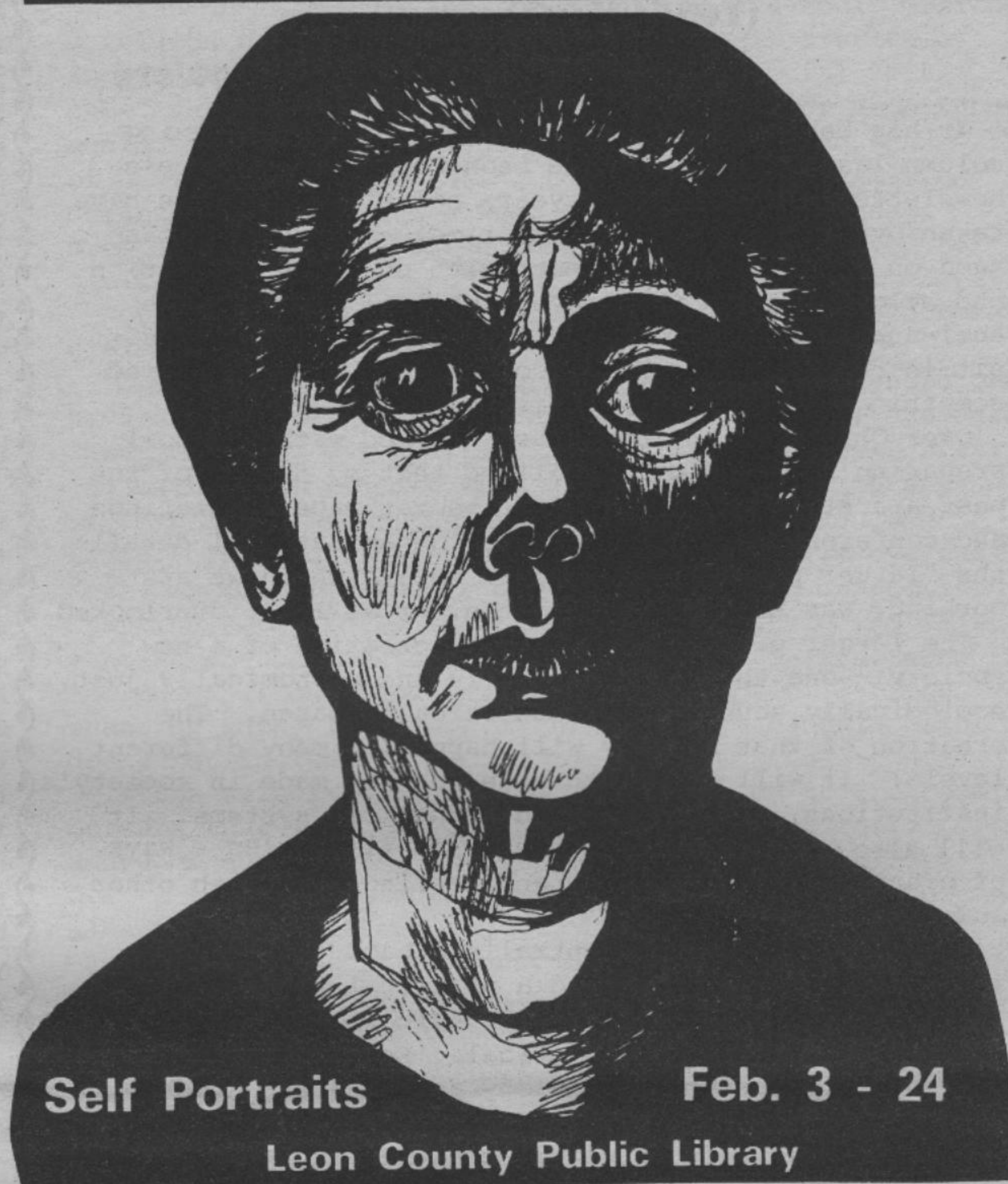
Women performers - writers, mimes, singers, dancers, actors, musicians - are still needed for the February 23 Performance Night. Any woman interested in performing should contact Dina at 487-2665 by February 12.

The first film in the "Self Portraits" series, "Gertrude Stein," is February 5 at 7:30 pm at the library. The film, like all other "Self Portrait" events, is free and open to the public.

Tickets must be secured before attending any of the

Self Portraits

by Clare Raulerson



Self Portraits

Feb. 3 - 24

Leon County Public Library

films or other program events. Tickets become available two weeks before the event and can be picked up at the library's switchboard on a first-come basis. The library is located on the lower level of the Northwood Mall.

"Self Portraits" is sponsored by the Leon County Public Library, the Tallahassee Arts Council, and the Tallahassee Feminist Project. For more information about "Self Portraits," call Dina, Jane or Sally at 487-2665.

Principia

Something in the Air

by Richard White

Having bided some time while being slowly nurtured and given strength, cooperatives in the Tallahassee area now appear to be readying to greet the warmth of spring with new shoots of growth from well-rooted stock.

There are a number of cooperative projects in various states of advancement. The Tallahassee Cooperative Resource Center, sponsored by Co-op Books and Records, has already been opened up to provide office space for progressive community or-

ganizations, and will offer some reference facilities, meeting space, a skills exchange service and more. Members of the Book and Record Co-op have been laying the groundwork for a cooperative auto shop, and quite independently, a similar project has been proposed by members of Wetumpka, a local land cooperative. There is also a new consumer co-op forming, called the Good Life General Store, which will sell clothing, tools, hardware and gardening

supplies on a cooperative basis.

Other projects that are less well advanced include a proposal for the creation of a computer collective to service local co-ops and alternative businesses, and proposals from two groups to start food co-ops to promote nutritional awareness and provide savings in the Black communities of Tallahassee and Quincy.

These various projects are mostly in the early stages of development,

and it is far too soon to predict that they will all reach fruition. Yet, the simultaneous appearance of so many projects, several of which are well beyond the stage of initial proposal, can only be taken as a favorable omen. There is a lively interest in the initiation of new and diverse cooperative enterprises in the community, and prospects appear good for a quantum leap in cooperative activities in and around Tallahassee in the near future.

As the Worm Turns (revisited)

by Debi Powers

It has been over a year since my organic gardening column last appeared in the Leon County Food Co-op's Newsletter. For the past year, political pursuits have taken over the majority of my time. My beehives managed on their own this summer with no honey extraction and my garden grew up in weeds while I followed the anti-nuke trail from Barnwell to Seabrook to the NRC sit-in to conference after conference. I left behind something that I am now rediscovering.

Over Christmas holidays, as I worked with the soil preparing for spring, I realized that my dreams of the past are still present. Amid the rat race of meetings and conferences and thousands of organizational details, the "larger picture" - the goal toward which we are working, was sometimes forgotten, or at least overlooked.

The larger picture involves the creation of a new society - one that is politically and economically just, ecologically sound, and humanistically based. The creation of that society will happen on many different levels. It will happen through changes made in society's institutions, government, and economical systems. It will also happen through changes in lifestyles - ways of providing for our needs and dealing with each other and the planet.

Unfortunately, the decentralized back-to-the-land lifestyle is not considered a political force for social change. I disagree. Organic food and cooperative distribution are political. Ecological soil management, appropriate technology and land stewardship are political, as is self-sufficiency on every level. Every alternative that we are creating is political because it is making us less dependent on the forces of power and wealth that rape the earth for profit and perpetuate a corrupt system of centralized, manipulative control over peoples' lives.

The development of new attitudes and skills will be important in attaining a better society. People who work the soil and employ alternative sources of energy become producers, not merely passive consumers. They make real changes that do not perpetuate the status quo.

*"...I'll be a student of life,
A singer of songs,
A farmer of food,
And a righter of wrongs.*

*It could have been me -
instead it was you.
And it may be me, dear sisters and brothers,
before we are through.*

*But if you can work for freedom,
freedom, freedom, freedom
If you can work for freedom,
I can, too...."*

by Holly Near

Start that worm turning...

What You Can Do Now

by Jerry Johansen

My good old loonmate, Debo; she hit the nail on the head. Besides all the books that we read and all the talking that we do; each and every one of us can be doing something right now about ecology, decentralizing food production and generally dismantling the capitalist system.

What we can do, now, is to grow gardens. By doing this or, at least helping with one, you are: fighting air pollution (plants produce oxygen); fighting agribusiness and saving money (if all 200 million Americans grew just one tomato which would otherwise cost 15¢; \$30,000,000 would be kept from the capitalists); improving your health (fresh, organically grown food is much healthier than the chemical-laced foods of agribiz); and, generally supporting life.

To get you started, the County Agent (615 Paul Russell Rd. 877-3631) has a chart which will tell you how (what type, how much seed, how deep, how far apart) to plant over 36 different vegetables. It will also tell you how much yield to expect and how long it will take. You can get this chart by writing calling or going by the County Agent's office and asking for Circular 104M, "Vegetable Gardening Guide". It's free! (WARNING: These folks are tied into agribiz. Consequently, they are into a heavy chemical fertilizer/pesticide trip. Ignore their rap... the chart is safe and useful).

"I live in an apartment/dorm/house-with-no-yard." you say, "I can't have a garden." Au contraire! Do you have houseplants? Many vegetables make nice indoor plants and you can eat them too! Here are some books and where to find them to get you started:

The Apartment Farmer. Duane Newcomb. (FSU: Sci SB 324.4 N48 1978; LCPL: 635 New; Coop Books \$1.75).

Raise Vegetables Without A Garden. George & Katy Abraham. (FSU: Fla SB 324.4 A27 1975; LCPL: 635 Abra).

A Garden In Your House. Ernesta Ballard. (FSU: Sci SB 419 B14 1971; LCPL: 635.9 Bal).

(FSU means Florida State University Library and LCPL is the Leon County Public Library at Northwood Mall.) These libraries, as well as the others in town (TCC, FAMU) have many other books on this subject. Look in the card catalog under Gardening, or ask a librarian for help. Co-op Books also has a good set of gardening titles.

Gardeners need compost. By separating the compost (organic matter such as food scraps, moldy bread and leftovers, etc.) from the rest of your garbage you: rebuild the Earth (compost returns nutrients to the soil that have been used by growing plants); fight pollution and agribiz (compost fertilizes and creates healthier plants eliminating the need for chemical fertilizers and pesticides which are expensive and polluting); and, generally promote life (nature continuously composts. By composting we help nature and apologize to it for all the concrete).

There are many other books and articles on composting. Here are two to get you started:

Let It Rot! Stu Campbell. (LCPL: 631.8 Cam; Coop Books: \$3.95).

Organic Gardening and Farming. (FSU & LCPL). This magazine has a lot of articles on composting as well as other garden stuff. Use the index in the back of each July-Dec. bound volumes.

"I live in an apartment/dorm/house-with-no-yard," you say (again), "I can't have a compost pile." Maybe, but you can separate your compost from your other garbage and give it to a gardening friend. No gardener that I know has enough compost. All you need is a compost bucket to put in your kitchen and throw all your compost in until you put it on your pile or your friend picks it up. 5-gallon plastic pails (might as well make them useful for something since the plastic is never going to decompose)

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A Short Humane History

But Who Is Dog's Best Friend ...?

by Pat Simmons



It is a large cylindrical machine encasing a chamber with a sliding door. It sits in back of the small brick building. Within it, anxiously await two adult beagles, a mixed breed puppy, and a small adult German shepherd. The operator, a middle-aged retrained retarded man has unknowingly overcrowded the chamber. He glances at a guage. It tells him the dogs are at ambient pressure. He flips a switch to activate the machine's decompression pump. Five seconds pass, ten seconds. The puppy has collapsed. A beagle twists its head desperately, trying to clear its eustachian tubes. It wrenches, blood drips from its ears. With both eardrums ruptured, it collapses. Thirty seconds, the guage tells the operator that the contents of the chamber have reached a simulated pressure equivalent of 20,000 feet above sea level. The shepherd has lost consciousness, a red foam flows from its nostrils. At the end of forty seconds, the animals have been rushed to an altitude of 55,000 feet. Like a jet pilot at such an altitude, they have suffered hypoxia. Only in this case, their central nervous systems have fatally depressed. A sudden lack of oxygen has cast from our world four more unwanted animals.

After keeping them at the simulated pressure of about 55,000 feet for two minutes, the operator drops the chamber rapidly back to ambient pressure. He unloads the chamber and the floor is slick with blood and mucus. To him, the dogs are all dead. The bodies are placed in a cage, possibly shared with a live cat or dog, to wait for burial at the city landfill, hopefully the same day. There exists in the building an operator's manual for the decompression chamber. The operator may or may not know how to read.

This euthansia process went on, hour after hour,

day after day, without supervision from a skilled technician or veterinarian. The possibility that some of the many cats and dogs run through the chamber came out unconscious instead of dead was very real. Grizzly stories similar to this were repeated time and again at the Leon County Animal Shelter before the authority was contracted to the Leon County Humane Society.

Although this seems to be an unsure method of destroying animals, the chamber's technology was a far cry from the methods used prior to the construction of the first shelter building in 1967. Near the old jailhouse sat a small tin roofed shed. Dogs lay tied to the posts, some dead and some alive. A hose stretched from the exhaust pipe of a nearby truck to the mouth and nose of the dogs. Disposal of the bodies was sporadically made to a landfill. The city managed this form of euthanasia and animal control as well as the earlier described decompression chamber.



photos by Morgan Bunch

In the wake of recent allegations and an auditor's investigation concerning illegal dispositions of animals by the Humane Society, I decided to take a closer look at the consequences of a shelter removed from the auspices of the Humane Society and once again controlled by local governments.

The Leon County Humane Society is a non-profit organization founded in 1948 by citizens concerned about the welfare of domesticated animals and the treatment of animals used for sport hunting. Nothing was found of

Humane Society activities until 1967, when the shed exhaust pipe scandal convinced the Humane Society to foot the bill for a building to serve as an animal shelter for both city and county animal control. Not enough funds could be generated by the society to run the



shelter under its own authority. From 1967 to 1972, the city managed the shelter as a dog pound. The county paid for the boarding and disposal of dogs brought in by the Health Department dog catcher. They were on call for emergencies only, five days a week. No adoption service was offered, no patrolling of streets for stray, dangerous or dead animals. No public education to control pet overpopulation or pet abuses were offered.

From '67-'72, the Leon County Humane Society remained a non-profit organization and was not supported by city or county funds. It was dependent upon public contributions. There were no trucks, medical facilities, or a building. They answered rescue calls in private vehicles and volunteers housed animals. All medical costs were paid by volunteers, also, until the owner was located or the animal was adopted.

Today some animals are kept in the homes of volunteers appointed by the Humane Society. But medical care, adoption service and unfortunate euthanasia is carried out at the animal shelter, without interference by local governments.

Rumors of poor animal care at the shelter (puppies being hosed down in

the cage, dead dogs in cages with live dogs, and the removal of pets from private property by dog catchers) spawned the circulation of petitions throughout the county by the Humane Society. Thousands of signatures were presented to the City Commission by June, 1972.

In 1972, the Humane Society became the enforcer of the leash law and the administrator of the animal shelter. Their first order of business was the removal of the decompression chamber. The chamber was replaced with sodium pentobarbital, which is injected directly into the animal's heart causing paralysis of the heart muscle within three seconds. Nowadays, the animals are kept for death observation before they are cremated in the crematory donated by the Phipps Foundation.

The number of animals brought to the shelter per year is staggering. Eighty-four percent are never adopted. Though the county still maintains their own dog catchers, they have nothing to do with euthanasia. Today it is done with love and understanding. The animal is held, stroked and calmed. Gently, one at a time, they close their eyes.

As an animal lover, it was not easy to research this article. I felt it necessary. As animal lovers, it's not easy for Humane Society wardens to inject needles into small chests. However, they feel it necessary. As animal lovers and fighters for animal rights (24 hours a day), it's not easy for the Humane Society Board of Directors to answer allegations of criminal activities. This local situation bears watching by all of us. The local governments of Leon County and Tallahassee have not proven any ability to manage an animal shelter by themselves.

Clinic Licensing: Monopoly by another name

Members of the Tallahassee community have long been aware that good health is a key issue around which many other concerns revolve. For those who wish to control the quality of the food they eat, the air they breathe, the environment in which they live, and the health care they receive, it is obvious that there is a formidable opposition to such basic rights. The motivation for such opposition is equally obvious: profit, which is more important than human needs, to those in power.

SPECTRUM has always provided both fact and individual analysis on the politics of food, of nuclear energy, of alternative health practices, of women controlling their own bodies. In this article, I want to address the issue of abortion clinic licensing.

I want to begin by pointing out that the harassment of abortion clinics is but part of a deadly pattern. The limitations placed on the acquisition of basic necessities for individuals by the power structure must be fought in the courts, in the legislature, in the establishment of alternative facilities, and on a grassroots level. We are capable of self-determination. We do not need the questionable guidance of those who decide what is best for us, and so become even more wealthy and powerful.

For several years, anti-abortion groups in the state of Florida have attempted to pass a bill (SB 1220) requiring the licensing of abortion facilities. They finally succeeded in doing so during the most recent legislative session, because they were able to

ally themselves with the Florida Medical Association. Now, the motivations of those strictly anti-abortion groups are pretty straightforward in that licensing abortion facilities is one of the first steps in eliminating abortion availability completely.

The FMA threatened to withdraw its support of the licensing bill unless it was amended to exclude private physicians' offices from its requirements. That ought to clarify that the FMA's real motivation is to limit competition from low-cost abortion clinics.

Yet it is these same clinics that are providing the best abortions. One of the major reasons for this is the application of outcome statistics. Briefly, the competency of a clinic, as standardized by the National Abortion Federation, may be determined by the rate of complications ensuing from the procedures performed. By careful documentation and surveillance, a clinic can monitor its incidence of infections, incomplete abortions, etc.

For various reasons, the NAF guidelines, especially when expanded upon by feminist facilities like Tallahassee's Feminist Women's Health Center, produce a lower incidence of complication. Data indicates that a clinic physician, by sheer repetition, is likelier to have a lower complication rate than a physician who performs abortions infrequently in a private office or a hospital.

NAF guidelines address themselves not only to the actual abortion procedure, but also to sharing information and responsibility. This involves certain standards, adhered to by the FWHC, of making available counseling, referral, education, and follow-up care. It also involves clearly defined informed consent on the part of the woman getting the abortion.

The FWHC goes still be-

by Margie Menzel

yond NAF guidelines in its services. These services are: birth control counseling, Pap smear and tests for venereal disease.

Despite all this, the Florida legislature is demanding that abortion clinics, but not other abortion facilities, submit to a licensing procedure. This is ridiculous.

The standards for clinics are so absurd that they seem designed only to harass. FWHC, for instance, would be forced to move a wall over one foot to comply with the space requirements although the procedure rooms are already quite large.

Another requirement is for abortion clinics to have all their lab work done elsewhere, when it is more efficient, economical and accurate for them to do it themselves. A good example is the examination of the tissue removed from a woman's uterus. By testing it then, a clinic can determine whether or not a sufficient amount of tissue has been removed, and can repeat the procedure if the physician feels it necessary.

A lab report on the same tissue would take a week and the woman might have to come back. Requirements like these will only result in forcing up the cost of the abortion.

Some feel that the requirements are unconstitutional. The Florida Abortion Council (FLAC) feels so strongly about this issue that it is prepared to challenge the constitutionality of SB 1220 in court. FLAC asks, "Is not the one person who is aborted in a physician's office entitled to as much protection as the many who are aborted in a clinic?"

It's ironic that the private offices where the risks to a woman are greater are the very facilities exempt from the law.

Abortion clinic licensing is a danger as well as an insult to everyone concerned with equal rights and good health care.

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Statewide No-Nukes Meeting

On January 13th, twenty-five anti-nuclear people met in north Tampa. In a four-hour meeting, much sharing of accomplishments and of problems and needs occurred. Statewide actions were discussed, but the general feeling was "go slow" - build groups, build communications, educate, and then, perhaps more statewide actions.

In spite of the low-key meeting, several concrete proposals were sent back to the local groups. The main proposal was for a statewide No-Nukes Conferences to be held on April 7th and 8th in Brooksville, Florida. The Conference, a first in Florida, will include workshops on many of the fundamental issues involved in the nuclear issue, as well as basic skills-sharing workshops. Several movies will be shown. The list of speakers will include: at

least one representative from the Sierra Club. This will be a great event for Floridians. Come share your knowledge and learn a lot.

The other proposals concerned an action on April 29, 30 and May 1st, and one on June 3 and 4, in conjunction with International Days of Nuclear Protest. Hopefully, some local children will organize a petition drive which will result in all of us walking to our local nuke or utility company saying, "It's our future, too. Treat it gently."

All of these are proposals which need to be discussed and, hopefully, backed strongly. Come to the next Catfish Alliance meeting and have an impact on our decisions. For more information, call Sherry at 224-3620 or Barry at 575-2934.

Nuclear Power and Black Liberation

By Faye Williams

"We can be sure that when (not if) a nuclear accident occurs, 'we're all gonna go.' Radioactivity has no racial or political preference. Afrikan-Americans will be hard hit. This is precisely why we must choose to be active today in the anti-nuke movement rather than radioactive tomorrow in mass graves."

The above quote is from a pamphlet, "Nuclear Power and the Black Liberation Struggle" by Kalamu Ya Salaam. Who is Salaam? He is a great speaker who can move an audience to action, arm that audience with knowledge necessary to confront today's world and create an atmosphere of optimism and confidence. He is an editor, author, poet, and activist in the Black and Nuclear Power movements.

On Feb. 18th at Bethel Baptist Church, at 7:00 pm, Kalamu will discuss three reasons why Black people should become active anti-nuke organizers. The first is that nuclear power is being used as a weapon against the African Liberation struggle. The second is that nuclear power is an attempt by the capitalists to further increase their exploitation of Black and poor people in America. And the third is that nuclear power is a threat to the lives and future of Black people in this country.

Kalamu's visit to Tallahassee is being co-sponsored by BSU, CPE, Catfish Alliance and Co-op Books and Records. For more information, contact one of the above organizations. No Nukes, Y'all!

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terry 224-7608



Seven Hills Lecture Series

On Monday nights, from February 12 to April 30, Seven Hills Holistic Healing Arts Center will be sponsoring a lecture series. For twelve weeks, a different speaker will lecture about health and healing. The lectures will be held at Tallahassee Federal at 440 North Monroe, at 8:00 pm.

There will be a nominal admission charge of \$2.00 per lecture or \$16.00 for the entire series. The schedule is as listed below:

(Feb. 12) "Rolfing: The Body and Psychology"

James Neill, M.A. The Rolfing Technique is a system for reorganizing the human body towards a more optimal structural (postural) alignment. Positive emotional change is associated with the process. Mr. Neill, Certified Rolfing Practitioner, will speak on the Rolf Technique with specific emphasis on the implications for psychophysical health as supported by current research. Mr. Neill also holds a Masters degree on Rehabilitative Counseling and Gestalt Therapy, and is presently working his Ph.D. in counseling.

(Feb. 19) "Your Spine is Your Lifeline"

Richard Carr, Doctor of Chiropractic, speaks on the topic. Chiropractic is a natural system of health care. It is based on the knowledge that health is the natural state of your body. Your physical health, intellectual progress, and spiritual development depend largely on coordinating the function of the nervous system. Only your body can heal your body, and all systems within it must work together harmoniously.

(Feb. 26) "Acupuncture and You: A Holistic Approach to Health"

Wayne Tashea, professional acupuncturist and herbalist. His background includes iridology, herbology, diet, Chinese face and body analysis, pulse analysis, applied Kinesiology, moxibustion and American Indian medicine ways.

(Mar. 5) "Nutrition: Weight Control and Vegetarianism"

Freddie Kaye holds a Masters degree in Nutrition and is presently a Research Nutritionist at Florida State University, working on his Ph. D. He has developed a comprehensive program of weight control for children and adults, and would like to acquaint interested persons in what's happening in Nutrition Education in the state of Florida. Mr. Kaye will also discuss some of the widely believed dieting myths and answer questions on vegetarianism.

Continued next month...

HOT TUBS

by

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Accident at the Crystal River Nuke

by Barry Snitkin

Last year was not a good year for Florida Power Corporation (FPC), to say the least. They were investigated not only by the Public Service Commission (PSC), a federal grand jury, the Security Exchange Commission (SEC), but also by the FBI. Much of this stemmed from the "daisy chain" fuel pricing scandal, which resulted in an agreement to refund \$6 million to customers overcharged because of shaky deals. The \$6 million wasn't enough, but it was better than nothing.

Last February, the Environmental Protection Agency (EPA) filed a \$10 million lawsuit against FPC, alleging thermal pollution at its Anclote Plant. The EPA wants FPC to build cooling towers instead of dumping heated water into the Gulf of Mexico.

But, all of this was topped by the negligent running of the Crystal River 3 (CR3) Nuclear Power Plant, which resulted in an almost "impossible" accident, which kept the plant closed for seven months.

Let's examine the chain of events that preceded and led to the CR3 accident.

Dec. 12, 1977. First indication of a problem. A quadrant power tilt. It was investigated to determine the cause (such as failure of burnable poison rod - BPR - or maldistribution of reactor coolant). No cause was determined.

Dec. 20. The loose parts monitor (LPM) sounded an alarm. Because of a history of spurious alarms, the alarm was ignored.

Jan. 3, 1978. Another LPM alarm was sounded and once again ignored. (Why have alarms as safety devices if they're ignored?)

Jan. 8. Another quadrant power tilt was detected. The chemical-radiation unit was brought in along with experts from Babcock & Wilcox (B&W), the contractors and installers of the steam generator system. No failure of a BPR was detected. Business as usual. Part of the chem-rad units test was to check for radioactive aluminum isotopes. Of course, the half-lives are so short that it is unrealistic to assume the test would be valid.

Jan. 19. The A & B make up filters were changed. This was the first in a series of filter failures. They were changed six times in the period between Jan. 19 -

Feb. 17. Analysis of the filters, whose normal life is about six months, failed to reveal the cause of the failures. But, along with everything else, some problem should have been indicated, investigated and fixed.

Feb. 18. The special B & W team advised that CR3 be shut down.

Feb. 20. A letter from G.T. Fairburn (B&W) to W.P. Stewart, FPC's director of power production, advised that CR3 be shut down.

Feb. 22. A phone call from Fairburn to Stewart advising again that CR3 be shut down.

Mar. 3. A lumped burnable poison rod assembly became unfastened from its position above the reactor core. It was carried by high velocity coolant water from the reactor vessel through the steam generator causing much damage. CR3 was removed from service, at last.

So there we have the chronology of events as taken from transcripts of the recent PSC hearings. Three strong recommendations by B&W to shut down CR3 were ignored. Why, when all reasonable indications would point to figuring out the problems and making CR3 a safer operating power plant, was it NOT TURNED OFF? And, since it wasn't, shouldn't the stockholders pay for the management's negligence? Why should the customers be forced to pay for the management's negligence? Why should the customers be forced to pay for FPC's lack of judgement?

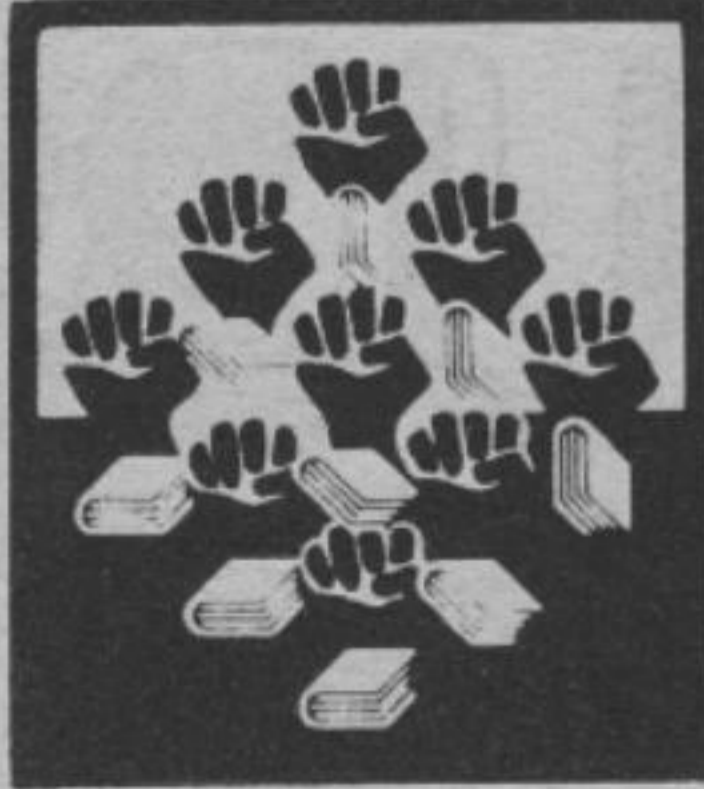
Coincidentally, FPC was involved in a hearing before the PSC to add \$59 million to its rate base. They argued that since CR3 was so efficient and safe, they deserved more money. It would have hurt their chances to get the increase had CR3 been turned off. They just so happen to have gotten this increase before the accident. But, all this is subject to change.

Now, if we listen the CR3 management, the only considerations that influenced their decision was load demands. But, no matter how many times they swear to this, it's hard to believe. After all, they were quite capable of meeting load requirements after the accident, so why not before the accident - which, at a nuclear power plant, always brings thoughts of disaster - did they not buy electricity from other utilities and spare the public the danger? Is money the only thing these people care about? Safety must become the main consideration. This public-be-damned attitude must end.

During the time the plant was down, an FPC employee attempted to verify the adequacy of the fuel transfer equipment. He mistakenly selected a hook (unmarked and untested) that was designed for lighter loads. The hook broke, dropped the test weight which in turn damaged a fuel assembly and extended the down time. FPC feels that the public should pay for this mistake, not its stockholders. In view of the fact that notices of violation were given by the not very harsh Nuclear Regulatory Commission, FPC should pay. It was, after all, their responsibility.

Now, let's look at the bureaucratic ramblings that have occurred as a result of the two accidents. Several Catfish Alliance members were in Washington, D.C. in October and obtained documents concerning the operation of the plant before the accident. These incriminating documents were given to the PSC staff and the Public Counsel. In October, the public hearings began, but FPC was surprised by the knowledge which the Public Counsel had. It asked for a month's delay. In November, the hearing was resumed and concluded after two days of testimony.

Upon extensive study of the case, the lawyers of the Public Counsel came to the conclusion that: "Since the fuel adjustment charges insulated the FPC from the effects of breakdowns at CR3, its customers have been made unwilling partners in the utility's decision to operate a nuclear generating unit, and the financial burden associated with the CR3 at present lies solely upon them." They therefore recommended a refund of \$46,806,000 be returned to FPC customers because of their negligent operation of CR3. The PSC staff, on



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Wommon Chant

by Dina Acosta Mars



Winter Solstice is the celebration of the full circle, the waxing and waning of light. While the night reigns, light is born...

In the darkness I am beginning. No sign but the knowing by the forgotten number. They are reaching, sensing my way through the black wrinkles; the number who are barely remembering themselves. The words are unformed. The words themselves preconception.

In this time of Night we cast our protection: a mental image of blue glowing light, a dome of our collective energies to dream within. We think our visions: oyster shell mother, pearl eyes burning from their centers.

I declare these visions: sand as glass slices my feet - I run spinning dream, lines dancing in circles.

We respect the burning glow and clutch ourselves, our small protection - spiral shells/stories - we scream as wild children - we cover ourselves as outlaws, the unnamed. We, the unchosen, choose ourselves passionate, the intense silence of affinity older than our vision's images. We are teething. Swirling halos burst from us as we send messages to lovers/friends. We rush back to ourselves.

I will be a forest
Growing, breathing unconfined
fast and slow
squirrels and trees
heart and breathing.

Now I am an elder tree
Watching the river
I sing by her rhythm
I heal by the song.

We look at each other around our open air fire. The Solstice moon is waning and in Virgo -- red clay earth sign. Lucina is born, healing us in our vulnerability. Light is come and we touch our past and give words to our present, singing.

We sing: two days our liberation! The circle has been completed and begins again.

We chant:

We are wimmin every bit of us
Wimmin as we walk catlike
Wimmin as we speak in tongues
Wimmin as we build visions
Wimmin as we create our heritage
Wimmin as we chant energy
Wimmin as scream in our womon spirit
Wimmin as we birth our womon love
Wimmin as we create our herstory
Wimmin as we are angry
Wimmin as we scream in rebellion
Wimmin as we bond in independence
Wimmin as we control our lives
Wimmin sing this chant until it is forgotten
As wimmin we travel unlimited spaces
As wimmin we act our intuitive will
As wimmin we embrace cyclical awareness
As wimmin we are true to our selves
We are holistic, wimmin identified
We are Wommon Spirit Becoming Wommon.

Myself and everysister, everyone. We strengthen each other for the rising sun.

A new co-op Good Life General Store

A new cooperative venture is about to set its roots in Tallahassee. "The Good Life General Store" will be located at 651 W. Gaines Street (attached to the west wall of the Leon County Food Co-op). In the store there will be a fine selection of hardware, jeans, organic fertilizer and other gardening supplies, Danskis, plants and more.

Membership is open to the public at a cost of

\$5.00 per year. Members will be able to purchase goods at the prices marked on the items. These prices typically will reflect a 20% mark-up over wholesale cost. This compares with the standard mark-up of 50-200% in the conventional retail store. Folks wishing to help financially may opt for a \$100 lifetime membership. These people and those loaning the co-op \$100 for a

minimum period of one year will receive a 5% discount off the sticker price. Non-members will pay an additional 10% over sticker price.

To celebrate the arrival of this new cooperative, Aquarius and Valentine's Day, we will be hosting a benefit at Tommy's, a "Good Life Sweethearts' Ball," on Wednesday,

February 14th.

Membership is available through the Leon County Food Co-op. For information, call Jim King at 222-9916 or leave a message on the "Good Life" clipboard in LCFC's office.

Plainly speaking, folks, to help with this cooperative open in February, we could use your financial support now.

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Why I'm Being Acupunctured

by Tana McLane

Back in my foggy past, I contracted red measles, then mumps, then encephalitis. It was a rough time and proved to undermine my health in the following years. The synchronized diseases also deadened my hearing, 60% in one ear and 40% in the other.

My hearing loss slid by unnoticed for several years until the coming of TV. My need for such loud volume slowly alerted my parents that all was not well with me. Because my hearing shutdown occurred at such a young age, just as I was learning to communicate with language, I learned to pay close attention and to read lips. (That's why, my friends, you may have known me these years without knowing I was 50% deaf.)

When you're partially deaf, people forget to face you when they speak, to enunciate, and to repeat key words when necessary. School was always threatening - being asked to answer questions I couldn't hear and being accused of daydreaming when I finally gave up on some teacher's obscure voice. Sometimes I've been completely spaced-out and exhausted from trying too hard to pay attention.

Once the public school picked up my hearing loss (I never say "hearing problem"), through a routine test, I was off to the experts. I cannot tell you how many times my ears were hooked to those testing machines, listening for buzzes and bleeps. Sometimes I didn't know if I'd heard it or not. Sometimes I thought I might be going crazy.

Each test was followed by a frowning technician who conveyed my failure to me. Each time the verdict was "inoperable nerve damage".

Six years ago, my parents brought me news of

acupuncture being used to reverse "irreversible" nerve deafness. The newspapers were then filled with miraculous stories of people who, after a series of acupuncture treatments, were able to hear normally for the first time. But though my parents were enthusiastic, I elected to skip the experience at that time because it was too new and unusual. Besides, I'd had enough needles.

Since then, many things have changed in my life and I am now more open to alternative medicine. And I am currently undergoing acupuncture with Wayne Tashea.

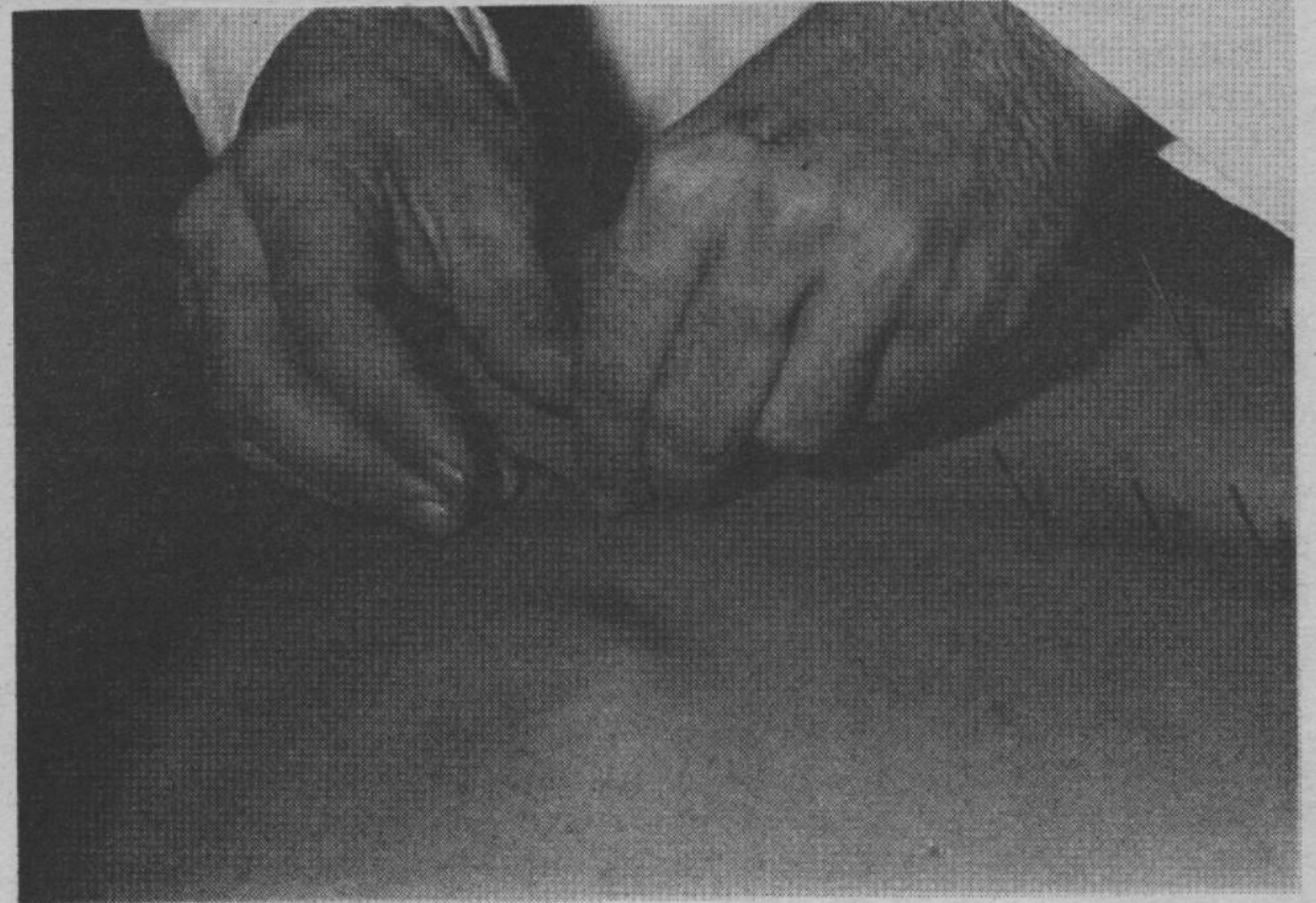
I originally called Wayne because my medical doctor had been unable to do anything with my recently recurring staph problem. Painful boils erupted, were lanced and drained (excruciating), then treated with oral antibiotics (yuck). This method works on symptoms, not on the cause. This seems to be generally true of Western medicine. But, acupuncture works on the cause, that of unbalanced energy. And I had reached the point where I wanted out of the painful staph cycle.

Wayne combined treatment of the staph with that for my nerve deafness. I currently am clear of staph, hopefully forever. I've also been treated five times for my hearing.

What changes do I notice? Tonight I heard the rain outside my closed up house for the first time. Yesterday I heard the family of cardinals twittering in our miniscule clump of woods. Our piano is becoming richer and clearer. I feel like an FM radio that's finally being fine-tuned.

I have a way to go before my hearing is normal. I make no claims of miracles...yet. But, cleaning out my cobwebs is a major accomplishment.

Interview with Wayne Tashea Tallahassee's



Tuneup acupuncture along meridian points of back. Needles are inserted to balance body's energy.

Spectrum: Could you give a brief explanation of how acupuncture works so that the average person can understand it.

Wayne: There are lines that go through your body called meridians. They are energy lines. When an energy line is broken, you have to connect it up again. It's as simple as that. Like arthritis of the elbow or of the shoulder. If there is not enough energy going through the joint, you have pain. Not enough energy means not enough blood going through an area. What happens is that calcium starts building up and once you get calcium, you have arthritis, which is uric acid and calcium deposits in a certain area. So all we do is realign the energy in that place, which sends the blood back through there and cleans out the calcium. It's pretty simple once you know it. It's only complicated in the diagnostic techniques. I try to improve every time I work on someone; using different techniques, new concepts and ideas, always improving. You have to.

S: What is the general state of acupuncture in this country today?

W: Actually, acupuncture is getting more stabilized, more accepted. There are only two schools of acupuncture in the United States right now and they are in Boston, and they are really good. Each state is different with different laws. There's no national idea of acupuncture or what the laws should be. In the States of Florida, California, and Oregon you have to practice with a doctor. You can practice legally in Massachusetts, Hawaii, and Montana.

S: What is the general acceptance by most people?

W: It depends on the acupuncturist and what kind of results you get. A lot of people who call themselves acupuncturists spent weekend classes with a doctor, then what happens is they come back and when they did the acupuncture, it didn't work. So they said it was a hoax because they didn't have enough training. So it depends on your acupuncturist. If they had enough training, it works out real fine. Once this gets accepted though, doctors will start changing their minds and start getting into new approaches to medicine. Western medicine is only 79 or 80 years old. Homeopathic medicine only went out around 1900 and alleopathic came in then. So western medicine is a relatively new guy on the block.

S: Have long have you been studying acupuncture?

W: Seven years.

Only Acupuncturist

S: Were you having acupuncture for any problems?

W: I was organizing for the teamsters in Colorado and I had back pain constantly so I went to see an acupuncturist and he took out the back pain. I also had asthma and rheumatic fever, and he gave me a super amount of energy. I quit my job that same week and got a job with him for \$1.25 an hour packing herbs in the back and learning acupuncture.

S: And from then on you just kept on trucking?

W: Yeah, just kept traveling around the United States, Canada, Europe, Africa learning. I just graduated from the New England School of Acupuncture last year but for seven years I've been learning diagnoses and herbalism too.

S: How did you decide to focus your time and energy to this particular aspect of healing?

W: Acupuncture is the fastest most efficient method I've ever seen in my life, for pain or anything else. But it relates to the other methods too, it has to. You have to consider diet, herbs. It is just another small part of healing. You can use chiroprator work, kinesiology, or anything you want to use.

S: What conditions will acupuncture benefit?

W: Acupuncture covers arthritis, urinary diseases, certain cases of deafness, any pain at all.

S: What about contagious diseases like the flu?

W: It'll get you through the flu a lot faster. Usually though, once you catch something, you've got to go through it. Like menstrual pains, once you have them, I can't get rid of them. Afterwards, I can make it easier on you and the next time when they start to come back. I can help then, before the cramps really hit.

S: What about acupuncture during pregnancy, do you avoid it?

W: Yes, completely. Except for delivery for analgesia and retaining the placenta.

S: Have you ever worked with a dentist or surgeon and used acupuncture for anesthesia?

W: No, I haven't, but it is done quite a bit. That's where most of the research is being done right now. I'm in a different branch. I like to do general work.

S: What do you do when you stick in a needle?

W: I want to balance out the body. If someone comes in with arthritis, and I see that the liver energy is not functioning, I'll tune that up too. I tune up the whole body. Also you get a little high from it. The needle helps balance the energy in the body. There are a lot of different concepts of what happens. I look at it like electricity in a room. If you turn off a light, the energy is blocked, but when you flip on the switch, it flows again. It's the same thing when I put in a needle. If you don't have any energy in a certain area or if the energy is really low, putting a needle in a certain place flips the switch on.

S: What makes needles effective without damaging skin?

W: Needles are really small. Smaller than in any doctor's office usually. You just don't hit any veins. In some medicines I have studied, they learn 77 different veins to bleed but only 2 or 3 drops of blood are taken out. That's another aspect of looking at medicine. I've hit a vein and thought it was a mistake when it wasn't because a certain type of blood comes out which is dark red and afterwards their bad feeling or disease goes away.

S: It's a small form of "bloodletting"?

W: Yeah, exactly. They still teach bloodletting in school.

S: Even though it's considered archaic and ineffective, it's based on real truths?

W: Yes, definitely. In England they still use leeches and sell them in stores.

S: We have leeches here, too, called the IRS. How do you overcome a person's fear of needles?

W: I think when people come in with a lot of pain and they've tried everything else, that's it. I had one person who came in whose vertebrae were deteriorating, and said "I don't care if you have to put feathers over me, if it's going to work, I'll use anything." They get to the point where western doctors can't help them so they start looking for a person like me or psychic healers or whatever generalized term is used nowadays.

S: Can acupuncture regenerate damaged nerves or organs?

W: Yes. It's been known to do a lot of that. If you've lost your hearing from mumps or measles at 3 years old or around that time when you're young, there's a good chance to get a good part of your hearing back. Like a 95% chance, which is a high rate.

S: Does it take a series of sessions?

W: It could take up to 20 sessions depending on the person.

S: I would like to know more about nerve deafness. What is the oriental way of looking at it?

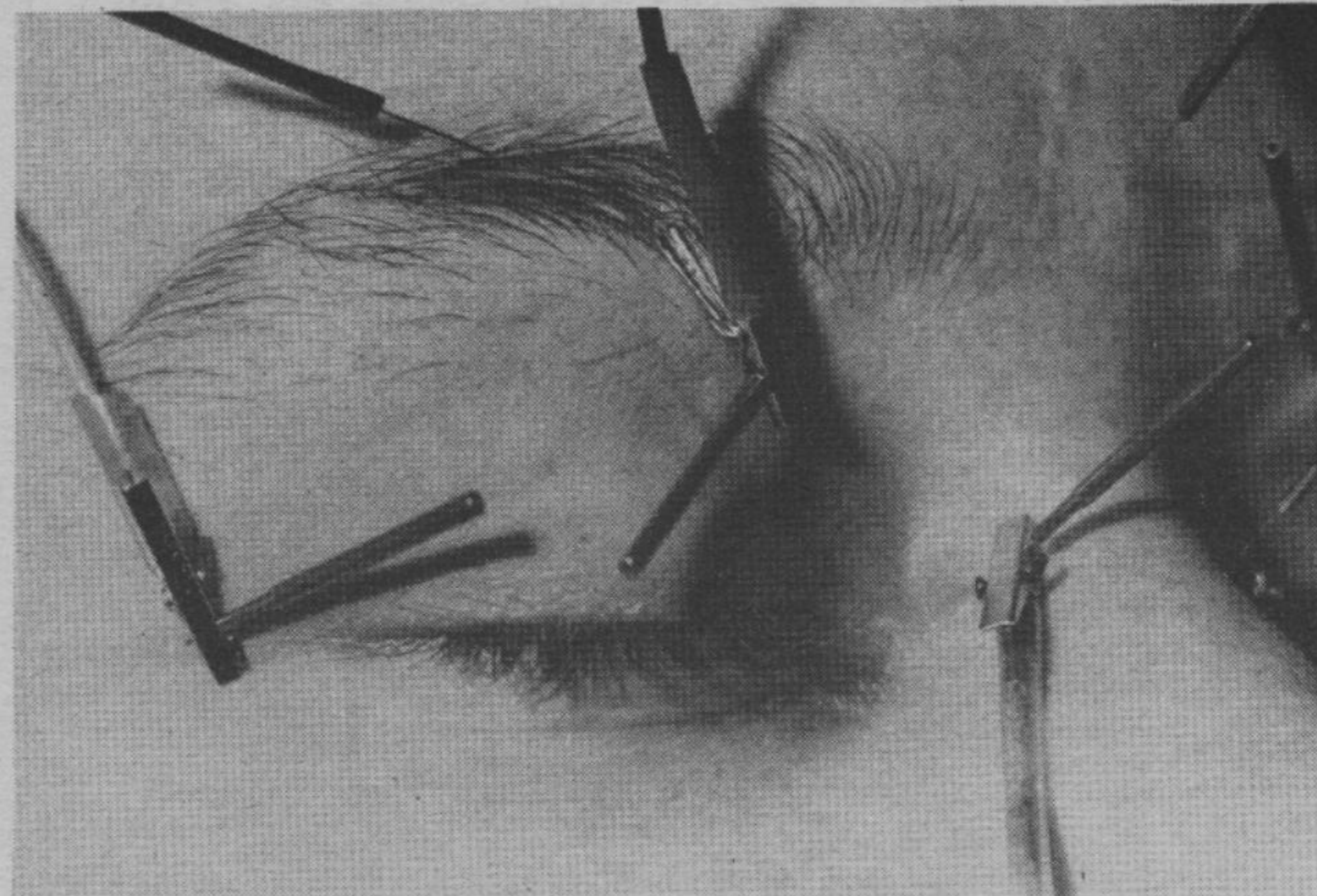
W: It's just an energy blockage. If you've lost it after you've had it, you can usually get it back. When it's a problem from birth, I don't know. Some cases have

continued page 12



Acupuncture treatment for nearsightedness [myopia]. Needles are connected to a multiple electric acupunctoscope which stimulates points to regenerate energy.

photos by Morgan Bunch



Acupuncture, from page 11

gotten it back and some haven't. For every disease that God put on this earth, there's a cure for it somewhere. I was always brought up that way. You just got to look for it, it's out there.

S: What about muscle strain? You can't snap a muscle back the way it was before it strained.

W: The pain can be taken out of it. Western medicine has found that endorphin is released when you put a needle in the body. So it's in the pituitary they think, completely. Acupuncture fires endorphin off into the area that's hurting. Endorphin is like a natural high. When the needle goes in, the area deadens out, you could say, but it heals faster too. They haven't found everything out about endorphins because it's a new thing.

S: What about acupuncture for preventative maintenance?

W: You've got to have it. You take a car for a tune-up every 10,000 miles. It's the same with your body, you should have it tuned up at least once every couple of months. The old sages used to do it every season. There were 5 seasons in the old days, and each season they would go to the acupuncturist and be changed over, like changing the oil.

S: What areas in this regard do you work on?

W: Each individual is completely different. Even if you have two headache cases, they could be worked on in two different ways. They could have the same ache in the same place but require different points. It's determined by pulse diagnosis, face diagnosis - Chinese methods which are completely different from the western way of doing it - looking at the tongue, the iris, the ear, fingernails, hands, the whole thing - body diagnosis.

S: In a wholistic sense, how can an average person be taking care of themselves so that they don't have to go to any healers?

W: They have to start with diet, they have to start learning about nature. See, the whole thing about it is that you have a physical body in a physical world and you came here to learn about the physical world. Therefore, you learn about the basic, fundamental concepts or laws of nature. You learn that and you start building from that. There was this big spiritual movement in the 60s and early 70s. That was like building a tree-house from a little pine tree and it kept falling down. So the spiritual groups never really got off the ground, because this is a physical world and you learn about Mother Nature first, and how she gives everything to you, whatever you want, and she never asks anything in return. You learn from there and the spiritual part comes later. But once you learn about the physical world, you can pretty much take care of yourself. Learn about herbs and about diet. Diet is the main thing. When I was in Canada, there was a big news bulletin that American people were killing themselves with the food they were eating. Like the hamburgers and the chemicals in their food.

S: They are willingly eating poisons.

W: Yeah, exactly.

S: You don't promote vegetarianism though?

W: No. S: For anyone, or just certain individuals?

W: I would say for about 99% I don't. Cause I find that's not really good. For one thing, the soil is so depleted that you don't get the minerals from the vegetables that you could, unless you grow them organically from good soil, which is hard to come by. And, I think meat, because it has vitamin B12 in it, really helps out people in some cases. Myself, I eat 80% vegetables, white meat of chicken or turkey, fish, and I eat red meat every once in a while.

S: What about supplements like B12, are they inadequate?

W: I find that they don't work sometimes. Meat is necessary once in a while. It's the only way to survive

because of all the other shit that's in food. Meat has a lot of junk in it too but every once in a while your body can handle it.

S: How did you come to be in Tallahassee?

W: I first came to Tallahassee in May to do the Seven Hills Healings Arts Festival. Then I went to study some more with an American Indian Medicine man. When I went there, they told me Tallahassee would be a good place to go to set a practice up.

S: Because they had been here at the same festival?

W: Yeah, they thought that this place really needed an acupuncturist. Plus, being the capital, it's really a good place to set up and start. There isn't another acupuncturist within 200 miles. Most of them are in the south, in Miami. They get up to \$100 a treatment for a visit.

S: So acupuncture is a tool which you use to bring out the healing energies that includes Chinese, American Indian and some modern theories?

W: Yes. The Indian medicine I learned was the herbs and the spiritual part. You have to have the physical & the spiritual. In Chinese medicine, it's Yin and Yang.. Physical and spiritual. It's got to be balanced. You can come in here and be really healthy, and your spirit can be really off, like when someone is depressed. Or you can come in and have your spirit together but your body can be weak or something is malfunctioning. So Ying and Yang have to be balanced off.

S: Are there some things that acupuncture cannot help?

W: That's hard to say. I know they've worked on cancer with acupuncture but I don't know the results yet. They are still experimenting with it. Acupuncture has only been in this country for ten years.

S: Is there some way a person can prepare to be acupunctured?

W: Just be relaxed. Nobody comes in relaxed the first time, because they don't know what's going on. It's a whole new experience for them.

S: After seven years of studying, how far do you think you have come and what more do you think you have to learn to become a better acupuncturist?

W: Oh! The rest of my life. You know, it's like anything else, when you set out to something right, it's just constant. I have certain things I take care of really well, like arthritis. You've gotta figure acupuncture is over 5000 years old and it's used for every disease known. And they're doing really good work in China, England and Europe. The United States is really behind the times in this. But I think, when the United States catches on to it, this is going to be the place for acupuncture. It won't be in Mainland China, it'll be here.

S: Can you do acupuncture on yourself?

W: I don't like to. Because I think it's an exchange of medicine. It's like the Indians teach, ever medicine man out there has a medicine man that treats him.

S: Wayne, when you say medicine, you don't mean the chemical substances that doctors give you, you're talking about the whole process, right?

W: Yeah, I'm talking about the energy of medicine, the spirit of it, 'cause that's where it's at.



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Nutrition

How not to raise a fat child

by Freddie Kaye

Look at us, we ride in our big automobiles instead of walking. We eat high calorie foods which taste good. So, it should not come as a shock that 40% to 50% of our adult population is overweight. Who is to blame - us? Our parents? When did the thickness around our bellies begin? Last winter, or much earlier? It is not hard to recall our parents telling us to finish our plates while the poor kids in China starved.

Listening to Dr. Christakis, of the University of Miami Medical School Pediatric Clinic, relate to a Florida Senate Committee the astounding statistics of overweight children makes even a nutritionist shudder at the conjecture of overweight men and women who will also suffer from related diseases. Twenty percent of all children under six in America are overweight and four out of five of those become overweight adults. Surely as a parent, you do not want to be the cause of your child's weight problems. An infant being bottle fed with the best formula money can buy does not want to see his parents beg him to finish every drop in that bottle. A little practical nutrition education will help prevent bad eating habits from forming. Here is what you as a parent can do to prevent your child from becoming overweight.

First, it is important to understand why it is difficult to lose weight. There are two periods of fat development, the first few years after birth and again around 7-12 years old. During these periods especially in infancy if a child is fed more than needed, the body produces more fat cells than normal to store food for future use. When a person becomes overweight, these fat cells enlarge and of course if a child or adult has more fat cells than normal his chances of being overweight are greatly increased.

Some of the eating habits are as follows--if you cannot breast feed, then use low calorie formulas. Do not introduce solid foods for the baby's first six months. Introduce vegetables before fruits; otherwise the infant will develop a sweet taste and not even consider the vegetables. As a parent, avoid giving whole milk during the infant's first year. Use low fat milk as a substitute. If the child pushes the bottle away before it is empty do not insist that he continue eating until it's "all gone." The child is telling you something--his or her hunger is satisfied. The same is true when the child does not want to clean his or her plate. If you force the child to eat it all, then a new habit will form and no matter where the child is s/he will "clean the plate." This habit will lead to overeating. Do not use food as a reward. For example, "If you eat all your vegetables you can have ice cream for dessert."

Break the "sweet tooth" habit before it develops. From infancy, children can learn to enjoy foods which are not seeped in sugar. As an example, serve cereal with milk and fresh fruit instead of presweetened cereal or cereal topped with sugar. Be aware of canned fruits packed in syrup.

Children should be served small-sized portions and be permitted to have an additional serving. A child will not eat the same amount each day. Appetites vary and food "lags" are common. If these normal variations are accepted without comment, feeding problems usually do not develop. Requiring that a specific food or amount of food be eaten may lead to overeating. Allow your child to eat more meals than three times per day, but keep amounts small in quantity.

When grocery shopping do not buy tempting, high calorie foods, soft drinks

or candy. Water is the best drink there is for your entire family, not just the child. Buy snacks of fresh vegetables and fruit juices and popcorn (without butter



and salt). Use whole grain products. They are higher in minerals and fiber, and will help avoid constipation. Purchase meats low

in fat such as chicken and fish while avoiding the high saturated fat meats such as beef and pork. Prepare salads regularly and serve with dinner. Try to avoid the "ketchup syndrome." Ketchup is approximately 29% sugar.

Your child, even your toddler, needs regular exercise, so, encourage it. For example, instead of sitting at the television after meals, take a brisk walk or ride a bicycle with your child.

Keep in mind the cause of food habits and the kinds of foods which are best for your child as well as your family. Remember to encourage exercise. It is especially as important as diet. The child with a weight problem may have to face a serious social problem, especially that of being accepted by other children in a group. Disapproval by his peers can lead to an alternative source of satisfaction and comfort--eating. The circle is hard to break.

WOMEN'S CHOICE CLINIC ABORTION SERVICES SELF-HELP CLINIC

We thank those 70 counter-demonstrators who recently supported the rights of women to make our own decisions so that we may have reproductive freedom. The right to abortion is part of this freedom.

Attend Coalition for Independence and Democracy in Iran [CIDI] meetings every Sunday night in Bellamy Building at 7:30. DROP THE CHARGES AGAINST THE IRANIAN STUDENTS!



FEMINIST WOMEN'S HEALTH CENTER

For information and appointments call:

Tallahassee 224-9600

What would you do if your house caught fire? If you live within the city limits, you are probably within two or three miles of a fire station. For city folks, the fire thing is taken care of. For those of us who live away from the city, things are not always so good. In the county I live in (Leon), fire protection is provided by the city

A Firetruck for the Land Co-op

by David Brightbill

(Tallahassee) fire department for house fires, and by the State Division of Forestry for brush fires and woods fires.

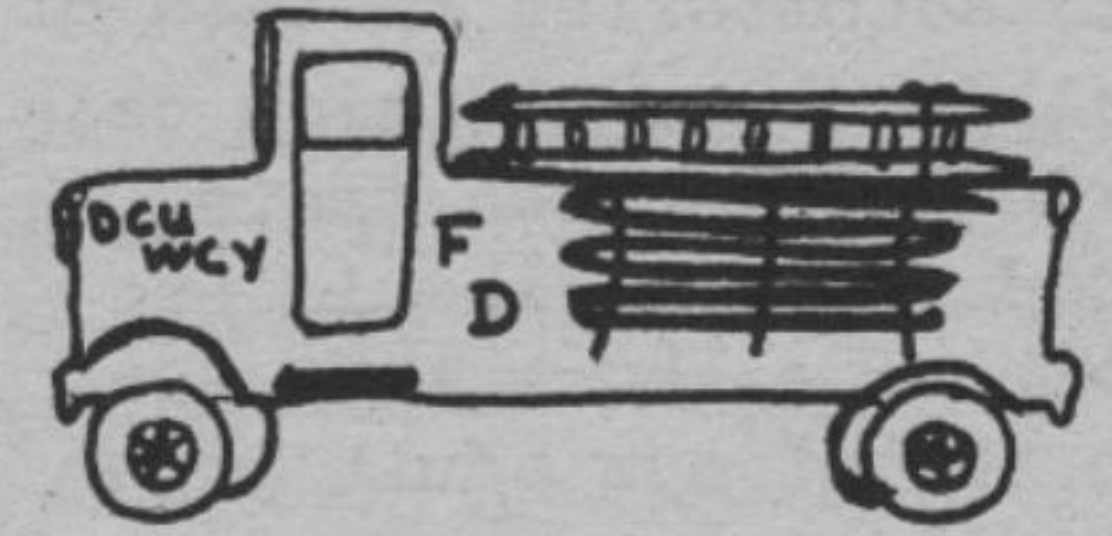
In fighting a fire, response time is everything. The nearest city fire station is 12 or 14 miles away from my house. The Division of Forestry is farther than that. After having a few brush fires, a house fire and a mobile home fire in our neighborhood, it became clear that if we were to be protected, we would have to do it ourselves. By the time the city or state crews can get to us, a fire will have had at least 12-15 minutes to spread and that can mean considerable damage and destruction to structures and land.

To help deal with the fire problem in our neighborhood, the Miccosukee Land Co-op Volunteer Fire Department, Inc. was created as a nonprofit corporation. Although it is named after the Land Cooperative, it consists of 22,000 square acres of Leon County with the Land Co-op more or less at the geographical center.

People from throughout the response area participate as members by volunteering bucks and their time.

Thus far, we are geared up to deal with brush fires. Folks have received some training from the Florida Division of Forestry. A few people have received additional training from the U.S. Forest Service and are reserve firefighters for the Apalachicola National Forest. We feel that our brush fire skills are becoming stronger and that our main requirement now is for a fire truck for use on structural fires.

Normally, a fire truck is very expensive. In our situation, we have to bring only enough water to last until larger equipment can reach the scene from the city. It is also helpful to have a four wheel drive truck as many of the roads in this area are very poor in bad weather. It turns out that a truck which meets our requirements is built by the State Division of Forestry under a Federal/State cooperative program. The federal government supplies a military excess truck chassis. The Division of Forestry puts the truck in good working order and turns it into a small fire truck. Only the cost of the materials used in converting and rebuilding the truck is charged to the volunteer fire department. Since surplus property cannot be given directly to volunteer fire departments (federal red tape, but it's still a deal) title is given to the county in which the volunteer fire department operates.



In our case, we have requested one of these trucks, and have even been awarded a federal grant to pay for about \$1200 of the total cost of the truck which is about \$3000. We also will be required to purchase liability insurance. To raise our share of the money, we are doing some heavy-duty fund raising. People who live in the coverage area are being asked to contribute \$10 per household, or more if they can afford it. A benefit concert will be held at Tommy's on Sunday night, March 11. There is talk of benefit meals at the community school, and perhaps a fish fry or two.

We have to have the bucks by the end of March. That's when the truck should be available. If you live in the response area, or if you don't but still want to help, bucks and human energy are always needed. Contact us at: Rt. 7, MLC, Tallahassee FL 32308. Checks can be made payable to the Miccosukee Land Co-op Volunteer Fire Department, Inc. Thanks.

earth day planned

April 22 marks the 10th anniversary of the Earth Day Celebration. The FSU Environmental Action Group will host an Earth Day Event two days earlier, on Friday, April 20th.

If you would like to take part in the Earth Day event, call or come by the Student Consumer Union, Room 334 of the FSU Union, 644-1811. We especially ask for volunteers on the Earth Day Committee itself. A few persons in the early going can make a big difference on the size of this event.


LIBERTY GARDENS
A
Supply Depot

Pre-Spring Sale

	1-10 lbs
Soil Tone	.40/lb
Limestone	.15/lb
Greensand	.50/lb
Bloodmeal	.75/lb
Cottonseedmeal	.50/lb
Bonemeal	.50/lb
Rock Phosphate	.20/lb
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Leon County Food Co-op's

Coordinator Notes

Regular readers of this column will recall my discussion an issue or so ago about cheese prices. I wrote then how the declining value of the dollar in foreign markets is reflected - sometimes rather harshly - in increased cheese costs. This month there is a new development in this uncertain market. It's called the countervailing duty, and if developments continue the way they have been, it is going to raise imported cheese costs by as much as 60¢ a pound.

Many foreign countries have been subsidizing the real cost of exporting their cheese, but this practice is now under attack by American cheese producers who have pressured Congress to charge countervailing duties equal to the amount of the foreign subsidy. The issue was hung up in the closing days of the 95th Congress, however, and action was not final. This has caused considerable confusion among cheese importers, including the Cheese Works from whom we get our supplies, and cheese prices are hanging in uncertainty until the Congress acts.

Anyone who feels strongly about this issue is welcome to write their Congressman and request that they extend the waiver on countervailing duties on cheese, make the waiver retroactive to January 3, and expedite conclusion of the Geneva Trade Act Negotiations which should settle the issue from an international point of view.

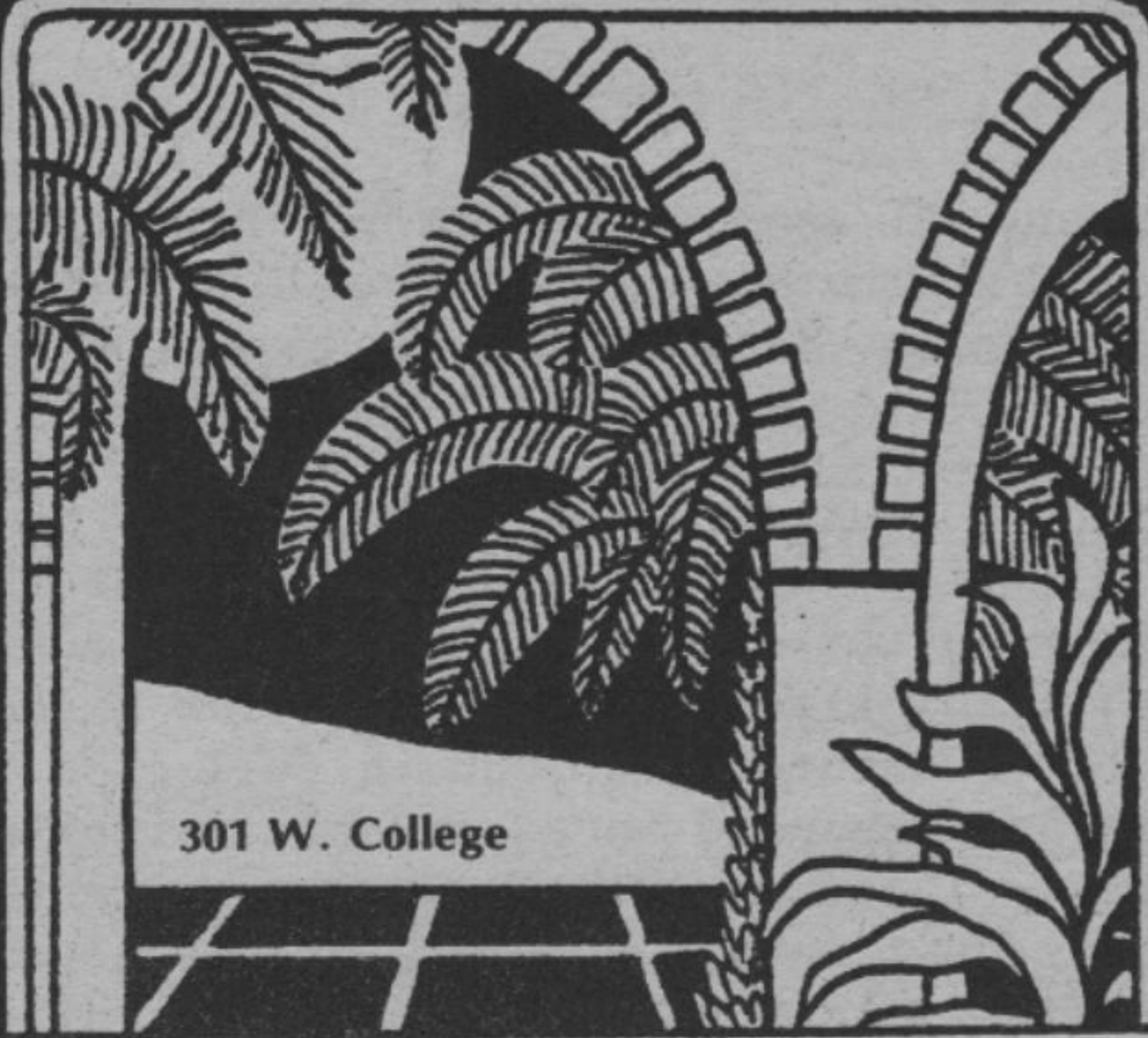
Meanwhile, we will continue to charge cheese prices which we feel are the most equitable in town. We will reevaluate our imported cheese needs when it becomes clear how prices are to be established.

Check bouncers take note: we will now be charging a \$5 service charge for any check which fails to clear the bank on a second deposit.

Another little piece of business which we are going to clamp down on is the practice of giving refunds without receipts. All register operators have been clearly instructed to give you a receipt every time you purchase anything. Without it - no refund. Refunds will ONLY be given for merchandise which is defective or spoiled.

We have a new coordinator (again! It wasn't so terribly long ago that I was the "new" coordinator) and a new system of things. Carol Calvert was hired by the Board of Directors in December to fill the slot of head cashier vacated by Dave Taylor. Her primary responsibility is with the registers rather than ordering stock. Dave has taken over the ordering responsibilities of Patricia

RELIEF FROM THE USUAL



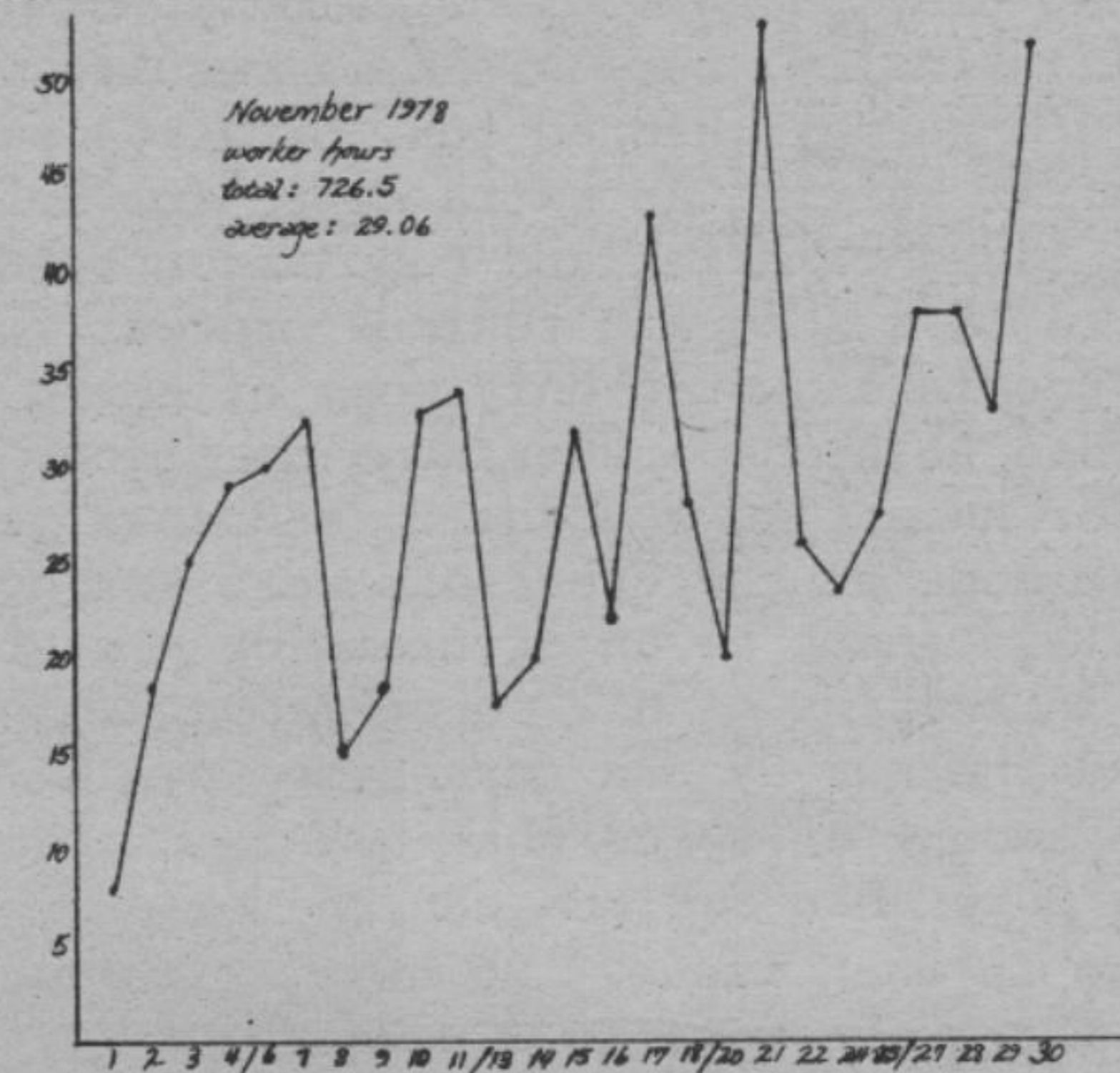
301 W. College

ANTIQUE & RECYCLED CLOTHING

OASIS

Handschy, who is now doing the bookkeeping while Linda Farrel takes a three month leave-of-absence. Agnes and I maintain most of our present duties.

Take note of the accompanying graph. It depicts the number of workers we have per day during the course of a month. You don't need to be a statistician to appreciate our perennial plea for you to come in and work EARLY IN THE MONTH rather than putting it off to the end.



A little tidbit I learned this month: dairy products, like cheese, butter, milk and ice cream are exempt from food labeling laws which require disclosure of ingredients. So now you know why supermarkets have yellow cheese that does not claim to have any added food coloring. Cheese is not naturally yellow, and only one of our many cheeses (English Double Gloucester, with annatto seed dye) is. So, now you know...

continued page 16

TOMMY'S
Deep South Music Hall

- ➔ Now serving Sandwiches for lunch or anytime - fresh made to your order & delivered to your table at Tommy's by the Wine & Cheese Cellar!
- ➔ Lowest beer prices in town daytime: 35¢ draught, 55¢ bottle beer, free popcorn til 8 pm!
- ➔ FREE Michelob draught for Ladies daily 4:30 - 8:00 pm
- ➔ Some great variety of music nightly, no cover if in before 9 pm

— COMING ATTRACTIONS —

- Mondays are Open Mic: no cover, everyone invited to perform
- Tuesdays are New Band night
- Weds. are Blues Night: Crosscut Saw & 25¢ draught 9 - 11 pm
- Thurs. is Ladies Nite, free admission & free draught 9 - 11 for Ladies
- Feb. 8, 9, 10 & 15, 16, 17 : Labamba - jazz, rock at its best
- Sun Feb. 11: Benefit for Rape Crisis Center
- Sun. Feb 18: Benefit for Migrant Workers
- Sun. Feb. 25: Benefit for the People for Rational Marijuana Laws
- Sun. Mar. 4: Benefit for the 7 Hills Healing Arts Association
- Mar. 1, 2, 3.: Cheyenne: Country Rock
- Mar. 8, 9, 10: C & W Mow Co. : Country Rock from Marin Co. CA.
- Mar 1, 2, 3, 4: F.S.U. Playwrights Theater at 7 pm at Tommy's

a welcome wagon, a bird cage, a palm tree, a chandelier and a swimming pool

part 1

by Larry Teich

I know some of you may not remember, but in June, last year, a survey was provided for members of Leon County Food Co-op to fill out so that everyone could get some idea of what kind of people made up the Co-op's membership and what they thought of certain aspects of the store. Well, finally, here are some results.

Out of 1,000 surveys handed out, only 173 were turned back in. After waiting an extra month for further response, the categorization and tabulation began. This turned out to be a long and tedious process for many reasons. Some people answered only some of the questions, some gave more than one answer to a question, some were answering for an entire household, and some people had no idea what some of the questions were asking. So, the results really cannot be an accurate or a statistically meaningful indication of all Co-op members; just those who answered the survey and turned it in.

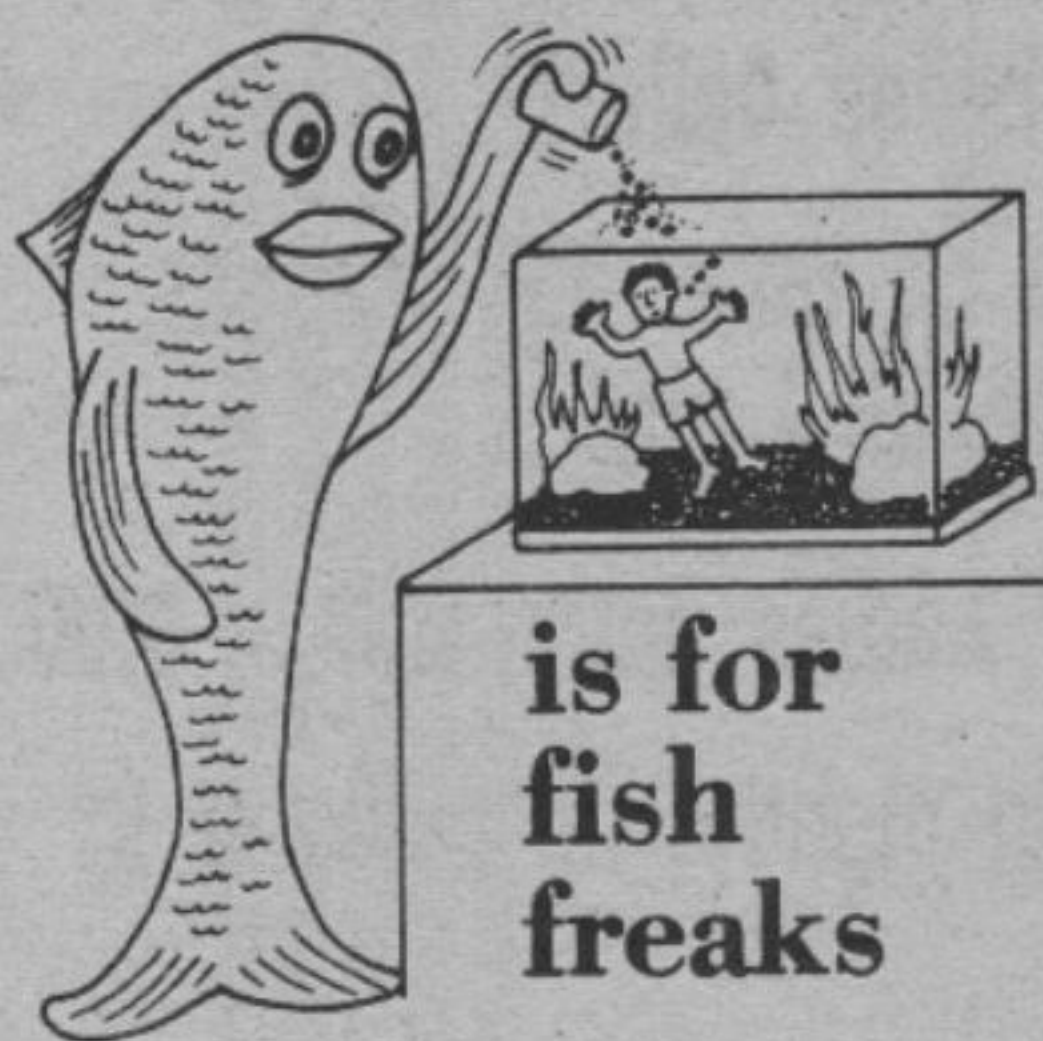
Since the amount of space that all this information takes up is more than SPECTRUM can spare, only part of them will go in each issue. So here, with some brief explanations along the way, is a profile of LCFC members.

1. How many adults in your membership household?
adults - 348; children - 84; total - 433.
2. Are you: employed- 99; student- 54; craftsperson or freelance- 25; self-employed- 33; full time parent- 6; other- 12.
3. How old is the major shopper in your household?
total responses- 171; total years- 5,333; average- 31.
4. Are you: non-working member- 27; 2 hour worker- 28; 4 hour worker- 46; assistant coordinator- 63; Senior citizen- 6; other- 13 (eg. special projects or loans)

5. Do you buy:
the majority of your groceries at the Co-op- 43;
"health food items" (vitamins, soy products, etc.- 35;
speciality items (cheese, nuts, dried fruits etc.- 56;
all the above general categories- 74;
other- 27.
6. Which of #5 forms the basis of your consumer relationship with LCFC- majority- 53; health- 24; specialty- 63; all- 32; other- 6.
7. Does LCFC's inventory basically please you?
Yes- 160; No- 3.
8. What one thing would you like to see improved?
product expansion or improvement- 29;
consistency of stock- 24; faster checkout- 20;
produce- 36 (this was before Agnes greatly improved it)
cleanliness- 8; dairy- 9; others- attitude, product labeling, physical store, membership participation, worker management, utilization of space, educational information (nutrition), less congestion, child care.
9. If committees are formed to expedite long-discussed projects, will you volunteer your time and every to carry them out? Yes- 86; No- 54.
10. Would you like to head up such a committee?
Yes- 25; No- 104.
11. What project would you be interested in participating in immediately?
creating other co-ops, education committee, LCFC advertising, swap shop, paint the storefront, glass recycling, inventory, juice bar, cookbook, more art, getting locally grown produce, warehouse committee, nutrition and education, improve checkout, better toys for the kids, herb shelves, increase membership participation.
12. What special skills do you possess that might be useful to the Co-op? Carpentry- 28; typing- 36; legal- 3; accounting- 14; other- 50 (eg. writing, computers, art, child care, organizing, painting, minister, graphics, research, management, musician, marketing, mechanic, design, electrician, labor, community outreach).
13. Do you know our three (at that time) coordinators?
Yes - 80; No - 72.
14. Do you attend general membership meetings?
Yes- 25; No- 134; Why not- no time-19; not interested- 9; live too far away- 10; conflicting schedule (Sunday no good)- 14; didn't know about them- 4.
15. Would you be willing to boycott a product or a company which is known to exploit people or other beings?
Yes- 142; No- 6.

Stay tuned for part two next Spectrum.

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TIMBERLANE SHOPS
ON THE SQUARE

Visit Our Corner Stands

"WIRE & DELIVERY SERVICE"

Coord. notes, from page 15

We hope you all appreciate our new T-shirt racks built by Dave and his brother Bill. Meanwhile, please bring us your extra coat hangers to make expansion possible.

Prices do go down occasionally, contrary to popular belief. All rice prices are down from what they were six months ago, for example. We now have a standing order from Tree of Life for a straight 10% discount if we place an order exceeding \$3,000 in full case lots. To date, this has happened once, and all prices were marked accordingly. I fervently hope we can continue to bring you this discount in the future. We are also receiving shipments from Golden Lotus in Denver slightly more often, and when they are available, they have the best prices in the country.

Coming next month: the Assistant Coordinator quiz (so you think you're a good AC? Wait for the quiz! And part 1 of "the inside story of the food Co-op.

COSMIC KILL

by Ira Shorr

As our planet spins towards another century, we find an increasing number of its inhabitants striving to reach a new plateau of consciousness. The life-long slumber is ending for these crusaders, and they awaken hungry for the fruits of awareness. The capitalists have already donned cosmic trappings in an attempt to lure naive pilgrims into their web of profit. Beware of strangers bearing gifts with price tags.

What follows is a compendium of corporate offerings that may appear in the electrically-enlightened age.

A Made for TV Movie. . . The Guru Squad. Three wise men (bet you don't recognize David Jansen with the beard) and their nubile secretary meditate in the hills of L.A. until they are summoned by the Governor to preserve the state's piece of mind. It seems that hoodlums are holding every homosexual in San Francisco hostage and are demanding that Anita Bryant be given her own comedy-variety hour on television. Anita's show (tentatively titled "God is my Co-Host") would run daily and twice on Sunday.

The Guru Squad chant their way into the terrorist's headquarters and buzz-word the fiends into submission. Sample dialogue:

Rama John-- We understand the context of where you're coming from. It's all right.

Lug--I can't hear you jerk! What are you speaking so softly for?

Lamma John--Hostility towards society is just your way of saying "ouch!" Get yourself clear and . . .

Lout--Get bent!

Rum John--We are all manifestations of the one. Right livelihood plus right thinking means a right-on context for evolving a write-in campaign for peace, love, and whole wheat bread.

As the poor uncentered terrorists listen incredulously, the riot squad slips in through the back window and beats them silly.

The movie is sponsored by a host of the "New Age" products. Here are some samples.

"EST Burgers. . . finally there is beef you can relate to. Our cows are raised in a serene meatastery in Texas.

They feed on sprout sandwiches and tofu cocktails while listening to Ravi Shankar and his band. No fat, no bones, no sinews, no lo contendre. EST Burgers--once you let us get between your buns you won't let go. From Purina to your table (unless you use plates)."

"Frank-n-mire Deodrant for your body and soul. Neither a roll on nor a spray, new Frank-n-mire is a stick of incense you secure under your arm in a special "pit stop" vestibule. The normal friction of your arms rubbing against your body will ignite Frank-n-mire and send wafts of heavenly aroma spiraling to sweeten your karma. Scents include Baba Ram Bud, Yoga Odor, and Budda's Breath. It's another 'we know what God wanted you to smell like' product from Revolton."

Not even children will be exempt from "new Age" commercials.

"Chanting Kathy--she's Unreal. Finally your child can have a playmate that lives up to your spiritual standards. Chanting Kathy can meditate for up to three weeks straight (no batteries needed). She will sit placidly by any body of water, perched prosaically on her Siddhartha Bench. Then just pull the string in her third eye and Kathy is good for twenty om's. If, by some chance, Chanting Kathy falls into the arms of a child who is an atheist or fundamentalist, deprogramming instructions are included. Twenty dollars of green energy will bring chanting Kathy into your child's dance. Mandala print dress not included."

If the television industry has caught on to the cosmic, be sure that your radio will also be echoing their unctuous sentiments. Stations will continue to hire D.J.'s of the tabula rasa variety, but will retrain them along "New Age" lines.

"Good morning, it's twenty minutes after the Summer Solstice and I'm Bwana Gurdjieff. Here's a new record from the Bio Rhythms called 'If I Could Read Your Alpha Waves'. I dedicate this to all the fine monks out at the Zen in the Glen Ranch in Santa Monica. Keep those calls and dharma coming, brothers and sisters. I'm levitating from the energy.

Ad agencies will hire former Moonies as copywriters to speak for the multi-nationals. The propaganda will flow from the page to the aged sage of comedy - Bob Hope:

"Hi, this is Bob 'digging for the meaning of life and finding oil' Hope. Remember, at Texaco we realize your concern about conserving resources. That's why we're trying to buy the sun, so some Iranian doesn't rip off a piece and run away with it. There's a lot of good vibes around and you can bet we'll package what we can--because at Texaco we're working and you're not. Oh, by the way, I spoke with Bing last night on the Ouija board and he said gas is real expensive up there so we should be happy with what we've got. Bye."

To avoid getting sucked in by the conglomerate claptrap you simply must remain awake. America was built while most slept and the rest picked their planet.



Your body deserves
a good lunch...

Nature's Way

1932 W. Tennessee

(Univ. Plaza)

224-2043



Crystal River, from page 8

the other hand, recommended that only a \$13 million return and FPC, of course, wanted to give back nothing.

The PSC was to make a decision on December 29, 1978, but postponed it until January 8th and then postponed it again. As of now, no date has been set and, of course, no money has been refunded. Think of the interest on \$60 million.

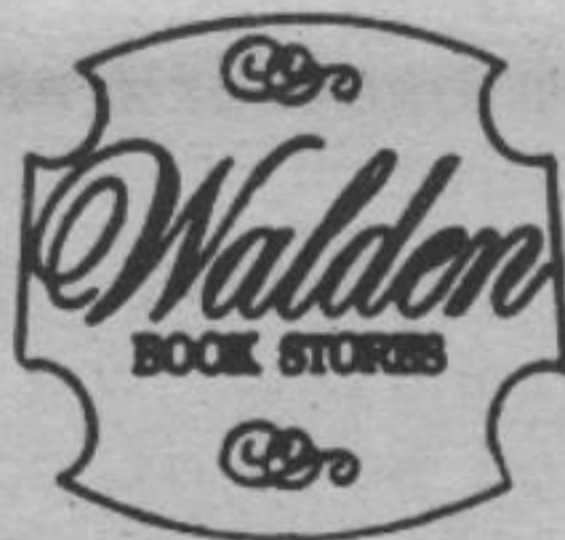
Worm Turning, from page 4

with lids (for odor control) and handles are readily available for 50¢ at fast food places, donut shops and the like (do not pay more than 50¢ because you can find them for this if you try. Also, you might try looking in their dumpsters first to see if they threw any away. Finally, if you are the type who needs a specific source to start you out, try Dunkin Donuts or the Food Co-op). Maybe you gardeners can buy pails for your compost keepers. Isn't 50¢ a reasonable expense to help stop pollution, dismantle capitalism, and save the Earth!

It has been said that you are either part of the problem or part of the solution. Most all of us are still part of the problem; but the more we become part of the solution, even in little ways, the faster the problem will be solved. Above, you have read several easy ways to get yourself on the solution side.

BE A REVOLUTIONARY.....

Grow a tomato plant this Spring!



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Tallahassee Mall 385-7690 Judy Meeter, manager

Watch for our 99-cent sale in Feb.

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69¢ head Quarters**

featuring

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Tallahassee

One last note. While CR3 was being repaired, it was determined that some of the repair work was not possible because the technology was not quite perfected. So, repairs were divided into short-term and long-term. The short-term repairs were made, but the long-term were not. In fact, will they ever be done? Once again, we have a deviant technological marvel operating and endangering the public welfare. And it's not completely repaired. If it can't be repaired, it shouldn't be operated. What must we do to insure our safety as far as nuclear power plants are concerned? Yell, scream, or pray?

Don't kindle with funnies

For you folks into heating with alternative fuels (wood and coal), avoid using the Sunday (color) funnies to start a fire in your fireplace.

An article in the Jan. 1979 issue of Popular Mechanics magazine points out that the relatively high amount of lead used in colored inks on newsprint are passed off as

toxic fumes when the paper is ignited.

Using Sunday comics to start the fire in an outdoor grill is even worse. Although some fumes are dispersed in the air, traces of lead can be deposited on the food cooked over the fire.

Black inks used for regular newsprint no longer contain lead.

Sierra Club meeting/lecture

There will be a Sierra Club meeting Monday, Feb. 19th at 7:30 pm, at the Myers Park Community Center. Dr. Robert Livingston, noted biologist at Florida State University, will talk about the Apalachicola River estuarine proposal as well as about other environmental concerns. He will also touch on the philosophy behind the role of the scientist in environmental controversies.

Micosukee Land Co-op Volunteer Fire Department



**Benefit Concert
at
TOMMY'S**

Sunday March 11

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My spirit is a patchwork quilt. Brilliant, disjointed bits of intellectual, emotional, physical and spiritual fabric. Seemingly random, it is sewn together to become one piece, my functional perception.

I have trouble with those who claim to know easy solutions. Who devise rigid forms for humans to live within, stripped of their individual vitality. Somehow, despite much urging to become more businesslike/less rambling, I continue to spin in organic formlessness.

Sometimes I hear complaints from those who would have me be different, smile oftener, be less negative. In helplessness, I writhe when those suggestions come from those I love and trust. I am really this way, not so much by conscious choice as from my true cellular roots. And I am raging against the many forms of stilted authority.

Raging - a truly succinct word. No longer am I placated with assuring strokes that tell me I may be paranoid, but I'm being invalidated for my own good. Rage drives me to quietly destroy within myself the old structures that have kept me crippled. Yes, they were implanted. And yes, they continue to nestle in, to erode what I have built. I roar against my oppression.

looking glass, from page 2

avoided setting up formal organizational roles and definitions. Whether or not this is viable remains to be seen.

Unlike LCFC and Book Co-op members, SPECTRUM readers do not pay for their product. This option was ruled out because it would have been too drastic a change for LCFC shoppers to suddenly have to purchase their own newsletter, because it would be a hassle to distribute, and because it was also felt that everyone should be able to read SPECTRUM, not just those with money. So advertising sales and donations from supportive organizations were left to provide the financial wherewithal to operate. As you can imagine, support from the latter was limited since great reserves of wealth are not characteristic of progressive groups.

Advertising sales pose another kind of contradiction for SPECTRUM. Its progressive outlook seeks to change the existing society (system) to one that meets human needs more fully and equitably, yet the requirements of survival demand that it adapt to existing society. In particular, it must sell itself as a vehicle for increasing the sale of goods and services to those businesses who invest (advertise) in SPECTRUM. If no greater sales ensue, then the business has little use for SPECTRUM (although some persons in businesses advertise regardless of benefit because they support the changes which SPECTRUM mirrors).

If no ads are sold, no SPECTRUM is printed and that's that. Most of the ads that you see in the paper are businesses who profit financially from the type of changes SPECTRUM supports - bicycles, natural foods, arts and crafts, health services, etc. So the contradiction is not really very blatant.

SPECTRUM just barely stays afloat financially. The money for printing and materials comes from advertising sales mainly, but the paper actually runs on the incredible good will and energy from volunteers and specialists. For an office, we have a crowded 10' x 12' room in the back of a private home. Yet, it's survived and more people are now learning to play a part in paste-up and production techniques and in selling ads. Their contributions and yours will insure its survival in the future - whether in terms of skills, articles, community information and contacts, or just some plain old feedback on what you think about what's written here.



Patchwork Spirit

by Tana McLane

Finally I have familiar new sisters who dare to look into my eyes even when I am screaming my pain, my confusion. Even when those screams are contained within the quiet conversation of a meeting. They know. We know.

We know what we have seen and heard. And we are learning to be incredibly strong when countered and insulted with hysterical reactions to truth. Our truth must be heard now. We have been quiet to save ourselves for so long. (We have not spoken when pornography has ripped at our souls as taints, degrading our most private parts, in order to manipulate and weaken us. We have been afraid of being accused of censorship, of depriving others of their rights. Their rights!)

I am a raging river tumbling down mountain slopes, unfrozen tundra waters, rushing to the sea. Hidden beneath my surface are jagged rocks, harder than granite, built on gritted teeth. White water churning. In my strength, I push others away. They wish to continue "positively". But they do not wish to open their ears to new sounds. I taste the seasons with my sisters who hear the birds and feel the soil of a new day coming.

And I am told that I am predictable. I am routine. Oh, no, Tana's getting into her "thing" again. Oh, yes, Tana's getting into her "thing" again. There's a long way to go with this thing, and I'm not even close, yet.

Oh holy moon, holy stars. Holy earth. The people travelling upon you live in dreams. Of farms and revolutions. (If you don't play my way, I'll take my revolution and go home.) What do we want here, anyway?

I want formlessness imposed so that form may describe itself, no rules. I thrive best relying on the elements, dancing to sounds. But now I am the raging river and gravity does her work on me.

Don't court me with your shining armour or your seductive eyes. Don't kiss me as my reward for fulfilling your expectations. Kiss me for fulfilling my own. I will return the same. That is what I want.

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offers**



**organic citrus
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649 W. Gaines St. 222-9916

announcements

The Warm Line

Apalachee Community Mental Health Services, Inc. offers "Warm Line," a telephone counseling operation for parents and children.

"Warm Line" is designed to assist parents in guiding their child to a happier and healthier adulthood by providing information on child rearing practices.

When someone calls the "Warm Line," our trained staff will answer their questions about child development or refer them to the appropriate source.

Apalachee's Family Living Center also offers individual, adolescent and play therapy. Now its "Warm Line" service provides an integral outreach to the community. The service is free and may be used repeatedly by anyone in need of some child management assistance. The number is 487-2930 - ask for "Warm Line".

Interested in a Cooperative Computer ?

It is necessary for alternative businesses in Tallahassee to get their economic act together. This might be accomplished by establishing a computer cooperative to handle book-keeping and related financial matters.

If you have an interest in this project, please contact Burt Davy, P.O. Box MLC, Route 7, Tallahassee, 32308.

Iranian Support Meetings

The Coalition for Iranian Democracy and Independence is a group of Americans who support the Iranian Students Association and self-determination for the Iranian people. One of its purposes is to do political education about the continuing struggle in Iran, both in the group and in the community. Another is to show support for the eight students arrested in the November 15 demonstration at FSU. Everyone is invited to come to C.I.D.I. meetings at 7:30 on Sunday nights in 126 Bellamy Building, FSU.

Wilderness

from page 1

comment period. The majority of input favored wilderness on 13 areas while a large group favored wilderness study for six areas. Areas which were not slated to be wilderness, such as the Sopchoppy River and Clear Lake proposals in the Apalachicola Forest, received public support in the eighty and ninety percent category. As a result of these arbitrary decisions, conservationists are taking action. According to the Forest Service, Secretary of Agriculture, Bob Bergland will seek the counsel of Florida's congressmen and governor by February 18 to recommend the final Florida wilderness list to President Carter, who in turn will submit it to Congress. In essence, Florida's representatives, senators and governor will play a large role in the coming weeks in influencing change in the Forest Service recommendations. Letters by concerned citizens are urgently needed, as are telegrams and phone calls.

Conservationists are urging that all eight of the further planning areas in Florida be placed into the instant wilderness category and that all eight of the non-wilderness recommendations be placed in the further planning category. The final list would be eleven areas for wilderness and eight areas for further planning. More specifically, in the Apalachicola Forest, the Sierra Club recommends that the Mud/Swamp/New River Area, the Sopchoppy River Area, the Clear Lake Area and the Savannah Area be placed into the wilderness category. Letters should stress the uniqueness of these areas. For example, botanists claim that the prairie type savannah area in the Apalachicola Forest has the most

scenic, diverse and unique vegetation in all of North Florida. Orchids, pitcher plants, and other flowers literally form a checkerboard of color in the spring. It is crucial to formally protect this 1900-acre flowering meadow since much of the adjoining savannah has been bulldozed and converted to pine farms.

The Mud/Swamp/New River proposal, if protected, will be the last undisturbed section of the legendary Tate's Hell Swamp, which once covered some 200,000 acres. Now, Tate's Hell Swamp is being drained, bulldozed and planted with pines by private companies. Mud/Swamp/New River will be a last vestige of this habitat and it contains extremely large cypress and relatively rare Atlantic White Cedar trees as well as stunted, bonzai-type cypress.

The Clear Lake area contains many beautiful lakes as well as large upland pine forests. If this area is designated wilderness, it will be one of the few areas in Florida where pines will be allowed to fully mature and die of old age.

The Sopchoppy River Area, if passed, will be joined to the already existing Bradwell Bay Wilderness Area, the only formally designated wilderness area to date in a Florida national forest. The newly-built Florida Trail skirts the river, offering exemplar hiking and primitive camping opportunities, and canoeing is excellent when water is high.

It is important to note the economic trade-offs for saving wilderness. All of the areas in question represent only .79% of the 16 million acres of commercial forest land in Florida. If all the 19 areas were designated wilderness, which is unlikely, the economic impact to the local counties would be less than one percent. Opposition, however, is still expected from small timber companies and dog hunting groups. Timbermen find that cutting on national forest land is cheaper than on private lands because the public taxpayer pays for much of the legwork and replanting of pines.

Florida dog hunters (vehicle hunters) like the sensation of being able to drive anywhere. Wilderness designation does not allow motorized vehicles, although hunting on foot is still permitted.

While letters and telegrams to our congressmen and governor are crucial at this point, the ultimate solution is a change in the wasteful American lifestyle. Several examples show the inter-relationships. For every ton of newspaper collected for recycling, 19 trees are saved from commercial harvest. Trends toward solar power help prevent oil wells and coal and uranium strip mines. Vegetarianism undermines the need for vast acreages to be used for livestock grazing and grain feeding. For every innovation where recycling prevails and dependence upon big industry is reduced, the more sanity in living is restored and the more we will decelerate and decommission blind progress. The elemental balance and harmony found in true wilderness must be incorporated into our everyday environments and lifestyles. Otherwise, future exploiters will seek to subjugate even the smallest wild areas, and the Wilderness Act will become another broken treaty.

Send letters or telegrams to:

Senator Lawton Chiles
Russell Senate Office Bldg.
Room 443
Washington, D.C. 20510

Representative Don Fuqua
Rayburn House Office Building
Room 2266
Washington, D.C. 20515

Senator Richard Stone
Dirksen Senate Office Bldg.
Room 1327
Washington, D.C. 20510

Governor Robert Graham
The Capitol
Tallahassee, Fla.

Feb. 11 - Seeds Couples Workshop, 386-8411
Rape Crisis Benefit - Tommy's

Feb. 12 - 7 Hills lecture: Rolfing, 386-8886

Feb. 14 - Valentines Day "Sweethearts Ball" at Tommy's

Feb. 15 - Shafashike Hahana speaking, 126 Bellamy
2 films on South Africa and Namibia, 120 Carraway
SPECTRUM article deadline

Feb. 17 - Resource Center party, \$2.00, refreshments

calendar

Feb. 18 - Books and Ideas Exchange, 222-8544

Feb. 19 - 7 Hills, Chiropractic Techniques, 222-9689
Sierra Club meeting, 7:30 pm, Dr. Livingston to speak at Myers Park Community Center

Feb. 20 - Dreams Workshop, Seeds, 386-8411

Fruit & Veggie Co-op - Thursdays at 5 pm, Alumni Village

Feminist Women's Health Center - Self Help Clinic; call 224-9600

FSU Women's Center meeting - alternate Thursdays at 7:30 pm

Film series at the Leon County Public Library, "Self Portraits: The Artist as a Woman" - Feb. 3 - 24; 7:30 pm; free; call 487-2665

Feb. 23 - Self Portraits Performance Night, Leon County Public Library, 7 pm

Feb. 24 - Ram Dass workshop in Atlanta, 386-8411

Feb. 25 - Dick Gregory, Union Ballroom, 7:30
People for Rational Marijuana Laws, Tommy's

Feb. 26 - 7 Hills, Acupuncture lecture, 576-2756

Mar. 3 - Resource Center Garage Sale, 730 W. Gaines St., donate stuff

regular events

Seeds of Universal Light - Workshops (see calendar); every Wed. - meditation and chanting, 8 pm, Taproot; every Sunday - meditation, 9 am, Indian Mounds; call 386-8411

Catfish Alliance - every Thurs. - alternates between business meetings and work groups; call 224-3620

Leon County Food Co-op - membership meetings, currently 3rd Sunday of month; BOD meetings, 2nd Monday; 222-9916

announcements

Seven Hills Holistic Healing Arts Center lecture series (12 weeks); see article for details

No-Space Post Card Show, Feb. 1 - 28 at downtown Post Office

Bicycling Training Camp, Feb. 12 - Apr. 9; contact Ten Speed Drive at 224-1869