

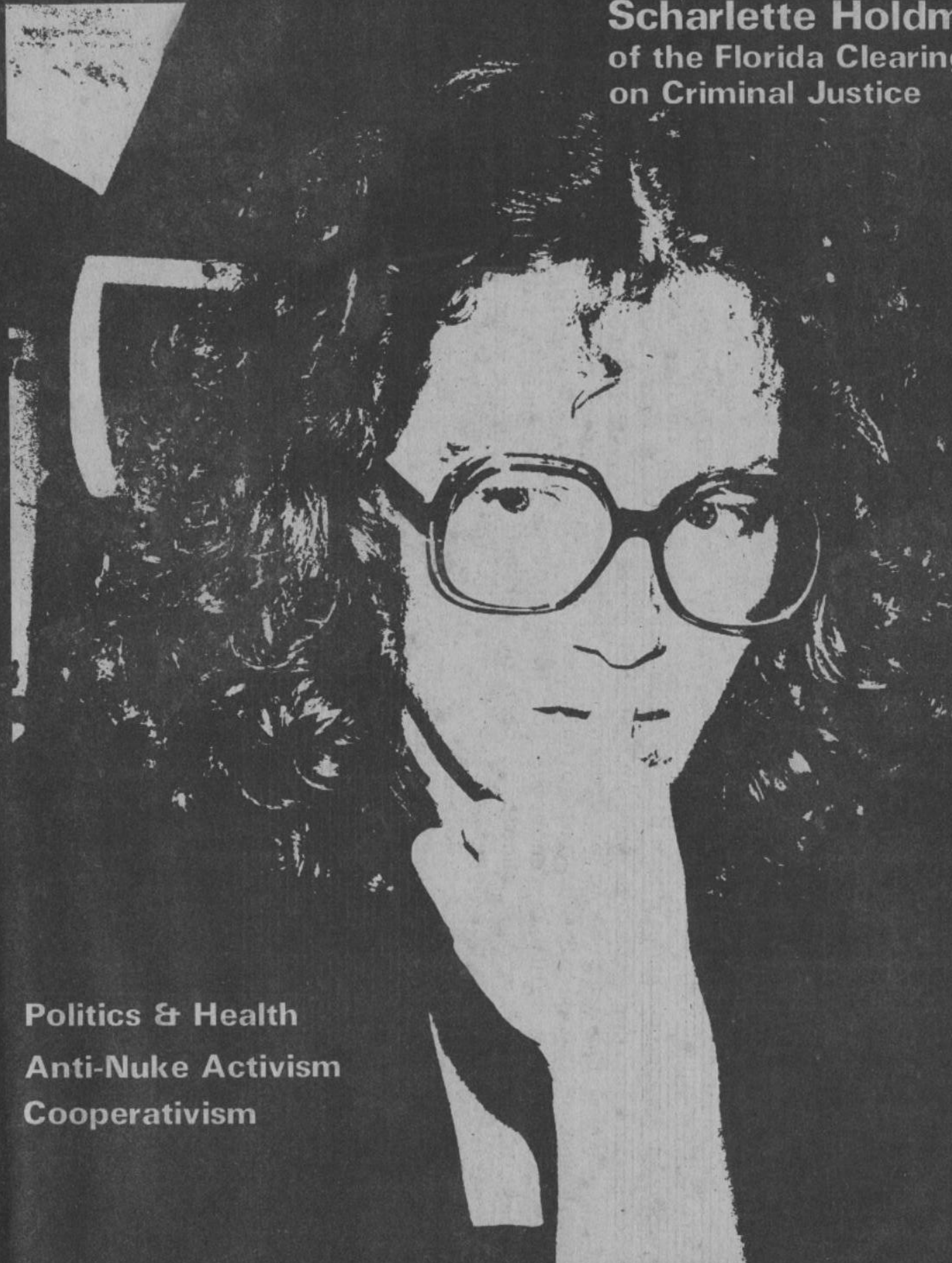
# SPECTRUM

A Cooperative Newspaper for the Tallahassee Community

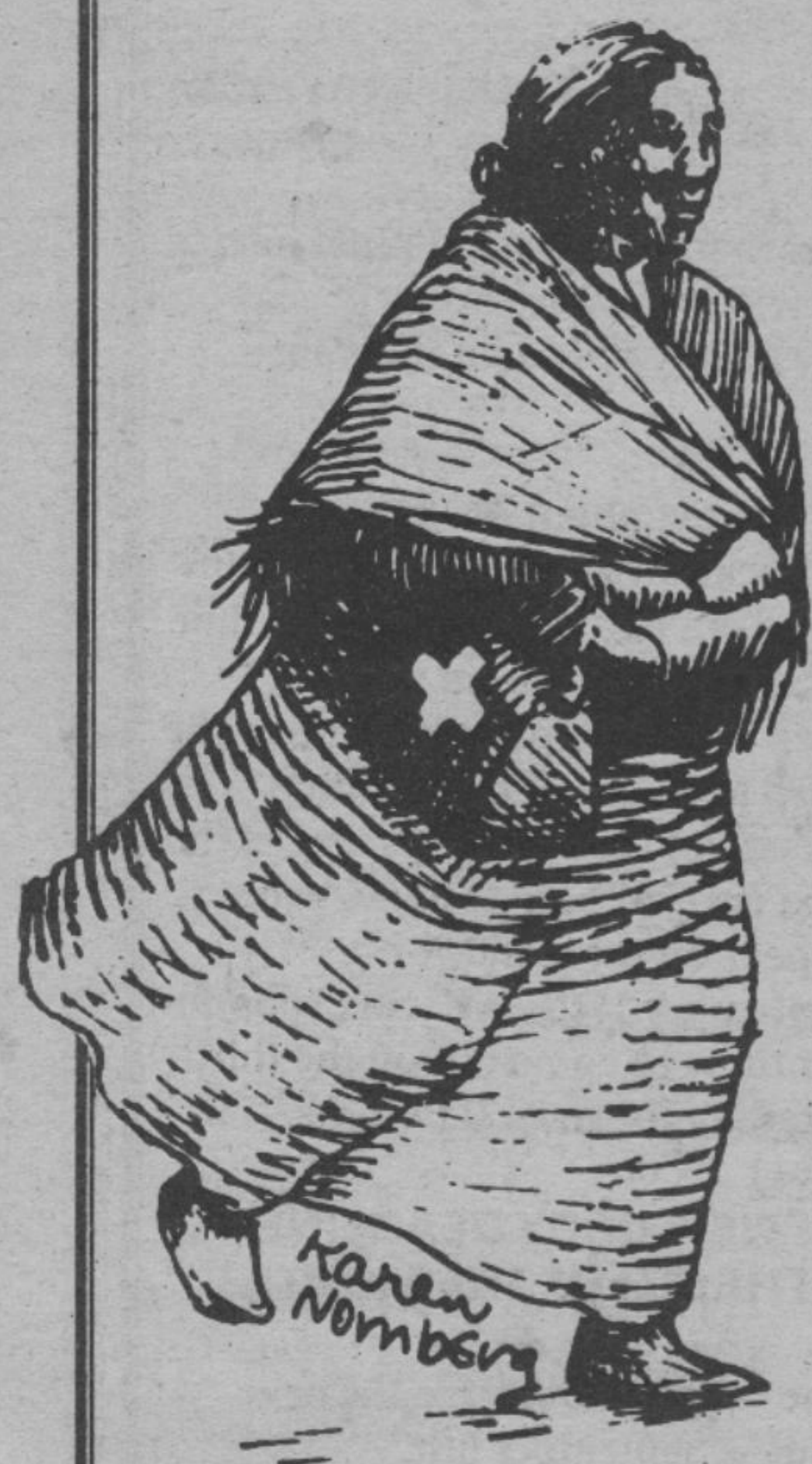
July-August 1979

FREE

**Interview with  
Scharlette Holdman  
of the Florida Clearinghouse  
on Criminal Justice**



**Politics & Health  
Anti-Nuke Activism  
Cooperativism**



# Right to Home Birth Faces Uncertain Future

by Laura Newton

If you have been looking for a lay midwife to attend your home birth, you have probably discovered that one is difficult if not impossible to find. If you are interested in becoming a lay midwife yourself, you have more than likely run into a series of obstacles. The dilemma facing prospective home birth parents

Maternity Experience (HOME) and a certified Lamaze teacher. Her credentials as a birth educator are sound. In August of 1977, Carole applied for a lay midwives' license. According to Florida law, a lay midwife must work with a sponsoring doctor and attend at least fifteen home births with that doctor. Carole, like most aspiring

*"Lay midwives are in direct competition with doctors. Therefore, it is foolish to have doctors influencing or controlling the (midwife) licensing process."*

and lay midwives alike is not accidental, as the case of Carole Baya, a practicing birth attendant and child birth educator in St. Augustine, Florida, points out.

Carole is the founder and president of Florida Better Alternative Births through Information, Education and Support (BABIES), a member group of the National Association of Parents and Professionals for Safe Alternative Childbirth (NAPSAC). Carole is also a member of Home Oriented

lay midwives, has not been able to find a doctor willing to sponsor her. Three doctors in the Jacksonville area provided her with advice and support until March when charges were filed against her, then they withdrew their support.

Carole has been charged with practicing medicine without a license and with practicing midwifery without a license. The second charge is ironic considering that she has been trying to obtain

a lay midwife's license for almost two years. Since March, a civil suit has been added to the criminal charges. The Assistant State's Attorney's office has sought to enjoin Carole from attending home births, and from teaching, counseling, aiding or assisting in any childbirth related activity; the latter includes acting as president of BABIES, representing HOME, and teaching Lamaze. A temporary restraining order preventing Carole from attending any home births without a doctor present is already in effect.

Like many birth attendants and lay midwives, Carole has had to deal with a series of problems. However, while most lay midwives are underground, Carole has been very visible because she has asked to be licensed and has not tried to hide her activity. Carole described herself as "the perfect target" for harrassment. Pregnant women who are planning home birth with Carole have found they must go outside of St. Johns county for prenatal care. Lay midwives are in direct competition with doctors. Therefore, it is foolish to have

doctors influencing or controlling the licensing process. "It's like *Avis controlling Hertz*," Carole says.

The charges against Carole are serious. The civil suit filed against her directly affects our right to choose home birth and alternatives to hospital delivery by a competent teacher. I asked Carole what she feels is the most important issue in this case. She stated firmly, "The issue is choice. If this (the issue) can happen to childbirth educators, it can happen to midwives and then to home birth parents."

We would like to hold a benefit for Carole's defense fund in August. Perhaps an early evening pot luck dinner at Dog Lake? If you have ideas or would be interested in playing music at the dinner, please call 878-3887.



From *Witches, Midwives, and Nurses*.

# SPECTRUM

A Cooperative Newspaper for the Tallahassee Community

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VOLUNTEER CONTRIBUTORS

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If you would like more information about SPECTRUM, feel free to call 222-2528 or 575-2934. Mailing address: 2105 Autumn Lane, Tallahassee 32304

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

Writers cannot be paid. Articles are printed on a space-available basis. Please be sure to include your name, address and phone number [and perhaps an autobiographical 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.

WE PLAN TO BE ADAMANT  
ABOUT CONTRIBUTORS  
MEETING OUR DEADLINE.

Views expressed by writers are not representative of SPECTRUM or of any particular organization 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 content 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.

## SPECTRUM's Evolution

by Vicki Mariner

This issue of SPECTRUM combines July and August. During this month and in August, many of our editorial collective members will be travelling or taking vacations.

Rowan and her husband are busy building their new house from the earth floor up, out in the tiny community of Sycamore. During the week of the Summer Solstice, she attended the annual Southeast Pan-Pagan Conference at Unicoi State Park in Georgia.

Larry, Jerry and Tana travelled to Austin, Texas at the end of June to attend five days of workshops given by the Consumer Cooperative Alliance (hereafter called CCA). Out of the over 80 workshops given, our SPECTRUM reps were especially interested in learning more about other cooperative publications and in collecting ideas to broaden our spectrum (so to speak). Tana, Larry and Jack Rink all have articles in this issue about their impressions of the CCA Institute experience.

Tana then left Tallahassee again to check out preparations for the next anti-nuclear action in Barnwell, S.C.

Margie Menzel and Llyn French have been intensely involved in the Citizens Against the Death Penalty actions. Margie's interview with Scharlette Holdman of the Florida

Clearinghouse for Criminal Justice grew out of many hours of working together on this cause.

Now, about our future publication dates... In order to come out at a more favorable time in September, we are pushing back our usual printing time to the third Monday of the month, instead of the first. This means the next issue of SPECTRUM will appear on the stands on September 17th. We will probably continue to come out on the third Monday for several months.

**NEW COPY DEADLINE  
THE 5TH OF THE MONTH.**

The copy deadline for the next issue is September 5th.

Send all articles or announcements to:

2105 Autumn Lane  
Tallahassee, Fla. 32304

or

Turn them into the Spectrum basket at the Leon County Food Co-op, located 649 W. Gaines St.

If you have an idea for an article or would like some help in writing one, please do not hesitate to call: 575-2934 or 222-2528.

For advertising information, please call: 575-7003.

## announcements

### Sign Language Classes

Sign language classes sponsored by the Leon County Public Library are filled to capacity. Those wishing to take both the beginning and advanced classes should call the library, 487-2665, in September, when new classes will begin.

### Summer Renewal

Summer Renewal by Seeds of Universal Light - yoga with Pundit Singh at the beach. August 17-19. Reservations limited - call 222-8544.

### Masquerade Ball

7 Hills is sponsoring a Masquerade Ball Sunday, August 5th, 9 p.m. at Tommy's. Featuring Shami, Rolling Mothers and more. Prizes for the best costumes. Donations \$2.00. PUBLIC INVITED.

### Citizens Against Death Penalty

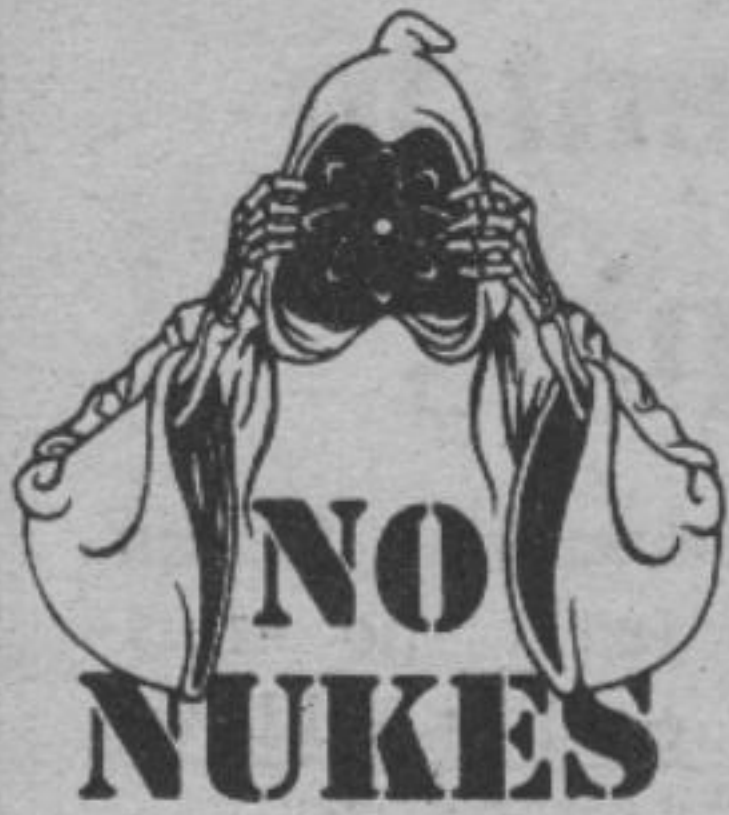
The Tallahassee Citizens Against the Death Penalty are involved in several ongoing projects in efforts to correct mis-information the public has about the death penalty: door-to-door public education campaign, leafletting, Sunday meetings at Lincoln Center, 7:30 p.m.

### 7 Hills Workshop Day

7 Hills Community Workshop Day...important general meeting to discuss the goals and accomplishments, Saturday July 21, 11 a.m. to 7 p.m. at FSU Reservation. For further information, call 878-3263 (Starr), 878-4632 (Rotha), or 575-3939 (Lynn).



*...But "Doc", Child Birth is a Natural!*



# Moving toward the next Barnwell action

by Tana McLane

*On the weekend of September 29-30, 1979, there will be another anti-nuclear energy action in Barnwell, South Carolina. The weekend will see the culmination of a week-long safe energy fair and will present working models of solar collectors, etc., as well as roving resource people, a legal march to the gates of at least one nuclear site nearby, and an entertaining and informative rally. Hopefully, there will be workshops on important developments in appropriate technology, also.*

*On Monday, October 1st, affinity groups will return to at least one nuclear site to commit civil disobedience. This form of trespassing on private property will most likely result in the arrests of those people, subsequent incarceration, some sort of fine, and perhaps a trial.*

*If you are ready to commit civil disobedience at the Barnwell action, or want to find out more about what it is and what it means, please attend the affinity group formation meeting on Thursday, July 19 at 8:00 p.m., FSU Union 343 or 346 (look around for us, we're mobile).*

Much work and activity has come into focus for the anti-nuclear movement since the accident at the Three Mile Island nuclear plant (TMI). The toll from that accident has not yet been adequately counted, and sentiment has risen against the nuclear industry in areas of our population the movement had not previously touched. In the wake of TMI, there has been a rush of anti-nuke demonstrations and media events, teach-ins, bills rushed to Legislature, and plans laid for future activities in Florida and the rest of the U.S.

## RECENT HISTORY

Rocky Flats, Colorado, saw another non-violent civil disobedience action since the accident. New Mexico was the scene for a demonstration led by Native Americans who focused upon their sacred mountain where uranium has been discovered and where the nuclear industry now intends to mine the land to fuel its technology. In and around Mt. Pisgah, North Carolina, other activists camped for a weekend and later vowed to ally themselves against exploitative intrusion upon those mountains where the largest ore of uranium east of the Mississippi River has been found.

Even before the TMI accident, the groundwork for many of these actions and others still to come had been laid. They are all part of a national strategy toward a nuclear moratorium, which includes actions focusing on front-end, middle and rear-end aspects of the industry (mining, milling, fission, transportation, storage or reprocessing of wastes).

On May 6th, three weeks after TMI, more than 100,000 people descended upon Washington, D.C. in what is now history for the movement. But, before the rapid organization of this rally and march, a national action in Washington, D.C. had already been planned for spring of 1980, as a culmination of the national no-nukes strategy. That action is still on and will have a different character than the one sponsored by the May 6th Coalition. More on that as it develops...

## ANTI-NUKE TARGET

The point in time we need to focus on next is fall 1979, the Barnwell II action. Promising to draw thousands of people as did the Barnwell I action in May of last year, plans for the action are on the drawing boards now. A tremendous amount of work is yet to be done in order to accommodate people. Last year, some 1,500 people travelled to Barnwell and participated in the various stages of that demonstration.

Barnwell, South Carolina is a significant target for the anti-nuke movement to take aim at because it was designed to be so crucial to the nuclear industry. Allied General Nuclear Services (AGNS - Agnes, affectionately) has a 99 percent completed spent nuclear fuel reprocessing plant near the town of Barnwell. Chem-Nuclear has a low level waste disposal facility there. The military has a large nuclear bomb factory there. Perhaps nowhere else in our country is it so graphically displayed that the nuclear generator plants (producing some small amount of electricity) and the nuclear weapons branch of the industry have a totally symbiotic relationship. One feeds the other and feeds upon the other.

The sleepy town of Barnwell is much like other South Carolina towns. A

pleasant Southern community with nothing else much there except agriculture, pretty land and the nuclear industry. Trucks carrying high and low level radioactive wastes whiz by, right through the center of town, even of a Sunday morning in May. Many of the locals have jobs in the industry. The air looks and smells normal. But, the average cancer rate is higher than elsewhere. And the people don't have much choice about the omnipresent danger they live with because two of the town fathers sold them out years ago and invited the nuclear industry there to fatten their own larders.

## ANOTHER ACTION COMING

In September and early October, there will be an increase in anti-nuke activity in Barnwell. The 2nd Barnwell action will be underway, organized by the Council of Southeastern affinity groups, composed of spokes from affinity groups from all around the region. It's responsible for making all decisions about the demonstration and uses the consensus process. Plans for the action have been proceeding in the almost-monthly Council sessions held at the house in Barnwell that has been rented by the Southeastern Natural Guard, a yet ambiguous coalition of anti-nuke alliances around the SE.

Paid staff members (three, as of this writing) live at the Barnwell house, serving as a crossroads for movement and demonstration-oriented information, as well as performing a multitude of tasks toward coordinating all the related task forces and activities. As the time for Barnwell II draws nearer, there will be a need for more volunteers to stay around the house and the site, helping to get things done. Both staff and volunteers are supported from outside the organization through volunteer contributions from businesses and individuals.

## CIVIL DISOBEDIENCE

Monday, October 1st will be the day when affinity groups return to their chosen site(s) to do civil disobedience. Those who are not participating in CD will be departing either Sunday night or Monday morning. Civil disobedience is a strictly personal choice. Everyone who chooses to do CD must be affiliated with an affinity group and must have received non-violence training.

Civil disobedience, in this case, means violating South Carolina's trespassing laws, occupying the nuclear industry's land, being arrested for a misdemeanor. Plans for this aspect of the action are still being hashed out. As time draws nearer, contact the local Catfish Alliance as a data source. They will be informed of what's going on.

## FOR THOSE NOT DOING CIVIL DISOBEDIENCE

Catfish Alliance will be organizing transportation from Tallahassee to Barnwell. There is much for non-CDers to tap into at the action this year. As mentioned in the beginning of this article, there will be a fair, a legal march, a rally, roving resource people, and plenty of opportunity to meet and network with others from all over the place.

Catfish has, in the past, made banners and other demonstration paraphernalia. They could sure use some help toward early fall.

## LOCAL AFFINITY GROUPS

As of this date, there is no organized Tallahassee affinity group. But, we are starting to move toward this goal: organizing people who want to do civil disobedience or support for disobedience now; begin to discuss the principles of non-violence and become familiar with consensus decision making; familiarize ourselves with the expected scenario at the forthcoming action; receive non-violence training; and generally get familiar with each other so we can work together in harmony and trust through times that are potentially stressful.

Optimum affinity group size is probably 8-15, with perhaps the smaller end of the scale working most efficiently. If more people than this number show an interest, we'll break into more than one group. There are roles for members of AGs to play and we'll begin to explore that, also.

## LOCAL TALLAHASSEEAN IS A BARNWELL STAFFPERSON

Pat Springer has moved to Barnwell for about four months to work there up through the upcoming action. She is also the site planning coordinator and will help the site task forces to coordinate their efforts. She, like the other staffers, is living at a very minimal level economically.

Donations to the staff and the Barnwell effort would be greatly appreciated. Please send contributions to:

Southeastern Natural Guard  
P.O. Box 1065  
Barnwell, South Carolina 29812

*Again, take it to heart: If you plan to participate in the non-violent civil disobedience on October 1st in Barnwell, South Carolina, you must join or form an affinity group and receive non-violence training. Come to the meeting on July 19th for more information.*

## anti-nuke activism

# Goals for Catfish Alliance



The Catfish Alliance met in a Saturday workshop on June 23 to plan its goals for the next six months;

- 1) Catfish plans to establish a speakers bureau by the end of October. This bureau will arrange schedules for speakers from Catfish to talk to community groups as part of an educational focus;
- 2) Catfish plans to organize hundreds of people from Tallahassee to participate in the Barnwell II action in South Carolina on September 29, 30 and Oct. 1. The action centers around the Barnwell Reprocessing Plant and Waste Storage facility under construction;
- 3) Catfish plans to hire a staff-person by September. This person will serve as a clerk and coordinator in the Co-op Community Resource Center where Catfish has an office;
- 4) Catfish plans to have volunteers staffing the Resource Center every weeknight by the end of summer;
- 5) Catfish plans to sponsor four anti-nuke speakers and/or programs during the Fall quarter;
- 6) Catfish plans to organize its legislative/lobbying efforts by September. This includes the training of citizen lobbyists and the drafting of legislation;
- 7) Catfish plans to either endorse or run a candidate in the city commission election this winter. This candidate would work towards divesting the city of its 10% interest in the Crystal River Nuclear Plant, sponsor an ordinance prohibiting the transportation of radioactive wastes through the city, develop a comprehensive energy conservation program for the city, explore possibilities for energy production from sewage wastes and garbage, etc.

With these goals as its focus, Catfish Alliance will be actively pursuing the shutdown of the nuclear industry and the development of safe, renewable energy sources. If you would like to help with any of these projects, attend Catfish meetings every other Thursday at 7:30 pm in room 334 of FSU Union or call 575-2934 or 224-2416 for further information.

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## McGovern Amendment to Stop Nuclear Dumping

Catfish Alliance urges you to send letters, Public Opinion Message telegrams, and phone calls to U.S. Senators Richard Stone and Lawton Chiles to voice your support for the McGovern amendment to the 1980 Nuclear Regulatory Commission (NRC) Authorization (HR2608, S562).

The Authorization, which provides the NRC with its budget, will probably be voted on during the week of July 9th, after the Congress returns from its July 4th recess. The McGovern amendment establishes a state's right to decide on nuclear waste disposal siting. It provides for a governor-appointed commission in each state to study a proposed site and make recommendations. It stipulates that a state legislature has the option to disapprove.

This law would be a landmark in the development of the anti-nuclear movement in this country. A precedent would be set that the states do have a voice in determining whether or not radioactive garbage will be disposed of in that state. Currently, there is no agreed-upon safe way to isolate these highly toxic radioactive materials from the environment for the thousands of years necessary. Sites where waste is

now stored have had leaks and seepage into the environment. We cannot allow the possibility of an agency of the federal government deciding Florida would be a good place for a waste dump.

We must let our senators know how we feel about this issue. According to our information, Chiles is a "committed no" on the McGovern amendment.

Stone, on the other hand, is categorized as a "possible no/undecided." There is still time to contact them before the vote.

### WRITE OR CALL:

Senator Richard Stone  
2639 N. Monroe  
Suite 200-B  
Tallahassee 32303  
386-2120

Room 1327  
Dirksen Senate Office  
Building  
Washington, DC 20510

Senator Lawton Chiles  
110 E. Park Ave.  
Tallahassee  
222-1792

Room 443  
Russell Senate Office  
Building  
Washington, DC 20510

## Live Without Trident

Periwinkle Alliance, Live Without Trident, and the Florida Non Nuclear Network announce an August 6 Peace Affirmation in remembrance of the bombing of Hiroshima. Kings Bay, Georgia is the site of the action because of the Navy's decision to build a Trident submarine base

there. Trident is a nuclear sub with 408 nuclear warheads with first strike capability. Join with us in telling the world - Peace now, no more war.

For more information call Barry at 224-9929 or Connie in Fernandina Beach at 261-0701 or 261-5443.



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## Bill to Control Bottle-Baby Deaths Needs Your Support

by Carmen Avila

The Dellums-Miller Infant Formula Nutrition Act of 1979 was introduced on May 15. The bill would restrain corporate marketing and promotion in two ways. First, it would require a license to sell or distribute infant formula in any country considered by the U.S. State Department to be a "developing country". U.S.

based companies seeking a marketing plan identifying the consumers to whom the formula would be sold, and would have to provide assurances that formula would be sold only to persons able to safely use the product. Each year companies would be required to re-apply for a license for each developing country, and would be expected to furnish information on the implementation of the previous year's marketing plan.

Second, the Infant Nutrition Act would prohibit all promotion of infant formula in developing countries, including both mass media advertising to consumers and promotion to and through health professionals.

In addition, the bill would require that in-

structions for proper mixing and use of formula be printed on each formula can in the appropriate



indigenous language or dialect for each developing country. Labels would have to state clearly the necessary preconditions for safe use, and would have to affirm the merits of breast-feeding.

Since the bill has been referred jointly to two House committees-- Foreign Affairs and Foreign Commerce-- concerned individuals should write not only to their Representatives but also to Rep. Henry Waxman, Chairman of the Interstate and Foreign Commerce Committee's Subcommittee on Health and the Environment, and to Rep. Clement Zablocki, Chairman of the Foreign Affairs Committee, asking both to hold hearings on the bill in the near future. Carbon copies should be sent to Senators and to President Carter. Senators

Tsongas and Kennedy should be requested to introduce the bill to the Senate.

The following is a sample letter to the representatives:

U.S. Representative \_\_\_\_\_  
U.S. House of Representatives  
Washington D.C. 20510

Dear Representative \_\_\_\_\_:

I urge you to co-sponsor and actively support the Dellums-Miller Infant Nutrition Act of 1979, HR 4093. This bill seeks to control the promotion and marketing of infant formula in areas of the world where low incomes, poor water, lack of refrigeration and widespread illiteracy make its use hazardous.

sincerely,

### ...and a study on formula misuse

Infant formula misuse in the U.S. is the focus of a study soon to be published by the Inter-faith Center on Corporate Responsibility (ICCR is the Infant Formula Program of the National Council of Churches).

The study investigates the feeding practices of poverty-level mothers in Los Angeles and San Antonio ghettos, at the Pine Ridge Indian Reservation in So. Dakota, and throughout the rural South. The study contains information compiled from over 1,500 questionnaires formulated by Center for Disease Control. The interviews were conducted by trained church members in each area, who questioned mothers of babies under one year of age regarding their feeding practices, their babies' health and health care, and the economic and health status of their families.

The findings of the study will combine empirical data on infant feeding practices and the forces that shape them with sociological information about the conditions in which low-income Americans live. The study will have implications for federal food programs, health protection legislation, daily hospital practices, and community-based nutrition and medical education.

-Carmen Avila

## politics & health



• presents •



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## health

# Massage Renaissance

## Part II

second in a two part article by Susan Maccari

Four of the most commonly utilized massage disciplines are reflexology, Swedish, Reichian, and acupressure massage.

Foot reflexology, or Zone Therapy, is a system of treatment devoted entirely to the feet. According to this system, the feet map out the entire body through a reflex mechanism so that, by stimulating a certain area of the foot, a corresponding organ or body part is simultaneously stimulated.

Periodic deep massage of the feet in a systematic manner can have beneficial results in clearing up chronic metabolic irregularities and malfunctions. It is a deep, thorough massage which is primarily therapeutic in intent. In addition, due to the reflex action involved, it produces a relaxing, rejuvenating effect similar to the feeling produced by a full body massage.

Swedish massage was the first systematic massage technique developed in the West and entails a complete body massage. It had its origin in the 18th century and is based on European folk massage and the then-emerging knowledge of modern anatomy and physiology.

One of the primary goals of Swedish massage is to speed the venous return of unoxygenated and toxic blood from the extremities.

Swedish massage shortens recovery time from muscular strain by flushing the tissues of lactic acid, uric acid, and other metabolic wastes. It improves circulation without

increasing heart load. It stretches the ligaments and tendons, keeping them supple. Swedish massage also stimulates the skin and nervous system while at the same time relaxing the nerves themselves. Swedish massage reduces stress - both emotional and physical - and is indicated in a regular program for stress management.

Reichian massage has been developed out of the work and ideas of the contemporary psychological trauma in localized areas.

Such trauma results in the blockage of the vital life force which, in this system, is called orgone. Through the massage of areas which the therapist and recipient perceive as being blocked, this energy is allowed to flow freely again and is accompanied by the psychological release of that trauma from the recipient's psyche. Blockage of the orgone not only eventually leads to physical ailment, but also causes psychological impairment such as neurosis, phobia, etc.

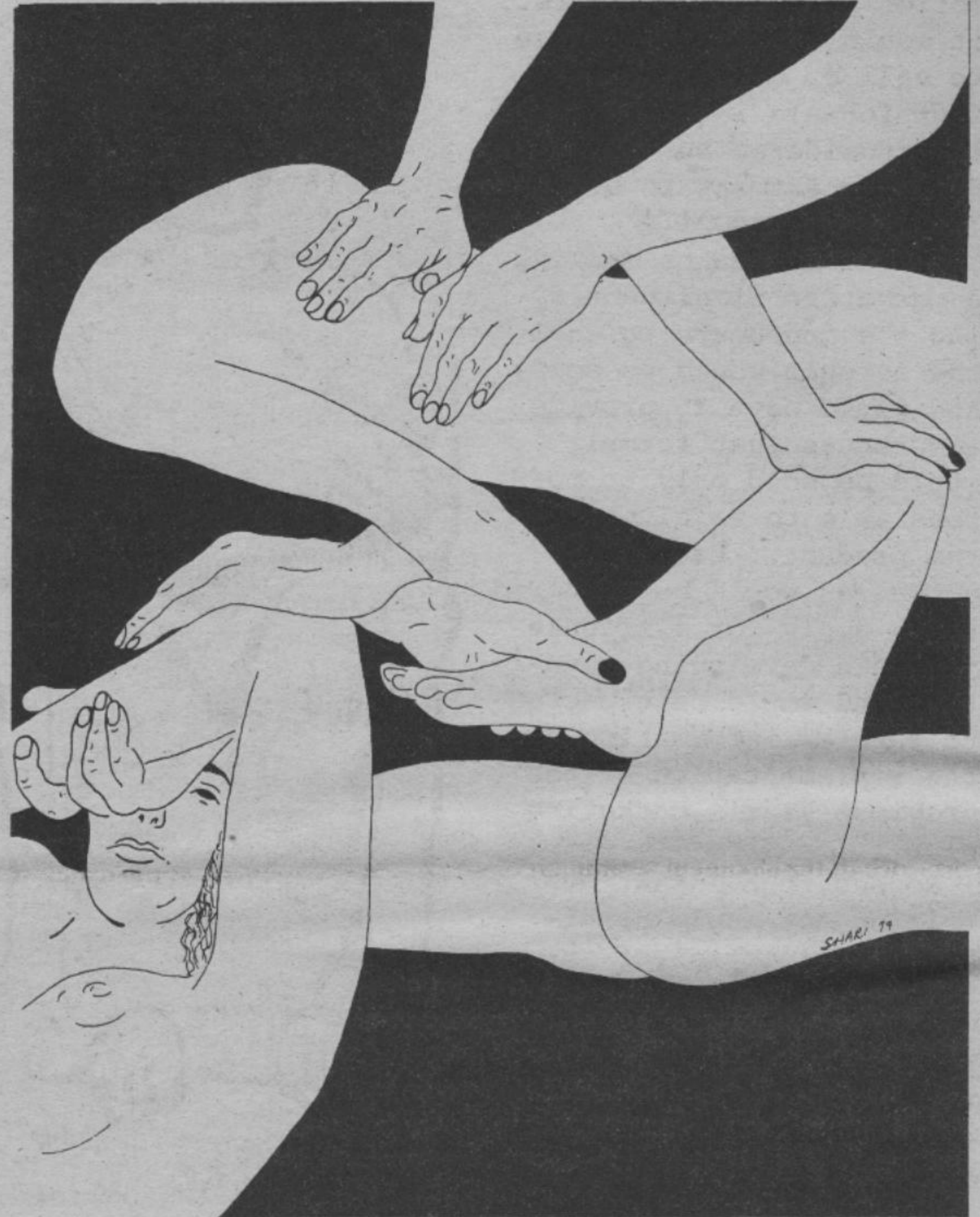
The recipient's cooperation and commitment to letting go is necessary for this type of bodywork, as is the recipient's trust in the massage therapist.

Acupressure massage (or Shiat-su) is based on the oriental theory of the circulation of subtle energy, or Ch'i, through meridians running within and over the body which ultimately govern the internal organs and thus our entire metabolism. Situated along these meridians are points, the same

as those used in acupuncture, where this energy can be effectively manipulated. It can be used as a complete system of health maintenance or simply for stress reduction, relaxation, and a general improvement in feeling. Acupressure requires the recipient's participation with the therapist in coordinating the breath with the manipulations. It is a quiet and contemplative form of massage.

On a different level from professional massage, is the home

just lie there and don't feel like you have to be helpful. Just receive. A trained masseuse or masseur knows what s/he is doing and will be able to do a better job if you'll just be a rag doll and allow your limbs to be moved into whatever position is required. If you find it difficult to relax, it may help to breathe deeply and regularly, try to feel your limbs becoming heavy, and when the therapist's hands locate areas of tension, consciously try to let go and relax these areas.



massage - a wonderful way to show caring and facilitate relaxation and communication between loved ones. There are several interesting manuals available which can help the non-professional to provide a pleasing massage. These are: *Psychic Massage*, *The Massage Book*, put out by the Esalen Institute; *The Book of Shiat-su* by George Ohara, and *Foot Reflexology* by Mildred Carter.

As it is an art to give a good massage, so is it an art to receive one. The most important thing to remember to maximize massage benefits is relax, R-E-L-A-X, meaning

Close your eyes. Experience with your sense of touch. Feel your body both inside and out. Good massage requires concentration by the masseuse or masseur. Talk, for the most part, is unnecessary and distracting. Great massage is a result of meditation between therapist and recipient. However, feel free to give feedback if there is an area where you feel a need for more attention or, if a manipulation is uncomfortable.

Don't be afraid to let go of a sigh of relaxation or pleasure. Let yourself feel as good as you can!



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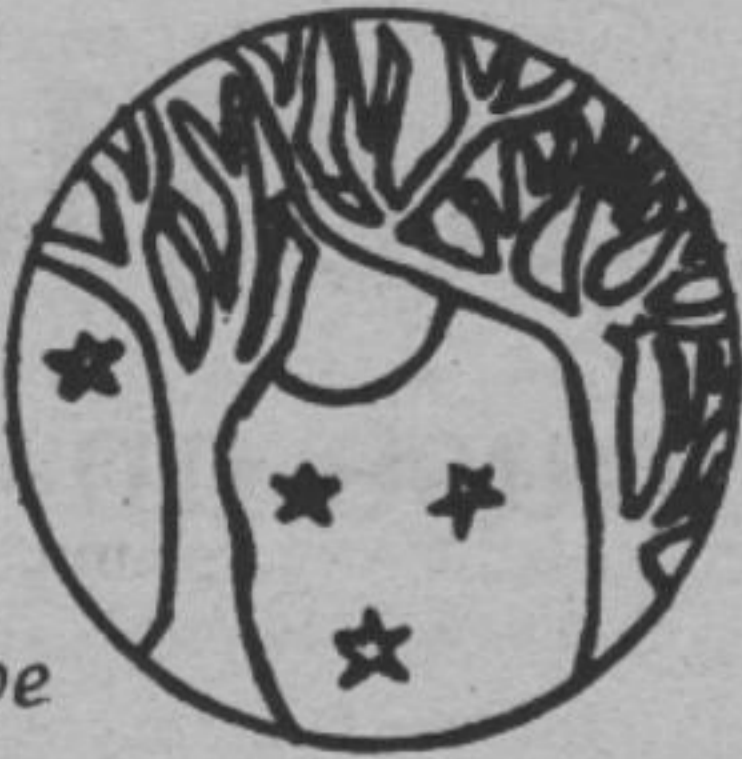
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## Spreading Branches

### The Feast of Lammas

by Rowan Fairgrove



The next festival is Lughnasadh or Lammas (15 degrees Leo), which falls on the Eve of August (July 31). This is the festival of increasing plenty and decreasing light. The former aspect has traditionally been celebrated respectively as (1) the wild harvest, (2) the first harvest of the fruit trees, (3) the first grain harvest. The Celts celebrated the latter aspect, considering it one of the four great fire festivals, the time at which the waxing summer sun gave way to the waning winter sun.

In elder times, the wild harvest was celebrated by parties of people who would spend the day in the woods harvesting such foods as acorns, berries, mushrooms and crabapples, etc. These were carried back to a woodland shrine to be blessed by the woman chosen to represent the Autumnal Goddess and then carried home to a feast. Very similar customs surrounded the fruit harvest.

The harvest of the first grain is celebrated in the baking of Lammas cakes. This is how the name Lammas became attached to this day. It is Saxon for Loaf Mass. These cakes range from small shortbread biscuits imprinted with sheafs of wheat to nut and fruit filled "mother loaves". I would like to share a recipe for a filled cookie which I am particularly fond of.

The other traditional aspect of the season is the changeover from the waxing sun to the waning sun symbolized by a battle between these two forces, called Balor and Lugh by the Celts. The festival bears Lugh's name as Lughnasadh. In some areas, Lugh's mother, Tailtiu, is the Goddess who is feasted on this day in her aspect of harvest green.

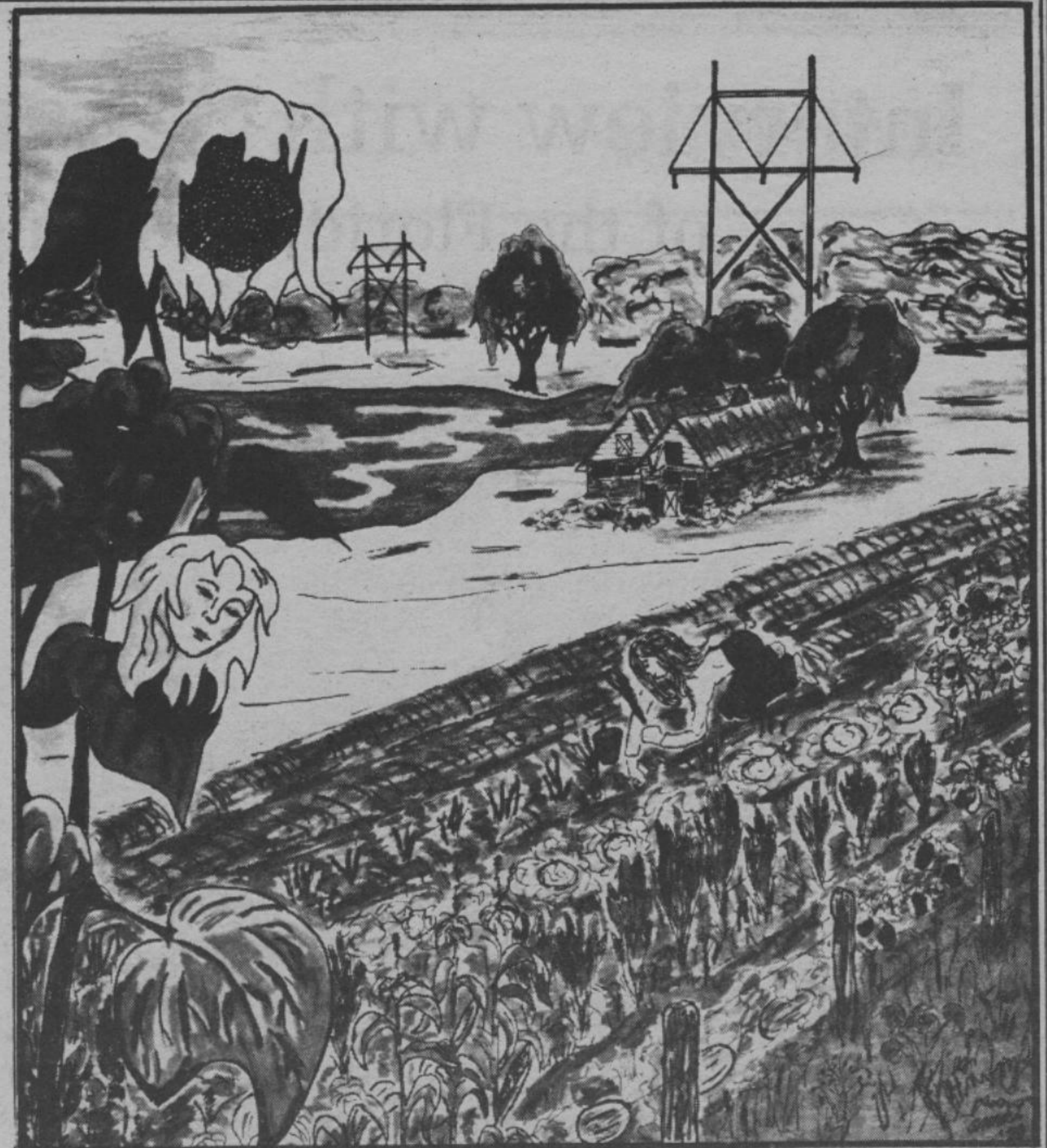
Modern pagans celebrate this festival with wild food gathering and bread baking in much the traditional ways. It is a good time to think about where food actually comes from - consider life without the food co-op or Publix.

In earlier times, bread came from one's own fields. Flour may have been scarce all summer because you used your last reserves as seed.

And now, at Lammas, the bountiful earth brings forth the full miracle of Bread. So, grind some grain, make some acorn bread or fresh corn fritters and give the idea some meditation and thanksgiving to the Earth.

(Note: As I promised in the article on Earth Cleansing, here in the address for the Crystal Well, P.O. Box 3145, Seal Beach, California 90740. This is an excellent, art nouveau style, quarterly pagan magazine.

Subscriptions are \$8.00 per year and some back issues are still available. Write for details. - RF)



## Co-op Garden Manifesto

by Ron Miles

Community. It's an interesting word. Community togetherness and community spirit are also interesting. Have you ever taken the time to think what it might be like to live in a self-supporting environment? Environment is another interesting word. Do we take the time to consider our surroundings, to be still, to breathe deeply, to open our eyes to see what is close by?

The importance of a community living with the environment rather than against it has been on a lot of people's minds lately. It seems as if there was ever a time in our lives when we need to plan for a community such as this, it would be at the present time. Do we know how long the produce truck will be going down the road to bring us food? Because so much of our food is shipped in, we don't know how old it is or what has been used to actually grow it.

Tallahassee as a self-supporting community is a valuable goal, and we have one of the finer spots to create.

continued on page 15

### Poppy Seed Lammas Cookies

#### Ingredients:

#### Dough -

- 1/2 cup brown sugar
- 1/2 cup butter
- 2 eggs
- 1-1/2 all purpose flour
- 1 cup whole wheat flour
- 2 tsp. baking powder
- 1 tsp. vanilla

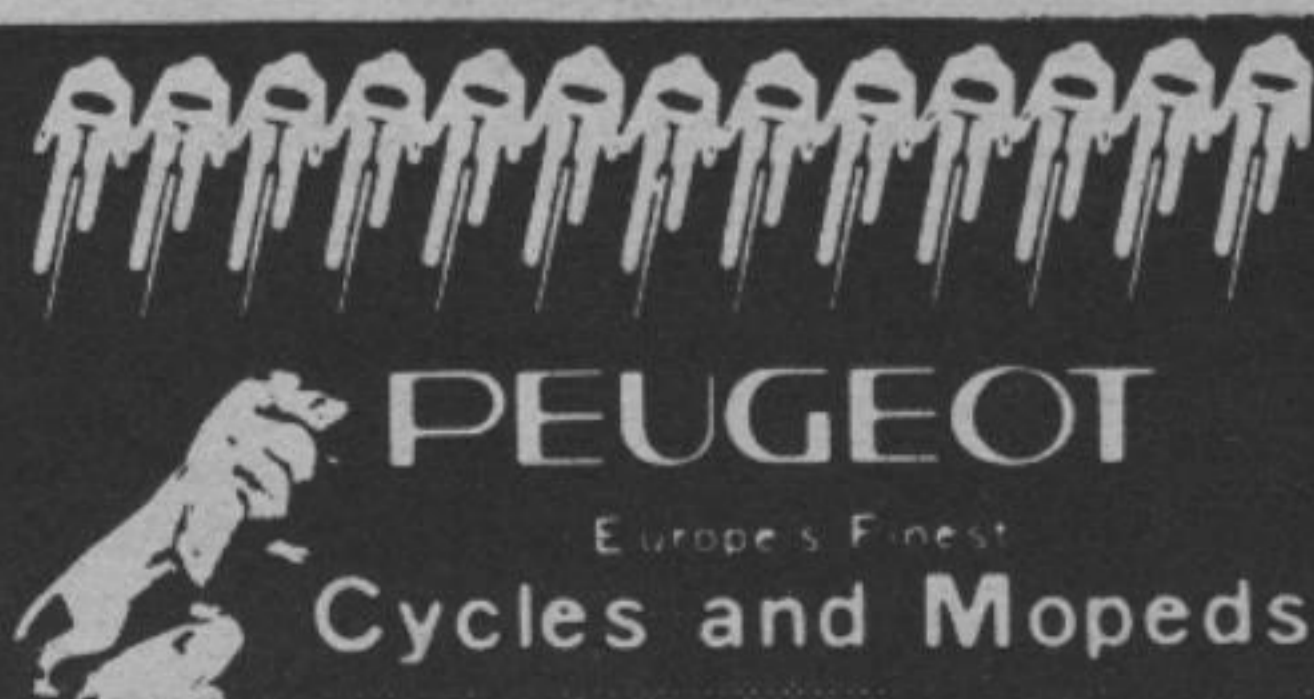
#### Filling -

- 3/4 cup poppy seeds
- 1/4 cup honey

- 1/2 cup sour cream
- 1/8 tsp. ground cinnamon
- 1 tsp. grated citrus rind
- 1/4 cup ground almonds

**Dough:** Combine sugar and butter, then add other ingredients. Chill for 3-4 hours.

**Filling:** Combine all ingredients and, chilled... wrap filling in thin rounds of dough and place on cookie tray in a 375 degree oven. They will subside into round full moons especially appropriate to the Goddess.



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# Interview with Scharlette Holdman

## of the Florida Clearinghouse on Criminal Justice

by Margie Menzel



*Scharlette does not go along with the usual introductory procedure, and does not wish me to discuss her professional credentials, other than that she was ACLU (American Civil Liberties Union) director in three states before coming here. She thinks that far more pertinent data about her include her two children, her understanding of the revolutionary potential of elephants, and her dual possession of a snapping turtle that does tricks and an 18-inch waist. To that, I add that she is an amazing woman of great compassion, great intellect, and great magnetism.*

Margie: What I'm looking for is not only the death penalty focus, but the entire criminal justice system. Is it classist, racist, sexist...and how? Just shoot from there.

Scharlette: It's so very much more than just statistics and just the rhetoric. Let me start by giving an analogy. By training and formal education, I am an anthropologist, so sometimes that perspective is very useful to me, and I think of what I would be like in 3,000 years if I began to recreate this society. And if, by any chance, I started near Starke and, inch by inch, began to uncover cages... Now I would probably have colleagues in Memphis or Miami who'd found cages with animals in them. But what would it be like for the first person who found a prison? They would construct it factually, and then there would be no question about the kind of oppression necessary to cage human beings. Because first, they would know that the cage is created to separate something from the rest of the world...

Margie: ...and they would find a human skeleton...

Scharlette: Yeah. They'd be expecting a dangerous animal, but then they would find people. And what they would do is try to figure out which people, how dangerous were they, what kind of mutants were they. I think at first the idea would be to say that these people were actually different from the rest of society. They'd be able to determine the first bi-racial characteristics, and they may even know at that point that there were black people and white people and Hispanics. And they would for sure see, look where all of these black people are, because in Memphis and Miami and Tallahassee, black people are in a very small percentage of the population. So, this is where the rest of these black people were!

Were they born here and then sent to other places, other communities? Or were they born in communities and caged later on? And they'd look through, and black folks' bones would be the same as whites', with many more injuries than you'd find in the free world population, a very violent kind of life. These people would be scarred, physically scarred so that someday an anthropologist team will be presenting to this scientific forum the evidence that in 1970 and 2040, a society that said that all people were equal CAGED ITS POOR PEOPLE and, indeed, selected a few for slaughter in a very ritualistic fashion.

It's very frightening to me that the only thing they will know is that black people and poor people - you know, poor bone structure, frequently small in stature, lots of teeth missing - were caged and abused and murdered by the state.

*"...first, they would know that the cage is created to separate something from the rest of the world..."*

Margie: Why do you suppose that we are so horrified about the mass incarcerations and executions of the Jews, while a lot of people are pretty happy about the fact that something similar is happening here?

Scharlette: Because what you are saying is probably inaccurate. At the time when they slaughtered Jews, people weren't upset about it. It's only with some kind of historical distance and historical safety that people are now willing to say, "I was against what happened in World War II." This country didn't get involved in WWII because they were slaughtering Jews, homosexuals and gypsies. It was much more economically motivated than that. I think, and I say this frequently when I go out to speak to Jewish groups, I still have a myth that people who have been oppressed will have a stronger identity with other victims of oppression. I haven't seen any evidence of this, but it seems so logical to me that I keep thinking that women will understand other issues besides their own immediate needs.

And I'm not trying to pit women anarchists against women marxists at all. But women, because we've been so terribly oppressed, I think, have to understand.



## interview

Margie: So, what do you mean when you say, "Jobs, not Jails"?

Scharlette: I mean, the idea is that nobody should be doing time. Right now, I guess there's maybe 10 or 15 percent maximum who are really dangerous. People that I would be uncomfortable with having in the free world. I think a large number of them BECAME dangerous after we institutionalized them. So I think we could greatly reduce that number by doing away with prisons. And we are never going to come up with solutions for integrating them into our society as long as we have this great big boogey monster of prisons and the death penalty. You know, it's very simple.

Margie: So, what is the Clearinghouse trying to accomplish in order to deal with these problems?

Scharlette: In all honesty, the bottom line is that we raise as much hell as we can with what little we have. When you realize that my entire operating budget for one year doesn't equal Steve Hull's, Gary Smith's, or Jim Smith's salaries... We don't have postage money, We don't have paper money. We have to raise all of that. So, that essentially puts the responsibility for anything we do, what we can physically do, on us. You know, we don't have access to mass communication.

Our constituents are in prison, so they're already cut off and isolated. They write letters and do research, and they're a powerful group of people. But, in the free world, they're not perceived as such. They're restricted. So, first we try to give support to people in cages, not just provide direct services to folks when they initially go in. The political activists inside the prisons receive special attention from us and the local people who are getting the most abuse from the system receive special attention from us. We try and identify the major forms of oppression and abuse and fight those.

Margie: So, what the Clearinghouse does is try to provide some sort of equalizer.

Scharlette: Yes, as best we can. The prison system works on about \$200 million, and we work on \$35,000.

Margie: It goes without saying that you need as many contributions and volunteers as you can get.

---

*"I believe that the person who committed the Chi Omega murders - that person acted out the brutal kind of sexism women face every day."*

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Scharlette: I don't think it's a question of money, even. I think we can accomplish a tremendous amount for our limited resources. The reason for that is that there's very little organized opposition to prisons in the state, and the way things are going now, no one gives a shit. Liberals, reformists, the real Left...you know as well as I do that those people usually pick issues that are likely to be successful and the problems of prisons is so directly tied to the overall economic structure of this country that very few people want to tackle it. You know, when you decide on an individual basis where you're going to spend your energy, I think a lot of us are tempted to spend it in some way where we think we're going to be successful.

Margie: Okay, do you feel the system often scapegoats a particular individual? For example, we were talking about the Ted Bundy situation last week. There's a lot of pressure on Katsaris to come up with a conviction, right?

Scharlette: Yeah, but Ted's case is different because of the notoriety of it. Just the fact that they're saying one person committed all these murders makes it so beyond our comprehension. This society individualizes all actions, see? I believe that the person who committed the Chi Omega murders - that person acted out the brutal kind of sexism women face every day. That he acted out the dirty jokes that legislators make about women in the hallway and, in fact, on the floor of the Senate, and the obscene remarks judges make in barrooms

at night. In fact, he acted out the whole glorification of violence and sexism that we worship in this country. That individual couldn't resist what society was telling him about women.

Margie: Well, there seems to be a stronger possibility right now that, the same way burning women as witches isn't justifiable as a way to kill women anymore, there are better ways, more modern ways...

Scharlette: I know that we kill people every day. Our children starve to death. We give them substandard housing that makes sure that by the time they're 15 or 20, they're physically ill-equipped to meet the rest of their lives. We take women's children away from them and charge them with neglect when the only neglect that's occurred has been the state's neglect of those children's needs.

Margie: You mean, even though they use all different kinds of repressive genocidal devices, sterilization abuse, and...

Scharlette: Poor health care and substandard housing are going to kill off as many people as they can. But some of them are still going to manage to survive, and so these people are going to be put in jail.

*Next issue: A trip to Lowell's Institution for Women, what it's like for people in jails, how they get there, and why the prison system is acting out the most despicable forms of oppression in our society.*



photos by Joyce Harper  
layout by Tana

# cooperativism

## Co-op Conference Report

### Austin, CCA and local cooperativism

by Tana McLane

The Consumer Cooperative Alliance holds an annual educational institute as a forum for exchange between geographich regions, Old and New wave cooperators, and people involved in the many aspects of changing our society through cooperativism. Offered in that week-long institute are a multitude of workshops, lectures, meetings, films and chances to interact with key resource people - all about or involved with the cooperative movement.

There were many tangents to follow in planning out what workshops to take in, including: media, group process, nuts and bolts of running a storefront, credit unions, legal affairs, networking through federations and warehouses, bookkeeping, the role of a Board of Directors, and on and

on. The problem is that so much happens at the same time that the participants must prioritize.

There was a forum each afternoon where such topics were presented and discussed as: cooperatives in Third World countries and internal Third World communities, agri-biz atrocities/exploitation of consumers, sexism in the cooperative movement.

And there were meetings that stretched long into the late afternoon, covering a myriad of topics concerning the business of CCA.

This year's CCA Institute was held at the University of Texas in Austin. Hosted by the cooperative movement in that city (one comprised largely of housing cooperatives as well as food co-ops), the conference took place in a



large convention/dormitory building on campus which contained classrooms and an auditorium.

Eight cooperators from Tallahassee travelled to Austin a few days before the conference began. We stayed at various housing co-ops and travelled mostly on foot around the neighborhoods and campus. There were eight others there from the Southeast, people from Atlanta who are also involved with Magnolia: SE Confederation for Cooperation, an organization similar to other federations around the country which encourage cooperativism, offer regular membership meetings and workshops, and cooperate in the nurturance of a consumer-owned-and-operated warehouse. Working together, the 16 of us fanned out to cover most of the workshops offered in Austin.

*Travelling back to the South from the West always jars me into awareness. From the West, our countryside looks green and lush. Our rolling hills strike a remarkable contrast to the sparse vegetation and cracked ground west of Louisiana.*

*I think in similes. Like our green land, our local culture contains the nutrients necessary to grow people, movements and workable institutions that can turn our energies toward Evolution as well as Revolution. We all know the changes are necessary. It remains a question of how to bring them about.*

The South has been relatively cut off from the rest of the country in terms of the cooperative movement. Left alone and among the last to federate for our mutual support, we

have grown in strength and numbers and developed our capacity to meet our own needs. But, we have been largely unaware of other communities who have walked the same road, building viable alternatives to the oppressive mainstream culture that requires our mandatory participation unless we pit ourselves against it all the time.

Compared to the rest of the continent (U.S. and Canada), the cooperative network in the Southeast is sparse. As Cheryl Fraracci of Atlanta reported at the CCA Institute, "There are no Old Wave co-ops in the South." No first wave of cooperative consciousness that the rest of the country experienced in the 'thirties. No old models to compare ourselves to and to improve upon. We've been re-inventing the wheel. We've not done a bad job of it, either.

*An encouraging thing I found in brushing shoulders with cooperators from around the continent is that the turmoil the cooperative community of Tallahassee has been experiencing of late is not unique. In our growth and our struggle, we have felt ourselves to be singular. But, other communities have experienced similar territorial conflicts, vicious fights, trashings, splits, re-groupings, and re-births. If we need a model for this type of struggle, we have only to look at Minneapolis of about five years ago (See Communities Magazine's "A Guide to Cooperative Alternatives," a new book recently published and available through Communities Magazine, for an informative article on that struggle.)*

continued on page 11

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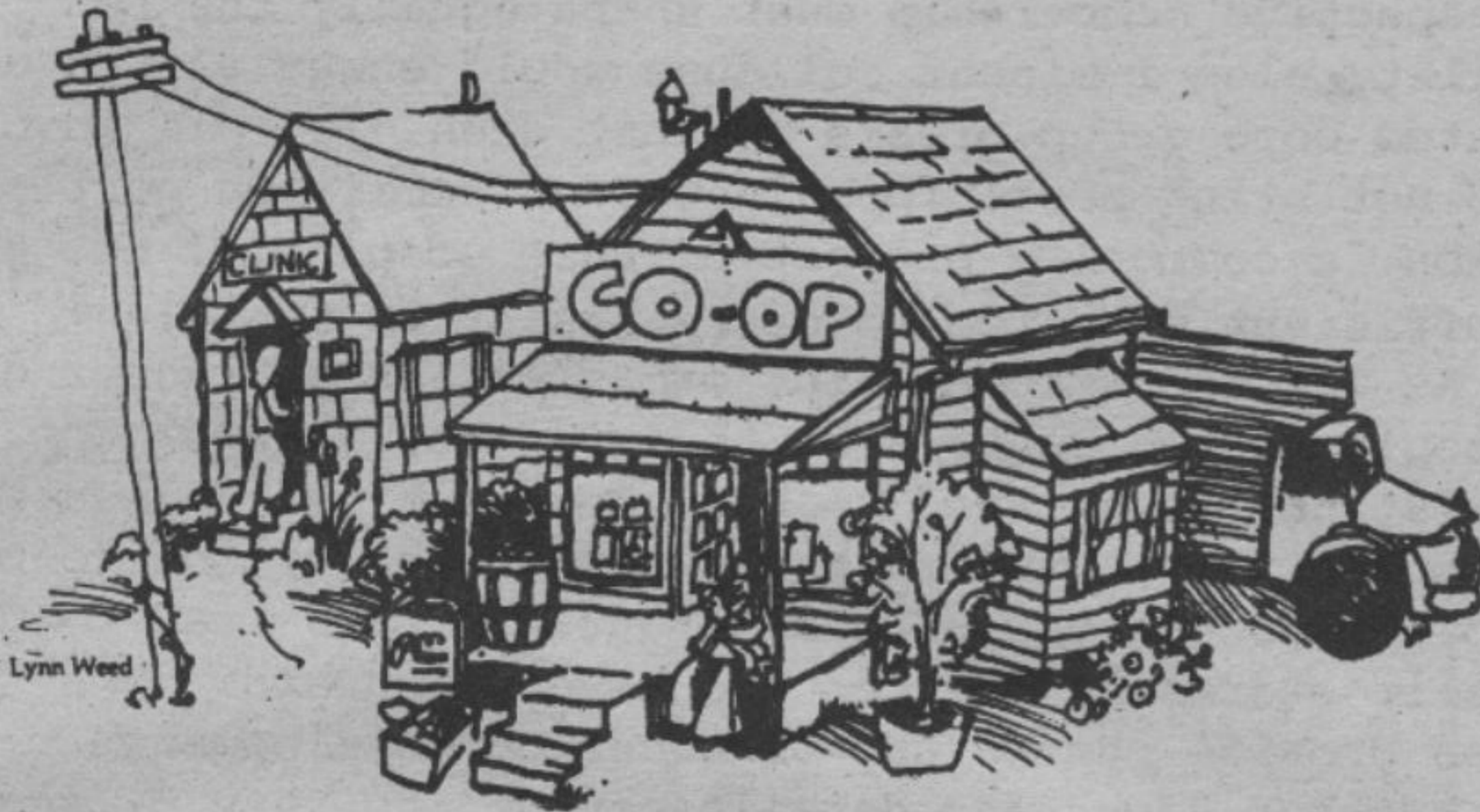


# Austin/Cooperativism, from page 10

I feel that we in Tallahassee have, for the last few years, been subconsciously narrowing our cooperative horizon. We have grown as a food co-op and as a book co-op. The land co-op is

workers to start now in controlling this vital aspect of our lives.

*In Austin, we heard the regional reports from around the eleven*



definitely maturing quite successfully. And the Good Life General Store, Tallahassee's newest co-op, has been born and is now undergoing the growing pains a co-op usually goes through.

But, despite these encouraging signs, it seems that there are many more cooperative endeavors a community such as ours could support. And we need to start building them, strengthening what we build and interlacing with the rest of the cooperative nation that has been building for decades, almost without our notice. We must do these things - consciously broaden our horizon again - if we are to successfully combat the economic and political problems we face today. And this must be expansion beyond the idea of cheaper food and books, to the ideal of cooperativism.

Cooperativism means that consumer/members of an organization (open membership, by law) own the business. This can be a consumer endeavor or a producer one. It is a means for consumers and

CCA geographic regions. Initially monotonous, they smoothed into a cooperative mantra - a song that told the humanistic and business side of a people directing their own economics (to a remarkably high degree) to build upon their own ideals.

*The song: credit unions, cooperative bakeries, cooperative automotive repair shops, housing cooperatives, bicycle co-ops, food co-ops, clothing co-ops, funeral memorial societies, rural electrical co-ops, artisans' co-ops, printing co-ops...*

*The song is alive all over this continent. Ann Evans, a consumer cooperative expert in California, gave a report on the international cooperative scene. There are thousands of co-ops in the world. What we are doing fits right in to the song. We can go further, and we must.*

Co-ops take work, sweat, love, meetings, thought and

understanding of what they are about. We've learned that from what we've already accomplished. We will learn that again as we begin in new directions.

The concept of cooperativism is quite radical though it has been repeated many times in the past. It is gaining momentum. Sufficient pressure from cooperative groups has created the new Consumer Cooperative Bank which is now in the process of organizing. New ways to communicate and reach decisions have been learned and are still developing. New concepts of leadership are emerging, as we learn to develop the society we wish to live in, where leaders have only the power allowed them by their co-workers, only for as long as it is necessary for them to have power. Collectivism and egalitarianism are concepts being tried, discarded, developed, and gone beyond in this quest. We are seeking new forms of

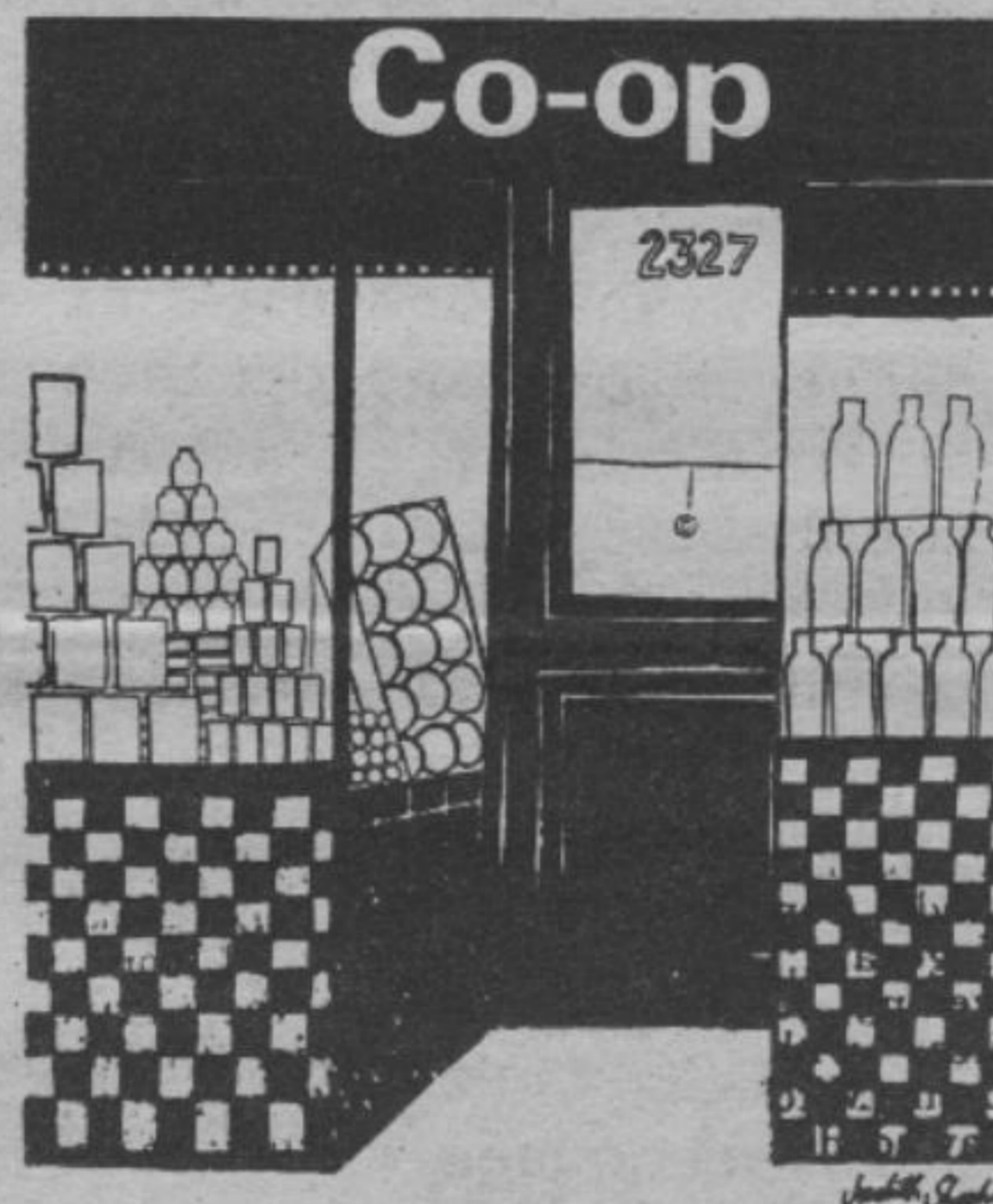
we neglect to become even further involved, insisting that they more and more reach to satisfy our needs and we theirs, we will miss the boat.

*A critical part of the Austin cooperative mantra is that a co-op is not a storefront selling consumer items. It is not a house or a utility organization. It is a re-think of ways to organize society. It does not have the limits of narrow political perspectives. It is expansive and can widen and widen to include almost any form of consumer/producer control.*

*What a co-op does do is take the control of politics and economics out of the hands of capitalists: those for whom profit is the prime motivation, regardless of how that need relates to the rest of humanity/ecology.*

There is much going on in the cooperative movement on this continent to be encouraged by. Conferences such as Magnolia's, and insititutes such as the yearly one sponsored by the Consumer Cooperative Alliance serve as touch points for people who are interested in the development of the cooperative movement. The next CCA Institute will be held in June 1980 in Washington, D.C. We'll let you know as the time draws nearer how to connect with people going there.

Much was learned at the conference, too much to begin to cover here. If you wish to learn more of the particulars, please contact: Larry Teich, Rose Van Oss, Richard White, Robert Brunger, Jack Rink, Nancy Ewing, Jerry Johansen, or myself. We will be glad to share with you what we learned in Austin.



autonomy and self-government.

And in this quest, I think it should be stressed that we look at our local co-ops. We own them if we are members. They exist because we work at them and participate in them and channel our money through them. They are radical forms for us to use to gain more and more control of the productive and consumptive aspects of our lives. If

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## cooperativism

# Cooperative Development

by Jack Rink

The 50th annual CCA conference held at the University of Texas at Austin generated within me a spark of cooperative enthusiasm. 200-plus people from as far as Hawaii and Canada shared in the more than 80 workshops, films, and discussion groups. Topics ranged widely and included: organizing national cooperative warehouses and federations, Ralph Nader's comments on the cooperative movement, and long awaited Consumer Co-op Bank.

I was fortunate enough to attend three major workshops: function/role of a Board of Directors in co-ops, history of the Austin Community Project, and a history and full summary of opportunities available through the Consumer Co-op Bank. Outside of workshops, personal interactions with co-ops provided tremendous insight concerning problems encountered at their co-ops, as well as successful projects evolving in their communities. Intense stimulation from many experienced people focused my thoughts on the existing environment in Tallahassee. Our local cooperative movement has exciting potential and could emerge as a model for other communities.

What seems intrinsic to substantial social progress lies in the idea of local cooperatives banding together as a means of supporting themselves within the community. Ideally, consumer and producer co-ops and collectives sharing workloads and creating a circle of subsistence. Dependence on outside sources for basic needs such as food, clothing, healthcare, shelter, and transportation could be phased out through careful organization and interdependence within the community. Since full economic independence would not be possible, part of a well thought out plan to provide basic needs would include dependence on other "friendly sources", e.g. - cooperative communities and collectives developing continentally. Regional networks of warehouses and trucking are in the planning stages.

Organization must develop first on a local level; putting community members and organizations in phase to develop a plan which will benefit our shared goals and provide survival in a quickly faltering and soon to be shattered national economy. As the community grows in leaps, more talented people will move to help fully manifest the model community Tallahassee promises.

Loans would readily be available for projects through

the new co-op bank. Concurrently, grant proposals to appropriate resources could be written. Perhaps even local financial support could be generated. These activities require extensive, thorough and very methodical planning. Proper budgeting and management of resources would be essential and critical. This would ensure that money appropriated is used efficiently. Obtaining money in reckless fashion has led many well meaning endeavors to quick collapse. Proper goal setting and systematic long range planning cannot be overemphasized.

The vision which I see hinges on people who are willing to cooperate. That is—volunteer energy in the form of time, ideas and dedication. Each co-op and its respective membership must share equally the responsibility else imminent collapse would ensue as the dedicated core group breaks (melts) down. If all involved do not bring zest, foresight, and committed participation, a community project of this scope will not gain sufficient momentum to carry itself to fruition.

As I learned in Austin, organization of thousands of people should occur from the grassroots level upward. Existing groups need to band together and delegate responsibility, rather than a new group forming to bring forces together. Such a structure could lead to demise as it starts at the top and moves downward. The former can provide checks and balances on development.

Further ideas and details concerning this project need further input. I hope there are people interested in such a community venture. Let's put our heads together!

## Co-op Resource Report

by Larry Teich

Members of the Leon County Food Co-op attended the annual Consumer Cooperative Alliance Institute from the 19th to the 24th of June. The large amount of information is being gathered, catalogued and copied to make a final packet available to any person or organization which might find it useful. Even though the topics dealt with are directly related to Co-ops of all kinds, this can be practical knowledge to any group of people trying to learn or do the necessary activities for improving the quality of life either on a personal level or as community development.

The packet will be divided into the following categories: 1) areas or topics covered; 2) workshop reports; 3) Forum reports, special sessions, and film summaries; 4) a resource material list; 5) a general overall report of the conference; 6) CCA update; 7) Austin report; 8) Outreach; and 9) Recommendations. The topics covered fall into these categories: Cooperativism; Food; Housing; Credit Unions; Health maintenance; Crafts; Technical Assistance; Decision making processes, Meeting struc-

ture, and Personal interaction; Education; Land; Energy; Communications; Occupational Co-ops; and Other. This may not be the order and it may take a few weeks to finish, but a copy of the final version will be posted in the Leon County Food Co-op at 649 W. Gaines St. where requests for part or all of the packet will be handled. Call 222-9916 or 575-2934 for further information.

Next year, the CCA Institute will be at Howard University in Washington D.C. and regional mini-institutes are in the planning stage. Further announcements will be made in SPECTRUM.

As for personal observations, the greatest thing gained from going to conferences like these is perspective. The cooperative movement in this country is an organized, communicating, and positive force for social change. Networking information, pooling economic and political energy, and improving efficient cooperative enterprises on a continental scale through regional representation are more

continued on page 15

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Principia

## An Alliance of Warehouses and Federations

by Richard White

To reach into the void, to grasp the utter nothingness of pure potential and to bring forth a new creation has got to be the highest expression of human endeavor. Representatives of food co-op warehouses and federations across North America did just that in a few short days, June 19 to 24, in Austin Texas, during the annual Institute of the Consumer Cooperative Alliance.

As I reported in the first issue of SPECTRUM, an Alliance of Warehouses and Federations was proposed in Madison, Wisconsin, during the 1978 CCA Institute. Its goals and intents were grandiose, but its capabilities even to exist were based on the continued efforts of its initiators to solicit support after they returned to their own regions. This support, as expressed in actual dollars, turned out to be not so great, but it was adequate to get the proposed organization through a year long feasibility study, search for direction, and attempt to garner support. This year was a breathing

spell for those most concerned with the success of the organization to attempt to grapple with means and ends; to attempt to find a form for the organization that would give coherent expression to its functions; to attempt to limit functions to those which could effectively be put into practice with small means; and to attempt to find functions which could be of such obvious immediate benefit as to draw forth the funding which would provide the means.

There has been a great deal of loss in the pureness of potential which was expressed when the Alliance was first conceived a year ago, but as it has come to be born into the world of reality, a form has been shaped for it by its creators which should serve the needs of food co-ops in North America as well as is presently possible, considering our scattered, decentralized existence, our material poverty, and our many failures to communicate and to cooperate effectively.

### Survival Action Group

## Can We Count You Among the Survivors?

by Larry Cerro

An impending depression, skyrocketing prices, fuel shortages, strikes, unpredictable supplies and government bungling have catalyzed a workshop series on survival here in Tallahassee. Alternative methods of survival in a time of scarcity should be explored now, not later.

Join us in a co-operative effort to educate ourselves in basic survival skills and preventive measures. Such topics as home medicine, food preservation, mechanical repairs, clothing production, tools & construction, farm and home

concerns, transportation, communication, food production, etc. etc. will be analyzed.

Meetings are held upstairs in the Tallahassee Federal building on N. Monroe St. at 8 p.m.

continued on page 15

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## cooperativism

The Alliance of Warehouses and Federations which now exists is not the North American Federation of Food Co-ops and Warehouses which was proposed a year ago. It will not extend its efforts down to the grass roots, but will limit itself to warehouses and federations, or, quite possibly (and only time and events will tell), more particularly to warehouses, both cooperatively and collectively owned and operated.

But as I said in the beginning, the Alliance is a grasping of matter from the void. Hopefully as we continue to shape the Alliance, it will be found to be the proteus of the continental food co-op organization that is more greatly needed with each passing day. Yet even as the Alliance now exists, a beautiful creation has

come forth.

The goals of the Alliance and of its proposed communications organ are as follows: The Alliance is to promote friendship and mutual support among warehouses and federations, to promote continental infrastructure for co-op and collective warehouses, to promote growth of ecologically sound uses of resources throughout society, and to provide a vehicle for interregional communications. The "trade journal" to be published by the Alliance is to establish and maintain an ongoing cooperative network for communication and coordination among members in the following areas: technical information pertinent to our business, news and discussion on topics of current interest, and political analysis and dialogue.



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Coordinator Notes  
by Rob Brunger

We are going to have a party! And you are invited to bring yourself, your roommate, your spouse, your children, your parents, your person-friend, your other friends, your neighbors, and even your enemies. That famous old mainstay of times past, the annual covered-dish potluck meal and subsequent frolic is here with us again, and this year we even have some very special and exciting things to be celebrating.

It's true that we have a little bit of business to discuss, as well as a lot of swimming to do, some music to make, and some frisbees to toss. For one thing, we have five seats on the Board of Directors that will be voted on at this meeting. If any of you are interested in knowing what this involves, and if you are interested in putting some of your personal energy into planning for the future of the food co-op, contact any of the current BODs or one of us on the staff. Any member is eligible to run.

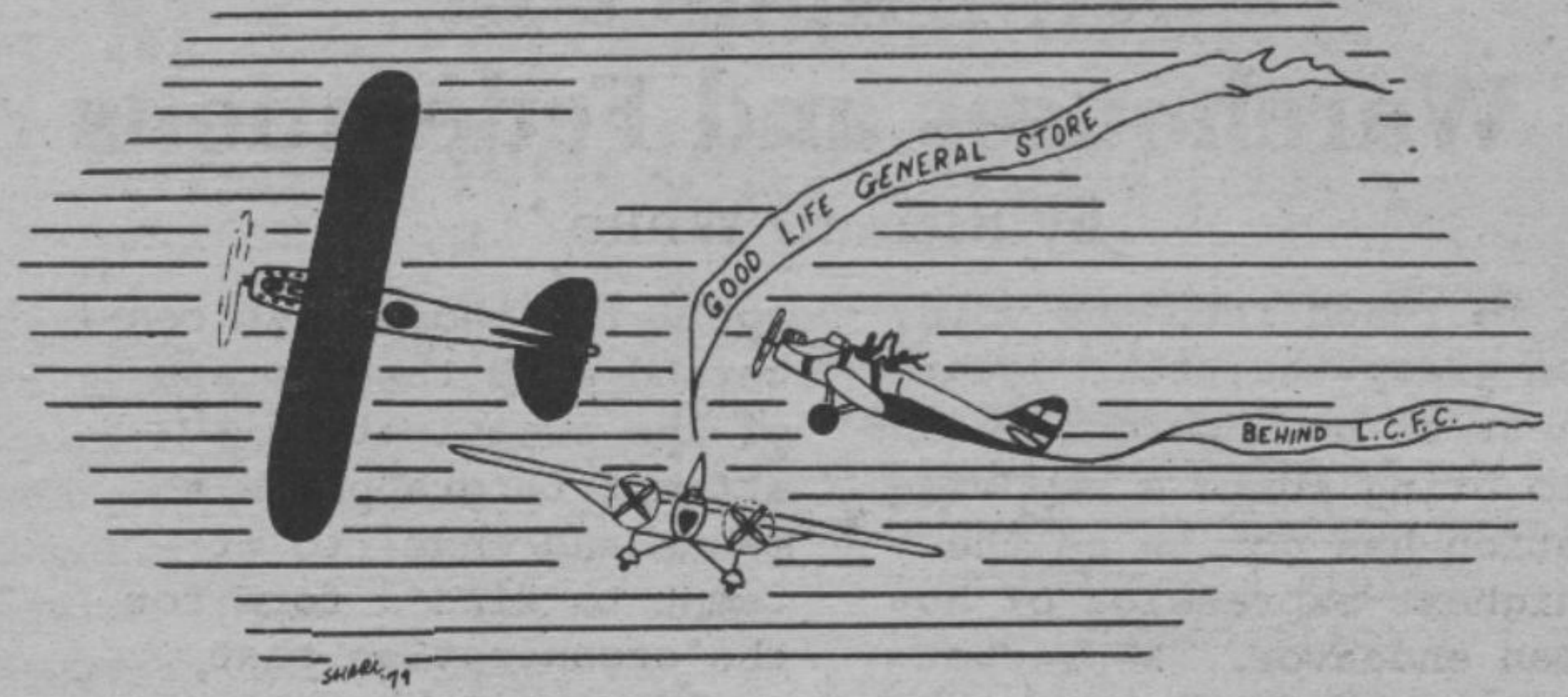
The really exciting news, though, is that we will be starting to get you, the members, really talking about what directions the food co-op should be going in. Last year the co-op improved on the modest pro-

fit of the previous year, and the big question, to put it very simply, is: What should we be doing with our money? Hardly one co-op in fifty ever makes it to this honorable condition, and we should consider ourselves fortunate to have such a potentially positive force operating within and on behalf of our community.

And now, a few words of caution...First of all, nothing permanent will be decided at this general membership meeting. This is to get you as excited as I am, to stimulate some ideas, and to establish some procedures for further work on budgeting and identifying needs. Second, remember that prudence is an appropriate counterweight to vision. There may well be good reasons for not doing, as well as for doing. And third, those of us in the thick of the decision-making -- and I mean the BOD, not just the staff -- can only act as stewards for the community if that community (and that means YOU) cares enough to communicate with us.

And, that said, start jotting down your list of ideas, dig out those special recipes. Don't forget the suntan lotion. It's going to be a memorable day.

*Lost Lake...off Springhill Road, 2:00 p.m., Sunday July 29. Carpooling information will be posted in the storefront. Look for it!*



Support the Good Life General Store-- Tally's Newest Co-op

by Diann Bradley

The Good Life General Store gives you the opportunity to put your money where your values are -- in a non-profit "people-oriented" cooperative. Spending money in profit-oriented stores is like taxation without representation. You have no input on the store's use of its profit. If making stockholders richer is not one of your life goals, then withdraw your support from establishment business. Put your buying power behind the Good Life General Store instead.

We need your help and we need it now. With your patronage the General Store can fulfill its purpose of providing you with the lowest possible prices on high quality goods. Without your support, we will not have the cash flow to expand our inventory. Here is how you can help:

--Buy a membership. \$5 for one year.

--Buy now what you'll need later. Phosphate and other fertilizers store well and can be used on your garden in the months coming. Buy jeans now even if you won't need them til fall.

--Buy gifts now. Danskin leotards and tights, the soft Chinese cotton shoes, and other items make great gifts. Buy now when the store needs help and save for birthdays and Christmas.

Because the General Store is temporarily staffed by an all volunteer collective, our hours are limited and sometimes vary. Our usual hours are: Mon. 3-7; Tues 12-5; Wed. 1-7; Thurs. 12-6; Fri. 11-6; and Sat. 10-5. Give us a call at 224-1694 if you want to be sure we're open before coming over, or to find out what's new in the store.

Remember the Good Life General Store can soar... with your support.

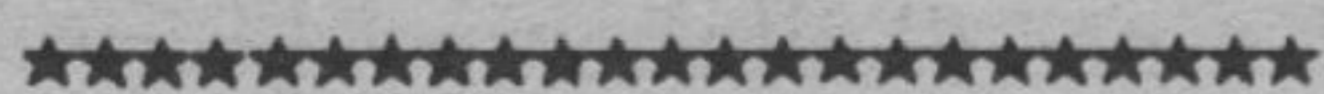
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## Co-op Garden continued from p. 7

such an environment with a fine growing season, plentiful natural resources for building soil, and a host of knowledgeable people. A combined effort and some planning could bring the elements together into what many of us would consider a nicer place to live.

As a Co-op, and a fairly large one, why not put some energy into the thought of a co-op garden? It could be a place where we could all go to share our thoughts about the food we eat and a place to teach people who wish to learn about gardening and self-sufficiency and what it's all about.

A planned community should be able to grow most of its own food with the rest coming from surrounding areas. We must see now the importance of growing our food close to the homes of the people who are going to eat it. The exploitation of our valuable resources for food production must be realized and we should concern ourselves with breaking away from our dependencies on agri-biz and the sweat of exploited migrant workers.

Let's look to the future. Let's go beyond ourselves and leave something for our children. We have the time to make these changes now, to become established. The trial and error time should be now while we can still consider our mistakes and have the energy to work them out. Workers within the Food Co-op could make the choice of working at the storefront or working in the garden. A garden coordinator could be hired, and his or her job would be to maintain the garden with the help of fellow workers. Let's consider a site for such a project: we are a town that has grown up on some incredible

farmland. We have universities to work with and to share in this goal. We have limitless natural resources to build soil without relying on fertilizers. We have the sun to provide the power that we can depend on to grow our food.

Think of the cycles of nature. We are only a part of these cycles and have foolishly tried to change them rather than flow with them. We can learn from others who have worked with nature's great cycles for years. Our own waste is not necessarily a burden but can be easily recycled to support our community, and be a key to self-sufficiency.

The food we eat is our blood. It's our life. When it is taken away, where do we turn to? Our surrounding area is going to be our main source of food. Are we willing to sit back until the food we ship in is no longer available? Considering the possible outcome, we must plan now because it takes time to start and establish a self-sufficient community garden.

Ten years (look back at the last ten) - it's not as far away as you thought. To make it work and to become a model for ourselves and those close by is going to take a lot of change. How we accept these changes will be up to all of us.

I would like to hear what you think about this project. Any input that you have would be greatly appreciated.

Please leave your thoughts at the Food Co-op or talk to a coordinator. We would like to hear from all of you.

Ron Miles  
P.O. Box 42  
Woodville, FL  
32362

## Co-op Report cont. from p. 12

than just future-dreaming by hardcore co-ops. The realities of the deterioration of present governmental, economic, and social systems have shown us that the idea of cooperation and the fact of its constant expansion are a real source of hope for anyone who thinks they are at the mercy of current trends. Co-ops are working models for survival as a global family. The interactions with the other people who attended this conference are just as important as the workshops. Co-ops everywhere have similar problems, find similar solutions and come to collective realizations

almost simultaneously. An important concept we learned was that no Co-op is an island. Community building through co-op development is a necessary step for the future of cooperative living. We can't just concentrate on food or books or bikes. We need Co-op Credit Unions to ensure proper handling of money; we need co-op education to ensure proper development of our children's minds; co-op housing, energy, media and worker controlled jobs to ensure ethical cooperation as a total way of life instead of a clever alternative.

The packet of informa-

## Survival from p. 13

on Wednesdays. Bring a friend!

An organizational meeting for this group was held on Wed. July 11 1979. The idea here is to form a network of interest/action groups

tion and resources gained from this institute and future ones is a tool and attempt at education towards this purpose of meeting our personal responsibility for self sufficiency. Hopefully, it will aid in instilling a positive attitude about the possibilities for action.

in several areas, such as those listed above, who would gather information and available resources in the area and deliver a presentation to the whole group.

This is a massive self education project that needs many people to make it work most effectively. If you have some expertise to share in any area that would help people become more self reliant; and/or, if you are interested in developing skills in any of these areas, please come this Wednesday evening.

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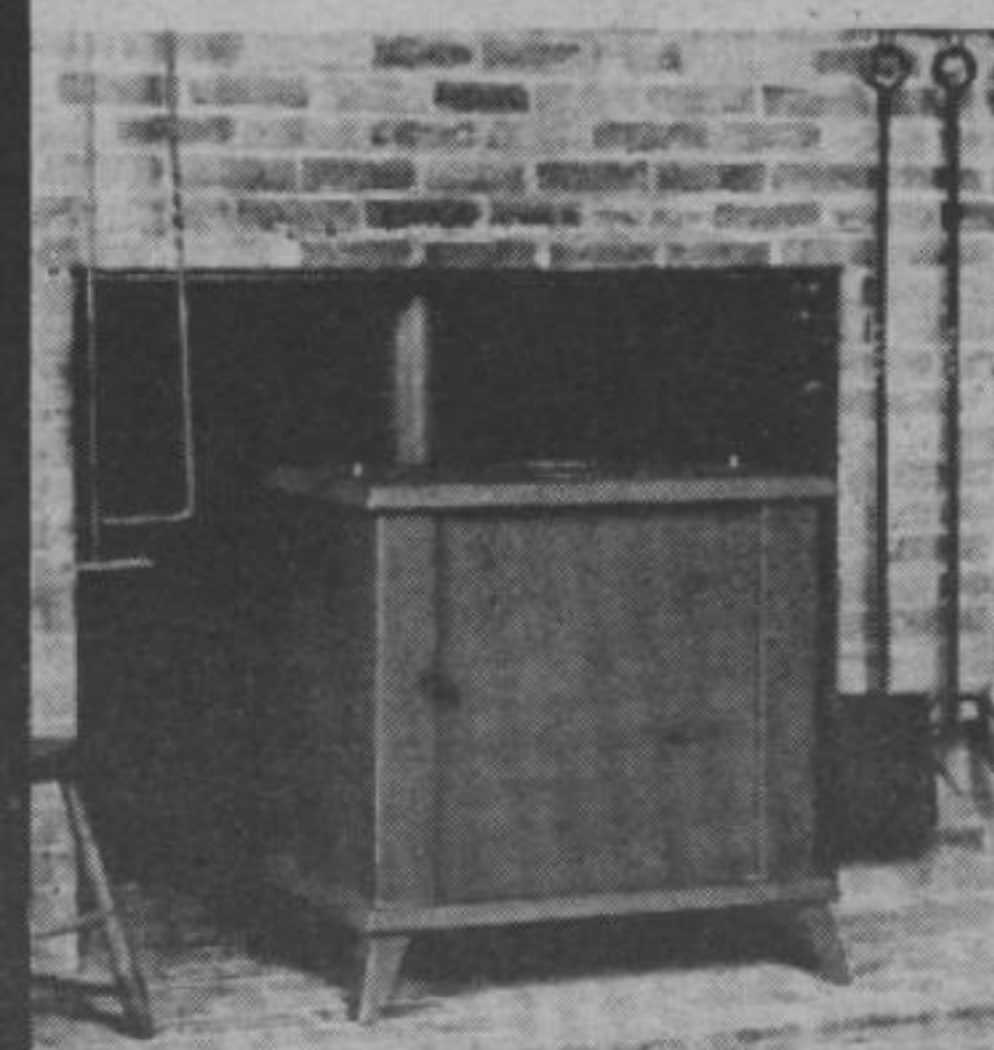
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