

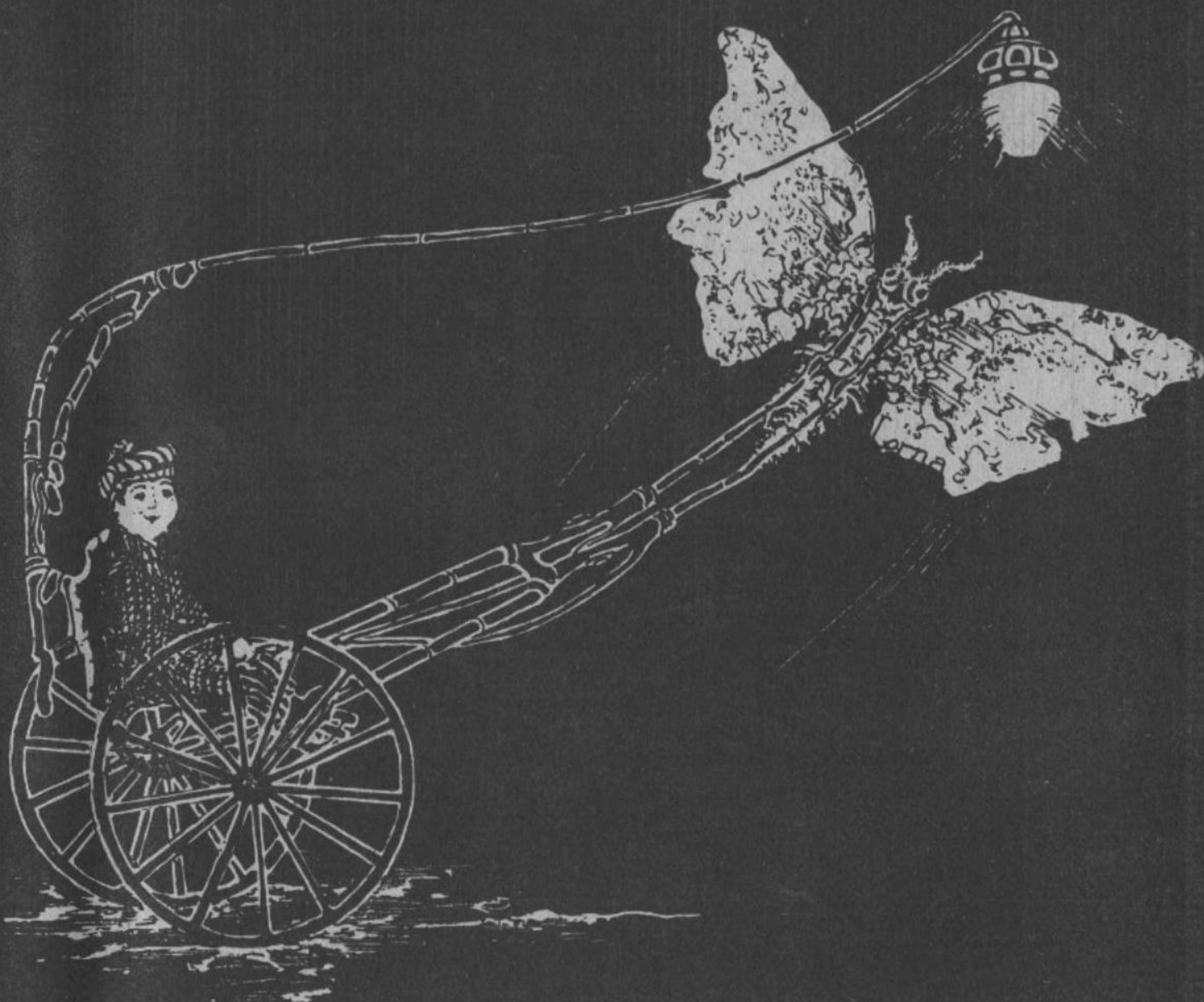
# SPECTRUM

A Cooperative Newspaper for the Tallahassee Community

Issue 16, May Eve 1980

FREE

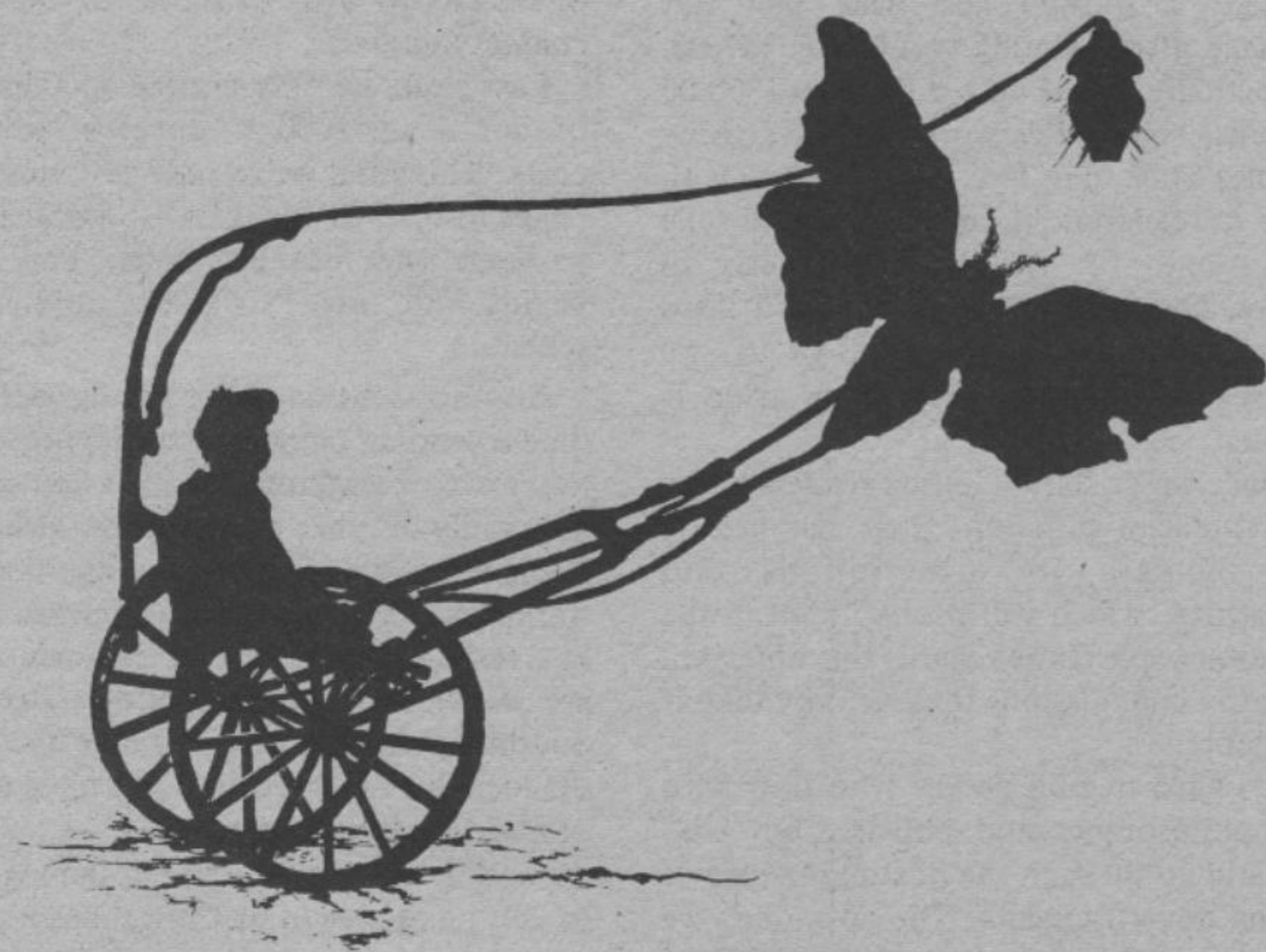
## ALTERNATIVE TRANSPORTATION



### INSIDE:

Catfish Alliance ● Inflation ● Co-ops ● Magickal Incense  
● Food and Politics

# Tallahassee's Coming "Downtown People Movers"



by Pat Simmons

In this time of advanced technology, with visions of star war hyperspace vacations, self-sufficient houses, and waterless waste systems, we all share a common problem, at least a common concern. That is, how do we efficiently, quickly and conveniently get from here to there and back again?

Transportation is a common denominator of us all. With more and more people commuting, and the personalized automobile not always an available resource, the public transit system becomes our horse and buggy.

The widespread use of the automobile following World War II and declining transit system riders made private ownership of public transit systems impossible. Cost-cutting measures only resulted in less service and fewer riders and eventual bankruptcy or low-level service through public subsidies.

The Urban Mass Transportation Administration (UMTA), now a part of the Federal Department of Transportation, was created to assist communities in resurrecting transit through public ownership. Florida has a similar setup in its Division of Public Transportation Operations with the Florida Department of Transportation which assists local governments with the systems.

Tallahassee's transit system was reborn with the help of Federal and State grants to buy privately-owned systems, franchise and equipment, obtain new buses, and to build a modern maintenance facility. Present operations are supported by an annual Federal grant to the city for one-half of the operation deficit.

Many transit systems such as Tallahassee's are attempting to serve outlying areas resulting from urban sprawl. Meanwhile, the means of moving about a city's central core have all but disappeared. The San Francisco cable car, for instance, survives only as a nostalgic tourist attraction instead of a utilitarian public transit. The need to eliminate the automobile trip to city centers, particularly the work trip with its peak hour traffic, parking problems, noise and air pollution problems, has caused a second look at how to move people about the city core once they have been brought there by the basic transit system.

Some systems are quite sophisticated and are called Downtown People Movers (DPM). Miami will shortly have a rapid transit system called Metro Rail, which will provide an attractive, efficient, clean alternative to using the automobile to reach the city. To move people around and through the center of Miami, an elevated DPM will be built which encircles and moves through the densely occupied central core. A similar automated system is being considered for the massive Ft. Lauderdale and Jacksonville cities.

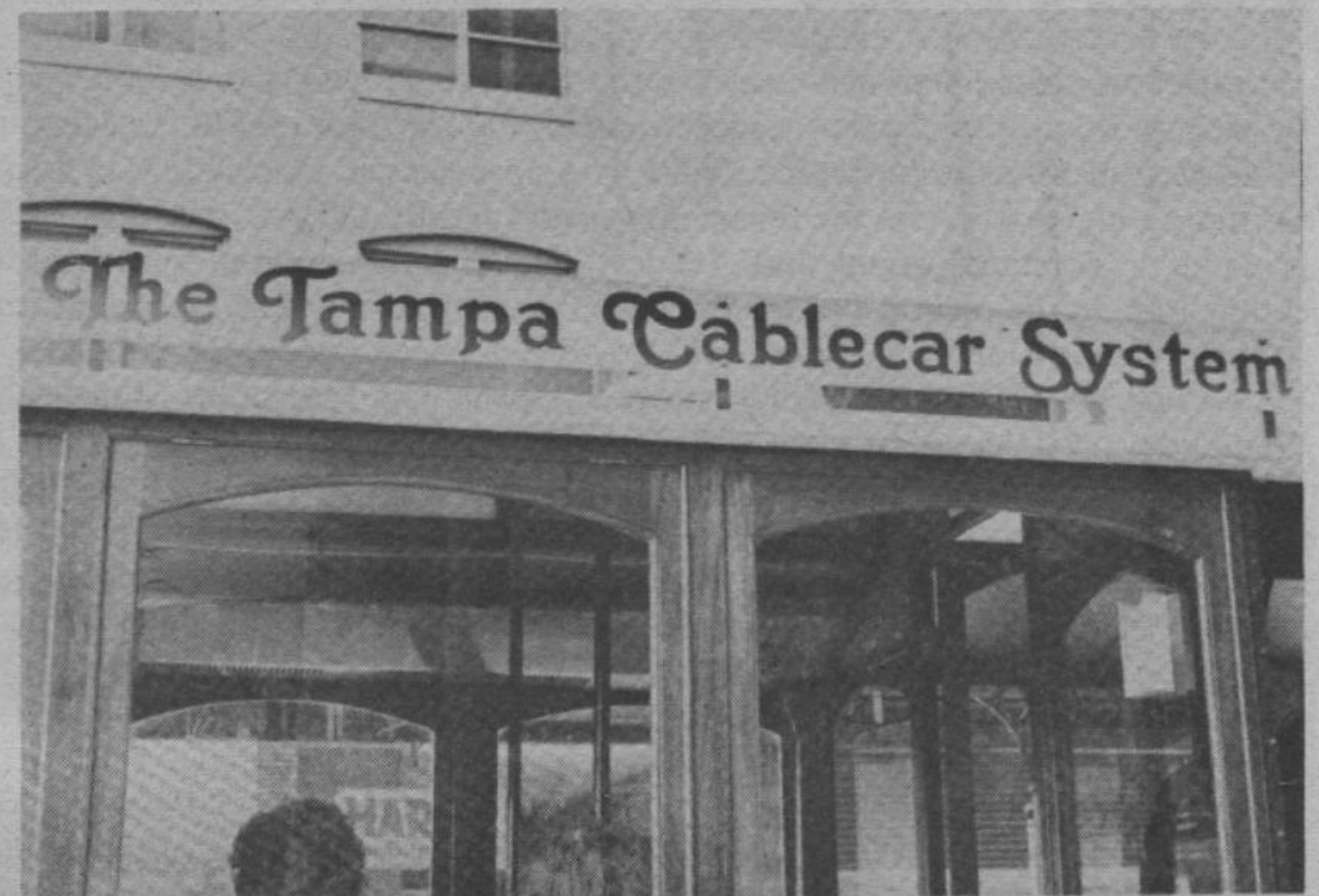
Other cities have initiated bus services which circulate through the cities to serve as a connector between parking areas, bus system terminals, business and transit centers. Supported with Service Development or Demonstration funds from the State, downtown circulators, or shuttles, are operating in Jacksonville, Tampa and St. Petersburg. The latter two are using specially built buses which look similar to the old-time San Francisco cable cars. Tallahassee's downtown shuttle, which has been on the "drawing board" since 1973, is about to become a reality. After a number of false starts and funding difficulties, ten buses are expected in nine months to initiate the service through a two-year Demonstration Grant from the State. The service route will form a rectangle about the city center.

The shuttles will all be equipped with wheel chair lifts, will move in opposite directions to one another to provide a six-minute spread between each run.

Conventional transportation within the city can be a major obstacle for many reasons, adverse weather, strict schedules, traffic congestions, city size or terrain (in Tallahassee one always seems to be walking uphill). The relatively small city of Tallahassee will fortunate to have this "demonstration" shuttle in use for the downtown workers and dwellers.

It is the hope that more Tallahasseeans will use the regular bus system to reach the downtown area once the shuttle is able to rapidly move them to their place of business from a central terminal. This shuttle will hopefully open up inner-city travel to the aged and to the handicapped, revitalize the downtown business area, and provide an energy-efficient means of downtown transportation.

Welcome to our continuing series on alternative transportation! In this issue, we focus on our city's future mass transit system and (on page 5) more on bicycling. Future issues will cover other alternative modes for getting around.



Tampa's "downtown people movers" are called "cable cars," although they're really gas-run buses.



"Cable cars" circulate around the mid-town portion of Tampa, centering on a 3 or 4 block pedestrian mall.



photos by Tana McLane

This mid-town shuttle is free to riders.

# SPECTRUM's Evolution

by Larry Teich

Since I do the bookkeeping, maintain the records and files, coordinate ad sales, and do the bulk rate mailing, I figure I can explain some of SPECTRUM's finances a

little bit. What prompts me to do this is the unreal nature of our financial statements which we've started printing in each issue.

## COMMUNITY ANNOUNCEMENTS

Learn how other co-ops and cooperators are working together to build a cooperative future in northern California by subscribing to *On the Market*. *On the Market* is the newsletter of the Sierra-Central Valley co-op regional association, "Resources, Education and Assistance for Cooperatives and Health (REACH)". *On the Market* provides a communications link, educational articles, and an open forum for cooperators in the region. For a complementary copy and subscription information, contact Mignon Marks, co-editor, 3412 David Way, Sacramento, CA 95820.

Gov. and Ms. Graham invite everyone to a "Springtime Tour of the Mansion," every Wednesday until the end of May, 10-3; Mon-Fri, 10-12 noon.

An Oriental Healing Workshop will be presented Saturday, May 10. Activities will include a Healing Meditation, Group Visual Diagnosis, Moxabustion, Palm Healing and Natural Food Preparation for specific health problems. There will also be lectures on the Principles of Acupuncture and Macrobiotic Philosophy. For more information, call Wes or Linda Collins at 877-7525.

War Resisters League-Southeast's Spring newsletter, "Draft in the '80s, What are the Issues?" is available now. This excellent resource contains articles such as: "What About the Russians?" "History of the Draft in the U.S.," "Women and the Military," and many more. Send \$1.00 to WRL/SE, 604 W. Chapel Hill St., Durham, N.C. 27701. War Resisters League-Southeast is a secular, pacifist organization committed to working against war and all its manifestations in our violent society. We oppose all wars, and call for resistance to the draft as a legitimate statement against war.

The Leon County Public Library has been funded by a grant from the National Endowment for Humanities entitled, "Exploring an Appreciation of the Humanistic Aspects of Children's Literature with Adults". The project is scheduled to start this June. For more information about this project or to arrange for a library representative to speak to a group about the project, contact Sharon Hartman at 893-3904 or Gwen Johnson at 385-4826, weekdays 8 a.m. to 5 p.m.

Downtown Industrial Park will be holding its annual May Fair on Sunday, May 4, 12-7 p.m. This will be a day for the arts, with exhibits and activities all over the warehouse park, located on Industrial Drive, just off Railroad Ave., behind the food co-op.

On May 28, there will be an evening program commemorating the 9th Anniversary of the arrest of Anatoly Ivanovich Lupynis, a prisoner of conscience who has been adopted by the local chapter of Amnesty International. Lupynis was arrested after reading poetry in Kiev. Poetry and the writings of Andre Sakharov will be read. A short film will be shown and there will be refreshments. Contact Jeff Pheterson at 386:3447.

The numbers in the report are correct, it's just that to me, they are only real in a mathematical sense. For example, even though it showed last issue that our balance after printing would be \$57.00, we actually ended up owing over \$100.00 in bills, since \$229 worth of advertising monies came to us late. Since we deal with FSU bureaucratic procedures, which take one month for requisitioned money to arrive, and because we're not hard lined about collecting money owed to us, we always hover at \$0 after each issue is printed.

Since we've started letting readers know our financial situation, there has been a big increase in subscriptions and donations, which will probably mean the ad salespeople (Libby and I, this time) will take the commissions that we only take if available.

It's hard to find people who flow with our philosophies and policies, but who can still go through the hustling nature of selling advertisements. The ad money we bring in is the only reason SPECTRUM can exist. There's no lack of advertisers in the Tallahassee area who will support SPECTRUM, there's only a lack of

people who can help us go out and pick the money up.

If anyone would like to try selling SPECTRUM ads, call one of our two contact numbers.

Last issue, we only printed 4500 instead of our usual 5000 to save on printing costs. This time we're only producing 12 pages instead of the usual 16 because it's so soon after our last issue. This issue begins our new six-week publication schedule.

Another scheme we're trying out this time is sending out a (hopefully) non-hype letter to companies which advertise nationally in other publications, like *Well Being* or *New Age*. We're hoping they will want to advertise products which sell here, like teas, massage rollers, etc., since we are distributed at co-ops all over the Southeast. Maybe this will take the load off local businesses who don't have much of an advertising budget.

We still haven't figured out the logistics of getting money to us from those readers who wouldn't mind paying for each SPECTRUM other than subscribing, without having us mail it to them. Can anyone think of other options?

	#15 Projected April	#15 Actual April	#16 Projected May Eve
<b>EXPENSES</b>			
Salary	\$ 75.00	\$ 75.00	\$ 75.00
Ad commissions	77.38	25.00	80.56
Production lab rental	100.00	100.00	100.00
Office supplies	10.00	0	0
Photos	5.00	0	3.00
Printing	360.00	324.94	256.00
Gas	8.00	8.00	10.00
Subscription mailout	20.00	19.40	20.24
Bank charge	3.05	3.05	3.05
Loan repayment	10.00	0	0
Miscellaneous	20.00	0	0
<b>Total expense</b>	<b>688.43</b>	<b>555.39</b>	<b>547.85</b>
<b>INCOME</b>			
Advertising	671.80	659.80	472.60
Subscriptions	59.00	59.00	34.00
Donations	15.00	15.00	47.00
<b>Total income</b>	<b>745.80</b>	<b>732.80</b>	<b>553.60</b>
<b>Balance</b>	<b>+57.37</b>	<b>+177.41</b>	<b>+5.75</b>

FINANCES



### The SPECTRUM Collective:

•Larry Teich•Vicki Mariner•Pat Simmons•Libby Brice•Frank Brown•Rowan Fairgrove•Tana McLane•

### Helpers:

•Louis Tesar•Lee Dwyer•Kate Taluga•Maurice Hinds•  
•Morgan Bunch

Cover design and alternative transportation logo by Lorna Clements

For information about SPECTRUM, call 575-2934. Or write 2105 Autumn Lane, Tallahassee, Florida, 32304. For advertising information, call 222-2528.

### Next deadline...

The next printing of SPECTRUM is Wednesday, June 18th. Article and announcement deadline for that issue is Tuesday, June 10.

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

Writers and artists cannot be paid. Articles and artwork are printed on a space-available basis. Please be sure to include your name, address and phone number so we may contact you.

Views expressed by the 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 collective also reserves the right to withholding material referring to specific individuals until they have had the opportunity to review and respond to all articles in question.

Turn all announcements and articles in to the SPECTRUM basket at the Leon County Food Co-op or mail to: 2105 Autumn Lane, Tallahassee, Fla. 32304.

### Note to advertisers...

SPECTRUM is no longer encouraging \$4.00/1 column inch ads because we find that tiny ads take as much time, effort and camera work as larger ads. However, if you want a \$4.00 ad, we'll include it in our new cluster of Service Classifieds.

food: nutrition, economics, politics

# Paring Your Food Budget Down to Size

by Rob Brunger

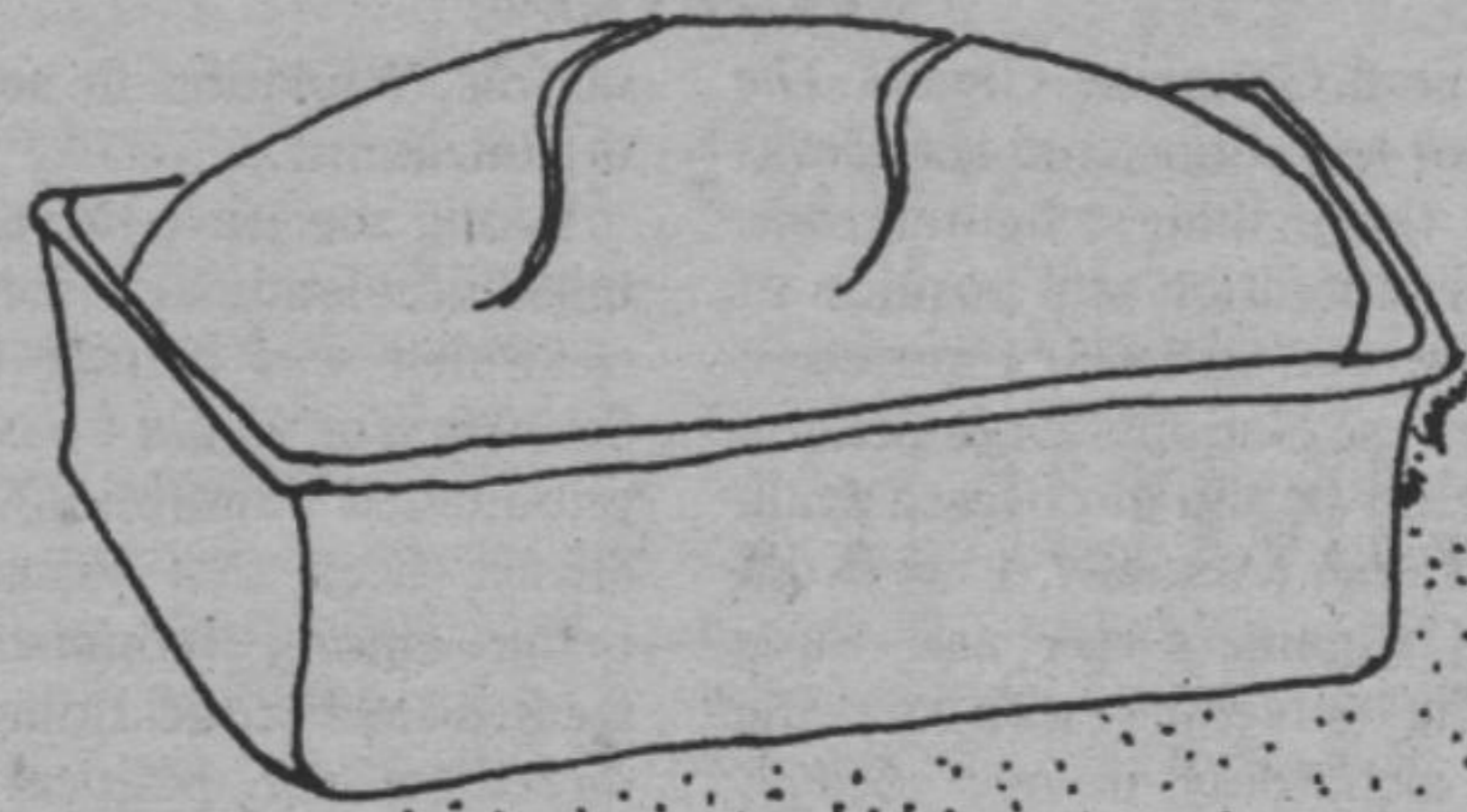
Is home bread baking a cost effective use of one's grocery resources, or is it merely a pleasant hobby which cannot hope to compete economically with the economies of scale enjoyed by large commercial bakers?

This basic question, which is sooner or later of interest to every serious home baker, is made complex by the fact that most grocery commodities used as ingredients are purchased by one unit of measurement (weight), but employed by another (volume). With the help of a carefully prepared table cross referencing weight to volume, however, we have the tools we need to evaluate this question.

With the help of this table, I have weighed and priced my last two batches of bread. From this I conclude that baking your own bread can indeed be a money saver if labor costs are not included.

If you already have the time, doing it yourself can be more than just aesthetically pleasing — it can pare your food budget as well.

Given below are the two recipes I have used, with all ingredients broken down as to costs. I also include a chart giving weight/volume correlations for curious folks interested in figuring out their own costs on their own favorite recipes.



graphics by Molly Sims  
research assistance by Jackie MacBride

## BOOK REVIEW

# Why You've Got The...

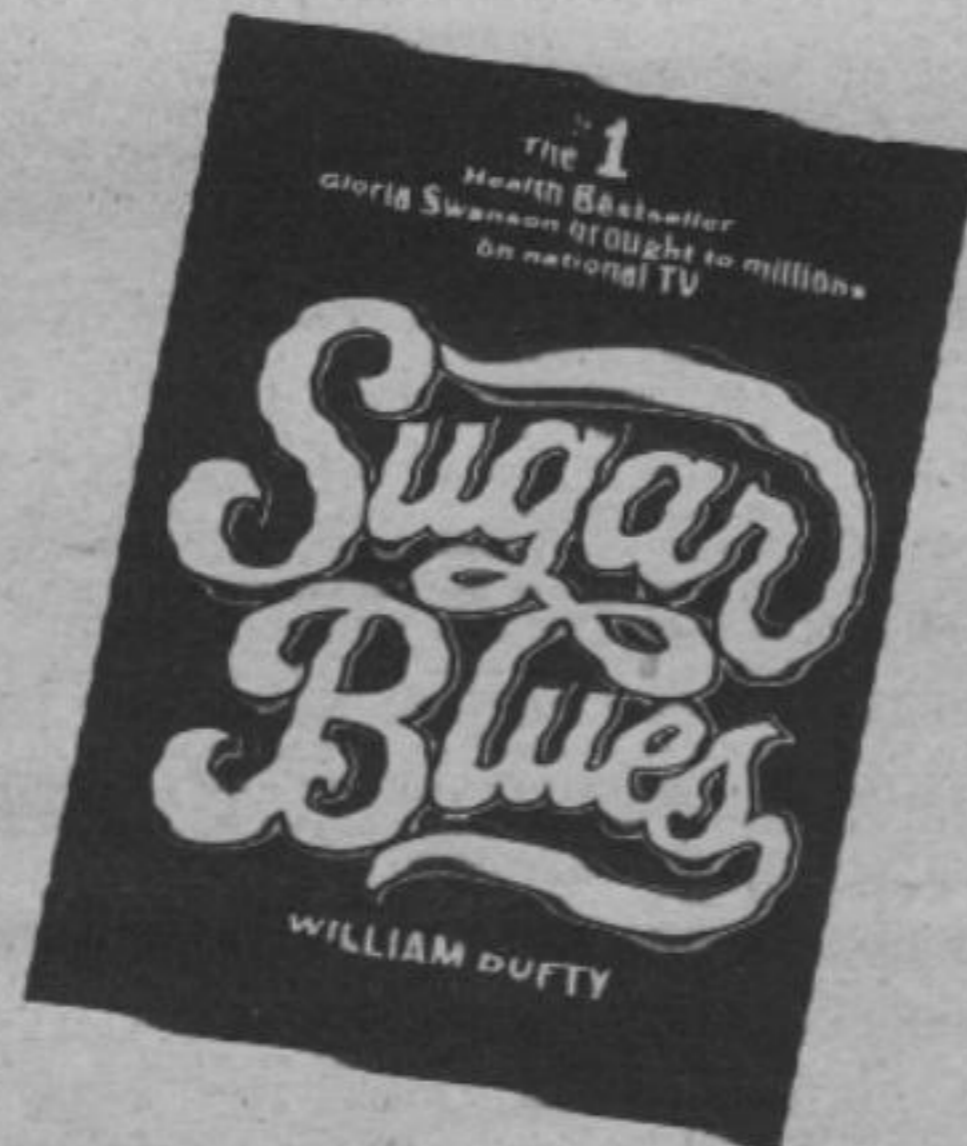
by Frank Brown

*Sugar Blues*, by William Duffy, is one of those books everyone should read. While not perfectly written and sloppily edited in places, its message comes through strong and clear. Most people "know" that sugar is bad for them; it rots your teeth, to say the least. But beyond that, why is sugar bad for you?

This book tells you extensively: sugar and hypoglycemia; sugar and scurvy; sugar and diabetes; sugar and ulcers; sugar and the slave trade; sugar and tobacco; sugar and the bubonic plague; sugar and schizophrenia...

Learn the secret history of Dr. Wiley's Poison Squad and the demise of the U.S. Bureau of Chemistry...the defeat of the Food and Drug Administration at the hands of Coca-Cola and the sugar industry...Richard Nixon and Pepsi-Cola...sugar and beriberi...sugar and vitamin loss...sugar and tuberculosis... The list goes on and on.

Duffy has presented a fascinating, extensively documented history of the introduction and proliferation of "the sugar boom" to civilizations, Western



and Eastern. We learn not only of the dangers of the drug, but also why nobody tells us about it. People who already have reason to mistrust doctors will love this book. For people who don't, this book will be an eye-opener.

Not only is *Sugar Blues* full of valuable information, but it is written in a delightfully personal style, as well. ("Never let a doctor examine you without examining him just as carefully. Many of them need all the help one can offer.")

I would characterize this book as being "Everything you need to know about sugar, but were not aware enough to ask."

To a society of junkies, getting the stuff in virtually every food item we buy, seeing it advertised on TV, and never hearing it mentioned by doctors or even called a drug, sugar is perfectly normal. Natural food eaters are "fanatics". But whose health is getting ruined? And who profits off of disease?

I haven't totally eliminated sugar from my diet, yet. But if I hadn't read *Sugar Blues*, I wouldn't even realize the need to point myself in that direction, away from the pervasiveness of sugar blues.

### Wonder how your ASTROLOGICAL CHART works?

INSTRUCTION AND DISCUSSION AND A CHART FOR EACH PARTICIPANT.  
Workshop with a COUNTRY picnic lunch  
Sun, May 25 10-4 PM. \$15 (\$12 if you have your chart)  
Limited Registration  
Call Alice, 488-2611 or  
LYNN, 575-3939

**HURRY! LAST DAY TO REGISTER FOR PEACHTREE MAY 23**

**"PHIDIPPIDES BUS LINES"**

**PEACHTREE ROADRACE OR BUST!**  
Phidippides has chartered 2 buses for the Peachtree Roadrace in Atlanta for July 4th. The busses will provide transportation to and from the race. Space is limited, so reserve your seat now!

**\$30<sup>00</sup>** per person for bus fare.

Lower Level — Northwood Mall 385-5735 | Timberlane Shops on the Square 893-1517

THE RUNNING CENTER OF TALLAHASSEE

CRACKED WHEAT BREAD				
Ingredients:	volume used	weight used	cost/weight unit*	ingredient cost*
water	3 cups	1.5#	0	0
baking yeast, red star	2 tbsps	0.07#	\$1.31/#	.10
safflower oil	¼ cup	0.13#	0.78/#	.10
blackstrap molasses	¼ cup	0.24#	0.33/#	.08
salt	1 tbsps	0.01#	.19/#	.02
lecithin	1 tbsps	0.02#	3.40/#	.07
cracked wheat	1 cup	0.40#	.30/#	.11
whole wheat flour	6 cups	2.28#	.27/#	.62
unbleached flour	1 cup	.31#	.26/#	.08
				total ingredients cost: \$1.17
shortening (for greasing pans)	1 tbsps		2.49/3#	.05
propane (for oven)	0.1 cubic foot		.72/cu. ft.	.07
				GRAND TOTAL: \$1.29
				Two 2# loaves

1. Dissolve yeast in one cup warm water.
2. In large mixing bowl add remaining water, oil, molasses, salt, and lecithin.
3. Add yeast mix to large bowl.
4. Gradually stir in remaining ingredients; when too thick to mix effectively, turn out onto floured board and knead well. Save unbleached flour for kneading.
5. Place in warm spot to rise until doubled in bulk.
6. Knead again, separate into 2 equal portions, placing each in greased baking pan.
7. Let rise again until doubled.
8. Bake in preheated oven at 350° for 55 minutes.

RYE BREAD				
INGREDIENTS:	volume used	weight used	cost/weight unit*	ingredient cost*
water	2 cups	1.5#	\$0.00	\$0.00
buttermilk	1 cup	.55#	.83/qt.	.21
yeast	2 tbsps	.07#	1.31/#	.09
safflower oil	¼ cup	.13#	.78/#	.10
tupelo honey	¼ cup	.19#	.79/#	.15
salt	1 tbsps	.01#	.19/#	.02
lecithin	1 tbsps	.02#	3.40/#	.07
caraway seeds	3 tbsps	.06#	2.06/#	.12
rye flour	5½ cups	3.08#	.28/#	.86
unbleached flour	2½ cups	.78#	.26/#	.22
				total ingredients cost: \$1.84
shortening (for pans)	1 tbsps		2.49/3#	.05
propane (for oven)	0.1 cu. ft.		.72/cu. ft.	.07
				GRAND TOTAL: \$1.96
				Two 2# loaves

Procedure for this bread is essentially the same as for cracked wheat bread.

\*All costs cited are LCFC store costs — Remember to include your own mark-up when comparing costs.

### TABLE OF WEIGHTS AND VOLUME CORRELATIONS FOR SELECTED INGREDIENTS

Whole wheat flour	1 cup = 0.38#	1# = 2½ cups (almost!)
unbleached flour	1 cup = 0.31#	1# = 3¼ cups
rye flour	1 cup = 0.56#	1# = 1¾ cups
cracked wheat	1 cup = 0.40#	1# = 2½ cups
wheat bran	1 cup = 0.16#	1# = 6¼ cups
rolled oats	1 cup = 0.28#	1# = 3½ cups
wheat or rye flakes	1 cup = 0.29#	1# = 3½ cups
safflower oil	1 cup = 0.5#	1# = 2 cups
molasses	1 cup = 0.96#	1# = 1 cup (+)
honey	1 cup = 0.78#	1# = 1¼ cups

## local action

### NOW: A Personal View

by Chris Kirby

In 1972, I read Germaine Greer's *The Female Eunuch* and discovered that I was not crazy to think that something was wrong with the condition and position of women in the world. In 1973, I moved to Florida, joined the National Organization for Women (NOW), and discovered again that I wasn't alone. (Actually, I never did believe that Germaine Greer and Chris Kirby were the only ones who saw the female/male dichotomy in our society, but it was nice intellectual company I was keeping.)

Initially, I went to NOW meetings for pure camaraderie. It was so good to be with women and men who shared many of the same basic beliefs: in equality of all human beings, in the righteousness of the feminist cause, in the necessity to change society. Those few hours a month spent at NOW gatherings were my salvation in a world beset with raging conservatives and other political deviants.

Initial infatuation led to deeper commitments. I have been an officer in two Florida chapters, worked on numerous local and state projects, been a member of and leader of consciousness-raising groups, done a lot of public speaking and media presentations. These kinds of opportunities are open to all members, depending only on interest and willingness to be an active participant. This is especially good training for women, since we still often have to face

sex discrimination in advancing in other organizations.

Along the way, there have been some important landmarks for me, not the least of which was getting to meet Gloria Steinem (for whom I have unabashed and unbounded admiration), but at base has always been that wonderful feeling of being among feminists. NOW offers tremendous educational opportunities, directions for political activity and a training ground for leadership, a forum for ideas and beliefs, and an unparalleled chance to be supported by brothers and sisters. At \$31.50 a year (local, state, and national dues), that is the best bargain I've ever found.

At a typical Tallahassee NOW meeting, you can find yourself getting an update on pertinent political issues, finding out about the conditions of women in prison, being encouraged to join one of several interesting and valuable task forces. From 7:30 p.m. to 9:30 p.m., on the first Tuesday of the month, the First Presbyterian Church's meeting room is the most interesting place in town.

For further information on chapter, state and national activities, contact Carole Martin, 576-5ERA. Carole's phone number reflects the primary concern of feminists everywhere: *passage of the Equal Rights Amendment*. No gathering of feminists, especially NOW meetings, is ever complete without some discussion of ratification.

*Catfish Alliance is a coalition of individuals and groups who represent others in our area having similar attitudes about nuclear power and weapons.*

*The organization requires no dues or official membership. People who are supportive of our efforts can either donate money or time in helping to achieve our goals. Money can be sent to Catfish Alliance, Box U-5862, Tallahassee, Fla. 32313.*

*Time can be used by taking individual responsibility to spend part of our lives talking or writing about the ill effects of nuclear power. To plug into Catfish, read the following list of activities/purposes that we are engaging in and try to take part, since more people are always needed. Call 224-2416 for contact numbers or leave a way to contact you.*

• **Meetings** - Catfish meets every 2 weeks, alternating between business and work meetings. The next one, May 1st, is at 7:30 p.m. in Room 60 Bellamy Building, FSU — for information exchange, task force updates, planning, etc. May 15th is at the Community Resource Center, 730 W. Gaines, upstairs, to do office work and socialize.

Any of this sound interesting? Should we focus on anything else? Let us know. No Nukes, Y'all.

• **Prevention of Nuclear Power Plants** and related projects operating in this area (example: Westinghouse coming to Leon County).

• **Working against the usage or encouragement of nuclear power** by local government and citizens (examples: opposing Tallahassee's buying into the St. Lucie plant; increasing awareness of real costs of owning a percentage of Crystal River plant; discouraging the view of nuclear power as a viable alternative/

## How Do I Join Catfish Alliance?

by Larry Teich

promoting appropriate technology and conservation.)

• **Monitoring and publicizing local radiation hazards** (examples: proximity to Farley nuclear plant in Dothan; preventing burial of wastes in North Florida; educating about the hazards of nuclear transportation).

• **Lobbying and politics** (examples: energy legislation; nuclear waste legislation; working with state agencies — PSC, DER, DNR, Governor's Energy Office; monitoring and influencing city and county commissions).

• **Public education** (examples: educationals before meetings; articles, press releases, and TV/radio coverage of related events; local office maintained with exhaustive files and phone for public info. access).

• **Networking** (examples: promoting and taking part in the flow of info. statewide and nationally; maintaining communication with local groups with similar viewpoints — environmental, citizens' rights, political).

• **Fundraising** (examples: events; benefits; donations.)



• presents •



# HOMESTEAD HANDCRAFTS

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Over 20 different original  
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1661 Centerville Rd.  
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Summer's here at Hopkins'



Cool off  
with

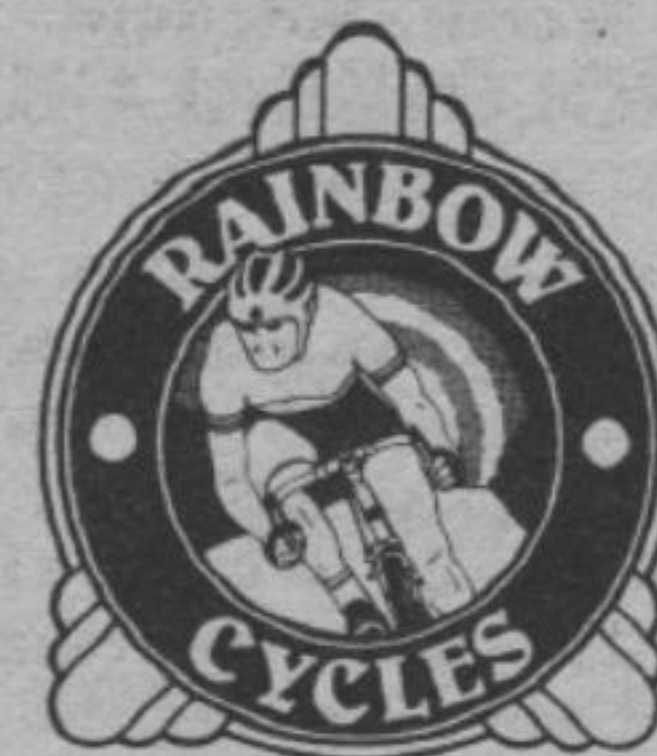
Frozen Yogurt  
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fresh fruit and  
nut toppings.

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10% Off All New Bikes  
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631 W. Tennessee St.  
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222-1021 Hrs: 9:30-5:30 Mon-Sat

# New Laws And Money For Bicycling

by David Bearl

Did you know that there are over 14 basic federal grants available to state and local communities to promote bicycling as an alternative form of transportation? These grants cover many projects, both construction and non-construction and include such projects as:

- building bicycle parking facilities
- bicycle racks on buses and other facilities to interface bicycles with mass transit
- widening existing roadways for the purpose of accomodating bicycle travel
- mapping of bicycle routes
- bicycle use promotion and encouragement campaigns
- bicycle safety education and training courses
- education programs which teach motorists how to safely share the roads with bicyclists

After reading this, you might wonder why, if there are so many grants available, doesn't your state or community apply for and implement them?

The answer is that until recently, very few people paid attention to their existence. Planners did not seriously consider bicycles as viable means of alternate transportation. But rising fuel costs and the current mood for energy conservation has shifted state and local planners attention to the need to implement alternative transportation programs.

Apparently up until the fall of 1978, the state didn't even know that these programs existed, or if they did, very little action was taken to implement them.

This was soon to change, for in September 1979, members of the Departments of Transportation, Energy, Natural Resources, Parks and Recreation, and the Governor's Council on Physical Fitness (now the Council on Sports) met with several Florida citizens to discuss the state's bicycling policy.



## Bicycles:

### An Energizing Solution

by Lynn and John Sipay

Safety can be maintained by obeying the laws of traffic and keeping your bike mechanically safe. Protective headgear is another good recommendation. When riding in traffic, establish your position of the road and yourself as a competent rider. Establish an awareness between you and motorist, both visually and mentally.

A word or two about choosing a bike for yourself. First, a suitable bike need not cost your lifesavings. If your pocketbook prohibits you from purchasing a new bike, a good used bike is just what you may be looking for.

New or used, buying a bike is like buying any sophisticated peice of equipment. With more than 1500 parts, it takes patience and a close investigation of everything from the dealer to the models available for your choice.

It is just as important to shop for the proper dealer as it is for the bike itself. Find a specialist in the field, not a sporting goods clerk at a local department store. Check to see if parts and service are available after the sale. Consider your cycling needs before you buy.

If you would like to support cycling as an energy alternative, come to the meeting of the Tallahassee City Commission on May 19, 1980. The City Planning Commission is presenting a comprehensive bikeway plan to the commission for their approval. Don't wait for the plug to be pulled. Become energy self-sufficient now.

Running on empty? Imagine yourself on an integral operating part of the most efficient machine man has made. You will find yourself on a bicycle.

Bicycling is a viable and healthy alternative. It can heighten your senses and intensify sounds, colors, and smells. Regular trips on your bicycle can lower your blood pressure, increase your heart and lung efficiency, and burn away calories.

If you're concerned about breathing carbon monoxide when cycling in congested areas, note that studies have shown that a cyclist riding the same distance as a motorist in an air conditioned car will have a lower level of carbon monoxide in his blood.

Health experts say a lifetime cycling program, which could mean nothing more than riding to and from work daily, is one of the best physical regimens a body can get. More than running, weightlifting, swimming or any of the more strenuous excercises — which many researchers now feel are too intense — the bicycle requires a varying energy output determined by the individual and sustained over a long period of time, the type of exercise an organism would get in nature. The air rushes into your face, the sky and earth around you...

You can also feel good about putting your dollars back into something other than the support of the major oil companies and manufacturers. They don't want to believe it, but bicycles outsold cars in the 1970s. You could keep a bike in perfect maintenance for as little as \$45.00 a year, and the help of a reputable mechanic. That financial feature makes a bicycle a feasible economic alternative.

These government officials were asked: Who, and from which department, secures and implements federal grants to promote bicycling? Indeed, was there even a state policy regarding the use of bicycles?

The answers were ambiguous. No one department or person handled such policy, nor were these officials aware of the available federal grants.

There was even disagreement on who should be responsible for such a policy if it were formulated. In fact, no one department at that time was willing to take the initiative, but they all agreed to study the matter further.

To this end, a Workshop on Wheels was organized for November of 1978. This workshop was a three-day bike tour in which 17 bureaucrats from various government departments met and rode with people who are active cyclists in the state and nation. It was a truly amazing sight to see, 17 bureaucrats huffing and puffing 70 miles a day in order to learn what bicycling is all about!

This ride succeeded in that during the following spring the Governor formed a task force to study the problems relating to cycling and to make recommendations towards the formation of a state bicycling policy. This task force soon expanded into the Bicycling Activities Advisory Committee (BAAC), which met throughout the summer of '79 and in the following September submitted their findings to the Governor. They recommended:

- The establishment of the *Office of a Florida Bicycle Coordinator* in the office of the department of Transportation to be responsible for the administration of the Florida Bicycle Program.

- The *provision of sufficient state transportation funds* to support a comprehensive statewide bicycle program, and to secure funds for bicycle projects from federal sources.

- The development of current *roadway and bikeway design standards* and criteria to maximize the safety and convenience of *the bicycle as an alternative mode of transportation*.

- That the Department of Transportation include the bicycle as a serious mode of transportation in *urban area transportation studies*.

- The Governor's Highway Safety Commission to analyze the current and projected bicycle safety needs, and the use of 402 funds for bicycle safety and education programs.

- The consideration of bicycle-related businesses in plans for economic development, including *bicycling touring*, especially for the economic development of rural areas.

- The provision for *incentives for bicycle commuting*, including bicycle parking facilities, and promotion of local bicycle commuting routes.

- The development, production and distribution of a statewide system of *bicycle route maps*.

- The *repeal or revision of the law which forces the utilization of bicycle side paths*, regardless of cyclists' age and driving ability, nature of the bicycle trip or condition of the side path.

- The promotion of bicycle racing for competitive sport in Florida.

To these recommendation the state has reacted fairly swiftly. None have been fully implemented, but the state is now engaged in the process of hiring a Bicycle Coordinator. Once we have a Bicycle Coordinator, hopefully progress will soon be made on the other recommendations. (Interested in the job? Inquire at the Florida State Department of Transportation.)

In order that the state fully realize the need to implement a comprehensive bicycling policy, and to promote alternative means of transportation, you, the citizen must get involved.

You can do this simply by riding your bicycle. Your use of alternative transportation must be visible. If there were thousands of people commuting by bike to work, to the store, to school, etc., there would be no dragging of the feet on acquiring funds to promote and enhance the safety of bicycling.

you can also demonstrate your support by becoming active in local programs such as the Local Energy Action Program (LEAP) or by participating in the various community cycling events such as the March of Dimes' Bike-a-thon and the Citizens' Criterium (held during Springtime Tallahassee).

Also, now that you know that there are funds available to promote bicycling, let them know that you know about these funds.

Write your legislators. Call the Department of Transportation. Go to your city and county commission meetings and voice your opinions and ask why they don't acquire these available federal funds. A vocal public can and will get a response. You now not only have the opportunity, but the responsibility to see that progress be made in the formation of the state and community's bicycling policies. Don't delay. Become a bicycle activist today!

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## Interview with Dr. Ray Canterbury Visionary Economist

interviewed by Ira Shorr

The scourge of inflation is making amateur economists out of people whose technical expertise ends with their ability to balance their checkbook. Suddenly this esoteric science is as important to the people of this nation as the food they eat.

Dr. E. Ray Canterbury has been teaching economics at Florida State University since 1970. He is the author of *The Making of Economics and Economics on a New Frontier*.

I felt compelled to interview Dr. Canterbury after reading his views on inflation in the December 30, 1979 issue of *The New York Times Magazine*. Of the nation's top twenty economists who were featured in that issue, E. Ray Canterbury was certainly one of the most visionary.

We talked in his narrow, book-filled office at Florida State University.

...

**Ira Shorr:** Do you see any similarities between our current economic situation and the Great Depression?

**Ray Canterbury:** We are facing a crisis that is, in most respects, as severe as the Great Depression. By that I mean there is a threat that the whole economic system might collapse.

**I.S.:** When did this period of inflation begin and what were the reasons behind it?

**R.C.:** It began about ten years ago. President Johnson at that time had a very ambitious domestic program. He was trying to end poverty and increase social benefits, something I think was needed and is still needed now. But before Johnson could get that program underway, he got bogged down in the Vietnam War, which escalated tremendously during his administration. He increased expenditures, but because it was an unpopular war, he could not increase taxes to fund it. That meant the government had to go into debt to finance the war by printing more money. Along with this, the social programs continued to grow and most of them became indexed to the rate of inflation.

Another inflationary element in our society is the great concentration of industrial and union power in the manufacturing sector of the American economy. We have roughly a thousand manufacturing firms that dominate the economy. The best known ones are corporations like Exxon, which is the world's largest corporation and would be one of the world's largest countries; General Motors, AT&T, and the rest.

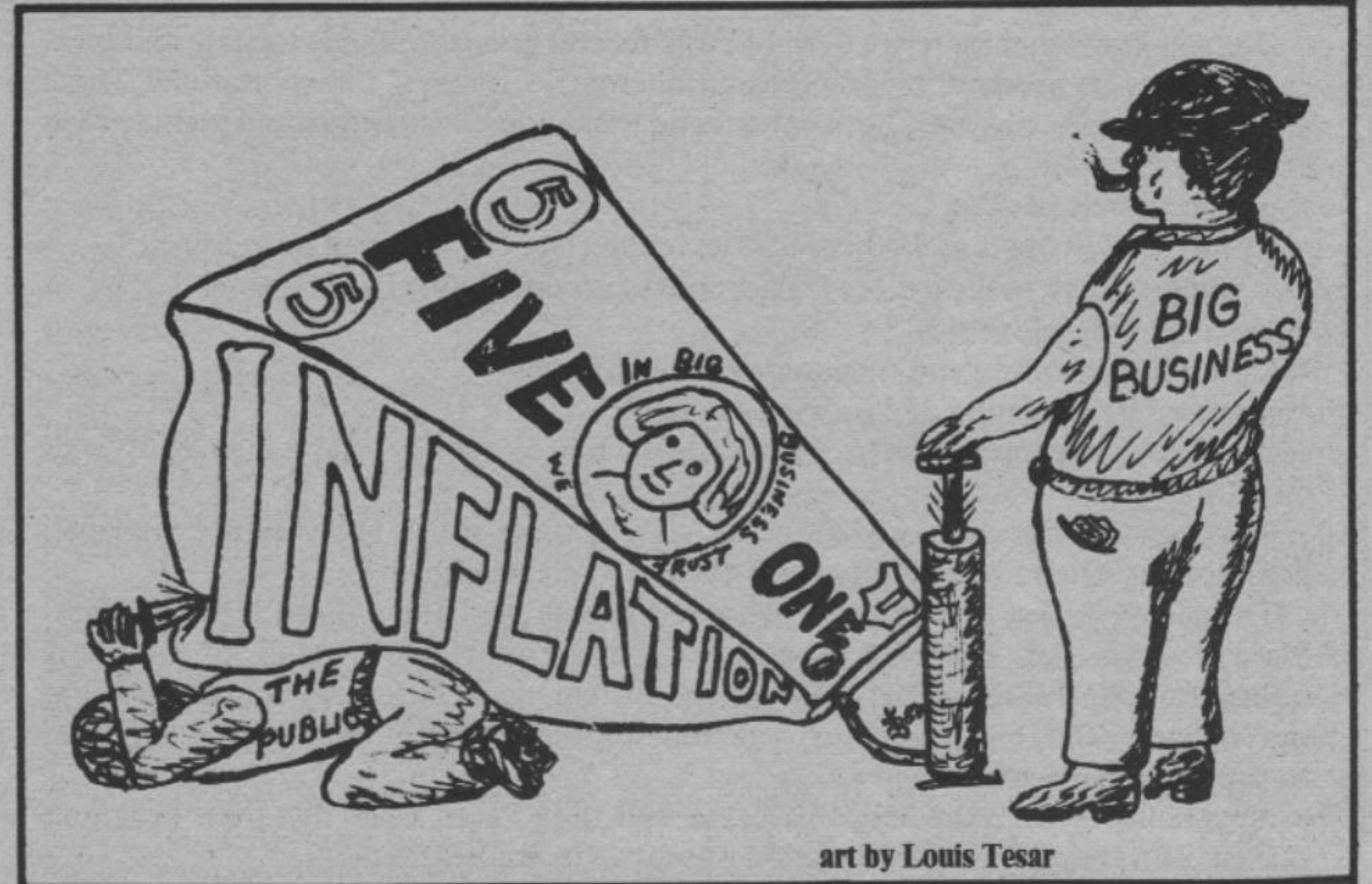
In reaction to this increasing concentration of industry, unions became more concentrated. At this point, we have this process of corporate-union power fully institutionalized. Suppose the biggest unions demand a wage increase. The corporation will quickly capitulate and just pass the cost onto the consumer in the form of higher prices. Then the union worker looks at the cost of what he's buying and says, 'My gosh, my standard of living is falling because prices are rising.' So he goes back to the bargaining table and demands a still higher wage to cover the higher cost of living. Now many union contracts are indexed to the rate of inflation and become automatic.

**I.S.:** So you have the unions on one side and corporations on the other, both feeding the fuel of inflation.

**R.C.:** I wouldn't even say that they're on opposite sides anymore. I'd call it a symbiotic relationship.

**I.S.:** What other elements are involved in inflation?

**R.C.:** In 1973, you had the tripling of oil prices by OPEC. It imposed the equivalent of a huge excise tax on the American economy because we are so energy independent. So you had a tremendous surge in raw material cost from this one source. This increase in oil prices has continued and accounts for probably two-fifths to three-fifths of the current rate of inflation. Another element is the fact that we've had inflation long enough now so that it's expected. This expectation, which is purely a psychological phenomenon, means people are going to increase their purchases now because they expect to pay a still higher price tomorrow. You have a premature buying habit built into the economy. That simply adds to the inflation rate because the economy can't necessarily produce goods as rapidly as they're being demanded. As long as people



continue to buy products at an increasing rate based on these expectations, corporations can continue to pass along cost increases and labor can continue to increase their demand for wage increases.

**I.S.:** What would be the benefit of curtailing spending?

**R.C.:** It would help some, but not much. Slowing down spending by whatever magic you could come up with will not change the underlying institutional reality of the corporate-industrial-union complex. The amazing thing to me is that the inflation rate isn't even higher than it is.

One more factor that adds to inflation is a measurement error problem that many people are not aware of. In a tight monetary policy, where the Federal Reserve attempts to slow down the rate of growth in the money supply by making it more difficult for credit bankers to make loans, you end up raising the interest rate. The interest rate is a major cost of production in two kinds of areas: one is small business, which suffers from high interest rates because often they can't borrow money; and two, the construction industry, where the interest cost is a large share of the price of the house. The housing cost is a part of the consumer price index and is weighted rather heavily. So any time the Federal Reserve attempts to control inflation by pumping up the interest rate, they add to the measure of inflation, the consumer price index.

**I.S.:** What effect does adding to the measure of inflation have on the economy?

**R.C.:** It does several things. One, it makes the inflation rate higher than it really is, so it feeds expectations. Secondly, since social security and other kinds of government benefits, and wage rates, are indexed to the rate of inflation, it causes that part of the cost of production to rise faster than it otherwise would. So a high interest rate policy has a multiplier effect.

**I.S.:** That's strange, because high interest rates have been the Carter administration's number one inflation fighter.

**R.C.:** The Carter administration has been too heavily influenced by a school of economics called the monetarists, usually associated with the University of Chicago. They conclude, and I think erroneously, that if you can control the money supply you can control the rate of inflation. I think the money supply grows because corporations and small businesses borrow money to expand. They don't expand because the money supply is expanding but rather their own expansionary plans cause the money supply to expand. So there is more of an interaction between the money supply, investment, and industrial activity, than there is a one-way causality as is postulated by the monetarists. The true implications of relying on the monetary policy is to raise the rate of interest and therefore increase the rate of inflation.

**I.S.:** And that means it hurts the small businessman more.

**R.C.:** Oh yes, that means you're going to increase the number of monopolies. The more small business enterprises you eliminate the more you move towards having a few corporations in control and that is an institutionalized cause of inflation. We seem to be wedded to policies that are guaranteed to be counterproductive given the way our society and economy is organized. I think that's because most of us live our lives on the basis of mythology. The easy way to live is through belief and not through a great amount of knowledge of the facts.

**I.S.:** Are you throwing this at economists?

**R.C.:** I think economists are no different from other people, they take on the values and colorations of the society of which they are a part.

**I.S.:** And politicians as well?

**R.C.:** Politicians reflect their constituency, plus they reflect their own self-interest which is to be reelected. Therefore they are more likely to reflect the interests of those who have the money to contribute to their campaigns, which is the industrial-union complex.

**I.S.:** Let's look at some of the remedies that have been suggested. What about wage and price controls?

**R.C.:** The move towards wage and price controls is one of desperation. First, you have to get wage and price controls through Congress where each member will be trying to get an exemption for his or her own special interest. By the time you get through with



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all the exemptions, there won't be much in the way of controls left, and the controls that will be left will be only on those areas of the economy where the power to raise prices and wages is the weakest. For example, I'm always amused by this, every time we have wage and price controls Florida State University leaps to implement them. The reason that they can limit salaries is that the union at the university, as well as most teachers' unions, is very weak. But in those areas where the power resides, the wages and prices will continue to rise. You'll find that corporations and large unions are very ingenious when it comes to finding loopholes. If necessary the powerful unions will strike against the public interest.

**I.S.:** What effect will wage and price controls have on the economy?  
**R.C.:** The first thing you'll have, and it's already happened, is corporations raising their prices in anticipation of controls. So by the time you get the controls on, you'll already have lost what you might have otherwise gained. After the controls are taken off all those pent-up demands for wages and profits will be let loose. You'll end up with an inflation rate greater than what you would have had without wage and price controls.

**I.S.:** What kinds of steps would you take to cool inflation?  
**R.C.:** My first priority would be to get current energy prices under control. At the present time we are very much hooked into the automobile which is tied to oil and gasoline. So there is an immediate need to get the price of crude oil under control in order to buy some time to develop alternative energy sources. As far as I know, no political leader has suggested any direct confrontation with the OPEC nations or with major oil companies. It's almost as if they're afraid of them. Despite that, President Carter and many of the Republican candidates have expressed a willingness to go to war to protect "our" oil supplies. It seems like such a misplaced emphasis. We're afraid to confront the public with the knowledge of the monopoly power of the oil companies, we're afraid to confront the OPEC cartel, and yet we're perfectly willing to commit our young people to a war in the Middle East to guarantee that we have enough oil to run our automobiles.

I suggest a very simple solution. I suggest that the government establish itself as the sole buyer for American oil. You would set up a federal energy corporation whose main function initially, would be to make secret bids on foreign and domestic crude oil. In the secret auction process each of the sellers would have an incentive to undersell the cartel's price. The reason they don't do that now is the fact that it's out in the open and each member knows what the other is doing. The multinational oil companies are willing to go along with this because they want to protect their own contracts.

Presently, the American oil companies have the best of both possible worlds. What they do is buy OPEC oil at say, thirty dollars a barrel and then sell it back to European refiners at \$40 a barrel. Then our oil companies go to the spot market where there is higher price surplus oil, and buy \$60 a barrel oil which they sell to the American consumer.

**I.S.S:** Doesn't the American government know this is going on?  
**R.C.:** They know it's going on but there is no law against it. It's a free market system where the oil companies can choose to sell to whomever they want. They can make a great profit selling to European nations. This helps explain the 200% increase in oil profits by most of the major oil companies in this country over the last several months. The public has no guarantee that these profits will be put back into the development of alternative energy sources. As a matter of fact, the major oil companies have no incentive to develop alternative energy sources because they know that the price of the last barrel of oil in the ground is going to be astronomical. The reason I like the idea of the government acting as broker for oil is that it could break up the oil companies' ability to control the oil from the ground to the pump. This gives them a tremendous amount of economic and political power.

**I.S.:** With your plan the government would purchase the oil and then sell it to the oil companies to be refined?

**R.C.:** Right; since the cartel will be broken up, the government will be getting the oil at a much lower price, and they might want to resell it at a rather high price in order to ration gasoline. High prices will also generate funds for developing alternative sources of energy.

**I.S.:** What would prevent the oil companies from passing higher rates on to the consumer?

**R.C.:** They would have to buy the oil at the auction price set by the government. By keeping controls on the price of oil we could allow the price to rise in a graduated way. The problem now is that energy prices are skyrocketing every few months and we have no effective control over that.

**I.S.:** What would be the next phase of your inflation program?

**R.C.:** After we get energy prices under control, we would then attack the institutional inflation of the corporate-union complex. Here I think we need a new social contract. We have to change the way we view free enterprise and the American corporation. The American corporation exists because society decided that this was the most efficient way of organizing productive activity. The corporation is immune from most types of law suits, they have special tax advantages, and they can raise money by issuing equity. None of these things could a corporation do if it wasn't agreed that this was good for society. We have laws that make unions almost as powerful and we're at the point now where the big union and the big corporation gathers around a table and has the American consumer for lunch. The market system is failing. We need to have a new kind of organization for production which involves the consumer in such a way that their interest is again represented as it was when the free market system worked.

**I.S.:** When did it work?

**R.C.:** I think it worked relatively well as long as we had small manufacturing, which came to a close before the end of the 19th century.

**I.S.:** How would you change the current corporate structure?

**R.C.:** I'm talking about the thousand largest corporations. I don't think you have to worry about the rest, they fall under the purvey of competition. I believe we should take the thousand largest corporations and recharter them under federal charter. Their board of directors would be tripartite: one third would be management; one third would be union members, not from that organization but from other industries; and

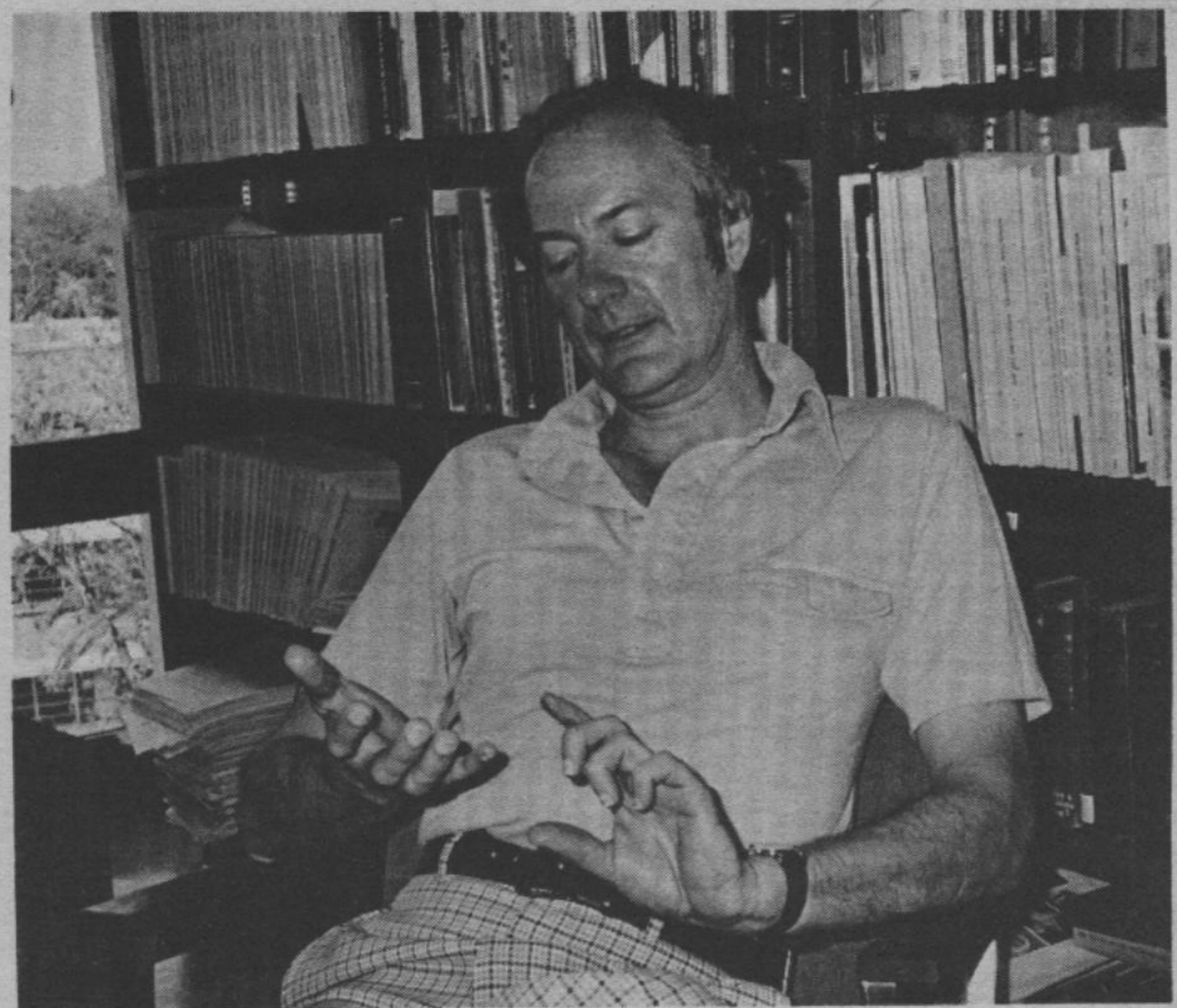


photo by Brad Liston

*Ray Canterbury*

the last third would be public representatives. This would guarantee that the management selected by the board would take public interest into account in matters of technological change, pollution, plant site selection, and so on.

**I.S.:** How will corporations ever relinquish their power?

**R.C.:** That's a good question. It's kind of like asking when will the public require that the major oil companies act responsibly? When will Congress respond to public pressure to break up the OPEC cartel? When will President Carter start worrying about big oil more than he does Afghanistan? When will people realize that they can make reality different than it really is? At this point there are a handful of people that control the American economy and the entire political process. I think the public is ready for a change and what is missing is a leader who can rise to the top in the kind of system we have. None of this can happen under the current campaign financing reform law that makes all campaigns publically funded.

**I.S.:** How serious is the state of the economy at this point?

**R.C.:** It's very serious. We are almost at the point where a national emergency could be declared. We probably won't call it a national emergency though, we'll just slap on wage and price controls.

**I.S.:** What circumstances will lead to a national emergency?

**R.C.:** The automobile industry will be in deeper straits, the unemployment rate will be much higher, the construction industry will be in a very deep slump, and the financial markets will be in a very disruptive state. People will be liquidating assets and there won't be much money around to invest so businesses will be in trouble.

**I.S.:** What is the connection between defense spending and inflation?

**R.C.:** Defense spending is more inflationary than most kinds of spending because it doesn't really have a productive use for anything besides warfare. Once you fire a shell that's it, you've used it. You have a great amount of money spent that literally goes up in smoke. It doesn't add to productivity, it just adds to spending. It saps away our resources.

**I.S.:** Are you optimistic or pessimistic?

**R.C.:** In the short run I'm very pessimistic. I think that the special interests are so deeply ingrained institutionally that we will continue to follow the same stop gap policies that we've used over the last several years. We'll continue this until we verge on economic collapse or a major war.

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## Co-op Community Credit Union

by Richard White

Well, folks, the credit union is well on its way to serving members of Leon County Food Co-op, Co-op Books and Records, Good Life General Store, and the Miccosukee Land Co-op. Volunteers have come forth to serve as the initial board of directors, credit committee and supervisory committee members.

A name — Canopy Federal Credit Union — has been chosen, and the application for charter has been forwarded to the National Credit Union Administration office in Atlanta.

Getting a charter for a federal credit union is not nearly as simple as it is for not-for-profit, state-chartered, organization like our co-ops.

To charter a co-op, all you have to do is write up "articles of incorporation" acceptable to the Secretary of State's office, submit them with a check for \$33.00, and you can become incorporated on the spot. You can go into business the next day.

Credit unions, however, are part of the highly regulated financial industry, and their deposits are — like banks — insured by the federal government. Charters are not issued to just anyone.

First, the proposed credit union must be composed of people with mutual interests or a "common bond," as it is known among credit unions. Employment is the most usual common bond, but there are others, including "associational" bonds, as with our co-ops.

Then organizers must demonstrate a need for the credit union (we did this when people were asked to fill out credit union survey forms). This survey also demonstrates the financial feasibility of the proposed credit union. And last, but not least, the people organizing the credit union must check out as being of good character.

National Credit Union Administration examiners met with the Co-op Credit Union organizers on April 9 to investigate how well we meet the requirements for obtaining a charter. Their report has been sent to Atlanta.\* We hope to get charter approval sometime in May and begin operation in June.

So, get your money ready, folks. The Co-op Credit Union is coming soon. Look for us in the food co-op. Because we are all volunteers, we will probably operate on a fairly restricted schedule at first. We will be there every Saturday, for sure, and we hope to be there at other scheduled times during the week as well.

Here's a list of who's involved in what capacity. Let us know if you have any comments, questions, or suggestions about the credit union, or if you would like to become involved. Call 224-8899 or 575-2934.

### Board of Directors

Michell King, Mickey Adair, Jeff Thompson, Richard White, Pat Seery, Toni Askey, Larry Teich.

### Credit Committee

Linda McLaughlin, Lou Kaup, Doug Weaver.

### Supervisory Committee

Lydia Randazzo, Jerry Johansen, Bill Matturo.

\*Which has approved it and forwarded it to Washington, D.C.

## Gadsden County Craft Co-operative

by Kate Taluga

Well folks, things are happening in Gadsden County. A new cooperative venture is forming for artists and crafts people who are residents of Gadsden County. The objective is to open a storefront to display and sell original work produced by local craftspeople.

On Saturday, April 26, a meeting was held on the County Courthouse lawn to discuss the organization of the cooperative. It was decided by general consensus in that meeting and the previous meetings, that members of the cooperative would split expenses (rent, utilities, etc.) on an equal basis for a 3 month period at a time. With a projected membership of 30 people this would work out to be \$10<sup>00</sup> a month or \$30<sup>00</sup> a quarter. Space within the store would be divided into 6 feet areas. Each member would be responsible for the own display and inventory. The cooperative would also make available a children's play area for shoppers and workers convenience and eventually craft classes would be offered as well.

The store would be staffed on a volunteer basis, each member being responsible for an equal number of hours divided by the membership total. Non-working members would pay a fee for not working to be added to their quarterly fee.



This would insure that non-working members supported the store as well. Eventually, with this fund, the cooperative could afford hiring someone to staff the store on a full time or part time basis.

Presently, there are two locations "On the Square" in Quincy being considered for a possible site. Renting hinges on having enough members in the cooperative to support the store's operation. Interested parties are being asked to prove their intentions by giving their share of the first month's expenses (\$10<sup>00</sup>) in a fund. When the expenses for the first month have been met the store will be rented with the intentions of opening within a month of rental. At rental time, members would be responsible for the rest of their quarterly fee.

Another meeting will be held on Saturday May 3, at 214 N. Jackson in Quincy at 10:00 a.m. If you're a resident of Gadsden County and an artist or craftsperson, please attend. We really need your support to make this cooperative a reality. For further information call Kate Taluga 627-8964 (Quincy) or Harold Mayo 539-6895 (Havana).

## Good Life General Store: Getting It Together

by Tom Kelley

After a year of snail's pace growth and a couple of major setbacks, I'm feeling very optimistic about Good Life General Store. Why? Well, we're about to pay off the last of our past-due bills. We've hired a person to keep the store open (me, temporarily) when we don't have volunteers to do it. We now have good sources of many, many goods which we can get for our members at excellent prices. And, more and more people are finding out about us and becoming members.

Let's face it, we're still a struggling young business that's way under-capitalized. We would like to get our capital from the community instead of banks. When you pay your \$5.00 membership fee, that money is capital which is used primarily to increase our inventory.

The more members we have, the greater variety of stock and better service we can provide. So, if you're not a member, join now. If you can afford it, become a life member for \$100. You will be charged 5 percent less than a regular member and any time you wish to terminate, you will get your money back minus \$5.00 for each year since you joined. If you've got some money sitting around devaluing due to inflation, consider investing in The Good Life General Store.

Let's put our financial resources at the disposal of local organizations whose purposes are to serve our needs instead of

banks and corporations whose purposes are to make profits for a few without regard to the social and environmental costs to us all.

Leon County Food Co-op is considering loaning Good Life \$2,000. If you would like to help us get on our feet and serve our members better, please let the BOD and coordinators of LFCF know you support this loan.

Items currently in stock at Good Life include:

Men's work boots; men's and women's Chinese cotton shoes; Danskins; Osh Kosh jeans and painter's pants; socks; T-shirts; western shirts; misc. shirts and blouses; skirts and jumpers; little kids' shorts; garden tools; veg. and flower seeds; organic fertilizers; pots; Animal Town games; pottery by local craftspeople; much more.

We are also able to special order a large variety of items which we aren't able to stock in the store:

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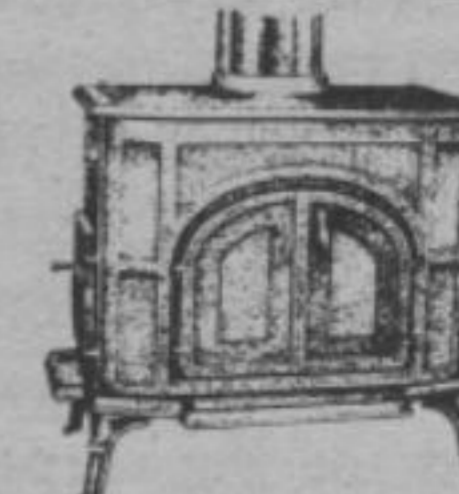


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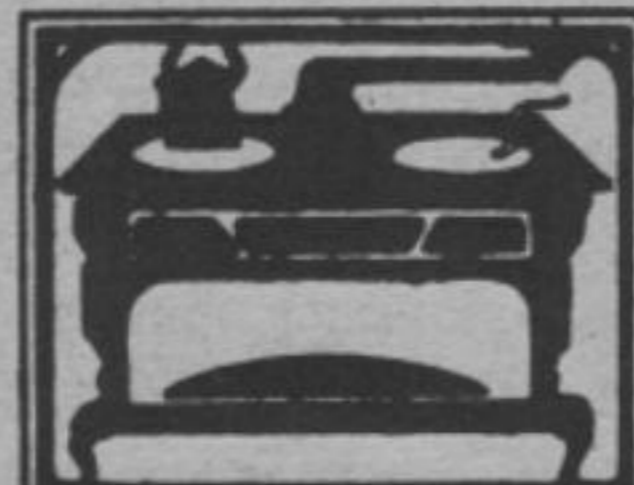


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## B.O.D. Tracks

by Nancy Muller

My mind keeps turning to evolution these days as renewed energies are starting to shape a few changes and provide a backdrop for new avenues of perceiving.

Perhaps the greatest visible change within the food co-op is the imminent departure of Patricia. For me, she has been a wise woman to look to in the reception of new ideas, for her time at LCFC has been five years of helping make decisions and running a continually tighter storefront. She was willing to share knowledge on hard-to-understand financial matters and, at the same time was constantly learning the ins and outs of bookkeeping herself. Thanks for being one of many good sources, Patricia — we will miss you.

A few positive changes — one is in a written staff report that is a viable method of communication for the coordinators. This allows a more indepth review of storefront happenings than has previously been available and allows members to share in the problems, decisions, changes in specific areas, and makes easier the

sharing of ideas. Much appreciation... Another positive growth in communication is the new handout for assistant coordinators. Perhaps the written job description will foster a greater sense of responsibility and understand between AC's and the staff.

To balance Patricia's departure, we have the addition of Pat Roger to the coordinating staff. He brings with him new ideas, perceptions and some working analyses of LCFC's finances. This area is still new for me, as I (and others) grapple

with new considerations for future budgets and LCFC's relocation. Already, we have learned some new things for his output.

In the coming weeks, look for Birthday celebrations (we're 6 years old now!), a warehouse cleanup and flea market, a possible relocation benefit, and the seasonal general membership meeting to be held May 4th, 2 p.m. at Myer's Park — covered dish, of course!

Join the co-op in celebration and support. Happy birthday.

## Food Co-op Survey Results

by Richard White

Some not-too-surprising results came from 184 survey forms recently completed by food co-op members. The 39 non-working members surveyed thought that they purchased an average of \$47.00 per month from the co-op. The 21 2-hour workers thought they averaged purchases of \$41.00 per month. The 34 4-hour workers thought that they purchased \$81.00 per month. And 90 assistant coordinators thought that they averaged purchases of \$106.00 per month.

The co-op's present general location was more than twice as popular as any other location (preferred by 85 of the members surveyed, and given as a second choice by 23 others). Surprisingly, the old downtown area was the second strongest choice, followed closely by "near the Northwood Mall". "Near the the Varsity Shopping Center," came in a poor fourth, and "near Governor's Square," was fifth.

Very few people were interested in having the co-op located in Frenchtown or near the Southside Shopping Center.

There were few significant variations in the location preferences of non-working members, 2-hour workers, 4-hour workers and assistant coordinators. The major differences were that non-working members preferred the Northwood Mall area about as much as they did the co-op's present location, and assistant coordinators preferred the old downtown area somewhat more than did the other categories of members.

It looks like there are a number of members who are not altogether satisfied with the co-op's location. Whether or not the co-op decides to relocate, there seems to be several parts of town in which experienced members could get together and start new co-ops more suitably located for their needs.

## Regional Co-op Gathering

Magnolia Confederation, the regional network of co-ops in the Southeast, will hold a regional gathering at Jekyll Island, Georgia, on May 23-25. On the program are both workshops and cooperative topics, and business meetings. Co-op warehousing in Florida will be a major subject of discussion. Leon County Food Co-op members interested in attending are eligible to have part of their expenses covered by the co-op. If you are interested in attending, just contact any member of the board of directors or a coordinator. Call 222-9916.

## C.C.A. Institute

The Consumer Cooperative Alliance (CCA) will hold its annual educational institute at the University of the District of Columbia, in Washington, D.C. sometime in August. Workshops on subjects of national and international interest to cooperatives are taught or coordinated by volunteers. This session of the North American organization for consumer co-ops will focus on the new National Consumer Co-op Bank, and on cooperatives for low-income people. Details will be posted at Co-op Books and Records and at the food co-op as soon as they become available.

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# LCFC 6th Anniversary Celebration



## NATURAL FOODS AND YOU!

A Lunchtime Lecture Series

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- Mon., May 5: Frieda Kabelac—On How the American Diet Is Killing You
- Tue., May 6: Linda Collins—Macrobiotic Cooking
- Wed., May 7: Robert Brunger—The Wonderful World of Cheese
- Thu., May 8: Rosemary Haurilak—Cooking Demonstration
- Fri., May 9: Martha Sheetz—Herbs and the Natural Way

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May 4, Sunday  
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## LEON COUNTY FOOD CO-OP BIRTHDAY-BENEFIT CELEBRATION

Sat. May 17, 1980 1:30-7:00

Bullwinkle's Saloon —

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Donation \$1.50

Children Welcome — Free Balloons

Funds go to LCFC Building-

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Musicians: Bob Hill • Debra Cooper • Windfall • Ma & Pa's Hotgrass Band

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# Boycott Updates

compiled by Larry Teich  
WINN-DIXIE

The boycott of Winn-Dixie supermarkets is still on. Called by the United Food and Commercial Workers in 1977 and endorsed by the AFL-CIO, the boycott and publicity campaign continues to make the public aware of discriminatory practices against women and minorities by the Florida-based chain.

A coalition of labor, civil rights, religious, senior citizen, and women's groups recently focused on Winn-Dixie in conjunction with Big Business Day to show evidence of unfair labor practices, including violations of the National Labor Relations Act, Minimum Wage Law, Clayton Anti-Trust Act, and Equal Employment Opportunity Commission procedures; price fixing; political influencing; and disregard for civil rights.

For more detailed information, contact the Committee for Human Rights for Winn-Dixie Employees, 1561 E. Virginia Ave., No. 208A, Atlanta, GA 30337, or the Democratic Agenda P.O. Box 1805, Decatur, GA 30031.

## NESTLE

At the last National INFAC (Infant Formula Action Coalition) Conference last March, it was decided to step up the Nestle boycott and build a direct action campaign against Stouffer hotels, restaurants, and prepared foods, and the chain of Rusty Scupper Restaurants.

The Americans for Indian Opportunity (AIO) is focusing on the disturbing level of infant mortality and illness on Indian reservations and emphasize that the infant formula problem is not confined to the Third World.

A recent INFAC newsletter mistakenly called for boycotting all Beech-Nut products. The Beech-Nut Foods Corporation, which was acquired by Nestle only markets Beech-Nut baby foods. All other Beech-Nut products should be removed from the boycott list.

For information, contact Tallahassee INFAC, Box 5939, FSU, Tallahassee, FL 32313.

## Agri-Biz...

# Cultivating Weeds of Deception and Banking on Ignorance

by Pat Seery

### Some facts to ponder...

•Only 5.5 percent of all farms in the U.S. operate over one-half of all land in cultivation.

•In the U.S., from 1960-1973 (14 years), net farm income/acre was greater on smaller family farms than on the giants for 12 of the 14 years — bigness is not more efficient or productive.

•American farmers are using 12 times more pesticides than they did 30 years ago, and yet losing twice as much crop before harvest as they did 30 years ago.

•Mismanagement of land: For example, in Iowa, they are losing 2 bushels of topsoil for every 1 bushel of corn produced; at this rate, all of Iowa's topsoil will be gone within less than a century.

•Less than 0.2 percent of all food manufacturers in the U.S. control 50 percent of all the industry's assets.

•The top 4 firms in any given food line control, on the average, over half the market.

•One percent of U.S. farms sell almost one-fourth of the produce.

•Of the 32,000 food manufacturing firms in the U.S., only 50 — the brand name giants — own 60 percent of total food manufacturing assets and take 75 percent of the industry's total profits.

•On the lower end of the scale, 47.1 percent of farm families in the U.S. have annual incomes below \$3000.

•More than one-half of the farms in this country have sales of less than \$5000; together, this majority of farmers account for only 7.8 percent of farm sales.

•Family farms are folding at a rate of

2000 per week.

•On out of every 10 Americans must spend 69 percent of their income on food.

### What can we do?

Read:

•*Food First: Beyond the Myth of Scarcity*, by Lappe and Collins (Ballentine, \$2.75)

•*Eat Your Heart Out: How Food Profiteers Victimize the Consumer*, by Jim Hightower (Vintage, \$1.95).

•*Global Reach: The Power of the Multinational Corporations*, by Barnet and Muller.

Support local farmers, food processors, distributors, and co-ops.

Work for democratically-controlled and food self-reliant economy.

Support unionization of farm workers, and worker-managed distribution.

Work for land re-distribution.

Work to prohibit ownership of land by nonfarm corporations.

Boycott: Winn-Dixie and Red Coach Lettuce.

Write Senators and Congresspeople:

•Support the Corporate Democracy Act

•Demand that food packaging be required to state on the label the name of the parent company which owns the company which sells the product — Wonder Bread and Morton frozen pies and dinners, for example, are products of ITT, but it doesn't say that on the label.

•Oppose HR 999 and S23 and all amendments which favor or expand the patenting of seeds.



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Leon County Food Co-op

## Coordinator Notes

by Pat Rogers

First, thank you for the friendly and enthusiastic welcome I have received since I joined the Leon County Food Co-op staff. After being away from day-to-day operations of the food co-op experience for the last few years, I had forgotten what a great atmosphere it is in which to work. I'm glad to be back.

I would like to take this opportunity to talk about the financial aspects of LCFC as I have found them. After reviewing the past financial data, I would like to praise the way LCFC has been managed, especially over the last two years. The current coordinating staff/BOD have developed and stabilized the financial condition of LCFC so that it is a viable and financially-sound business.

But what about the future? As we all know, LCFC's future soundness is highly dependent on the decisions we make now about such items as a building, a warehouse, and growth in general. It is my objective to provide the financial data which can be used not only to fuel these discussions, but also to allow LCFC to make good decisions that will help continue our record of the last two years.

Specifically, this means developing a financial profile of the co-op as it presently stands so we can identify the

areas that need attention. Next is to develop a financial plan for the next fiscal year (May '80 - April '81).

This plan would incorporate all the changes we can see coming, including the increased rent, the upward march of inflation, and the decaying economic conditions.

One other short-range objective is to supply the coordination staff with weekly financial data. This will allow us to look at how the store is doing week-to-week, instead of relying on what's in our heads and the monthly statements which, of necessity, are a month behind.

Also, after the end of this fiscal year (May '79 - April '80), I am going to prepare a yearly financial review which should be ready around June 15th. This will be a review of this fiscal year's financial activity including a narrative and suggestions for increased profitability in the future.

At this point in time, LCFC has the membership and financial base for the successful continuation of the store's operations, as well as the continuing education of an ever-widening circle throughout the community. It's up to each member to spread the co-op word and work to keep LCFC the success it has been in the past.

## Regional and National Cooperativism

by Cheryl Fraracci

The need for co-op strength at the regional level was emphasized by David Thompson, member of the National Consumer Cooperative Bank staff. "The regions need a commitment to building co-op structure," said Thompson, in his two-hour presentations to members of the Consumer Cooperative Alliance (CCA) board of directors at their March meeting in Washington, D.C.

Regional co-op organizations can do such things as wholesale Bank loans, provide technical assistance, create their own funding mechanism, and offer their own board of directors training.

Regions for the NCCB have been designated. Florida is in Region 3, whose north border is the Virginias and Kentucky, and western border is Arkansas and Louisiana. It also includes Puerto

Rico and the Virgin Islands. The regional office will be located in Atlanta. Field offices will be established at a latter date.

Thompson noted that the movement should lead the Bank and not let the Bank lead the movement. Regions need to unite around issues such as monitoring Bank activity, participation in the regional organizations by low-income and minority co-ops, starting new co-ops, and integrating the food delivery system. Pure lack of participation in regional co-op activity will fragment the movement. We need to unite this activity in order to strengthen our co-ops as businesses and as cooperatives. This is particularly true because of the publicity and growth the NCCB is bringing to the consumer cooperative movement.

Magnolia is the only alliance of consumer cooperatives (excepting credit unions and housing) in this part of the country. Even the venerable Federation of Southern Cooperatives has few consumer cooperatives. Magnolia needs to lean an alliance of consumer cooperatives and



## Spreading Branches

# Incense Burning

by Rowan Fairgrove

Incense has been used throughout the ages in magickal and religious ceremonies to create a desired mood or atmosphere. The smoke has been used to carry messages to deities and to "read" the future or reveal hidden secrets. Today incense burning has fallen into disuse among most Protestant churches, but is still used among Catholics, High Anglicans, most Eastern religions and all magickal traditions.

In addition to religious usage however, many people are finding that burning incense in their homes creates an ambiance which increases their enjoyment of that space. Many Neopagans are building on the store of time tested recipes, experimenting and branching out with the use of incense in their lives. One example would be using concentration incense, not only for focusing attention on a magickal working, but also when concentration is needed to study for an exam, tackle income tax forms or other weighty problems. Another example would be burning ill will dispelling incense when expecting a visit from an ill tempered landlord. In addition to finding new uses for traditional recipes, many people are enjoying devising their own blends. To do this simply try burning (on self-igniting charcoal is easiest) herbs and essential oils which you enjoy. Smell them, analyze how they effect your state of mind. Combine them. Mix personal blends for your special use and purposes.

Always be sure to have good ventilation when burning incense - this is especially necessary with cinnamon and camphour for they are both coronary stimulants

(they should never be burned by people with heart trouble). Be aware of your body when burning incense - never go to sleep with incense burning - both because of the fire hazard and to guard against physiological reactions you may have to the substances you are burning.



Here are two very simple traditional combinations which may be tried. (Experiment with proportions until you find your own balance point)

**Banishing Bad Vibes**  
Camphour  
Rosemary

**Concentration**  
Cinnamon  
Frankincense

interested organizations to develop goals for the movement.

Members of the Tallahassee area are needed to help initiate this endeavor. Writing papers and holding discussion groups in your local community are a good way to stimulate thought and action.

This can grow into a committee for community awareness of consumer cooperatives. Local committees then expand to a regional committee.

We must begin now to determine the direction of the cooperative movement in the Southeast.

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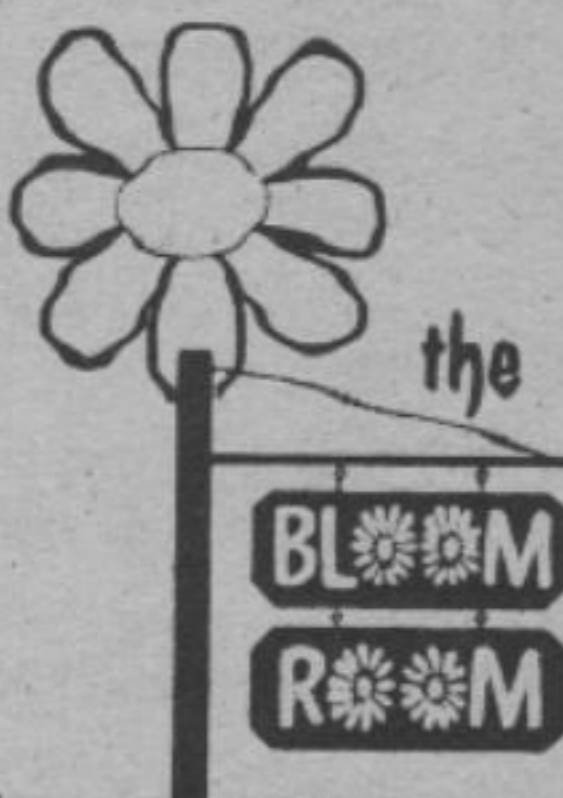
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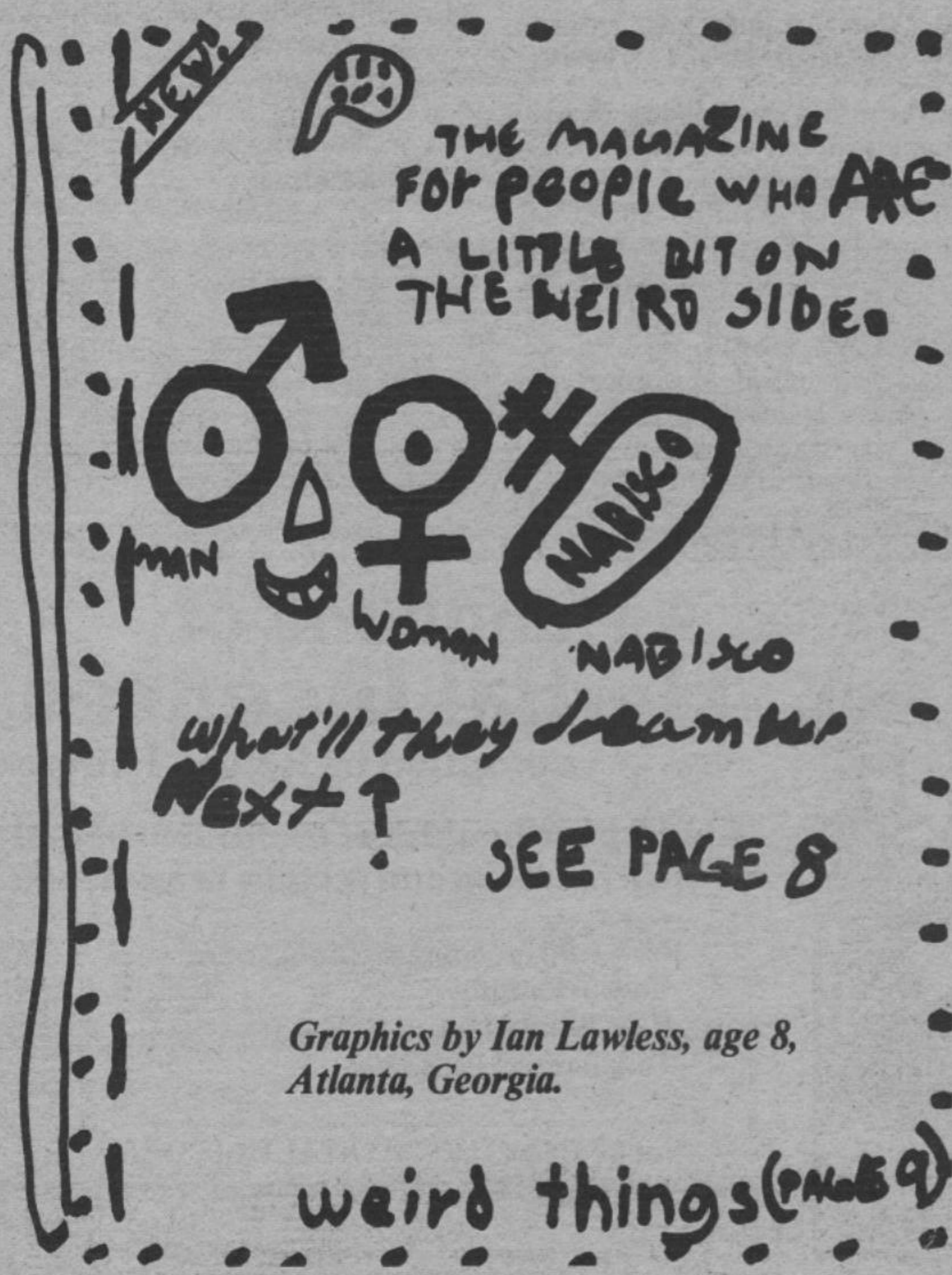
compiled by Rowan Fairgrove

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