

SPECTRUM

A Cooperative Newspaper for the Tallahassee Community

November Eve 1980 Issue 19

FREE





HALLOWE'EN's Brooms, Witches and Turnip Lanterns

Many other parts of the world have observances analogous to our Hallowe'en. Four thousand years ago the Egyptians celebrated the Festival of the Dying Sun at which time food was taken to the tombs of the dead. In Greece, during the Festival of Pots, offerings of food were brought to temples and graves for the use of the dead. In Hispanic nations picnics were carried to the family graves. And in Celtic nations, an extra place was set at the table for the departed. A sense of social identity, solidarity and continuity resulted from invoking the ancestors as well as relatives more recently passed over into the shadowy land. The idea of an unbroken circle with the dead coming back to eat and dance with the living lends a slightly macabre flavour still evident in the celebrations of today.

These customs, and others associated with the time, were so popular in the 9th century that the Christian church attempted to sanctify the celebration by naming November 1 as *All Hallows Day* (later changed to *All Soul's Day*, in the 11th c.). All Hallows never amounted to much as a Christian holiday, but its eve, Hallowe'en, continued to be a popular event, holding its pre-Christian sway over the minds, moods and activities of the people. With the passing of centuries, gradually losing its more solemn and sacred connotations, Hallowe'en has, for most, become merely spooky, a time for divination and mischievous fun.

Hallowe'en was not much celebrated in this country by the early, predominately English settlers. It was not until the arrival of the first great wave of Irish immigrants in the 1840's that Hallowe'en really got off the ground. It was the Irish who discovered in the colorful American pumpkin an almost made-to-order Jack O' Lantern. They were also noted for the mad pranks which they played on the more staid members of the community.

The modern commercialized Hallowe'en is a faint and distorted echo of the night's original religious significance, the roots of which reach far back into the mists of pre-history. However, even present customs and symbols of Hallowe'en show some interesting survivals and linkages with the elder world, as this brief summary will show:

Masks and Costumes were an integral part of early sacred rituals. They aid the wearer in stepping out of the mundane into the magical. Inhibitions are lessened so that the celebrant can give imagination full reign and the individual can more easily merge with the archetypical.

Ghosts and Skeletons refer back to the dead who were originally and devoutly summoned back for the night to mingle with the living.

Witches are the practitioners of the forbidden traditions surviving from the pre-Christian period. The Celtic Irish, who gave us so many of our Hallowe'en customs, associated witches with Hallowe'en because it falls on the old Samhain, the Celtic New Year, which is one of the most ancient and holy festivals of the Craft.

Black Cats are traditionally associated with witches as their *familiars* or guides to the spirit world. Cats are very magical animals in the Celtic tradition. The cat is still regarded by many as a creature somewhat "between the worlds".

Brooms are associated with witches historically. They are essentially purificatory—they are used to "sweep clean" a ritual area of unwanted psychic influences as well as physical dirt. Witches sometimes "ride" the stick of the broom they are carrying as they go to the ritual circle. In riding, the brush part is held in front with a candle placed among the straws to light the way, contrary to popular art which shows the brush behind.

Jack O' Lanterns were not originally pumpkins (which were not known until the discovery of the New World), but rather any Old World vegetable which could be hollowed out so that a candle could be set inside, sometimes with the addition of "windows." Turnips, large potatoes or beets could be used. Before there were glass candle jars, oil lamps or flashlights, such vegetable lanterns were a practical method of protecting a flame from the wind and lighting one's way at an outdoor night-gathering such as a Sabbat.

Trick or Treat goes back to the original ceremonial sharing of food with the dead (now the "ghosts" and "skeletons" and other weird creatures who come to your door). Of course, the idea always lurks behind such ceremonial observances that if one *doesn't* do them, some harm may befall from offended ancestors, dieties or spirits.

Bobbing for Apples is one of many related apple divinations. The Apples of Immortality were part of the fare at the table of Mananon Mac Lir, the Irish god who gave his *Feast of Age* on Samhain night. This leads them to have extra power to aid in divination at this time. Many of the divinations seem to have concerned luck or love, or perhaps simply who to snuggle up with on long winter nights. In addition to bobbing, where, if you caught the apple from a pail of water with your teeth, you will find your love, other practices include: 1) Peeling an apple in one piece and throwing the peel over your left shoulder to read the first letter of your future love's name in its falling; 2) Putting apples on strings before a fire and seeing whose is first to fall, thus giving the person who hung it good luck; and, 3) Using a string to suspend a board with an apple on one end and a candle on the other, and then spinning it and trying your luck at grabbing the apple with your teeth.

Black and Orange, the traditional colours associated with Hallowe'en, suggest the flames of the Samhain fire against the black of night and also the light/dark symbolism of life and death and of the waning sun. They are the colours of the Dark Lady, the flaming Goddess as Crone who is associated with this season and of the Lord of Death, the orange sun who, at this time, plunges into the dark of the underworld.



from "The Great Sabbat of Samhain or Halloween," by
Ozma, in *The Witches Trine*, Vol. 4, No. 3



SPECTRUM

A Cooperative Newspaper for the Tallahassee Community

FREE

November Eve Issue
November, 1980

2105 Autumn Lane
Tallahassee, Florida 32304
(904) 575-2934

Published every six weeks



The SPECTRUM Collective:

Larry Teich • Rowan Fairgrove • Vicki Mariner • Frank Brown •
Kate Teluga • Margie Menzel • Louis Tesar • Tana McLane

What SPECTRUM Is:

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.

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 withhold material referring to specific individuals until they have had the opportunity to review and respond to all articles in question.

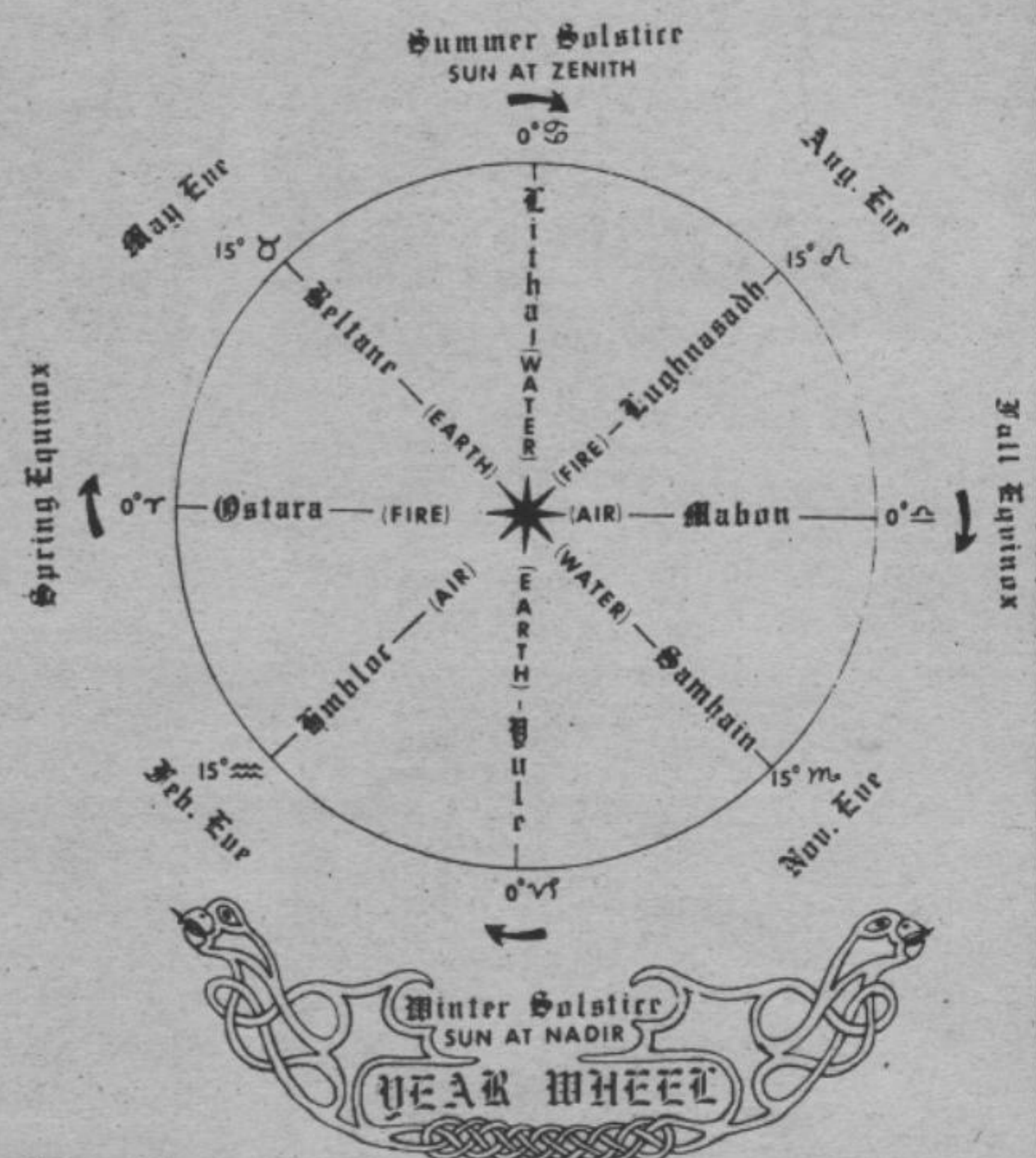
Submissions Guidelines

SPECTRUM cannot continue without your interest and participation. We have no reporters and are totally dependent on members of the Tallahassee community to submit articles informing the rest of us as to what's happening. Artwork and photos are encouraged, also. Send submissions to SPECTRUM, 2105 Autumn Lane, Tallahassee, 32304. Articles should be no longer than 3 doublespaced, typewritten letter-sized pages. All material must be signed and include a phone number and address so we can contact writers when revisions or clarifications are needed. If we have no contact information, or if time is exceedingly short, we will edit to our discretion. If you wish original art or photos returned, you must provide a self-addressed, stamped envelope with a note telling us to return your material.

Advertising Sales:

Larry Teich • Libby Brice — Call 575-2934 for advertising information.

SPECTRUM and the Year Wheel



Printing Schedule

SPECTRUM is published every six weeks, in accordance with the Year Wheel, which is divided eight times, six weeks between (see diagram). Actually, we come out the Wednesday before each of these holidays.

Our printing schedule for Winter 1980:

- Yule — printed Wed., Dec. 17
- February Eve — printed Wed., Jan. 28, 1981

Article deadlines fall two weeks before printing dates.

SPECTRUM's Evolution

by Tana McLane

At last the weather's changing. I've never been happier to see the beginning of autumn. It was a rough, hot summer, especially being pregnant.

The coming of this season causes me to realize that this probably my last SPECTRUM before becoming a mother. I will not be active in producing the next issue, because its schedule falls right around the time I'll be busy producing a baby. But I will be doing some stuff from the sidelines, like editing articles.

In preparation for my absence, the collective decided that we needed a SPECTRUM specifications booklet describing the many things I keep in my head, so others could refer to it and operate autonomously. Good idea...and it actually got done by this issue. Though additions and amendments could soon be required, we do have a working operational at this time. Feels good to take this concrete step in demystifying our process to each other.

...

We're noticing a shift in SPECTRUM this season. Our advertising is better than ever. Sales are going well and our ads are looking great. However, articles seem to be harder and harder to get in the quantities we're used to. Why is this?

Are writers running out of things to say? Is our printing schedule confusing, making deadlines hard to remember? Other reasons we need to know about?

We'd like feedback from readers and writers concerning what kinds of articles you'd like to see in these pages.

...

This is to remind everybody that SPECTRUM doesn't appear again until December 17. Deadlines for articles and ads come about 2 weeks before printing.

The next issue will be our Yule/Solstice issue, and we're hoping to receive holiday ideas as well as our general news. We'd also like to see book reviews from all you folks out there in the next issue. What was the best book you read in 1980? What's your all-time favorite?

In contributing articles, please heed the submissions requirements to be found in our editorial masthead on this page.

community announcements

The Sierra Club's annual spaghetti dinner and auction is being held on November 15, 7 pm, at the Unitarian Church on N. Meridian Rd. For information on this and any other Sierra Club activities, call 224-7729.

Both the Director and Assistant Director positions at the Women's Center will be vacated this winter. Applications are available at the Women's Center, and the deadline for applying is November 3. Affirmative Action will be an important consideration in filling these positions. If you are interested or know someone who might be, please contact the Women's Center at 644-4007.

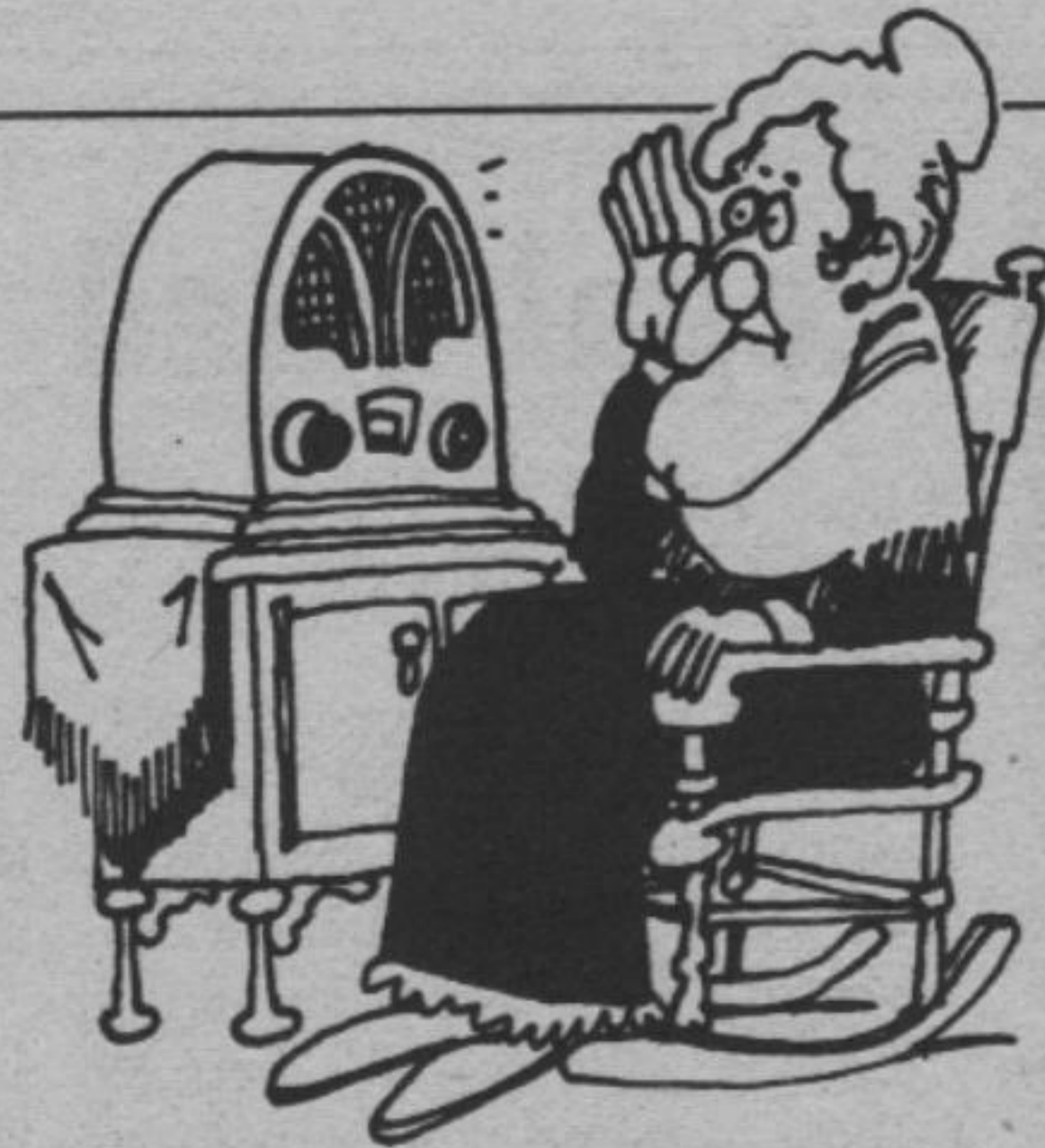
The FSU Women's Center has two vacant positions on their board of directors. If interested, contact the Women's Center at 644-4007.

Linda Powell will speak on black women and feminism in 126 Bellamy at 7:30 pm, Friday, November 14.

Kate Millet, author of *Sexual Politics* and most recently *The Basement*, will speak in 201 Longmire at 7:30 pm, Monday, December 1.

Bad Radio Is our Fault

by Frank Brown



It pains me to hear that I and my fellow listeners of WAMF-FM are responsible for woods arson, wasting energy, inflation, and my neighbor's getting robbed. Apparently, it's us who are expected to clean up the environment and eliminate pollution, too. At WAMF, the music may be progressive, but the advertising most definitely is not.

I resent being told that "Southern forests are burned each year because people refuse to listen." If the majority of forest fires are caused by discarded cigarettes, I would rather educate people that forest fires are another hazard of smoking, along with the known health effects (cancer and emphysema). If people weren't told every year that smoking was cool, hip, glamorous, and manly, but instead those millions were spent discussing lung cancer, emphysema, and household as well as forest fires, I should expect smoking, along with its attendant effects, to diminish, rather than increase. People *do* listen; the problem is that not everyone gets the opportunity to talk. As the multi-million dollar tobacco industry demonstrates, money not only talks, it also hushes up. And it misleads, when in the hands of the Advertising Council. (I wonder who's on their board of directors?)

The Advertising Council is the organization who, both independently and in cooperation with other "public service" groups, is making these rather unsettling assertions. Most radio ads aren't exactly progressive; many are outright in bad taste. But what makes these worse than the average hype is that on the surface, they appear to be quite innocent; even "caring," and socially aware. But they are simplistic, deceptive, and misleading.

"He's one of the most dangerous criminals on the face of the earth—but he's almost never arrested. This dangerous criminal isn't a member of the Mob, and he doesn't live in some far-off city. One of the world's most dangerous criminals is walking free, right here in the South. What makes this person so dangerous? With just one flick of his match, he illegally sets thousands of acres of southern woodlands on fire. With just one match, he causes millions of dollars of damage. He kills—animals and people. When you go into the woods, be on the lookout for one of the most dangerous criminals—the woods arsonist. Report any suspicious activity. Help stop the woods arsonist. Make him the endangered species."

This is a typical example of the so-called "public service" messages created by the Advertising Council. Its message is also typical; in this case, that forest fires are deliberately set by malicious individuals, who must be caught and punished.

While there may be cases of woods arson, more fires (and I presume this includes forest fires) are started by smoldering cigarettes. But to acknowledge this on the public airwaves would incur the swift wrath of the multi-million dollar U.S. tobacco industry. Indeed, 2,000 U.S. citizens are burned to death each year in fires started by cigarettes. But efforts to introduce the manufacture of self-extinguishing cigarettes (that don't continue to smolder for 30 minutes after they are set down) have been continually blocked by the powerful tobacco lobby. Industry spokesmen claim that consumers want long-burning cigarettes; what they don't mention is that a cigarette that burns up when left in an ashtray, instead of extinguishing itself, helps fuel cigarette sales by sending the smoker out for more. Rather than go after the perpetrator of fires, it's much easier to blame "the woods arsonist."

Other ads blame people who don't install their heating stoves properly ("Product safety—it's no accident"), and people who burn trash "without getting special advice" (*Southern forests are burned each year because people refuse to listen . . . Wildfire—indifference makes it spread*).

Another of the Advertising Council's little gems that offends me is a scenario in which a smug, all-knowing man takes a woman's rocking chair away from her just so he can make the bad pun, "Are you willing to take old age sitting down?" It's true that older people face problems unique to their class. But what is this creep's advice? When the woman is astute enough to ask, "What can I do about it?", he replies, "Change your attitudes about aging. Try to imagine what you'll want to do, what you'll want to contribute." How such advice could be of any value in helping old people with actual problems of food, housing, and health care is beyond me. If he was really interested in helping old people, he wouldn't be taking women's rocking chairs away from them; he would be out there helping old people, talking to them, learning real needs.

"The law's on your side," croons a choir of black women to a disco beat. What's this ad all about? The sole message of this ad is that if you receive merchandise in the mail that you didn't order, you can keep it, for free. Isn't America wonderful? How many people do you know who have received unordered merchandise in the mail? I don't know anyone; a much more common phenomenon is *not* to receive merchandise that you *have* ordered. This ad seems to be an excuse to promote the merits of The Law. It seems that every one of these messages has something subversive about it.

They do one for the "Alliance to Save Energy," which blames the energy crisis on the American consumer ("Last year, the amount of energy wasted equaled all

the oil we imported. And that's shocking.'). Gregory Peck exhorts the American consumer to cut back on gasoline consumption and be patriotic. Not a word about the oil companies' manipulative "shortage" engineered to raise prices, or about Big Oil's policy to import foreign oil at the expense of developing domestic reserves, or about strategies for developing solar, geothermal, and bio-mass alternatives to our petro-industrial dependence. In short, blame the powerless (us).

The world-wise cowboy voice of Will Rogers confides: *You know, this here inflation is kind of like a merry-go-round. The more you spend, the more it costs; the more it costs, the more you spend, until you just want to say, 'Whoa!' But it's not just the government, business, labor, it's you, me, every single one of us, and we all gotta work together if we want to get off this merry-go-round; gotta work at it! We gotta stop reaching for the brass ring, cause there ain't no free ride.*" Will Rogers doesn't beat around the bush; inflation is our fault. Sending for his free booklet is the answer; that'll force prices down!

Free booklets are the solution to many problems. Listen to Dale Evans gravely discuss the seriousness of child abuse. "Millions of American children daily face physical, sexual, and emotional abuse, at the hands of their own confused parents." Her solution—send for a free booklet. That'll stop it! Who in their right mind would assume that the emotionally deranged and confused parents who abuse their children would ever consider sending for a free booklet, or even admitting that they are abusers in the first place? Apparently that thought never occurred to the Advertising Council.

"We create staggering amounts of garbage. But in Virginia Beach, they turned a mountain of garbage into a recreational hillside. Pollution is destroying our beachfronts and waterways. But in Huntington, Long Island, they're planting sea-grass which cleanses the water for wildlife and man. The cure for pollution is people, working together." Apparently the trash along our streets is the fault of us nasty litter-bugs, not the manufacturers of throw-away wrappers for junk foods, or disposable cans rather than returnable bottles. And it's up to us, the people, to remove the industrial wastes from our rivers and lakes. Let's clean up Lake Erie and Love Canal! I guess if we're all out planting sea-grass, we won't have time to develop legislation making companies responsible for cleaning up their own pollution. This trashy ad was produced by the Advertising Council in conjunction with "Keep America Beautiful, Incorporated" (a contradiction if I ever heard one).

"The good old days—maybe we only make them good in our imagination. Perhaps because we were younger, and had a future ahead of us. There's nothing we can do about yesterday. But we can do something about tomorrow. By deciding we can build a better future by thirsting for justice. By working together. You and I, you and your neighbor, together. A fresh hope for justice in America. People, thirsting for justice." The first time I heard this ad (not produced by the Advertising Council—notice it doesn't blame anybody for anything) was right after the riots and looting in Liberty City, Miami. "People thirsting for justice." I cracked up. Do they know what they're saying? On the radio, at that!

Author's note: I wish to make emphatically clear at the outset that the criticism I make in this article are directed exclusively toward the advertisements mentioned, and not the radio station WAMF-FM. This is a fine small, black, public radio station, the only exclusively jazz-oriented station in this area, and wholeheartedly deserves our community support. The criticisms in this article do not reflect the overall integrity of the programming, but deal solely with the ads discussed. f.b.

Consumers Beware by Larry Teich

Those of you who haven't been reading the papers lately should check on such things as Rely Tampons, DES (morning after pills for women), Dalkon Shields (intra-uterine contraceptive), and Bendectin (anti-nausea pill). Class action suits abound.

Bendectin in particular has been in question because of its possible link to birth defects and due to the nature of its approval and use in the first place. It is routinely prescribed to pregnant women for nausea and vomiting, especially in the first trimester, despite its long-time rating in the *Physician's Desk Reference (PDR)*

as "possibly effective". Ask your own doctor about it.

The November 1980 issue of *Mother Jones* magazine goes into great depth in showing Bendectin's Thalidomide-like effects on the fetus and the FDA's (Food and Drug Administration) willingness to ignore any negative evidence about the drug. It also questions the ethics of the Richardson-Merrell company which marketed Thalidomine, and its subsidiary, which makes Bendectin. Besides offering some natural alternatives, here is a *Mother Jones* suggestion for dealing with this company:

TAKE IT OFF THE SHELF

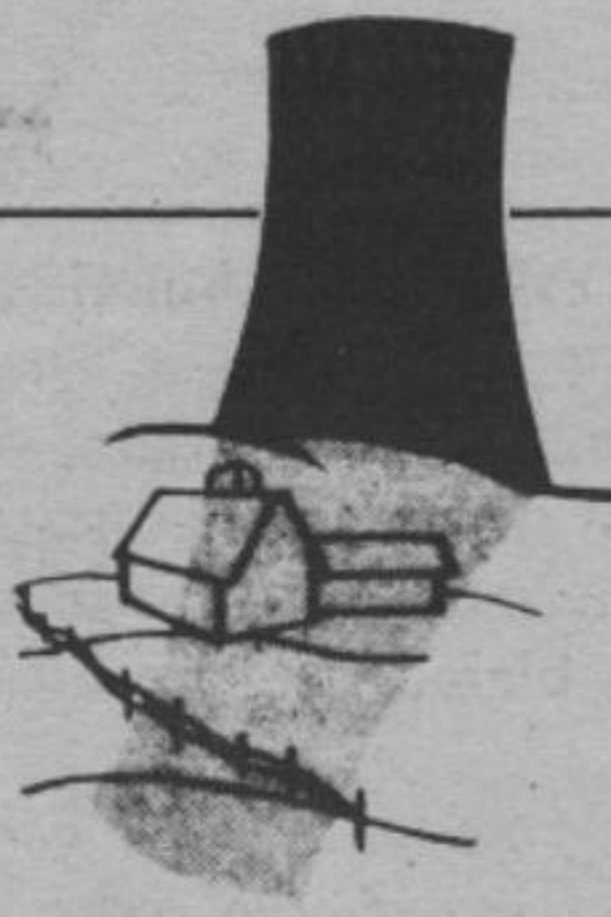


The only responsible move for Richardson-Merrell is to immediately suspend sale of Bendectin. You can apply some direct pressure by writing a letter to company president John Scott (handwrite the envelope and mark it "personal"). The address is: **Richardson-Merrell Inc.**, 10 Westport Road, Wilton, Connecticut 08697.

Or you can apply indirect pressure by refusing to buy Richardson-Merrell products until Bendectin is removed from the market. A partial list of the company's domestically marketed products include:

Vicks VapoRub	Vicks Va-tro-nol	Fasteeth denture adhesive
Vicks Formula 44	Vicks Victors cough drops	Fixodent
Vicks cough syrup	Vicks Oracin throat lozenges	Oil of Olay
Vicks NyQuil	Lavoris	Night of Olay
Vicks decongestant inhaler	Clearasil	Demure deodorant douche
Vicks DayCare	Benzodent denture ointment	Topex acne cleanser
Vicks Sinex	Kleenite denture cleaner	Complete denture cleanser

If you have a child in your family who has deformities that you believe were caused by Bendectin, write to: Betty Mekdeci, president, **Association of Bendectin Children**, 3201 East Crystal Lake Avenue, Orlando, Florida 32806.



Three Mile Island Legal Fund

An update and appeal from Donald Konkle, president of the Three Mile Island Legal Fund

The accident isn't over. The danger continues.

Many people believe that the accident at Three Mile Island is over. The truth is that the lives and well-being of more than a million people in this area are *still* at risk. The situation is worsened by the fact that no one is really sure how to proceed with the clean-up of the nuclear plant. Neither the Nuclear Regulatory Commission nor Metropolitan Edison has ever had the experience of dealing with a crippled reactor and damaged nuclear fuel in the condition they're in at Three Mile Island.

Before the damage can even be fully assessed, Metropolitan Edison must first move nearly 700,000 gallons of highly radioactive water which remains — water which they want to evaporate or dump into the Susquehanna River, the source of drinking water of many of us!

If they are able to dispose of the radioactive water, the reactor core still must be kept cool, to prevent any further melting of the core. (At this point, the officials are not even sure what the condition is of the vital cooling equipment which is inside the radioactive area.) Then radioactive deposits must be removed from the 200,000 - 300,000 square feet of exposed surfaces inside the reactor building. Next would be the removal of the damaged control rods, and the nuclear fuel itself — a task which would have to be done by remote control because of the extremely high levels of radioactivity. It is also expected that 660 - 1700 shipments of solid radioactive waste will then need to be transported off the island to other sites.

Experts estimate that it could be as long as 5 - 7 years before the accident is truly over!

When the accident began on March 28, 1979, we never expected the nightmare that was to become a reality. Local and federal officials were confused — no one knew what to do, and we waited. While the national press told the world about the accident, those of us who *lived* here had to deal with the reality of radiation releases that one couldn't see, smell or taste. Those of us with small children, pregnant mothers, farmers with dairy animals — all wondered what to do.

The same officials who promised us when they built the plant that an accident like this could never happen, argued with each other about what to do. It was frightening.

The impact of the accident didn't lessen when it stopped making headlines. As a matter of fact, in many ways, our problems had only begun. As residents, we had to face the fact that because radiation was not properly monitored during the first days of the accident, we were exposed to unknown levels which may cause cancer in 15 or 20 years. No one knows for sure.

As residents, we had to face the fact that we still have a very dangerous nuclear reactor casting a shadow over our lives.

We would like you to know what it's like to live here in the shadow of an accident — an accident that could have happened in New York, in California, in Vermont — anywhere there is a nuclear reactor. It could be *your* town, *your* children, *your* life.

Every time a siren blares — our warning that radiation is being released — terror fills the air. Sometimes ordinary sirens that have nothing to do with the plant cause our children to be afraid. Fearing yet another accident, many of us keep our bags packed, ready for an immediate evacuation. Others are afraid to sleep at night. School children often draw pictures of the cooling towers and many of our children wake from nightmares of the accident. Young mothers do not know how and if their children have been affected — *and it may be years before we really know.*

Our electric bills have increased by more than 30 percent, and now Metropolitan Edison has before the Public Utilities Commission a request for a rate hike of \$76.5 million, and is proposing that every consumer of nuclear power throughout the entire country be billed 10 cents per month to help pay for the accident!

That is what has become of our lives since March 28, and now we face grivous choices — to stay or leave. Many of us have invested a lifetime of savings and work in our farms and property. Many families have deep roots here — they have

lived on and worked the same land for generations — land they may be forced to leave.

And now the same people who gave their assurances that the TMI nuclear plant would be safe, are telling us that it is perfectly safe for them to continue venting radioactive gas into the air we breathe...and that it's perfectly safe for them to dump radioactive water into the Susquehanna River from which many of us get our drinking water.

Those same people are *also* telling us that it's perfectly safe for them to reopen the undamaged twin of the crippled reactor — Three Mile Island No. 1.

We've had enough. We're not going to allow ourselves to be treated as guinea pigs while the owners of TMI try to cut corners in cleaning up the contamination, and while they reopen the other reactor.

Many of the citizens of central Pennsylvania have decided to band together to put an end to the nuclear perils here at TMI. We want to see the safe and rapid decontamination and decommissioning of the crippled reactor, and we want to prevent the reopening of TMI No. 1. We want to make certain that what happened here will never happen again — in Harrisburg or *anywhere else.*

Our fight is *your* fight. What happened here could have happened anywhere. In recent years, millions of Americans have joined in the protest against the spread of nuclear plants. The key to the success of that protest is what happens at TMI.

We're participating in the reopened hearings of the NRC appeal board regarding safety and environmental issue which were left unresolved when the original operating license for the damaged reactor was issued.

In cooperation with the other area groups, we will be involved in

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Help for Small Businesses

by Larry Teich

Are you a small business in Leon County? Do you need help or advice on finance, management, marketing, bookkeeping, planning, or any other aspect of business enterprise? All of this is available free of charge, right downtown in Tallahassee.

At 110 E. College Ave., you can walk in to the Small Business Development Center to see which of their services best meet your needs. Eligibility is no problem — there are no private businesses in this area too large to be classified as a "small business". Money is no problem since the center is funded through the FSU College of Business and the State of Florida Small

Business Development Institute. Additionally, members of SCORE (Service Corps of Retired Executives) are available to assist in each of these persons' fields of experience.

Consultations and training are available in basic analysis and "nuts and bolts" areas. Also worth checking is the accessibility of resources, such as listings of Small Business Administration government publications, films, and other library services.

If this sounds useful and you want more information, visit the office downtown or call 644-6524.

Clearinghouse Notes

by Margie Menzel

On Sunday, October 12, a guard at Florida State Prison was stabbed to death with a homemade weapon. On the following Wednesday, two other guards were attacked and had to be hospitalized. A potentially explosive tension exists at FSP.

In its article on the prison situation, however, the *Tallahassee Democrat* chose only to interview the guards. Not surprisingly, the result was an article entitled "On Guard: The prisoners work 24 hours to provoke us." The reader comes away with the impression that the prisoners, especially those on Death Row with "nothing to lose," enjoy nothing better than harassing the good-hearted men whose job it is to guard them.

The prisoners tell a different story. In their letters to the Clearinghouse, they complain of racial harassment by the guards. Their few privileges had been drastically reduced even before the violent outbreak. Their visitors were humiliated, strip-searched, or turned away after traveling great distances. Large groups of prisoners are being punished for the actions of a few.

The consequences of these tactics are best summed up by Scharlette Holdman, who wrote, "Although some of these issues may seem insignificant to those unfamiliar with life inside a prison, they assume enormous importance when placed in the context of the austerity of a prison where half the population is on 24-hour-a-day lockdown. In an environment

devoid of stimulation, positive or constructive activity, and even the smallest sources of enjoyment and satisfaction, those minute privileges and amenities that do exist assume monumental importance. The tension at the prison between prisoners and between staff and prisoners has escalated to a level that is catastrophic. Further reductions in scarce privileges will only precipitate more violence."

It's important to note that, in the year since previous superintendent David Brierton left his position, murders in the prison have increased over 900%. Obviously, administrative policy has a great impact on prison violence.

A suggestion to *SPECTRUM* readers: write to the Department of Corrections urging the implementation of a negotiating team at FSP. It's obvious that a great deal of prison violence can be avoided.

•••

A conference on Women in Southern Prisons will be held November 7-9 in Atlanta, Georgia. Those attending will participate in seminars and workshops addressing the unique problems of women offenders, such as the defense of women who commit homicide after they or their children have been assaulted or abused, the problems women face after release, and the threat of more women's prisons. Scharlette Holdman and Clare Raulerson of the Florida Clearinghouse on Criminal Justice are among the co-ordinators.

THE WOOD STOVE STORE

10% OFF
on
**Chimney &
Stovepipe
with stove
purchase.**



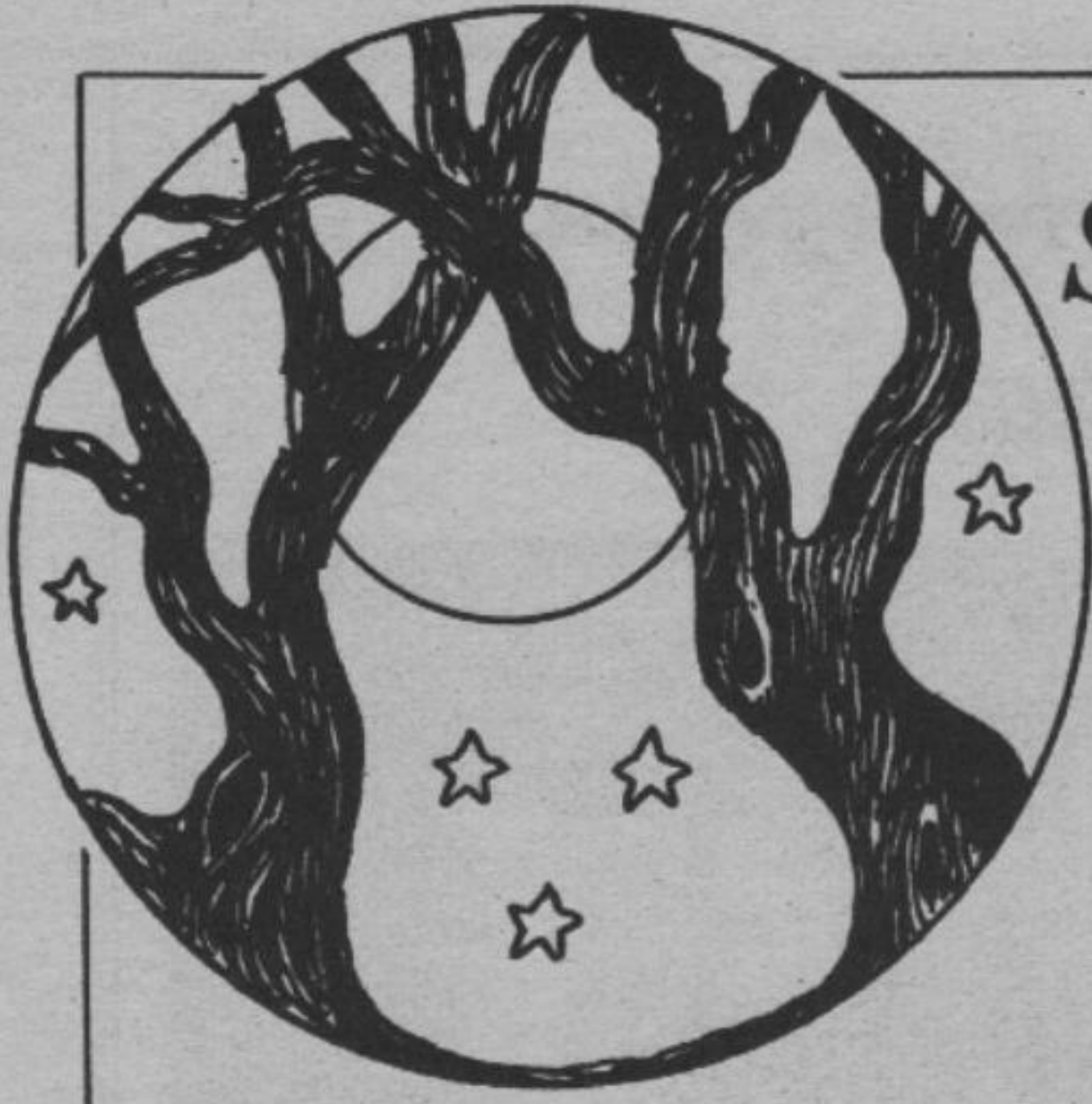
128
W. Van Buren
(S. Adams at the RR)
222-3228
T. F. 10-5:30
S. 10-4:00
Closed Sun. & Mon.

FOR ALL YOUR WOOD

HEATING NEEDS

- Expert Advice on Installations
- Installation Available
- Financing Available
- Accessories: Fireplace Tools, Screens & Glass Doors, Texas Fire Frames, Grates, Chimney Brushes, Ash Buckets

Best Selection of WOOD STOVES & FIREPLACE INSERTS in Florida!



Spreading Branches

The Triple God

by Rowan Fairgrove

Last issue the Triple Goddess was discussed in this column. Her aspects follow the course of the moon - Maiden/First Crescent, Mother/Full Moon, and Crone/Dark Moon. There is a similar triplicity found in the male world. These aspects can be identified as Young Man, Father, Old Man, which correspond to the three aspects of the sun - the burning destructive power of the sun's heat; its life giving and sustaining power; and the spark of illumination which the sun throws into the darkness of our unconscious being. Again, as with the Triple Goddess, these aspects flow back and forth into one another and the same God may manifest all three at different times. Nevertheless, I shall try to portray them as separately as possible

The first aspect is that of Young Man/Hunter/Warrior. The Young God delights in physical exertion, he runs at the Hunt and glories in brave deeds in battle. He also delights in the physical pleasures of love and may lead his

followers racing through hill and wood in a passion of divine madness and lust. His concern for the physical also leads him into healing. He sometimes appears on the battlefield to heal and comfort the wounded. We manifest his energy through the physical body. His symbols include the sword, the horns, and meteors. Some of his many names include Herne, Caseallawn, Shiva, Mars and Lugh.

*Bright Sun, Dark Death
Lord of winds, Lord of the dance
Sun Child, Winter-born king,
Hanged One,
Untamed, untamed!
Stag and stallion, Goat and bull,
Sailor of the last sea, Guardian of the gate
Lord of two lands
Ever-dying, Ever-living. Radiance!
Dionysus, Osirus, Pan, Dumazi, Arthur,
Robin, Janicot, Hou!
Move us! Touch us! Shake us!
Bring us through!
(Starhawk, 1979:p73)*

The second aspect is the Great Father, his is the sustaining power of the sun, the gentle warmth of the hearth fire. He values order and stability, fruitful fields and healthy flocks. He is the Good God, the Lord of Abundance, the Lord of Beer. We manifest his energy through the aetheric body. His symbols are the hoe, the vine and the ox. Some of his names are Nodens, the Dagda, Vishnu, Eochaid, Zeus and Frey.

*When harvest time comes
I am cut down
I am given to God
Myself to myself
Thus I begin to grow fruitful
And to be fertile
To grow and to prosper
One seed seeks
Another seed from me
One deed seeks
Another seed from me
Take comfort in my bread
And in my everfilled horn
For this is the gift of plenty
Which I bring out of the earth*

The third aspect is the Old Man/Artist, the one who creates, who brings divine inspiration to the soul. It is he who values change and growth and, because change is often unsettling and unwelcome, we sometimes call him Trickster-Joker-Fool. But he is the Blacksmith whose changes temper our metal and make us strong. We manifest his energy on an intuitive/astral level. His symbols are the wheel, feathered wings, the forge and the harp. Some of his many names are Bragi, Apollo, Brahma, Odin, Manannan MacLir,

*I am the Changer
The stalker in the mind
I am the teller of tales before they happen
I am the teacher of the nine mighty songs
I shape the runes of knowledge
Listen to my harp in the winds
Seek my voice in the waves
I call to my table those who would be mighty in wisdom
And I send none away unfilled.*



Book Mention

by Rowan Fairgrove

This summer I received a copy of *The Holy Books of the Devas (Part One): An Herbal for the Aquarian Age*, by Paul V. Beyrel. It contains 40 handlettered pages, illustrated throughout with delightful line drawings depicting many magical beings by Prairie Jackson. It provides a magical journey through the planetary aspects of herbs into a ritual which shares the lore of the herb devas and the Lady.

It is available for \$7.00 from The Rowan Tree, Box 8814, Minneapolis, MN 55408. If this book was half the listed price everybody on my Yule gift list would get one. As it is, you'll just have to spring for it y'selves.

Community Land Trusts

by Tom Martin (Chechessee)

To co-exist insures survival; land, trees, people, air, all balancing in a continuing give and take, completing the cycles of awareness that all is one. Land use is central to the problems of unawareness that resists a healthy, balanced planet. Positive land use with respect is a way to healthy existence.

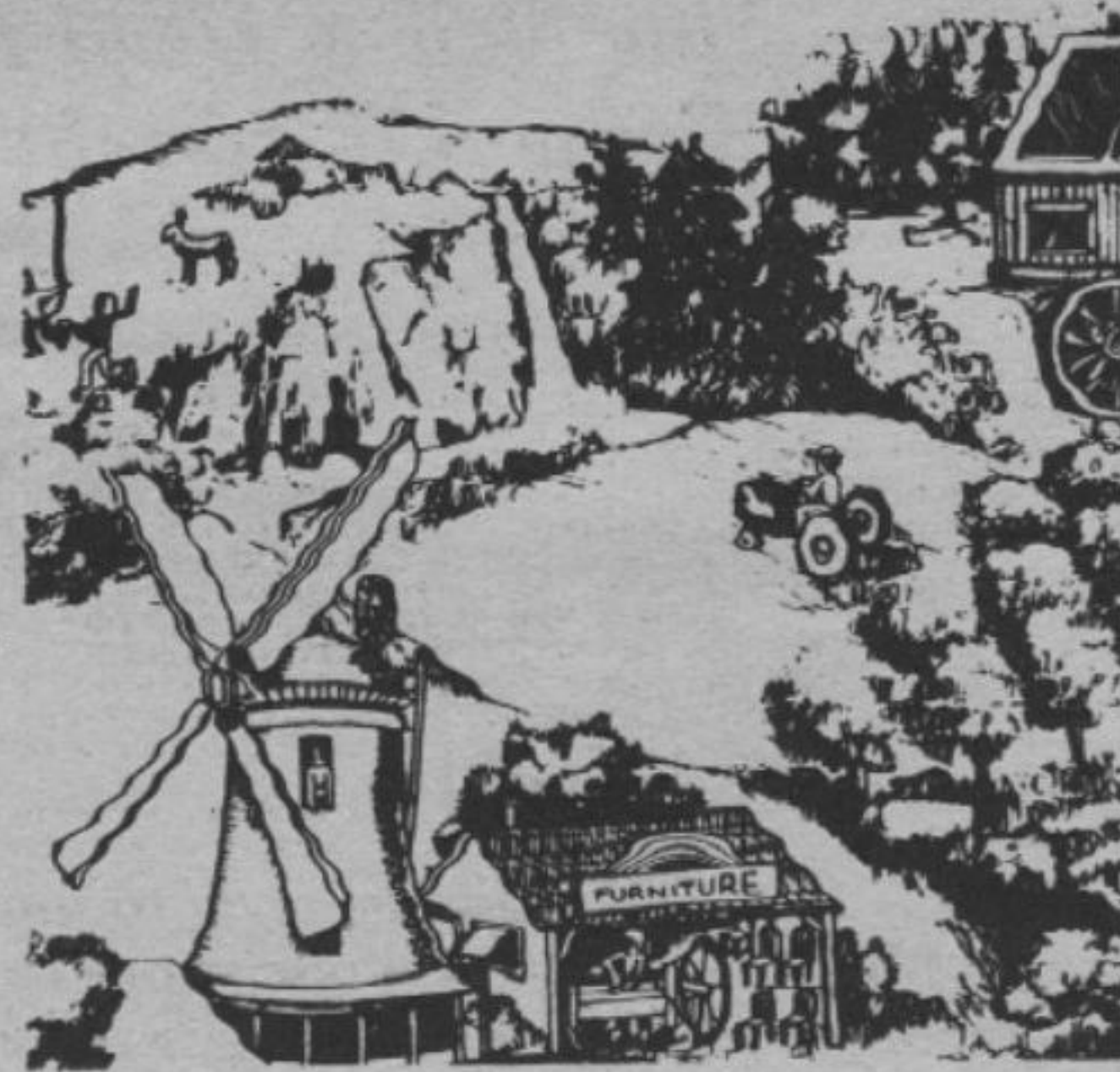
Learning to respect another person's priorities leads to the peaceful existence one seeks. I choose renewable technology sealed to urban consumer living - different ways, part of the same. Respect is the headspace, land is the footing or seeding we begin with, both necessary to co-operative living.

Below are some guidelines concerning community land trusts that we would like to see spread and discussed. Pleased contact us for further information on what's happening in Tennessee and the Southeast.

The Community Land Trust (CLT) is a concept that has evolved into a viable solution to the complex problems of land tenure in the USA. At once, it offers a means by which responsible people can gain control of land, and it presents to the world a form of tenure that promotes the best management of land.

A CLT is a legal entity. It is usually a non-profit corporation chartered to hold land in stewardship for all people, present and future, while protecting the legitimate rights of its residents. Although the specific goals of each land trust vary, the basic structure is as follows:

1. The trust holds land only.
2. The land user is protected by a 99-year renewable, inheritable lease.



3. The land itself is protected by the charter of the trust.
4. The trustees do not control the users of the land; they implement the trust charter, insuring that its provisions, and those of the lease contract, are fulfilled.

Land trusts are not opposed to the concept of private property. Some of the definitions used when discussing land trusts are:

property: That which people create through their own efforts (cultivated crops, homes, goods, works of art, enterprise).

resources, or trusterty: That which were created, and preceeded human intervention (land, minerals, oceans & streams, atmosphere).

resources are held in trust for and by the community.

Some advantages of the community land trust are:

- Provides lifetime security of land tenure equal to or even greater than that

of private ownership, which depends on private personal fortune.

- A community is more effective in dealing with eminent domain, condemnation of land than a single owner.
- The land itself is removed from speculative market, a real cause of inflation.
- A community of people offers mutual support.

For more information, contact:
Middle Tennessee Land Trust Association
P. O. Box 40242
Nashville, TN 37204
or
Tribal Sundance
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photo by Frank Brown

On October 11 and 12, Tallahassee hosted the Magnolia Confederation's 10th conference. Held at the Lake Talquin Girl Scout Camp, A Camp for All Seasons, the southeastern conferees enjoyed two days of mingling with co-ops from all around the region, meeting to decide future moves in the co-op organization's development, and attending workshops on a multitude of co-op topics (including a beer-tasting workshop, above). Many thanks to the organizers, workers and childcare people!

The Southeastern Confederation for Cooperation, better known as... **Magnolia!**



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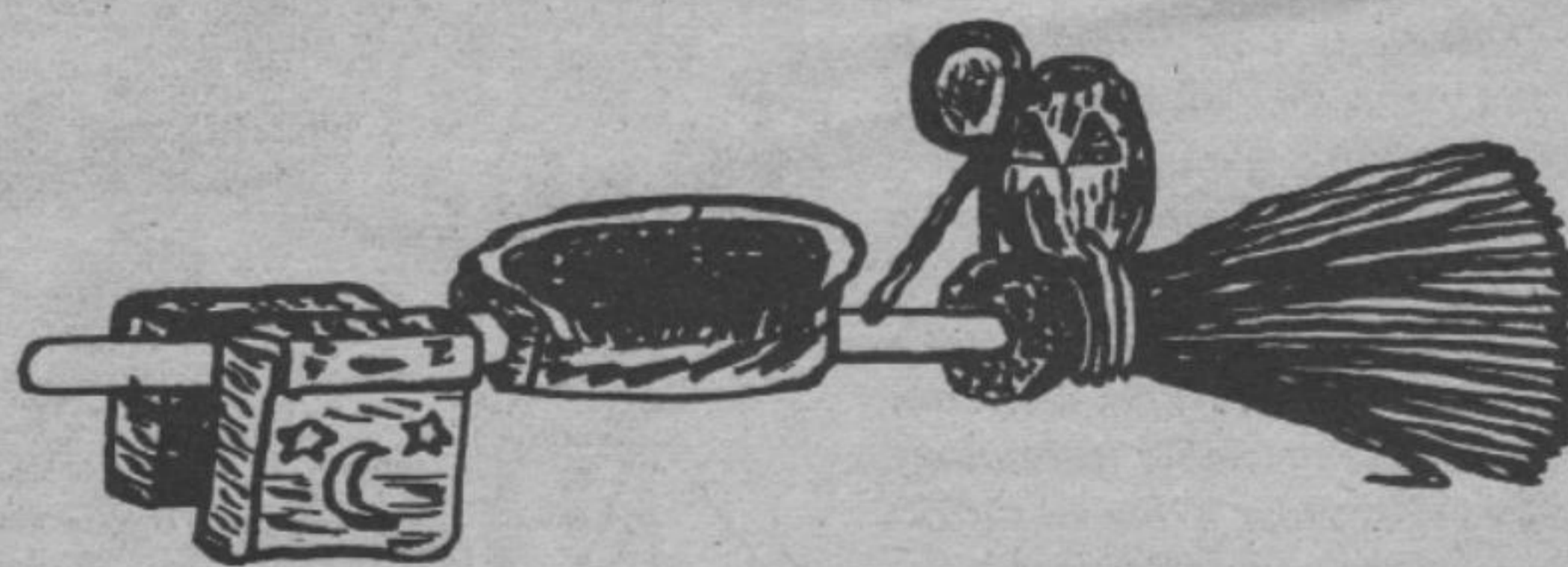
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Co-op Burnouts and What You Can Do

by Pat Springer

I was going to write an article about what it has been like lately, being on the food co-op's board of directors and finding myself on automatic burn-out. In the article, I intended to say how it has been typical for LCFC for years to have a few over-committed individuals doing most of the other-than-storefront co-op work because there are too few people volunteering to do all that needs to be done. I was going to write about how little time some of us have to be social, sensual beings with personal lives, and how shakily we balance precariously close to intense burn-out. And I was going to write about how low morale and low work quality become a viciously perpetuating cycle, keeping us too busy to let people know of our dilemma. But then I realized I was too burned out and didn't have time to write the article.

Before the membership meeting of May 4, when I was elected to the BOD, I had only attended one other membership meeting. I had never been to a BOD meeting or any committee meetings, and rarely worked in the store. Only the fact that I see an imbalance of responsibility sharing and problems with communications caused me to risk misunderstandings about what I'm trying to say. I want to help bridge these gaps.

Instead of writing the other article, I decided to write something quick and to the point about how those who aren't already involved can become active in sharing the work load cooperatively. I know I hesitate to respond to generalized pleas for help, so what follows are some specific ways people can participate.

I see two areas in which to become involved: decision making and support work. Most decisions are made in committee and BOD meetings. Below are brief descriptions of the functioning committees of LCFC:

• **Community Involvement Committee** — Michael Lehman (BOD) - examining ways to involve the co-op community within the food co-op as well as ways to become more involved with the larger community.

• **Education/Orientation Committee** — Nancy Muller (BOD) - creating ways of

continued page 15

Board Members: Nancy Muller, Pat Springer, Ron Miles, Jack Rink, Martha Weinstein-Correia, Jeff Blair, Mike Crew, Michael Lehman.

Fundraising — We are, you know, in the process of purchasing our building. As a binder, we removed \$10,000 from our savings account and paid it to Paul Morgan, the present owner, in August. This \$10,000 is to go towards the down payment of \$40,000, which is due by the end of January, 1981. The binder cleaned out our savings account, and it is *essential* that we raise the remaining \$30,000 by January. The board of directors, staff, and the Fundraising Committee have developed several means towards this end.

Member Donations — This is the ideal method to raise funds for the down payment. Members are encouraged to give whatever they can afford to our co-op. Donations are cheerfully being accepted at the Information Desk or in the donation boxes by the cash registers.

Woodstove Raffle — LCFC has purchased a Jotul woodstove from The Woodstove Store at 20 percent off retail price. We are selling raffle tickets for \$1.00 at the information desk. This is a high quality, airtight, woodburning stove that efficiently heats up to 600 square feet, and retails for \$539.00. It's on display in the storefront between the apple juice and the Info Desk. Members can

LCFC B.O.D. Tracks

Bldg. Purchase Update, Committees and Group Process

by Michael Lehman

help our co-op and very possibly themselves by purchasing raffle tickets. Members can also help by checking tickets out to sell at school, at work, or to family and friends. Also, members who have participated in LCFC orientation can now cash in on the first and long awaited *Red Star Special*: buy one ticket for \$1.00 and get one free.

Member Loans — In cooperation with Canopy Federal Credit Union, LCFC's Finance Committee has developed a member loan program. Details of this program are still being worked out, but the gist of it is this: members can loan the co-op \$100.00 or more by depositing their money in Canopy and signing the necessary papers to allow LCFC to borrow it. This is a wonderful plan that is a potential boon for both Canopy and LCFC; Canopy can increase their assets, while LCFC can acquire needed capital to make the down payment. This is a good example of how

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Good Life has New Life

by Rita Schwab

Welcome, all Good Life friends. We have exciting news for you.

Your general store co-op now has an official board of directors, elected at our last General Membership Meeting on September 28. For the first time in our existence we have a board consisting of five members: Bill Brown, Tammy Crew, Tom Kelley, Rita Schwab, and Louis Tesar.

We are excited and ready to spend time and energy to make your Good Life General Store (GLGS) work within the guidelines set during the membership meeting. That meeting was positive and constructive.

The temporary bylaws were amended with some minor changes in its policies. Since GLGS had been run by a board of directors that was never active because it had no legally existing bylaws, the (so far) temporary bylaws were revised and updated.

We added a life membership policy that was missing, and added more specific responsibilities for the board of directors. The bylaws, amended and revised, were adopted by the board at its meeting on October 17.

Our general membership meeting clarified a new direction and set new goals for the future movement of GLGS. Most outstanding seemed the fact that there has been little membership input. So, we would like to focus on membership participation as well as better store management, store environment, product priority, and community needs.

We're hoping to expand the variety of products in the store and to provide better quality products which are more practical and supportive of an alternative lifestyle.

We would also like to make you more aware of our store policies, what kinds of discounts you can receive, keep firmer store hours, and run the store more professionally. There is a lot of local merchandise that could be taken in, whether it's arts and crafts or locally-manufactured items. We could even establish a service list for custom orders of all kinds. We think this can be done right here in Tallahassee.

How your store looks often reflects on how well goods sell. So, come in and volunteer for some clean-up work, restocking, rearranging, or even giving the store a new look and design. We are hoping to have work parties, so watch out for our ads.

There were about 35 members in attendance at the general meeting, and we appreciate everyone's input and interest.

New Guidelines for Good Life

The guidelines we received during the General Membership Meeting were very helpful for our first BOD meeting, held on October 17th. A temporary decision to vote by simple majority made our process of decision making immediately possible. However, we are looking for volunteers to explore various voting systems and come up with proposals.

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Committee work was highly supported. There will be a "Committee Work Sign-Up Sheet" at GLGS, where you can volunteer and specify your interest for the following committees suggested:

a) **The Financial Planning Committee** — To keep the budget, find sources for capital, plan future financing, determine affordable pay for employment, and specify mark-up on merchandise.

b) **The Product Line Committee** — To define merchandise priorities, list the financial possibilities and size of an order, explore new companies and wholesale dealers — preferably local.

c) **The Store Improvement Committee** — To present a physical plan for the store within financial possibility, take care of these improvements, think about future store expansion.

d) **The Outreach Committee** — To define an advertising policy, reach out to members and the general public, design information signs.

e) **The Staff/Volunteer Committee** — To define staff/volunteer responsibility, work on the employment budget and establish the store hours.

f) **The Voting System Committee** — (already discussed above) is a temporary committee to investigate various voting procedures and propose them to the BOD.

Our former bookkeeper, Pat Handschy, has resigned. We need to find a replacement immediately. An

experienced bookkeeper would be most helpful. Bill Brown is the contact person (phone 576-7943) in this matter. He is temporarily keeping the books.

As you see, there needs to be a lot of work done to keep GLGS running, and a lot of improvements to make it strong and growing. This is a co-op, this is your store, and only your enthusiasm and your support can make it work. So, support the cooperative community. Think about Tallahassee's strong alternative stores and participate. We need your help to form committees and get the work done. Stop by at the Good Life General Store today or call 224-1694 and leave your name, address and phone number on the "Committee Work Sign-Up" sheet. Your help will be appreciated. Come and help us make GLGS grow.

To Magnolia Workers...

The Leon County Food Co-op thanks all of you folks who put so much warm energy and hard work into making a fine Magnolia conference.

Good Life Board Mtg.

The next GLGS board meeting will be held at 6:30 PM on Monday, Nov. 3. The meeting location will be posted shortly at GLGS and LCFC. Please attend.



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BOOK REVIEW: Sampling the End of the World

by Suzy Fay

The end. Only a very few of us have never mused about the end.

Especially these days. There are so many reminders. To use a few examples: exposure to myriad unlikely contaminants, from tampons to bug spray; groundwater pollution, possibly irreversible, in many parts of the USA; atomic weapons multiplying in slovenly profusion.

We remain unscathed for the moment. And when that moment is up...? Well, that mysterious future event is what apocalyptic imaginings feed upon.

People with the apocalyptic point of view want to be the chosen few who see the old world fall while the new staggers to its infant feet. This desire sends them out to dig garden beds, causes them to stockpile dry goods and 5,000 rounds of ammunition, or drives them to become members of esoteric churches. It leads people to buy land on which to build little hideaways, "just in case".

All speculation—pure speculation. As yet.

Happily, one result of speculation is fiction. An equally happy result is science fiction. Here new worlds are concocted, and one can pick and choose from a selection of milleniums.

It is getting easier to single out the female vision of such events. Prior to the middle Seventies, this might have proved difficult. Now, there are a growing number of works by women about life during the *last days*. Both views are instructive, so, a brief look at a few of these novels follows. Gentlemen first.

The late Philip Wylie wrote a very interesting last novel. *The End of the Dream*, he called it, and it is a novel of ecological disaster. He had a great ear for speech mannerisms and the inevitably editorial tone of the journalist. Much of the story depends on devices such as "TV interviews" and "news articles".

The book illustrates the corrosion of natural life support systems by our arrogant dependence on technological systems. Wylie outlines a farcical chronology of events—a massive electrical blackout engineered by a neurotic, the great potato chip crop failure, the obligatory killer insect swarm, the par-boiling of several unfortunates by a river's thermal flare-up, internal explosions caused by cating heat-n-serve frozen foods, etc., etc.

Farcical, yes, but in tone only. Wylie seems to have done plenty of research.

Even after the worst has happened (international cannibalism and a global attack by carnivorous sea-going worms), he doesn't relent. Ultimately, he believes the murderous and idiot impulses in mankind to be inextinguishable. No hope here.

"People with the apocalyptic point of view want to be the chosen few who see the old world fall, while the new staggers to its infant feet."

This finality, this premature yielding to entropy, is characteristic of many "End of the World" novels. So it goes in *On the Beach* and *Level Seven*, in which all biological life bites the dust. In Frederick Pohl's *Jem*, atomic devastation occurs on two planets, and while life continues, it does so in stagnancy.

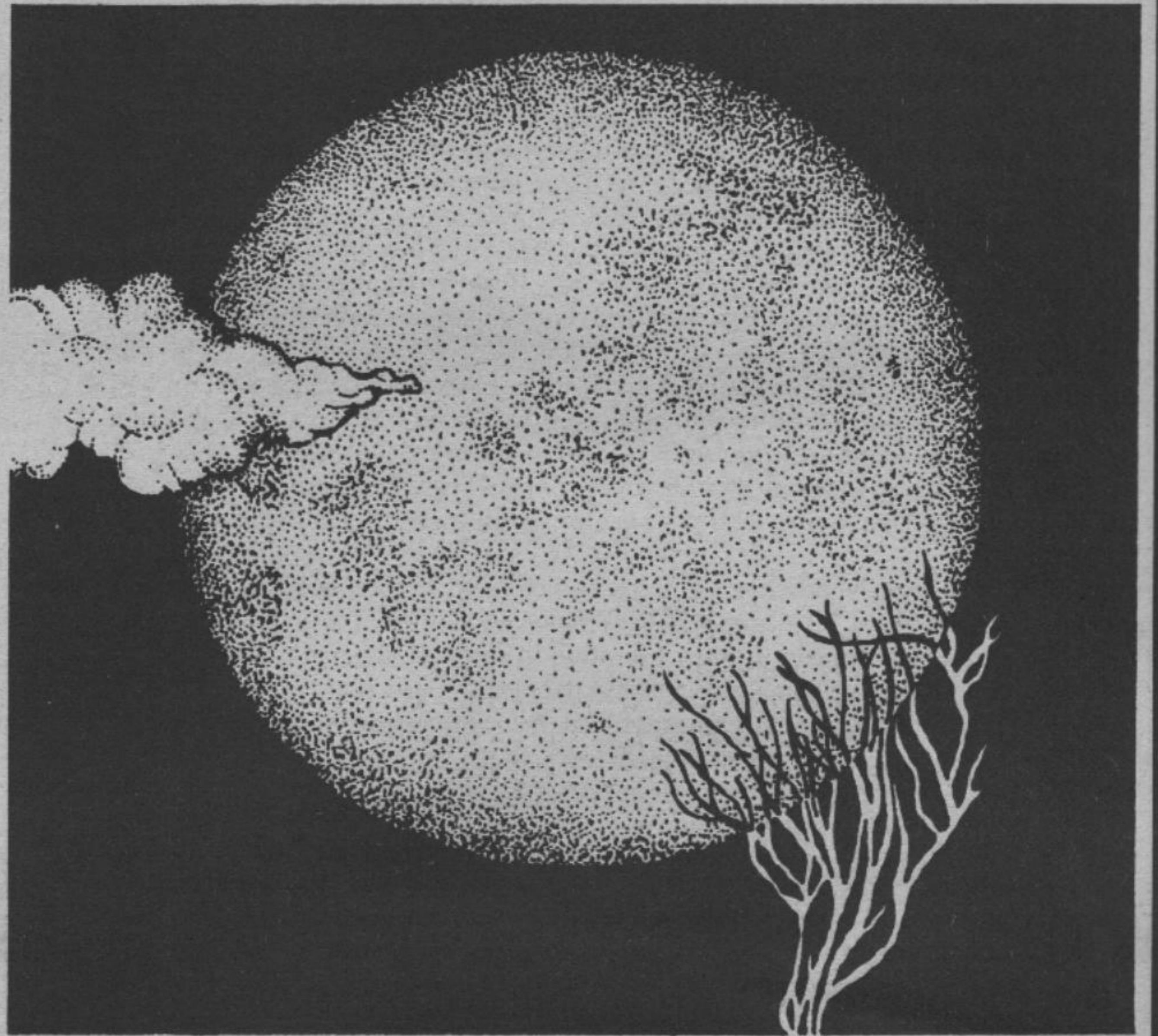
It is true that pessimism can provoke thought, but so can its opposite. Life keeps evolving in other treatments of Apocalypse.

Suzy McKee Charnas, whose books illustrate the above point very well, has started a series. The blurb on her book, *Walk to the End of the World*, states: "The Wasting left men brutish masters of servile women... women who now plotted in blood for their freedom!" The Wasting killed off most animals and all but the hardiest plants. The men of the Holdfast, the seat of post-Wasting civilization, are not merely brutish; they suffer from non-stop rigidity. Having assiduously scrounged a meager existence from the denuded environment, they protect their shaky status by becoming petrified with military status symbols, ritualized drug taking, quasi-religious chants, and totally subjugated women (or "fems").

The greater part of the story focuses on the intricate and believable male social system, which is swiftly starving to death by virtue of its fascination with non-life and its dependence on one source of food. The rest of the story, considerably more uplifting, concerns the carefully devised escape of Aldera, the runner fem, sent by the Matris (a secret protective organization) to reconnoiter the Wild, find the fabled free fems, and enlist their aid to rescue their sisters in the Holdfast.

In the next novel, *Motherlines*, Aldera strikes it rich. Not only does she find the free fems, she finds the Riding Women, the Motherlines tribes who, among other things, conceive children without men's assistance. This is fortuitous, since there are no men to be found in the grasslands. The Riding Women lead a nomadic life on horseback, sharing such a symbiotic existence with their mounts that the free fems style them "Mares".

The interest in this book is the contrast between the nomads and the fems. The Nomadic group flows placidly along in its time-honored ways, in perfect agreement with the natural environment. The other remembers its Holdfastish



art by Elizabeth Ross from *The Wanderground*

origins, with a difference: they propose a quest, a return to the city which they helped build, to reclaim it.

Aldera unwittingly catalyzes both societies. The reader is left impatiently awaiting the next book in the series, to see what develops.

Sometimes the end can be seen as a process, rather than a "big bang". Such a process posits new order, which is what is described in *The Wanderground*, by Sally Gearheart.

And what new order! Think of all the fairy tales in which people can understand the language of animals. Think of all the stories about telekinesis, mental telepathy, and every sort of psychic power. Now imagine that these skills are invested in women who have made for the hills, escaped from city life, and forsaken men.

This is a tale of spontaneous revolts and sporadic breakdowns, in which sometimes things work and sometimes they don't. Some women stay urban, and must act out male caricatures of femininity, while others escape, and learn to fly. Literally.

One of the best things about Gearheart's writing is its wonderful use of everyday words for new meanings that make immediate sense. It suggests, powerfully, the possibility for change. Change in realms both psychic and social.

One shortcoming exists, and that is what appears to be the ideal development of the hill women's personalities—they are almost uniformly noble. But this is a rather unworthy complaint, considering the rest of this marvel-filled journey to the future.

Doris Lessing's *Shikasta*, like the first novel discussed, is a series of transcripts about events leading to the end of civilization. This is secondary. Its first concern is with good and evil.

The story begins in prehistory. Earth (or Rohanda, the fruitful, later called Shikasta, the wounded) starts under the tutelage of the beneficent Canopian galactic empire. As in *The Wanderground*, there is understanding between animals and humans.

Unfortunately, the parasitic and destructive planet Shammat decides to sort this felicitous condition out. The planet deteriorates. There is a fall.

Life devolves rapidly. From spans of thousands of years, human longevity decreases to its present paltry allotment. Canopian emissaries, incarnating as humans, attempt to sway the malignant influences of Shammat manifest in the escalating grimness of society, and the horrific inventions of man.

Each person examined in the book is wrung out by the politics of the times, by the economics of their situation. Each commits violence or cracks up violently. Excerpts from a young woman's diary bring the world's famished billions and weird alliances into sharp focus. Particularly telling is Lessing's handling of race; she does not dimly ignore the geo-history of race and confrontation.

So, with the cataclysm, Shammat is victorious. Or is it? The hold is broken; the survivors may now renew their Canopian ties.

There are many ways, most of them too close for comfort, for the world to end. It is edifying, therefore, to read of ends which do not mean *the end*. It's really pleasant to read about ends that presage further evolution. In short, it's nice to know that some people think we have something to look forward to.



Cool Weather Recipes

by Robert Brunger

Now that cooler weather is with us, it is easier to get into the mood for spending more time in the kitchen. Not only does a warm stove now seem more pleasant than a month ago, but the autumn also brings in fresh crops of pumpkins, apples, and cranberries, all featured in the recipes below. Autumn is also the best time of year for brewing beer; the cooler temperature allows a more even fermentation, and the flavor will reach maturity in early winter, just in time to be savored on those long nights.

Apple Muffins

(A perennial breakfast favorite! Try using organic apples!)

1 C unbleached flour
 ½ C WW pastry flour
 ½ C wheat germ
 2 t. baking powder
 ½ t. cinnamon
 ¼ t. mace
 ½ C brown sugar
 ¼ C butter (½ stick)
 2 eggs
 ½ C milk
 1 medium apple, grated
 ½ C raisins

1. Mix dry ingredients well — take care that there are no lumps in the baking powder.
2. In another bowl, cream the butter and sugar; add eggs.
3. Add dry mix and milk, alternately, to creamed mix.
4. Stir in apple and raisins.
5. Drop into greased muffin pan (makes 12) and bake at 400° for 20-25 minutes.

Easy Cranberry Sauce

(Can be eaten with or without turkey!)

3 C cranberries (one package)
 1 C water
 ¼ C honey

1. Bring water and cranberries to a boil; cranberries will pop!
2. Stir in the honey slowly; cook slowly until thick.
3. Serve either hot or cold.

Basic Beer

(You always wanted to get started someday? Here's how!)

2 cans DCL light hopped malt extract
 3 C dextrose (save 1 additional cup for later stages)
 .10 # flaked hops (about a fistful)
 1 pkg brewing salts
 1 pkg all purpose beer yeast



1. Wrap the hops in a clean cloth square, tie it closed, and boil it in your largest pot. An 8 qt pot is ideal—maybe you can borrow one from thy neighbor! Boil for 20 minutes.
2. Remove hopsack, pour water into clean 5 gallon plastic pail; boil a second batch of water using the same hopsack.
3. Pour malt into pail with the hot water, mix well. Add hot water from tap to the cans to get all of the malt out.
4. Also add dextrose and brewing salts at this time. Add second batch of boiling water slowly, and mix very well.
5. Add enough cold water so that the mix comes to about 6 inches from the top of the pail. This leaves room for fermentation.
6. Let mix cool until only slightly warmer than body temperature ("baby feeding warm"); this may take several hours. (Overnight is fine.)
7. In a small bowl, add yeast to 2 C lukewarm water with a spoonful of dextrose in it. Mix, and let stand about ½ hour.
8. Gently stir yeast mix into beer mix. Cover. Within a few hours the fermentation will be very obvious, and will continue for several days. Stir it up from time to time. Having a hydrometer at this stage would be very helpful to measure the fermentation process accurately.
9. When the fermentation has virtually ceased, siphon contents of the pail into a five gallon jug. Leave the sludge behind. Add additional water in the jug until the level is up into the neck. Put an airlock on the jug and let it sit quietly for several

Pumpkin Pie

(The supreme treat of the season—surprisingly easy to do!)

First, prepare the pumpkin by cutting it in half through the stem end. With a spoon, scrape out all the seeds and strings. (The seeds may be saved for later use, but clean them well if you do.) Place pumpkin on a cookie sheet, open side down, and bake at 350° for about an hour. If you have a big pumpkin, you may want to cut it in smaller pieces before baking. Let pumpkin pieces cool, then, using a spoon again, scrape the pumpkin meat away from the skin—it should come away very easily. With a sturdy fork or potato masher mix the pumpkin well. It takes 1¼ C of pumpkin mash for one pie—whatever is left may be used for soup, bread, doughnuts, etc. or simply frozen for future use (at Christmas maybe?). Hint: 1¼ C fits comfortably insided a margarine tub.

Now, fix the crust: (this recipe is enough for 2 pie shells)

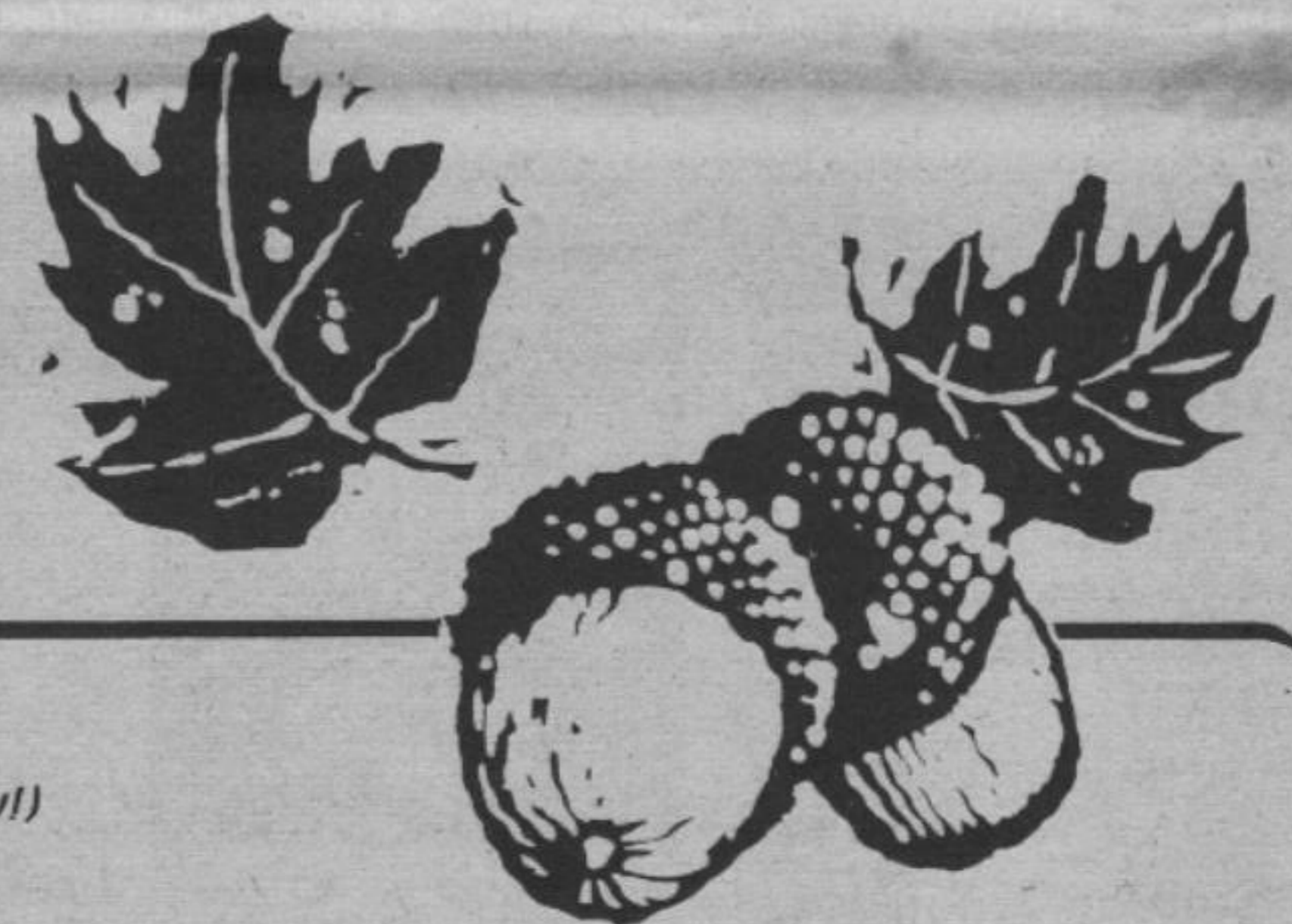
1 ½ C WW pastry flour (not regular WW flour)
 ½ t. salt
 ½ C shortening

1. Mix flour and salt with a fork.
2. Remove ⅓ C of flour and mix with ¼ C cold water to make a paste.
3. Cut shortening into remaining flour mix until the size of small peas.
4. Add the flour paste, mix until dough forms a ball.
5. Cut in half, roll each half out to make a separate pie shell.
6. Make a high fluted edge on this pie!

And now, for the filling: (make one batch at a time in your blender)

1 ¼ C pumpkin mash
 1 ½ C half and half
 ¼ C maple syrup (or honey)
 2 eggs
 ½ t. salt
 1 t. cinnamon
 ½ t. mace
 ¼ t. allspice
 ½ t. ginger

1. Place all ingredients in a blender.
2. Blend at low speed — stop action if necessary to push down mix from top.
3. When blended, pour right into shell.
4. Bake at 425° for 15 minutes, then at 350° for 45 minutes.



days. All remaining fermentation will cease and you can watch the beer come clear as the yeast residue settles on the bottom.

10. While you're waiting for your beer to settle down, start getting your bottle collection organized. Clean bottles with recappable lids—as in imported beers, or Metz-Robert water bottles—are required here. Scrounging them from local bars or encouraging friends to save them are your best bets. They can also be purchased from local beer distributors. You will need about 55 or so.

11. When the beer has settled well—in 5-20 days—open it and siphon it back into your pail with the remaining one C of dextrose. This last infusion of dextrose provides for the final fermentation that gives the beer its fizz.

12. You are now ready to bottle your beer! Siphon directly from the pail into each bottle and then cap them. This procedure can be messy, but it need not be—purchase of a bottle filler (less than \$2) is helpful for making a neater process.

13. Now the hard part—set your beer away and forget about it for at least two weeks! It takes that long for the flavor to begin to mature—it will continue to improve for at least another two months, if you can wait that long!

If this recipe succeeds in getting you started in beer making, you might be interested in touching base with the growing number of brewers in Tallahassee. Contact Dave Taylor at the Co-op, and he can tell you what activities are planned.

This is not a sermon...

by Margie Menzel

When I told Faye I was writing an article on apathy, she said, "Oh. Another one?" When the SPECTRUM collective met to discuss the content of this issue, I mentioned that among the articles I planned to submit was one entitled, "Apathy and Self-Determination". There was a pregnant pause. Then Vicki said tactfully, "You know, Margie, you're so funny in person, it's a shame that side of you never gets into your articles."

Well, I've always had a sneaking suspicion that my writing was a bit too bombastic. So, here goes: a sincere attempt to write a column rather than a sermon.

...

It's been my experience that most people view themselves as being at the top of the moral pecking order. I've been in the hierarchies of restaurant employees, sororities, school clubs, Christian student groups (I blush!), radical political organizations, and so on, and they always had this in common: "We are right and they are wrong."

When we talk about the moral reprehensiveness of those responsible for ripping off the public one way or another, I think back to the discussions I heard as a child in my parents' living room. I remember talk about a "social contract" being the justification for capital punishment. I remember talk about "Darwin's principle in reverse" as being the rationale for enforced sterilization in the Third World. The upper middle class society in which I grew up does not visualize itself as evil at all; rather, it

believes in its ability and right to govern. And so does nearly everyone I have ever met.

This sense of moral correctness is essential to every sustained endeavor. I just don't believe that David Rockefeller gets up each morning, twirls his mustachios, and says, "Let's see...how many people shall I kill today?" No, he's got to believe that he's doing the right thing, perhaps even that he has a mission. And it's that very sense of certainty that is the most difficult thing to combat in swaying people's views. It's my belief that people don't get radicalized because of any abstract set of principles; rather, they change their minds when they encounter something within their direct personal experience that they know to be unjust.

People don't like to change, especially when it means admitting that they've been wrong. We all have layers and layers of resistance. When people first started talking to me about feminism, I said, "Sorry, I can compete with men just fine. Save your breath for women who need it." And so I disassociated myself from my own oppression, individually and generically.

Because it's such an overwhelming task to retool your thinking and your habits and your emotions! It means years of dredging up guilt and inferiority and all kinds of unpleasant feelings, and then figuring out how to direct your anger and what you've learned into some constructive channel. It's a gigantic task.

In this country, we've developed a strain of fatalism that I find to be as

dangerous as the extreme Right. This fatalism is expressed in the attitude that, no matter how fouled up things are, a single individual can have no impact on big government, big business, or big military. So why vote? What's the use of getting upset?

In his last letter to me, my father writes, "The most difficult thing for me to live with is the realization that there is no way to curb human stupidity and human greed." I daresay many people agree with him, and that many people think politics is such a dirty business that it would soil them to be involved. What is lacking is the impetus to make political interactions an honorable business. It's not the structure that is inevitably tainted, but the manner in which the structure is implemented.

And why? Precisely because of that fatalism, that apathy. We expect our political representatives to be corrupt, and so they are. We expect "human greed" to be an intrinsic part of human nature, and so we accept competition instead of cooperation. I don't believe that greed is biologically programmed. I think it's a product of socialization that cannot only be learned, but unlearned.

The root of apathy is a sense of impotence, of powerlessness. Its essence is the acceptance of forces greater than oneself, with which one must align for self-preservation. Its corollary is the belief that humanity is limited by its greed, its cowardice, and its selfishness.

Have you ever been in a demonstration and watched the faces of people passing by? It's not that they're considering your

ideas so much as your making a public spectacle of yourself. It's so uncool, so tacky.

People with radical political beliefs must beware the temptation to see themselves as being morally superior. If what we're fighting for is the opportunity for people to deprogram themselves and embark on a journey of self-determination, we shouldn't be surprised if they reject our visions along with the others. The important thing is that they believe in themselves enough to go their own way. We need to have the humility to see ourselves simply as people trying to live kindly and justly, not as the arbiters of morality.

Many of us dream of and work for a society wherein everyone has a voice, a value, a contribution to make. Transforming American society, because of its heritage as well as its current structure, is a task beyond the scope of a small revolutionary group. I believe that an American revolution, if indeed so gradual a process can be called a revolution, will be the result of a great swelling of participation, not by the "masses" as a unit, but by masses of individuals. The watchword is spreading; people are raising their voices across the land, issue by issue.

It's a question of mutual respect. One must believe not only in one's own value, but in that of everyone else. We're not fighting a revolution to establish a new pecking order. We're participating in a moral evolution to abolish hierarchies once and for all.

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Revival of Military Machoism

by Roger Peace

Despite the image-dominated circus of political campaigns, elections bring to the forefront questions concerning the nature of our society and where we are going. There is more uncertainty today than at any time since World War II—the economy is more unpredictable than the weather, our lifeblood of oil supplies is uncertain, foreign policy can no longer be contained in a two-dimensional analysis (US vs. USSR), and our unquestioned faith in scientific progress is being challenged by pollution, radiation and nuclear weapons.

Uncertainty and confusion bring insecurity—a vague, uneasy feeling about our survival and well-being in the future. One of the direct expressions of this insecurity is the increasing militarization of our society. Instead of dealing with insecurity in a creative manner—creating a self-reliant economy, developing safe energy alternatives, and promoting a foreign policy based on cooperation rather than intimidation, the U.S. has thus far chosen to maintain its inefficient and inequitable economy and its foreign policy based on national self-interest, and protect it by force.

Military machoism is having a revival. Leading it are the Reagan forces and the *Coalition for Peace Through Strength*. The Coalition's work rests on some questionable assumptions: i.e. that more arms equals more security, and that using or threatening to use force gains respect from other nations.

Reagan says he would "begin the moral and military rearmament of the United States for the difficult, dangerous decade ahead, and tune out those cynics, pacifists, and appeasers who tell us the Army and Navy of this country are nothing but the extensions of some malevolent military-industrial complex."

The Coalition for Peace Through Strength is being countered by the *Members of Congress for Peace Through Law*, who see the continuing arms escalation as a dead end, favoring instead the creation of enforceable world law and steps toward disarmament.

Presidential candidate John Anderson expressed their views as such: "Instead of thinking the Russians are plotting world conquest, I think they're terribly insecure. . . . I think we have to sit down and talk to them about not having to struggle for access to raw materials. Just as we're having a Law of the Sea Conference, we should try to construct an international regime where materials will be available to all nations."

If you want to distinguish your Congressional representatives in a more definitive manner than Democrat or Republican, I suggest you look at which of these camps they belong to. The score thus far is 218 members of Congress in the Coalition for Peace Through Strength and 156 members of Congress for Peace Through Law. There are also six members who belong to both. In the November 4th election, there will be 15 senators of the former group and 18 senators of the

continued page 13

Kicking the Military Habit

by Ira Shorr

In the past, major wars were those that killed one out of 10 people . . . in this nuclear age, a major confrontation would destroy 9 out of 10 people. War has indeed become unthinkable.

But this unprecedented threat does have a positive side to it. It ties the citizens of the world together in a fight for survival. It focuses the citizens of the world on a catastrophe that can and must be averted. It enables the citizens of the world to put aside their differences and concentrate on their mutually shared reverence for life. It will take a concentrated and creative effort to diffuse the nuclear time bomb.

It is precisely because mankind has not dealt creatively and compassionately with the issue of peace that the very existence of this planet and its inhabitants is threatened.

Currently 35 nations have nuclear weapons capabilities—by the year 2000 as many as 100 nations will know how to acquire them. Many more nervous hands will have access to the nuclear button . . . and even more disheartening is the prospect that soon the fate of this world may be out of human control altogether.

The war planners in America and the Soviet Union are working on a nuclear system called Launch-on-Warning. In America, when this system has been completed nuclear missiles will be launched within three minutes after a computer alert . . . launched automatically by a computer. There will be no human input. Last November 9th a war games tape was plugged into a computer and taken for the real thing. All American early warning systems around the world went on the alert for 6 minutes and three squadrons of U.S. planes took off for Russia loaded with nuclear weapons. For 6 minutes America thought it was at war. If Launch-on-Warning had been operating with its 3 minute threshold we would not be meeting here today trying to figure out how to save our planet. There would be nothing much left to save. The National Security Council has estimated that 140 million Americans would die within days of a full-scale Soviet nuclear attack and more than 100 million Russians would die in an American retaliatory attack. The survivors would be left with ecological disaster.

Who now has their finger on the nuclear button? American officials who also have a printed invitation to be whisked away to a bunker in the Maryland hills in the event of nuclear war. The Soviet elite have taken the same precautions. Will this supposed safety make them trigger happy?

Two men in the Titan missile silo also have their fingers on the button. They're called "the sanest men on earth by the Pentagon and each is armed with a pistol to shoot the other if abnormal behaviour is exhibited. Over the past few years, according to official Army records, more than 30 of these men have been discharged as being unstable.

And so we see that preoccupation with war is likely to reap a deadly harvest. More bombs will not bring peace or security. Americans have spent nearly 2 trillion dollars for security since 1945 and now our military and political pundits want 2 trillion more over the next decade. Yet the fact is that both America and Russia have the capability to destroy each other many times over. Today, even if 90% of all American nuclear warheads were somehow destroyed the remaining 10% could wipe out the 219 major Soviet cities 4 times over. America continues to make 3 to 10 new hydrogen bombs a day. There are enough hydrogen bombs aboard one Trident submarine to destroy every major city in the northern Hemisphere. America plans to build 27 Trident submarines.

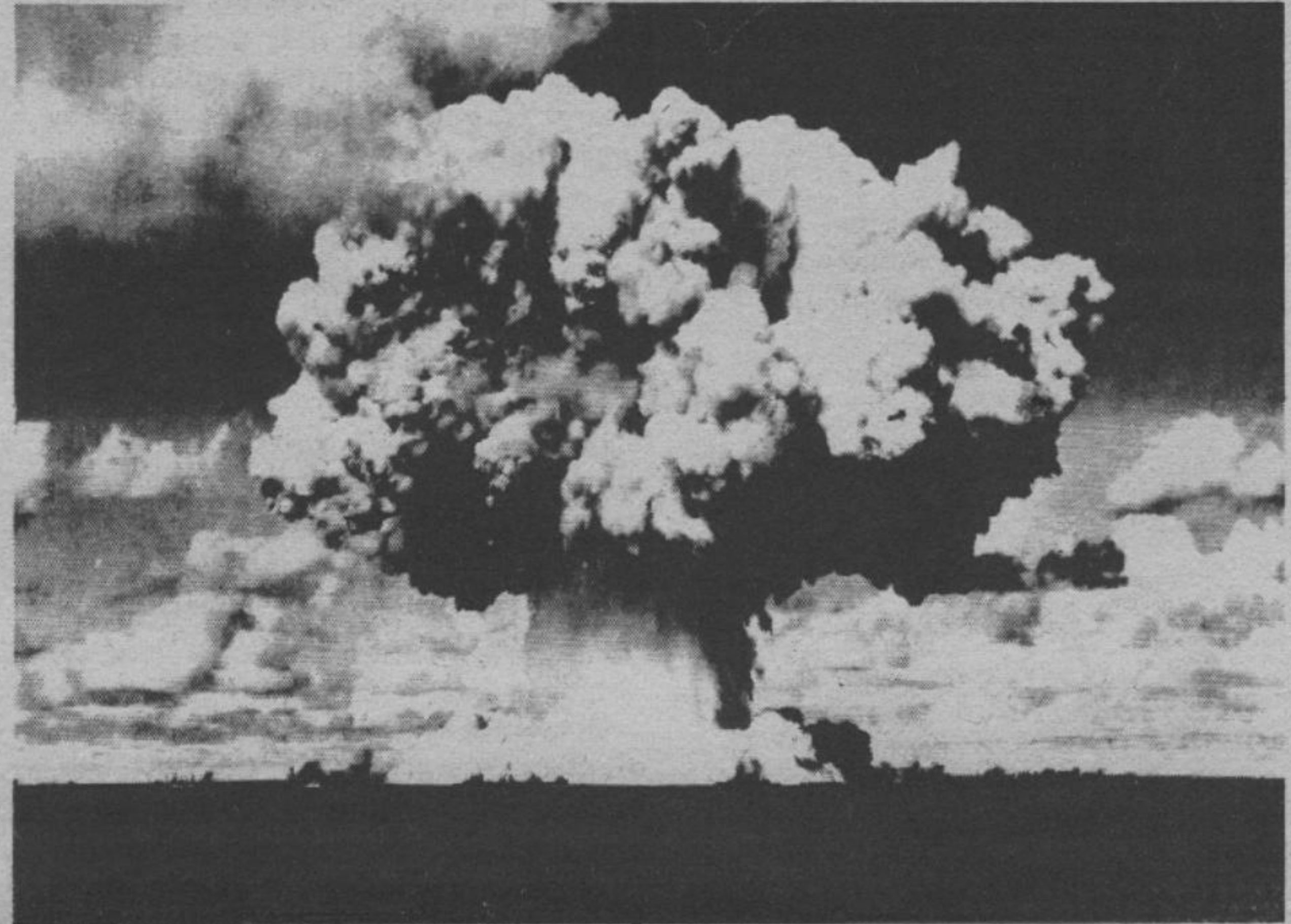
What are we spending on peace . . . in 1980 the Arms Control and Disarmament Agency was voted \$18.9 million . . . an amount the U.S. Military establishment spends every 70 minutes.

Our leaders tell us we are stockpiling nuclear weapons and designing elaborate Star Wars type delivery systems in the name of defense. In the name of defense we are developing nuclear warheads that are so accurate they can supposedly land on a pre-determined street in Moscow. An offensive thought. Is this just another example of America's love affair with perfection? Can we expect the Russians to be relaxed enough to applaud our genius or will it make them so nervous they might be motivated to send over their own cruder but equally destructive missiles first, because they think we might. This "Atomic Chicken" is too dangerous a game to play.

Many of our leaders also tell us that the Russians are now ahead of us in the Arms Race. Yet comparison of Soviet and American military strength speak a different truth. The Soviet dominated Warsaw Pact has about 4.8 million men in active duty. Our own NATO alliance has 5.1 million men and Russia's enemy

China (the communists we used to hate) has 4.4 million for a total of 9.5 million anti-Soviet military personnel. The U.S. has nearly 500,000 troops at many military bases around the world, while the Soviet Union has few military bases outside its borders, except in Eastern Europe. NATO Naval superiority translates to a 2-to-1 advantage in total tonnage. The quality of NATO weapons, including artillery, anti-tank weapons, surface-to-air missiles, military helicopters and air-launched missiles exceeds that of the Soviets. This information was gathered from the Center for Defense Information in Washington D.C. . . . and I urge you to do your own research as well.

The point is that the American people are being sold on the imminent danger of the Russian threat by a cadre of political opportunists who have nothing creative to say and an entrenched governmental elite that caters to a vast and powerful military-industrial lobby.



American military-industrial interests have repeatedly conjured up the specter of Soviet weapons supremacy in order to keep this money flowing their way. In 1956, the American people were alerted to a dangerous "bomber gap", in 1960 it was a "missile gap", and in 1967 an "anti-ballistic missile gap". In each instance it was subsequently discovered that no such gap existed and that U.S. capabilities were superior to the Soviet Union's.

Why the bull? Because military appropriations are the single most important source of investment and profit for corporate America. Military spending is vital to corporate America for the following reasons: (1) Taxpayers money underwrites all the risks and most of the costs of weapons development and sales. Weapons manufacturers have a guaranteed market with cost overruns of 300% to 700%. (2) Without competitive bids on defense contracts a company can submit almost any inflated price and get the contract. (3) All research and development costs are met by the government.

Politicians scream for more military spending while the military budget is riddled with waste, duplication and poor performance. In one decade at least 68 major weapons systems were abandoned as unworkable, representing a waste of many billions. A Congressional investigation recently discovered that the Pentagon was unable to locate where half of its procurement budget (20 billion dollars) was being spent.

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Taking Notice of Multi-Nationals

by Michael Lehman

What are these things, these multinational corporations? One hears the name dropped quite often: multinational corporations. Awesome!

They are tremendously powerful, control gobs and gobs of capital, and they continuously shirk social responsibility. Profit is their religion, and their exploitation of human and natural resources are necessary components in the capitalist machinery that lays waste to mind and planet; that is driven with ruthless determination to maintain ever increasing profit margins.

But wait a *segundo*. You've heard this before. It's old hat, parroted rhetoric.

It's true that many folks readily associate our social-economic-political-personal woes with the activities of

multinationals. But what do we really know about them? Where do they come from, who controls them, what is controlled by them?

Recently, while rummaging through some old newspapers, I came across the July 1980 issue of *Forbes* magazine. It featured a special report on the 100 largest foreign investors in the U.S., and the 100 largest foreign multinationals. The information in this article was taken from this magazine. This article is not an attempt to analyze multinationals to any great depth. Instead it is a simple and preliminary exercise in the familiarization of large corporate names and where they come from.

The top ten U.S. multinationals have familiar names...Exxon, Mobile, Texaco, Ford Motors, and Standard Oil California, respectively make up the top five. Their total revenues range from \$29,948 to \$79,107 million, with each corporation receiving well over half their revenues from foreign countries. General Motors, IBM, IT&T, Gulf Oil, and Engelhard Minerals, respectively, are the next five largest U.S. corporations.

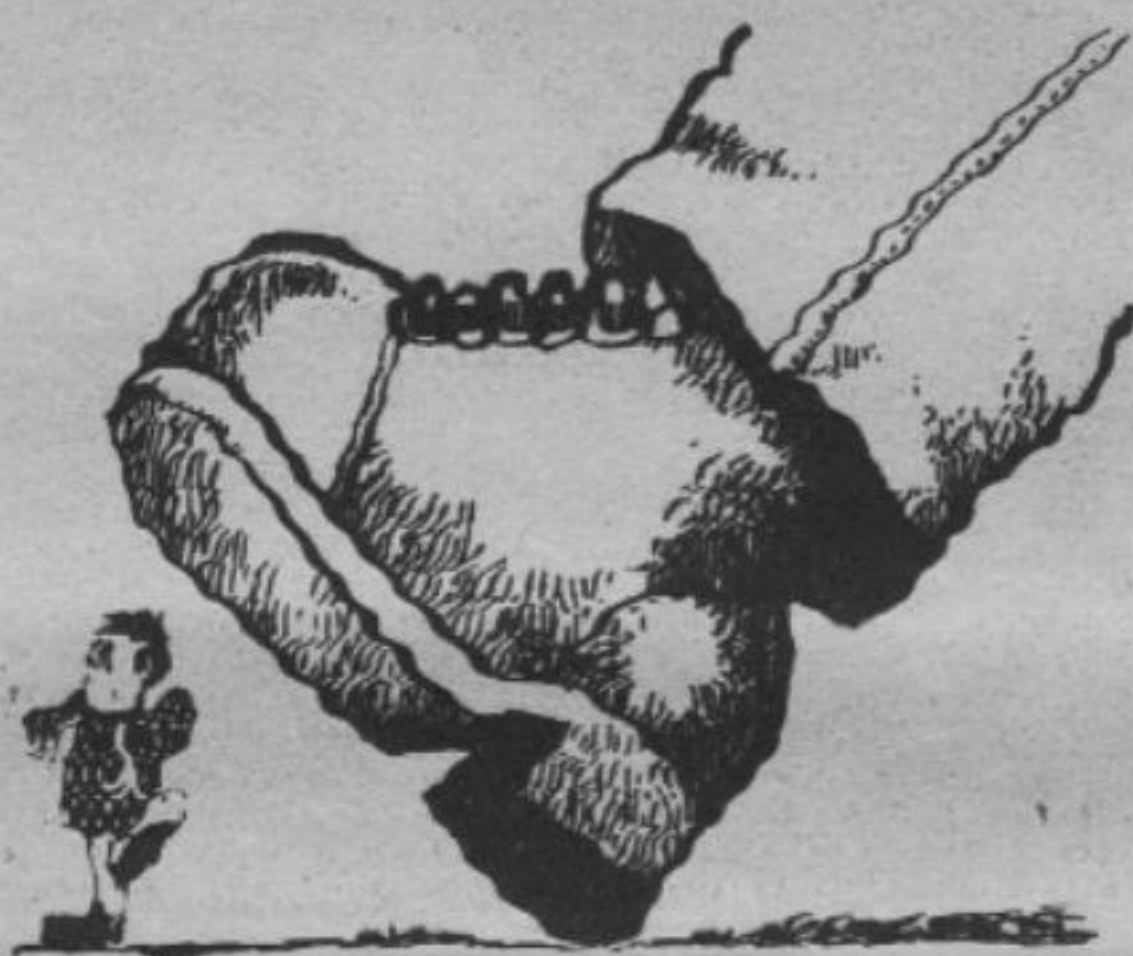
Operating under the euphemistic guise of "free enterprise," the top nine U.S.-based and controlled multinationals (more on Engelhard Minerals, no. 10, later) are, instead, monopolistic in nature, and have succeeded in controlling a bulk of the energy, transportation, and communications markets. Unlike most of us, these corporations don't suffer from our inefficient economic system, as each experienced an increase in sales of no less than 25 percent over last year.



Standard Oil Ohio (energy), Germany's Tengelmann Group with holdings in Great A&P Tea (supermarkets), Germany's Friedrich Flick Group, with investments in WR Grace (chemicals, consumer products) and U.S. Filter (pollution control, chemicals), U.K.'s B.A.T. Industries Ltd. that owns BATUS (paper, retailing, tobacco) and Germaine Monteil (cosmetics) France's Generale Occidental SA, which owns Grand Union and J. Weingarten (supermarkets), Netherlands' Beneficiaries of U.S. Phillips Trust, with controlling interests in North American Phillips (electronics), Switzerland's Nestle SA, that owns Nestle Co. (foods), Libby-McNeill-Libby (food), Stouffer Corp. (food), Alcon Laboratories (pharmaceuticals), and Beech-Nut Corp. (baby foods), and the Netherlands' Unilever NV, that owns Lever Brothers (consumer goods), Thomas J. Lipton (food), and National Starch and Chemicals (chemicals and starch). The collective revenues, from U.S. corporations controlled by just the top foreign investors are over \$70 billion.

Japan dominates the top ten largest foreign companies with their wholesale trading enterprises, but first on the list is the UK/Netherlands Royal Dutch/Shell Group (energy). Japan's Mitsubishi Corp. and Mitsui & Co., Ltd (wholesalers), UK's British Petroleum Ltd. (energy), Japan's C Itoh & Co. Ltd. Marubeni Corp., and Sumitomo Corp. (wholesalers), Iran's National Iranian Oil Co., Ltd. (energy), and the Netherlands' and UK's Unilever (consumer goods) respectively make up the remaining top ten largest foreign companies.

It has been said that there is great power in knowing someone's or something's name. The awesome power of mythical dragons could be overcome only after discovering their names. Yet, even with the knowledge of names, great skill and determination are required to slay the dragons.



The ten largest foreign investments in the U.S. are coming from corporations that, for the most part, play a powerful role in world human/economic conditions. The Anglo American Corporation of South Africa Ltd. leads the list by controlling 29 percent of Engelhard Minerals and Chemicals. Engelhard experienced a 92 percent jump in revenues over last year, totaling over \$18 billion. They also control 50 percent of Inspiration Consol Copper, and 51 percent of Terra Chemicals Intl. (fertilizers). Anglo American indirectly owns 100 percent of AMCON Group (mining exploration, steel, scrap), ARC American Corp. (construction materials), Skytop Brewster Rig (oil rig manufacturing), King Oil Tools (oilfield equipment), with revenues totaling over \$1 billion.

Following in order are the Netherlands' and UK's Royal Dutch/Shell group, with controlling interests in Shell Oil (oil), and Scallop Holding (oil, coal), UK's British Petroleum Ltd., with investments in



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Military from page 10

latter group up for re-election (all House members are up for re-election). The outcome of these races could prove to be the difference whether the United States backs itself into a corner, lashing out when its "interests" around the world are threatened, or whether the United States continues the non-interventionist foreign policy begun after the Vietnam War and arms limitation agreements with the USSR.

Thus far, the Coalition for... Strength has led successful efforts on raising military spending (though not as much as they would like), the development of new weapons systems (though not as fast as they'd like), and tabling the SALT II agreement. But they have not been successful in persuading their fellow decision-makers that every agitation and revolution in a developing country is Communist-inspired and Russian-promoted, a threat to our way of life and to world stability. There still seems to be enough sense in enough Congressional representatives to counter this view and recognize the legitimate aspirations of people around the world for political democracy and economic justice.

Whether or not this continues will be seen after this election, since many of the decisions regarding our relationship to developing countries could change for the worse with a few swing votes. For example, keeping the Panama Canal in U.S. hands lost by only 6 votes in the House and 4 votes in the Senate; aid to Nicaragua after the revolution passed by only 5 votes in the house and 9 votes in the Senate; discontinuing economic sanctions on Zimbabwe (Rhodesia) lost in the House but passed in the Senate by 9 votes. Those Congresspersons who have led the struggle against right-wing reaction, such as George McGovern and Ron Dellums, have been targeted by Right-wing groups and large amounts of money have been given to their opponents' campaign funds.

For Tallahasceans, the choices are dismal. In the recent primary, Bill Gunter attacked Richard Stone for being soft on defense matters, even though Stone voted for increases in military spending, major new weapons systems (including laser-armed satellites), draft registration, and was a member of the Coalition for... Strength. Don Fuqua, also a member of the Coalition for... Strength, has a voting record of 89 percent Right on military issues over the last ten years, according to the militaristic right-wing organization, the American Security Council. Their Republican challengers, both repeating their party platform, will move the context of the debate still further toward military machoism.

In the presidential race, Carter, the "born again" militarist, is being challenged by Reagan (a Nixon clone), and Anderson (a reformed militarist). We have watched President Carter put aside his human rights rhetoric and non-foreign policy in favor of upping military spending, developing and deploying more nuclear weapons, creating a Rapid Deployment Force (for intervention), calling for

draft registration, announcing the Carter Doctrine (a variation of the old world policeman role) and a nuclear weapons strategy that may be interpreted by the USSR as a first-strike policy. Reagan believes, like Nixon, that the "United States and Russia represent Good and Evil, Light and Darkness, God and the Devil," hence he is out to lead a holy crusade against godless Communism.

Anderson, once a supporter of the Vietnam War, now regrets it. He now favors such things as a three percent real increase in military spending (instead of five percent) and putting the MX-type missile on submarines rather than building an underground racetrack in the western states (for cost efficiency). Other candidates — Barry

Commoner (Citizens Party), Ed Clark (Libertarian Party), Gus Hall (Communist Party), and David MacReynolds (Socialist Party) — are working the other way, toward peace. But they're not being heard by the public enough to give them a realistic chance of winning. It may be that these candidates, along with Anderson, will have the effect of siphoning votes from Democrats who would normally vote for Carter, giving the election to Reagan.

Ed. Note: A Libertarian Party campaigner said he hears from his military buddies just the opposite — that voting for Clark, etc., could mean giving the election to Carter!



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B.O.D. Tracks, from page 7

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The National Consumer Cooperative Bank — LCFC's Finance Committee has applied for a loan from the Washington D.C.-based Co-op Bank. As of yet, our application has not been approved. We would prefer to *not* have to borrow from NCCB. The Finance Committee felt it necessary, however, to make this application as an alternative in case we are unable to raise the money from LCFC's membership. If NCCB accepts our application and we do not need it, then we are under no obligation to accept it.

Conventional Loan — LCFC is a sound business that is gaining recognition and respect in the Tallahassee community. As a last resort, and I do mean a last resort, we could possibly borrow whatever money we may need to fulfill our down payment obligation from the Lewis State Bank, where we have checking and savings accounts, and a sound credit rating.

Social Events/Benefits — Be on the lookout for fundraising dinners, skating parties, etc. Although events of this type usually do not raise a lot of money, they do raise an awareness of our need for funds, and give us a chance to get together for good times.

The board of directors recently established a Building and Grounds Committee to assess, prioritize and oversee building and grounds maintenance. Ron Miles, presently an LCFC director, is the chairperson of this committee and welcomes any and all help to restore and maintain our building.

Process — LCFC is more than a place to buy food; it is an influential component in the development of a non-sexist, non-racist, democratic economic system. Building trust and developing compassion and an awareness of the effects of our lifestyles, are tasks that need to be seriously approached if we intend to maintain and further the growth of our

cooperative community. Our personal lives are multidimensional expressions: spiritual, emotional, intellectual, political, cultural... A process for self-regulation-self-governing that is considerate of the many ways human being interact with themselves, each other, and our environment is basic to the development and realization of goals in keeping with cooperative principles.

For the last year and a half, the board/staff/member awareness of the importance of group process has grown and grown and grown. Still, our group process has many weaknesses and inconsistencies. That is not to say that our process has not improved, because it has. Through individual and group effort we continue to make changes, to evaluate, and to make more changes. For some, the evolution of a defined process has been too slow, for others too fast, but one thing we agree on is the importance of a defined process to the integrity of our interactions.

An efficient and comprehensive process does not seem to come naturally, but must be studied, learned, and experienced. The board and staff of LCFC have used a system of trial and error, individual and group education, and an ongoing evaluation to develop our skills within a working process. We still have a long way to go.

I think everyone wants a sense of control over their lives, and with respect to that I cannot overemphasize the importance of defining and redefining group process. Each member of our co-op has something valuable to offer this process. Through participation in membership meetings, board meetings, committee meetings, and storefront operations, we can build and strengthen a cooperative movement that addresses and meets the needs of our community.

Two new board members were elected at LCFC's general membership meeting October 26: Jim Mitchell for a six-month term, and Joe Gaudino for a year. One seat remains open until the January Meeting.

All the Fish Died

If you're afraid to write, don't be.

If you think you've got to string together big fancy words and high-flying phrases, forget it.

To write well, you only need to get your ideas across simply and clearly. Here are some guidelines:

1. Outline what you want to say.
2. Don't write to a level higher than your readers' knowledge of a subject.
3. Don't use jargon — words, expressions, phrases known only to people with specific knowledge or interests.
4. Use familiar combinations of words and familiar words.

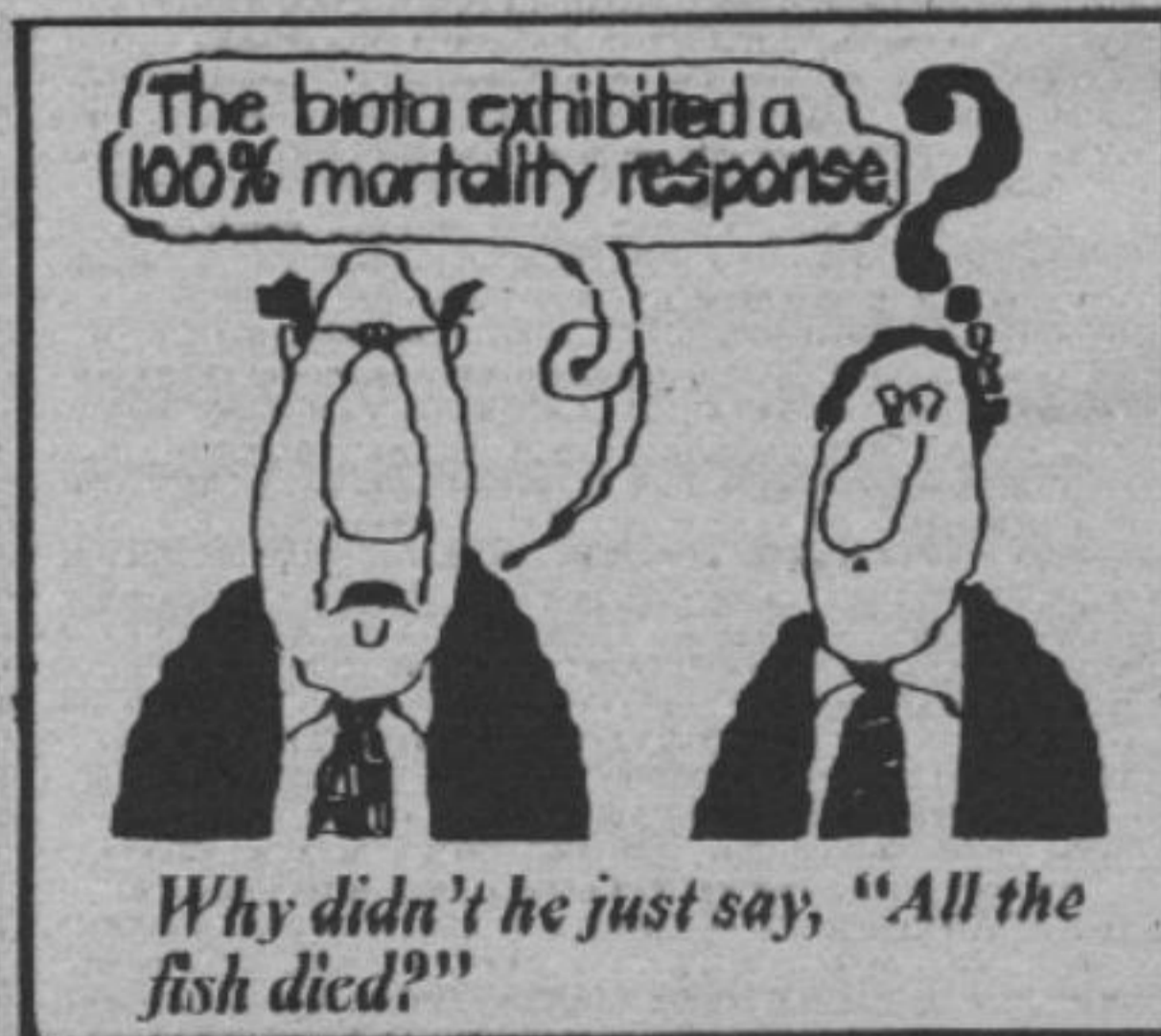
already know, and cut out excess evidence and unnecessary anecdotes. Anecdotes do work when the subject is dry or difficult to understand.

7. Use active verbs and short paragraphs to keep the reader moving.

Never-say-neverisms

- Don't use no double negatives.
- Reserve the apostrophe for it's proper use and omit it when its not needed.
- Do not put statements in the negative form.
- Verbs has to agree with their subjects.
- Pronouns must agree with his object.
- No sentence fragments.
- Proofread carefully to see if you any words out.
- Avoid commas, that are not necessary.
- A writer must not shift your point of view.
- And don't start a sentence with a conjunction.
- If any word is improper at the end of a sentence, a linking verb is.
- Never, ever use repetitive redundancies.
- Last but not least, avoid cliches like the plague; seek viable alternatives.

from The Lovin' FORCful, publication of the Federation of Ohio River Co-ops, September, 1980.



5. Stick to the point.
6. Be as brief as possible. Condensing almost always makes it tighter, straighter, easier to read and understand. Don't waste words telling people what they

Spectrum Articles I Want To Read

by Vicki Mariner

When I first joined the SPECTRUM collective two years ago, we did a lot of talking about content. Because Tallahassee has a number of active political communities, we anticipated good articles on feminism, minority rights, and environmental issues. We wanted individuals as well as organizations to speak out and be heard.

We planned to follow the development of the co-op movement and our own local food, book, record and land co-ops.

We were particularly interested in being a local forum for alternative energy sources and urban and rural self-sufficiency; perhaps something of an almanac of practical how-to information, as well.

Lately our content seems to be ranging further from the practical and locally-relevant.

What I would like to be reading in SPECTRUM's pages are more descriptions of cooperative and alternative living in Tallahassee. I know there are people raising goats around here, keeping bees, building their own homes, and turning sprouts and tofu making into cottage industries.

I want to know how it's done. Personal success (and failure) stories are more inspiring than rhetoric.

How about some book reviews? Has anyone read Hazel Henderson's *Creating Alternative Futures*, or the writings of

E.F. Schumacher, or a good methane converter manual lately?

You might have a favorite book you're always recommending to friends. Write a review for our Solstice Issue.

Speaking of Solstice, we would love to print some stories about your favorite Solstice/Christmas traditions, also.

SPECTRUM is for sharing personal experiences as well as airing the big issues. Our next issue comes out December 17.

T.M.I., from page 4

investigative research, environmental monitoring, public information campaigns, and alternative energy projects to show that we don't need nuclear energy.

In short, we're covering all bases. And there will undoubtedly be legal battles we'll be involved in that we can't foresee at this point. Needless to say, these actions are devouring of our time, energy and money. We're giving freely of our time and energy. Some of us have quit jobs to devote more time to this fight.

But we need *your* financial help to fight on this important case. Please give as much as you can in helping us work for the permanent closing of TMI as the first line of defense against the nuclear establishment. Your contribution with go a long way to help in this defense.

Send contributions to: TMI Legal Fund, 1037 MacLay St., Harrisburg, PA, 17104.

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Military Habit, from page 11

The cost overruns on 45 weapons systems (just the overruns, not the costs themselves) amounting to \$38 billion could pay for a water pollution abatement program for the entire nation, and represent more than is being spent on conservation, community development, housing, occupational safety and mass transportation combined.

Our devotion to military spending has crippled our economy by tying up our capital, natural resources and scientific minds to develop products that serve no useful purpose. No nation can defend itself from the amount of nuclear bombs stockpiled on this planet.

Yet we continue to spend vast sums of money on death machines instead of building urban mass transit systems, instead of rehabilitating our nation's faltering railroad network, instead of renovating our inner cities, instead of revitalizing our low and middle cost housing programs, instead of developing a comprehensive national health program, instead of implementing safe decentralized solar energy systems.

We are a nation addicted to making bombs and preparing for war. The Soviet Union has followed our lead. Both nations must kick the habit and set an example for the world.

Georges Bernanos wrote the following in "Tradition of Freedom" in 1952; it is very contemporary—

"If, some day, the increasing efficiency of the technique of destruction finally causes our species to disappear from the earth, it will not be cruelty that will be responsible for our extinction . . . but the docility, the lack of responsibility of modern man. His base, subservient acceptance of every common decree."

What can we do? Educate ourselves and inform others on the dangers of the nuclear arms race. Inform yourself and others of the economic devastation that results from pouring our resources into the military machine. Here I refer to the works of Seymour Melman and others.

We must encourage an accurate researching of the history of disarmament talks between the U.S. and Russia. Facts will then replace myths and the public can become aware that this nuclear drama is not simply divided between the good guys and the bad guys.

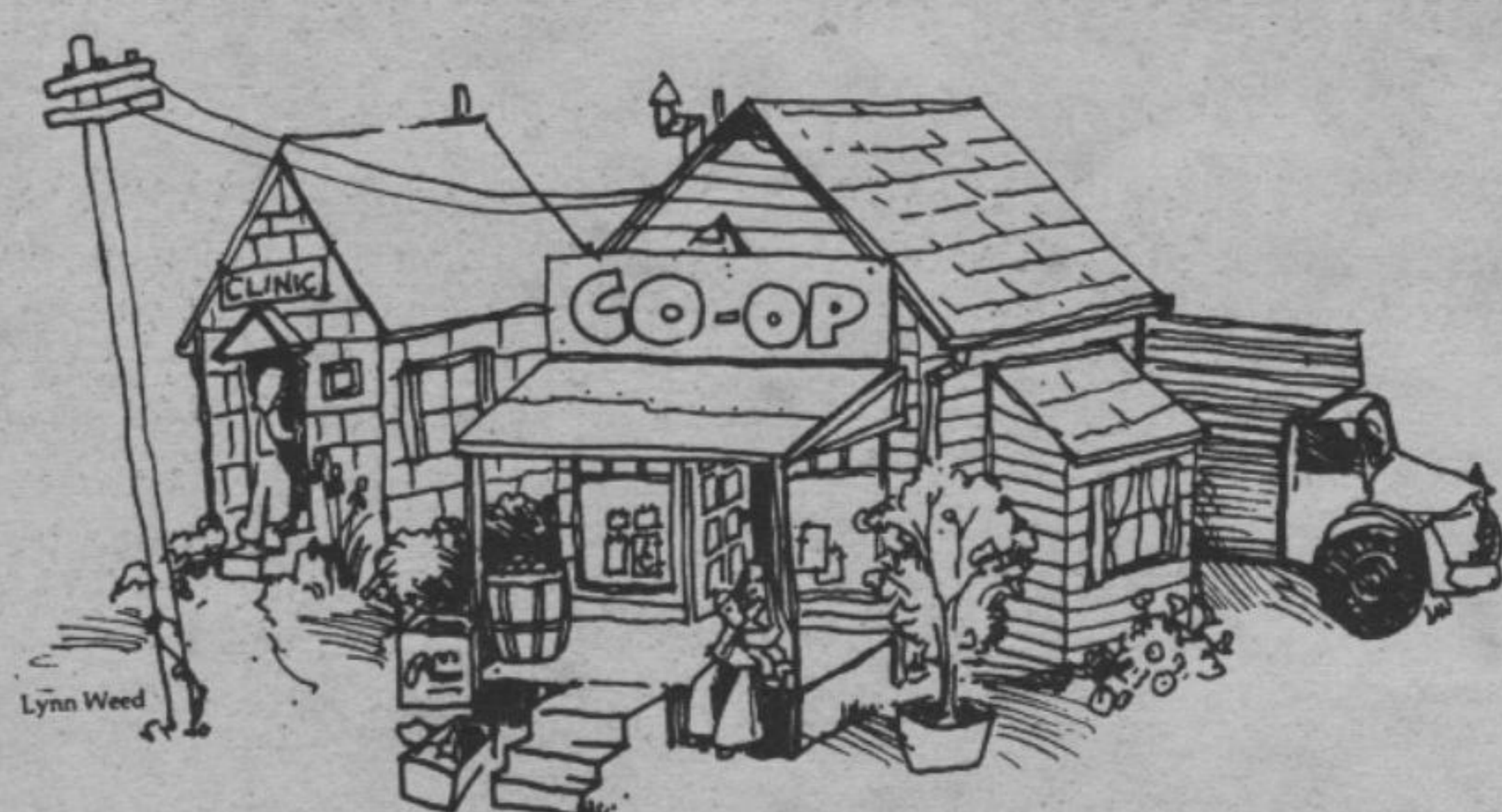
The principles of conflict resolution that apply for interpersonal relationships can be promoted to ease tension on the international level. Open communication, sensitivity and understanding are invaluable tools for both a Chief of Police and a National Security Advisor.

We must work for an enormous increase in communications at all levels with the Soviet Union by sponsoring international forums, seminars, and exchange programs.

We should strive to set moral standards for professionals in government; professionals who respect human life and the fragile ecological life of this planet. People in government who will not condone American corporations dumping illegal products on Third World nations, and who will not condone American interference in other nations' internal affairs, or the support of dictatorial regimes.

We should work toward the creation of international institutions and laws which can effectively deal with conflict at the international level. Short range military thinking has only brought us greater insecurity.

The era of greed, power-lust, and a distorted sense of national self-interest must be brought to an end. Let us gain strength from each other and take back control of our lives from the masters of doom. Let us help foster a universal sharing of ideas and resources to help heal this wounded planet and enable us all to live in peace.



Co-op Burnouts, from page 7

communicating information about the co-op and cooperativism to the BOD, membership, and community (orientation program, LCFC brochure, etc.).

• **Finance Committee** — Rob Brunger (Coordinator) - staying in touch with the financial situation of the co-op and acting as an advisory to the BOD.

• **Bylaws Committee** — Pat Springer (BOD) - knowing the content of the bylaws and whether or not the co-op and BOD are operating according to what they stipulate; also preparing revisions, pending membership ratification.

• **Personnel Committee** — Michael Lehman (BOD) - considering the employees' needs and rights, and suggesting policies to the BOD regarding raises, insurance, leaves of absence, etc.

• **Building and Grounds Committee** - Ron Miles (BOD) - newly formed to oversee repairs and maintenance of the building and grounds, get cost estimates, and propose a prioritized budget.

BOD meetings are held the fourth Monday of every month, and the meeting's location is posted at least five days prior to the date in the storefront. Notes to BOD members and coordinators can be left in their boxes in the store, located near the east office.

To volunteer for support work, fill out a card for the skills file at the Information Desk.

We need people to write articles, PSAs, letters for fundraising; artists to design posters, ads, and make signs, etc.; typists to assist the coordinators, BOD, committees, etc.; draftspeople to draw up floorplans to use our store space more efficiently; carpenters, plumbers, painters, etc.; lawyers and accountants for advice...

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