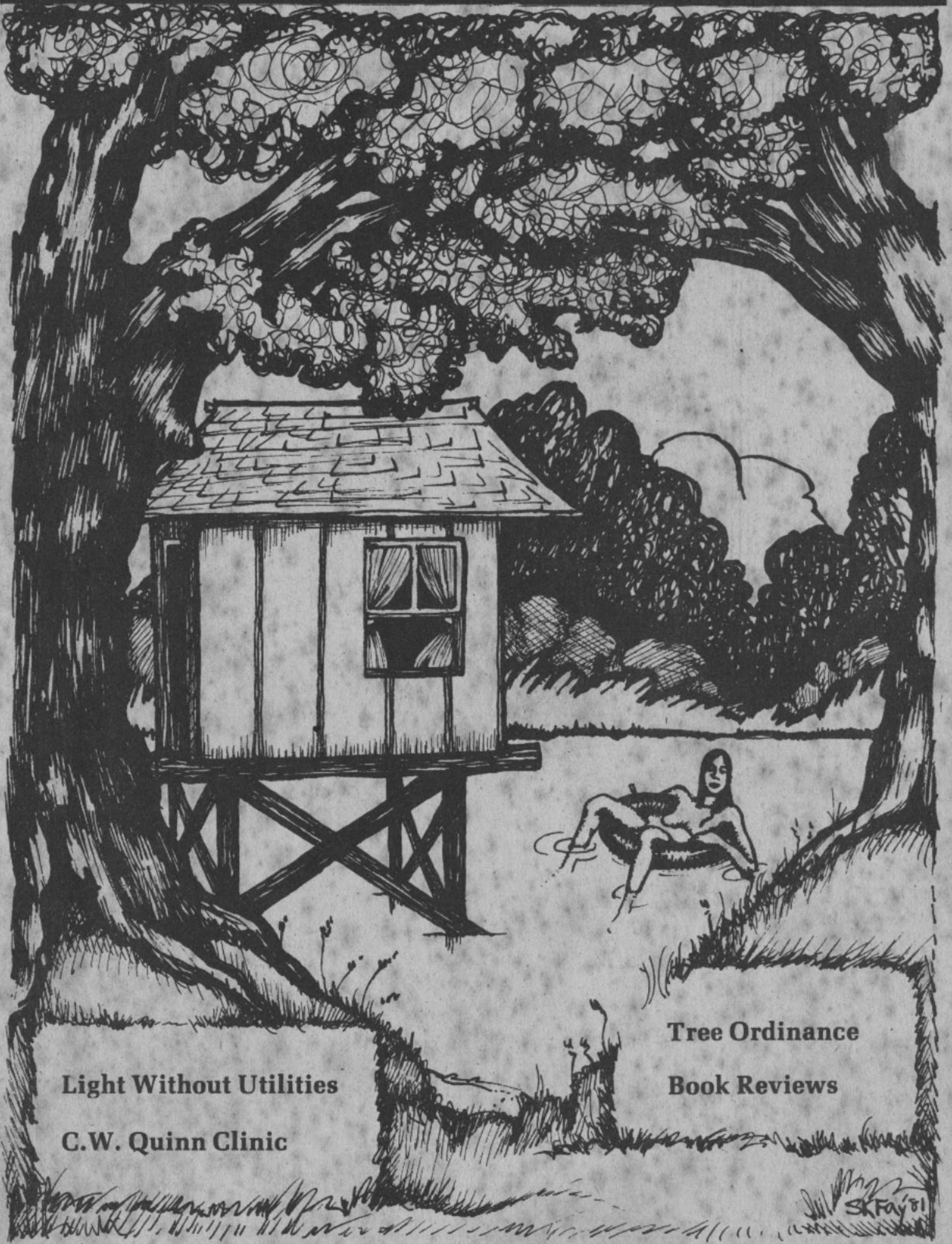


SPECTRUM

A Cooperative Newspaper for the Tallahassee Community

Summer Solstice, 1981 Issue 24

FREE



Light Without Utilities

C.W. Quinn Clinic

Tree Ordinance

Book Reviews

SKFay '81

Light Without the Utility Companies

by Rowan Fairgrove

One of the first things we had to deal with when we moved out to the country was how to produce enough light to continue doing things when the sun went down. The following is a discussion of some of the things I and my neighbors have done to solve the problem. Michael Shepard kindly wrote the 12-volt battery-powered light section.

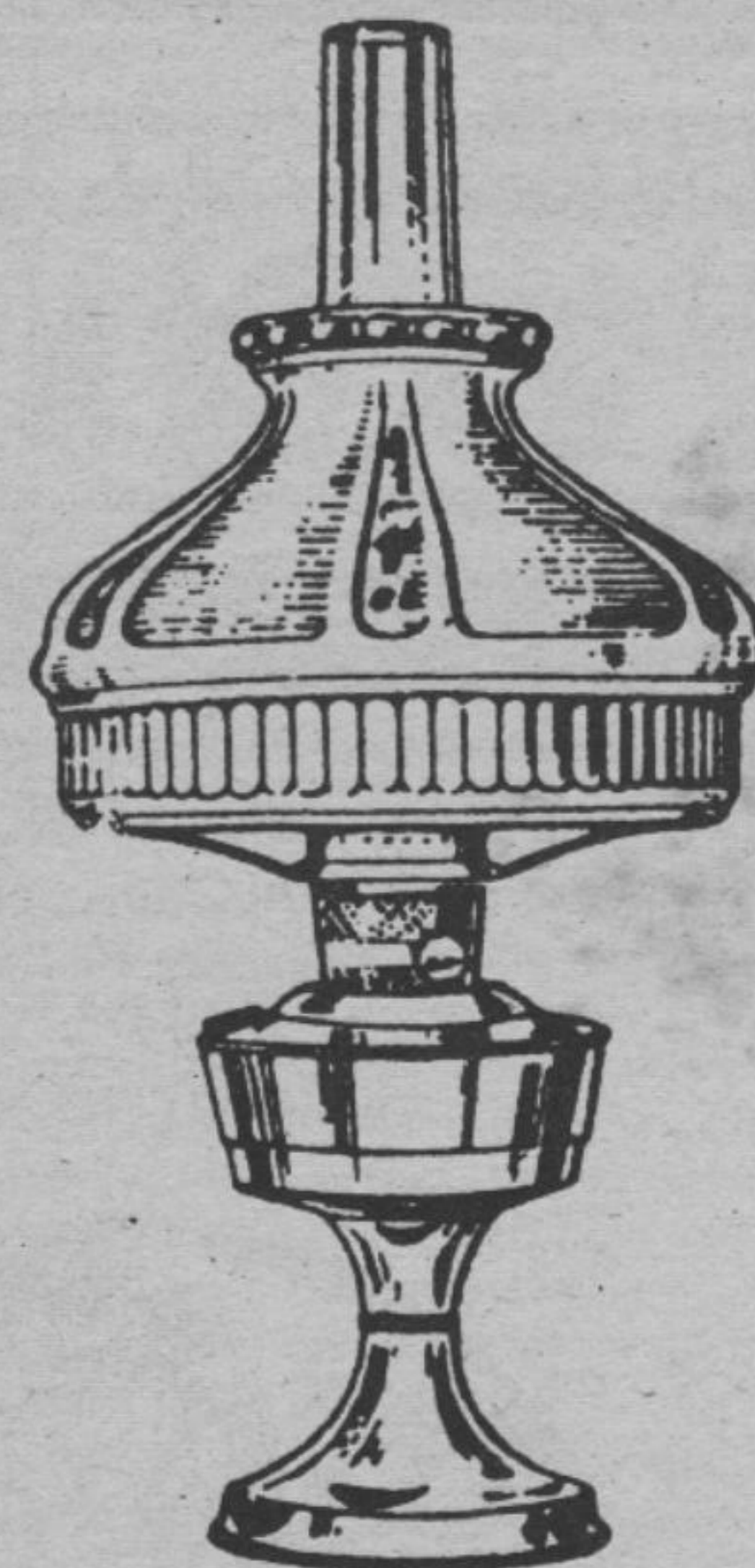
CANDLES: Candlelight is not bright enough to be a primary light source. Beeswax candles are much brighter than wax or paraffin varieties and burn much more cleanly. It is better that worklight comes from more than one direction, so we use candles as a secondary source to augment lamps and provide diffusion of light in the room. We use wall sconces with mirrors behind the candle to magnify the amount of light produced.

STANDARD KEROSENE LAMPS: These familiar lamps have flat cotton wicks which hang into a reservoir of kerosene. The wick can be raised and lowered to adjust the light level somewhat. One of the disadvantages of this lamp is that it is difficult to set it at a level at which it produces bright light without producing black smoke which settles on the glass chimney and obscures the light.

ALADDIN KEROSENE LAMPS: This is a brand of kerosene lamp which has a circular wick and a mantle. It produces about 100 watts of light and is, therefore, one of the brightest alternative light sources available. In addition to light, the Aladdin produces a lot of heat which is wonderful in winter (and indeed we use ours to heat a small room), but makes it impractical for our hot summer nights. This heat is concentrated above the chimney and care must be observed to avoid setting it under things which will burn. In addition to table models, there are hanging frames available (they have a metal plate to keep the heat from singeing the ceiling) to allow overhead lighting. We have loved our Aladdin and have had no trouble with breaking mantles or chimneys, but some of our friends have had a hard time, so try one out before you get into more than one.

WHITE GAS LANTERNS: These are very familiar to campers in the form of the Coleman lantern. Coleman lanterns are available in single and double mantle models, they can be set on a table or hung above the work area. They produce a bright light (which I find glaring) equivalent to a 40 or 60 watt bulb. I have never seen lampshades for this type of lantern, but if you hang it above you (mantle above line-of-sight) it reduces the glare. Probably its worst problem for me, though, is the fuel. White gas, unlike kerosene, is explosive and so impractical to store on the farmstead in large quantities. With rising prices, this is an important consideration.

PROPANE GASLAMPS: While some of our neighbors use this method, no information was available at the time this article was written.



Life Minus Modern Conveniences

by Suzy Fay

We moved, Bill and I, forty miles west of Tallahassee, to a little bit of land, on which we put an old 10 foot by 50 foot trailer. The trailer had (and has) no electricity, no indoor plumbing, no refrigerator; it did have (and has) a gas stove.

Life in rural Gadsden County is inexpensive. Our major expenses are staple foods (grains, oil, dried milk) from the Leon County Food Co-op, gasoline for the occasional trip to town, and a monthly land payment.

I used to be a late sleeper, but no more. Early rising is necessary in order to finish gardening tasks before noon heat predominates. The first project we completed was fencing the garden in. We used two 150-foot rolls of two-inch mesh chicken wire, five feet high, which enclosed a 264-foot perimeter. The fence, we thought, would be adequate defense against deer (deer decimated an earlier bean patch) and rabbits.

A month later, we witnessed rabbits blithely hopping through the two-inch mesh. Half the okra came under rabbit devastation. The rabbits, no doubt, thought us very courteous to fence predators out. Moral of the story: use one-inch mesh. We reinforced with one-inch mesh, and haven't seen rabbits since. If this measure fails, the only possible solution will be a fleet of Doberman pinschers and machine-gun turrets at the four corners of the garden. I hope we don't have to go this far.

The garden itself is a hodge-podge of double-dug French intensive beds and permaculture beds: mulch on top of wet, overlapping computer printouts. The plants send roots through the paper, but weeds are smothered. The garden vegetables are not as varied as they might be, but we

don't buy vegetables anymore; we pick them from the garden.

Somebody asked us how we stay clean. We dump water over each other's head, that's how. The water, carried from the creek which forms our western boundary, is heated on the gas stove. We also use a defunct electric refrigerator to heat water. The old refrigerator is propped on its side in the front yard, and is angled to catch the southern sun. The refrigerator door is open, a few full plastic water jugs are inserted and a sheet of plastic covers the opening. On sunny days, this primitive passive solar heating system gets water really hot.

Since we don't have a working refrigerator, our diet has undergone changes. Cheese consumption is down, except for grated parmesan and romano cheese, which keep well. If we want to indulge in more perishable forms of cheese (cottage cheese, cream cheese), we eat it as soon as we bring it back from the store. Vacuum-packed tofu is perfect for our purposes, and we hope to find a supply of fresh eggs. Vegetables and greens come from the garden. Sprouts are great if not made in bulk. Nuts and grains, of course. Bread, made one loaf at a time, gets eaten so fast it has no time to get moldy. Ditto for fruit. Spoilage goes on the compost heap. Life without refrigeration seemed impossible until I tried it.

Some sort of composting toilet would be ideal when we can afford one, but until then, an old-fashioned privy will do.

So far, neither of us shows signs of reluctance to live life without (most of) the modern conveniences. If it gets too hot this summer, I may have to take those words back, but as I write now, such a method of living has proved to be really great. I hope we continue.

Battery Powered Lights

by Michael Shepard

An easy alternative power source for lighting is available to anyone who has an automobile. The way to do this is to wire your house for 12 volts rather than 120. Use a good quality medium to heavy duty piece of extension cord, preferably about 20 feet or less in length. Voltage drop is much worse with 12 volts than with 120 volts so the closer you can get the car to the house the better.

For convenience use a pair of gator clips on one end of the wire to connect it to the car battery. There are two types of bulbs that can be used. Marine and RV suppliers make ordinary looking light bulbs in various wattages that fit regular household size light sockets but work on 12 volts instead of 120. The other type of bulb is the regular 12 volt tail/stop light bulb for cars. An inexpensive bulb can be found at any junkyard and if you can do basic wiring, it can be used with a double throw switch to give a low level light using the tail light element or a higher intensity light using the brake light element.

If you are a real scrounger and friendly with any local filling station or garage people, ask them to save all the old tail light bulbs they replace. This way you can use a bulb that usually has one element that is still good which would

normally be thrown away.

There are some simple safety precautions that should be followed to prevent burning down your house or blowing up your car battery.

- 1) Use good wire. Make good connections. Tape all bare wires. A 10 or 15 amp fuse in one wire near a gator clip is a good idea.
- 2) Remember the bulb gets hot so treat it as any other light bulb.
- 3) Car batteries produce hydrogen gas which is very explosive. A spark created while connecting the gator clips could cause the battery to explode. Follow this simple procedure:
 - a) Hold one gator clip in each hand.
 - b) Connect one clip to the + or positive post of the battery.
 - c) Connect the second clip to any bare metal part of the engine or frame. This way any spark created is away from the battery.
 - d) Disconnect clips in reverse order.

Most batteries in good condition can light one 60 watt 12 volt bulb or brake light bulb for 2 or 3 hours without causing problems. If this lighting alternative system is used, buy a heavy duty battery when replacement comes again and you might be able to use 2 or more bulbs and be able to burn them longer. Best wishes for self sufficiency.

SPECTRUM

A Cooperative Newspaper for the Tallahassee Community

FREE

Summer Solstice 1981

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(904) 575;2934

Published every six weeks



The SPECTRUM Collective:

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Cover Art by: Suzy Fay

Production Help: Rowan Fairgrove•Louis Tesar

Special Thanks to: Kate Taluga•Angie Prather

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 — Call 575-2934 for advertising information.

SPECTRUM's Evolution

Inflation Hits

by Larry Teich

Like most enterprises in Tallahassee, summers are hard on SPECTRUM. Business in general, and therefore advertising, is down, and people leave the oppressive heat and humidity on vacations. But this summer is particularly rough on us financially.

As we close in on our third full year, we can no longer ignore the insidious inflation that affects every aspect of the publication business. Since our first issue in September, 1978, prices have risen ridiculously in graphic arts materials, paper and printing costs, gasoline, and postage. We were just notified of another increase in costs by our printer. What used to cost under \$300 now costs \$450. The fee for renting the graphics lab, which used to cost \$50 per issue, is going to \$130 per issue.

Usually, when funds are low, we print 12 instead of 16 pages (like this issue), or print 4,000 instead of 5,000 copies (like this issue). But a more permanent source of increased income is needed. So, for the first time since we started, we are raising our advertising rates from \$4 to \$5 a column inch. In the past, instead of raising the rate of ads, we just tried to sell more of them to cover higher costs. This was a favor to our advertisers since most of them are small and just making

it year to year, and because we believe in promoting local businesses that don't exploit workers or customers and don't carry harmful products. Of course, this limits the number of places available to sell ads, but we don't exist to make a profit. We try to pay our bills and compensate ourselves, but lately only the bills get paid. Ad commissions are a dream of the past, and salaries are a dream of the future.

Until someone thinks of a scheme for permanent fundraising, advertising will be the main way to pay for putting out SPECTRUM. We don't want to charge for each copy because we believe information should be free and accessible and the collection logistics would fall on the stores that sold it. We still get a few new subscriptions after every issue which pay for the postage, but more of them, and donations would be nice. We don't like relying on government grants or some other temporary fix and are not into high-pressure sales or business tactics, so what does that leave?

The ad rate increase will help us maintain at a break-even level for another year maybe, but what about the next inflation goose? If you have an idea, we would love to hear it. But meanwhile, this is a wonderful hobby.

Soliciting Articles for Future Issues

by Tana McLane

I keep bemoaning the fact that SPECTRUM is on exchange lists with at least 30 different alternative publications, and no one in Tallahassee is privy to the information they're publishing. I also realize that dozens of other political/alternative publications are being sold at the Book Co-op, and for the most part very few of us ever delve inside their pages to see what they're all about. There's a media blitz, a veritable snowstorm raging beyond *Time*, *Newsweek*, *Glamour*, *Sports Illustrated*, and *Apartment Life*. But the press runs of these publications are small, and thus obscure some of the real thinking going on in this country. Sadly, much of it gets missed, even by people who would be interested and concerned if they just knew how to get hold of these newsletters, newspapers, and magazines.

So, this is an invitation to all you readers and networkers who also receive or know about important but obscure publishing efforts to please sit down real soon and write short reviews on them: What they generally cover, their slant and tone, their address and subscription costs, and how they've been important to your life. We'll try to compile these reviews into logical categories. And, if response is strong and continuing, we could incorporate this information into an ongoing resources list in future issues, also.

Please submit your best choices by July 15, and submit them to the SPECTRUM basket at the food co-op because all the loons are moving out of Autumn Lane soon and SPECTRUM's address will be subject to change — more about that next issue.

•••

I'm also planning to start a new community column in the fall. It'll be about *community*, of course. In this column, of which I will probably write the first few installments, I plan to author and solicit articles on important aspects of community living, how we relate to each other and what personal support for growth and change is all about.

Not that I know so very much on this, but I feel a lack of public dialogue in our community about such issues as: how community members can deal with the grief process in ourselves and our friends, how pregnant women need to be treated (or not treated) and supported, what conflict resolution is really all about, what to do when a friend becomes mentally ill, how the needs of gay and lesbian peoples are still not being met within our "alternative" culture, and a whole lot more. I plan to interview people who are dealing with/have dealt with these aspects of life, and I invite any of you who have thoughts to share on the "software" levels of community living to please get in touch with me as this column unfolds, so we can plan your participation in future issues. Thanks.

The Telephone Counseling and Referral Service is beginning the next 6 week training session on June 25. For further details call 224-6333.

Newspaper News for the Truly Informed

by Louise Beauchamp

Part of my job every morning is to scan a dozen of the state's major newspapers, looking for articles related to education so that my boss, the Commissioner of Education, can know what the heck is going on before the reporters hit him.

Along with a co-worker, a student madly clipping and scotch taping, and a cooperative print shop, we produce a 50 or 60 page booklet by noon, containing all the day's top stories that an education official might want to know. Some of them they might not want to know, but some others (we hope) they might be relieved to find.

Many people would consider this kind of enforced newspaper reading one of the most cruel and unusual punishments ever devised. They're right, but it also has rewards. The secretary just outside my office door hears groans and outraged mutterings almost every morning, but she also hears chuckles and sometimes a guffaw. At least it spares me from the need to watch the TV news.

One thing it has taught me is great caution. Newspaper news is like TV news in its transient, cutting-edge perspective, but it has the extra element of leaving something behind. I have seen what time can do to the best memories and the most sincere predictions.

But another lesson has been to see how much knowledge is lost because of the sheer mass of it, and because the connecting threads are never tied together. We flounder in an explosion of information and lack the capacity to grab and store all the bits that are important to us. And unless the avid reader is lucky enough to have a job like mine, he won't see even the small fraction of unfolding history that I do.

Many of us, for example, have an ominous feeling about the leaders our new president is appointing, but how many can recite even a brief litany: his science advisor a nuclear weapons physicist, his human rights advisor the former head of a corporate research firm that promoted the aggressive sale of infant formula in Third World countries, Secretary of the Interior the former director of a legal organization representing mining interests in the mountain states, head of the Forest Service a former lawyer for a timber company that was recently found guilty

of antitrust law violations . . .

As illuminating as it is to get a perspective on the world by reading history or sociology monologues or even newsmagazines, they can't beat newspapers with their words hot from the womb of creation, their happenings raw and unmolded. Newspaper news has no context at all until it's digested by some editor who starts ordering background pieces and running sidebars. Until then it's left for the reader to perceive an event in his own personal context, and find his own importance in it. You can't get rawer data anywhere except on the spot and on TV, and TV doesn't leave any imprint behind.

Publications like Spectrum fill a critical need because they bring together the threads in which we have a common interest. It's a dying species even though its numbers are multiplying, for the approaching computer age will make newsprint obsolete. When that happens I will mourn the loss of the form but rejoice at the potential for personal information management that it will bring us. The souls of Spectrum and its kind will not disappear, but will metamorphose into a new form of flickering words on a screen and a printout machine.

We will all have far more information available to us, and will be able to store and retrieve it at the touch of a key. The potential—only potential, of course — for a truly informed citizenry is staggering.

In the meantime, I'd like a place to share some of the information that comes my way. It would have to come through my own distilling consciousness, as copyrighted material can't be reprinted, but can be quoted. In any case, the act of choosing what to share and what to pass by is an act of censorship.

Some of the subjects that have caught my attention lately are the infant-formula debate, the MX missile, the Tennessee-Tombigbee waterway and the Law of the Sea treaty. To one degree or another, they are all topics of which many of us lack awareness, conviction in our views, or the arguments to back up our certain feelings.

See article, also this page . . . first in a series by Louise Beauchamp.

Rundown On Reagan's Cabinet Choices

by Louise Beauchamp

Compiled from numerous articles in several different publications, here is a rundown on some of Reagan's key appointments:

Ernest Lefever was a hotly contested nominee for human rights advisor, an assistant Secretary of State just under Alexander Haig. He has expressed to at least two senators the conviction that the opposition to his nomination is "communist inspired." In testimony before the House in 1979, he stated his belief that our government has neither the authority nor the responsibility to promote human rights in the world.

His most recent job was as president of a "research" corporation that took funds from the Nestle Company to promote the aggressive sale of infant formula in Third World Countries. A week before the funding information became public, he gave sworn testimony to the Senate that his Ethics and Policy Center never accepted money from a vested interest.

The Nestle controversy contributed to his failure to accept this post, but it may not make much difference, according to one Washington observer. "With or without Lefever, Reagan's human rights policy is set. With or without him, it will emphasize communist repression, and will spare public condemnation of abuses by regimes allied with the United States," writes Walter Mears of the Associated Press.

George Keyworth is the new White House advisor on science, formerly a physicist at the Los Alamos nuclear weapon design laboratory. Not much else has been written about him so far, and perhaps not much else needs to be said.

James Watt, of course, is the Secretary of the Interior, in charge of all our lands and resources. His most famous recent statement was, "I don't like to paddle and I don't like to walk."

Like so many Reagan advisors, he favors turning many things over to private interests. Watt recently told a gathering of hotel, restaurant, gift shop and other concessionaires that they would now be asked "to be involved in areas that you haven't been allowed to be involved in before." The federal budget system, he said, will be used as "the excuse to make major policy decisions."

Until Reagan appointed him, Watt was director of the Denver-based Mountain States Legal Foundation, representing interests that would like to mine and drill on federal lands. Among his plans are drilling for minerals in Sequoia and mining for nickel in Glacier Bay park. Already accomplished are regulations to permit dune buggies on newly acquired national seashores and the continued leakage of pollution into Mammoth Cave.

Fortunately, Watt has attracted some attention, and donations to the Audobon Society, Sierra Club, Wilderness Society and others have increased substantially. "Watt poses such an obvious, immediate threat that people are actually crawling out of the woodwork to join up," said Destry Jarvis of the National Parks and Conservation Association.

According to an interview in *U.S. News and World Report*, Watt believes that the Reagan administration "is in the mainstream of the environmental movement."

John Crowell, Jr is in charge of the U.S. Forest Service, confirmed by the Senate in spite of his connection with several timber companies that were recently found guilty of price-fixing "and other gross violations of the antitrust laws."

He hid the connection from the Senate, but it is now apparent that he had knowledge of the violations and helped advise the companies as a recognized antitrust expert. Until his nomination, writes John Oakes of the *New York Times*, he was a fierce opponent of the Forest Service's "set-aside" programs to protect the small operators that his companies were trying to put out of business.

George Gilder is not likely to be appointed to anything, but he may wield more power in the Reagan administration than all the others put together. He is the creator of the "supply-side" economic theories, the author of *Wealth and Poverty*, the book that budget director David Stockman has called "Promethean in power and insight."

"Civilized society," write Gilder, "is dependent upon the submission of the short-term sexuality of young men to the extended maternal horizons of women."

In the World According to Gilder, the enemies of the ideal economy are women who allow sex without marriage, working wives, women with independent means, and government programs which aid any of the above. "The man disciplines his sexuality and extends it into the future through the womb of a woman," he writes. "The woman gives him access to his children, otherwise forever denied to him; and he gives her the product of his labor, otherwise dissipated on temporary pleasures. The woman gives him a unique link to the future and a vision of it; he gives her faithfulness and a commitment to a lifetime of hard work."

This is the kind of theory that gives Ronald Reagan a warm glow as he drifts off to sleep at night. These are some of the men he has chosen to help make the world safe for Gilderian economics.

Many things will change between now and 1984, and many of them will not be very visible to the average person. The Reagan administration will keep our attention focused on economics if it can, and we would do well not to be lulled into complacency by the slowing of inflation and a decrease in national tensions, if such occurs.

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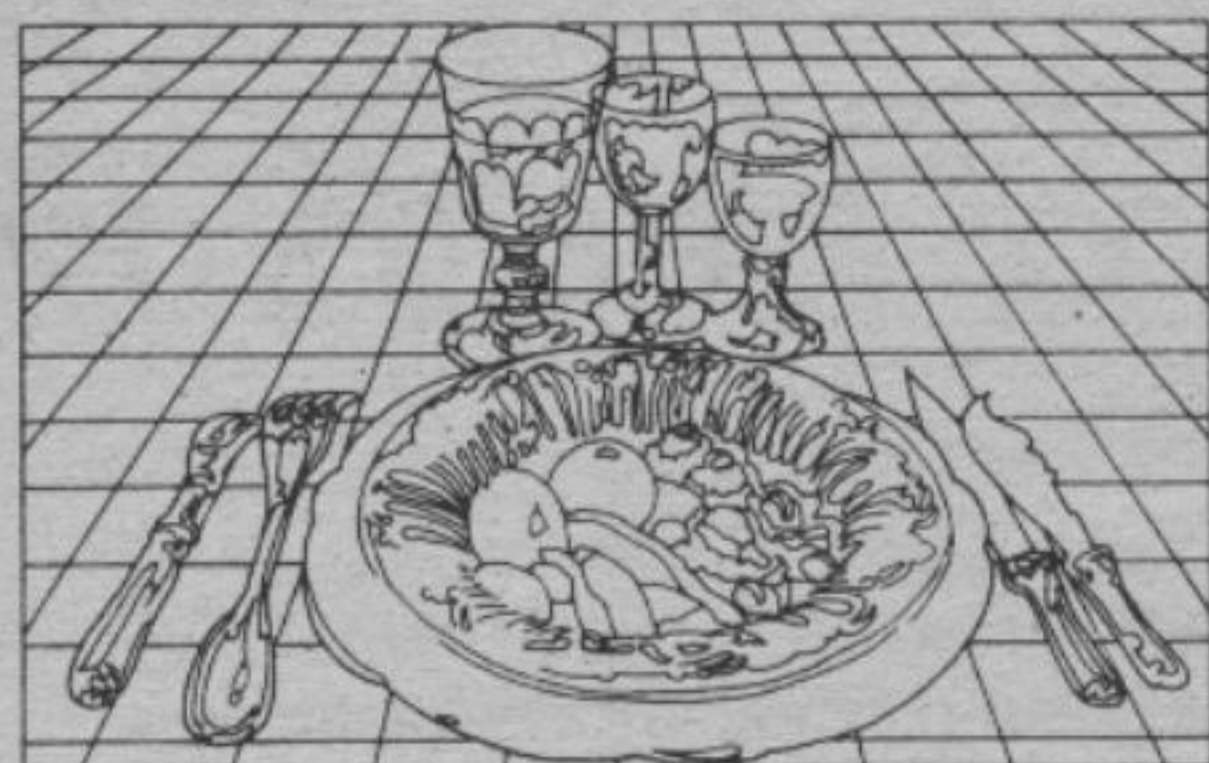
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Does Good Food Mean Good Nutrition?

by Frieda Kabelac

The more I discuss food and nutrition with people, the more I hear the mistaken belief that food and nutrition are the same thing. The other day I listened to a tape by Paavo Airola in which he puts nutrition third in importance in building health. He says, "You can eat all the good nutrition you want and not have good health." Wow! This man calls himself a nutritionist and he doesn't know that nutrition basically is function. You can't eat function.

It is to nutrition that we owe our existence — from a one-celled being (zygote) to adult human. "Nutrition is the cardinal function of organic evolution and growth," says Herbert Selton in his *Health For the Millions*. "It is the grand process by which creation and renewal are accomplished." *Nutrition is the sum total of all processes involved in turning food into living structure.* These processes consist of: *digestion* — the breaking down of food into nutrients that the cells can use; *absorption* of these nutrients into the bloodstream; and *assimilation* of nutrients by the cells in order to make themselves. Food, then is the raw material of nutrition. Nutrition is the grand act of chemical and physiological actions of self-formulation.

Our more than 300 trillion body cells are very much like one-celled animals. They take in food, convert it into their own substance, reproduce and give off waste matter. (Only red and white blood cells and brain cells do not reproduce.) Cells take the prepared liquid nutrients, brought to them by the bloodstream, and synthesize them into tissue. These nutrients are: glucose (blood sugar), 21 amino acids, some fatty acids, minerals and vitamins. A bone cell uses these nutrients to make bone substance. A muscle cell takes these nutrients to make muscle tissue. Each kind of body cell takes from the supply of nutrients and converts them into its own kind of living tissue.

Good health is dependent on strong cells that are full of vitality so that they can work efficiently in their organ communities. Each organ works for the good of the whole organism. Superior nutrition produces vigorous, firm cells and strong organs and, therefore, a well functioning body.

Good food alone is not enough to have superior nutrition. Food cannot be adequately metabolized into living structure without oxygen, water and the byproducts of sunshine. We cannot have superior nutrition, hence a high level of health, without exercise, fresh air, pure water, sunshine, rest, sleep and emotional poise.

Our big muscles, in action during exercise, act as a second heart. They help push blood through the body. Exercising brings more oxygen to the cells for oxidation and other chemical actions. Exercising also helps to get rid of cell wastes (metabolites) more efficiently. For instance, the metabolite carbonic acid gets broken down into carbon dioxide (CO₂) gas (one carbon plus two oxygens), which it then discharges from the lungs.

Nutrition is dependent upon ample nerve energy. It takes an enormous amount of physical, chemical and electrical energy before the body can break down the food and turn it into living structure — thus getting compensated for its efforts. Not enough rest and sleep causes enervation and poor nutrition. Only rest and sleep enable the body to recoup nerve energy.

Inability to cope well with stress literally poisons the body. Anxiety, fear and rage use up tremendous nerve energy and causes enervation. Then elimination of cell wastes are checked, and so are the nutritive processes. Food is not well

continued on page 8

Canopy's Birthday

by Richard White

Canopy Federal Credit Union, the financial institution for the alternative community in and around Tallahassee, just passed a milestone of sorts. It has been a year since June 6, 1980, when Canopy received its federal credit union charter. Of course, we worked for many months before that just to get the charter. Of course, we worked for many months before that just to get the charter. The first public meeting to start November of 1979. Canopy's official "organizational meeting" — where, after many preliminary meetings, we gathered to fill out forms to apply for the charter — was held in February of 1980.

But of the dates of momentous events in the Canopy story, the date when some remote bureaucrat rubberstamped the seal of approval onto our charter has to be tops. Getting the charter was absolutely essential to our existence as a credit union. The charter meant that we could do business: accept deposits, pay interest, and lend money. We became *real*. So real that it is a federal offense should there be any monkey-business with our money.

We have spent the past year since we became official quietly and productively benefitting our members and the alternative community at large. Except for the very first couple of months, Canopy has consistently paid a 7% dividend on regular shares, the highest rate allowed by law. We also pay up to 12%, the highest rate allowed, on one-month share certificates for \$5,000 or more, and up to 10% on three-month \$1,000 share certificates. We have helped members finance the Leon County Food Co-op building purchase, we've helped in a similar manner with the creation of a Co-op Early School, and we are open to doing the same sort of share-secured member loan program for other

organizations within our field of membership. Our ability to lend directly to community organizations and businesses is very limited because our (federally imposed) bylaws require that we lend no more to an organization than the amount that it has on deposit. But we are always willing to do what we can within our legal limitations.

Canopy is well and growing steadily. We are now over 200 members strong and are fast approaching a quarter of a million dollars in assets. Starting in April, we began paying a part-time manager. In the fall, we hope to increase our services by keeping longer office hours and by beginning signature lending and loans secured by collateral other than Canopy shares. The credit committee and board of directors are in the final stages of work on lending policies, and we welcome any input anyone has on the subject. If you are interested in discussing loan policies, or if you would like to find out about joining Canopy, or if you are already a member and would like to help out by working on a publicity campaign that we are planning to conduct soon, or the like, just stop by our office (the "children's corner") in the Leon County Food Co-op (649 W. Gaines St.). Our manager, or one of our several volunteer assistant treasurers, is on duty during the hours shown on the sign over the office.

Now just one last thing. . . If you are not a member of Canopy yet, what in the world are you waiting for? If we can get about four times as many members as we have now, and four times as much money, we can start doing share drafting accounts ("checking" accounts that pay interest)! Canopy is *your* alternative financial institution. Support Canopy now so that it will be there, strong and ready, when you need it.

Canopy Federal Credit Union: One year old, and doing fine!



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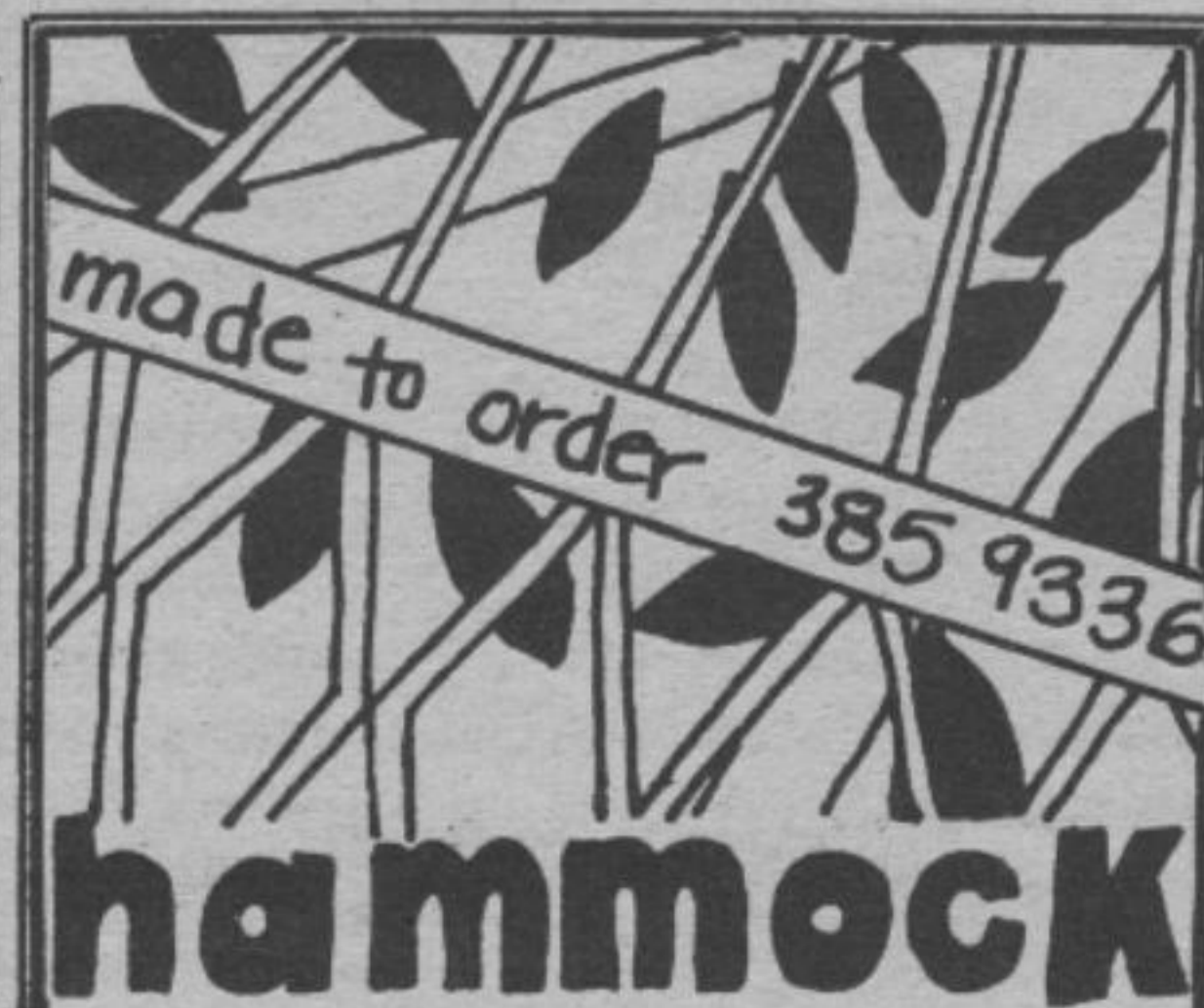
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C.W. Quinn Clinic: The Wholism of Health, Politics and Economics

interview by Margie Menzel

Two years ago, in 1979, the C.W. Quinn Clinic opened its doors in Tallahassee. Founded by three African-Americans — two men and one woman — the clinic has offered and continues to offer a political/spiritual/economic health alternative to this community.

As SPECTRUM has explored other areas of health — wholism, world hunger, childbirth, and the opposition of Modern Medicine to competing forms of healthcare — so do we wish to explore the connections between poor people and health care, between ideas and their implementation.

How do we implement old and new, wholistic techniques on a widespread basis? How do we make them available to the people who need them most? And how is it possible for such changes to occur within the medical establishment?

The Quinn Clinic attempts to answer these questions, and my impression is that the solution is an effective multi-discipline, multi-dimensional whole far greater than the sum of its parts. Purists may be disappointed, for the bottom line at Quinn is not a critique of professionalism, of patriarchal religion, nor of capitalism. It is health care delivery to the poor, and as such, its essence is what works within the confines of poverty.



photos by Frank Brown

The three founders of the Quinn Clinic: Dr. Jamal Amin, Miaisha Mitchell (with Amanda), and Zaid Haynes.

The C.W. Quinn Clinic began its practice in December of 1979. Named after a local black businessman, it was founded by Zaid Haynes, Miaisha Mitchell, and Jamal Amin. Zaid Haynes is an acupuncturist. Miaisha Mitchell is a mental health worker whose emphasis is on substance abuse. And Dr. Amin is a psychiatrist. Their collective backgrounds represent a wide range of influences, from a highly-trained professionalism to black studies, to wholism, to Islam. The upshot is what Mitchell calls, "health care delivery to the total person." I talked to each of them about her/his area of emphasis, background and so forth, was given some supplemental reading, and later did another interview with Dr. Amin about a recent hearing at the Tallahassee Memorial Regional Medical Center, challenging his use of wholism. These interviews are presented roughly in sequence.

Quinn is located in the black community, says Dr. Amin, because "That's where the poor are. That's the bottom line, the poor." Many Quinn patients are white, however, because "whites have had more exposure to conventional health care. Blacks are in

awe of it; whites really know where it's coming from."

Dr. Amin points out that many blacks are home remedy-oriented and tend to be impressed by the gleaming antiseptic facade of the medical establishment, with its uniforms and machines. However, he adds, they are getting disillusioned fast. Especially in the cases of the elderly, a doctor is a last resort. There is no money for such things. Quinn's referral system instead makes use of connections already existing in the black community, like ministers. But the referral system includes chiropractors and healers as well — anyone, in short, who has something to offer in relieving what Dr. Amin calls "dis-ease."

Quinn is "very multi-discipline." Moderns have a tendency to approach ancient healing systems as a total fraud, but Dr. Amin says this is like "throwing the baby out with the bath water." Drugs and surgery are truly invasive to human beings, he says, whereas "you should always go with nature. As long as there's land and rain, you can grow herbs."

Independence and self-sufficiency are watchwords

at Quinn, which accepts no grants. "We firmly believe in that aspect of the capitalist system that says you must be independent. If you take money, you have to do what they say." Wholistic health care is not anti-capitalist, says Amin, "We represent the original concept of capitalism." The medical industry, however, is not based on such an open sense of competition, but on what Amin calls the greatest money-makers in our society, "Highly trained professionals with a minimum of 12 years experience, massive physical plants called 'hospitals,' and a pharmaceutical industry controlled from manufacture to distribution."

Dr. Amin says he is very pro-American. "Blacks have a big stake in this country. We built it, fought in every major war, died here. Those are all parts of what I learned are criteria for a claim to land...It's ironic that the sons and daughters of former slaves will have to save this country."

Dr. Amin also has a great interest in international politics, which he sees as highly relevant to blacks. "You can't separate what you're doing from the international scene." He claims that the black/white delineation is a natural process, but "just a stage. You don't replace white racism with black racism." He sees division by race as anti-nature. "It's just coincidental we're black. I believe there's only one race...the human race. We don't see ourselves as being representative of any segment." At the same time, he says, "Culturally, we're different. I want to preserve that."

Dr. Amin is a believer in Islam, which he describes as "submission to the will of God as manifested in nature." Yet he does not make a great distinction about his religion, which he perceives as part of the same tradition as Judaism and Christianity. "We all have the same father, Abraham." A variety of religious influences are represented at Quinn.

"Here at this clinic, we encourage whatever spiritual orientation you are, if it acknowledges something greater than yourself." (After a bit of discussion, we agreed that this definition could be applied to values of right and wrong, as well as other theistic approaches. To value human life, Amin points out, is spiritual.)

Dr. Amin feels that it is the responsibility of a physician to educate people and set a good example. He is upset at the use of alcohol by doctors, athletes, and other people whose examples tend to be followed. No alcohol is naturally occurring in the human body, he says; it's the only substance that's missing. What kind of species would poison itself?

It's the powers that control the world, claims Amin, who use alcohol and eat flesh. "Once you instill in people's minds the idea that they can kill other creatures and eat them, they are more warlike...All people who are concerned with peace in the world ought to be concerned about nutrition."

Quinn Clinic, in its emphasis on the interrelatedness of mind/body/spirit, uses not only counselling and nutrition, but massage therapy and acupuncture. The acupuncturist is another Quinn founder, Zaid Haynes. Quinn, he says, is based on "a kind of decentralization. If one particular discipline fails to cure, we pull in whatever is necessary to heal...Spiritual help, not surgery or drugs, might be the missing factor."

Quinn deals in psychiatry and general medicine, of course, along with nutrition, "the most popular approach." It also has programs so diversified as weight control and family counselling. Zaid Haynes says Quinn also plans to open a health bar, called Timbuctu, in June — a small-scale operation providing sandwiches, juices, vitamins, soups and salads.

Because he practices a discipline over 4,000 years old, Haynes understands the prejudices of Western medicine. He says that there is a cultural bias in the West against "foreign medicine," which acupuncture technically is, being Eastern in origin. But Western medicine's forte, says Haynes, is dealing

with emergencies, whereas the Eastern emphasis is upon preventing dangerous physical states.

Acupuncture, for example, cannot do much with an advanced case of cancer, but has been known to cure an early case. The basis for acupuncture is the understanding that the body's energy travels along specific pathways. Along these pathways and just below the skin lie "points" that can be stimulated to affect the inner organs and encourage the reestablishment of balanced bodily functioning. The stimulation is achieved by the insertion of extremely thin needles. It can also be achieved by the use of heat (moxabustion) or finger pressure (shiatsu massage).

The essence of acupuncture is diagnosis, which can be done in several ways. Of these, reading pulses is probably the most effective. Haynes says, "By reading pulses, I can probably tell what's bothering you." Pulse diagnosis amounts to a "specialty within acupuncture."

There are at least 28 different pulses you can take. Tongue diagnosis is used, especially for lungs, heart, liver and gall bladder. Actually, the method of diagnosis tends to vary by illness.

Acupuncture is effective with a vast range of medical conditions, but it is also useful for otherwise healthy people, too. With prevention in mind, acupuncture is encouraged as a service for regular health maintenance. Haynes describes the aim of medicine as "harmony — total integration."

"Wholism, in the Quinn sense, must be understood as incorporating an analysis of the social, political and economic."

Zaid Haynes is an artist who went into education, studied at Hofstra and Tufts, where he was assistant director of the Black Studies Program, Northeastern and Fletcher School of Law and Diplomacy. His interest in black studies led to Tanzania, where he headed an audiovisual training program, and the study of acupuncture and Tai Chi (the exercise program at Quinn includes martial arts). He studied at the New England School of Acupuncture and met Jamal Amin at Tufts, where they put together a proposal to use acupuncture to cure drug addiction. In 1977, when Dr. Amin became head of Florida's state mental hospitals, Haynes moved here and began practicing acupuncture under his supervision. This led to the founding of Quinn.

Zaid Haynes talks about eventually putting together more extensive laboratory and hospital facilities for Quinn, but he thinks more in terms of a barefoot doctor caring for the rural poor. His major concern is the health care of the poor and third world people, not to the exclusion of anyone else, but remaining conscious, he says "of who bears the brunt of health care costs, because of their low, fixed incomes."

Haynes says he doesn't like what welfare does to people, but that there are no jobs available as an alternative. "We're not blind idealists," he says. "We can't help everyone — we're poor."

Miaisha Mitchell, co-founder of Quinn, has the characteristic multi-level analysis of the clinic. Her career background is in mental health (14 years), her major work is with alcoholism and substance abuse (since 1974), her philosophy and methodology combine an understanding approach to abuse with a stinging critique of the political/economic conditions from which abuse arises. She has attended Simmons College of Social Work, Northeastern University, and the Alcoholism Training Program at Boston City Hospital — all in Boston. More recently, she has



Dr. Jamal Amin

There has been a great deal of criticism levied at the medical establishment for functioning as an industry. It is not a humanistic, but a capitalistic practice to encourage the sorts of dependency in human beings that create an ongoing medical market. Yet it is done.

We have become more aware in recent years of the harassment of those who encourage health care self-sufficiency. It is no more than a logical extension of monopolistic medical attitudes to grasp that the renegade doctor who promotes an egalitarian relationship with her/his clientele is likely to experience some pressure. Such is the case with Dr. Amin.

Dr. Amin has a great aversion to the standard practice of dispensing anti-depressant drugs for long-term use. He feels that they are only truly effective in cases of short-term situation depression. Certainly, his record would seem to bear out his preference for wholistic procedures. He has an amazingly low recidivism rate, the lowest by far on the TMRMC staff.

A Doctor Who Promotes an Egalitarian Relationship with Clients

Yet his methods have been treated with suspicion and hostility. Dr. Amin is the only African-American psychiatrist in this area, and his presence appears to have stimulated an increase both in complaints from the black community about other doctors, and in requests for transfers to his service. In any case, the atmosphere surrounding Amin led ultimately to a showdown of sorts several weeks ago. The TMRMC psychiatric staff took the unprecedented step of bringing him before the Credentials Committee.

"I saw it as harassment," Dr. Amin says. "I still felt harassed, but I didn't feel intimidated." The issue was the administration of anti-depressants. The other doctors claimed that Dr. Amin had not strictly lived up to his earlier agreement to treat the patients of his colleagues, when acting in their stead, much as they would.

However, the charge was inconclusive and the matter was dropped. Dr. Amin described the sense he got of the others' attitudes as being, "We didn't getcha this time."

Racism and professional jealousy are, Amin is convinced, key factors. Certainly, he appears to be able to excel by his colleagues' standards. In addition to his outstanding success rate, his professional credentials are impressive: a B.S. from Morehouse, a doctorate from Meharry Medical in Nashville, internship at Mt. Sinai Hospital in Miami Beach, and psychiatric residency at Harvard.

In any case, he is not content with resting on his laurels. His current commitment is to developing a new in-patient psychiatric facility that will complement TMRMC. That, too, is unlike to curry professional favor at the existing hospital.

For all his difficulties of late, Amin is a person who evokes a sense of optimism. His faith in what he is doing, and in the people with whom he is doing it, are at once simple and profound.

"The future," Amin says, "Will look back at these days and think of them as the dark ages of medicine."

studied pharmacy at Florida A&M. She has a vast background in working with women, family counselling, and, of course, alcoholism.

Miaisha Mitchell is definite about economic and social pressures that cause drinking problems: poverty, fear, frustration, and the need for social acceptance all create an impetus for escape, however briefly. Racism creates a unique and powerful atmosphere conducive to alcoholism.

Mitchell uses group, family and individual counseling in her work. She says that people usually deal with their alcoholism only when a crisis point has been reached, so that their taking any step to do something is not strictly a personal desire for change. Drinking cuts emotional and intellectual response in half.

A group mode, too, may be very threatening, although she says that women have a tendency to respond positively to groups. Family support is crucial. Mitchell says that for every person who drinks, an average of five others are affected.

Mitchell describes drinking as a "double whammy" for women, and a "triple whammy" for black women. Women who drink are defying certain expectations for their behavior; thus they tend to be secret drinkers. On the other hand, the support of other women seems to help them recognize the reasons for their isolation and the formula for shattering same.

Violence is integral to drinking, releasing the inhibitions as it does. Related to drinking, says Mitchell, are 64 percent of homicides, 85 percent of child abuse, and over 50 percent of automobile accidents and abuse of women. Men, she says, generally externalize their violence, whereas women

are more likely to inflict violence upon themselves.

Mitchell also uses wholism in her specialty. Nutrition in particular is effective, since it is so altered by alcohol abuse. But wholism in the Quinn sense must be understood as incorporating an analysis of social, political and economic analysis.

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Protecting Tallahassee's Trees

by Ann Bidlingmaier

A sudden surge of development has swept through Leon County, and with this surge has come massive bulldozing of trees in many of Tallahassee's most scenic areas. What were once beautifully wooded areas along Capitol Circle, Apalachee Parkway, North Monroe Street, West Tharpe Street and West Pensacola Street are now flattened, leveled, treeless lots, some of which are simply up for sale — no architectural plans have been designed for them. More tree removal is scheduled, and if the community does not amend the current tree removal ordinance, we will be seeing the woods and forests of Tallahassee further decimated.

Tallahassee's current tree ordinance is a weak one. As it exists today, very few trees are protected and when violations do occur, there is very little the county can do to censure the violators. Basically, the ordinance "protects" trees in two ways only:

- Trees four inches in diameter and larger growing in a narrow strip around the perimeter of a plot of land are protected. However there are numerous ways to obtain exemptions.
- Trees three feet in diameter and larger are protected — but, again, numerous exemptions are granted.

Obviously, the ordinance is an ineffective one. Most of the trees in Tallahassee, such as dogwoods, magnolias, pines, red cedars, and sweet gums do not reach a diameter of three feet or more. In addition, the ordinance does not protect forests, just a few individual trees.

A group of Tallahassee citizens has formed *Tallahassee Tree Watch*, an organization which is keeping records of tree removal around the county, reporting violations, and gathering evidence to present to the County Commission in order to point out the need for an ordinance which will be strongly enforced. The group's affiliate, the *Technical-Legal Committee (TLC)*, has collected ordinances from 20 other communities and is evaluating them in order to make recommendations to the County Commission as to what a new ordinance should include.

What Can Tallahassee Citizens Do?

In order to preserve Tallahassee's trees, and thus its unique character, members of the community can do the following:

- 1) Contact the Leon County Commissioners individually and let them know of your desire for a new tree ordinance and its enforcement.
- 2) When the issue comes before the Board of County Commissioners on June

23, come to the meeting and voice your concerns.

3) Write the editor of the *Democrat*. The more we can inform the community of the problem and the need to correct it, the better chance we have of getting the improved ordinance passed.

4) Attempt to raise the consciousness of architects, builders and developers with whom you come into contact. Discuss with them the necessity for protecting Tallahassee's trees.

5) Contact Leon County Department of Environmental Services. Bob Speidel is the director and Fred Waldinger is in charge of enforcing the tree ordinance. They need to know how the community feels regarding protecting Tallahassee's trees. (488-9305, 488-9306)

6) If you see any massive bulldozing or suspected violations of the current tree ordinance, call Ann Bidlingmaier (386-7751) or Dick RuBino (644-4510). Find out the name of the builder and developer if at all possible.

Citizens interested in becoming involved in Tallahassee Tree Watch or TLC should contact Ann Bidlingmaier or Dick RuBino.

Please help! We cannot do this without your involvement!

Nutrition, from page 5

digested and so ferments and putrefies. Toxic substances from a putrescent intestinal tract, plus retained cell wastes, mean a high level of toxicity. This pollution produces sluggishness of cells and organs and eventually causes damage. Relaxation techniques should be learned. Cultivate emotional poise or suffer impaired health.

A continuous diet predominant in processed, de-mineralized, de-vitaminized foods leads to deranged chemistry and malnutrition. Minerals regulate our internal chemistry. The best source is raw produce. Good nutrition means good health. The building and maintenance of health is not a one-sided affair. Good food alone will not do the job.

Freida Kabelac is on the National Board of Directors of the American Natural Hygiene Society and president of the Society's Tallahassee Chapter. She has been teaching the CPE class "Health Care is Your Responsibility — Not the Doctor's."



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Do-It-Yourself Auto Karma

by Kate Taluga

A few issues ago, *SPECTRUM* printed a letter requesting articles on automechanics. I was really jazzed. Since I am getting heavily involved in automechanics, I took the ball and ran with it.

I own a reincarnated Volvo. The engine has been transported through three bodies, and had been overhauled for various reasons several times. Although the basic engine has been with me for about four years, I haven't done much of the work necessary to transform my car into a smooth running machine. I am now taking the necessary steps for accepting the responsibility of repairing my own car. Until now, my husband and his friends have done most of the work for me.

My mentor in Volvos is an old friend named Rich Williams. Rich sold me my first Volvo body. At the time, it housed an engine he had rebuilt from a wrecked P1800 Volvo sports car. He slipped it into a station wagon body, and *voila*, a perfect family car for Kate. I have deeply respected Rich's work and insisted on his doing the actual work or approving any repairs made. I am very fortunate to have a personal friendship with my main mechanic.

About a year and a half ago, I began to realize that I could get work done faster on my car if I did it myself rather than nag, beg, plead, or pay someone else to do it for me. As I began to ask men to help me do various repair jobs on my car, they saw that I was actually trying to absorb what they thought of as second nature. Rich and a few others developed a patient teaching attitude. Others just knew I was too slow for their methods and steered clear. It isn't that I was really slow, I just didn't have a basic understanding of what makes an internal combustion engine run. Or how to use a crescent wrench, channel locks, an open or box wrench, or leverage. Does all this sound foreign to you? It did to me. But I persevered and Rich helped me along.

Now my Volvo has seldom run in the past for various karmic reasons of my own. It either gets smashed into, or the brakes go bad, or (mostly) there's no money to fix what is wrong, which leads to something else going wrong that costs more. Sound familiar? I've learned two very important lessons.

1. Get your car sound. Spend the time and money, or buy a new car, but have a sound car to start with. It's a lot less frustrating if you don't have to fix a new thing every week.

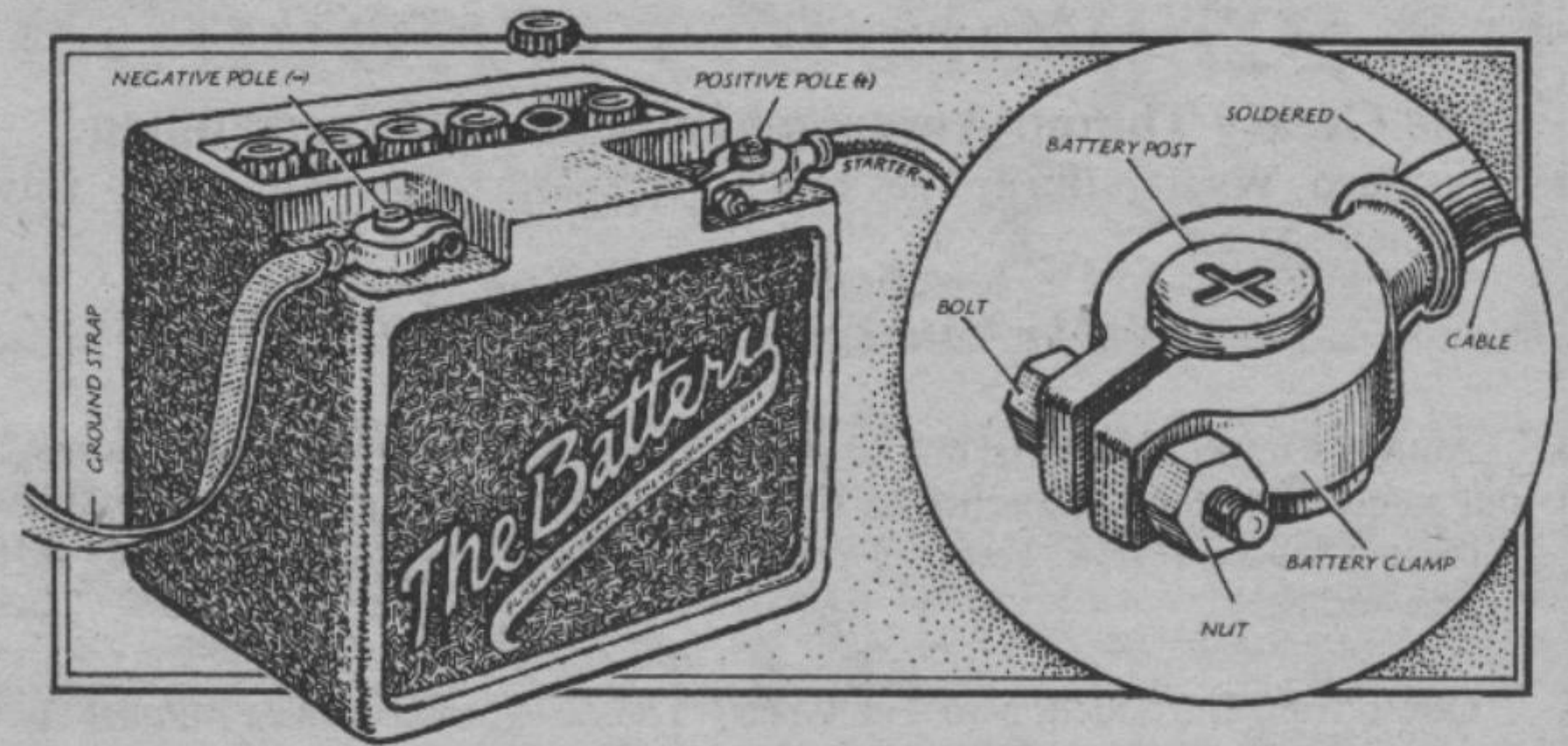
2. Maintain it. It only takes a little effort on your part to check and change oil, fluids, air pressure in the tires, water in the battery, water in the radiator; and the brakes' adjustment, as well as doing a minor tune-up. Then, if you're not into the joys of automechanics you're at least paying fewer repair bills.

Maintenance is really not very difficult and can be a source of great personal pride and pleasure. I get a real kick driving into a service station, pulling the hood, and checking my own oil and fluids. Then I wipe down my chrome valve cover. Believe me, mechanics take notice. They ask me about my car (there aren't too many like it left running), and I can conduct a semi-intelligent conversation with them.

If you're uninformed about your car, you run a great risk of having unnecessary work done or a shoddy repair job, which costs you more money in the end. Anyone interested in doing their own maintenance needs to have a few things on the ball. The first must be an owner's manual (they can be obtained if you don't have one). This is an invaluable tool. The manual will list all the specifications you need to know for a tune-up as well as all the information you'll need for buying parts for your particular vehicle. And buying your own parts can save you up to 60 percent of your parts costs when you need repair work done (more about buying parts later).

Along with my owner's manual (which might as well be written in Greek), I use a Clymer series book on pre-70 Volvos, both excellent books assuming you have some automotive knowledge.

The Greasy Thumb Automechanics Manual for Women is basically an



ABC's to maintaining your automobile. It is excellent for someone who hasn't the vaguest idea of how to use a wrench or which one to use, for that matter. Armed with these three references, Rich, and other mechanic friends and their tools, I have undertaken the restoration of my Volvo, which, at this writing, is nearly complete.

Buying parts is another trip where women often are uninformed. When you're ready to buy parts, you need to get your act together. You should know your make, year, model, number of cylinder, and cubic inches of your engine as well as what part you need. "The thing that fits under the black cap on top of the engine" will not tell the parts dealer you need a rotor. Most often it is best to remove the old part and take it with you, though sometimes this is an impossibility. But, be sure and compare the old with the new before installing as it can save a lot of frustration if you got the wrong part to start with. Always keep your sales receipt for exchanges and tax purposes, as well as references.

Now, I live in the country and hate Tallahassee driving. So, I comparison shop. But when push comes to shove I usually have to order my parts and then I just go the the foreign auto parts store where I have developed a relationship over the years from buying parts. I really suggest once you find a parts dealer that you like, stick with them and develop a working relationship with them. They can really help you out in times of need. I have never found my sex to be a disadvantage or advantage dealing with the people where I buy parts.

Now, I know auto tools are expensive, but for less than a \$100.00 you can put together a pretty fair tool kit. In Tallahassee, we also have Carports which offers rental space as well as all the equipment and tools you'll probably need to do most repair jobs on your vehicle. The people at Carports are extremely helpful, but they won't do the work for you.

There is one other thing that I find invaluable and that is a *maintenance log*. Now, this is really very simple to set up and whether you do your own work or have someone else do it for you, it's of utmost necessity to keep a record of when and what repairs have been made on your vehicle. It's also nice at resale time as the prospective buyer can grasp the care given to your machine.

All you really need is a steno book in the glove compartment with a pen attached to the spirals. You record the date, the mileage, amount of gas pumped, cost of gas, octane level of gas, and any maintenance done (checked fluids, added a can of oil, etc.) and a blank space for tallying your MPG (which you figure at the next fill up when you have access to a calculator). You can also record your parts buying information in this log for easy reference.

So, if you're truly a liberated person, or tired of people telling you they can fix something and they really screw up your car, or just want to feel like you're in control of your auto rather than the other way around, I urge you to take wrench in hand and get under that hood. And don't worry about that greasy gunk getting all over you. Don old clothes, tie back your hair, and clean your engine at a car wash. Once it's clean, keep it clean. You'll be able to diagnose where leaks may be coming from easier, and you'll get a lot less dirty during maintenance work. Take responsibility for yourself and your vehicle.



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What a Happy Feeling!

The Greasy Thumb Automechanics Manual for Women.

By Barb Wyatt, Illustrated by Julie Zolot, Copyright Iowa City Women's Press.

reviewed by Kate Taluga, with Rich Williams

Author's note: Before starting to review this book, I felt it necessary to seek out someone who had expertise on the subject. This way, I felt, we could offer a more balanced review. Hence, I turned to my mechanic, Rich Williams, for advice and help.

Quote from Introduction to **The Greasy Thumb Automechanics Manual for Women**, by Barb Wyatt: "I wrote this book for a couple of reasons. One is that I was real tired of trying to use the available automechanic manuals — written by men, for men — for information on how to do repairs on my car. After spending a lot of time trying to figure out what terms in a repair explanation mean or deciding to fix something and getting no more help than 'remove the old part and install the new part,' I realized there is real need for an automechanics manual that assumes no previous mechanical knowledge on the part of the user.

"The other reason I wrote this book is that I wanted to pass on the knowledge that I have about cars to other women in a way that would be useful and helpful to them. I feel that women teaching other women what they know is real important to our present and future survival in this world as women separate themselves from men."

In Wyatt's introduction to **The Greasy Thumb**, she puts the beginning auto mechanic's problems into a nutshell. Auto manuals are written with the assumption that the reader has a general knowledge of auto mechanics. They teach you the specifics for your individual car. For someone without a grasp of the workings of an internal combustion engine, these manuals are very confusing. There is nothing more frustrating than not knowing what you are doing, consulting the manual, and still not understanding what to do.

Wyatt focuses her book on 1970 and older American cars without air conditioning, extra power equipment, and emission control devices. Her reasons are three-fold. She doesn't deal with many later model cars, most of her friends drive old American cars or foreign cars, and there are several good manuals on foreign cars, but not many on old American makes.

The manual is divided into three sections: Tools and Theory, Maintenance and Repair, and Troubleshooting. It is advised to read all of Tools and Theory before moving on to either of the other sections. This is an excellent suggestion. Wyatt discusses most of the major tools and tells you how to use them. The tools are easily recognizable from the illustrations accompanying the text. Her passages on leverage are invaluable, as I found when I tried to take off lug nuts that had been tightened with an air drill.

Then Barb Wyatt does a most remarkable thing. She explains how an automobile actually scoots down the road. The engine and its systems — fuel, electrical, lubrication, and cooling — are outlined in basic language, easily understood. Then she illustrates the systems not directly related to the operation of the engine as a unit, but just as vitally important to the smooth running of your vehicle — transmission and drive train, suspension and steering and brake systems. By the time I got to page 45, I had a good concept of what makes my car run.

On page 46, Wyatt and friends take you on a trip under the hood and body of a '66 Ford Mustang. I wasn't impressed by the Ford; Volvo and Ford are two very different cars. But with the aid of photographs and basic English, I found absolutely everything discussed in previous pages and where it was housed on my own automobile.

In Maintenance and Repair, Wyatt places emphasis on routine maintenance services — oil change, lubrication, repacking front wheel bearings (necessary approximately every 6,000 miles), winterizing and tune-up. Brake work, exhaust system, replacing shocks and universal joints, front end and transmission checks are all more than adequately described. She details a maintenance schedule and then outlines each procedure methodically, including tools,

supplies and parts needed, information needed, and then the actual steps involved.

Part III (Troubleshooting) covers typical automotive catastrophies: the engine doesn't start or won't run right; the oil leaks or the water leaks; lights, horn, wipers, etc, not working.

Yes, **The Greasy Thumb** is very basic. That's the most beautiful part of it. If you read this book, you'll begin to grasp auto mechanics. You will have a workable knowledge of what a car is all about, and armed with an owners manual or other similar reference book (as advised by Wyatt), you will be competently prepared to do your own basic maintenance.

At this point, Rich and I would like to say we found the bigotry towards men expressed by Wyatt a little depressing and totally unnecessary to the message of her book. However, the lessons provided within the book are by far the most easily understood we've seen.

The Greasy Thumb is sold at a price of \$6.50, and is offered at a 40 percent discount to bookstores or individual women ordering five or more books. Orderer pays (and includes) postage with prepayment for books to Iowa City Women's Press, 529 Gilbert Street, Iowa City, Iowa 52240. All women's bookstores have also been given a free loaner's copy for women who want to use the book without buying it. I got mine (the last one...aren't the best books always that way?) at the Book Co-op.

As Rich so aptly puts it, "You have to have what is in this book to start. If you can't start, you need this book."

How to Keep Your Volkswagen Alive — A Manual of Step-by-Step Procedures for the Compleat Idiot.

By John Muir and Tosh Gregg, Illustrated by Peter Aschwanden, published by John Muir Publications, Inc.

reviewed by Kate Taluga

John Muir's manual, like **The Greasy Thumb**, is an automotive guide that assumes the reader has no previous mechanical knowledge. Unlike **The Greasy Thumb**, Muir sticks strictly to Volkswagen repair. His manual covers all makes except the VW Rabbit which is covered in **How to Keep Your VW Rabbit Alive**, by Richard Sealey. (Diesels are also covered in this manual.)

Muir's book is the definitive book on Volkswagens, and even though I do not own a VW, I found his procedures for buying a vehicle and fixing flat tires extremely informative and very helpful.

Chapter by Chapter, Muir leads the reader through each phase of VW breakdown. He gives an excellent guided tour of the Volkswagen engine, by which, however, not having a VW engine in front of me, I was a little confused, to say the least.

The Compleat Idiot has beautiful illustrations by Peter Aschwanden. Not only are they very clear and precise, they are also very amusing and clever.

I found the writing style used by Muir and associates very entertaining and easy to read. It reminds me a great deal of the style of the books published by The Farm.

Muir even discusses developing karma with your car and putting love into your repairs, which I feel is very relative to keeping breakdowns on isolated roads to a minimum.

Like Wyatt, Muir advises the reader to get an owner's manual to use in conjunction with his book to make repairs.

Both books advise safety and caution. Muir gives very good instructions for achieving these goals.

If you own a VW and are interested in the safe operation and simple maintenance of your vehicle, pick up a copy of **The Compleat Idiot**. It will give you a frank and detailed description of what's happening with your machine.



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Loyalty, Deceit, and the Good Fight

Vida, by Marge Piercy. Published by Fawcett Crest Books. Copyright 1979, first paperback edition 1981. 477 pp. \$2.95.

reviewed by Frank Brown

If you've ever wondered, "what happened to the revolution?", any of the main characters in *VIDA* would be more than willing to tell you. The answers would vary somewhat; some might even request that you re-state the question, please. But if you asked Vida, the principal character, chances are that she'd deny all knowledge of anything having to do with organized protest. She might even smile and say, "But that went out with the Sixties, didn't it?". Her survival, you see, depends upon an appearance of innocence.

As you might expect, *VIDA* is full of politics of the left. As such, it remains remarkably free of cliched rhetoric and oversimplified "us vs. them" situations. In fact, the politics, while being central to the story, are only one of the elements which Ms. Piercy uses to weave her vivid, intricate, and inspiring tale.

VIDA is primarily a love story. But the action is far from gothic romance. There are lots of well-developed, believable characters. Piercy takes the reader into a complex world of men and women struggling together against perceived societal evils. It is a struggle which was born in the anti-Vietnam war activism of the '60s, and continues to grow.

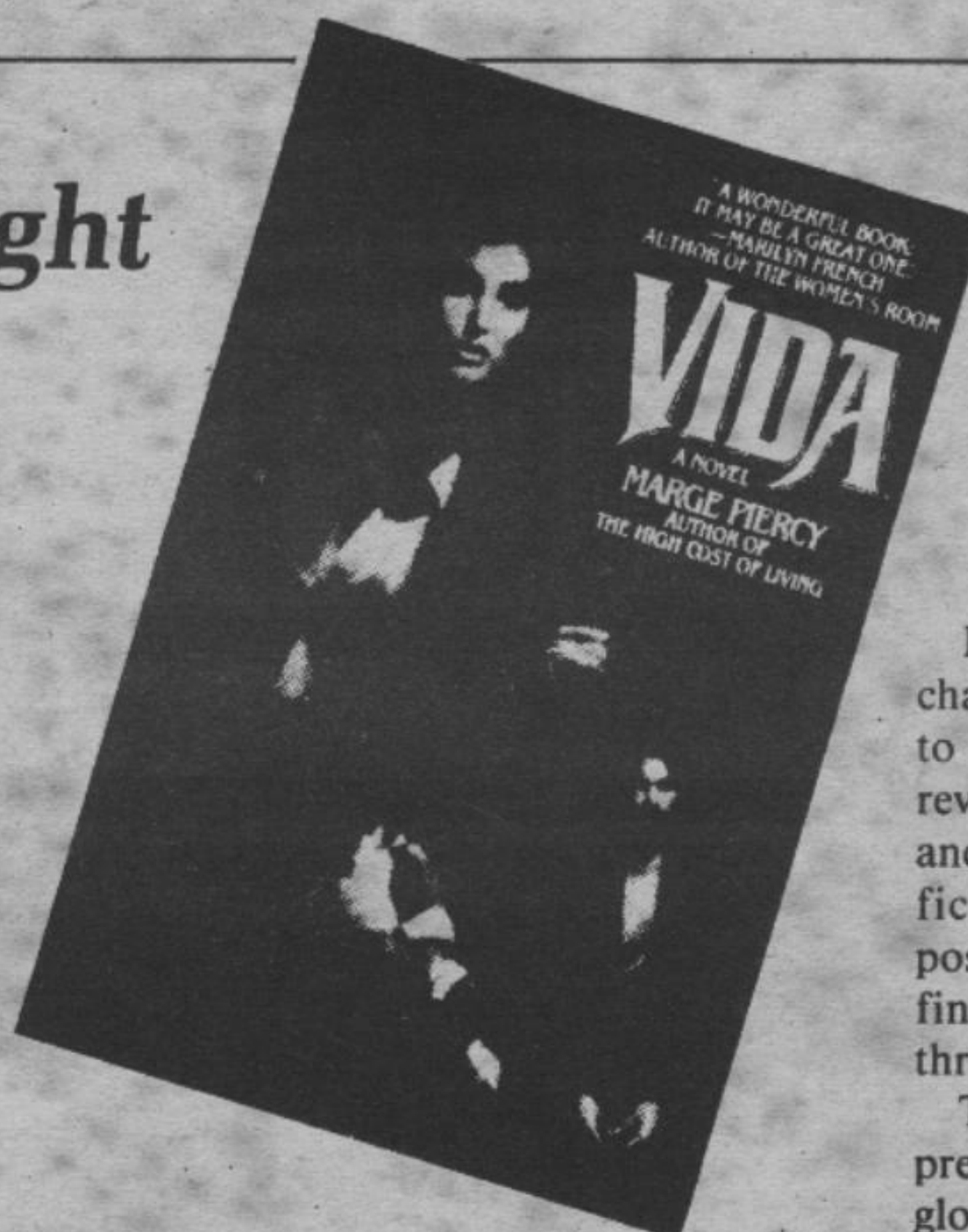
The story begins in the present (1979), and describes the events of three months (September, October and November), alternating with three significant flashbacks in Vida's life. These flashbacks present episodes from the years 1967, 1970, and 1974, respective-

ly. The book ends, convincingly, back in the present. It is not a bittersweet ending, but neither is it more tragic than the events that make up the life of the world of Vida. This is not a cute book. Perhaps this is a flaw: not enough cuteness. If Tom Robbins woke up in *VIDA*'s world, he just might choke on his carrot cake.

Which is not to imply a lack of humor. The humor is more of situation, rather than turn-of-phrase. For example, when Vida is driving a battered woman across the border from New York to Vermont, to escape from her armed-and-dangerous husband, our hero discovers to her chagrin that she can't stand the company of the woman and children she is transporting to safety. As Vida pulls the car into a gas station to let her passengers use the bathroom, she says to her partner, Joel,

"I don't like her. I want to like her, I do! She's a battered woman, we're finally carrying out a political task. We're even getting paid for it. And I don't like her. I want to drop her on her head off the expressway. I swear, if I was her husband, I'd kill her too! Don't ever repeat that. But she's driving me crazy."

VIDA is full of interesting people, in interesting situations. A sense of desperation, coupled with a commitment to life, drives the characters forward. It is this urgent commitment to *do* something, to *stop* the war, that gives rise to



In Latin, "vita" means life. The character Vida is very much alive. Yet, to insure her survival, she must never reveal her true name; her public names and identities are a web of deceptions and fictions, intending to divert any possible suspicion of her true self. I can find an allegory here, of vitality thriving beneath bland exteriors.

This web of guile and aliases looks pretty romantic at first. But rather than glorify her "secret-agent" lifestyle, or condemn it as morally reprehensible, we are presented with the woman, Vida, who lives it out because she can find no alternatives.

Vida is an outlaw. An outlaw! A rock'n'roll anthem of 1969 goes, "We are all outlaws in the eyes of America. In order to survive we steal, cheat, lie, forge, fuck, hide, and deal. We are obscene, lawless, hideous, dangerous, dirty, violent and young..."

Except that the young grow up. This is also a novel about growing up.

Piercy's novels tend to be filled with action mixed with uncompromising honesty. This gripping work is no exception, making for thrilling, full-bodied reading. And an appreciation for fugitives.

a major contradiction — the use of bombing to stop bombing; pitting violence against violence.

Or is this a contradiction? "Fighting fire with fire" doesn't seem so contradictory. Bombing corporate headquarters, and phoning in a warning to clear the building of people, is a means of destroying hardware in order to stop the destruction of human lives. The assumption is that the tactic will be effective. In choosing this course, the participants have, in effect, taken sides in a war they realize themselves to be inextricably involved in. To do nothing would make them guilty of silent complicity. They have learned too much to be silent.

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