

# SPECTRUM

A Cooperative Newspaper for the Tallahassee Community

Ides of March, 1984 Issue No. 43

FREE

**World  
Hovers at  
Brink of  
Planetary  
Suicide**  
—page 43



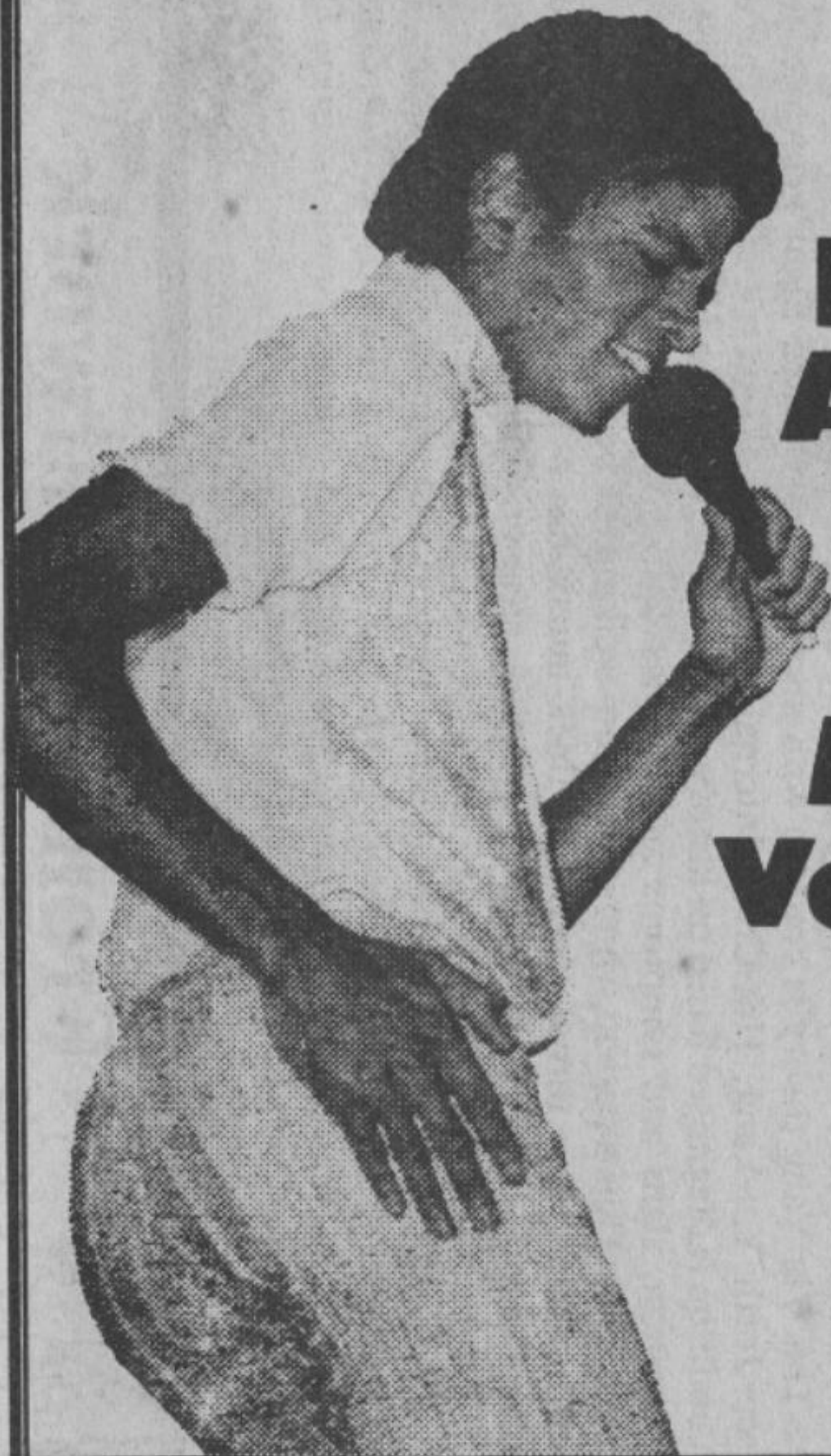
**Does Bicycling  
Cure Cancer??**

—page 31

**Woman:  
"I Was A  
Teenage War  
Tax Resister"**

**Husband: "I Never Knew!"**

—page 12



**Do Secret  
Acupuncture  
Treatments  
Keep  
Michael Jackson's  
Voice High?** —page 64

**Miracle Healing  
Powers of Softball**

# IF IT HURTS - STICK IT!

by Lisa Krehbiel

When the *Spectrum* collective was looking for someone to do a first person account of a visit to an acupuncturist I volunteered greedily. As a lover of new experience and personal attention I've always wanted to try acupuncture. Barbara Mitchell agreed to donate a sample treatment and I was given a ten page questionnaire to fill out. I never knew how many different types of headaches there are. You've got your behind the eyes, your front of head above eyes, back of head, side of head, and your band around the head, to mention just a few. I was quizzed on an enormous variety of ills and funny conditions, including frequency of urination and not forgetting the color of my pee.

B. greeted me warmly and led the way back to her office, where we sat by her desk in a cozy area by the window. I

spotted a copy of *Gray's Anatomy* in a bookcase, the top of which is littered with pottery teapots, cups, and such. You know, it takes a lot of guts to burn a candle at noon on a sunny day. But somehow it seemed to fit with B.'s snake-shaped thumb ring and the way she could feel my jammed finger without touching it. And there's not many places you can go these days to get your feet held and regarded.

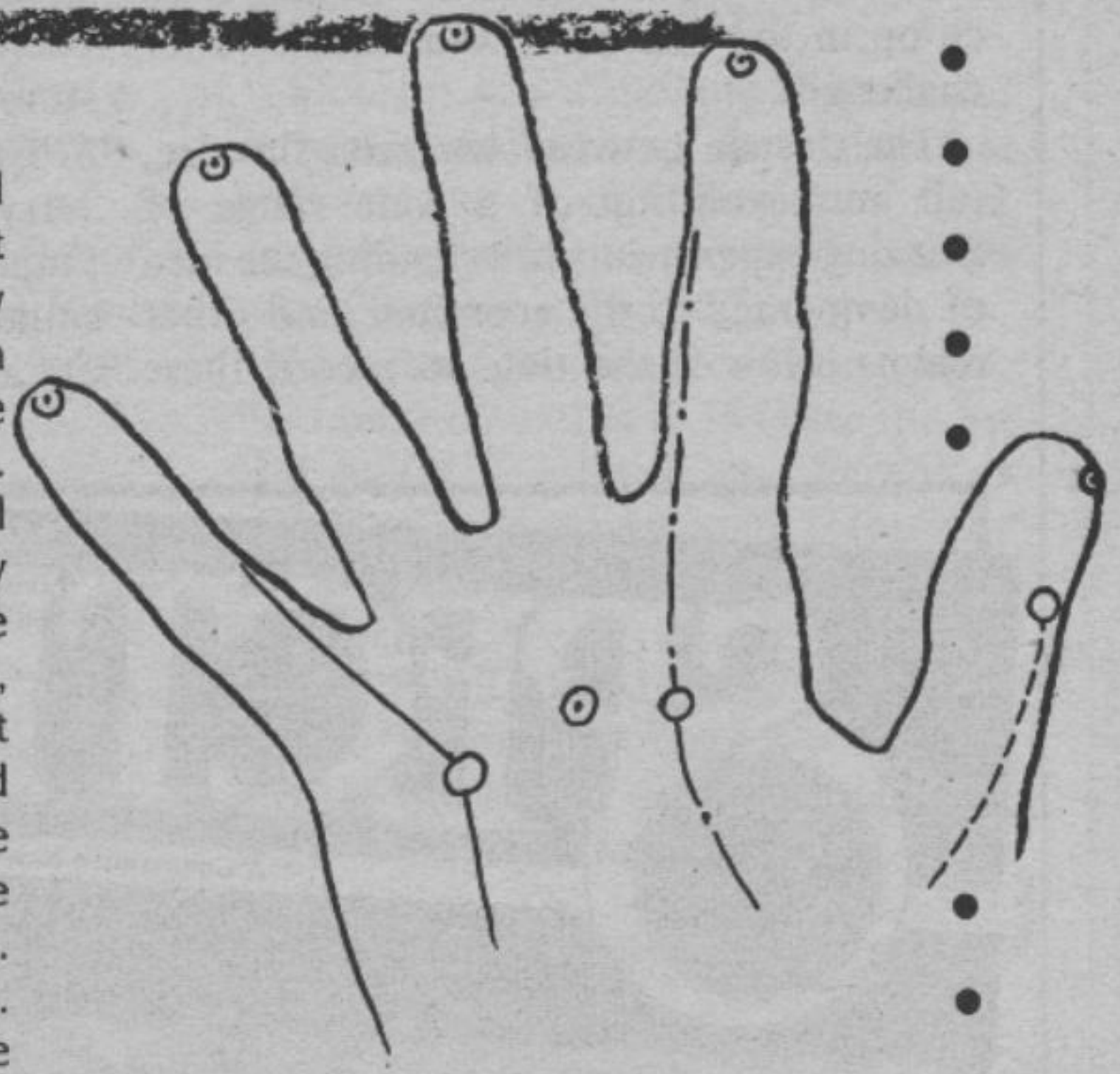
The examination begins with a review of the Patient Profile and Medical History, and soon proceeds to the confession of sins and parade of ailments. A general picture develops of the patient as one who can dredge up endless trivial malaise but is deficient in honest to god sickness. The physical exam begins with taking the 12 pulses in the wrists. I am informed that my liver pulse is a bit thin but acceptable. Monitoring my heart pulse B. asks if I have a lover presently, and remarks that I am happy and satisfied. I've never had my fortune told, but this is close.

After the pulses are recorded on my chart B. lights a stick of incense and has me remove shoes and socks. She tested the reaction of my fingers and toes to heat by holding the tiny coal close to my skin. I was to indicate when the feeling of heat reached a determined level, while she counted silently and marked down the results. A well person should have similar readings in left and right corresponding areas. Apparently I was in rather good balance, requiring adjustment in only two areas.

Proceeding to treatment, B. soaked a cotton ball with alcohol and got out the needles. She poked me in a few special spots to help determine which needed puncturing. I got about five needles in the knee, my problem area. Next came one in each foot and heel and one in my ear to correct my diagnosed imbalance. I suspect the needles are very slender and sharp, because it hurt a lot less than if you just stuck a regular pin in you (I've had experience with this). Once they were in I didn't feel them at all, except one which stung and one which tingled. After the needles were in place, B. pulled out her electronic needle stimulator and attached wires with little clips to selected knee needles. She turned the voltage up slowly until I could feel something happening. Then I was given the box and encouraged to fiddle with the dials and adjust the voltage at my whim.

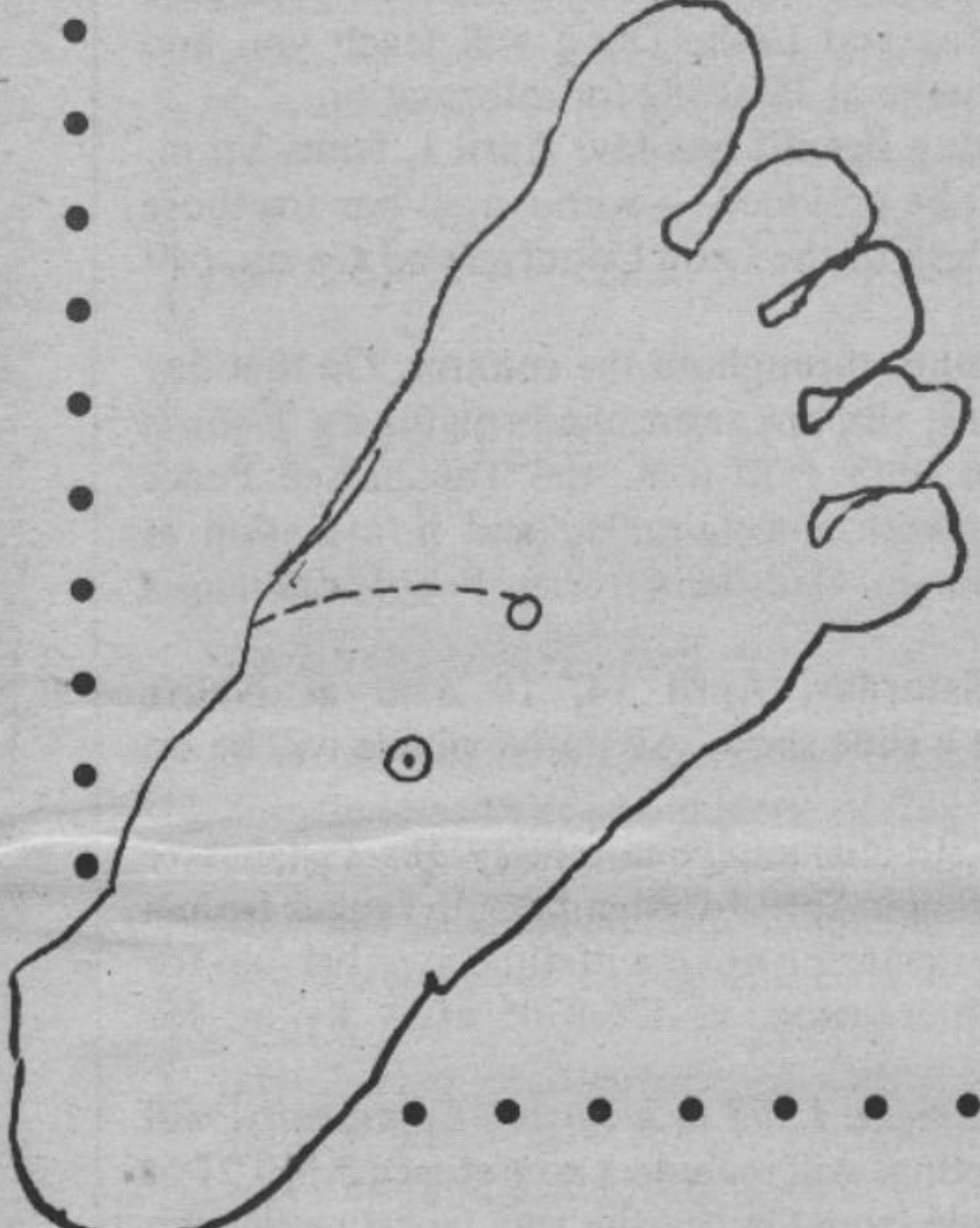
While we allowed the treatment time to work, B. told me more about the art of acupuncture. She described the Japanese method using a lot of needles along the length of the body, with diagnosis aided by the currents of life energy revealed by the swaying forest of needles. There is also a school of thought which strives for placement in the single perfect spot for the occasion.

I was treated while sitting in a chair



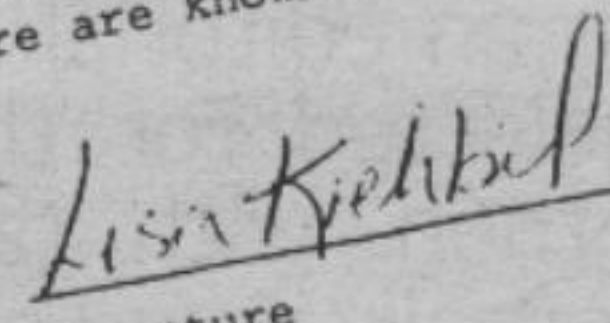
with my pants off. It was great. B. expounded a bit on the flow of energy and arcane sounding organ/element stuff. Acupuncture uses many cute names like "shaking the dragon's head," and I was shown where the "calf's nose" is located.

When I was judged finished the juice was turned off and the wires removed. As each needle was withdrawn she pressed a finger over the spot briefly, explaining this was to prevent any life energy from getting out. A very nice touch.



**CONSENT**

By my signature below I consent for Barbara B. Mitchell to perform acupuncture on me, acknowledging that there are known and unknown dangers in the procedure.

  
 Signature

3/7/81  
 Date

*More on acupuncture, p.3*

## Acupuncture: Florida Leads In Licensing

by Carmy Greenwood

*Trying to license acupuncturists is like "trying to certify and license artists and musicians. . ."*

Trying to license acupuncturists is like "trying to certify and license artists and musicians," says Susanna B. Matthews, member of the newly created Florida Board of Acupuncture. But that's just what Matthews and the other four members of the Board have to do, and do as soon as possible. Practitioners and patients alike are pressing for the speedy establishment of licensing procedures for acupuncturists in Florida.

But there are also many pressures which slow the work of the Board. Among these is the conflict inherent in imposing a rigid, standardized regulation process on an ancient and complex tradition like acupuncture. Matthews explains that there has been considerable controversy over acupuncture in the state. The 1980 statute which provided for its practice has been changed dramatically during every session of the Legislature since its passage. Many of the problems stem from the fact that "there are so many different schools of acupuncture...and so much of it is also an art...so much of it is tied to a way of life and a different culture...and it's an alternative health care system which is not in the tradition of Western medicine. So there isn't widespread understanding of it and there's more room for disagreement.

That's part of the reason why the Board was finally created last year. When the Florida Legislature first provided in 1980

for the independent (without a doctor's supervision) practice of acupuncture, it did not create an independent board to govern that practice. Instead it was done administratively within the Department of Professional Regulation (DPR), which became responsible for promulgating rules, administering licensing exams, and collecting fees. However, many people who took the DPR exam administered in August, 1982 failed it. Apparently the staff of the Department were concerned that the criteria the Legislature had outlined for eligibility to take the exam — being at least 18 years old and a U.S. citizen — were not stringent enough. So their test was the only way to protect the public from unqualified acupuncturists and they made it extremely rigorous. The upshot of that was legal challenges to the exam (there are still lawsuits pending), and an exam has not been given since that time. One of the major tasks before the Board, which was appointed in late 1983, is to develop and administer an exam with all deliberate speed.

The Board is made up of one lay member (Matthews) and four licensed acupuncturists, one of whom must also be a licensed physician. They must decide on the scope of the exam and what competencies it will test. This is quite a challenge since there are so many different aspects of the practice of acupuncture — philosophy, physiology and pathology, point location. How do you test sensitive diagnostic skills? How long will it take and how much will it cost to give a practical exam on needle insertion? What provisions must be made for the many expected non-English speaking applicants? All costs have to be covered by fees charged to practitioners for the licensing process, and the Board already has a \$95,000 deficit which it inherited from the days of DPR administration.

Very few states license acupuncture at all, and even fewer allow its independent practice. Matthews estimates that there are about 90 Florida-licensed acupuncturists in the U.S. and about 45 of those are still in the state. But there are many

more waiting to be certified. The Board predicts that as many as 600 acupuncturists will take the next exam. They have received inquiries from people all over the country who want to get licensed in Florida now while the process is still new. The experience of California illustrates why. They went through this process in recent years and "As they got into it, the licensing process got tighter and tighter and the exams got harder and harder and it became more and more difficult to get a license in California. And because of that history a lot of people are saying 'get a license in Florida now while it's easy... you may want to retire here in twenty years and it's easier to get it renewed than it is to start from the beginning.'"

But Board members are determined not to make the test just fluff that anyone can pass after a two week fly-by-night acupuncture course. They were appointed by the Governor and must be confirmed by the Senate, but as state officers they are in the end responsible to the citizens of Florida — responsible to insure that when a person goes to a Florida-licensed acupuncturist for treatment they can feel confident in that person's professional knowledge and skills. For Matthews, that is the real challenge — "to differentiate between the truly competent practitioner and the one who is just riding the alternative health care wave because it's sexy, it's glamorous."

## Tallytopia: A Decade Of Cooperation

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stories before the memories fade. You have your part of this story. How about sharing it (10 words to 1000) in the May issue of *SPECTRUM*? Perhaps you will volunteer to write down someone else's story. Drop your submission in the *SPECTRUM* basket at LCFC or contact Jerry Johansen, 224-9929 by April 1. Finally, this will all take money. If your situation is appropriate, consider taking out an ad. Contact Larry at 224-7222.



### The Collective —

Larry Teich, Frank Brown, Carmy Greenwood, Suzy Fay, Rita Weaver, Linda Miklowitz, S.L. Ratrie.

### Contributors to This Issue —

Lisa Krehbiel, Tana McLane, Jerry Johansen, and all the volunteer writers, artists, and photographers credited within.

### Back Cover: Alan Pendleton

### Ad Sales This Issue — Larry Teich, Mike Crew

The next *SPECTRUM* will be printed on Thursday, May 3, 1984. Article and announcement deadline is the Thursday one week before our publishing dates. We have an editorial meeting at that time and what is selected for the upcoming issue is agreed upon then, with rare exception. Please contact us personally if you cannot meet this deadline, so we can still plan to preview your submission. Thanks.

Please address all inquiries: *SPECTRUM*, 625 E. Brevard St., Tallahassee, FL 32308, 904/224-7222.

## community announcements

The next Women's Peace Caucus meeting will be March 21, 7:30 p.m. in the First Presbyterian Church on Adams Street, Denni Jennings will speak about influencing politicians about the issues. For more information call Heidi Roberts at 576-9774.

The film *Gods of Metal* and a discussion following it is set for Wednesday, March 21, 7:30 p.m., in Room 228, Duffenbaugh Building at FSU.

Family and Friends of Gays support and discussion group for parents, friends, spouses and children of lesbians and gay men meet March 21, 7 pm and the third Wednesday of each month at Professional Counseling Associates, 506 Cactus Street. No cost. Confidentiality maintained. For further information contact Terry Anne Kant, M.S., at 576-1111.

Women in science fiction and fantasy will be the subject of a presentation and discussion Thursday, March 22, 7:30 p.m. The work of various women authors and how women are portrayed in past and present literature will be discussed. Free admission, and everyone is invited to Rubyfruit Books, 666-4 West Tennessee Street at Dewey Street near the Subway restaurant. Come by anytime during the week of March 19 to 24 and enter their fantasy and science fiction quiz to win a book.

Star study at Birdsong Nature Center in Grady County, Georgia, Friday, March 23, 8 p.m. Call (904) 386-2747 for more information. Preregistration is required.

Guided nature walk at Birdsong Nature Center is Sunday, March 25, from 2:30 to 4:30 p.m. The birdwindow will also be open. To register call 386-2747.

"Central America Week" is planned for March 19 to 25. For information on events, call the Committee in Solidarity with the People of El Salvador (CISPES) at 644-6577.

"The Peace Movement — An Overview" is the topic of a discussion sponsored by Students for Peace in Room 240 of the FSU Student Union, Thursday, March 29, 7:30 p.m.

Learn how to grow and use herbs of the area at the Annual Herbal Event, Saturday, March 31, 10 a.m. For \$2.50 Carolee McKay and Leslie Durst will teach you and provide herbal refreshments. Call Native Nurseries at 386-8882 for information.

Tallahassee Peace Coalition presents a Spring Benefit Sunday, April 1, from 3 p.m. Live music, snacks and lakeside splendor will be provided — with a cash bar for those so inclined. Tickets available at information desk of the Leon County Food Co-op, 649 West Gaines Street.

Freeze Friday is the first Friday of every month throughout the country. On that day tens of thousands will wear royal blue buttons, ribbons, arm bands or Freeze T-shirts for the whole day. On April 6 from noon until 1:30 p.m. the Tallahassee Peace Coalition will host a bag lunch get-together with entertainment and information at Lewis Park (on Park Avenue between Calhoun and Gadsden Streets). People of all ages are invited.

Native Plant and Wildflower Day is Saturday, April 14, 10 a.m. at Native Nurseries. It's free. Chuck Aller will present a slide show. All native plants will be on sale. Call 386-8882 for more information.

In continued observance of the NAACP's 75th (diamond) anniversary, the Tallahassee branch is holding a membership drive now through April 14. Membership ranges from a minimum of \$10 annually including the *Crisis* magazine up to a lifetime membership for \$500. Call Peggye Jefferson, membership chairperson, at 576-9705 after 5 p.m. for further information.

David Felder, the author of *The Best Investment: Land in a Loving Community*, will discuss the land co-op option. A series of meetings will include a conference April 21 at 10 a.m. at the Miccosukee Land Co-op. People from Gainesville and Jacksonville who are trying to start their own land co-ops will attend. Meetings are Thursdays, March 15, 22 and 29 at 12:30 p.m. will be at Nature's Way restaurant.

A local networking newsletter for people in Tallahassee who hope to prevent world nuclear destruction by working for improved relations between the superpowers is edited by Bob Broedel. The purpose of the newsletter is to serve as a local clearinghouse for the exchange of information about peace activities and to encourage local citizens to become a part of it all. Write to P.O. Box 20049, Tallahassee, FL 32316.

A 75-page book detailing the experiences of the Gainesville-Novorossiisk sister city program has been completed — *A Bridge Towards Peace* by Steven J. and Natasha Kalishman. The book is available from Wellington Press, P.O. Box 13540, Tallahassee, 32317 for \$4. Tallahassee city commissioners will be approached about matching Tallahassee to Krasnodar as soon as people have read about what Gainesville has done.

If you served in the U.S. Military during the Vietnam War, we need you. For more information, contact Vietnam Veterans of America, 329 8th Street N.E., Washington, D.C. 20002. Phone (202) 546-3700 or (800) 424-7275. Locally contact the Vietnam Veterans of America, Big Bend Chapter No. 96, P.O.Box 5949, Tallahassee, FL 32314, (904)576-7926.

## Letter

Dear Editors,

Regarding the Libertarian view, outlined in *Spectrum's* Winter 1984 issue, author S.L. Ratrie is correct that the long-range implications are "radical indeed." In fact, they are also frightening indeed, and whether that sort of system is desirable is another question indeed.

Under the Libertarian philosophy, individuals would be completely free to carry and use guns at will; companies would be completely free to pollute the

air, water and land as they wished. Lack of government control would mean that medical care, education, etc. would never be provided by government as a right of all citizens.


We certainly do need alternatives in our country to what is now effectively a one-party system; examine the choices carefully.

Beth Coonan  
Citizens Party of Georgia  
(Atlanta)

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# McLean Forges New Majority

by Richard deRevere

Isn't life strange? Often there is much excitement and trumpeting over "major events" or changes in the flux of human effort, only to have the change turn out to be obscure or transient. Less often a truly big change takes place which, because it has taken so long and so much to achieve, is anti-climactic. No trumpets. A whimper.

That's what happened to Tallahassee city government on February 14. On that day Tallahassee's real estate, development, and banking forces lost their decades-old grip on the direction and philosophy of Tallahassee city government. The last finger-hold slipped away when Legal Services lawyer Jack McLean clobbered a Chamber of Commerce-backed opponent to succeed another previously Chamber-backed retiring incumbent, W. Judd Chapman.

Commissioner McLean generally fits the progressive profile and is expected to vote with fellow commissioners Carol Bellamy and Kent Spriggs on many issues. It is no accident that McLean was backed aggressively by the Leon County Democratic Executive Committee, which has been promoting progressive candidates with increasing success for the past seven years. He firmly opposes the suggested coal-fired power plant for the city as

potentially too dirty. He believes the sign ordinance is a good one and thinks the anti-smoking ordinance should be extended to private businesses. On the campaign trail, McLean proposed using some of the city's \$57 million pension fund to back construction of needed low and moderate income housing in the city.

But McLean also has conservative and populist leanings. He favors putting all city capital outlay (construction) projects costing more than \$10 million to a referendum. State law currently does not require a vote on such projects unless they are "general obligation" bond issues — paid for with an increase in property taxes. Tallahassee hasn't used this method for years. Instead, it relies heavily (some say too heavily) on profits from sales of electricity for both its capital outlay and operating budgets. These "revenue bonds" require no vote. That's how the city built its \$11.7 million city hall and new public works complex on Municipal Way, among other things.

McLean is no radical. But to the extent that he aligns himself with Mayor Spriggs and Commissioner Bellamy, his election does forge a new "progressive majority." The old guard at Tallahassee City Hall has changed.

# Acupuncture Is An Aspect of An Intricate Philosophy

by Barbara Mitchell

Acupuncture has been known in the West primarily as a result of spectacular films showing its use as an analgesic during surgery or for relief of low back pain, sciatica and migraine headaches. It is less well known as an effective treatment for disorders such as diabetes or acute conditions such as flu, cystitis or pneumonia. Few people, however, understand that acupuncture is the outward treatment aspect of an intricate philosophy.

China is an agricultural country. Even today 80 percent of its people live in rural areas. This interdependence with the land led the Chinese to a close observation of natural phenomena to understand and predict the world around them. This in turn led to three fundamental theories upon which their culture and medicine is based. Simply stated, these are: 1) the Five Element Theory which sees all things as contained within one of five elements or phases; 2) Yin and Yang, a theory of complementary opposites; and 3) Taoism, which advocates living according to the laws of nature.

Based on hundreds of years of observation, the Five Element Theory sets forth five phases named for fundamental elements of the universe: Fire, Earth, Metal, Water and Wood. Each phase is correlated to one of the five seasons — summer, late summer, autumn, winter, and spring. Each phase corresponds to a Yin and a Yang organ and a sense, sense organ, secretion, odor, color, emotion, taste, etc. For example, the Metal element is related to the Lung (Yin aspect) and Large Intestine (Yang aspect), the sense of smell, the nose, mucus, a rotten or fish smell, the color white, the emotion of grief or separation, a pungent or spicy taste, the ability to cry, the skin, and the ability to let go

—continued on p. 7

## The Mind of McLean by Frank Brown

Jack McLean, the new city commissioner, has received much attention. Jack McLean, the volleyball player, has not. The following is an attempt to fill the void with important and heretofore undisclosed facts about McLean. To wit:

McLean's favorite ice cream flavor is "vanilla." His favorite kind of food is "bean dishes — chili, butter beans — I like beans."

"I don't have a lot of free time," McLean admitted when asked about his hobbies, "but I enjoy a game of chess or scrabble."

McLean's favorite musician is Al Jarreau, his favorite game is volleyball, his favorite color is blue and his shoe size is a whopping 8½.

When asked if he has a favorite

white person, McLean replied, "One person I'm real happy with right now is my campaign manager, who happens to be a white female."

McLean has a definite distaste for certain comic strips: "Anything that tells stories I don't like. I want something that's funny and doesn't take a long time," he said.

McLean's favorite tree is dogwood, his favorite number is 13 (I see it a lot and notice it a lot"), and he enjoys watching college basketball (especially the University of North Carolina, his alma mater).

Finally, Jack McLean's favorite quote: "Remember there are no great men in the world, only ordinary men who rise to great challenges."

# Freeze Voter '84 Is Here by Jeff Thompson

This long-dreaded year, 1984, may well prove to be a watershed politically. It could be the year in which women, the poor, minorities and the peace movement unite politically to take control of our future. Or it could be the year in which the right wing, playing off the fear and supposed self-interest of its various constituencies, consolidates the government's control over the people. Simplistic as it may sound, the 1984 elections are probably the most crucial ones in our lifetimes.

In the opinion of the peace movement we are hovering at the brink of planetary suicide, and a major shift in direction is necessary to keep us from falling over. In recognition of this crisis, the Tallahassee Peace Coalition is getting involved in the political process. Our initial political involvement has been to organize a canvassing operation for Freeze Voter '84, the national political action committee of the Nuclear Weapons Freeze Campaign.

On the third Saturday of every month, from now until November, we are going door to door throughout the city to talk to people about the freeze and the elections. We are signing up "freeze voters," people who feel that a freeze is so vital to our survival that it will affect their voting in the Fall. We are obtaining new volunteers and contributors. We are finding out who is registered to vote and who is not, so we can invite the unregistered to sign up at later registration drives.

Money collected in the canvassing goes to the national office of Freeze Voter '84, which will provide trained political organizers, material and money to help elect pro-arms control candidates in House and Senate elections around the country.

The most crucial election in Florida this year will be in the Fourth Congressional District, which stretches along the East coast from Jacksonville to Daytona Beach. The incumbent is Bill Chappell, second ranking Democratic member of the House Appropriations Defense Subcommittee, who has pushed through every major new weapons system proposed by the Reagan Administration. The Chairperson of that subcommittee is Rep. Joseph Addabbo of New York, who led last year's fight against the MX missile. Addabbo is under serious challenge and if he is defeated that will put Chappell in charge of the subcommittee.

Peace groups from around the state will be sending volunteers to the Fourth District in August to go door to door and talk with voters about what is at stake. The Tallahassee Peace Coalition hopes to make a major contribution to this effort.

At the very minimum, we urge you to register and vote this year. If you can do more, contact the Tallahassee Peace Coalition at 222-5845. We will help you find a way to get involved that will match your skills, energy and style.



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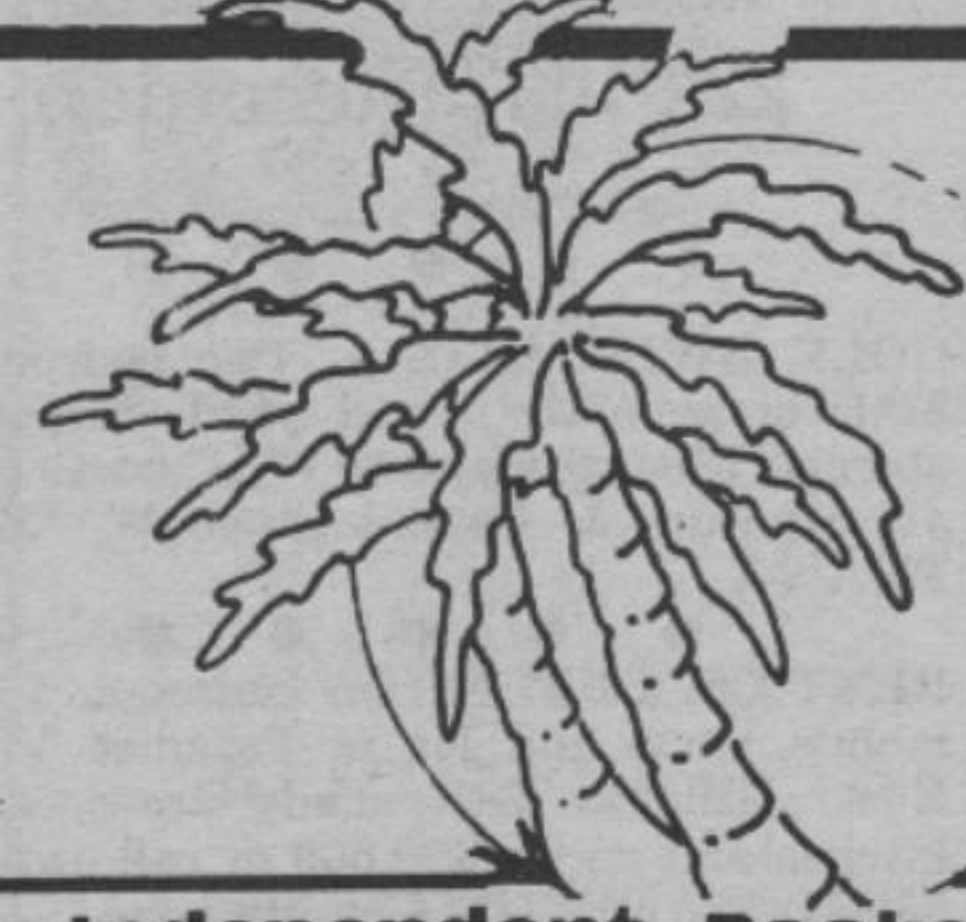
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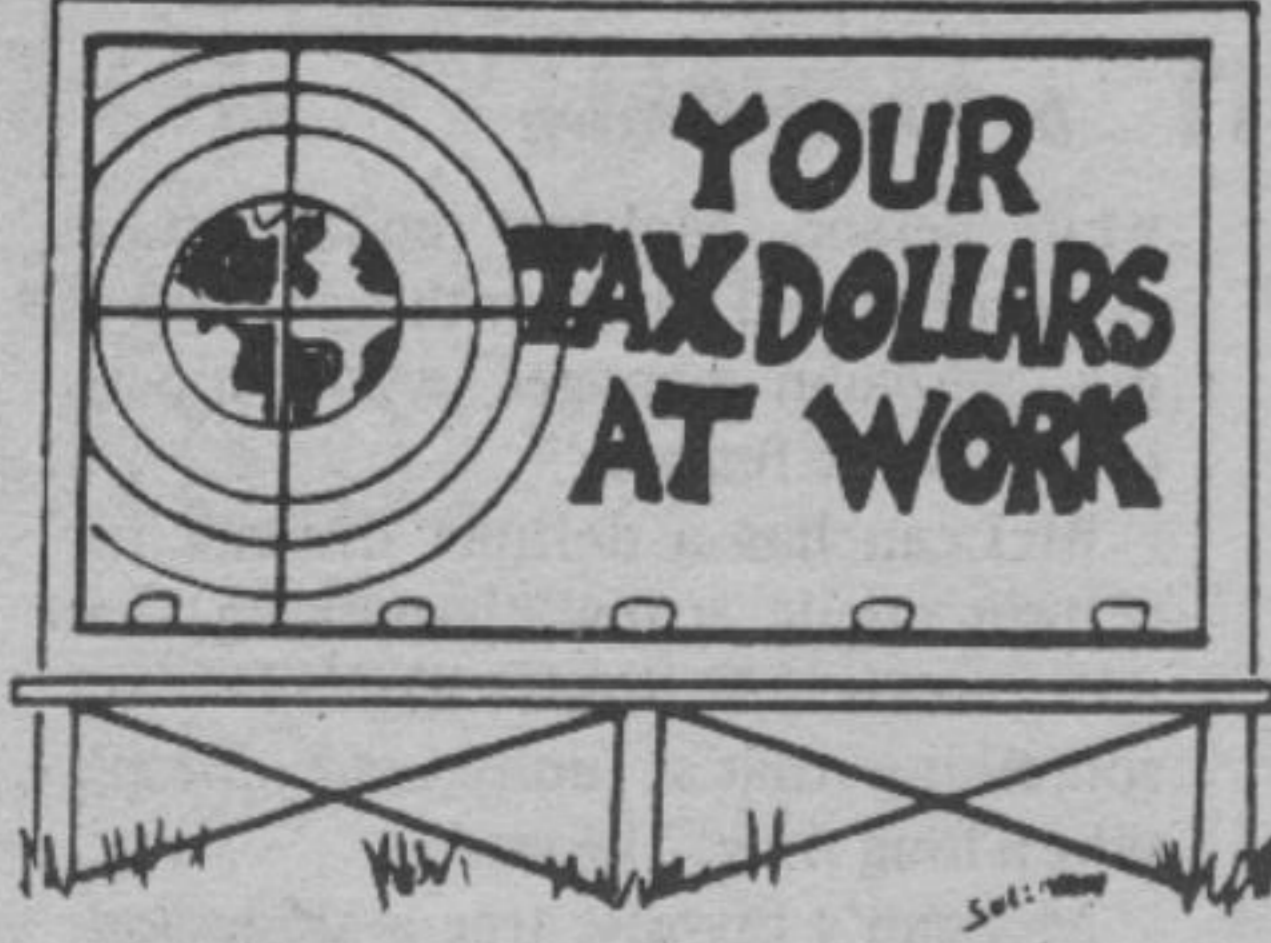


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What if you were forced to pay good money to build the world's biggest military force? What if you were forced to spend your money on nuclear bombs? What if you didn't want to and were threatened with arrest? The following articles by local war tax resisters explain why and how they do it. They haven't been arrested yet.

## Becoming A War Tax Resister: A Personal Story

by Elaine Roberts

I came across the idea of war tax resistance in those early years of the Indochina War, but didn't consider it for myself until 1970. I was becoming increasingly discouraged by the dragging-on of the war and the devastating effect it was having on my generation. I began resisting my telephone tax. It was a small step, but as I began to realize the amount of money represented by excise taxes, it was essential to bring my routine tasks into step with my deepest beliefs.

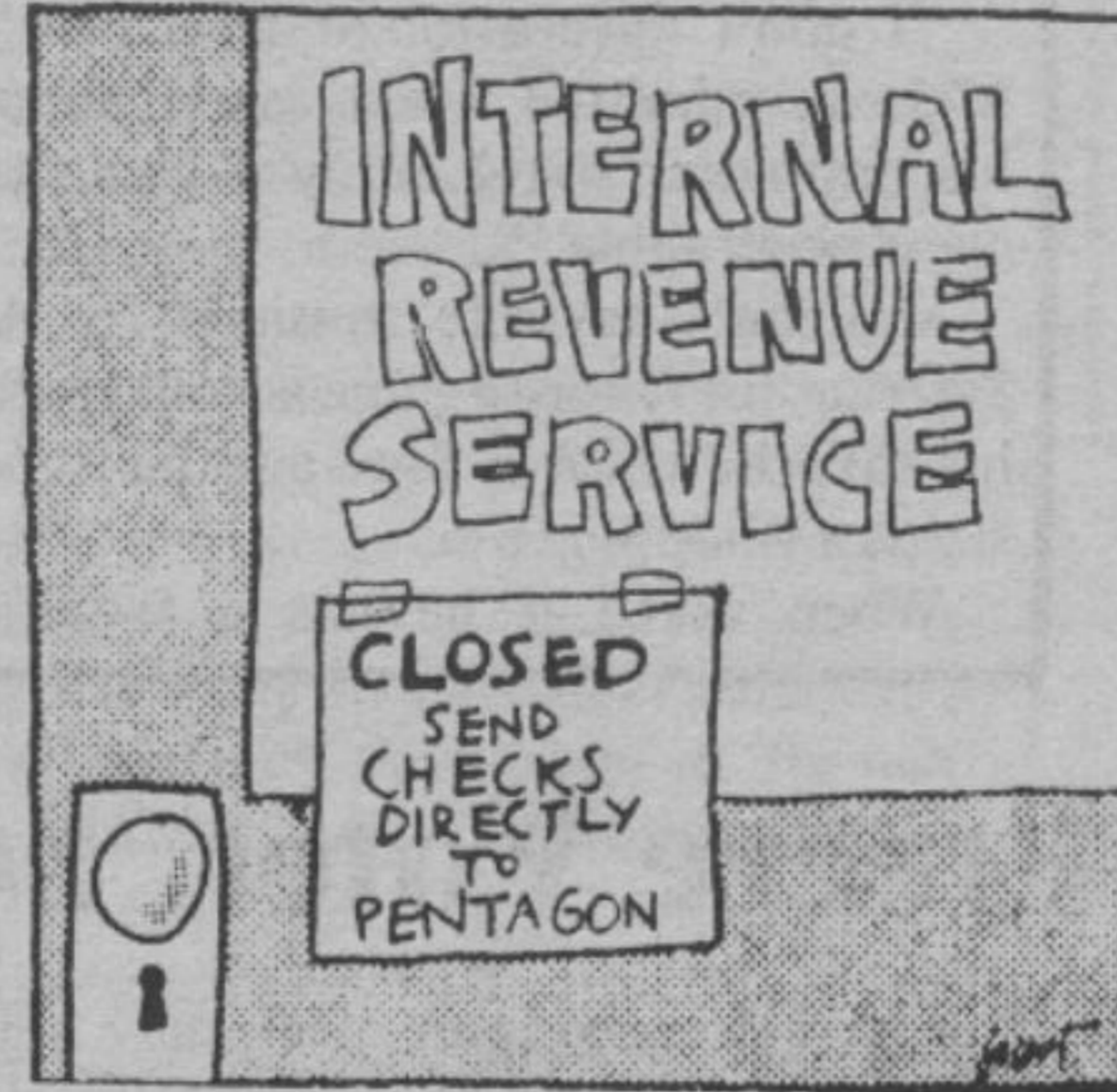
I lived outside the economic system as much as possible in this complex society. I lived below the taxable income level and didn't file a tax return. I thought my life would be simpler if the IRS just didn't know of my existence. In the past five or six years I have realized the naivete of that attitude. It is merely avoiding the issue of paying for war. This really hit me hard when I got married and had a child. My husband got a legitimate, decent-paying job for the first time in many years. We were very alarmed at Reagan's election, and very scared by the prospect of our daughter growing up under the increasing threat of nuclear war. We were very angry that we were being forced to pay for war preparations with the taxes on our labors. We also realized the incongruity of working for peace while paying for weapons. We argued a lot about what to do.

After much discussion, we realized that the principles involved far outweighed any risks we would be taking. We were "small fish" to the IRS. It was doubtful we would even be contacted, and this proved to be the case. We received one letter from the IRS computer, stating we had "miscalculated" our amount owed, even though we had written a letter explaining our action and had deducted a "War Tax Credit" on the 1040 form. The IRS never followed up their first letter.

I have been resisting during the subsequent years by withholding my phone tax and by reducing my withholding amount when I am employed. I also am an avid letter writer, corresponding with my representatives, the President, the IRS, and the Treasury Department. The infrequent responses have been non-committal — only to inform me that what I am doing is illegal.

I feel a most urgent need to work for peace in whatever way I can. We are in the midst of an unprecedented arms build-up. We are preparing for nuclear war. Who builds the bomb? We all do.

As a Presbyterian minister from Western New York writes, "I can lend my time and energy to thinking, speaking, planning, petitioning, writing, praying, and silent meditation, and if I unhesitatingly give my dollars to Caesar, that is all he needs. In fact, he can congratulate himself that he has permitted me the freedom to petition and speak and demonstrate as long as I continue to support the war system by the dutiful payment of my taxes."



## Three Questions About Tax Resistance

by Laura Newton

### Is it illegal?

In the strictest sense of tax law, yes. The government has the right to collect from citizens funds with which to run the country. However, there is a sense in which it is illegal not to resist paying military taxes.

According to the Internal Revenue Service (IRS) code and to the Constitution of the United States, "All treaties made or which shall be made, under the authority of the United States, shall be the supreme law of the land, and the judges of every state shall be bound thereby, anything in the Constitution or law of any state to the contrary notwithstanding." (United States Constitution, Article VI, paragraph 2.)

One such treaty, the Charter of the International Military Tribunal, August 8, 1945, 59 Stat. 1544 EAS. 472 (London Agreement Enunciating the Nuremburg Principles), defines violations of international law for which citizens, as well as nations, are to be held responsible. These include:

**Crimes Against Peace** — namely, planning, preparation...of a war of aggression or a war in violation of international treaties, agreements or assurances, or participation in a common plan...for the accomplishment of any of the foregoing.

**War Crimes** — namely, violations of the law and customs of war. Such violations shall include, but not be limited to, murder, ill treatment...of civilian populations...plunder of private property, wanton destruction of cities, towns or villages...

**Crimes Against Humanity** — namely, murder, extermination...and other inhuman acts committed against any civilian population before or during the war, or persecutions on political, racial, or religious grounds in execution of or in connection with any crimes...whether or not in violation of the domestic law of the country where perpetrated.

I am certain that the building and deployment of first strike capability weapons systems such as the cruise missile, the Pershing and the MX, are Crimes Against Peace; when I pay for the "planning and preparation of a war of aggression," I am in violation of the Nuremburg Principles. I am equally certain that my government is committing and planning to commit War Crimes,

"murder and ill treatment of civilian populations, wanton destruction of cities, towns or villages..." and Crimes Against Humanity, "persecutions on political, racial or religious grounds..." through its support of the government of El Salvador and the Somasista rebels of Nicaragua.

The Nuremburg Principles further state that "the fact that the defendant acted pursuant to order of his (sic.) government or of a superior shall not free him (sic.) of responsibility." What this says to me is that although tax laws say I must pay my taxes, international law says that I must not, and that the Constitution of the United States says that I am bound by international law as supreme law of the land.

### Isn't tax resistance just a token gesture?

Yes, the amount of money I owe the IRS is very inconsequential compared to the whole of the military budget. The IRS will get my money, one way or another, in the end, and even without my participation the war machine grinds on. (In fact, I find enough merit in this argument that I am considering a token form of resistance, such as joining the 1040 Club, this year.) However, ours is a society in which money speaks loudly. I am not being asked to submit to the draft. I am not forced to fight or to build bombs. I am asked to pay someone else to do both of these jobs in my name. There is no more appropriate token in a capitalist society than the withholding of capital from that which I find in violation of both moral and international law.

### Don't you have an obligation to pay to protect the freedoms you enjoy?

I do not feel unpatriotic. I love the United States. I do not believe that the building of unnecessary nuclear weapons makes us more safe to be free. I do feel that freedom carries with it obligation, and that I am obligated to help redirect my nation when it is going in the wrong direction. I also feel that I have an obligation to use the freedom I have to speak for the many people in the world who do not have freedom, who cannot speak out against the Crimes Against Peace being committed by the superpowers. As a free woman my obligation is to refuse to willingly pay for Crimes Against Peace, War Crimes and Crimes Against Humanity, and to raise my voice and wave my dollars as often as I can in defense of freedom.

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Refuse to pay \$1-10 of Federal Income Tax.	Very low.
Refuse to pay a percentage of Federal Income Tax equal to the current military budget.	Medium: Eventually the IRS will collect from you including penalties and interest. But they have been known to ignore this type of resister also. You will not go to jail!
Refuse to pay total amount due.	Medium-high: Eventually the IRS will collect including penalties and interest.
Pay tax amount with check made payable to a non-military federal agency, or to the U.S. Government Escrow Account for a World Peace Tax Fund.	Very low.
Pay tax amount with check made payable to your representative in Congress, accompanied with a letter asking him or her to guarantee your money will not be used for military purposes.	Very low.

**What's Your Risk Bracket?**

**A Single Snowflake**

*Pax Christi*

"Tell me the weight of a snowflake," a coal mouse asked a wild dove.

"Nothing more than nothing," was the answer.

"In that case, I must tell you a marvelous story," the coal mouse said. "I sat on a fir branch, close to the trunk, when it began to snow, not heavily, not in a raging blizzard, no, just like in a dream, without any violence. Since I didn't have anything better to do, I counted the snowflakes settling on the twigs and needles of my branch. Their number was exactly 3,471,952. When the next snowflake

dropped onto the branch — nothing more than nothing, as you say, the branch broke off."

Having said that, the coal mouse fled away.

The dove, since Noah's time an authority on the matter, thought about the story for awhile and finally said to herself:

"Perhaps there is only one person's voice lacking for peace to come about in the world."



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**Redirecting Technology for Living**

by Michael Lehman

The roots of military tax resistance are undoubtedly in the churches. Many who resist do so in response to the moral imperative against killing people, or even planning to. They belong to the traditional churches and share beliefs strong in historical precedent, beliefs challenged but renewed in their replies to current events. Indeed, much of the available literature on the issue deals with religious responses to a rapidly growing military presence and the threat of nuclear devastation. But the movement to resist military taxes for reasons of conscience is secular as well. Often we are finding resisters that do not fall into a category defined by established religion, but are people who function with a sense of conscience motivated by an informed mind. Together we are building strategies for making peace and justice a global reality: reevaluating the past, clarifying the present, and keeping the hope alive that we will share in the future.

Informed people, whether religious or secular, are our best hope for securing a promising future. People on all sides of current issues are feeling a responsibility to get their messages out. And this is good, because the more information we have, the better our decisions will be.

Visions of a prosperous people at peace in the world are not utopian dreams, they are probable realities. Nothing needs to be created or destroyed; we need only to redirect our ideas, our energies, our resources. This transformation doesn't require violence or the threat of force to succeed. It requires only our persistence and the constant reminder that no one will lose in this revolution.

Presently, military tax resistance is symbolic of this peaceful revolution. The number of resisters is yet too few to be economically substantial or to turn the heads of state. Relative to a U.S. military budget that will spend approximately \$9,600 a second in 1984-85, the amount of money and true wealth redirected by tax resisters seems insignificant. Today our resistance to paying for war making is a strategy to gain attention and accommodate all growthful needs of life."

for our message. Technology has made success for all humanity possible. Opportunity for success for all humanity is a matter of converting the high technology of war making to the tasks of living.

Those of us who are now resisting the payment of taxes for military ends must realize that our act is symbolic in another way, too. If we refuse to pay a portion of our taxes, the portion we do pay is deposited in the general fund for distribution according to congressional appropriations and ultimately some of our income taxes will be spent by the Pentagon. Even if we refuse the total amount of our taxes, we cannot divorce ourselves from the U.S.-global economic systems — systems so interconnected and interdependent that it is not rare to find our dollars supporting the armies of opposing sides in active warfare.

Conscientious military tax resisters have yet another message, this one to the people who work and pray for peace. Our acts are symbolic and if our message is not heard it is because our numbers are too few. The reason we do not have a peaceful and prosperous humanity on our planet is that not enough people are convinced it is possible. If we protest against war making while paying for it our message is contradictory and suspect. The taxes on our labor are the most direct manner in which many of us participate in war making. While it is impossible to not participate on some level, we must recognize the potential in tax resistance as an important part of our strategies. The accompanying chart describes methods of tax resistance and the "risk factor" of each to help you choose the most appropriate method for you.

Essential to these methods of tax resistance is the relationships you will develop with the IRS, the telephone company, your Representative, Senators, and President. Write them and express your views. Send copies of your letters to each of them. Keep a file of your letters and all responses. Remember, our job is to get our message to as many people as possible in a deliberate, liberating, honest manner.

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# Co-op Women Play Softball

by *Renata G. Jones*

Some women affiliated with the Leon County Food Co-op have joined forces to form a unique softball team. Yes, all team players are women, all are involved with the Food Co-op, and all have a desire to play ball. The difference is in the team's structure.

Unlike many softball teams, there is no set hierarchy, and no outside sponsor to support the team financially. There are three officials: team manager Carole Champagne, coach Betty Vestal, and assistant coach Sue Parker. However, team decisions do not rest solely on their shoulders. Everything is done collectively — from deciding the team colors and name (which is just The Co-op Team so far) to who will play in each game and who will care for each others' children during practice.

Not having a sponsor, all monies required are raised by the team. So far they have had one fund-raiser, a women's dance which, according to Vestal, was a success. They raised half of the league entry fee of \$175 for a 10-game season.

Another dance is planned for the near future. And, according to Vestal, not allowing men at these functions gives women a chance to dance with and enjoy the company of other women.

The idea of a softball team came from Champagne, says Vestal. It would allow women in the Co-op, especially mothers, to find out if they can do anything athletic or physical. It also gives them a chance to do something for themselves, after doing so much for their children and families.



Women with varying skill levels were called out to join the team. Many had not played since elementary school.

"The main emphasis is a group of women doing something positive together," said team member Joyce Dauby-Humphreys.

Since beginning in August, 1983, the players have met Sunday afternoons for practice and have come far in mastering softball skills.

"They've come an incredibly long way. I feel without any pressure at all we can win more than half our games," said Vestal.

There have been two practice games since August. In one game the team was divided in half with players balanced as evenly as possible. They played five innings and ended with a tie score of 13-13. In the other game the team played against the *Tallahassee Democrat* team.

Choosing the team players will be decided cooperatively. It will be based on those who can dedicate the most time to practice prior to the actual game. It will not be the top players on the team, but the members who want to play, because softball is a team sport, explained Vestal.

"There's not much glory in winning if either team can't get it together, and there's no shame in playing your heart out and doing your best and not winning the game," she added.

Dauby-Humphreys says the team's spirit is geared toward how the members feel, not winning every game. That is the unique focus of this softball team.

# Persian Gulf Returns

Transplanted Tallahassee band Persian Gulf will play at Florida State University during the first week of April. The Gulf moved to Philadelphia last summer after building quite a reputation in our city as fine musicians, talented songwriters, and real fun guys. Now they make their triumphal return to Tallahassee with Italian accents and their first professional recording — an EP (Extended Play) entitled "Changing the Weather."

Band members Jonathan Adams, C. Bardo, III, and Hal Steven Shows are hoping the record will be wrapped up in time to make copies available during the Tallahassee engagement. Songs on the EP are: *Eclipse of the Moon*, *Katie Lit a Fire*, *(I'm So Glad I'm Living in the Free World)*, *I'm So Curious*, *Race War*, and two new songs — *It's A Good Thing*, and *Pieces of Eve*.

Persian Gulf will play outside on the FSU campus on Wednesday afternoon, April 4, and Friday and Saturday evenings (April 6,7) in the Club Downunder. For more information contact the Union Program Office at FSU.

# Bike Shorts



by *Frank Brown and Lys Burden*

With the return of warm weather comes renewed opportunities for bicycling. Indeed, springtime is an exhilarating experience on a bike; one can tour the territory, dismount when something looks interesting, then be on one's merry way for an ice cream soda and debauchery.

For those who prefer a little direction, and a bit of a challenge, a set of bicycle maps detailing a 100-mile bicycle tour through the Panhandle's rural canopy roads provides a great incentive to get some friends out for a weekend.

The tour is divided into five sub-routes, which form a loop through Leon and Jefferson Counties, passing near or through the cities of Tallahassee, Miccosukee, Lloyd, Monticello, Waukeena, and Wacissa. The terrain encompasses rolling hills and swampy lowlands, where egrets, herons, and "typical Florida flora and fauna abound," according to the printed description.

The maps can be ordered from **State Bicycle Program, Department of Transportation, 605 Suwannee St., Tallahassee, Florida 32301, or call 488-7950.**

TOSRV SOUTH, a two-day, 210 mile bicycle touring challenge will be held April 14 and 15. This third annual tour is a ride from Tallahassee to Albany, Georgia and back.

The Tour of Scenic Rural Vistas will depart from the Old Capitol Building in downtown Tallahassee at 7:00 a.m. sharp, Saturday, April 14. The route follows Meridian Road north to Grady County, Georgia. From Cairo, quiet back roads will take the riders through Pelham, Cotton, and Radium Springs. Following an overnight at Albany Junior College, the return route follows a different course through Camilla, Whigham, Calvary, before retracing Meridian Road to downtown Tallahassee.

A \$25 entry fee provides bicyclists with dinner and breakfast in Albany plus six additional food stops along the route. Baggage transportation, insurance, indoor sleeping or camping accommodations, maps, and other support services are also included in the price.

For information write to **Lys Burden, TOSRV SOUTH, P.O. Box 4222, Tallahassee, Florida 32315.**

Motorists who will be driving anywhere in the tour's vicinity on the weekend of April 14-15 are cautioned to use extra care in the presence of bicycle riders.

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## Philosophy, from page 3

of relationships.

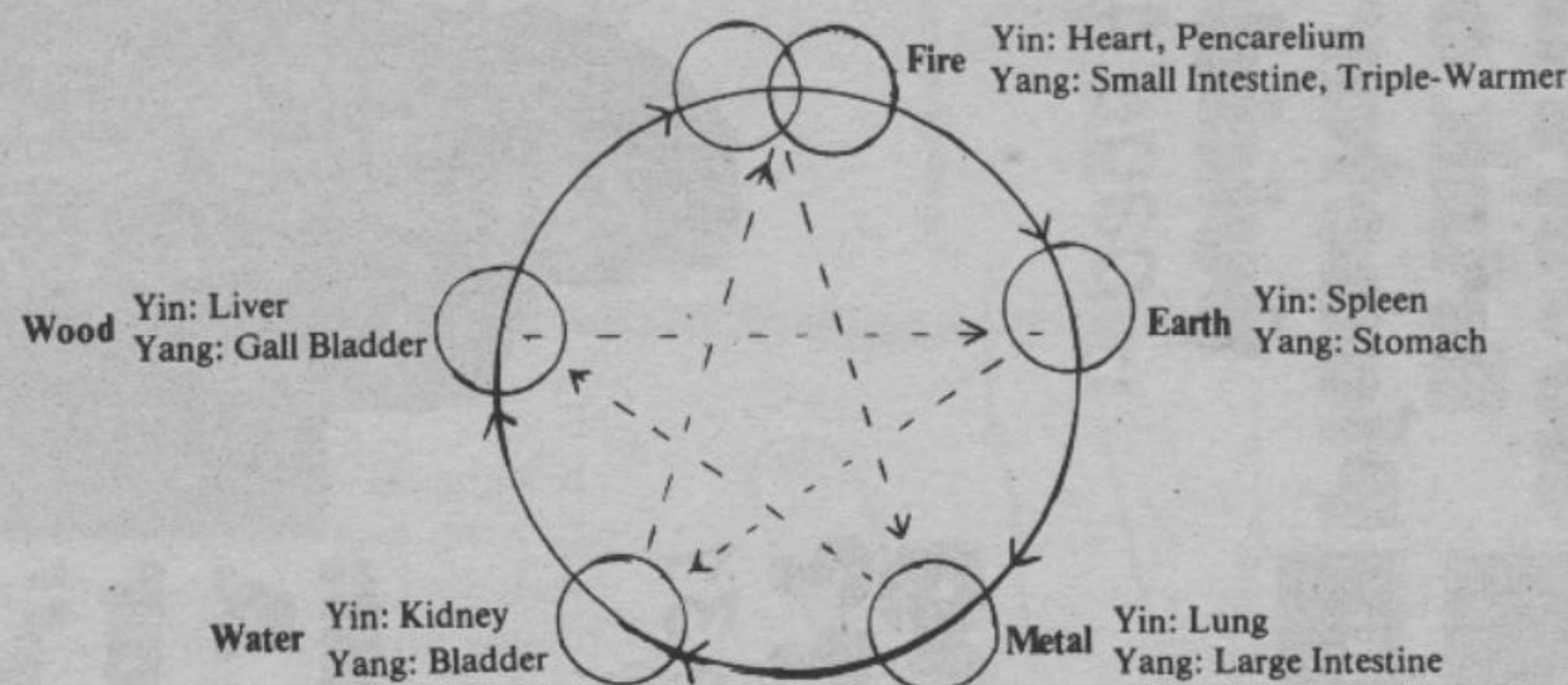
Within this concept, the Lung and Large Intestine include not only Western anatomical structures of lung and large intestine, but also Chinese physiological functions. For example, the Lung must descend water to the Kidney. Since dissection was forbidden in China (except during a brief two hundred year period), Chinese anatomy and physiology are often unrelated to Western science. Instead, they are functional concepts and pictures just as the Chinese language is pictorial.

Each of the five elements also includes related acupuncture points and meridians. These points and meridians were discovered through hundreds of years of observation that stimulation of one part of the body affects another. An injury to the hand cured a long-standing sinus problem. A series of insect bites on the shin affected a chronic ulcer. Gradually twelve primary and eight secondary meridians evolved, 364 major meridian points, over two thousand total. First stones, then bamboo and later metal needles were used to stimulate these points to achieve desired effects of tonification or sedation of the energy along the meridians.

The second theory of Yin and Yang also evolved from watching the world. The Chinese observed a series of opposites which changed cyclically into one another: hot-cold, light-dark, ascending-descending, active-passive, excess-deficient. This was observed regarding the human body also. Yin organs are internal, solid organs. Yang organs are external, hollow organs. The Yin is the foundation, Yang the protector. Yin symptoms are cold, descending, passive, stagnant, wet. Yang symptoms are hot, ascending, active, moving, dry. Thus a stagnant, non-itchy type of psoriasis in Yin. A hot, red, itchy, moving eczema is Yang.

This Yin-Yang theory is coupled with another theory called Eight Principles which sets forth Yin-Yang, Hot-Cold, Internal-External, and Excess-Deficient. The exact condition is diagnosed based on history of the patient, causative factor of the immediate condition, signs and symptoms and a series of twelve pulses relating to the twelve meridians. Thus a patient who returns from walking the beach in January with an acute, red, swollen, sore throat, fever and thick mucus has a Yang excess of Lung due to invasion by Wind. Chronic sinusitis with thin, clear or white mucus may be a Yin excess or Yang deficiency of Lung.

The Chinese observed strict balances of support and control within the body. These are called the Mother-Son (Sheng) Cycle and Controlling (Ke) Cycle. For example, Kidney (Yin Water) nourishes Liver (Yin Wood) and controls Small Intestine (Yang Fire). The final Five Element concept is pictured as:



Illness arises if an individual does not live according to the laws of nature, the Tao. This disrupts the finely-tuned energetic balance within the body. The *Nei Ching* or *Yellow Emperor's Classic* written about 600 B.C. states:

*Those who rebel against the basic rules of the universe sever their own roots and ruin their true selves. Yin and Yang, the two principles in nature, and the seasons are the beginning and the end of everything and they are also the cause of life and death. Those who disobey the laws of the universe will give rise to calamities and visitations, while those who follow the laws of the universe remain free from dangerous illness, for they are the ones who have obtained the Tao, the Right Way.*

Living according to the laws of nature means not only avoiding overexposure to external weather conditions such as Wind, Cold, and Heat, it also means being careful with diet and to maintain a psychological balance. Just as too much Sweet or Wind can be harmful, too much grief, anger, depression or joy can cause illness. Actually, an excess of any emotional state is an illness and treatable whether or not it manifests physical symptoms.

In ancient China, it was the physician's responsibility to prevent illness by maintaining the proper energetic balance in the body. This was aided by the patient being careful in diet, work, exposure to the weather, and by maintaining proper emotional relationships — in short, by living according to the Tao. Once illness arose, the patient and the physician worked together to re-establish the proper body balance.

The same problems exist today as in 600 B.C. and acupuncture, as a philosophy and a treatment, is as applicable now as it was then. Both the philosophy and the treatment are based on maintaining a proper energetic balance by following the Tao.

## From the Network

by Larry Teich

Pueblo to People is a non-profit, non-sectarian foundation formed by individuals who are concerned about the situation of the poor majority of people ("pueblo") in Central America. We believe the solutions to the problems engulfing the area must come from those affected and not from the outside. We feel that the main problem is the concentration of power and resources into too few hands. Therefore we are supporting democratic, grass roots organizations of peasants and urban poor who are collectively working for meaningful change.

Pueblo to People markets a variety of Central American products including hand-woven textiles and palm-leaf hats from Guatemala; bookshelves, serving trays, baby and doll baskets, sling-rocking chairs, cassette and wine racks from Honduras; stone carvings, wooden bowls and plates and coffee from Nicaragua. To obtain more information write: Pueblo to People, 5218 Chenevert #5466, Houston, Texas 77004; telephone (713) 523-1197.

Janet Barth, of Tallahassee, and Cornerstones Energy Group, Inc., of Brunswick, Maine will offer a special Housebuilding for Women program April 9-27, 1984.

Housebuilding for Women is an intensive three-week course which emphasizes hands-on construction experience and development of the basic skills for building an energy-efficient home. Barth is a Cornerstones' graduate, and took the course herself at the School's Brunswick location in 1982.


"Empowerment. That's what learning to use tools is all about," says Dale McCormick, the first woman to complete the Iowa Brotherhood of Carpenters and Joiners' Apprenticeship, now head instructor at Cornerstones. "For many women, our courses provide the first opportunity to hold power over the physical world — over the materials found in everyday life: wood, nails, glass, glue and chemicals. It's an empowering feeling that reaches into their personal lives."

For further information contact: Barbra McCandless, Administrative Assistant, 54 Cumberland St., Brunswick, Maine 04011; or call Janet Barth at 385-1376 (keep trying).

You can become a professional organizer with ACORN. ACORN is a national organization of low to moderate income families who work in affiliated neighborhood groups on whatever issues members want to tackle. ACORN members often work on, and win, lower utility rates, better health care, fairer taxes, jobs, housing, environmental issues and a whole range of neighborhood improvements.

According to Robert Blade of the *Florida Times-Union*, "ACORN doesn't play around with vapid study committees or limp resolutions or timid hat-in-hand meetings. Its members work hard through the established channels to make their point. If that fails, they will march in picket lines, pound on doors and sometimes break the law."

To get involved contact Teresa Conrow, ACORN, 561 N.E. 79th St., Suite 220, Miami, Florida 33138; (305) 754-0342, or Bill Jones (904) 878-5816.



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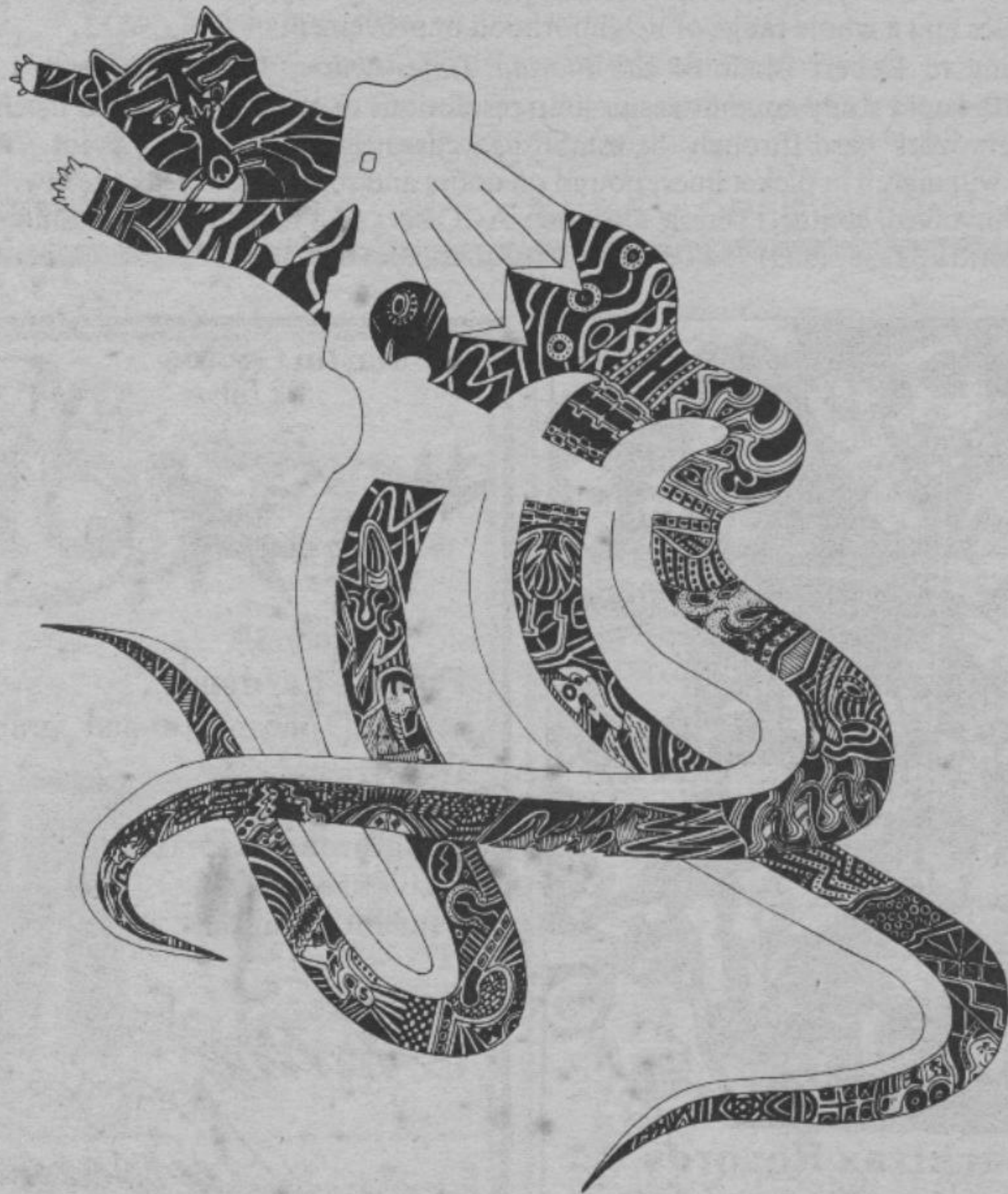
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