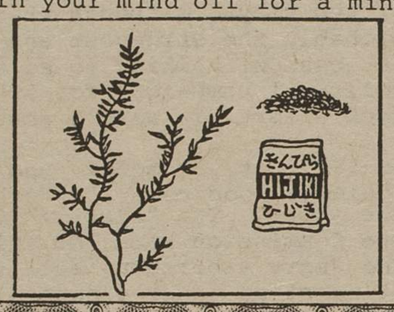
SISTER KETTLE & CLOUDS & TREES & SEAWEED

Want to learn a new language? Come on in, sit yourself down, and try to read our menu. You'll find such tongue-twisters as Hiziki, Miso Pate, Wakame, Okara, and that curd of all words: Tofu. Ask a waiteress the difference between miso and tahini and you probably won't get a straight answer You see, we're learning this new language too. Someone puts up a strange word on the blackboard and for the next three hours every conceivable pronunciation you can imagine hits the scene. Let's simplify by explanation.

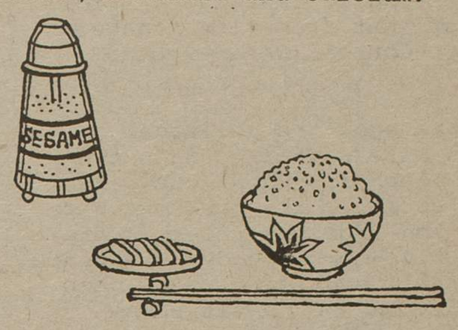
Okara is the shell of the soybean and a very important substance. It is the fiber of the bean and a

clear definition found in The Book of Tofu states that "fiber is composed of carbohydrates found in the outer bran layers of whole grains and the cell walls of natural vegetables and pulses, it passes unchanged through the human digestive tract performing two key functions: 1, it provides the "bulk" or "roughage" necessary for regular bowel movements and the prevention of constipation; and 2, it absorbs toxins (including environmental pollutants) and speeds their passage out of the body..." How can you use okara? Well, you can add it to bread, pancake batter, cookies , cakes, soups, chili, granola, or feed it to your goats as I do to increase milk production. This good fiber not only helps clean out your system but also offers you the same amount of protein as whole milk or cooked brown rice.

If the sight of murky strands of seaweed floating in your soup upsets your mental set, then turn your mind off for a minute and smell the mineral-rich aroma from the sea and you'll be surprised to know that the two aforementioned , Hijiki and Wakame, happen to contain over 50% more calcium per weight than dry milk, are super high in iron and rich in protein and niacin. These vegetables come in dried form and before the soup, casserole or rice gets started we drop these feather-light strands in warm water, watching them quadruple in volume within minutes. Sauteed with carrots and onions gives you a rare blend of land and sea.



Gomashio - sesame salt is four to five parts roasted, groun sesame seeds mixed with one part sea salt. Sesame is a concentrated source of calcium (containing 83% as much calcium as powdered milk) and high in iron. Sesame butter used at the Cafe to supplement and enhance the flavor of salad dressings, is made from the whole sesame seed and differs from Tahini. Tahini is a sesame paste made from hulled sesame seeds, more expensive to buy and less nutritional because the elimination of the hulls give you less vitamins, minerals and calcium.



There you have it, some explanations to stick in your bag of thoughts. It's a slow process of learning about foods the Orient has eaten for centuries, but the key concept to our philosophy at SK is one of conservation of our land and sea, sharing her nutrients without over-indulging and eating lower on the food chain so that others may eat too.

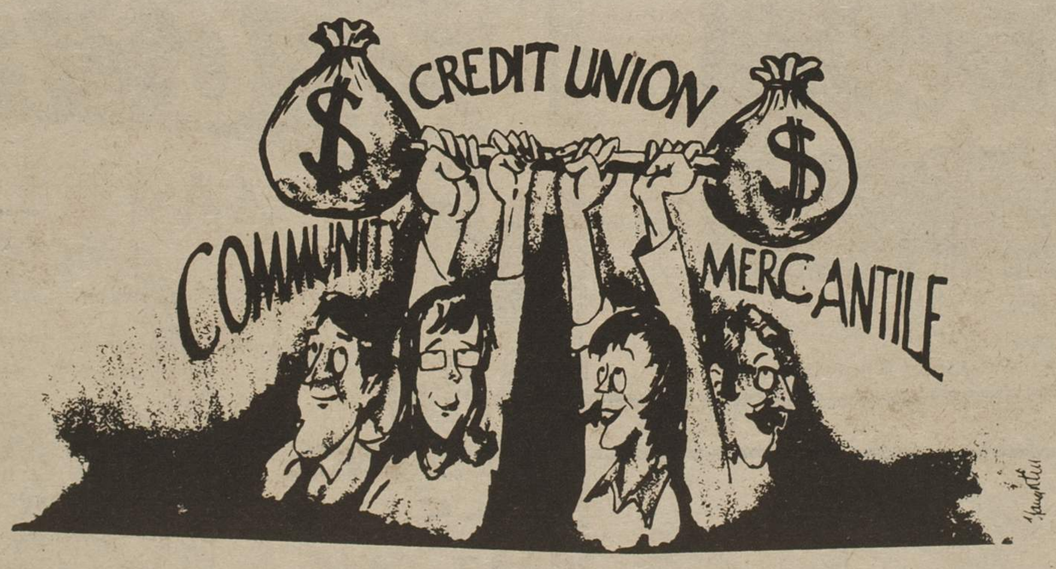
by Galen Tarmen

CONFESSIONS OF A CREDIT UNION WORKER

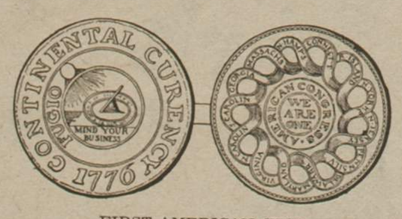
My family has had a long tradition working with various financial institutions. Although I did my best to avoid such drab topics as checking/saving accounts by majoring in philosophy at KU, I think my early exposure permeated my unconscious. My father worked at a Farmer's Coop Credit Union for over fifteen years.

His stories of the ups and downs of farmers' finances have slowly come back to me as I get more involved with the Community Mercantile Credit Union.

Their credit union had to be different. They had to take chances and give farmers the benefit of a doubt. They were dependent upon each other so the farmers and the credit union had to develop a mutual respect. Basically my father's credit union had to re-define credit risks and attempt to humanize the whole process to include intangibles such as weather, insects, etc.

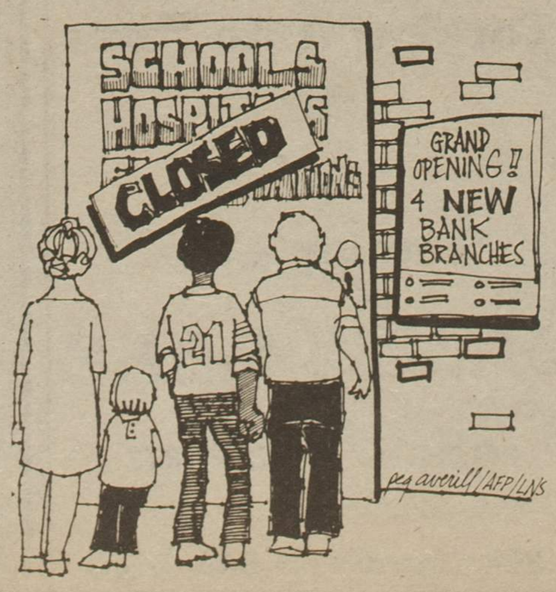


On the other end of the financial spectrum was an outfit that my brother worked for. Fresh out of KU business school with a few years of National Guard under his belt, he was ushered into middle management of a sprawling corporate conglomerate. In essence, his job was quite simple. Borrow $30 million or so from Chase Manhattan Bank at prime rates (6-7%) and loan it out to poor people at rates ranging up to 18% a year. The credit ratings for each applicant were revealed as quick as filling out a sterile application and plugging it into their brand new computer. You see, no one person could borrow more than $2,000 a crack, this conglomerate must have had the most efficient treadmill possible. I was quite pleased when my brother chose to find other employment.



FIRST AMERICAN COIN
Coined in Massachusetts in 1776.

In attempting to understand that experience, the sobering fact that economic discrimination is a way of life, became more meaningful. People have had little say on how their credit ratings were established. However, the various financial institutions thrive upon dividing classes of people and assigning them varying degrees of risk. This had led to a stifling situation closing off monetary access to vast numbers of people.



The Community Mercantile Credit Union, along with many others, have been attempting to reorder such disgusting priorities. Flexibility, along with those intangible, personal considerations can be considered the trademark of this successful operation. When banking is done on a community level among friends, many more considerations can be weighed about a person's credit worthiness. With sound financial advice, members of the credit union can understand the wisdom (or lack of wisdom) of taking out a certain loan. Naturally we can't offer all the conveniences of other financial institutions, but those are minor if you consider the greater say you have in managing your financial affairs.

Credit Union Hours

Tues.	9-12	3-6
Wed.	5-8	
Thur.	2-6	
Fri.	2-6	
Sat.	10-1	

Assuming power from the regular financial institutions is easy. Simply close your old accounts and look for a more personal place to keep your savings. By denying banks direct access to your savings, you will be telling them that you see greater worth in community control as opposed to the benign consideration of simply the highest interest rate.

You may lose out on a few dollars of interest, but isn't that a small price for seeing your friends and community benefit from your wealth?

BY PAUL JOHNSON

Community Mercantile Credit Union

Assets: $54,248.67

Loans: $34,540.92

Accounts: 247

As of April 1, 1977