

Kettle Klattler

The continuing communication corner from the Sister Kettle Cafe, Lawrence's sole vegetarian/collective restaurant....

November 15th is scheduled as Sister Kettle's big benefit dance, with music from Suffrage and Down Home, and dance with Pandi Feid. Hopefully Off-the-Wall Hall will still be in operation, and is tentatively listed as the location.

● We are looking for another full-time collective member who is willing to work for \$1.25 per hour and lots of supportive love. Welcome to Chris Mecham, our newest worker!

● Sister Kettle is maintaining her \$1.25 per hour wage, but if business drops as cold weather sets in, we'll be hard pressed. We appreciate your support and your continued business.

● Sister Kettle now barter with customers (and prospective customers too!). For example, you can trade an hour of dish-washing for a two dollar meal. Got any ideas how you could help?



Fresh From Sunburst

Many people think that one of the best things about the food co-op these days is the organic produce that is delivered to us every Friday by Sunburst Foods, of California. So what's so special about Sunburst and what is meant by organic food?

Sunburst is made up of farmers, Sunburst Farms Juice, Sunburst Farms Bakery, a wholesale warehouse, and retail outlets. They are the only group providing organic produce to the mid-west on a regular basis. When we buy from Sunburst we are providing the financial basis for 300 men, women, and children living on four rural communities in California. These folks adhere to a simple lifestyle, giving up many of the recognized "necessities" so that our resources might be more effectively used. Any profits they make go towards the purchase of as much undeveloped land as possible that others might have the opportunity to share this way of life. Sunburst is "totally committed to healing our Mother Earth."

Their commitment to Mother Earth explains why they require each farmer that supplies them to submit a signed affidavit stating what is grown and by what methods. Often these affidavits simply say that:

The produce delivered from my farm was grown without the use of chemical fertilizers, pesticides, fungicides, or chemical weed controls, and any storage on my property was done without the use of chemical fumigants.

Sunburst's own Tajiguas Ranch grows vegetables, hass avocados, lemons, melons, strawberries, hay and animal feed. They employ composted manure along with apple and carrot pulp from their own juice factory. Their fruit orchards are fertilized with fish emulsion and kelp sprays to supply all the basic nutrients and trace minerals. Sunburst's aim is to supply us with "unequivocally organic produce, professionally packaged, competitively priced, and dependably delivered."

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Food "Choices" Challenged

"The simple fact is that our diets have changed radically within the last 50 years, with great and often very harmful effects on our health. These dietary changes represent as great a threat to public health as smoking."
Sen. George McGovern

In the middle of last winter's frigid storminess, a group of U.S. Senators released a report called "Dietary Goals for the United States". The group, known as the Select Committee on Nutrition and Human Needs, included such notables

as George McGovern, Edward Kennedy, Charles Percy, Hubert Humphrey, and Bob Dole. The tone of their study offered serious warning and called for immediate action. As Sen. McGovern continued, "In all, six of the ten leading causes of death in the U.S. have been linked to our diet."

The study has gone virtually unnoticed. Maybe the winter snows were bigger news. Or maybe we believe that "its not really that bad."

"As a Nation we have come to believe that medicine and medical technology can solve our major health problems. The role of such important factors as diet in cancer and heart disease has long been obscured by the emphasis on the conquest of these diseases through the miracles of modern medicine. Treatment not prevention, has been the order of the day.

"The problems can never be solved merely by more and more medical care. The health of individuals and the health of the population is determined by a variety of factors. None of these is more important than the food we eat."

Statements like this one from Dr. Philip Lee of the University of

California, and other researchers in nutrition and health were gathered through a year of investigative hearings and combined to form the 80 page report.

The goals suggested the following changes in food selection and use:

1. Increase consumption of fruits and vegetables and whole grains.
2. Decrease consumption of meat and increase consumption of poultry and fish.
3. Decrease consumption of foods high in fat and partially substitute poly-unsaturated fat for saturated fat.
4. Substitute non-fat milk for whole milk.
5. Decrease consumption of butter-fat, eggs and other high cholesterol sources.
6. Decrease consumption of sugar and foods high in sugar content.
7. Decrease consumption of salt and foods high in salt content.

And although food additives as a category may not justifiably be considered harmful, the varying degrees of testing and quality of testing and the continuing discoveries of apparent connections between certain additives and cancer, and possibly hyperactivity, give justifiable cause to seek to reduce additive consumption to the greatest degree possible.

Continued

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Bakery Rising Again

After four weeks of construction delay, the co-op's bakery has reopened. Bouncing back with a wide assortment of breads, bagels, cookies, and macaroons, the utility companies' backlogs and double-talk seem like things of the past.

The major block that kept the

bakery closed for so long after the co-op move came with KP&L's refusal to provide three-phase electrical service (necessary for the mixer) without an exorbitant service fee. This refusal forced the bakery to consider an equipment switch-over costing over \$2000. As a last resort, the KPL action was taken to the Kansas Corporation Commission, sparking an immediate re-evaluation by KPL and new electrical service one week later.

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