SISTER KETTLE SPEAKS



Dister Kettle Cafe is gearing up for spring. Changes are happening as we continue to learn how to run a collective vegetarian restaurant. The biggest change of the last month is our new menu. After a long and educational process we repriced all 'the food we serve at the Kettle.

To our amazement many items were nowhere near the 4 times markup quideline that we feel is necessary to pay for our labor and overhead expenses. (Our fixed expenses total over \$1200 per month.) While repricing we kept in mind the need to keep the basic foods low priced while making up the difference on luxuries and desserts. Out of this need we added a cheaper salad and cheese sandwich.

While the collective is basically idealistic and wants low prices, the fact is that the Kettle is just barely scraping by, and our \$1.25 wage is not enough. The Kettle has made it thus far on "love and volunteer energy", but we need a living wage and a financial cushion. Raising prices is one step in this direction.

BERKELEY, CONT.

its stores and cigarette purchases by making cigarettes available only from locked cases.

But now, faced with escalating losses (\$122,000 in fiscal 1976, \$359,00 in fiscal 1977, and \$244,00 just in the first two months of fiscal 1978), Co-op has decided, amid much debate over causes, that the bottom line must come first and politics second.

Figures supplied by Co-op General Manager Leonard Levitt indicate that losses would be worse if Co-op honored proposed boycotts against either Coors beer (worth \$48,000 in gross profits last year) or Florida orange juice (worth at least \$200,000 a year in gross profits).

But the bulk of Co-op's losses appear to be due to increased competition experienced by all supermarkets, past inefficiency and unprofitable operations in some areas where Co-op has expanded outside Berkeley.

In its just-completed election for a new board of directors, the conservative slate -- which has fastened on politics as a cause of Co-op's losses -- triumphed over the opposing activist faction, which has blamed mismanagement.

"We need to spend more time on managers' reports than on the cause of the month," said conservative Curt Aller during the campaign.

Accusing the outgoing board of mismanagement, activist George Johnson said it was "bankrupt of ideas and ideals," while fell fellow activist Mathilde Moore said, "The stores have lately become second-rate Safeways."

Recently Co-op adopted a new policy which would rule out participation in boycotts in the future. "The Co-op will now remove a product from the shelves only (1) to protect the health and safety of the community at large (not just the product user) or (2) if sales of the product do not justify its further presence," said a policy statement.



The controversy caused a furor among members. Before the decision was made, some wrote in to say that if Co-op continued to insist on boycotts, they would take their business elsewhere.

Others, like Ying Lee Kelley of Berkeley, took the opposite view, saying, "What the board has apparently forgotten is that we Co-op members consider the Co-op our store and that we base our support on the continued demonstration of the Co-op's moral concern. Without this, many of us are finding very little reason to continue to shop Co-op."

What the future appears to hold for Co-op is cutbacks both in ideals and in moneylosing operations. And, as it prepares to cut costs like any other business enterprise, Co-op may discover that its original sin was that it contravened its central notion of economic democracy by becoming too large.

Over the years Co-op has grown from its original Berkeley location to 12 supermarkets around San Francisco Bay. Of the 12, three are losing money. Some smaller operations, including a service station, have already gotten the axe.

But Co-op may be treading a narrow line. If it becomes too small, it may cease to be competitive. (PNS)

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15 YOUNG PEOPLE'S DAY AT HEADMASTERS. IF YOU ARE BETWEEN THE AGES OF 5 AND 15 AND NEED A NICER NEATER HAIRSTYLE, WE HAVE A GOOD DEAL FOR YOU! EVERY WED HERE'S WHAT YOU GET:

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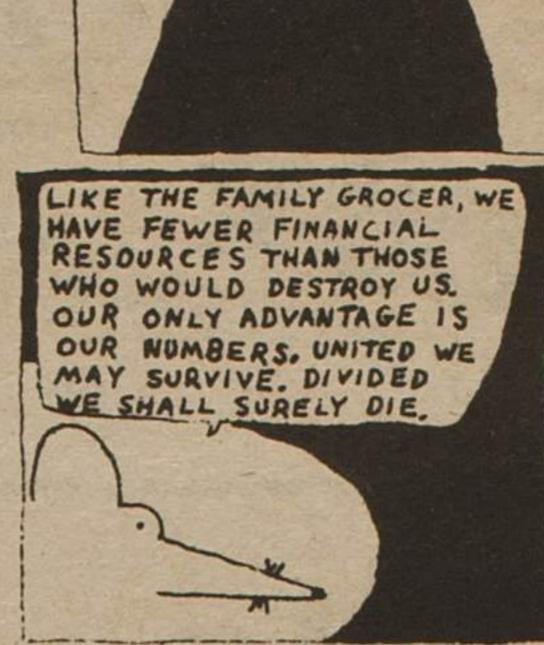
CALL NOW AND GET OUR "EVERY WEDNESDAY YOUNG PEOPLE'S GOOD DEAL" FOR ONLY \$ 700 GIFT CERTIFICATES ARE AVAILABLE ALWAYS.

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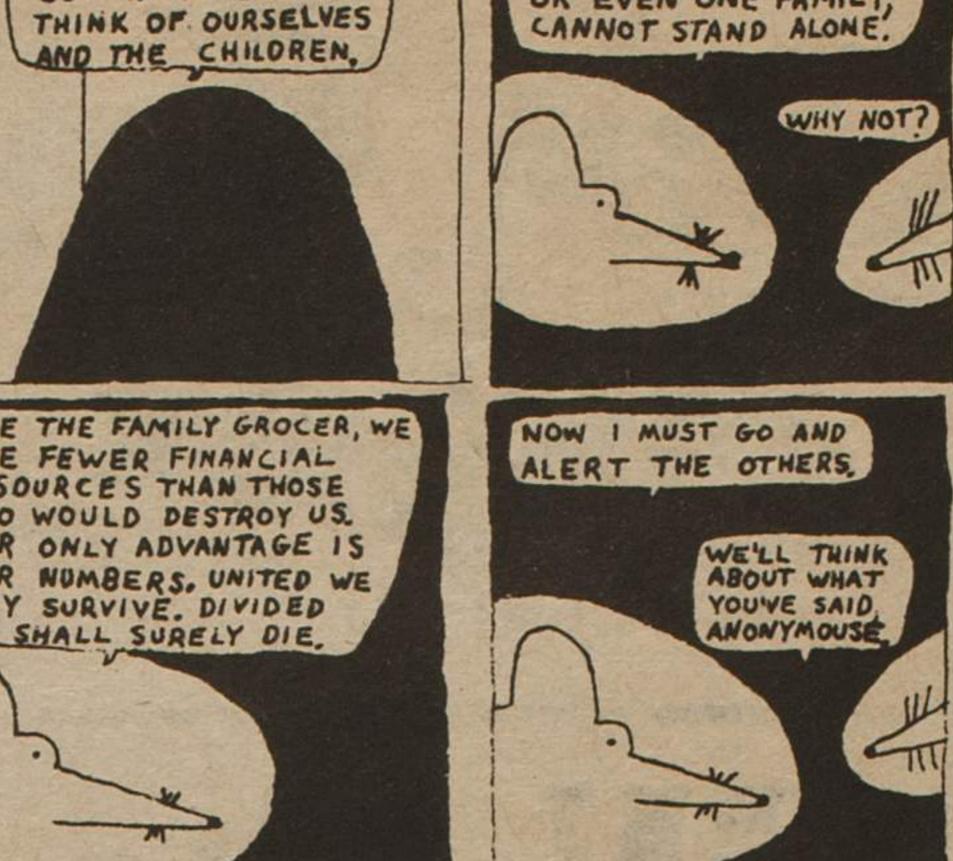
Having learned that the management conspires
to kill all mice residing
in the store, Anony Mouse has begun to organize resistance, and has come first to the hole of Molly and Mortimer Mouse and their family

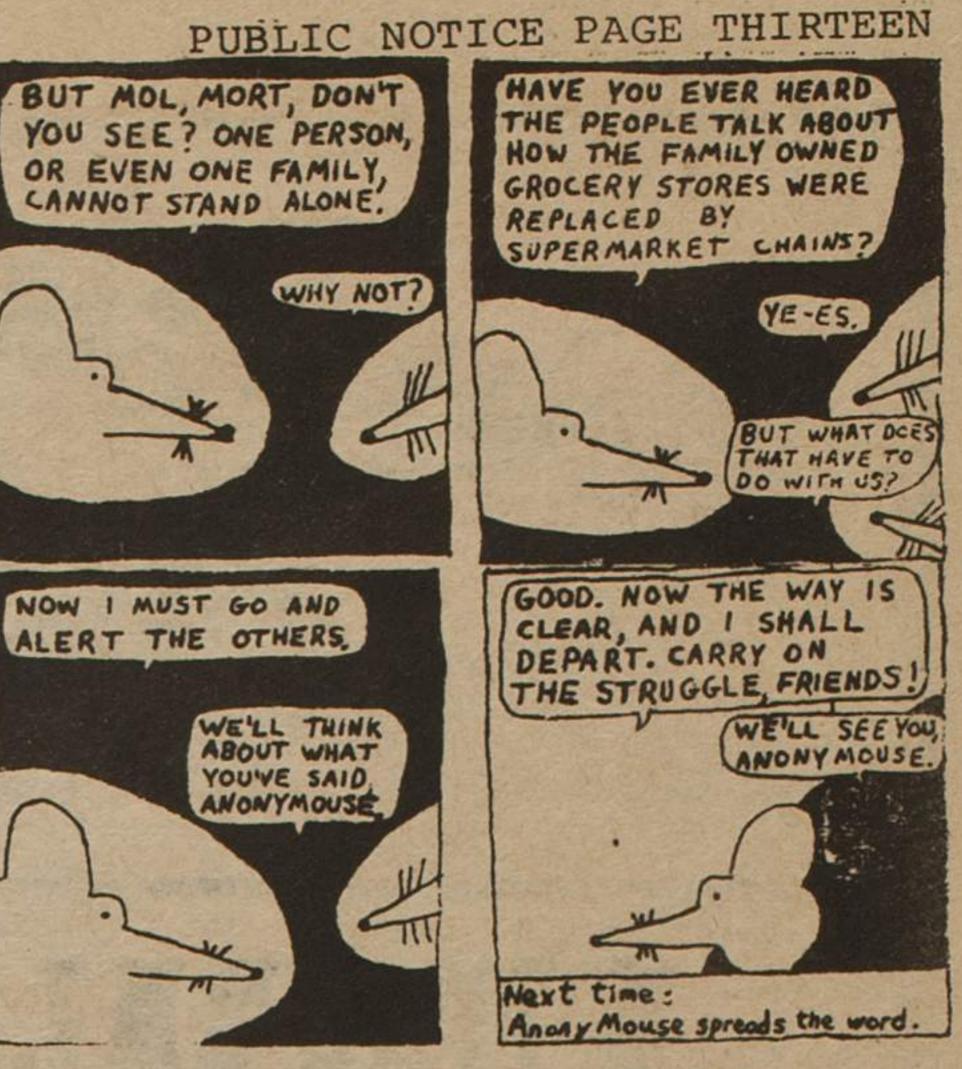




WE'D LIKE TO HELP

YOU, ANDNY MOUSE, BUT WE'VE GOT TO





CHELATION by Dot Roberts

health of young Americans were brought out by the autopsies performed on the victims of the Korean War. It was discovered there was a significant scaling (40% average) in the blood vessels to talk. As he sat taking his of the soldiers. However, that figure had risen to 75% of scaling ly and gestured with both hands. in victims of the Vietnam War.

Deterioration of blood vessels is of exercise, and ever popular smoking and drinking.

What can be done to reverse this degeneration and blood vessel aging? Intravenous chelation (pronounced kelation) is a treatment many people are turning to. It removes the scale inside blood vessels and re-establishes circulation.

This method of treatment was developed in Germany in 1937 to take metals, especially lead, out of workers. Clinical research has been done in a number of countries on the medical application of a synthetic amino acid, called EDTA, which is injected in the blood system in small amounts. continue to preserve the clini-It circulates in the body, picking up the calcium deposits in the constricted blood vessels.

Chelation (which means grabbing as by a claw) has been used by trained physicians in the treatment of arteriosclerosis, and other cardiovascular diseases, heavy metal poisoning, arthritis hypertension, and a variety of other diseases. Chelation has also been linked to diabetes improvement, prevention of strokes, and avoidance of dangerous and very expensive open heart surgery. Workshops are held twice a year under the direction of the American Academy of Medical Preventics.

Jome surprising facts about the At a clinic in Kansas City, which uses the chelation method, I saw and talked with a number of the patients. One man from Canada, a stroke victim, had lost the use of his right arm and was unable treatment, he talked continuous-

A woman who had undergone three open heart operations, and was accelerated by improper diet, lack scheduled for a fourth, was talking about how happy she was to discover chelation treatment and avoid the next operation. Several patients were being treated for heavy metal poisoning which they had been exposed to in their factories.

> In the U.S. last year a total of \$94 billion was spent for disease problems and this figure continues to rise. All this expenditure has not improved the health of the American citizen and has , in some cases, jeopardized it. The passage of any of the six major health bills now before Congress, even a health security act, will not improve conditions because all of these cal or physical model. All the hospitals, all the new equipment, and costly research is based on a Sickness system. Wouldn't it be better to put more emphasis on a Health system? On a program to prevent and reverse degenerative diseases? Prevention is the most significant single deterrent to present day spiraling of medical costs.

Two doctors from the Kansas City clinic will explain their work at a meeting Thursday, April 27, at 7:30 pm at the Lawrence Public Library.



