## Where Were You in 1915?

You'll never see the co-op store considered in those magazines of supermarketing.

The face is aged, but not quite graceful. There are sags and droops in some funny places. And it's pulled together with as many add-ons as a thrift shop fashion model.

But there's an old-fashioned, noble character through it all; in fact, it's downright historic. This store has been selling groceries since 1915, sixty-three years. That's an uncontested record for a town flip-flopping through changes as fast as Lawrence.

William Messenheimer, a German immigrant, built this store in 1915. He'd already run a grocery in East Lawrence for twelve or thirteen years before moving to the west edge of town on Maine St. Seventh street was known as Winthrop back then. More importantly, it was known as the road to the countryside and towns west, soon to be 40 highway.

There was a neighborhood character to Lawrence, and the groceries were well located to serve everyone. When Messenheimer's opened, forty-five groceries dotted the town. Different ethnic and racial neighborhoods supported their own store which would stock foods of cultural flavor. Germans, Swedes, Blacks, and Chicanos patronized their neighborhood stores in East Lawrence. Massachusetts Street hosted a handful of groceries, some humorously "spacious and modern." And there was even a co-operative grocery downtown too.

But shortly after World War I the signs of a change appeared. National chains of grocery stores were buying into towns and displacing neighborhood businessmen.

This co-op store has also seen days as the grocery of William Messenheimer, and two generations of the Turner family. The oldest continuous grocery in Lawrence.



First to Lawrence was the Piggly-Wiggly Company with a store at 933 Massachusetts in 1923. The stage was set for other giants to follow, Safeway, Dillon's, A&P, and Kroger.

The style of food marketing was 'changed from trusting the character and integrity of the neighborhood grocer to trusting the advertising image of national brand names. And as cars boomed Lawrence's mobility, corner stores were passed by in favor of nationally advertised specials.

Changes were slow enough in the early years, and Messenheimer kept at his grocery until old age began to catch up. In 1933 he sold the store to Guy and Anna Turner. .

The Turners worked several changes into the building, adding on to the south, digging out a basement,

and opening up the north wall with plate glass windows facing the street. Their business was

Guy later left the business to his son, Glen. Glen and Rena Turner ran the store for many years, and as the pinch of supermarket competition got worse, Glen's fondness for biology invented new twists to the grocery business. Worm farming and a bait shop filled the garage where the delivery vans once parked. Aquariums full of tropical fish began replacing grocery aisles. And plants, spurred by grow-lights, filled surplus coolers and meat cases.

For all its diversity, the store was still a struggling business and Glen had talked of the possibility of selling out and retiring. ing the last neighborhood gro-But nobody seemed too eager to take on the business.

Then, in February of 1977 Glen suffered a series of paralyzing strokes. With Glen in the hosgood and the Turners were respect- pital for half a year, Mrs. Turner ed by their neighbors and customers had to assume full operation of the business. As the burden of running the store wore on, Rena decided it was the time to sell.

> The co-op was in the market for a new location, and after several weeks of bargaining, agreed to buy the store, adjacent house, bait shop, and parking lot from the Turners. Glen returned from the hospital to their new home on the northwest corner of 7th and Maine.

Food sales have now reclaimed the floor space in the old store and business is brisk. The traditional flavor of the natural foods would probably be familiar to olu William Messenheimer. And there is a certain pride in maintaincery, recognizing the value of our community's history.

## Fasting for Pure Delight

Although there haven't been many scientific studies on fasting, many people have reported their experiences with fasting, and this article reports these experiences.

More and more people are discovering that fasting is one of the most powerful methods for cleansing the body. Most of us take in preservatives, insecticides and other toxic substances as part of our diet as well as medication. These substances tend to collect in the body along with waste products from badly combined food and from excessive eating. During fasting the body is able to release many of these toxic substances. The vital force which is usually used for physical activity and for digestion and assimilation of food is redirected into cleansing and healing the body.

What exactly is fasting? Fasting is voluntary abstinence from food. All of us fast for six to eight hours every night when we sleep, returning to eating with breakfast. The digestive system gets a needed rest during this time. There is a difference between fasting and starvation, and it lies in the voluntary nature of fasting. A person consciously chooses to fast, and correspondingly he or she is aware of what reactions to expect and has a positive mental attitude toward the process. However, when a person is denied access to food through factors beyond his or her control, one is not usually aware of proper methods to facilitate the removal of wastes from the body. Add to these factors an attitude of fear and panic, and starvation will eventually result if the person is denied food for a long enough period.

There are various sons why people decide to , One reason is to be me's health by clean ut the toxins in one's. em. Others fast for politicar reasons in vorder to draw attention to a political injustice such as Dick Gregory did to protest the war in Vietnam or Gandhi to free India from colonization. Other people fast for spiritual or religious reasons in order to heighten spiritual awareness and to feel a greater connection with God. Many others fast to lose weight and to try and control their food desires.

It is good for cleaning the body to undergo a twenty-four hour

by Penny Davies

or thirty-six hour fast once a week. For the twenty-four hour fast this would mean abstaining from food from dinner to dinner or perhaps from lunch to lunch, for twenty-four hours. A thirtysix hour fast would be from dinner to breakfast thirty-six hours later, or whatever one chooses. During this period one can fast on pure water or else use fruit juices. It is advisable to obtain the purest, freshest juices if possible to facilitate the cleansing process. One can also drink tea with a little honey if one desires. It is helpful to break the fast with a raw vegetable salad that will act as a broom to sweep the intestines and colon.

Persons in good health should have no trouble fasting one day a week or for three days. For longer fasts it is advisable to seek out a physician or person experienced in fasting methods. Those with chronic illnesses or unusual medical problems should seek the advice of a physician before attempting a fast.

The results of a short fast are usually clearheadedness and a sense of lightness and wellbeing. However, at times cleansing symptoms will occur in the form of irritability, fatigue, headaches, or muscular pains. Often people are surprised to find that hunger during a short fast is not as troublesome as one might expect. In fact, one's food addictions and the ritualistic aspects of eating often prove to be much more troublesome than hunger. One

can find oneself breaking a short fast just because the desire for a certain food is very strong at the time. However, attempting to fast one day a week or even one day every two weeks can be very effective in breaking down one's conditioning to certain types of food. Thus fasting can be very helpful if one is trying to eat more sanely but has trouble with binges or addiction to harmful foods.

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