



**3<sup>rd</sup> Quarter 2000**

*Inside:*

**Reflections on Our Environment**

**Why We Need Cooperation, Not Corporate Capitalism**

**Farmer's Market**

**News from the store, poetry, a great recipe, the events calendar and more!**

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**PEOPLE'S  
FOOD  
CO-OP**

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Hours:

Daily 9am-8pm

Sundays Noon-5pm



## **Summer 2000 at the People's Food Co-op: Where We Are and Where We're Headed**

We are having a busy summer here at the Co-op. The store is holding its own (as historically it has experienced a tough time in the summer while the students are away). We have made it a priority this summer to get more involved with our community. The Co-op has a 27 year history of voicing our concerns and letting them be heard throughout the community. We plan to further this tradition. We have been participating with the Farmer's Market throughout the summer and also will be represented at the Taste of Kalamazoo. We believe and trust that this exposure will help educate the community about the Co-op, its mission, and its importance.

Financially, the Co-op is doing quite well (especially compared to just a year ago). We hope that you have seen the improvements. We are currently having new shelves built and working to have the stock to fill them before the students return. We are implementing a new neighborhood marketing plan, which will introduce us to many untapped markets, as well as allow us to track where our market is coming from. All of this while trying to build and support our current community.

We are planning a Fall Gathering (salsa contest) for early October. We will be participating in the Nuclear Rally in August and planning some peaceful activist work at Upjohn soon. Details will be posted at the Co-op. We hope that you can all participate by attending. If any of you would like to get involved in the preparations, please stop by the store and let us know your interests and/or intentions.

We are always looking for local artisans to display their art in the store — see Sue St. Onge for commission information if interested. We are also trying to give a voice to our community writers by asking them to express their ideas, concerns, talents, etc., to help further the mission to not only envision but actually build a better world. As Robert Nasta Marley said, "don't bury your thoughts." We must put our visions to reality. If you would like to buy an advertisement in our newsletter it is just \$25.

We would like to thank you for continuing to support the Co-op. We trust that the new year will find us in a position to expand our role and market in the Kalamazoo community. Please stop by to say "hi," to share your thoughts, volunteer, etc. We are always happy to have company.

## Movements

On the move  
 forward ever  
 backward never-  
 never land on I head  
 cause I might lose a dread  
 of heights  
 but the stars upstairs  
 will twinkle, twinkle bright  
 and keep I from Universality  
 Totally.  
 Partiality is our demo-crazy.  
 A dry run  
 with Capone by his gun  
 in the pentagon  
 whealin and dealin  
 the lives of Jah son  
 and daughters  
 while feedin on fries  
 and Mc cows them a slaughter-  
 house of white fame  
 the old big house  
 of capital gain.  
 Threw cents at the Eye  
 then slapped on the mental chain  
 link to the past  
 can keep us sane  
 North, South, East, West  
 jump the track  
 onto Zion train  
 and catch a view  
 of the I-ly mountain  
 peak of Love  
 through the curtain of hate  
 veils of vanity.  
 Relate to relatives  
 we're all one family  
 tree of life  
 sunbeams as roots  
 Mother and Father  
 I-N-I is the fruits  
 of our livity  
 fullness — reality  
 Honesty and integrity  
 must be our way  
 Thankfullness and Joy  
 with each new day.  
 Blessing on the children  
 the Most High has sent  
 to teach and to learn  
 to Be each moment.

By Erik B. through Inspiration  
 of the Almighty One

# Co-op Happenings

## Taste of Kalamazoo

The People's Food Co-op shone at the Taste of Kalamazoo. Our vegetarian menu, was well received. It brought our name out into the public and gave us a chance to promote organic products, the Co-op, and healthy eating habits. Our ginger lemonade ranked number four in Bill Wood's top ten in the Kalamazoo Gazette food column. We enjoyed displaying our cooking

talents (Maria's, really) as well as the opportunity to speak and reach out to many throughout the community about the co-op. Many people stopped to sample our tofu cheese-cake, ask questions, and express their thankfulness that we were present. Thanks to everyone that helped out. We plan to participate again next year.



Bruce, Andy and Sue are discussing the importance of GMO legislation and wondering if it would ever stop raining. The Spread: Tofu BBQ, Organic Salad, Garden Burgers, Black Beans and Rice, Tofu Cheesecake and Ginger Lemonade.

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# The Garnish

## Bank Street Market

I am to start my first ever food column in the middle of a most bountiful season. Still time to plant, the autumn is a long way off; yet harvesting duties leave us no time to mourn the spring. And how fortunate we all are to be close to the farmers market (on Bank Street between Lake and Stockbridge, one block west of Portage Road.) For those of us who can't put in our own gardens, or can't complete them for lack of space, we can get fresh—and I mean picked today fresh!—produce three times per week.

Many market goers are those of us who shop at the Co-op. Many of us are townies who figure that suburbanites would rather have the giant commercial chain offerings picked-last-month, "fresh" off-the-truck-off-the-train-off-the-boat-off-the-truck-off-the-plane-off-the-truck-chemically-preserved-then-chemically-ripened fare. We care about the origin of our food, and what it will do to and for us. But the uninformed and misinformed everywhere do that only because they don't know the difference, and rather than pass judgment, it is up to us to help those misinformed about food.

Interestingly, the word suburb originally meant "false market!" In roughly the first century A.D., towns grew up around a central market, or bourg, protective walls then went up around the town. Catastrophe became closely associated with the market and its fires, stench, and disease (as there was no refrigeration

and health codes weren't what they are today) so many markets were re-established beyond the city walls. No longer central, they became known as the false bourgs, faux bourgs, now fauburgs in French and suburbs in English\*.

Break down a wall of misinformation, and gently guide your 'false market' friends down to the farmers market.

Standing centrally in the horseshoe, facing the market with your back to Bank Street, the farmers on the right have the longest continuous family history doing business here. The Scobey's stand is now in the second generation. They started selling produce here in 1950s. As you walk through, and turn the first corner, market members tend to be first generation, yet long time produce and flower merchants.

Sadly, it is too difficult for independent farms to make money, and most of the would-be third generation market merchants have chosen not to become growers. Food related businesses that succeed today sell the image of fresh, but are usually, "under contract to only go through a central warehouse where the cheapest food has been shipped in," says Linda Richardson, the owner of Adilene and Sonora's in Mattawan. When the neighborhood chain pizza store runs out of green peppers, they aren't even allowed to get them at a neighboring source.

The Scobey and Bonamego farms will not pass on to heirs. They will likely be swallowed up by strip malls and condos with the conglomerate food chains feeding us all. Even more frustrating to local growers is that many people who

care about what they eat have jumped onto the organic bandwagon. We shouldn't turn our noses up to our own neighbors without getting all of the info!

Be aware that most of the produce is not organic, but the people selling it have grown it themselves and are happy to discuss with you their growing methods. The best time to approach growers about this subject is when the market is slow (very early on Saturday, before 9, or on Tuesday or Thursday). And rather than put them on the offensive with, "I only buy organic," be informed and friendly. Introduce yourself, explain your situation, "I'm trying to avoid such and such compounds, can you tell me a little bit about what you use on these tomatoes? They sure look good."

Rose Scobey points out that the picky shoppers, "...want organic, but they won't buy anything with worms in it." Which is a very good point. We must weigh the fresh stuff grown by our neighbors against the shipped stuff grown and certified by someone we don't know. Communication is the answer when on the quest for tasty healthy food. There are some organic offerings at the Farmer's Market, but only on Saturdays.

My hope is that we can all learn from one another. Share our thoughts, recipes, seeds, and ideas to become friends through food and our most nurturing sources: ourselves and each other. Next time I hope to provide a canning primer.

\*Toussaint-Samat, Maguelonne. The History of Food. Barnes and Noble Books 1998. p.448.

The Scoop's newest column, "The Garnish," will give a professional chef's perspective. The former owner of Blake's Diner, and Certified Chef de Cuisine, Jamie Blake, will provide a source of cooking inspiration and encourage friendships through food and food knowledge. Currently Jamie runs Arcadia Chef Service, cooking customized menus in the homes of busy people. She lives in the City of Kalamazoo and is a Kalamazoo native.

# Reflections on Our Environment

By Sue St. Onge

We live in a dangerous world. Presently, we are witnessing the first mass extinction in the 3.8 billion-year history of life that is occurring as a direct result of another organism. That organism is man. Humanity is literally altering and destroying all creation with our egoism and greed. The limited and irreplaceable resources of the earth are depleted every year. Entire species are disappearing from existence because of our encroachment and they are disappearing in greater numbers every year.

Man's endeavor to fulfill his every desire is stripping the earth of its capacity to produce and sustain life. Given our current individual, as well as, institutional practices, not one wildlife reserve, wilderness, or indigenous culture will survive for our children to experience. We know this, yet we continue to look to science and it's new machinery, new chemicals, and new techniques as the primary means to improve our conditions. We are a culture who assumes all resource and social discordance can be resolved through development, invention, finances, and further growth. The problem is we are not distributing the resources available to the present, but stealing the wealth from the future. How will we explain to our children that because of our initial ignorance and then our denial, we stood back and watched as thousands of species a day disappeared from existence? Our society must acknowledge that our growth and technology have come at significant costs to our environment, and thus to our future.

It is undeniable that the environment has suffered greatly at the hands of technology. We have devoured

a hole in our atmosphere over Antarctica larger than the North American continent. Our cities are surrounded by lethal smog. Our fresh water is contaminated with PCB's and pesticides. The ocean's coral reefs are under attack along with its entire food chain. Our industrial revolution has clearly left its toll on our once pristine planet. Trees that were once green are now black and dying from the acid rain. Healthy trees are being burned and cleared at an alarming rate. Rainforests the size of Philadelphia disappear every day. At our current rate of deforestation, our rainforests will be cleared by the year 2040 and that rate will only increase with our exploding population.

Our nuclear power and weapons, along with their waste, are just the tip of the iceberg. We also contend with the byproducts of automobiles, oil drilling, mining, garbage disposal, factories, asbestos, electromagnetic radiation, hazardous chemical dumps, pesticides, etc. Our development and use of technology pose grave dangers to the essence and survival of the earth's waters, soils, air, and to your life and mine. We are poisoning and consuming the environment in which we are dependent upon for life.

Global Warming is potentially the most disastrous environmental problem that we now face. Our long-standing dependence on and consumption of fossil fuels is limiting the earth's ability to regulate her temperatures and to sustain life. The green house effect is causing the earth's temperature to rise. Technological air pollutants act as a blanket (or greenhouse) which traps in heat. As the blanket thickens,

the greenhouse gets warmer. This rise in the earth's temperature will disrupt every natural ecosystem that mankind has become dependent upon. It will alter our crop yields and our water supplies, the seas will rise, diseases will spread, pests will proliferate, and wildlife habitats will shift.

If one cause of global warming were to be attributed as the leader, it would have to be the number of people now crowding this planet. Controlling our population is clearly the world's ultimate environmental challenge. The growing population (now over six billion and expected to double in the next half century) emits more and more of these greenhouse gases into the air each year. Usually when talking about cleaning up the air, we automatically look to the industries. Undoubtedly, they shoulder much of the responsibility for the state of our affairs. Global warming, however, is something that every one of us contributes to daily and every one of us can do something about. The average North American is responsible for emitting five times the worldwide average of carbon dioxide a year. Our activity as individuals has an effect. Our consumption and thus emissions of these gases could be halved through a combination of, conservation, improved efficiency, and worldwide belt tightening. Unfortunately, with the worldwide expansion of "Democracy" and Capitalism, it is clearly an up hill battle from here.

When it comes down to answering our rising environmental problems, everyone must get involved. We must not forget that a recurring theme of environmental abuse has played a major role in prompting the decline of many great civilizations (i.e., Romans and Greeks). Just as internal contradictions resulted in

The frog does not  
drink up the pond in  
which he lives.

**Sioux Proverb**

the downfall of Marxist and socialist economies, so does an all together different set of social and biological forces signal our own impending demise. Those forces can no longer be ignored or put aside. Only a hundred or even fifty years ago, our natural resources seemed unlimited. On the crux of the new millennium, we now know that mankind has decimated ninety seven percent of the ancient rain forests in North America. Every day our farmers draw nearly 20 billion more gallons of water from the ground than are replaced by rainfall. Globally we lose 25 billion tons of topsoil a year.<sup>1</sup> That number is equivalent to all the wheat fields of Australia. These critical losses are occurring while the world population is increasing at a rate of 90 million people per year. Quite simply our business practices are destroying life on earth. We know that every natural system on the planet is disintegrating. The land, water, air, and sea have been transformed from life supporting systems into depositories for waste. How many statistics do we need to see? How many warnings are we going to continue to ignore? Look around you. The proof is evident and everywhere. We need to act now. Each and every one of us must take stock in the way that we live our lives. We must conserve our limited resources. The first step is in realizing that they are all limited. We need to start living by the passage "waste not want not." One giant step would be for us to stop our practices, which have dubbed us as the largest "throw away society" the world has ever known.

Reducing our consumption is the only solution. That means using less electricity, driving less, using alternative energy sources like solar and wind, and making fewer babies.

Smog, acid rain, rain forest decimation, excessive amounts of garbage, and the pollution in our lakes, rivers, and oceans all have roots in mankind's excesses. We could easily decrease our landfill problems by 45%, if each of us simply installed a backyard compost. Instead of complaining about high oil prices, we should learn to conserve and thus spend less money on them. We must break the hold the oil industry has around our society's neck. Challenge yourself to make a difference. Instead of burning two tanks a gas a month, try cutting your consumption in half. Bike, walk, car pool....these are all easy options especially in the summer months. Let us take the first steps toward breaking our dependence on these wasteful technologies. The world can and must lessen its dependence on environmentally harmful energy practices and slow the booming birth rate. Toxic landfills, global warming, and oil spills show us that our wealth based on fossil fuels and wasteful technologies is short-changing our children's future. Our lands, water, and air now demand far better and more effective management if we are to survive. We are linked to the earth. If she is not healthy, we can not be....

<sup>1</sup>Paul Hawkins, The Ecology of Commerce

## Yerba Mate

This herbal green tea is a healthful alternative to coffee. Alternative Medicine magazine (Jan 99) classifies the stimulant in mate as mateine, a close relative to caffeine, and reports, "mateine may be related to caffeine, but its chemical structure and the way the body absorbs it differ significantly from caffeine." Clinical studies have shown that caffeine-sensitive individuals can drink mate with no adverse reactions, according to the book, *Herbal Tonic Therapies* (Keats, 1993) by Danial Mowrey Ph. D. He also comments that Yerba Mate is a "whole body tonic" and even in large amounts, "promotes balance in many body systems without stimulating any system."

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The People's Food Co-op now carries Yerba Mate in our bulk herb section.

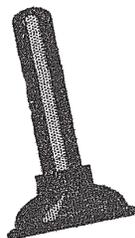
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# Why We Need Cooperation, Not Corporate Capitalism

Issues such as poverty, oppression, and ecological destruction are now more than ever before global problems which can only be misrepresented by squeezing them within artificial national boundaries. Yet, being the world's greatest power, the US has an important influence over all global issues. The propaganda of the American political-media machine portrays our country as a bastion of liberty and freedom, a shining example of democracy. In reality, however, the US is more responsible for the world's problems than any other country. Living here, we therefore have a special responsibility and opportunity to take action against the spread of oppression and ecological destruction. The first step in our healing, however, is to overcome our collective denial and to face the painful truths about our country.

## Environmentalism, Over-consumption and US Imperialism

- Americans make up only 5 % of the world's population but use nearly a third of the world's resources and produce about half of its hazardous waste.
- The US, the world's biggest polluter, refuses to join any meaningful international environmental treaties. At the Earth Summit in 1992, the US was one of only a few countries out of 160 which refused to sign a pact on biodiversity. The reason: it would require our corporations to help oppressed people pay to preserve some of their wild areas.
- "Environmental Racism" is almost as strong here in the US. Toxic wastes are dumped most frequently next to poor people, but race is even more linked to the distribution of toxic wastes than class. Besides poor non-white neighborhoods, corporations dump tons of toxic chemicals in Native American reservations; the nuclear industry is even pushing to bury radioactive waste on sacred lands.

## Poverty, Crime and Racism

- The 225 richest people in the world have a combined wealth equal to 47% of the world's population. The United States now has the worst economic disparity of leading industrialized nations.
- 800 million people go to sleep hungry every night, including 30 million Americans. 3 billion people — half the world's population — are malnourished. More than 250 million children have to work in the most inhumane conditions for bare survival. About 17 million children die every year from easily curable diseases.
- The US has a higher child poverty rate than 27 other countries, despite being the richest country in the world. One out of two African American children live in poverty, as do 30% of Latino children in this country.
- The US has 2 million people locked up in prisons, the highest rate of incarceration in the world.
- Who ends up in prison has as much to do with who they are as what they have done. The police and even some of the laws explicitly target poor and non-white people, and richer people are twice as likely to get off in court having better defense.
- African Americans serve far longer sentences than whites for the same crimes, and more black

people are in jail for drugs despite the fact that five times as many white people use them.

## Corporate Control Over the Government and the Media

- On all of the most important issues, both the Democratic and Republican parties are almost completely bought and sold by corporations. They have little choice; it costs millions of dollars to win an election.
- The government spends far more on corporate welfare each year than on social welfare for poor people. In other words, the government uses our tax money to help the biggest corporations get richer even faster, even as the same government officials complain about the burden "lazy welfare mothers" are on our society.
- We have 179 law schools and only 15 of them (and only recently) offer a single course or seminar on corporate crime. Yet, one professor studying corporate crime believes that it costs the country \$200 billion a year.
- The major media sources rarely report accurately on important issues, if they report on them at all. That's because the media sources themselves are huge corporate conglomerates. In fact all the major media sources are part of a media monopoly controlled by nine huge corporations including: General Electric, Sony, AT&T/Liberty Media, Disney, and Time Warner/AOL.

## What We Can Do:

- First of all, vote. As corrupt as the system seems, we have to power to change it. Most of the people

# PRODUCE CORNER

Summer is here and so is the local produce. We are doing our best to bring you a wide variety of local produce while still supplementing with commercial organics. Zucchini and cucumbers are coming to harvest. Soon we will have local peppers and tomatoes. The local lettuce crop has dropped off, but look for another crop in the fall. We will also have fresh basil for pesto as long as the crop holds out. If you are interested in buying in large quantities for canning/freezing please give me a call and I will be happy to order it for you.

Happy Summer, Maria

who vote are in the privileged classes, living sheltered suburban lives and believing everything the papers or TV tell them about how fair and great our system is. So, an important way to fight back is to use mainstream and alternative sources\* to educate yourself about the issues and vote in every election. If you don't like either of the two parties, vote for a third party such as the Green Party. Without busting up the two party system, we'll never change this country into a real democracy, with a system in place that ensures the people's voice is represented in the government's decisions.

- Call of write your elected officials and the newspapers and other "news" sources. Organize others to do the same.
- Go to rallies and protests as frequently as possible. Taking to the streets is not only effective, but it can be one of the most intense and uplifting experiences in your life.
- Finally, a very important action we can take is to make responsible spending decisions. Every dollar

you spend is a vote for or against oppression and destruction. Boycott companies that use sweatshop and/or prison labor.

- Use less stuff! Waste less and don't buy anything unless you really need it. Especially important is using less oil and gas. Even the highest American gas prices don't reflect the costs of all the air and water pollution they bring.
- Support local businesses and local economies instead of huge chains; support local farmers over big industrial farms and livestock factories. Get all your Co-op or the Farmer's Market. These are the most responsible places to shop; moreover, the only thing keeping the Co-op from having more to offer is that not enough people use it as their primary grocery store.

\*Good alternative sources of information:  
*A People's History of the United States* by Howard Zinn, *What Uncle Sam Really Wants* by Noam Chomsky, *Against Empire* by Michael Parenti, *Covert Action Quarterly*, *In These Times*, *Z Magazine*, *Prevailing Winds*, [www.thirdworldtraveler.com](http://www.thirdworldtraveler.com), [www.thismodernworld.com](http://www.thismodernworld.com)

## from the CO-OP'S KITCHEN

by MARIA

### Black Bean Hummus

- 8 cups black beans (cooked with liquid to cover half way)
- 1 cup tahini
- 1/4 cup lemon juice (lime juice is nice if available)
- 1/2 cup olive oil
- 1 cup water
- 2 cloves garlic
- 2 roasted jalepeño (pickled peppers work great too)
- 2 tsp cumin

- 1 TBS sea salt
- 1 medium bunch cilantro, coarsely chopped

Mix all ingredients together in a large bowl. Scoop Black bean Mixture into a food processor and blend until smooth. Repeat Until all bean mixture is blended. Serve with warm pita or corn chips.

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# The Tree of Life

By Andrew

For the past fifty-some years the most versatile plant that can be grown, hemp, has been virtually unused in this country, simply to save the investments of a small group of rich men (paper and oil industry). Hemp paper has been given a bad name by these men, their families, and their power to manipulate the truth by blinding the public through TV and news. The truth is that if we were all aware of the thousands of uses for this plant, their investments would be of little or no value at all, leaving these mere men powerless. It is now our job to clean up the mess they've left.

For thousands of years hemp has been cultivated as a source of strong fibers, seed oil, and food all over the world. In fact it is one of the oldest industries on the planet, dating back to the beginning of pottery. The oldest relic of human industry is a bit of hemp fabric dating back to approximately 8,000 B.C.

Our presidents Washington and Jefferson both grew hemp. Around the Colonial Era and early republic, Americans were legally bound to grow hemp and were fined or jailed for treason if they didn't. The first drafts of the Declaration of Independence and the Constitution were both printed on hemp paper,

along with the first Gutenberg Bibles.

Unlike cotton, which uses almost half the agricultural chemicals in the U.S., hemp grows well without the use of herbicides, fungicides, or pesticides, and is competitive by nature with weeds. Cultural requirements and production costs for hemp are similar to those of corn, and can be grown in almost any climate. Reported hemp yields range from 2.5 to 8.7 tons of dry stem per acre, which is at least four times more than an acre of trees.

Anything made with wood or oil can be made with hemp, and it has the added advantage of being biodegradable. Eco-friendly hemp can replace most petro-chemical products, and research is being done to use hemp to manufacture biodegradable plastic products. According to the Department of Energy, hemp as a biomass fuel producer needs the least amount of specialized growing and processing procedures of all hemp products. The hydrocarbons in hemp can be processed into a wide range of biomass energy sources from fuel pellets to liquid fuels and gas. Farming as little as 6% of the continental U.S. with hemp could produce enough energy to meet American's energy needs and end our dependence

on fossil fuels and nuclear power. As a food, the hemp seed is far more nutritious than even the soybean. It contains more essential fatty acids than any other source, has 30 % carbohydrates, is high in B vitamins, calcium, magnesium, phosphorous, potassium, and vitamin A. It is 55% Omega 3, 25% Omega 6, and 35% dietary fiber. The protein contained in the hemp seed is the most complete and body available of any in the plant kingdom, making hemp the most complete human food source known.

Knowing all these things that we've already done with hemp, and understanding that without the restrictions being removed from this crop, the proper investments won't be provided in order to improve hemp technology, we should think twice about hemp, our environment, and our bodies. Let it grow!

## Events Calendar for the People's Food Co-op:

Sept 4 **Board of Directors Meeting**  
7 PM, PFC

Late September/Early October  
**Fall Fiesta**  
Time and Place  
to Be Announced

Oct 2 **Board of Directors Meeting**  
7 PM, PFC

If members have any items they wish to have included in the Events Calendar please come into the Co-op and someone will help you out.

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## Mary B. Powers Metalsmith

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