

Natural foods are all that's stocked at this co-op's store

By SUSAN TAUBER

Good nutrition is the guideline for the new Whole Food Company co-op in north Oakland County.

Members won't find any foods with sugar for sale in the co-op's distribution center called The Storefront Food Co-op. They won't be able to buy any meat, chicken, fish or processed foods there either.

What they'll be able to buy for their memberships is cheddar cheese with no yellow food coloring in it, unbleached white flour, raw peanuts, unsalted cashews, pure unfiltered grape juice, carob, whole wheat spaghetti and lasagne, even spinach flats, rolled oats, dried fruits, Tamari soy sauce, brown rice and more.

"We're interested in quality, organic food," said Tina Critchfield. Mrs. Critchfield, who has been eating only natural foods for eight years, and Bonnie Sedat, are coordinators for the co-op.

"We are offering natural foods because of the increased awareness people have today of what they are putting in their bodies. I think the general feeling of our members is that diseases are the results of toxic wastes in the blood," she said.

But not all the 85 members are devout health food addicts. Some, like Susan Zimmerman of Rochester, come to the co-op warehouse to buy specific items, like nuts and cheeses.

OTHERS, like Darlene Harman of Rochester who was working behind the counter last Thursday, cooks all her family's food at home. They don't go out to restaurants anymore, since they switched to eating only natural foods two years ago.

"The value of the switch to natural foods is beyond my wildest dreams,"

said Mrs. Harman. "Not one of us has been sick or had a cold all winter. We're all slim and healthy. At first my children, who are 12, 10 and 5, complained but now they are used to the foods. My son is taking a cooking class and when he cooks eggs, he — on his own — adds wheat germ."

Mrs. Harman's family still gets their sweet treats, but now they don't contain sugar.

"The other night I made a German chocolate cake without using chocolate or carob. I used black strap molasses," Mrs. Harman said she joined the co-op because she likes to see what she is buying.

Members of The Whole Food Company are required to work two hours a month at the same time and same day slot each month in addition to paying a \$10 life membership fee.

They also pay a \$35 inventory fee, which is refundable when an individual or family leaves the co-op.

Being a member means having a vote and participating in the decision-making process of the co-op, too.

"What we do depends on what the members want," said Mrs. Critchfield. "They have a vote in making decisions."

The two coordinators have worked since fall trying to get the food co-op off the ground. They conducted weekly meetings at St. John Fisher Chapel after their first meeting at Avon Township Public Library drew 52 people.

Since January, Mrs. Critchfield and Ms. Sedat organized three fundraisers to get the money to start the co-op. The fundraisers were successful and the co-op food center opened March 14.

People interested in learning about it and in joining The Whole Food Company can call the company at 373-7200.



The Whole Food Company volunteer Darlene Harman rings up purchases by Lin Ogven (middle) and Sue Zimmerman. That's not Velvet peanut butter in the jar, it's honey. (Staff photo by Mindy Saunders)

a.m. Members also meet at 7:30 p.m. every Monday night at the storefront," Mrs. Critchfield said.

Most of the inventory sold at the warehouse comes from "People's Warehouse" in Ann Arbor. The co-op

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Don't sign papers before you understand the terms and conditions of sale.

belongs to Michigan Federation of If we're unhappy with what we get from them, we go directly to them to complain. In dealing with the warehouse, we're taking the most direct route from the food grower to the consumer," Mrs. Critchfield said.

Always pay your bills by check or money order made out to firm. Don't pay cash to a salesperson unless you get a bonafide receipt bearing the name of the company (he) or (she) represents.

Dance ensemble offers glimpses of cultures

The Slavic Folk Ensemble, a melting pot for Oakland University students, will present three concerts Saturday and Sunday, March 23-24.

There will be a 2 p.m. matinee on Sunday and performances at 8 p.m. Saturday and Sunday in Studio Theatre, Varner Hall at OU.

Tickets are \$2 each. OU Students and seniors tickets are \$1 each. Tickets are available at each performance or may be reserved in advance by calling 377-2000.

Though the Slavic Folk Ensemble was founded at OU 18 years ago by students majoring in Russian, it has expanded to include students from diversified backgrounds and majors.

There are freshmen to seniors majoring in management, chemistry, engineering, computers and history in the 30-member dance group. Two are high school students and one of the choreographers isn't an OU student.

"Chris McCardell, one of our choreographers, just works with us because he's interested in the group," said Amy Snipes, a member and one of the managers. Other choreographers are Steve Talan and Paula Pfaff.

To be involved with Slavic Folk Ensemble, however, isn't all fun and games. One has to be dedicated.

"The group, which begins rehearsals the fall semester of every new school year, practices two nights a week until Christmas time. Then rehearsals expand to four nights a week. Other time is devoted making costumes, doing research on the music and dances.

"All of our costumes are as authentic as we can

make them. We can't get patterns for them so we have to make our own. It's really amazing how much we spend on just buying trims and ribbons for the costumes," said Ms. Snipes, an OU senior.

Four musicians belong to Slavic Folk Ensemble and provide live music for the dancers. The dancers also perform to tapes of performances from former troupe musicians.

When the school year ends in April, members still continue with their work — though they call it play.

"They perform with however many members are in the area at ethnic festivals. Performing for public groups, such as high school students, is nothing new to the members. During the months September through April they are often in demand throughout Michigan, Indiana and Ohio to perform.

"Two summers ago, we were sponsored by Friendship Ambassadors in New York to go to Poland with five other groups from the U.S.," said Ms. Snipes. "We toured there for five weeks, met a lot of kids our own ages and performed for people. The response we got from the Polish people was very good. Once we began dancing in a park and people gathered around to just hear the music. It started to pour rain. No one left. They just put up their umbrellas," Mrs. Snipes said.

The trip to Poland also helped the group see that their dances are authentic.

They perform ethnic songs and dances from Poland, Bulgaria, Russia, Croatia, Slovakia, the Ukraine, Slovenia and other Eastern countries.

Director of this diverse group of musicians and dancers is Helen Kovack-Taranakou, an Oakland University professor of Russian.

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MON.-FRI. 8-5 SAT. 8-12

NOTICE OF SPECIAL ELECTION
MONDAY, MARCH 26, 1979
CLARENCEVILLE SCHOOL DISTRICT OF
OAKLAND AND WAYNE COUNTIES, MICHIGAN

TO THE QUALIFIED ELECTORS OF SAID SCHOOL DISTRICT:
PLEASE TAKE NOTICE that a special election will be held in the Clarenceville School District of Oakland and Wayne Counties, Michigan between the hours of 7:00 a.m. and 8:00 p.m., Eastern Standard Time, for the purpose of submitting the following proposal for Schoolcraft Community College District:

Schoolcraft College Capital Improvement Tax Levy Proposal

Shall the Board of Trustees of the Schoolcraft Community College District, Michigan, be authorized, in addition to existing authorizations, to levy \$1.00 per \$1,000 (one mill per dollar) of State Equalized Valuation of all taxable property of the College District for 5 years, the years 1979 to 1983, inclusive, for capital expenditure, site improvement and maintenance purposes?

☐ YES
☐ NO

All qualified and registered electors of the school district may vote on the above proposal.

The places of voting for the special election to be held on March 26, 1979, will be as follows:

Precinct 1: Clarenceville Junior High School
Livonia, Michigan
20210 Middlebelt

Precinct 2: Clarenceville Junior High School
Livonia, Michigan
20210 Middlebelt

Precinct 3: Botsford Elementary School
Livonia, Michigan
19515 Lathers

Precinct 4: Botsford Elementary School
Livonia, Michigan
20155 Middlebelt

Precinct 5: Clarenceville Senior High School
Livonia, Michigan
20155 Middlebelt

Precinct 6: Clarenceville Senior High School
Livonia, Michigan
20155 Middlebelt

This notice is given as required by law.

BARRY M. SHERMAN
Secretary, Board of Education
Clarenceville School District of
Oakland and Wayne Counties

Published: March 15 and 22, 1979

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