



PEOPLES MARKET NEWSLETTER: SPRING 2012

Delighted to see you reading our most recent People's Market newsletter! So much is new in our constantly changing collective and we are excited to share these changes with you. Many of you may have noticed the tremendous construction looming just outside of our doors -- we understand that foot traffic has been redirected for your safety but, we hope that you will still come in and show us your support. We would love to continue seeing you during the construction period!

If you haven't been in the Market recently, we have welcomed several new hires, new products, and even a total 'Market Makeover'. New products include new tea and yogurt flavors, new chip brands, and the most delectable waffle treats ever. While you're in to check out some new products, say hello to our 'New Peeps' and check out our new paint job!

Speaking of 'New Peeps', the Market is always changing faces, if you are interested in working with us and becoming apart of our collective, please consider applying next semester. Applications will be available on our website (listed to the right). Please print out the application, fill it in, and return it to us in person at the Market by the application deadline. Applications for next semester won't likely be

available until the end of this semester, or the beginning of next semester. If you have any questions about the hiring process, feel free to ask any of our co-managers. We also offer a hiring information session at the beginning of each semester, the date for which, will be listed on the applications. We look forward to reading yours!

We are currently featuring student artwork on our walls, and we would be glad to feature yours as well. If you are interested in displaying your artwork in the Market for our customer base to enjoy, please speak with a co-manager.

As always, we offer catering services! If you are apart of a campus organization or are hosting an event, consider having us cater for you. We offer a variety of drink combinations and platters, ask us for a catering menu or more information in the Market.

Lastly, to the left of the registers is our suggestion box, we love to hear from our customers about aspects of the Market that you like, or things you would like changed. If you are missing a products that we have ceased to order, please leave us a suggestion.

Thanks for reading, we hope to see you in the Market soon!

Location:

Room 328 in the Student Union.

Phone:

office: (413) 577-2120
store: (413) 545-2060

Email: pmcater@gmail.com

Hours:

Mon & Fri: 8:45AM-4:00PM
Tue, Wed & Thu:
8:45AM-5:00PM

Be sure to check out our People's Market Facebook, Tumblr, and Website too.
www.peoplesmarket.org

This Newsletter brought to you by Topher Joyce and Kimberly Ovitiz. New Market photos by Lynn Tran.



Rip Van Wafels Stroopwafels

Stroopwafels are a traditional Dutch treat from the city of Gouda which have long been enjoyed by cafe-goers and visitors to the Netherlands. Made up of two thin waffles sandwiching a layer of caramel, these cookies are especially delicious when softened on top of a hot beverage like coffee or tea. Thanks to the efforts of one young Dutch-American entrepreneur and former Brown student - the Mr. Rip van Wafels - you can now also enjoy the stroopwafel stateside. Rip perfected his recipe while still a student in Providence, spending late nights experimenting and pedaling his tasty wares around town before expanding elsewhere. We're happy to present this locally made munchie that's the product of both innovation and tradition.

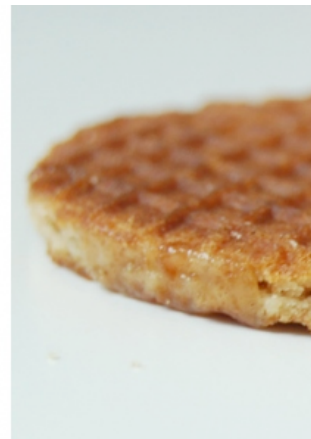
Nicholas DiSalvo



Popchips

The potato chip has long been one of America's favorite guilty pleasures but it is just that a guilty pleasure due to their high fat intake. Well that's at least that's what Popchips co-founder, Keith Belling, realized one day as he was trying to sneak his favorite snack at a San Francisco deli counter. Belling, a serial entrepreneur, knew what he had to do; he had to find a chip that was not only tasty but healthier and less embarrassing. So with the help of his dear friend, and co-founder of Popchips, Patrick Turpin they both set out to put the fun back in snacking. What they found was a way to make an amazing potato chip without frying or baking but instead using a high pressure cooker that delivers a chip that has less than half the fat of conventional fried potato chips but still has the full potato chip flavor. The people's market is proud to provide our customers with a healthy and delicious alternative to the conventional potato chip.

Topher Joyce



Fage, I like it.

Pronounced Fa-Yay!

I am not typically a greek yogurt person, but the Fage Yogurts (with the various little flavor cups are absolutely scrumptious --my particular favorites are those with the cherry and honey flavoring. This yogurt snack is unlike most yogurts you see on a regular basis, those made with preservatives and other additives. Fage only contains the sort of things yogurt should have: milk, active yogurt cultures, and fruit flavoring made of real fruit. Even if you don't consider yourself a greek yogurt connoisseur I recommend that you give Fage, and it's many flavors a try.

Fage aside, the Market has significantly increased its yogurt and greek yogurt selection. Try new flavors of Chobani greek yogurts and Brown Cow Yogurts. Flavors include pineapple, pomegranate, cherry vanilla, maple and more.

Tyler Gagne

New Product Reviews

KEEPER CUPS

EVEN BETTER THAN PORTABLE SHOT GLASSES

Perhaps you own one, use one, or are simply confused by one (as was a friend of mine whose confusion you can gather from the title of this article). Perhaps however, this text can serve as a guide to the unfamiliar, instill confidence, and clear up confusion.

To the left of our registers, we sell reusable menstrual products. From my experience both using and selling these products in the past, a first response from the unfamiliar is an awkward cringe. I can honestly say however, that these products have become a staple in my life, and hopefully, you can let them become a staple in yours too.

Several years ago if you had said ‘reusable menstrual product’ to me, I would have blushed and avoided the subject. Talking about menstrual cycles can be an awkward exchange for any individual -- so thank goodness this is in writing and you can avoid the verbal part.

The market and reusable menstrual products have provided me with a platform from which to challenge the taboo surrounding menstruation and the inadequacies of the ‘feminine product’ market. So what’s wrong with disposable tampons and pads? Not only do they negatively impact your body and expose you to potential conflicts of health, they negatively impact your finances, and the environment by producing immense amounts of waste.

So let’s begin by airing the dirty laundry of disposable menstrual products and focus on the advantage of switching to the bright side:

Calculate the amount and cost of the menstrual products you buy every year. Now, multiply that by how many years you will likely have your period. Picture where those products end up after we wrap them up and put them in the trash -- a pretty ominous pile of used feminine products appears. Despite high costs, and high waste production, disposable products like pads and tampons significantly dry out your body which can lead to irritation, infection, and a lot more discomfort and agony than using these products in the first place. And that clean crisp white appearance of disposable products? Simply an appearance created by chemicals that to induce notions of sterility. Yuck.

Reusable menstrual products like the Keeper Cups and Moon Cups can be used, cleaned, and reused for years eliminating tons of waste produced by disposable products. Keeper Cups (made of latex) and Moon Cups (made of silicone) are free of harsh chemicals or dyes reducing irritation. Similarly, they catch rather than absorb menstrual flow, reducing risks of drying and potential infection.

Naturally, making the switch can take some commitment to altering your menstruation style, but the transition can save you money, protect your health, and reduce the impact feminine products have on the environment.

For answers to some common questions, read below! Or, come into the People’s Market anytime and a co-manager can assist you in answering questions or helping you select a product that is best for you.

YOUR KEEPER CUP QUESTIONS ANSWERED:	
How do I wear this device?	These are worn internally, they are folded in four and gently inserted into your uterus.
What does it feel like to use these?	If you are wearing it correctly you shouldn’t be able to feel it at all! Thus, using these cups is quite comfortable. Getting the hang of inserting and removing them at first can be a little uncomfortable, but this diminishes once you get the hang of them.
Is this product sanitary?	Yes, as long as it is cared for properly and cleaned regularly.
How frequently must I remove and clean this product?	It is recommended that you remove and clean menstrual cups every 8-12 hours. Unlike tampons however, extended use of menstrual cups is not associated with Toxic Shock Syndrome (a health risk posed by extended use of tampons).
How do I care for and clean a menstrual cup?	Cleaning involved simply washing them with warm water and mild soap.
How long do menstrual cups last?	Menstrual cups last up to ten years.
Can I use this product if I am an active individual or if I have a tilted uterus?	Yes and yes. This product should remain in place and catch menstrual flow regardless of your level of activity.

Favorite Market Combos:

Co-managers share their favorite market combinations. We spend a lot of time trying the products we offer, so you can take our word for the following!

Lynn Tran:

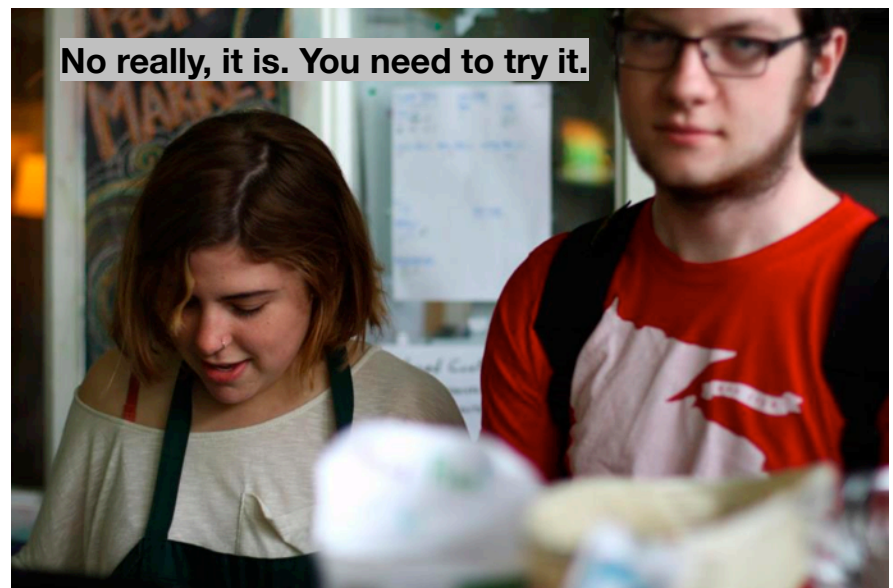
"I LOVE a sun-dried tomato basil bagel with salsa cream cheese!"

Kim Ovitz:

"Combine a plain croissant with a slice of gouda, mushroom field roast, spicy mustard, and a bottle of birch beer -- perfection."

Alexa Smychkovich

"A Grain bagel with vegetable cream cheese and mustard or, a grain bagel with honey and a sliced banana on top."



Meal Ideas:

We can offer more than just coffee and a croissant! Try some of these meal combos for a more hunger satisfying experience.

Darian Alexis

French toast bagel with walnut raisin cream cheese & iced coffee or orange juice.

Sesame or plain bagel with muenster cheese and regular hummus. Try this with plain or sweet potato chips and Harney and Sons cranberry tea.

Cinnamon toast bagel with almond or peanut butter, topped with raspberry jam. Try it with your favorite flavor of Steaz Tea alongside an apple.

Snacks/afternoon pick me ups:

Chobani yogurt with granola and honey.

Suzie's Rosemary crackers with your favorite cheese.

Party pretzels.

Magical mystery mix.

Thirst quenchers:

Mango peach coconut water.

Blueberry and pomegranate Steaz Tea.



SAYING GOODBYE TO OLD PEEPS

We are sad to say several co-managers won't be returning to us next semester (seeing as they are graduating! yay). We asked them to say goodbye with answers to the following questions:

1. What is your favorite people's market memory?
2. What is your biggest take away from your people's market experience?
3. What are your future plans or next step in life?

Lauren Miller

I'm bad at remembering things but my favorite memory from this semester is making the banner with Casey and getting attacked with the super glue.

I have learned to cooperate well with people who have very different ideas and opinions than me. This is a skill I will always value and thank the market so much for that.

I should know by now shouldn't I? I really have no plans, but plans always seem to change, so I am not as stressed out as I probably should be.

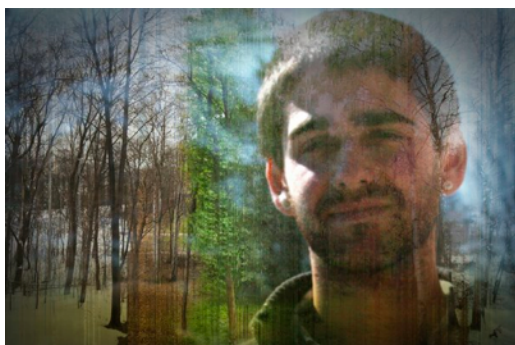


Nick Disalvo

My favorite and most scarring memory from the Market remains the 2010 Board of Student Businesses dinner, where I was wrenched from stocking and forced into a leotard, only to be lead into a hall full of people, mostly whom I didn't know.

The biggest thing I'll take away from the Market is almost certainly the experience of being your own boss (even with the caveat of the CSB remotely managing us). Working for yourself and those around you is a much more powerful motivator than working for someone above you, and I hope I'll find ways to challenge my work ethic in the future with a similar mindset.

Move to the city, make music, maybe expatriate myself. Anything other than academics.

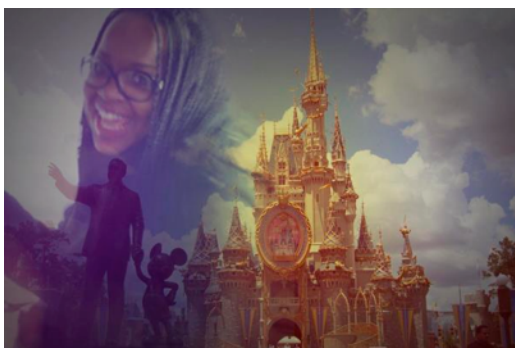


Burton Schaber

Orientation. It was so exciting to be a new member of the community and to learn about collective business. Everyone was incredibly helpful and really great to be around.

It's been wonderful to take part in a business structure that values each and every member as equally as possible. The job creates a very different connection between people than the mainstream boss-worker relationship.

I don't really have one. We'll see what happens.



Ketsia Clermont

There are way too many good memories to choose from but I'll always remember the phone call I got from Nadia telling me that I was hired here at People's.

The inner workings of a student run co-op would be my biggest take away. I'll never experience anything like it again.

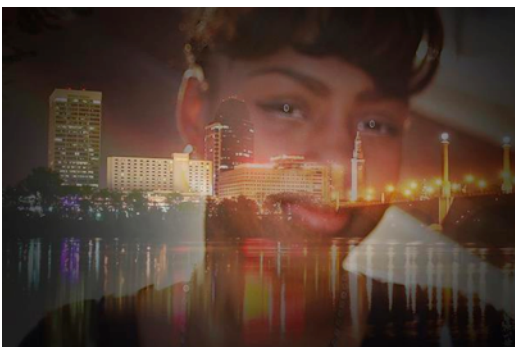
My future goal is to become a community health nurse and to some day practice in Haiti

Taija Newton

Hard to say. people's Market itself is one big ball of a memory. I will miss it:(

The peeps and The customers I will never forget this atmosphere either, met some pretty cool people here.

I plan to go to P.A. school.



POETRY AND PROSE

FROM US TO YOU

Untitled

what happens when
a man walks into
another man on
the street to be greeted by
another man who is
saying one thing and
doing another

Brian Clement

Loose-knit foliage

As if in the palm of my hand, I could swallow you whole.
Wrapped in chipped crimson,
grasp everything you will be and once have been
in an involuntary movement.

To hold, to fold in one's arms -- my arms.
Endlessness at the tip of a finger,
restless,
timid, and charming.

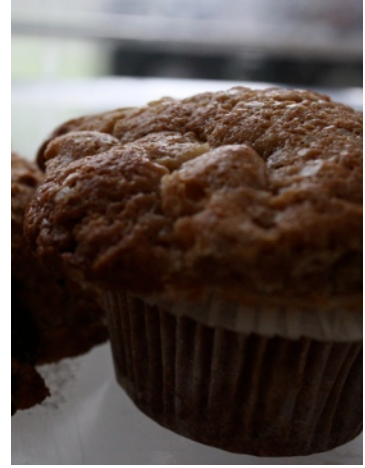
Peering through old growth containment, serenity.
We will abandon senescence
and build trees for the swallows,
losing ourselves in loose knit foliage.

Kimberly Ovitz

The World

It's the flowers in the cracks of the cement
and the old man filling in the cracks in the brick.
It's the girl clunking in her heels
and the girl with the short-shorts showing off her orange tan legs.
It's the girls who bring their boyfriends to class
and the boyfriends who sit there playing video games.
It's the professor who wears the velour suits
and the students who lambaste her throughout the class.
It's the crazy old woman who calls the driver an asshole
and the driver who responds to her calmly and politely.
It's the man with the fluffy white hair pulled back in a ponytail
and the girl with the bright pink short mohawk.
It's the girl racing to class with the basket on the front of her bike
and the boy with the scratches on his face from where he fell.
It's the girl writing her notes in awkward cursive
and the boy whose fingers flit across the keyboard.
It's the boy who tries his key in another's door to try and help
and the boy who runs around with no shoes on.
It's the man turning 28 at work out of choice
and the woman who was once just a girl.
It's the girl crying tears of rum in her room
and the girl crying tears of remorse in the hall, strung out.
It's the little girl who picks the flowers from the cracks
to say good-bye to her mother.

Jess Evans



Lolita Rising

Far worse than drowning, I think, is the fear of drowning.
It is the fear that smothers- the water's
a release, a gentle shock. Before you drowned me,

you wrote charms against fear on
my skin in ink made of crushed leaves and mammoth's
blood.

You always were a charming one, with your
soft hands and skinny limbs and
bright bud-eyes that you never quite grew into.

Your skin was the color of August, and smelled
of orchids, the moon, and unripe cheese.

Lukas Thorburn