

Established
1973

LINEWAITERS'

GAZETTE



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July 6, 2006

Coop Rules: Consistency the Key

By Michael Esterowitz

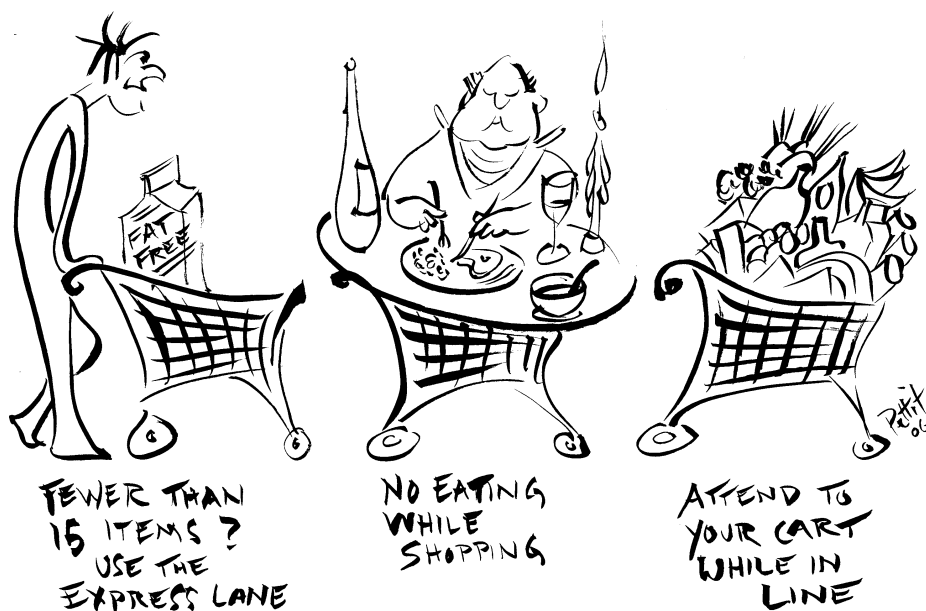


ILLUSTRATION BY ETHAN PETTIT

The Coop is frequently lambasted for its many rules. Rules govern how we shop and how we perform our work slots. Few would question strict enforcement of rules concerning theft of goods or services or involving public safety. However, many prohibitions concern less egregious behavior and are often treated more lightly: allowing guests to shop, shopping while on the check-out line, eating before check-out, not stopping at the entry or exit desk, getting on the express line with too many items and saying one's ID number at checkout instead of producing a card or slip. Rules for workers mostly concern doing a full shift—arriving punctually and not leaving early.

Most squad leaders interviewed for this article expressed greater concern for the efficiency and work ethic of their squad than for policing shoppers. Matt Mitler stated, "My main focus is managing the lines. If someone has left their cart on line and gone off to do more shopping, I will tell people to go past it or pull it out." But enforcement of work rules

can be essential. "It is important that workers stay to the very end of the shift and not leave before their place has been taken, because smooth transition between squads is a key point."

Good communication can prevent inappropriate behavior. Squad Leader Ken Garson emphasizes the Coop's best interests. "I try to communicate to people why we do things a certain way, like why it is important not to walk past the entrance. Some people see the rules as not important to follow. I think it is more valuable to educate...than to accuse members of wrongdoing." Sasha Nyari added that "ultimately the shopper has responsibility for their behavior. We should deal with infractions in a way that is not self-righteous."

To Garson, a sense of shared responsibility is key. "The more that people appreciate that we are all owners, the more it helps the Coop." Mitler added that "the Coop is a 'we,' not a 'them' situation. A good work ethic on a squad will positively affect the members' behavior while shopping." Another squad leader, Tony Martignetti,

struck a similar theme: "If workers are engaged, they are less likely to do anything questionable."

Enforcement of the rules needn't mean being confrontational or inflexible. "It should be more of a conversation, even if it doesn't directly change the undesirable behavior," stated Garson. Some squad leaders don't see all infractions as requiring intervention. To one, eating a scanned item before checkout is "not a big deal as long as it is not done abusively." (A weighed item is a different matter, he pointed out.) Another felt failure to produce a card or slip at checkout was not really a problem since the shopper already cleared the front desk. (Although a guest could improperly shop by stating his host's ID number.) Nyari feels "it is unrealistic to ask someone not to allow their hungry child to nibble on line." Other squad leaders state they allow a quick food purchase by workers if they are hungry or have special needs. Other squad leaders take a stricter approach. Martignetti tells people that eating on

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PHOTO BY ROD MORRISON

It's a Fruit... It's a Vegetable... No— It's a Giant Berry!

By Ed Levy

Sinister nightshade or healthy anti-oxidant? Vegetable or fruit? Tomato, tomahto? Whatever they are, and however you pronounce it, the Coop sells about two tons of them a week, in season—and that's not even counting the foods in which it features as a main ingredient: foods like tomato sauce, tomato paste, ketchup, salsa and pizza.

Not bad for a plant with a shady past. For centuries people thought the tomato plant was poisonous, a relative of the deadly hallucinogenic nightshade, which, according to German folklore, was used to conjure werewolves. With that creepy reputation in mind, Linnaeus, the great classifier, christened the tomato *Lycopersicon esculentum*, which translates, roughly, as "edible wolf peach."

No longer a pariah, the tomato is now ranked 16th among fruits and vegetables as a source of vitamin A, and is 13th in vitamin C content. It also contains lots of beta carotene, magnesium, niacin, iron, phosphorus, potassium, riboflavin, sodium and thiamine. But the most recent good news about tomatoes is that they are high in the potent anti-oxidant lycopene. (Anti-oxidants are those molecules that snuff out cancer-causing free radicals in the body.) A University of California survey now ranks the tomato as the single most important fruit or vegetable of Western culture. Italian cooking is dominated by it; salsa is a staple of Mexican and Southwestern cooking; and the international fast food burger craze is inextrica-

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Next General Meeting on July 25

The General Meeting of the Park Slope Food Coop is held on the last Tuesday of each month. * The next General Meeting will be Tuesday, July 25, 7:00 p.m. at the Congregation Beth Elohim Temple House (Garfield Temple), 274 Garfield Pl.

The agenda will appear in the next *Gazette* and will be available as a flyer in the entryway of the Coop beginning Friday, July 7. For more information about the GM and about Coop governance, please see the center of this issue.

* Exceptions for November and December will be posted.

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Coop Event Highlights

Thu, Jul 6 • GM Food, Why Are We Fighting It?: video & discussion with the Safe Food Committee, 7:30 p.m.

Fri, Jul 7 • Film Night: A Walk Through the Footprint, 7:00 p.m.

wknd, Jul 8,9 • Food Drive: 9:00-5:00, to benefit CHIPS

Fri, Jul 28 • Clothing Exchange: adult clothing, 10-2:00

Look for additional information about these and other events in this issue.

Coop Rules...

CONTINUED FROM PAGE 1

line is not appropriate. "They may fully intend to pay for that pack of dried fruit, but we don't know that. It could be finished by the time they are on line." People will invariably respond with "I would never cheat the Coop," but he feels they miss the point. "Since nobody likes being accused of stealing, it is all the more important that everyone follow the rules, so nobody has to decide who the honest people are." Garson similarly pointed out that "nibbling on food may not seem significant, but if 13,000 members all decided that it is OK to nibble, that would be very significant."

Many squad leaders believe consistent enforcement of the rules requires alert workers at the entrance and exit desks. Martignetti added that people who are overly concerned with being "friendly" don't make the best entrance workers, because they must sometimes deny access. The main rule Squad Leader Jonathan Farber sees broken is makeup workers trying to leave early. To prevent that, he pairs them with regular squad members. If they "disappear," he notifies the office.

Two themes most squad leaders agreed on were the need for good squad leader training and consistency in following procedures from one squad to the next. Mitler feels that all squad leaders should agree to a common set of principles and that there be regular squad leader trainings. Farber pointed out that "inconsistencies in squad leaders lead to inconsistencies in workers and enforcement of the rules." One particularly problematic area is uneven enforcement of the two-for-one rule for makeups. Garson feels that the rule should be more uni-

formly applied and that there should have been a good-faith effort to find a substitute before permitting a single makeup. "Of course, this policy still involves trust and an honor system. It holds everyone responsible for their own behavior."

While sometimes squad leaders have the greatest burden of being rule enforcers, all members bear the responsibility of giving feedback when there is a rule infraction. Farber concedes that it is easier to do that while wearing the authoritarian hat of squad leader, and it can be uncomfortable to confront someone standing next to you on line, but Garson makes the point that if "people make a conscious decision to do something that is improper, they should not get upset if others make a conscious decision to give them feedback about it."

General Coordinator Linda Wheeler puts the issue of consistent enforcement of rules in perspective when she notes that "you are putting someone else in an uncom-

fortable position if they observe you breaking the rules. It is not cooperative behavior to make people uncomfortable." The attitude of rule breakers, she elaborates, is "I'm an honest person and I'll take care of my own business." The problem is, none of us knows who the occasional dishonest person is, so following the rules puts us all on an equal footing. "Sometimes the appearance of doing something wrong can be just as harmful as doing something wrong. We should all be internalizing following the rules and procedures" so that no one is faced with the choice of confronting a violation or ignoring it in order to avoid an unpleasant situation.

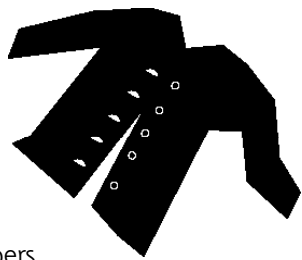
"Having rules doesn't mean we need to be Nazis. Rules meet our practical needs and are tools to help us work better." Wheeler stated that inconsistent rule enforcement can lead to the appearance of racism, most notably in our now discarded rule requiring inspection of bags at checkout.

This reporter recently observed a mother allowing her child to eat grapes while on line. I wanted to say something, but was hesitant to embarrass her in front of other shoppers and her child. When she got to checkout—saying her number instead of producing her card—I decid-

ed to speak to her quietly outside. When she left before I could, I felt first-hand a sense of annoyance with myself for not "defending" the Coop. It was a perfect example of General Coordinator Wheeler's point. ■



Adult Clothing Exchange



Have you noticed that Coop members are great dressers!

The season is changing, and this is your opportunity to trade gently used and beautiful clothes that you no longer wear.

A clothing exchange is a community event that is ecologically responsible and fun. Why support the consumer market and buy, when you can wear clothes that have already been well loved.

Bring items that you think others might enjoy—and a snack to share.

FREE **Friday, July 28**
Non-members welcome **10:00 a.m. – 2:00 p.m.**
in the meeting room

To bring Clothes...

- Do not leave clothing in the Coop before the hours of the exchange.
- Bring up to 15 items only
- Bring gently used, clean clothing that you are proud to be able to exchange with it's new owner.

(Unchosen clothing will be donated to a local shelter.)

What Is That?
How Do I Use It?
Food Tours in the Coop

We're under the influence now
see how the aisles are leafing out:
baby lettuces and wild greens
lambs quarters, tats-oi, vitamin greens
move over spinach - make room broccoli
the competition is coming though
day by day

the sun is working it
all the leaves and flowers watch it pass
we bask and draw it in
qui prana hara
live life in all things green
laying down our bones and blood
our skin, cells and eye shine

strawberries so sweet
their aroma intoxicates
that's what it is to eat one
born in the season's ground
right here in New York
Brooklyn the Park Slope Food Coop
at your fingertips you lucky dog

check it out
what's it all about
in the bulk and produce aisles of your store

come tour with me Myra Klockenbrink
there is not a moment to lose

Next Tours:
Friday, June 14 & Friday, June 28

Tour Hours:
12:00 – 1:00 & 1:30 – 2:30 p.m.

INTERIM BOARD OF DIRECTORS ELECTION

There will be an interim election to fill a vacancy on the Board of Directors at the July General Meeting. According to our bylaws the election must be held "no less than 30 days nor more than 60 days after the vacancy occurs," and "A Director elected to fill a vacancy shall serve only until the next Annual Meeting, at which meeting the membership shall elect a director to serve for the balance of the term."

Nominations may be made at the July 25 GM. Candidates are encouraged to provide a brief written statement.

Sweetening the Deal

By Alison Rose Levy

America is a society addicted to sweetness. The consumption of sugars and artificial sweeteners has escalated dramatically over the last 30 years. But consuming too much or the wrong kinds of sweets can play havoc with health. In a large study published in the February 2004 *Journal of the National Cancer Institute*, for eight years researchers tracked the dietary intakes and health of over 35,000 women, and discovered that increased sugar consumption boosted the risk of type 2 diabetes, obesity, and certain forms of cancer. Reducing your intake of any form of sweetener is recommended by both conventional and natural health physicians. In this article, I'll overview some of your sweetening options so you can make an informed selection among the many available.

As if sugar itself was not enough, in the last 20 years, high fructose corn syrup (HFCS), a sweetener made from GMO corn, has come into wide use in sodas, juices, jams, desserts and a host of other prepared foods. According to Dr. Joseph Mercola, author of *The No-Grain Diet*, its consumption increased from zero in 1966 to 62.6 pounds per person by 2001. HFCS is a super sugar that quickly enters the bloodstream and triggers hormonal and chemical changes that make people feel even hungrier, claims Dr. Mark Hyman, the author of *Ultrametabolism*.

To avoid triggering the so-called insulin response—where an excess of sugar intake stimulates the body to secrete insulin, leading to weight gain and the desire for even more sweets—Americans are relying more and more upon artificial sweeteners. Numerous soft drinks, desserts, gums, yogurts and even some over-the-counter health products employ these substitutes. But while it's clear that lowering sugar intake is healthier and can aid in weight loss, how safe and effective are these sugar substitutes?

Splenda

Splenda, a widely used sweetener, is found in over 4,500 food products, such as juices, sodas, ice creams and even kids' vitamins, which do not carry warnings or labels alerting consumers to its presence. As food labeling laws are changed and weakened, items labeled as containing "enhanced flavors or spices" may include Splenda or Aspartame without a more explicit warning.

Sucralose, the primary ingredient in Splenda, is a

highly processed chemical additive manufactured with chlorine. Its production process, done primarily in an Alabama factory, also raises environmental concerns since it releases into the environment such toxins as cyclohexane, a class-three flammable environmental hazard.

Prior to Splenda's approval by the Food and Drug Administration (FDA), no long-term human clinical study was done to ascertain sucralose's health effects. Nor has there ever been a human clinical trial on the finished product, Splenda, which also contains dextrose and maltodextrin, two sugars. Instead, according to Citizens for Health, a Washington, D.C.-based consumer advocacy group, the FDA based its approval on a limited number of animal studies. Even in these studies, safety concerns arose, says James S. Turner, Chairman of Citizens for Health.

Both older and more recent studies of both mice and human lymphocytes showed mutagenic (cancer-causing) effects in response to sucralose. Birth defects resulted in other studies. In rabbits, treatment-related deaths, infertility and spontaneous abortion were also reported. Pre-cancerous liver and kidney changes increased in male rats in other studies. Other tests showed harmful organ changes. Nevertheless, sucralose remains approved for human consumption, including use by pregnant women.

According to Turner, most of the earlier safety studies reviewed by the FDA were done (or commissioned) by the manufacturer, the British firm Tate & Lyle. The brand is owned by McNeil Nutritionals, a division of pharmaceutical giant Johnson & Johnson. The studies upon which approval was based were never validated by the peer review process used in credible scientific journals.

Since its approval and mass marketing, these companies have enjoyed record-breaking profits from the sale of Splenda.

However, along with these profits have come mounting reports of adverse reactions, circulated via the Internet as consumers turn to websites and chat rooms to document their experiences with Splenda. These self-reports allege a wide range of side effects, including skin rashes, headaches and gastrointestinal problems. These outlets for communication and outreach have sprung up in the absence of published safety information, proper product labeling and

warnings, and clear mechanisms for reporting adverse events to the FDA.

Another health question is whether Splenda, while labeled as "suitable for diabetics," is in fact suitable. The presence of these two sugars, dextrose and maltodextrin, both of which are known to impact blood glucose levels, makes its safety for diabetics questionable, especially since its impact on diabetics has never been studied, says Turner.

Others point out that the marketing claims made for Splenda are misleading since its slogan "made from sugar so it tastes like sugar" implies the product derives from a natural substance when in fact sucralose is made from the chemical chlorine, not from sugar cane or any other plant source. Researcher and biochemist James Bowen, M.D., the author of *The Lethal Science of Splenda*, defines sucralose as a chlorinated synthetic sugar molecule. [Its] "being compared directly

to sugar [is] misleading and confuses consumers into thinking it's natural," states a complaint made against Johnson & Johnson by the New Zealand Advertising Standards Authority (ASA).

Saccharin

Saccharin, contained as "Sweet 'N Low" in soft drinks, and used as a sugar substitute, is a petroleum derivative that has been widely shown to have cancer-causing effects in animal studies. According to the Center for Science in the Public Interest, although the FDA tried to ban it in 1977, the industry successfully resisted the threatened ban and last year Congress removed the warning notice that "likely will result in increased use in soft drinks and other foods and in a slightly greater incidence of cancer."

Aspartame

Another popular sweetener, Aspartame, was originally developed as a drug for ulcers,

but is now found under the brand names NutraSweet, Equal, and several others. According to Citizens for Health, studies done over a ten-year period ending in 1995 gave conflicting results regarding this chemical. Research paid for by Searle, Aspartame's manufacturer, declared the product safe, while other studies, done by non-industry sources, raised serious concerns.

According to Turner, Aspartame consumers have complained of headaches, dizziness, blurred vision or blindness and skin eruptions. Over 100 side effects have been reported. Turner also cites studies by Italian scientists who found that Aspartame contributes to the development of various cancers, including brain cancer. In fact, Turner claims, prior to approval it was known that this product could produce tumors in the brains of mice and seizures in monkeys, and that it could be converted into

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ILLUSTRATION BY EIHAN FEI III



Raw sucanat in the bulk aisle section

PHOTO BY ROD MORRISON

Sweetening...

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harmful substances such as formaldehyde. Yet, despite this disturbing information, the FDA approved Aspartame as an additive in 1974, only to be forced to reconsider its decision in the wake of scientific scrutiny. In 1980, a panel empowered by the FDA to re-evaluate Aspartame blocked its sale until the incidence of mice tumors could be explained. In November 1980, the president of Searle, the current Secretary of Defense Donald Rumsfeld, joined President-elect Ronald Reagan's transition team. Shortly after, Turner reports, the job of FDA Commissioner went to a Defense Department contract researcher, who overturned the panel's decision. In 1983, he okayed Aspartame for use in soft drinks. Shortly afterward, according to Citizens for Public Health, this policy maker came under fire for accepting corporate gifts, and left the FDA to work at Searle.

Complaints from consumers using the product began circulating on the Web soon afterwards. By 1985 there were 650, Turner reports; there are now over 10,000. The Centers for Disease Control identified several specific subjects whose symptoms commenced with their beginning consumption of the artificial sweetener, and stopped with their discontinuing consumption of it. However, these CDC studies were later discounted by the FDA, and soon afterwards Pepsi Cola announced it would use NutraSweet in its soft drinks, making the product a household word—despite ongoing studies that found it to be a carcinogenic agent.

Current efforts by the citizens of New Mexico to block the sale of NutraSweet in that state are being fought by the Bush administration, whose FDA Commissioner is proposing new legislation that would make it illegal for states to pass stricter controls than the federal government—under the proposed uniform food labeling law. Coop members interested in supporting the right to state-by-state labeling to assure more complete health information can check the Citizens for Health website for updates on that legislation at www.citizens.org.

While preserving these legislative freedoms is vital, so is avoiding potential carcinogens and harmful agents. Currently, the Coop does not explicitly ban Aspartame- or Splenda-containing products, although only a few products available at the Coop contain them. Health-conscious consumers can readily find other options for sweetening. In addition to organic sugars, there are many natural products; however, nearly all sweeteners

have a moderate to high glycemic index, which means that they raise blood sugar levels nearly as rapidly as do sugar and HFCS. While this undesirable metabolic activity most impacts diabetics and the overweight, it's a concern for everyone else as well. That's why reducing the consumption of sweeteners is the ultimate goal. Meanwhile, at the Coop, shoppers have multiple options of sweeteners and brands in most categories. (Please note that in the following examples, the glycemic index classification is not yet available for all products.)

1. Sucanat—Made from dehydrated cane juice, Sucanat is similar to sugar, but retains some of the nutrients and flavor stripped in the refining process. Though 4% less sweet than refined sugar, it still has a high glycemic index. *Coop availability:* In bulk.

2. Barley Malt—Though it too has a high glycemic index, some sources claim that dietary fiber slows its absorption, but I have not been able to substantiate that claim. *Coop availability:* Eden Barley Malt—not a popular item, according to Coordinator Janet Schumacher.

3. Stevia—Derived from a South American shrub, stevia is not absorbed via the digestive tract, making it both non-caloric and also low glycemic. However, it does have a strong after-taste. Because the FDA has classified it as an unapproved food additive, it cannot be sold as a sweetener, but it can be sold as a dietary supplement. Although stevia has been widely promoted as a healthy sweetener, the Center for Science in the Public Interest does not advise its use because lab tests of animals revealed cancer-causing effects. *Coop availability:* Sold in supplement section.

4. Agave Nectar—Made from the juice of a cactus-like plant, this honey-like substance is 25% sweeter than sugar, so that lower amounts can be used, its producer claims. However, where it ranks on the glycemic index is debatable. *Coop availability:* Sweet Cactus Agave Nectar; Raw Choice Agave; Madhava Agave Raw. Agave is the third most popular "natural" sweetener, according to Janet.

5. Rice Syrup—Rice syrups and other grain syrups like



More alternatives for sugar: Brown Rice Syrup, Stevia Extract, Barley Malt, Lo Han Sweet

Caution: Infants under one year old should never consume honey in any form due to the presence of *Clostridium botulinum*, the bacterium that causes botulism. Although heating does not destroy this bacteria, the high sugar content of the honey prevents the spores from germinating, so that it's considered safe for healthy adults. However, the gastrointestinal tracts of young infants promote spore germination.

7. Blackstrap Molasses—Has 65% sucrose (sugar) content in comparison to refined sugar, which has approximately 99%. It contains measurable amounts of iron, calcium, magnesium and potassium, making it more nutritious than most sweeteners. *Coop availability:* Wholesale Blackstrap Molasses. This is not a popular item.

10. Maple Syrup—Made from the boiled sap of sugar maple trees, maple syrup comes in grade A, a thinner sweeter product, and grade B, darker and richer in flavor due to a higher mineral content. [Ed. note: Grade B maple syrup is illegal to sell in NYS.] Some processing techniques may cause lead and/or formaldehyde to leach into the syrup, according to Dr. Joseph Mercola; however, organic brands are free from that concern. Maple syrup has a high glycemic index. *Coop availability:* Coombs Organic Maple Syrup. Maple syrup is the second most popular natural sweetener.

While most of these natural sweeteners do raise blood glucose levels, using them in modest amounts may be preferable for non-diabetics



Packets of Sweet 'N Low

PHOTOS BY ROD MORRISON

FOOD DRIVE
to benefit
CHIPS Soup Kitchen

Saturday, July 8
Sunday July 9
from 9:00 – 5:00



CHIPS Soup Kitchen, located at 4th Avenue and Sackett Street, is the recipient of much of our edible but unsaleable perishable food. They also need donations of non-perishable foods. Consider donating something from the "Do" list below at the collection table outside the Coop. This food will go to CHIPS to help them feed people in the neighborhood who are in need of a nutritious meal.

Do Contribute

Non-Perishable Foods and
Commercially Packaged Foods

- Canned Fish
- Canned Fruits & Vegetables
- Pasta Sauce
- Pasta
- Pre-packaged Rice
- Pre-packages Beans
- Canned Beans
- Canned Soups
- Parmalat Milk
- Dry Milk
- Peanut Butter
- Boxed Raisins

Don't Contribute

Perishables
Items from bulk bins & silos
Items packaged in the Coop

- Refrigerated foods
- Frozen foods
- Tea
- Sweets
- Juice (bottles or juice packs)
- Baby Food
- Crackers

BEST ECO-CHOICE



Presented by the Environmental Committee

Eco-Tip: Bulk is Best

Buying bulk food helps to save the environment while saving money. Avoid buying metal cans of mushy beans and water when fresh cooked is so much better! And bring reused plastic bags to reduce environmental impact even closer to zero.

DISCIPLINARY COMMITTEE REPORT

Working It Out: A Case Study from the Disciplinary Committee

Keep It Civil

By Curtis March for the Disciplinary Committee

As announced in a previous issue of *The Linewaiters' Gazette*, we—members of the Disciplinary Committee—are publishing a series of articles to keep the Coop members informed about how our committee functions.

For example, while news about all hearings is published in the *Gazette* most cases that come before our committee are resolved long before they arrive at the hearing stage, often through discussion with both parties and a variety of problem-solving methods. These, too, take time to unravel and are always handled with care.

The following example of one such case has been culled from a number of situations. All characters are fictitious.

Jack, a longtime Coop member, came to the Coop to work his shift and shop. The Squad Leader, Peter, told him he was suspended and could work, but couldn't shop. Jack said he'd recently made up a double shift that mustn't have been recorded, and therefore, he *would* be able to shop. He took a pen and the sign-in book, brought it to a corner, and began flipping through pages.

Peter, concerned Jack might somehow be altering the sign-in book, said he couldn't take it and look through it. (While there is no explicit rule about who can review the book, over the years, members have changed its contents on occasion, to reflect they'd worked when

they hadn't. Consequently, Squad Leaders are encouraged to maintain control of the book.) Jack said he was just trying to find the entry indicating he'd worked. Peter said he'd have to clear that up with the office. Jack said the office was closed. Peter said that wasn't his concern; what *was* his concern was that Jack was flipping through the book over in a corner and it wasn't permissible; he couldn't shop until he straightened things out with the office. Jack banged the counter, made a number of offensive remarks, and went to work his shift. Peter filed a complaint, and we investigated.

First, we contacted Peter and asked what happened. "He was really angry," Peter said. "I asked him for the book and he wouldn't give it to me. I don't know what he was doing; he *said* he was looking for an entry so he could shop, but he didn't seem interested in working with me or hearing what I had to say. I told him he had to take it up with the office. I don't need people slamming their fists down and cursing at me. It's ridiculous."

We spoke to Jack. "I've been a member of the Coop a long time," he said, "Nothing like this has ever happened. I'm a good member. My family and I *like* it here. We like it so much, that even after moving to Brewster, we still come here to shop."

"So, it was frustrating when I got here and found I *couldn't*. My wife was in Minnesota on business, and I

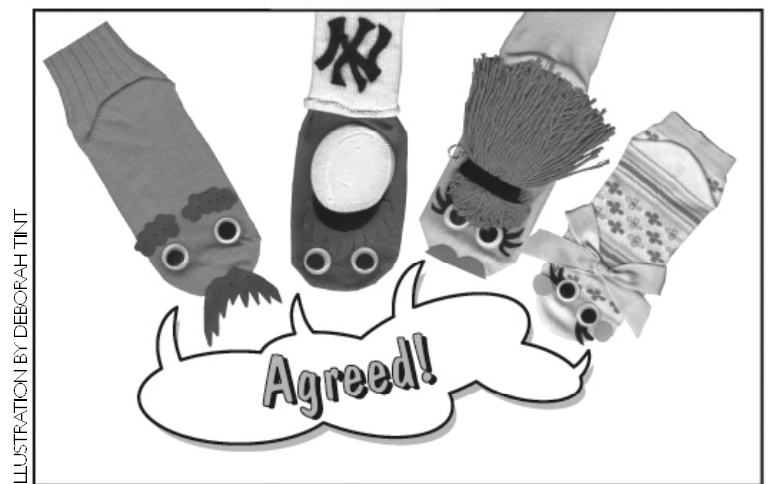
wanted everything squared away for her return. I wanted to make her a nice dinner. I wanted the shopping done. Although my daughter was sick, I made arrangements for a sitter.

"Then, when I got here, the Squad Leader told me I was suspended. So, I tried to look through the book to prove I was cleared to shop. He started yelling at me for the book. He said something about it being irrelevant, but it was noisy and chaotic, and he didn't know what I was looking for, so I just wanted to sort through it and fix it. Why can't I look at the book? It was maddening, and I was frustrated and angry, but I wasn't cursing *at* him. Yes, I know I shouldn't have banged my fists."

"I've been a member of the Coop a long time," he said, "Nothing like this has ever happened. I'm a good member."

We spoke to various witnesses who said Peter, while stern, didn't yell and conducted himself appropriately. We corroborated the fact that it was a very busy time at the Coop. Peter admitted that while Jack had cursed, he hadn't actually cursed *at* him. We discovered the office had *not* yet logged Jack's double shift, and he should have been able to shop.

From our perspective, Peter hadn't done anything wrong. He hadn't yelled. As far as he knew Jack *was* suspended. Jack hadn't clearly



communicated his dilemma and could have better detailed the specifics of his situation. Peter could have explained only the office could have cleared this matter up under any circumstances; a squad leader wouldn't know *why* any member had been suspended, only that a suspension had occurred. Better communication would certainly have prevented any conflict.

We also understood Jack's frustration. He'd fulfilled all his obligations and, had the office processed his information, would have been able to shop. However, Jack had known he'd been suspended, and if he'd called the Coop in advance, just to make sure he was cleared for shopping, he would have, at best, been able to arrange it so he could shop, and at worst, avoided a long, needless trip. In any event, he could have been more civil upon his arrival at the Coop.

We conveyed our findings to both Jack and Peter. Once Peter understood the full situation, he became more sympathetic and realized under identical circumstances, he, too, would have been frustrated. Jack was gratified we'd understood his situation, and, on reflection, realized he'd behaved badly. We arranged for Jack to contact Peter by phone, at the Coop. After a brief discussion, Jack offered an apology, which Peter accepted.

There are many rules and procedures in the Coop, and in individual cases, they may seem almost arbitrary. The vast majority of us are very responsible Coop members. We value our membership. We act with the best of intentions. But the procedures are in place to ensure the Coop runs smoothly; they protect *all* of us, as well as the Coop, and, consequently, they must be applied evenly. When we become members, we agree to abide by them. While they may not always be to our liking, we follow them so we can enjoy all the benefits that go with Coop membership. ■

WEEKEND PROGRAMS

Saturday, July 8 and Sunday, July 9

The following programs will happen within four days of publication of this issue. For full information...

—please see the ads in the June 8 and 22 issues of the *Gazette*, or
—pick up copies of the flyers in the Coop, or
—go to the Coop website, foodcoop.com

Sat, July 8

10:30 Public Speaking
3:00 Thinking Outside the Computer Box
7:00 Alcohol Can Be a Gas

Sun, July 9

12:00 Eating for Energy

7 ELEMENTS FOR UNREASONABLE* SUCCESS IN BUSINESS



IN THIS 90-MINUTE WORKSHOP FOR ENTREPRENEURS AND PROFESSIONALS, YOU WILL:

- DEFINE A CRYSTAL CLEAR VISION,
- LEARN HOW TO CREATE A POWERFUL 90 DAY PLAN,
- DEVELOP INTENSE DETERMINATION,
- SET UP AN AWESOME SUPPORT STRUCTURE,
- IMPLEMENT A SMART STRATEGY,
- USE A SYSTEM TO DEAL WITH OBSTACLES, AND
- CREATE A TEAM THAT TAKES CARE OF EACH OTHER

*UNREASONABLE, BY ACHIEVING FAR BEYOND WHAT IS CONSIDERED REASONABLE.



STEFAN DOERING speaks to and coaches entrepreneurs in 10+ countries, helping them create unreasonable success in their businesses. He is also writing a book and teaches entrepreneurs at Columbia University on how to achieve this in 90 days. Stefan is a COOP member since 1989.

FREE
Non-members welcome

Friday, July 14
7:30-9 pm at the Coop

Views expressed by the presenter do not necessarily represent the Park Slope Food Coop

An Introduction to Your Power Codes

with Power® Coach Martin™

In this fascinating workshop, Power® Coach Martin will teach you how number analysis can be used to realize the hidden wealth in your first name and birthday.

Did you know there are indelibly coded in your name and birthday?

- Dating
- Life purpose
- Unique talents

This workshop will be interactive. Come prepared to listen, learn, get involved and have fun!

Radio personality and Coop member Power® Coach Martin coaches executives, professionals, and individuals to use their Power Codes™ for more power and success. He has practiced number analysis for 20 years.

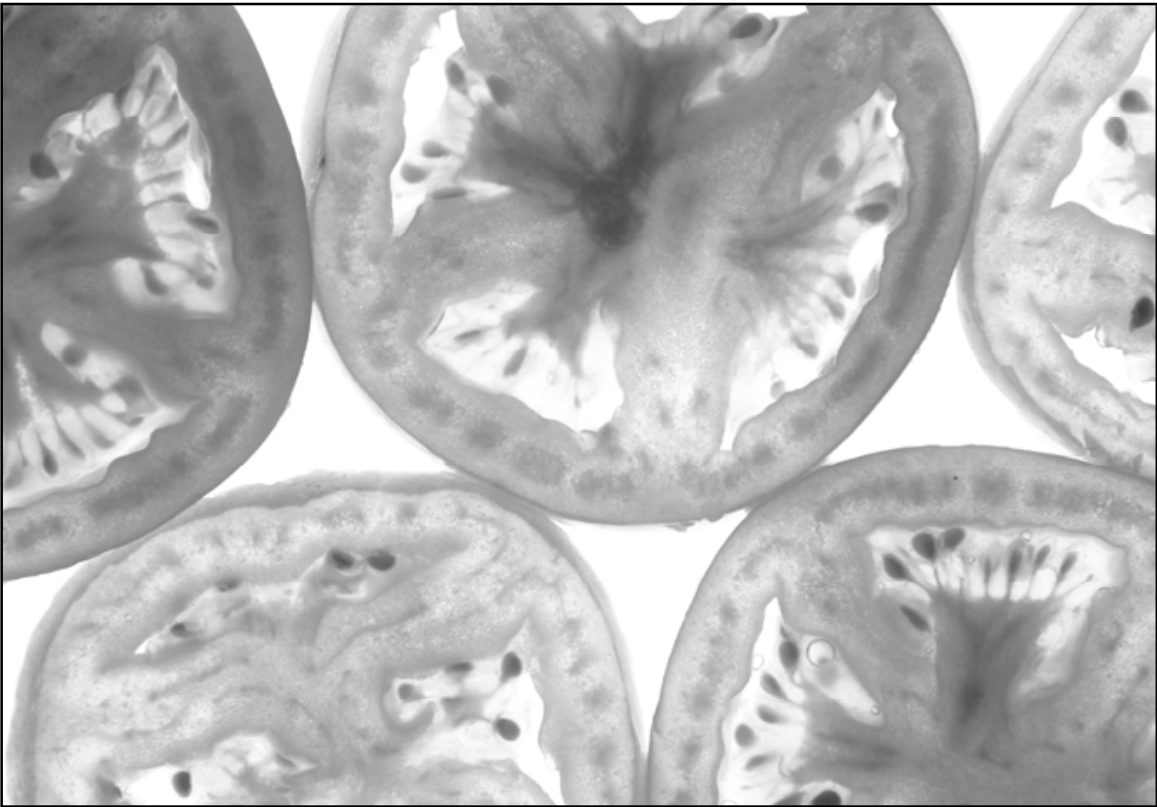
FREE
Non-members welcome

Saturday, July 15
9:30 a.m. at the Coop

Views expressed by the presenter do not necessarily represent the Park Slope Food Coop

It's a Fruit...

CONTINUED FROM PAGE 1



Juicy slices of tomatoes



Cherry tomatoes, ready for the picking



Ready for the table

bly linked to those annoying and wasteful little packages of ketchup that squirt on your clothes when you try to open them. There are endless uses for this fruit, I mean vegetable. Wait a minute... Which is it?

In America, it took the Supreme Court to resolve this question—many say incorrectly. Botanists claim that a fruit is any fleshy material that covers a seed; and so by that definition the tomato is clearly a fruit...a gigantic berry, to be exact. But in a bizarre decision, in 1893, the court held that a New York man importing tomatoes from the West Indies could not claim they were duty-free. Forget science: since tomatoes were used primarily as vegetables, the justices reasoned, they should be taxed like one. (Does this mean if I put nasturtiums on my salad, they're a vegetable too?) It was a short century from there to the Reagan administration's attempt in 1981 to count ketchup as a vegetable when arguing for budget cuts for federally financed school lunch programs that satisfy the requirements for vegetable content of student lunches. (The suggestion was widely ridiculed, and the proposal was killed.)

Heirloom Tomatoes

Tomato plants are self-pollinating, which means they don't have sex with their neighbors very often. As a result, tomato seeds tend to remain identical genetically over many generations. A favorite variety would be kept in a family or community and passed down, literally becoming a family heirloom. If you look through a garden catalog, like the one put out by Silver Heights Farm in the Catskills, you'll find interesting pedigrees. There is the Eva Purple Ball, a juicy tomato that comes from "Joe Bratka's grandfather, in the late 1800s Black Forest Region of Germany." Or try the Paul Robeson, a "dark red with dusky dark green shoulders," that originates from a Moscow seeds woman named Marina Danielenko. Coop General Coordinator Allen Zimmerman says the Coop, with its commitment to biodiversity, has been purchasing heirloom tomatoes for years, even before they became fashionable. The bulk of our supply comes from organic Hepworth Farms in New York State. Among the heirlooms Allen arranges Hepworth to grow for us are the Moscovich, a tomato with a flattened shape that originates from Siberia, grows well in cool weather (not surprisingly!), and is noted for its intensely delicious flavor; Green Zebra, a stippled fruit that is sweet with a tart undertone; and Black Krim, a dark brown red, with a hint of saltiness, that originates from Krymsk on

the Black Sea. The tomatoes we sell at the Coop are arguably the best money can buy. Tomatoes need to ripen on the vine for maximum flavor and should not be chilled. The ones we purchase are organic, grown locally within 150 miles and even when they arrive at the store, never refrigerated. They're at the peak of their flavor, "a lot better," Allen pointed out, "than those pink plastic things that seem like they're made in a tube."

A Brief History of the Tomato

With all the talk of Moscow, Siberia, Paul Robeson and the Black Sea, you might conclude tomatoes originated deep in Mother Russia. You couldn't be more wrong. The tomato was first cultivated in the Andes Mountains and can be traced to the early Aztecs. Wild tomatoes are found from the northern tip of Chile in the south, to Ecuador in the north, and on the Galapagos Islands. Along with gold and treasure, tomatoes were brought back to Europe by the Conquistadores, and quickly accepted in Southern Europe. (Within a few centuries they would be hurled at underperforming actors across the continent.) The tomato was adopted more easily by poor people than wealthier folks. The reason is somewhat arcane: Better-off people used flatware and dishes made of pewter, which has a high-lead content. When they ate foods high in acid, like tomatoes, the lead leached into the food and made them sick. Poorer people, on the other hand, ate from wooden plates. In the nineteenth century, with mass emigration from Europe to America and the blending of cultures, the tomato drifted back across the Atlantic, and also began to permeate the division of classes. Another factor—momentous as we know for all subsequent human history—was the invention of pizza in Naples by a baker in the 1880s, supposedly to celebrate a royal visit by creating a food made up of the colors of the Italian flag—red (tomatoes), white (mozzarella) and green (basil).

Why Heirlooms?

When the potato blight hit Ireland in the 1840s, there was virtually no biodiversity; the blight took out the entire crop, killing a million people through starvation and driving another million to emigrate. The Southern Corn Blight in the 1970s took out 15% of the U.S. crop and in some areas half of all the corn growing. That occurred because 76% of the corn hybrids were based on only six parent lines, a far too narrow genetic base. By not conserving biodiversity, thousands of varieties of unique vegetables and fruits

PHOTOS BY ROD MORRISON

have been lost to us. In the early 1900s, for example, nearly 7,000 types of apples existed in this country. Today, there are fewer than 1,000. A similar pattern exists for most fruits and vegetables. And it is not just flavor, or protection from pests, that is diminished. Since so many of our medicines come from plants, the disappearance of genetic material is an incalculable loss to science.

All good reasons to support heirlooms. The names of those now blossoming for us in Hepworth's fields are as colorful as the tomatoes are—among them, Prudence Purple, Striped German, Wonderlight, Debrano, Rose, Sungold, Red Washington, Sweet One Hundreds, Azychka, Black Pear, Gem Grape, Persimmon, Martian giant, Red Peace Vine, Pomodoro and Tommy Toe.

How to Pick 'Em

Fragrance, more than color, is a good indicator of a flavorful tomato, especially when picking organic heirlooms, which tend to have an earthy-looking exterior. Smell the stem end. It should have the distinctive aroma of the plant. ■



A beautiful tomato

Tomatoes galore



PHOTOS BY ROD MORRISON



SAFE FOOD COMMITTEE REPORT

News about Genetically Modified Foods

By Aline Wolff for the Safe Food Committee

The Safe Food Committee supports non-toxic, non-genetically modified, sustainable agriculture, produced with fairness from seed to table, that is good for our bodies, our communities and our environment.



Wal-Mart and Organic Food

The NY Times Magazine of 6/4/06 featured a story about the potential impact of Wal-Mart's decision to start selling organic foods at Wal-Mart. According to the author, Michael Pollan, Wal-Mart's commitment to selling organic foods at 10% above non-organic food prices is likely to mean that the foods they sell would be industrially

produced. One important aspect of organic foods as we know them at the Coop means food produced as locally as possible, and with sustainable practices. To follow up on this, a national boycott of organic milk produced through giant intensive feedlot dairy farms has been organized. According to the organic watchdog organization Cornucopia Institute, these feedlot farms

provide the cows with genetically modified food and inject them with antibiotics. Horizon Organic and Aurora Organic are named by the organization behind the boycott, the Organic Consumers of America. These two brands provide milk labeled as organic to such stores as Wal-Mart, Costco, and Safeway. Check this website for more information about how to protest this: www.democracynaction.org/dia/organizationsORG/oca/campaign.jsp?campaign_KEY=3567.

To find out more about Michael Pollan's recent work, which makes much of the information about giant agribusiness clear and accessible, a detailed interview with him by Grist Magazine (an online source for environmental news and commentary) is available online at www.grist.org/news/maindish/2006/05/31/roberts/.

Cotton Growing: Effects of Genetically Modified Plants

From India, where the genetically modified BT cotton plant developed by Monsanto may be as much as 50% of the cotton planted in some areas, new reports indicate that goats and sheep grazing

on harvested cotton fields have been dying in significantly higher numbers than average. This information comes from www.ndtv.com, an Indian news/communication website. Better news about cotton comes from the Organic Business News of May 2006. It reports that organic cotton product sales have increased about 35% annually worldwide, and 55% a year in the United States. The nonprofit group Organic Exchange in Oakland, CA, said U.S. sales of organic cotton products rose from \$86 million in 2001 to \$275 million in 2005, while global sales increased from \$245 million in 2001 to \$583 million in 2005.

Organic Meat Sales

According to Farm Week, a publication of the Illinois Farm Bureau, organic meat sales grew by 55% in 2005. With organic food sales expected to be a \$16 billion market in 2006, it's clear that this market is just too big for the major food corporations to ignore. This information comes from a recently released preliminary report by the Organic Trade Association.

Starbucks and Its Products

Organic Bytes, an online information source produced by the Organic Consumers Organization, described a boycott of Starbucks an-

nounced for June 19-25. According to their research, Starbucks serves milk for its coffee products that has been treated with Bovine Growth Hormone. And, despite their claim to support Fair Trade coffee growers, currently the Fair Trade coffee sold there represents no more than 4% of their total coffee sales.

Genetically Modified Trees

The Dominion Newspaper, a Canadian grassroots publication, recently reported on a new effort at reforestation using genetically modified trees. The United States currently is the largest stakeholder in the effort to produce genetically modified trees, conducting two-thirds of the world's research. Canada has also been testing genetically modified black spruce, white spruce and poplars since 1997. At this time, genetic research on trees focuses on developing methods to make growing, harvesting and processing trees (fruit and nuts, also) more "efficient." According to Ann Petermann of Global Justice Equality, current experiments with BT (a naturally occurring pesticide) will have devastating consequences on the environment. To find out more about this, check the Dominion's website at dominionpaper.ca/environment/2006/05/20/the_new_ch.html. ■

COOP HOURS

Office Hours:

Monday through Thursday
8:00 a.m. to 8:30 p.m.
Friday & Saturday
8:00 a.m. to 5:00 p.m.

Shopping Hours:

Monday–Friday
8:00 a.m. to 10:00* p.m.
Saturday
6:00 a.m. to 10:00* p.m.
Sunday
6:00 a.m. to 7:30* p.m.

*Shoppers must be on a checkout line
15 minutes after closing time.

Childcare Hours:

Monday through Sunday
8:00 a.m. to 8:45 p.m.

Telephone:

718-622-0560

Web address:

www.foodcoop.com

LINEWAITERS' GAZETTE

The *Linewaiters' Gazette* is published biweekly by the Park Slope Food Coop, Inc., 782 Union Street, Brooklyn, New York 11215.

Opinions expressed here may be solely the views of the writer. The *Gazette* will not knowingly publish articles which are racist, sexist, or otherwise discriminatory.

The *Gazette* welcomes Coop-related articles, and letters from members. A "Member Submissions" envelope is in the *Gazette* wall pocket near the exit of the Coop.

SUBMISSION GUIDELINES

All submissions MUST include author's name and phone number and conform to the following guidelines. Editors will reject letters and articles that are illegible or too long. Submission deadlines appear in the Coop Calendar opposite.

Letters: Maximum 500 words. All letters will be printed if they conform to the published guidelines.

Voluntary Articles: Maximum 750 words.

Submissions on Paper: Double-spaced, typed or very legibly handwritten.

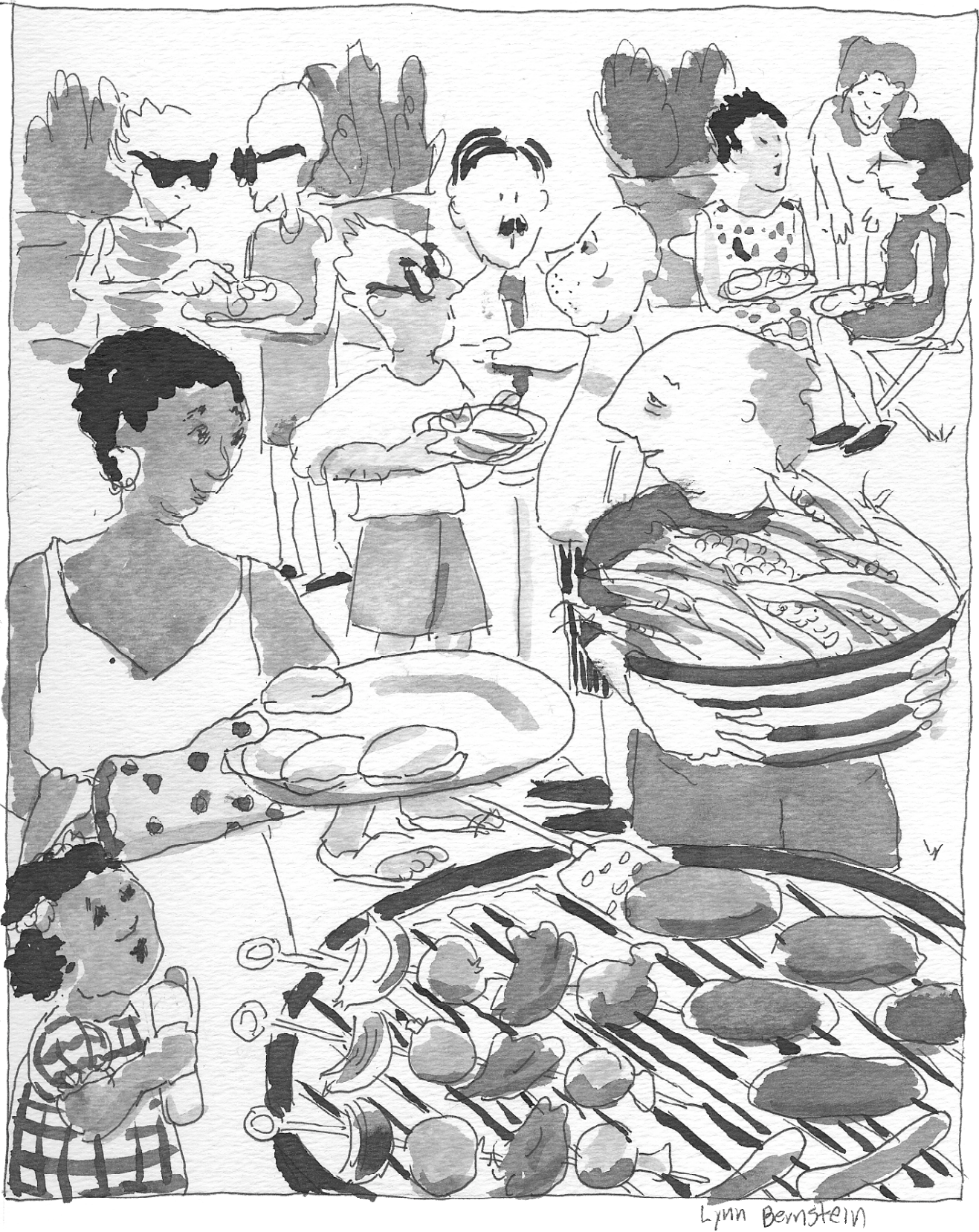
Submissions on Disk & by Email: We welcome digital submissions by disk or email. Email to GazetteSubmissions@psfc.coop.

Classified & Display Ads: Ads may be place on behalf of Coop members only. Classified ads are prepaid at \$10 per insertion, business card ads at \$20. (Ads in the "Merchandise–Non-commercial" category are free.) All ads must be written on a submission form (available in this issue and at the front of the Coop). Classified ads may be up to 315 characters and spaces. Display ads must be camera-ready and business card size (2"x3.5").

Recipes: We welcome original recipes from members. Recipes must be signed by the creator.

Subscriptions: The *Gazette* is available free to members in the store. Subscriptions are available by mail at \$18 per year to cover the cost of postage (at 1st class rate because our volume is low).

Printed by: Prompt Printing Press, Camden, NJ.



Puzzle Corner

Contributions from members are welcome. Please sign your entries. Answer is on page 15.

Topic: Celestial Seasonings Teas

The code used on the list below is a simple letter substitution. That is, if "G" stands for "M" in one word, it will be the same throughout the list.

H Z E Y R G E H O P Z W
W G O Y H O W G P O
C Z E V O M Y F R I Z
I W O E C Z W W D O F F M Z
A R E V Z W
J O E R M M O T O A Z M E X H
Y M Z Z F D H R P Z
C M X Z C Z W W D
U R M K C Z W W D A R E V Z W
O M P G E K Y X E Y Z H
I O L L Z R E Z L W Z Z
I G X E H W D F Z O I T
Y F R I Z
P O E K O W R E G W O E V Z
Y F R I

This Issue Prepared By:

- Coordinating Editors: Stephanie Golden
Erik Lewis
- Editors (development): Erik Lewis
Joan Minieri
- Reporters: Michael Esterowitz
Alison Levy
Ed Levy
- Art Director (development): Eva Schicker
- Illustrators: Lynn Bernstein
Ethan Pettit
Deborah Tint
- Photographers: Rod Morrison
- Traffic Manager: Barbara Knight
- Text Converters: Peter Benton
Diana Quick
- Proofreader: Margaret Benton
- Thumbnails: Barbara Jungwirth
- Preproduction: Patricia Stapleton
- Photoshop: Terrance Carney
- Art Director (production): Joe Banish
- Desktop Publishing: Ruby Levesque
Patricia Stapleton
Michael Walters
- Editor (production): Lynn Goodman
- Final Proofreader: Janet Mackin
- Post Production: Becky Cassidy
- Index: Len Neufeld

COOP CALENDAR

New Member Orientations

Monday & Wednesday evenings: . . . 7:30 p.m.
Wednesday mornings: 10:00 a.m.
Sunday afternoons: 4:00 p.m.
Be sure to be here promptly—or early—as we begin on time! The orientation takes about two hours. Please don't bring small children.

Gazette Deadlines

LETTERS & VOLUNTARY ARTICLES:

Jul 20 issue: 7:00 p.m., Mon, Jul 10
Aug 3 issue: 7:00 p.m., Mon, Jul 24

CLASSIFIED ADS DEADLINE:

Jul 20 issue: 10:00 p.m., Wed, Jul 12
Aug 3 issue: 10:00 p.m., Wed, Jul 26

Plastic Recycling

- **2nd Saturdays**, noon–2:00 p.m.
- **3rd Thursdays**, 7–9:00 p.m.
- **last Sundays**, 10:00 a.m.–noon
- Plastics #1, 2, 4, only those *not accepted by* NYC, plus plastic shopping bags
- Plastic #5 (from dairy products only)
- All Clean & Dry!



General Meeting

TUE, JUL 25

GENERAL MEETING: 7:00 p.m. The agenda will appear in the next issue. Agenda flyers will be available Friday, July 7 in the entryway of the Coop .

THU, AUG 1

AGENDA SUBMISSIONS: 8:00 p.m.
Items submitted will be considered for the August 29 GM.

The Coop on Cable TV

"Inside the Park Slope Food Coop"

FRIDAYS 1:00 p.m. with a replay at 9:00 p.m.
Channels: 56 (TimeWarner), 67 (CableVision).

A listing with specific programming may be on the Community Calendar page overleaf.



ALL ABOUT THE GENERAL MEETING

Our Governing Structure

From our inception in 1973 to the present, the open monthly General Meetings have been at the center of the Coop's decision-making process. Since the Coop incorporated in 1977, we have been legally required to have a Board of Directors. The Coop continued the tradition of General Meetings by requiring the Board to have open meetings and to receive the advice of the members at General Meetings. The Board of Directors, which is required to act legally and responsibly, has approved almost every General Meeting decision at the end of every General Meeting. Board members are elected at the Annual Meeting in June. Copies of the Coop's bylaws are available at the Coop Community Corner and at every General Meeting.

Next Meeting: Tuesday, July 25, 7:00 p.m.

The General Meeting is held on the last Tuesday of each month.

Location

The temple house of Congregation Beth Elohim (Garfield Temple), 274 Garfield Place.

How to Place an Item on the Agenda

If you have something you'd like discussed at a General Meeting, please complete a submission form for the Agenda Committee. Forms are available in the rack near the Coop Community Corner bulletin board and at General Meetings. Instructions and helpful information on how to submit an item appear on the submission form. The Agenda Committee meets on the first Tuesday of each month to plan the agenda for the GM held on the last Tuesday of the month. If you have a question, please call Linda Wheeler in the office.

Meeting Format

Warm Up (7:00 p.m.)

- Meet the Coordinators
- Enjoy some Coop snacks
- Submit Open Forum items
- Explore meeting literature

Open Forum (7:15 p.m.)

Open Forum is a time for members to bring brief items to the General Meeting. If an item is more than brief, it can be submitted to the Agenda Committee as an item for a future GM.

Reports (7:30 p.m.)

- Financial Report
- Coordinators' Report
- Committee Reports

Agenda (8:00 p.m.)

- The agenda is posted at the Coop Community Corner and may also appear elsewhere in this issue.

Wrap Up (9:30-9:45)

(unless there is a vote to extend the meeting)

- Meeting evaluation
- Board of Directors vote
- Announcements, etc.

Attend a GM To Receive Work Credit...

Since the Coop's inception in 1973, the General Meeting has been our decision-making body. At the General Meeting (GM) members gather to make decisions and set Coop policy. The General-Meeting-for-workslot-credit program was created to increase participation in the Coop's decision-making process.

Advance Sign-up Required:

To be eligible for workslot credit, you must add your name to the sign-up sheet located in the ground floor elevator lobby. On the day of the meeting sign-ups are allowed until 5p.m. and the sign-up sheets will be located in the Membership Office all day. On the day of the meeting, come to the Office to add your name to the list and to receive your information packet. Some restrictions to this program do apply. Please see below for details.

Two GM attendance credits per year:

Each member may take advantage of the General-Meeting-for-workslot-credit program two times per year.

Certain Squads are omitted from the Program:

You may attend the GM for credit only if you are a member of a Shopping, Receiving/Stocking, Food Processing, Office, Maintenance, Inventory, Construction, and FTOP committee. Other Squads are omitted either because covering absent members is too difficult or attendance at the GM is already part of the workslot's responsibility.

Attend the entire GM:

In order to earn workslot credit you must be present for the entire meeting. GMs typically run from 7:00 p.m. - 9:45 p.m., though they occasionally run longer.

Childcare is provided at the General Meeting location:

To request that childcare be provided for your child at the meeting, you must notify a paid staff Office Coordinator in the Membership Office at least one week prior to the meeting date.

Sign the Attendance Sheets at the Meeting:

During the GM an attendance book will make its way around the room. Please sign

your name in this book. After the meeting the Chair will provide the Workslot Credit Attendance Sheet. You must also sign this sheet in order to receive credit.

Being Absent from the GM:

There is no penalty if you sign-up for the meeting and then cannot attend. We do ask that you try to keep the sign-up sheet current and remove your name if you know cannot attend. Please do not call the Membership Office with GM cancellations.

If you are on an ABCorD shift and are "ACTIVE" for work on the night of the meeting:

You will be given an FTOP credit for attendance at the meeting. You are not required to use this credit at a particular time. However, to use this credit you must follow the Coop's rules for "Using Banked FTOP Time" that are explained in a flier available in elevator lobby literature racks and in the Membership Office.

If you are on an ABCorD shift and owe a make-up on the night of the meeting:

The GM attendance credit will automatically be applied as a make-up.

If you are on FTOP:

Recording of your attendance at the meeting and an FTOP shift credit will be applied to your FTOP record after you have attended the meeting.

Consider making a report to your Squad after you attend the meeting:

you can help inform other members about current Coop issues, the GM in general and the GM-for-credit program in particular by making a brief report about your GM experience. You can make this report the next time you meet with your squad or, if you are on FTOP, the next time you work on any Squad. Generally these reports work best as part of a squad end-of-shift meeting. ■



COMMUNITY CALENDAR

Community calendar listings are free. Please submit your listings in 50 words or less by mail, the mailslot in the entry vestibule, or GazetteSubmissions@psfc.coop. Submission deadlines are the same as for classified ads. Please refer to the Coop Calendar in the center of this issue.

**Denotes a Coop member.*

FRI, JUL 7

ASIAN AMERICAN WOMEN ARTISTS Alliance Movie Series. A Soul haunted by Painting. Chinese painter Pan Yuliang (played by Gong Li) was raised in a brothel and later rescued by a man who married her to be his concubine... AAWAA Gallery, 136 15th St. Bklyn. 718-788-6170. 7PM. By donations.

SAT, JUL 8

ASIAN AMERICAN WOMEN ARTISTS Alliance Movie Series. Nu Shu: A Hidden Language of Women in China. In Jian-yong county, Hunan province, peasant women developed a separate written language, called Nu Shu, meaning "female writing." Believing women to be inferior, men disregarded this new script, and it remained unknown for centuries. 718-788-6170. 7PM. By donations.

ROOFTOP FILMS Letters From the Other Side Video letters from Mexico tell the stories of women left behind. @ roof of The Old American Can Factory (232 3rd St @ 3rd Ave) Park Slope Indoors in rain 8PM: Music | 9PM: Films \$8 | \$5 Food Coop members w. ID (use discount code "Coop") www.rooftopfilms.com/show_06-letters.html

FRI, JUL 14

ASIAN AMERICAN WOMEN ARTISTS Alliance Movie Series. Colonel Jin Xing. China's Most Emblematic Transsexual...an extraordinary portrait of a Chinese ballet dancer who underwent one of the first sex change operations in China to become a woman. AAWAA Gallery, 136 15th St. Bklyn. 718-788-6170. 7PM. By donations.

SAT, JUL 15

ASIAN AMERICAN WOMEN ARTISTS Alliance Movie Series. Reunion. During the Cultural Revolution a daughter was given up for adoption to a farm family. Now, a parent herself, she journeys to

meet the father she never knew. AAWAA Gallery, 136 15th St. Bklyn. 718-788-6170. 7PM. By donations.

ROOFTOP FILMS Plagues & Pleasures on the Salton Sea A sea in the middle of a desert that is even more unusual than you would imagine. @ roof of The Old American Can Factory (232 3rd St @ 3rd Ave) Park Slope Indoors in rain 8PM: Music | 9PM: Films \$8 | \$5 Food Coop members w. ID (use discount code "Coop") www.rooftopfilms.com/show_06-ppss.html

FRI, JUL 21

BROOKLYN RAW FOOD PROGRAM & POTLUCK: Guest speaker, Raw food author & Chef Paul Nison, will address what works, what doesn't; how to avoid common pitfalls, get most nutrients & thrive, lose weight & gain energy; and more! 7:30 p.m. at the Coop, \$3 donation and a dish to share. www.live-food.com.

FRI, JUL 28

ASIAN AMERICAN WOMEN ARTISTS Alliance Movie Series. East Wind West Wind: Pearl Buck. The extraordinary life of Pearl Buck (1892-1973), the child of missionaries she became one of the most popular American writers of the 20th Century, especially for her best-selling novel, The Good Earth. 718-788-6170. 7PM. By donations.

SAT, JUL 29

ASIAN AMERICAN WOMEN ARTISTS Alliance Movie Series. The Emperor's Eye: Art & Power in Imperial China. This spectacular film brings to light the priceless treasures of China's imperial art collection, relating them to the political climate of their time. AAWAA Gallery, 136 15th St. Bklyn. 7 PM. 718-788-6170. 7PM. By donations.

FRI, AUG 4

ASIAN AMERICAN WOMEN ARTISTS Alliance Movie Series. Chinese Foot Binding: The Vanishing Lotus. A young girl's feet were broken and bound inwards along the instep, a process that caused excruciating pain. AAWAA Gallery, 136 15th St. Bklyn. 718-788-6170. 7PM. By donations.

SAT, AUG 5

ASIAN AMERICAN WOMEN ARTISTS Alliance Movie Series. Women in China. A two-part documentary on the conditions of women in today's economically oriented Chinese society. It visits four diverse parts of China. AAWAA Gallery, 136 15th St. Bklyn. 718-788-6170. 7PM. By donations.

FRI, AUG 11

ASIAN AMERICAN WOMEN ARTISTS Alliance Movie Series. Nu Shu: A Hidden Language of Women in China. In Jian-yong county, Hunan province, peasant women developed a separate written language, called Nu Shu, meaning "female writing." Believing women to be inferior, men disregarded this new script, and it remained unknown for centuries. 718-788-6170. 7PM. By donations.

SAT, AUG 12

ASIAN AMERICAN WOMEN ARTISTS Alliance Movie Series. Sparrow Village. In a rural village of southwestern China a bevy of young girls yearn for an education. Their parents are poor and illiterate... Beautifully photographed in the lush mountain greenery. AAWAA Gallery, 136 15th St. Bklyn. 718-788-6170. 7PM. By donations.



Friday, August 4 • 7:00 p.m.
at the Coop



POPAGANDA

THE ART AND CRIMES OF RON ENGLISH

Popaganda is a feature length documentary about the artist, **Ron English**, who first gained fame in 1982 by surreptitiously reworking billboards to critique American society, risking arrest in the process. His career has had a wide trajectory, incorporating neo-surrealist paintings, staged photographs, street art and music, and he has become one of the most famed culture jammers in the world. To date, English has created over 1,000 illicit billboards and signs and is recognized as one of the leaders of the subvertising movement.

Filmmaker (and Coop member) Pedro Carvajal was first drawn to the culture-jamming network as a filmmaker documenting the works of Ron English and ArtFux, a culture-jamming network active from 1989-1992. Inspired by the movement, Pedro moved from observer to participant and began defacing tobacco and alcohol ads in New York City to protest the industries' attempts to lure young people. Read more at: www.popaganda.com.

A discussion with the filmmaker will follow.

Film Night organizer, **Trish Dalton**, can be reached at mail@trishdalton.com or 718-398-5704/718.398.5704.

Non-members
welcome

FREE

Views expressed by the presenter do not necessarily represent the Park Slope Food Coop

PARK SLOPE FOOD COOP
MISSION STATEMENT

The Park Slope Food Coop is a member-owned and operated food store—an alternative to commercial profit-oriented business. As members, we contribute our labor: working together builds trust through cooperation and teamwork and enables us to keep prices as low as possible within the context of our values and principles. Only members may shop, and we share responsibilities and benefits equally. We strive to be a responsible and ethical employer and neighbor. We are a buying agent for our members and not a selling agent for any industry. We are a part of and support the cooperative movement. **We offer a diversity of products with an emphasis on organic, minimally processed and healthful foods.** We seek to avoid products that depend on the exploitation of others. We support non-toxic, sustainable agriculture. **We respect the environment.** We strive to reduce the impact of our lifestyles on the world we share with other species and future generations. We prefer to buy from local, earth-friendly producers. We recycle. We try to lead by example, educating ourselves and others about health and nutrition, cooperation and the environment. **We are committed to diversity and equality.** We oppose discrimination in any form. We strive to make the Coop welcoming and accessible to all and to respect the opinions, needs and concerns of every member. We seek to maximize participation at every level, from policy making to running the store. **We welcome all who respect these values.**





COOP CRITIQUE

TO THE EDITOR:

The ‘training deficit’ certainly shows itself to those of us who remind people eating or feeding their kids while shopping in the Coop that it is against Coop policy. Without consistent reminders and explanation, folks become informal. WE PAY FOR FOOD, AND THEN WE EAT IT. If one is hypoglycemic or the children are cranky because they are hungry, please plan to snack before you come into the store. If someone reminds you of a rule, consider it help. As a squad leader and a 25-year member, I accept responsibility for self-governance and assume others will. It is preferable to cameras and security guards. Accept responsibility to maintain the rules, remind each other gently, and receive a correction with grace. Cooperation.

The Board of Directors elections have become dysfunctional. Only three members of more than 12,000 are willing to run. Two candidates have the approval of the General Coordinators, or management. Apparently, the Coordinators select the Board.

I was defeated in the ‘97 elections when, for the first time in 24 years, the Coordinators broke tradition and used the proxies they had been collecting each year (to reach the quota of 100 votes at the yearly meeting required by law) against my candidacy. I was selected by those voting at that meeting. I opposed expansion into the third building, and I had defended the decision of three Board members to vote against the GM during that year.

I defended the independent Board members because there was a critical issue of governance that entered the debate over expansion into the third

building. A referendum to buy had been held two years earlier, in ‘95, and had failed. Nevertheless, the Coordinators brought a motion to one General Meeting seeking authorization to begin negotiating a purchasing price with the owner of the building next door. [Editor’s Note: The agenda item of the October 29, 1996 General Membership Meeting stated: “To form a committee of 5 to 11 members and one General Coordinator to study the possibility of acquiring 784 Union Street.”] That vote would have contradicted the result of a referendum process that had lasted three years. So three brave Board members broke tradition of always approving GM results and voted against the GM. Those three were vilified mercilessly, and I was blackballed from serving. So now, in effect, we have no oversight nor check on management in the form of an independent Board of Directors.

Which brings up an even more distressing issue of participatory democracy and governance. All those who worked for Kerry note: On Rolling Stone’s website is an article by R.F. Kennedy Jr. that documents the corruption of the ‘04 presidential election in Ohio. Have we suffered a right wing coup d’etat when a second presidential election has been stolen?

“Power concedes nothing without a struggle.” (Frederick Douglas.) In small ways we each need to take responsibility to maintain order, on a community level to think about and participate in governance. And the big picture—What do we do now?

Susan Metz

DEFEATED

TO THE EDITOR:

I am writing this on June 26th, one day before I will be “defeated!” How come, after the ninth attempt, I don’t feel defeated?

In the June 8th issue it says “General Coordinators Endorse Board Candi-

dates.” This empty, nattering and evasive statement includes many weasel words and much weasel thought.

The logic of what they are saying: Any other government (which we have never tried) is bad for the welfare of the Co-Op. That is, *disagreeing with them* is bad for the Co-Op. That’s all this nasty slander says. It’s like the Preamble to the Constitution says we have a right to make a revolution, but they say we don’t.

Of their five bulleted points, I most like “[Audrey and Imani] understand the relationship between the General Meeting, the Co-Op organizational structure and the Co-Op’s management.” Actually, I hope they don’t understand it because if they do, they are advocating tyranny. The General Meeting allows management to claim we have a say in policy development when we don’t: No resolution that I know of in the history of the General Meeting has ever had a penalty for violating or ignoring it, and the Managers can form any committee they want, without even asking the General Meeting—such as the crucial Video Squad and the *Gazette*—the eyes and ears of the Co-Op! And helpfully—as if there wasn’t already enough latitude—they put out a policy sheet allowing committees to have any rules they want. The members of the Personnel Committee, for example, are appointed for life, and the Environmental Committee does not bring its members to the General Meeting for approval, meaningless though that may be.

And don’t forget, management already has a member on the Board—one of only six! How much power do they want? The fact is, they have it all, so this just makes them more insecure because there just isn’t anything else they can get. It’s like a man who has only \$200 million meeting a man who has \$300 million. Or beating a dead horse. Or, of course, the most universal analogy: Shooting fish in a barrel!

It is saying that I am in some nebulous way against the Co-Op, or that I haven’t worked for our benefit, when all I want is to change something that is bad for us in a number of insidious and very nasty ways.

In solidarity and defeat, — :) — Albert
718-768-9079, Hobces@yahoo.com

SAFEGUARDING ORGANIC STANDARDS

TO THE EDITOR:

In March 2006, Organic Bytes (Organic Consumers of America’s [OCA’s] electronic newsletter) subscribers voted 96% to 4% in an online survey to launch a boycott against two of the largest organic dairy companies in the nation, Horizon Organic (a subsidiary of Dean Foods), supplier to Wal-Mart and many natural food stores; and Aurora Organic, a supplier of private label organic milk to Costco, Safeway, Giant, Wild Oats and others. Horizon and Aurora, who together control up to 65% of the organic dairy market, are blatantly violating traditional organic standards by purchasing the majority of their milk from factory-style dairy feedlots where the cows are kept in intensive confinement, with little or no access to pasture. These same so-called “organic” dairy feedlots are also continuously

importing calves from conventional farms, where the animals have been weaned on blood, fed slaughterhouse waste and genetically engineered grains and dosed with antibiotics. In April and May of 2006 OCA submitted over 50,000 petitions signed by organic consumers to the National Organic Standards Board (NOSB), calling on the USDA National Organic Program to put an end to these practices. After widespread media coverage generated by the OCA and the Cornucopia Institute, millions of consumers are being alerted to this issue. A growing number of natural food stores and coops have begun to pull these bogus organic dairy products from their shelves. Learn more: www.organicconsumers.org/nosb2.htm

Rufus Cappadocia

GOOD MOVE

TO THE EDITOR:

I am writing to unqualifiedly recommend the services of a frequent advertiser in *The Gazette*, Top Hat Movers. Robert, the company owner, is a Coop member.

Top Hat moved me from Queens to Manhattan in early April. Their price was competitive (I’ll say more about price in a moment) and their service was extraordinary. If you can, move on a day when Chase, one of our Receiving Coordinators, is working his other job as Top Hat’s foreman. He took great care with my belongings and his attitude trickled down to everyone on the job.

All the crew members treated my stuff as if it were their own. They moved boxes considerately, yet efficiently; wrapped my furniture with thorough caution; and gave me an overall sense that my belongings were in good hands. Indeed, not a single thing arrived broken or damaged. What I own filled a 16-foot truck to capacity.

I realized on move day, as I listened to Robert talking price with a prospective client on his cell phone (as owner he’s not one of the crew), that price should not drive the decision of which mover to hire. A single broken piece can easily offset a couple, or even, several hundred dollar price difference. And good luck trying to collect compensation. You want someone who treats your household goods as they would their own. Top Hat did that for me.

I offer an example of their efficiency. I had to leave Queens to attend my closing. Top Hat finished the move-out and loading right on time so I wasn’t delayed. After closing I met the crew in Manhattan. I arrived to an entirely empty truck. Chase and his crew, using every available minute, had unloaded the truck and moved as much as possible right up to my 4th floor apartment door, just waiting for me to arrive with the key. What didn’t fit in the hallway, which was lined with boxes along one wall, was waiting in my lobby and just outside the building door. They had done as much as they possibly could while I was closing. I believe other companies would have sat around (with the hourly fee accruing) waiting for me to return, and then unloaded the truck.

Top Hat Movers’ work was exemplary. I highly recommend them.

Tony Martignetti

LETTERS POLICY

We welcome letters from members. Submission deadlines appear in the Coop Calendar. All letters will be printed if they conform to the published guidelines. We will not knowingly publish articles which are racist, sexist or otherwise discriminatory

The maximum length for letters is 500 words. Letters must include your name and phone number and be typed or very legibly handwritten. Editors will reject letters that are illegible or too long.

You may submit on paper, typed or very legibly handwritten, or via email to GazetteSubmissions@psfc.coop or on disk. Disks are returned through an envelope at the back of the *Gazette* submissions box.

Anonymity

Unattributed letters will not be published unless the *Gazette* knows the identity of the writer, and therefore must be signed when submitted (giving phone number). Such letters will be published only where a reason is given to the editor as to why public identification of the writer would impose an unfair burden of embarrassment or difficulty. Such letters must relate to Coop issues and avoid any non-constructive, non-cooperative language.



Design Your Own Workout

with Elizabeth Pango

Don't like going to the gym?
Work out at home.

Improve your strength & endurance with resistance training. Muscular skeletal alignment is one of the keys to a healthy, happy body. By learning how to use good form and technique with weight resistance training, you can improve your posture while building strength and endurance.

Your body has movement patterns much like trains of thought. By correcting faulty movement patterns, you can create efficiency in your body and lower the risk of injury.

Come learn how to weight train.

Elizabeth Pango is certified by the National Academy of Sports Medicine. She has been a private personal trainer in Park Slope for four years and is a Coop member.

FREE
Non members welcome

Saturday, July 15
3:00 p.m. at the Coop

Views expressed by the presenter do not necessarily represent the Park Slope Food Coop

ANALYZE THE CORPORATION

with Mark Hugo-Montalvo

DON'T WORRY. BE HAPPY THAT IT'LL MAKE YOU LAUGH SOME.

The main Enron pled pipers have been sentenced. Enron was only the tip of the iceberg. However, in the acclaimed documentary from the co-director of Manufacturing Consent, Naomi Chomsky on the Media, 40 corporate insiders, like Ray Anderson the activist CEO, and others explore a major problem of our time and solutions to this pervasive institution. Based on the book by renowned law professor Joel Bakan.

Legislative Actions by groups like USPIRG, ACTUPH and the AFL-CIO will be available, and books will be on display for discussion.

Bring any books to inform, and attack, too.

10 Huckabone-style comedy excerpts will also be shown.

Mark Hugo-Montalvo is a long time PS Food Coop member with a degree in Biological Anthropology, work experience in nonprofit and social services, an actor and activist, and founder of the thehugomontalvo.com/activist-democracy-action-centers.

FREE
Non members welcome

Saturday, July 15
7:00 p.m. at the Coop

Views expressed by the presenter do not necessarily represent the Park Slope Food Coop

Why Your Blood Type Matters

with Vivian Bandyman

Eat right for your blood type. Discover the foods that leave you feeling light and energetic, not bloated and lethargic.

- Get relief from chronic health conditions.
- Avoid premature mental and physical deterioration due to aging.
- Lose weight
- Reduce stress
- Eliminate anxiety and depression.
- Gain clarity and avoid "Brain Fog"

Feel right in your body, your mind and your world.

Vivian Bandyman is a graduate of the Institute for Integrative Nutrition and certified from the American Association of Chiropractic Practitioners. She has been practicing nutrition and giving cooking classes on healthy choices for balanced meals for the past 20 years. She has been a member of the Coop for seven years.

FREE
Non members welcome

Sunday, July 16
7:00 p.m. at the Coop

Views expressed by the presenter do not necessarily represent the Park Slope Food Coop

Happy, Healthy Travels

with Michelle Zassenhaus

In this one-hour interactive workshop, learn practical techniques for keeping a healthful balance away from home — eating, traveling, and enjoying new places.

As a board certified Wellness & Nutrition Consultant, Michelle Zassenhaus helps groups and individuals achieve greater overall wellness through gradual changes in lifestyle and nutrition. She is also a proud member of the Park Slope Food Coop.

FREE
Non members welcome

Saturday, July 22
10:00 a.m. at the Coop

Views expressed by the presenter do not necessarily represent the Park Slope Food Coop

ARE WE SAFE INSIDE?

with Carolyn Melnick

"Indoor air pollution is America's Number One Environmental Health Concern. Fifty percent (50%) of all illness is caused by indoor air pollution." Environmental Protection Agency

- Does your family have frequent colds?
- Allergies? Asthma?
- Are pets at fault?
- Is our office making us sick, too?
- How about daycare or school?
- Is inside air worse than outside?
- Why is our tap water so bad?
- Why does one in four NYC kids have asthma?

Can we do anything about any of this?

Find the answers and see where it all comes from. Learn tips and possible preventative measures, solutions and sources.

Carolyn Melnick is a long time member of PSFC. She is an Indoor Environmental Consultant whose expertise is in the invisible indoor air and water pollution that affects our

FREE
Non members welcome

Saturday, July 22
1:00 p.m. at the Coop

Views expressed by the presenter do not necessarily represent the Park Slope Food Coop

Forgiveness

WITH MORAIMA SUAREZ

Is there someone you need to forgive?

Holding on to feelings of hurt, guilt, resentment, blame, anger and the need to punish binds up a lot of your own energy and keeps you locked in the past, instead of being fully present.

The Forgiveness Process allows you to release these negative feelings and completes your own healing.

LEARN TO:

- Forgive yourself and others
- Focus and use the power of unconditional love
- Align your head and your heart
- Use the power and energy of love to relieve stress
- Participate in a group unconditional love meditation

Moraima Suarez is a Coop member, certified Holoeenergetic® Healing Practitioner, certified Bowen Therapist, and Reiki practitioner. She has studied and practiced the healing arts for over 20 years and her healing practice is in the Park Slope vicinity.

FREE
Non-members welcome

Saturday, July 22
4-6:00 p.m. at the Coop

Views expressed by the presenter do not necessarily represent the Park Slope Food Coop

INTRO TO MUSHROOMS 101

with Terry-Anya Hayes

Fantastic, beautiful, delicious, deadly — how many mushrooms do you recognize? Can you tell a Chicken Mushroom from a Hen-of-the-Woods? A yummy Agaricus from its look-alike, the Destroying Angel?

Expand your inner field guide! Join herbalist and mushroom enthusiast Terry-Anya Hayes for an introduction to the world of fungi, including:

- Gorgeous slides
- Overview of mushrooms and mushrooming
- Safety tips
- Medicinal and nutritional information

Coop member Terry-Anya Hayes leads plant and mushroom walks in New York and throughout New England. She is a past president of the New York Mycological Society.

FREE
Non members welcome

Saturday, July 22
7:00 p.m. at the Coop

Views expressed by the presenter do not necessarily represent the Park Slope Food Coop

Cooking with Essential Oils

Enjoy this Delectable Menu on a Hot, Sultry Summer Day with recipes incorporating 100% pure therapeutic grade essential oils with fresh, organic ingredients offered at the PSFC. Not only are these recipes refreshingly cool and delicious — but, they are therapeutically healthy to eat.

Today's Menu

- Chilly Strawberry Soup
- Orange Avocado Salad
- Cold Rice Pudding with Whipped Cream
- Seasoned Nacho Chips with Fresh Mango Salsa
- Apple Time

Beverages

- Peppermint Cooler
- Lavender Lemonade
- Ningxia Ice Tea

Teri Gorbea is a Coop Member since 2002, Aromatherapy, Certified Personal Trainer and Bodyworker. Denise Galon is a professional opera singer, Healing Minister in Aromatherapy, Chinese Energetic Medicine and Chinese Herbology.

served by Teri Gorbea and Denise Galon

FREE
Non members welcome

Sunday, July 23
12:00 p.m. at the Coop

Views expressed by the presenter do not necessarily represent the Park Slope Food Coop

Yoga Basics: Developing a Home Practice Salute the Sun

Developing an intelligent home practice benefits the body, mind, and wallet!

This class will focus on the sun salutes, with considerable time spent exploring possible variations, and modifications.

All levels are welcome to attend.

Please bring a mat, wear comfortable clothes, and remember yoga is best practiced when barefoot. Try to come with an empty stomach and an open mind!

Coop member Elise Espat, RYT, teaches regular yoga classes, workshops, and courses in Brooklyn and Manhattan.

FREE
Non members welcome

Saturday, July 29
10-11:00 a.m. please arrive early

Views expressed by the presenter do not necessarily represent the Park Slope Food Coop

Find peace from within by changing
your personal Core Belief through:

Theta Healing

Saturday,
August 5
5:00-7:00 p.m.
at the Coop

with
Kokichi Yamamoto

Kokichi Yamamoto is a Coop member and has practiced healing arts for over thirty years in Japan, Europe and the United States. He is dedicated to developing and practicing methods to assist in people's emotional healing.

FREE
Non members welcome

■ Theta Healing is a deep meditative state that slows down the mind and eliminates personal blockages and negative thoughts.

■ We will practice how to reach Theta State and receive guidance and healing energy from the Higher Self.

The session will include live demonstrations of Theta Healing and Core Belief work.

For example, we will change negative thoughts such as: "I am deep within me, such as: 'I do not love myself, I do not believe in Higher Self and I do not deserve to be happy' into positive thoughts such as 'I love myself, I believe in Higher Self, and I deserve to be happy.'"

Views expressed by the presenter do not necessarily represent the Park Slope Food Coop.

Daniel McGowan: "Eco-Terrorist" Threat – or FBI Scapegoat? with family & friends of Daniel McGowan

December 2005, FBI arrests environmental activists nationwide, accuses them of "eco-terrorism" and labels them "America's #1 Domestic Terrorist Threat."



Among those arrested, Daniel McGowan: activist and former Coop member. The government charged the individuals with practically every earth and animal liberation case left unsolved in the Northwest U.S. Daniel has pled not guilty to all charges, and is facing a minimum of life in prison if convicted. The stakes are high, and Daniel needs support.

The stakes are high, and Daniel needs support.

- * Learn the facts: Daniel McGowan, activist – not terrorist
- * View a short film: #1 Terrorist Threat?
- * Support Daniel McGowan – action

Sarah Fouly has been a Coop member since 1993, when she moved into a Cooperative house in Ft. Greene. Daniel and Sarah were roommates and friends at the Cooperative house for almost four years. Coop member Annie Grunow is also a friend and former housemate of Daniel. Sean Flaherty has worked with Daniel on numerous activist campaigns since 2002.

FREE
Non members welcome

**Saturday, July 29
3:00 p.m. at the Coop**

Views expressed by the presenter do not necessarily represent the Park Slope Food Coop.

LETTERS TO THE EDITOR

CONTINUED FROM PAGE 11

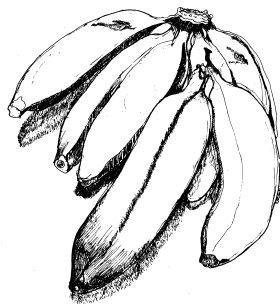
LABELS

TO THE EDITOR:

Tucked away in the *Gazette's* article about glucosamine and chondroitin is the mention that it may be a problem for those allergic to shellfish, but the kosher and vegetarian among us (there are lots of us!) would also avoid any such supplement on these grounds.

Since the kosher/vegetarian status of supplements is not as intuitive as that for most products (and I'm sure there are many members, like me, who agonize over the small print on the various labels just to see "is there gelatin listed?"), I would propose that this information be included on shelf labels.

Janet Gottlieb



BANANAS

My breakfast wouldn't be complete
Without a fresh banana to eat.
It's just the right material
To go with milk and cereal.
Bright as the sun and shaped like the moon,
The slices float onto my spoon.
But lately too many banana bits
Are making the cereal have fits.
Look at this bowl, so full of stuff.
Some fruits don't know when enough's enough!
The problem is, bananas have grown
To the size of a yellow telephone
Pole. Much too, much too, much too large—
Why, one's enough to fill a barge.
And once you peel it, everyone knows,
It has to be eaten, or there it goes.
Something needs doing about the peel,
Which coils up like a sleeping eel.
Banana, mine, I love your taste
But hate being tempted to dump, a waste.
So Coop guys, please ask the shipper:
How 'bout bananas with a zipper?


Leon Freilich

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To Submit Classified or Display Ads:

Ads may be placed on behalf of Coop members only. Classified ads are prepaid at \$10 per inser-
tion, business card ads at \$20. (Ads in the "Merchandise-Non-commercial" category are free.) All
ads must be written on a submission form (available in this issue and at the front of the Coop). Clas-
sified ads may be up to 315 characters and spaces. Display ads must be camera-ready and business
card size (2"x3.5").
Submission forms are available in a pocket on the front wall of the Coop near the exit door.

BED & BREAKFAST

BEAUTIFULLY FURNISHED GUEST
SUITE accomodates 1 or 2 people,
located in a grand Victorian Brown-
stone on park block, center slope.
Amenitites include private, all new
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OPENING AUG. 1! New from The
House on 3rd St. The 6th St. & the
Park B+B. Beautiful floor-thru in per-
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CHILD CARE

GREAT CHILD CARE—Attention
deficit-friendly! Experienced
mom/nanny and former preschool
teacher, I am competent, creative,
funny and attuned with all kids, but
especially kids gifted with AD/HD.
Part-time, flexible, occasional
evenings possible, Park Slope pre-
ferred. 718-369-6278.

CLASSES/GROUPS

RELATIONSHIP SUPPORT GROUP. A
safe, open, co-ed forum to improve
communication; deepen self-under-
standing; reduce isolation; and
explore how you can have more
rewarding relationships. Led by an
experienced psychotherapist. To
learn more, call Gary Singer, LCSW, at
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CAMPING COOPERATIVE seeks new
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www.campersgroup.org

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every Wednesday fom 7:30 to 9:30
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Knowledge is power. Admission is
free. Valuable for 1st time and experi-
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FREE QI GONG CLASS (Chinese
therapeutic exercise). Wednesday
mornings 7 AM in JJ Byrne Park, 5th
Ave. & 3rd St. Call 718-309-0432 for
more info or just drop in! Class will
run through August. Beginners wel-
come.

COMMERCIAL SPACE

PROFESSIONAL OFFICES available.
Ideal for massage therapist,
acupuncturist, psychotherapist, etc.
Be part of a holistic center, either in a
beautiful Soho section or in an excel-
lent Brooklyn neighborhood. Doctor
will introduce all patients to you. For
information call 212-505-5055.

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BUSINESS OPPORTUNITY. Earn lots
of money. No buying or selling. It's
very simple. Seriously interested
please call 718-437-0018.

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SOUTH SLOPE—1 BR apt. on quiet
tree-lined street with trees out every
window. Near F, M, R trains. Top floor
of 2-family house. Comes with sweet
cat and use of my bike. July 15-
August 27 (dates flexible). Rent pro-
rated based on \$1300/mo. plus
utilities. Call Tasha. 917-613-4207.
Non-smokers only.

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ABSOLUTELY FREE! Get a high-
quality water filter system for free
with the purchase of replacement
carbon block filters. If you're tired of
buying bottled H2O or poor quality
H2O filters consider this fantastic
offer by the respected Multi-Pure
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Denise at 718-435-3169.



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NONCOMMERCIAL**

FOR SALE: Bookcases, 3 unit white
melamine, 30 W, 12 deep, 69 high ea.
w/ closed compartment, \$50 for 3;
Breuer style Director's Chairs, lite
gray leather & chrome, 3 in great con-
dition, \$50 each (new \$150); Bamboo
Headboard, full; Bamboo Chair.
Negotiable. 718-965-2184

FOR SALE: Like new Burley D'Lite
bicycle trailer, 1 yr. old, barely used,
complete w/stroller attachment,
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burn D-100 acoustic guitar, Korg
electric tuner, Alfred's beginner book;
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spaces as all pieces fit under loft bed
if desired 718-788-6782.

Braun 10-cup coffeemaker, \$15; vin-
tage table radio (wood, solid-state,
circa 1960), \$50 or BO; gold-plated
jewelry signed by artist (vintage),
\$20-40. Call 718-768-1598.

VINTAGE RATTAN SOFA and chair.
Pale green frame with botanical print
cushions. New cushions and new
covers with zippers. Classic, sturdy
and comfortable. \$500. Call
646-641-1855, 718-230-5914.

NORDIC TRACK—works great, stores
upright, \$25. Babbyjogger—16" tires,
great condition, \$35. Train table—
lightweight pine play table for toy
train sets like Thomas or Brio, easy to
move and store upright, \$25. 28"
rolling suitcase (Macy's brand) with
inline wheels, great condition, \$15.
Call Linda at 718-857-8458.

LEATHER CHAIR for sale: large, over-
stuffed-style, burgundy leather with
saddle stitching. Excellent condition.
\$200. Call 646-641-1955.

PEOPLE MEETING

PARK SLOPE WOMEN'S GROUP-Join
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conversation, movies, potlucks, etc.
Email parkslopowomen@yahoo.com

PETS

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Bureau.

IF IT'S NOT BROKE don't fix it! But, if
it is "Call Bob" - every kind of fix-it.
Carpentry-Plaster Work-Plumbing-
Tiles-Phone Lines. Also: shelves,
closets, doors hung, etc. If it's broke,
call 718-788-0004. Free Estimate.

SPRING YOUR FLOORS TO LIFE by
sanding and refinishing! Floor
mechanic will install, repair, refinish
wooden floors. Reasonable prices.
Good references. Call Tony @ home
718-484-7405. Cell phone
917-658-7452.



SERVICES

ATTORNEY-EXPERIENCED Personal Injury Trial Lawyer representing injured bicyclists & other accident victims. Limited caseload to ensure maximum compensation. Member of the NYSTLA & ATLA. No recovery, no fee. Free consult. Manhattan office. Park Slope resident. Long time PSFC member. Adam D. White 212-577-9710.

ATTORNEY-PERSONAL INJURY EMPHASIS. 28 yrs. experience in all aspects of injury law. Individual attention provided for entire case. Free phone or office consultations. Prompt, courteous communications. 19-year Food Coop member; Park Slope resident. Tom Guccione, 718-596-4184.

ORGANIZER/COLOR CONSULTANT I give families in small spaces room to breathe and I help you find your way out from under your stuff. Home, office, closet and document organizing, interior arranging and color consulting. Strategies to keep the clutter from returning. Coop member, NAPO member Joyce Szulflita 718-781-1928.

NEED AN ELECTRICIAN? Call Art Cabrera 718-965-0327. Celebrating 34 years in the electrical industry. Brownstone specialist, troubleshooting, small jobs, total electrical renovations and rewiring, old wiring, fans, etc. Don't wait till summer to install your AC lines. Original Coop member, residing in P.S. since '72, born in Bklyn.

MADISON AVENUE HAIRSTYLIST in Park Slope one block from coop-by appointment only. Please call Maggie at 718-783-2154 at a charge of \$50.

COMPUTER HELP-Call New York Geek Girls. Crashes, viruses and spyware; networking; setup; upgrades; training; etc. On-site or pickup/drop-off. References available. Long-time coop member. Call 347-351-3031 or email info@NYgeekgirls.com.

HOME/OFFICE ORGANIZING. Interior design/staging. Exp'd Interior Designer works with you at all levels to create the environment of your dreams. From clearing clutter to rearranging to total renovations Living Spaces will change the look and energetics of your space. Call Mark Schrader 201-330-8535 for rates/appts.

PAINTING-PLASTERING+PAPER-HANGING-Over 25 years experience doing the finest prep + finish work in Brownstone Brooklyn. An entire house or one room. Reliable, clean and reasonably priced. Fred Becker - 718-853-0750.

ATTORNEY landlord/tenant, estate planning & LGBT law. Free phone consultation. Know your rights. Protect your family. 14 yrs experience. Long-time Coop member. Personal, prompt service. Melissa Cook, Esq., 16 7th Ave, 718-638-4457, 917-363-0586. Melissacesquir@aol.com. Discount for Coop members.

DO YOU NEED someone to look after your cat? Reliable teenager and her mom available for cat sitting. Call Julie Wintrob at 917-974-3889. \$20 a day.

SERVICES-HEALTH

HOLISTIC DENTISTRY in Brooklyn (Midwood) & Manhattan (Soho). Dr. Stephen R. Goldberg provides family dental care utilizing non-mercury fillings, acupuncture, homeopathy, temporo-mandibular (TM) joint therapy & much more. For a no-obligation free initial oral examination, call 212-505-5055. Please bring X-rays.

HOLISTIC PHYSICIAN with over 12 years experience using natural methods to treat a wide range of conditions including allergies, digestive disorders, endocrine conditions, female problems, depression, fatigue and cardiovascular problems. Insurance reimbursable. Medicare accepted. Margie Ordene, MD 258-7882.

PSYCHOTHERAPY: IT'S ABOUT LEARNING, clarifying and enhancing your repertoire. It's conversations using resources already present, though not yet noticed. It's about useful confusion, predictable uncertainty. Curious about this approach? Call for consult. Licensed psychologist. Greenwich Village. 718-398-2498.

HOLISTIC DOCTOR in Naturopathy stimulates body's natural ability to heal chronic conditions, allergy, skin, muscle, cancer support with homeopathy, physical & chelation therapies, bioenergetic acupuncture, lab tests, hair analysis & more. Research Director. 20 years exp. As Featured in Allure Magazine. Dr. Gilman 212-505-1010

HYPNOTHERAPY & NLP. Release phobias, become a non-smoker, improve creative and athletic performance, discover your passion, build confidence, be successful, enjoy life. Call Tracy Atkinson, Certified Hypnotherapist, 718-596-4779 or tracyatkinson@gmail.com.

VACATIONS

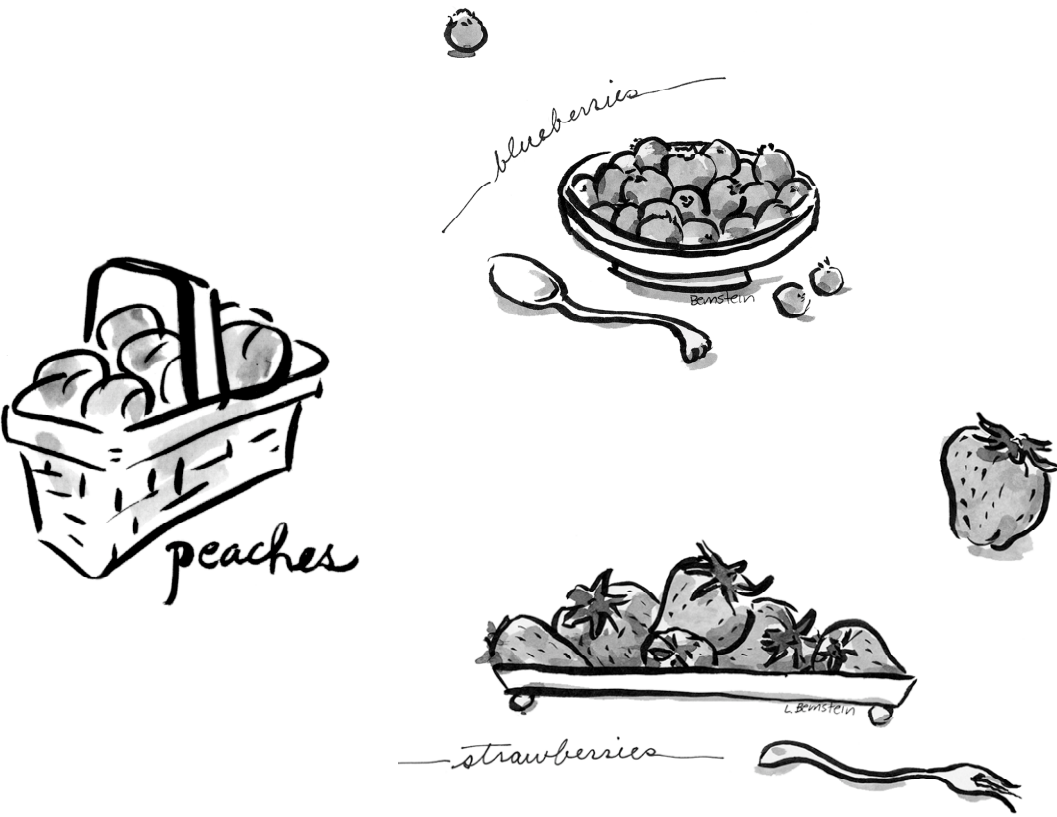
STRATTON VERMONT RENTAL COTTAGE. Private 6-acre property with views of Stratton Mountain. Swimming at brook on property. 3-BR, 1-BA cottage (sleeps 6-8). Dogs OK. Pictures available. \$500/wk. Call Jason at 617-233-5058. Email: strattonvacation@yahoo.com



WHAT'S FOR FREE

FREE INITIAL ORAL EXAM in holistic dental office for all Coop members. X-rays are strictly minimized so bring your own. Dr. Goldberg's non-mercury offices in Soho or in Midwood section of Brooklyn. For info please call 718-339-5066 or 212-505-5055.

FREE TICKETS for concerts for true classical music lovers only. Lincoln Ct., Carnegie, etc., on short notice sometimes. 10-20 concerts available each year. \$10/yr management fee. For more info, call: 212-802-7456.



Summer Spritzer


ADVERTISE ON THE WEB

If your ad would benefit from broader exposure, try the Coop's web page, www.foodcoop.com. The ads are FREE.

Answer to Puzzle on page 8

Tension Tamer, Roastaroma, Bengal Spice, Cranberry Apple Zinger, Vanilla Hazelnut, Sleepy Time, Blueberry, Wild Berry Zinger, Almond Sunset, Caffeine Free, Country Peach Spice, Mandarin Orange Spice

WORKSLOT NEEDS



Signage Committee

The Signage Committee is a group of graphic designers and sign fabricators who are working together to upgrade all the signage in the Coop. We have installed the new aisle signs and the "Express/Regular" checkout line signs, and we are working on a number new projects.

We generally meet the first Monday of every month, at 7:00 p.m. at the Coop. We are looking for self-motivated, detail-oriented people with graphic design skills who are proficient in Illustrator, Indesign and Photoshop. We need members who work as commercial artists or graphic designers or who have experience working with environmental graphics or digital printing.

Please submit your resume, website address and/or examples of your work to Jess Robinson. (jess_robinson@psfc.coop).

New Member Orientation

We are looking for energetic people with a teaching or training background who can work Sundays, 3:30 p.m. – approximately 6:00 or Monday or Wednesday evenings, 7:00 p.m. – approximately 9:30. Orienters lead sessions every six weeks alternating on the third week in between to be available as back for emergency coverage.

Workslot credit will be given for training sessions. An annual meeting of the full committee is part of the work requirement.

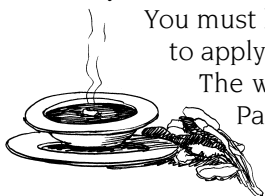
Soup Kitchen

Mondays, Tuesdays or Saturdays 11:15 a.m. – 2:00 p.m. This team puts the finishing touches on the food preparation and serves the mid-day meal.

Monday, 9:00 – 11:15 a.m. Food preparation.

You must have an excellent attendance record to apply.

The work is at CHIPS (Christian Help in Park Slope, 200 4th Avenue.




Reporters

Please Apply

Job Description

We have four distinct *Gazette* teams — each producing an issue every eight weeks. You will develop and produce an article about the Coop in cooperation with your team's editor every eight weeks.



Seeking to Diversify the Gazette Staff

The *Gazette* is looking for reporters. We are interested in using this opportunity to diversify our staff. We believe that we can enrich the quality of the *Gazette* and serve the membership better with a reporting and editing staff that more closely resembles the mix of Coop members.

For More Information

If you would like to speak to an editor or another reporter to learn more about the job, please call Linda Wheeler in the office.

To Apply

Please send a letter of application and a writing sample to the office. Your letter should state your qualifications, your Coop history, relevant experience and why you would like to report for the Coop.

Your application will be acknowledged and forwarded to the coordinating editors, Stephanie Golden and Erik Lewis.

WELCOME!

A warm welcome to these new members. We're glad you've decided to be a part of our community.

Diana Abdelfattah	Robbie Goffin	Kara O'Connell-Williams
Patricia Adams	Valerie Goffin	Jared Olmsted
Roxane Aggrey	Rose Gomez	Elena Ostro
Angela Alverson	Molly Griffith	Iris Packman
Jason Atkins	David Gross	Robert Patrick
Kate Baird	Gabriele Gulielmetti	Lisa Patti
Amelia Baker	Frank Haines	Sarah Peck
Karl Banks	Danielle Heming	Josh Preble
Luis Banuelos	Kari Hensley	Kamau Ptah
Emma Barker	Nina Herzog	Nadhege Ptah
Michael Beck	Cory Hiar	Keelin Purcell
Meg Benfield	Christina Hill	Olivia Quiroz
Jan Beukelman	Taji Hill	Danielle Requa De Banuelos
Amalia Billig	Ali Hossaini	Craig Richards
Jan Bindas-Tenney	Betsy Houston	Eli Rios
Erica Blake	Pia Howitz	Gilberta Rivera
Keisha Booker	Sarah Hughes	Sihaya Roselle
Brian Brooks	Noah Isaacs	Bryan Rucker
Michaela Calabrese	Monique James	Nathan Salsburg
Joe Carr	Benjamin Jarrahi	Livia Sanchez
Rachel Carter-White	Mark Jobson	Elena Santogade
Kelsy Chauvin	Barry Kaplan	Joshua Saul
Anthony Chiarello	Frost Keaton	Suchitra Saxena
Aundre Chin	Debbi Klopman	Jeff Sheinkopf
Anders Coln	Courtney Krantz	Nazgol Shifteh
Jeanette Costa	Melissa Krinsky	Yuri Shimojo
Catherine Craig	Breon Krug	Jill Skoda
Margaret Crocker	Elizabeth Langston	Stephanie Sohns
Jackie Curley	Jennifer Lappegaard	Laura Spinale
Joan David-Chance	Liliana Leopardi	Juliana Stein
Brenda Davis	Allison Levine	Mike Stevens
Annie DeChung	Michael Liebskind	Paul Takeuchi
Jeff DeChung	Nancy Liebskind	Christopher Talbott
Henrietta Donoghue	Ellie Lippel	Jeffrey Trigilio
James Donohue	Fred Lisanti	Phyllis Trout
Maria Duckett	Sophia Loch	Bradach Walsh
Beverly Dunn	Cheryl Lowe	Cori Wapnowski
Lindsay Edgar	Emir Chris Lowe	Hannah Wells
Jane Elliott	Alex Magnan-Wheelock	Albert White
Erin Fae	Tara Marli	Wendy Whitesell
Brenna Farrell	Michael Mayo	Jamal Williams
Rochel Faygen	Melkiado McCalla	Sharon Williams
Zev Faygen	Christy McKinney	Wayne Williams
Katie Feola	Julie McNiven	Joan Williamson
Michael Flynn	Russell Meissner	Sara Winters
Ninfa Romano Forcina	Julie Miles	Polly Withers
Anikke Fox	Chude Mondlane	Lenni Wolff
Amber Galeo	Robert Montemararae	Harlan Wood
Cristina Gallo	Marva Murray	Callie Wright
Lalena Garcia	Carey Nava	Laura Wynter
Brett Garfinkel	Yvonne Nelson	Thomas Wynter
Sara Garner	Lindsay Nordell	John Youngblood
Michael George	Kristine O'Brien	Tanya Youngblood
Melissa Gibson	Paul O'Brien	Anna Zagol
Wills Glasspiegel	Alicia O'Connell	Amanda Ziskin

THANK YOU!

Thank you to the following members for referring friends who joined the Coop in the last two weeks.

Mariana Aslan	Jonathan Goldberg	Andreas Mendez-Penate
Johanna B.	Renee Gonzalez	Joan Moriarty
Whitney B.	Todd Graham	Leah Morrison
Wendy Bader	Rebecca Green	Kim Musler
Beth Baltimore	Steven Guidi	Mei Ng
Charlene Bannon	Ilene Guttmacher	Brianna Nichols
Rebecca Barnes	Whitney Hall	Terryl Owens
Belle Benfield	Sarah Hansen	Iris Packman
Wendy Benjamin	Lea Hardy	Marcy Pesner
Peter Barley	Emma Harrison	Terry Rectra
Magdalena Berger	Mike Harvkey	Jessie Reilly
Raj Bhavsar	Mark Hellerman	Lucinda Richard
Beth Miranda Botshon	April Herms	Shelley Rogers
Samantha Brown	Judy Hoffman	Alison Rona
Kiebpoli Calnek	Christine Holt	Kelly Ryan
Karin Campbell	Jared	Serge Shea
Kerry Carnahan	Jeremy M.	Michael Silverstone
Andrea Coles	Anthony Katchuba	Ethel Smith
Calvin Cooper	Alexis Katz	William Smith
Ami Cuneo	Noah Khoshbin	Helen L. Spiegel
Emma Diggs	Catherine Leonardo	Jeanne St. Hilaire
Donna	Matthew Love	Stefania Stewart
Laurel Dugan	Hillevi Loven	Donna Sturm
Janet Farrel	Gail Maceda	Michael Terry
Fern	Kanae Maeda	Josh Weil
Katherine Flynn	Elizabeth Mangum	Alethia Weingarten
Patricia Fox	Marina	Williams, Conor
Vanessa Fulston-Thomas	Sue McGuire	Ben Youngerman
Elizabeth Giddens	Elisa Mehl	Zawadi