

Established  
1973

# LINEWAITERS'

## GAZETTE



Volume AA, Number 15

August 31, 2006

## HEAT WAVE

By Ed Levy

"I can't explain it,  
don't understand it.  
I ain't never felt like this before!"  
—Linda Ronstadt\*

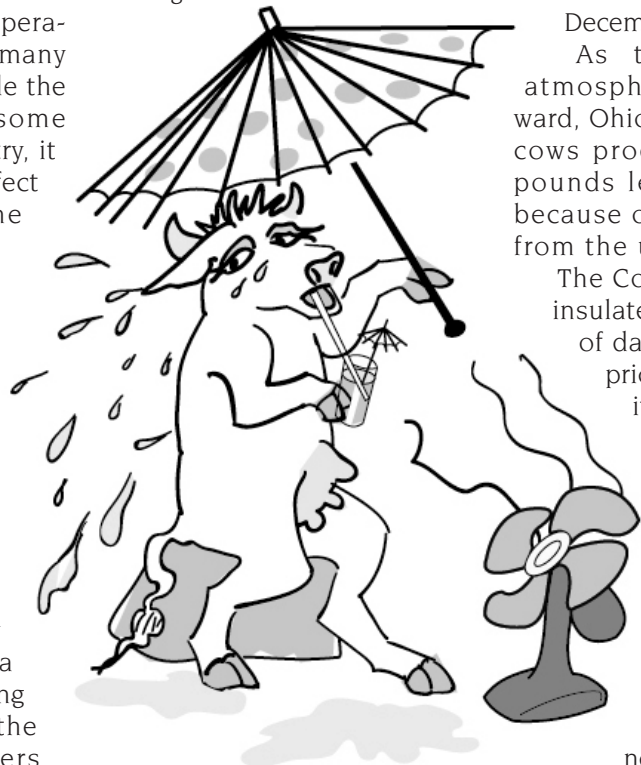
**T**he unprecedented midsummer heat wave that seared the country killed hundreds of human beings and a million or more livestock. The soaring temperatures also devastated many farm products. But while the weather drove up some prices across the country, it has so far had little effect on items sold at the Coop.

In California, the thermometer remained above 110 degrees for a record-breaking five consecutive days at the end of July. Crops withered in the fields, livestock died and farm workers could not work safely except in the very early morning. According to a newsletter put out during that period by one of the country's major growers, some shippers reported 50% reductions in their harvests. Spinach, a crop that is especially sensitive to heat, blistered and shriveled. Tomatoes split open, making them less desirable for use in products like salsa and ketchup. Walnuts literally cooked in their shells, and many of the peach, plum and nectarine crops were destroyed.

On August 1, the Coop received a broadcast email from one California shipper

*\*The song "Heat Wave" was originally written by the songwriting team Holland-Dozier-Holland for Martha and the Vandellas. H-D-H wrote many of the hit singles for Motown artists.*

stating, "Unfortunately the heat has finally done in the melons at Sierra; the remaining melons will not ship East Coast, and we will see if anything is useable for the West Coast." Agricultural experts speculated that "California farm losses could drive up national food prices in coming



months." By the time that email was written, the deadly, unrelenting heat was already traveling our way, like a macabre parody of all those fads that begin in California and spread east.

### Milk Production Down

The high temperatures killed 25,000 cows in California alone—and an estimated million or more chickens and turkeys. Those cows who survived the heat ate less and produced less milk, even though farmers sprayed them with misters and fanned them down. Some of the milk they did produce was so low in fat and protein levels, it was "just white water," one

California dairy farmer said.

"The cows make the most milk when they're the most happy, so we spend a lot of money trying to make them happy all the time," said Dino Giacomazzi, a farmer whose family has operated a dairy in central California since 1893. He doesn't expect his cows to return to normal until December.

As the furnace-like atmosphere drifted eastward, Ohio farmers reported cows producing about 10 pounds less milk per day because of the heat, down from the usual 90 pounds.

The Coop, however, was insulated from the effects of dairy shortages and price rises because of its policy of buying locally. According to Eddie Rosenthal, dairy manager, the Coop gets virtually all its milk from New York and Pennsylvania, and he reported no current shortages or price rises from our major suppliers, Natural by Nature and Farmland. The Coop also purchases goat milk within the tri-state area. While the Northeast also sweltered through three-digit temperatures, the heat wave was shorter and less severe in this part of the country.

Rosenthal did not rule out residual effects from the weather later, but said it seemed more likely that national brands, like Organic Valley and Horizon, would be most affected.

### Effect on Fruit and Vegetable Prices

A Department of Agriculture spokesman said that the

CONTINUED ON PAGE 3

## Solar Pioneer

By Alison Levy



Etta Dixon with her solar panels.

**C**oop member Etta Dixon is not one to shrink from any challenge that life delivers to her doorstep. In 1963, she was the first woman on her block in Brownsville to buy her own house as the sole owner. "Women couldn't get mortgages in those days, because by definition, a single woman was considered transient," Etta recalls. "When the bank manager informed me that I was not considered a good candidate for a loan, I said, 'You make me miss a day of work to tell me that?'"

Transient, Etta Dixon most certainly is not. Though retired, today at age 72, she still works for her longtime employer, the New York City municipal workers' union. She still lives in the very same four-family house she bought back in 1963, despite that shortsighted loan officer. Etta is still the only female sole homeowner on her

block. Today, her house purchase, once regarded as foolhardy, is considered prescient in a bustling neighborhood where prices have risen over time.

*"Why should I burn  
fuel when we have energy  
from the sun?"  
—Etta Dixon*

But for a pioneer like Etta, the way always points forward. Since July, Etta's house has been the first on her block with roof solar panels for hot water heating.

"We all know how much money we pay out in fuel costs. Those bills doubled last year, and there's no end in sight," Etta points out. "I know people losing their homes because they can't pay their fuel bills. When are people going to figure it out?"

CONTINUED ON PAGE 3

### Next General Meeting on September 26

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, September 26, 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 on September 7 as a flyer in the entryway of the Coop. 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.

## IN THIS ISSUE

Coop Hours, Puzzle	4
Community Calendar	5
Letters to the Editor	5
Classified Ads	7
Mission Statement	2

## Coop Event Highlights

**Fri, Sep 1 • Film Night:** The Naked Proof, 7:00 p.m.

**Tue, Sep 5 • Wordsprouts:** Children's book reading: *Selavi—A Haitian Story of Hope*, 6:30 p.m.

**Thu, Sep 7 • Food Class:** Full Moon Feast, 7:30 p.m.


**Fri, Sep 15 • GM Food, Why Are We Fighting It?:** video and discussion with the Safe Food Committee, 7:30 p.m.

**Sat, Sep 16 • Clothing Exchange:** adults, 10-2:00 p.m.

**Thu, Sep 28 • Wordsprouts:** Richard Roundy and Marie Carter 7:30 p.m.

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


Thursday,  
Sept. 7  
  
7:30 p.m.  
at the Coop

  
*Susan Baldassano, coordinator*

PARK SLOPE FOOD COOP

# Full Moon Feast

*a Trio of Corn Dishes*



**Guest Chef:**  
**Jessica Prentice**

is a graduate of the Natural Gourmet Institute for Health and Culinary Arts. She is a co-founder Locavores, a group in San Francisco dedicated to eating foods grown within a 100-mile radius of home.

**MEMBERS & NON-MEMBERS WELCOME.**

Come early to ensure a seat.

RECIPES — TASTINGS TOO!  
all featuring corn, all from

- Budin de Maiz (dairy)
- Potato Corn Chowder (dairy)
- Sourdough Corn Fritters (dairy)

**\$4 materials fee**

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

# GENETICALLY MODIFIED FOOD: WHY ARE WE FIGHTING IT?

presented by  
the Safe Food Committee  
of the  
Park Slope Food Coop



AN EVENING OF FILM  
**Hidden Dangers in Kids' Meals: Genetically Engineered Foods**

AND DISCUSSION  
**A discussion led by Safe Food Committee members will follow the screening.**

**All welcome. GMO-Free refreshments will be served.**

FREE  
Non members welcome

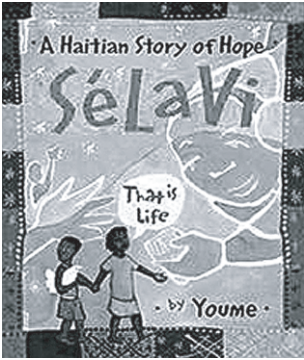
Friday, September 15  
7:30 p.m. at the Coop

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

# WORDSPROUTS

The Park Slope Food Coop's Reading Series

## Back to School Children's Book Reading



Park Slope Food Coop Children's author and illustrator Youme Landowne will read her book *Selavi (That is Life) A Haitian Story of Hope*, a true story of children in Haiti who started their own radio station so that their voices would be heard around the world. All ages are welcome.

Selavi, published by Cinco Puntos Press 2004, received ALA Notable Book Award, Americas Award commendation and the Jane Addams Award for children's books.

Books will be available for purchase.

**Youme Landowne** is a Coop member (Pumpkin Day face painter) who lives in Brooklyn (with friends and homestays in Japan, Kenya, Cuba, Haiti, Miami, Laos, Woods Hole and San Francisco). Through the world she rides her bicycle joyfully

FREE Non-Members Welcome

All Wordsprout participants are Coop members.

**Bookings:** P.J. Corso,  
paola\_corso@hotmail.com

Tuesday, September 5  
6:30-7:30 p.m. at the Coop

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

# WORDSPROUTS

The Park Slope Food Coop's Reading Series

## Featuring Richard Roundy & Marie Carter



**Richard Roundy** is the author of the poetry chapbook *The Other Kind of Vertigo*. His poems have appeared in journals such as *Verse*, *Shiny*, and *Hat* and he's given readings at St. Marks Poetry Project. Richard teaches at Hunter College High School and lives in Park Slope with his wife and daughter, Ella. He is currently hard at work on his first novel. He'll be reading from his chapbook and some new work as well.

**Marie Carter** is an Associate Editor at Hanging Loose Press and the editor of *Word Jig: New Fiction from Scotland* (Hanging Loose, 2003). She has had work published in Hanging Loose and The Brooklyn Rail among others and received a residency at the MacDowell Colony in 2006. She will be reading from her book of creative non-fiction called *The Trapeze Diaries*.

FREE Non-Members Welcome

All Wordsprout participants are Coop members.

**Bookings:** P.J. Corso,  
paola\_corso@hotmail.com

Thursday, September 28  
7:30 p.m. at the Coop

Views expressed by the presenters 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.**

# THANK YOU!

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

Barbara Abramson  
Johnny B.  
Marcus Beck  
Leslie Brill  
Claire  
Peter Colavito  
Alison Cooney  
Cordia  
Nicole Cusack  
Elba D.  
Caitlin Daneil-McCarter  
Jennifer David-Lang  
Timothy David-Lang  
Tree Delfin  
Stephanie E.  
Ed  
Michael Evans  
Jean F.  
Michael Fernbacher  
Mrs. Freeman  
Ken Garson  
Natalia Giannella  
Todd Graham  
Jennifer Greeve  
Kathleen Griffith  
Jessica Hamlin  
Anna Hieronymus  
Sasha Hinkley  
Christine Holt  
Kiyana Horton  
Sichel Ilana  
Natalia Ivanova  
Jocelyn  
Patricia Joyce  
Kalalea  
Max Kalehoff  
Peter Kanning  
Elisa Kaplan  
Philip Kloehn  
Leah Koenig  
Terri Kohler  
John Leeper  
Liz Lessner  
Allison Lorentzen  
Claudius M.  
Gillian Macleod  
Kristin Mays  
Molly McFadden  
Kristi McKim  
Elisa Mehl  
Lizanne Merrill  
Eric Metzgar  
Michael  
Naidre Miller  
Brigid Milligan  
Bethany Mills  
Stefanie Nanes  
Carol O'Donnell  
Jessica Oldham  
Sarah Pedlow  
Jordan Pender  
Mindy Phillips  
Kaari Pitkin  
Elizabeth Press  
Daniel R.  
Didi Rissman  
Susan Ritz  
Dara Rose  
Kevin Shultis  
Katie Sigelman  
Bill Spirer  
Isabelle Sulek  
Terence Sumner  
Mariatere Tapias-Avery  
James Tyler  
Leigh Van Duzer  
Elissa Weintraub  
Kyle Wilson  
John (Cal) Wright

We will print the names of the new members in the next issue of the Gazette.

Solar Pioneer

CONTINUED FROM PAGE 1

For Etta, the equation was plain common sense: “Why should I burn fuel when we have energy from the sun?”

Enter fellow Coop members Jeffrey Perlman and Andrew McNamara, environmental activists with practical solutions.

“I wanted to install solar panels for a long, long time,” Etta recalls, “but I never found anyone who knew how until I met them. It figures. They were right here at the Coop.”

Jeff and Andy both studied applied physics, and use that specialized knowledge in the field of Building Science. Their Manhattan-based com-

pany, Bright Power, helps individuals and businesses become more energy-efficient to reduce their energy costs. Bright Power offers a wide range of services, which include energy auditing to identify potential improvements; installation of solar and other energy efficient equipment; and co-generation, which develops synergistic interactions between heat, electrical, cooling and other systems to maximize energy efficiency. “We look at the total picture, and figure out the best options,” says Jeff Perlman.

...home owners like Etta can save an estimated 50% of their annual water heating costs

Etta’s home was a good candidate for roof solar panels because it had 100 square feet of unshaded area necessary to collect sufficient sunlight. A contractor topped her existing roof with a rubber roof with a reflective aluminum coating and racks that hold the solar panels. These face south at a 30-degree angle to catch the sunlight.

The heat from the sun is absorbed by a special anti-freeze fluid, pumped through the roof panels. After the heat capture, the fluid is piped down to Etta’s basement, where it flows through a heat exchange coil within a new 105 gallon tank that the firm installed. The heat from the sun passes from the fluid in the coil into the water in the tank. This now hot water in the holding tank passes into Etta’s regular oil-powered water heater. Her regular heater won’t need to switch on because the water is already hot. In the summer, when there’s ample solar power, this new set-up can supply approximately 70% of her water heating needs. In the colder months, the system will only supply about 30% on average. And that’s how homeowners like Etta can save an estimated 50% of their annual water heating costs.

“If we get more people doing it, the oil companies will feel the dent,” Etta predicts.

“When I was growing up, it was the middle of the Great Depression. People were in want, and had to make everything count. We were taught

never to waste anything,” Etta says. “Nowadays, we’re buying all these appliances—how can we supply power for all of that? This shortage is like the earth saying,

‘We cannot supply what you are demanding.’ Then to get all the fuel we need, we have wars and all this killing. When will common sense kick in?” ■

CONSIDERING ENERGY EFFICIENCY?

There are government incentives for energy optimizations like Etta’s. Etta can receive \$5,000 in tax credits off the \$15,000 she paid for the entire installation, including the new roof. Plus she gets an additional reduction in her fees for all new clients she refers.

Solar panels can also be used to help supply electricity, but an unshaded roof area of at least 300 square feet is needed. A 300-square-foot system would generate about 300 kilowatt hours (kWh) per month. Solar panels can be installed on either new or existing buildings. The sooner solar is incorporated into a structure’s design, the more cost-effective it will be. Jeff Perlman recommends meeting with an energy professional early in the planning of a new construction or renovation project. Incorporating solar energy and other energy-efficient systems is most cost-efficient when you design and implement them with other work on your home.

Currently, Jeff and Andy are part of a small group that has had some initial meetings with General Coordinator Joe Holtz to look into ways to make the Coop more energy efficient. Although the Coop has been 100% wind-powered since June 2005, a possible future energy audit may help uncover ways to optimize our energy use.

Heat Wave

CONTINUED FROM PAGE 1

damage from the heat wave has not been catastrophic. “You have to keep in mind that this is a couple weeks in a season, in a long year, in an industry affected by many factors,” the spokesman said. He confirmed that the biggest impact would be on milk products sold nationally.

Because the U.S., and especially California, with its \$33 billion agriculture industry, is not just a national but a global supplier, Americans will share the financial pain caused by the freakish weather with consumers around the world. As with dairy products, however, prices in the Coop should be largely unaffected because of its policy of buying locally. Also mitigating the effects of the heat in the Northeast were recent rains and the greater availability of water in general. Another reason, according to General Coordinator Allen Zimmerman, is that our major supplier, Heworth Farms, has been willing to keep its prices down for the Coop, a longstanding and important customer.

How It Started

The scorcher began with an unusual combination of factors. Normally, lower offshore water temperatures create breezes of cool marine air that flow inland to bring

temperatures down over land masses. However, according to climatologists, the ocean temperature was unusually high off the

coast of California, preventing those breezes from forming. In addition, the West Coast had to contend with a flow of warm, sticky air from the Gulfs of Mexico and California. The dense moisture from this air penetrated into the ground and also worked to prevent nighttime cooling off. An example of global warming? Very possibly, as anyone who has seen Al Gore’s *An Inconvenient Truth* could plausibly argue. The film shows graphically how the earth’s warming

Because the U.S., and especially California, with its \$33 billion agriculture industry, is not just a national but a global supplier, Americans will share the financial pain caused by the freakish weather with consumers around the world.

is causing scenarios like this one, driving temperatures

into abnormal ranges and bringing heavy, moisture-laden air over some land masses, while sucking the moisture out of others. Ten of the hottest years ever recorded occurred during the last 14 years, the film grimly reports, with 2005 the hottest ever.

Ten of the hottest years ever recorded occurred during the last 14 years, the film grimly reports, with 2005 the hottest ever.

Human Deaths Attributed to Heat

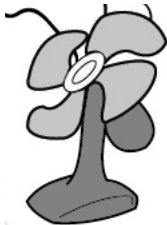
Many human beings also died. An average of 900 people per year have been killed in the U.S. because of heat between 1999 and 2003. George Luber, an epidemiologist who studies heat wave deaths for the U.S. Centers for Disease Control and Prevention, said that this year’s heat wave should break that record. One hundred thirty-eight people died in California alone on account of the heat this summer. In New York, where it was less intense, the number is lower, but final tallies are still unclear, largely because of anomalies in the way victims are counted. The chief New York medical examiner attributed 31 deaths to the blistering weather of August 1 to 4, but as a *New York Times* article pointed out, the city does not recognize the category “heat-related death.” Instead, said Dr. Charles S. Hirsch, the chief medical examiner, that office reports deaths only from heatstroke, defined in part as

having a body temperature of at least 105 degrees. Yet even Hirsch acknowledged that “not every heat-related death is manifested by heatstroke.” As a result, many more deaths were probably attributable to the elevated temperatures.

Looking Ahead

Buying locally and creating loyalty among its suppliers may not always protect the Coop from the vagaries of the weather, or from increasing temperatures due to the

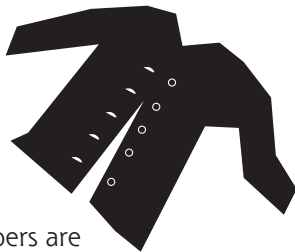
warming of the planet, but—at least this time—these practices did take some of the heat. Over the longer term, it’s apparent that more far-reaching, global solutions must soon be found to the threat this phenomenon poses to living things. ■



Tired Peaches

ILLUSTRATION BY DEBORAH TINT

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 Non-members welcome

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.)

Saturday, September 16 10:00 a.m. – 2:00 p.m. in the meeting room

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. Articles and letter submissions go into a wall pocket on the second floor at the bottom of the ramp.

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 placed 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 a rack by the elevator). Classified ads may be up to 315 characters and spaces. Display ads must be camera-ready and business card size (2"x3.5"). *The ad rates will change to \$15 & \$30 respectively beginning with the October 12 issue.*

**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 rates 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 8.

**Cryptogram Topic: Root Vegetables**

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.

Q X J B L F I  
F N Z N J C W F  
A X J U C V  
V W J O U C V  
J X A W Q W S W  
F W J J L A  
J W B C O M  
B W C I L U  
Z L A X O J L L A  
S C U S N J  
D N J X O W Z N E  
F J A C F M L I N  
O G N N A V L A W A L

This Issue Prepared By:

- Coordinating Editors: Stephanie Golden  
Erik Lewis
- Editors (development): Erik Lewis  
Joan Minieri
- Reporters: Alison Levy  
Ed Levy
- Art Director (development): Eva Schicker
- Illustrators: Lynn Bernstein  
Rod Morrison  
Ethan Pettit  
Deborah Tint
- Traffic Manager: Barbara Knight
- Classified Ads Prep: Heather Cottrell
- Text Converters: Peter Benton  
Diana Quick
- Proofreader: Margaret Benton
- Thumbnails: Kristin Lilley
- Preproduction: Helena Boskovic
- Photoshop: Terrance Carney
- Art Director (production): Joe Banish
- Desktop Publishing: Ruby Levesque  
Namik Minter  
Michael Walters
- Editor (production): Louise Spain
- 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:

Sep 14 issue: 7:00 p.m., Mon, Sep 4  
Sep 28 issue: 7:00 p.m., Mon, Sep 18

### CLASSIFIED ADS DEADLINE:

Sep 14 issue: 10:00 p.m., Wed, Sep 6  
Sep 28 issue: 10:00 p.m., Wed, Sep 20

## 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, SEP 5**  
AGENDA SUBMISSIONS: 8:00 p.m.—Items submitted will be considered for the September 26 GM.

**TUE, SEP 26**  
GENERAL MEETING: 7:00 p.m. The agenda will appear in the next issue. Agenda flyers will be available in the entryway of the Coop beginning Wednesday, September 6.

## 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).  
If specific programming is available at press time, it will appear on the Community Calendar page overleaf.

# 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.*

## SAT, SEP 16

GOOD COFFEEHOUSE: 9th Annual Park Slope Bluegrass & Old-Time Music Jamboree. Friday, 9/15, James Reams & the Barnstormers. 8:00 p.m. (doors open 7:30), \$10 adults, \$6 children. Saturday, 9/16, 12:30-10:00 p.m., \$4, workshops in banjo, fiddle, guitar, harmonica & bluegrass harmony singing plus all-day jamming. All acoustic. 718-965-8490, 917-514-5364, tina@jamesreams.com

A CLEAR & DEFINITE PATH: Miami Beachyoga instructor Fred Busch presents his new book, A Clear & Definite Path: Enlightenment & Health with Yoga & Holistic Living. Integral Yoga Institute, 227 W 13 St, Manh. 1:00 p.m.

PEOPLES' VOICE CAFE: *In Process...*, an African-American women's cappella quartet singing about issues of love, self-respect, family, substance abuse, etc. etc. Pam Parker, with a repertoire of songs of struggle, love & celebration, performed s blues, swing, jazz, folk & R&B. DIFFERENT LOCATION, this concert only: Community Church, 40 E 35 St, Manh, 8:00 p.m. Admission: \$12, more if you choose, less if you can't. 212-787-3903.

## TUE, SEP 26

FREE! CAREGIVER STRESS REDUCTION workshop led by \*Joan Vega. Learn breath work, guided meditation, and visualization techniques to cope with the overwhelming demands of caregiving. Held at Leeza's Place at Pak Slope Geriatric Day Center, Tuesdays, 4-5:00 pm. RSVP necessary. Please call 347-296-2345 to register.

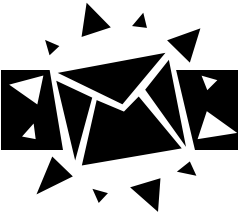
## SAT, SEP 30

PEOPLES' VOICE CAFE: Matt Jones 70th B'day Bash Concert. Celebrate & honor a Freedom Fighter, Freedom Singer, prolific songwriter & composer. Matt Jones is a former Field Secretary of the Student Non-violent Coordinating Committee (SNCC) & a former director of the SNCC Freedom Singers. He composed & arranged over 500 freedom songs & ballads, including "The Ballad of Medgar Evers," which can be heard in Rob Reiner's film "Ghosts of Mississippi." Workmen's Circle, 45 E 33 St, Manh, 8:00 p.m. \$12, more if you choose, less if you can't. 212-787-3903.

## ONGOING SHOWS/EVENTS

**TUESDAYS, SEP 5 & 12**  
A.F.R.A.I.D.: A Musical Drama in two acts: New York City, August 1858. The weekly meeting of American Females for Righteousness Abasement Ignorance & Docility was called to order by its venerable President, Mrs. Senza Bliss. The meeting is delightfully disrupted by a group of Women's Righters, Abolitionists, Suffragists, Spinsters, Domestics, Fallen Doves, Lunatics and yours truly, Fanny Fern. (Office Coordinator Kathleen Keske\* is Senza Bliss.) 7:30 p.m., The Brooklyn Lyceum, 227 4th Ave. @President St, \$20, students/srs \$10, groups 6+ \$15. Info & tickets: www.bropera.org.

# LETTERS TO THE EDITOR



## FOOD COOP FOODIE

### TO THE EDITOR:

The foods I consume are organic  
And locally grown, all Atlantic;  
They keep me quite sane  
And nourish the brain  
Except when they render me manic.

Leon Freilich

## WHAT DIFFERENZ DOES IT MAKE?

### DEAR FRIENDZ AND SUPPORTERZ:

At the end of the July 25th General Meeting a woman came up to me and asked why didn't I run for the open seat on the Board of Directors. I told her that there was a no-message call to my phone from the Co-Op. Could have been the Glorious Septumvirate calling! I now learn, reading the *Gazette*, that their sorry election had only one, unopposed, candidate, a worthy gentleman named Bill Penner, who was not even there for the election!  
Looks like I might have done pretty well that day,

'specially if I wore a tie or sumpin', becauz they had to make a special dispensation to elect a candidate who wasn't present.  
The question still remainz, and ever will remain, What differenz does it make if we have a Board or not, since they have been neutered since 1973! One more or one less person willing to be neutered—what does that matter? As to being willing to be neutered, I guess if I had been notified I would have run. So far, the Junta has not seen fit to say one word about representative government at the Co-Op, which is all I'm really about.

As to the little girl who ate the apple, notwithstanding Mitchel Cohen's sentimental and somewhat overblown remarks and Carol Lipton's very judicious and helpful reply, *there is no excuse for our rule against eating while shopping!* Maybe other stores prohibit it, but we are a Co-Op and "we act on trust!" That is the mantra the Septumvirate lovez ta sing when they railroad something through (like overturning the rule that they must submit all staff increases to the General Meeting) or get people to do something ztoopid, like making the squad leaderz use three sign-in bookz instead of one, or

not eating while shopping, or not shopping while on line, to name just a few. But what could be more "acting on trust" than allowing people to eat productz while in the store!! BTW, I don't mean eating things sold by weight, like the stated apple.  
Diane Aronson, fine job of reporting the General Meeting, and seemz to me you have reported quite a few of them, but you are fuzzy about the Board of Directorz' elections. Only an *interim* election can be held at or accept nominations at a general meeting. For *regular* elections nominations are not accepted at the meetings. If even you, the greatest of the *Gazette* reporters, are not up on the general meetingz, I volunteer to be the regular general meeting reporter.

Seriously friends, can anyone imagine a serious newspaper having a Washington correspondent who only worked on Washington part-time and other timez wrote about, say, cooking or the art scene?  
BTW, the last line under Office Supplies in the Workslot Needs box goez nowhere—Page 8.  
*Seriously, I remain Albert Solomon—718-768-9079, hobces@yahoo.com*



## SUN, SEP 17

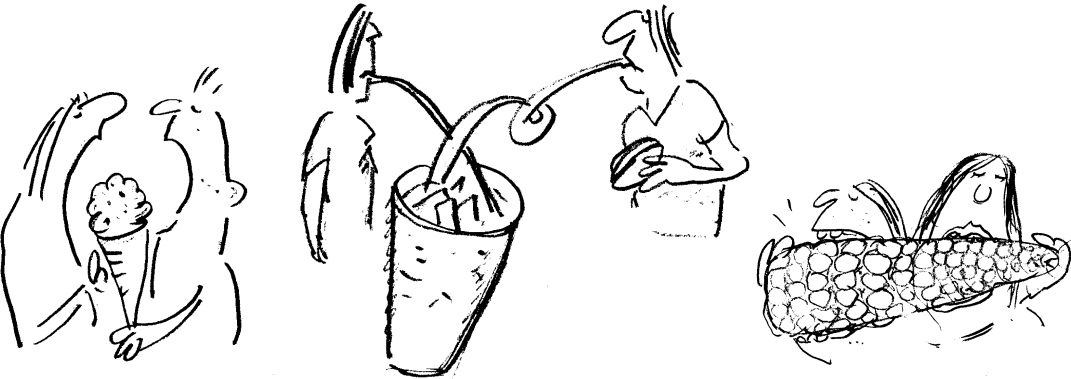
"GOODBYE to NYC" from \*KAREN GLEESON & \*PAUL SHERIDAN. We are moving to Maine! FREE Goodbye concert: Charlie King/ Karen Brandow—political, satiric folk music; bring \$ for worthy fundraising & CD purchases. 12-4 pm, Old Stone House, in 3rd St/5th Ave park. Info: sheridanpa@earthlink.net, karenglee@earthlink.net

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

It's hard to keep up now  
it seems we can't eat fast enough  
all that the earth is pushing forth  
beets beans behemoth baskets of lettuce  
four kinds of cucumber, innumerable squash  
every green thing asserts itself  
with a kind of definitive tenacity  
it's almost intimidating — but not.  
People are nothing if not consumers  
and eat we do...  
still you might like to try something new  
and make a meal to remember:  
marinated tempeh, red cabbage, peppers  
and cashews. How's that?

Better yet. Come tell me. Regale me with your recipes  
And I'll give you a tour of all that's in season  
and what from the bulk aisle will make it really sing  
Brought to you by Myra Klockenbrink  
at the one, the only Park Slope Food Coop

**Dates:**  
Friday, September 1 & 29  
**Hours:**  
12:00–1:00 & 1:30–2:30 p.m.



CARTOONS BY ROD MORRISON

# Introduction to YOGA

for people who think they can't do yoga

with Mina Hamilton



- What are yoga's benefits?
- How does yoga differ from other forms of exercise?
- Can people who are older, out-of-shape, or large do it?
- Is it a religion?
- Do you have to twist into pretzel shapes?
- Should some people not do yoga?

In this part discussion/part experiential workshop you can ask the questions you've always wanted to ask about yoga. You'll also experience some easy yoga stretches and postures.

Mina Hamilton has been teaching yoga and stress-reduction for 16 years. She's a certified professional-level Kripalu Yoga teacher. Her book, *Serenity To Go: Calming Techniques for Your Hectic Life* has been translated into five languages.

FREE  
Non members welcome

Saturday, September 9  
1:00 p.m. at the Coop

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

# Effective Tools for Rapid Personal Transformation

with Marija Santo and Susan March

Learn simple techniques to use when stressed. These techniques remove cellular memory of trauma. The body is like a magnet and when these experiences are in cellular memory the body attracts the same experiences.

Doctors and other professionals have used these techniques for daily stresses, eating disorders, robbery, rape and emotions such as anger, anxiety, fear and others. These remembrances can destroy the quality of life if not cleared.

This unique, life changing technology will be demonstrated.



Susan March and Marija Santo are Geotran practitioners.

FREE  
Non members welcome

Saturday, September 9  
4:00 p.m. at the Coop

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

# The Triple Bottom Line Film Series

## What is the Real Bottom Line?: The Take

with Mark Rego-Monteiro

All the players in globalization have led to protests like Seattle a few years back and movements like Organics, Corporate Social Responsibility, and Fair Trade. And that's not all. In the wake of Argentina's gigantic economic collapse, Latin America's most comfortable middle class finds itself in a ghost town of abandoned factories and mass unemployment. Thirty



unemployed auto-parts workers walk into their idle factory in Buenos Aires, roll out sleeping mats, and refuse to leave. All they want is to re-start the silent machines. Journalist Avi Lewis and author Naomi Klein take viewers into the fray of this historic event and all it signifies.

Mark Rego-Monteiro has been a PSFC member for years, has a degree in Biological Anthropology, professional experience in financial and social services, and is an artist and activist. He is the founder of [WakeUpDemocracy.org](#).

FREE  
Non members welcome

Saturday, September 9  
7:00 p.m. at the Coop

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

# Enhancing Fertility Naturally

## A Chinese Medicine Approach

WITH LARA ROSENTHAL, L.AC.

### UNDERSTANDING FERTILITY:

- The energetics of reproduction
- What our grandmothers never told us: reading our body's signals

### OBSTACLES TO FERTILITY:

- Chinese medicine patterns of imbalance
- "Unexplained infertility" explained

### IMPROVING THE ODDS:

- Nutrition and lifestyle choices for your body type
- Tilling the soil: preparing the body for the rigors of pregnancy

### WORKING WITH ASSISTED REPRODUCTIVE TECHNOLOGIES:

- Eastern and Western approaches side by side



Lara Rosenthal is a Licensed Acupuncturist and Board Certified Chinese Herbologist. She maintains a private practice in Manhattan specializing in Women's Health and Fertility and works at the NYU Hospital for Joint Diseases' Initiative for Women with Disabilities. She has a B.S. in Biological Sciences from Stanford University, is fluent in Chinese, and studied and worked in Taiwan for three years. She is a faculty member at Pacific College of Oriental Medicine and a Coop member.

FREE  
Non-members welcome

Sunday, September 10  
12:00 p.m. at the Coop

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

# THE ZEN OF COMPUTER MAINTENANCE

WITH PHOENIX SOLEIL



What are the philosophical frameworks that help you approach and solve technology problems? We will go over some key epiphanies in computing history, as well as some recent movements aimed at democratizing technology.

There will be an overview of the major parts of the computer using fun metaphors that help you visualize how your system operates.

We will discuss perspectives that geeks bring to their technical goals and successful troubleshooting strategies. "You're OK. Your computer's OK."

Phoenix Soleil is a Coop member with ten years professional experience working with and troubleshooting computers. She is a creative and spiritual person who enjoys technology and wants to spread the joy around.

FREE  
Non-members welcome

Saturday, September 16  
4:00 p.m. at the Coop

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

# Personal Power, Balance and Energy for the Busy New Yorker

with Jena la Flamme



Need all the personal power you can muster and more to deal with what's on your plate?

Sick of using caffeine and sugar to boost your physical and mental energy?

If you are a busy person and need plenty of energy to stay on top of everything, then this is for you. Learn quick and easy food and lifestyle strategies to increase your energy levels, boost your sense of personal power and balance, and decrease your cravings. Get clear on what you can eat and do for yourself, without focusing on discipline, to allow you to feel much better.

A one-hour interactive seminar.

Jena la Flamme is the director of the Jena Wellness Group, a certified Holistic Health Counselor, yoga teacher and published columnist. She guides clients in addressing weight loss, low energy and other health concerns through a fun, easy and pleasurable approach to nutrition and lifestyle choices. She is a member of the Park Slope Food Coop.

FREE  
Non members welcome

Sunday, September 17  
12-1:00 at the Coop

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

# Eating for Energy in Autumn

with Angelina Bertani

A one-hour interactive seminar.



Do you believe the earth has infinite wisdom?

Are you prepared for the mental, physical, and spiritual change that the autumn will bring?

Times of seasonal change are important as reorganizational periods, for increasing self-awareness and looking at life priorities.

- Prepare for the autumn equinox. Learn how autumn affects your body and how to enhance your energy by working with nature instead of against it.

Learn quick and easy food and lifestyle strategies that will provide you with a smooth seasonal transition.

Angelina Bertani is the founder of Roots of Wisdom, a certified Holistic Health Counselor, and a recent organic farmer. She guides clients in addressing weight loss, low energy, and health concerns by teaching people how eating seasonally enhances health, well-being, and life balance. She is a member of the Park Slope Food Coop.

FREE  
Non members welcome

Sunday, September 24  
12:00 at the Coop

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

# ARE WE SAFE INSIDE?

with Carolyn Meiselbach

"Fifty percent (50%) of all illness is caused by indoor air pollution." Environmental Protection Agency

### Ask Yourself:

- Is that why our family has frequent colds?
- Is that why we suffer from allergies?
- What can we do about our pets?
- Is there something in our office making us sick, too?
- Why is our child coming home sick from daycare/school?
- Who said our inside air is worse than outside?
- Why is our tap water so dangerous?
- Why do so many NYC kids have asthma anyway?



### 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 Meiselbach 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 effects our health and well-being.

FREE  
Non members welcome

Tuesday, September 26  
7:30 p.m. at the Coop

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

# Meet Your Mind

WITH ALLAN NOVICK

The fundamental nature of mind is stable, strong and clear—yet these qualities become obscured by the stress and speed of our lives.

Meditation opens and calms the mind.

This is a basic meditation class for beginners, and for anyone who would like a renewed understanding of the technique.

Allan Novick, has practiced meditation in the Shambhala Buddhist tradition since 1975 and is a certified meditation instructor in that tradition. He lives in Park Slope, has been a Coop member for 14 years, and works as a psychologist for the NYC Dep. of Education

FREE  
Non-members welcome

Friday, September 29  
7:30 p.m. at the Coop

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

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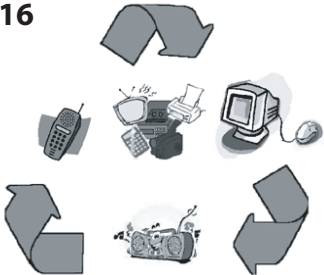
**“Goodbye to New York”-- We are moving to Maine**  
**KAREN GLEESON and PAUL SHERIDAN**

A free benefit concert/party with Charlie King and Karen Brandow  
Sunday, September 17th, 12 noon to 4 PM  
at The Old Stone House, inside park, 3rd St at 5th Ave. Park Slope

The Concert is free, but bring a checkbook or cash to donate to groups  
& purchase CDs. Among the Beneficiaries: Friends of Dean Street  
Playground, Park Slope Safe Homes Project, Kings County Green Party,  
Brooklyn College Art Department Fund, The Old Stone House,  
New Caucus of the Professional Staff Congress-CUNY,  
Develop Don't Destroy Brooklyn-DDDB, Lower East Side Ecology  
Center

More info: sheridanpa@earthlink.net or karenglee@earthlink.net

**Recycle This!** presents . . .  
**Recycle Your Electronics Day**  
**Saturday, September 16**  
10 a.m.-3:00 p.m.  
J.J. Byrne Park  
(5th Ave. and 4th St.)  
Brooklyn, NY



www.RecycleThisNYC.org  
info@RecycleThisNYC.org  
212-592-4184

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Publication does not imply endorsement by the Coop.

### BED & BREAKFAST

BEAUTIFULLY FURNISHED GUEST SUITE accomodates 1 or 2 people, located in a grand Victorian Brownstone on park block, center slope. Amenitites include private, all new spa-bathroom & sauna, continental breakfast with many organic assortments. Visit [www.bbparks-lope.com](http://www.bbparks-lope.com) or call 718-965-2355.

### BROWNSTONE BROOKLYN BED AND BREAKFAST.

Victorian home on tree-lined Prospect Heights block has space with semiprivate bath, air conditioning, Cable TV & phone. Full breakfast provided in attractive smoke-free environment. Long & short stays accomodated. Reasonable rates. Call David Witbeck, 718-857-6066

### CHILD CARE

OUR LOVING AND RESPONSIBLE BABYSITTER seeks a new position. Myrthlyn cared for our children and tended our house for about 7 years. Now that our children are teens, we no longer require her services. If you would like to interview Myrthlyn, call Nancy or Phil at 718-940-2627 or Myrthlyn at 718-346-4255

### CLASSES/GROUPS

RELATIONSHIP SUPPORT GROUP. A safe, open, co-ed forum to improve communication; deepen self-understanding; reduce isolation; and explore how you can have more rewarding relationships. Led by an experienced psychotherapist. To learn more, call Gary Singer, LCSW, at 718-783-1561.

### FALL YOGA CLASSES REGISTER NOW.

Tone muscles, breathe, stretch, relax with gentle safe experienced teacher in a beautiful studio in Central Park Slope. Beginners particularly welcome. Classes fill quickly, register soon. Call Mina for more info 917-881-9855

### 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 excellent Brooklyn neighborhood. Doctor will introduce all patients to you. For information call 212-505-5055.

### EMPLOYMENT

SEEKING LICENSED/EXPERIENCED social workers. Progressive, established family services agency seeks social workers to work based in Manhattan & Brooklyn offices. Competitive salary & benefits, strong supervision and rewarding client work. For details 212-766-4522 x128, [www.thefamilycenter.org/contact/jobs.php](http://www.thefamilycenter.org/contact/jobs.php).

### HOUSING AVAILABLE

FOR SALE BY OWNER! All credit considered! Beautiful beach house, 3% credit towards closing costs. Call today, 347-789-5656. Also gated community house and horse farm, all in New Jersey. Email: [branchbillions@optonline.net](mailto:branchbillions@optonline.net).

### MERCHANDISE

MERCHANDISETHINKING OF BUYING A WATER FILTER? Join lots of PSFCoopers who use MULTI-PURE for drinking/ cooking/ ice/ tooth brushing /rinsing fruit & veg.knowing lead/ mercury/ giardia/ cysts/ dry cleaning solvents/ gasoline additives/particulate matter are removed from their water supply & plumbing. Ede Rothaus 212-989-8277, [aqua4water@aol.com](mailto:aqua4water@aol.com).

### 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 Corp. For more information call Denise at 718-435-3169.

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### PETS

SPICOLI NEEDS A GREAT forever home! Neutered, sweet 2-yr-old male brown tabby cat. He was abandoned by a library. Up to date on shots and blood tested healthy. Application and modest adoption fee. Pics can be emailed to you. Contact Victoria at [haroldluvs-maude@aol.com](mailto:haroldluvs-maude@aol.com) or 914-443-9209.

### SERVICES


EXPRESS MOVES: Brownstone flight specialists. Our FLAT RATE includes labor and travel time. Great Coop references. 670-7071.

## Striking Balance with a Busy Lifestyle: Eating for Energy

with Michelle Zassenhaus

- Are you a busy person with a lot to do?
- Do you find you have lapses in energy that hold you back?

In this 90-minute interactive workshop, we'll explore ways to increase your energy and keep a healthful balance when you have a “full plate.”



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, September 30**  
**10:00 a.m. at the Coop**


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

## Never Spend Another Penny

with Charmaine Johnson and Guest Michael Neal

**Make all your dreams come through including learning how to fund them.**

You've tried...  
...To get out of debt  
...To invest and save your way to a fortune  
...No money down real estate courses  
...Tax liens courses  
...And More...



**Can you change financially? The answer is a resounding YES !!**

Come to this workshop to learn revolutionary techniques that will change your financial situation and lifestyle.

Come prepared to learn how to use:

- Credit cards, debt reduction and the credit scoring game
- Bank resources
- Buying, investing and owning real estate
- Starting and maintaining a profitable business
- Taxes and how to get them to work for you

Charmaine Johnson is a Coop Member, Licensed Real Estate Salesperson and Real Estate Investor.

**FREE**  
Non members welcome

**Saturday, September 30**  
**4:00 p.m. at the Coop**

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

## Permaculture: An Introduction

WITH PHILIP BOTWINICK

**Permaculture is...**

- Permanent culture/agriculture • A sustainable lifestyle
- A way of building community


**Permaculture promotes...**

- Care for the earth • Care for people • Sharing the surplus

**Permaculture can be found in...**

- Backyards • Deserts • Flooded New Orleans

**There will also be a screening of “The Power of Community: How Cuba survived Peak Oil.”**



Philip Botwinick is a Coop member who has completed the Permaculture Design Certification course. Andrew Phillips is founder of Hancock Permaculture in Hancock, NY.

**FREE**  
Non-members welcome

**Saturday, September 30**  
**7:00 pm at the Coop**

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



Friday, September 1  
7:00 p.m. at the Coop



NAKED TRUTH

A charmingly quirky and cleverly scripted philosophical comedy about a Seattle Philosophy graduate student (Michael Chick, SILENCE!) and the very pregnant woman (Arlette Del Toro) who lands by chance on his doorstep—who may or may not actually exist.

Filmmaker Jamie Hook is a new transplant to Brooklyn. His most recent production, Guy Maddin's THE BRAND UPON THE BRAIN, will have its us premiere in September as part of the New York Film Festival. His play, POINT BREAK LIVE, had a sold-out three month run at GALAPAGOS this past spring. Previously, he founded the Northwest Film Forum in Seattle, where he produced several films. He has also ran the Minneapolis-St. Paul International Film Festival.

A discussion with the filmmaker will follow.

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

Non-members  
welcome  
  
FREE

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

Answer to Puzzle on page 4

Burdock, Celeriac, Turnip, Parsnip, Rutabaga, Carrot, Radish, Daikon, Lotus Root, Ginger, Jerusalem Artichoke, Sweet Potato

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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. Melissacquires@aol.com. Discount for Coop members.

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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 917-658- 7452.

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 & rewiring, old wiring, fans, etc. 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. 347-351-3031 or info@NYgeekgirls.com.

HAIRCUTS HAIRCUTS HAIRCUTS. Adults, kids, in the convenience of your home or mine. Adults: \$30.00. Kids: \$15.00. Call Leonora, 718-857-2215.

depression, fatigue and cardiovascular problems. Insurance reimbursable. Medicare accepted. Margie Ordene, MD 258-7882.

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. Dr. Gilman 212-505-1010

RELIEVE: Lower back and neck pain, shoulder chronic tension and stiffness, poor digestion, headaches, insomnia, stress. Rejuvenate body mind and spirit. Special 1st session offer (valid until Sept 21): \$80. Claudia Copparoni over 12 yrs experience. Email clcoppa@hotmail.com, 718-938-5573

PET LOSS BEREAVEMENT counseling & general psychotherapy issues. Surviving serious illness of

pet. Expression & validation of grief. Healing/ discovering the legacy of your pet. Licensed clinical social worker. 25 yrs experience. Bklyn & Manh offices. Terry Cramer, LCSW, 917- 744-3895.

VACATIONS

COUNTRY GET-AWAY. Rent our beautiful home set on 5 wooded acres in Sullivan County (Lake Huntington—2 hrs from NYC) for \$1,800/mo. Avail. Sept.-June. View photos at http://photos.yahoo.com/ zumbrota58. Call 718-783-0342 if interested.

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.

New York Energy Medicine Circle presents

Energy Wellness!

Based on Donna Eden's best-selling book "Energy Medicine," overcome physical and emotional health problems by shifting blocked or scrambled energies!

BO CO

Speaker: Susan Shanley, LCSW  
When: Sept. 23<sup>rd</sup>/24<sup>th</sup>; 10:30am-5:30pm  
Where: Sandra Cameron Dance Ctr, 199 Lafayette  
Cost: \$175 (\$150 if registered by Sept. 1)  
More Info: EnergyMedicineNY@aol.com

YOGA WORKSHOPS @ SPOKE THE HUB

Spoke the Hub offers a variety of morning, lunchtime, evening, and weekend yoga classes for the whole family with three of the finest teachers around, Mina Hamilton, Heidi Kinney, and Dolores Natividad. All classes are small, personalized, and welcome all ages and skill levels.

Our "Foundations of Yoga" series, taught by Heidi Kinney, is a 6 week introductory intensive designed for those brand new to yoga and for those practitioners who would like more detailed instruction as well as a refresher course on alignment and technique. Classes will focus on Asana (poses), Pranayama (breath), and Yoga Philosophy. Series starts September 17th, Sundays 3:00 – 5:00pm  
Spoke the Hub, 748 Union Street, 718.408.3234 www.spokethehub.org

SPOKE THE HUB  
DANCING  
Fall Classes Begin Monday  
September 11th  
REGISTER NOW!  
  
718.408-3234  
www.spokethehub.org



jesse hendrich, m. div.  
wedding officiant  
phone 718 783 4711  
e-mail rev.hendrich@gmail.com

"Goodbye to New York"-- We are moving to Maine  
KAREN GLEESON and PAUL SHERIDAN

A free benefit concert/party with Charlie King and Karen Brandow  
Sunday, September 17th, 12 noon to 4 PM  
at The Old Stone House, inside park, 3rd St at 5th Ave. Park Slope

The Concert is free, but bring a checkbook or cash to donate to groups & purchase CDs. Among the Beneficiaries: Friends of Dean Street Playground, Park Slope Safe Homes Project, Kings County Green Party, Brooklyn College Art Department Fund, The Old Stone House, New Caucus of the Professional Staff Congress-CUNY, Develop Don't Destroy Brooklyn-DDDB, Lower East Side Ecology Center

More info: sheridanpa@earthlink.net or karenglee@earthlink.net

Ad Rate Increase

The August General Meeting authorized an increase in the cost of both classified and business card ads.

Beginning with the October 12 issue, classified ads will be \$15 per issue, and business card ads will be \$30 per issue.