

LINEWAITERS' GAZETTE

Established
1973



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January 18, 2007

Sister Campaigns for Sibling Recognition After Brother's Death in Iraq

By Masha Hamilton

In September, five days after his 26th birthday, Sgt. John Carroll of the United States Army was killed by a sniper's bullet while serving in Iraq. The fatality occurred in Ramadi, 70 miles west of Baghdad on the Euphrates River. John, recently married, was on his second Iraqi tour.

Those bare facts do little to reveal the devastating loss for the relatives of Carroll, one of more than 3,000 U.S. military members who have died since the beginning of the Iraq war in March 2003. It's a staggering toll that on Christmas Day eclipsed the number of Americans killed on Sept. 11, 2001.

Carroll's death stands out because his sister Liz, a long-time Coop member, believes military policy shut her out of the grieving process for her fallen brother. Once somebody content to lead a quiet life, she now unexpectedly finds herself at the heart of a struggle to change the way the government treats siblings after a soldier's death.

Liz Helped Raise Her Brother

Liz Carroll, 34, has been a Coop member since 1999, and her partner, Debbie Parker, is an Office Coordinator at the Coop. Liz was in many ways more than just a sister to John. Because her mother sank into a debilitating depression not long after John's birth, Liz played a key role in helping to raise John. On her MySpace website dedicated to John, Liz, now the mother of a six-year-old boy, refers to John as her "trial baby."

"I was his primary caretaker," she said in an interview. "In fact, the first memory I had of him after they told me



Liz Carroll.

he was dead was of putting him to sleep at night."

Though they remained close, as adults the siblings' lives took different paths, particularly after John enlisted initially in 2000. "He was always a private person," Liz said. "The military made him even more private."

"I felt I was being told by the military that I don't matter and it's not my loss."

The last time she saw him was in a Brooklyn pizzeria. Though John cautioned that "they" are listening, he still on occasion talked about the war with his sister. "He said morale overall was pretty low and no one seemed to feel they had a mission they could get behind," Liz said. "Instead,

it was about their friends and colleagues—about not letting them down."

In discussing his decision to enlist, John Carroll "talked about job stability and educational opportunity and the potential for advancement," Liz said. "Did I ever truly understand why he made the choice? No. I could understand why it was appealing, though."

"The Death Call"

The army's decision to send John to Iraq meant that Liz began to live with an undercurrent of constant worry. One day this autumn, while at the non-profit research institute where she works, she decided to check her home phone messages, although that is something she virtually never does. There was a message from

CONTINUED ON PAGE 2

Urban Composting Tips and Techniques

By Johannah Rodgers

Though the environmental benefits of composting are incontrovertible, and almost 40% of kitchen waste is compostable, composting in the city can be a daunting proposition. While many Coop members have been composting for years, novices will find in what follows some practical tips and techniques for the urban composter from Joshua Cohen, a manager of the New York City Urban Composting Project, and from three Coop members.

to enter once the items reach the compost bin. Coffee grinds can also be a good addition to an indoor compost pile, as are eggshells, which Cohen recommends breaking into small pieces. Though bread and grains can be added, they should be used in moderation and also chopped up, since globs of bread or pasta often break down very slowly. A final helpful suggestion from Cohen is to avoid mixing onions or onion scraps into your indoor food scrap pile in

Separating food scraps from other kitchen and household garbage actually reduces rather than increases odors.

Maintaining an Indoor Food Scrap Pile

For those who do not have ready access to outdoor space and may only be able to visit a compost drop-off location once a week, ensuring that the kitchen food scrap pile is insect-free and odor-free is crucial. To maintain an odor-free compost pile, Cohen recommends composting mainly fruit and vegetable scraps and making sure that NO MEAT, OIL, OR DAIRY products are put into the mix.

To promote rapid decomposition of food scraps, it is best to chop up scraps or, at the very least, to pierce items so bacteria will have a place

order to keep odors down. Placing fruit or fruit skins in the freezer before placing them in the compost pile will also help keep flies away. And, during the summer months, storing all of your food scraps in the freezer before transporting them to the compost bin is a good way to keep your kitchen odor- and insect-free.

Somewhat surprising to those new to composting, it is often the case that separating food scraps from other kitchen and household garbage actually reduces rather than increases odors. It is only when fruit and vegetable scraps start decom-

CONTINUED ON PAGE 3

Next General Meeting on January 30

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, January 30 at 7:00 p.m. at the Congregation Beth Elohim Temple House (Garfield Temple), 274 Garfield Place.

The agenda is in this Gazette and available 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.

Coop Event Highlights

- Fri, Jan 19 •The Good Coffeehouse:** Swing Street, 8:00 p.m.
- Thu, Jan 25 •Wordsprouts:** Thomas Rayfiel, *Parallel Play*, 7:30 p.m.
- Sun, Jan 28 •Variety Show Auditions:** 12:00–2:00 p.m.
- Thu, Feb 1 •Food Class—The Hungry, Healthy Vegan:** 7:30 p.m.
- Sun, Feb 4 •Spoken Word Circle** 3:00–5:00 p.m.
at the Old Stone House
- Fri, Feb 16 •The Good Coffeehouse:** Blue Moon Ramblers and The Coop Rhythm Masters 8:00 p.m.

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

IN THIS ISSUE

Urban Composting	1
GM Agenda	2
Kicking Butts	5
Coop Hours, Coffeehouse, Puzzle	6
Coop Calendar, Workslot Needs	
Governance Information, Mission Statement.	7
Community Calendar	8
Letters to the Editor	9
Classified Ads	11

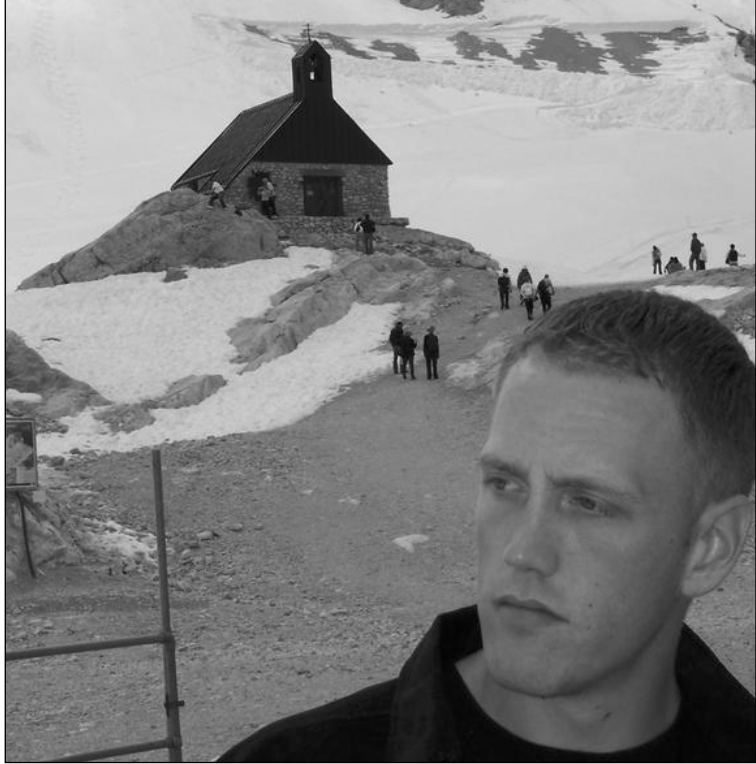
Sister Campaigns

CONTINUED FROM PAGE 1

another brother asking her to call and she said she quickly knew it was "the death call."

The fact that the notification did not come directly from the Defense Department was the first sign she

had that siblings are not considered crucial family members in the same way that spouses and parents are. The second sign came when the government declined to help her pay for an emergency



John and an old mountain church in Iraq.

flight to attend the funeral.

In fact, every step of the way, Liz felt her connection to John was ignored or belittled. "Since siblings aren't acknowledged in the regulations, it follows that they are not acknowledged in protocol," she wrote on www.myspace.com/he_aint_heavy, the MySpace blog where she first decided to go public with her frustrations and questions.

"This means that siblings are not acknowledged. Not by the military, not by the general who offered condolences to my sister-in-law, not by the CAOs (casualty assistance officers) assigned to 'immediate family members,'" she wrote. "But I don't understand how I could be expected not to register this loss as mine. How could I be expected to accept the diminished role of support to others who were allowed/expected to mourn and grieve openly? ... For who is the sibling bond not strong enough to matter when one of the siblings is dead?"

"It was all incredibly surreal," she said in an interview. "I felt I was being told by the military that I don't matter and it's not my loss. And that I was supposed to shut up and accept this."

Department of Defense spokesman Major Stewart T. Upton said the Army regrets the Carroll family's loss and it



PHOTOS BY LIZ CARROLL

John preparing to leave for Iraq.

policy," Upton said in an e-mail to the *Gazette*. "In fact, I have seen on numerous occasions where the military has notified family members (brothers, sisters, sons and/or daughters) after they have notified the primary next of kin (which is usually either the parents or spouse)."

Growing Anger Triggers Action

At first, given the double shocks of losing her brother and feeling that she was

army stint in 2007. "I didn't speak at the service," Liz noted on her MySpace blog. "I didn't trust myself to say the right thing while feeling that such effort went into silencing and marginalizing me as his sister."

"If I had felt respected and treated with dignity, I'm sure the grieving process would have been very different," she said in an interview. "I was in denial for the first six weeks. For a while, I was just really, really sad, and I would tell people, 'I'm going to be so incredibly angry when I'm not so filled with sorrow.'"

Eventually the sorrow abated to the point that the anger began to rise and Liz found she couldn't remain silent. She discovered other ways in which siblings are excluded. For instance, if a slain soldier is buried at Arlington National Cemetery, a sibling is not entitled to a car pass allowing entry. As far as she knows, these policies have never been challenged.

Slowly, a plan began to form. "I'm waiting for the new Congress," she said. "Then I'm going to figure out who are the best Congressmen to target. I want to look at who would be best, strategically, to approach. I'm going to write letters and get everyone I know to write letters. I'm not letting go of this. This has to change."

She is considering seeking signatures from Coop members because they are the kind of people who "are passionate about any number of humanist issues and would be pretty open to signing letters about this." Though it may be too late for her, as long as our country remains militarily involved in Iraq and Afghanistan it's not too late for others.

"I've spent the last 34 years being relatively quiet, staying out of any spotlight and sitting on the sidelines," Liz wrote on MySpace. "I've never felt that my life, my story, is really any more compelling than anyone else's. I think perhaps that changed." ■

PSFC JANUARY GENERAL MEETING

Tuesday, January 30
7:00 p.m.

- Congregation Beth Elohim Social Hall
274 Garfield Pl at 8th Ave.
- Items will be taken up in the order given.
- Times in parentheses are suggestions.

AGENDA:

Item #1: The date of November General Meetings (10 minutes)

Proposal: "To rescind the policy on scheduling General Meetings in November and replace it with the following: When there is a Tuesday in November that falls later than Thanksgiving Day then the November General Meeting will be held on the last Tuesday of the month. If there is no Tuesday in November that falls after Thanksgiving Day then the November General Meeting will be held on the Tuesday that falls nine days before Thanksgiving Day"
—submitted by the General Coordinators

Item #2: Financial Accounts Resolutions (10 minutes)

Proposal: "To update the Resolution of Corporations to reflect changes in signatories for financial accounts"
—submitted by the General Coordinators

Item #3: Changing the Coop Work Program (45 minutes)

Discussion: "Further discuss the feasibility of adding a 'vacation' credit to the Coop work rules"
—submitted by Rachel Weinberger

Item #4: Entrance Issues including Security issues (25 minutes)

Discussion: "As an entrance worker I have noticed gaps in security and would like to share my observations and concerns."
—submitted by Amina Ali

Future Agenda Information:

For information on how to place an Item on the Agenda, please see the center pages of the *Linewaiters' Gazette*. The Agenda Committee minutes and the status of pending agenda items are available in the office and at all GMs.

"If I had felt respected and treated with dignity, I'm sure the grieving process would have been very different."

believes its policy is sensitive to the siblings of soldiers killed in combat. "We regret that Liz feels that she was not properly attended to, cared for and supported; that was not and is not our intent or

being treated as incidental by the military, Carroll did, in fact, say little. John was buried in Tennessee, a place where he'd never lived but intended to settle with his bride once he finished his

WORDSPROUTS

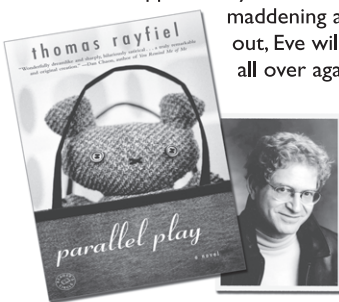
The Park Slope Food Coop's Reading Series

Featuring

Thomas Rayfiel

Thomas Rayfiel will read from his latest novel, *Parallel Play*, which finds Eve, the heroine of his previous novels (*Colony Girl* and *Eve in the City*) sitting in a suspiciously familiar Tot Spot, as well as other Park Slope locales, slowly going crazy as she fails in adjusting to motherhood.

Her husband is working twelve-hour shifts at the hospital, the women all around her seem intent on discussing strollers and infant formula, when who should happen on by but her former boyfriend, as intriguing and maddening as ever. By the time the story sorts itself out, Eve will be forced to put herself back together all over again, discovering who she truly is, and what she wants to be.



"Smart, dark, daring fare."

The Kirkus Review

When not writing novels, Thomas Rayfiel works in the dairy cooler.

Books will be available for purchase.

FREE Non-Members Welcome

All Wordsprout participants are Coop members.

Bookings: P.J. Corso,
paola_corso@hotmail.com

Thursday, January 25
7:30 p.m. at the Coop

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

Urban Composting

CONTINUED FROM PAGE 1

posing that they produce any odor at all, and this process can, depending on the season, take anywhere from a week to 10 days.

Maintaining Healthy Compost

The key to maintaining a healthy compost pile is to make sure nitrogen and carbon levels remain in balance. This may sound somewhat technical, but it actually isn't, since there are only two kinds of organic materials that are composted: "green" items, such as fruits and vegetables, which are nitrogen-rich, and

significant imbalance in the carbon-to-nitrogen ratio, excess moisture was collecting in the compost bin. Attempts at airing out and draining the bin did not fix the problem and, after insects started to become a problem, she had to begin again. Regarding her experience with composting, Foster commented that "the class at the Botanic Garden was great, and I know now how important it is to keep a balance between green and brown items at all times. Once those two things are out of balance, it is easy to reach a point of

"You really don't see the worms, but you can see the beautiful, earthy, rich soil being created."

"brown" items, such as paper scraps or coffee filters, which are carbon-rich. Even in a kitchen food scrap pile, balancing carbon and nitrogen by placing a layer of shredded newspaper or coffee filters above a layer of "green" items often helps to reduce odors. A complete list of "green" and "brown" items is given at the end of this article and can be found on the New York City Compost Project website (www.nyccompost.org/how/materials.html).

These guidelines are particularly important for those with countertop compost bins. Member Rebecca Foster, who, about five years ago, enrolled in the composting class at the Brooklyn Botanic Garden, purchased a countertop worm-composting bin, and began composting at home. She discovered after a few months that because of a

no return in terms of remedying the situation."

Member Ava Hsu also ran into problems with excess moisture in her countertop, worm-composting bin, but was able to remedy the situation by airing out the bin outdoors. Since then, she said, "We're more careful about keeping a balance between green and brown items." She also recommends washing off, or freezing, the skins of any fruit items before they are placed in the bin in order to keep fruit flies away.

A longstanding interest in food, ecology and sustainable agriculture led Hsu to learn more about it and to eventually begin experimenting with it at home. "I love food and I love to eat and I love to cook," she explained, "and one thing led to another. In studying more about organic agriculture, I learned that one of the

reasons organics taste better is from all of the micronutrients in the soil. By composting, you are creating soil that contains a wealth of micronutrients in a form that is usable to plants."

Having recently started a small vegetable garden at Prospect Heights Community Farms, a local community garden, Hsu is looking forward to having the chance to use the nutrient-rich soil produced from the worm-composting bin on her plants.

For any members who may be somewhat intimidated by the idea of maintaining a worm-composting bin at home—or by the idea of having worms in their kitchens in the first place!—Hsu describes worm-bin composting as not only much easier and more convenient than transporting food scraps to compost drop-off locations, but not at all creepy-crawly. "You really don't see the worms," she said, "but you can see the beautiful, earthy, rich soil being created."

Some Advice From Experienced Composters

Claudia Joseph, president of the Garden of Union (GOU) and GOU compost liaison at the Coop, stresses that "with a little mindfulness, it doesn't take all that much effort to compost." For those new to composting, and those interested in possibly joining the compost program at the Garden of Union, she recommends stopping by the garden to find out more about the garden's composting procedures. To maintain a healthy balance between carbon and nitrogen in the garden's compost bins, Joseph and other garden members make sure that each green layer is covered by sawdust

Selected List of Compostable Materials Rich in Carbon and Nitrogen

BROWNS (materials that are rich in carbon)

fall leaves
spent plants
straw and hay
pine needles
small twigs/wood chips
sawdust and woodshavings
shredded newspaper
coffee grounds and filters
egg shells
corn cobs
bread and grains
wood ashes
food-soiled paper towels and napkins
food-soiled cardboard (recycle if clean, but compost if dirty)
stale flour, cereal, spices, beans
nutshells

GREENS (materials that are rich in nitrogen)

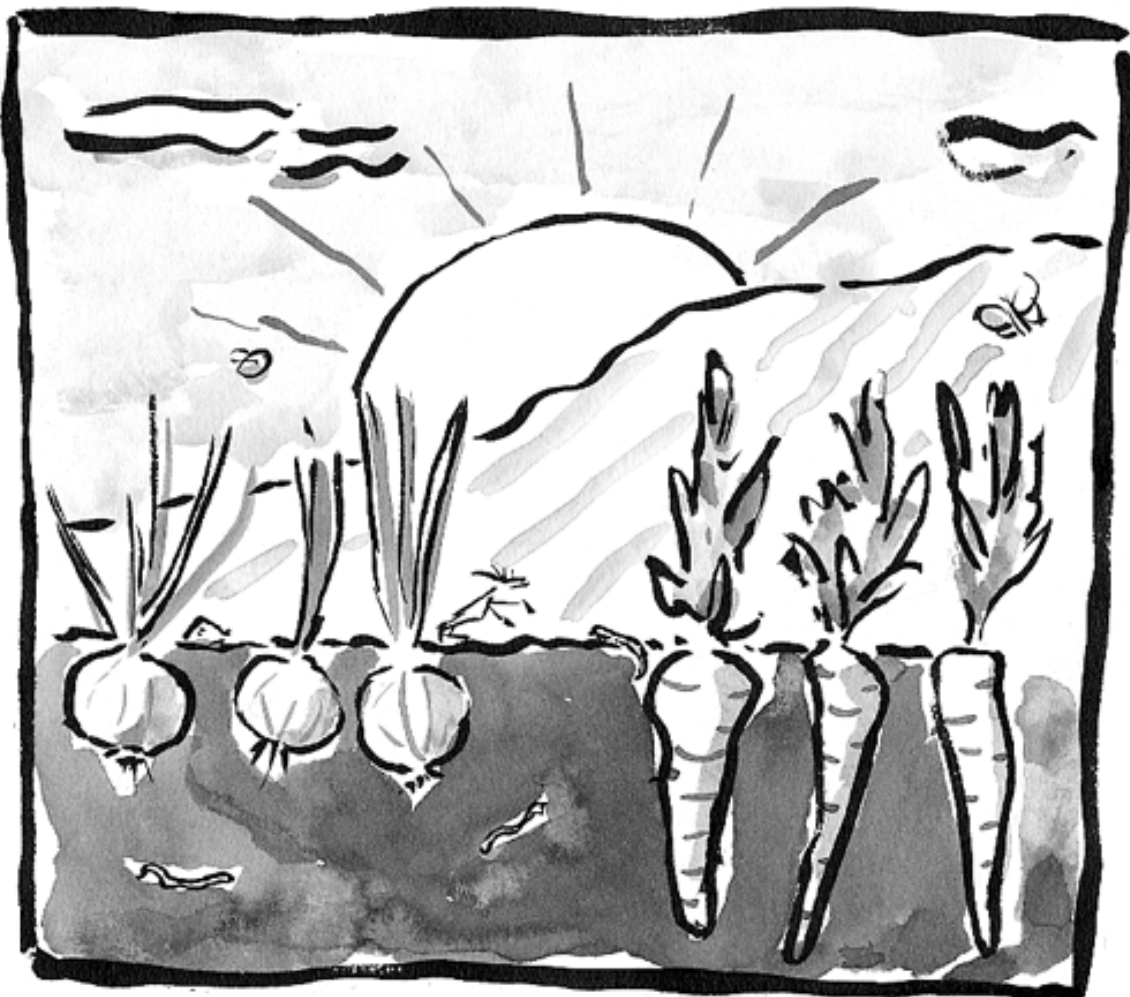
fruit and vegetable scraps
tea bags
fresh leaves
green plants
prunings and hedge trimmings
grass clippings
weeds
flower bouquets
seaweed

SOURCE: www.nyccompost.org/how/materials.html

and other brown material.

Joseph, who also maintains a compost bin at home in her garden, strongly recommends placing bins on soil, rather than concrete surfaces, and cautions that in an urban environment, it may take as long as a year for backyard compost bins to naturally attract the kinds of organisms required to produce soil. "The process will be faster," she added, "if you

place some almost finished compost into the mix." Regarding worm bins, which Joseph has also experimented with, she has found that worms "prefer food that is partially broken down." She describes worms as "finishers" and rather "slow eaters." As a result, she feeds them a steady diet of coffee grounds and tea bags, which is eventually transformed into "this gorgeous black soil." ■



Announcing Auditions

for the third

ADULT Coop Variety Show



AUDITIONS:

Sunday, January 28
12:00–2:00 p.m.

Coop second floor
meeting room



PERFORMANCE DATE:

Saturday, March 10
7:30 p.m.

Berkeley-Carroll School
181 Lincoln Place
between 7th and 8th Aves

You must audition to be in the show.

■ Polished act not required for audition; we can help you polish it.

■ Singers and other musicians, poets, jugglers, stand-up comics, rappers, dancers, magicians, gymnasts, etc. (no lip-syncing please)

We look forward to hearing from you!

Presented by the PSFC
Fun-Raising Committee

To reserve an audition spot contact:
Martha Siegel 718-965-3916 or
msiegel105@earthlink.net



Sunday, February 4
3-5:00 p.m.
at the Old Stone House

FREE
 Non members Welcome

Spoken Word Circle

brought to you by the
 PSFC Fun'Raising Committee




Our literary gathering at the Old Stone House in the dead of winter is a cozy, warm way to share our voices, imaginations, and fancies. We sit in a circle and, in Round Robin format, we each have the opportunity to share an original poem, short piece, song, joke, or even a favorite piece from another writer. We will likely have time for several go-rounds as well as time for wine and cheese. And it's a free afternoon gathering for free thinkers!



So please join us at the Old Stone House
3rd Street at 5th Avenue

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

Thursday, Feb. 1
7:30 p.m.
at the Coop



Susan Baldassano
 coordinator

PARK SLOPE FOOD COOP

The Hungry, Healthy Vegan


A vegan diet doesn't have to mean limping through winter, yearning for comfort and warming foods. In this class you'll learn about healthy, hearty, vegan dishes that fill the stomach and warm the soul on a cold winter's night. These meals are so robust, even the most hard-core carnivore will ask for seconds.

Guest chef
Michael Welch is a health supportive chef in New York City. He is a graduate of the Natural Gourmet Institute for Health and Culinary Arts. Michael is a Coop member.

MENU
• Savory Seitan Veggie Pot Pie
• Rib-sticking Polenta with White Bean Mushroom Ragout
• Cornmeal-Crusted Tempeh with Collards
• Dirty Rice and Roasted Sweet Potatoes
• Wouldn't Hurt a Fly Shepherds Pie

\$4 materials fee
Views expressed by the presenter do not necessarily represent the Park Slope Food Coop.

MEMBERS & NON-MEMBERS WELCOME.
 Come early to ensure a seat.



TIPS for Speeding Checkout...

Speeding checkout involves both workers and shoppers. Your involvement begins during your shop. Each TIP alone saves time—from seconds to minutes. Together, they can significantly shorten a checkout line. The longer the line, the more time saved for people at the end, and the faster you'll be out the door with your groceries!

Label bulk items with their four-digit PLU codes. The labeling supplies are in the bulk area. PLU codes are on the individual bins. PLU codes help the checkout worker go faster.

Have your Membership card or Entrance desk slip ready when you arrive at a checkout. It is not enough to say your number. Please, get your card or slip out while waiting on line.

Unpack you bar-coded and PLU-labeled items onto the checkout desk FIRST. The checkout worker can process these items more rapidly, allowing you time to pack them while your produce is checked out using the screen menus.

Allow Checkout Helpers to assist you in unpacking (or packing) your purchases. If the shopping squad offers to help, say "Yes!" Let someone else unpack your cart so you can immediately begin to pack up your purchases. This will shave a few minutes off your shopping time, and many minutes overall for the last person on line.

Begin packing as soon as your purchases start to come through the checkout. Don't wait to begin packing! If you start to pack right away—packing a bit at a time as things come through the checkout—you, and everyone else behind you in line, will get out of the Coop faster.

Don't dawdle while packing your groceries. When you are packing up, remember how you felt when you were last on the line. Pack at a quick but comfortable and consistent pace. Please, don't stop to chat with the checkout worker (even if they are a friend). Pack and proceed to the register so the next person on line can begin to check out.

WHAT IS THAT? HOW DO I USE IT? Food Tours in the Coop

Here we are spun from the maelstrom still turning, but slower life is coming back into focus

Time to regroup, reconnect and recharge
 No better place to begin than the produce and bulk aisles of the Park Slope Food Coop

Be stalwart, be brave
 try something new: galangal, ginger's cousin is a fiery customer, so warm-hearted or rekindle an old flame: jalapeno peppers pressed with squash and goat cheese between sprouted tortillas

Come. Learn something new
 share what you know
 take good care of yourself
 and everyone you love will feel better too

Step into the heart of the new year
 it's waiting for you
 —Myra Klockenbrink

Mondays, January 29 and February 12
Noon to 1 p.m. and 1:30 to 2:30 p.m.

Wednesday, February 14 and March 14
5:00 to 6:00 p.m. and 6:30 to 7:30 p.m.

You may join at any time during a tour.

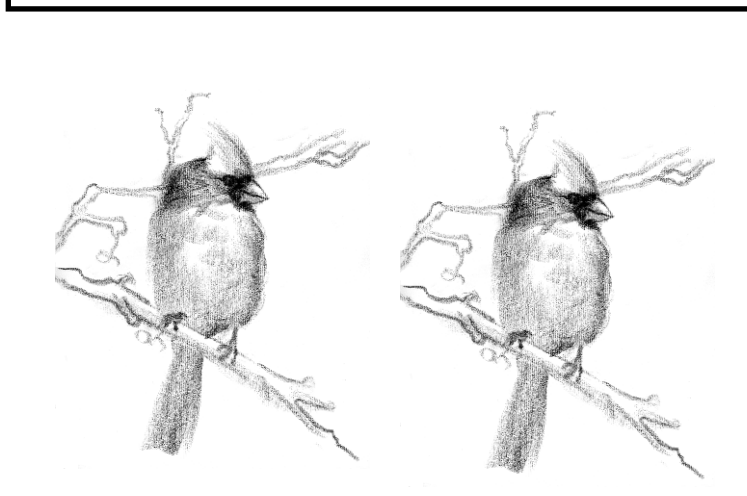


Plastic Recycling Drivers Needed

Wednesday, time to be arranged.
 The Plastics Recycling Squads are looking for drivers to transport plastic recycling collected at the Coop to the recycling plant in Brooklyn. Drivers needed to work Wednesday during the daytime. The time can be arranged with Jessica Robinson but the work needs to be completed between the hours of 8:00 a.m. to 3:00 p.m. when the recycling facility is open. Drivers must have a large capacity vehicle (van or truck) for the volume of recycling collected. You need to be able to lift and work independently. Reliability a must as you are the only person coming to do this job on your day. If interested please contact General Coordinator Jessica Robinson at jess_robinson@psfc.coop or drop by the Membership Office to speak to her.

Paper Recycling Driver Needed

Wednesday, 6:00 to 8:00 am
 Do you have a large vehicle and want to help the Coop be a good green citizen? Collect recycled paper from the Coop, bag it, load it into your vehicle and drive it to the paper recycling center. You need to be able to lift and work independently. Reliability a must as you will be the only person coming to do this job on your day. If interested please contact General Coordinator Jessica Robinson at jess_robinson@psfc.coop or drop by the Membership Office to speak to her.



KICKING BUTTS

By Ramona Tirado

We all know the routine. The ball drops amid a chorus of excited shouts and floating confetti. Laughter and kisses all around. The usual resolutions are shared: get a new job, find a new mate, raise a credit score. Somebody, of course, always promises to give up smoking.

Everyone knows that smoking is bad for our health. We've heard the statistics time and again: Smoking is responsible for 30% of all cancer deaths. You may have

makeover, causing the cell to mutate.

Now, the body, magnificent machine that it is, has built-in checkpoints to make sure all cells look and behave the way they should. The damaged cell stops at a checkpoint and asks, "Hey, how do I look?" The checkpoint compares the cell to others and may respond, "Oh man, you look sick." At this point, the cell can attempt a DNA repair and/or it can flip its preprogrammed suicide switch.

So how do you do it? There are a number of options.

Cold turkey is difficult, but doable if the quitter is informed and knows what withdrawal symptoms to expect and how long the symptoms are expected to last. This is the favored option of clinicians because the sooner the nicotine intake is stopped, the sooner the body can begin to repair the damage.

Nicotine Replacement Therapy (NRT), like the nicotine patch and nicotine gum, is a very popular choice because it treats withdrawal symptoms and allows the quitter the luxury of weaning off of nicotine instead of leaping in head-first. The gradual cessation of nicotine use results in more cases of permanent release from the smoking habit. The drawback to NRT, however, is that the various forms each come with their own set of mild to potentially harmful side effects. A quitter should always consult a physician before beginning an NRT program.

Acupuncture may also be used to keep the cravings at bay, although no scientific evidence has been found to support the claim.

Coop shoppers may also find natural/herbal assistance, such as antioxidants to clear the lungs, in the vitamin aisle. These products are not FDA approved and there is no scientific support to claims they can help break the smoking habit. However, among the vitamins and supplements reported to alleviate unpleasant withdrawal symptoms, quitters can find a product called Nicotine Relief in section "D" of the vitamin aisle. ■

According to the American Cancer Society, nicotine is every bit as addictive as cocaine.

even heard that smoking is associated with at least 15 different types of cancer (nasopharynx, nasal cavity, paranasal sinus, lip, oral cavity, pharynx, larynx, lung, esophagus, pancreas, cervix, kidney, bladder, stomach and acute leukemia). What may not be clear is exactly how a person transitions from a relaxing smoke to stressful radiotherapy treatments.

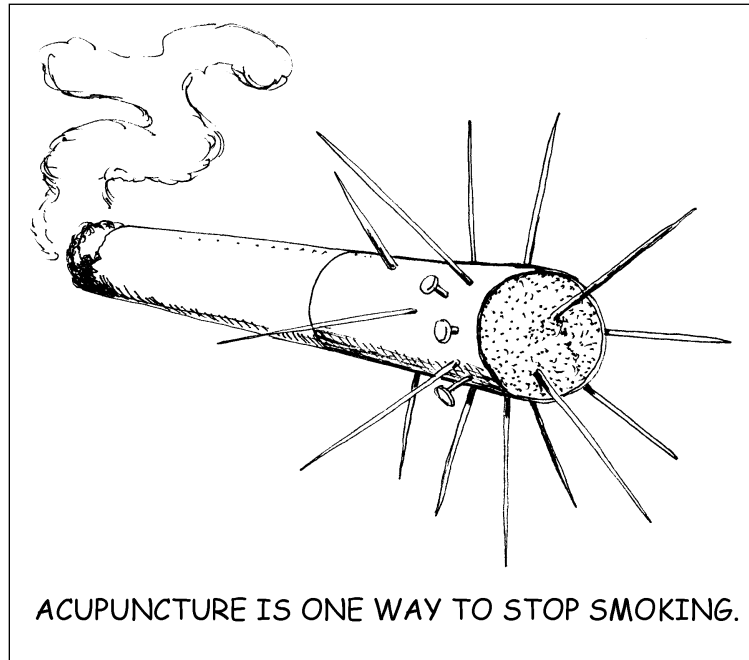
How about a crash course? Dr. Brij M. Sood, Clinical Director of Radiation Oncology at New York Hospital Medical Center of Queens explains: Let's say you're having a tough day. Your report is due to the Board of Trustees in an hour and your boss is breathing down your neck. So you do what most smokers do in times of stress. You escape for a cigarette break. You take a long drag and the nicotine hits your bloodstream where your cells are busily going about their life cycles. The nicotine moves in quickly and gives an unsuspecting cell a little

Crisis averted. You never even know it happened.

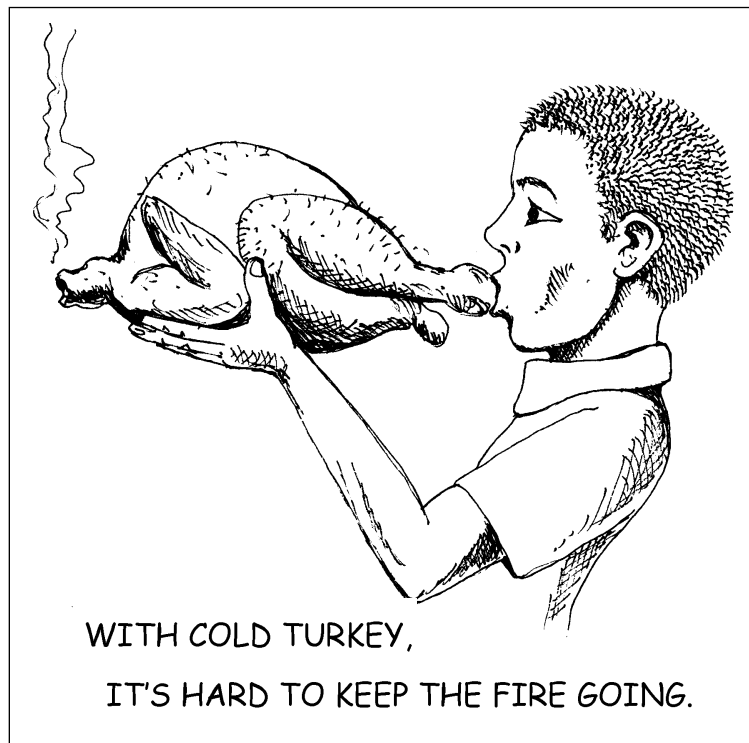
"Each cell has a unique potential to control its destiny. It follows nature's law to preserve function and sustain life," Dr. Sood said.

Malignancies occur when something happens to disrupt the normal mechanisms that regulate healthy cellular proliferation and damaged cells begin to replicate.

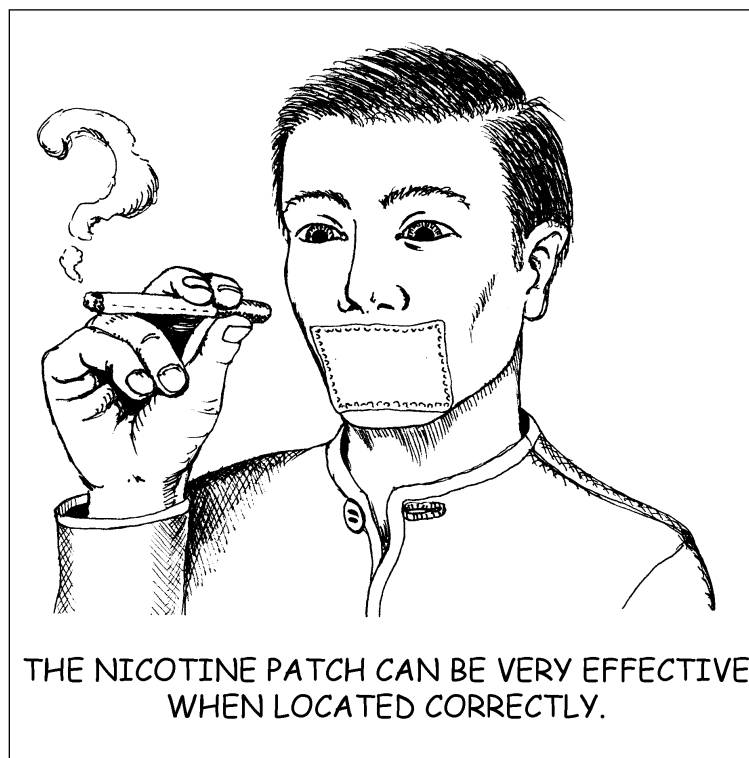
This information isn't new or difficult to find, and we've seen the way cancer can ravage a body. Still most people fail in their attempts to quit. This is because knowledge of the potentially lethal outcome in no way inhibits the physical and psychological dependence on nicotine which, according to the American Cancer Society (ACS), is every bit as addictive as cocaine, with withdrawal symptoms (dizziness, depression, headache, fatigue, nightmares and increased appetite) that make the reality of quitting a lot less desirable than the dream.



ACUPUNCTURE IS ONE WAY TO STOP SMOKING.



WITH COLD TURKEY, IT'S HARD TO KEEP THE FIRE GOING.



THE NICOTINE PATCH CAN BE VERY EFFECTIVE WHEN LOCATED CORRECTLY.

ILLUSTRATIONS BY OWEN LONG



**Do you buy bottled water?
CHECK OUT OUR NEW DALTON WATER FILTERS.
They are located on the top shelf
of Aisle 2 above the water**

Illustration by graphic artist Sidy Lamine Dramé, originally appeared in *Baobab* magazine, published by ALIN (Arid Lands Information Network), based in Nairobi, Kenya. Mr. Dramé's main focus has been illustrating extension and training materials on rural development. He has been the principal illustrator for *Baobab*, since 1991.

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 that are racist, sexist, or otherwise discriminatory.

The *Gazette* welcomes Coop-related articles, and letters from members.

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 guidelines above. The Anonymity and Fairness policies appear on the letters page in most issues.

Voluntary Articles: Maximum 750 words.

Submissions on Paper: Typed or very legibly handwritten and placed in the wallpocket labeled "Editor" on the second floor at the base of the ramp.

Submissions on Disk & by Email: We welcome digital submissions. Drop disks in the wallpocket described above. The email address for submissions is GazetteSubmissions@psfc.coop. Receipt of your submissions will be acknowledged on the deadline day.

Classified & Display Ads: Ads may only be placed by and on behalf of Coop members. Classified ads are prepaid at \$15 per insertion, business card ads at \$30. (Ads in the "Merchandise–Non-commercial" category are free.) All ads must be written on a submission form (available in a wallpocket on the first floor near 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").

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 \$23 per year to cover the cost of postage (at First Class rates because our volume is low).



Printed by: Prompt Printing Press, Camden, NJ.

**Friday
Feb. 16
8:00 p.m.**

very
The Good Coffeehouse
COOP CONCERT SERIES

A monthly musical fundraising partnership of the Park Slope Food Coop and the Brooklyn Society for Ethical Culture



The Blue Moon Ramblers

are city folk with a distinct country sensibility. What they have in common is a love of traditional American country music—especially, but not limited to, bluegrass. Propelled by the rhythm section of frequent Rambler "Big Daddy" Ben Herzog on bass, and Howard Gotfryd on guitar, the Blue Moon Ramblers sparkle, swing, and fly along with multi-genre master Dotty Moore on fiddle, the erudite, honky-tonkin' Charlie Goldman on the banjo, and the esoteric "Edmund Wilson of bluegrass music," Jerry Hertz, on the mandolin. Expect some corny humor, hair-raisin' harmonies, drivin' rhythms, and hot pickin'.



The Coop Rhythm Masters

is a swing band consisting of fantastic musicians from the Coop who got together because they wanted to have unimaginable fun playing music. Swing is their music of choice because everyone in the Rhythm Masters has it coming out of their pores. The group features the golden voice of Christine Correa, the elegant trumpet of Barry Bryson, the cloven saxophone of Eric Pakula, the grand piano of Frank Carlberg, along with the feral combination of drummer Rob Garcia with bassist Alexis Quadrato.

53 Prospect Park West [at 2nd Street] - \$10 - 8:00 p.m. [doors open at 7:45]

Performers are Park Slope Food Coop members and receive Coop workslot credit.

Booking: Bev Grant, 718-230-4999

Puzzle Corner

Contributions from members are welcome. Please sign your entries. Answer is on page 9.

Cryptogram Topic: Canned Fish

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.

J U Z L M Z A P

L N U K Z A H L

O X I A R M Z P X B B I A N

B Q A P Q M B I A N

O X Q V V H K O M N F L

C N O R F N O R H U N M

L F Q R H K Q G L B H U L

R Z V V H U L A N O R L

N M N L R N L N M F Q A

N A O X Q D G T Z M M H B L

P H T Z M B H T Z L X

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Maintenance Vacuuming Squad

Wednesday, 1:00 to 3:00 pm

Learn to use a specialized vacuum (HEPA) to clean various, hard-to-reach areas of the Food Coop. Love of cleaning, a willingness to get dirty, and comfort with climbing ladders a must. Please speak to Mary Gerety in the Membership Office if this workslot appeals to your inner neat-freak! Work slot requires a 6-month commitment.

Office Setup

Weekday mornings, 6:00 to 8:30 am

The Membership Office needs an early riser with lots of energy to do a variety of physical

tasks including: setting up tables and chairs, buying food and supplies, labeling and putting away food and supplies, recycling, washing dishes and making coffee. Sound like your dream come true? This job might be for you. Please speak to Adrianna in the Membership Office, Monday through Thursday, 8:00 am to 2:00 pm

Soup Prep

Friday, 7:00 to 9:45 am

You can help the Coop rescue slightly damaged food and turn it into ingredients for nutritious meals. You will be sorting and packing food by category. You and a partner will then take a U-boat of food to CHIPS, the soup kitchen on Fourth Avenue (it's downhill all the way!) The job involves some lifting and working in the

walk-in refrigerator for part of the shift. On-the-workslot training with receiving coordinator Hilton Horwitz.

Voucher Journal

Tuesday, 1:00 to 3:45 pm

Set-up voucher registration journal pages for a 4-week period and review the prior 4-week period of bound voucher journals for incomplete and missing voucher information. Neat and legible handwriting plus attention to detail is required. Good attendance absolutely necessary because this member will be solely responsible for the doing this job once every four weeks. If you have any questions please contact Andie Taras in Bookkeeping.

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:

Feb 1 issue: 7:00 p.m., Mon, Jan 22
Feb 15 issue: 7:00 p.m., Mon, Feb 5

CLASSIFIED ADS DEADLINE:

Feb 1 issue: 10:00 p.m., Wed, Jan 24
Feb 15 issue: 10:00 p.m., Wed, Feb 7

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, JAN 30

GENERAL MEETING: 7:00 p.m.

The agenda appears in this issue and is available as a flyer in the entryway.

TUE, FEB 6

AGENDA SUBMISSIONS: 8:00 p.m.

Submissions will be considered for the February 27 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).

If specific programming is available at press time, it will appear 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, January 30, 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 Ellen Weinstat 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 and 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.

Following is an outline of the program. *For full details, see the instruction sheets by the sign-up board.*

• Advance Sign-up Required:

To be eligible for workslot credit, you must add your name to the sign-up sheet in the elevator lobby.

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 GM-for-workslot-credit program two times per calendaryear.

• Certain Squads not eligible:

Eligible: Shopping, Receiving/ Stocking, Food Processing, Office, Maintenance, Inventory, Construction, and FTOP committees. (Some Committees are omitted because covering absent members is too difficult.)

• Attend the entire GM:

In order to earn workslot credit you must be present for the *entire* meeting.

• Childcare can be provided at GMs:

Please notify an Office Coordinator in the Membership Office at least one week prior to the meeting date.

• Signing in at the Meeting:

1. After the meeting the Chair will provide the Workslot Credit Attendance Sheet.

2. Please also sign in the attendance book that is passed around during the meeting.

• Being Absent from the GM:

It is possible to cancel without penalty. We do ask that you remove your name if you know cannot attend. Please do not call the Membership Office with GM cancellations.

• Is it FTOP or a Make-up?

It depends on your work status at the time of the meeting.

• Consider making a report...

...to your Squad after you attend the meeting.

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.**

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, JAN 19

GOOD COFFEEHOUSE-THIRD FRIDAY COOP NIGHT: Swing Street. Barry Bryson returns with his hit swing band for an evening of great music & dancing. Liz Peterson will provide dance lessons. Brooklyn Ethical Culture Society. \$10 adults, \$6 children. 8:00 p.m. 53 Prospect Pk W. 768-2972.

FRI, JAN 19

DANCING FOR ANIMALS, a non-profit organization, is holding Friday night dance parties. Every Friday, enjoy an evening of dancing while helping animal welfare organizations! Intro dance class 9:00-9:30 p.m. General dancing 9:30-12:00 a.m. (music for all partner dances played). Dance Times Square, 156 W. 44th St., 3rd Floor. 212-946-1824 www.dancingforanimals.org

SAT, JAN 20

TALMUD SCHOLAR RABBI ALYSSA GRAY: Rabbis and Non-Jewish Rulers. Ability to work with original texts required. English

translation provided. After Kid-dush, approximately 1:30 PM. \$15 Non-members, \$5 Seniors/Students. Advanced Registration Required. Park Slope Jewish Center, 8th Avenue & 14th Street. (718) 768-1453 or office@psjc.org

SUN, JAN 21

BROOKLYN FRIENDS OF CHAMBER MUSIC at the Lafayette Ave. Presbyterian Church: Mozart's Violin Sonatas. Sunday, Jan. 21, 2007. 3 p.m. & 7 p.m. Piano: Reiko Uchida & Thomas Muraco. \$15 adults, \$5 students, 718-855-3053. 85 S. Oxford St. at Lafayette Ave., Fort Greene, Bklyn.

SAT, FEB 3

PEOPLES' VOICE CAFE: Peter Siegel; Jay Mankita. Workmen's Circle, 45 E 33 St, Manh, 8:00 p.m. Admission: \$12, more if you choose, less if you can't. Members \$9, 212-787-3903 www.peoplesvoicecafe.org.

SAT, FEB 10

PEOPLES' VOICE CAFE: Rod MacDonald. Workmen's Circle, 45 E 33 St, Manh, 8:00 p.m. Admission: \$12, more if you choose, less if you can't. Members \$9, 212-787-3903 www.peoplesvoicecafe.org.

Save these Dates!

The **Fun'Raising Committee** has plenty of events for you and your friends, Coop members or not. Display ads for each will appear in the *Gazette* as each event approaches.

Saturday, January 20.....Adult Variety Show-auditions
 Sunday, January 28.....Adult Variety Show-auditions
 Sunday, February 4.....Spoken Word
 Saturday, March 10.....Adult Variety Show
 Saturday, April 21.....Earth Day World Beat Fiesta
 Saturday, May 19.....Game Night

You Own It!

TWELVE THINGS MEMBERS CAN DO TO HELP THEIR COOP

- Help make respect and appreciation part of the Coop's ambiance.
- Offer to help if you see it may be needed.
- Pick up trash if you see it in the store or in front of the Coop and report and/or help clean up spills.
- Help protect the Coop, its property and its people. If you notice shoplifting or other irregularities, please tell the squad leader or a coordinator.
- If you see wrong prices, mislabeled or misplaced merchandise, let the Squad Leader or a working member know.
- Respect the Coop's member labor system. Is every adult in your household a member? Shop for your household or other Coop members only. Remember, our costs are low because of member labor.
- Be informed. Read the *Linewaiters' Gazette*. Come to General Meetings and other Coop meetings.
- Help visitors to the Coop feel welcome. Offer to give them a tour.
- Offer constructive suggestions. Drop a note in the Coop mailbox for the Coordinators or a Coop committee. Drop a note to the produce buyer in the wall pocket in the produce area. Write in the *Shopping Committee Feedback Book*. Write a letter to the *Gazette*. The Coop welcomes ideas!
- Leave the street in front of the Coop clear for deliveries, members picking up their groceries, and our neighbors. And NEVER block the firehouse.
- Post or distribute Coop flyers where you live or work. The Coop office can supply you with as many as you like.
- Tell a friend about what a great Coop we have!

Adapted from *Gentle Strength Times*,
Gentle Strength Food Coop, Tempe AZ.

FILM NIGHT

Friday, February 2 • 7:00 p.m.
 at the Coop



THREE FILMS BY YOUTH ORGANIZERS TELEVISION YO-TV Documentaries

Still Standing provides an intimate portrayal of the challenges faced by Hurricane Katrina survivors six months after the storm. Diana is a single mother looking for housing, employment, and the chance to reunite with her children. Ms. Gertrude is a determined grandmother struggling to return home and rebuild. Her son Bilal's post-Katrina experiences in New York City drive him to become politically active. *50 minutes.*

Alienated: Undocumented Immigrant Youth is about Licia, a determined young woman from St. Vincent who commutes from Brooklyn to New Jersey to work as a nanny for \$4 an hour. Meanwhile, anti-immigrant groups rally around lobbying efforts that seek to impose ever harsher policies and to "protect our borders." *Alienated* examines what it means to be young, able and 'illegal' in America. *8 minutes.*

All That I Can Be follows William Solomon as he enlists in the United States Army in the fall of 2003. His story offers an intimate portrait of a young person making his way in a society in which joining the military seems to be the best or only option. **All That I Can Be** explores the economic draft and the promises and realities of the U.S. military in post-9/11 America. *8 minutes.*

All three films were made by Youth Organizers Television (YO-TV), a core program of the Educational Video Center, a non-profit youth media organization dedicated to teaching documentary video as a tool for social change and as a means to develop the artistic, critical literacy and career skills of young people.

A discussion with Coop member, Jen Meagher, YO-TV's Director of Marketing & Community Engagement, and the youth filmmakers will follow.

FREE
Non-members
welcome

Film Night organizer, **Trish Dalton**, can be reached at mail@trishdalton.com or 718.398.5704.

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



LEGAL WAR TAX RESISTANCE

DEAR FELLOW COOP**MEMBERS,**

Thanks to Carol Wald for reminding us of the moral challenges of war tax resistance in her letter to the editor (Jan. 4). For those who may be concerned but not willing to risk direct confrontation with the government via the IRS, I would like to share a strategy of LEGAL war tax resistance as I've been practicing it over the past several years.

There are many, many worthy organizations working to advance peace and justice in our communities and our world. The majority are classified as 501(c)3 organizations under the tax code, to which cash donations—up to 50% of adjusted gross income, with a 5-year carryover for donations beyond that amount—are fully tax-deductible. (Even organizations which, due to lobbying activities, cannot offer a tax deduction, generally have an educational arm to which donations ARE tax-deductible.)

My simple strategy is to identify those organizations whose work I most want to support, contribute as much as possible of my “not-very-gross” gross income to such organizations, itemize my contributions at tax time, and thereby reduce my federal taxes to a very significant degree (in my case, to nearly nothing; the reduction will vary depending on your own contributions and circumstances).

Legal war tax resistance requires a heightened awareness of our personal consumer patterns in order to clarify spending priorities. One sobering study of which I am aware found that the average American spends more money each year on dry cleaning than on contributions to worthy causes. In fact, most Americans donate only 1-2% of their income to qualified organizations.

By contrast, religious traditions such as mine (I am an observant Jew) call for a 10-20% tithe of income to save lives and reduce poverty. In my tradition this is called *tzedakah*, literally “[giving] toward justice.” Taking this challenge seriously facilitates a shift from mere criticism (however legitimate) of government spending to a pro-active focus on insuring that our own spending is in line with our true values and priorities. For example, in addition to my general tithing, I tithe a percentage of the amount I spend on food each month (at the Coop, in restaurants and on the run) to a hunger relief organization whose commitment to advocacy and to “think globally/act locally” I respect.

Increasing numbers of families are engaging their children in a conscious process of evaluating causes of concern to them, and allocating a significant designated amount of their resources to support those causes. Our spending patterns can be a powerful force for social change, if we are willing to face them squarely and draw the necessary conclusions.

*Yours for a better world—
one tithe at a time,
Regina L. Sandler-Phillips*

ECO-FRIENDLY SLOPE

DEAR FELLOW COOP**MEMBERS,**

I wanted to let us all know that in the newest issue of “Natural Home” Magazine, they ranked the best eco-friendly urban neighborhoods in America. Park Slope was rated #4 and the first attribute listed was “Nation’s largest member-owned and operated food co-op.”

Nice work everybody.

Christopher Swartout

SIBS IN BIBS

At 13 months, cherubic Leo Without assist took a step, then two. Said jubilant mom to her three-year-old:

“Robbie, your brother now walks, like you.”

Once Leo’d finished his debut stroll, His mother kissed him for he’d done, Inciting Robbie to speak up:

“Look, Mommy, look—I can run!”

Leon Freilich

FRONT DOOR BLUES

DEAR COOP,

I know several couples in the area who report walking into the Coop (having heard good things about it) and asking if they can take a look around. In every case, they report a reprimand-style explanation from the entrance worker that no, they cannot take a look around, and a redirection to the information sessions.

It is my impression that this contributes to the image of the Coop as “some kind of cult.” It is my impression also that the proposed electronic registration of guests will only inconvenience entrance workers and honest members with guests, while encouraging dishonest members just to stop bringing their food-sharing domestic partner to the Coop for shopping. While I understand that this proposal has been made in hopes that it will allow the Coop to address a problem, it appears that it will have only negative effects.

John Wright

POMPUZ?

DEAR COOP,

Her I am at 6:35 p.m. tryin’a git my letr out by seven—tea made, pear cut, cookies set out and cigar lit. Five Newman’s alvabedt kookeez to be zbezigiv but I ate one before I looked at what letter it was. However the remaining ones spelled a word which is the first

time it happened for me. Pomp! So could that be our watchword?

Some people would accuse me of being pompuz becuz’ I try to wrid’ a led’r to every izzue of the Gazette. Thiz muz’ be abad’ my 70th letter an’ I don’ have copi’z of all of them. Bud iv I die I hope one uv you will volunteer to loog them all up an’ prindt them or sump’n. I’ll leev U my hard drive in my will—or one’a the CDz I uze ta bacg id’ up.

Anyway we have a nice editor or edidorz of the Kazzedde who has print’d both uv my letr’z becuz’ they vergodt one ‘a them in the lazdt izzue. However we have a lot’a new edidor’z ad the Gazzed’ an they don’ zeem ta know how ta uz’ EMail because they didn’t tell my anything about what they were doing. Guess they figured I’d be happy that they printed both—whiz iz th’ firzd time that ever happn’d! Or maybe they didn’t mak’ a decizh’n abad’ id’ until the laz’ minit’!

Ennewaze I thought you’d like to zee what my headerz look like becuz there’z a lot’a thingz they like ta do thad I don’ wantdt. Here’z the one for thiz let’r:

They tend to take oudt phone numbr’z ‘n EMail adrez’z iv you don’ tell ‘em nod’ to. An’ they zbell “Co-Op” az “coop” zo they have to be told. The Thanxkzs at the end could also be zbel’d Thankxzs or Thanzskx an’ id’ wouldn’d matt’r much. Well I god’a led’ go a’ thiz becauz it’z 6:59 an’ I god’a zend thiz led’r.

VENCEREMOS! AND CHEPPY CHOLLIDAZE ‘N ZE’ZON’Z GREEDIN’Z!

Albert Solomon

www.PACVID1.COM

Microzymian Philosopher

Homeopathic Visionary

Enfant Terrible of the Park Slope Food

Co-Op

Singin’ Candydate for the 2007 WBAI

Local Station Board

HOBCE@YAHOO.COM

718-768-9079

Alwa’z rememb’r: Melinda Zmith Rul’z!

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.

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.

Fairness

In order to provide fair, comprehensive, factual coverage:

1. The Gazette will not publish hearsay—that is, allegations not based on the author’s first-hand observation.

2. Nor will we publish accusations that are not specific or are not substantiated by factual assertions.

3. Copies of submissions that make substantive accusations against specific individuals will be given to those persons to enable them to write a response, and both submissions and response will be published simultaneously. This means that the original submission may not appear until the issue after the one for which it was submitted.

The above applies to both articles and letters. The only exceptions will be articles by Gazette reporters which will be required to include the response within the article itself.

**PROGRAMS****Friday, January 19 through Sunday, January 21**

The following programs will happen within four days of publication of this issue. For full ads, please look at the December 27 or January 4 issues or pick up copies of the flyers in the Coop.

Friday, January 19

7:30 The Good Coffeehouse Coop Concert Series Presents Swing Street with Dance Instruction. Society for Ethical Culture, 53 Prospect Park West, Brooklyn

7:30 Family and Divorce Mediation

Saturday, January 20

10:00 Why You’re Not Losing Weight

2:00 Coop Adult Variety Show Auditions


Answer to Puzzle on page 6

Brisling Sardines, Chunk Light Tuna, Tongol Tuna, Chopped Clams, Jack Mackerel, Smoked Oysters, Kipper Snacks, Alaska Salmon, Anchovy Fillets, Gefilte Fish



Friday, January 26
7:00 p.m. at the Coop

FREE
Non members Welcome



AMERICA
FREEDOM TO FASCISM

with Andrew Jones

Money - Where does it come from? How is it created?

The Federal Reserve - What is it and what role does it play in our money supply?

Taxes - What law requires you to pay income taxes?

Our Government encourages a globalized corporate economy. Permaculture supports people-centered local economies. This film introduces the problems of our current monetary system; permaculture encourages local solutions.

Andrew Jones is a coop member and permaculture teacher and practitioner.


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

Saturday, January 27
1:00 p.m. at the Coop

FREE
Non members Welcome

Fueling Up on Low-Fat Foods
with Michael Welch

Steering clear of meat, dairy products, fried foods, and other fatty fare is an important first step in preventing and surviving cancer. In this class you will see low-fat dishes made from whole grains, legumes, vegetables, and fruit and sample the healthy results. A 10-minute video featuring a medical professional will be shown followed by cooking demonstrations. Recipes, handouts and other fun materials are provided to participants.



This class is sponsored by the Park Slope Food Coop and The Cancer Project, a non-profit organization of physicians, researchers and nutritionists who educate individuals, families and the public on the benefits of a healthy diet for cancer prevention and survival.

Registration is requested. Please call 917-771-2478 or e-mail michael@fullplate.org.

Michael Welch is a health supportive chef in New York and is a graduate of the Natural Gourmet Institute. He has been a Coop member since 2004.

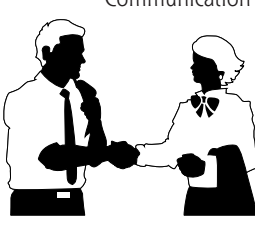
Views expressed by the presenter do not necessarily represent the Park Slope Food Coop

Enjoying Difficult People— Including Yourself
An Introduction to Compassionate, Nonviolent Communication
WITH DIAN KILLIAN

- How do you respond to "difficult" people and situations?
- How do you ensure that your own needs are met in ways you don't regret later?

Learn how to enjoy greater connection and understanding in even the most trying situations.

This workshop is based on the skills of Nonviolent Communication (sm) as developed by Marshall Rosenberg, Ph.D. Nonviolent Communication is used around the world by couples, families, schools, and organizations to create shared understanding, resolve conflicts, and discover strategies that address everyone's needs.



Dian Killian, Ph.D., is a member of the Food Coop, co-author of *Connecting across Differences, A Guide to Compassionate, Nonviolent Communication* and a graduate of the NVC North American Leadership Training program. She is founder and Director of Brooklyn Nonviolent Communication (www.BrooklynNVC.org) which specializes in sharing NVC with those involved with education, the arts and social change.

FREE
Non-members welcome


Sunday, February 4
12-2:00 p.m. at the Coop

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

Friday, February 9
7:30 p.m. at the Coop

FREE
Non members Welcome

Art and Relationships
with Sarah Zahnstecher



- Is there a relationship you would like to explore?
- Are there symbols and metaphors to describe it?
- What could it look like?

The art work you create will inform you.

In an atmosphere of non-judgment and self acceptance, each participant will have an opportunity for understanding, satisfaction and connection.

All materials will be provided. This workshop is designed for adults. There will be no entry after 7:45 p.m.

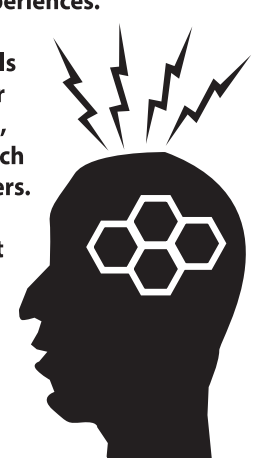
Sarah Zahnstecher is a New York State Licensed Creative Arts Therapist who works in private practice as well as in a hospital setting and has been practicing for over 20 years. She is a Coop member.

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

Effective Tools for Rapid Personal Transformation
with Marija Santo and Susan March

Learn simple techniques to let go of fear, anxiety, trauma and unforgiveness. 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, February 10
5:00 p.m. at the Coop

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

Saturday, February 10
12:00 p.m. at the Coop

FREE
Non members Welcome

Homeopathy and First Aid
with Claire Dishman

Homeopathy offers a remarkable alternative to western medicine and is often at its most impressive when treating situations requiring first aid and minor acute illnesses.

This talk focuses on some of the more useful homeopathic remedies to have around the house for situations involving accidents, sports injuries, bleeding, allergies, fevers, coughs and colds.

Homeopathy is a gentle system of natural medicine that uses the body's own healing capabilities along with a minute substance from nature to heal. The remedies are specifically prepared in very dilute forms using plants, minerals and animal substances.

Claire Dishman, a coop member, is a graduate of the School of Homeopathy New York. She practices in New York City. Her interest in herbal medicine brings an added dimension to her practice. Her patients, including many coop members, include children and adults needing assistance with everything from asthma to deep, chronic disease.

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

Sunday, February 11
12:00 p.m. at the Coop

FREE
Non members Welcome

Cooking With Essential Oils
Featuring: Valentine's Menu for Two
with Teri Gorbea and Denise Galon

Tantalizingly Delicious Brunch
Easy-to-Do Dinner for Two
Steamy Cocktails
Sin-sational Chocolate Fondue.

Scrumptious food hand picked from the Food Coop prepared with 100% Pure Therapeutic Grade Essential Oils makes for a simply quick and perfectly romantic Valentine's Day Menu for Two.



Teri Gorbea is a Coop Member, Health and Wellness Coach, Certified Personal Trainer, Bodyworker, and Aromatherapist. Denise Galon is a Healing Minister in Aromatherapy, Chinese Energetic Medicine and Chinese Herbs.

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

Tuesday, January 30
7:30 p.m. at the Coop

FREE
Non members Welcome

Overcoming "Sales Phobia"
with Susan Martin

Do you need customers but hate selling?

- Are prospective customers slipping through your fingers?
- Are you uncomfortable speaking about your business?
- Does selling seem sleazy?
- Do you want to learn how to close deals without using pressure?

Join us for an interactive workshop that will help you:

- Sharpen your selling skills
- Develop your own authentic selling style
- Get more customers
- Make more money

And, feel good about doing it!



Susan Martin created Business Sanity to help business owners, executives and professionals make more money, have less stress and more time for fun.

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

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 Holoenergetic® Healing Practitioner, certified Bowen Therapist, and Reiki practitioner. She has studied and practiced the healing arts for over 20 years and her healing practice in the Park Slope vicinity.

FREE
Non-members welcome


Saturday, February 17
4-6:00 p.m. at the Coop

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

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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 \$15 per insertion, business card ads at \$30. (Ads in the "Merchandise-Non-commercial" category are free.) All ads must be written on a submission form. Classified ads may be up to 315 characters and spaces. Display ads must be camera-ready and business card size (2" x 3.5" horizontal).
 Submission forms are available in a wallpocket near the elevator.

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.

FOR EXERCISE PHOBICS. Scared of Yoga? Hate exercise? Small class forming for people who think they are too stiff, too large, too unfit to do yoga. Gentle, caring teacher. Make 2007 your healthy year. Call Mina 917-881-9855.

ARTIST GROUP has openings for new members. Wed. evenings 7:15-9:00 PM. All disciplines welcome. Visual artists, dancers, musicians, actors writers, filmmakers, etc. Loosely based on the Artist's Way. Get encouragement, deepen your process and continue working. Call: 718-499-5104.

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.

MERCHANDISE FOR SALE

THINKING OF BUYING A WATER FILTER? Now is a great time to join lots of PSFCoopers using MULTIPURE for drinking / ice / tooth brushing knowing lead / mercury / giardia / cysts / gasoline additives / particulate matter are removed from their water supply & plumbing. Ede Rothaus 212-989-8277. Ask for HOLIDAY SPECIAL and save \$50!

TEMPUR-PEDIC MATTRESSES, NECK pillows, comfort products & accessories. Mattress comes with a 20-year guarantee & a 3-month trial period. The ultimate in comfort & pressure relief. Truly will improve the quality of your sleep. Call Janet at Patrick Mackin Custom Furniture—a T-P dealer for 10 yrs, 718-237-2592.

MERCHANDISE-NONCOMMERCIAL

FOR SALE-CASHMERE COAT FROM SAKS, great condition small ladies size camel color, \$200 obo; old gold and paper money including old gold mexican coins; white mesh shelving modules -make your own shelves; \$35 obo. Phone: 718-826-3254.

MERCHANDISE WANTED

WANTED: One working IBM or Mac laptop. Needed to research health issues. In exchange for deeply felt gratitude and appreciation. Call 215-370-0174.

PETS

ADOPT HEART! 2 yr old FIV+, neutered, up to date on shots. Sweet male cat. FIV is not contagious to humans or animals besides cats. He can have a long happy life. Needs to be an only-cat or w/ other FIV+ cats. Name can be changed. Modest adoption fee. Contact Victoria at haroldluvsmaude@aol.com or 914-443-9209.

SERVICES

TOP HAT MOVERS, INC., 145 Park Place, Bklyn. Licensed and Insured Moving Co. moves you stress-free. Full line of boxes & packing materials avail. Free estimates 718-965-0214. D.O.T. #T-12302. Reliable, courteous, excellent references & always on time. Credit cards accepted. Member Better Business Bureau.

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.

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

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.

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closets, doors hung, etc. If it's broke, call 718-788-0004. Free estimate.

SERVICES

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 NY GEEK GIRLS. Setup & file transfer; hardware & software issues; data recovery; viruses & pop-ups; networking; printer/file sharing; training; backups. Home or business. Mac and PC. Onsite or pickup/drop off. References, reasonable rates. Longtime Coop member. info@nygeekgirls.com or 347-351-3031.

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.

HOLISTIC OPTOMETRY: Most eye doctors treat patients symptomatically by prescribing ever-increasing prescriptions. We try to find the source of your vision problem. Some of the symptoms that can be treated include headaches, eye fatigue, computer discomfort, learning disabilities. Convenient Park Slope location. Dr. Jerry Wintrob, 718-789-2020. holisticeyecare.com

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.

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EXPERIENTIAL PSYCHOTHERAPIST specializing in issues of breast cancer

CONTINUED ON PAGE 12

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The ads are FREE.

CLASSIFIEDS

CONTINUED FROM PAGE 11

cer works with people who are involved in awakening & reclaiming their voices and bodies & spirits, their authority & passion to live more authentic lives & explore what they want to create in the world. Offices in Brooklyn and Manhattan. Call Gail 718-857-0436.

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"THE CAREER SHRINK." Empower yourself at work by managing your emotions and business savvy. Change your responses to bosses and co-workers. LIC NYS psychotherapist and career counselor Raymond Reichenburg. Park Slope office. 917-627-6047.

START 2007 HEALTHY with YOGA. Buff your body, soothe your soul. Kripalu Yoga with gentle, experienced teacher. Individual and group classes in convenient Park Slope studio. New semester beginning. Call Mina 917-881-9855.

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 Ctr., Carnegie, etc., on sometimes short notice. 10-20 concerts available each year. \$10/yr management fee. For more info, call: 212-802-7456.



THE COOP IS CLOSING AT 5:00 P.M. ON SUNDAY, JANUARY 28

In order to allow for an annual coop-wide inventory, the Coop will be closing at 5:00 p.m. on Sunday, January 28, 2007.

All members who wish to shop on that day must be in the Coop by 5:00 p.m. and on the checkout line with a completed shop by 5:15 p.m.

We apologize for any inconvenience this causes you.



WELCOME!

A warm welcome to these new Coop members who have joined us in the last four weeks. We're glad you've decided to be a part of our community.

Remi Abbas	Carlton Davis	Debora Gray	Flora Lax	Sumita Mutsuddi	Rosario I. Raul	Brandon Stearns
Anita Aboulafia	Jonathan Diaz Trivin	Margo Gregory	Veronica Lepore	Julie Nalty	Jorsan Reed	Ken Stein
Dolores Aguirre	Megan Dietz	Toby Hanchett	Adrian Libert	Madeleine Nash	Eli Robinson	Jainardo Batista
Marc Algranti	Thomas Dobrowolski	Erin Harrison	Jennie Liu	Blake Nicolazzo	Timothy Rodriguez	Sterling
Katy Amory	Tamar Efrat	Elizabeth Hart	Roy Lloyd	Glenn Nisall	Jaimason Samuel	Liz Stokes
Lixuan An	Oya Erez	Alana Heller	Rachel Lopez	Kamila Nuritova	Stephanie Saulmon	Anna Swinbourne
Holley Anderson	Kimberly Essex	Rebecca Heller	Kristen Lynch	Kelly Oberndorf	Alex Schlegel	Cristin Tanner
Shannon Andrews	Nikki Fajana	Peter Henrici	Jenna Major	Doreen Oliver	Christopher Schmidt	Janine Theriault
Shushania Barton	Laura Fidler	Max Horn	Alexander Maleev	Tina Osterhoudt	Kay Schneider	Syckie Toney
Bodhisatta Barua	Peter Flaherty	Steven Horowitz	Alicia Marrin	Millard Owens	Nick Schwartz	Jeremiah Tuckett
Subrata Barua	Diana Fleisher	Anna Holmes	Christopher Marshall	Murat Ozcan	Guadalupe Seguratauregui	Robin Tuckett
Adam Bentsch	Stephanie Forsman	Hurley	Amantha May	Azul Jennifer Packard	Roxane Shafae-Moghadam	Jessica Turner
Christina Bentsch	Rupert Frederick	Jody Imbimbo	Shilo Mayer	Louis Parks	Beth Shapiro	Erika Tyll
Rebeca Bishop	Jeff French	Michelle Ishay	Priscilla Maysonet	Natalie Parks	Amy Sheehan	Shino Urano
Tina Browne	Matt Gallup	Jun Ishida	Camille Mazurek	Annie Parnell	Colin Sheehan	Christopher Wall
Raven Burgos	Veronique Gambier-Davis	Geoff Johnson	John Mazurek	James Paul	Abigail Shepard	Kamau Ware
Alice Butts	Gilberto Garcia-Vazquez	Jennfier Joyce	Lauren McLennan	Alison Pawling	Jachi Shiu	Hortense Watson
Bernadette Carlson	Shandora Garrison	Rajkamal Kahlon	Jessica Merville	Ryan Pawling	Jessica Shuford	Pascale Wettstein
Reino Carlson	Dobriana Gheneva	Sinaya Kanofsky	Carolinne Messihi	Isabella Peters	Roopnarine Singh	Christine Whitney
Winston Carmichael	Elizabeth Glass	Yosef Kanofsky	Rachel Michael	Ola Peterson	Savitri Singh-Omrowdath	Jes Whittet
Max Chafkin	Malindo Gonsolves	Dave Kenneally	Aron Michlin	Diana Pittman	Courtney Slater-Mooney	Lesley Williams
Elizabeth Christ	Itzik Gottesman	Phouangboupka Khambay	Keith Miller	Leah Potter	Jessica Slatus	Rhonda Wilson
Michael Cluer	Ayesha Grant	Linjung Kim	Lucey Miller	Jennifer Putvin	Loretta Soohoo	Asmira Woodward-Page
Lindy Cohen	Gabriel Grant	Robbyn Kistler	Patrick Miller	Sonia Putzel	John Southworth	Natasha Wozniak
Sarah Collins	Lisa Grauer	Zoë Knight	Benjamin Minard	Jeff Ramsey		Kevin Yatarola
Nan Collymore	Amber Gray	Hannah Labaree	Tim Mooney	Sigga Ramsey		Barbara Yehaskel
Felix Conradi		Joshua Lammers	Elin Morgan	Kimberly Ratner Miller		Daniel Zier
Jamel Cox		Stephanie Larriere	Adib Muslim			
LaVerne Cox						

THANK YOU!

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

Andy Akiho	Matthew Brown	Brenna Farrell	Ellen Gunnarsdottir	Nina Lee	Sarah Prud'homme	Kate Theophilus
Will Allen	Eric Carlson	Amara Felice	Emily Hamilton	Marvin Lieberman	Richard	Betsy Tompkins
Amina Ali	April Chapman	Andrew Fitch	Denise Harding	Matthew Lucas	Richard R.	Jeremiah Tuckett
Alyssa Alpine	Karrin Cheifetz	Douglas Foote	Hannah Heller	Jennifer Matthews	Alyssa Robb	Kevin Uehlinger
Joan Arnold	Todd Clark	Mary Gagne	Eve Heyn	Nicole Mayhorn	Shira Sameroff	Alessia Von Mallinckrodt
Michelle Arvin	Natalie Cushman	Libby Gatlin	K. Huebbe	Pam Maynard	Elizabeth Schriffin	Diane Vreeland
Lisa Aurigemma	Julia Day	Raoul Germaine	Daniel Jensen	Rebecca Mehl	Samantha Sculnick	Molly Weingrod
Gittel Barber	Dierdre	Renee Goldman	Elizabeth Jones	Mera	Sheldon	Caroline Wells
Elizabeth Barbera	Irene Donoso	Lori Gottesman	Justine	Yvette Mixon	Gary Silverman	Anne Wiesen
Sarah Barnes	Charlotte Douglas	Patricia Grant	Kalalea	Stewart Nachmias	Rachel Simons	Veronica Williams
Basquali	Kirk Douglas	Bill Greene	Samantha K.	Lia Nunez Del Arco	Meredith Singer	Toby Willner
Adam Bernstein	Catherine Drogin	Charlyn Griffith	Kavitha	Cara O'Flynn	Sophie	Brian Wilson
Leila Binder	Erin Durkin	Diana Grotheer	Elizabeth Knafo	Celia Owens	David Spence	Yojida
Jessica Blumenthal	TJ Edwards	Emily Grotheer	Jennifer Lawrence	Tracey Patterson	Marie Sullivan	Karen Zaccai
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