

# LINEWALTERS' GAZETTE

Established 1973



100% SOY BASED Ink System

Volume BB, Number 6

March 15, 2007



PHOTO BY ANNI ROSEN

## Toothcare Adventures

By Kira Sexton

When I was new to New York City and feeling a little tired and a lot ill (mostly from migraines, but I also suffered from skin rashes and bleeding gums), I found solace in Weleda's plant gel toothpaste. Newly entered into the urban rat race, I was grateful that my toothpaste promised a much-needed dose of gentleness. I bought an over-priced tube at the local health food store on the Upper West Side, took off the cap, spread the gel on my natural-bristle toothbrush,

and was hooked.

At the same time I was visiting an herbalist in Jackson Heights. Ernesto prepared capsules full of common household herbs that were designed to heal and cleanse—cayenne pepper to warm my recalcitrant digestive system, ginger to settle the stomach, and fennel to reduce bloating.

"My teeth have been looking brown ever since I started taking these herbs," I told Ernesto.

He nodded astutely.

"That's because the toxins are finally leaving your body."

"The toxins are leaving? Through my teeth?"

Ernesto nodded again. "Yes. They are leaving first from your teeth, and then from your skin. You will get worse and then you will get better. Cleaner."

A few weeks later, I stood in the bathroom at work staring at my brown teeth in the mirror. I was tired of speaking with my mouth tightly closed, or with one hand delicately

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## Slower Membership Growth, GMO Research Project and Potential Coop Investment in a Generator Discussed at February General Meeting

By Johannah Rodgers

With two discussion items on the agenda for the February General Meeting, the first relating to whether the Coop should invest in a backup generator to provide electricity during power outages, and the second concerning the idea of establishing online shopping at the Coop, the meeting began, as usual, with an Open Forum in which members bring questions or issues to the attention of the membership.

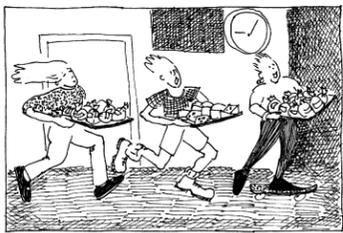
### Open Forum

Member Don Wiss began with a question for the General Coordinators related to the Coop's policy regarding members shopping at the Coop to support a business. And whether it would be helpful to track cumulative member purchases in order to prevent the use of the Coop for commercial purposes. General Coordinator Allen Zimmerman responded to Wiss's concern by stating that "it is not acceptable for members to shop at the Coop to support a business and that, as far as PSFC policy is concerned, members are shopping solely for their families." "Nevertheless," Zimmerman added, "whether the Coop

should begin tracking member purchases," or attempt to determine whether members are shopping to support a business based on their total purchases can be a complex issue. "We don't want to judge what people are doing with their food simply based on their purchases," Zimmerman cautioned.

The second Open Forum item related to a member's interest in knowing the total monthly costs of operating, maintaining and repairing the Coop's refrigeration and freezer systems, as well as knowing why the Coop does not currently sell certain items, particularly liquid items such as shampoo and maple syrup, in bulk. In response to the first question, General Coordinator Joe Holtz explained that it was very difficult to separate the cost of electricity for the refrigeration equipment from the Coop's total electric charges, and that he believed the total cost of cooling and freezing systems was just under \$500,000. For specific costs, Holtz asked that the member contact him at the Coop office during business hours. Acknowledging the environmental benefits of bulk versus

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### The Coop really needs workers

MONDAY THROUGH FRIDAY

for shifts that begin at 1:00 and 3:30 pm.

If you are available for a regular or FTOP workslot at these times

PLEASE contact the Membership Office

718-622-0560

## Coop Event Highlights

**Thurs, Apr 5 • Food Class**—7:30 p.m. Vegan/Vegetarian Meals in 30 Minutes

**Fri, Apr 6 • Film Night:** 7:00 p.m. *The Chances of the World Changing*

**Fri, Apr 20 • Wordsprouts:** 7:30 p.m. Narrative Non-Fiction Workshop with Tom Zoellner

**Fri, Apr 20 • The Good Coffeehouse:** 8:00 p.m., The Cooperating Cooperators and Jezra Kaye

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

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## General Meeting

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pre-packaged items, General Coordinator Zimmerman responded to the second question by explaining that with the density of shoppers in the Coop at any one time, and the Coop's somewhat unspecialized labor force, there were many logistical and maintenance problems involved in attempting to allow members to dispense liquid items in bulk. Zimmerman pointed to the sometimes chaotic state of the current bulk aisle to give an example of the potential disasters inherent in, for instance, bulk honey dispensing.

### Coordinators' Reports

The Open Forum items were followed by the Coordinators' Reports, which included presentations on the current finances and membership of the Coop by General Coordinator Mike Eakin, and an update from Zimmerman on produce. Regarding the Coop's finances, Eakin reported that a preliminary financial

statement for fiscal year 2006, which ended January 28, would be available in the next month or so, and that cumulative sales at the Coop, i.e., sales from 1977 to today, totaled over \$200 million for the first time. Eakin also reported that membership growth at the Coop has, for the first time in six years, slowed dramatically. Having grown in the double digits from 2001 to 2006, and reaching a high of 30 percent between 2001 and 2002, membership growth was virtually flat between January 2006 and January 2007. Eakin explained the leveling off of growth in membership as an instance of the Coop having reached a new "capacity," a phenomenon that has occurred at least three times over the Coop's history. He speculated that the Coop may have reached a "steady state" in terms of membership level and that membership may not increase until there is some change to the Coop's infrastructure or processes, for instance the introduction of debit card



PHOTO BY HAZEL HANKIN

Coop member at the General Meeting.

payments, which is expected to be implemented by the end of the year.

Following up with his report on the effects of the recent major freezes on the cost and availability of produce at the Coop, Allen Zimmerman informed members that citrus prices had actually remained lower than originally expected, and explained that "panic harvesting" before the frost was the reason for this. And though the early harvest of citrus in California meant more consistent prices, it would, he explained, mean an earlier end to the season. Zimmerman also reported an unexpected February freeze in Florida, which has affected corn and green bean harvests, and reassured members that they did not have to be concerned about a recent salmonella outbreak that has been associated with Dole cantaloupes; the Coop only carries Del Monte brand cantaloupes. Finally, Zimmerman was able to end his report on a brighter note by letting members know that he has a meeting scheduled in early March with Amy Hepworth, who operates Hepworth Farms, the Coop's largest local produce supplier, to go over seed-buying decisions for the next year. Hepworth plans to consult with Zimmerman in order to coordinate planting decisions with Coop produce buying needs.

### Committee Reports

The only committee report of the evening was presented by the Shelf Labeling Committee, which updated members on their recent activities related to research into GMO ingredients in all of the 8,000 products that the Coop carries. Having, in the past, used a list of products from Greenpeace to determine GMO content in items the Coop stocks, the membership, the Safe Food Committee and the Shelf Labeling Committee recently decided that the Greenpeace list needed to be verified because of questions about the methodology used to determine the GMO status of certain products, and because the list was somewhat outdated. A member of the Shelf Labeling Committee explained that "by doing the research

ourselves, we will know which products contain GMO ingredients and have a consistent methodology by which we determine the GMO-ingredient status of these products," that the research was progressing steadily and that the Shelf Labeling Committee planned to publish the results of its research findings on the Web once the project was complete.

### Discussion Items

Of the two discussion items on the agenda for the February GM—whether the Coop should invest in a backup generator to provide electricity during power outages and whether the Coop should consider establishing and supporting online shopping—only the first was presented and considered, since the member who had submitted the second issue to the agenda committee was not at the meeting.

With only one discussion item on the floor, the membership had ample time to consider the pros and cons of the generator issue, which was submitted to the GM by the General Coordinators. Holtz presented the discussion item to the membership and explained that the generator item resulted from concern over a number of issues: the potential costs of future blackouts; the fact that there may be an increasing propensity for blackouts during the summer months; rising insurance costs as a result of the summer 2006 blackout; the apparent inability of ConEd to upgrade its infrastructure to keep pace with the rate of overall development in Brooklyn in general, and Park Slope in particular, as evidenced by a New York Times article published on February 28, 2007, which listed Park Slope as ranking seventh in the top ten ConEd electrical networks considered "at risk" for power outages during times of peak electricity demand.

Holtz, who had also compiled a one-page document on the generator issue, began by offering some background as to why the Coop might consider purchasing a generator, costs associated with the purchase, installation and maintenance of a diesel or natural

gas generator, and potential financing and subsidies available if the Coop decides to purchase a generator, before asking members for their input on the issue, and their questions related to it.

Member concerns and questions related to the logistics of installing and operating a generator, the process by which the decision to purchase a generator would be made, whether the generator would be used to keep the Coop fully operational during a blackout or only for emergency refrigeration needs, the environmental impact of operating a generator and how the Coop might more accurately estimate the costs versus benefits of the decision to purchase a generator.

Of the approximately 12 to 15 members who asked questions or raised concerns about the generator, a number were quite familiar with the technical aspects of generators, and most cautioned that for a purchase of this size and potential complexity—Holtz estimated the cost of the generator at \$250,000 for a diesel system and \$350,000 for a natural gas system—more research was needed before a purchase decision could be made. Though the membership appeared to understand the rationale and need for a generator at the Coop, members were concerned about the total cost/benefit of such a purchase. Highlighting the fact that right now might be a particularly bad time to purchase a generator because of high demand in New York City, as well as whether it is truly feasible to have the generator operational by summer 2007, most members encouraged Holtz to "slow down" with the decision-making process regarding the issue. Holtz plans to continue working with the Energy Efficiency Advisory Group, a committee composed of four members who have expertise in the field of energy delivery, to continue researching the actual cost/benefit of a generator, as well as possible alternatives, e.g., renting a generator in the event of a future blackout or investing in a biodiesel generator. ■

## PSFC GENERAL MEETING Tuesday, March 27, 7:00 p.m.

- Items will be taken up in the order given.
- Times in parentheses are suggestions.
- More information on each item may be available at the entrance table at the meeting. We ask members to please read the materials available between 7:00 & 7:15 p.m.
- Congregation Beth Elohim Social Hall (Garfield Temple), 274 Garfield Pl at 8th Ave.

### AGENDA:

#### Item #1: Annual Disciplinary Committee Election (10 minutes)

**Election:** One current committee member will stand for re-election.

*submitted by the Disciplinary Committee*

#### Item #2: To approve the use of the One-for-One program (35 minutes)

**Proposal:** The One-for-One program was designed to assist members who've owed make-ups for a long time reduce the owed make-ups to zero while retaining their shopping privileges. For the past several years the Membership Office has been developing and using the One-for-One guidelines. During that time Coop Squad Leaders and a General Meeting have reviewed the policy and given comments. If approved, this would become a consistent Coop-wide policy that the Members, the Membership Office and Squad Leaders would follow. This was a discussion item at a prior General Meeting.

*submitted by the General Coordinators*

#### Item #3 & 4: Increasing Personnel at Entrance & Restructuring Duties of Entrance Workers (45 minutes)

**Proposal:** "To assign one extra worker at the Coop entrance to monitor incoming traffic for the purpose of security."

*submitted by Amina Ali*

**Proposal:** "That the following duties being performed by the entrance workers be re-assigned and re-located: Bottle returns and purchase returns."

*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*.

For Agenda Committee minutes and the status of pending agenda items, contact Ellen Weinstat in the Coop office.



## Fighting Flu with Food

By Ramona Tirado

New York is once again in the thick of flu season, which, according to the Centers for Disease Control and Prevention, usually lasts about four months (from November through March), but may extend into early spring. Hospitals recommend a couple of things you can do to prevent infection, from clinical-care-level hand washing to the well-known flu shot. But for those who prefer a more holistic approach, or are a bit leery of the flu shot, cold and flu season may seem to hover above the winter months like the proverbial sword of Damocles.

Consumers shy away from pharmaceutical solutions for a variety of reasons. Fortunately nature provides an organic resource that can be found in our produce section, where the Coop offers a wide variety of fruits and vegetables rich in all the nutrients that give your immune system that needed boost. A diet rich in provitamin A, B complex, vitamin C, vitamin E and zinc can do a lot to reduce the risk of getting a cold or the flu. You just have to follow your mother's sage advice, "Eat your vegetables."

### Let's Go Shopping Provitamin A

Provitamin A (or carotene) is a heavy-duty antioxidant recognized for its ability to help the body fight off infection. To find this nutrient in the produce aisle, look for a bright splash of orange. Provitamin A is found in sweet potatoes, carrots, mangoes, cantaloupes and dried apricots. Other sources are bananas, blackberries, various squashes and figs.

### B Complex

It's common knowledge that the term B complex actually refers to a selection of nutrients (B1 -B12) with some similar properties. This nutrient compound is commonly accessed via regular consumption of animal products and some plant foods like whole grains, some legumes and nuts. B complex is important and worth mentioning, but shoppers won't be able to satisfy the body's need in the produce aisle. Fortunately, the supplement aisle is close by.

### Vitamin C

If you eat fresh produce with any regularity, it's hard not to get a healthy dose of vitamin C. But in the interest of continuity, here's an abbreviated list: red bell peppers (raw), parsley (fresh), broccoli, cauliflower, strawberries, citrus fruits (fresh), romaine lettuce, cantaloupes, cabbage and tomatoes.

### Vitamin E

Known for its skin-protecting properties as well as its ability to encourage effective communication among the body's cells, vitamin E can be found in papaya, Swiss chard, greens (mustard, turnip and collard), spinach and blueberries.

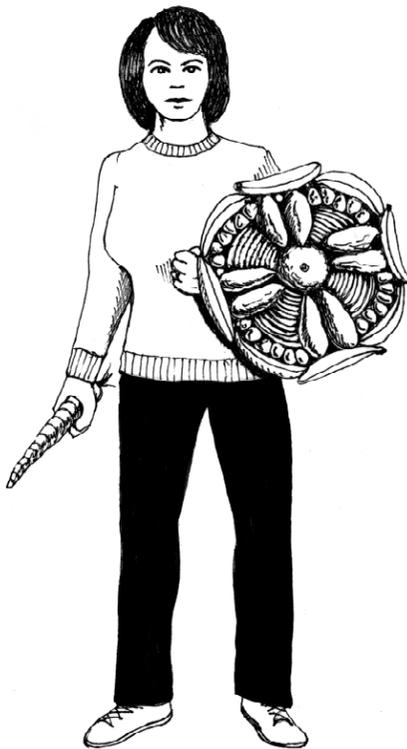
### Zinc

This mineral actively works to increase the body's production of infection-fighting white blood cells. While many foods rich in zinc are meat products, legumes and fortified breakfast cereals, a few may still be found in the Coop's produce aisle, namely: shelled nuts (pecans, walnuts, etc.) and green peas.

It's important to remember that nothing can promise absolute protection from colds and flu (not even the flu shot). An apple a day doesn't really keep the doctor away

(although it's nice to think so), but a varied diet, particularly in the winter months, may increase your chances of getting through the season with minimal discomfort.

Also, before rushing to the produce aisle, remember that you should always consult a physician before making any sudden or dramatic changes to your diet, or before taking any new nutritional supplements. ■



# WORDSPROUTS

The Park Slope Food Coop's Reading Series

## Narrative Nonfiction Workshop

with Tom Zoellner

Come to a reading and writing workshop on narrative nonfiction with Coop member Tom Zoellner, author of the new book *The Heartless Stone*, an investigation of the global diamond business. The book takes the reader from the "blood diamond" rings of Africa to the London headquarters of the De Beers cartel, the secretive global colossus that has dominated the industry for more than a century, and permanently carved the phrase "A diamond is forever" on the psyche.

"A dazzling display of intrepid reporting." *Entertainment Weekly*

"An illuminating expose of a mineral and an industry" *The Wall Street Journal*

Tom Zoellner has worked as a contributing editor for *Men's Health* magazine and as a reporter for the *San Francisco Chronicle*. He is also the co-author of *An Ordinary Man*, the autobiography of Paul Rusesabagina, whose actions during the 1994 Rwandan genocide were portrayed in the movie *Hotel Rwanda*. Zoellner lives in New York City and is at work on a third book.

FREE Non-Members Welcome

All Workshop participants are Coop members.

Bookings: P.J. Corso  
pjcorso@comcast.com

Friday, April 20 • 7:30 p.m.  
in the meeting room

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

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

It's a simple thing, a carrot  
a long tap root that grows below ground  
and sends up a fountain of ferny leaves above ground  
they're common, they're popular  
and completely taken for granted

the thing is—they're orange  
a vibrant, certifiably saturated color  
no matter how you eat it  
how does orange come out of the blackness of the earth  
(it's easier to understand the green leaves  
growing in the warmth and light of the sun)  
but orange out of black is a powerful and creative  
living assertion: Carrot

When we eat that carrot it becomes us  
indeed it is becoming of us to eat a carrot  
we take that orange living thing  
into the mysterious darkness of our bodies  
and by holding its vitality we too are carrot

the ordinary, magically orange carrot

don't let all we have lost blind us to  
all that lies at our feet before us

come share your favorite way to eat a carrot  
and I'll share mine  
where else but at the Park Slope Food Coop

**Mondays, March 26 (D Week)**  
**April 9 (B Week) and**  
**April 23 (D Week)**  
**Noon to 1 p.m. and 1:30 to 2:30 p.m.**

**Fridays, March 30**  
**April 27 (D Weeks)**  
**4:00 to 6:30 p.m.**

**Or you can join in any time during a tour.**

Thursday,  
Apr. 4

7:30 p.m.  
at the Coop



## PARK SLOPE FOOD COOP

### Vegan/Vegetarian Meals in just 30 minutes!

Delicious, vegan/vegetarian complete meals  
in just 30 minutes!  
Explore three different meals full of flavor using  
ingredients easy to find at the coop.

MENU
<ul style="list-style-type: none"> <li>• Soba Noodles with Edamame, Japanese Turnips and Carrots in a Ginger Shoyu Sauce, with a side of Spicy Greens</li> <li>• Chickpeas, Seitan, Green Olives, Pine Nuts, Roasted Tomato Stew and Couscous, with Grilled Zucchini in a Lemon Mint Dressing with Optional Feta Cheese</li> <li>• Sweet Corn Soup with Black Beans, Potatoes with Chipotle and Optional Creme Fraiche, with a Jicama and Citrus Salad</li> </ul>

### \$4 materials fee

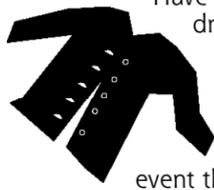
Views expressed by the presenter do not necessarily represent the Park Slope Food Coop.

Peter Solomita is a graduate of Natural Gourmet Institute for Health . He has worked as a chef for Tuller Premium Foods and as a chef/business manager for Venture Catering. Owner of Groovalicious Inc., he is a caterer, personal chef , teaches public classes at Natural Gourmet, The Park Slope Food Coop and teaches individualized cooking classes. He is also owner of Little Buddy Biscuit Company, selling premium handcrafted cookies at cafe's in Brooklyn and through mail order.

### MEMBERS & NON-MEMBERS WELCOME.

Come early to ensure a seat.

## 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

**Saturday, April 14**  
**10:00 a.m. – 2:00 p.m.**  
**in the meeting room**

### To bring Clothes...

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

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

## East New York Food Coop

### Help a new coop in Brooklyn

#### FTOP credit available

*In accordance with the sixth Principle of Cooperation, we frequently offer support and consultation to other coops. For the East New York Food Coop, we have also offered help in the form of Park Slope Food Coop member workslots.*



The East New York Food Coop welcomes PSFC members to assist in its first year's operations.

PSFC members may receive FTOP credit in exchange for their help.

To receive credit, you should be a member for at least one year and have an excellent attendance record.

To make work arrangements, please email [ellen\\_weinstat@psfc.coop](mailto:ellen_weinstat@psfc.coop) or call 718-622-0560.



#### East New York Food Coop

419 New Lots Avenue  
between New Jersey Avenue and Vermont Street  
accessible by the A, J and 3 trains  
718-676-2721

## Toothcare Adventures

CONTINUED FROM PAGE 1

draped in front of my teeth. I was tired of the toxins sitting on my teeth. Especially when, in the glaring fluorescent light of an industrial bathroom, I could detect a thin edge of clean, white teeth around the brown stains. It was suddenly clear. I didn't have toxins on my teeth. I had gunk. My plant gel toothpaste was either not entirely cleaning my teeth, or it was depositing a thin, discolored film. I washed my hands and, using my thumbnail, removed those toxins in a few swift scrapes.

"The plant gel (toothpaste) is a very light formula," Jennifer Barcklay, Weleda Company spokesperson, responded when I mentioned my build-up to her. "I've never heard about that problem before." In fact, Weleda's plant gel toothpaste is a particular favorite among people switching from mainstream toothpaste. "The plant gel is flavored with spearmint and peppermint oil. It's an easy transition," added Barcklay.

Nonetheless, I abandoned plant-based, fluoride-free toothpaste with a vengeance. I turned to Tom's of Maine, the homey line of natural oral-care products that was founded in the early 1970s. Partnered with cosmetics giant Colgate-Palmolive in 2006, Tom's of Maine offers a variety of products to clean without the harsh detergents and foaming agents found in noncommercial toothpastes. For a number of years, despite being prone to cavities, I and my gums and teeth did well.

But then I had a baby and my body chemistry must have changed, because one day I discovered a huge canker sore in my mouth. The next day, an even larger one appeared. The next week, the entire left side of my face swelled up. My husband babysat our son while I waited in my doctor's office at Prospect West Medical Center.

"I think I have foot and mouth disease," I said. "I must have caught it in the playground." The same thing had happened to my friend's son, Benjamin. Why couldn't it happen to me?

My primary care physician, whom I had never met before, looked horrified. "God forbid," he said, tapping my patient information form. "Foot and mouth disease? God forbid!"

Well, I may not have had foot and mouth disease, but the doctor could do little to name or cure what I did have: big canker sores which got infected and which then caused my entire face to swell up. I looked like the Elephant Man. Thankfully, it was a rainy month. I kept my hood up and my face down. Antibiotics helped a little. Prednisone took down the swelling until a new batch of canker sores appeared and the whole cycle started over again.

My periodontist, Dr. Burton Langer, prescribed an antibacterial rinse to keep the multitude of canker sores from becoming infected in the first place, and a lidocaine formula to numb the pain. He told me not to come in for an appointment. "No one knows what causes this," he said. "It just happens to some people."

But the next month threatened to be even worse. There was a huge canker sore on the back of my tongue. It was excruciatingly painful to eat. And I had a job interview looming, my first in over three years. I knew I would not be hired by a crochet magazine if I looked like the Elephant Man. So I insistently booked an appointment with Dr. Langer and took my canker sore to the Upper East Side.

"See?" I lisped through Dr. Langer's probing fingers. "My canker sore is enormous."

"Yes," he agreed. "That's a huge canker sore. But there's nothing else you can do aside from using the chlorhexidine wash to keep it from getting infected and the lidocaine

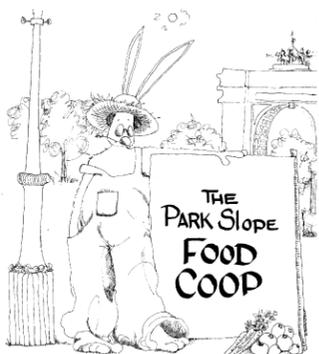
rinse to dull your pain." He patted my arm and stood up to go, lingering for a moment in the doorway. "There are some people who think canker sores can be caused by fluoride—in people who are already so inclined."

Thus armed—and once back in the Slope—I went to the Coop, where I stood staring at the vast selection of natural and commercial brands of toothpaste. Which one of the many fluoride-free formulas to choose from? I turned for advice to Theresa Gray, who has worked for five years as a buyer at the Coop, two of those years in cosmetics. "Crest and Colgate are our most popular brands," she said. "They always sell out. But our most popular fluoride-free toothpaste is Jason's Oral Comfort Plus CoQ10. It has a refreshing, berry flavor, but it isn't too minty or sweet." Nowadays, Gray finds herself ordering more fluoride-free toothpaste than she did previously, about five tubes of toothpaste with fluoride to four without, instead of about five to two a few years ago. And just what is she using now? Weleda's salt toothpaste. "It cleans nicely. Adults like it." The Coop's best-selling Weleda toothpaste is, by far, the children's brand, which I quickly snap up for my three-year-old son, Alex.

So I now have, if you will, a toothpaste wardrobe. Tom's of Maine fennel flavor (with propolis and myrrh) in the morning. I use their cinnamon (fluoride-free) during the day when I'm at work. On the weekends, I like to kick back with Jason's Oral Comfort. The berry flavor is yummy indeed. I have returned to Weleda for nighttime, but not to their plant gel. Their salt toothpaste cleans the best and tastes pleasantly of the ocean. As an added visual boost, the tube is appealing—white with a pleasant marine-blue banner. And the best news is that I haven't had a canker sore in over a year. ■

# Join the Street Squad

Do you love the Coop? Do you enjoy talking to friends, neighbors and strangers about the joys of Coop membership? The Street Squad may be the workslot for you. Work outdoors on Saturdays and Sundays from April to October, and help keep the Coop strong.



The Street Squad serves an important public relations role for the Coop. From tables set up outside the store, at local street fairs and special events, the Street Squad talks to current and prospective members, hands out literature, answers questions, gives tours of the Coop, and just generally offers people the chance to become familiar with our organization.

#### We invite you to join us if you are:

- ◆ a Coop member in good standing for at least six months
- ◆ friendly and upbeat with enthusiasm about the Coop
- ◆ knowledgeable of Coop procedures
- ◆ willing to work outdoors
- ◆ reliable, responsible and able to work independently

New Street Squad members must attend a training session.

If you are interested in joining the Street Squad, please contact :

Robin  
718-230-7199  
call before 9:00 p.m.

**PROGRAMS**

**Thursday, March 15 through Sunday, February 18**

The following programs will happen within four days of publication of this issue. For full ads, please look at the February 15 or March 1 issues or pick up copies of the flyers in the Coop.

**Fri, Mar 16**

7:30 At the Coop: Expand Your Definition of Family: Become a Foster Parent

8:00 The Good Coffeehouse with Robert Dick and Ursel Schlicht at the Brooklyn Society for Ethical Culture, 55 Prospect Park West

**Sat, Mar 17**

2:00 Stop the 3:00 pm Slump: Double Your Energy in Seven Weeks

**Sun, Mar 18**

12:00 Enjoying Difficult People: An Introduction to Compassionate, Nonviolent Communication

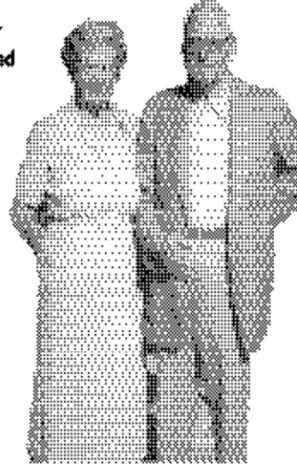
**Friday, March 23** **FREE**  
7:30 pm at the Coop Non members Welcome

**Memories Still in a Box? Get Them Out of the Box & Into Your Life!**

Our lives are full of moments to remember. But all too often our mementos get put into a box, and are rarely seen or shared again.

Let us help you honor your life by getting your photos and memorabilia out of their boxes and into photo-safe products so you can remember, relive and share the moments of your life!

Bring 3-5 photos and a story to share. We provide the rest! Help us plan. Pre-register by calling (718) 398-1319.



Martie McHabb has been helping her friends and family preserve and present the moments of their lives for over 15 years. She recently opened Memories Out of the Box in Prospect Heights, Brooklyn. She has been a PSFC member for over 10 years. Mia Bradford is a Creative Memories consultant. She has been using CM products to make keepsake albums as gifts and to tell her life story for the past 8 years.

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

**Helping Feral/Outside Cats: Trap-Neuter-Return**

WITH JESSE OLDHAM

Do you want to help your neighborhood cats? Please join us for a comprehensive workshop on why trap-neuter-return is the healthiest and most humane choice for feral cats.



We will speak about the trap-neuter-return process, feral nutrition, advocacy, socialization, spay/neuter options, winter shelter and cold-weather caretaking tips!

All attendees will get a proof-of-attendance card enabling them to borrow traps from a number of area trap banks.

Jesse Oldham, a PSFC member, has been an animal welfare advocate for 13 years. She is the founder and President of Slope Street Cats and is on the NYC Feral Cat Council.

**FREE** Non-members welcome **Saturday, March 24** 1:00 p.m. in the Coop

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

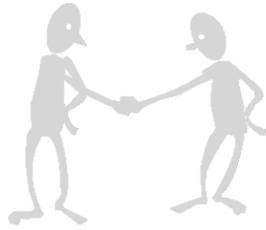
**ALTERNATIVE DISPUTE RESOLUTION FAMILY & DIVORCE MEDIATION**

WITH ANDREW GARY FELDMAN

**In divorce...**

Mediation—not litigation!

Instead of hiring lawyers and battling in court, couples work together, creating mutually satisfying parenting plans, separation and divorce agreements



**In family matters...**

- Resolving conflicts and differences which are causing stress.
- Improving relations between spouses, partners, parents and children, and brothers and sisters.

Andrew Gary Feldman joined the Coop in 1979 and has been mediating since 1998.

**FREE** Non-members welcome **Saturday, March 24** 7:00 p.m. at the Coop

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

**Effortless MARKETING**

Tuesday, March 27

7:30 - 9:00 p.m. at the Coop

An Interactive Workshop for Business Owners, Professionals and Freelancers.



- Do you run a business or work for yourself?
- Do you need more customers?
- Do you find marketing frustrating, disappointing, or just plain scary?

JOIN US and learn how to create winning strategies that are successful, comfortable and easy!

with Susan Martin

**FREE** Non-Members Welcome

This workshop will help you to:

- Attract your ideal customers
- Differentiate yourself from the competition
- Make marketing easy!

Susan Martin created the Business Sanity Program to help small business owners and solo professionals make more money, have less stress and more fun working for themselves. She maintains a private coaching practice in Park Slope. Susan is a Coop member.

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

**Friday, March 30** **FREE**  
7:30 p.m. at the Coop Non members Welcome

**Choosing a Sleep Away Camp for Your Child**

with Carl Makower, Beth Schneider and Stephanie Rabins

- What is the philosophy/mision of the camp you are looking at?
- Is your child ready for a sleep away camp experience?
- What are the ages of the campers?
- What is the staff to camper ratio?
- What are the costs?
- Are there hidden costs?
- What are some of the significant policies of the camp?
- Does the camp have a favorable history?
- Once you have chosen a camp, how do you prepare your child?



Following a presentation by Carl Makower we will discuss specific questions.

Carl Makower is a member of PSFC and a retired NYC public high school educator and counselor. He has many summers of experience at sleep-aways and is a founder of Shire Village Camp. Beth Schneider has 33 years of camp experience and is the current assistant head master at the Mary McDowell Center for Learning.

Stephanie Rabins is a PSFC member, a music teacher in both public and private schools and a supervisor at Shire Village Camp.

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

**Saturday, March 31** **FREE**  
4:00 p.m. at the Coop Non members Welcome

**SOHO A Great Place to Live and Work**

with Lalita Brockington

This workshop will show you the top five things that you can do in order to be productive while running your business from your "soho" (small office/home office)

- Discover the purpose of establishing boundaries
- Learn the art of time management
- Examine recordkeeping systems
- Keep track of expenses
- Find your level of balance



Lalita Brockington has been a member of the Coop for over ten years and gives workshops for prospective entrepreneurs and small business owners.

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

**Saturday, March 31** **FREE**  
12 p.m. at the Coop Non members Welcome

**ALEXANDER TECHNIQUE WORKSHOP**

with Sigal Bergman

Modern day life, with its ever-growing pressures, pushes people to use excessive muscle tension in almost all activities. Years of repetition can create devastating effects such as back pain, neck pain, headaches, or ISI.

However, this harmful cycle can be stopped by learning to identify and change harmful movements that become habitual to us. Students of the Alexander Technique learn principles that promote physical coordination and enhance flow of movement in daily activities.

The Alexander technique has been proven to reduce pain, increase mobility and restore a sense of lightness and well-being.

Sigal Bergman is a certified Alexander Technique teacher and a Coop member.

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



**Sunday, April 15** **FREE**  
12:00 p.m. at the Coop Non members Welcome

**What Parents and Students Really Need to Know: The College Admissions Process**

with Deena Maerowitz

- Find out about:**
- What really goes on inside the admissions office
  - How to make the best decisions about high school courses and extra-curriculars
  - Test taking and application preparation.
  - Writing the strongest application essays



This workshop will provide an overview of college admissions and explore the top ten myths surrounding the process.

Deena Maerowitz is a member of the food coop and a seasoned attorney and social worker with over 10 years of experience advocating for children and their families. Deena currently works with students and parents as a college admissions consultant. She was the Associate Director of Admissions at Columbia University Business School.

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

**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**  
**Apr. 20**  
**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 Cooperating Cooperators**

The **Cooperating Cooperators** have over a century's worth of experience cooperating. Their ranks span generations and were formally banded together to cooperate in the fall of 2002 as a way of avoiding having to do coop shifts. These folks are among you as you shop and you might never expect the outstanding and unusual result of the **Cooperating Cooperators** cooperation.

**Jezra Kaye**

A perennial favorite, **Jezra Kaye** brings her unique blend of vocal sass and sizzle back to the Good Coffeehouse for a magic night of jazz standards, samba and swing. This year, she's joined by piano powerhouse **Roberta Piket**, and special guests. (Roberta's new CD *Love and Beauty* is now available at CD Baby and local stores.)

**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 11.

**Cryptogram Topic: Beans**

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.

W Z S R

F Z F R C E O Z J

C Q W V E C J

X D Q Q W J A C E V

A Q Z J

F C Z P I V M D V C Q

A E W V L

Z B T M I E

P U E P I A Q Z J

Y L M C O M B Z O O Z P

F C Z P I Q R Q B A Q Z J

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**Gazette & Bookkeeping Prep****Thursday, A or C weeks, 10:00 a.m. to 12:45 p.m.**

This work slot has two distinct responsibilities. The first is to help complete preparatory work for classified ad submissions to the Linewaiters' Gazette. Second, the member will 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. Work slot requires legible handwriting, good attention to detail, comfort working with computers, and reliable attendance. A 6-month commitment is required. Contact Rocco Arrigo and/or Andie Taras at rocco\_arrigo@psfc.coop or 718-622-0560 if interested. The first scheduled work shift is Thursday, March 22.

**Monday Morning Meat****Monday, 8:00 to 10:45 a.m.**

This job involves working with the Coop's meat and poultry buyer to ensure the proper unpacking and pricing of chicken and meat. Member must be willing to work with raw poultry and meat wrapped in plastic (so direct contact with meat does not occur). Job involves going in and out of our meat and poultry refrigerator in the basement, weighing and pricing the product, lifting boxes that can weigh up to 50 lbs.

**Office Setup****Weekday mornings, 6:00 to 8:30 a.m.**

The Coop 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. Please speak to Adrianna in the Membership Office, Monday through Thursday, 8:00 a.m. to 2:00 p.m.

**Soup Prep****Friday, 7:00 to 9:45 a.m.**

You can help the Coop rescue slightly damaged food and turn it into ingredients for nutritious meals. 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. Help the cooks at the soup kitchen get a head start in their efforts to feed the hungry.

**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:**

Mar 29 issue: 7:00 p.m., Mon, Mar 19  
Apr 12 issue: 7:00 p.m., Mon, Apr 2

**CLASSIFIED ADS DEADLINE:**

Mar 29 issue: 10:00 p.m., Wed, Mar 21  
Apr 12 issue: 10:00 p.m., Wed, Apr 4

**General Meeting****TUE, MAR 27**

GENERAL MEETING: 7:00 p.m.

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

**TUE, APR 3**

AGENDA SUBMISSIONS: 8:00 p.m.

Submissions will be considered for the Apr 24 General Meeting.

**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, March 27, 7:00 p.m.**

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

**Location**

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

**How to Place an Item on the Agenda**

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

**Meeting Format****Warm Up (7:00 p.m.)**

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

**Open Forum (7:15 p.m.)**

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

**Reports (7:30 p.m.)**

- Financial Report
- Coordinators' Report
- Committee Reports

**Agenda (8:00 p.m.)**

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

**Wrap Up (9:30-9:45)**

(unless there is a vote to extend the meeting)

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

**Attend a GM 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](mailto: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, MAR 17**

DWA FANM, "Women's Rights" in Haitian Creole, is a human rights organization committed to empowering all women and girls. DWA FANM invites you to The Vagina Monologues with Eve Ensler and surprise guests. Sat, March 17, 8 p.m. To purchase tickets call (718) 730-4027.

PEOPLE'S VOICE CAFE: Brooklyn Women's Chorus. At the Workmen's Circle, 45 E 33 St. (btw Madison & Park) Wheelchair-accessible. (212) 787-3903, [www.peoplesvoicecafe.org](http://www.peoplesvoicecafe.org). Suggested donation: \$12 general, \$9 members, more if you choose, less if you can't, no one turned away.



**SUN, MAR 18**

SINUS RELIEF THE NATURAL WAY, Without medication: Learn acupressure techniques simple enough for parents to use on children and sophisticated enough for professionals. Led by Elizabeth Poole, LMT 718-707-1009 at the Midwood Martial Arts Center, 1302 Avenue H at E. 13th St. March 11, 2-4:00 p.m. [www.midwoodmartialarts.com](http://www.midwoodmartialarts.com) 718-258-5435

JOURNALISTS PAY THE PRICE. Anna Politkovskaya, a critic of Vladimir Putin, was slain last October. Nina Ognianova of the Committee to Protect Journalists disusses countering such deadly threats to journalists and defending the people's right to know. 11 a.m. Brooklyn Society for Ethical Culture, 53 PPW @ 2nd St.

**SUN, MAR 25**

ZEEMEEUWSIC II: Sunday Concerts at the Old Stone House. Peter Lewy, solo cello, improvisations and cello-accompanied songs. Programmed by Martha Siegel. JJ Byrne Park, 5th Av btw 3rd/4th Sts. 2:00 p.m. \$10.

**SUN, APRIL 7**

GRAND OPENING: MEMORIES OUT OF THE BOX! Come learn techniques to get your photos and memorabilia into your life. Take mini classes in bookmaking and papemaking arts! Take 5% off all photo-safe products and services purchased both days! Call (718) 398-1519. 633 Vanderbilt Ave., Prospect Heights Bklyn. [www.memoriesoutofthebox.biz](http://www.memoriesoutofthebox.biz)

**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, April 21 .....Earth Day World Beat Fiesta
- Saturday, May 19 .....Game Night



**Plastic Recycling Drivers Needed**

**Wednesday, time to be arranged.**

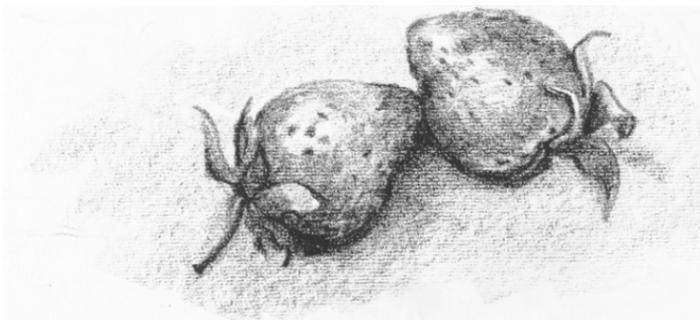
The Plastics Recycling Squads are looking for drivers to transport plastic recycling collected at the Coop to the recycling plant in Brooklyn. Drivers needed to work Wednesday during the daytime. The time can be arranged with Jessica Robinson but the work needs to be completed between the hours of 8:00 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 is 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](mailto:jess_robinson@psfc.coop) or drop by the Membership Office to speak to her.



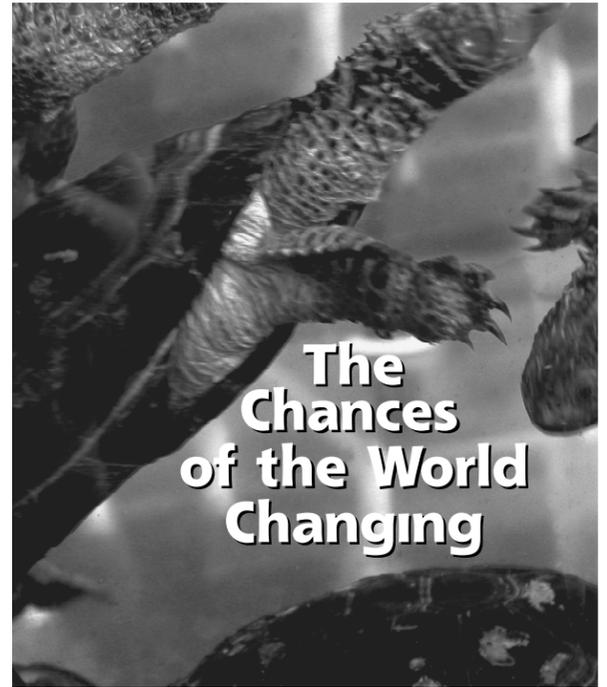
**Paper Recycling Driver Needed**

**Wednesday, 6:00 to 8:00 a.m.**

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 is 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](mailto:jess_robinson@psfc.coop) or drop by the Membership Office to speak to her.



**Friday, April 6 • 7:00 p.m. at the Coop**



Ten years ago, Richard Ogust, a writer living in New York City, abandoned his life's work and began to acquire endangered turtles, driven by the appalling but little known fact that we are on the brink of losing a group of animals that have survived the ecological instability of the last 200 million years, including the great extinction that eliminated the dinosaurs.

Currently in China, hundreds of thousands of turtles are sold in food markets. Species are being taken from the wild at such an alarming rate that the situation has escalated into an environmental crisis. With a reasonable inheritance, Richard was able to build an ark, literally rescuing hundreds of endangered turtles. Eventually, Richard was sharing his giant penthouse in lower Manhattan with over 1,200 turtles and tortoises. But the weight of Richard's ark soon began to crush him.

*The Chances of the World Changing* is an extraordinary documentary about one man's unbelievable mission to save hundreds of turtles and tortoises from extinction—an epic story of conservation, perseverance, love, and hope in the face of a global crisis.

**Eric Daniel Metzgar** (director, producer, editor, and photographer) is an award winning filmmaker, who was nominated for a 2007 Independent Spirit Award for his direction of *The Chances*. Eric also works as a freelance cinematographer. He has shot for Edet Belzberg (Oscar-nominated director of *Children Underground*), Dana Adam Shapiro (Oscar-nominated director of *Murderball*), and Steven Cantor (Oscar-nominated director of *Blood Ties: The Life and Work of Sally Mann*).

Read more at: [www.TheChancesOfTheWorldChanging.com](http://www.TheChancesOfTheWorldChanging.com) and [www.MerigoldMovingPictures.com](http://www.MerigoldMovingPictures.com)

A discussion with Eric will follow.

**FREE Non-members welcome**

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



## THE COOP: MICROCOSM OF SOCIALISM

### TO THE EDITOR,

Peter Loffredo's assertion regarding the Coop's lack of true socialism because people are "forced" to work is completely flawed. At the PSFC, needs and means are certainly taken into consideration: those who cannot work (disabled or elderly, for example) are not required to. Also, people are not compelled to do work which they cannot or choose not to do; those who choose not to lift heavy boxes or stock shelves (for whatever reason) are not required to. There are lots of different jobs.

It only makes sense to regard an institution like the Coop as a microcosm of socialism, as opposed to a government entity; that is, it is more comparable to a *kibbutz* than to the Soviet Union. Cooperation from all who are able, is truly socialist, and is

obviously (for 34 years and still going strong) sustainable.

Most aggravating about these kinds of assertions: Mr. Loffredo is not *forced* to work! Neither he nor anybody else are forced to become a member of the Park Slope Food Coop. Anyone who finds the 2.5 hours to be too onerous (or equates it with involuntary servitude) is free to shop elsewhere.

Lisa Badner

## SENSELESS TASKS DISCOURAGE WORKERS

### TO THE EDITOR:

While I cannot at present take a specific position on the "2 for 1" make-up policy currently up for review, I would like to say one or two things about the maintenance squad on which I used to work. I would suggest that if this squad had any problems completing necessary tasks, one cause might be found in the use to which members' labor was put by the

squad leader. For example, the squad leader once tried to convince members that food in the "compost" bin should be transferred to the "soup kitchen" bin. The items in question were, as I recall, a sentient mold-organism that might once have been a lemon and several heads of rotten lettuce with nails and what looked like shavings of rust ground into them. Even at a glance, this food was not fit for a dog, much less a human being at a soup kitchen. Another week, everything was so thoroughly done that the squad leader had four or five members using sponges to wash invisible dust off the surface of gallon jugs of spring water. With two minutes remaining during the shift, the squad leader would give some "jug-rinsing" or similar task to part of the squad, and then would keep us late for the obligatory "meeting" during which he called roll—very slowly—to confirm that people he already knew were present had not secretly snuck out between the jug-rinsing and the all-important meeting. During these shifts, the squad leader appeared to be wandering around whenever he was not providing these tasks.

It's easy to see why people on certain shifts might not feel like their labor is actually needed, and punishing them for not showing up to do nonsensical tasks could be seen as not the most useful way to promote regular attendance.

John Wright

## PARKING GARAGE POSSIBLE STORAGE SOLUTION

### TO THE EDITOR,

The article appearing in the February 15, 2007 *Gazette*, page 4, entitled "Low Inventory..." etc. discusses our short storage space dilemma. My solution is that, possibly, we can

negotiate a good rent for space with one of the nearby parking garages. Also, if we are permitted to build a large enough cage with a good gate and lock, this would give us our needed conveniently located storage. In addition, our shopping squads, with the use of U-boats, can easily shuttle products to the shopping floor.

As far as member safety near vehicles is concerned, rules of caution and safety should be conscientiously exercised. Highly reflective vests, similar to ones worn by the "outside workers" should be worn.

These ideas are worth considering.  
*Cooperatively yours,*  
Steve Solomon

## EGGS

### DEAR EDITOR,

The article appearing on page 4 of the February 15 *Gazette* was very interesting and informative. Thank you.

It is my understanding from all the sources that I've been able to research that a fertilized egg with a blood spot in it is not kosher altogether.

Brenda Blumenfeld



## Enter, Entropy

By Leon Freilich

Body parts keep breaking down;  
Soon I'll need a hospital gown,  
Medical attention for  
This fast-collapsing fragile corps.  
Tennis elbow was the first  
Made me wonder if I'm cursed,  
Followed soon by keyboard wrist—  
Practice piano! Mom would insist.  
Fingers bled and swelled as well,  
Bane of classical personnel.  
Tons of padding would keep me free,  
I thought—but not from football knee.  
At least the sport didn't harm my footsies;  
Travel, though, gave me tourist tootsies;  
Worse, an ad I saw on the telly  
Sent me to India—and Delhi belly.  
What, I wondered, was still to come?  
Next up: cell phone texting thumb,  
Sending out too many a letter.  
(Telephone chatting would've felt better.)  
Courtship resulted in a bond of hearts,  
Also more wrecked body parts.  
Dancing nightly in Club La Whiskeau  
Brought on eardrums a la disco.  
Sympathy from my girl, a dancer?  
None at all, was the stunning answer.  
Like a story of Damon Runyon's,  
She's got ballerina bunions.  
Slowly but surely, like the cliché,  
Bodies are headed for decay,  
Thinking about it makes it worse:  
—Why'd you go and read this verse?

## 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](mailto: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.



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**JERRY HARRIS, Co-op Member**

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— New York Times 05/06

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Tours of this unique K-12 independent, non-profit school take place each Thursday at 9am. Call or e-mail contact@brooklynfreeschool.org for an appointment.



Do you want to buy your first home?  
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Looking for the best mortgage rate?

**Neighbors Helping Neighbors can help!**

We are non-profit housing agency serving first-time homebuyers with financial counseling and mortgage broker services. We have access to legitimate, low-interest loans for low- and moderate-income NYers.

Call 718-686-7946 to find out about our regular orientation sessions.

**Answer to Puzzle on page 6**

Navy, Baby Limas, Lentils, Green Split Peas, Black Turtle, Pinto, Adzuki, Chickpeas, Foul Mudammas, Blackeyed Peas

**COMING THIS SPRING !**



Sing Ho! For the ladies of pioneer history!  
They advanced through hot climates, unpleasantly blistery!  
The cruel sun beat down on the grasslands of Kansas  
As they dreamed of cool carrots and nosegays of pansies.  
In their wake came fresh lettuce and poppies bright red, know,  
Their wagons (Con'stoga) were knee-deep in Fedco!

*Keeping urban gardeners' needs in mind, we have ordered many compact and container - friendly varieties!*

*Look no further for your Spring, Summer, and Fall seed needs!*

*Fedco Herb and Vegetable seeds will be appearing in March!*

*We will also carry smaller sample packets from Artistic Gardens.*




**PARK SLOPE FOOD COOP**  
EST. 1973



## 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

**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.

### COMMERCIAL

**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

**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

**TWIN SIZE** innerspring extra long mattress, excel. condition. Genuine Spanish shearling, black XL. Best offer. Please no Sat. calls, Devora @ 718-756-3279, 347-276-3300.

### 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.

**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.

**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.

**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. Long-time Coop member. 347-351-3031 or info@nygeekgirls.com

**NEED AN ELECTRICIAN CALL ART CABRERA,** celebrating 35 yrs in the electrical construction industry. No job too large or small specializing in trouble shooting, 220 wiring, fans, lights, total or partial renovations. Expert in Brownstone renovations. Serving Park Slope since 1972, original coop member, P.S. resident. 718-965-0327

**ATTORNEY-EXPERIENCED** Personal Injury Trial Lawyer representing injured bicyclists & other accident victims. Limited case-load to insure 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

**CONSTRUCTION AND RE-MODELING CONSULTATIONS.** All types of renovations and repairs. Kitchens / bathrooms, floors / staircases, plumbing / electricity. All types of carpentry. Creative problem solving. 25yrs experience. References. Call Sam Bon-signore 718-788-4568.

**EXPRESS MOVES.** One flat price for the entire move! No deceptive hourly estimates! Careful, experienced mover. Everything quilt padded. No extra charge for wardrobes and packing tape. Specialist in walkups. Thousands of satisfied customers. Great Coop references. 718-670-7071

**CAREER SHRINK** Ray Reichenberg can help you get more control of your livelihood. Unlock from toxic work relationships. Gain insights about relationships at your present job or begin a new job search. Acquire skills necessary with certified career coach and psychotherapist "Dr. Ray" 917-627-6047.

**SO MANY PHOTOS,** so little time. Overwhelmed by your photo and memorabilia collection? Let us help! Bring us your box and pick up a finished album or something else you had in mind. Memories Out of the Box, 633 Vanderbilt Ave. in Prospect Heights, 718-398-1519. www.memoriesoutofthebox.biz. Long-time PSFC member.

**ATTORNEY-Personal injury** emphasis, 29 yrs. experience in all aspects of injury law. Individual attention provided for entire case. Free phone or office consultations. Prompt, courteous communications. 18-yr. Food Co-op member; Park Slope resident. Tom Guccione, 718-596-4184.

### 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.

**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.

### SERVICES HEALTH

**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

**ALL OF LIFE IS CHANGE.** I can help you manage change so it doesn't manage you. And as a Dating Coach as well as a NYS Licensed Psychotherapist, I can also help you either find and build a satisfying relationship, or help you end one and move on. Call Charley Winger 718-783-3222. www.therelationshipshop.com

**TIRED? STRESSED? UNFOCUSED?** Xanthohumol is the answer! All nat ext from hops-for metabolic stress- 21st century master molecule -google the compound then go to : mybionovix.com/holistichealth-solutions for more info. The only absorbable form. It will change your life. Call for info 917-515-8821

**PSYCHOTHERAPY** for those interested in creating a fully expressed life. Therapist with more than 20 years experience integrates body, mind, emotions and spirit. Call Gail Feinstein, LCSW, LMT for consultation. 718-857-0436.

### VACATIONS

**FIRST THREE WEEKS** in July. Bungalow in Lake Huntington summer community. 2 1/2 hrs from NYC near Bethel Woods Arts Center. Pool, lake, tennis, basketball, sleeps 4-5, deck, gas grill. Modern, fully equipped, friendly. Ideal for kids, other Coop members. \$725 per week. Call 718-857-0090 or engelman@liu.edu.

**PUTNAM VALLEY, NY** — Summer rentals in vibrant, multi-generational, friendly Three Arrows Cooperative, 1 1/4 hrs. from Brooklyn. Pvt lake, boating, clay tennis courts, cultural & social activities for kids & adults. 2 BR bungalows \$1900-\$2000/mo. 1 BR apt. \$1250/mo. Discounts for longer stays. Info: Roxi 718-768-5708 or joan\_zo@yahoo.com.

### WHAT'S FOR FREE

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

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

### ADVERTISE ON THE WEB

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

**Childcare**  
needs some Brio train tracks  
to repair the broken ones  
A whole new Brio train track  
would be even better!

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Submission forms are available in a wallpocket near the elevator.

## Do you buy bottled water?



Check out our new Doulton water filters instead!

These filters remove all biohazards, chemicals and minerals!

#### HERE'S AN EXAMPLE PRICE COMPARISON

Doulton undersink dual water filter  
First year, 600 gallons = \$256.05

vs.

Poland Spring or Appalachian Spring Water  
600 gallons = \$762.00

The second year of Doulton filtered water would only be \$78.69

You can find the filters  
on the top shelf of Aisle 2 above the water

Illustration by graphic artist Sidy Lamine Dramé. It originally appeared in *Baobab* magazine, now 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.

**WELCOME!**

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

Annie Abrams	Nicole Crook	Nina Huwitz	Kate Milkens	Jennifer Schlecht
Rachel Aicher	Douglas Cullen	Irina Ivanova	Eva Mogensen	Norasit Sitivichevichit
Jacob Albertson	Ayla Daley	Damon Jacoby	Leila Mohr	McGowan Southworth
Dan Amarel	Lennox De Camp	Elaine Johanson	Erik Murnighan	Thoma Spath, Jr.
Daniel Apfel	Cesily DeAngelo	Carolyn Kalett	Hillary Murnighan	Ayla Steadman
Andrea Artz	DeWayne Dickerson	James Kalett	Danielle Mysliwiec	Victoria Stewart
Jennifer Bell	Stacey Donelson	Naomi Karavani	Habib Nassar	Rhonda Tuchow
Orly Bendavid	Niamh Duggan	Katryn Kinser	Donald Natt	Emanuele Virone
Michael Benvenga	Zoe Feldman	Joe Kruse	Stas Neroslavkiy	Aron Wachsmann
Elizabeth Bishop	Rhiannon Fink	Cristina Leao	Ben Newton	Tristan Walker
Alexis Bitkowsky	Laura Friedman	Claudio Lima	Sara Nielsen	Laura Walters
Jean Boudwin	R. Fureigh	Julie Lohnes	Austin O'Driscoll	Stephanie Wang-Breal
Benoit Breal	Adrianna Gardini	Kenneth Mack	Amy Pete	Rebecca Wenstrom
John Ryan Brooks	Olivia Geiger	Pejk Malinovski	David Pitz	John Wilkens
Daniel Budiansky	Sandrine Gigon	Florencia Manovil	Monica Potts	Elaine Winter
Mercy Budiansky	Justin Gilmore	Adam Markovitz	Katrina Prescott	Emi Yabuno
Jean Chant	Steven Gross	Lila Matsumoto	Sneha Raja	Sarah Yannaccone
Sharlena Charles	Marisa Guptarak	Lavina Maykut	Anna Raupp	Katherine Yoder
Kevin Colas	Luis Hernandez	Stacey McCarthy	Eduardo Regueira	Caroline Zeith
Dustin Condren	Oscar Hernandez	Garrett McDonald	Ariell Reshef	Danna James Zeller
Melissa Condren	Moria Holland	Michael McLeod	Stephanie Ripple	Kate Zimmerman
Mirasol Corinthia	Jessica Howe	Peter McNally	Ma Loreta Ronquillo	Lisa Zwier
Fela Cortes	Nina Huang	Katya Mehta	Laurent Salvinien	
Fernando Cortes	Jonathan Hull	Peter Middwell	Valerie Salvinien	

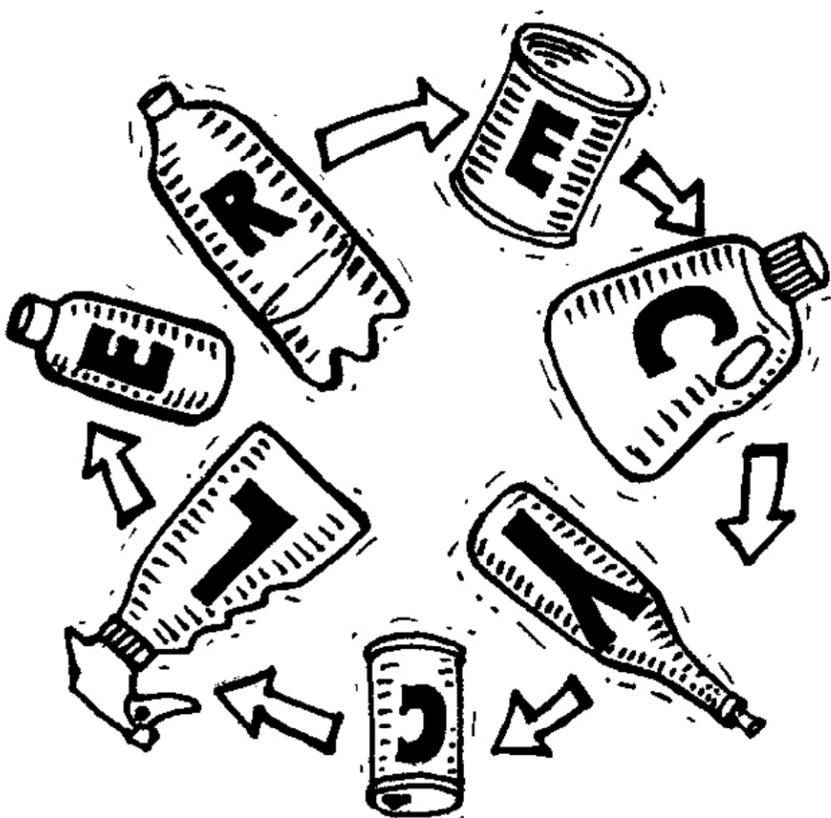
**THANK YOU!**

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

Amma	Stacie Cassarino	R.L. Huntress	Katy Mastman	Tricia Perry
Chris Anderson	Ben Chant	Christine & Michael Janove	Martha McDonald	Kaari Pitkin
Natasha Anderson	Theo D.	Coleen Jennings	Andrew McNamara	Katrina Prescott
Andy	Gosha Danilov	Julie Jesneck	Raphael Miles	Frank Reynoso
John Arceci	Elizabeth Demaray	Stacey K.	Judith Z. Miller	Elana Sigall
Heather B.	Edward Erdos	Anita Lam	Bethany Mills	Vanessa Silverton-Peel
Mona Banzer	Leonora Foster	Nicole Law	Suzie Myers	Emi Takahara
Elizabeth Baron	Nepreil Foster	Yan Lee	Melissa N.	Suzanne Theberge
Sylvia Binns	Travis Frazelle	Paul LeGendre	Natty	Sarah Tompkins
Brian	Martin Gobbee	Virginia Loughnan	Chris Niles	Tejal Van Arsdale
Hali Brindel	Rebecca Gold	Claudia Mann	Lindsay Nordell	Noe Venable
Sharone Bunim	Shelley Goldman	Jeffrey Marcucio	Cari Olson	Maggie Williams
Amber Campion	Philip Gutensohn	Margaret	Denise Ortiz	
Heather Carnduff-Gobbee	Daniel Housman	Cathy Marshall	Lydia P.	

# Coop Plastics Recycling

**ALL PLASTIC MUST BE COMPLETELY CLEAN AND DRY**

**What plastics do we accept?**

- #1 and #2 non-bottle shaped containers and #1 and #2 labeled lids. Mouths of containers must be equal width or wider than the body of the container.
- All #4 plastic and #4 labeled lids.
- #5 plastic cups and tubs and #5 labeled lids and bottle/jug caps, clear and opaque and with all paper labels completely removed.
- Plastic film, such as shopping bags, dry cleaning shrouds, etc. Okay if not labeled.

**When?**

- Second Saturday of each month: 12:00–2:00 p.m.
- Third Thursday of each month: 7:00 p.m.–9:00 p.m.
- Last Sunday of each month: 10:00–12:00 p.m.

**Where?**

On the sidewalk in front of the receiving area at the Coop.