

Established
1973

LINEWAITERS' GAZETTE



Volume BB, Number 14

July 5, 2007

Albany Eyes Supplement Industry

By Allison Levy



Nutritional information on packaging as required by law.

He brought us the law banning motorists from using hand-held cell phones. Brooklyn Assemblyman Felix Ortiz is known as the driving force behind New York's legislation, which was the first in the nation back in 2001.

Now Ortiz, who represents Sunset Park, wants to make his mark on the food and nutrition industry.

While he proposes dozens of consumer bills every year, including legislation this year calling for a statewide ban on trans fats in restaurants, there's one area Ortiz is focusing on that has caught the attention of the nutritional supplement industry.

An 'Informed Choice'

Ortiz and several cosponsors in the state Senate want to require manufacturers of dietary and nutritional supplements to "clearly indicate on the package whether the product has been tested by the FDA."

When he introduced the

"This bill is intended to allow the consumer to know which products have been tested so that a more informed choice can be made"
~Assemblyman Ortiz

bill in January, Ortiz wrote an accompanying legislative memo that said: "This bill is intended to allow the consumer to know which products have been tested so that a more informed choice can be made when purchasing these various products." He wrote that the intention was to deal with the analysis of the product for "purity."

Proof of Health Claims

At the same time, Ortiz also proposed legislation to require anyone selling dietary supplements that "make health or appearance claims" to provide "competent and scientific evidence substantiating those claims."

But some in the industry,

and their supporters, argue it's a waste of time and money.

"We already have all the studies and they are supplied to the FDA. It's just a case of bureaucracies multiplying work," says Neil Levin, a clinical nutritionist and nutritional educator who works with the NOW brand, which is sold at the Coop.

Supplement manufacturers say a product label is not the ideal locus for this kind of federal-state tug of war. They consider it both unnecessary and costly to set up a precedent of unique labels for every state. "Each label would be as long as a roll of toilet paper," says Levin.

Reinventing the Wheel

Citizens for Health, a health care policy and activist group based in Washington, sees dangers in states taking on the role of gatekeepers. James Turner, who directs Citizens Health and also the National Institute for Science, Law and

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ENVIRONMENTAL COMMITTEE REPORT

New Bike Racks

By David Barouh

Those of us who bike to the Coop have become familiar with the bike parking crunch.

The bike racks the Coop installed near the Dixon mural have long been overwhelmed by the number of bikers wanting a place to lock up, and both sides of every rack and both sides of every street sign within 50 or so yards of the Coop have bikes locked to them. And there are still more riders in need of a place to lock up.

The brownstones on Union Street have signs attached to their fences and gates pleading with cyclists not to lock their bikes up on them. Even trees have been used to lock up bikes, although this is illegal. The situation exists on cold winter days as well as

the most pleasant spring afternoons.

Coop Rides to the Rescue

But now we have some new bike racks on Union Street. The Coop's Environmental Committee requested the racks through the Department of Transportation CityRacks program.

We used their online application form, but we wanted to push the process for quicker action and to make sure more than just one rack would be installed. So we called the city's 311 number and were put in touch with the state DOT, probably incorrectly, since it was the city's DOT we needed.

The mistake turned out to

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ILLUSTRATION BY OWEN LONG

Next General Meeting on July 31

The General Meeting of the Park Slope Food Coop is held on the last Tuesday of each month.* The next General Meeting will be Tuesday, July 31 at 7:00 p.m. at the Congregation Beth Elohim Temple House (Garfield Temple), 274 Garfield Place. The agenda will be 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.

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Coop Event Highlights

- Thu, Jul 26 • Blood Drive:** 3:00–8:00 p.m.
Fri, Jul 27 • Blood Drive: 11:00 a.m.–6:00 p.m.
& Sat Jul 28 • Blood Drive: 11:00 a.m.–6:00 p.m.
Fri, Aug 3 • Film Night: 7:00 p.m., *Under the Sun and the Birthright Crisis*
Sat, Aug 4 • Adult Clothing Exchange: 10:00 a.m.

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

New Bike Racks

CONTINUEUD FROM PAGE 1

be fortuitous, however, because the official we were put in touch with turned out to be a Coop member, Peter Dunleavy, from the state DOT's Landscape/ Environment Unit, and its former Bike/ Ped coordinator. He put us in touch with the head of the city DOT's CityRacks program, Joshua Benson, who promised to fast-track our application

and have the block evaluated for additional racks.

Three New Racks

The result is three new racks of the double loop variety that can accommodate five bikes each. One is right in front of the Coop, one up by Dixon's Bike Shop, and one across the street in front of the Black Pearl Restaurant.

Hopefully, the new racks will encourage people coming from the areas outside

the Slope—the various Heights, Hills, Forts, Parks, Gardens, Woods, Villes, Hursts, and Burgs of Brooklyn—to cycle to the Coop instead of taking their cars.

Traffic can get intense in front of the Coop and up Union Street, where cars heading toward Prospect Park often back up all the way to Seventh Avenue.

One may speculate about how much encouragement the Coop's dedicated cyclists actu-

ally need to cycle in, or whether the shortage of places to lock up would stop them. On the other hand, such is the demand that like the ball field of the movie "Field of Dreams," where "if you build it, they will come," we can probably expect that the new racks will fill up as surely and quickly as the old ones did. Nonetheless, we need to do what we can, and each new cyclist is one less car.

The Slope and Brooklyn's other neighborhoods are

filled with locations that would benefit from the CityRacks program, and anyone can request that a bike rack be installed at a site they have identified as in need. The city DOT will evaluate the request and make an on-site inspection to determine its suitability. The request can be made online using the DOT's online request form. (<http://www.nyc.gov/html/dot/html/bikeped/bikerack.html>). ■

Interested in Engaging Coop Work? Disciplinary Committee Seeks NEW Members



If you are good at:
Communicating,
Problem solving,
Dealing with
difficult situations &
Investigating...
We need you!

We (the DC) are seeking new members to work with us on making the Coop the best place it can be for everyone.

Being a DC member offers the opportunity to be involved in **important, interesting and challenging work**. We generally contribute more time than regular monthly shift workers, though much of it is done from home via phone calls and e-mail. While there is this flexibility, we are seeking members prepared to make a substantial and consistent commitment to the Coop (you will get credit for overtime hours).

Some of our work includes:

- Investigating allegations of misbehavior by Coop members, such as failing to report for or to complete shifts, bringing in non-members to shop, shopping while suspended, stealing, using racist, sexist, homophobic or nasty language against other Coop members and staff, etc.
- Participating in disciplinary hearings, which are sometimes conducted after investigations are concluded
- Mediating disputes between Coop members
- Engaging in problem-solving
- Working on policy issues related to the DC's work

We would like to be a committee reflecting as many points of view of the Coop's racial and ethnic groups as possible.

We seek diversity and encourage candidates of color to apply.

Requirements for Candidates:

- Coop members for at least a year
- have good attendance records
- attend an evening meeting approximately every six weeks.

Investigative, legal, writing, or conflict-resolution experience would be helpful, and use of a computer and email is essential.

If you are interested and would like to join us please call **Jeff: 718-636-3880**

Diversity and Equality Committee Looking for Additional Members

The Diversity & Equality Committee (DEC) is dedicated to improving human relations and communications through impeccable interpersonal interactions, policies and procedures in the Coop. Our goal is to work toward preventing and eliminating discrimination in the Coop. The DEC has met on a monthly basis since 2004 to promote the ideal of equal and respectful treatment between all Coop members and paid staff regardless of each individual's different identity. The DEC also aims to provide advocacy for individuals who feel they have experienced discriminatory practices in the Coop.

In order to be considered for the Diversity and Equality Committee, you must have at least one year of Coop membership, have an excellent attendance record, have the ability to be accountable, to take initiative, to work independently, be organized, and have an ability to work collaboratively with others. In addition, the committee meets monthly on second Thursday of the month from 6:30 pm–8:00 pm. These meetings are mandatory. Committee members also work outside the meetings on projects for their subcommittees. Work on the Committee is recorded on an hour-for-hour basis.

The Committee is organized into subcommittees by area. The specific sub-committee needs and skills are detailed below. In addition, we are looking for a secretary for the committee as a whole. Please specify which sub-committee(s) interest you (each member participates in only one sub-committee). To express interest contact Jess Robinson at the Food Coop via e-mail at jess_robinson@psfc.coop or phone at (718) 622-0560.



Please be prepared to provide a listing of your relevant experience, along with your Food Coop member number.

Committee Secretary

To record and distribute the monthly DEC minutes. The necessary skills are:

- Ability to comprehend what is being stated and record it accurately in writing.
- Ability to do word processing and distribute minutes via e-mail from home.

The Diversity Education Sub-Committee

Needs 4-5 new members. The necessary skills are:

- Committed to the concepts of "diversity". Other terms that "resonate" in the "industry" are "multicultural" "pluralism" and "inclusion"
- Superior Relationship/People skills—pro-active, savvy,

and non-judgmental relating to all types of people.

- Basic Group Facilitation—have experience leading workshops, ideally around diversity issues.
- Public Speaking skills, conflict resolution skills, and mediation skills

The Survey Sub-Committee

Needs 4-5 new members with interest relevant to conducting a study of Coop members' experiences with bias or discrimination at the Coop. The necessary skills are:

- Data entry skills: Qualitative & quantitative data analysis software (such as SPSS) experience
- Writing skills for documenting and presenting study findings

Complaint Review Sub-Committee

Needs 2 new members, a secretary and a member with mediation skills. The necessary skills for each position are:

- Mediator: Needs excellent conflict resolution and mediation skills; good editing and writing skills; compassionate; impartial; good investigative skills; critical thinking skills; good interviewer; attend a hour and a half subcommittee meeting every month in addition to the general DEC meeting.
- Secretary: Take dictation and detail notes; transcribe and archive; data entry and general computer skills; good editing and writing skills; compassionate; impartial; good investigative skills; critical thinking skills; good interviewer; able to attend a hour and a half subcommittee meeting every month in addition to the general DEC meeting

THE CARTS OF SUMMER

By Kira Sexton

The only time I availed myself of help transporting my cart home, it was winter and one of those cold and yet humid days, the kind that we describe as “bone-chilling” and “raw.” I was not expecting to require help with my cart, but my bags were curiously heavy and there were three cart pushers hanging around on the bench outside.

I cleared my throat and three eager faces beneath heavy parkas whipped toward me. “Um,” I started, but then stopped speaking. I live beyond the perimeters of where the carts are normally allowed to venture. But I was a Cooper in need. “Can someone help me as far as you can go?” I asked. “What is it, Fifth Street?” From there on, I would carry my surprisingly heavy bags the rest of the way home, which was much better than carrying them all the way home from the Coop. One cart pusher agreed to help. I was overjoyed, I must add, when she helped me all the way home. I asked (half-jokingly) if I could tip her. And she, very seriously, said, “No.”

Now that it’s summer, I find myself wondering how the cart pushers are doing in the heat. It must be a lot of fun, right? Unless, of course, the weather is dreadfully hot and humid, like a sauna.

So, on a gorgeous Sunday afternoon, I strolled over to find the Coop surprisingly empty. Everyone was at the park, it seemed. Except for the workers assigned to escort shoppers and their carts home.

It was Johnny Dona’s first day putting in a shift at the Coop. Crown Heights residents, Dona and his wife have belonged to the Coop for one month. Dona works during the week as a pharmacy technician at Kings County Hospital. This is one reason he says he appreciates the opportunity to work outside. He also likes to read and sit down between stints walking people and their carts home. Dona says he only had to deny his services once, to a Cooper who wanted to take Dona and the cart to East Flatbush. “That’s just too far,” Dona said.

*Now that it's summer,
I find myself wondering how
the cart pushers are doing
in the heat.*

Gary Chiprouth, of Midwood, has been a member of the Coop for 15 years. His favorite shift was as a second-floor monitor, but he’s put in two years with the outside carts and likes it just fine, though he emphasized that he prefers to work in cooler weather.

Chiprouth stressed that he didn’t choose the carts. They chose him. “After they [the Coop] went digital, they didn’t need me to take four Polaroids and give [people] a laminated card.” Chiprouth worked in the office for a while, but when an evening class required that he work on weekends, he found an opening on Sundays, pushing Coop carts.

When prodded by this reporter (who frankly hates the cold) about the negatives

of working outside in the winter, Chiprouth just shrugged me off. “You dress warmly in the winter,” he stated simply. “But if you dress too warmly, you will sweat. Nice days, people don’t want to shop,” he added, not wanting to overstate the obvious—this reporter had never seen a calmer Coop Sunday.

A resident of Flatbush, Rebecca Patterson has belonged to the Coop for four years and spent three of those years in Receiving. As an FTOP worker, she takes the cart gig whenever it’s available and loves it. “It’s nicer in the summer.” Patterson seemed very Zen about her position, an attitude that I’ve always suspected is required by a person doing FTOP duty. “I enjoy sitting on the street and watching people go by.”

But do people try to talk your ear off? Do you have to push the cart and the groceries yourself? What if they have children and a stroller and a cart? What do you do then? Patterson shook her head vehemently. “They’re very clear. Only push the cart back to the Coop.” Then she shared some Coop gossip with me, an urban (borough?) legend about a notorious Cooper who got into a lengthy argument with a guy who wouldn’t push her cart for her. “He said he wasn’t allowed to,” Patterson said. (Ed. note: They’re allowed to but not required to push the cart.) Then she added, looking toward the bustling Coop and its much calmer environs, “I like the rhythm out here.” ■



SAVE A LIFE

Give Blood

Join the Blood Drive
at the Park Slope Food Coop

- 🕒 **Thursday, July 26 • 3:00 – 8:00 p.m.**
- 🕒 **Friday, July 27 • 11:00 a.m. – 6:00 p.m.**
- 🕒 **Saturday, July 28 • 11:00 a.m. – 6:00 p.m.**

In the second floor Meeting Room

FACT: Less than 3% of the population donates blood and 90% will use blood some time in their life.

• Park Slope Food Coop • 782 Union Street •
• Brooklyn, NY • 718-622-0560 •

• In cooperation with New York Methodist Hospital •

For further information about blood donation, call Stuart Rosenhaus, 780-3644

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

I wrote this for you

It was you I was thinking of
when I opened the door
to the idea of how
to eat better

I thought of your family
and what it takes to feed them well
the shopping, the schlepping,
the storing and still,
nothing yet cooked!

I thought of you coming home hungry
tired from tiresome tasks
and all the ditches you have to dig
and fill again

I thought of the look on your face
when a plate of fresh food
freshly made with love
was placed before you

How you paused
very briefly
I saw you soften
your heart open

And when you ate
peace flowered in the room

Come talk to me
about how to eat better
It's all in a day's work
at the Park Slope Food Coop

by Myra Klockenbrink

Mondays, July 16 (D Week)
Noon to 1 p.m. and
1:30 to 2:30 p.m.

Wednesdays, July 11 (C Week)
August 8 (C Week)
2:30 to 3:30 then
4:00 to 5:00 p.m..

Or you can join in any time during a tour.

Albany Eyes Supplement Industry

CONTINUED FROM PAGE 17

Public Policy, argues that this could lead to reinventing the wheel in health arenas that have already been studied, debated and voted on.

Ortiz introduced the assembly bills as chairman of the Assembly Task Force on Food, Farm and Nutrition Policy. While it's not Ortiz's intent to change the favorable climate for natural supplements created by federal laws (principally DSHEA, the Dietary Supplement Health and Safety Act of 1994), it

really work. As a result, one of our bills would require that manufacturers provide proof for any health claims," Stern says.

food stores, like the Coop, to make scientific proofs available to purchasers.

Stern says that Assemblyman Ortiz believes that the

why a burden of proof is needed," Stern says.

However, according to Levin, supplement manufacturers are precluded from making medical claims.

"We can't say vitamin C cures scurvy even though that is scientifically proven," says Levin. He says NOW's labels and advertising are entirely consistent with that policy. Supplement producers are only allowed to make "structural" claims, such as "calcium helps build bones," but not medical claims, such as "calcium helps prevent osteoporosis." All such evidence for claims is supplied to the FDA, Levin says.

So what would be accepted as proof in New York, under the legislation that would have rules set by the state Commissioner of Agriculture?

"The legal definition is 'competent and reliable' evidence, but what that really means I can't say. It would be defined by the courts," Stern says.

"Not knowing their definition of burden of proof, or their medical expertise to assess that, opens the door to all kinds of errors," argues Levin.

"In the past, we've seen lawmakers taking 30-year-old research that has already been superseded by newer studies, and using that as their sole criterion. You can expect sloppy science when politicians try to exert control."

Turner claims one common error is using testing methods and criteria developed for studying poisons and misapplying them to common foods, plant products and their derivatives that have been eaten for centuries without any demonstrable harm resulting. On an anecdotal basis, Turner points to an outstanding record of low to no harm for herbs.

For the industry and its supporters, the question is, in protecting people from the risks of making their own health determinations and product choices, are the proposed New York laws protecting consumers from harm? Or are they imposing unnecessary barriers?

Ortiz argues the public has a right to be informed, while advocates, like Turner, are concerned that the net effect of these bills would undermine public access to supplements. ■



Just some of the Coop's huge selection of supplements.

According to a recent article in Vitamin Retailer, the new law could potentially obligate both supplement manufacturers and health

laws are needed, particularly for people who refuse conventional medical care because they believe that a supplement works as well. "That is

It's just a case of bureaucracies multiplying work
~Neil Levin, NOW Foods

could be the end result, acknowledges Robert Stern, program manager for the task force.

"Other states might be inspired by our initiative. Ultimately these things are decided by long legal battles and court decisions," Stern acknowledges.

"Our specific concern is that people may be wasting their money purchasing supplements that don't



New Members Deserve the Royal Treatment!

The **Orientation Committee** is looking for energetic Coop members with a teaching or training background who can work Sunday afternoons, Monday or Wednesday evenings, or Wednesday mornings. Orienters lead sessions every six weeks, and on the week midway between sessions you must be available as backup for emergency coverage. Only Coop members with at least two years of membership will be considered.

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

For more information, contact the Membership Office or write to karen_mancuso@psfc.coop.

PHOTO: JOHN H. SHEALY / IFTHE VIRGINIANPILOT (VIA GOOGLE)

THE PARK SLOPE FOOD COOP
BUYS

Wind Power

AND YOU CAN TOO!

100% clean power, no fossil fuels

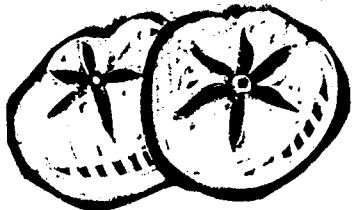
Cheap, easy way to
make a difference

Still only one bill

No binding contract

Get four FREE
energy-saving CFL bulbs
when you sign up at

NYWIND.COM



Plastics Primer: Know Your A, B and PVCs

By Cynthia Blayer

When plastic was first developed by Alexander Parkes, it warranted a showing at the 1862 Great International Exhibition in London. It's hard to imagine the now ubiquitous material being rare enough to garner a spot in such a venue. For many years, we've all made use of this cheap and convenient material—although we've come to realize that the hidden cost to the environment and public health is quite high.

Environmental and Public Health Problems

Americans go through about a hundred billion plastic bags a year, not to mention the myriad other plastic products we all use. According to the EPA, the plastics industry is second only to the chemical industry in generating ozone-layer-damaging toxic releases. Carcinogenic chemicals such as dioxin and benzene enter the environment during manufacturing; these materials pose additional threats, as they can leach from containers into food and beverages.

Scientists estimate that discarded plastic items will take hundreds of years to break down, if they ever do. Plastic bags discarded or blown out of disposal trucks and landfills litter the landscape, posing a hazard to birds and other wildlife. Plastic kills wildlife through ingestion, starvation, entanglement and suffocation. In coastal areas, plastic items float out to the ocean and are eaten by marine birds and fish. According to World Watch, nearly 100,000 marine mammals are killed annually in the North Pacific by ingesting or getting tangled in plastic debris. Approximately 15% of the world's 280 species of sea birds are known to have eaten plastic in the form of pellets, bits of Styrofoam or small toys.

The Bad Plastics

Many plastic types can be identified by the triangle-enclosed number on the bottom, ranging from 1 through 7. The types of plastic that are most problematic throughout their life cycle are numbers 3, 6 and 7.

Number 3 (polyvinyl chloride or PVC, sometimes just called "vinyl"): PVC is used in construction, toys, some water bottles, fashion (imitation leather) and

some packaging. The production of PVC releases dioxins into the air and water. This chemical is known to cause cancer, as well as reproductive, developmental and immune system problems. PVC plastic contains phthalates, which have been shown to cause developmental and reproductive damage. Discarded PVC ends up in landfills, where it can leach toxins into the ground water. Children and infants in particular need to be protected; they are especially vulnerable due to their developing immune systems and their tendency to put things in their mouths. Greenpeace and the Healthy Building Network both maintain databases of alternatives to PVC plastic.

Member Contribution

Number 6 (polystyrene): Polystyrene is used in foam food trays, egg cartons, carryout containers, opaque plastic cutlery and other disposable food service items. The toxic component styrene can leach into food and beverages. Over a dozen U.S. cities such as Berkeley, Santa Monica, Portland, OR and Suffolk County, NY have legislation banning the use of polystyrene, which means restaurants and others have to use safer materials. The Santa Monica ban mandates that takeout packaging be compatible with that municipality's curbside recycling, thus banning polystyrene by default, as well as encouraging the sales of biodegradable and recyclable packaging. Suffolk County, NY enacted one of the nation's earliest polystyrene bans in 1988. At the time, the plastics industry unsuccessfully sued to repeal the ordinance. Currently, restaurants in Suffolk County are prohibited from using foamed polystyrene or PVC.

Number 7 (polycarbonates and others): Polycarbonates, used in some plastic baby bottles and sport water bottles, contain Bisphenol-A (BPA). An Environmental Health Perspectives report found that even low-dose BPA exposure on laboratory animals has significant effects, including changes in brain chemistry, behavior, the immune system and male and female reproductive systems.

The Better Plastics

Plastic types 1 and 2, used for clear beverage bottles, milk and yogurt, as well as type 4, used for plas-

tic bags, and type 5, in some containers, are considered safer bets throughout their life cycle, and are generally recyclable, depending on where you live. Most plastics that New York City does not accept can be recycled at the Coop on the second Saturday of each month from noon to 2 p.m., the third Thursday from 7 p.m. to 9 p.m. and the last Sunday from 10 a.m. to noon.

Recycled plastic generally transitions into secondary products such as parking lot bumpers or plastic lumber, while plastic containers and bottles are made with new plastic, which is why recycling, while important, is not a substitute for reuse, and for reducing use. Consumers have tremendous power in the choices they make—industries will take heed as citizens make it clear that they want safe and recyclable products.

If you have any questions or comments, email the Environmental Committee at ecokvetch@yahoo.com. Please let us know if you'd like to be on our Friends of the Committee list and get very infrequent (really!) updates about new green products the Coop is carrying or issues the committee is working on.

What You Can Do

Purchase water filters for home and office to avoid the expense and waste of buying bottled water.

Don't microwave or heat foods in plastic containers or use plastic to hold hot liquids—toxins can leach into food or beverages.

Make sure children and infants have toys and bottles made of safe materials (see <https://www.thegreenguide.com/reports/productprint.mhtml?id=44>).

Reuse and then recycle plastic. According to a 2001 EPA report, 80% of post-consumer plastic waste is sent to landfill, 8% is incinerated and only 7% is recycled. See <http://www.earth911.org> to find recycling facilities in your neighborhood.

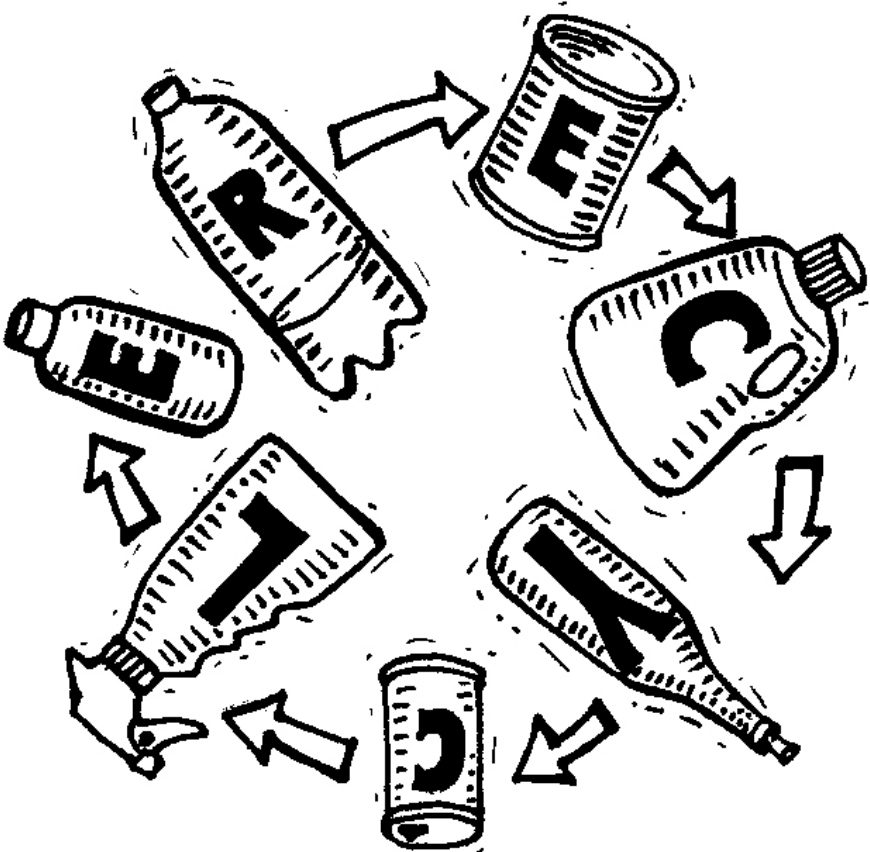
Grocery stores account for 60% of plastic bag waste—bring a reusable tote when you shop; keep a few washed and reusable plastic bags in your purse or briefcase for spontaneous errands.

Use safer plastic alternatives (<http://www.besafenet.com/pvc/safe.htm>), or bioplastic(<http://www.besafenet.com/pvc/bioplastics.htm>) or glass.

Look for alternatives to PVC plastic (#3) for building and renovations (<http://www.healthybuilding.net/pvc/>) ■

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 tubs, cups & specifically marked lids and caps (discard any with paper labels).
- 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.

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.



Puzzle Corner

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3 Do fussing

4 Rock genus

5 Louis G's treats

6 Linewaiters Gazette, Derisively

7 EU branch

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36 Get stuck in muck

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43 Hot ____, role for Loretta

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This Issue Prepared By:

- Coordinating Editors:

Stephanie Golden

Erik Lewis
- Editors (development):

Dan Jacobson

Michael O'Keeffe
- Reporters:

David Boyer

Masha Hamilton

Johannah Rodgers
- Art Director (development):

Michelle Ishay
- Illustrators:

Susan Greenstein

Owen Long
- Photographers:

Hazel Hankin

Ann Rosen
- Traffic Manager:

Monona Yin
- Classified Ads Prep:

Beth London
- Text Converter:

Peter Benton
- Proofreader:

Margaret Benton
- Thumbnails:

Barbara Jungwirth
- Preproduction:

Matt Coffman
- Photoshop:

Bill Kontzias
- Art Director (production):

Lynn Cole-Walker
- Desktop Publishing:

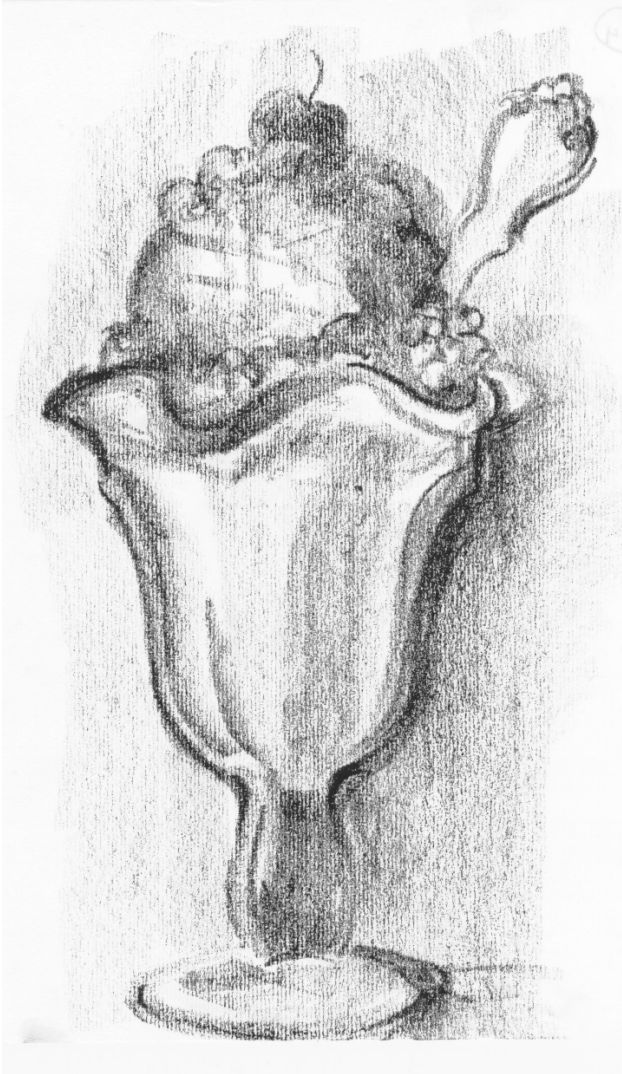
Leonard Henderson

Matthew Landfield
- Final Proofreader:

Janet Mackin
- Post Production:

Becky Cassidy
- Index:

Len Neufeld



WORKSLOT NEEDS

Maintenance Vacuuming Squad

Wednesday, 1:00 to 3:00 p.m.

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! Workslot requires a 6-month commitment.

Office Data Entry

Wednesday, 4:30 to 7:15 p.m.

Are you a stickler for details, accurate on the computer, and like working independently? If this sounds like you, then Office Data Entry will

be your perfect shift. You will receive training and Coop staff will always be available to answer questions. Please speak to Rocco Arrigo in the Membership Office if you would like more information. Workslot requires a six-month commitment.

Wall Chart Updating

Sunday, 8:00 to 10:45 a.m.

This is the perfect job for a detail-oriented person who likes a quiet and pleasant work environment. You will be trained by a staff person who will always be available to answer questions. You are part of a team of 2 to 3 people, but you will work on your own. If interested please speak to Camille Scuria in the Membership Office.

Kitchen Cleaning

Wednesday, 8:00 to 10:00 a.m.

Deep clean all three kitchens in the Coop: childcare, meeting room, staff room. You will work independently to clean countertops, cabinets, drawers, kitchen equipment, sinks, and refrigerators. Reliability is a must as you are the only person coming to do this job on your day. Please speak to Adriana in the Membership Office, Monday to Thursday, 8:00 a.m. to 2:00 p.m. if you are interested.

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:

CONTINUED ON PAGE 8

COOP CALENDAR



New Member Orientations

Monday & Wednesday evenings: . . . 7:30 p.m.
Wednesday mornings: 10:00 a.m.
Sunday afternoons: 4:00 p.m.

Be sure to be here promptly—or early—as we begin on time! The orientation takes about two hours. Please don't bring small children.

Gazette Deadlines

LETTERS & VOLUNTARY ARTICLES:

Jul 19 issue: 7:00 p.m., Mon, Jul 9
Aug 2 issue: 7:00 p.m., Mon, Jul 23

CLASSIFIED ADS DEADLINE:

Jul 19 issue: 7:00 p.m., Wed, Jul 11
Aug 2 issue: 7:00 p.m., Wed, Jul 25

General Meeting

TUE, JUL 31

GENERAL MEETING: 7:00 p.m.

The agenda will appear in the next *Gazette* and as a flyer in the entryway on **[NEED DATE FOR THIS SPACE]**.

TUE, AUG 7

AGENDA SUBMISSIONS: 8:00 p.m.

Submissions will be considered for the Aug. 28 General Meeting.

The Coop on Cable TV

Inside the Park Slope Food Coop

FRIDAYS 2:30 p.m. with a replay at 10:30 p.m.
Channels: 56 (TimeWarner), 69 (CableVision).

ALL ABOUT THE GENERAL MEETING

Our Governing Structure

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

Next Meeting: Tuesday, July 31, 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 calendar year.

• 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, JUL 6

DANCING FOR ANIMALS, a non-profit organization, is holding Friday night dance parties. Every Friday through July 6, enjoy an evening of dancing while helping animal welfare organizations at the same time! Intro dance class 9-9:30 PM. General dancing 9:30-

12:00 AM (music for all partner dances played). Dance Times Square, 156 W. 44th St., 3rd Floor. 212-946-1824 www.dancingforanimals.org

SUN, JUL 8

ALBUM MAKING BEES at Memories Out of the Box! Bring your

photos and stories and make that album you've been meaning to make! Resources, refreshments, tools and support provided weekly! No fee! Thursdays 7-9 p.m. and Sundays, 4-8 p.m. Memories Out of the Box. 633 Vanderbilt Ave. btw St. Marks and Prospect Place. 718-398-1519 22242

WORKSLOT NEEDS

CONTINUED FROM PAGE 9

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 Adriana in the Membership Office, Monday through Thursday, 8:00 a.m. to 2:00 p.m

Vitamin Assistant

Saturday, 6:00 to 8:30 p.m. or 8:30 to 11:00 p.m.

Are you a detail-oriented worker who can work independently and in a busy environment? The Coop's vitamin buyer needs you to help her check in orders, organize the vitamin supply area in the basement and on the shopping floor, label vitamins and supplements, and other related tasks. You will be trained by Edite and will report directly to her. If interested please contact the Membership Office.



Friday, August 3 • 7:00 p.m. at the Coop



Under the Sun and The Birthright Crisis

Under the Sun (2005) 22 min. In May 2004, after a flood ravaged the town of Jimani, Dominican Republic, an entire community of Haitians and Haitian-Dominicans were displaced and forced to relocate. 19 year old Daniel and his neighbors talk about how they were excluded from the government's flood relief, and what they will do next.

The Birthright Crisis (2005) 15 min. Over 10,000 Haitians and Haitian Dominicans have been deported from the Dominican Republic this year, many of them children. This video includes testimonies from deportees, and calls to action from Haitian and Dominican activists.

FREE Non-members welcome

Filmmaker Miriam Neptune is a U.S. citizen of Haitian descent who has visited the Dominican Republic seven times in the past 10 years. Two of Neptune's most recent documentary films - "Under the Sun" and "The Birthright Crisis" - focus on the lives and thoughts of Haitians living in the D.R. and call for an end to the discrimination and violence they face.

In **addition** to filmmaking, Miriam Neptune is Director of the High School Documentary Workshop at the Educational Video Center, a non-profit youth media organization in New York City dedicated to teaching documentary video as means to developing the literacy, career, and leadership skills of high school youth.

A discussion with Miriam will follow.

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

SUMMERTIME



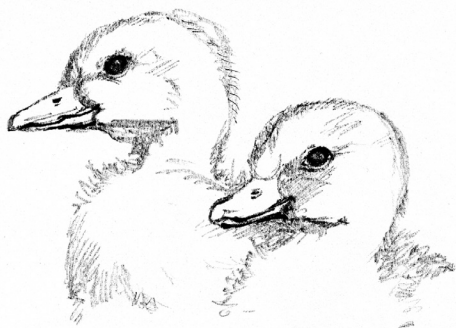
...and the living is easy.

But don't forget your coop shift!

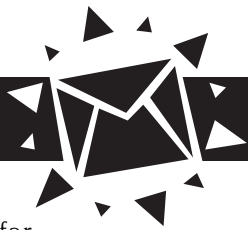
If you plan on being away during one of your workslots, please make arrangements to have your shift covered.

One way to do it is to use the Shift Swap at www.foodcoop.com

Your co-workers will love you for it!



LETTERS TO THE EDITOR



WEATHER WIZ

Will it rain today?
Park Slopers always know.
A special someone parks
A cart amid the flow
Of heavy sidewalk traffic
The corner of Seventh and
Carroll,
Stuffing the red four-wheeler
As full as a moving barrel
With who knows what or not,
All topped with a plastic
sheet
And always unattended
In cold and mild and heat.
Yet there are days on which
The cart's not in its domain—
And wholly without fail,
Those days, it's sure to rain.
So who's the missing owner,
The self-assured, bold master
Who fears no passing robber?
The Slope's own rain
forecaster.

Leon Freilich



WBAI ELECTIONS

COOP MEMBERS,
If you are reading this, the Co-Op elections are already over and we again have not won a place on the Board of Directors after about 10 tries. Or is not winning perhaps a greater reward? In any case the WBAI elections are coming up in October and whether or not Albert runs, please join so you'll have a choice about who gets on the Board there. We (The Oppo-

sition, or Friends of WBAI) gained three votes last year. We went from 8-15 to 11-13 which means that now they have to come to meetings! This is not a bad thing. Even though we are in favor of representation rather than direct democracy for the Co-Op, our intensive experience with WBAI and Pacifica meetings in the last two years has convinced us of the value of in-person meetings no matter who is at there-- well almost no matter.

BTW we finally have new pix of our granddaughter (6 months) after much begging and imploring. Glad to send a pic if you send an EMail or leave a message on the phone-- BTW the message is generic-- don't know how to change it, lost the instructions-- but it's us.

Recently made an alliance with a Green Party politician from Long Island, who writes:

"Please take the opportunity to present visions. How things could be. People are so sad and hopeless, and really, ignorant in the ways of democracy. Giving them some hope and the idea for a few projects could be useful.

"In my dreams, you insert a line that says the co-op has a responsibility to the world to stay democratic. Because there are so few progressive institutions left in the world. And, because, by asserting that it is democratic, it becomes a beacon for other groups. For instance, did people know that the yes/no voting method was duplicated for the Green Party of New York State[?] And, it was somewhat of a flop. The co-op should work harder on making its democracy a model.

"Oh, well. I think you

should be shiny, hopeful, and positive!" - Kimberly Wilder

Also, the first number of our five-part series of commentaries on the WBAI board is out:

<http://video.google.com/videoplay?docid=6721129114804896601&hl=en>

Sorry for the long URL but by the time you read this it will also be posted on PACVID1.com (that's like "Pacifica Video 1").

Oh, since we have more space it's always worthwhile say that above all we work for representative democracy at the Co-Op, which for all its faults will preserve much of the transparency and accountability that the current regime so "smoothly" and thoroughly destroys.

Breathlessly,
albert, 718-768-9079,
hobces@yahoo.com
Hom?opathic Visionary

RETIRE THE RETIREMENT PROPOSAL

DEAR FELLOW COOP WORKER-MEMBERS,

I was appalled—but unfortunately not surprised—by the outcome of the May GM's discussion of a "retirement" proposal brought up by a longterm member. This type of proposal has always been frowned upon by the Coordinators, who have managed to secure generous retirement benefits for themselves while expecting the rest of us to simply continue working until we are at least 75 years of age. They pack the house with "older members" who invariably testify to the spiritual pleasure of Coop work but who neglect to mention that

their own work slots are far removed from the demands of the ABCD Squads: Shopping, Receiving, Office, etc.

The argument against the suggestion, that allowing some longterm members to eliminate the work requirement would actually discourage others who want to work, is ludicrous. We are not speaking about children faced with peer pressure! Joe Holtz' comment that in the distant past "several senior members" rejected retirement with the claim "We'll tell you when we're ready" is at once irrelevant and ironic. Well, Joe, here you had a member telling us that she was indeed ready—and the response was to tell her to join FTOP!

I believe the member who brought the proposal, Barbara Drake, joined the Coop in 1978, the same year in

which the retired General Coordinator Linda Wheeler joined. Today, Linda can enjoy the benefits of her service to the Coop as a member and retiree, although she is far younger than 75. Ms. Drake, on the other hand, can try to arrange her schedule so that she can continue working. This is hypocrisy worthy of George Orwell's Animal Farm, a community in which "all animals are equal but some are more equal than others."

Fellow members, we are all workers in the Coop, even though a few of us are paid staff. Shouldn't we all be subject to the same standards for retiring from active work? If we remain silent on this issue, nothing will change.

Michael Rieman

The Coop's Friday Night Film Night is looking for a projector donation.

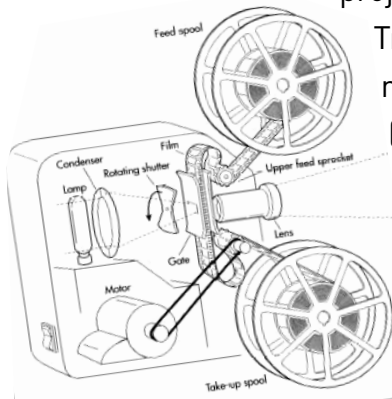
The projector should have at least 2500 lumens and be high resolution. If you can donate a

projector, please contact

Trish Dalton at

mail@trishdalton.com.

(Please note that because the Coop is not a charity, there would be no tax write-off for the donation—just our gratitude).



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 with other Coop members.

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, August 4
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.

Friday, July 13
7:30 p.m. at the Coop

FREE
Non members Welcome

Understanding Socially Responsible Mutual Funds and ETFs

with Hector Ramos

Offering low investment minimums and professional management, socially responsible mutual funds and ETFs (Exchange Traded Funds) may be an ideal way to build an investment portfolio while investing with your values in mind.

This educational seminar will introduce you to the socially responsible mutual fund and ETF industry and provide guidance and insights on how to choose funds that are right for the socially conscious investor.

Hector Ramos, a Coop member, is a financial advisor with over seven years of experience helping families and individuals manage their long-term financial planning needs. His financial practice specializes in green investing and building socially responsible investment portfolios for the socially minded investor.

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

Saturday, July 14
2:00 p.m. at the Coop

FREE
Non members Welcome

Essential Oils Summer Food Fare

with Teri Gorbea and Denise Galon

Featuring

Refreshing Veggies and Fruits Supreme Delight

Exotic Raw Foods to Cleanse and Cool on a Hot, Steamy Night

Teri Gorbea: Coop Member, Health and Wellness Coach, Certified Personal Trainer/Bodyworker, Aromatherapy

Denise Galon: Healing Minister in Aromatherapy, Chinese Energetic Medicine, Chinese Herbs, Raw Food

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

Saturday, July 14
7:00 p.m. at the Coop

FREE
Non members Welcome

Turn Your Closet Into Cash!

Learn how to sell your unwanted items on eBay!

WITH JENNIFER STEVENS

Looking for a supplemental or full-time income? Are you a stay at home parent looking to work from home? Trying to raise money for a good cause? Whatever the reason, you can sell it on eBay!

Learn about:

- *eBay Auctions, Fixed Price Listings & Stores
- *What Sells
- *Prohibited Items
- *PayPal & Other Payment Options
- *Packing & Shipping
- *The Perfect Listing
- *eBay Wiki, Blogs & Seller Community
- *eBay Giving Works
- *Third Party Services

Jennifer C. Stevens, a Coop member, has been selling on eBay for over seven years. She is an eBayPower Seller, eBay Trading Assistant and an Education Specialist Trained by eBay. A former technical trainer who's left the corporate world, she now sells on eBay full-time, much to the delight of her dog, Tilly, and cat, Sammy.

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

Friday, July 20
7:00 p.m. at the Coop

FREE
Non members Welcome

Yes, You Can Improve Your Accent!

with Sharon Montoya

This workshop is especially valuable for foreign-born: doctors, nurses, lawyers, teachers, social workers, nannies, etc.

Participate in a speech screening, receive a "mini-profile" of some of your speech difficulties, and do exercises that help you discriminate between sounds that give you trouble. Learn how voice projection, complete word production, and other techniques start you on the path to improved speech, greater intelligibility and self-confidence that will enable you to fulfill professional and personal goals. This lively, warm atmosphere makes learning fun.

Sharon Montoya, a speech and language coach/consultant, has worked as an instructor, teacher-trainer for the US Peace Corps, and textbook writer/editor. A Coop member since 1984, she teaches Pronunciation and Writing at LIU. She also teaches NY State professionals and nurses at LICHON.

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

Saturday, July 21
10:30 a.m. at the Coop

FREE
Non members Welcome

Presenting...YOU!

with Speaker Coach and Speechwriter Jezra Kaye

Your skills.
Your services.
Your products.
Your ideas.

If you want to help people improve their lives or businesses, you must first present what you have to offer with power and ease.

In other words, you must present...YOU!

In this hands-on, interactive workshop, you'll learn to:

- Talk about your skills in a clear and confident way
- Use appealing stories to highlight your achievements
- Explain why your skills, services, products or ideas are invaluable and unique

No prior experience is needed for this workshop. Please wear comfortable clothes, and bring a notebook and pen.

Jezra Kaye is the President of Communicate with Power and Ease, serving leaders in business, the professions, non-profits and the arts. A noted speaker and consultant with 16 years of experience, Jezra volunteers with Develop Don't Destroy Brooklyn. She has been a Park Slope Food Coop member since 1981.

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

Sunday, July 22
12:00 p.m. at the Coop

FREE
Non members Welcome

Homeopathy and First AID

PART II.

with Claire Dishman

Homeopathy is often at its most impressive when treating situations requiring first aid and minor acute illnesses.

This talk continues defining some of the more useful homeopathic remedies to have around the house for situations involving accidents, sports injuries, bleeding, allergies, fevers, coughs and colds. Attendance at the previous lecture is not required. Fundamentals will be covered again.

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 Coop

Sunday, July 29
12:00 noon at the Coop

FREE
Non members Welcome

Financial Fitness

WITH DEBORAH MACK

It's time to get your finances in shape.

Deborah Mack is a Coop member and an independent representative with Primerica Financial Services, Inc. We empower you to save money, get out of debt and strive for financial independence by educating you with financial concepts. Come look, listen and learn.

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

Tuesday, July 31
7:30 p.m. at the Coop

FREE
Non members Welcome

IS A BOX ANY PLACE TO KEEP A LIFE?

with Martie McNabb

Overwhelmed with your photo and memorabilia collection? Learn:

- tips to tackle your &/or your family box(es).
- techniques to preserve and protect your memories.
- organizational techniques.
- sorting methods for genres and timelines.
- presentation and layout options and more.

You can get your memories out of their boxes, bags, suitcases etc...and bring them back into your life!

Bring 3-5 photos and a story to share. We provide the rest! Help us plan by pre-registering at (718) 398-1519.

Martie McNabb, a PSFC member for over 10 years, has been helping friends and family preserve and present the moments of their lives for over 15 years. She has always been saddened by the fact that too many people are so overwhelmed that they leave their lives in "boxes", though she admits that she has her own box.

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

Saturday, August 4
4:00 p.m. at the Coop

FREE
Non members Welcome

STOP the 3pm Slump:

A 7 Step Recipe to Double Your Energy in 7 Weeks

with Jena La Flamme

Tired of being tired in the morning or mid-afternoon? Do you want more physical and mental energy? Sick of using caffeine and sugar to prop you up?

Learn quick and easy strategies to increase your energy levels, decrease your cravings and allow you to feel and look better. Discover the tricks that will help you achieve more energy by eating foods and making choices that will consistently recharge your batteries. Learn concrete ideas you can incorporate immediately in order to have more energy, better sleep, weight loss and better stress management.

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

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

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

ARTISANS! Sell your Brooklyn-made crafts at a wonderful new craft fair on the Redhook Promenade on the weekends (by Fairway). It's very low cost for a space and the organizers couldn't be nicer. Call or email Ted Berger (212-246-3788 or tedsberger@aol.com for an application). The fair is juried; applicants need to submit photos of their work.

COMMERCIAL SPACE

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

EMPLOYMENT

MY FRIEND'S son Luke is a hard-working 16-year-old who is looking for work. Experienced in yard work and some office work, he can care for pets, help clean out basements and other hard areas and can help people move. A cartoonist and letterer, he is a good sign maker and problem solver. Call 718-768-6171.



HOUSING WANTED

APT SHARE OR ROOM: Sept. 2007 to Aug. 2008 for German student (20-year-old female) volunteer at social services agency serving holocaust victims. Pgm pays rent (\$450/month); student buys & prepares own food, needs kitchen access. Contact Beth Zeidel at Selfhelp 212-971-5475 or bzeidel@selfhelp.net.

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

FOR SALE: Ceilerciser, new plus accessories, \$200; Braun 10-cup coffeemaker, \$15; vintage table radio (wood, solid-state, circa 1960), \$50 or BO; gold-plated jewelry signed by artist (vintage), \$20–40. Call 718-768-1598.

PEOPLE MEETING

DAY HIKE-Experienced but aging hiker looking for hikers to go on day hikes. Moderate hikes, 4-6 miles. I have a car. Call Vinne 718-638-5628 or soccervinnie@aol.com



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.

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

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+PAPERHANGING-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.

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. 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 caseload 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

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.

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 Coop member; Park Slope resident. Tom Gucione, 718-596-4184.

PARK SLOPE SAT TUTOR. I am a college English professor and I received my MFA from Columbia University. I've been teaching for over 7 years. As an SAT tutor, I assess individual strengths and weaknesses, targeting those specific areas. We all learn differently. Reasonable rates, excellent ref. 917-797-9872 or berit.anderson@gmail.com www.beritanderson.com

DON'T LEAVE your memories in a box! Get them back into your life or let us do it for you. High school, college years? Weddings? Baby pictures? Anniversary? Reunions? Is a box any place to keep your life? Memories Out of the Box, 633 Vanderbilt Ave. (St. Marks & Prospect Place) 718-398-1519. www.memoriesoutofthebox.biz.

LEARN TO SING with confidence. Graduate of Manhattan School of Music offering private voice lessons. Work on breath control, projection, diction, stage presence & more. Also, ask about piano lessons. call 347-423-8274.

SERVICES-HEALTH

HOLISTIC DENTISTRY in Brooklyn (Midwood) & Manhattan (Soho). Dr. Stephen R. Goldberg provides family dental care utiliz-

ing 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 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

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 Wininger, L.M.H.C. 718-783-3222. See www.therelationship.com

RELIEVE LOWER BACK and neck pain, shoulder, chronic tension and stiffness - poor digestion - headache - insomnia - stress. Rejuvenate body, mind and spirit with shiatsu. Special first session offer \$80. Contact Claudia Copparoni. 14 yrs experience. clcoppa@hotmail.com, 718-938-5573.

CHALLENGES WITH HEALING? Holistic consultant can help you determine what is blocking your progress. With the help of the Designed Clinical Nutrition/Flower Essences/Herbs/Energy Balancing all done with Nutrition Response testing your healing challenges can be sorted out and resolved. Call 718-526-1698. Ask for Leonora

BERKSHIRES vacation rental—4 BR house on beautiful clean lake. Quiet wooded setting. Well-equipped kitchen. Canoe, rowboat, kayak. \$1100 per week. Call Marc, 718-768-4768.

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.

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.

Puzzle Answer from page 6

J	O	T		A	C	R	E	S		M	A	Y	
A	D	E		C	O	A	C	H		A	G	E	
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ILLUSTRATION BY OWEN LONG

Have you experienced bias at the Coop?

Do you have ideas on how to better address bias incidents at the Coop?

We would like to hear your story...

The Diversity and Equality Committee will be holding focus groups with Coop members to better understand the types of bias incidents occurring at the Coop and members' experiences of these incidents. Please join us on:

Monday, July 23rd
6:30-8:30 pm

or

Sunday, July 29
1:00-3:00 pm

Please call (888) 204-0098 to confirm your attendance or for more information. This is a voicemail box, so please be sure to leave your name, coop member number and contact information so that we can be in touch with you.

Diversity and Equality Committee
PARK SLOPE FOOD COOP
Work credit is available to those who attend.



Looking for something new?

Check out the Coop’s products blog.

The place to go for the latest information on our current product inventory.

You can connect to the blog via the Coop’s website: www.foodcoop.com



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.

Jason Aleksa	Samantha Cohen	Juliana Gildesgame	Emily Lavelle	Joan Pelletier	Michael Sebba
Liat Avital	Claire Coleman	Michael Glumac	Ryan Leary	Patricia Peretz	Martin Seck
Omer Avital	Erin Considine	Daniel Goers	Simon Leaver-Appelman	Tracy Perrizo	Pixie Seth
Abraham Azar	Debra Crist-Pelletier	Adam Gottlieb	Lidiya Lednyak	Edwin Pierre	Lucy Simic
Mary Azar	Doreen Crow	Allison Gottlieb	Sean Licorish	Maria Pineda	Leasha Smalls
Matthew Bachler	Robert Crow	Aaron Gregory	Minkah Makalani	Kepsnide Plantin	Nate Smith
Randi Barros	Jairo Cueto	Phil Griswold	Lora Mallory	Emily Powers	Dmitri Smolansky
Maria-Pia Batista	Austin Plann Curley	Jan Grznar	Craig Marcum	Diana Quinones Rivera	Jessie Solomon-Greenbaum
Andrew Birkhead	Valiance Curri	Gina Guddemi	Kathy Marcum	Akiva Reich	Carla Spartos
Tonya Blazio	James Currie	Lauren Gulbrandsen	Alexandra Marr	Tamar Reich	Abbi Stern
Virginia Bradley	Kofi Donnelly	Svetlana Guney	Jamie McPartland	Dan Reshef	Emily Stone
Simon Braunstein	Tara Douce	Matt Hackett	Victoria Messina	Alex Riina	Aviva Sufian
Ellen Bruce	Scott Eiden	Daniel Halainen	Nadine Moise	Cary Riina	Kristine Taylor
Angelika Brudniak	Kate Engle	Ben Halberstam	Naomi Morse	Bella Rotsenmar	Curnell Thompson
Nicholas Buccelli	Redmond Entwistle	Katherine Harvey	Robert Moy	Yefim Rotsenmar	Pamela Tuffley
Thomas Bulter	Dori Fern	Adrienne Henck	Nathan Murphy	Peter Rowland	Christopher Varmus
Dan Bursztyn	Kate Ferranti	Aya Hibino	Simone Myers	Brieana Ruais	Carolyn Vega
Maureen Butkiewicz	Diane Fung	Tomoko Igarashi	Alex Nahas	Josh Rudder	Laura Vogel
Shannon Carlin	Eric Fung	Nikhil Joglekar	Sarah Nestel	William Rush	Kristen Wilke
Shu Ying Chen	Ryan Garfine	Keshni Kashyap	Stephen O'Connell	Michael Samuel	Candice Williamson
Victorine Chester	Shawana Garfine	Aaron Koffman	Susan O'Connor	Tara Sansone	Yonatan Zamir
Risa Chubinsky	Davina Gazo	Hawa Koroma	Roland Oliva	Jim Santangeli	Irina Zoueva
Robert (Bob) Cofresi	Bill Gerhard	Juliana Kreinik	Suzanne Palmer	Emma Schwartz	

THANK YOU!

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

Julia Albores	Amy Cunningham	Meredith Kadet	Mecca	Seth Prins	Elizabeth Streicker
Brendan Baer	Ewa Einhorn	Micah Kelber	Anthony Meehan	Leigh R.	Jennah Synnestvedt
Christie Block	Sue Epstein	Sarita Khurana	Victoria Miller	Sherie Randolph	Diana Vozza-Garcia
Leslie C.	Ken Falk	Gayle Kirshenbaum	Deborah Monlux	Nancy Romer	Stana Weisburd
Nathalie & Darrin Cabot	Jacinta Flavius	Rebecca Kottler-Wein	Daisuke Narita	Hillary Rubenstein	Ophra Wolf
Claudia Cannizzaro	Madeline Fox	Qingyu Li	Suzy Newbury	Joanie Russell	Ira Yankwitt
Chloe Cerwinka	Heather Gershen	Wendy Lipson	Noah	Lissa S.	Alon Yavnai
Riely Clough	Deborah Gordon	Lorenzo	Ted Panken	Jade Sanchez-Ventura	Steve Zak
Barbara Condliffe	Nazmin Bhatia Gordon	Cynthia Madansky	Park Slope Parents	Felisa Sheskin	
Sarah Cox	Gregory	Mary	Margo Pelletier	Erin Shinneman	
Jon Crow	Linne Ha	Helene Mayer	Marcy Perlman Tardio	Shabd Simon-Alexander	
Anthony Cunningham	JoAnn	McHail	John Pinckard	Elise Slobodin	