

Established  
1973

# LINENWALTERS'



Volume CC, Number 18

August 28, 2008

## Energy Coop Planned for Brooklyn

By Ed Levy

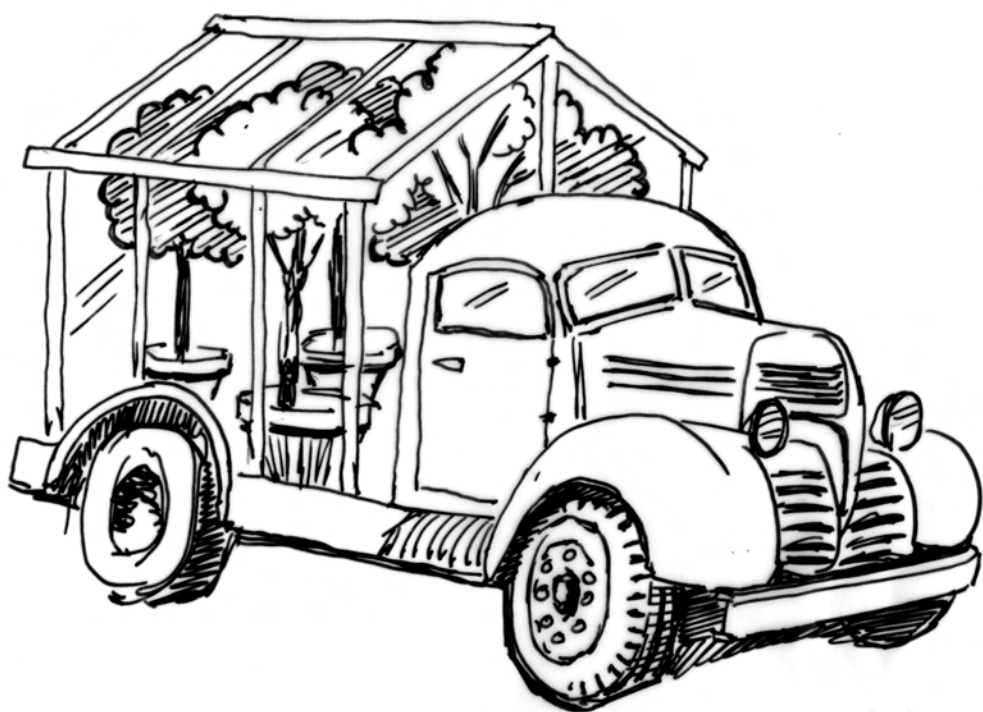


ILLUSTRATION BY DEBORAH TINT

To Coop members Michael Winks and Kevin Burget, it's the logical next step: If cooperatives can lower food costs, why can't they do it for energy costs? Their plan, to be presented at two fall meetings at the Coop, is to create a Park Slope Energy Coop for users of ethanol, a "green" gas substitute for automobiles. Michael and Kevin hope to interest not only private car owners in their project, but users of large amounts of fuel like taxi and car service fleet owners as well. As far as Michael knows, an energy coop of this kind would be the first in the tri-state area.

Presently, any fuel-injected car can run on ethanol, but to run efficiently or to be able to use either ethanol or gasoline, automobiles require a retrofit costing about \$300.

Michael and Kevin hope to recruit people who are tired of paying "Big Oil" for fuel and who want to use a renewable, clean-burning source that is less expensive. Ethanol also potentially allows a car's engine to run up to three times longer than gasoline.

The next step after creating interest is to find a station to house an ethanol tank within a two- or three-mile radius of the Slope. Investment tax credits are available from both the federal and state governments of 30 and 50 percent, respectively, for

installing alternative fuel pumps. They also plan to approach the Southwest Brooklyn Development Corporation for help. Once the site has been found and the station built, they hope to interest New York farmers in building small plants from high-yield ethanol crops to supply Brooklyn drivers.

### Inspired by Dave Blume

Michael was encouraged to start a local energy coop while editing a book for Dave Blume, the out-of-the-box thinker and author of *Alcohol Can Be a Gas! Fueling an Ethanol Revolution for the 21st Century*. Blume's books and website, [www.permaculture.com](http://www.permaculture.com), attempt to dispel popular myths about the green fuel. Kevin joined the project after

watching a video of Blume at the Coop.

Brazil currently supplies most of its vehicles with ethanol grown from sugar cane. But in the U.S., most ethanol is grown from corn, only because of this country's large corn surplus, Blume claims. There are other crops that can be used to produce fuel without using any of the land currently dedicated to agriculture, he says. A vast amount of acreage—swamps, arid or sloped land that is unsuited to regular farming, even rivers and ponds that the USDA doesn't count as cropland or farmland—are suitable for growing specialized energy crops, according to Blume.

CONTINUED ON PAGE 2

## A Lifeline of Service, From Brooklyn to West Africa

Sister Bisi Ideraabdullah and Imani House

By Frank Haberle

In 1985, lifelong Brooklyn resident and current Coop member Bisi Ideraabdullah and her husband decided to leave a troubled Brooklyn behind. They set off with their children for a fresh start in the West African nation of Liberia.

Four years later, a civil war broke out that would destroy countless lives and stun the world with its cruelty. Caught in the fury, Sister Bisi volunteered in a local hospital, then opened her home to children who had recovered from injuries and illness but had no place to go once the hospital released them. Traveling back and forth to the United States to build awareness of the crisis, Sister Bisi witnessed many similarities between the struggles of children and families in Liberia and the challenges faced by residents of her native Brooklyn. From this discovery Sister Bisi founded Imani House in 1993. It is now a thriving community center serving low-income and immigrant children and families, working out of five branches in Brooklyn and several sites in Liberia.



Sister Bisi

north of the Coop that has changed drastically in the last decade. "People look around this neighborhood now and they see prosperity, but this is a very difficult time for low-income people," Sister Bisi says. She points out Wyckoff Gardens, the public housing complex just two blocks away from Fifth Avenue. "Many young people there don't know where to turn," she says. "The unemployment rate for adults is

### Imani House Programs and Services

Imani House's headquarters survives in the Fifth Avenue neighborhood to the

CONTINUED ON PAGE 3

### Next General Meeting on September 23

The General Meeting of the Park Slope Food Coop is usually held on the last Tuesday of each month, but because the space isn't available on the last Tuesday in September the GM voted to have it on September 23. The meeting begins 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 on Wednesday, September 3. For more information about the GM and about Coop governance, please see the center of this issue.

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## Coop Event Highlights

- Thu, Sep 4 • Food Class: Raw Desserts** 7:30 p.m.
- Fri, Sep 5 • Film Night: Dr. Bronner's Magic Soapbox** 7:30 p.m.
- Sat, Sep 13 • Pocketbook, Purse, Bag and Shoe Exchange** 10:00 a.m.–2:00 p.m.
- Sat, Sep 27 • Poker Night** 7:00–10:00 p.m.

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

# Energy Coop Planned for Brooklyn

CONTINUED FROM PAGE 1

One advantage of growing alcohol for fuel is the rich byproduct of organic plant waste it creates, which can then be turned back into the land to be used as fertilizer. Soil scientist Larry Korn, the author of *The One Straw Revolution: An Introduction to Natural Farming*, has said that if farmers were to use Blume’s model, soil fertility would increase worldwide while energy production would become not only sustainable but democratic. Albert Bates, the author of *The Post-Petroleum Survival Guide*, had more incandescent praise for both the plan and Blume himself, whom, he said, “emerges like a wizard on a misty pinnacle,

backlit by the full moon, revealing a gemstone in his extended palm.”

### Why Ethanol?

Why ethanol, and why now, when so many other alternatives to gas, such as electricity and hydrogen fuel cells, are now being explored? Blume takes on some of the major myths about ethanol production, beginning with what he believes is the most widespread misconception, that ethanol takes more energy to produce than it yields. Although the American Petroleum Institute has



ILLUSTRATION BY DEBORAH TINT

been aggressively distributing a study that makes that very claim, an exhaustive look at ethanol’s EROEI (“energy returned on energy invested”) by Isaias de Carvalho Macedo, which used sugar, not corn, as a source, tells a different story. It showed an alcohol energy return of more than eight units of output for every unit of input, an estimate that factored total energy used, including steel for tractors to farm the land and transportation needed to deliver the product.

Many people have disputed these figures. But a website the *Gazette* consulted, which analyzes socially responsible stocks, examined figures on ethanol’s EROEI from a number of sources, and corroborated the claim that ethanol does yield a consistently positive EROEI, ranging from 1.5 to 8, depending on the crop used to produce it. The figures are potentially much higher for cellulosic ethanol. Cellulosic ethanol is produced from the nonedible parts of virtually all free-growing, natural plants; favored sources are switch grass, miscanthus, grass clippings and woodchips. Cellulosic ethanol is chemically identical to ethanol from other sources and theoretically can be obtained with far less agricul-

ture. Blume feels small-scale cellulosic plants, producing as much as 4 million gallons, are already feasible.

Switching to organic-style farming, using crop rotation and growing higher-yield energy crops such as beets, Jerusalem artichokes and cat-tails would further cut energy use. Pesticides, herbicides and chemical fertilizers are all petroleum based. Using ethanol to power machinery and deliver produce would of course reduce its energy cost even further.

### Food vs. Fuel

Critics of ethanol claim that diverting the U.S. corn harvest for fuel takes food from hungry people. But most of the U.S. corn crop is fed to animals, and even the small percentage of corn that we export is used to feed livestock on foreign soil. There is another problem: Many nations, even impoverished ones, won’t accept our corn because it is genetically modified.

Blume claims that corn diverted to alcohol will actually result in higher-quality animal feed than the original corn. Since it is mostly the carbohydrates in the corn that are converted to alcohol, the remainder is higher in protein and fat, thus yielding even more meat for the tables of carnivores.

### A Net Loss of CO2

Adding alcohol to gasoline can reduce virtually every class of pollutant, and already does, Blume claims. Alcohol added to gasoline, even in amounts as low as 5 to 10 percent, which is what drivers usually see at the pumps, dramatically reduces the three major types of pollution—carbon monoxide, nitrogen oxides and hydrocarbons. When drivers convert to pure ethanol, the reductions in all three of these pollutants are huge, with the remaining emissions considered negligible. Addressing the claim that the addition of ethanol makes gas more volatile and therefore more polluting, Blume writes, “It is true that when certain chemicals are included in gasoline, the addition of alcohol at 2 to 20 percent of the blend can cause a reaction that makes these chemicals more volatile and evaporative. But it’s not the ethanol that’s the problem; it’s the gasoline.” Moreover, he continues, alcohol carries none of the heavy metals and sulfuric acid that gasoline and diesel exhausts do.

Converting from a fossil-based hydrocarbon to a renewable carbohydrate source of fuel would also dramatically reduce atmospheric carbon dioxide, since plants tie up many times more carbon dioxide than is created in the production or use of the alcohol.

For more information about the energy coop, attend a meeting on Tuesday, September 16, or on Thursday, September 25, at 7:30 p.m. at the Coop. The presentation is free and open to the public.

Michael Winks, energy coop organizer, can be contacted at michael\_winks@alcoholcanbeagas.com. ■

PARK SLOPE FOOD COOP

Product Return Policy

The Coop does not “exchange” items. You must return item and repurchase what you need. Returns of eligible items will be handled at the Second Floor Service Desk within 30 days of purchase only when accompanied by the PAID IN FULL receipt.

Please use the following guide to determine if an item is eligible for return:

Produce (fresh fruits & vegetables)	<b>May not</b> be returned with the exception of coconuts, pineapples and watermelon. Even if the claim is that the item is spoiled or that it was purchased by mistake, produce cannot be returned except for the three items listed above.  The produce buyer may be contacted on weekdays by members to discuss any other claims for credit.
Books	<b>May not</b> be returned.
Juicers	<b>May not</b> be returned.
Bulk items & bulk items packaged by the Coop	<b>May not</b> be returned. Members may contact the bulk buyer to discuss any other claims for credit.
Refrigerated items Frozen items	<b>May not</b> be returned unless spoiled.
All Other Products (not covered above)	A. Other products <b>may be</b> returned if they are spoiled or defective and the category is not specified above  B. Other products <b>may be</b> returned if they are unopened, undamaged and therefore can be sold again.  C. Other products <b>may not</b> be returned if they are opened or unsellable, and were purchased by mistake or not needed.

## COORDINATORS’ CORNER

# Grass-Fed/Finished Beef—Safer, Healthier, Cleaner

By Bill Malloy, Receiving Coordinator/Meat & Poultry Buyer

Huge recalls of ground beef tainted with *Escherichia coli* bacteria have been in the news in recent months. Ordinary grocery stores and upscale supermarkets alike have instructed their customers to dispose of potentially life-threatening beef raised on feedlot, factory-style farms.

Cattle raised on feedlots throughout the United States are fattened on grain. But beef steer are, by nature, grass eaters. Penned animals raised on unnatural grain diets often need injections of antibiotics to cure resulting illness. Their digestive systems become abnormally

acidic, providing a friendly environment for dangerous bacteria. The Union of Concerned Scientists reports that 70 percent of all antibiotics manufactured in the U.S. go to conventionally raised livestock. Add steroids and growth hormone for a potent cocktail of drugs.

With the exception of organic kosher beef, all beef at the Coop is raised within New York State, Pennsylvania and New England, and is fed entirely on fresh pasture, green plants and stored grasses. The cattle from McDonald Farm, Slope Farm, Hardwick Beef and Natural Acres Farm, with their natural

diet of grass, develop strong defenses against *E. coli*. And they’re drug-free.

All conventional cattle, before being sent to the feedlot, start on grass. So beware of claims of “all natural,” “antibiotic-free” and even “grass-fed”—because it’s “grass-fed and finished” that matters. Grass-finished from small, local providers is healthier for humans, more pleasant for cows and better for the planet. Enjoy the true flavor of beef, as it was before factory farming became the national norm.

For more information, visit [www.eatwild.com/foodsafety.html](http://www.eatwild.com/foodsafety.html) ■



ILLUSTRATION BY ETHAN PETTIT







# WORDSPROUTS

The Park Slope Food Coop's Reading Series

## Book Collaboration Basics for Experts and Writers

You're an expert with knowledge to impart, and you'd like to write a book. But you need help getting your ideas onto the page. Or you're a writer with the skills to present an expert's information, and you're looking for a project that can bring in some income. You two should meet! Come to this workshop with Stephanie Golden, author of eight books, including five collaborations with experts. You'll learn the gritty details:

- Getting a book contract: What's in a book proposal and a platform?
- Viable alternatives to big commercial publishers
- How to choose a writer and to decide to work with an expert
- Collaboration agreements: nuts and bolts
- Working together: pitfalls to avoid
- The bottom line: How does the writer get paid, and how to divide up the proceeds?
- You're published!—but the job's not over: marketing, marketing, marketing

Stephanie Golden is an award-winning freelance book author, journalist, and web writer with a specialty in medicine, health and fitness.  
<http://home.pipeline.com/~sgolden/>

Next Wordsprouts: Tuesday, Oct. 7  
Visual Narrative with Youme Landowne

**FREE** Non-Members Welcome

All Wordsprout participants are Coop members.

**Bookings:** P.J. Corso,  
[paola\\_corso@hotmail.com](mailto:paola_corso@hotmail.com)

Thursday, September 18  
7:30 p.m. at the Coop

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

# Pocketbook, Purse, Bag and Shoe Exchange

This exchange is a community event that is ecologically responsible and fun. Why support the consumer market and buy, when you can share bags that have already been well loved?

**Reuse, renew, recycle.**

**FREE Non-members welcome**

**Saturday, September 13  
10:00 a.m.—2:00 p.m.  
in the meeting room**

**To bring Pocketbooks, and Shoes...**

- Do not leave items in the Coop before the hours of the exchange.
- Bring up to 15 items only
- Bring gently used, clean purses, pocketbooks and shoes that you are proud to be able to exchange with a new owner.

*(Unchosen items 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

# TAKE THE SURVEY BY AUGUST 31

The Diversity and Equality Committee (DEC) of the Park Slope Food Coop is currently conducting a member-wide survey to document and better understand issues of bias and discrimination at the Coop.

We are asking ALL Coop members to take the survey. Your participation will help us to get a broad range of views and perspectives on these issues.

The survey will take approximately 10 minutes to complete. The fastest and most environmentally friendly way to complete the survey is to take it online at:

**[www.foodcoop.com](http://www.foodcoop.com)**

(Click on the box on the upper right that says "Take Survey")

If you prefer to complete a paper version of the survey, copies are available at the entrance desk, second floor service desk, and the membership office.

If you have any questions or difficulties with accessing the surveys and/or any special needs, please contact the DEC Committee at

**1-888-204-0098**

# WHAT IS THAT? HOW DO I USE IT?

## Food Tours in the Coop

Food is a movement  
we've learned that much by now:  
Eat better  
Feel better  
Live better

Seen another way when we eat better  
we grow food better  
the land air and water are better  
farm hands are better  
the fish, frogs and winged ones are better

Everything looks better, more interesting  
more dynamic, real in the way that authenticates  
our better nature  
our higher selves

Jump into the mirror of yourself  
and reflect back what you want to see  
put yourself in service of your reflection

The Park Slope Food Coop  
Reflecting a Better Way  
*by Myra Klockenbrink*

**Sunday September 7 (C Week)  
Noon to 2 p.m.**

**Monday September 8 (D Week)  
noon to 1 p.m. and  
1:30 to 2:30 p.m.**

**You can join in any time during a tour.**

# Park Slope Food Coop Video Squad Workslots Available

Did you know that the Coop has a regular show on Brooklyn Cable Access Television and will soon be expanding to podcasting via the Internet?

The shows feature members and issues related to the Coop and the larger Brooklyn community. Past shows include health, improv performance, live music, cooking classes and ideas for living ecologically.

There are current workslot openings for:  
Show Host • Researcher/Storyboarder • Post Production: Editing and Compression

For more information, contact David at [simpsoda@gmail.com](mailto:simpsoda@gmail.com) and include "PSFC Video Squad" in the subject line.





# A Green Cafe Grows in Brooklyn

By Alison Levy

Two Brooklyn-born entrepreneurs are living their dream at Earth Tonz, a recently opened vegetarian/vegan restaurant in Park Slope. Open from 12 p.m. to 10 p.m. seven days a week, Earth Tonz is owned and run by Coop member K. Bain and his co-chef Jumaane D. Williams. The small but inviting space features exposed brick and pale green walls, with the kitchen located behind the order counter. Located at 349 Fifth Avenue (between Fourth and Fifth Streets), the restaurant has a clear mission: “To provide healthy and delicious gourmet alternatives to meat in a warm, informed environment while promoting a green and sustainable planet.”

“In every detail, we think about the footprint we leave on the planet,” Bain and Williams say.

Green consciousness even extends to the plates and eating utensils, which are all biodegradable.

The pair, who share a love of well-spiced food, met as students at Brooklyn College in a master’s degree program in Urban Policy and Public Administration. Jumaane, who worked in the nonprofit sector for a number of years and who has been a vegetarian for well over two decades, had long harbored a dream of opening a vegetarian restaurant.

“I see this as an extension of community development,” he said. “When you talk about healthy food, the average person has not had a good experience of it. We wanted taste to be an important part of what we serve.”

Prior to opening Earth Tonz in February 2008, both owners planned for several years. They took courses at Manhattan’s Natural Gourmet Institute, founded in 1977 by famed nutritionist Annemarie Colbin, Ph.D., which emphasizes organic ingredients. They spent months perfecting recipes like their vinaigrette dressing and marinara sauce. The pair also attended

Restaurant Management Boot Camp, a half-day event offered monthly by the New York City Department of Small Business Services to promote entrepreneurship. The program helps entrepreneurs learn to navigate the complexity of New York City legal licenses and permissions.

“We had to interact with about ten agencies in the right sequence, which can become very confusing, so it was very helpful to get that all sorted out right at the start,” says Williams.

It took an 18-month search before Bain and Williams found the site for their 600-square-foot, 11-seater restaurant (which also has additional outdoor seating in the rear garden area). They signed their lease at the current site in September 2007 and began renovation. The restaurant opened last winter, and now attracts a varied crowd of people seeking out the café’s tasty array of sandwiches, as well as its fresh salads, health drinks and luscious desserts.

## Featured and Signature Dishes

With its strategic location opposite PS 51, Earth Tonz welcomes a regular stream of children who come over from

the school to order healthy foods from the special children’s menu, which features numerous options at kid-sized prices, including Chicken-Free Nuggets, Pannini Pizza and a grilled cheese sandwich made with goat cheddar.

“We’re flooded every day with young people—vegans who are eleven years old. As for the adults, we get everyone from meat eaters to vegetarian to hard-core vegan—and everything on our menu can be made vegan upon request. People have a choice of either mozzarella or nondairy cheese on all the sandwiches.

“Sometimes the meat eaters are surprised by how tasty some of our dishes are. We had one customer who was literally licking the plate,” Bain recalls.

Their bottom line? Bain and Williams are interested in reaching all health-conscious people, whether or not they happen to be vegan or vegetarian. Accordingly, the café menu features both purely vegan dishes, like “The New PB+J,” an almond butter and jelly sandwich (well-priced at \$4.50), and numerous familiar “meat-style” sandwiches prepared with meat and dairy substitutes.

One of the most popular is the “Bada Bing” (priced at \$9.50), a meatless Italian sausage hoagie with sautéed onions, peppers, mushrooms and house marinara sauce. Sampled at a recent visit to the café, it is hearty and flavorful with delightful hints of basil, oregano and (could it be?) fennel in the rich tomato sauce. The Kaliya Cutlet (priced at \$8.50 and named for Bain’s infant daughter) is a breaded chicken cutlet served on an organic wheat square, with tasty accompaniments of avocado, honey mustard, sundried tomato and arugula. The green salad is ample, an excellent value at \$7.50 and flavored with a raspberry vinaigrette dressing. The creamy tofu burger (served over a salad) has excellent flavor, but is more stew-like than burger-like. Other menu items, including a Vegan Philly Cheese Steak (at \$9.50) and a Caribbean Chicken

Wrap, dubbed “the Dub” (priced at \$8.50), all come with a side of the Earth Tonz signature corn salad. Most items are made with various forms of vegetarian protein—not soy unless noted, since Bain and Williams are aware that many vegetarians tend to overrely on soy foods.

At Earth Tonz, the entire dessert selection is 100 percent vegan. Their Red Velvet Chocolate Cake (for \$4.95), “we literally can’t keep on the shelf,” says Bain.

“We’ve had Natalie Portman and other neighborhood celebrities,” he adds. “There’s no telling who will show up here.”

The Online Vegan Restaurant Guide (available at [www.SuperVegan.com](http://www.SuperVegan.com)) lists 22 vegetarian and vegan restaurants in Brooklyn, with eight in Park Slope alone, and another 20 Park Slope restaurants offering vegetarian and vegan options along with their wider menus. But in this crowded landscape, Earth Tonz has kept its loyal customers even in the normally slow month of August.

## Owners Who Do Everything

In the restaurant, although they do have some staff, the two owners do everything.

From developing recipes to sharing cooking chores, to shopping, to cleaning, to painting, to planning a line of some of their in-demand foods, “we do it all seven days a week.”

The pair admits that sometimes it gets tiring, but the rewards are great.

“I’m definitely concerned about the planet we live on,” says Williams. “So I figure if you can eat the way you are supposed to and help the planet and think about the environment, that’s how more businesses need to think.”

“It’s a beautiful struggle being a small business,” Bain reveals. “I wake up every morning feeling hopeful. During construction, the brick was deteriorating. There was so much to do. But from where we started, there is so much transformation. It’s really amazing.” ■



K. Bain and Jumaane D. Williams, owners and founders of Earth Tonz..

PHOTOS BY ETHAN PETTIT



David Bain outside the cafe at 349 Fifth Avenue.

The Fun'Raising Committee of The Park Slope Food Coop  
Presents  
For Your Entertainment and for a Good Cause



**Saturday, September 27 • 7:00–10:00 p.m.**  
**Upstairs in the Coop meeting room**

**Benefit for CHIPS Soup Kitchen**  
(Christian Help In Park Slope)

**Beginners Welcome—The basics will be taught as needed.**  
**A fun social evening for a good cause. Come one, come all (age 18 and up).**  
**Snacks and drinks available for purchase.**

**Admission price of \$10 buys your poker chips to play,**  
**and supports the beneficiary.**  
**Top four winners will receive a gift certificate.**

**What a Deal! So Deal me In!**

**Further Information: (718) 429-3437**



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](mailto: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).



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ILLUSTRATION BY DEBORAH TINT

Monthly on the...

Last Sunday  
August 31  
10:00 a.m.–2:00 p.m.

Second Saturday  
September 13  
10:00 a.m.–2:00 p.m.

Third Thursday  
September 18  
7:00 p.m.–9:00 p.m.

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

RECYCLING

PLASTICS

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 and dry cleaning bags, etc. Okay if not labeled.

ALL PLASTIC MUST BE COMPLETELY CLEAN AND DRY

We close up promptly.  
Please arrive 15 minutes prior to the collection end time to allow for inspection and sorting of your plastic.

This Issue Prepared By:	
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Editor (production):	Louise Spain
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Final Proofreader:	Teresa Theophano
Index:	Len Neufeld

WORKSLOT NEEDS

Plastic Recycling Drivers

The Plastics Recycling Squads are looking for drivers to transport plastic recycling collected at the Coop to the recycling plant in Brooklyn. Drivers are needed for shifts on Wednesday or Friday. Drivers must have a large capacity van, truck, or mini-van with removable backseats for the volume of recycling collected (no hatchbacks!). You need to be able to lift and work independently. Reliability a must as you are the only person coming to do this job on your day. All drivers must be available to drop off the recycling at the center between 8:00 a.m. and 3:00 p.m. when the recycling facility is open. Member will be reimbursed for mileage according to IRS reimbursement rates. If interested please contact Office Coordinator Cynthia Pennycooke at

cynthia\_pennycooke@psfc.coop or drop by the Membership Office to speak to her.

Shopping Floor Set-Up and Cleaning

Monday thru Friday, 6:00 to 8:00 a.m.

Are you an early riser with a love of cleaning and organizing? Work under the supervision of a staff person to set up and clean the shopping floor checkout stations. Must like to clean, be meticulous, detail oriented and able to work independently. Great opportunity for someone who wants to work when the Coop is not crowded. Please contact Cynthia Pennycooke at cynthia\_pennycooke@psfc.coop or contact her through the Membership Office. FTOP credit available.

Cash Disbursed Bookkeeping

Monday 6:00 to 8:45 p.m.

Do you have neat, legible handwriting and like to work with numbers and calculators? You will be transferring information about checks written from individual papers into our checkbook (cash disbursed journal) and adding it up. Attention to details (especially working with numbers) is a must. Workslot is open to members who have been members for at least 6 months and have a good attendance record. A six-month commitment is required for this workslot. If you are interested, please speak to Renee St. Furcy, Monday through Thursday.

COOP CALENDAR



New Member Orientations

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

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

Gazette Deadlines

LETTERS & VOLUNTARY ARTICLES:

Sep 11 issue: 7:00 p.m., Mon, Sept 1  
Sep 25 issue: 7:00 p.m., Mon, Sept 15

CLASSIFIED ADS DEADLINE:

Sep 11 issue: 7:00 p.m., Wed, Sept 3  
Sep 25 issue: 7:00 p.m., Wed, Sept 17

General Meeting

TUE, SEP 2

AGENDA SUBMISSIONS: 8:00 p.m.

Submissions will be considered for the Sep. 23 General Meeting.

TUE, SEP 23

GENERAL MEETING: 7:00 p.m.

The Coop on the Internet

www.foodcoop.com

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, September 23, 7:00 p.m.

The General Meeting of the Park Slope Food Coop is usually held on the last Tuesday of each month, but because the space isn't available on the last Tuesday in September the GM voted to have it on September 23.

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
- Submit Open Forum items
- Enjoy some Coop snacks
- 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. *\*Denotes a Coop member.*

FRI, SEP 5

LOCALVORE GOURMET WEEK-END: Discover Vermont's bountiful harvest with visits to local farms, gourmet cooking classes taught by Chef Daniel Wallace and banquets highlighting local foods. The Huntington House Inn in Rochester, Vermont. Sept. 5-7. For more info, 802-767-9140 or www.huntingtonhouseinn.com

SAT, SEP 6

DANCING FOR ANIMALS: a non-profit organization, is holding Saturday night dance parties. Alternate Saturdays, enjoy an evening of dancing while helping animal welfare organizations at the same time! Intro dance class 8:30-9:30 p.m. General dancing 9:30-12:00 a.m. (music for all partner dances played). Dance Times Square, 156 W. 44th St., 3rd Floor. Cost: \$10. 212-946-1824 www.dancingforanimals.org.

SAT, SEP 13

PEOPLES' VOICE CAFE: Carl Schwartz Celebration. At The Community Church of New York Unitarian Universalist, 40 East 35th St. (between Madison & Park); Wheelchair-accessible. For info call 212-787-3903 or see www.peoplesvoicecafe.org. Suggested donation: \$15 general/\$10 members/more if you choose, less if you can't/no one turned away.

SUN, SEP 14

SEPARATION OF CHURCH/STATE: Lori Lippman Brown, director of the Secular Coalition of America, speaks about her role as the first lobbyist representing nontheists, and the alliance of religious and nonreligious in protecting the government's secular character. Brooklyn Ethical Society, 53 Prospect Park West, 11 a.m.

SAT, SEP 20

DANCING FOR ANIMALS: a non-profit organization, is holding Saturday night dance parties. Alternate Saturdays, enjoy an evening of dancing while helping animal welfare organizations at the same time! Intro dance class 8:30-9:30 p.m. General dancing 9:30-12:00 a.m. (music for all partner dances played). Dance Times Square, 156 W. 44th St., 3rd Floor. Cost: \$10. 212-946-1824 www.dancingforanimals.org.

PEOPLES' VOICE CAFE: Tom Pacheco; David Laibman. At The Community Church of New York Unitarian Universalist, 40 East 35th St. (between Madison & Park); Wheelchair-accessible. For info call 212-787-3903 or see www.peoplesvoicecafe.org. Suggested donation: \$15 general/\$10 members/more if you choose, less if you can't/no one turned away.

SUN, SEP 21

FREE CHAMBER MUSIC SERIES:

David Krakauer, clarinets; Marija Stroke, piano; Peter Weitzner\*, double bass; Will Holshouser, accordion; in a recital titled "Beyond Crossover" including works by Janacek, Brahms, Messiaen, Reich, Debussy and traditional klezmer tunes. At the Stevan Dweck Center For Contemporary Culture at the Grand Army Plaza Brooklyn Library, 4 p.m.

FREE COOKING DEMONSTRATION: Chef Leah Greenbaum shares recipes using local produce. At the Park Slope Farmers' Market at JJ Byrne Park on Fifth Ave. (btwn 3rd & 4th sts) from 10 a.m. - noon.

THE HIDDEN WAR AT HOME: Aziz Huq of the Brennan Center for Justice and coauthor of "Unchecked and Unbalanced: Presidential Power in a Time of Terror," speaks about the overlooked "war on terror" violating civil liberties in police stations and immigration agencies. Brooklyn Ethical Society, 53 Prospect Park West, 11 a.m.

SAT, SEP 27

PEOPLES' VOICE CAFE: Chris Lowe; Peter Pasco; Toby Fagenson. At The Community Church of New York Unitarian Universalist, 40 East 35th St. (between Madison & Park); Wheelchair-accessible. For info call 212-787-3903 or see www.peoplesvoicecafe.org. Suggested donation: \$15 general/\$10 members/more if you choose, less if you can't/no one turned away.



Friday, September 5 • 7:30 p.m.  
at the Coop

Saving the world...one bottle of soap at a time.



Dr. Emanuel Bronner was a master soapmaker, self-proclaimed rabbi, and, allegedly, Albert Einstein's nephew.

In 1947, after escaping from a mental institution, he invented the formula for "Dr. Bronner's Magic Soap," a peppermint-infused, all-natural, multi-purpose liquid that can be found today in every American health food store. On each bottle of his soap, he printed an ever-evolving set of teachings he called "The Moral ABC," designed, in his words, "TO UNITE ALL MANKIND FREE!"

A human story about a socially responsible company, "Dr. Bronner's Magic Soapbox" documents the complicated family legacy behind the counterculture's favorite cleaning product — Bronner's son, 68-year-old Ralph, endured over 15 orphanages and foster homes as a child, but despite difficult memories, is his father's most ardent fan.

**Producer Zachary Mortensen** is the founder of Ghost Robot, a production and management company in New York City. Recent productions include **Against The Current** starring Joseph Fiennes, Michelle Trachtenberg and Mary Tyler Moore and the Gotham Award-winning feature film **Choking Man** by iconoclastic music video director Steve Barron. In spring 2008 Ghost Robot produced the awe-inspiring 3D music video for Bjork's **Wanderlust**.

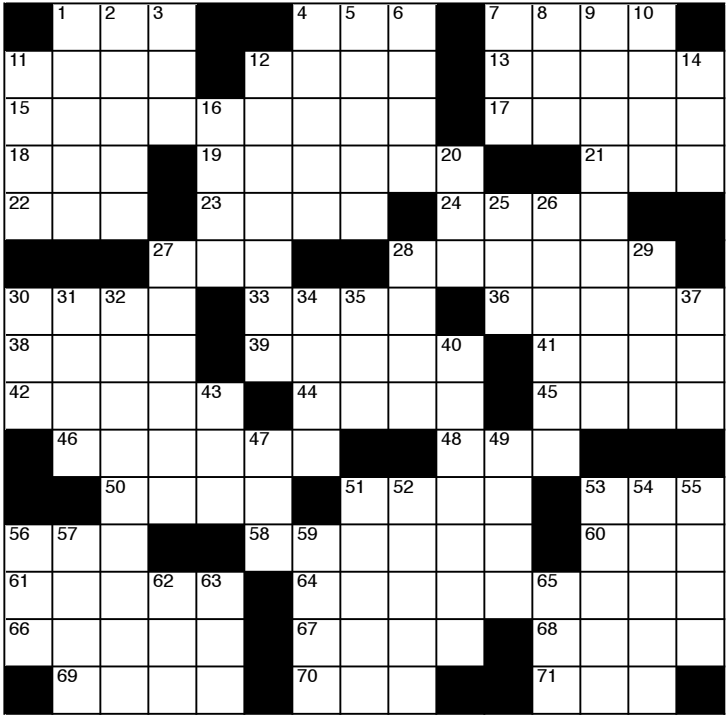
**FREE**  
**Non-members**  
**welcome**

Mortensen's feature **Road** by director Leslie McCleave premiered at the Los Angeles Film Festival 2005. He also produced the award-winning documentary features **Breath Control: The History of the Human Beat Box** and **Hell House** by George Ratliff.

**Director Sara Lamm** has been working with various forms of live performance-based and radio documentary for ten years. In New York City, she produced and directed a variety of multimedia performances, featuring audio collage, video and still photography. Her work has been presented at PS NBC (a showcase space for NBC), The New York International Fringe Festival, Chashama, Surf Reality, The Atlantic Theater, The 24 Hour Plays and on National Public Radio's The Next Big Thing. Originally from Chapel Hill, North Carolina, she attended the University of North Carolina, where she graduated with highest honors in Performance Studies and received the "Faculty Award for Most Outstanding Achievement in Live Performance." **Dr. Bronner's Magic Soapbox** is her first documentary film.

Film curator Alexandra Berger can be reached at isisprods@yahoo.com. Views expressed by the presenter do not necessarily represent the Park Slope Food Coop

Puzzle Corner  
Bar None



ACROSS

- 1 Bar

4 Eskimo utterance

7 It was in the beginning, some say

11 Barn topper

12 Mea culpa, for one

13 Amalgams

15 Some soviet propagandas

17 Poetic preposition

18 Part of a race countdown

19 Synopses

21 Understand

22 Special or Phys.

23 Grody

24 Intent

27 Of a certain \_\_\_\_

28 Brooklyn \_\_\_\_\_, 4th Ave. theater

30 Con's weapon

33 Bar

36 Equipped for hearing

38 Leisure

39 Start of a newsboy's cry
- 41 Dear partner

42 Simple dress

44 Butler's interjection

45 Without purpose

46 Scientologist's memory recording

48 Supped

50 Went right

51 Bar

53 Calypso cousin

56 Drugstore detergent

58 Scrawny ones

60 Common breaking point?

61 Knute, notably

64 Fish tank bubbles

66 Come after

67 Discontinued lemon-lime soda

68 Unit of direction

69 Glimpse

70 Howard's \_\_\_\_\_, Forster novel

71 Underhandedly clever

DOWN

- 1 Called for

2 A bushel and a peck

3 Use for a bottom dollar

4 Bar

5 Clear a mortgage, e.g.

6 File

7 Took the gold

8 Spanish cry

9 Convinced

10 Care for

11 Ming product

12 Come before

17 "\_\_\_\_ Bop", Lauper tune

16 Mrs. Grundy, for one

20 Anything, 1989 romance

25 Winter driving hazard

26 Blue \_\_\_\_\_, Pepperland invader

27 Repay, in a way

28 Terpsichore's instrument

29 Repast

30 WA airport

31 Nathan \_\_\_\_\_, early American spy

32 Fish product used in beer making

34 Bar

35 Intense degree

37 Some wit

40 Composite

43 "Able was I, \_\_\_\_\_"

47 Network breaks

49 Scantron, for example

51 Show fastidiousness

52 Moved without a sail

53 Bar

54 Fetishistic

55 The end of the aisle, often

56 Poker bullet

57 Like a Texan star

59 Galadriel in Lord of the Rings

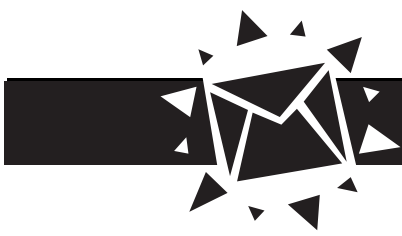
62 Spot of tea

63 \_\_\_\_\_-Diddle-Diddle

65 Elf leader?

For answers, see page 12.  
This issue's puzzle author:  
**Stuart Marquis**





## RECYCLING SQUAD ORGANIZATION

### TO THE EDITOR:

In response to Peter Jacobson's letter regarding the Recycling Squad:

Your point about organization of our recycling collection is very well taken. In recent weeks we have begun initiating changes to handle a surge in intake and to make the process more smooth and efficient for workers, recyclers and related Coop staff. Some changes include:

1. The addition of more workers on every squad—this will improve the ability of workers to provide the individual attention necessary for recyclers to sort their plastics quickly and with minimal stress.

2. Improved communication and meetings among workers, squad leaders and Coop staff—this gives us the opportunity to discuss any problems that arise during shifts and initiate changes to address them.

3. Revisiting our structure—we are looking at ways we can change our collection setup, transportation and shipping arrangements for the plastics, and other aspects of our operation so that the shifts can function more smoothly and the Coop can accommodate a higher level of intake.

4. A customer survey—Soon we will be distributing a survey during shift meetings to collect data on who is recycling, how much intake there is and to give recyclers a chance to give feedback.

Beyond these immediate changes, the program has evolved in a positive way over the last year with the addition of new collection times and increased education and awareness among recyclers. What began as an occasional collection by committed volunteers has become a valuable and beloved program, fully incorporated into the Coop's structure. It is important to approach the recycling collections with an attitude of cooperation, appreciating that we all have a role to play.

To address your specific concern, assigning workers to staff a cleaning station has been attempted before, but it quickly proved to be problematic for several reasons, including that it gave the impression a recycler could simply hand a bag of dirty plastics to a worker then leave. A worker's time is better spent in providing you with the information that will help you be more prepared in the future.

Due to the complex set of requirements we must follow for the plastic, there may always be some inconvenience involved. It is worthwhile if you take the time to educate yourselves about what is acceptable. The #5 plastics require strict inspection because they are shipped to a vendor in Massachusetts and any dirt or moisture can corrupt an entire box while it travels. So we encourage you to treat #5 plastics as you would your dishes at home, not your trash.

The addition of new workers will expand our capabilities and we will likely revisit ideas such as yours in the near future. As always, we strongly encourage recyclers to clean, dry and sort plastics in advance, come at least 10 minutes before we close and, above all, be patient with the process.

We appreciate your feedback!

Sincerely,  
Emily Benedetto

## VIOLATING RESPECT

### TO THE EDITOR:

The Letters Policy, printed in every issue, includes a section on Respect. The letters from Albert Baron Solomon, printed in almost every issue, consistently violate this policy. I am writing in response to his letter that appears in the July 31, 2008 edition of the *Linewaiters' Gazette*.

He refers to members of the staff as "the Rulers" and "the Dynasty," and to members as "inmates." Yes, he is making his point, as he does in many letters, that the Coop does not meet his standard for a representative democracy, but he does so by belittling members and staff.

I don't know why Mr. Solomon makes an issue about married couples being on staff, or about a committee chairperson being married to a paid employee. (I am neither married to, nor intimately involved with, any members of the Coop staff.) Perhaps his objection is based on a theory that such relationships will lead to a monarchy, to the detriment of the Coop democracy movement.

Mr. Solomon clearly does not approve of the contents and staff of the "Dynasty-supported" *Linewaiters' Gazette*. He refers to a reporter as a "stalwart of the Dynasty," and implies that there is something wrong when another reporter has the same surname. I suppose his point is that if these two reporters are members of one family this is proof of a consolidation of power and influence.

Mr. Solomon disagrees with the editors'/reporters' decisions regarding articles by and about Coop members, referring to these as "puff pieces." He writes that he would like to be interviewed by a reporter, but I think that Mr. Solomon has already made his opinions and interests known through his many published letters.

He refers to a member's poetry contribution as "insipid." If he is referring to the poems that regularly appear in the Letters, I must say that I enjoy reading these and look forward from one to the next. Overall, I disagree with his assertions about the quality of *Gazette* writing. (I am neither married to, nor intimately involved with, any members of the *Gazette* staff.)

Mr. Solomon believes that very few people even read the *Gazette*. Clearly, Mr. Solomon and I are among those few. It is possible, then, that this will be read only by Mr. Solomon and the Editor.

In the spirit of the Fairness section of the Letters Policy, I am sending this to Mr. Solomon at the same time as I am sending it to the Editor.

Paul Friedman

## THANK YOU FOR SUMMER BLOOD DRIVE

### DEAR COOP:

On behalf of the patients whose lives you have touched, we would like to thank you for organizing the Summer Blood Drive at the Park Slope Food Coop on July 24–26, 2008. During the drive we registered 44 potential donors and collected 33 units, helping to save the lives of up to 99 patients.

As always, we thank you for your commitment to our program. For organizing and publicizing the Blood Drive and for making sure all runs smoothly. We thank the members of the office staff who help us throughout the day with encouraging announcements and for those who pass out flyers on the corner. All contribute in a very special way to the success of the drive.

Thanks again for your support of our program and we look forward to working with you again in the fall.

Yours truly,  
Grace Gehrke and Sidney Leonidas  
Supervisors  
Blood Donor Recruitment  
New York Methodist Hospital

## EXPLAIN PRINCIPLES FOR MEAT SUPPLY

### TO THE EDITOR:

A few letter writers recently have denounced the Coop for carrying meat. I am glad that the Coop provides a source of humanely raised animal products. But I would like to know details about how the Coop chooses meat farms, whether there are still site visits, etc. Particularly after the recent articles about Jim Dines in the New York Times, I think it would be helpful for members to have a clear explanation of the Coop's principles and methods regarding the humane treatment of animals raised for meat.

In cooperation,  
Rachel Porter

## BLOG AT YOUR PERIL

### TO THE EDITOR:

You sit at the computer  
For hours on end  
And when at last you get up  
Find you can't bend.  
You blog away on this  
And that and such  
And suddenly your neck  
Cries out for a crutch.  
You click away until  
Paralysis  
Sets in and vital heartbeat  
Goes amiss.  
You type till blood pours out  
From all your fingers  
And breathing comes in spurts  
And painful zingers.  
You know of course your health  
Is off the charteries  
And the diagnosis is:  
Blogged arteries.

Leon Freilich

## 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.

### Respect

Letters must not be personally derogatory or insulting, even when strongly criticizing an individual member's actions. Letter writers must refer to other people with respect, refrain from calling someone by a nickname that the person never uses himself or herself, and refrain from comparing other people to odious figures like Hitler or Idi Amin.





# Past Life Regression Through Hypnosis

WITH JEFFREY T. CARL, CHT.

**DO YOU HAVE THE FEELING THAT YOU HAVE LIVED BEFORE?**

Have you ever just met someone and felt like you have previously known them?

Are there other countries or cultures that seem familiar to you?

Well there might be an explanation for this.

Through hypnosis we can tap into the subconscious mind, as well as enter into a peaceful trance-like state to retrieve memories of our past lives.

Relax and take a journey within.

**Gain:** • Realizations  
• A deeper understanding of who you are  
• Retrieve memories • Pass beyond death and back again

**Bring:** A blanket to lie down on or a comfortable lawn chair to relax in  
A note book to write down anything that comes up

**Jeffrey T. Carl, CHT**, a Coop member, is a certified clinical hypnotherapist, and a member of I.A.C.T. Jeffrey is also certified in past regression through the Wiess Institute.

FREE

Non-members welcome

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


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, September 6  
9:30 - 12:30 in the Coop

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

Saturday, September 6  
2:00-4:00 p.m. at the Coop

FREE

Non members Welcome

# Jump-Start Your Life

## And Move to the Next Level

**Renate Reimann, Ph.D.,**  
Certified Personal and Life Coach



Are you feeling that you are ready to move to the next level in your personal or professional life, but don't quite know how to get there? Then this workshop is for you. Through high-level interaction and stimulating exercises, you will zero-in on your core needs and core values. This process will clarify your purpose and translate your dreams into SMART goals. In the final step, you will create your own action plan that outlines *when* you need to do *what* to create the life you want. Are you ready to jump-start your life?

**Renate** is a Certified Life Coach. She works with clients who desire to live at their personal best. Her professional experiences include coaching, teaching, and academic and market research. She holds a Certificate in Personal and Life Coaching from New York University and a Ph.D. in Sociology from The Graduate Center of CUNY. She has been a member of the Park Slope Food Coop and a Park Slope resident since 1991.


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

# Effective Tools for Rapid Personal Transformation

with Susan March and Marija Santo

## Are you stuck? Let go of Stress, Depression, Trauma.

The body is like a magnet, and when these experiences are in cellular memory, the body attracts the same experiences.



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

This unique, life changing technology will be demonstrated.

Susan March and Marija Santo are Geotran practitioners.

FREE

Non members welcome

Saturday, September 6  
5:00 p.m. at the Coop

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


Sunday, September 7  
12:00 p.m. at the Coop

FREE

Non members Welcome

# HEALING GRIEF


With Suzy Lieber, LCSW



Resolving grief has profound transformative benefits. Move beyond mourning and reclaim your passion for life.

Grieving is a life-long process, whether it is:

- Death of a Loved One
- Loss of Health
- Divorce
- Loss of a Pet
- End of a Relationship
- Loss of Dreams



Explore normal grief reactions and the stages of bereavement. Identify common pitfalls.

Learn effective strategies for coping and grief recovery. Find support and resources.

**Suzy Lieber, LCSW**, is in private practice in Prospect Heights, Brooklyn, and midtown Manhattan. She holds a Certificate in Psychoanalytic Psychotherapy from the Post Graduate Center of Mental Health and has training in group psychotherapy from the Psychodrama Training Institute and The American Society of Group Psychotherapy.

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


Friday, September 12  
6:45 p.m. at the Coop

FREE

Non members Welcome

# Nourish Yourself with Integrative Nutrition

Discover a refreshing and exhilarating approach to learning about your health.



In this workshop, holistic health counselor Dages Keates will demystify much of the confusion people experience from all the different dietary theories out there. You will get tips on how to cater your diet to your individual needs, not on one theory or diet style. You will learn to understand your cravings and why you crave certain foods. And you will discover other ways to nourish your life beyond the foods you eat.

**Dages Juvelier Keates** is a board-certified Holistic Health Counselor (AADP) and the founder and director of Delicious Dialogues, whose mission is to inspire, educate, and support individuals who aspire to live life to the fullest and achieve optimum well-being. She is a graduate of the Institute for Integrative Nutrition, a member of the Yoga Alliance, and a member of the PSFC.

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

Saturday, September 13  
4:00 at the Coop

FREE

Non members Welcome

# Community Acupuncture and You

Come join our ongoing discussion about:

- Affordable healthcare options in NYC
- Community acupuncture in theory and in practice
- Social entrepreneurialism for personal and planetary health

Discussion hosted by Coop members Robbie Butler, LAc, and Sarah Chase, LAc, of the Brooklyn Acupuncture Project.


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

Saturday, September 13  
7:30 p.m. at the Coop

FREE

Non members Welcome

# FROM YOUR KITCHEN TO THE GARDEN



Shabazz Jackson and Josephine Papagni of Greenway Environmental Services talk about their zero-waste approach to managing organic waste on a large scale. They are a regional facility that serves municipalities, institutions, construction contractors, landscapers, and gardeners in the lower Hudson Valley. Greenway intercepts the food waste at the point where it is generated -- bypassing the toxic practices of landfilling or incineration. Their system creates high-quality compost, soil, and mulch, which in turn are used to grow food in an organic, sustainable fashion. The Greenway representatives will also talk about their natural water-filtration system, using plants to remove toxins and purify the water.

**Philip Botwinick** is a Coop member and the co-executive director of Local Energy Solutions, a project of the Five Borough Institute, a Not For Profit 501(c)3 organization, educating and empowering people on the issues of energy, economics, food, and community building.

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

Sunday, September 14  
12:00 at the Coop

FREE

Non members Welcome


# The Emotional Side of Healing

Are you aware of the connection between your mental and emotional attitudes and your health? Unmanaged stress and toxic emotions are as destructive to our health as poor food choices and a polluted environment.

Come join us and ....

- Get a better understanding of how your emotions play an important role in your ability to heal and maintain good health;
- More easily identify how we get in the way of our own healing process;
- Take simple steps toward converting toxic thoughts and emotions into healthy attitudes.

Take this opportunity to begin your journey.



**Clarisse M. Domingo** is a Certified Colon Hydrotherapist and the resident nutritional and lifestyle coach at Prana Brooklyn, a wellness center in Park Slope. Her practice focuses on exploring the connection between emotion, daily eating habits, overall lifestyle, and our ability to heal. Clarisse holds a Master's Degree in Social Work from NYU and is a graduate of the Institute for Integrative Nutrition. She has been a member of the Coop since 2004.

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

Read the *Gazette* while you're standing on line OR online at [www.foodcoop.com](http://www.foodcoop.com)



**Tues., September 16 & Thurs., September 25**  
**7:30 p.m. at the Coop**

**FREE**  
Non members  
Welcome

## FORMING THE PARK SLOPE ENERGY COOP

We are forming a community-based, renewable energy coop with the goal of using locally made ETHANOL to power our vehicles. We will begin by pursuing funding to install a fuel station within a two-mile radius of Park Slope and recruiting members to join. All member vehicles will be converted to run flexibly on either 100% ethanol or gas (at a cost of roughly \$300 or less per car). Once the station is up and running, we will recruit New York farmers to build small plants from high-yield ethanol crops to supply Brooklyn drivers.

We welcome your input. We are looking to take control of our energy future and not have it determined by Big Oil.

We will follow the model presented at the end of David Blume's book, *Alcohol Can Be a Gas! Fueling an Ethanol Revolution for the 21st Century*.

COME OUT AND ASK QUESTIONS AND JOIN THE COOP!

THE REVOLUTION STARTS ... NOW!

Non-members welcome

**Michael Winks, Kevin Burget**, coop founders, and Park Slope Food Coop members. Book excerpts are available at [alcoholcanbeagas.com](http://alcoholcanbeagas.com).

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

**Friday, September 19**  
**7:00 p.m. at the Coop**

**FREE**  
Non members Welcome

## Acupuncture for What Ails You

This workshop will explain how acupuncture works for the many conditions it successfully treats.

Known to be effective for pain, acupuncture can also treat the common cold and can gently resolve old emotional injuries, especially those that haunt us or hold us back in life.

If you are interested in acupuncture and want to know more, come to this informative workshop.

**Ann Reibel-Coyne** is a NYS-licensed acupuncturist with more than 15 years of experience in Chinese medicine. She has studied classical acupuncture from renowned Taoist priest and teacher Jeffrey Yuen. She is a Food Coop member and lives in Park Slope with her husband and son.

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

**Saturday, September 20**  
**10:00 am - Noon at the Coop**

**FREE**  
Non members Welcome

## Family Yoga

### Yoga Fun for the Whole Family!

Bond with your family and explore your child's inner yogi as you balance like a flamingo, stretch into a downward puppy, or breathe like a bunny. Music, dance, and games are all seamlessly incorporated into this fun-filled, family yoga time.

No prior yoga experience necessary. For families with kids 4 to 6 years old.

**Phyllis Uma Botté** feels fortunate to be a Coop member and is eager to share her love for yoga with other members. Watching her daughter practice yoga with her family, in San Francisco, inspired Uma to share her passion for yoga with families in NYC. She is certified through Karma Kids Yoga in NYC.

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

**Saturday, Sept. 20**  
**2-3:30 p.m. at the Coop**

**FREE**  
Non members Welcome

## What Can Life Coaching Do For You?

**Life coaching can:**

- clarify your life goals and help you to live the life of your dreams;
- teach you how to recognize and avoid blocks and detours;
- help you live a life aligned with your unique gifts and talents.

In this experiential workshop you will discover some of life coaching's unique techniques for personal and professional growth. Come prepared to examine and play with a key issue in your life.

**Please come to this workshop on time. Anyone arriving more than 15 minutes late will not be admitted.**

**Mina Hamilton** is a Certified Life Coach, author, yoga teacher, and yoga therapist. Her book, *Serenity To Go: Calming Techniques for Your Hectic Life*, has been translated into five languages. She has an MA from Harvard University. She can be reached at [minaham@aol.com](mailto:minaham@aol.com).

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

**Tuesday, September 23**  
**7:30 - 9 pm at the Coop**

**FREE**  
Non members Welcome

## Overcoming "Sales Phobia"

with Susan Martin

**Do you need customers but hate selling?**

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

**Join us for an interactive workshop that will help you:**

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

**And, feel good about doing it!**

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

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

# 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 whom 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 sub-committees. Work on the Committee is recorded on an hour-by-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-com-

mittee). To express interest contact Jess Robinson at the Food Coop via e-mail at [jess\\_robinson@psfc.coop](mailto: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**  
*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 concept of "diversity." Other terms that resonate in the "industry" are "multicultural" "pluralism" and "inclusion"
- Superior relationship/people skills—pro-active, savvy, and non-judgmental in 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 in 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 mediator. 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






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Cost per gallon of finest quality  
filtered water only 7-10 cents!

NO disposable bottles  
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aqua4water@aol.com



## Puzzle Answers

	P	U	B		B	R	R		W	O	R	D	
V	A	N	E		P	L	E	A		O	L	E	O
A	G	I	T		P	R	O	P	S		N	E	A
S	E	T			R	E	C	A	P	S			S
E	D	S			I	C	K	Y		A	I	M	S
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S	H	I	V		D	E	N	Y		E	A	R	E
E	A	S	E		E	X	T	R	A		N	E	A
A	L	I	N	E		A	H	E	M		I	D	L
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		G	E	E	D		P	O	L	E		S	K
A	L	L			S	C	R	A	G	S		H	I
C	O	A	C	H		A	E	R	A	T	I	O	N
E	N	S	U	E		T	E	E	M		T	A	K
	E	S	P	Y		E	N	D			S	L	Y

### ADVERTISE ON THE WEB

If your ad would benefit from broader exposure, try  
the Coop's web page, [www.foodcoop.com](http://www.foodcoop.com). The ads are  
FREE.



### To Submit Classified or Display Ads:

Ads may be placed on behalf of Coop members only. Classified ads are prepaid at \$15 per inser-  
tion, 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

SUPER-GENTLE YOGA for rank beginners, folks returning to yoga after many years or with back problems, general stiffness, arthritis. Class begins Sept. 13 in convenient Park Slope location. For more info e-mail Mina at [minaham@aol.com](mailto:minaham@aol.com). Write Gentle Yoga in heading.

REGISTER NOW for Fall classes. Dance, play act, and unwind. Free sample mini classes and open house on Sept. 13 and 14 at the newly renovated Spoke the Hub Re: Creation Center, just a hop, skip, and jump down the street from the Coop, at 748 Union St. 718-408-3234. [spokethehub.org](http://spokethehub.org)

#### COMMERCIAL SPACE

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

#### HOUSING AVAILABLE

WRITER/ARTIST/MUSICIAN BERK-SHIRE RETREAT. Very light and airy studio, plus bedroom, 1/2 bath, garage, refrigerator and cooking facilities. Peace and quiet. Great views, nearby hikes. You share shower, full kitchen. Available Sept. 1, 1-year lease preferred. \$795, inc. utilities. Pets possible. E-mail [minaham@aol.com](mailto:minaham@aol.com).

#### MERCHANDISE NONCOMMERCIAL

SLEEPTEK ORGANIC LATEX KING-SIZE MATTRESS for sale. Covered with quilted organic wool and organic cotton. Two months old. In mint condition, protected by organic mat-  
tress pad from day one. Comes with original plastic bag for transport. We paid \$2,253, yours for \$1,450 (save over \$800). Call Laura: 718-499-2789

THREE PIECE RATTAN FURNITURE. Navy blue corduroy upholstery, good condition. Includes 1 love seat and 2 lounge chairs. \$100 Call Frieda 718-633-5309

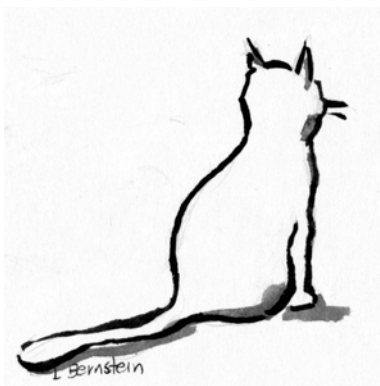
#### MERCHANDISE WANTED

DR. BRYAN POST takes care of very damaged/abused kids no one wants (Virginia). His program needs: AC, paint, balloons, beads, non-scary costumes, const. paper, craft stuff, ribbon, scissors, sequins, temp. paint, yarn, old/new (post) cards, non-violent books (any age), coloring books, toys, board games, stuffed animals (clean), dolls (all colors) + any fun things for 2- to 21-year-olds. Call Jeannine 646-509-7273.

#### 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.

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.

YOUR SMALL & HOME OFFICE com-puter techs: NY Geek Girls, Inc. Network-  
ing & internet; setup & configuration; hardware & software maintenance; data recovery; viruses; backups. Mac and PC. On-site or pick-up/drop-off. References, reasonable rates. Long-time Coop member. 347-351-3031 or [roberta@nygeekgirls.com](mailto:roberta@nygeekgirls.com)

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 pack-  
ing tape. Specialist in walkups. Thou-  
sands of satisfied customers. Great Coop references. 718-670-7071

ATTORNEY—Experienced personal injury trial lawyer representing injured bicyclists and other accident victims. Limited caseload to ensure maximum compensation. Member of NYSTLA and ATLA. No recovery, no fee. Free consult. Manhattan office. Park Slope resident. Long time PSFC mem-  
ber. Adam D. White. 212-577-9710.

ATTORNEY—Personal Injury Empha-sis—30 years experience in all aspects of injury law. Individual attention pro-  
vided for entire case. Free phone or office consultation. Prompt, courte-  
ous communications. 20-year Park Slope Food Coop member; Park Slope resident; downtown Brooklyn office. Tom Guccione, 718-596-4184, also at [www.tguccionelaw.com](http://www.tguccionelaw.com).

NO JOB TOO SMALL! Carpentry, tile installation and repair, painting, plastering, doors hung and repaired, shelves installed, bath regrouts, gen-  
eral handy work. Serving the Park Slope area for 19 years. Free estimates. Call Rocco 718-788-6317.

MADISON AVENUE Hair Stylist is right around the corner from the Food Coop—so if you would like a really good haircut at a decent price, please call Maggie at 718-783-2154. I charge \$60.00.

ADMINISTRATIVE ASSISTANCE NEEDED? I am experienced in research, editing & proofreading, for-  
matting documents, designing brochures, flyers, business cards at reasonable rates. Call 718-783-9460.

HAIRCUTS haircuts HAIRCUTS. Color, HIGHLIGHTS, lowlights in the convenience of your home or mine. Call Leonora 718-857-2215. Adults \$35.00, Kids \$15.00.

#### SERVICES-HEALTH

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

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prescribing ever-increasing prescrip-tions. We try to find the source of your vision problem. Some of the symp-toms that can be treated include headaches, eye fatigue, computer dis-comfort, learning disabilities. Conven-  
ient Park Slope location. Dr. Jerry Wintrob, 718-789-2020. [holisticeye-care.com](mailto:holisticeye-care.com)

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

Life Coaching with Mina. Are you in transition? Want to tap into your cre-  
ativity? Jump-start your present or a new career? Live a happier, more ful-filled life? Life Coaching is a powerful tool for change and growth. Sessions either by phone or in Park Slope. Call 212-427-2324 or e-mail [minaham@aol.com](mailto:minaham@aol.com).

PSYCHOTHERAPY: Lillian Engelson, LCSW. I am a seasoned therapist working with indiv., couples & groups. I have extensive exp. w/ anxiety, depression, grief & people w/ histo-  
ries of trauma. In-network with Aetna & Empire Blue. Most other insur-  
ances are reimbursable. I'm just two blocks from F train in Kensington, Brooklyn (2 stops past the 7th Ave., Park Slope station). 917-972-7138. [lilyeng@optonline.net](mailto:lilyeng@optonline.net).

#### VACATIONS

Three season vacation cottages for sale in our friendly, wooded northern Westchester community. Pool, ten-  
nis, biking, hiking; near Hudson River and Metro North. \$97,000-99,000; One-time initiation fee, \$3000, maint. approx. \$3200. Cash sales only; no dogs. 212-242-0806 or [june-jacobson@earthlink.net](mailto:june-jacobson@earthlink.net)

SKI THIS WINTER in Southern VT. Lovely 3-bedroom, 2-bath house near Mt. Snow. FREE ice skating, cross-country trails, clubhouse with pool, sauna & hot tub. House includes cable TV, DVD, local phone, plowing, rubbish pick-up & firewood for wood stove. \$6,000 plus propane & electric for 5-month rental. 718-851-4766.

CATSKILL MTN CABIN on Schoharie Creek. Spacious 2 BR 1 Queen 2 Twin on 5 very private acres. Beautiful fall foliage. Lots of wildlife. Swim & fish in creek. Hiking, biking, antiquing & cultural attractions nearby. TV & DVD/VHS player. Sirius radio, screened & open porches, fireplace, firepit. \$900/wk. \$500/Sun-Fri. Con-  
tact Deborah at 718-438-1170 or [debrigus@aol.com](mailto:debrigus@aol.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-mer-  
cury offices in Soho or in Midwood section of Brooklyn. For info please call 718-339-5066 or 212-505-5055.

FREE INITIAL LIFE COACHING SES-SION. 30-minute complimentary ses-sion. Coaching will help you clarify your life goals, overcome limiting beliefs, jump into your own great-  
ness. Sessions are by phone or in convenient Park Slope location. Call Mina, 212-427-2324 or e-mail [minaham@aol.com](mailto:minaham@aol.com).