

Established
1973



LINENWALTERS' GAZETTE



Volume CC, Number 22

October 23, 2008

Post-Hypercapitalist Produce

By Ed Levy

If you thought buying local was simply about getting extremely fresh, organic produce, think again. As the zeitgeist shifts away from unregulated capitalism and oil-based energy, as it is now doing at a rapid clip, buying local won't be just a benefit of belonging to a large, successful coop. It will be an essential component of the new post-carbon, post-hypercapitalist world that is in the making. So goes the thinking of writers like those at Energy Bulletin (www.energybulletin.net). If they are right—and if you click on your newspaper there is every indication they are—the Coop is at the cutting edge of this seismic shift, with the right side of the store probably a little more cutting edge than the left. If one were to plot the energy consumed in producing, packaging and shipping the products in the store's aisles, the lowest point on the graph would probably be the produce aisle, with the line ascending in fits and starts as it moves toward the tuna fish. In a sense, when you stand in the produce aisle, you are standing in one of the more progressive parts of the United States, energetically speaking. Maybe that's why everyone likes to stand there.



ILLUSTRATION BY DEBORAH TINT

According to localharvest.org, most produce in the U.S. is picked four to seven days and shipped an average of 1,500 miles before it reaches the buyer. If foreign imports are included, the averages for most produce are actually much higher—for example, the snow peas you buy in February from Peru, the ripe tomatoes in December from Mexico, noodles from Asia, salmon from Alaska and so on.

But at least during the

Northeast's growing season, most fruits and vegetables destined for the Coop's produce aisle are harvested one day and delivered the next. In the case of one of the Coop's big organic suppliers, like Hepworth Farms, some items are picked after sunset and make it to the shelves by morning. According to General Coordinator and Produce Manager Allen Zimmerman, there are now 135 items in the produce aisle that are grown locally, the

most ever. This number is larger if you include the varieties of a single vegetable or fruit, like eggplant or radishes.

"Local" is generally defined as within a 500-mile radius of the store. But since the store in this case is in Brooklyn, half the circle described by that radius is in the Atlantic Ocean. And when you realize it's only a semicircle we're talking about, the statistic is even more impressive. In fact,

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Election Hopes and Fears

By Alison Levy

This election year more than others, it seems many people are anxious about the presidential race. With so much at stake, there is a great sense of anticipation. To find out what Coop members are thinking, a Gazette photographer and I went to the Coop to speak with members. Given the unprecedented events of the last month, I first asked our men and women in the aisles to reveal whether and how their perspective had shifted due to sea changes in the economy and the campaigns. Next, they shared their hopes and fears for the future.



PHOTOS BY ROD MORRISON

Suzanne Goodson, a Red Hook resident and Coop member for five years, is a full-time mom. The last month's events have not altered how she plans to vote but have "deepened my appreciation of the severity of the nation's situation."

Her greatest hope: that Obama will be elected and will live up to some of the hype around him.

Her worst fear: that McCain will be elected and something will happen to him and we will wind up with Sarah Palin as president.

Suzanne Goodson

CONTINUED ON PAGE 3

Next General Meeting

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, October 28, at 7:00 p.m. at the Congregation Beth Elohim Temple House (Garfield Temple), 274 Garfield Place.

The agenda is in this Gazette and available as a flyer in the entryway of the Coop. For more information about the GM and about Coop governance, please see the center of this issue.

*Exceptions for November and December will be posted.

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Coop Event Highlights

- Thu, Oct 23 • Blood Drive** 3:00 p.m.–8:00 p.m.
- Fri, Oct 24 • Blood Drive** 11:00 a.m.–6:00 p.m.
- Sat, Oct 25 • Blood Drive** 11:00 a.m.–6:00 p.m.
- Thu, Nov 6 • Food Class: Vegan Thanksgiving** 7:30 p.m.
- Fri, Nov 7 • Film Night: Soundmix** 7:30 p.m.
- Sat, Nov 8 • Adult Clothing Exchange** 1:00–4:00 p.m.
- Fri, Nov 14 • Wordsprouts: New York for Sale** 7:30 p.m.
- Sat, Nov 15 • Book & Media Swap** 10:00 a.m.–2:00 p.m.
- Fri, Nov 21 • The Good Coffeehouse** 8:00 p.m.

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

PSFC OCTOBER 2008
GENERAL MEETING
Tuesday, October 28, 7:00 p.m.

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

AGENDA:

Item #1: Annual Agenda Committee Election (30 minutes)

Election: “Three two-year terms are open. Nominations are being accepted now and will be accepted on the floor of the GM. Three members whose terms have expired are seeking reelection.” —submitted by the Agenda Committee

Item #2: More Space in the Basement (30 minutes)

Discussion: “Discuss eliminating the basement compressor room in order to gain more space for walk-in coolers in the “produce” basement. This would entail putting the frozen food compressors on the roof and moving the hot water heater to the second floor.” —submitted by General Coordinators

Item #3: Shop & Cycle Committee Work for Credit (30 minutes)

Proposal: “To allow the members of the committee to continue to work for credit for an additional eight more months.” —submitted by The Shop & Cycle Exploratory Committee

Future Agenda Information:

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



Post-Hypercapitalist Produce

CONTINUED FROM PAGE 1



ILLUSTRATION BY DEBORAH TINT

most of the produce comes from within 100 to 300 miles of Park Slope, Allen explained. In that sense, the produce aisle is a kind of farmer's market, with much lower prices.

A Good Growing Season

Weather-wise it was an especially good season for local growers. Of course, every year the sun rises and sets, the seasons turn and the harvest comes despite the frenzy of Wall Street and the bombast of politicians, but this year's ample rain coupled with dry periods was great for a variety of crops. “It is very unusual to have corn all summer, as we did this year,” Allen said. And there was no blistering heat, the kind that burns up delicate greens in the field and makes it hard to get them locally. Most of us who enjoy summer salads have little idea how fragile these heat-averse crops are. To take another example, if it gets too hot in August, Zimmerman explained, sometimes he won't know from day to day if we'll have collards.

The autumn has also provided good weather for stone fruit, whose season just ended, and excellent conditions for melons. What's the magic combination? For melons it's plenty of water to induce growth, matched by dry periods that create good working conditions for harvesting them and cause less disturbance to the field. The period of dryness also works to create better-tasting fruit. If it's very wet you don't get the consolidation of sugars, Allen explained, sounding like a sommelier of cantaloupe. Instead of being juicy and syrupy, the fruit becomes too watery.

Fall Reality Check

If you've ever had a yen for pineapple in the winter, you know how precipitously the commitment to buying local

can wane. In fact, you need to plot another graph of energy consumption per aisle after October, when the amount of local produce drops off suddenly, and Allen begins to order again from large national suppliers who ship items from Mexico, Florida and California. As he put it, “Every fall, they fall back in love with me.” Local farmers may try to extend their seasons when frost threatens by picking tomatoes and other crops that are still ripening and holding them in shelters. But this doesn't work much past mid to late October. As this article was going to press, there had already been frost in the Hudson Valley, which was killing off cucumbers, zucchini, peppers, beans and tomatoes. Farmers hope to keep these plants growing till later in the month, but they don't always get to.

As the fall progresses and local farms stop producing, our produce prices will go up, along with the amount of energy used per product. Allen emphasized that the low prices of summer are not the result of any kind of strong-arming by a hefty purchaser like the Coop of these small growers. Although the store's large buying power does have some leverage over the prices we pay local producers, we are not exploiting them. The Coop gives a lot of support to these farms, Allen said, support that is returned to the store in the form of good prices during the growing season. In fact, he feels as though he's often in a partnership with these small farmers. For example, some local growers will leave items off their published price lists altogether, in case the Coop wants first dibs on them. The Coop will also become involved in helping the farms plan what crops to plant. Nor does Allen drive too hard a bargain when negotiating prices with these small

suppliers. He tends to take a farmer's price for an item and sometimes even sets the price together with him or her. Besides having a direct interest in the farmers' survival, he said, “I don't want to take the fruits of their labor and make them feel miserable.”

The Bigger Picture

It's clear that the American—and probably the global—economic system based on policies that have subsidized oil and agribusiness with tax breaks, contributed to unhealthy concentrations of wealth and power and contaminated the food supply with chemicals and GMOs, is getting a big makeover. Economicshelp.org cites other reasons besides the current financial weirdness to think local. These include competition from rising nations like India and China that are beginning to consume more meat, which is land-intensive; a demand for biofuels rising out of the oil crisis, which is pushing food prices up; environmental issues like global warming, which contribute to desertification and a decline in the world's available agricultural areas; and the diminishing returns of chemical fertilizers.

Buying local isn't just about fresh arugula. It's about the future. ■



ILLUSTRATIONS BY ETHAN PETTIT

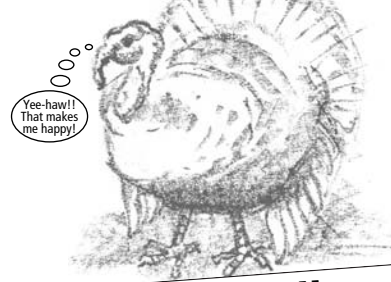
Thursday,
Nov. 6
7:30 p.m.
at the Coop



PARK SLOPE FOOD COOP

Vegan Thanksgiving

A Delicious Holiday Feast!



MENU

- Broccoli Soup with Roasted Garlic Puree
- Apple Fennel Salad with Juniper Berry Vinaigrette
- Butternut Squash and Pear Ravioli with a Sage White Wine Sauce and Toasted Hazelnuts
- Cranberry Orange Ice Cream with Pecan Bisco

\$4 materials fee

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

Dina Cutrone and Carina Kuhl are owners of TALL order in Brooklyn. TALL order offers a unique, healthy approach to cooking and entertaining. Dina is a graduate of Natural Gourmet Institute for Health and Culinary Arts and Institute for Integrative Nutrition. Carina is a graduate of Institute for Culinary Education. They offer dinner parties, cooking parties and classes and small-event catering. Dina has worked as a personal chef, cooking class instructor and caterer, and Carina has worked at Butter Restaurant, Per Se and catering companies in NYC. For more information, visit www.tallorderonline.com.

MEMBERS & NON-MEMBERS WELCOME.

Come early to ensure a seat.

Election Hopes and Fears CONTINUED FROM PAGE 1

Niko Luciani, of Red Hook, has been a Coop member for nearly two years and works in international law. Recent events have made him “more skeptical of democracy. Democracy without education



Liz Steeves

is pure populism and populism can be prone to evils.”

Greatest hope: Obama wins by a landslide—giving him a mandate to push through more necessary changes.

Worst fear: a suspended election.

Liz Steeves resides in Prospect Heights and has been a Coop member for three years.

The economic crisis “makes a strong economic policy a priority. Both candidates need an actual plan beyond just saying it’s a problem.”

Greatest hope: that people get into the spirit of political involvement and take responsibility for their own government.

Worst fear: that the way Palin is perceived will do a lot of damage to women in politics. “She’s an embarrassment to women,” says Steeves. “She did okay at the debates, but it was more like someone reading a book report than really answering the questions.”

Ron Zisa, Coop Receiving Coordinator for bulk items and packaged goods, has been a member for 13 years and lives in Clinton Hill. His



Sophie Spillman

perspective: “The deep sense of apathy of people in this country saddens me.” Ron would like to “urge people to get their voices heard somehow. The percentage who don’t vote is a disgrace to those who fought so hard for the vote.”

Worst fear: that the policies of the Bush administration will continue for another four years or longer.

Greatest hope: that on Election Day fraudulent machines and officials won’t stop those in Democratic areas from voting.

A Coop member for over five years from Greenpoint, Jeremy Campbell is a Web designer.

Worst fear: John McCain will die, and Sarah Palin will become president

Greatest hope: “I try hard to be optimistic. I hope that things that Bush has done will be undone.”



Ron Zisa

Diego Hadis and JoJo Li live in Clinton Hill and have been Coop members for four and three years respectively. He’s a copy editor and she is a designer.

His take: “The worsening of the economy made people who might not otherwise support Obama support him.” Her take: “This crisis has made it clear we have to look out for candidates who are out of touch or who show poor judgment in their choice of a VP candidate.”

Worst fears: Diego: “Who knows what McCain will do—he’s not reliable. He might put our whole country in a worse position than it’s in currently.” JoJo: “This



Jeremy Campbell

country is on bad trajectory—8 more years of the same kind of leadership would be disastrous.”

Best hopes: that Obama and Biden will be elected and will encourage investment in a green economy. The economic future of this country depends on those efforts.

Sophie Spillman, a 12-year-old from Prospect Heights, has been a Coop member for eight years. Her take: “The way McCain is reacting to the economy is not reassuring. Even though Palin looked good at the debate, Biden has more experience. Palin doesn’t come across as someone who should be running the country or running for president.

Worst fear: “What if the next President can’t repair the damage done? We’ll be coming to a crossroads and I don’t want to live in a depression.”

Best hope: “I hope whoever is elected really takes action around their good intentions and rebuilds our relationships with other countries. If problems with our economy hit, it’s important that we are not alone and that other countries will help us. We’re not used to having others help us but we are going to need it. We’re too aggressive and



Amy Laidlaw

that’s how you end up isolated. It’s not a good survival strategy.”

Parker is a social worker from Prospect Heights and a Coop member for two months.

Her take: “Up until the Biden–Palin debate, I thought it was clear-cut. But when Palin held her own it made me concerned about what undecided Americans would do.”

Worst fear: Obama will be elected and everyone will expect instant gratification in terms of his fixing our problems, and if he can’t provide that,

they will turn on him.

Best hope: that he wins big so he can become less moderate himself and a little more progressive.

Amy Laidlaw, a Coop member for seven years from Corona, is a nurse.

Her take: “Don’t pay back money to Wall Street—I think they owe me some money right now. The only way I’ll vote is if I have proof the person will make it better in four years. I can’t predict how I’ll vote now because the bailout brought some things closer to home—I feel a bit betrayed.” ■

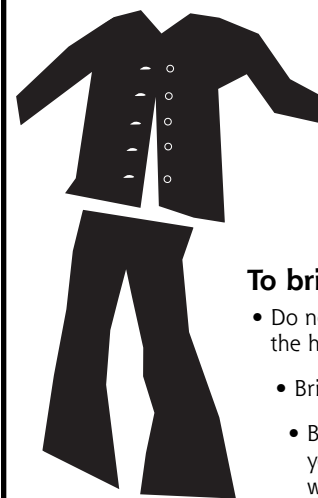
Adult Clothing Exchange

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, November 8
1:00 – 4:00 p.m.
in the meeting room

To bring Clothes...

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

Unchosen clothing will be donated to a local shelter.

WORDSPROUTS

The Park Slope Food Coop’s Reading Series

New York For Sale by Tom Angotti

Join us for a book discussion and an insightful excursion through the neighborhoods of New York City with Coop author Tom Angotti. In his book *New York for Sale*, Angotti tells some of the stories of community planning in the city: how activists moved beyond simple protests and began to formulate community plans to protect neighborhoods against urban renewal, real estate megaprojects, gentrification, and environmental hazards.



Tom Angotti is professor of urban affairs and planning at Hunter College, City University of New York, and director of the college’s Center for Community Planning and Development. He is the land use columnist for www.gothamgazette.com and edits *Progressive Planning Magazine*. He is a founding member of the Task Force on Community-Based Planning in New York.

FREE Non-Members Welcome

All Wordsprout participants are Coop members.

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

Friday, November 14
7:30 p.m. at the Coop

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

Cell Phone Use on the Coop Floor

No Big Deal, or a Cause for Concern?

By Frank Haberle

Cell phones are almost as numerous in Brooklyn's shared spaces as its 2.5 million residents. People chatter into them on sidewalks, in restaurants, in playgrounds—even, thanks to technological upgrades by the MTA, deep underground on the subways. As New Yorkers, we are conditioned to block out the noise, the same way we drown out sirens and airplanes.

A quick observation of the Coop shopping floor often indicates that cell phones are in use far less than, for example, on the corner of Wall and Broad streets at 5 o'clock. But they are certainly used by members, not only while shopping, but also while working shifts, stocking shelves and checking out other members. For other members, this may raise issues: "Is it polite for me to interrupt this person's phone call to ask if there is any more celery coming up?" "Do I have to listen to this person squabble with his partner?" "Is this person ringing up my bill accurately while discussing the Mets collapse?" And as research about cell phone safety begins to explore possible secondhand effects of cell phone radiation, a bigger question looms: "Is that cell phone dangerous?"

A Question of Courtesy

Cell phone use ranges from members quickly communi-

cating with the home front about something they forgot to put on their shopping list, to the longer, standard catching-up conversations: "So, what are you guys doing this weekend?"

Longtime Coop member Moe Kornbluth reflects on the difference between quick calls and members who linger on the phone. "Sometimes there are people calling home trying to get shopping advice, and that's cool," he says. "It's when people are on their work shifts and talking on their cell phones on issues that are not related to the shift that I get annoyed."

Moe also offers a gentle suggestion for addressing the issue. "You know, you can always ask somebody to get off the phone if you find it objectionable." Moe adds with a smile, "And you can phrase your request as poetically or acerbically or pleasantly as you like."

The Productivity Factor

A second question concerns whether a member speaking on the cell phone is giving his or her workslot a 100 percent effort, and what that means to productivity. "I

ple's space is so limited."

Another angle comes from Glenn Cain, Jennifer's husband. "I don't really notice people using their cell phones at the Coop," Glen says. "And I don't think we need a new policy to regulate it. To be honest, I'm more distracted by the constant overuse of the intercom system, especially for squad leaders to make objectionable jokes."

Presently, there are no formal rules posted at the Coop about cell phone use. The Coop staff has discussed whether a formal policy is necessary. According to Office Coordinator Karen

can heat body tissue, NCI asserts that cell phones emit levels that are too low to cause significant tissue heating. NCI concludes that studies have shown that there is no consistent link between cell phone use and cancer, but they do suggest that further research is needed.

A wide range of research coming out in the last year—spearheaded in the United States by Ronald Heberman and Devra Davis of the University of Pittsburgh Cancer Institute, at the same time that European researchers are reporting their findings—stands in stark contrast to the



ILLUSTRATION BY LYNN BERNSTEIN

find it very upsetting when I'm being checked out, and the person checking me out is talking on the phone," says Jennifer Cain, who often experiences work squad members using cell phones. "For the Coop to really work, there is a social interaction that must take place. The member checking me out and I need to be communicating—whether or not a produce item is organic, for example. We're supposed to be working together to be as accurate as possible; if we're not communicating, that affects accountability."

"There are always cases while shopping where people need to quickly call home, to check if they need more milk," Jennifer continues. "But it's a much bigger statement when somebody on their work shift is speaking on their cell phone for long periods of time. What that person is saying to everyone around them, essentially, is 'I can do my workslot in a halfhearted fashion.' If they're not giving their job their full attention; it's up to other members and work squads to work harder to make up for that person's decreased production."

"It would be a shame to have to create a policy," Jennifer says, "but a good rule would be if it's a quick shopping call, do it quickly. But if you're working your squad and need to have a conversation with someone on the phone, you should ask your squad leader, and you should step off the shopping floor, where peo-

Mancuso, "In the Membership Office we ask office workers to take their phone calls outside of the office. As a staff we have also talked about enforcing a ban on the shopping floor, particularly for checkout workers and cashiers. We all know how annoying this can be, not to mention a perfect opportunity to make a mistake on someone's receipt. But we all agreed that a ban might be going overboard—after all, for example, parents might need to take phone calls. We just hope that members keep their calls to less than a minute, or ideally only take a call if it is an emergency."

Karen adds, "As a staff member, I would never hesitate to ask a checkout worker who is constantly on the phone to please wait until her shift is over to have a conversation."

Potential Health Concerns

In such close quarters, are cell phones safe for the user and others? Cellular telephones are a relatively new technology. As such, little is known about the long-term health effects, if any, among cell phone users. In the U.S. government's mainstream health circles, the jury is still out. The National Cancer Institute's recent fact sheet, *Cellular Telephone Use and Cancer Risk*, points out that cellular telephones emit radiofrequency (RF) energy, a form of electromagnetic radiation; while high levels of RF energy

U.S. government's wait-and-see attitude. Studies citing the rapid rise in brain tumors, especially among young adults over the past decade, and the dangers of RF as a potential carcinogen, especially to children, have raised increasing concerns about direct and secondhand cell phone use. Dr. Heberman recently issued a warning to all University of Pittsburgh staff about limiting cell phone use.

The BioInitiative Working Group, an international network of scientists, researchers and public policy professionals, argues that public safety limits are inadequate to protect public health and that chronic exposure to low levels of RF from cell phones, cordless phones, power lines and cell towers can be harmful to everyone, especially children and people with health concerns. Recent findings have motivated leaders in Russia, Italy and Germany to issue recommendations banning or limiting cell phone use; in Russia, these recommendations extend to pregnant women.

If you are concerned about the potential health hazards of cell phones and other RF technology, a good source of information is a website run by the Devra Lee Davis Charitable Trust (www.devradavis.com). To learn more about the current government stance on cell phone risk, visit www.cancer.gov/cancertopics/factsheet/Risk/cellphones. ■

2008 Turkey News

Fresh turkeys available beginning
Thursday, November 20

NO ADVANCE ORDERING!

Bell & Evans (New Jersey)

8 to 26 lbs., \$2.42 lb. (November 21)

Plainville Farms Pasture-raised (New York)

16 to 24 lbs., \$2.66 lb. (November 20)

Stonewood Farm Pasture-raised (Vermont)

16 to 20 lbs., \$3.39 lb. (November 24)

McDonald Farm Heritage Breed—American Bronze (New York)

8-26 lbs., \$3.99 lb. (November 24)

Eberly Certified Organic (Pennsylvania)

8 to 24 lbs., \$4.36 lb.

Koch Certified Organic (Pennsylvania)

10-22 lbs., \$3.87 lb. (November 20)

FROZEN Wise Kosher Certified Organic (Pennsylvania)

12-24 lbs., \$3.45 lb. (November 18)

All the above are delivered FRESH,
except for Wise Kosher.

All are locally raised, hormone- and antibiotic-free.

BUY YOUR HOLIDAY TURKEY EARLY
SMALLER SIZES GO QUICKLY

Let's Hear It for Cottage Industries

By Estyr Rosenberg-Cariño

What exactly is a cottage industry, you ask? Here is a very dry business definition:

"An industry where the creation of products and services is home-based, rather than factory-based." While products and services created by cottage industries are often unique and distinctive, given the fact that they are usually not mass-produced, producers in this sector often face numerous disadvantages

when trying to compete with much larger factory-based companies.

This definition's focus is on the economic model with an emphasis on competition, but I tend not to focus on these matters. I am a cottage industry business owner, and I focus on the creation of my products and of the everyday flow of my business's energy.

Cottage industries were most prevalent during the 18th and 19th centuries. Agriculturally based homesteads increased their incomes by

manufacturing products from the farm and other local merchants. Cloth, clothing, shoes and cigars were some of these items.

There are many reasons to develop a cottage industry today. Making ends meet can be a huge trial in today's financial climate. Many parents of young children seeking this alternative lifestyle find it more cost effective to stay at home. While keeping their

Member Contribution

children close, they arrange their working hours around the needs of their family. Besides saving on childcare expenses, this reduces the stress of needing to be "in two places at one time."

Another very important reason that people produce goods from their home is to save on the cost of commuting! It reduces wear on their vehicles, while decreasing their gas consumption.

Working from home also saves money on a wardrobe that would normally be spent on more formal clothing.

Motivation is key to working at home. There is a special dedication that surrounds the ideals of creative manufacturing. There is no supervision or direction; setting goals and following through is essential. There is a pulse to the business. Learning through trial and error takes perseverance. There must be a passion behind its creation or the life of the business will die quickly. The belief in the product is most important.

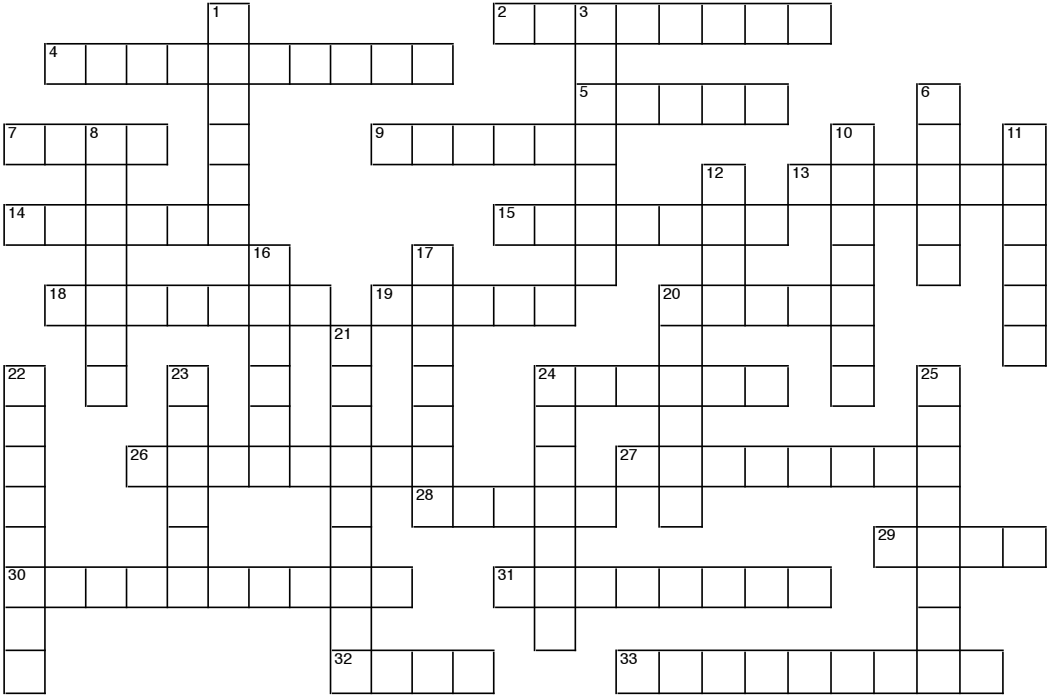
I hope only to clear any misunderstandings about the integrity of the home-based

business. I honor the process of creation, I enjoy sharing the blessing of each item with my patrons. It is a wholly different experience to shop for handmade items, knowing the quality control exceeds that of factory-manufactured goods. The benevolent energy and the blessing that goes into each item cannot be duplicated in mass-produced goods. It is time we become more conscious about the path the goods go through before reaching our homes. The markup from multiple distributors is remarkable. There is no replacement for knowing the hands that made your product. It makes the transaction personal and that demands integrity.

I am not alone. There are many members of the Coop who spend their lives creating unique, wonderful items, but we are not allowed to share them within the Coop's current business structure. Do you feel the need for a change? Would you like to see a small market area for these items? Maybe a special market just for the holidays? I'd like to know if there is an interest. Please email me at nyc_kitchenwitchery@verizon.net to discuss the possibilities. ■

Estyr Rosenberg-Cariño has been a member of the Coop since 1992. She homeschools her three children and runs a cottage industry, Herbal Craft and Kitchen Witchery.

Puzzle Corner Puzzling Presidents



ACROSS

- 2 President during the Spanish-American War (1898)
- 4 First General to become president
- 5 Elected twice as vice-president and twice as president
- 7 President during the Mexican-American War (1846-1848)
- 9 Only president to earn a Ph.D. (1886)
- 13 Mexican-American War hero known as "Old Rough and Ready"
- 14 Author of a doctrine regarding American independence from European influence
- 15 Founding Father and shortest president yet (5 ft., 4 in.)
- 18 17th and 36th presidents, both succeeded to president following assassinations
- 19 Loser of the popular vote, election decided by congressional commission
- 20 Last name of the first father and son presidents

- 24 Creator of Department of Energy and Department of Education
- 26 9th and 23rd presidents, both Generals and both US Senators
- 27 Lincoln's predecessor who tried to avert the Civil War
- 28 Civil War General with a Tomb in Riverside Park
- 29 Pair of oilmen out of Yale
- 30 Supreme Commander of Allied Forces in Europe
- 31 Advocate of Federalism and small-government during the Roaring Twenties
- 32 27th president and strong advocate of world peace
- 33 Only president to serve two non-consecutive terms

DOWN

- 1 Unpopular 14th president, alcoholic, and supporter of the Confederacy
- 3 Only Roman Catholic president
- 6 10th president, annexed the Republic of Texas in 1845
- 8 Tallest president (6 ft., 3 3/4 in.)
- 10 7th president, nicknamed "Old Hickory"

- 11 33rd president who said "The buck stops here"
- 12 He was the longest lived of any president
- 16 31st president during the Great Depression
- 17 Popular president during the aftermath of World War I
- 20 Became president after Garfield's assassination
- 21 26th and 32nd presidents from New York
- 22 Assassinated after only 6 months in office
- 23 Champion of supply side economics
- 24 Left office with highest end-of-office approval rating ever
- 25 First president born a U.S. citizen, only president to have Dutch as a first language

Bonus: which two presidents are missing from this puzzle?

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

SUPPORT A NEW COOP!

Do you live or work in the Bronx? Would you prefer to do your workslot on Saturdays? Then inquire about supporting the South Bronx Food Cooperative!

In accordance with the 6th Principle of Cooperation, the Park Slope Food Coop is offering the SBFC support and consultation by allowing PSFC members to complete their workslot at the Bronx location.

PSFC members will receive FTOP credit in exchange for their help. To receive credit, you should be a PSFC member for at least one year and have an excellent attendance record.

To make work arrangements, please email ellen_weinstat@psfc.coop or call **718-622-0560**

South Bronx Food Coop • 646-226-0758 • info@sbxfo.org

Saturday, November 15
10:00-2:00 at the Coop

FREE
Non members Welcome

BOOK, CD, DVD, AND VIDEO SWAP for Adults and Children

Do you and your kids love to read, listen to music, watch movies? Bring your old books, CDs, and DVDs to the Coop to swap with others! All donations must be dropped off by 1:30 p.m.

Please follow these guidelines when choosing what to bring:

✓ Books must be clean and in good condition.

We cannot accept textbooks, computer-related books, guide books, outdated books, magazines, or journals.

✓ CDs, DVDs, and videos must be commercially produced. We cannot accept home recordings.



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

COOP HOURS

Office Hours:
Monday through Thursday
8:00 a.m. to 8:30 p.m.
Friday & Saturday
8:00 a.m. to 5:00 p.m.

Shopping Hours:
Monday–Friday
8:00 a.m. to 10:00* p.m.
Saturday
6:00 a.m. to 10:00* p.m.
Sunday
6:00 a.m. to 7:30* p.m.

**Shoppers must be on a checkout line 15 minutes after closing time.*

Childcare Hours:
Monday through Sunday
8:00 a.m. to 8:45 p.m.

Telephone:
718-622-0560

Web address:
www.foodcoop.com

LINEWAITERS' GAZETTE

The *Linewaiters' Gazette* is published biweekly by the Park Slope Food Coop, Inc., 782 Union Street, Brooklyn, New York 11215.

Opinions expressed here may be solely the views of the writer. The *Gazette* will not knowingly publish articles that are racist, sexist, or otherwise discriminatory.

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

SUBMISSION GUIDELINES

All submissions **MUST** include author's name and phone number and conform to the following guidelines. Editors will reject letters and articles that are illegible or too long. Submission deadlines appear in the Coop Calendar opposite.

Letters: Maximum 500 words. All letters will be printed if they conform to the guidelines above. The Anonymity and Fairness policies appear on the letters page in most issues.

Voluntary Articles: Maximum 750 words.

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

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

Classified & Display Ads: Ads may only be placed by and on behalf of Coop members. Classified ads are prepaid at \$15 per insertion, business card ads at \$30. (Ads in the "Merchandise–Non-commercial" category are free.) All ads must be written on a submission form (available in a wallpocket on the first floor near the elevator). Classified ads may be up to 315 characters and spaces. Display ads must be camera-ready and business card size (2"x3.5").

Recipes: We welcome original recipes from members. Recipes must be signed by the creator.

Subscriptions: The *Gazette* is available free to members in the store. Subscriptions are available by mail at \$23 per year to cover the cost of postage (at First Class rates because our volume is low).



Printed by: Prompt Printing Press, Camden, NJ.

**Friday
Nov 21**
8:00 p.m.

The Good Coffeehouse
COOP CONCERT SERIES

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

Annie Keating

Keating's new release, "BELMONT" is a big, beautiful slab of organic Americana songwriting. Tough and tender, the twang infused songs tell stories of hope and struggle with refreshing honesty, grit and timelessness. The Village Voice raves, "Keating is a wise mix of Lucinda Williams songwriting, Gillian Welch guitar and a vocal all her own... her style invokes a cross between Willie Nelson and John Prine and you don't get any better than that."

Rufus Cappadocia

Rufus Cappadocia (5 string electric cello) is one of the leading voices on the cello today. He has toured throughout the Americas and Europe with numerous groups and is known for his collaborations with artists from all over the world... from the Balkans to the Caribbean, from West Africa to North America. He has toured extensively with Urban Tap and The Paradox Trio.

53 Prospect Park West [at 2nd Street] • **\$10** • **8:00 p.m.** [doors open at 7:45]
Performers are Park Slope Food Coop members and receive Coop workslot credit.
Booking: Bev Grant, 718-788-3741
Childcare is available from Brooklyn Society for Ethical Culture for a nominal fee.

Monthly on the...
**Third Thursday
November 20
7:00 p.m.–9:00 p.m.**
**Last Sunday
October 26
10:00 a.m.–2:00 p.m.**
**Second Saturday
November 8
10:00 a.m.–2:00 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:	
Coordinating Editors:	Stephanie Golden Erik Lewis
Editors (development):	Erik Lewis Joan Minieri
Reporters:	Frank Haberle Alison Levy Ed Levy
Art Director (development):	Eva Schicker
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Photographers:	Rod Morrison
Traffic Manager:	Barbara Knight
Text Converters:	Peter Benton Diana Quick
Proofreader:	Margaret Benton
Thumbnails:	Kristin Lilley
Preproduction:	Helena Boskovic
Photoshop:	Terrance Carney
Art Director (production):	Joe Banish
Desktop Publishing:	Kevin Cashman Namik Minter Michael Walters
Editor (production):	Louise Spain
Final Proofreader:	Janet Mackin
Post Production:	Becky Cassidy
Final Proofreader:	Teresa Theophano
Index:	Len Neufeld

WORKSLOT NEEDS

General Meeting Set-Up and Breakdown

Tuesday of the General Meeting
Workslot meets the last Tuesday of each month for the General Meeting and consists of 2 parts—set-up and breakdown. The squad meets at the Coop at 6:00 p.m. to pick up supplies for the GM and takes supplies to the Garfield Temple at Garfield and 8th Avenue. The squad sets up chairs and arranges the supplies at the GM. At 9:30 p.m. the squad returns to the GM and collects all materials and bring them back to the Coop. Workslot requires good attendance because you will be working with a small team.

Living in close proximity to the Coop and the Garfield Temple at Garfield and 8th Avenue is a plus. If you are interested please contact Adriana at adriana_becerra@psfc.coop or 718-622-0560 for more information.

Office Data Entry
Tuesday, 4:30 to 7:15 p.m.

Are you a stickler for details and accurate on the computer, and do you 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 Ginger Hargett in the Membership Office if you would like more information. Workslot requires a six-month commitment and a good attendance record.

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 through the Membership Office at 718-622-0560.

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:

Nov 6 issue	7:00 p.m., Mon. Oct 27
Nov 20 issue	7:00 p.m., Mon. Nov 10

CLASSIFIED ADS DEADLINE:

Nov 6 issue	7:00 p.m., Wed. Oct 29
Nov 20 issue	7:00 p.m., Wed. Nov 12

General Meeting

TUE, OCT 28
GENERAL MEETING: 7:00 p.m.
The agenda appears in this issue and is available as a flyer in the entryway

TUE, NOV 4
AGENDA SUBMISSIONS: 8:00 p.m.
Submissions will be considered for the Nov. 18 General Meeting.

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, October 28, 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, OCT 24

GOOD COFFEEHOUSE MUSIC PARLOR: Singer/ Blues Guitarist Paul Geremia —Traveling Troubadour Concert Series. 53 Prospect Park West at 2nd Street in Park Slope. Info: 718-768-2972, www.gchmusic.org. Show start at 8 p.m.; doors open at 7:30 p.m. Adults \$15/kids \$6.

FREE FILM SCREENING AND DISCUSSION: The PSUMC Social Action Committee presents a screening of “ Burning the Future: Coal in America,” a compelling new documentary about coal and the environment followed by a discussion with director David Novack. 7:30 p.m. at the Park Slope United Methodist Church, 410 6th Ave. @ 8th St. FREE! Info: 718-768-3093 or www.park-slopeumc.org.

JOAN LARKIN* and JEFF FRIEDMAN READ POETRY at 7:00 p.m. at the Marjorie S. Deane Little Theater at the West Side YMCA, 5 West 63rd St (between Central Park West and Broadway). FREE.

SAT, OCT 25

PEOPLES’ VOICE CAFE: Hook Report with ChrisLange; Emma Graves*. At the Community Church of New York Unitarian Universalist, 40 East 35th St. (between Madison & Park); wheelchair-accessible. Info: 212-787-3903 or www.peoplesvoicecafe.org. Suggested donation: \$15 general/\$10 members/more if you choose, less if you can’t/no one turned away.

ZACK ROGOW, who helped start the organic produce section of the Coop in the late ’70s, will be visiting the neighborhood from San Francisco to read from his new book of poems, “The Number Before Infinity.” Zack will be

appearing at the Park Slope Branch of the Brooklyn Public Library at 431 6th Ave. on Saturday, October 25 at 1 p.m. with poet Jan Heller Levi. Admission is free. Info: zrogow@berkeley.edu.

SUN, OCT 26

FREE CHAMBER MUSIC SERIES: Imani Winds. At the Stevan Dweck Center For Contemporary Culture (found under the vast front steps of the Brooklyn Public Library in Grand Army Plaza), 4 p.m.

THE FINANCIAL MESS: What’s Going On? Noted progressive economist Bill Tabb offers a primer on how we got here, what is being done and what may happen. Brooklyn Ethical Society, 11 a.m., 53 Prospect Park West.

FREE ACUPUNCTURE! Join us for our monthly open house at Brooklyn Acupuncture Project. FREE acupuncture for all from noon to 3 p.m. 530 3rd Ave. btwn 12 & 13th Sts. Info: 718-369-0123.

SAT, NOV 1

MARRIAGE OF FIGARO: See Mozart’s popular comedy about love, deceit, swapping clothes, hiding under furniture and jumping out of windows. Performances in English and with orchestra by Brooklyn Repertory Opera. Office Coordinator Kathleen Keske sings the role of the Countess. Brooklyn Lyceum, 227 Fourth Ave. (President St.) @ 3:30 p.m. Admission \$20, seniors/students \$10. Info: www.bropera.org.

SUN, NOV 2

SUPPORT GROUP for people caring for aging family and friends meets the first Sunday of each month from 9:30–11:00 a.m. at Park Slope United Methodist

Church. Open to all members of the community dealing with issues around elderly parents, family or friends. Come share feelings, insights and resource ideas with others. For info, call 718-783-4404.

WED, NOV 5

FOLK OPEN SING: Come sing with us. Bring voice, instruments, friends. Children welcome. Co-hosted by the Folk Music Society of N.Y., the Ethical Culture Society, & the Good Coffee House. At the Ethical Culture Society, 53 Prospect Park West. 7:30-10:00 P.M. Info: 718-636-6341.

FRI, NOV 7

GOOD COFFEEHOUSE MUSIC PARLOR: Singer/ songwriter Jud Caswell. 53 Prospect Park West at 2nd Street in Park Slope. Info: 718-768-2972, www.gchmusic.org. Show start at 8 p.m.; doors open at 7:30 p.m. Adults \$10/kids \$6.

SUN, NOV 9

MARRIAGE OF FIGARO: See Mozart’s popular comedy about love, deceit, swapping clothes, hiding under furniture and jumping out of windows. Performances in English and with orchestra by Brooklyn Repertory Opera. Office Coordinator Kathleen Keske sings the role of the Countess. Brooklyn Lyceum, 227 Fourth Ave. (President St.) @ 3:30 p.m. Admission \$20, seniors/ students \$10. Info: www.bropera.org.

FRI, NOV 14

GOOD COFFEEHOUSE MUSIC PARLOR: Bob Jones & John Scholle—Early Country Music. 53 Prospect Park West at 2nd Street in Park Slope. Info: 718-768-2972, www.gchmusic.org. Show start at 8 p.m.; doors open at 7:30 p.m. Adults \$10/kids \$6.

SAT, NOV 15

MARRIAGE OF FIGARO: See Mozart’s popular comedy about love, deceit, swapping clothes, hiding under furniture and jumping out of windows. Performances in English and with orchestra by Brooklyn Repertory Opera. Office Coordinator Kathleen Keske sings the role of the Countess. Brooklyn Lyceum, 227 Fourth Ave. (President St.) @ 3:30 p.m. Admission \$20, seniors/students \$10. Info: www.bropera.org.

SUN, NOV 16

JEWISH VEGETARIANISM: Forbidden, Mandated or Optional? Talk by Richard H. Schwartz, Ph.D. The Flatbush Jewish Center, 327 E 5th St. (corner of Church Ave) in Kensington, 11:30 a.m. Followed by lunch. Free. RSVP: 718-871-5200. www.Flatbush-JewishCenter.com. Handicapped accessible. Should vegetarianism be on the Jewish agenda? Can it reduce disease, global climate change, food, water & energy shortages, and mistreatment of animals?



**Friday, November 7 • 7:30 p.m.
at the Coop**



Photos: Day

**Soundmix:
Five Young Musicians**

This film profiles five young musicians who are reinvigorating American musical traditions. Each profile explores the music, mentors, cultures and communities that fuel the passions of these young players. “Soundmix” also includes scenes from a workshop where the young musicians meet for the first time. Other musicians featured in the program include the trumpeter Wynton Marsalis, the Latin percussionist Louis Bauzo, and the late old time fiddle legend Melvin Wine.

Alan McPheely, Producer/Editor/Camera

Working in television for over seventeen years, Alan McPheely has shot and directed a broad range of highly acclaimed news programs and documentaries. His credits include the documentary series *Split Screen* (Independent Film Channel), *Ooh La La* (Bravo), *Egg: The Arts Show* (PBS), and *Spectrum Hawaii* (PBS), and the news programs *CBS Nightly News*, *CBS Sunday Morning*, *60 Minutes*, *60 Minutes II* and *48 Hours*.

**FREE
Non-members
welcome**

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

Bank FTOP hours using your expertise to create one of the largest events in the COOP’s history.

On **Saturday, May 2, 2009**, the PSFC and the Caribbean Women’s Health Association will host a conference on the Politics of Food. We need hundreds of Coop members and lots of organizations co-sponsoring!

Do you have experience in...

MEDIA -- Web design, graphics, sign making, audio-visual production;
PUBLIC RELATIONS -- marketing, outreach, press kits, Website;
EVENTS COORDINATION -- special events include a parade, films, vendors, and educational groups;
FUNDRAISING -- including grant writing (we need financial sponsors as well as donations from restaurants and affiliated organizations);
COMMUNITY OUTREACH -- coordinate & inform other community groups, including religious organizations, immigrant communities, and schools;
PLUS we need staff on the day of the event!

Anyone with organizational skills and interest in food and food policy is welcome to join us!

Please send an e-mail with your name and area of expertise to the volunteer coordinator: lstoland@gmail.com

In addition we are asking for donations of AIRMILES or money to help bring keynote speakers to the conference.



ILLUSTRATIONS BY ETHAN PETTIT



LETTERS TO THE EDITOR

KIDVERSE:
STREET OF
SLOBS

There are days when walking makes me bitter,
And that's because of wide-spread litter.
Does someone really have the job
Of being a professional slob?
Get paid for dropping candy bars
And broken-down acoustic guitars?
Rewarded for discarding gum,
An apple core, the pit of a plum?
More probably, it's done for free
By someone who is anger-y.
Not really sure 'bout you, but me,
I don't respond with sympathy.
It's very far from nice, I know,
But I'd toss slobs to the place below.
If that's too far, then banish the bunch
And make them feed on trash for lunch.
But since I don't rule the world as yet,
It's best I work off anger-sweat
By being realistically tough—
Pitching in to clear the stuff.

Leon Freilich

CATCH 22

TO THE EDITOR:

Were you aware of this Catch-22?

When in the course of time a member presents a motion to the GM, that issue is not voted upon by the members present at that GM! In other words, the folks present at the meeting, who hear the discussion, ask questions of the presenter, get a feeling for the issue, are not usually able to vote on it. Astounding but true. Every month there is a changing audience at the GM. Most are not familiar with the issue and each month nothing is voted upon by the audience who had originally heard the discussion. Clear? That way nothing ever changes. Is this fair? Apparently the coordinators don't mind this policy. One issue in particular rankles me: retirement after 62 years old and 20 years of working shifts. This can't get voted upon at the GM. It can only be presented as an agenda item—three times so far.

Riva Rosenfield

Editor's Note: At the December 2005 General Meeting the following was defeated by a vote of 35 to 21: "to eliminate the work requirement for twenty-five year members who have attained the age of 62." And at the July 2007 General

Meeting the proposal "that the retirement age be lowered to 65 years of age" was tabled for a rescheduling at a future meeting by a vote of 82 to 16.

INEQUITABLE
GAZETTE
CAPTIONING

TO THE COOP:

In the October 9, 2008 issue, a front page article, "Gazette Printer Closes Shop," is accompanied by two photographs. I am the photographer who supplied the images, both of Prompt workers, one requested by me from the Camden, NJ, printer and one taken by me here in Brooklyn. Both images were submitted to the Gazette with full names included in the captions. It disturbs me that the white worker is identified by name but the black worker, James Edwards, is not. I consider this inequity to be racist, perhaps an unintentional oversight, but racist just the same. Shame on us.

Judy Janda

Note from Karen Mancuso, Office Coordinator and liaison to the Gazette: The omission of James Edwards's name in the above mentioned caption was an unintentional oversight. We apologize for the error and have taken steps to avoid a mistake like this from happening in the

future. The photograph with the proper caption is reprinted below.

Reporter Comment: Please understand that the captions were submitted directly to the Gazette, and I had no role in caption content or editing. Thank you, Diane Aronson.

CORRECTION: The last issue of the Gazette contained this photo on the front page with an incorrect caption. Here is the photo with the corrected caption.

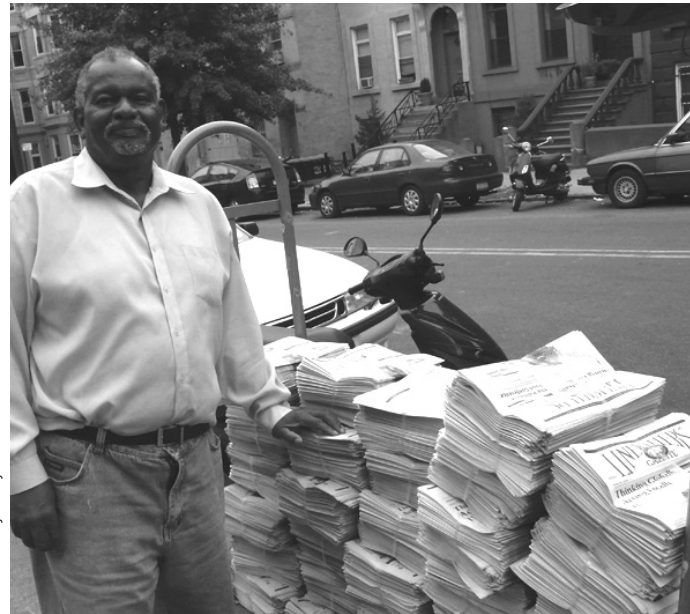


PHOTO BY JUDY JANDA

James Edwards delivers the last issue of the Gazette printed by Prompt Press.

LETTERS POLICY

We welcome letters from members. Submission deadlines appear in the Coop Calendar. All letters will be printed if they conform to the published guidelines. We will not knowingly publish articles which are racist, sexist or otherwise discriminatory.

The maximum length for letters is 500 words. Letters must include your name and phone number and be typed or very legibly handwritten. Editors will reject letters that are illegible or too long.

You may submit on paper, typed or very legibly handwritten, or via email to GazetteSubmissions@psfc.coop or on disk.

Anonymity

Unattributed letters will not be published unless the Gazette knows the identity of the writer, and therefore must be signed when submitted (giving phone number). Such letters will be published only where a reason is given to the editor as to why public identification of the writer would impose an unfair burden of embarrassment or difficulty. Such letters must relate to Coop issues and avoid any non-constructive, non-cooperative language.

Fairness

In order to provide fair, comprehensive, factual coverage:

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

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

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

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

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.

Coop Job Opening:

Computer Programmer

Description:

The ideal candidate will work as part of a team and be well versed in Object Oriented methodologies and the full software development life cycle (analysis, design, coding, testing, debugging and documentation). The programmer will interact with Coop members and staff members. The candidate will maintain the following legacy applications while rewriting them to utilize a SQL database backend and, eventually, web-based user interfaces.

Membership accounting application (tracks workslots, member data and member card printing application)
Inventory/Produce applications (maintains inventory data and assists ordering process)

Other in-house developed programs

Requirements:

SQL database design and maintenance experience

Web-based application development in Java, Perl, PHP, LAMP or similar

Experience with analysis, development and maintenance of an interactive application communicating with proprietary or SQL-based backend.

Strong interpersonal/communications skills

Experience with source code versioning systems

User and source code documentation experience

Candidate must have at least three years of programming experience and a BS in Computer Science or equivalent experience.

Highly Desirable:

Work experience with the following:

Automated unit testing

Adapting to a legacy development language or framework

Tiger Logic/Raining Data's Omnis 7 / Omnis Studio

Application development in a Mac OS X environment

- Hours:** • 40 hours/week
Wages: • \$ 76,151.24 year
Benefits: • Four paid holidays: July 4, Thanksgiving Day, Christmas Day, New Years Day
• Five weeks vacation
• Health & Personal paid time
• Health insurance and long-term disability insurance, fully paid by the Coop
• Defined benefit pension plan, fully paid by the Coop
• Transit Checks
• Health Reimbursement Account
• Not a profit-driven environment
• After 12 months of employment: Dental Coverage, employee-funded 401(k) and Life Insurance
• Flexible hours

Application & Hiring Process:

Please email a cover letter with your résumé to hc-programmer@psfc.coop. Alternately you can mail your letter and résumé or drop them in the mail slot just inside the entryway vestibule of the Coop. All members who submit both a cover letter and résumé will receive a response. Please do not call the office to check on the status of your application.

Prerequisite:

Must be a current member of the PSFC, immediately prior to application and for at least six months.

Probation Period:

There will be six-month probation period.

We are seeking an applicant pool that reflects the diversity of the Coop's membership.

The Roots of Healthcare

By Telesh Lopez

Third Root Community Health Center, located in Flatbush just off Cortelyou Road, is celebrating their grand opening on November 2. “We have lost the ancient traditions of healthcare and remedies within the family and community. Some communities have these traditions more intact than others, but today we see people surrendering their very own health to doctors, nurses and hospitals. That system works great for emergencies, but as far as providing long-term health for whole communities, that is where we must look toward traditions that have existed for millennia,” said Park Slope Food Coop member and Third Root herbalist and yoga teacher Jacoby Ballard.

Building on the long-standing tradition of worker-owned cooperatives, like the Park Slope Food Coop, the practitioners of Third Root collectively own and operate the business. Worker-owned cooperatives strive to be an alternative to profit-oriented businesses. “We see this structure as one answer to an abusive economy, creating security, empowerment and cooperation amongst the very people that hold the business up,” said Ballard.

Third Root provides acu-puncture, massage, herbal medicine, nutritional consultations and com-

munity health workshops at sliding scale prices, and yoga classes for only \$10. Many of the practitioners had been frustrated with the options available in their field, wanting to provide holistic healthcare for ALL, not just for those who could afford it. “Third

Root is attempting to address the financial and social barriers that often stop people from practicing yoga and accessing healthcare such as acupuncture, medical message, herbal medicine and nutritional counseling,” said Christina Baal, one of the

yoga teachers at Third Root.

Third Root’s yoga program offers the usual array of beginner, intermediate, and advanced yoga classes, while also offering classes for specific communities. “The industry that has risen around yoga, especially in the last several years, is creating a cult of celebrity around an ancient practice that should be accessible to anybody interested. We seek to serve any and all who can benefit from our services,” said Romina Rodriguez-Crosta, a yoga teacher at Third Root. Sharing in the Park Slope Food Coop’s values of equality and diversity, Third Root offers Yoga for Abundant Bodies, Yoga en Espanol, and Queer and Trans Yoga to highlight and address the needs of those communities. Yoga for Special Needs is coming in November and Yoga for Veterans and Yoga for Chronic Illness are looming on the horizon.

The area along Cortelyou Road, where Third Root is located, is gentrifying. Seeing the role that a place that offers acupuncture, massage and yoga could play in the gentrification process, Third Root is working to remain accountable to the community. It is partnering with local organizations to hold community health forums to address the needs of local residents, and setting up a community advisory board composed of longtime residents to represent the local community and advise Third Root on how to better serve them.

Like the Park Slope Food Coop, Third Root wants to

maximize participation at every level, empowering people in their own healthcare. To build this capacity in the Flatbush and surrounding community, Third Root offers a research library that is open during business hours, and community health workshops that began October 18. In October, the topics include Self-Defense, Whole Foods 101, Internalized Oppression, and Acrobatics and Group Movements for All. “By providing health workshops, we are empowering the community. Education is an essential part of keeping our community healthy,” Ji-Hye Choi, an acupuncturist at Third Root, says of the Saturday afternoon slots.

Julia Bennett, another acupuncturist and herbalist at Third Root, concludes, “Wellness belongs to us all and economic or social status, race, gender, gender identity or age do not exempt anyone. Our own health is ours.” To contact Third Root call 718-940-9343 or visit www.thirdroot.org. ■

Member Contribution

WHAT IS THAT?
HOW DO I USE IT?

Food Tours in the Coop

Incredibly the pumpkin vine has birthed its necklace of gourds
I mean, really, a small, flat seed
no bigger than your thumbnail
yields dozens of orange orbs
larger than your head?

Who needs fiction?
Or miracles?

The seed is, in
truth, a packet
of potentiality:
It sprouts a vine 20 feet long
the vine morphs (!)
and yields these pleated crepe blossoms
that assert themselves
like an umbrella snapping open

Look deep into a pumpkin flower,
empty your mind,
and you will see yourself:
potential squared

Cinderella had it right:
every pumpkin is a potential chariot
ready to take us out
of our-selves
to a sunlit field
charged with life

The Park slope Food Coop
dealing in pumpkins

by Myra Klockenbrink

Mondays **November 3 and**
 November 17
 Noon to 1 p.m. and
 1:30 to 2:30 p.m.

Wednesdays **November 12 and**
 December 10
 10:00 a.m. to 12:30 p.m.

You can join in any time during a tour.

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 sub-committees. Work on the Committee is recorded on an hour-for-hour basis. Sought-after skills for each sub-committee within the DEC are listed below.

To express interest contact Jess Robinson 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.

The Diversity Education Sub-Committee

This sub-committee seeks people committed to the concepts of diversity, multiculturalism, pluralism and inclusion. Superior relationship/people skills are needed. Please be pro-active, savvy, and non-judgmental relating to all types of people. This position may be leading and organizing group activities. Experience leading workshops, ideally around diversity issues is desired. Public Speaking skills, conflict resolution skills, and mediation skills are also helpful for this position.

Complaint Review Sub-Committee

Seeking a Mediator: Needs excellent conflict resolution and mediation skills with good editing and writing skills. Be compassionate, impartial and use critical thinking skills. Interviewing experience may be helpful.

Seeking a Secretary: Take dictation and detailed notes; transcribe and archive. Have general computer skills; editing and writing skills; be compassionate; impartial and a critical thinker.

Outreach Sub-Committee

This sub-committee needs at least 1 new member to create continual methods of informing the general membership of: recruitment needs, what the DEC is working on, and increasing general membership participation with the DEC. The skills this position may need are: Word processing & ability to meet deadlines. Be a self starter who is innovative with ideas & be accountable.

Meet Your Mind

WITH ALLAN NOVICK

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

Meditation opens and calms the mind.

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

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

FREE
Non-members welcome

Tuesday, October 28
7:30 p.m. at the Coop

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

Saturday, November 1
9:30 a.m. at the Coop

FREE
Non members Welcome

Tax-Basics & Planning Tips

What's New ?

- Property Tax Deduction For Non-itemizers (\$500/ \$1,000)
- First-Time Home Buyer Tax Credit (or Loan?)
- Second Home Turned Main Home
- Economic Stimulus Cash Rebate
- Tax Returns, Automatic Extensions
- Direct Rollover from Qualified Plan to Roth IRA
- Credit Card Information Reporting (aft. 2010)
- Kiddie Tax
- AMT
- Health Savings Account
- Charitable Contributions
- 529-Plan Abuses
- Foreclosures
- Small-Business Expensing

We will also discuss knowing your taxes, worldwide income, taxable income, tax-exempt income, tax-deferred income, income exclusions, income-planning tips, expenses and adjusted gross income, deductions, business deductions, expense-planning tips, tax and tax payments, and real-estate investments. We'll explore benefits, money planning, and savings.

Janifer Lee is a CPA, CFP®, and MBA and a Coop member.

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

Saturday, November 1
12:00 at the Coop

FREE
Non members Welcome

Talking About Autism

With Shane B. Kulman, M.A. Special Education

This workshop will focus on keeping a positive and successful learning/loving relationship with your child with autism.

We will discuss:

- How to be a teacher to your child;
- How siblings can relate to their sister/brother with autism;
- How to set up your home to foster independence;
- How to promote independence for your child in and outside of the home.

Shane B. Kulman is a Special Education Therapist and a certified practioner of Yoga for the Special Child®, LLC. Shane has more than 10 years experience working with children younger than 5 years old. She works with children in their homes in any vicinity in Brooklyn, and is the owner of Yourbeautifulchild.com. Shane is a Coop member and a Brooklyn native.

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

Saturday, November 1
4:00 at the Coop

FREE
Non members Welcome

Sugar Blues

Are you constantly craving sweets and want to understand why? Do you want to gain control without willpower or deprivation? Then this is the perfect workshop for you!

Shannon Brennan-Cressey is a Certified Holistic Health Counselor, accredited by the American Association of Drugless Practitioners. She is a graduate of The Institute for Integrative Nutrition in partnership with The Teachers College of Columbia University. She has a Bachelors' Degree in Fine Arts from NYU's Tisch School of the Arts. Shannon is the sole proprietor of Bliss Health and Nutrition and works at The Jena Wellness Center in Manhattan. She has been a Coop member since May 2008.

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

ENHANCING FERTILITY NATURALLY:

A CHINESE MEDICINE APPROACH
WITH LARA ROSENTHAL, L.AC.

UNDERSTANDING FERTILITY:

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

OBSTACLES TO FERTILITY:

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

IMPROVING THE ODDS:

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

WORKING WITH ASSISTED REPRODUCTIVE TECHNOLOGIES:

- Eastern and Western approaches side by side

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

FREE
Non-members welcome

Sunday, November 2
12:00 p.m. at the Coop

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

Saturday, November 8
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

Sunday, November 9
12:00 at the Coop

FREE
Non members Welcome

Staying Healthy Through the Holidays Workshop

- Do you want to avoid gaining weight over the holiday season?
- Do you feel frantic with all the extra demands of the season on top of your busy schedule?
- Do you want more energy and a healthier holiday season?

You are invited to this workshop to learn some simple techniques for avoiding overeating, over-stressing, and overspending.

Christine Boutross is a personal trainer, a certified holistic health counselor, and a Coop member. She is a graduate of the Institute for Integrative Nutrition and is certified by the American Association of Drugless Practioners. As a holistic counselor, Christine works with clients in addressing their health concerns, including weight loss, having more energy, deconstructing cravings, and various nutritional concerns.

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

Saturday, November 15
3:00-4:30 p.m. at the Coop

FREE
Non members Welcome

Thought = Health

Why Controlling Your Health & Well-Being with Thought is HOT!

1. Powerful ancient Eastern techniques now recognized by MDs;
2. You can be taught these techniques;
3. Earn more, do more, relax more, smile more.

Learn how to control everyday yin and yang so you always come out on top.

Learn how to decrease your emotional hurts, physical pain, sadness, and sickness.

Learn the powerful, controllable connection between your thoughts and your health.

Bring water & your intention!
Demonstrations & stories from EFT experts.

Carolyn Meiselbach has had a practice in Emotional Freedom Techniques (EFT) for the past five years in Carroll Gardens, and has been a PSFC member for 10 years. She, along with Mary Meyers and Jondi Whitis, have formed EFT Brooklyn, a nonprofit company serving individuals, businesses, and groups through classes, seminars, and workshops, and also serving the at-risk Brooklyn community through their "EFT Angels Network."

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

Sunday, November 16
1:00 p.m. at the Coop

FREE
Non members Welcome

BE KIND TO YOUR COLON

By Clarisse M. Domingo, CHHC, LCSW, and Harold Mahecha, MA

- Do you know if your colon is eliminating properly?
- Are you seeking more natural ways to improve your digestive condition?
- Can stress play a major role in our ability to maintain a healthy colon?

In this workshop you will learn that our colon plays an important role in maintaining balance within the body. By understanding the function of our colon, we recognize that, when healthy, it can enhance our ability to heal. With increased awareness you can be kind to your colon. This workshop will provide you with simple steps to restoring your colon to good health and give you positive tools that you can use every day to manage emotional stressors.

Clarisse M. Domingo is a Certified Colon Hydrotherapist and the resident nutritional and lifestyle coach at Prana Brooklyn. 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 taken what she learned and continues to heal herself with natural treatments, including a recent battle with breast cancer. She has been a member of the Coop since 2004.

Harold Mahecha is a Certified Colon Hydrotherapist at Prana Brooklyn, a wellness center in Park Slope. He began his work in the healing arts by obtaining certification as a Colon Hydrotherapist at the Woods Institute. He then continued his education at the Hippocrates Health Institute. He has taken what he has learned and utilizes this information to assist his clients in their healing process. He has been a member of the Coop since 2007.

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

PARK SLOPE FOOD COOP

782 Union St., Bklyn, NY 11215 (btw 6th & 7th Av.) • (718) 622-0560

Friday, November 21
7:00 at the Coop

FREE
Non members Welcome

The Enlightenment Of the Whole Body

Students speak of their teacher, Avatar Adi Da Samraj, considering the process and the nature of enlightenment and reality.

Richard Hart presents the work of Adi Da Samraj, born in the West, who points to the possibility of a life based in reality, beyond the opposite points of view of East and West.

Documentary will be shown, with discussion to follow.

Richard Hart, Coop member, established one of the first health food stores in NYC, works in nutritional counseling, and is a student of the World-Friend, Adi Da Samraj.

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.




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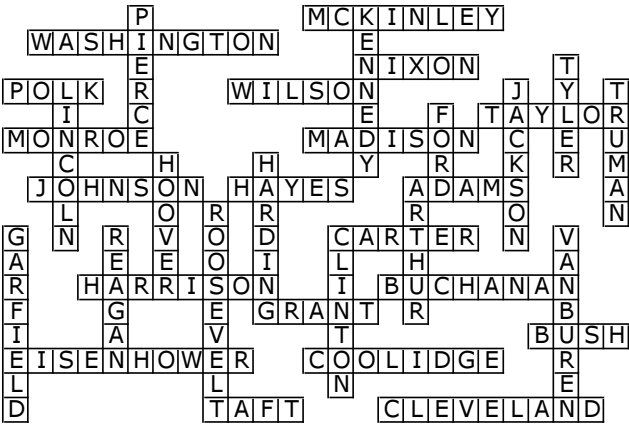
**A Taoist practice
for health and
longevity**



Carol Lin
Nanlaoshu Qi Gong

See **CLASSES/GROUPS** in *LineWaiters' Gazette*.
(718) 522-2729 NanlaoshuBrooklyn.com

Puzzle Answers



Missing Presidents: Fillmore, Jefferson

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BROWNSTONE BROOKLYN BED AND BREAKFAST. Victorian home on tree-lined Prospect Heights black has space with semiprivate bath, air conditioning, Cable TV & phone. Full breakfast provided in attractive smoke-free environment. Long & short stays accommodated. Reasonable rates. Call David Whitbeck, 718-857-6066 or e-mail brownstonebbb@yahoo.com

CLASSES/GROUPS

SUPER GENTLE YOGA for rank beginners, yoga for ordinary mortals. People who think they are too old, too large, too out-of-shape, too “something.” Experienced, caring teacher. Class in center of Park Slope. Call Nina 212-427-2324 for more info or email minaham@aol.com.

FREE! NUTRITIONAL HEALING WORKSHOP for Autism spectrum disorders. Asperger’s syndrome ADHD/ADD, Dyslexia and other learning and behavioral disorders. You can change your child’s future for the better. For further info or to register, call 718-297-2049. Ask for Leonora. Space is limited.

NANLAOSHU QIGONG means “hard-to-grow-old” and cultivates balance, flexibility, agility and grace. This Taoist art promotes vital energy, transforms joints and sinews, and flows in a Taiji form. Carol Lin is a 30-year practitioner. Starts Nov. 4 (1-2:30 pm) @ Devi (Park Slope Yoga @ 837 Union St.) Call 718-522-2729.

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.

PROFESSIONAL OFFICES available. Ideal for psychotherapist, medical doctor, shiatsu, chiropractor, massage therapist, etc. Be part of a holistic medical center in the beautiful SOHO section of Manhattan. The doctor will introduce all patients to you. For further information, please call 212-505-5055.

OFFICE SPACE FOR RENT Broadway and 21st St. Treatment rooms for bodyworkers available in spacious office suite. Share with acupuncturists and chiropractor. Lots of opportunity for cross-referral. For more information please email Melissa at rathbonetang@gmail.com.

MERCHANDISE-

FREE TREADMILL. Works fine. Very heavy. You will need 2 strong men 718-369-0425.

1) Approx. 70 film DVDs watched once. Old classics-Hollywood. \$1 each or 10 for \$9. All for \$60. 2) Sony mini CD/tape/radio, 2 wood sound boxes. New, was \$115, sale for less (new in box). 3) 2 antique matching large mirrors, dark carved wood, 2.5/3 feet. Very good cond. \$450 or best offer. Call 718-951-7168.

2 ANTIQUE MIRRORS. Wood ornamented frames, 4/2.5, good condition, beautiful, identical. \$850 for 2, \$400 for one or b.o. 212-802-7456,

SLEEPTEK ORGANIC LATEX KING-SIZE MATTRESS FOR SALE. Covered with quilted organic wool & organic cotton. 4 months old. Mint condition. Slept on for two weeks only with organic mattress pad. Comes with original bag for transport. We paid

\$2,253. Yours for only \$1,450 (save over \$800). We need more space. 718-499-2789.

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.

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YOUR SMALL & HOME OFFICE computer techs: NY Geek Girls, Inc. Networking & 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@nygeek-girls.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 packing tape. Specialist in walkups. Thousands 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 member. Adam D. White. 212-577-9710.

ATTORNEY—Personal Injury Emphasis—30 years experience in all aspects of injury law. Individual attention provided for entire case. Free phone or office consultation. Prompt, courteous communications. 20-year Park Slope Food Coop member; Park Slope resident; downtown Brooklyn office. Tom Guccione, 718-596-4184, also at www.tguc-cionelaw.com.

NO JOB TOO SMALL! Carpentry, tile installation and repair, painting, plastering, doors hung and repaired, shelves installed, bath regrouts, general 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.

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REFINISH your floors & make the old look new. Reasonable prices. Call Tony 917-658-7452.

Retired Brooklyn Tech teacher with 33 yrs experience offers tutoring in SAT & Regents prep, vocabulary development, writing skills and composition: grammar, the research paper, the college essay. Give your child a solid background in the basics. Programs from elementary - high school. 917-873-9203.

NEED HELP WITH YOUR NOVEL? Author of four published novels will work with you to create a final published draft worthy of submission. One-on-one meetings, for serious writers only. Hourly rate. For more information, email Trayfe@aol.com

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

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

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

VACATIONS

Three season vacation cottages for sale in our friendly, wooded northern Westchester community. Pool, tennis, 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

Country House for rent. 15 minutes from Hunter Mountain & Windham ski areas. 3 bedrooms, 1 bath, full kitchen, living room, study, phone, cable TV & Internet (available on request), 4 car parking area, 4+ acres, stream, spectacular views. Dogs OK, no cats. No smoking. East Jewett, NY (zip 12424). 2 1/2 hours from NYC. \$5,000 season (Friday Nov. 14 through Sunday, April 12) + utilities. Call 917-572-7923 or email edayle@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-mercury offices in Soho or in Midwood section of Brooklyn. For info please call 718-339-5066 or 212-505-5055.

FREE ACUPUNCTURE!! Join us for our monthly open house at Brooklyn Acupuncture Project. Free acupuncture for all. Sunday October 26 from 12 noon til 3 p.m. 530 3rd Avenue, between 12th and 13th Streets. For more info call 718-369-0123.