

# LINEWALTERS' GAZETTE

Established  
1973

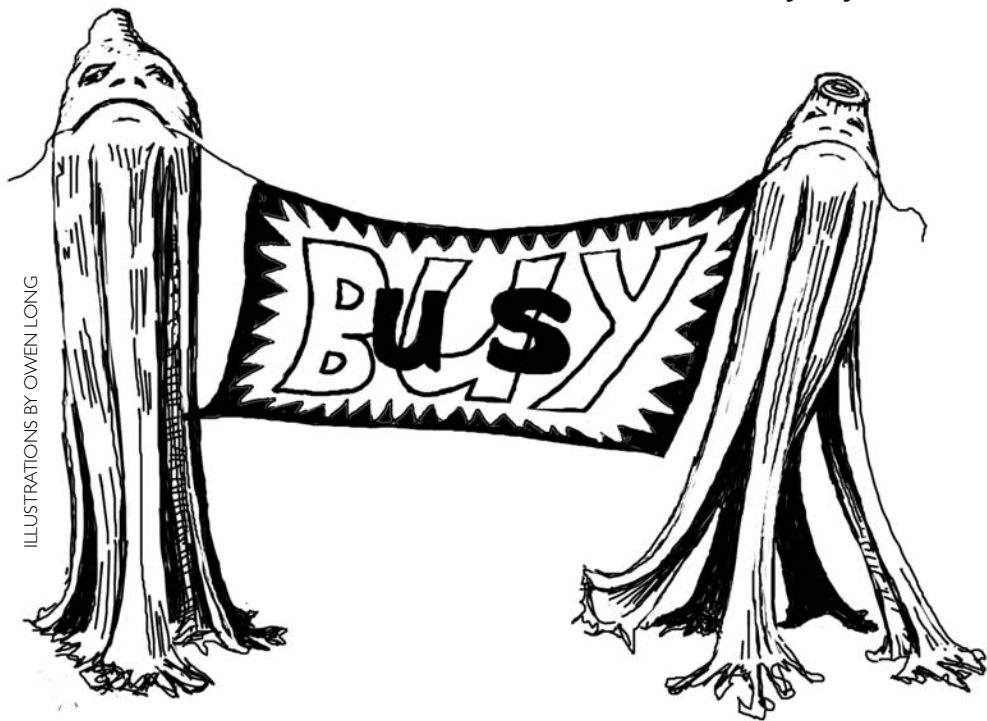


Volume CC, Number 16

July 31, 2008

## How the Coop Chooses What to Sell

By Gaule Forman



ILLUSTRATIONS BY OWEN LONG

The act of grocery shopping is fraught with decisions: organic, locally raised, naturally raised, grass-fed, grass-finished, minimally processed, carbon footprints, environmental impacts. The decisions, the implications and the consequences of the simple act of buying a head of lettuce can be overwhelming.

Which is perhaps why for many Coop members (including this reporter), one of the benefits of membership is knowing that someone else is doing the homework and vetting the products that the Coop sells. While the Coop has an environmental policy in place to offer broad guidelines—carry organic whenever possible, avoid products that are genetically engineered, toxic or tested on animals—the day-to-day decisions are made by a team of coordinators who make the tough calls on which products should be for sale. Here's a breakdown of how they choose what we buy.

### Produce

"I'm going to try to buy the best food, the highest percentage organic—and if something can be purchased locally, it will be, without exception," says Allen Zimmerman, General Coordinator and produce buyer. Right now, in the midst of summer, Zimmerman buys half of the produce the Coop carries from local purveyors. Hepworth Farms is one of the biggest suppliers, but Zimmerman also works with several small farms upstate and in Lancaster County, Pa., buying not from individual farms (which isn't logistically feasible) but through coops like the Fingerlakes Organic Growers' Cooperative and from suppliers that buy from smaller farms. Of course, some foods will never grow locally (bananas, citrus) and the seasons play a huge role; in winter only a fraction of the produce the Coop carries will be local. (Apples, onions, potatoes, winter squash and other produce is still available.) Even during winter, however, 80 percent of the Coop's produce will be organic.

About 20 percent of the Coop's produce

comes from the Hunt's Point market in the Bronx; the Coop hires a buyer who goes out twice a week to inspect, buy and deliver the products (mostly the conventional produce) and to ensure quality.

The cooperative spirit informs many of Zimmerman's decisions. The Coop has a fantastic relationship with Amy Hepworth, who will grow a specific vegetable (like okra) because Coop members have requested it. Zimmerman buys a large amount of fruits and vegetables from Hepworth but will never buy exclusively from her. "When there's a glut of zucchini and every single farmer wants to beat me over the head with a zucchini, I definitely buy the majority from Hepworth, but I try to leave some room for other farmers who need help," Zimmerman explains. In this same spirit, Zimmerman will pay more for local, even if it means a higher cost to Coop members. "You can't take care of Coop members by trying to whittle down the price of some small farmer who is dependent on you to exist. It's important to strike a balance to keep as many farmers going, for our own sake as well as for theirs. All interests are intertwined."

### Meat and Poultry

As with produce, geography plays a key role in how Receiving Coordinator Bill Malloy chooses what meat and poultry to stock. "As much as possible we try to buy from local and small farmers. We do buy some things from big companies, but they're items that a small farmer doesn't make, like packaged cold cuts," says Malloy. The dedication to local (within 500 miles, though often much closer) is becoming

CONTINUED ON PAGE 2



PHOTOS BY HAZEL HANKIN

Just ask Ella Nemcova about that beautiful produce.

## Ask Me: Coop Food Tours

By Kira Sexton

There is a certain amount of confusion surrounding the weekly food tours given each Sunday and Monday at the Coop. Some PSFC members believe that these tours are the same as the one they took when deciding whether to join the Coop. Others see a person, usually a woman, wearing a sign that says "Ask Me" and they wonder what to ask—where the bathroom is? So it isn't a surprise when, on Sunday, July 6, Ella Nemcova, who is the woman wearing the "Ask Me" sign, announces, "I think this workslot should be called something else. The Ask Me shift. Because that's what it is."

The Coop's food tours—these informative food tours—are the brain child of long-time member Myra Klockenbrink. They're the product of her own personal interest in nutrition combined with the realization that most people want to eat better, cook more of their own

food and become more directly connected to where their food comes from.

*"Our extended families used to play this role," Klockenbrink explains in an email.*

*"But it turns out our families don't quite extend as far as we've gone.*

*So places like the Park Slope Food Coop, farmers' markets, CSAs, etc., have to be that family, create that community and develop that body of knowledge."*

So how does one become a food tour operator? Or rather, how did Nemcova end up standing in the middle of the Coop's produce section on the Sunday of the Fourth of July weekend wearing a sign that says "Ask Me"?

"I discovered Myra [Klock-

CONTINUED ON PAGE 3

### Next General Meeting on August 26

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, August 26, 7:00 p.m. at the Congregation Beth Elohim Temple House (Garfield Temple), 274 Garfield Pl.

The agenda will be available as a flyer in the entryway of the Coop on Wednesday, August 6. 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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# WORDSPROUTS

The Park Slope Food Coop's Reading Series

## Authors Wanted

Wordsprouts—The Park Slope Food Coop's Reading Series—is planning its fall season now. We're looking for Coop members who are published authors interested in leading writing workshops at the Coop or in reading their work at a local bookstore. Members who participate in Wordsprouts receive workslot credit.

If you're interested please send your book info and/or workshop ideas to PJ Corso at [paola\\_corso@hotmail.com](mailto:paola_corso@hotmail.com).

## What the Coop Chooses to Sell

CONTINUED FROM PAGE 1  
easier as the number of local purveyors increases. "We used to get ground beef from Kansas, buffalo from California," Malloy notes. "Now we have local providers for these. Out of the blue, an Amish farmer in Lancaster County started raising bison, so now we carry that."

Certain rules are steadfast: Beef should be from grass-fed and grass-finished cows (this takes a priority over organic; some small farmers cannot afford to get the official organic certification). For a while, the Coop was carrying D'Artagnan beef frankfurters, which proved to be quite popular. The items were pulled, however, when it was discovered they're not made from grass-fed cows. Moreover, nothing that is drugged with growth hormones or antibiotics is carried. "We want the animals to be treated well," Malloy says. Malloy buys a substantial amount from small farms. "A lot of farmers call us. The Coop has a good reputation for being honest and paying bills on time. We have some members and former members who raise chickens now, and we stock their poultry."

### Health and Beauty Aids

Different rules apply in the health and beauty aisle, where the preference skews away from locally made products from small companies. "People can make their own soaps and fragrances, and everyone wants to start a cottage industry," says



PHOTO BY HAZEL HANKIN

Receiving Coordinator Karen Martin. "A lot of Coop members have their own lines that they want us to carry, but we just cannot do it." This is partly due to health issues—the possibility of bacteria increases when that lavender soap was made in somebody's tub—and also due to the logistics of buying. With so many products on sale, there is no way to buy products from individual sellers. Martin buys most of her products from big distributors like United Natural.

But Martin must also choose which products to carry out of an enormous selection, balancing the preferences of Coop members (for high SPF, for certain fragrances) with the potential toxicity of chemicals found in, say, sunscreens or bubble bath. "Some products of the same line will have radically different rat-

ings," notes Martin, referring to the toxicity ratings from groups like the Environmental Working Group ([www.ewg.org](http://www.ewg.org)), which assesses certain health products like sunscreens. Other products will suddenly have a flurry of concern surrounding them, like recent reports that children's bubble baths contained carcinogens. When that happened, Martin pored over thousands of ratings, eventually pulling a handful of products from the shelves. "Luckily, the distributors do a good job of filtering out harmful products."

### Groceries

With so many groceries, it's impossible to handpick or hand-vet everything the Coop carries. "We get a tremendous amount of grocery through a distributor, United Natural Food," says General Coordinator Janet Schumacher. "They do a vetting," mainly weeding out things with chemicals that the Center for Science in the Public Interest has deemed unhealthy. That said, United Natural Food does carry products that contain things like high fructose corn syrup, and so does the Coop.

"There is a preference given to organic over other things," says Schumacher. But members should not think that organic equals healthy. "People think that everything is totally pure. That they can eat an organic tortilla chip and not get fat. They put a lot of magic into the organic properties, but a lot of these products are using organic corn sweeteners. Everyone still has to read the labels."

Member preference plays a huge role in what Schumacher stocks, for better or for worse. "We look at the product suggestion book once a week. If a member request seems reasonable, we might try it out." Sometimes, however, members' "rarefied demands," as Schumacher puts it, for things like goji berries (grown in the Himalayas) are at odds with the Coop's philosophy to buy local and not exploit people in developing countries. "Why in the U.S. do we pick the best foods from these countries? It's a little bit of a struggle," says Schumacher, who tries to find the right balance by locating local suppliers for popular products like kombucha and by supporting fair trade products for commodities like coffee, chocolate and sugar, which tend to come from exploitative labor practices.

Finding the balance between what members want and need, what's good for us and good for the rest of the planet—this is the cooperative philosophy at work, and it's what informs which items appear on our shelves. ■

## PARK SLOPE FOOD COOP

### Product Return Policy

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

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

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

### The Diversity & Equality Committee (DEC) is dedicated to improving human relations and communications through impeccable interpersonal interactions, policies and procedures in the Coop.

The goal is to work toward preventing and eliminating discrimination in the Coop and 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.

**Voicemail** (888) 204-0098

**E-mail** [psfcdiversity-cpr@hotmail.com](mailto:psfcdiversity-cpr@hotmail.com)

**Contact Form or Letter:** DEC Contact forms are available in the literature rack in the ground floor elevator lobby. Place a completed form or other letter/note (anonymously if desired) in a sealed envelope labeled "Attn: Diversity and Equality Committee" and use one of the three methods listed below to get it to the committee.

**Mail** Park Slope Food Coop  
Attention: Diversity & Equality Committee  
782 Union Street  
Brooklyn, New York 11215

**Mail Drop Box** Which is located in the entryway vestibule on the ground floor under the flier caddy.

**Membership Office Mailbox** The DEC has a mailbox in the Membership Office on the second floor of the Coop.

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

# POKER NIGHT



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

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

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

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

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

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



**Food Tours** CONTINUED FROM PAGE 1

enbrink] in the produce aisle wearing her sign and answering questions, and I asked her, what is this big, beautiful vegetable?"

Our tour begins in the Coop's produce section. Before eyeing a single cantaloupe or examining a solitary hunk of jicama (a crunchy, slightly watery and sweet Mexican turnip with about zero calories), however, Nemcova grabs one of the muslin produce bags that hang above shelves full of mangoes and papayas.

"I encourage people to start here and get a bunch of these and just keep reusing them, and when you eventually tally them up at the end your plastic use is significantly reduced as a human being."

While checking out these bags—are they muslin or cheesecloth?—Nemcova is approached by Diana Meckley of Union Street in Park Slope. She will be preparing dinner with her daughter and needs a bunch of mangoes but is unsure how to select them for

Then our tour starts in earnest. "Blueberries are very high in fiber and antioxidants. And watermelon is also, surprisingly, healthy."

"Everything you need [to eat healthfully] is in these first two aisles. You can eat a big bunch of greens every day—kale or collard greens or sorrel, mustard greens, arugula. You boil the kale and collards for a little bit longer than the lighter greens and you drain them all really well. Then you sauté the greens up in a really hot pan with some extra virgin olive oil, a dash of sea salt and pepper. With the lighter greens, you don't need to cook them as long but wash them really well."

Michael Brady of Brooklyn Heights asks about the



**Nemcova explains produce to interested members, above, and provides recipes, such as fennel and arugula salad. "I make this salad all summer long. It's simply flawless," she says (recipe below).**

area of the Coop that food tours focus on, emphasizing the healthfulness and usefulness of beans, the nutritional value of nuts (fattening, true, but also full of protein) along with multiple recipes for making quick meals that don't cost much but deliver a tasty wallop.

Food tours, in fact, are a great source of quick, healthy recipes that use a variety of common and uncommon foods found at the Coop. Whatever a shopper's tastes and time constraints, there are many options to choose from.

Need something quick but filling? Try lentil stew, which can be as fancy or plebian as the cook chooses. "Use it like a French salade niçoise," suggests Nemcova, "which is a real refrigerator salad, a left-over salad. You just add handfuls of whatever you have.

ment that this is what people are meant to eat? I mean, look at all of this—the variety. Lots and lots of vegetables."

Seasonality is of the essence. Early spring, the food tour emphasizes sorrel, watercress, fiddlehead ferns, pea tendrils ("They have the texture of lettuce and the taste of sugar snap peas."). This July, fruit bins are overflowing with not so prohibitively expensive cherries, including organic white cherries, a big difference from last summer's paltry offerings. Cucumbers and berries are also in season now. Come September, the food tour will be completely different, emphasizing squash and root vegetables. Instead of blueberries from New Jersey, look for varieties of apples from orchards upstate. ■

**Fennel and Arugula Salad**

- 1 bulb fennel
- 2 bunches of arugula, washed, stems removed
- 1 lemon
- Extra virgin olive oil
- Sea salt and fresh cracked pepper

Cut out the inner tough core of the fennel (a cone shape), and cut off the stalks. Reserve the stalks for stock, and the fronds for herb garnish. Either by hand or with a mandolin, shave the fennel into paper-thin slices. When you have about a cup of fennel, stop. Toss the arugula with the fennel. Squeeze lemon all over the salad, followed by a healthy drizzle of fragrant olive oil. Sprinkle with a little salt, and a few cracks of pepper. Serves 4.

ripeness. Nemcova tries to help, then finally points out that mangoes aren't native to our area, so of course we don't know how to choose them. "Now, an apple," she states. "We would all know how to choose a nice, ripe apple."

garlic scapes— what does a person do with them, exactly? Use one thin, green spear as a bow to play the violin? Instead of a music lesson, Brady receives a pesto recipe highlighting the gentle garlicky flavor of scapes to their best advantage.

The bulk section is another

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

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

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

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

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

The Park Slope Food Coop  
Reflecting a Better Way

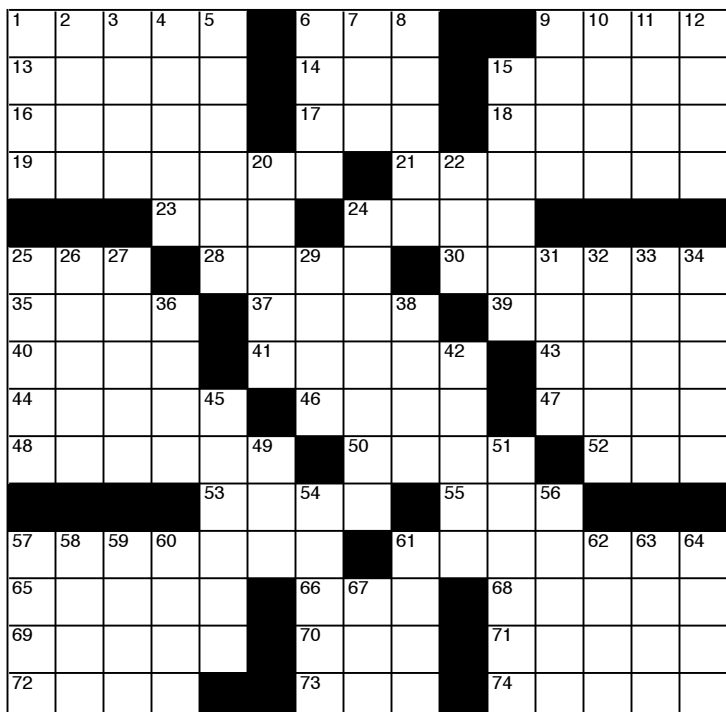
by Myra Klockenbrink

**Sunday**

**August 3 (C Week)**  
**Noon to 2 p.m.**

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

**Puzzle Corner**  
**Queen's English**



**ACROSS**

- 1 French fries in Fulham
- 6 Idiot in Ipswich
- 9 Baby carriage in Birmingham
- 13 Swiss song
- 14 Mind find
- 15 Tranquility
- 16 Atlantic yards centerpiece
- 17 Dream sleep
- 18 Teen troubles
- 19 Snooty way to talk
- 21 Hungry in Hammer-smith
- 23 Bathroom in Bristol
- 24 Fleece
- 25 Aunty, to unk
- 28 Some academic points
- 30 Does a double take, e.g.
- 35 Stumble
- 37 Blocks, bears, etc.
- 39 Appalachian, for one
- 40 Indian musical form
- 41 Lug awkwardly (var.)
- 43 Biblical
- 44 Principle
- 46 Sets the dogs on

**DOWN**

- 47 Medieval defense
- 48 Gasoline in Greenwich
- 50 An attempt
- 52 Typesetter gaps
- 53 Car trunk in Kensington
- 55 Soap-making ingredient
- 57 Modular houses
- 61 Vicarious identification
- 65 Boutonniere locale
- 66 Vex
- 68 Come together
- 69 Free \_\_\_\_\_
- 70 Give the once-over
- 71 Soporific Warhol film of 1963
- 72 Penury
- 73 Kind of herring
- 74 Sows

**DOWN**

- 1 Aqua
- 2 Round dance
- 3 Mid-month for the Romans
- 4 Some of the colonies
- 5 Zigzag
- 6 Illustrator for Mystery
- 7 Isle west of GB
- 8 Pace
- 9 Quarter bushel
- 10 Raja's wife
- 11 Scores a 1600 on the SAT
- 12 Screen-door, for one
- 15 Sugar unit
- 20 Burgles
- 22 Where to find a tympanum
- 24 Beehive builder
- 25 Seriously sore throat
- 26 Piqued
- 27 One of our five
- 29 Fireworks reactions
- 31 Callas lily
- 32 River conveyance

- 33 Greek elder god
- 34 Vegas attraction
- 36 Weak poker hand
- 38 Splinter group
- 42 It comes out of a psalter
- 45 Cool blue
- 49 High tennis shot
- 51 Transportation alternative
- 54 Willow
- 56 Great Seal figure
- 57 It's laid by mouse or man
- 58 Road \_\_\_\_\_
- 59 Rapiet cousin
- 60 Ward off
- 61 Squeaked by
- 62 Put in a difficult position
- 63 Attend
- 64 Ranch affirmatives
- 67 Some whiskies

For answers, see page 8.  
This issue's puzzle author: **Stuart Marquis**



**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 through Friday  
8:00 a.m. to 10:00\* p.m.  
Saturday  
6:00 a.m. to 10:00\* p.m.  
Sunday  
6:00 a.m. to 7:30\* p.m.

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

**Childcare Hours:**

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

**Telephone:**

718-622-0560

**Web address:**

www.foodcoop.com

**LINEWAITERS'  
GAZETTE**

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

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

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

**SUBMISSION GUIDELINES**

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

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

**Voluntary Articles:** Maximum 750 words.

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

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

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

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

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



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ILLUSTRATION BY SUSAN GREENSTEIN

**Monthly on the...**

**Second Saturday  
August 9**

10:00 a.m.–2:00 p.m.

**Third Thursday  
August 21**

7:00 p.m.–9:00 p.m.

**Last Sunday  
August 31**

10:00 a.m.–2:00 p.m.

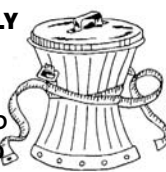
On the sidewalk in front of  
the receiving area at the Coop.

**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.  
Last drop offs will be accepted 10  
minutes prior to our end time to  
allow for sorting.



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WORKSLOT NEEDS

**Plastic Recycling Drivers**

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

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

**Shopping Floor Set-Up and Cleaning**

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

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

**Community Ties Outreach (FTOP Only)**

Community Ties is our directory of businesses offering exclusive discounts to Park Slope Food Coop members. See the new Spring/Summer 2008 issue at www.foodcoop.com or in print at the entrance vestibule. What other businesses would you like to see listed? Which neighborhoods are missing? The Coop needs workers to canvas neighborhoods (via phone and/or foot) to enlist new businesses for a free listing in our upcoming Fall 2008 issue. If you're marketing-savvy and community-minded, schedule an FTOP shift. Leave a voicemail message for Camille Scuria at 888-922-2667, mailbox 87.

CONTINUED ON PAGE 6

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:**

Aug 14 issue: 7:00 p.m., Mon, Aug 4  
 Aug 28 issue: 7:00 p.m., Mon, Aug 18

**CLASSIFIED ADS DEADLINE:**

Aug 14 issue: 7:00 p.m., Wed, Aug 6  
 Aug 28 issue: 7:00 p.m., Wed, Aug 20

**General Meeting**

**TUE, AUG 5**  
 AGENDA SUBMISSIONS: 8:00 p.m.  
 Submissions will be considered for the Aug 26 General Meeting.

**TUE, AUG 26**  
 GENERAL MEETING: 7:00 p.m.  
 The agenda appears in this issue and is available as a flyer in the entryway

**The Coop on the Internet**

[www.foodcoop.com](http://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, August 26, 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 p.m.)**

(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.

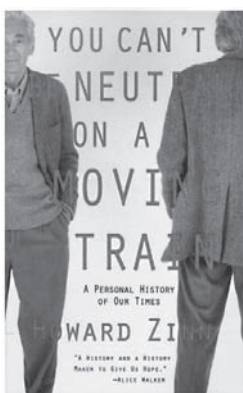
**Park Slope Food Coop Mission Statement**

**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.**

**Friday, August 8**  
**8:00 p.m. at the Coop** **FREE**  
Non members Welcome

**THE NOW FILM SERIES**  
presents

**You Can't Be Neutral on a Moving Train:  
A Personal History of Our Times**



Acclaimed historian Howard Zinn has both chronicled and participated in some of the most important social movements of our time. In *You Can't Be Neutral on a Moving Train*, Zinn's experiences speak to the future as much as to the past: they show in vivid detail how small actions can affect historic change.

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

*Forgiveness*  
WITH MORAIMA SUAREZ

Is there someone you need to forgive?  
Holding on to feelings of hurt, guilt, resentment, blame, anger and the need to punish binds up a lot of your own energy and keeps you locked in the past, instead of being fully present.

The Forgiveness Process allows you to release these negative feelings and completes your own healing.

LEARN TO:

- Forgive yourself and others
- Focus and use the power of unconditional love
- Align your head and your heart
- Use the power and energy of love to relieve stress
- Participate in a group unconditional love meditation


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

**FREE** Non-members welcome **Saturday, August 16**  
**2:00-4:00 at the Coop**

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

**Saturday, August 16**  
**7:30 at the Coop** **FREE**  
Non members Welcome

**ALL POWER TO THE PEOPLE:  
The Black Panther Party and Beyond**




A very important, but rarely seen film about the Black Panthers, Young Lords, and other people's movements of the 1960s, and the conscious lengths that certain government agencies have gone to impede them.

Features: former Black Panther Bobby Seale, former Attorney General Ramsey Clark, former CIA case officer Philip Agee, Leonard Peltier, and Mumia Abu-Jamal.

Rob Falotico is an activist and political researcher whose interests include domestic political assassinations, the government's war on dissent, power elites, and other aspects of U.S. hidden history. He has been a Coop member since 2003.

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

**SUMMERTIME**



...and the living is easy.  
But don't forget your Coop shift!

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


One way to do it is to use the Shift Swap at [www.foodcoop.com](http://www.foodcoop.com)!

**Your co-workers will love you for it!**

**Saturday, August 23**  
**3:00 at the Coop** **FREE**  
Non members Welcome

**Into the Body:  
Tools and Tips for Reducing Stress**


Seeking a sanctuary from stress? Look no further than your own body. In this experiential 90-minute workshop you will:



- Learn five simple tools for body-centered stress reduction
- Practice using these tools to shift from stress to well-being in minutes
- Discover the five secrets to integrating these tools into your life

Please wear comfortable clothing and bring a stressful scenario to work with in your mind.

**NOTE: Due to the experiential nature of this workshop, no one will be admitted after 15 minutes. Thank you for arriving on time!**




Jenny Chafe is the owner of Essential Embodiment, a coaching practice based in Park Slope that helps clients reduce stress using body-centered skills and approaches. Jenny holds a master's degree in somatic counseling psychology from Naropa University and has been a Coop member since 2005.

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

**Friday, August 22**  
**7:00 at the Coop** **FREE**  
Non members Welcome

**The Enlightenment  
Of the Whole Body**




Avatar Adi Da Samraj

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

Pohchoo Lok will present her guru, 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. Live music too!

Pohchoo Lok, originally from Malaysia, is a Coop member now living in the Brooklyn Adidam cooperative community.



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**WORKSLOT NEEDS**

CONTINUED FROM PAGE 5

**Inventory**

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

Work under the supervision of Receiving staff to accurately count and inventory meat, bulk and/or endcap products. Must have good handwriting, be able to do basic arithmetic (weights, fractions, addition), be reliable and have good attention to detail.

**Paper Recycling**

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

Do you have a large vehicle (such as a cargo van, truck, or mini-van with removable seats) and want to help the Coop be a good green citizen? Collect recycled paper from the Coop, bag it, load it into your vehicle and drive it to the paper recycling center. You need to be able to lift and work independently. Reliability a must as you will be the only person coming to do this job on your day. The recycling center is located at 165 43rd St in Brooklyn. If interested, please contact Adriana Becerra at [gcredit@psfc.coop](mailto:gcredit@psfc.coop) or drop by the Membership Office to speak to her.

**Early Morning Receiving/Stocking Committees**

**Monday – Friday, 5:30., 6:00, and 7:00 a.m.**

Early morning Receiving/Stocking squads work with Receiving Coordinators to receive deliveries and stock the store. These squads help to unload delivery trucks, organize products in the basement, load carts, and stock shelves, bulk bins, coolers and produce on the shopping floor. You may be asked to stock perishables in the reach-in freezer or walk-in cooler. Boxes generally weigh between 2 – 20 lbs., a few may weigh up to 50 lbs. Other duties include breaking down cardboard for recycling, preparing produce for display, and general cleaning. You will have the opportunity to work closely with our produce buyers and learn a lot about the produce the Coop sells.

**General Ledger Bookkeeping**

**Friday, Saturday and Sunday**

Are you a detail-oriented person who likes working with numbers and is at ease handling a calculator? General Ledger Bookkeeping might be the workslot for you! General Ledger bookkeeping consists of making entries into the General Ledger, running

a calculator tape to draw account balances and, finally, balancing the General Ledger. The work must be completed in three separate segments, on 3 separate days, between Thursday evening and Sunday evening, allowing some flexibility in scheduling the work. This is all hand entry work, since the Coop bookkeeping system is not computerized. Good handwriting is a must. Prior bookkeeping experience helps. Prerequisites are: 1) must have been a member of the Coop in good standing for 6 months; and 2) must make a six-month commitment to the workslot. If you are interested in this workslot, please speak to Renee St Furcy through the Membership Office.

**Office Setup**

**Monday, Wednesday, Thursday or Friday, 6:00 to 8:30 a.m.**

Need an early riser with lots of energy to do a variety of physical tasks including: setting up tables and chairs, buying food and supplies, labeling and putting away food and supplies, recycling, washing dishes and making coffee. Sound like your dream come true? This job might be for you. Please speak to Adriana or Cynthia in the Membership Office for more information.





## IN DEFENSE OF MEAT

**TO THE EDITOR:**

Louis Lavelle's arguments against the Coop's selling meat seem to be based on a confusion between the two very different systems of meat production that exist in most developed countries, particularly this one. Commercially raised meat is every bit as hard on the environment as he claims it is; it is also incredibly cruel to the animals involved, who are unnaturally confined, unnaturally fed, and often live out their short lives without ever seeing the sun.

But there's another system, in which animals are raised on pasture on small local farms. Most small farmers keep only 50 to a few hundred animals, which spend their lives moving from pasture to pasture (yes, even pigs and chickens like pasture, though in their case it's not so much the grass as the roots, grubs and worms!) Raising animals this way is easier on the environment in every way (including fuel use—some farmers I know power their delivery trucks with used vegetable oil). It's certainly much less harmful than the subdivisions and shopping malls that would replace these farms if the farmers went out of business! It's also, obviously, much easier on the animals.

This is the kind of meat the Coop sells, and by purchasing it, the Coop's helping to provide a market for farmers who treat their land, and their animals, well, as well as alternative choices for those of us who care about how the animals we eat are treated. When meat like this is an option, I think there's really only one good reason not to eat it (unless, of course, you simply don't like it): that you believe it is wrong to kill animals for food.

But in making that decision, I think it's necessary to recognize that the only reason these animals have lives to lose—the only reason they exist at all—is because we want to eat them. So the question really comes down to whether you believe it's preferable to live a short, happy life or not to exist at all. These are not the rabbits of *Watership Down*, whose choice was between a comfortable dependence on humans who would ultimately kill them, or freedom in the wild. These animals have been domesticated for millennia; they could not exist if we did not take care of them.

I think there are good moral arguments on both sides of that issue. My own decision is to eat meat only from animals that have lived natural and happy lives. Unlike commercially raised meat, meat like this isn't cheap. It's expensive to raise and expensive to buy, and if we all ate it, we would all eat a great deal less meat than most Americans do. I don't generally eat meat as a main dish more than once a week, but when I do, I eat it with enjoyment, with gratitude to the animal I'm eating and the farmer who raised it—and without guilt.

Ann Monroe

**PLASTIC RAP****DEAR COOP:**

Gene Hicks writes that since the Coop's ban on plastic bags he has to buy plastic trash bags at the supermarket. I'd like to make a few alterna-

tive suggestions.

The world is lousy with plastic bags. If you need them for trash, every drug store, bodega, deli, clothing store—practically every store out there—has them and will be happy to put your purchases into one. I generally carry a cloth bag, but if I'm out of plastic bags, I'll just ask for one when I go to a store that isn't the Coop.

Another option is buying plastic bags made with recycled plastic. Creating a market for recycled products will help to keep recycling programs going, and they're not as wasteful as "new" bags.

But one of the best resources I've found for plastic bags is right at my feet—they're all over the street. I try to pick up bags I find on the street, and many of them are brand new, clean and intact. I take them home and use them for my trash. If they have holes in them, I throw them away at the next corner. If every Coop member picked up a couple of bags a week, our beautiful trees would be plastic free and our streets would be much cleaner.

So don't worry, Gene, you have a lot of bag options. Good luck!

Sarah Wenk

**OFF-COLOR SUMMONSES**

Remember "The Gates"? It's back in Park Slope

*As saffron blows in the gust,  
Diminutive flags that're draped on cars  
By Brownies you can trust—  
To leave such tickets whenever owners  
And traffic signs in the streets  
Go off in very different directions  
On alternate-parking beats.  
Surprise, surprise, no-no's are back  
With the end of parking nirvana  
As dropping off one's car becomes  
A slippery peel of banana.  
Who knows just which of these ticketed cars  
Have been in place for weeks  
And will remain right where they are  
Resembling dusty antiques.  
A Third Streeter cellphoned her neighbor  
On extended holiday  
In Patagonia "Get back quickly  
Before your Ford's towed away!"  
One thing's for sure: those orange forms  
Will keep flying till summer's down  
And some poor schnooks returning home  
Will curse both saffron and brown.*

Leon Freilich

**SODA THANKS!****DEAR COOP:**

Many thanks to Annie Oxidian Martinez and Andrea Tosto. After reading your letter about Soda Club USA, I checked their website ([www.sodaclubusa.com](http://www.sodaclubusa.com)) and decided that it could be the way to go for me. I just received delivery of my kit and I must say that it makes me very happy—no more schlepping bottles, I'm contributing to the reduction of our carbon footprint and it truly is easy and fast to use!

Check it out, fellow Food Coopers! And no, I don't own any of their stock.

Sara Valentine

**GAZETTE GRIPES****DEAR COOP:**

"A fact which allows us to hope the Resurrection will reflect a consider-

able attention to detail."—Marilynne Robinson

Friends and fellow inmates, I Work for You! Isn't it about time to get together some house parties, phone trees, petition campaigns and try to get me elected next year, OK?

(Part 2 of 2. We were talking about the frequent articles on Inmates the editors of the Dynasty-supported *Gazette* decide are newsworthy.)

Why not offer everyone an interview with a *Gazette* reporter on joining and leaving the Co-Op, and once in five years if they haven't left? Why not have an impartial committee select the members to be featured in what mostly amount to puff pieces? I would like to be interviewed—I have worked relentlessly for the Co-Op for 14 years!—are they afraid I would say something wrong?—or do they fear that a reporter could express the benefits and necessity of representative democracy more clearly than I could?

The *Gazette* is a tremendous enterprise—there are four squads, each one putting out a paper every 8 weeks! Not to mention the cost of the equipment and the space they take up in the Co-Op that could be used for social causes or the democratic process. They print 3,000 copies! People say one copy is read by more than one person; I say it might be read by less than one person as they turn over 3 or 4 pages and then throw it back into the shopping cart! The typical response I get when I ask about the *Gazette* is "I don't read it."

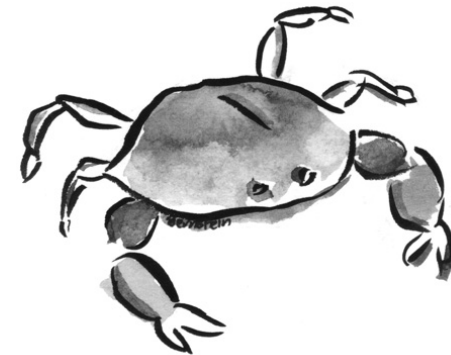
Ed Levy, evidently another stalwart of the Dynasty, writes an article in the July 3rd issue about the Household Rule, wherein everyone in a household has to join. Nowhere does he even mention any way out—some reporter. Like my oft-mentioned idea

that we could simply monitor the purchases of members and investigate when they seemed inappropriate. Speaking of the Dynasty, there is a reporter named Alison Levy in the same issue, hmmmm!

Around 1994, when I was a new member, two of the Directors and two of the Rulers were married to each other without informing the membership. And the Chair of the Government Reform Committee was married to a paid employee.

But I am unfair. Of course the *Gazette* is an oasis of tranquility in the bumpy world of peak oil, barricades of burning tires and endless war. It is a zone completely free of commentary, opinion, columns, fiction, poetry except for one insipid exception, art except for mostly wallpaper-like cartoons, analytical thinking about anything more political than chemistry, and we could go on. Is this the Co-Op that the Town Meeting built? I'm afraid that it is!

Albert Baron Solomon  
718-768-9079, [hobces@yahoo.com](mailto:hobces@yahoo.com)  
Homoeopathic Visionary  
Scrivener to the Pacifica Foundation  
[PACVID1.com](http://PACVID1.com)  
11-Time Candidate for the Park Slope  
Food Co-Op Board of Directors

**LETTERS POLICY**

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

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

You may submit on paper, typed or very legibly handwritten, or via email to [GazetteSubmissions@psfc.coop](mailto:GazetteSubmissions@psfc.coop) or on disk.

**Anonymity**

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

**Fairness**

In order to provide fair, comprehensive, factual coverage:

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

observation.

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

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

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

**Respect**

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



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**To Submit Classified or Display Ads:**

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

**CLASSES/GROUPS**

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

**BKLYNBIRTH - Childbirth Education.** This dynamic course covers labor & birth, postpartum, breastfeeding & newborn care. Classes are taught by three local midwives & mothers. We will help you discover what you need to know to have a safe & satisfying birth experience. Coop members receive 10% discount. [bklynbirth@gmail.com](mailto:bklynbirth@gmail.com). 347-628-7793, Sabrina Hellman.

**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.

**NEED AN ELECTRICIAN,** call Art Cabrera at 718-965-0327. Celebrating 35 yrs. in the electrical industry, skilled in all aspects of field from single outlets to whole buildings. Trouble shooting specialist. No job turned away. Original Coop member, born in Brooklyn. Brownstone specialist, low voltage & 220 wiring.

**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.tguccionelaw.com](http://www.tguccionelaw.com).

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

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

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

**NEED HELP** with weeding, composting or vegetable gardening? I am a Master Composter with extensive organic vegetable-growing experience and a certificate in Permaculture Design. You provide tools and materials; I provide labor, expertise and education. Call Helen at 510-326-8503 or email [madgelma@hotmail.com](mailto:madgelma@hotmail.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.

**SERVICES-HEALTH**

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

**HOLISTIC 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. [holisticcecare.com](http://holisticcecare.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.

**DEALING** with a parent's dementia? Coping with an elderly parent can be depressing and confusing as well as a wrestling match if you and your siblings don't see eye-to-eye. Please call me, Dr. Helen Wintrob, a licensed psychologist and trained family therapist at 718-783-0913, for help. Park Slope Office. Insurance accepted.

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

**HOME HEALTH CARE.** Extraordinary adult caregiver available. Brenda worked with my mom for a year. She's compassionate, caring, competent, resourceful, conscientious and something of a medical intuitive. Call me for further info. Richard 718-282-6175.

**WHAT'S FOR FREE**

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



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**HOUSING AVAILABLE**

**WINDSOR TERRACE.** \$525k. Spacious & Sunny 2BR/2BTH and big L.R. around 1200 ft. Great Coop prewar building. High ceilings, hardwood floors, lots of windows & closet space. Easy parking around the neighborhood. Two blocks away from Prospect Park & the subway stop Fort Hamilton. 718-438-7920.

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**HOUSING WANTED**

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