Manager’s Corner

by Glenn Begmax, General Manager

We have all worked hard over the last few years to make this co-op a viable business for our members, but also for our community here in Mt. Airy and the North-west section. I am proud when I read about all of the grants given out through our Environmental Committee to many neighborhood groups that are not asking for a lot, but just want to get out there on a Saturday or Sunday to clean a park, plant trees, or just help make their neighborhood better. The vast number of people who have sent their plastic and cardboard recycling to our once a month collection site have helped make this program work. People from all walks of life and different socioeconomic levels working together and getting a chance to interact and mingle, even for only a few minutes. Teaching our kids that recycling can be done as a community event, and that we are not alone.

This month, after many years, the Weavers Way recycling program comes to an end. The city says it will be accepting plastic and cardboard. Let’s hope they will and that this works well. I am sure that the WW Environment Committee will want to hear from you about the program and make sure that we are not giving up something.

Lively Debate on Bylaw Changes at Spring General Membership Meeting

by Jay Winston

The meeting began with general announcements, including the information that a sign language interpreter will now be available for Co-op meetings as needed, and approval of minutes from the fall 2007 General Membership Meeting. Co-op Purchasing Manager Norman Weiss then paid tribute to Weavers Way founder Jules Timerman and presented an inscribed bench in his honor. The bench is now in front of the store.

Getting into the business of the meeting, Vice President Nancy Weinman brought up proposed changes in Co-op by-laws, initiating the some of the liveliest and most contentious discussions of the evening. Most of the recommended changes involved minor and largely uncontentious.

Ground Broken at MLK Farm

by Barbara Sherr

As groundbreaking ceremonies for the Seeds for Learning program at the Martin Luther King High School in Germantown got underway, June 13, the “pop, pop, pop” sounds clearly drew the attention of attendees and the array of television crews, reporters and photographers on hand.

“No, you don’t have to duck,” said Sherrine Wilkins, Executive Director, School Services, Foundations, Inc. as the audience jumped at the sound of the balloons popping due to the heat. “This is a new era at Martin Luther King High. You will see firsthand the growth here, the seeds of change through the Seeds for Learning program.” She thanked the media for covering a positive story in the neighborhood where television crews typically arrive following a shooting or violent crime. Others echoed her remarks.

(continued on page 4)
Shuttle

Editor's Note
by Jonathan McGoran

We have a new store in West Oak Lane, a new farm at Martin Luther King High School, a new board of directors, but the big news is... stinkbugs. Not just any old stink bugs, because that wouldn't really be news, I'm talking about those big Chine-
ese stinkbugs that first showed up in my house three years ago. We found a picture of them in my son's "big book of bugs." Shield bugs, they were called, and they were eating, in the kitchen! The books didn't say anything about them being stink bugs or exotic invasives. And it didn't tell us that they would be soon be climbing up curtains, boozing off light fixtures, and falling into un-washed beverages.

Yeah!

I did a little research and was shocked to learn they were an invasive species and that in a few short years they had spread across most of Pennsylvania in great numbers. Suddenly, they seemed downright sus-
extended, I couldn't even smell them yet.

That treat didn't happen until just a couple of months ago, on one of those, "There's a Blackhawk helicopter buzzing around our bedroom that somehow van-
ishes any time I turn the light on" nights. After the third failed attempt to find the damn thing, I gave up (making a mental note to sleep more and leave the bedroom curtains open). Lying in the darkness, breathing through my nose, I was suddenly overwhelmed by a

strong smell, like citronella, garbage and

noses, I was suddenly overwhelmed by a

in the darkness, breathing through my

sweat to the great stinking beyond.

down, smiling as it surfed the circular sep-

ding any time I turn the light on" nights.

bers. Suddenly, they seemed downright sin-

ners stinkbugs that first showed up in

farm at Martin Luther

Way Co-op.

deadlines for each issue are

the first of the preceding month,

g. August 1 for September issue

Statement of Policy

Articulate should be under 100 words and can be submitted neatly typed, on disk, or e-
mailed to editor@weaversway.coop.

The Shuttle is published by

Weavers Way Co-op

Weavers Way Farm a Popular Education Destination
by David Zeh, Weavers Way Farmer

Farm is in Full Summer Swing
by David Zeh, Weavers Way Farmer

Summer is here, and with it comes heat

and an abundance of fresh produce from the

farm. Yes, that's right; you'll no longer have to

subsist on greens and root crops alone! In fact some of the greens will be disappearing until the cooler fall tempera-

ures arrive, but will be replaced by greens

beans, carrots, eggplant, okra, onions, pep-

pers, and 15 varieties of heirloom toma-

toes, certain to please the most discerning

parate. Hopefully the weather will continue to

seasonally appropriate and these
crops will grow well.

Though we had a warmer than usual

April, May brought with it some wonderful

spring-liked temperatures and rainfall that
gave us gorgeous greens and beautiful

broccoli, and also kept the flea beetles at bay. Regular inter-vals of rain helped to keep the soil moist for direct-seeded root crops and also helped establish our spring planted summer crops. We planted most of these at our annual Planting Day on May 10. After a rousing performance by the

Kingsessing Morrismen, about 20 volun-
teers stayed to plant all of our tomatoes,

summer squash, cucumbers, and the pep-
pers that were ready to go in. Some particu-
larly energetic volunteers also helped to

lay black plastic on the beds -- no easy task

when the idea of working without a tractor. The

black plastic will keep the weeds down and

the soil warm, and will increase the yield of
tomatoes.

Speaking of yields, we tripled our May

sales compared to last year! $2,300 in 2007,

$6,600 in 2008. This is mainly due to three

things: growing many more greens we didn't grow last year, having more space to grow early in the season, and selling at

farmers' markets (where we get retail price for our veggies). We had record sales during the first couple weeks of the Headhouse market --

$1,100 in one particular
to day (over the course of about 2.5 hours, actually). Not all of the produce vendors were selling yet, so we were almost the only

source of fresh greens, and we sold just about every item we showed up with. Being in Philadelphia, we enjoy a little bit warmer climate than those farmers in the surrounding counties. Using a rototiller and hand labor, we are able to get into the

field earlier in the season than those with larger tractors that will get stuck in the mud. Both of these factors combine to give us a jump on the season.

Other sales outlets are, of course, the

Co-op on any day of the week, and the

Weavers Way farmers' market on Thursday afternoons from 3-7 p.m. We often bring a

few items to market that aren't available in the Co-op so stop by and see us. If you happen to be downtown, you can also find our produce at the Fair Food Farmstand at the Reading Terminal Market. Recently, Nicole, who lives in West Philly, has been delivering our produce there via bike cart. This goes a long way towards cutting back on fossil fuels in farming, but it has its lim-

its. We'll need a fleet of these things if the
deliveries get much bigger.

These students from West Oak Lane Charter School are such regular visitors, not only do they know the

answers to David Siller's farm questions (LEFT), but they also know all the moves to his farm dance (RIGHT).

The Shuttle is printed on 100% recycled paper

THE SHUTTLE

JULY 2008

Peas in the Pod Market in Glenside. Our

Produce Market in Northern Liberties and

Almanac Market in Fishtown, Cornerstone

Mariposa food coop in West Philadelphia,

locally minded health food stores, including

COCO-berry, and membership number. Drop them off by

Deadline to the

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mail to editor@weaversway.coop.

The last day to submit articles is the 10th of the

e.g. August 1 for September issue.

The Shuttle is published by

Weavers Way Co-op

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Statement of Policy

Articles should be under 500 words and can be submitted neatly typed, on disk, or e-

mailed to editor@weaversway.coop.

To be sure to include your name, phone num-

ber, and membership number. Drop them off by

the deadline to the Shuttle mailbox on the se-

cond floor of the Co-op. The purpose of the

Shuttle is to provide members with information as well as education about co-ops, health food

practices, and other matters of interest to the

members as consumers and citizens of the commu-

nity.

Articles express only the views of the writ-

ers and not those of the Co-op or the board

of directors, unless identified as such. Articles,

letters, comments, and suggestions are wel-

come and should be directed to the editor. Space

limitations require that the editor has the

right to edit all articles. Ad rates are available upon request, in the advertising mailbox on the

second floor, or at www.weaversway.coop.

All ads must be submitted electronically, or car-

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Making Cheese the Old Fashioned Way
by Maggie Fisher, Del Manager
I grew up in a small town in southern Chester County. Surrounded by our town were farms, cornfields, creeks, and woods. Housing developments were just beginning and there was only one mall. Today, the beautiful old farms are surrounded by newly constructed mansions instead of pastures, most of the trees have been cut down and the cornfields are strip malls.

A few months ago, at a tasting of local cheeses, I was invited to make cheese with Susan Mac at Birchrun Hills, her farm in Chester County. I drove out of the city with another Co-op member who was also interested in learning how to make cheese. We left the city, passed the new treeless suburbs of corporate centers and entered an area of northern Chester County where farmhouses are still located on farms and cows hang out in pastures eating grass. It was great to see that not everything was cut down and rebuilt.

The cheese making actually took place at a neighboring farm that was better equipped for this process. We entered a room where the raw milk from Susan’s farm was being stirred in a large stainless steel vat (cultures and rennet were already added). The milk had to be stirred for one hour while it was slowly warmed. We took turns stirring the milk and although I thought my arms were strong from shucking meat in the deli, I soon learned they were not strong enough to stir the milk for more than a few minutes at a time. Once the curds separated from the whey and the milk reached the proper temperature, the whey was siphoned off into buckets where it would be used to feed pigs. Our next task was to press the curds into molds and to add the molds with salt. After half an hour we flipped the cheeses in the mold so they would press evenly. The cheese would then age for a few months in the humidity-controlled aging room in the basement. The cheese we made was called Alpine Swiss. Susan also makes a blue cheese called Birchrun Blue. Susan marked the cheese we made so in a few months we can sell it in the store. In the mean time, she sent us home with a beautiful wheel of Swiss and two wheels of blue. Look for the Birchrun Farms cheeses in the specialty cheese section of the prepared food case.

To complete our day in the country, we had lunch at Kimberton Whole Foods store and stopped at Seven Star Farm where our yogart is made.

There are many new terms being used at the Co-op and other places to describe the food you buy. The list to the right is from the Philadelphia local food guide coordinated by White Dog Community Enterprises and I thought it might be helpful at the Co-op and other places to describe the food you buy. The list to the right is from the Philadelphia local food guide coordinated by White Dog Community Enterprises and I thought it might be helpful.

Value-Added Products: Farm products that have been processed in some way such as jam, jelly, pickles, and pies.

Certified Organic: Food that has been USDA certified to be raised free of pesticides, hormones, and sub-therapeutic antibiotics.

Chemical Free: Crops (including produce and animal feed) grown entirely without the use of chemicals.

Conventional Agriculture: A resource intensive agricultural system, relying heavily on machinery and chemicals to raise crops and live stock.

Free-Range/Free Roaming: Animals that have been raised for all of their lives in systems where they may freely move about in an unconfined manner.

Grass-Fed: Animals that have been raised entirely on grass and are fed little or no grain. This term applies specifically to ruminant animals like cows that are meant to eat grass.

Hormone & Antibiotic Free: Animals that have never been confined to a feedlot or feeding floor and have had continuous and unconfined access to pasture throughout their lives.

Sustainable Agriculture: A holistic method of agricultural production and distribution that strives to be ecologically sound, economically viable, and socially just for present and future generations.

July’s Hidden Treasure in the Deli
I don’t know if this is hidden but it is definitely a treasure. Michele’s Tofu Tahini Dip was created by Michele’s Michele’s Originals, but it is now made by Helen’s Pure Foods in Cheltenham, PA.

This dip is great with chips, vegetables, crackers or as a spread on sandwiches. For those of you that are tired of hummus give this healthy and delicious dip a try.

One of my favorite sandwich sometimes sold in the prepared foods case is Le’s Bus multigrain bread with Tofu Tahini, baked tofu (from Fresh Tofu Inc.), roasted peppers, cucumber slices and sprouts.

Fiddlehead Ferns
by Bonny Sloan, Prepared Foods Manager
Well, by the time you are reading this, the topic of this article will be out of season, but I am so excited by my first-time experience with it that I wanted to share it with you anyway. What, you ask, could be so exciting to write about even though it will be old news by the time it is published? My first time making and eating fiddlehead ferns. Fiddleheads are young fern fronds that have not yet opened. The ferns get their name for their close resemblance to the curled ornamentation on the end of a fiddle. Once the ferns have opened, it is no longer edible. Some of you may have noticed the ferns in the store for a few weeks in May. Sadly though, fiddlehead ferns are only around for those short few weeks, so you have to get them while the getting is good – and fiddleheads are darn good. The fiddleheads are also known as the ostrich fern or the pokole fern. The ferns we carried were probably from New England, but they grow as far north as Canada. When buying fiddlehead ferns, you want to look for ferns that are tightly coiled and not too moist. The fern will have a brown, thin, paper-like coat called the chaff. You can remove this greatly by hand or you can hastily wash the ferns to remove the chaff. I also trim the brown part of the stem where the fern was picked. The fiddlehead is a versatile vegetable and can be used in a variety of ways, from soup to grilling. I am a purist and prefer to eat them very simply as I don’t like a lot of other ingredients competing with their delicate flavor, which is often compared to that of asparagus.

(continued on page 4)
The effect of getting a better coverage plan that our staff can afford and helping the staff pay for the increases (42 percent) that Aetna is forcing on us means that our health care bill for 2008-09 fiscal year has just jumped by another $90,000 or a total of about $180,000!

No other expense for the Co-op is going up that quickly (food prices are rising at four to five percent, labor at 12 percent). This increase will erode about 1/3 of our percent profit. I had just put a budget in front of the board that showed a 2.5 percent profit, but with this increase we will have to show a profit of less than two percent. All this work we do and the money we raise from selling product, and the profit is only a few pennies. I am required to show your board a two-percent profit to help keep the cash flow positive after all investments in the business each year. I am now forced to go back to the board and look at what has to be cut or held up for implementation. This is a direct effect of our medical costs.

I know that our members want to make sure that our staff (hourly and management) are taken care of for their health care coverage and retirement plan (which we also covered in the budget). We have dedicated older staff who have worked to fulfill our mission, but because they are experiencing some medical bills that might be high, it does not seem fair to be hitting the Co-op instead of spreading this expense over Aetna’s entire population. We have paid our medical insurance year after year. We do not know what our true utilization is of the system since Aetna does not provide this data to us. We, as all purchasers of health care coverage, are in a situation where we are purchasing a service and have no idea what we are getting for this coverage. We have no idea what Aetna pays for the utilization that they have “negotiated” on our behalf (give me a break).

It is also worth noting that while raising rates 42 percent, Aetna is reporting net profit for 2007 of $1.83 billion, up 7.6 percent from 2006 profits of $1.7 billion. Many of the staff have talked about protesting, I support that fully. Perhaps we should have paid work release time to allow staff to go to the insurance company doors and Congress to protest and help force change. So do not be surprised if we report in our quarterly financial results this year a below the line charge for “Insurance Protest Costs” – it might be one of the Co-op’s better investments for our future.
Most of us are aware of the increasing scrutiny prompted by last year's pet food recalls. It has become a sort of symbol of the changing perspective towards pet food. The event provided an opportunity to enrich the public's awareness of the benefits of choosing better quality pet foods. I personally will not look at a pet food label in the same light again. This process has served to educate me and provide me the ability to make the best choices for the Co-op pet store. Over the last year, we have made informed changes to the product line reflecting our values and the standard that they imply. Part of these changes have included cutting back on the amount of Science Diet inventory we carry in the store. We no longer carry their dog food products, with the exception of the jerky treats, and we have streamlined the feline products to include only the most popular formulas.

Just after the recall began, I contributed my first article to the Shuttle. In that article I wrote that Hill's Science Diet products were not necessarily the best option. The truth is that Science Diet is a far inferior product than most of what we carry in the pet store. The very first ingredient is chicken by-product meal. When you add rice, animal fat, corn gluten meal, chicken liver flavor, you are left with a product consisting of by-products, food fractions, fat from unknown sources, and corn gluten, which is indicative of a heavily grain-laden poor quality product. A consumer could purchase a bag of Purina with very similar ingredients for half the price. Though I am not sure that pet owners are purchasing Science Diet with the knowledge of what it contains due to the exceptional reputation that this company has achieved. What bothers me most about the Hill's Corporation is not that they are making a poor quality product but that they are passing it off as top of the line. They are boasting health benefits that simply cannot coexist with the ingredients that are used. The company has long taken advantage of their status and reaped the rewards by capitalizing on delivering much less than their promise. Veterinarians are still recommending Science Diet. Hill's manufactures “Vet only” formulas meant to treat animals with sensitivities and illnesses. These formulas contain ingredients no better than the regular line. They too are loaded with by-products and fillers. I am not a veterinarian, but I am naturally suspicious of a product meant to promote health that contains nothing remotely "healthy." I would not feed my pets these products and I hope others will follow suit. Hill's is a huge corporation interested in what most corporations are interested in: money.

While I have been unhappy with this product all along, I have chosen to continue to stock it because there are still many members who purchase it. I did however have a recent experience that has prompted me to reconsider. It seems that Hill's is involved in a great deal of restructuring within their organization. It is no wonder, given the impact of the climate in the pet food industry. The result was that I received a visit from our new – and, as she explained, possibly temporary – sales representative. It was somewhat of a change, as the old rep was not very involved. She was pleasant and personable. She offered information on what was going on within the company and what we might expect in the months to follow. She wanted to introduce the new product line, which is clearly Hill's response to the recalls and its aftermath. She gave me the literature and, while I didn't believe that Science Diet was making a huge transformation, I did feel as if the new product seemed to be a move in the right direction.

This product is very cleverly aimed at carving out a neat little profit from what advertisers perceive as the “health nut, granola and Birkenstocks" crowd that, after the recalls, decided not to use Science Diet any longer. The front of the bag boasts “Ocean fish is the first ingredient.” What it fails to advertise is that the second ingredient is maize gluten meal. This for me is really the defining element. Changing the word corn to maize does not change the fact that it is filler. This is so plainly deceptive that it is bordering on offensive. These two ingredients have been producing quality all along. That its first ingredient was not a by product seemed to be a move in the right direction.

As the rep went on about vitamins and minerals, I agreed to begin stocking this new product and I thought that possibly we could replace the whole line with the more “natural” option. I thought of it as the lesser of two evils. On Monday when the delivery arrived, however, I was forced to revise my plans as I was confronted with the reality of big business. Hill's' new product is called Nature's Best. It is displayed in packaging that illustrates grassy fields and is presumably meant to evoke a feeling of nature.

I am not a veterinarian, but I am naturally suspicious of a product meant to promote health that contains nothing remotely "healthy." I would not feed my pets these products and I hope others will follow suit. Hill's is a huge corporation interested in what most corporations are interested in: money. While I have been unhappy with this product all along, I have chosen to continue to stock it because there are still many members who purchase it. I did however have a recent experience that has prompted me to reconsider. It seems that Hill's is involved in a great deal of restructuring within their organization. It is no wonder, given the impact of the climate in the pet food industry. The result was that I received a visit from our new – and, as she explained, possibly temporary – sales representative. It was somewhat of a change, as the old rep was not very involved. She was pleasant and personable. She offered information on what was going on within the company and what we might expect in the months to follow. She wanted to introduce the new product line, which is clearly Hill's response to the recalls and its aftermath. She gave me the literature and, while I didn't believe that Science Diet was making a huge transformation, I did feel as if the new product seemed to be a move in the right direction.

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A number of current proposed changes, however, were significant and, in some cases, controversial. Before raising the proposed changes for consideration, Nancy explained that contrary to a statement at the last general membership meeting that the board was considering changes to the bylaws relating to committees and membership requirements, the board concluded that it is not ready to make any recommendations for changes on these issues at this time. Nancy said that the board will be engaging members and committees in further discussions and will make a proposal when a decision has been made on what changes would be in the best interest of the members. The first two changes brought up for consideration at the meeting involved giving more members the opportunity to vote. First of these was a new section allowing members to vote without attending general membership meetings and instead providing the opportunity to submit ballots. Second, a proposal was made to use ballots rather than a show of hands at general membership meetings voting on changes in bylaws. In both cases, ballot boxes would be placed in Co-op stores and at least 75 ballots would have to be received for the vote to be considered an act of the membership. Both of these resolutions were adopted by near-unanimous votes.

A number of proposed changes involving the makeup of the board of directors were then introduced, which caused a bit more disagreement. The board will now include a designated slot for the immediate past president of the board if he or she is willing and able to serve and from nine to 11 members elected at large, a maximum of two of whom may be Co-op employees. At the same time, it was recommended that staff members will now be treated like any other members of the Co-op in running for seats on the board. In other words, there will no longer be a requirement for the board to include members of the staff. This change inspired some debate among the assembled membership, some of whom felt strongly that staff representation on the board was important and needed to be protected.

Board member and staff representative Dave Tukey pointed out that staff members on the board are elected by the general membership rather than specifically by fellow staff members. Thus, as it is, they are not necessarily representatives of the interests or opinions of the staff. In addition, their dual roles as staff and board members create potential conflicts. Josh Giblin responded to a member’s question concerning the potential lack of staff representation, pointing out that, while serving simultaneously as board member and staff member, he found himself in an ambivalent position as a director advising the general manager for whom he works. In addition, he argued that the requirement for staff membership on the board may put pressure to serve on the board on staff members who do not want the responsibility. It was emphasized that, in fact, staff members, rather than being forcibly disenfranchised by this change, support it.

To give a bit more perspective, Dave (continued on page 7)
Is There a Board Vacancy?

A mistake in the ballot for the recent Weavers Way elections has the board now scratching its collective head trying to figure out if there is a vacancy on the board. The problem arose when the ballot was prepared for initial publication in the April Shuttle. There were eight at-large candidates and the intention of the Leadership Committee (composed of volunteer members to oversee the elections) was to allow voting by board appointment. At first glance, the question of whether or not there is a vacancy on the board might seem obvious.

However, during the meeting we noted that because of the mistake, the size of the current board is now ten. The board considered a couple of options at its June 3 meeting. One option was the possibility of holding a special election by the membership, but given the fact that the current board size is still with the range specified in the bylaws, it was decided that the cost and effort were not justified. The board also considered treating the 11th board seat as a vacancy and filling it according to the method prescribed in the bylaws, i.e., by board appointment. At first glance, the question of whether or not there is a vacancy on the board might seem obvious. However, during the meeting we noted that our bylaws specify a range (9 to 11 at the time of the election) rather than a specific number of board members. Moreover, our bylaws do not define what constitutes a vacancy. Since the question was important, but not particularly urgent, the board decided to seek legal counsel before making a decision. The board will report developments to the membership as they occur.

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**High Point Cafe**
High Point Cafe is a small neighborhood cafe serving the West Mt. Airy community. High Point serves only the highest quality handcrafted pastries created daily by our pastry chef along with housemade crepes and the best espresso in town.

OPEN EVERYDAY
7:00am — 5:00pm
602 Carpenter Lane, West Mt. Airy, 215-849-5153

**Open Fair Market**
Opening June 17
Chew Ave. & Johnson Sts.
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**GermanTOWN Farmers’ Market**
Germantown Ave. & Walnut Ln.
Fridays 2-6pm

**Cliveden Park Farmers’ Market**
Chew Ave. & Johnson Sts.
Wednesdays 2-6pm
Opening June 18

**West Oak Lane Farmers’ Market**
Ogontz & 71 Aves.
Tuesdays 2-6pm
Opening June 17

Supported by a grant from State Representative John Myers

(continued on page 21)
Weavers Way Film Series

Montgomery to Memphis

by Larry Ischler

Martin Luther King – From Montgomery to Memphis. It's hard to know what to say about this film, which was shown in the Weavers Way Education Committee film series in May. I lived through this period, and I have read a lot of books about Dr. King and about the civil rights movement, but this film goes beyond all that.

This is truly an inspirational film. Forget about the flaws in King's character; forget about the political maneuverings in the Southern Christian Leadership Conference; forget about all those things – just focus on the man! The film shows what an inspirational figure he was.

The documentary is unusual in that there is no documentary; it consists entirely of film from the 1950s and 1960s. Most of the speaking is by King himself, with a few snatches from other people, both in opposition and in support. The Montgomery bus boycott comes alive. Montgomery, Selma, Chicago, Memphis. The story is unbelievable.

Then comes the ending. At his funeral, the tape of his last sermon was played – and it was a eulogy by Martin Luther King Jr. about the death of Martin Luther King Jr.!

I think kids in the schools should see this film, to see what parts of America were like back then. It wasn't so long ago, and things are quite different now – though we still haven't made it to the Promised Land.

The documentary won an award in 1970. The original was 180 minutes; this is 103 minutes. The entire original film is not commercially available. The film is available for rental at the Video Library, where we show our monthly films.

The animated tale about the round-headed child, Oblio, born into a world where everything and everyone has a point, and his faithful dog Arrow, narrated by Ringo Starr and featuring the Harry Nilson song “Me and My Arrow.”

Singer/songwriter Harry Nilson wrote and produced this touching animated tale in 1971, and contributed some classic songs for the soundtrack. The soft Liverpudlian lilt of ex-Beatle Ringo Starr narrates the tale, telling the story of Oblio: A sad outcast from the village of “Point.” largely eschewed by the local villagers due to his round head. The adventures of Oblio and his trusty sidekick dog Arrow subsequently take shape in the “Pointless Forest,” a wonderland filled with colorful characters and some enchanting secrets.

Ringo Starr’s narration, especially when he takes the role of a father reading the story of Oblio and the Land of Point to his son, is amusing. The message about accepting diversity is clear without being pushy or strident. The Point is suitable for children and will entertain adults. While there is child to child unpleasantness between Oblio and the Count’s son, and Oblio’s banishment from home is sad, there is no violence or threat of violence, and the bizarre denizens of the Pointless Forest are benign.

Wednesday, July 9, 6:30 p.m.

Video Library, 7141 Germantown Ave.
The High Point is “the Place”

by Peter Samuel

We often overlook how one person can make a difference in the community.

In Mt. Airy, Meg Hagele, manager of the High Point Café on Carpenter Lane, has brought an energy and enthusiasm that has resonated with many people in our neighborhood.

“She is the Queen of Mt. Airy,” says Co-op General Manager Glenn Bergman. “We couldn’t live without the High Point and the way it has given Co-op members a place to go and socialize.”

If you shop at Weaver’s Way, it would be difficult not to notice how the High Point has become a presence in the neighborhood, and in very short time given the retail area surrounding the Co-op a much needed boost and focus.

“I go there two or three times a day,” says Nick Gregory, a professional juggler who lives a short walk from the café. “At seven in the morning there is a bit of a coffee clatch there,” he tells me. “I have come to depend on their espresso – it has something to do with their attention to detail that makes it so good.”

Hagele (pronounced ‘Hay-Glee’) sits down on a Sunday afternoon to tell me about herself and the café which she started just three years ago, but ends up talking about herself and the neighborhood.

“We return to our family in Philadelphia. She has been here as in Seattle. I actually prefer to train new people myself so I don’t have to wrestle with habits they may have learned somewhere else.”

There is a wonderful busy buzz in the orange and green painted space and clearly everyone is happily engaged in conversation, including people gathered outside.

“We have an interest in creating community, and Mt. Airy is an extraordinary place for that,” she says. We are sitting at one of the eight cozy tables in the café, “after the morning rush,” although people are still patiently lined up at the counter waiting for their coffee drinks and beautiful pastries. Meg is often interrupted by customers who greet her warmly. It is obvious that she has made lots of friends here and people seem to brightness when they catch the glow of her good-natured smile.

“I estimate 98 per cent of my customers are regulars,” she confides. “It’s great being the place. Couples come here for special occasions; kids want to have their birthdays here. It’s wonderful to be the center of things.”

She tells me how she discovered her prior pastry chef, Jim Flatt, through Craig’s List and how phenomenal he was in producing foods that helped the High Point develop a reputation all over the city. “We have gotten to be known for everything: pastries, quiche, and even our crepes that I think would just be a sideline,” she explains. “And of course there is our coffee.”

When she and her husband were in Seattle, Meg encouraged one of her friends to start a coffee shop.

Her husband Curtis Coyote is an artist, and has helped with things like creating the sign over the window, and is also in charge of the bi-monthly art shows that adorn the walls of the café. “They are all shows of local artists. We don’t charge a commission, and we are currently booked through 2009,” Meg says. “We also put up kids’ work, like from the Henry school, for a week before the next local artist show goes up.”

She catches her breath after the active pace behind the counter and seems grateful to sit for a while. Her crew doesn’t miss a beat.

“We are currently booked through the bi-monthly art shows that adorn the walls of the café. “They are all shows of local artists. We don’t charge a commission, and we are currently booked through 2009,” Meg says. “We also put up kids’ work, like from the Henry school, for a week before the next local artist show goes up.”

She catches her breath after the active pace behind the counter and seems grateful to sit for a while. Her crew doesn’t miss a beat as they turn things over to them. “The barista culture is not as well established here as in Seattle. I actually prefer to train new people myself so I don’t have to wrestle with habits they may have learned somewhere else.”

“People may recognize how relaxing the High Point is, how one person can make a difference in the community.”

(continued on page 23)
This year’s Weavers Way Partnership Recycling Grants were awarded to the following programs:

- Neighborhood Interfaith Movement
- Ned Wolf Park Project
- Waterview Recreation Center
- Penn Knox Community Garden
- Houston Playground
- Springside School
- Urban Tree Connection
- Northwestern Stables
- Hansberry Garden & Nature Center
- Pleasant Playground
- Friends of Carpenters Woods

Partnership Recycling Grants Awarded by Weavers Way Environment Committee

by Sandy Volpe, Environment Committee Chair

The Environment Committee of Weavers Way Co-op awarded grants to a number of community programs in May. The money is derived from the Weavers Way recycling endeavor which receives funds for recycling from the Philadelphia Partnership Recycling Program.

The majority of the grants will be used to purchase garden-related supplies such as perennial plants, tools, supplies for composting, benches, and fencing. Funds will enable one grantee to acquire a garden watering system; and others to create a children’s garden and to acquire educational supplies. One project funded will distribute Healthy Homes toolkits. A total of $6,110 was awarded.

The Weavers Way Environment Committee commends these programs, which are doing such good work in the community to improve the environment.

There are some Partnership Recycling funds remaining; grants will be awarded in 2009 as well. Since the City of Philadelphia will begin its single stream recycling throughout the city on July 1, the last date for Weavers Way recycling will be on Saturday, July 19.  

During the month of June the farm was visited by these schools and groups. Wyncliffe Academy high school, West Oak Lane Charter School, Drexel University, and the Intercommunity action mental health facility in Roxborough. We’ve also continued our friendship with the Saul Agricultural High School students. Two students from that school as well as three MLK students will be joining for several hours each week during the summer.

Monthly Recycling to End July 19

With expanded single-stream recycling coming to Philadelphia, the Partnership Recycling Program is no longer distributing grant money, and there is no longer a need for monthly recycling. Thank you to everyone who has participated all these years, diverting countless tons of landfill and raising thousands of dollars for many worthwhile projects and causes.

Voted Best Kids’ Bookstore in Philly 2007 by Philadelphia Magazine!

www.bigbluemarblebooks.com
Coming to a Neighborhood Near You: The Dreaded Brown Marmorated Stinkbugs!

Jy Brenda Fink

My house has been under siege for the past year. When I suspected that I had what the Dept. of Agricultural was hoping had not yet reached Philadelphia County, I caught and dispatched one of the odd-shaped bugs that was crawling in disturbingly large numbers over the exterior and interior of my house. I preserved the bug in alcohol as instructed, and sent it off for analysis. I soon got a call that the bug was in fact the dreaded brown marmorated stink bug, Halyomorpha halys, an insect not previously seen in North America but one that was invading Pennsylvania since it was accidentally introduced into eastern Pennsyl-

The native range of China, Japan, Korea and Taiwan where it destroys crops and invades residences. I usually catch seven or eight stink bugs has been recorded in 26 Pennsyl
vania counties. We have had other odd stink bugs in our area, but not the brown marmorated stink bug. It is known as an agricultural pest in its native range of China, Japan, Korea and Taiwan where it destroys crops and invades residences. I usually catch seven or eight stink bugs per day/night. They have shown up in my dresser drawers, in my linen closet, in my clothes and shoes... they land on my face when I'm reading... they dive bomb me my clothes and shoes... they land on my dresser drawers, in my linen closet, in my stock of overwintering during the beginning of June. They mate and lay eggs from June through August. The eggs hatch into small black and red nymphs that go through five molts during July and August. Adults emerge from overwintering shortly after the room is aerated. For this reason use of these mate-
rates is not considered a good solution to prevent the insects from crawling out. Despite a large number of bugs, most of them have been caught and dispatched in 26 Pennsy-

It is not known whether this species will become an agricultural pest in Pennsyl
vania. In its native range, it feeds on a wide variety of host plants including apples, peaches, figs, mulberries, citrus fruits and persimmons. It has also been reported to feed on many ornamental plants, weeds, and soy-
horns. Even though these insects do not harm humans and are not suppose to re-

The monthly moth of the month will be in the fall 1998 in Allentown. As of April 2008, the nuisance brown marmorat-
ed stink bug has been recorded in 26 Pennsyl-
vania counties. It is suspected that this species has a single generation per year in Pennsylvania. However, in parts of sub-tropical China, records indicate from four to possibly six generations per year. In Japan (and it is an-
ticipated in Pennsylvania), adults emerge from overwintering during the beginning of June. They mate and lay eggs from June through August. The eggs hatch into small black and red nymphs that go through five molts during July and August. Adults begin to appear in mid August (but in my house there are adults 24/7 in the year). Their flights in search of overwinter-
ing sites started in mid September and peaked during the first half of October, so he prepared to see them clustering over houses at this time.

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Glenolden, PA 19036
(215) 887-7500

It is not advisable to use an insecticide inside after the insects have gained access to the wall voids or attic areas. Although insecticidal dust treatments may kill hundreds of bugs, there is the possibility that carpet beetles will feed on the dead stink bugs and subsequently attack woolens, stored dry goods or other natural products in the home. Although aerosol-type pyrethrum foggers will kill stink bugs that have amassed on ceilings and walls in living ar-
eas, it will not prevent many of the insects from emerging shortly after the room is aerated. For this reason use of these mate-
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Sunscreen and Safety
by Sandra Fiere, Environment Committee

We do know that skin cancer can be caused by an overexposure to the sun. However, we don’t know if sunscreens prevent skin cancer. The two most popular ingredients, zinc oxide and titanium dioxide, are thought to block UVA and UVB. Remember when lifeguards had a blob of white on their noses, that was zinc oxide.

To absorb and look better, sunscreen manufacturers began using nanoparticles. This is possible due to nanotechnology, whereby atoms and molecules are manipulated to make them very small. One nanometer is one billionth of a meter. A human DNA strand is about 2nm, while a human hair is 80,000 nm.

Because of their increased mobility, nanoparticles can enter vital organs, tissues, and cells, possibly causing damage to our DNA. Industry studies are not publicly available. And manufacturers won’t allow their products to be tested by others for fear that something negative might be found, that their products could be taken off the market.

In Scientific American (Aug. 20, 2007), David Biello claims more research is needed to identify possible risk factors when reducing chemicals to nanoscale, which can “dramatically alter their physical properties. Pencil lead, for instance, becomes stronger than steel when reduced into nanosize atomic clusters.” Neontoxicologist Bellina Veronesi of the EPA found that photoactive titanium dioxide nanoparticles infiltrated the microglia causing them to produce free radicals, charged oxygen particles, which can stress healthy cells. But Veronesi says sunscreens would likely coat this material to deflect sunlight. While only one of 15 studies showed that nanoparticles were absorbed by the skin of rabbits, there haven’t been enough studies to know how these chemicals react with other chemicals. No one but the manufacturers know the exact ingredients of their products. The FDA regulates the active ingredients like zinc oxide, but not the inactive ingredients, such as preservatives.

The Royal Society in the U.K. advocated peer-reviewed, publicly accessible safety studies for any cosmetics using nanoparticles. The U.S., in contrast, claims that larger versions of the same compounds are safe, so more studies are unnecessary. Consumer Reports did their own study in July, 2007 and concludes that since the safety of nanoparticles is not clear, their use should be avoided. They found nano-ingredients created free radicals that damage DNA and low exposure to nanoparticles of titanium dioxide can damage the lungs of animals if inhaled. They also suggest that nanoparticles are more likely to be absorbed when skin has been damaged by acne, sunburn or shaving nicks, even through hair follicles.

Consumer Reports suggests choosing sunscreens that don’t list titanium dioxide or zinc oxide on their label. Their tests found no correlation between effectiveness based on the presence of these ingredients. Their top product, Neutrogena Ultra Sheer Dry-Touch SPF 45, did not contain either. Friends of the Earth has called for a ban on the use of nanoparticles in sunscreens until more safety studies are done. They surveyed 128 companies, but only 38 agreed to participate. Of these, only nine said they did not use nanoparticles. These nine include: Alba Botanica, Aubrey Organics, Avalon, Black Opal, Blister, Bull Frog, Allergan, Schwannkopf & Henkel and Tattoo Goo.

Others, like L’Oreal No-Ad and Neutrogena PCA did not respond, so nanoparticle composition is unknown. For Friends of the Earth’s full list of sunscreens, go to: www.foe.org/nano_sunscreens_guide/Nano_Sunscreens.pdf.
The Friends of the Wissahickon (FOW) in partnership with the Fairmount Park Commission launched the new volunteer Trail Ambassadors program in Wissahickon Valley Park in March 2008. Outfitted with a unique uniform sporting logo patches of both organizations, Trail Ambassadors took to the trails in late May, talking with Wissahickon park users and answering questions about wildlife, plants, historical points of interest, and park rules and regulations. The Ambassadors will be stationed at various places around the park, with Valley Green Inn as a focal point. The program is similar to the National Park Service volunteer program.

Trail Ambassadors work closely with Fairmount Park Rangers, reporting any problems they see and acting as additional eyes and ears in the Wissahickon. In addition to hiking the trails, Trail Ambassadors will staff information tables at FOW outreach events, lead tours of the Wissahickon Valley, and conduct surveys of park users and wildlife.

New Ambassadors Take to the Trails Along the Wissahickon

by Debbie Cox, Director of Environmental Education, Fairmount Park, and Kevin Groves, Volunteer Coordinator, Friends of the Wissahickon

The Friends of the Wissahickon (FOW) in partnership with the Fairmount Park Commission launched the new volunteer Trail Ambassadors program in Wissahickon Valley Park in March 2008. Outfitted with a unique uniform sporting logo patches of both organizations, Trail Ambassadors took to the trails in late May, talking with Wissahickon park users and answering questions about wildlife, plants, historical points of interest, and park rules and regulations.

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Providing information to park visitors about the Wissahickon’s 1,800 acres and 57 miles of National Recreation trails will be a primary role of the Ambassadors. To train the Ambassadors for this role, FOW and Fairmount Park staff created an eight-week training course on Wissahickon history, watersheds, current park projects, wildlife, geology, plants, park rules and regulations, and first aid/CPR.

Twelve enthusiastic and knowledgeable volunteers graduated from the first class in late April, and a second class will be finished with training by July. FOW is excited about this first group of volunteers who you will meet in the park this summer—all are long-time park users and bring a wide spectrum of expertise and experience to the program.

Mural Drawings on View at Woodmere Art Museum

by Heike Rass-Paulmier

The Depression-era revival of mural painting for public buildings that today is most closely associated with the Works Progress Administration (WPA) largely bypassed Philadelphia, where printmaking and posters held greater sway. In the late 1930s, however, one very young artist, a student at Simon Gratz High School, gave Philadelphians a taste of what could be done with murals in a context that wedded art and education. The three wall paintings he produced are no longer with us, having been destroyed in renovations decades ago, when such works were out of favor. The artist’s studies, nevertheless, survive and are displayed once again to remind visitors of the treasures Philadelphia needs to save.

The Woodmere Art Museum, located at 9201 Germantown Avenue in Philadelphia, has since 1940 exhibited, collected, and interpreted the art of the Philadelphia region. Hours are Tuesday through Saturday, 10 a.m. to 5 p.m., and Sundays, 1 to 5 p.m. Admission to the Museum is free. Call 215-247-0476 or visit www.woodmereartmuseum.org for more information.

Woodmere Art Museum presents Education and Life: Lost Murals by Leon Sitarchuk, on display June 22 through Sept. 7, 2008.
Parkway Peace Students get a Breath of Fresh Air at Fellowship Farm

by Deepa Vasudevan and Laura Notte

On May 28, the Peace Program at Parkway NW Peace High School led a student trip to Fellowship Farm, a training center for human relations located in Pottstown, PA, thanks to generous funding from the Kate Svitek Memorial Foundation. For the past three years, Fellowship Farm’s 120 acres of land have provided Parkway students with a beautiful and friendly space for personal growth and team-building. This year, teachers worked together to select a group of students who were already showing signs of leadership in the classroom. More than half of the students whom the teachers invited were already working on group projects through EarthForce, a unique service-learning curriculum designed for science classrooms.

Many students were excited about the opportunity to experience an overnight trip, though they were hesitant about the emphasis on working in the outdoors and personal growth and team-building. This was the first adventure led us across part of the grounds, we were ready for a hike. Our trip to Fellowship Farm, a training center for human relations located in Pottstown, Pennsylvania, was created by Deepa Vasudevan and Laura Notte.

After the hike, we arrived at the farm just in time for a delicious lunch provided by the Fellowship Farm staff. With bellies full and some rest time on the grounds, we were ready for a hike. The group had already become stronger, more cohesive, and more confident about themselves.

At the campgrounds, we assigned the students areas that needed clearing for an upcoming children’s program. Though most of the work was simple manual labor, some of the tasks demanded more than just individual thinking. The students quickly developed creative strategies to work together and finish their assignments. The walk back to the living area was just as difficult but seemed less of a challenge as the students already felt that they had accomplished so much.

Before we began dinner, the students learned about the rich history of Fellowship Farm, originally created in Philadelphia to challenge segregation practices in the city. We spent the rest of the evening playing group games that allowed students to get to know one another better. Once it was dark, we created a campfire. For many students, this was their first campfire experience. The students sang, danced, and made their own S’mores. The highlight of the night for many students occurred when the hostess of the farm, Marta Martinez, read a ghost story. The students were fascinated by the story and allowed students to face their fears. "I learned a little more about myself," she wrote, "that if I just stayed focused and think of my future rather than just now, these thoughts act more or less like motivation, that my peer supporting me, of course." As we finally reached the campgrounds the two groups, which we later named “team mud” and “team thorn,” converged. After the trip, Devon Walton, an 11th grade student, wrote “I think that was important, because as teens we start to realize the importance of moving forward, rather than worrying about our sneakers and clothes.” Being able to overcome the obstacles on the trail, the group had already become stronger, more cohesive, and more confident about themselves.

The following morning, the students met Fellowship Farm facilitators, who led the students for the rest of the day through group discussions and team-building activities. All of the activities encouraged trust and cooperation amongst the students. The initial games prepared students for the low ropes course. The rope course was a series of obstacles that challenged students to create solutions together. Akeem Patterson, a senior at Parkway Peace HS, wrote “I think that was important, because as teens we start to realize the importance of moving forward, rather than worrying about our sneakers and clothes.” Being able to overcome the obstacles on the trail, the group had already become stronger, more cohesive, and more confident about themselves.

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Peaceful Students

For more information about Parkway Peace High School, contact Peace Program Coordinator Laura Richlin at 215-248-6669
or at parkwaypeace@hotmail.com.

Coordinator Laura Richlin at 215-248-6669

Peace High School, contact Peace Program about myself and my classmates while having fun. I was able to learn more on a regular basis, we are not exposed to these kinds of activities. I was able to learn more about myself and my classmates while having fun.

For more information about Parkway Peace High School, contact Peace Program Coordinator Laura Richlin at 215-248-6669 or at parkwaypeace@hotmail.com.

Check out Fellowship Farm’s website at www.fellowshipfarm.org.

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The Simplicity Dividend
Back to the Future: Energy Crises Then and Now
by Betsy Trainick

Much of what I heard and learned in high school in the ‘70s has held up. For example, cloth grocery bags were touted as more resource-efficient by William Proxmire, Gaylord Nelson, and other original Earth Day activists. And here we are, near 40 years later, with billions of thin plastic bags littering the planet, choking marine life, and even aggregated as a floating island of plastic refuse. In those days, following the work of Rachel Carson, environmentalism was primarily defined as saving “nature,” something external. There was not yet a sense of global ecology, fossil fuel-induced climate change, or oil wars.

In 1973, we experienced a genuine energy crisis, provoked by OPEC’s decision not to export oil to countries that had supported Israel in the Yom Kippur War (in September 1973). The experience was not primarily one of a run-up in oil prices, but an actual gasoline shortage. Lines at gas stations snaked along streets and people generally felt a great sense of relief and accomplishment when they managed to fill their gas tanks. Eventually a rationing system was enacted. Drivers were only allowed to fuel up on alternating days, determined by whether their last license plate digit was odd or even. Hence, if you ran out of gas on the wrong day, you had to wait to refuel because I really couldn’t believe the gauge was correct. I wasn’t terribly popular, perhaps, lots of people passed me, as you can imagine. On the other hand, some didn’t, and I wondered if they realized I was helping them improve their mileage, also.

One strategy left over from the ‘70s is to drive slower; indeed, speed limits were lowered nationally from 65 to 55. I recently experimented with driving 60 mph on a trip up the NE corridor. Normally the maximum I can go on a tank of gas is about 320 miles. To my amazement, my tripometer made it over the 400 mark on one tank. It wasn’t even registering empty, but I pulled over to refuel because I really couldn’t believe the gauge was correct. I wasn’t terribly popular, perhaps, lots of people passed me, as you can imagine. On the other hand, some didn’t, and I wondered if they realized I was helping them improve their mileage, also.

Of course driving your car at an optimal speed under optimal conditions (no stops and starts) will improve your mpg, but the best way to save gas: do not drive. After nearly a hundred years of having cars at our disposal, and fairly limited mass transit options, we’ve all in for a rocky transition period. What virtue and lecturing did not accomplish, motivating the bulk of the population to decrease energy consumption, pricing has achieved. Gas at $4 a gallon? Someday we’ll look back at that low price nostalgically! Case in point, there is a glut of used SUVs on used car lots. Some day we’ll reminisce with our grandchildren, pricing has achieved. Gas at $4 a gallon? Someday we’ll look back at that low price nostalgically! Case in point, there is a glut of used SUVs on used car lots. Some day we’ll reminisce with our grandchildren, explaining that people used to drive those things.

Please share your tips and strategies for using less energy! Betsy@betsyteutsch.com Betsy Trainick blogs about sustainability at www.moneychangesthings.blogspot.com.
New Book on Humanistic Education by Co-op Couple #15

A healthy dose of idealism and practical wisdom in a new book by seasoned Mt. Airy educators

by Debbie Lernor

With their new book, *The Humanistic Teacher: First the Child, Then Curriculum* (with membership #15), send up a beacon of hope at a time when schools, parents, and educators seem bogged down in a morass of testing standards, accountability measures, and performance indices.

Even as the educational system increasingly seeks to impose rigid external standards on schools and classrooms, Donna Allender (a veteran teacher and practicing psychotherapist) and Jerry Allender (an author and retired professor of education at Temple University), bring the focus back to the core of what education is all about: the infinitely variable and exciting interaction between teachers and their students.

In their book, the Allenders use the Project Learn School in Mt. Airy – which they helped to found nearly 40 years ago – as living proof of successful humanistic education. Combining personal anecdotes as living proof of successful humanistic education, they helped to found nearly 40 years ago – Project Learn School in Mt. Airy – which they helped to found nearly 40 years ago – makes it a great read are the personal stories and reminiscences of the Allenders’ combined 100 years in education — if you take both of our 50-year careers,” Donna says, especially the impassioned letters the Allenders have written to their now five-year-old grandson, Dylan.

When asked how the letters to Dylan fit into the book’s overall vision, Donna smiles and says, “It was a way for us to express our deep concern for all children and especially our own grandchild, to be educated in a humanistic way. Plus,” she adds with a smile, “something that touches the heart goes a long way.”

The Allenders held their first book signing and reading at the Project Learn School on May 31. Additional events are planned for September at Head House Books in Society Hill and October at the Big Blue Marble Bookstore in Mt. Airy.

The book will be available in bookstores in September. For more information, call Donna Allender at 215-848-4656.

Note for full disclosure: The author of this article is the mother of two current Project Learn students.
State of California Files Suit Against Whole Foods & Others Over Carcinogen

California’s attorney general filed a lawsuit against Whole Foods Market, Inc. and other companies that manufacture or sell body care and household cleaning products that have tested highest for the carcinogenic chemical 1,4-dioxane.

Defendants in the case include Avalon Natural Products, which makes the Alba brand products, Beaumont Products, maker of the Veggie/Wash and Clearly Natural brands, and Nutrisource, which manufactures personal care products made with grapefruit seed extract. Whole Foods sells personal care products under its Whole Foods 365 brand.

The lawsuit was filed May 29 in the Alameda County Superior Court by AG Edmund Brown, Jr., who alleges that the companies knew since at least May 2004 that their body washes and gels and liquid dish soaps contain 1,4-dioxane but did not have a label warning consumers that they contain the chemical.

Under California’s Prop. 65 law, consumer products that contain toxic levels of 1,4-dioxane must be labeled with warnings stating they could cause cancer. The defendants face maximum fines of $2,500 per day for each violation. The defendants’ products were tested in a study commissioned by the Organic Consumers Association (OCA) in March. The study analyzed natural and organic brand shampoos, body washes, lotions and other personal care products for the presence of 1,4-dioxane.

Last week, the OCA wrote to the four companies named in the lawsuit asking if any changes to the labeling or product formulations of their products was anticipated.

Beaumont Products of Kennesaw, Ga., was the sole respondent, saying “Upon being notified that there was a problem with our product, we verified that the problem existed, then took immediate action.” Beaumont said it reformulated its products to remove 1,4-dioxane.

Note from Purchasers:

We have been closely monitoring the 1,4-dioxane issue since the spring, when many of the articles and alerts began to appear in a variety of media outlets. We have info on the second floor regarding the testing of products, the standings of the products they tested (we carry many very clean products), what we carry, what we have changed since the results were announced (really it’s been very little) and what might come about due to this publicity.” — Martha Fuller, Second Floor Manager.

Do you have difficulty creating and sustaining intimate relationships?

Do you find it difficult to express your anger directly?

Or do you express only your anger?

Would you like to learn how to assert yourself and express your needs and wants?

Consider Group Therapy

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6833 Wayne Avenue
Philadelphia, PA 19119
215-848-4656

Liz Schlesinger, Ph.D.
Donna Allender, M. Ed.

Do you want to create your life?

Do you find yourself living in the past or future, wishing you could embrace the present?

Cindy Shapiro MSW, LCSW

Over 15 years experience and training in traditional and wholistic therapies assisting others in creating lasting change

(215) 886-8616 (VTTY)
Weavers Way recycling will come to an end on Sat., July 19, with a last collection. After that date you will be able to recycle the same items at your curb. This means that the Environment Committee will have to find creative means to raise money to give future environment grants. Presently, we have enough saved from our recycling efforts to give grants one more year.

The committee has always been involved in many other projects besides recycling, so our work continues. Presently we are considering initiatives in the following areas:

* We wish to educate the Philadelphia public so that they recycle curbside. One tentative plan is to educate children about the need to recycle.

* We are looking possibly at creating a “bike co-op” of sorts so that community members would learn how to fix bikes. It would be modeled after Neighborhood Bike Works in West Philadelphia. We wish to promote cycling as an environmentally-friendly means of transportation.

* We wish to address the spraying of harmful herbicides and pesticides along the Wissahickon and elsewhere.

* We are investigating the possibility of recycling #5 plastics and other items. We believe there are endless possibilities for protecting the environment.

The experience has solidified my impression of Hill’s Science Diet as a company interested in making a profit rather than making quality pet food. My inclination to drop them from our product line in the pet store has strengthened and I have spoken with many members who agree. I do not feel that it is worth supporting this company any longer when their values are so clearly at odds with those of the co-op and our members. My hope is not to inconvenience any of our members who are using these products. While I am aware that Science Diet is widely accessible, my hope is that our members may consider switching to one of our other lines, and during the transition I will make available as many samples as possible. There are several benefits to this option. Most important is that you will be choosing better products that will benefit your pet’s health. California Natural and Innova, among others, are great alternatives. These options are economical in that in some cases they are less expensive, but even more so because with better nutrition your pet often eats less and has an improvement in health, which can save on vet visits. Continuing to support the Co-op is another advantage and supporting the smaller companies makes a statement about what we as consumers value. In the last year and a half I have definitely seen proof of this trend. The amount of inventory that we are receiving from Best Friend, our distributor of Nature products, has more than tripled. This is pleasing to me because both Best Friend and Nature are terrific companies who deserve continued support. What is also evident is that, contrary to advertising statistics, all types of consumers from all different social and economic groups are interested in health and wellness, not only for themselves but for their pets as well.

**Pet Store (continued from page 5)**

News from the Environment Committee

by Sandy Folzer, Environment Committee Chair
Vacation Watering. We are in the most stressful season for gardens and plants – summer. If this summer follows the pattern of the last 20 years, we can expect at least one period of drought. So if you are planning a vacation of a week or two or longer, or even if you go away for weekends, consider setting up a soaker hose or sprinkler attached to a timer. If you’re lucky, you can find a reliable friend, neighbor, or family member to water your garden for you. However, do not rely on the “I hope” method (“I hope it rains”) or you will likely return to a collection of dried and withered leaves and stems where your flowers used to be.

Annual Fillers. One way of dealing with bare spots in your garden is to fill in with annuals. I recommend those that stay in bloom continuously until fall frosts. For sunny areas, these include petunias, vinca roseum, and marigolds. For shade, try impatiens, begonias, and coleus.

Vegetable Fillers. For bare spots in the vegetable garden, consider quick growing, heat tolerant greens such as arugula, curly cress, and mustard greens. Another good filler for July planting is bush beans, which come in green, yellow, and purple.

Pruning. There are some shrubs that will bloom a second – and sometimes a third – time after pruning. These include spireas, especially the pink flowering varieties such as “Anthony Waterer,” “Neon Flash,” “Little Princess,” and “Shirobana.” You can also get multiple blooms from weigelas and roses. The trick is to prune right after the previous blooms wither. For roses, prune to a stem with 5 or more leaves. The second benefit is that you can also keep these plants from getting too large. So if you have these shrubs, and they’ve finished blooming once, and you haven’t pruned them yet, prune them now: Chrysanthemums. If you have been pinching (cutting) the stems of your chrysanthemums so they will not grow too leggy, mid-July is the time to stop. Then they will fill out solidly for late summer and fall blooming.

Pots. Potted plants dry out more quickly than plants rooted in the garden. On hot days, you may have to water sun-dwelling potted plants more than once. A covering of shredded mulch in the pots will help protect the plants from drying out too quickly.

Grass. July is a good time for lining your lawn. Lime makes the soil more alkaline – which grass prefers – but does not burden grass plants the way fertilizers can in the summer. Summer grass uses its energy to combat heat; it does not want to expend energy to assimilate fertilizer. (Think of your preference for lighter meals on hot days.)

Morris Arboretum. One way to spend a July morning or evening is to visit the Morris Arboretum in Chestnut Hill. It’s one of the finest arboreta in the country, and it’s right in our back yard.

Garden Book Recommendation. One of the handiest books in my gardening library is How to Grow Almost Everything, by Stanley Schuler. It covers trees, flowers, shrubs, and vegetables. I don't know if it's still in print, but through the wonders of the Internet, you’ll be able to pick up a copy.
School in April, making King the seventh school – and the first high school – involved in the program, which initiates and oversees school-based, student-run food co-ops selling locally-produced snacks to students and teachers.

“We are the first comprehensive high school in Philadelphia to participate in a program like this,” Rhonda H. Lauer, CEO of Foundations, Inc., said of the farm.

“With the new skills and healthy eating habits they will acquire, these students will experience firsthand the benefits of being good stewards of the earth and of themselves. We also hope that the community spirit and self-confidence they gain from the program will encourage them to continue working toward their diplomas and then on to college and careers.”

In addition to guiding students through the entire farming process, Weavers Way’s staff and a host of community groups support the students.

By the time of the official ground-breaking ceremony, six weeks after the field was cleared, crops were already being harvested and sold at the City Hall farmers’ market.

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Seeds for Learning Farm (continued from page 1)

“Five years ago, I would have been scared going into this high school,” acknowledged Jack Kitchens, president and CEO of Ogontz Avenue Revitalization Corporation (OARC). “But now, when I enter, students look me in the eye and ask if they can help me or direct me to the office.

“While the ceremonies progressed, it was clear that behind the speakers ground had already been broken six weeks earlier, on what was once a vacant lot. Row after row of produce was apparent on the three-quarter of an acre tract, as well as an irrigation system.

State Representative Dwight Evans toured the fenced-in lot as Weavers Way farm educator David Siller showed him what he and the students had planted and harvested.

“Just a few short months ago this was a pile of compost,” Siller noted, wearing a straw hat, shorts and t-shirt. “Now the students pass by the farm on their way to football practice. The kids I work with couldn’t be more into it.”

The students sold their second harvest in the center square of City Hall last Wednesday. Eventually, they hope to sell their fresh produce on-site.

“The plan is to have the farm stand right on school grounds where the kids will work over the summer to sell what they’ve grown,” said Weavers Way Communications Director Jonathan McGoran. “It’s pretty cool!”

Brian Ferguson, an 11th grader and student farmer, agreed. “I used to walk by this lot and saw that it was not being used. I was so happy when our school was picked. It’s been a fun experience and I hope to continue to learn about farming and selling the produce in the future.”

The Weavers Way Marketplace Program debuted at Martin Luther King High.

Weavers Way Farm Educator David Siller and State Representative Dwight Evans discuss the educational possibilities of the Seeds for Learning Farm at Martin Luther King High School.

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Seeds for Learning Farm
(continued from page 20)
port King students in learning the business side of the venture, including how to calculate costs, keep accounting records, and take orders. Among the partners in the project are Foundations, Inc., OARC, Enon Tabernacle Church, and Awbury Arboretum.

“We’re thrilled about the programs at Martin Luther King High School,” said WWCP executive director Rachel Milenbach. “The students are very excited about both the Farm and the Marketplace Program, and working with Foundations, Enon Baptist, and our other partners is really what community partnerships are all about.”

In her remarks, Elizabeth Werthan, Vice President of the Weavers Way Community Program’s Board of Directors, acknowledged that a lot had happened in a short period of time.

“We hired Rachel and told her she had a week to put together the proposal. She did and with available staff we got this thing going. We didn’t expect it to happen in 12 short weeks. We’ve had two harvests already and we expect many more,” she said.

Although the current school year will soon be over, students from Martin Luther King School will work part-time over the summer as paid farmers, cultivating the land and caring for the crops with the help of interns from the Weavers Way Farm and volunteers from Enon Church.

For more information about the program, go to www.weaversway.coop or www.foundationsinc.org.

Barbara Shef is a publicist, writer and speech coach. You can contact her at bart@communicationspro.com.

Membership Meeting
(continued from page 7)
the overtaxed store at Carpenter and Greene. Should this plan be successful, the store could open in 18 to 24 months. While plans for expansion were received with less controversy than at the fall general meeting, some misgivings were expressed. In particular, a member cautioned that Weavers Way needs to proceed carefully to avoid a repeat of the failure of its store in West Oak Lane.

Additionally, a number of concerns were raised about the Ogontz store and the place of shoppers there within the Weavers Way community. In particular, when it was announced that a ballot box would be placed in the Ogontz store, members asked whether this meant that Ogontz shoppers would have the rights of Co-op members without the responsibilities. Stu responded to this saying that, in fact, only members of the Co-op will be allowed to vote, and that fully certified members of the Ogontz store will have exactly the same privileges and responsibilities as fully certified Weavers Way members.

Finally, presentations were given on the Weavers Way farm, Weavers Way’s efforts to promote co-ops in other communities and the Co-op’s community education programs. The meeting ended with board member and acting leadership committee chair Sylvia Carter announcing Board results, with Nancy Weisman, Bob Noble, Sue Waterkragt, and staff representative Dave Tukey elected to two-year terms, and Chris Hill elected to a one-year term, with 113 ballots counted.

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Ned Wolf Park Renovations are Nearly Complete, Grand Reopening This Fall

We are happy to report that the rehabilitation and renovation at Ned Wolf Park are nearly complete. Thanks to the efforts and contributions of many neighbors and several local businesses that have helped the project progress to where we are now, maintaining what we’ve gained. Still in the works is a sign to tell all who Ned Wolf was and why he is an important local figure in our diverse West Mt. Airy community.

We could still add new “friends” to help with watering and weeding once in a while, so the gardens get some weekly attention and so that they remain a place of public beauty as they mature. If light-duty gardening in a gorgeous garden is up your alley, contact Ronda.

We all look forward to seeing the park being used and enjoyed. The benches are here to sit and quietly talk with friends, read, or contemplate. We also have created a plant identification map. The map will help people learn about the varieties we planted in the park. They are low maintenance specimens that you might want to consider for your own little patch of heaven.

We will have a couple of events per year like the recent plant sale to benefit the upkeep of the park, and perhaps a summer movie or art show.

Please remember that we don’t want to disturb the near neighbors with loud voices, music or skateboarding, and that the space is “closed” between dusk and 9 a.m.

We will be planning a grand reopening ceremony for this fall, and hope you will come to mingle with neighbors and support our intentional diversity of plants and friends, which the Friends of Ned Wolf Park are getting to be known for following in Ned Wolf’s ideological footsteps.

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Weight Loss Program

Trevose Behavior Modification Program, a non-profit weight-loss program run by Co-op member Ilene Cohen, is now accepting applications for people who need to lose 20 to 80 pounds and need to get in control of their lives.

Group meetings are on Thursday evenings at 6:00pm at Roxborough Memorial Hospital, 5800 Ridge Ave., beginning September 25, 2008. There is no cost for these meetings. For application info, call Ilene Cohen at 215-836-9876 or Jennifer Sullivan at 610-667-8082 no later than September 1, 2008.

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Mary A. Harris, MSS, LSW
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Home Visits Medicare Accepted
to go into the coffee roasting business, and today still uses beans from the business there, called “True North.”

Her connection with the Co-op is multi-faceted. The café gets their supplies through a Weavers Way institutional account, and the Co-op sometimes holds meetings in the café. There is a certain synchronicity: “I think we have almost been embraced as an extension of the Co-op,” she says. Meg’s interest in building community and promoting Mt. Airy doesn’t stop at the Café, there are less people clogging up the aisles here at the Co-op,” says Bergman with a chuckle. “If we ever develop another first floor facility, it’s astounding what can be created in not much space. We are still thinking about our next steps,” she says. “A second location, a wholesale bakery. As you can see, it is not practical to expand our current shop. I have never liked the idea of an upstairs/downstairs thing, and we are out of room here.”

As I say my goodbyes, a few more of the ‘regulars’ come into the café and I see them giving Meg big hugs. Yes, it is definitely nice to be “the place.”

Attention Weavers Way Members:

The Co-op Needs Your Help!

As of July 1st, health care premiums for Weavers Way employees are set to increase a whopping 42%.

We all know that the healthcare system in this country is seriously broken. What is happening to Weavers Way is happening to hundreds of thousands of individuals and small companies across the country. But we also know that Weavers Way is unique.

Members, we all know what a turn-around our Co-op has made in recent years. This turn-around required sacrifices and hard decisions on the part of the membership. But Weavers Way has become a dynamic presence in the Northwest. Our pioneering urban farm, opened just two years ago; our farmstand program in partnership with Martin Luther King High School; our Marketplace initiative now involving seven local schools; and our new Ogontz store, all fill vital needs in our community. With $1.87 billion in profits last year, Aetna does not need the extra money this increase will bring in. The programs we sustain, and the communities and schools we serve, do.

What You Can Do:

Call Aetna today at 1.800.872.3862 and ask to speak to CEO Ron Williams. Let him know what an exceptional place Weavers Way is, and how vital our Co-op is to our communities. Demand Aetna drop its proposed increase. Together, we can make this happen!

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Suggestions by Norman Weiss

Greetings and thanks for writing. As usual, your suggestions and/or responses may have been edited for clarity/brevity and/or comedy.

We’re seeing many price increases coming out of all the cost-increasing factors pass on price increases and fuel surcharges monthly. There has been much in the press about this, and about what the causes are, which include rising petroleum and corn costs, diversion of corn to ethanol production, drought, etc. I’ve also been attending meetings lately where access to healthy foods is discussed, and high price is sometimes cited as one of the many things that limit access to healthy foods. I talked last month that if you eat basic, whole foods, price does not have to be a limiting factor cutting well, and can combat the rising cost of food. I want to reiterate it this month.

Here’s an example: take ⅛ lb of organic rolled oats ($2.11) and add a banana ($0.35 for Fair Trade one), a small apple (about $0.35 for a local BPM one), and top it off with some nuts and maple syrup (another $0.67) and you have a complete meal that is extremely healthy for about $1.94. Even if the price of oats doubled to $7.10/lb the meal would still be a cheap $1.72. There are many other foods that are still very cheap and have high food value, most whole grains and beans are under $1.00/lb after they are cooked. Potatoes, onions, carrots, broccoli, peanuts, sunflower seeds, many other vegetables and some fruits are all under $2.00/pound, even for organic. You might also note that these foods are also all very nutritious. This example may be oversimplifying, but it does illustrate that food cost does not have to be a barrier to healthy food access, and that even if commodity prices double (like wheat just did, from $5.53/lb. to over $11.62/lb.), if you eat eating basic whole foods, the impact is not really that great, at least so far. The impact starts to appear when those commodities start to have “value added” to them, i.e., made into packaged, more ready commodities start to have “value added” to them, i.e., made into packaged, more ready commodities start to have “value added” to them, i.e., made into packaged, more ready commodities start to have “value added” to them, i.e., made into packaged, more ready commodities start to have “value added” to them, i.e., made into packaged, more ready commodities start to have “value added” to them, i.e., made into packaged, more ready commodities start to have “value added” to them, i.e., made into packaged, more ready commodities start to have “value added” to them, i.e., made into packaged, more ready commodities start to have “value added” to them, i.e., made into packaged, more ready commodities start to have “value added” to them, i.e., made into packaged, more ready commodities start to have “value added” to them, i.e., made into packaged, more ready commodities start to have “value added” to them, i.e., made into packaged, more ready commodities start to have “value added” to them, i.e., made into packaged, more ready commodities start to have “value added” to them, i.e., made into packaged, more ready commodities start to have “value added” to them, i.e., made into packaged, more ready commodities start to have “value added” to them, i.e., made into packaged, more ready commodities start to have “value added” to them, i.e., made into packaged, more ready commodities start to have “value added” to them, i.e., made into packaged, more ready commodities start to have (Norman) We could whip up a batch of whole foods bought to the rights to the “Wellshire” brand, and chicken-egg food. I want to reiterate it this month. (Norman) Organic mango is expensive but it is vastly superior in taste and quality to the non-organic we sometimes get when the organic is not available. Also, most people might not consider my earlier point about food expense, if you consider organic mango a treat, at $10.42/lb it is much cheaper and more nutritious than, for example, Green & Black Chocolate, which at $3.08 for a 3.5 oz bar ends up $14.08 per pound.

r: (Norman) But how is it for the mackerel? Crowded: not much room to swim in those cans. And cut off from friends and family.

S: “Is there anyway we can get non-organic (i.e. cheaper) dried mackerel?”

r: (Chris) The organic bulk mango is a very popular item, I doubt we’re gonna drop it at this time. (Norman) Organic mango is expensive but it is vastly superior in taste and quality to the non-organic we sometimes get when the organic is not available. Also, most people might not consider my earlier point about food expense, if you consider organic mango a treat, at $10.42/lb it is much cheaper and more nutritious than, for example, Green & Black Chocolate, which at $3.08 for a 3.5 oz bar ends up $14.08 per pound.

S: “Why don’t we sell motor oil? For my car, it’s a staple, in a week I go through more motor oil than milk!”

r: (Norman) Just curious, is your car burning oil or dripping? If dripping, why not consider rigging a catch tray under your engine and you can just put the leaked oil back. If burning, try to drive in reverse so the oil studio will get squirreled back into the air intake of your engine and be reused. That way the co-op won’t have to stock motor oil and can save precious shelf space for more valuable items like Vina Valley Truffle Infused Honey at $10.76 for 4.2 oz ($41.18/lb.).

Welcome to Weavers Way Cooperative Association

Dear Neighbor,

If you are not already a member of Weavers Way Co-op, you are invited to join. Weavers Way is a member-owned, not-for-profit cooperative. Our bylaws require that in becoming a member, someone from your household attend an orientation meeting, where details of membership will be explained. Meetings are held at the Germantown Jewish Center (GJC), Lincoln Drive and Ellet Street, and at Church of the Annunciation (CA), Carpenter Lane and Lincoln Drive. Upcoming Orientation Meetings are on the following dates:

<table>
<thead>
<tr>
<th>DAY</th>
<th>DATE</th>
<th>TIME</th>
<th>LOCATION</th>
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<tbody>
<tr>
<td>Wednesday</td>
<td>Jul. 2, 2008</td>
<td>6:45 p.m.</td>
<td>GJC</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Aug. 6, 2008</td>
<td>6:45 p.m.</td>
<td>GJC</td>
</tr>
<tr>
<td>Saturday</td>
<td>Sept. 6, 2008</td>
<td>10:30 a.m.</td>
<td>CA</td>
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Meetings start promptly and last about 1½ hours. Latecomers cannot be admitted. Written reservations are required, so please fill out the tear-off sheet below and return it to the store. At the close of the orientation meeting, you will be expected to pay your initial $30 annual investment (check or cash). We look forward to seeing you and welcoming you into the Co-op.

Robin Caracci, Membership Manager

---

Equal Exchange

July Coffees of the Month

Organic Fair Trade Midnight Sun

This exclusive Equal Exchange blend has a bold, syrupy body, and striking acidity. $6.99/lb. Reg. $9.33/lb.

Organic Fair Trade Café Nica Medium


A light roast accentuates the sweetness and cleanliness of this stellar cup of coffee.

Working Cycle Coming up?

Don’t forget to wear closed-toed shoes.

Also, if your cycle includes May or June, please sign up during those months—we are always short of cooper-ators. Thanks!

Suggestion: “Suzie’s spelt/gluten free crackers—she has a new line of them and they are excellent. Thank you!”

r: (Chris) Thanks, we’ll try to make room for them in our cracker section.

s: “Do you ever have drunken goat cheese any more? I used to get it sometimes but I haven’t seen it in a long while.”

r: (Margy) We had drunken goat in the specialty case about a month ago. It’s not a big seller so I only get it in occasionally. I’ll order a wheel next week.

s: “Sell ‘poop bags’ (biodegradable) in the pet store!”

r: (Karen) We do sell biodegradable waste bags in the pet store, left side of the toy shelving.

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Marketplace Students End the Year With Ice Cream Party at Trolley Car Diner

These Marketplace students from Jenks and Martin Luther King Schools were among those who gathered for a Year-end Ice Cream Party at the Trolley Car Diner and Ice Cream Shoppe, courtesy of Weavers Way Co-op, Weavers Way Community Programs, and the Trolley Car Diner. After a year of hard work and lots of learning, the students enjoyed meeting their counterparts from the other Marketplace schools, and cooling off with some free ice cream.

---

PLEASE RETURN THIS PORTION TO WEAVERS WAY

Someone from my household will attend the orientation meeting on

Name (please print)

Phone Number

Address (including ZIP code)