A New Face Down on the Farm

An ecologist-turned-horticulturist steps into a new role as Weavers Way farmer

by Carlie Adams

David Zelov did not grow up on a farm. Neither is he from a long line of sturdy farming stock. But he did grow up in a farmhouse, where his parents, both avid green thumbs, had a sprawling vegetable garden. Still, that doesn’t explain how this New Jersey native fell into farming.

“It happened when I was still in college, on an edible plants class tour,” Zelov recalls. “We were walking around a farm looking at weeds and trying to figure out which ones we could pick and eat. Then I found out it was a student-run organic farm.”

He wound up working at Rutgers University’s Cook Student Organic Farm for the next two years, both during the school year and the summer break. It was an on-the-job educational experience, as he learned the ins and outs of running a farm, from crop planning to fertility management and harvesting.

“That’s what really got me interested in farming,” he says. “It wasn’t what I expected to do. Nevertheless, after graduating from Rutgers in 2001 with a degree in natural resource management, Zelov went on to become a community-supported farm manager at Gold Farms in Roosevelt, New Jersey. It was the beginning of what would undoubtedly be a fruitful career.

Since then, Zelov has worked as a greenhouse consultant as well as a consultant on the farm. He worked for three years with an on-the-job educational experience, as he learned the ins and outs of running a farm, from crop planning to fertility management and harvesting.

(continued on page 4)

Manager’s Corner

A Farmer is Hired

by Glenn Bergman

As my kids remind me, I am an old man. In my many years of interviewing and hiring staff, managers and chefs for restaurants, I have interviewed countless people and hired many. Never have I had the opportunity to interview for a position called “Farmer.” As we move ahead with an experiment to move the Co-op into the world of urban farming on a larger scale for the 2007 growing season. These have been some of the more interesting interviews I have experienced at Weavers Way.

So, I asked myself, “Self, how did I get to be a hiring a farmer? Am I crazy? Are we going to send the Co-op down the tuber? I have been reassured by many that this is a great direction for us to go in and that there are many who will assist us as we invest in our mission to buy local and to give back to the community.

We met some wonderful people, Co-op members and non-members alike, and I’m excited to announce that we hired David Zelov, an energetic horticulturist with experience managing a...
To sign up for the Corners & Porches listserv, ask a current member of the listserv to:

Log in (if you forget your password, you can have it emailed to you).

Click on "invite members."

Enter your email address, a short note then click "invite members."

If you want to join but don’t know anyone already on the Corners & Porches listserv, send an e-mail to: donsilver_2000@yahoo.com with your first and last name and the name of the street you live on.

The Thing About Email

Why is it email messages are frequently and often flagrantly misunderstood? For one reason, sending them is so easy. You sit there in your pajamas thinking up something hilarious or obvious and, without having to muster up the moxie to say it out loud to somebody, you tap away at the keys, hit send and walk away.

The problem is according to the Journal of Personality and Social Psychology, you have only a 50/50 chance of being understood. Why? Ego centric, or the belief that because you hold certain beliefs, opinions and perspectives, your recipient will too. Experimenters compared expecting your email to be understood to asking someone to guess a song whose rhythm you’re tapping out. You hear the song in your head and think, how obvious.

A listserv is an email amplifier. Take a muddled thought, write a few words down about it and broadcast it to a couple hundred people and you’re taking even more of a chance of being misunderstood.

~ Don Silver

The Shuttle is printed on 100% recycled paper

---

**Co-Op Corrections**

A deadline in the January 2007 issue of The Shuttle erroneously referred to the Co-op as expanding into the farm. You are questioning how we do things and what they can do and some of these things at home," Kaufman says. "It would also be nice to educate people about the benefits of farming in an urban environment."

Weavers Way General Manager Ugen Bergman agrees, noting that this is the first time he has ever interviewed people for a "Farmer position."

"We are excited to have David join the management team as the Weavers Way Farmer," Bergman says. "It is the start of something new for us, urban farming, that started with a dream of Mort and Norma Brooks. It is our goal to continue this dream, expand it into the community and enjoy the fruits of our labor. We are looking forward to David helping us reach these goals."

The farm, which aims to be self-sustaining, is all that: a community-based business. Until recently, Weavers Way farmed a half-acre tract on the grounds of Awbury Arboretum in Germantown. According to Awbury’s Executive Director Gerry Kaufman, Weavers Way and Awbury had the addition of another acre to the farm. That’s a good thing on a variety of levels. For Awbury and its education program, which includes field trips during the school year as well as an after-school-time program, the expanded tract of land will offer an even better place to introduce children to urban farming. The farm also benefits those students enrolled in Awbury’s landscape apprenticeship program.

"Part of what interests us in having this Co-op expand this farm is that we can teach our apprentices something more about urban agriculture," Kaufman says.

Zelov, too, supports urban agriculture. During his tenure as a consultant to The Vinegar Factory, a high-end food store and restaurant in New York City, he got his first-hand look at a successful urban farming environment – the store grows much of its salad greens and tomatoes on six rooftop greenhouses in the city.

"That’s something I’d be interested in doing at some point," Zelov notes. "Growing food as close to your market as possible reduces your costs and usage of fossil fuels, and it adds greenery to the urban environment."

Those are just some of the selling points that attracted him to the Weavers Way farm in the first place. A produce market also provided a strong incentive. One of the difficult things about farming, he notes, is determining where to sell your goods and how to get them to market without membership.

"I’m a big supporter of co-ops, and the relationship with the Co-op and the Weavers Way farm has been a great relationship for a farmer to be in," he says. "You have a guaranteed market, and you have the plus of urban agriculture and of being able to do something good for the city and the environment."

---

**New Co-op Farmer**

(continued from page 1)

tant to organic farms. Most recently he worked as a horticulturalist at the Rutgers Cooperative Research and Extension in Mt. Holly, New Jersey.

As resident horticulturist, Zelov juggles numerous different roles: developed lectures and taught classes on numerous gardening-related topics; trained Master Gardener interns; pur- sued and maintained working relationships with county and state government agencies; studied plant pest and disease problems; and helped Rutgers with the Environmental Stewards Program, which essentially educates and equips non-experts (i.e., regular people) with enough basic scientific knowledge so they can have an informed say when it comes to local and statewide environmental policy.

In his new role as Weavers Way farmer, Zelov is looking forward to applying his past experience to the job.

"I’d like to take my experience in education and bring people out to the farm, show them how we do things and how they can then do some of these things at home," he says. "It would also be nice to educate people about the benefits of farming in an urban environment."

Weavers Way General Manager Ugen Bergman agrees, noting that this is the first time he has ever interviewed people for a "Farmer position."

"We are excited to have David join the management team as the Weavers Way Farmer," Bergman says. "It is the start of something new for us, urban farming, already a member (presumably to prevent said bad guys from monitoring us monitoring its mission). Its stated mission: ‘to provide a communication center to share information that promotes safety and community in the neighborhood surrounding Weavers Way Coop and Henry School.’

Since October, 165 people have signed up. In the beginning, it seemed like we would get messages every few hours containing home improvement tips, invita- tions to social events, hints about city services (including how to notify the city you don’t want those circulars tossed in your driveway every week) as well as some not-so-gently worded advice on how to behave. At times, the listserv has seemed like a call to arms, a community bul- letin board, an organizing tool, a place to vent or voice hurt feelings, and a general communication tool. Since then, the messages have gotten more focused and less frequent. And some really good things have come out of it.

Thanks to an active parent (Kevin Peter) and a recep- tive principal (Carol Trantus), most of us know a lot more about the Henry School than we did before. In November, a half dozen or so people got together and fixed up the park at McCallum and Elliot. A women’s self- defense class was announced and conducted. A stolen car was lost and found and at least two groups of mischie- vious kids who were either disturbing the so-called peace or vandalizing property were identified and their parents contacted.

The listserv has also provided us with some of our first choice spoiling opportunities. In the spirit of political correctness, someone suggested banning capital letters which CAN BE CONSTRUED BY SOME AS SCREAM- INGS.

After that, it was my turn to name America’s best urban Eco-Neighborhoods, I heard another neighbor wonder whether our criminals stole only high-millage cars, used lead-free bullets, and were ski masks made from natural hemp fiber. And last month, a conspicuously named Coroner & Porches appeared alongside our listserv – purportedly for medical examiners who drive hearses.

Besides being a source of entertainment and provid- ing information to help raise awareness about quality of life issues, neighborhood projects and emergencies, the listserv, like a photograph that captures a ghost, is making real the Mt. Airy vibe and ethos we all know and love.

---

**Corner & Porches**

(continued from page 1)

by Jonathan McGoran

To sign up for the Corners & Porches listserv, ask a current member of the listserv to:

Log in (if you forget your password, you can have it emailed to you).

Click on "invite members."

If you want to join but don’t know anyone already on the Corners & Porches listserv, send an e-mail to: donsilver_2000@yahoo.com with your first and last name and the name of the street you live on.
Where Do Those Cookies Come From?

by Jules Timmerman

Do you ever wonder where your next cookie comes from? Weavers Way has been baking cookies for almost 35 years and now sells them at several stores and even mail order. So where do they come from?

First, a word about Kirsten Bernal, who has taken over management of the pet supply store. Kirsten started at the Co-op's pet store last fall, and she has the place looking fabulous. Her regular hours at the pet store are Mondays 9-2, Tuesdays 12-4, and Wednesdays 10-3. If you're a pet food shopper, stop by and see her during these hours (skipping out of your own job as Kirsten started at the Co-op's pet store).

Kirsten started her baking business as a way to make money while staying at home with her children. She started baking loaf cakes because that time people were still baking cookies at home and there was little demand for home baked cookies. She added cookies about five years later. She began selling to individuals but quickly realized this did not work. She found a way to make money while staying at home, and she has the place looking fabulous. Her regular hours at the pet store are Mondays 9-2, Tuesdays 12-4, and Wednesdays 10-3. If you're a pet food shopper, stop by and see her during these hours (skipping out of your own job as Kirsten started at the Co-op's pet store).

Kirsten also works as a chef in our Prep Foods department, and thus far, she has managed to keep the two jobs separate and distinct. No rawhide chew sticks shopper, stop by and see her during these hours (skipping out of your own job as Kirsten started at the Co-op's pet store).

For Valentines Day, Weavers Way will carry Kirsten's Valentines treats.

HEART SHAPED CHOCOLATE CHUNK COOKIES
HEART SHAPED CAKES & BROWNIES as well as our usual selection of Noreen's cookies and cakes

Grocery News

by Tina Swesty

Howdy, Co-op shoppers. Lots of grocery news this month, probably more than we have room for (just like the store itself...more food choices than we generally have room for.)

First, a word about Kirsten Bernal, who has taken over management of the pet supply store. Kirsten started at the Co-op's pet store last fall, and she has the place looking fabulous. Her regular hours at the pet store are Mondays 9-2, Tuesdays 12-4, and Wednesdays 10-3. If you're a pet food shopper, stop by and see her during these hours (skipping out of your own job as Kirsten started at the Co-op's pet store).

Kirsten also works as a chef in our Prep Foods department, and thus far, she has managed to keep the two jobs separate and distinct. No rawhide chew sticks shopper, stop by and see her during these hours (skipping out of your own job as Kirsten started at the Co-op's pet store).

New items abound in the grocery aisles of Weavers Way. Look for bulk raw wheat germ in the baking section, $1.93 per pound. Look for Desert Pepper pineapple salsa, newly added to the salsa section. Delicious. In the freezer, we've added shaded edamame beans, next to the whole edamames that we've always had. Terra Nostra organic chocolate bar is newly added, the chocolate bar is that's actually vegan. Also, raw organic hemp seeds (replacing the toasted hemp seeds, which seemed not to sell), displayed next to the Glenny's soy chips that's about as far away as you can go, period. Unlike the asparagus from Peru. That's about as far as you can go and still be in the Western Hemisphere and -- NEWS FLASH -- it's really expensive. Today's price is $5.55/lb. All our garlic is from China, and that's about as far away as you can go, period. Unlike the asparagus, it's really cheap – which is why, currently, we cannot get garlic from anywhere else. U.S. growers just can't compete with China's low prices. Also unlike the asparagus, it's terrible stuff – very little flavor, not at all fresh.

I've asked several small local growers to consider growing garlic, and lots of it. (Weavers Way shoppers buy about 75 pounds of garlic every week.) I've told them I would replace both conventional and organic garlic with locally-grown, sustainably-grown garlic, even if it's double the price we're now paying. Wouldn't you pay more for good, fresh garlic? Let's hope our local growers come through for us next year. And if you're planting garlic in your garden, plant an extra row for the Co-op.

Produce from Far Away, Part I

Weavers Way is part of this year’s Fresh, Buy Local campaign, and it’s great when we can get local produce. But we’re just not going to find those local bananas, pineapples, mangoes, kiwi and citrus any time of year. In February, we’re also not going to find any local lettuce, it’s just not as good as the imports. We are discussing a better deal for local lettuce with local lettuce growers.

I have to add here that I’m a bit leery of our emphasis on buying local. Aren’t we supposed to feel good about buying crafts from World of Good or Ten Thousand Villages? Is our carbon footprint different when we’re buying crafts shipped from Bangladesh than when we’re buying kiwi shipped from New Zealand?

Produce News

by Jen Mulcahy

Local Spring Mix in Winter?

From mid-April through Thanksgiving, we get a reliable supply of wonderful baby salads from Paradise Organics in Lancaster County. Until now, we’ve been stuck with far inferior salads shipped from California during the winter and early spring. Finally, some hope: Woodland Produce is a new, small producer of hydroponically-grown Spring Mix and Spicy Mesclun Mix, in Fenton, MO. Owners Maury and Heather Shennan sampled those of their delicious mixes and offered them at Weavers Way from December through April. They are working hard to increase their production to meet our demand, but they have encountered some difficulties. Look for their salads in mid-January, we hope. And check out their website at www.WoodlandProduce.com.

Speaking of Winter... 

Don’t forget about the locally grown mini lettuce in the far away section. We’ve got Magenta, Red Leaf, and Little Gem. And don’t forget about the locally grown baby kale in the far away section. And don’t forget about the locally grown baby spinach in the far away section.

Other articles discuss political considerations that impact agriculture. Let’s paste the quote: “The supply and demand for workers remains the big unknown this season. Are we all really tired of the holiday comfort foods? Ready to try something different? In February and March, we’ll try to bring in some slightly more exotic produce. We’ll see what’s available (and difficult to get).”

Excerpts from The Packer

I now receive a wonderful weekly newspaper, The Packer, about commodity producers and distributors. For example, there may be a shortage (read: higher prices) of fresh russet potatoes this year because of “overall lower volume” combined with increased demand from processors (read: McDonald’s). This article also states that this year’s potato crops are outstanding, which, if true, we have yet to see.

Other articles discuss political considerations that impact agriculture. This article includes a quote: “The supply and demand for workers remains the big unknown this season for the harvesting and packing of Florida tomatoes... It will stay scary until our Congress sets some rules up so people know what’s going on...” The CEO of Six L’s Packing Co. Inc. in Immokalee, Florida, thinks about getting enough labor, said Richard Levine, president of Immokalee Produce Shippers, Inc., Immokalee, FL. “Without them, we might as well not open the front doors.” And (Levine) said Immokalee Produce Shippers tries to help its work force by doing things such as providing an occasional catered meal (emphasis mine).”

Well, Richard, I think that’s mighty kind of you. And we’ll be thinking about your work force – all of whom are documented, we’re sure -- when we eat our Florida tomatoes this winter.
Who Would Have Thought?
Energy-Saving Washing Machines

by Sandy Folzer, Environment Committee Chair

No, I’m not going to tell you about organic washing machines, but someday there may be such an animal.

I recently learned that washing machines can make a difference for the environment. Next time I need one, I plan to buy a front loading type. Why? Because they use half the amount of water as a top loading machine.

This translates into using 15 gallons per load or 6,900 gallons per year. (Don’t ask me how they figured out how much laundry you do.) They estimate you also use 68 percent less electricity to heat the water when you’re using less.

And front loaders spin at 1000 rpm’s, unlike the 600-700 rpm’s of top loaders. This means that the clothes come out driest, which means less energy is needed to dry them. They actually extract 35 percent more water. And without an agitator in the middle taking up so much room, you can wash larger loads, there is 25-35 percent more capacity. Gravity does some of the work. It is gentler on the clothes without the agitator. It’s also quieter.

Consumer Reports says front loaders use less detergent. Another plus for the environment.

The down side of front loading washing machines is that they cost more money. The reason is their suspension is heavier duty. Sears’ Kenmore does start at $649, GE at $699, and the price increases from there.

Here are some web sites if you’re interested.

http://www.eartheasy.com/live_frontloadwash.htm
http://www.earthtimes.com/re1000/re1000h8.html
http://www.sdearthtimes.com/et1000/et1000s8.html
http://www.eartheasy.com/live_frontloadwash.htm

Audio and home theater gear with exceptionally good style, value and karma.

Unlike big box stores, Community Audio will help you design an audio or home theater system that’s truly customized for your space. We offer a wide selection of equipment from socially responsible manufacturers. Each brand we carry delivers exceptional style and value for its price range. And after 20 years in Chestnut Hill and Mt. Airy, we’re expert at installing new systems in older homes.

Recyclable trade-ins are offered and accepted. Home trials available. 5% discount to co-op members on new items (excludes specials and accessories).

Community Audio
8020 Germantown Avenue • Chestnut Hill, PA
215-242-4080
CommunityAudio.com
Open 7 days

Career and Life Coaching
Career, Management, Business Coaching
Life Coaching
Seminars: Financial Freedom, Stress and Time Management

Attract careers, business and life goals. Increase success, reduce procrastination and stress.

Gloria D. Rohlfs, MSW, L.C.S.W.
215-248-6287
CoachGloria@pano.com
Raguse, Head of the Northwest People’s Choice Award for Professional Coaching.
Co-op (Member)
The cloning process is accomplished through the implanting of an adult somatic cell from the preferred donor animal into the uterus of the female. An electric current is run through the somatic cell to spark cell division prior to its placement in the female. The animals birthed by the process carry the hopes of scientists and industry seeking replication and perpetuation of high-production dairy cows, superior breeding stock, and other prized genetic traits.

The reality of cloning, according to information gathered by the Center for Food Safety has been rather different, including:

- 64 percent of cattle, 40 percent of sheep, and 93 percent of cloned mice exhibit some form of abnormality, with a large percentage of the animals dying during gestation or shortly after birth.
- High rates of late abortion and early pre-natal death, with failure rates of 95 percent to 97 percent in most mammal cloning attempts.
- Defects such as grossly oversized calves, enlarged tongues, squashed faces, intestinal blockages, immune deficiencies, and diabetes.
- When cloning does not produce a normal animal, many of the difficult pregnancies cause physical suffering or death to the surrogate mothers.

There are other concerns as well. Cloning may lead to the dramatic loss of genetic diversity in livestock, with farmers and our nation’s food supply left susceptible to devastating epidemics due to a large percentage of the animals dying during gestation or shortly after birth.

- The cloning process is accomplished through the implanting of an adult somatic cell from the preferred donor animal into the uterus of the female. An electric current is run through the somatic cell to spark cell division prior to its placement in the female. The animals birthed by the process carry the hopes of scientists and industry seeking replication and perpetuation of high-production dairy cows, superior breeding stock, and other prized genetic traits.

- There are other concerns as well. Cloning may lead to the dramatic loss of genetic diversity in livestock, with farmers and our nation’s food supply left susceptible to devastating epidemics due to a large percentage of the animals dying during gestation or shortly after birth. The cloning process is accomplished through the implanting of an adult somatic cell from the preferred donor animal into the uterus of the female. An electric current is run through the somatic cell to spark cell division prior to its placement in the female. The animals birthed by the process carry the hopes of scientists and industry seeking replication and perpetuation of high-production dairy cows, superior breeding stock, and other prized genetic traits.

Introducing Leidy’s Natural Traditions

Pork Tenderloin

by Dale Kohey

Leidy’s is a Pennsylvania Company that has been raising pork since 1893. Recently they introduced a naturally raised line of pork, called Nature’s Traditions. It is 100% natural pork and raised with absolutely no antibiotics or other additives. The animals are humanely raised and provided with the finest quality, all-natural diet. The American Humane Association has awarded them their Free Farmed Certification because they raise their pigs in a healthy, low stress environment, where they are free to express their normal behavior. They are provided with proper facilities, fresh water, sufficient space, adequate shelter and comfortable resting areas.

Pork Tenderloin Amandine

1 pound pork tenderloin, cut into 8 equal pieces
2 teaspoons butter
1/4 cup slivered or sliced almonds
1/4 cup flour salt and pepper, to taste
1 tablespoon lemon juice

Cooking Directions

Place each tenderloin piece between two pieces of plastic wrap and gently press to 1/4-inch thickness. Set aside. In skillet over medium heat, toast almonds for 1 minute or until golden, stirring constantly. Remove almonds and reserve. Melt butter in skillet. Lightly coat tenderloin cutlets with flour and sauté over medium heat 4 to 6 minutes, turning once. Remove pork to platter and keep warm. Add lemon juice and almonds to pan, stir and heat through. Pour sauce over pork and serve. Serves 4.

Serving Suggestions

Garnish this dish with almonds for a bit of a crunch. Serve with Parmesan roasted potato wedges and steamed green beans.

Nutritional Facts

Calories: 230
Fat: 10 grams
Cholesterol: 75 mg
Carbohydrates: 8 grams
Protein: 26 grams
Sodium: 150 mg
Saturated Fat: 2 grams
Fiber: 1 grams

Food Exchanges:
3 lean meat, 1/2 fat, 1/2 starch

recipe courtesy of Leidy’s

Coming soon...

Espresso Drinks & Hot Cocoa!

For information about upcoming events visit www.bigbluemarblebooks.com

Leidy’s Natural Traditions

Pork Tenderloin

by Dale Kohey

Leidy’s is a Pennsylvania Company that has been raising pork since 1893. Recently they introduced a naturally raised line of pork, called Nature’s Traditions. It is 100% natural pork and raised with absolutely no antibiotics or other additives. The animals are humanely raised and provided with the finest quality, all-natural diet. The American Humane Association has awarded them their Free Farmed Certification because they raise their pigs in a healthy, low stress environment, where they are free to express their normal behavior. They are provided with proper facilities, fresh water, sufficient space, adequate shelter and comfortable resting areas.

Pork Tenderloin Amandine

1 pound pork tenderloin, cut into 8 equal pieces
2 teaspoons butter
1/4 cup slivered or sliced almonds
1/4 cup flour salt and pepper, to taste
1 tablespoon lemon juice

Cooking Directions

Place each tenderloin piece between two pieces of plastic wrap and gently press to 1/4-inch thickness. Set aside. In skillet over medium heat, toast almonds for 1 minute or until golden, stirring constantly. Remove almonds and reserve. Melt butter in skillet. Lightly coat tenderloin cutlets with flour and sauté over medium heat 4 to 6 minutes, turning once. Remove pork to platter and keep warm. Add lemon juice and almonds to pan, stir and heat through. Pour sauce over pork and serve. Serves 4.

Serving Suggestions

Garnish this dish with almonds for a bit of a crunch. Serve with Parmesan roasted potato wedges and steamed green beans.

Nutritional Facts

Calories: 230
Fat: 10 grams
Cholesterol: 75 mg
Carbohydrates: 8 grams
Protein: 26 grams
Sodium: 150 mg
Saturated Fat: 2 grams
Fiber: 1 grams

Food Exchanges:
3 lean meat, 1/2 fat, 1/2 starch

recipe courtesy of Leidy’s
New Programs at the Schuykill Center for Environmental Education

By Erin Jahan

This February will mark the beginning of a five-part adult evening seminar series on “Greening Your Home” from the inside out. Local experts and business owners will discuss strategies, resources, and will share knowledge about many topics. Some of these include: internal environmental air quality, occupancy health, product sourcing and environmental impact, benefits of environmentally friendly materials, innovative “green” products, green roofs, energy efficiency, native plants and ecology, habitat creation, and environmentally sustainable alternative energy solutions.

Our new monthly film series, “Green on Screen” features documentaries introduced by knowledgeable regional speakers on a broad spectrum of topics. Our January film, the award-winning docu- film, the award-winning documentary Vale Male, presented the story of a famous red-tailed hawk that lived near a Fifth Avenue Manhattan Apartment in 1991. The February film, Ancient Futures: Learning From Ladakh, produced by knowledgeable regional speakers, will discuss regional solutions to stormwater management, the use of rain barrels in reducing runoff, creating various natural areas habitat (such as meadows and wetlands), and steps individuals can take in their own yards to protect the watershed while creating habitat beneficial to wildlife.

The series is part of FOW’s Protect Our Watershed (POW) program, which seeks to proactively address stormwater runoff in the lower Wissahickon watershed and to protect the area’s significant remaining open space parcels of land. FOW’s Board of Directors recently approved an ambitious Land Conservation & Stewardship Plan for the POW program, which can be viewed on their website at www.fow.org/watershed.php.

Several organizations are partnering with FOW on this project, including: the Fairmount Park Commission; Philadelphia Water Department; Natural Lands Trust; Chestnut Hill Historical Society; and the Morris Arboretum, which is offering classes on native plants, streams, wetlands, and forest. Her talk will also cover the selection of Native Plants as well as the challenges of invasive species. Dr. Featherstone holds a Ph.D. in Public Policy from Temple University.

Friends of the Wissahickon Sponsors “Protect Our Watershed” Education Series

By Donie Lavabe

The Friends of the Wissahickon (FOW) is launching a lecture series to educate residents in northwest Philadelphia about the environmental degradation in the Wissahickon watershed caused by excess stormwater runoff and what we can do to help reduce it. The four lectures will explore regional solutions to stormwater management, the use of rain barrels in reducing runoff, creating various natural areas habitat (such as meadows and wetlands), and steps individuals can take in their own yards to protect the watershed while creating habitat beneficial to wildlife.

The series is part of FOW’s Protect Our Watershed (POW) program, which seeks to proactively address stormwater runoff in the lower Wissahickon watershed and to protect the area’s significant remaining open space parcels of land. FOW’s Board of Directors recently approved an ambitious Land Conservation & Stewardship Plan for the POW program, which can be viewed on their website at www.fow.org/watershed.php.

Several organizations are partnering with FOW on this project, including: the Fairmount Park Commission; Philadelphia Water Department; Natural Lands Trust; Chestnut Hill Historical Society; and the Morris Arboretum, which is offering classes on native plants, managing deer, sustainable gardens, and the preservation of the Wissahickon as part of the POW Program. Visit www.business-services.upenn.edu/arboratem/education.html for more information.

Wednesday, February 7, 2007
7:30 p.m.
Watershed Planning and Stormwater Management: Regional Case Studies and Collaborations
Dr. Jeffrey Featherstone, Director of the Center for Sustainable Communities and Research Professor, Department of Community & Regional Planning at Temple University’s Ambler Campus, will discuss regional solutions to stormwater management. His teaching expertise includes planning theory, planning law and administration, and environmental planning and politics. Dr. Featherstone holds a Ph.D. in Public Policy from Temple University.

Wednesday, March 7, 2007
7:30 p.m.
Managing Natural Areas Habitat
Pam Morris, Natural Areas Manager for the Morris Arboretum, will share management practices of the Morris Arboretum Natural Areas including meadows, streams, wetlands, and forest. Her talk will also cover the selection of Native Plants as well as the challenges of invasive species. Learn how to create a Native Plant community that will enhance wildlife habitat from insects to migrating birds.

Wednesday, April 4, 2007
7:30 p.m.
Audubon At Home: Healthy Yards, Healthy Watershed
Steven J. Saffier, Audubon At Home Coordinator with Audubon Pennsylvania, will discuss simple steps we can take in our own yards that will not only protect the Wissahickon watershed, but enhance it with birds, butterflies and other beneficial wildlife. Learn how Audubon At Home is transforming habitat in backyards, campuses, and other properties around the state. All lectures will be held at the Chestnut Hill Library, 8711 Germantown Avenue. For more information, visit www.fow.org or contact FOW’s offices at office@fow.org or 215-247-0417.

SAMARITAN COUNSELING
On the campus of St. Paul’s Episcopal Church
22 E. CHESTNUT HILL AVE.
PHILA., PA. 19118

ANNOUNCES THE EXPANSION OF ITS CHESTNUT HILL OFFICE
CONVENIENT TO MT. AIRY, GERMANTOWN & CHESTNUT HILL

PROVIDING THERAPY FOR CHILDREN, ADOLESCENTS, TEENS, FAMILIES, COUPLES AND INDIVIDUALS
EXPERIENCED LICENSED THERAPISTS AND PSYCHOLOGISTS

OVER 30 YEARS IN THE COMMUNITY

CALL 215-247-6077
FOR FURTHER INFORMATION OR TO MAKE AN APPOINTMENT

TUTORING SERVICES
Karen McGoran 215-884-2322

Math • Reading • Sciences
Language Arts • Social Studies
Organization/Study Skills

DISCOUNTS AVAILABLE!!

PLYMOUTH MEETING FRIENDS SCHOOL

SUMMER 2007

PMFS Summer Arts Camp

Full brochure and registration forms on our web site: www.pmfssummerarts.org
For information call 610-628-2589 or email arts@pmfs1780.org.

Test Prep. including...
PSSA
SAT-9
TerraNova

TRIPLE CERTIFIED: ELEMENTARY K-8, EARLY CHILDHD., SPEC. ED.
Global warming is rapidly changing our climate. We've read about it and felt it in recent temperature swings. But what can we do about it? We feel helpless and wish our leaders could solve it for us so that we could move on with life.

It seems as though our planet is asking us to help her; her pleas are visible in hurricanes and feverish temperature fluctuations. Our consumption of fossil fuels releases greenhouse gases into the atmosphere, faster than can be absorbed by the ecosystem. When trapped in the atmosphere, these gases cause global warming. The most notable of the greenhouse gases is carbon dioxide. Each American annually uses an average of 57.5 barrels of oil and emits an average of 24 tons of carbon dioxide (or 135 lbs per day). The interesting number is that 43 percent of this consumption is in our direct control: our transportation, electricity and home heating choices.

And having direct control, the solution is in our hands. We already know that we can decrease our solo driving trips by carpooling, by using SEPTA, by walking, and of course, by not traveling. We can turn off lights and appliances when not needed, and purchase more efficient lights and appliances. With the money saved on electric bills, we can purchase electricity generated by clean wind instead of dirty coal-powered plants. We can heat less space by closing off unused rooms (or downsizing to a smaller home), setting the thermostat to drop the temperature when we aren't home, and replacing a couple of drafty windows. On New Year's Eve, I projected our 2007 emissions to be 7.2 tons, a 56 percent reduction from where we started in June '06, and one-third of the national average; this for a four bedroom Mt. Airy twin.

This form is not intended to place judgment on any of our lives, but rather to guide us, helping us see a current snapshot of our energy consumption as we begin the new year. Maybe by next January, we'll all have before and after pictures to share of trimmer households and a less feverish Earth.

What's your carbon footprint?

Questions? Comments? Need help with the Form CO2-EZ? Contact: Meenal Raval at 215-438-1517 or meenal@mtairygreening.net.
The Simplicity Dividend
Personal Micro-Financing: Changing the World With Your Wallet!
by Ben Terah

As a great fan of microfinance, the loaning of small sums to impoverished women in the developing world to help increase their income generation, I was thrilled to learn of its originator Muhammad Yunus winning the 2006 Nobel Peace Prize. His micro-experiment, loaning illiterate women small sums to help them work themselves out of marginal existences, has proven a brilliant instrument for moving families out of extreme poverty. His Grameen Bank has continually expanded and now it, and many other microfinance institutions based on its model, loan millions of dollars to thousands of women, some men, too; the small amounts they need to expand their productivity. Their payback rates are impressive and their standard of living and literacy rates have improved dramatically.

Until recently it was not possible for individuals (as far as I know) to invest money in microfinance institutions, though they have gladly accepted donations. Now there are two ways to invest; instead of donating, you can now loan whatever amount you choose. Most people can loan more than they can donate, since they expect the loan to be returned, so this is a way to extend more credit dollars, empowering ever more participants in the global economy.

Kiva.org is an amazing website which utilizes PayPal technology to connect your dollars to screened microfinance participants. A photo and biographical sketch for each loan requester appears, along with a description of work history and the business plan. The amounts requested run from around $250 to $2000. Individual loaners pick whom they want to loan to (this is hard — baby boomers may remember the TV show "Queen for a Day" here...) and submit funds, mostly under $100, through PayPal. A typical applicant will be funded by 10 or 20 people, and as funders sign on, you can see the total loan amount rise. If an applicant will be funded by 10 or 20 people, and as funders sign on, you can see the total loan amount rise. If you decided that you would like to loan a $2000 CD you can help keep a family on their land, providing hope that they can prove on cattle feeds so as to increase milk production." Her total loan was $300; she has, according to the website, now repaid $100 of the loan. Go Agnes! For those in a position to invest a minimum of $1000 for three years, the Fair Trade farmers' cooperative Equal Exchange is offering a CD at 4.45%. This is a very competitive rate, and the money is used as a credit line for their farmers to cover expenses during the growing season until the crop is harvested and sold. According to their prospectus at www.equalexchange.com/eecd: "Your money can be used for tremendous good. For example $2000 can buy, at Fair Trade prices, the complete coffee harvest of a typical family farm. That 3-acre farm, perhaps high in a remote Peruvian valley, might support 6-8 people. So with a $2000 CD you can help keep a family on their land, providing hope that they can improve life for their children. You earn a competitive interest rate, too."

Most of us have very little idea what our investment dollars support in the world, and probably a lot of us would be upset if we found this. It is a remarkable opportunity to achieve market rate returns and support economic justice and expanded opportunity. The CDs are not guaranteed, so just as with Kiva, be sure that you educate yourself about the small risks involved.

Eek! E. Coli
by Sara Lusas-Nunez

The year 2006 was a very bad year for some of our best foods. Tainted by the fear of deadly bacteria, spinach and lettuce went from health food to health hazard. The culprit: a virulent strain of e. coli known as 0157:H7. In September, hundreds were sickened due to tainted spinach from California. In fact, three people died in that outbreak. One month later, lettuce was recalled due to concerns about e. coli contamination. And in December, lettuce was again blamed for an e. coli outbreak at several Taco Bell restaurants in New York, New Jersey and Pelham, Alabama.

It makes you wonder about what's going on with our food supply. Some say we need better technologies that will kill these deadly micro-organisms, while others have called for tighter regulations on how crops are cultivated. Since e. coli comes from animal waste, which sometimes gets into irrigation systems that water crops, produce grown in the dirt (like lettuce and spinach) are especially susceptible. Add to this that leafy greens are naturally more vulnerable to contamination and you have a potentially lethal combination.

Some link the rise in e. coli to the rise in factory farming. In large factory farms most cattle are fed grain. Grain-fed cattle are more likely to have e. coli in their digestive system (which is not harmful to them, but potentially deadly to us), than grass-fed cattle.

So what do we do? The bottom line is that nothing is fullproof at this point. But making conscious, informed choices is a start.

Buy fresh: Inspect your greens and only buy those that appear fresh and vibrant with no brown spots. If you're buying bagged lettuce or spinach, look for signs of deterioration in the product, such as brown or wilted leaves, moistness in the bag, or swollen bags. And look for the latest possible “sell-by” date.

Wash Your Greens Well: Even if you buy pre-washed lettuce or spinach, wash it well before eating it. It may not kill any bacteria but it will freshen it up.

Keep it Cold: Make sure you store your greens in the refrigerator as soon as you get them home.

---

HELEN FEINBERG, Esq., MSW
Divorce Mediation Services
7105 McCallum Street
Philadelphia, PA 19119
215-248-0980
Helen@feinberg.net

Dr. Liz & Dr. Mike Schlessinger
Licensed Psychologists
Traditional Talk Therapy & Body/Mind
EMDR • Rubenfeld Synergy Method™

215.646.0885
PRIVATE OFFICES

Mt. Airy/Phila
6833 Wayne Ave
Ambler/Horsham
514 Babylon Rd.
Rich Rudin and Maplewood Music Expand to Chestnut Hill

by Abigail Arata

When Rich Rudin declared his major in piano and musical composition at Temple University, his goal was simply to learn music. Nothing more, nothing less. He did know one thing above all else, though: he wanted to do anything but teach.

Three decades later, Rudin is known around the city as the founder and music director of Maplewood Music Studios, a northwest Philadelphia-based company that offers classes in jazz, blues, classical, rock, and folk music. The studio originally opened in 1980 at the Maplewood Mall in Germantown, and this fall, Rudin opened a second branch, at 8405 Germantown Avenue in Chestnut Hill. For Rudin, the expansion marks the realization of a vision that began when he was a 20-something musician, looking for a space where he could play his piano all hours of the night, and make money while he was at it.

In the summer of 1978, Rudin took a teaching position at the Lighthouse Arts and Music Camp in Pine Grove, Pennsylvania. “It was billed as a summer camp for normal kids who were involved in the arts,” says Rudin. “They didn’t advertise for the extraordinary ones, but that’s what they got.”

At the camp, Rudin had the opportunity to teach an eclectic mix of jazz, folk, rock, blues, and classical piano. “I had some early success in connect-}

ing to the kids, really exploring things together. We were making different kinds of music everyday. It was thrilling. It was there that I decided, ‘this is how I want to participate in making music.’”

When the camp folded in 1980, he sought to create a new venue for this kind of holistic musical experience. And if he was going to do it, he said, he was going to do it right.

Rudin, who grew up in East Mount Airy, knew that he wanted to return to northwest Philadelphia. He wanted to find a space where he could play his own music and teach others at the same time. He didn’t want to be hampered by thin apartment walls or neighbors that wanted to sleep through the night. Rudin thought about Chestnut Hill, but at the time, the properties were beyond his financial reach.

Before long, a place opened up in the Maplewood Mall off Germantown Avenue, in Germantown. For Rudin, it was too good to be true. He made the back of the building into his living quarters, kept the tenant who was renting one of the rooms for extra income, and converted the rest into a small studio.

Originally, there were two rooms for lessons. When his tenant moved out seven years later, though, he expanded into the whole building and brought in new teachers.

The teachers, for Rudin, were the biggest surprise of all. “I always knew that there were a lot of great musicians in Philly,” he said. “But I wasn’t sure how many of them would be interested in teaching at a place like this. I’ve been amazed, though, by the quality of educators that have come through here.”

The studio has thrived over the past two and a half decades, offering private lessons in a variety of instruments, to a diverse range of students. With six rooms at the Germantown studio, they’ve seen a high of 150 students at a given time. Still, Rudin never completely forgot about Chestnut Hill.

Though Rudin wasn’t actively looking to expand, when Ken Goldenberg of the Goldenberg Group, a Philadelphia-based commercial real estate company, approached him about opening a new studio, he couldn’t pass up the opportunity. The new space in Chestnut Hill, which is located above the artistically-oriented store, Intermission, has four rooms. According to Rudin, that means another 100 students are feasible.

He’s hoping that the new location attracts a wider demographic of students, as well. With a revamped advertising campaign – a joint venture with Intermission – he intends to bring clientele from the western suburbs surrounding Chestnut Hill. For folks in Springfield, Wyndmoor, and Flourtown, he says, it is a more viable option than trekking out to Germantown.

For Rudin, though, the most appealing part of this new endeavor is the collaboration with his downstairs neighbor. In joining forces with Intermission, Rudin seeks to continue his efforts to foster a dynamic musical community in Philadelphia. Through their new partnership, he says, they are trying to create a living musical experience. And that, after all, is why Rudin began studying music in the first place.

FEBRUARY 2007 THE SHUTTLE PAGE 9

Standing in front of Maplewood Music Studio's new Chestnut Hill location are founder and director Rich Rudin (r) and office manager Debbie Syzdek.

Geechee Girl is Now Open in Mt. Airy! 6825 Germantown Avenue @ Carpenter Lane

Wednesday - Friday 5:30 - 9:00
Saturday 4:30 - 9:00
Sunday 11:00 - 2:30/5:30 - 9:00

5946 Germantown Avenue
Philadelphia, PA 19144
215-843-8113
www.geecheegirl.com
Geechee Girl Rice Cafe Moves to Germantown Ave. & Carpenter Lane

by Sloan Seale

As many of her devoted customers already know, Valerie Erwin’s Geechee Girl Rice Cafe has recently relocated from its home of three years in Germantown, up the Avenue to 6285 Germantown Ave., right at the end of Carpenter Lane, in the former location of Limpopo. Geechee Girl was already going strong, but the move up the Avenue gives Valerie a larger space with room to expand, and greater visibility on a well-traveled block. On her side of the street, Geechee Girl is now neighbors with Groben’s Seafood and Avenue Art (formerly The Framing Barn); Tesserae is located across the street.

The greatest misconception that people have about her restaurant, Valerie told me in a recent interview, is that the food is African or Asian. “But it’s not,” she says. “It’s American Southern food, influenced by some international cuisines.” The international influences come mainly from Valerie’s student days at Princeton, where she studied politics and where she had a number of international roommates, particularly Japanese and Chinese, who taught her about their home-grown cuisines. “So how did you go from studying politics at Princeton to being a Germantown restaurant owner?” I wanted to know. Valerie told me that, like everyone just out of college, she needed a job, and she started working as a chef. She’d always enjoyed cooking, and found that she loved cooking professionally, at the old La Terrace, Striped Seafood and Avenue Art, at Mt. Airy, where Geechee Girl is more “in the street.” After a couple of years, she started thinking about moving the cafe, she had so many offers of help from her customers that she was able to dispense with hired movers and do it with customers and friends.

Many of Valerie’s customers here in Philly are “Southern ex-patriots,” who claim gladly at the authenticity of her menu. “Your cornbread tastes like cornbread” is a compliment which Valerie has heard many times. Her own favorite item on the menu is shrimp and grits, another popular item with ex-Southerners who miss their grits, along with the Carolina gold rice, imported from Carolina; and the black-eyed peas and ham. True to the restaurant’s concept, rice accompanies almost everything on the menu, and the rice changes regularly. White rice, jasmine and herinoom Carolina gold are always on the menu along with a couple of other offerings, which rotate between brown, wehani, black and other specialty rices.

Along with her sister, Valerie does almost all of the cooking at Geechee Girl. Her other sisters and her mother work the floor and pitch in wherever else is needed. Right now, Valerie is looking to hire more diners and move up the Avenue to Mt. Airy, where Geechee Girl is more “in the market,” and more visible to people who go out to eat regularly. When word got around last year that Valerie was planning to move the cafe, she had so many offers of help from her customers that she was able to dispense with hired movers and do it with customers and friends.

Many of Valerie’s customers here in Philly are “Southern ex-patriots,” who

encroach of resort living, such as that on Hilton Head Island. Yes, Geechee and Gullah are very similar cultures, although not interchangeable.

So -- Valerie now had the experience to run a restaurant, and the concept ready to go. The next question was, where to set up shop? As luck would have it, Valerie learned from a colleague of the space, about to be available in the 9000 block of Germantown Ave., close by the old Germantown Farmers Market. Valerie snatched it up and opened Geechee Girl Rice Cafe in March 2003. Business started to boom right from the start, thanks in part to great word-of-mouth positive reviews in the local press. Soon she had a loyal following whom Valerie describes as “a self-selecting group, and the world’s best customers. Geechee Girl attracts people who like being in a friendly, relaxed atmosphere.” After a couple of years, she started thinking about moving to a larger space, and when she heard that Limpopo was opening up, she liked the idea of staying close by, but moving up the Avenue to Mt. Airy, where Geechee Girl is more “in the market,” and more visible to people who go out to eat regularly. When word got around last year that Valerie was planning to move the cafe, she had so many offers of help from her customers that she was able to dispense with hired movers and do it with customers and friends.

Many of Valerie’s customers here in Philly are “Southern ex-patriots,” who

exclaim gladly at the authenticity of her menu. “Your cornbread tastes like cornbread” is a compliment which Valerie has heard many times. Her own favorite item on the menu is shrimp and grits, another popular item with ex-Southerners who miss their grits, along with the Carolina gold rice, imported from Carolina; and the black-eyed peas and ham. True to the restaurant’s concept, rice accompanies almost everything on the menu, and the rice changes regularly. White rice, jasmine and herinoom Carolina gold are always on the menu along with a couple of other offerings, which rotate between brown, wehani, black and other specialty rices.

Along with her sister, Valerie does almost all of the cooking at Geechee Girl. Her other sisters and her mother work the floor and pitch in wherever else is needed. Right now, Valerie is looking to hire more diners and move up the Avenue to Mt. Airy, where Geechee Girl is more “in the market,” and more visible to people who go out to eat regularly. When word got around last year that Valerie was planning to move the cafe, she had so many offers of help from her customers that she was able to dispense with hired movers and do it with customers and friends.

Many of Valerie’s customers here in Philly are “Southern ex-patriots,” who...
Sopping Soup at Supper
by Peter Savol

We are a big home-made soup family. Meaning that on just about any night if I ladle out bowls of delicious home-cooked soup, my children will inevitably lap it up and get that certain glint in their eyes, and I can tell their hearts have been “put at ease.” A couple of my children have even been known to make soup on their own, in particular African Peanut Soup, which is super yummy (and calming). Not too long ago, one of the kids suggested that we get busy and open up a restaurant that just serves soup. “Kids, did you know that the first soup was really broth that people ate with thick bread instead of a spoon. They called the whole thing sop or soup. The word ‘supper’ comes from people eating soppy soup at the end of the day so it was sopper, or supper. Don’t stare at me like that, it’s true,” I said. “And besides someone has already done that restaurant idea in New York and Boston.” (More on soup restaurants next time.)

Besides the fact that soup is the perfect food to serve at any time of the day, and awakens and refines the appetite.”

The Emperor of Chefs

Auguste Escoffier

Soup puts the heart at ease, calms down the violence of hunger, eliminates the tension of the day, and awakens and refines the appetite.”

Just before Christmas I joined a group of students from Germantown Friends School and members of the Germantown Monthly Meeting to cook up a cauldron of turkey noodle soup that we delivered to a church that provides food to the homeless. We do this once a month, and more often than not we prepare soup and something to accompany it like biscuits or muffins. In December, we coupled it with half a dozen turkey poppies.

Many times we have made gallons of delicious vegetable soup, to feed sixty, and at least eight people have had a hand in randomly chopping, sautéing, boiling and seasoning. One of the favorites is a tomato black bean and vegetable soup. We simply keep adding ingredients, running beans through the cuisinart, and adding flavorings until it is thick and tasty. It includes four pounds of dried beans (soaked the night before), canned tomatoes, many pounds of fresh potatoes, celery, carrots, onions, garlic, various spices and, of course, water. When you add corn muffins to the meal, the ingredients still cost only about $40, which means each person’s nutritional supper is under a dollar.

Soup kitches in America started around 1929 when the effects of the Depression began to be felt. The need for the soup lines intensified when the economy worsened in 1932, and 12 million Americans were out of work. For centuries, soup has been a reliable way to feed many without spending a lot of money. At the end of the nineteenth century, soup was often served for free in taverns at lunch. For those of you who only know soup in a can or a package and have never made a homemade soup, now is the time to get down to the Co-op, buy yourself an armful of vegetables, or beans or chicken bones and then come home and get busy at the stove. The Co-op also sells handy little packs of bean soup mix that come with a variety of legumes, and includes a pack of spices and flavoring. You just add water and perhaps a can of tomatoes to make yourself a huge steaming pot of nutritious soup.

Soup seems to be the one thing that you can be pretty sure everyone will like. First there is the fragrance that fills the house for many hours while it is slowly percolating on the back burner. That alone is enough to get young and old stomachs in a mood to eat. But mostly it may be the comfort factor, the “eliminating the tensions of the day,” that makes this nourishment a truly visceral extravaganza.

Whenever I cook a whole chicken, after the meal I throw the carcass, skin, and fat into a crock pot with water, celery, onions and carrots and turn the whole concoction into a savory stock. After skimming the fat off, it can be made into soup immediately or the broth can be frozen for up to a few months.

As a kid, one of my earliest cooking memories was making a can of soup and doctoring it with a variety of fresh herbs and spices. And even though my days of eating soup from a can, a foil package or a cardboard cup of freeze dried broth are long gone, I appreciate the need for the convenience factor of just popping open, pouring boiling water on, and microwaving in seconds. But for many it is important to know exactly what is going into their soup and to be able to control the taste.

Campbell’s perfected the “condensed” soup in a can (the red and white labels were made even more famous in the sixties by Andy Warhol) sometime in the 1890s, but it wasn’t until the 1950s that they introduced Chicken Noodle, which became their best seller. Who can forget the “Campbell’s Kids” or the “mmm, mmm, mmm, good” jingle? Lipton’s was the company that made a breakthrough with dried soup in 1943. In the fifties, their dried onion soup became the main ingredient of something called “California Dip,” and in fact there were all kinds of crazy recipes where either dried or condensed soup was the essential ingredient.

It is only recently that people began to realize that it is the high salt content that makes those commercial soups palatable.

(continued on page 12)
It is also the salt content which can be so dangerous. A person can get nearly half their quota of sodium in one bowl. If you eat the whole can, you are done for the day – no more salt. That's about 2400 milligrams or one teaspoonful of salt. There are low-sodium products out there, but the companies struggle with taste. There was a time when my family seemed to survive on those salty ramen noodle packages. Apparently, these are far from the original dish from Japan that includes broth and noodles topped with meat and scallions. But it provides people on a limited budget with their daily dose of sodium.

If you are hunting for canned or dried soup at the Co-op you will not find Campbell's or Lipton's but you will find fifteen other brands including a few organic varieties. The Co-op also has two soups bubbling away everyday in the deli. You may have already tasted these at lunch. The head of the deli, Margie Felton, says that Co-opers slurp down 4 to 6 gallons of fresh soup per day.

Those fresh soups come from a few different providers: Michele's (now owned by Helen's Pure Foods in Cheltenham), Culinary Crossing of Harleyville, Moshe's in Wyndmoor (he provides a variety of chilies) and Kettle Cuisine, which is a large producer in the Boston area that sells in over 40 states. "You can get a 12 oz. cup of soup or take home a whole quart to feed your hungry family," Margie says.

Next month: Soup's history and vital info on the health benefits.

Valley Green Bank Announces Essay Contest Winner
by Leslie Seitchik

The contest was open to all 7th and 8th grade students who either live or attend school in Mt. Airy or Chestnut Hill. The jury was comprised of three experts, two of whom have ties to Weavers Way – Shuttle editor and novelist Jon McGoran and Co-op member Michael Bamberger, who is a published author and senior writer at Sports Illustrated. The other judge was Deb Dempsey, a retired English teacher from Springside School. "I was impressed with the quality of the writing," said McGoran. "It wasn't easy to select a winner from among these talented, young writers."

In her winning essay, Amy recommends, "sharing a smile, using a trash bag and having fun." Those are good words to think about in our daily lives.
Reading African American Literature

by Mark Scearce

African American History Month has created controversy because of the compartmentalization of African American culture into a one-month extravaganza. In an Inquirer Magazine article several years ago, novelist David Bradley, author of The Chaneysville Incident, lamented how he hated being popular in February but relatively invisible for the rest of the year.

However, in my opinion, it doesn’t hurt to shine a light on African American culture as long as there is a consistent presence and awareness of this part of our national heritage in our schools, media, and homes during the rest of the year, as well.

With that in mind, here are some books to consider reading over the next year. In 2003, we marked the one hundredth anniversary of the publication of The Souls of Black Folk, by W.E.B. DuBois, a collection of fourteen essays by the renowned scholar, sociologist, editor, essayist, journalist, novelist, and activist. DuBois, an essayist, journalist, novelist, and activist. The three essays that have best withstood the test of time are "Of Our Spiritual Strivings," where he develops the concept of the "double consciousness" of African Americans; "Of Mr. Booker T. Washington and Others," which delineates a polarity of opinion at the turn of the twentieth century that reemerges in the 1950’s in the contrasting political philosophies of Martin Luther King, Jr. and Malcolm X; and "Of the Training of Black Poets, edited by Dudley Randall, is one of the "double consciousness." Also emanating from Philadelphia is Sweet Summer: Growing Up With and Without My Dad, a memoir by Bebe Moore Campbell, who died recently. She touchingly recounts her life growing up with her mother and grandmother in North Philadelphia, and her summers spent with her father and his family in North Carolina.

If you like fiction, consider A Lesson Before Dying, by Ernest J. Gaines, a book that is becoming a modern classic. It tells the story of an illiterate young black man who is unjustly accused of murder, and of the African American school teacher who befriends him.

Here are two anthologies that offer broad chronological and stylistic panoramas of African American poetry. The Black Poets, edited by Dudley Randall, is more politically oriented and includes folk poems, spirituals, and 19th century poems by Phillis Wheatley and Frances E. W. Harper, as well as twentieth century poets up to the 1960’s. The Garden Thrives, edited by Clarence Major, focuses on twentieth century poetry with 200 pages of poetry since the 1960’s.

Some are autobiographical, some are literary, most are political, and all are feminist, or as Walker says, "womanist." Her search for Zora Neale Hurston’s grave is particularly touching.

John Edgar Wideman is my favorite African American writer, not because he was a great basketball player at Penn, but because his books are penetrating and raw in a way that lets the reader know that Wideman has opened his heart, mind, and soul. In basketball parlance, he left it all out on the court (didn’t hold back). I think that Brothers and Keepers, a non-fiction account of his brother’s incarceration for being an accomplice to a murder, and its effect on Wideman, is his best book. Philadelphia Fire and Damballah, both novels, are close behind.

Remember, it doesn’t have to be February to appreciate African American culture and literature.
What To Do When You Find An Injured Animal On The Road

by Brenda Malinics

Over the past three months, I have had the unfortunate “luck” of finding three red fox kits who had been hit by cars near my house. Their den was in the Wissahickon near a busy road. I’d seen the beautiful foxes several times but never with her kits. I am always in awe of these majestic animals who are true survivors managing to eek out territory under the worst conditions.

My first encounter with the kits was a rainy Friday night. The kit was only about nine weeks old and in the darkness, I thought it was a kitten lying in the road. It was about three months old. The sun was just coming up and I suspect that it was returning to its den after a night of hunting with its mom. This kit had a bad injury to its back and spine and try to keep that area as straight as possible. Slowly and carefully lower the animal into the carrier while it is still wrapped in the towel. Do not attempt to remove the towel from around its body. Be sure to securely close the top or door, depending on the type of where it was hit. A carcass can providement of how grave their injuries. I also keep a cardboard transport carrier in my car at all times, helps me to remain calm and be as efficient as possible for the animal’s sake and mine. My “traveling medical kit” does not take up a lot of space, and is helpful for transporting injured domestic animals to vets as well.

Keep a list of names and phone numbers of rehabbers, vets and SPCA’s in your town. Remember that once an injured animal is in your car, do not play music or converse with passengers. Dark and quiet are key words to remember. Keep two to three bath-size towels; one to go inside the box and one to cover the box. I have a pair of leather gloves to use when the animal is dead, attempt to get a pain reflex by firmly squeezing the paw. Once an animal has died, it often releases its bowels and bladder. Look for this evidence near the body. Ideally, an animal should be placed in a secure carrier. Wearing leather gloves and using a towel, slowly approach the animal’s body, especially over its face. If it is going to bite (in fear or pain), it can bite into the towel. Gently scoop up the animal’s body using both hands to support its weight at both ends. Be mindful of its back and spine and try to keep that

Manayunk Artist Building
Artist Studios Available for Rent
320 Sq. Ft. – Rent: $425.00 Mo.
Former Mill Building - 2 blocks from Main St. - Lots of Natural Light
Off-Street Parking - Larger & Smaller Spaces Available - Owned by Artists

Contact Matt or Marty at 215-508-2071

Suffering from Disc Pain?
Thinking About Surgery?

Spinal Decompression may be the answer you are searching for!

- Non-surgical, drug free treatment with 85% success rate
- FDA-approved device is safe and affordable with virtually no side effects

Why continue to suffer? There are other options!!

To find out more, call the 24 hr recorded message at 215-509-6661 for a FREE Report

FEBRUARY 2007
PAGE 14
THE SHUTTLE
Antifreeze a Tasty Poison to Pets, Wildlife

by Brenda Malinics

Antifreeze, ethylene glycol, poses a danger to all animals, including wildlife. Records show that high numbers of wildlife and domestic animals are poisoned during the months of October, November, and December. The change in weather often motivates people to change the antifreeze in their cars as winter approaches. Because antifreeze tastes so sweet and does not freeze, the leaks and spillage caused by careless disposal are very attractive to thirsty animals who have found that most of their favorite sources of water have become frozen. Alarmingly small doses of ingested antifreeze can be lethal. Initial signs of toxicity can be seen within 30 minutes. Learning to recognize the poison can begin to show within 30 minutes. Early treatment is necessary, and even ataxia, increased thirst and increased urine output. As with any poison, it is recommended that you contact a veterinarian for a domestic pet and a rehabilitation center for weak and compromised wildlife. The Schuylkill Wildlife Rehabilitation Center treats native PA wildlife free of charge, seven days a week, 365 days a year and is staffed primarily by volunteers. For more information on wildlife, to become a volunteer, or to make a donation, phone 215-482-8217. With reduced winter hours, be sure to call ahead to ensure that someone is available to receive the animal. If the clinic is closed, do not leave an injured animal outside.

Heated water bowls are available at pet stores and through specialty catalogs. They are made of sturdy plastic which can be kept outside throughout the winter. There are also electric heating elements designed to be placed in bird baths which can keep water thawed for bird bathing and drinking. I have bath in my yard and am amazed at how many thirsty animals come to refresh themselves at my "watering holes." The bowl is kept on the ground for strays and the heating element resides in a raised bird basin. Refill them daily and when snow is on the ground it is fun to identify the variety of animal tracks present around the site.

Heated water bowls are available at pet stores and through specialty catalogs. They are made of sturdy plastic which can be kept outside throughout the winter. There are also electric heating elements designed to be placed in bird baths which can keep water thawed for bird bathing and drinking. I have bath in my yard and am amazed at how many thirsty animals come to refresh themselves at my "watering holes." The bowl is kept on the ground for strays and the heating element resides in a raised bird basin. Refill them daily and when snow is on the ground it is fun to identify the variety of animal tracks present around the site.

Pesticides in Produce:
What to do When You Can't Buy Organic

by Marsha Low for the Environment Committee

Most people know about pesticide contamination in produce. In the best of all-possible-worlds, we'd all be eating only organically-grown fruits and vegetables. But while some organic produce is reasonably priced, many organically-grown items are costly. For those on a tight budget, there are some fruits and vegetables which are relatively low in pesticides. Other items are highly contaminated and should be purchased organic if at all possible. The Environmental Working Group (EWG) recently developed a ranking of 43 fruits and vegetables. The ranking was based on the results of nearly 43,000 tests for pesticides on produce collected by the U.S. Department of Agriculture and the U.S. Food and Drug Administration between 2000 and 2004. Food News from the Environmental Working Group, in a news release published in October of 2006, lists the 12 most "consistently clean" items as follows (the first item in the list being the cleanest): onions, avocados, sweet corn (frozen), pineapples, mangos, asparagus, sweet peas (frozen), kiwi fruit, bananas, cabbage, broccoli and papayas. The 12 most contaminated items, or the "Dirty Dozen" are (the first item being the worst): peaches, apples, sweet bell peppers, celery, nectarines, strawberries, cherries, pears, grapes (imported), spinach, lettuce, and potatoes. Eating the 12 most contaminated fruits and vegetables will expose a person to about 15 pesticides a day, on average, while eating the 12 least contaminated will expose a person to fewer than two pesticides a day. Washing and rinsing fresh produce may reduce levels of some pesticides, but it does not eliminate them. Peeling may reduce exposures, but valuable nutrients are often removed along with the peel.

For more information, go to www.ewg.org. For the full list of fruits and vegetables, and for a free download of the Shopper's Guide, a handy, wallet-sized card that lists the "Dirty Dozen", as well as the 12 most "consistently clean" items, go to www.ewg.org. For the full list of fruits and vegetables, and for a free download of the Shopper's Guide, a handy, wallet-sized card that lists the "Dirty Dozen", as well as the 12 most "consistently clean" items, go to www.ewg.org.
I know this District. I have lived and worked here for 30 years. Nowhere in the City is there more civic energy, more imaginative ideas, and more diversity than in the District that we call home.

I’m running for city council to give our residents a voice and an advocate in city government. I believe we have the power to make life better in all of our neighborhoods.

And to all of you, I say this: I will be present. I will listen. I will work to make city government your partner. Together, we can make a difference.

To elect me to City Hall – is to elect you to City Hall!

LEADERSHIP...EXPERIENCE...AND THE COURAGE TO STAND UP FOR WHAT’S RIGHT!

Paid by: Friends of Irv Ackelsberg, James A. A. Pabarue, Jr., Esquire, Chairman Howard Langer, Esquire, Treasurer 1600 Market Street Suite 2020 Philadelphia, PA 19103
Our family did something unusual Christmas week of 2004 — we went on a vacation farther than Long Beach Island. Yes, we spent Christmas Eve to New Year’s Eve in St. Croix in the U.S. Virgin Islands. The trip to the tropical paradise began inauspiciously as our US Air flight was delayed for two hours, just long enough to miss our connecting flight in San Juan, Puerto Rico. When we finally touched down at St. Croix, fourteen hours after we began our journey, we were luggageless. For two days we lived in our funky flight clothes, disgruntled at our missing wardrobe, but thankful to be at our destination.

We stayed at an oceanside resort, meliausously named Carambola, which has a pool for those who don’t like sand, but long brown seeded fruits. A camellia-like shrub, exora, grows in abundance with red flower clusters catching the eyes of humans and hummingbirds a like. The orange-striped butterflies seem to prefer the pink, yellow, and orange flowering bougainvilleas, which sprawl in exotic profusion. On the beach, stand gnarly, wide-branched sea hibiscus trees, perfect for hanging hammocks. From this comfy vantage point, a relaxing, weary, or lazy tourist can view the pelicans, egrets, and herons that populate the shoreline. Since our resort is smack in the middle of a sea turtle egg-hatching site, people sometimes have to shoo the pelicans away from the newly hatched turtles as they scurry from the beach into their ancestral home in the ocean. The ocean begins near shore as light blue, then changes to aqua, and then becomes dark blue as it melds with the horizon.

One day while my wife Shelley and son Alex went horseback riding, my daughter Angela and I hiked through the surrounding hills. At times, walking the narrow trails with the dense canopy, leaf-littered floor, serpentine vines, birds chirping, snails, dry stream beds, and, alas, empty beer cans, I felt that we could have been in the Wissahickon. But here’s how I knew that we weren’t in Kansas: Yellow and black-striped butterflies and large (bat-sized) black moths flit and swoop among the foliage; ubiquitous lizards scoot behind tree trunks as soon as we get close; and large fungus-like termite nests cluster at the bases or in the crooks of trees.

Other notable differences include turpentine trees with reddish peeling bark that tower over the other trees. I could smell the pungent turpentine as it oozed down the trunk. The locals call it gumbo-limbo tree or “tourist tree” because the bark peels like a sunburnt tourist. The kapok or silk cotton tree has 1-2” triangular gular bumps on the trunk, obtruding like stegosaurus hide. The silky down was used for bedding and stuffing pillows. One plant that I recognized is lantana, which grows up north as a garden annual or potted plant. In the Virgin Islands, lantana grows wild and much taller (4’) than it does in Philly. If you don’t like creepy-crawlies, go to Disney World, not St. Croix. In the wooded hills are 4” black millipedes (harmless) and 1” dark brown slugs shaped like marbled shells. However, the biggest surprise was the hermit crabs that scurry along the leafy ground with the shells of other sea creatures on their backs. The ones that we saw ranged in size from ¾” to 6” across. One way they protect themselves is to roll downhill in their shells. Another defensive strategy is to roll downhill in their shells to escape potential predators.

We enjoyed our vacation (especially when we finally got our luggage), because of its wonderful balance of relaxation and healthy activity — all in the midst of a nature-lover’s paradise.
Co-ops Keep the Organic Spirit Alive!
from the National Cooperative Grocers Association

As demand for organics and organic food offerings continues to grow, consumers must insist companies stay true to the movement’s standards and spirit. With an increasing number of companies seeing financial opportunity in the organic food industry, consumers must hold their feet to the fire when it comes to maintaining the standard and spirit of organics, says the National Cooperative Grocers Association (NCGA), a business services cooperative representing 106 food co-ops nationwide.

Savvy shoppers are increasingly looking for healthful, ethical choices when it comes to buying food. In 2006, the organic food industry continued to grow at an incredible pace, and has grown between 15 and 20 percent every year since 1998. Attracted by the growth and premium price potential, mass market retailers like Wal-Mart and big name manufacturers like Campbell’s are jumping on the organic bandwagon. The result is an even greater push for organic products. That organic food offerings continue to grow, according to Robynn Shrader, chief executive officer for NCGA.

“The good news is that more consumers are being exposed to organics and sustainable food choices,” said Shrader. “The bad news is the implications that growth has for the industrialization of organics. This not only has an environmental impact — as we begin transport- ing organics across the globe — it could have a devastating effect on the small family organic farmer, who will struggle to keep up with discount-store prices.”

“Giant growers are already applying pressure to weaken the organic standards so they can more easily meet the require- ments set for organic certification. Support for maintaining, and even strengthening, these standards will need to come from a committed base of organic advocates, such as NCGA’s co-op members, consumer members, and shoppers.”

NCGA suggests a variety of ways for consumers to make their voices heard regarding the industrialization of organics, such as contacting their congressperson or writing letters to companies that are attempting to weaken the standards.

“It’s worth the effort to keep a watchful eye on companies offering organic foods that are grown organically have been shown to be more healthful — higher in vitamins, minerals and anti- oxidants and produced without pesticides, GMOs and other synthetic hormones and antibiotics that have been linked to health problems. Animals on organic farms are typically treated more humane- ly.”

While conventional farming practices cost taxpayers billions of dollars in envi- ronmental damage and federal subsidies, organic growers protect soil sustainabili- ty, respect the water quality, and con- tribute to biodiversity. Organic farming protects the health and welfare of farm workers as well as consumers, and it pro- vides the world with the safest, most healthful food available.

In addition, those who buy organic products grown or produced locally eliminate the need for unnecessary mid- dien, greatly reducing transportation costs and directly supporting farmers and their communities.

Co-ops Keep the Organic Spirit Alive!
from the National Cooperative Grocers Association

As demand for organics and organic food offerings continues to grow, consumers must insist companies stay true to the movement’s standards and spirit. With an increasing number of companies seeing financial opportunity in the organic food industry, consumers must hold their feet to the fire when it comes to maintaining the standard and spirit of organics, says the National Cooperative Grocers Association (NCGA), a business services cooperative representing 106 food co-ops nationwide.

Savvy shoppers are increasingly looking for healthful, ethical choices when it comes to buying food. In 2006, the organic food industry continued to grow at an incredible pace, and has grown between 15 and 20 percent every year since 1998. Attracted by the growth and premium price potential, mass market retailers like Wal-Mart and big name manufacturers like Campbell’s are jumping on the organic bandwagon. The result is an even greater push for organic products. That organic food offerings continue to grow, according to Robynn Shrader, chief executive officer for NCGA.

“The good news is that more consumers are being exposed to organics and sustainable food choices,” said Shrader. “The bad news is the implications that growth has for the industrialization of organics. This not only has an environmental impact — as we begin transport- ing organics across the globe — it could have a devastating effect on the small family organic farmer, who will struggle to keep up with discount-store prices.”

“Giant growers are already applying pressure to weaken the organic standards so they can more easily meet the require- ments set for organic certification. Support for maintaining, and even strengthening, these standards will need to come from a committed base of organic advocates, such as NCGA’s co-op members, consumer members, and shoppers.”

NCGA suggests a variety of ways for consumers to make their voices heard regarding the industrialization of organics, such as contacting their congressperson or writing letters to companies that are attempting to weaken the standards.

“It’s worth the effort to keep a watchful eye on companies offering organic foods that are grown organically have been shown to be more healthful — higher in vitamins, minerals and anti- oxidants and produced without pesticides, GMOs and other synthetic hormones and antibiotics that have been linked to health problems. Animals on organic farms are typically treated more humane- ly.”

While conventional farming practices cost taxpayers billions of dollars in envi- ronmental damage and federal subsidies, organic growers protect soil sustainabili- ty, respect the water quality, and con- tribute to biodiversity. Organic farming protects the health and welfare of farm workers as well as consumers, and it pro- vides the world with the safest, most healthful food available.

In addition, those who buy organic products grown or produced locally eliminate the need for unnecessary mid- dien, greatly reducing transportation costs and directly supporting farmers and their communities.

Co-ops Keep the Organic Spirit Alive!
from the National Cooperative Grocers Association

As demand for organics and organic food offerings continues to grow, consumers must insist companies stay true to the movement’s standards and spirit. With an increasing number of companies seeing financial opportunity in the organic food industry, consumers must hold their feet to the fire when it comes to maintaining the standard and spirit of organics, says the National Cooperative Grocers Association (NCGA), a business services cooperative representing 106 food co-ops nationwide.

Savvy shoppers are increasingly looking for healthful, ethical choices when it comes to buying food. In 2006, the organic food industry continued to grow at an incredible pace, and has grown between 15 and 20 percent every year since 1998. Attracted by the growth and premium price potential, mass market retailers like Wal-Mart and big name manufacturers like Campbell’s are jumping on the organic bandwagon. The result is an even greater push for organic products. That organic food offerings continue to grow, according to Robynn Shrader, chief executive officer for NCGA.

“The good news is that more consumers are being exposed to organics and sustainable food choices,” said Shrader. “The bad news is the implications that growth has for the industrialization of organics. This not only has an environmental impact — as we begin transport- ing organics across the globe — it could have a devastating effect on the small family organic farmer, who will struggle to keep up with discount-store prices.”

“Giant growers are already applying pressure to weaken the organic standards so they can more easily meet the require- ments set for organic certification. Support for maintaining, and even strengthening, these standards will need to come from a committed base of organic advocates, such as NCGA’s co-op members, consumer members, and shoppers.”

NCGA suggests a variety of ways for consumers to make their voices heard regarding the industrialization of organics, such as contacting their congressperson or writing letters to companies that are attempting to weaken the standards.

“It’s worth the effort to keep a watchful eye on companies offering organic foods that are grown organically have been shown to be more healthful — higher in vitamins, minerals and anti- oxidants and produced without pesticides, GMOs and other synthetic hormones and antibiotics that have been linked to health problems. Animals on organic farms are typically treated more humane- ly.”

While conventional farming practices cost taxpayers billions of dollars in envi- ronmental damage and federal subsidies, organic growers protect soil sustainabili- ty, respect the water quality, and con- tribute to biodiversity. Organic farming protects the health and welfare of farm workers as well as consumers, and it pro- vides the world with the safest, most healthful food available.

In addition, those who buy organic products grown or produced locally eliminate the need for unnecessary mid- dien, greatly reducing transportation costs and directly supporting farmers and their communities.
Co-ops Looking Beyond Organics

by Barth Anderson, reprinted from Cooperative Corner Magazine

Organic food is still growing at a remarkable clip, especially now that this pure product has made the leap from food co-ops to megastores like Wal-Mart, which is infamous for driving down wholesale prices and paying nada wages to workers.

But with no social justice component in sight for USDA organic standards, many co-op customers and other ethical shoppers are turning their attention to Fair Trade. These consumers would like to know that U.S. farmers, along with international Fair Trade coffee growers, are making a decent profit on the crops they grow and that farm laborers have been paid well for their hard work.

Unfortunately, that’s easier said than done: Inexpensive food is financed by cheap labor in this country. According to the USDA’s own study, about 45 percent of all hired farm workers 25 years and older earn less than the poverty threshold for a family of four. Over one-third have an annual family incomes of less than $15,000. And according to another recent study, most farmers who work 100 acres or fewer have an average net profit of minus 20 percent.

To address these unsustainable elements in our marketplace, growers, representatives of the Local Fair Trade Network (LFTN) in the Twin Cities are gathering co-op groceries, sustainable farmers, and farm labor organizations together in order to create a label that will be meaningful to consumers.

Furthermore, LFTN is acting as the Fair Trade pilot program for the Agricultural Justice Project (AJP) out of North Carolina. The goal is to construct a set of standards that would give credibility to a Domestic Fair Trade label. “Agricultural Justice Project has been creating the standards for Fair Trade for years,” says Erik Eise, Director of LFTN, explaining how that partnership came about. Now they’re working with a small group of farmers that they will be able to certify as truly Fair Trade next growing season.

Don’t wait. Cooperate

Eise, who also serves as the merchandising and marketing coordinator for North Country Cooperative in Minneapolis, says that grocery co-op buy-in is essential for the good intentions of this Fair Trade movement to gel into a marketplace force. Consumer co-ops are where the resources are. They have their own publicity and marketing departments and can coordinate in ways that no individual co-op could do. Plus, says Eise, “Co-ops have expertise in presenting abstract concepts like sustainability and social justice to the consumer.”

“In the local market, a clear sign that something that fits well within [our] principles.

But paying a living wage to farm workers and a return of profit to farmers is going to cost and that money has to come from somewhere.

Greg Reynolds of Riverbend Farm in Delano, Minnesota, is a strong supporter of Domestic Fair Trade, but says that customers and co-ops should understand what a Fair Trade label might require. According to Reynolds, if he were to pay his workers a living wage, his produce prices would increase anywhere from 15 to 30 percent.

Will co-op shoppers pay more for Domestic Fair Trade produce? Riemann says people are already paying a premium for local so they already understand the implications of buying directly and making sure we have a sustainable food system.

Sean Doyle, general manager of Western Co-op in Minneapolis, says that Domestic Fair Trade will resonate with his shoppers and members because shoppers would like the assurance that the product is Fair Trade, but if they have that assurance, they’ll buy the product regardless of price.” Doyle also says that creating a certification process will make the label more transparent and resonate with a broader grocery market.

“The good news is that there’s a precedent with organic,” says Eise. People said paying more for their groceries wouldn’t be discovered. It was a sweltering day and flies were circling him ready to lay the maggots which within hours would be eating his flesh. His injuries were so extensive that he had immediately euthanized. bark and feathers.

It felt sad to know that three beautiful young foxes had met their death on roads within months of their birth. They would never experience the crispness of autumn or a first winter snow. A believer in karma, I also wondered why I found all three under these circumstances. Most people never get to touch a fox, I touched all three, in both life and death.

What to do with an injured animal

(continued from page 14)

About a month after the second kit had been killed, I received a call at the Schuylkill Wildlife Center on my weekly shift about an injured fox behind the Hair Cuttery in the Andorra Shopping Center. I knew it had to be the same family so I went out to do a retrieval.

This young terrier fox had broken hind legs and a spinal injury. He tried to run as I approached and it broke my heart to think how he was suffering. I suspected that he had been hit by a car on Henry Avenue during the night and had tumbled down the incline into the alley when work, but it did work.

Then there’s democracy and fairness in the workplace, considering especially farm workers who aren’t often in a position to act collectively. “For them to be full partners is a real challenge,” Eise says, referring to cultural, language, and political barriers. As a result, LFTN has begun working with and seeking guidance from Centro Campesino, a regional farm workers’ organization.

There’s a particular road, of course, that’s been paved with good intentions. Avoiding that road, as Doyle suggests, will require stringent, credible standards. Big Organic’s clean reputation has been eroded, after all, because USDA organic standards were perceived to have been eroded.

But so far, the Domestic Fair Trade effort seems genuine, with players like Organic Valley, Equal Exchange, and NCGA all taking an active interest in a meaningful label.

FEBRUARY 2007 THE SHUTTLE PAGE 19
Suggestions by Norma Weiss

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

We recently completed a market survey regarding how and where we should expand. The results are kind of surprising, especially considering what has been going on in Chestnut Hill lately. The consultant suggests we open a dollar store that also offers check cashing. He suggests we prepare our market area by putting up some announcement banners across Germantown Avenue in Chestnut Hill and Mt Airy. He stressed that we proceed with this expansion soon, since he saw the signs were Chestnut Hill looking for dollar store tenants, and it is important that we get ours and running first to scare off potential competition.

Suggestions and responses:

s: “Can you order a quality chicken bouillon? I asked before and you said yes and asked what brand. I don’t know — any wo MSG would be fine — perhaps one of the brands we use for vegetable bouillon. Also, can you order the herb croutons more often? There are always garlic and onion but not so often the herb ones.”

t: (Chris) We’re stocking “Better Than Bouillon Chicken Base” in response to your request. It is an excellent, and it is organic. (Margie) The herb croutons are occasionally out of stock, but I will continue to order them. I am also hoping to bring in croutons from a different company for more variety.

s: “Chris, for god’s sake — Anna made what we both thought was a simple but I will continue to order them. I am myself “certified normal”).

s: “What happened to Celestial Seasonings Emperor’s Choice? Do they make it anymore?”

t: (Chris) No longer available anywhere.

s: “If we identify by country in BIG signs, then why not Italian, etc. olive oil. Why Palestinian? I object to politicizing WW.”

t: (Norman) Palestinian olive oil was stocked as a result of an explicit request from December to April allows us to escape from a very well-attended membership meeting, which is why we called attention to it.

s: “What happened to Gimme Lean sausage style? I and others greatly prefer it to Ground Beef style. I suggest some of the far inferior California mixes. Of the far inferior California mixes. Until then, we’ll have a sporadic supply of hydroponically-grown salad mix from Woodland Produce ($1), and a dependable supply of the far inferior California mixes.

s: “It would be great if you could stock whole wheat pasta flour — Arrowhead Mills makes it in the same size package (small) as their other flours.”

t: (Chris) We do stock this item, bottom shelf of the flour and sugar section.

s: “In the spirit of Reduce Reuse Recycle, is there a chance we could stock the refrigerated, recyclable half gallon containers of Rice Dream’s original flavored rice milk? The tetra paks don’t recycle well, and Parksmark seems to be the only local carrier ($8.99 a half gal). This request also contains my annual plea to obtain a bulk water dispenser (reverse osmosis, please). Again, Parksmark is the only local carrier @ $3.99/gallon, and I’d rather haul my 5 gallon jug around here, within wheeling distance. I think many co-opportunists would use it if it were available.”

s: “The Earthbound spring mix is not a good alternative to Paradise Organics — I can buy it at Whole Foods, Trader Joe’s. It has moisture in the bag — it goes bad much faster. Please order Paradise. Thank you.”

s: “The lettuce is out of stock and they don’t seem to be refrigerated. (Norman) Remember…we’ll keep this in mind when we expand the store. The consultant says we open a dollar store that also offers check cashing. He suggests we prepare our market area by putting up some announcement banners across Germantown Avenue in Chestnut Hill and Mt Airy. He stressed that we proceed with this expansion soon, since he saw the signs were Chestnut Hill looking for dollar store tenants, and it is important that we get ours and running first to scare off potential competition.

s: “Why doesn’t the Co-op sell cars? I need one today and had to go to a dealer.”

t: (Norman) We do sell cars, dribble upstairs on the shelves with bowls. We offer easy financing, just ask a cashier for a loan. Ask a Floor person for help getting your car down the steps.

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>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday</td>
<td>Feb. 7, 2007</td>
<td>6:45 p.m.</td>
<td>GJC</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Mar. 7, 2007</td>
<td>6:45 p.m.</td>
<td>GJC</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Apr. 11, 2007</td>
<td>6:45 p.m.</td>
<td>GJC</td>
</tr>
</tbody>
</table>

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 $360 annual investment (check or cash). We look forward to seeing you and welcoming you into the Co-op.

Robin Gerstuch, Membership Manager

PLEASE RETURN THIS PORTION TO WEAVERS WAY

Someone from your household will attend the orientation meeting on

Name (please print)__________________________
Phone Number__________________________
Address (including zip code)__________________________