

HOURS:

MONDAY – FRIDAY
7:00 – 8:00

SATURDAY 7:00 – 8:00

SUNDAY 10:00 – 6:00



ISSUE #306

APRIL 2005

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What's the Scoop?

- Outreach springs ahead (see page 5)
- New products aplenty (see page 6)
- The holy wort (see page 16)

HWFC Annual Membership Meeting

Sunday, April 17, 2005 • 6–8 pm

5 pm Social Hour with refreshments from the Deli

Sage College/Albany, Campus Center, Rm.224

(off Academy Rd., near New Scotland Ave.)

On the Agenda

- Election to fill four seats on the Board of Directors
- Annual Report

- Vote on petition to award Lynne Lekakis \$1,250 for service above and beyond that expected
- Strategic planning discussion
- Open discussion

To be eligible to vote, you must be up-to-date with work hours and share payments as of April 15, 2005.

A complete agenda will be mailed. Anyone working in April who wants work credit for April in order to qualify to vote must notify the member coordinator, Nate Horwitz.

HWFC's Earth Day Festival 2005

Saturday April 23

(rain date 4/30)

11 am – 4 pm

Come celebrate with your co-op community!!!

Learn about environmental and social issues from local activist groups.....

composting, bio-diesel, vegetarian living, genetic engineering,
organic gardening, alternative energy and much more!!!

LIVE MUSIC ALL DAY

DRUM CIRCLE

KIDS ACTIVITIES

REGISTER TO VOTE

BIKE SAFETY CHECKS

ORGANIC FOOD TASTING

FREE SHRUBS AND TREE SEEDLINGS

Regional Farm and Food Project Film Festival

“The Future of Food,” “Sweat Soil,” “The Meatrix,” “Mad Cow:
The Plague of the 21st Century,” “The True Cost of Food” and
“The End of Suburbia”

**These films will be shown FREE continuously
throughout the day!!**

Member workers are needed for this event.

For more info, please contact Jessica at 482-3312 x120 or
jessica@hwfc.com

NEWS *at a glance*

A small cartoon illustration of a person with glasses reading a newspaper.

by Nancy Ellegate

The HWFC Board of Directors met on Wednesday, February 23.

Living Wage

The planned distribution of \$12,000 among Coop staff to insure a living wage was discussed. The Board approved the details and the increase was to be effective for the next pay period.

continued on page 3

Behind the Coop



Member Labor Openings

Board of Directors
 President: Lynne Lekakis 427-7386
 Vice-President: Howard Brent 456-2560
 Secretary: Jim Monsonis 794-8601
 Treasurer: Virginia McEwen 463-8904

Committee Liaisons
 Alternative Supply & Products Ray Ratte 371-3648 rratte1@nycap.rr.com
 Communications Lynne Lekakis 427-7386 kandl@capital.net
 Finance Virginia McEwen 463-8904 mginny1@nycap.rr.com
 Governance Howard Brent 456-2560 Hbrent1@nycap.rr.com
 Membership Jim Monsonis jam1964@earthkink.net
 Nutrition & Education George Broeckx 458-8144 george@totallygeorge.com
 Personnel Lenore Gensburg Lgensburg@yahoo.com
 Special Events Desiree Krueger desiree@hwfc.com
 Strategic Planning Lynne Lekakis 427-738 kandl@capital.net
 At Large David Seaman 392-7797
 Collective Management Team representative Cindee Lolik 663-9962
 Staff representative Duke Bouchard 466-0654

Collective Management Team (482-3312+ext.)
 Operations and administrative coordinator: Cindee Lolik (x116)
 Member coordinator: Nate Horwitz (x104)
 Outreach coordinator: Jessica Allen (x120)
 Finance Manager: Alfred Bouchard (x103)
 Personnel administrator: Robert John Allen
 Point-of-Sale administrator: Lexa Juhre (x101)
 Front end manager: David Jimenez (x109)
 Assistant front end manager: Jennifer Felitte
 Grocery manager: Nancy Reich (x119)
 Grocery floor managers: Karisa Centanni, Joe Marra, Christian Schider, Marina Sgambellone, Mary Beth Truman, Matthew A. Via, Lee Wilson, Russell Ziemba
 Produce manager: Gayle Anderson (x102)
 Assistant produce manager: Jamie Felitte
 Produce assistants: Lorilee Bird, Justin Birk, Steve Kroeger, Steve Lamica, David Ziedman, David Zostant

Bulk manager: Bob Linn (x106)
 Assistant bulk manager: John Haag
 Bulk assistants: Thomas Gillespie, Leigh Nowicki
 Cheese manager: Gustav Ericson (x118)
 Cheese assistants: Lorilee Bird, Ken Runquist, Karen Verber
 HaBA manager: Kathleen Boehning (x111)
 Senior assistant HaBA manager: Mitchell Liberman
 Second assistant HaBA manager: Lynne Sims
 HaBA assistants: Dick Kavanaugh, Jessica Oppenheimer, Kate Skelly, Kinga Zalavary
 Food service manager: Nicole Bailey (x108)
 Assistant food service manager: Cathy Fitzgerald
 Cooks: Lori Doyle, Carolyn Matthei, David Nasner, Laura Pederson
 Night manager: Michael Ferrandino
 Floor managers: Robb Cole, Fil Toplif
 Maintenance: Trudy Ellis, Dick Kavanaugh
 Shift managers: Elyse Bryan, Emily Collins, Sonya Dewitt, Desiree Krueger, Deborah Munson, Dominic Romani

BULK • BAGGER — Make your own hours. *Help!!* • **BIN CLEANER** — Inquire about hours. • Member needed to **WRITE PRICES** on new bulk bin labels. Speak to Bob Linn, bulk manager.

CASHIERS • Many positions open throughout the week.

COURTESY CLERKS • Needed for ALL SHIFTS.

FRONT END • Looking for Courtesy Desk workers — weekly.

GROCERY • WAREHOUSE CLEANERS — every evening, 5–8. Involves some heavy lifting. • **SUNDAY AFTERNOON SHIFTS** — many shifts available, very flexible time slots. See David.

HaBA • Looking for a **CLEANER** —

3 hours a week, detail-oriented person. • **PRICE CHANGER** — once a month on price-changing night • **HERB STOCKER** — Friday p.m., 3-hour shift. Call Kathleen.

NUTRITION/EDUCATION • Coop members needed for special projects of the Nutrition committee, such as staffing info tables, writing articles, distributing flyers, circulating petitions on legislative issues. Contact George Broeckx at 458-8144.

OFFICE • Typing, filing and other office work.

PERSONNEL • Working members needed to serve on Personnel committee. Contact Lynne Lekakis at 427-7386.

PRODUCE • Check the book at the Service Desk — variable hours.

At the Service Desk you can...

- Make a share payment
- Sign-up for a prospective member orientation
- Sign-up for member work
- Fill out or pick up a special order
- Get a refund or make an exchange
- Check the lost and found
- Drop off your *Coop Scoop* article
- Recycle milk bottles & egg cartons

About the Coop

The Honest Weight Food Coop (HWFC) is an organization owned and operated by its members. Its main purposes are to supply high quality natural foods at low cost to both members and non-members, and to bring people together through cooperative action.

Active HWFC members work three hours per month and receive a discount off ticketed prices. Please see the Customer Service Desk for more information about becoming a member.

Honest Weight is currently located at 484 Central Avenue in Albany, New York, a half-block west of Partridge Street.

Contacting Honest Weight Food Coop...

Postal mail — HWFC, 484 Central Ave., Albany NY 12206. Phone — 518-482-2667 (482-COOP). E-mail — email@hwfc.com. Website — www.hwfc.com.

NEWS AT A GLANCE, from page 1

Finance

There is some uneasiness among Board members about the Coop's net income. It was noted that this money could be used in a number of ways: reducing prices, more educational programs, etc. However, given plans for a possible move, it was felt that these sums should be saved for the time being.

The Finance committee explained the concept of "patronage refunds" — briefly, refunds to members of a cooperative based on expenditure — and asked whether this might be something the Coop would want to consider. Pros and cons were discussed and the Board authorized the committee to investigate this possibility further.

Community Room

The Collective Management Team will be asked to have things moved out of the Community Room by mid-March so that renovations can begin.

Possibly Stocking Fish or Meat

The Collective Management Team has been looking at logistical aspects of possibly stocking fish or meat if the membership decides to do so. One is-

sue to consider is whether the Coop's deli would remain vegetarian. Several proposals on a possible referendum on the fish/meat issue were mentioned. The Board should have comments and recommendations from the staff later in March and further plans can be made on how to proceed at that point.

Governance

The Governance committee presented several proposed changes to the by-laws. These were discussed and will be put to the membership for a vote. Possible dates for the meeting were discussed. The committee will prepare for the meeting and send out notices to members.

Meeting Continued

After three hours, the full agenda had not been concluded. It was decided that the Board would adjourn the meeting and take up the remaining items at a meeting held on March 9.

Minutes

Minutes of all meetings are available at the Coop. Minutes of the most recent meeting are posted on the bulletin board.

Note: News at a Glance is a summary of the meetings of the HWFC Board of Directors.

early spring classes, march 7 – april 30, 2005

Kripalu Yoga
 Anusara Yoga • Ashtanga Yoga
 Iyengar Yoga • Pilates
 Pranayama & Meditation
 Prenatal Yoga
 Strengthening Yoga • Tai Chi
 YogaKids® • Gentle Yoga
 and more!

A variety of classes in locations throughout the Capital Region:
 Albany, Colonie, Delmar,
 Glenville, Schenectady

Try a drop-in class.

**ALBANY KRIPALU
 YOGA CENTER**

Wolf Road Shoppers Park
 6 Metro Park Road
 Albany, New York 12205

for more information: 518.454.9642 www.akyc.org

Articles in the *Coop Scoop* are for informational purposes only and are not intended to diagnose, advise and/or treat medical conditions. Contact your health practitioner.

Upcoming Meetings

Board meetings held at the First Unitarian Universalist Society of Albany, Channing Hall, 405 Washington Ave. at 6:15 pm. Meetings are planned for Wednesday, April 27 and Tuesday, May 24. Anyone planning to attend should confirm date, time and location.

Please note that the above meetings will be the first held after Board elections in April. Sometimes dates and times are changed to accommodate new members, so confirming these is especially important at this time of the year.

Guidelines for Coop Scoop article submissions

1. You must include your NAME and PHONE NUMBER on all submissions. *Articles without a name and phone number will NOT be accepted.* Submissions by e-mail are preferred.
2. If you are submitting a typed document, the deadline is the 10th of the month, at store closing time.
3. Handwritten copy is *NOT* accepted without prior approval.
4. If you are submitting on computer disk, the deadline is the 12th of the month at store closing time. We can accept any size DOS disks, or Mac disks if they are high-density (HD), 1.4MB format. (Note that older Macs cannot produce this format.) **HARD COPY MUST BE SUBMITTED** with your disk! Please call the Editor for further details about how to type and save your text.
5. Please e-mail your article to *both* fordtrupin@verizon.net and coopscoopers@yahoo.com.

All articles are printed at the discretion of the Editor and editorial board. It is a policy of the *Coop Scoop* only to print articles that have been signed.

Work credit for articles is only available if pre-approved by the *Scoop* Editor.

Behind the Scoop

Editor: Judy Trupin 489-6392
 Production design: David Ford 489-6392
 Illustrator: Alice Bernat
 Calendar editor: Susan Palmer 438-4344
 Advertising rep: Christy Carton 674-5773
 Distributors: Nancy Fisher, Doug O'Conner
 Printer: The Printing Company

Help us orient new members!

The Coop is looking for one or more members to help out with orientations.

We are especially interested in members who have been part of Honest Weight for several years or more, and we would prefer members who are involved with the Coop in some way, either as a worker in the store and/or on committees. Also, we are especially interested in finding a member with a flexible schedule who can orient new members who are not able to attend our regularly scheduled orientations.

If you are interested in this member job, or have an idea about someone who you think would be good at this, please contact Nate at 482-3312 ext.104, or via email at nate@hwfc.com.

Are you a mindful, caring and health-conscious "people" person?

The Center for Natural Wellness needs you!

We have a rare opening for a very special person and we're looking for the perfect match!

You are:

- ▶ Enthusiastic, reliable and deeply committed to natural health, nutrition and alternative medicine.
- ▶ Super-caring and enjoy making people feel like they matter. You take personal pride in knowing that you made a difference in someone's day with your smile and helpful attitude.
- ▶ Know a little (or a lot!) about natural supplements, energy work, acupuncture, massage and other alternative therapeutic modalities. You may even have some retail experience.
- ▶ Want to work part-time right now and are available for 24 hours/week (4-8pm two evenings and Sat/Sun).
- ▶ Have career aspirations and are open to growing into a full-time managerial position with our health food store and clinic.

We are the Capital District's best kept alternative health secret! This is the perfect opportunity for you to advance professionally while working in a nurturing, positive, health-centered environment! We offer pay commensurate with experience and paid health benefits after 3 months.

Please fax your resume ASAP to John Pettinato at (518) 869-2048 or stop by the Center in Twenty Mall in Guilderland to complete an application.

Center for Natural Wellness
20 Mall - Guilderland - 869-2046

Mary Sloan, CSW
Yoga Instructor
459-8216

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Phoenix Rising Yoga Therapy
Group & Individual Instruction
Pre-Natal Yoga

Mary Daigneault, CSWR

Mind, body, spirit approach to individual, couples, and group psychotherapy

Office hours at Albany Kripalu Yoga Center
(518) 424-6097

Birth Advocacy
Birth Options

The Family Life Center
20 Elm St. Albany, NY 12202

Support & Education For The Childbearing Year

Doula Care Since 1976 (518) 449-5759 h
Betsy Merzogliano, R.N. (518) 465-0241 wk

by Jessica Allen
Outreach Coordinator

Reachin' Out

Honest Weight's Community Outreach Update and Schedule of Events

For Honest Weight's Outreach crew, spring means lots and lots of events. There's something about the sunshine and sprouting vegetation that makes folks want to get healthy and learn how to do it.

Here is the event listing for April. As always, if you are inter-

ested in pitching in, send a holler my way.

4/4,5 Women's Health Expo.
Empire State Plaza
Concourse, 9 am-3 pm

4/6 College of Saint Rose
Student Health Fair,
11 am-4 pm

4/7 Italian Festa. Empire
State Plaza Concourse,
10 am-2 pm

4/7 NYS Thruway Authority
Health Fair, 10 am-
2:30 pm

4/7 Social Responsibility Fair.
Sage College in Troy,
3:30-5:30 pm

*(Yes, you read correctly...
three events in one day.
We're crazy like that!)*

4/21 Russel Sage College Earth
Day Celebration, 11 am-
3 pm

4/22 RPI Earth Day
Celebration times, tba

4/23 **Earth Day Festival here
at Honest Weight,
11 am-4 pm** (rain date:
4/30)

**Much help needed for
this event!**



Farm & Food Film Festival + price book sale Earth Day Sat, April 23, 11 to 4 Honest Weight Food Coop

The Future of Food
Sweet Soil
The End of Suburbia
The True Cost of Food
Mad Cow: Plague of the
21st Century
The Meatrix

Volunteers for the Regional Farm & Food Project will present a mini-film festival at Honest Weight's Earth Day celebration, in the Clearview Center next door to the Coop. Films will be shown **free** continuously throughout the day.

Tillage by George

Gardens Rototilled & Planted
Lawns Sown, Mowed & Maintained
Yard Work - Landscaping
Total Property Enhancement

George A. Broeckx P. O. Box 6034
518-458-8144 Albany, NY 12206

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- video/rehearsal studio
- graphic design

fordtrupin@verizon.net · 518-489-6392

Artist Medieye

New on the Shelf

Bulk

New this month are organic raw shelled pistachios. Often thought to be poisonous, these are rumored to be delicious. The hard-to-find raw macadamia nuts are also in. Dried blueberries sweetened with apple juice instead of sugar are a new item this month and the dried tart cherries are back in.

From **Biotta** comes organic *Beetroot Juice*. The juice contains valuable natural betacyanes that give the beetroot its violet-red color. Betacyanes strengthen the body's own defenses and activate respiration in damaged cells. From **Martinelli's**, we have organic *Sparkling Cider*, which is said to be the best tasting of all the sparkling ciders.

Frozen Foods for a Chilly Month

From **TofuTown**, we have *Grilled Tofu Tenders*, which, unlike other preflavored tofu products, these come in a marinade. The tofu tenders are available in Tamari, Sesame Ginger Teriyaki, Mediterranean Tahini, and Havana Black Bean. From **Amy's**, we have *Toaster Pops*. These organic quick foods are available in Cheese Pizza, Apple, Strawberry, and Strawberry & Cream Cheese. New from **Gillian's** are *French Rolls* that are gluten- and wheat-free; and from **Glumno**, we have wheat and gluten-free bagels. Interesting frozen picks this month include **Green Guru's Indian**

by Mel King



Naan available in garlic and tandoori. From **Sambazon**, we have *Sambazon Smoothie 4-Packs*, available in Original Acai, Pure Acai and Amazon Cherry. These are great for making your own exotic, high-energy smoothies and bowls.

Snacks —
Coop Style

From **Mary's Gone Crackers**, we have the *Original Seed Cracker*, which is wheat-free, gluten-free and organic. It's made of organic whole grain brown rice, organic quinoa, organic flax seeds and organic brown sesame seeds, with no added fat. A variation on this is Caraway, which is the same cracker with caraway seeds added. From **Dr. Kracker** we have the *Klassic 3 Seed* cracker, containing flaxseeds, sunflower seeds and sesame seeds and Seeded Spelt, which contains sunflower seeds and a touch of sesame.

Salpica brings us some fun and funky salsa in flavors such as Habenero Lime, Rustic Tomato and Mango Peach. The salsas are all natural with no preservatives or artificial flavors. New from **Nature's Gift** are *Raw Organic Cookies*, which have no wheat,

dairy or sugar. The cookies are available in Almond Raisin, Hazelnut Cherry and Pineapple Flax. Sweet tooth still craving? **Bakery on Main** brings us *Raspberry Chocolate Chip Biscotti*. The biscotti contains no trans-fats, refined sugars or artificial ingredients. The Coop is now carrying **Edward and Sons's Organic Candy** available in Cool Peppermint, Fruit Flavors and Butterscotch.

From **Vermont Morning** comes *Multi-Grain Hot Cereal*. The hot cereal contains

twice the fiber of oatmeal, is free from cholesterol, salt and added sugars and has low saturated fat.

Healthy HaBA

New in HaBA is **Coral White's Mint-Flavor Toothpaste**. The toothpaste is formulated with ionic calcium from above-sea coral, contains no fluoride and is pH balanced for optimum health. From **Liquid Health** we are now carrying CoQ10. The formula combines coenzyme Q10 with the anti-oxidant power of blueberry, Ester-C® and vitamin E to boost the immune system response, and which is thought to help slow down the aging process.

For the kids, **NutritionNow's Rhino Sore Homeopathic Pain Relief Ointment** is great "for bumps, bruises, and bites." Also, from **baby's bliss** comes *Gripe Water*, which has been used for centuries to treat colic.

The herbal remedy contains ginger and fennel.

From **Superlan**, a superb moisturizer is now on the shelves that will improve the health of the skin and contains lanolin. "For the treatment and prevention of dry,

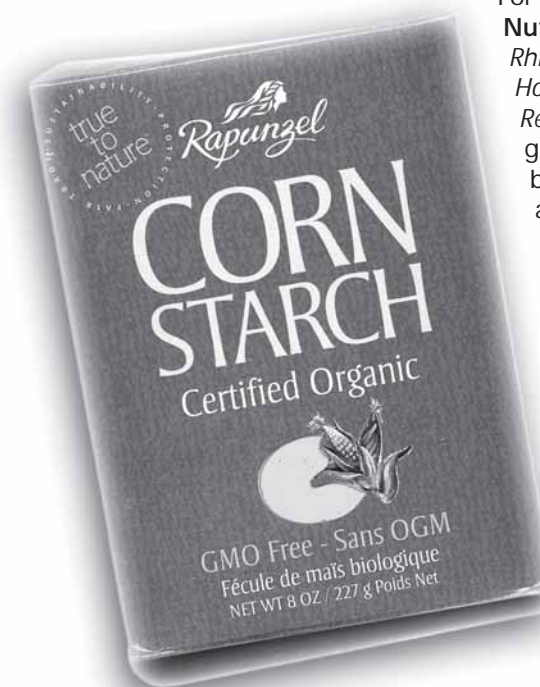
rough, skin conditions, no other substance is known, that can surpass lanolin in efficacy." The moisturizer is said to be great for nursing mothers.

Et al.

An interesting pick this month is 100% recycled aluminum foil from **If You Care**. It uses only 5% of the energy re-

quired to make regular aluminum foil. This is a fairly new product for the company. Household name **Rapunzel** brings us corn starch that contains no additives or preservatives, making this corn starch 100% certified organic and completely GMO-free.

And from **Africa's Miracle! Red Tea Blends** we have *Mountain Blend*, an organic, anti-oxidant rich, naturally caffeine-free tea. The blend is made from Rooibos (redbush) Tea and Honeybush Tea, both of which are "herbal infusions." Have a great month eating and shopping at the Coop!



April Calendar

4/2 PLAYFUL STRESS RELIEF with Jeanne Bassis. 12-2:30 pm at the Albany Kripalu Yoga Center, 6 Metro Park Rd., Albany. \$20/\$25 non-members. For more info: 454-9642 or www.akyc.org. PD4

4/3,4 RFFP WORKSHOP: "Holistic Management: A Systems Thinking Approach to Decision Making for Farmers," with Seth Wilner. 9 am-5 pm at Columbia Co. Cornell Cooperative Extension, Hudson. \$150, snacks & lunches included. For more info and to register: 271-0744. Sponsored by the Regional Food & Farm Project.

4/5 RFFP WORKSHOP: "Organic Strawberry Production" and other small fruit, with Don MacLean, Clifford Hatch and Vern Grubinger. 10 am-3 pm at First Lutheran Church, 181 Western Ave., Albany. \$30/\$35 non-members, includes lunch. For more info and to register: 271-0744. Sponsored by the Regional Food & Farm Project.

4/5 HWFC HEALTH & WELLNESS SERIES: "Get Your Knives Sharpened While You Shop!" Let Vince Manti hone your knives at the Coop. 5-7 pm. For more info, call 482-2667.

4/5,15,19 HWFC HEALTH & WELLNESS SERIES: "Holistic Psychic: Medical Intuitive Readings," with Katherine Turner. 4/5,19: 5:30-7:30 pm. 4/15: 4:30-7 pm. 15-minute sessions in the HWFC Community Room. Sign up at the Coop. For more info, call 482-2667.

4/7 GARDENING BASICS for beginner gardeners. Class provides all the basic gardening information needed for a successful growing season. 6 pm at the Albany Public Library, 161 Washington Ave. To register: 274-8685 or cdcg@juno.com. Sponsored by Capital District Community Gardens.

4/8 INTRODUCTION TO MEDITATION with Judi England. 12-2:30 pm at the Albany Kripalu Yoga Center, 6 Metro Park Rd., Albany. \$20/\$25 non-members. For more info: 454-9642 or www.akyc.org. PD4

4/9 CDCG WORKSHOPS at Troy Farmers' Market. 10 am: "When, How and What to Plant?" For beginner gardeners. Learn what varieties of vegetables are proven to grow in our area, planting times for cold and warm weather crops and more! 11:30 am: "What's Bugging You? A Closer Look at Common Garden Pests & Plant Diseases." Learn to identify common garden pests and specific symptoms of certain plant diseases before they become problematic. Find out about the many organic pest control options available. Troy Farmers' Market, 3rd St., Troy. To register: 274-8685 or cdcg@juno.com. Sponsored by Capital District Community Gardens.

4/9 GENDER-ROLE FREE CONTRADANCE. Featuring caller Kathryn Wedderburn and

music by Wintergreen. 7:45-11 pm. Brief class at 7:45. Channing Hall, 405 Washington Ave. (at Robin St.), Albany. \$7-10. Info: Liz Foster, 765-3359, www.lcfid.org, or www.danceflurry.org. This dance series is affiliated with Hudson-Mohawk Traditional Dances, and Lavender Country and Folk Dancers, and is supported by the Capital District Lesbian and Gay Community Council and Two Rivers Outdoors Club.

4/10 INTRODUCTION TO BUDDHIST MEDITATION with Derek Smith. 11 am-1 pm at the Compassion Buddhist Center, 1123 Rt. 9, Latham. Please register: 786-0670, or www.compassionbuddhistcenter.org.

4/10 INTRODUCTION to the DANCES OF UNIVERSAL PEACE with Rukmini. 3-5 pm at the Albany Kripalu Yoga Center, 6 Metro Park Rd., Albany. \$10/\$15 non-members. For more info: 454-9642 or www.akyc.org. PD5

4/10 FAMILY DANCE. Dance at 4 pm. Potluck dinner at 5:30. With caller Paul Rosenberg and live music by Tame Rutabaga. Fun for all ages. Circles, squares, contras, singing games. At the Old Songs Building, 37 S. Main St., Voorheesville. Sponsored by Hudson-Mohawk Traditional Dances. No admission fee (donations accepted). Info: Dance Hotline, 292-0133, or Paul, 482-9255.

4/11 HWFC HEALTH & WELLNESS SERIES: "Local Real Estate Information," with Jonathan Cassidy. 7-8 pm in the HWFC Community Room. For more info, call 482-2667.

4/12 FATHER'S/PARTNER'S NIGHT. Discussion gathering for new parents and pregnant couples. 7:30 pm. \$8-10/evening. FLC

4/13,16 HWFC HEALTH & WELLNESS SERIES: "Homeopathy 101: Overview of Its History, Principles, Research & Track Record," with Kathleen Boehning, the Coop's health and beauty aids (HaBA) manager. Mon., 4/13: 6-7:30 pm in the Coop Community Room. Sat., 4/16: 12-1:30 pm, plus a free clinic from 2 to 6 pm, in the Coop Community Room. Clinic appointments required. Sign up with Kathleen in the HaBA department. For more info, call 482-2667.

4/13 ALBANY VEGETARIAN MEET-UP GROUP. 7 pm at Latham Biryani. For directions and more info: vegetarian.meetup.com/58.

4/16 MEET THE ACUPUNCTURIST. Marion Bergan, licensed acupuncturist, will be available all day to teach you about the important health benefits of acupuncture and how it can help you attain a higher quality of life. Call to reserve an appointment for a free consultation and demonstration treatment: 229-8188. Space is limited.

4/16 ART OPENING & RECEPTION for digital imagery artist Susan Alden and her show,

POLICY FOR CALENDAR LISTINGS

There is a charge for all calendar listings of classes and workshops for which the fee is more than \$5. HWFC members receive one 4-line listing free of charge. The charge for all other listings for fee-based classes and workshops is \$3.00 for the first four lines (approx. 25 words), and \$0.75 for each additional line.

ALL ADS MUST BE PRE-PAID (make checks payable to HWFC, not Coop Scoop). Send payment with your listing to: **Coop Scoop Calendar, Susan Palmer, 155 Winthrop Ave. #2, Albany NY 12203 (518-438-4344); e-mail: scoopcalendar@earthlink.net.**

Calendar listings will be accepted for publication based on appropriateness and general interest to the Coop community.

"The Secret Life of Flowers," on display through May. Ms. Alden's work is derived from photographs she takes with a digital camera, enhances and modifies on the computer, then prints using archival papers and inks. 1-3 pm in the HWFC lunchroom. For more info, call 482-2667.

4/16 QI GONG with Rich Goodhart. 12-1:30 pm at the Albany Kripalu Yoga Center, 6 Metro Park Rd., Albany. \$15/\$18 non-members. For more info: 454-9642 or www.akyc.org. PD4

4/16 MODULES OF BIOFEEDBACK, HEALING & ENERGY MEDICINE, with Bethany Gonyea. 1:30-3:30 pm, at the Albany Kripalu Yoga Center, 6 Metro Park Rd., Albany. \$30/\$35 non-members. \$5 materials fee. For more info: 454-9642 or www.akyc.org. PD5

4/17 HWFC Annual Membership Meeting. Sun., 6-8 pm. 5 pm social. Sage College/Albany, Campus Center, Rm. 224 (off Academy Rd., nr. New Scotland Ave.).

4/21 RFFP WORKSHOP: "Fine Tuning Your Grazing System: Understanding Soil, Water & Mineral Cycles, and Community Dynamics," with Sarah Flack and Heather Darby. 10 am-3:30 pm at the Saratoga Co. Cornell Cooperative Extension, Saratoga Springs. \$45/\$55 non-members, includes lunch. For more info and to register: 271-0744. Sponsored by the Regional Food & Farm Project.

4/21 CDCG COOKING CLASS: "Healthy & Delicious Snacks." Learn how to make healthier versions of everyone's favorite foods like cookies, smoothies, chips & dips, and more. Samples and recipes included. 6 pm at CDCG office, 40 River Street, Troy. To register: 274-8685 or cdcg@juno.com. Sponsored by Capital District Community Gardens.

4/21 ALBANY BICYCLE MOVIE FESTIVAL. 6:30 pm at the Albany Public Library, 161 Washington Ave. More Info: 436-0889 or www.NYBC.net.

4/21 HWFC HEALTH & WELLNESS SERIES: "Gluten Free, Dairy Free," with Barbara K. Bray. 7-8 pm in the Coop Community Room. For more info, call 482-2667.

KEY TO LISTINGS

- ES The Eighth Step
Various locations • Info: 434-1703
 - FLC Family Life Center
20 Elm St., Albany • 465-0241/449-5759
 - CDGLCC Capital District Gay & Lesbian
Community Council
322 Hudson Ave., Albany • 462-6138
 - MCCD Mothers Center of the Capital District
715 Morris St., Albany • 475-1897
 - RFFP Regional Food & Farm Project
295 Eighth St., Troy • 271-0744
 - WB Women's Building
79-81 Central Ave., Albany • 465-1597
- ☺ For children & families

We welcome submissions to the calendar. To have an event listed, call or send information by the 13th of the month to: Susan Palmer, 155 Winthrop Ave. #2, Albany NY 12203 (438-4344). E-mail: scoopcalendar@earthlink.net.

To list an event in the *Peace Community Calendar* published by the Social Justice Center of Albany, call Rezsine Adams at 462-0891.

4/23 HWFC's Earth Day Festival 2005. 11 am-4 pm. Activities and entertainment celebrating Mother Earth! For more info, contact Jessica at 482-2667x120, or Jessica@hwfc.com.

4/23 GOING WITH THE FLOW OF PROSPERITY with Mary Qualters. 1-5 pm at the Albany Kripalu Yoga Center, 6 Metro Park Rd., Albany. \$45/\$50 non-members. For more info: 454-9642 or www.akyc.org. PD5

4/23 FULL MOON YOGA. 7-9 pm at the Albany Kripalu Yoga Center, 6 Metro Park Rd., Albany. Dana offering. For more info: 454-9642 or www.akyc.org.

4/27 HWFC BOARD OF DIRECTORS. Wed., 6:30 pm at FUUSA, 405 Washington Ave. (at Robin St.), Albany. Confirm date, time, meeting site with the Coop: 482-2667.

4/30 HWFC HEALTH & WELLNESS SERIES: "Power Tools for Vibrant Living," with Katherine Turner. 2-3:30 pm in the Coop Community Room. For more info, call 482-2667.

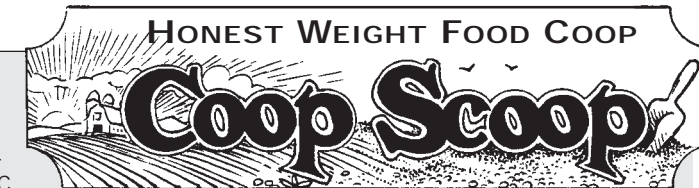
ONGOING EVENTS

MONDAYS

☺ CAPITAL DISTRICT ATTACHMENT PARENTS is a support and networking group for families practicing attachment/responsive parenting. Free. For email discussion info: raindan4@yahoo.com.

CAPITAL DISTRICT MULTIPLE CHEMICAL SENSITIVITY & ENVIRONMENTAL ILLNESS Support Group. 4th Monday, 7 pm. Coping with environmental, chemical and occupational illnesses. At Bountiful Bread, Stuyvesant Plaza, Guilderland. Info: Terry, 785-1117; or Donna, 372-8783.

GAY MEN'S A.A. 7:30 pm. CDGLCC



G/L/B ADULT MEN'S Support Group. 7 pm. CDGLCC

HWFC HEALTH & WELLNESS SERIES: "Free Chair Massage." With Jack Allison. 4-7 pm. 10-min. sessions. See Coop bulletin boards for times.

PRENATAL YOGA. 7:30-8:45 pm at Delmar Chiropractic, 204 Delaware Ave. For info: Mary Sloan, 459-8216.

VIPASSANA BUDDHIST PRACTICE GROUP. (a.k.a. Insight Meditation). 7:30 pm in Colonie. For both experienced meditators and beginners. Free. For info: call 438-9102 or email BJPetiet@capital.net.

☺ YOGA FOR KIDS. 5 pm at Lunar Mist Healing Arts, 307 Hamilton Street, Albany. Ages 4-7. More info: Jen Winders, 456-1417.

TUESDAYS

ACTIVE BIRTH: PREGNANCY Support Group. Open to all. 7:30-9:30 pm. \$8-10/evening. FL/SG

ALBANY FOLK DANCERS. 7:45-9:44 pm. Instruction provided, beginners welcome, no partners needed. Albany Jewish Community Center, 340 Whitehall Rd. \$5. Info: 489-7996, or online at jnsavitt@yahoo.com.

BUDDHIST LECTURE & MEDITATION. Every Tuesday, 6 pm. 727 Madison Ave., Albany. Please call 392-7963 for more info.

CAPITAL TOASTMASTERS. Communication, public speaking, leadership training. 2nd and 4th Tuesdays. 6 pm. Center for the Disabled, Rm. 511, 314 S. Manning Blvd., Albany. Info: Stephanie Jubic, 459-7716.

HWFC HEALTH & WELLNESS SERIES: "Free Chair Massage." With Ed Thomas. 1-5 pm. See Coop bulletin boards for times.

INFERTILITY SUPPORT GROUP. 3rd Tuesday. 7:15 pm-8:45 pm at Belleview Women's Hospital, Schenectady. For more info: 346-9410.

LESBIAN & BISEXUAL SUPPORT GROUP. 7 pm. CDGLCC

TRANSMISSION MEDITATION Group. 7:45 pm. Info: 765-4079.

WEDNESDAYS

BIRTH CENTERING. Playing with the arts to prepare for birth. Paint, clay, poetry, movement. No art experience necessary. 2nd Wednesday. 7 to 9 pm. \$10/class. Info: Ellen Becker, 462-9963 or artlaweb@aol.com. FLC

KARUNA TENDAI DHARMA Center. Every Wednesday. 6 pm. Buddhist lectures and meditation, followed by potluck dinner. Call 392-7963 for more info.

MEDITATION. 7-8 pm. Center for Natural Wellness in the 20 Mall, 2080 Western Ave., Guilderland. All are welcome; donations appreciated. To register: 869-2046.

SANT MAT MEDITATION. Every Wednesday, 7 pm. Learn about meditation on inner light and sound. Also come for a vegetarian dinner. Free. Call 758-1906 for directions.

THURSDAYS

CONTACT IMPROVISATION. Dance class, 1st & 3rd Thursdays, 7:15-9:15 pm. Center for Nia & Yoga, 4 Central Ave., Albany. \$5-10. For more info, 459-2423.

FARM & FOOD RADIO SHOW. 4th Thursday on WRPI-91.5FM, 8-9 am. Info: Regional Farm & Food Project, 426-9331.

G/L/B/T YOUNG ADULT Support Group. Ages 18-25. 7 pm. CDGLCC

HERBAL MEDICINE, SPIRIT HEALING, WILD FOOD & WISE WOMEN. Free moonlodges, exciting classes, work weekends, and empowering events. Visit www.susunweed.com or write PO Box 64, Woodstock, NY 12498. PD4

HWFC HEALTH & WELLNESS SERIES: "Knitting Group," with Elaine Larsen. 7-8:30 pm in the Coop Community Room. All skill levels and other handwork welcome. No sign up necessary. For more information, call 482-2667.

IN THE SPIRIT Radio Show. Interviews and music. WRPI-91.5FM, 2-4 pm. Info: 393-9979.

MEDITATION. Open to everyone in need of a quiet and sacred space in life. 5:45-6:45 pm. St. Paul's Episcopal Church, State & 3rd Sts., Troy. Free and all are welcome. Info: 273-2106.

MOTHER TO MOTHER. 2nd and 4th Thursdays. Info: Maureen, 465-5087. FLC

SITTING MEDITATION. Shambhala Meditation Group, 7-8 pm. Campus Arts Building, 3rd fl., Academy of the Holy Names, New Scotland Ave., Albany. Free. Info: 439-7618 or www.shambhala.org/center/albany.

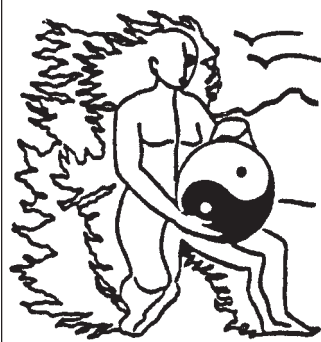
UNIVERSAL COMPASSION. In-depth study, practice and discussion of this beautiful Buddhist text. Compassion Buddhist Center, 1123 Rt. 9, Latham. Free and all are welcome. Info: 786-0670, or www.compassion-buddhistcenter.org

FRIDAYS

BIRTHNET. 2nd Friday. 9:30 am. 17 Wilbur St., Albany. Info: Carolyn, 482-2504; or Maureen, 465-5087.

8th STEP CONTRADANCES. 2nd & 5th Fridays. 8 pm, at First Lutheran Church of Albany, 181 Western Ave., Albany. Instruction at 7:45. \$6 admission. Info: 489-9066.

continued on page 10



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Contact: Joe Giannini (518)256-5746 or e-mail: biofield@juno.com

Reiki Master/Teacher • Certified Hypnotherapist • Metaphysical Practitioner

APRIL CALENDAR, from page 9

SCANDINAVIAN DANCING. 2nd and 4th Saturdays, September–June. 7:30–10:30 pm. YWCA of Schenectady, 44 Washington Ave. \$5. Instruction provided, beginners welcome, no partners needed. Bring clean, low-heeled, leather-soled shoes. Info: 489-7996, or online at jnsavitt@yahoo.com.

☺ TROY WINTER FARMERS' MARKET. 10 am–2 pm. Uncle Sam Atrium on Broadway, betw. 3rd & 4th Sts. Locally grown produce, flowers, eggs, plus baked goods, had-crafts and more. Info: 475-2909 or www.troymarket.org.

SUNDAYS

☺ ALBANY FRIENDS MEETING (Quakers). Worship without liturgy, 11 am. 727 Madison Ave., Albany. Refreshments and conversation at 12:15. 436-8812.

☺ FIRST UNITARIAN UNIVERSALIST SOCIETY. Sunday services, 9 and 10:30 am. 405 Washington Ave., Albany. Social hour between services at 10 am. 463-7135.

GAY & LESBIAN AA. 7:30 pm. CDGLCC

.....
 HWFC HEALTH & WELLNESS SERIES: "REIKI with Raven." Using traditional-form Chi Kung (Qi Gong). 1–6 pm, in the HWFC community room. Individual sessions available.

SANT MAT MEDITATION. Every Sunday, 9:30 am. Learn about meditation on inner

DATE NIGHT — A DATE WITH DESTINY. 6:30–7:30 pm, with Buddhist nun Kelsang Kalden. Compassion Buddhist Center, 1123 Rt. 9, Latham. Free and all are welcome. Info: 786-0670, or www.compassionbuddhistcenter.org.

G/L/B/T YOUTH SUPPORT GROUP. 7 pm. Ages 13–18. CDGLCC

MID-DAY GUIDED MEDITATION. 12:30–1:30 pm, with Buddhist nun Kelsang Kalden. Compassion Buddhist Center, 1123 Rt. 9, Latham. Free and all are welcome. Info: 786-0670, or www.compassionbuddhistcenter.org.

MOTHER'S CENTER of the Capital District. Whole-family activities and outings, parent/tot classes and a network of parents for support and socializing. Open drop-in hours: 9:30 am–12 noon. 475-1897. MCCD

TRI-CITY FOLK DANCERS. Schenectady YWCA, 44 Washington Ave. 8:30–11 pm. Instruction. 482-5006.

SATURDAYS

HOW TO SOLVE OUR HUMAN PROBLEMS. 11 am–1 pm, with Buddhist nun Kelsang Kalden. Compassion Buddhist Center, 1123 Rt. 9, Latham. Free and all are welcome. Info: 786-0670, or www.compassionbuddhistcenter.org.

OLD SONGS COUNTRY DANCES. 1st Saturday (October–June), 8–11:30 pm. Masonic Temple, Rt.146 (Maple Ave.), Altamont. Instruction at 7:30. Covered dish supper at 6:30. \$7. 765-2815

light and sound. Followed by vegetarian lunch. Free. Call 758-1906 for directions.

SUNDAY CELEBRATIONS. Center for Creative Life, Church of Religious Science. 11 am. 1237 Central Ave., Colonie. Social time follows the celebration. 446-1020, or www.CenterForCreativeLife.org.

OTHER EVENTS

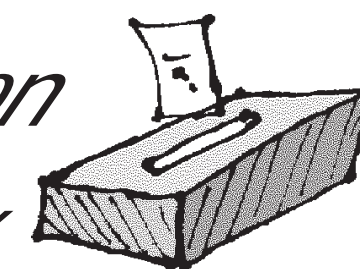
☺ CAPITAL DISTRICT ATTACHMENT PARENTS is a support and networking group for families practicing attachment/responsive parenting, playgroups, and monthly potlucks (usually 4th Thursday). Free. For email discussion info: raindan4@yahoo.com; for meeting info: Alyssa at 489-6067 or abcclton@juno.com.

COMPASSION BUDDHIST CENTER. Ongoing Buddhist meditation classes and study programs. 1123 Rt. 9, Latham. Info: 786-0670, or www.compassionbuddhistcenter.org.

LUNAR MIST HEALING ARTS. Space rented hourly for healing arts practitioners and poets. 307 Hamilton St., Albany. Free parking. More info: Constance Morgan, 426-1402.

☺ MISS PEGGY'S MUSIC ROOM. Register now for Spring 2005 session. 8-week Group Piano Class, ages 4–6, or 6-week Parent/Child Music Class, ages 6 months–4 yrs. More info: www.misspeggysmusic.com, 458-2927, or misspeggysmusic@aol.com.

Suggestion Box



- Q. Please get more Organic Valley Unsalted Butter.
 A. It is now in stock. We order it daily. Our supply is unpredictable.
- Q. Please label which chocolate products are fair trade.
 A. We will provide shelf labeling in addition to what you will find on the product labels.
- Q. Bulk olive oil in an opaque container... olive oil is damaged by light.
 A. Since we go through about one container a week, we feel it is not damaged by the limited amount of sunlight that reaches the back of the store.
- Q. Only garlic available was from China.... Come on, this is not good at all. Buy local at best, domestic for the ... rest.
 A. That is all that is available to us at this time of year. You may get lucky and find some locally at a farmer's market (Troy on Saturdays, or Empire State Plaza on Wednesdays). We have exhausted our local suppliers.
- Q. Consider a "quick grab" cheese/cracker/olive sampler as a lunch item. Include 3 cheeses/3 cracker types and an olive salad. Place it on a take-out container ... great snack lunch.
 A. Thank you for your input. We like your idea and we will seek to implement it this year.
- Q. You used to carry challah bread on Fridays. Could you please continue.
 A. We have tried to get it every Friday for the past month.... We'll keep trying.
- Q. Lighted sign on Central Avenue when you are open until 8 pm.

- A. It used to light up. We will look into the issue.
- Q. Please refrigerate some root beer (for immediate consumption).
 A. We will try to keep it stocked. Thank you for bringing this to our attention.
- Q. Is Baldwin Hill Spelt Bread still available? I have not seen any lately.
 A. Yes it is. There is some in stock today (2/9).
- Q. New Wave now has a polycarbonate drinking bottle. 8 oz. size. Great for lunch boxes. Please order. Thank you.
 A. Thank you for letting us know. We will look into it.
- Q. Not all of us buy into the low-fat hype and some of us are well informed about the dangers of soy. Yet, our only choices are low-fat or soy in the small size yogurts. The Coop needs to carry at least one line of small-size yogurt which is made from organic, whole, real milk. It is important for children to have organic, whole real food.
 A. OK.
- Q. Please get unshelled sunflower seeds.
 A. We have a small container of "sproutable" sunflower seeds. Is that what you want?
- Q. Please carry Nancy's fruit-on-top yogurt. "I love them to bits..."
 A. We will try to fit more Nancy's fruit-on-top yogurt in our limited cooler space.
- Q. Is it possible to order organic buttermilk?
 A. We are trying to get Evan's Organic Buttermilk.
- Q. Hoping you do not move to Watervliet Avenue ... too desolate and dark for those of us who walk. Current location is so central to many places and is well trafficked.
 A. Thank you for your suggestion. We will take it under consideration.
- Q. Please get more of the organic cotton thick tie dyed socks you had. They are good socks. I was going to get another pair.
 A. They are back in stock!

Is your money working for or against your values?

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Join other socially concerned investors (like HWFC) to finance the things that make our community strong -- locally-owned small businesses, affordable housing, quality childcare and community development in our neighborhoods. Put your principles into practice and become an investor. Please call Louise at 436-8586 or visit www.cdclf.org

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BASED ON THE TEACHINGS OF SOGYAL RINPOCHE
author of the spiritual classic *The Tibetan Book of Living and Dying*

Led by Maureen Cooper

MAY 14 - 15

Sat & Sun, 10:00am - 5:00pm

THE CENTER FOR WISDOM AND COMPASSION

Game Farm Road, Berne, NY

Suggested Donation: \$120 for the weekend

Maureen Cooper met Sogyal Rinpoche in London in 1977. Maureen is a member of a small team of experienced students whom Sogyal Rinpoche has empowered to travel and teach.



OTHER UPCOMING EVENTS AND COURSE OFFERINGS FROM RIGPA

MEDITATION CLEAR AND SIMPLE

March 10, 7:30-8:30 pm

Honest Weight Co-Op, Albany, NY

March 23, 6:30-7:30 pm

Berne Public Library, Berne, NY

Suggested Donation: Free

For all winter events, please call to confirm in case of inclement weather

"FINDING PEACE" MEDITATION COURSE

at the Center for Wisdom and Compassion, Berne, NY

March 26, 11:00-1:00 • April 10, 2:00 - 4:00

April 23, 11:00-1:00 • May 7, 11:00-1:00

Open meditation instruction free of charge begins one hour before the above start times.

Suggested Donation:

\$12 per class or \$40 for the entire series

For more information: www.rigpaus.org • 518.478.0740 • 866.200.5876

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10 a.m. to 2 p.m.
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Visit: www.troymarket.org



Tex Mex, Authentic Mexican, & Nuevo Southwestern

el LOCO MEXICAN cafe

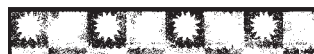
100% Agave Tequilas
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SUMMER PROGRAM

3 - 6 year olds
July 5 - August 26
7:30 am - 5:30 pm
Swimming Lessons
Field Trips
Kooky Cookery

- Full Day Kindergarten
- FT, PT & extended child care hrs
- Open year round for 3- 6 year olds
- Music, dance, Spanish
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April Events:

- 4/5 Kindergarten Info Night, 6 pm
- 4/8 Open House/Open Classroom, 5:30 pm

715 Morris Street, Albany, NY 12208 (Entrance on Yates, just off W. Lawrence)

Rated a ***** Child Care Program of Excellence
by Cornell U & the Capital District Child Care Coordinating Council

To advertise in the Coop Scoop...

Prices for camera-ready ads are: \$20 for our smallest 1-column size; \$45 for 1/4-page; \$85 for 1/2-page; \$120 for a full page — with several other sizes and prices in between.

One free ad is provided with ads prepaid for a year. Advertising copy must be submitted by the 15th of the month preceding publication.

For more information about Coop Scoop advertising, contact Christy Carton at ccarton@verizon.net, or (518) 674-5773.

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Sunday, April 17, 2005 11am – 4 pm

FAIR LOCATION: Sidney Albert Albany JCC, 340 Whitehall Road, Albany, NY

CONGREGATION BETH EMETH SIDNEY ALBERT ALBANY JEWISH COMMUNITY CENTER

Health & Services Fair

FOR ADULTS AND SENIOR ADULTS

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- Health Screenings
- Information Booths
- Refreshments
- Door Prizes
- Lunch 11am-Noon (while supplies last)
- Foot Reflexology Massage 1-3:30pm
- Chair Massage

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“My bones are getting softer, but my arteries are getting harder so it balances out.”

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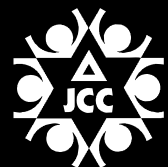
VAAD HAKASHRUTH
OF THE CAPITAL DISTRICT

SIDNEY ALBERT

Albany Jewish Community Center

340 Whitehall Road • Albany, New York 12208 • www.sajcc.org

Contact Claire Sigal 518-438-6651 x112 • ClaireS@sajcc.org



The Sidney Albert AJCC is a beneficiary agency of the United Jewish Federation of Northeastern NY, the Albany County Department for Aging, the Administration on Aging, and the New York State Office for Aging.

HWFC's HEALTH & WELLNESS SERIES

All workshops are free unless noted.

Reiki with Raven

Sundays from 1 to 6 pm in the Coop Community Room

Chair Massage

With Jack Allison. Mondays from 4 to 7 pm in the Coop Community Room

Free 10-minute sessions. Jack Allison is a licensed massage therapist who has completed the Center for Natural Wellness program in massage.

With Ed Thomas. Tuesdays from 2 to 5 pm in the Coop Community Room

Ed Thomas is a New York state-licensed massage therapist, a graduate of the Bancroft School of Massage and a former member of the state Licensing Massage Board.

Get Your Knives Sharpened While You Shop!

With Vince Manti. Tuesday, April 5, from 5 to 7 pm in the Coop Community Room

No serrated knives please! For more info, call 482-2667.

Holistic Psychic

Medical Intuitive Readings

With Katherine Turner. Tuesdays, April 5 and 19 from 5:30 to 7:30 pm and Friday, April 15 from 4:30 to 7:00 pm

15-minute sessions in the Coop Community Room on a first come basis. For more info, call 482-2667.

Local Real Estate Information

With Jonathan Cassidy. Monday, April 11 from 7 to 8 pm in the HWFC Community Room

Learn about how the real estate market works: MLS listed, for-sale-by-owner properties, individual needs assessment and other topics. Jonathan Cassidy specializes in urban real estate sales, rental construction and management. For more info, call 482-2667.

Homeopathy 101

Overview of Its History, Principles, Research and Track Record

With Kathleen Boehning. Wednesday, April 13 from 6 to 7:30 and Saturday, April 16 from 12 to 1:30 pm with a free clinic from 2 to 6 pm

Program coincides with World Homeopathy Awareness Week, a worldwide celebration of homeopathy's founder, Dr. Samuel Hahnemann. Appointments are required. Please see Kathleen in the HaBA department for scheduling.

Gluten Free, Dairy Free

With Barbara K. Bray. Thursday, April 21 from 7 to 8 pm in the HWFC Community Room

A discussion of food allergies and symptoms, the elimination diet, the rotation diet, alternative food products and where to find them in the Coop, and suggested recipes.

Barbara K. Bray is a writer and lecturer on holistic health issues.

Power Tools for Vibrant Living

With Katherine Turner. Saturday, April 30 from 2 to 3:30 pm in the HWFC Community Room

We'll look at some fundamentals of holistic health — meditation, qigong, herbs, aromatherapy, developing intuition, many others — as well as exercises and guided meditations that will leave participants feeling rested, rejuvenated and relaxed. Brought to you by the HWFC Nutrition & Education committee.

Knitting Group

With Elaine Larsen. Thursdays from 7 to 8:30 pm in the Coop Community Room

All skill levels welcome! Bring a project and or questions. Other handwork welcome: crochet, quilting, needlepoint, etc. No sign-up necessary. Brought to you by the HWFC Nutrition & Education committee.

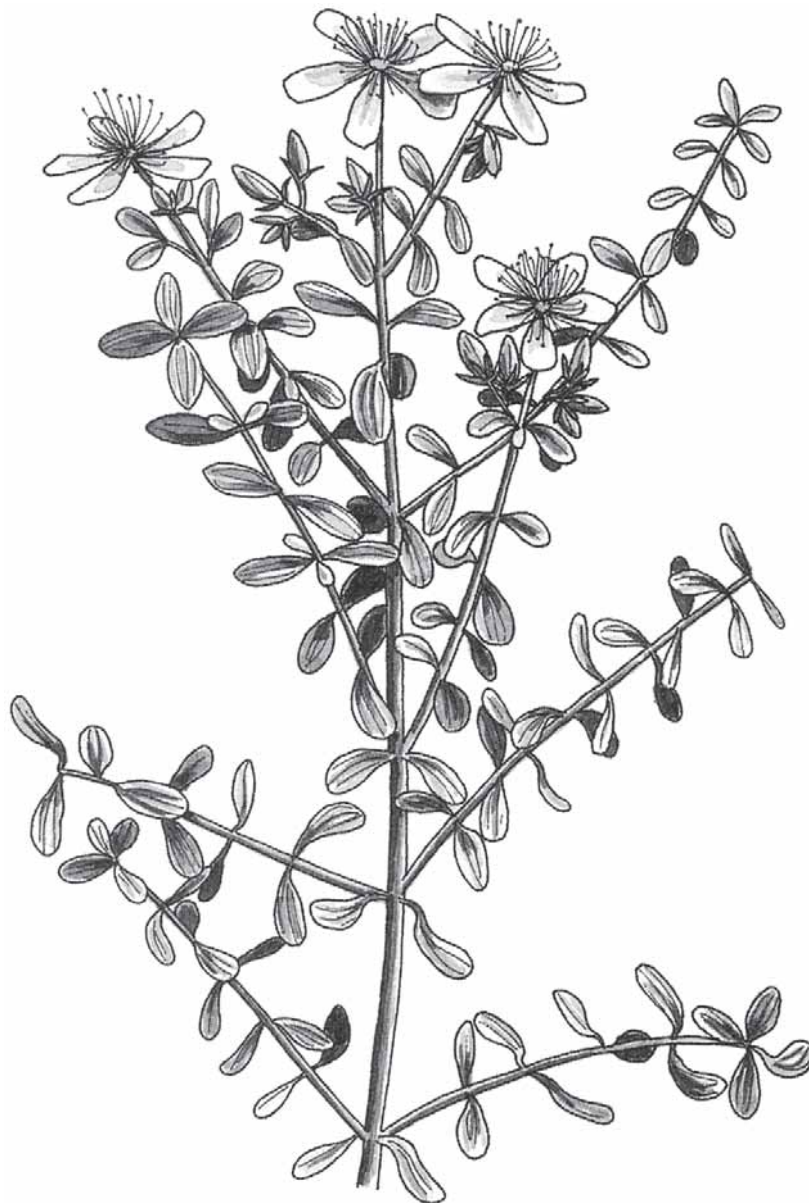
Statements, representations or recommendations made by or conduct of the presenter represent the views and opinions of the presenter only. They do not represent the viewpoint, endorsement or position of the Honest Weight Food Coop, its Board of Directors or its employees. Honest Weight Food Coop disclaims any responsibility or liability for the statements, representations or recommendations and/or conduct of any presenter.

st. john's wort

The Holy Herb

In the Middle Ages, special flowers and plants were often consecrated to particular saints, especially if the plants had medicinal properties. St. John's Wort was so named because either the flowers bloomed on the anniversary of the beheading of St. John or because early Christians believed that the plant released its blood-red oil on that date. Whatever the explanation, it has been used for over 2,000 years, primarily to heal wounds. Thought to have magical properties that kept ghosts away for one year, it was hung in houses as protection against evil spirits and thunder. Legend has it that if a woman picks the plant on the night of St. John's anniversary and hangs it in her bedroom, she will dream of her future husband.

The Greeks used St. John's Wort to heal wounds and dispel melan-



contains a high concentration of flavonoids, an immune system stimulant, which is successful as an anti-bacterial, anti-fungal, anti-inflammatory, anti-depressant and anti-viral remedy. The most dramatic discovery may be its effectiveness against a family of viruses, including HIV. It can also be used for muscle knots, female problems (including mood-related menopausal symptoms), sciatica, tumors, boils and blood purification.

Although it has been prescribed for depression, St. John's Wort shouldn't be considered an instant anti-depressant. It may take several months for its full effects to be achieved, and even then, it works best for only mild to moderate depression. It should be noted that there can be some side effects associated with this herb, namely stomach upset and photosensitivity. It shouldn't be taken in combination with some substances, including coffee, beer, wine, dairy, chocolate, smoked or pickled food, anti-depressants, amino acids, decongestants and inhalants. Always check with a health care professional first, particularly if there is a history of high blood pressure or during pregnancy or lactation.

The Coop carries various forms of St. John's Wort, such as capsules, compounds, tinctures and teas.

choly. A concoction of flowers infused in olive oil was prepared to ease pain, close wounds and reduce swelling and bruising. Flower-soaked brandy was drunk to ease depression and madness. Early colonists thought they introduced it into the New World,

but discovered that the natives were already aware of it for use in treating snakebites, fever, diarrhea, wounds, asthma, hemorrhoids and skin problems.

The Russians and Germans have discovered through extensive research that the herb

Serenity Tea

Steep 1 to 2 tsp dried St. John's Wort in 1 cup of boiling water for 10 to 15 minutes. Drink up to 3 cups per day for depression or to stimulate the immune system.