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7:00-8:00

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SUNDAY 9:00-7:00

HONEST WEIGHT FOOD CO-OP

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(518) 482-2667 (482-COOP)



ISSUE #347

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Designing Our New Store

by Jim Monsonis

We have a design for the new store!

Most of our readers know that Honest Weight has outgrown its space and that the membership made the decision last spring to build a new store. After many months of conversation between the architects, the managers of the present store (Collective Management Team) and a committee of the Board (the Facilities committee), this group has reached a tentative agreement on what it thinks the store should look like and an idea of how it might be laid out. If the membership approves—and a meeting will be arranged as soon as all the final design tweaking and the finances are in place—we will soon be underway (see timeline below).

In this article I'll try to present a verbal portrait of the design and discuss timelines. In the next *Coop Scoop* article we'll discuss what it will cost to build and how you can help.

1. The Site

The location is in Albany at the northwestern corner of Watervliet Avenue and Watervliet Avenue Extension, on

a CDTA bus line and convenient to the Everett Avenue exit off I-90. Currently a warehouse is there, but after careful consideration (and membership approval) we've decided that building cannot meet our needs and will be demolished. (Much of the materials from

A Director's Chair



the demolition will be recycled into the new building.) The store itself is to be located at the southwestern end of the site, facing north. This allows for about 170 parking places, many times more than we currently have.

2. The Building Shell

It will be a two-story building with retail and warehouse space on the ground floor, and offices, meeting rooms, member worker spaces and community space on the second floor. The total retail area ("retail" meaning anywhere the public might go to buy goods, but not including the warehouse) is about 16,400 square feet, out of a total of just over 30,000 square feet, or about 67%; the industry standard is 70%, but the industry as a whole doesn't try to provide community space). This is almost triple the retail space of the present

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NEWS at a glance



by Nancy Ellegate

The HWFC Board of Directors met on Tuesday, December 9.

Budget

The proposed budget for 2009 was presented. The Board approved it, and this budget will be voted on by the membership in January.

Board/CMT Meeting

A meeting between Board and Collective Management Team (CMT) members is planned for January. At that meeting, issues relating to the current poor economic climate and how this might affect the new store will be discussed. A lower level loan program than the one currently in place will also be discussed.



Cute, clever critters ...and they're Green, too! (see p.6)

continued on page 4

continued on page 3

Behind the Co-op

Board of Directors

President: Jim Monsonis
 Vice-President: Greg Pedrick
 Treasurer: John Godfrey
 Secretary: Lorrie Graham

Committee Liaisons

Bylaws Panel	Carolyn Maroney
Communication	Greg Pedrick, Bruce Huttner
Facilities	Jim Monsonis
Finance	John Godfrey
herbalist.John@gmail.com	274-7996
Governance Review Council	Bruce Huttner
bhuttner@dsvlaw.com	458-8922
Membership	Lenore Gensburg
Personnel	Ray Ratte
rratte1@nycap.rr.com	371-3648
Collective Management Team representative	
Cindee Lolik	cindee@hwfc.com

Collective Management Team (482-3312+ext.)

Operations and administrative coordinator: Cindee Lolik (x116)
 Member coordinator: Nate Horwitz (x104)
 Outreach coordinator: Jessica Allen Hayek (x120)
 Education coordinator: Karisa Centanni (x113)
 Finance manager: Alfred Bouchard (x107)
 Assistant finance manager: Jennifer Felitte
 Personnel administrator: Hoby Ebert
 IT coordinator: Lexa Juhre (x101)
 Front end manager: Katie Centanni (x109)
 Assistant front end manager: Ejay Peters
 Grocery managers: Nancy Reich (x119)
 Grocery floor managers: David Aubé, David Filkins, Garrett French, Tom Gillespie, Joe Marra, Hakim Steward, Nick Weber, Lee Wilson, Russell Ziemba
 Produce manager: Nick Bauer (x102)
 Assistant produce managers: Gayle Anderson, Steve Lamica
 Produce assistants: Lorilee Bird, Brandon Bissell-Evans, Ariel Callaschai, Stacie Halloran, Amy Languish, Elizabeth Schaefer, Karen Starr, Hakim Steward
 Bulk manager: Bob Linn (x106)
 Assistant bulk manager: Leigh Nowicki
 Bulk assistants: Walter Fick, Thomas Gillespie
 Cheese manager: Gustav Ericson (x118)
 Cheese assistants: Cheng-Hua Lee, Ken Runquist
 Wellness manager: Kathleen Boehning (x122)
 Wellness assistants: Neelima Baird, Rebecca Hein, Kevin Johnston, Carolyn Matthei, Kate Skelly
 Meat manager: Chris Kemnah
 Food service manager: Nicole Bailey (x108)
 Assistant food service manager: Laura Pederson
 Cooks: Lori Doyle, Nick Foster, Megan Gillespie, Sue Ellen Lewanick, Karin Maag-Tanchak, Carolyn Matthei, Michael Natcharian
 Night manager: Michael Ferrandino
 Floor managers: Christopher Kuhn, Amy Pagano, Cathryn Russell
 Maintenance: Jamie Greenwood, Steve Kroeger
 Shift managers: Elyse Bryan, Robb Cole, Sonya Dewitt, Jenny Ruggiero, Craig Willis, Phalcore X



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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.

How to contact the Co-op... Postal mail – Honest Weight Food Co-op, 484 Central Ave., Albany NY 12206 • Phone – 518-482-2667 (482-COOP) • E-mail – email@hwfc.com
 Website – www.hwfc.com or www.honestweight.coop

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Satellite Store Possibility

Co-op representative met with developers who have invited HWFC to open a store in a commercial development project in Arbor Hill. Another meeting, which will also include representatives from the City of Albany, was scheduled for mid-December.

Governance Review Council

Two people have applied to join this group, which has three vacancies and whose members are elected by the Co-op membership. These people can stand for election in January.

New Store

It was noted that the physical plan for the new store was pending. (The Facilities committee met the day after the

Board meeting and approved the 1st-floor plan.)

Personnel

The Board liaison to this committee asked the Board for suggestions on needed activities. These included projections for staff needs and possible hiring for the new store and leadership and management training. The committee will start looking at these issues with several members of Board members and several CMT members.

Minutes

Minutes of all meetings are available at the Co-op. Minutes of the most recent meeting are posted on the bulletin board. They are also available on the Co-op's website as password protected files. See instructions on the website (www.hwfc.com) for obtaining a password. (See the Meetings section and go to Board Meetings.)

Upcoming Board Meetings

The Board meets on the first Tuesday of each month at 5:45 pm (with some exceptions depending on holidays, etc.). Meetings are scheduled for January 6, February 3 and March 3. All dates are posted on the Co-op's website. Meetings are held in the Co-op's Community Room.

Anyone planning to attend a meeting should confirm date, time and location.

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

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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 10th of the month at store closing time. We can accept Windows/DOS diskettes, or Mac disks if they are 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 trupinjet@gmail.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
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NEW STORE DESIGN, from p.1

store before the recent expansion, and double the current space that includes that expansion.

A part of the roof, over the entrance, will be a green roof. There is a large area in the back that could be a green or living roof also, but is too expensive for the budget at present. But we will include the infrastructure for a green roof there so that it can be added at a future time if we have the funds.

Much of the building will be flooded by natural light coming through a large semi-circle of south- and west-facing windows. There will be extensive windows on all sides so that we can do a good deal of "daylight harvesting" and minimize the use of electricity.

We will have plantings that climb the east and west walls and present a "green" face to the neighborhood.

3. The Retail Floor

You can enter the store, having dropped off your recyclables at the recycling bins outside near the front of the store, at either of two front entrances. The left one as you face the building leads to the cafeteria (around 50 seats) and deli



area, for quick lunches and prepared foods and the coffee bar — you can come in, partake and leave without getting caught up in the general grocery shopping and check out. Or you can sit in the outdoor terrace on the east side in nice weather, and have a coffee or tea while you wait for your work shift to begin.

The right-hand entrance carries you in a large sweeping semicircle, past Produce, Bulk, Wellness, Meat and Cheese, and Specialties, to the deli and cafeteria on the left end. Within the enclosure of the semicircle lies Grocery. All of this is lit by two stories of natural light, highlighting the wooden beams that carry the roof. Wander at will and then check out at the front — *9 cash registers!* — and go back out to the parking area. Every department has expanded retail space, and with so much more shelf space the stocking process — *we hope* — will be

painless and invisible, not the aisle-blocking process it currently is.

4. Upstairs

Honest Weight is a special "grocery store," unlike Price Chopper or similar stores, in many ways—not only in its ownership, its governance, etc. but also in the importance of member workers and in its community mission. Upstairs there will be a generous space for members to "do their thing" in comfortable quarters, not squeezed in wherever they can find room. We have planned for several meeting rooms of various sizes and, especially, a Teaching Kitchen and sizeable space for classes so that we can do so much more with the community. All of these areas are accessible from outside (stairs and elevator) without going through the retail store, so we can do things in the evening if/when the store is closed.

We hope we can expand our member-based community mission significantly with this facility.

5. Timing

We are shooting for a demolition-of-the-old/groundbreaking-for-the-new in

A large graphic logo for Albany Art Room. The word "Albany" is in a white, cursive font at the top, "Art" is in a white, bold, blocky font in the middle, and "Room" is in a white, bold, blocky font at the bottom. The logo is set against a black, irregular, blob-like background. There are several white starburst or asterisk symbols scattered around the logo.

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*Creating a Storyboard and Book Dummy with Daniel J. Mahoney
*Collage Workshop with Marilyn Rock
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*Kids' classes and camps with Elizabeth Dubben
*Exploring Artists (preschool) with Ginnie Farrell

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April 2009. Construction should take about a year. The critical issue is to get the shell up and heating, electricity, etc., installed by the time cold weather comes in the fall of 2009. Then we can finish the interior, stock up and open sometime in spring of 2010—a soft opening to make sure all systems work, then a Grand Opening when we're ready: *We want to set a new standard for Albany!*

Those of us who have worked on the design are excited about it, and we hope the membership, and those who shop here but are not members, will be also. We've tried to develop a building that is relaxed, comfortable, warm and efficient—we are shooting for a LEEDS golden award as a "green" building, one that will last for a long time.

Some have asked whether, in these uncertain economic times, it makes good sense to do this. Our answer is a confident *Yes*. Sales are up and continue to rise (and each year recently seems to be better than the previous). We've completely outgrown our present space and cannot continue as is. The cheap rent of that space that we now enjoy will come to an end in 2011. The parking problem is insoluble. Our membership base is growing at an amazing rate. And the one bright spot in the economic downturn is that it makes construction cheaper than it will ever be in the future.

This is the time to build. We hope we have designed the building that we want and need.

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Brave the Winter Winds with Badger Balm

by Ruth Ann Smalley

My lips feel much better, now, thank you. I'll tell you why. The first part of this experience reads a bit like a modern day fairy tale. It could be entitled, "Ms Dry Lips and the Three Balms."

It is the story of a woman who set out on a long journey. A woman who had just gotten over a cold that had involved a lot of handkerchiefs and had resulted in very chapped lips. The journey included a cold, overnight train through snow, several nights' stay in an arid hotel room on the outskirts of the Windy City, another overnight train, and several days' stay in the overheated home of elderly relatives.

By the end of the week, Ms Dry Lips was desperate for her lip balm, which she had left in her other coat pocket, back East. In an impulsive moment at a book store counter, she grabbed a popular brand known for using natural ingredients, and purchased it without looking carefully at the label. Only to be brought up short by its strong smell the first time she opened it.

Alas, it contained that suspect ingredient, "fragrance." In fact, it smelled like a cheap bathroom deodorizer, and, what with the lax regulations governing "fragrance," could have contained the same chemical cocktail as one. Because Ms Dry Lips' skin now resembled the parched, buckling soil of a drought ridden plain, she continued to apply this lip balm, sparingly, until she got home.

Smiling to herself smugly, in anticipation of using what she believed to be her superior brand, she dived into her closet and dug her old balm out of her coat pocket. She had never really noticed before that this balm claimed to offer sun-protection, and, after the fragrance fiasco, this made her wonder. She'd better have a closer look at those ingredients. This is getting more challenging lately, as Ms Dry Lips often has to remove her glasses to be able to read the fine print.

Her smile faded from her still-chapped lips as she saw that one of the first ingredients was oxybenzone—a questionable and common sunblock ingredient she had spent the summer trying to avoid! Into the trash went both lip balms, because, really, Ms Dry Lips asked herself, "What's the point of trying to make yourself feel better by using substances that may, in fact, make you feel worse in the long run? Especially when there are other choices?" So she set out in search of the Third Lip Balm.

Well, Ms Dry Lips was in luck, because she had been asked to do a column on **Badger** body care products for the January *Coop Scoop*. And that brings us out of the tale and into the present.

Badger had been chosen, in part, because the company has recently begun to use Fair Trade-certified cocoa butter in some of their products. Especially, their line of cocoa butter lip balm sticks! At last, a lip balm with no fragrances, no

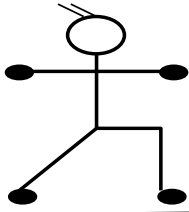
artificial colors, and no petroleum based ingredients. Instead: time-honored beeswax, organic aloe vera and olive oil, which is produced by an organic farmer cooperative in Spain. And, in addition to the protective and moisturizing cocoa butter, these sticks contain antioxidant rose hips and seabuckthorn berry.

So, I, Ms Dry Lips herself, read Badger's website with growing excitement, called Carolyn in Wellness (HaBA) to make sure of what we had in stock, left a message at Badger's headquarters asking for more information on their venture into Fair Trade, and then rushed on over to Honest Weight to get my new stick of "Creamy Cocoa." Which, by the way, feels a bit like applying a high quality chocolate bar to your lips, in terms of texture and aroma. And, now—I'm not making this up—Ms Dry Lips' husband has entered the room, while she writes this very column, asking if she has any lip balm he can borrow. She sure does!

Badger products are made in a small town in New Hampshire, having had their start out of the owners' kitchen back in 1995. They make a range of balms for other parts of the body, as well, such as a children's soothing sleep aid called *Night Night* balm, a decongesting *Winter Wonder Rub*, a *Basic Healing Balm*, a *Sore Muscle Rub*, and a *Cuticle Care Balm*. When I talked to Carolyn, she told me that these are "really well made, nourishing balms—really pure. The ingredients are extremely good." She also confirmed an impression I'd had from looking at their website: "They're a really nice company. If I call to order and they're out, they're out doing street cleanups or other projects, or having a picnic."

With a motto of "Healing Products, Healthy Business," Badger is in an ongoing process of living up to their values of offering high quality products while being as ecologically friendly as possible. They have been working to bring most of





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their products up to, or close to 100% organic. In September they began working with the Fair Trade organization, Transfair, to acquire Fair Trade cocoa butter from farmer producers in Peru and the Dominican Republic. "We consider Fair Trade to be a part of sustainability," their marketing coordinator, Jentri Jollimore, told me.

Other aspects of their quest for sustainability include using ingredients that have not been chemically processed: They use only cold-pressed and steam-distilled essential oils, and use no parabens and no fragrance oils. They use no animal testing. They donate 10% (or \$10,000, whichever is greater) of their before-tax profits to community projects, and to organizations promoting peace and children's health and welfare. They put a priority on working with other local businesses whenever possible. They are committed to reducing their waste stream, using recycled and/or sustainable paper and packaging materials. Employees even get free lunch, made daily from organic foods and including local produce from their share in a CSA farm.

So, should the winter's winds make you chapped and weary, just check out the shelves in the Wellness section for an appropriate Badger balm, knowing you can buy it in good conscience. Badger also makes soaps, body butters, massage oils and various gift packs that are available through the store by special order.

Now excuse me, I have to go cocoa-coat my lips!

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Last-minute rule making by USDA threatens organic farmers

Many media outlets, from the *New York Times* to the blogosphere, have tracked what has been dubbed the “corporate takeover” of organic farming. One of the hottest controversies in this rapidly growing \$20 billion industry has been giant factory farms milking thousands of cows each in feedlots and masquerading as organic. Some of these industrial dairies are controlled by the nation’s largest agribusinesses.

Since the organic community first appealed to the U.S. Department of Agriculture for better clarification and enforcement of regulations requiring organic dairy producers to graze their cattle, nearly nine years ago, the number of giant industrial dairy operations with as many as 10,000 cows has grown from two to approximately 15. After years of delay, the USDA has finally responded with a new proposed rule that they said would crack down on abuses.

The Cornucopia Institute estimates there are 35,000 to 45,000 cows on giant concentrated animal-feeding operations (CAFOs) in the United States, producing as much as 40% of the nation’s organic milk supply.

“These CAFOs are producing so much milk that they have depressed pricing and profit margins for organic family farmers, some of whom are now being forced out of business by this distressing situation,” said Cornucopia’s Mark Kastel. “Organics was supposed to be the antidote to family farmers being forced off the land.”

The Wisconsin-based farm policy research organization has filed formal legal complaints with the USDA aimed at compelling the agency to enforce organic livestock and management rules. These actions have led to the shutdown or penalizing of some of what they call “organic scofflaws.” But many in the industry criticized the agency for failing to fully investigate many other alleged violations on giant farms, including several that supply milk to the nation’s largest dairy processor, Dallas-based Dean Foods.

The new USDA rule proposal and its analysis total 26 pages, as published in the *Federal Register*. The draft rule complies with organic community requests to close specific loopholes being exploited by factory farms confining their cattle. But it also represents the broadest rewrite of federal organic regulations in the \$20 billion industry’s relatively short history.

“At first we were delighted that the USDA ... finally published a rule cracking down on the large factory farms that have been ‘scamming’ organic consumers and placing ethical family farmers at a competitive disadvantage,” stated Bill Welch, former member of the National Organic Standards Board and an Iowa livestock producer. But now, said Welch, “it has become painfully clear that it would not only crack down on certain factory farm abuses, but it’s also so restrictive that it would likely put the majority of family farmers producing organic milk and meat out of business.”

“It’s inexcusable,” noted Ronnie Cummins, director of the Organic Consumers Association, “that the USDA would allow, as part of this rule, that conventional cattle can be brought onto organic farms, and milked, on a continuous basis.”

In response to the USDA’s proposal, a consortium of organizations representing organic family farmers has crafted an “alternative” rule proposal. Led by FOOD Farmers with support from The Cornucopia Institute, organic certifiers

and other policy experts, the revisions they have drafted would carry out what is said to be the will of the organic community, farmers and consumers.

Kastel noted that audits by the American National Standards Institute (ANSI) and the Inspector General’s office were both highly critical of the USDA’s execution of its Congressional mandate to oversee the organic industry.

An alternative proposal, which is now being circulated among organic farmers and consumer groups, would require that all organic dairy, sheep, goat and beef producers graze their animals for the entire grazing season, and sets a minimum percentage of feed from pasture.

A growing body of scientific literature illustrates the nutritional superiority of milk and meat from organic animals that are grazed on fresh grass, including higher levels of antioxidants and beneficial fats, like omega-3 fatty acids, that protect against cancer and heart disease.

“The good news continues to be that the vast majority of all organic dairy brands available in the marketplace use milk produced by family farmers,” observed Cummins. “These farmers truly uphold the high expectations that their customers have.”

The Cornucopia Institute’s scorecard (found at www.cornucopia.org) reveals that 85% of the nation’s 110 organic dairy brands are meeting the letter and spirit of current organic federal law. “Out of 1,800 organic dairy farms in this country, the very few factory farms are a bad aberration, although they are producing huge quantities of milk,” explained Cornucopia’s Kastel.

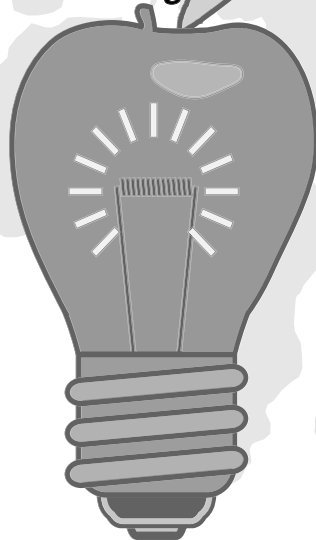
Because of the broad scope of the USDA’s proposed rule making, Cornucopia, the Organic Consumers Association and some the largest organic certifiers, and other groups representing farmers and consumers are formally asking the USDA to extend the public comment period for an additional 30 days, to January 23, 2009.

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THE GARDEN

THURSDAY, JANUARY 15 7:00PM \$6

a film by Scott Hamilton Kennedy

The fourteen-acre community garden at 41st and Alameda in South Central Los Angeles is the largest of its kind in the United States.

Started as a form of healing after the devastating L.A. riots in 1992, the South Central Farmers have since created a miracle in one of the country's most blighted neighborhoods. Growing their own food. Feeding their families. Creating a community. But now, bulldozers are poised to level their 14-acre oasis. The Garden follows the plight of the farmers, from the tilled soil of this urban farm to the polished marble of City Hall. Mostly immigrants from Latin America, from countries where they feared for their lives if they were to speak out, we watch them organize, fight back, and demand answers.

FILM FOLLOWED BY PANEL DISCUSSION

Food For Thought co-presented by:

The Linda, WAMC's Performing Arts Studio
339 Central Avenue, Albany, NY
Tickets available at thelinda.org
Or by calling 518-465-5233



January Calendar

1/4,18 HWFC HEALTH & WELLNESS SERIES: "Energy Medicine," with Ruth Ann Smalley. 3-6 pm. 30-min. sessions, Co-op Community Room. For more info, call 482-2667.

1/6 HWFC HEALTH & WELLNESS SERIES: "Get Your Knives Sharpened While You Shop!" with Vince Manti & Derek Burns. 5-knife limit. (no serrated blades). 5-7pm, outside the Co-op Community Room. 482-2667.

1/6 HWFC BOARD OF DIRECTORS. 5:30pm, in Co-op Community Room. All members welcome. Confirm date, time, location with the Co-op: 482-2667.

1/7,21,28 HWFC MEMBERSHIP ORIENTATION. 2-4pm, Co-op Community Room. To sign up, call Nate, 482-2667.

1/11 HWFC HEALTH & WELLNESS SERIES: "Reiki," with Karen Reach. 3-6pm. 30-min. sessions in the Co-op Community Room. For more info, call 482-2667.

☺ 1/11 FAMILY DANCE. 4pm, Delmar Reformed Church, 386 Delaware Ave. Caller Paul Rosenberg with live string band music by Tame Rutabaga. Participatory contra, square and international folk dancing, singing, playparty games. All dances taught. No experience or partner needed. Donation: Children free, adults, \$5. Info: *Dance Hotline*, 292-0133; Paul, 482-9255, or www.danceflurry.org.

1/11 SIMPLY RAW: Reversing Diabetes in 30 Days. With Dr. Gabriel Cousens. Living food snacks will be served. 6:30pm, Waltja Center, 157 First St., Troy. RSVP: CharlePan, 274-0360 or Melinda, 607-643-8280. www.waltjacenter.com.

1/14 HWFC HEALTH & WELLNESS SERIES: "Handling Stress," with Rich Neuman. 7-8pm, in the Co-op Community Room. For more info, call 482-2667.

2/3 HWFC BOARD OF DIRECTORS. 5:30pm, in Co-op Community Room. All members welcome. Confirm date, time, location with the Co-op: 482-2667.

ONGOING EVENTS

MONDAYS

BEHAVIORAL MANAGEMENT for Indigo/Crystal Children, with Mary E. Qualters LCSW. Last Monday, 7-8pm. Chakra Garden, Center for Mind/Body Healing, Albany. Info: 456-0310, thechakragarden.com/calendar.

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

HWFC HEALTH & WELLNESS SERIES: "Blood Pressure & Body Fat Testing," with Jeff Grayson Miller. 11am-1pm, Co-op Service Desk. 482-2667.

☺ HWFC HEALTH & WELLNESS SERIES: "Spanish Language Conversation," with Shane Lillian Braverman & C. Aida Torres-Horwitt. For beginning to advanced students. 4-5:30pm, Co-op Community Room. 482-2667.

☺ MOM AND BABY YOGA. 10-11am, Albany Jewish Community Center, 340 Whitehall Rd. \$15/class. Info: Beth Monaco at 689-0039 or BethM@saajcc.org.

VIPASSANA BUDDHIST Practice Group (Insight Meditation). 7:30pm in Colonie. For experienced and beginning meditators. Free. Info: 438-9102 or email bjp1088@verizon.net.

WOMEN'S GROUP, with Mary E Qualters LCSW. 1st and 3rd Mondays, 6:30-7:45pm in the Chakra Garden, Center for Mind/Body Healing, Albany. Info, 456-1071, thechakragarden.com/calendar.

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

TUESDAYS

ALBANY FOLK DANCERS. 7:45-9:45pm. Instruction provided, beginners welcome. No partners needed. Albany Jewish Community Center, 340 Whitehall Rd. \$4. Info: 489-7996, or online at jnsavitt@yahoo.com.

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

CAPITAL TOASTMASTERS. Communication, public speaking, leadership training. 2nd & 4th Tuesdays. 6pm. Center for the Disabled, 314 S. Manning Blvd., Rm.511, Albany. Info: Stephanie Jubic, 852-6733.

CHILD BIRTH EDUCATION/SUPPORT GROUP. Open to all. \$10-12/evening. 6:30-8:30pm. FLC

HWFC HEALTH & WELLNESS SERIES: "Chair Massage," with Glenn LaPorte. 15-min. sessions, 12:30-2pm, Co-op Community Room. 482-2667.

Dear Readers,

We are outgrowing not only our store space, but our print space as well! Our list of Co-op-based events is now about three times longer than it was a few years ago—and we need to make room on the printed page for our growing list of events.

Based on readership polls and discussions between store and *Coop Scoop* staff, we've decided that this issue will be the last to carry the printed version of our Community Calendar. We are not discontinuing the calendar—we're just changing to an online-only format and moving it to the Co-op's website: www.hwfc.com. Please continue to send listings to our calendar editor, Susan Palmer (scoopcalendar@earthlink.net).

We'll continue to publish Co-op events and meetings in the printed newsletter.

Happy New Year,
Judy Trupin, *Scoop* Editor

POLICY FOR ONLINE 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, c/o Susan Palmer; email: scoopcalendar@earthlink.net**.

Calendar listings will be accepted based on appropriateness and general interest to the Co-op community.

HWFC HEALTH & WELLNESS SERIES: "Chair Massage," with Ed Thomas. 2-5pm. 15-min. sessions, Co-op Community Room. 482-2667.

HWFC HEALTH & WELLNESS SERIES: "Holistic Health History Consultations," with Kate Fritz. 10am-12:30pm. 30-min. sessions, Co-op Community Room. For more info, call 482-2667.

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

KRIPALU YOGA FOR BEGINNERS. 7:30-9pm at the Center for Integrative Health & Healing, 388 Kenwood Ave., Delmar. \$15. Contact Jim Whiting: 542-3068, or freewebs.com/james0360.

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

WEDNESDAYS

BETHLEHEM TOASTMASTERS. We help you overcome the fear of public speaking and more! 2nd and 4th Wednesdays, 7:30-9pm. Info: Jim, 439-7625; <http://bethlehem.freetoasthost.com>.

GENTLE YOGA. 10-11:30am at the Yoga Loft, 540 Delaware Ave., Albany. Contact Mary Sloan: 459-8216 or synthesis@nycap.rr.com.

☺ HWFC HEALTH & WELLNESS SERIES: "Fiddle Basics," with Caryn Niedringhaus. All ages. No previous instruction needed. Bring a fiddle and bow in good working condition. 7:30-8:30pm, Co-op Community Room. 482-2667.

☺ HWFC HEALTH & WELLNESS SERIES: "Natural Family Support Group," with Elisa Grimm, Lauralee Holtz, Meg Breen, Liza Feldman Vinci. Children's storytime follows discussion. 10am-1pm, Co-op Community Room. 482-2667.

☺ HWFC HEALTH & WELLNESS SERIES: "Spanish 101," with Shane Lillian Braverman. For students with little or no experience. Learn basics in pronunciation, grammar, reading and writing. 4-5:15pm, Co-op Community Room. 482-2667.

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

KEY TO LISTINGS

- CDCC Capital District Community Gardens
40 River St., Troy • 247-8685
- CDGLCC Capital District Gay & Lesbian
Community Council
322 Hudson Ave., Albany • 462-6138
- ES The Eighth Step at Proctors
423 State St., Schenectady • 434-1703
- FLC Family Life Center
20 Elm St., Albany • 465-0241/449-5759
- 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

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

LEARN TO MEDITATE. 1st Wednesday, 7–8:30pm, Shambhala Meditation Center of Albany, 879 Madison Ave. Free. Info: 729-4055 or www.albany.shambhala.org.

MEDITATION. 6–7pm. Center for Natural Wellness, 20 Mall, 2080 Western Ave., Guilderland. All are welcome; donations appreciated. To register: 869-2046.

MEDITATION, with Healing Practitioner Beth Netter MD. Introduction for beginners, practice for experienced. 7:30–8:30pm, Center for Integrative Health and Healing, 388 Kenwood Ave., Delmar. Info, 689-2244.

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

☺ SARATOGA FARMERS' MARKET. 3–6pm. High Rock Park, High Rock Ave., Saratoga Springs. Locally grown produce, pasture-raised meat, free-range/pasture-raised eggs, local raw honey, baked goods, homemade soaps, on-site massage, live music and more! Info: 893-2669 or Bluemoodndressing@aol.com.

THURSDAYS

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

HWFC HEALTH & WELLNESS SERIES: "Pilates," with Brian Hull. 12–1pm, Co-op Community Room. For more info, call 482-2667.

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

KRIPALU YOGA FOR BEGINNERS. 7–8:30pm at the Center for Integrative Health & Healing, 388 Kenwood Ave., Delmar. \$15. Contact Jim Whiting: 542-3068, or freewebs.com/james0360.

LUNG CANCER ALLIANCE. Advocacy group meeting on 2nd Thursday, 10am, at the American Cancer Society, 260 Osborne Road, Loudonville. For info, call 482-3142.

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

MOTHER TO MOTHER. 2nd & 4th Thursdays, 10am–12pm. FLC

SITTING MEDITATION. 7–8pm, Shambhala Meditation Center of Albany, 879 Madison Ave. Free. Info: 729-4055 or www.albany.shambhala.org.

WOMEN'S CREATIVE PROCESS GROUP. Use art play and a supportive group to tap into your creative potential, relax, have fun! No previous artistic experience needed. Thursday evenings at The Artist Studio, Delmar. More info: Lorraine, 482-5428; heart2art07@yahoo.com.

FRIDAYS

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

8th STEP CONTRADANCES. Most 2nd & 5th Fridays, 8pm at Albany Iberian Hall, 375 Ontario St. Instruction at 7:45pm. \$10 admission. Info: call 489-9066 or ptix1@nycap.rr.com.

HWFC HEALTH & WELLNESS SERIES: "Chair Massage," with Paul Jensen. 2–5pm. 10-min. sessions, Co-op Community Room. Info: 482-2667.

HWFC HEALTH & WELLNESS SERIES: "Knit & Stitch," with Margaret Black, Beverly Petiet, Laurie Kirchman & Virginia Boyle-Traver. 12–2pm, Co-op Community Room. For more info, call 482-2667.

☺ HWFC HEALTH & WELLNESS SERIES: "Math Tutoring: Drop-in Sessions," with P.J. de Barros. For all ages and skill levels; no appointment needed. 5:15–8pm, in the Co-op Community Room. 482-2667.

HWFC HEALTH & WELLNESS SERIES: "Reflexology," with Laura Lee Ross. 9:15am–12pm. 15-min. sessions, Co-op Community Room. For more info, call 482-2667.

☺ 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: 9:30am–12pm. 475-1897. MCCD

TRI-CITY FOLK DANCERS. 8:30–11pm, Schenectady YWCA, 44 Washington Ave.. Instruction. \$5. More info: 452-1154.

SATURDAYS

HWFC HEALTH & WELLNESS SERIES: "Aqua Chi Sessions," with Anthony and Karen Segretto. Detox foot bath and foot spa. 2–4pm. Free 20-min. sessions, Co-op Community Room. (No sessions on 1/3). For more info, call 482-2667.

HWFC HEALTH & WELLNESS SERIES: "Beginner's Hebrew," with Michael Grossman. Learn the Hebrew alphabet, basic pronunciation and key conversation elements. 5:30–7pm, Co-op Community Room. 482-2667.

KRIPALU YOGA FOR BEGINNERS. 9–10:30am at the Center for Integrative Health & Healing, 388 Kenwood Ave., Delmar. \$15. Contact Jim Whiting: 542-3068, or freewebs.com/james0360.

OLD SONGS CONTRADANCE. 1st Saturday (October–May), 8–11pm at Old Songs Community Arts Center, 37 S. Main St., Voorheesville. Instruction at 7:30. Covered dish supper at 6:30, \$10. Info: 765-2815.

☺ SARATOGA FARMERS' MARKET. 9am–1pm. High Rock Park, Saratoga Springs (see Wednesdays). Info: 893-2669 or Bluemoodndressing@aol.com.

☺ TROY WATERFRONT FARMERS' MARKET. 10am–2pm, Uncle Sam Atrium, Broadway (betw. 3rd & 4th Sts.). More info: 321-5749 or www.troymarket.org.



SUNDAYS

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

BUDDHIST MEDITATION INSTRUCTION. Sundays, 10–11am. Albany KTC Tibetan Buddhist Study and Meditation Center (at Doane Stuart School), 799 S. Pearl St., Albany. Free of charge. Info: 374-1792 or www.albanyktc.org.

☺ ENGLISH COUNTRY DANCE. 1st Sunday (October–May), 2–5 pm. Channing Hall, First Unitarian Universalist Society of Albany, 405 Washington Ave. Instruction at 1:30. \$11, \$9 members. First time English country dancers free. Info: 477-5684, cecd1@att.net.

☺ FIRST UNITARIAN UNIVERSALIST SOCIETY. Mindfulness Meditation, 9am. Sunday Service, 10am. Coffee Hour, 11am. 405 Washington Ave., Albany. 463-7135.

HWFC HEALTH & WELLNESS SERIES: "Financial Investment Workshop," with Jim Williams. 12–3pm, Co-op Community Room. 482-2667.

JIVAMUKTI YOGA. 10:30am–12pm. For all levels, yoga experience suggested. With Nancy Polachek at HeartSpace Holistic, 747 Madison Ave, Albany. Drop-ins always welcome. www.heartspaceholistic.com.

KINGFISHER SANGHA. 4:30–6pm. Buddhist practice in the tradition of Thich Nhat Hanh. Eastern Parkway Methodist Church, Schenectady. Info: 238-3608 or www.kingfishersangha.com.

SANT MAT MEDITATION. Every Sunday, 9:30am. Learn about meditation on inner light and sound. Followed by vegetarian lunch. Free. Call 758-1906 for directions.

SUNDAY GATHERINGS. We come together to honor our relationship to self, neighbor and God. 10:30–11:30am. Coffee and tea follow. Still Point Interfaith Retreat Center, 20 Still Point Rd., Mechanicville. Info: 587-4967 or stillpt423@aol.com.

OTHER EVENTS

☺ ALBANY PINE BUSH DISCOVERY CENTER is now open! Hands-on learning for all ages. Free and all are welcome. Closed Mondays. More info: 456-0655 or www.albanypinebush.org.

CENTER FOR NIA AND YOGA. 4 Central Ave., Albany (at Lark St.). For class schedule, registration and special events: www.nia-yoga.com, casey@nia-yoga.com, 463-5145.

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 for Winter Session. Classes and lessons begin January 5. Affordable and enjoyable group or individual lessons in Piano or Voice. New—Violin lessons! Plus, Parent-Child Music for babies through pre-schoolers and much more! Discounts available. More info: 458-2927, misspeggysmusic@aol.com, or misspeggysmusic.com.

Do You Want To Bring Healthier Food to A School Near You?

School Food Conference

January 31, 2009 9:30 AM - 4:30 PM Registration 9:00 AM

- * Explore Successful School Food Programs
- * Network with Parents, School Administrators, Teachers, Food Service Staff, and Interested Community Members

\$20.00 Registration (\$30.00 After January 21)

Registration: schoolfoodconference@verizon.net

Location: Albany Law School
80 New Scotland Avenue
Albany, NY 12208

(Use Holland Avenue Entrance and Parking Lot)
Conference Parking is Free

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What I Choose to Buy at the Co-op

A series of monthly articles by members of our Nutrition & Education committee.

...and Why

by Louise Frazier

Winter deepens and the pot on my stove thickens—with warming fare from the Co-op's bulk aisles, dried herbs, produce, cheese and groceries sections. Local farmers take a break from growing and we still reap the benefits of their labors from the summer that is spent. Sun-filled root vegetables from our region can include carrots, beets, celeriac, rutabaga and parsnips, along with cabbages red and green. They will form the base of my cookery through the winter. Combining them with Northeast apples, pears, and sometimes quince, will make for delectable fare from soups and stews to salads and desserts.

Oats, barley, millet, different varieties of rice and warming buckwheat are sure to fire my imagination towards armchair travel with suppers on blustery, cold nights, transporting us to lands near and far, lifting our spirits as we gather around the table. A Friday-night favorite is putting a layer of fresh sauerkraut between whole oats groats that have been cooked with minced onion, grated celeriac, dried leaf thyme and savory, topping it with a Gruyere-type cheese to melt as the dish heats through for 20 minutes in the oven. Think of being warm in an Alpine Swiss chalet après ski. Or replace cheese topping with tofu slices sprinkled with allspice and tamari for an Asian evening. On another night, instead of oats, the same ingredients will top our Berkshire Bakery spelt pizza crust, with the cheese or tofu covering the sauerkraut, protecting its probiotics from getting too hot, as we travel to Italy via Russia.

Dried bean dishes, redolent with

Mid-Winter Abundance

onions, celeriac, carrots, herbs—leaf savory for digestion—and spices are simple to prepare, leading us from northern climes to southern. Erie Canal beans made from white great northern with lots of onion, dried mustard, molasses or maple syrup start us off in our own region. Adding fresh-made corn bread and a root vegetable and apple slaw will fill us and soon send us into our quilts for a long nights journey to the stars. If it's only the two of us, the dish can be made with Eden canned beans, supplemented with all the other ingredients, saving time and gas with less cooking! The deli makes delicious corn bread, so we might buy that or their spelt-flour blueberry muffins. They have gluten-free varieties as well.

Lentils can take us from Central Europe—cooked with chopped leek greens, parsley and celeriac—or to the Middle East made with onions, prunes and cinnamon! Use curry spices for lentils India style, served with brown rice and tangy chutney from the specialty food and cheese section. Our January Farm-and-Food tip reminds us that winter cheeses bring the richness of summer, made with the milk from sunny meadow-grazing cows, goats and sheep—linger there in front of your wood stove with some Clover Mead Farms or other local raw milk varieties from the Co-op cheese section!

Take a trip to the Caribbean serving black beans and rice—or Brazil, where

they cut up an orange and add it to a pot of Black Beans Fejojada. We like to serve it over baked sweet potatoes for Sunday night supper in winter. A salad of finely grated carrots or beets tossed with coarsely grated apple or canned crushed pineapple, a little oil and grated fresh ginger complete the meal. Sometimes we add fresh sauerkraut to the salad as well!

We plan on serving such a salad for lunch at the School Food Conference on January 31 (see poster on p.12). The menu will feature mid-winter "Whole Enchilada" made with sautéed minced onions tossed with grated butternut squash, kidney beans, garlic and spices wrapped in whole wheat or corn tortillas, baked in a pan with salsa at 300° for 30 minutes. "Happy Burgers" is planned as second choice, combining baked or cooked sweet potatoes mashed with black beans, then mixed with oat flakes, maple syrup, mustard, salt, onion and garlic powder. Formed into patties, they bake on oiled baking sheets at 350° for 30 minutes. (One can also roast Julienne fries from sweet potatoes, celeriac—even rutabaga—cut French style, sprinkled or tossed with safflower or olive oil and put in the oven, for healthy alternatives to deep-fat potato fries.) Baked apple or apple crisp, sweetened with New York State maple syrup, complete this mid-winter menu—which could be satisfying fare for any age!

School fare can be enticing for children, as can our daily meals at home for everyone at our table. Success has been achieved in many efforts to bring healthier lunches to school children, when ethnic lore and recipes, using farm fresh foods, have been featured, capturing their interest. Hands-on food projects heighten their imagination as well, and they eagerly help themselves to school salad bars. In Massachusetts, it was found that school children ate more vegetables when they were locally grown! So let them create their salads from fresh Northeast winter ingredients—apples, cabbage slaw, grated carrots and beets—Waldorf style.

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Honest Weight contributing to informative "Green" blog

Looking for tips and discussions about saving energy, going local and living more sustainably? The Schenectady Daily Gazette's Greenpoint Community Forum features late-breaking announcements about local eco-friendly events, talks and activities.

Begun this past May, the online site includes reader posts as well as thoughtful blogs by Greenpoint editor Margaret Hartley, Honest Weight's own Karisa Centanni and Ruth Ann Smalley, and others. Check it out at: www.dailygazette.com/weblogs/Hartley.

Mind-Body-Spirit approach to emotional healing

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518.489.4026

www.CNWSMT.com

Aqua Chi

With Anthony & Karen Segretto. Saturdays (except January 3) at various times in the Co-op Community Room

Free 20-minute sessions. The Aqua Chi is a detoxifying footbath that soothes your aching feet and legs, while detoxifying your body through the large pores of the feet. The electrical unit (which is, of course, safe while in contact with the water) stimulates ionization through the water, which connects with your body's electrical field to stimulate detoxification of the liver, joints, gall bladder, kidneys, bladder, urinary tract and lymphatic system, removing cellular debris, heavy metals, tobacco, blood clot material and yeast. One session per person per month, please.

Beginner's Hebrew

With Michael Grossman. Saturdays from 5:30 to 7 pm in the Co-op Community Room

Join us to learn the Hebrew *Alef-Beit* (Alphabet), basic pronunciation and key conversational elements. We will use textbook instruction (with occasional song) to advance any beginner into a reading capacity and a traveler's knowledge of terms. Instructor

Michael Grossman has lived in the U.S., Germany and Israel.

Beginner's-to-Advanced Spanish Language Conversation

With Shane Lillian Braverman & C. Aída Torres-Horwitt. Mondays from 4 to 5:30 pm in the Co-op Community Room

Our team of Spanish speakers will assist students of all levels, from basic to advanced instruction, on Spanish language and grammar. Bring any questions and materials that you are using to study Spanish to this class and enjoy working with others toward the same language goals.

continued on page 18

JANUARY AT THE CO-OP

All services, workshops, and classes offered at HWFC are free and open to the public.

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Blood Pressure / Body Fat Testing

With Jeff Grayson Miller. Mondays from 11 am to 1 pm by the Service Desk

Fitness consultations in addition to blood pressure and body fat testing available.

JANUARY AT THE CO-OP

All services, workshops, and classes offered at HWFC are free and open to the public.

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Chair Massage

With Glenn LaPorte. Tuesdays from 12:30 am to 2 pm in the Co-op Community Room

Glenn LaPorte is a New York state-licensed massage therapist. He offers 15-minute personalized massage sessions. Please sign up for only one session.

With Ed Thomas. Tuesdays from 2 to 5 pm in the Co-op 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. He offers 15-minute personalized sessions. Please sign up for only one session.

With Paul Jensen. Fridays from 2 to 5 pm in the Co-op Community Room

Individualized 10-minute sessions. Paul Jensen is a New York state-licensed massage therapist and the founder/owner of Excellence through Exercise. Please sign up for only one session.

Energy Medicine

With Ruth Ann Smalley. Sundays, January 4 & 18, from 3 to 6 pm in the Co-op Community Room

Energy Medicine offers a range of simple, effective practices for self-help and wellness. In half-hour individual consultations, Ruth Ann will work with you to find a personalized set of energy tools—such as stretches, meridian tracing or tapping, or acupressure holding points—to help you balance your energetic system. Ruth Ann is a certified Donna Eden Energy Medicine practitioner.

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Financial Investment

With Jim Williams. Sundays from 12 to 3 pm in the Co-op Community Room

Are your investments performing in a way that's comfortable and sustainable? Are you a more visual learner? Less mathematical? Use the 9-segment style-box to add a new clarity to the relationship between you and your money. Are you befuddled by the jargon of finance? Learn to find only what is important and useful to you.

James Williams is a longtime teacher, researcher and personal investor.

Get Your Knives Sharpened While You Shop!

With Vince Manti & Derek Burns. Tuesday, January 6, from 5 to 7 pm outside the Co-op Community Room

Due to the overwhelming popularity of this service, please bring in no more than five knives at a time. (No serrated blades, please!)

Handling Stress

With Rich Neuman. Wednesday, January 14, from 7 to 8 pm in the Co-op Community Room

What we eat directly affects our ability to deal with stress in our daily lives. The food choices we make every day profoundly impact our physical as well as emotional being. Come to this workshop to discover how the foods we eat directly influence our ability to manage stress in our life.

Rich Neuman is a graduate of the Institute of Integrative Nutrition. He has been involved in health and nutrition for over 25 years.

Knit & Stitch

With Margaret Black, Beverly Petit, Laurie Kirchman & Virginia Boyle-Traver. Every Friday from 12 to 2 pm in the Co-op Community Room

For knitters, crocheters, quilters and sewers of any skill level, and people who would like to learn. Margaret and Bev are a team that is highly qualified to teach a variety of fabric and needlework skills. Bring a needlework question or problem, bring your current project for a relaxed time of shared work, or just stop by to see what we're all about!

Math Tutoring: Drop-in Sessions

With PJ de Barros. Fridays from 5:15 to 8 pm in the Co-op Community Room

Free math tutoring while you shop for all ages and skill levels. Homework help, identification and remediation of specific difficulties, suggestions of strategies for use at home. Bring any current math assignments or tests to the session, or bring in your practical day-to-day questions. No appointment necessary.

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açaí

Touted as the new Fountain of Youth, **açaí** — pronounced *ah-sigh-ee* — has been called a miracle food. Harvested from Amazon palms, extract of the berries has been used for centuries by the Brazilians to support good health. The berry resembles a small blueberry, but is darker in color. It contains a large seed with very little pulp. This tiny berry has ten times the antioxidants of grapes and twice that of blueberries.

In Brazil, açai can be found in all kinds of beverages, such as energy drinks, soda, smoothies and juice. It is used to flavor ice cream and liqueurs, is mixed with cereals, such as granola and served from gourds with

tapioca and sugar. Although the flavor is difficult to identify, it has been described as a cross between mixed berries and cocoa.

Since its presentation on the *Oprah Winfrey Show*, interest in this seemingly unassuming berry has skyrocketed. Why? Mainly because of açai's ability to regulate blood sugar, thereby assisting with weight control. But its benefits go far beyond just this. It is rich in essential omega fats—which resemble olive oil, protein, antioxidants, electrolytes, amino acids and natural fiber.

Açaí has been promoted as a healing agent to restore cardiovascular and digestive health, muscle

regeneration and skin rejuvenation. Many who use it have said that some of its benefits are healthier looking skin and improved energy and mental clarity. Because açai is high in carbohydrates, it has the ability to boost energy levels. Its antioxidant properties help to eliminate free radicals, cleanse infections from the body and boost immunity. It has also been known to help stabilize and normalize blood pressure, lower cholesterol and combat premature aging.

Research has uncovered some other possible benefits of açai that are not yet well proven. Perhaps in the future, açai will become as well known with as much widespread recognition as vitamin C. Although there seem to be no real side-effects, it is important to take the proper dosage. Therefore, it may be best to consult a doctor prior to usage. The Coop carries açai in capsules, powder and drinks and energy bars.

Natural Family Support

Led by Elisa Grimm, Lauralee Holtz, Meg Breen & Liza Feldman Vinci. Wednesdays from 10 am to 1 pm in the Co-op Community Room

Come join other families for information and support on topics such as attachment parenting, natural pregnancy and birth, breastfeeding and natural family living. A children's story time will follow group discussion of the day's topic.

Reflexology

With Laura Lee Ross. Fridays from 9:15 am to 12 pm in the Co-op Community Room

20-minute spot reflexology sessions can revitalize and relax weary soles. Laura Lee Ross, certified reflexology practitioner through the Laura Norman School of Reflexology, has practiced this form of treatment for over 10 years. She offers free 15-minute sessions. One session per person, please.

Reiki

With Karen Reach. Sunday, January 11, from 3 to 6 pm in the Co-op Community Room

Reiki is a process that allows life force energy to flow. Recipients may feel energy flowing. Reiki brings about a state of relaxation that helps to maintain wellness or enhance the body's own ability to heal. Reiki may result in a state of peacefulness or even light sleep. A Reiki practitioner does not diagnose or cure disease, but may facilitate the flow of universal energy. Karen offers half-hour sessions—one per person, please.

Spanish 101

With Shane Lillian Braverman. Wednesdays from 4 to 5:15 pm in the Co-op Community Room

This class is recommended for students with little to no experience with the Spanish language. Learn pronunciation, grammar, reading and writing basics.

JANUARY AT THE CO-OP

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