

## HOURS:

MONDAY – FRIDAY  
7:00 – 8:00

SATURDAY 7:00 – 8:00

SUNDAY 10:00 – 6:00



ISSUE #309

JULY-AUGUST 2005

PRINTED with SOY INK on RECYCLED PAPER

# Selling Fish, Poultry & Meat at the Coop ?

by Susan Weinrich

Last year, to develop a strategic plan for Honest Weight that actively reflects the values, interests and needs of members, shareholders and customers ("shoppers"), the Strategic Planning committee, Board, and Collective Management Team (CMT) solicited input on issues including interest in purchasing fish, poultry and/or meat from the Coop. Over the next few months Honest Weight will invite members, shareholders and customers to continue the dialogue about whether or not, and under what circumstances, the Coop should expand its sales of fish, poultry and meat products. A final decision will be determined by referendum in October.

Please join us for conversation about this at one of the public meetings we've scheduled, at 5:30 p.m., on:

Tuesday, July 12

Wednesday, August 17

Sunday, September 11

During the strategic planning process a survey of members, shareholders and shoppers indicated that 57% agreed that the Coop should sell local/organic meat, 65% agreed we should sell local/organic chicken and 71% agreed we should sell eco-friendly fish/seafood. On the other side, 23% disagreed about selling meat, 19% disagreed about poultry and 15% disagreed with the Coop selling fish.

A series of focus groups were also held for shoppers to further discuss these issues. In many cases there were strong feelings for or against the Coop carrying these items. Although the Coop sells frozen meat and poultry from regional farmers by special order, many shoppers don't know about this or would like a wider selection of products from which to choose. At the same time, the Coop has a long history of not carrying meat for environmental, ethical, health and practical reasons. The meat and food industry is moving more toward factory farming, the use of antibiotics and hormones, and increasingly inhumane and environmentally unsustainable practices. Consequently, some people feel that the Coop's reasons for not selling meat are the very reasons that we should be selling locally, humanely, naturally/organically and environmentally raised fish, poultry and/or meat, even if they may not choose to eat it themselves.

*continued on page 4*

## What's the Scoop?

- The NCGA debate... a fresh perspective (see page 5)
- Hot summer goodies (see page 8)
- Eco-labels... the sequel (see page 10)
- Have you met Stevia? (see page 12)

## NEWS at a glance

by Nancy Ellegate

The HWFC Board of Directors met on Wednesday, May 25.

### Upcoming Referendum

It was noted that there are various options for the wording of the planned referendum on selling fish and meat at the Coop. The Collective Management Team had suggested a simply worded referendum with two questions, the first asking whether fish should be sold at the store, such sales to follow the guidelines for all products stated in the Coop's product manual; there would be a second, similarly worded question on meat. The Product Manual group had suggested a referendum question confined to fish and seafood with more specific wording regarding various criteria for these products. Members of the Product Manual group feel

*continued on page 3*

# Behind the Coop

## Board of Directors

|                              |          |
|------------------------------|----------|
| President: Lynne Lekakis     | 427-7386 |
| Vice-President: Howard Brent | 456-2560 |
| Secretary: Jim Monsonis      | 794-8601 |
| Treasurer: David Seaman      | 392-7797 |

## Committee Liaisons

|   |  |
|---|--|
| Alternative Supply & Products             | Jim Monsonis<br><i>jam1964@earthkink.net</i> |
| Communications                            | Lynne Lekakis<br><i>kandl@capital.net</i>    |
| 427-7386                                  |  |
| Finance                                   | John Godfrey                                 |
| Governance                                | Ray Ratte                                    |
| 371-3648                                  | <i>rratte1@nycap.rr.com</i>                  |
| Membership                                | Susan Weinrich                               |
| Nutrition & Education                     | George Broeckx                               |
| 458-8144                                  | <i>george@totallygeorge.com</i>              |
| Personnel                                 | Lenore Gensburg                              |
| <i>Lgensburg@yahoo.com</i>                |  |
| Special Events                            | Howard Brent                                 |
| 456-2560                                  | <i>Hbrent1@nycap.rr.com</i>                  |
| Strategic Planning                        | Lynne Lekakis                                |
| 427-738                                   | <i>kandl@capital.net</i>                     |
| 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)  
Assistant finance manager: Jennifer Felitte  
Personnel administrator: Robert John Allen  
Point-of-Sale administrator: Lexa Juhre (x101)  
Front end manager: David Jimenez (x109)  
Assistant front end manager: Jesse Jette  
Grocery manager: Nancy Reich (x119)  
Grocery floor managers: Karisa Centanni, Joe Marra, Christian Schider, Marina Sgambellone, Mary Beth Truman, Nick Weber, Lee Wilson, Russell Ziemba  
Produce manager: Gayle Anderson (x102)  
Assistant produce manager: Jamie Felitte  
Produce assistants: Lorilee Bird, Justin Birk, Andrew Bon, 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, Elizabeth Woodbury  
HaBA manager: Kathleen Boehning (x111)  
Senior assistant HaBA manager: Mitchell Liberman  
Second assistant HaBA manager: Lynne Sims  
HaBA assistants: Diane Falk, Dick Kavanaugh, Jessica Oppenheimer, Susan Wheeler Wolfe  
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: Katie Centanni, Robb Cole  
Maintenance: Trudy Ellis, Dick Kavanaugh  
Shift managers: Elyse Bryan, Emily Collins, Sonya Dewitt, Desiree Krueger, Kate Maunz, Deborah Munson, Dominic Romani

## Member workers wanted!

# Shopper's Assistant

The Nutrition and Education committee is launching a Shopper's Assistant position for member workers. The Assistant will guide shoppers in locating products and will help them to shop at the Coop by showing them how to write down PLUs, get used containers weighed at the service counter, find items in bulk, etc. The committee is seeking member workers to sign up for a regular schedule to assist shoppers. Initially, the Shopper's Assistant will be available on Tuesdays from 11 am to 2 pm, with other times added as needed. Members will earn working hours for their time. We are especially interested in members with knowledge of special dietary products to assist shoppers in locating items in the Coop that fit their particular dietary needs, such as gluten-free, sugar-free or dairy-free products. No medical or dietary advice to be dispensed — just product information and location. If you are interested in being a Shopper's Assistant, please contact Nutrition committee member Louise Frazier at *frazlou@localnet.com*, or 489-5558.

## 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

this is necessary since the manual does not provide exact enough standards.

It was decided that this matter should be presented at the June 5th membership meeting, but that this meeting would not be the place to work out the referendum wording and plan for the vote. This is not a new issue, but it is a major step and it was felt that there should be a series of focus groups in July, August and early September to ensure that members can discuss the issue thoroughly. The referendum itself will be planned for late September.

### Member Labor

Two Board members had raised questions about blanket credit given for certain kinds of work as opposed to credit for actual time spent on these tasks. The operations and administrative coordinator explained that this is done in some cases because there are costs, such as using a car for picking something up. The blanket credit serves in lieu of reimbursement for travel expenses. One of the members who raised the issue noted that such practice may be advisable in some cases, but her concern was whether this is a policy decision and, if so, who is making it? Should there be a specific policy on this or should such decisions be made by store management? This question will be taken up by the group working on the Coop's policy manual.

### Nutrition Advice

The Nutrition committee recommended that a member worker with expertise be available at certain times to offer informa-

tion on nutrition and products at the Coop. This person would not give dietary or medical advice, but would help shoppers locate certain kinds of foods; for example, assist someone looking for gluten-free products. The Board agreed this would be a good idea. The plan is to try this out for about six hours a week and see how it goes.

### Anti-GMO Actions

June 15 is anti-GMO (genetically modified organisms) Lobby Day at the New York State Legislature. A representative of the Nutrition committee asked the Board for authorization to send a letter supporting the anti-GMO campaign and read a draft letter. The Board agreed. The Nutrition committee will have a table in the store with information on the anti-GMO campaign during June.

### Executive Session

The Board met in executive session at the end of the meeting.

### Minutes

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

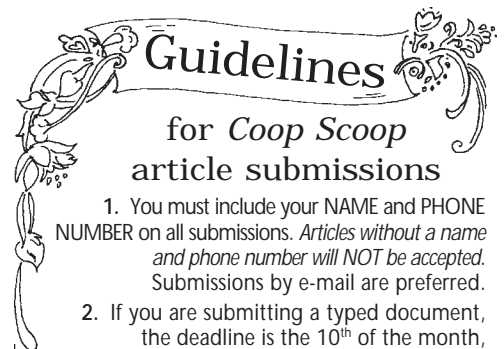
### Upcoming Meetings

Board meetings will be held at 5:30 pm on the following Wednesdays: June 22, July 20 and August 24. The time will change to 6:15 beginning with the meeting on September 21.

---

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

Meetings will be held in the Community Room at the Coop. Date, time and location are subject to change, so anyone planning to attend should confirm these.



## 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 10<sup>th</sup> 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 10<sup>th</sup> 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](mailto:fordtrupin@verizon.net) and [trupinjet@gmail.com](mailto: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  
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

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.

---

# A Director's Chair

**SELLING FISH, POULTRY, AND MEAT AT THE COOP?**  
*continued from page 1*



For many people these decisions are values-based, and the answer is more complex than a simple “yes” or “no.” If we decide to sell chicken, we must decide whether to sell canned chicken, chicken broth, frozen chicken nuggets and/or “co-mingled” products such as frozen enchiladas with chicken in them. We must decide how to determine whether we are providing a true alternative to commercially raised animals. We must determine where these products are placed in the store, alongside vegetarian products or in a special section. We must determine how much shelf/cooler space is allocated for them. To be sensitive to cashiers who do not want to touch meat, we must decide how and where they should be paid for.

As you begin or continue to think about these issues you may want to consider some of the issues identified and comments made in the original focus groups. Anyone who is interested in seeing these results in more detail is encouraged to ask to see a copy of the Strategic Planning binder at the Service Desk. These reflect the diversity of opinions and considerations Honest Weight will strive to address, including:

- Meat can be sold in a way that fits well with the mission. Values stressed: local, organic and healthier meat choices that are not offered by mainstream food stores.
- Selling meat secretly is hypocritical. Bring it out of the closet.
- I am uncomfortable offering meat here as it removes the violence of the product.
- Desire to support those choosing a

vegetarian lifestyle by customizing a system to sell meat that would be the best fit with the Coop’s mission and would cause the least amount of stress to the vegetarian community.

- Meat by order was found to be acceptable to most.
- Offering “alternative meats” was largely discussed; making sure meat was organic, locally produced was highlighted. Goat, buffalo, rabbit were meats suggested that are not available elsewhere and may offer dietary and cultural alternatives that may benefit the Coop community.
- How would local farms be monitored? Are they really cruelty-free? Do they do their own slaughtering? It could ultimately be more traumatic to animals if we raise them humanely only to be slaughtered at a standard industry killing factory.
- Producing meat for consumption makes no ecological sense when you look at the global picture. It is catastrophic to distributing food to the hungry, it gobbles up our diminishing ground water....
- Offer an alternative room, post a public list of what is offered....We can create ways to provide meat as a service without being offensive.
- Will meat edge out the vegetarian entrees with chicken entrees because they sell better?
- Concerned that if we are more open to meat as a product it will infiltrate the deli and prepared dishes, will be more tolerated as an ingredient in other products offered at the Coop. Beef

broth, chicken broth, tuna: Is this all part of the discussion, too?

- This is a place where you can come and not have to smell chicken or fish.
- Do we differentiate ourselves in any way through meat?
- Not here and now, but yes we should sell meat in a bigger store.

Clearly the issues are complex and we encourage all who are interested to think about these topics and come to the meetings prepared to listen, share and hear other points of view.

---

# National Cooperative Grocers Association

by Nate Horwitz

...another look

Just over a year ago, Honest Weight was part of an organization called CGANE — the Cooperative Grocers Association of the Northeast. CGANE was a loose collection of coops that united in a small way to aid in purchasing power. CGANE was one of several regional cooperative grocers associations (CGAs) around the country. Just last year, these regional CGAs merged into the National Cooperative Grocers Association (NCGA), which was created in 1999. Part of the reason it was created was to unite the purchasing power of coops nationally to help the coops compete in a rapidly consolidating industry dominated by Whole Foods, UNFI (United Natural Foods) and to a smaller extent, Wild Oats and Trader Joe's.

The NCGA is a coop. Its members are the regional CGAs that formed it, and these are in turn made up of the coops that formed them. Although it often is, the NCGA should not be confused with UNFI, which is a publicly traded distributor of natural foods. They are the dominant distribution channel for natural foods in this country. The NCGA works with UNFI, at least in part because there are not many national options for food distribution open to them. UNFI's main competition comes from Tree of Life, a company that is worse than UNFI in many ways that I won't go into here.

Since Honest Weight started to consider getting involved in the NCGA, I haven't heard much good said about it. The April 2004 meeting where the membership narrowly voted to join the NCGA was filled with invective against it and this has continued, most recently in the coupon discussion at Honest Weight's June 2005 membership

meeting. This bothers me, as I believe that the NCGA is really a pretty good organization, especially when compared to most other organizations operating in the natural foods world.

I'm afraid that much of the membership's antipathy towards the NCGA grew out of the concerns that the management and the Board had about the organization. We were very reluctant to get involved in the organization and painted a negative picture that has persisted. I don't want to dismiss these concerns — because I think that they're legitimate concerns, and I'm not going to rehash them here either. What I'd like to do is try to balance the equation a little, by talking about some of the good things that the NCGA is doing and some of our fears that have not come about.

First of all, the bad things we feared have not happened, nor do they seem likely to happen. They have made many products available to us at low prices through CAP (Cooperative Advantage Program), but they have not in any way tried to force any products upon us. Nor have they tried to force any particular promotions or shelf schema. Even though most NCGA stores use policy governance, they have not tried to impose that on us. They have not tried to affect our member labor program or our discount structure. In short, none of these kinds of fears have been borne out, nor do any of these seem likely to happen.

The NCGA has been active in trying to protect and enforce the USDA's organic standards. The NCGA has been alone among the members of the Organic Trade Association's (OTA) leadership circle to agree with the Harvey position in the lawsuit *Harvey vs. Veneman*.<sup>\*</sup> The NCGA has put together something called the National Organic Coalition. It has also put together something called the Social Justice in Agriculture Working Group Project, which we hope to see results from in the near future. The NCGA has also been working with Red Tomato, a produce distribution collective in Boston. Results of this work are probably still a ways down the road. They also are in the process of putting together a website

that will help us to put out press releases on topics like organics and GMOs (genetically modified organisms.) The same website will also help coops to create professional looking advertisements.

Even more important than all this, from my perspective, is the information that the NCGA puts out about branding. Before I explain what they encourage, I should explain what branding is: It's a way of differentiating yourself in the marketplace. The assumption that many people around here seem to make is that the NCGA expects to compete with Whole Foods by becoming Whole Foods. The truth is quite a bit different than this. In all their training materials they stress the importance of being a coop — supporting local farms and businesses, giving back to your community and so on. The NCGA management seems to believe that the national purchasing program is vital to get us the price levels we'll need to compete; but they also seem to feel strongly that it's the "coop" part of us that has made us successful for so long, and that part should be emphasized.

Finally, I think that they are making a real effort to involve coops in a bottom-up way. They have established advisory committees for several areas, and the members of these committees are the people who work at the coops that make up the NCGA. Our own Cindee Lolik is a member of one of these committees.

Again, I don't believe that the NCGA is a perfect organization, but I do think it's a lot better than it has been locally described so far. There are many organizations far more deserving of our enmity.

---

<sup>\*</sup> For more information on this case, please see [www.cooperativegrocer.coop/articles/index.php?id=585](http://www.cooperativegrocer.coop/articles/index.php?id=585), or ask me for a copy of this article.

# Summer Calendar

## JULY

7/5 **HWFC HEALTH & WELLNESS SERIES:** "Get Your Knives Sharpened While You Shop." Let Vince Manti hone your knives at the Coop. (No serrated blades, please!) 5-7 pm. For more info, call 482-2667.

7/5 **FATHER'S/PARTNER'S NIGHT.** Discussion gathering for new parents and pregnant couples. 7:30 pm. \$8-10/evening. FLC

7/11 **PLANTING THE FALL VEGETABLE GARDEN.** Discover which vegetables perform best during the cool days of autumn. Learn how to extend your garden yield into late October or longer. 6 pm at CDCG office, 40 River St., Troy. Free for community gardeners, \$10 for the general public. To register: 274-8685 or [cdcg@juno.com](mailto:cdcg@juno.com). Sponsored by Capital District Community Gardens.

7/18 **SELLING FISH, POULTRY & MEAT AT THE COOP.** Public meeting and discussion for HWFC members, shareholders and customers. Tues., 5:30 pm. Info: 482-2667.

7/18 **HEALTH & WELLNESS SERIES:** "Synchronicity: Jogging Our Mystical Memories," with Linda Lavin. 7-8:30 pm. Info: 482-2667. Check Coop bulletin board for August date.

7/20 **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.

7/21 **FULL MOON BIKE RIDE.** 12 miles round-trip ride on a bike path. 8:30 pm at Lock 7 on Lock Seven Rd. (off River Rd.), Niskayuna. More info: 436-0889 or [www.NYBC.net](http://www.NYBC.net). Sponsored by Albany Bicycle Coalition.

7/21-24 **FALCON RIDGE FOLK FESTIVAL.** Music and dance at the foot of the Berkshires. Long Hill Farm, Rt. 23, Hillsdale. Tix: 1-866-325-2744. Info: 1-860-364-0366 or [www.FalconRidgeFolk.com](http://www.FalconRidgeFolk.com).

7/26 **PRESERVING THE HARVEST.** Learn basic techniques of preserving the summer harvest all year long: vacuum packing, canning, refrigerator recipes, dehydrating. 6 pm, at Rensselaer Cooperative Extension Office, 7th Ave., Troy. Free for community gardeners, \$10 for the general public. To register: 274-8685 or [cdcg@juno.com](mailto:cdcg@juno.com). Sponsored by Capital District Community Gardens.

7/29 **CRITICAL MASS BIKE RIDE.** Meet at 5 pm in Washington Park at the monument at State St. and Henry Johnson Blvd., Albany. More info: 436-0889 or [www.NYBC.net](http://www.NYBC.net). Sponsored by Albany Bicycle Coalition.

## AUGUST

8/2 **HWFC HEALTH & WELLNESS SERIES:** "Get Your Knives Sharpened While You Shop." Let Vince Manti hone your knives at the Coop. (No serrated blades, please!) 5-7 pm. For more info, call 482-2667.

8/2 **HWFC HEALTH & WELLNESS SERIES:** "Property Management: Who Can Do It?" with Jonathan Cassidy. 7-8 pm. Info: 482-2667.

8/14 **FIVE RIVERS BIKE RIDE.** 12-mile round-trip ride and a 2-mile walk. Meet at 1 pm in Washington Park at the monument at State St. and Henry Johnson Blvd., Albany. More info: 436-0889 or [www.NYBC.net](http://www.NYBC.net). Sponsored by Albany Bicycle Coalition.

8/16 **FATHER'S/PARTNER'S NIGHT.** Discussion gathering for new parents and pregnant couples. 7:30 pm. \$8-10/evening. FLC

8/17 **SELLING FISH, POULTRY & MEAT AT THE COOP.** Public meeting and discussion for HWFC members, shareholders and customers. Wed., 5:30 pm. Info: 482-2667. Also Sun., 9/11.

8/24 **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.

8/26 **CRITICAL MASS BIKE RIDE.** Meet at 5 pm in Washington Park at the monument at State St. and Henry Johnson Blvd., Albany. More info: 436-0889 or [www.NYBC.net](http://www.NYBC.net). Sponsored by Albany Bicycle Coalition.

## ONGOING EVENTS

### MONDAYS

8/26 **CAPITAL DISTRICT ATTACHMENT PARENTS** is a support and networking group for families practicing attachment/responsive parenting. Free. For email discussion info: [raindan4@yahoo.com](mailto: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. 4-6 pm. 10-min. sessions. See Coop bulletin board 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](mailto:BJPetiet@capital.net).

8/26 **YOGA FOR KIDS.** 5 pm at Lunar Mist Healing Arts, 307 Hamilton St., 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](http://jnsavitt@yahoo.com).

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

## 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](mailto:scoopcalendar@earthlink.net).**

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

**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. 2-5 pm. See Coop bulletin board for times.

**HWFC HEALTH & WELLNESS SERIES:** "REIKI with Har," with Harry Carter. July and August (except 7/20 & 8/24), 3-7 pm. 15-min. sessions available.

**INFERTILITY SUPPORT GROUP.** 3rd Tuesday. 7:15 pm-8:45 pm at Bellevue 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 [artla-web@aol.com](mailto:artla-web@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



## KEY TO LISTINGS

- CDGC 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  
Various locations • Info: 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

We welcome submissions to the calendar. To have an event listed, call or send information by the 10<sup>th</sup> of the month to: Susan Palmer, 155 Winthrop Ave. #2, Albany NY 12203 (438-4344). E-mail: [scoopcalendar@earthlink.net](mailto:scoopcalendar@earthlink.net).

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

classes, work weekends, and empowering events. Visit [www.susunweed.com](http://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 Café. All skill levels. Info: 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 & 3<sup>rd</sup> Sts., Troy. Free and all are welcome. Info: 273-2106.

**MOTHER TO MOTHER.** 2<sup>nd</sup> and 4<sup>th</sup> Thursdays. Info: Maureen, 465-5087. FLC

**SITTING MEDITATION.** Shambhala Meditation Group, 7-8 pm. Campus Arts Building, 3<sup>rd</sup> flr., Academy of the Holy Names, New Scotland Ave., Albany. Free. Info: 439-7618 or [www.shambhala.org/center/albany](http://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.compassionbuddhistcenter.org](http://www.compassionbuddhistcenter.org)

## FRIDAYS

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

**8<sup>th</sup> STEP CONTRADANCES.** 2<sup>nd</sup> & 5<sup>th</sup> Fridays. 8 pm, at First Lutheran Church of Albany, 181 Western

Ave., Albany. Instruction at 7:45. \$6 admission. Info: 489-9066.

## 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](http://www.compassionbuddhistcenter.org).

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

.....  
**HWFC HEALTH & WELLNESS SERIES:** "Holistic Psychic: Medical Intuitive Readings," with Katherine Turner. 7/8, 15 & 22, 4-7 pm. 15-min. sessions. Check bulletin board for August dates.  
 .....

**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](http://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](http://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

**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](mailto:jnsavitt@yahoo.com).

☺ **TROY WATERFRONT FARMERS' MARKET.** 9 am-1 pm, rain or shine. Just north of the Green Island Bridge at 433 River St. Locally grown produce, flowers, meat, eggs, plus baked goods and crafts and more. Info: 475-2909 or [www.troymarket.org](http://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:** "Intuitive Consultations," with Victoria Rosen and Kat Katsanis. July only, 10:30 am-12:30 pm. 15-min. sessions.  
 .....

.....  
**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 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](http://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 4<sup>th</sup> Thursday). Free. For email discussion info: [raindan4@yahoo.com](mailto:raindan4@yahoo.com); for meeting info: Alyssa at 489-6067 or [abcolton@juno.com](mailto:abcolton@juno.com).

**COMPASSION BUDDHIST CENTER.** Ongoing Buddhist meditation classes and study programs. 1123 Rt. 9, Latham. Info: 786-0670, or [www.compassionbuddhistcenter.org](http://www.compassionbuddhistcenter.org).

**HERBAL MEDICINE, SPIRIT HEALING, WILD FOOD and WISE WOMEN.** Free moonlodges, exciting classes, work weekends and empowering events. Visit [www.susunweed.com](http://www.susunweed.com) or write PO Box 64, Woodstock NY 12498. PD4

**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](http://www.misspeggysmusic.com), 458-2927, or [misspeggysmusic@aol.com](mailto:misspeggysmusic@aol.com).

Mary Daigneault, CSWR

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



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

**Stephen Vardin & Colleagues, Inc.**  
*Helping Businesses Grow*

**Bookkeeping:** Full Service/Various Systems  
**Taxes:** Tax Prep & Advisory Services  
**Training:** Client Site/Our Office/Customized

Rensselaer Technology Park  
 120 Defreest Drive, Troy, NY 12180  
 (518) 283-1786  
[www.bookkeepingwizards.com](http://www.bookkeepingwizards.com)

Holistic Wellness

Reiki • Biofield Therapy • Stress Management  
 Metaphysical Counseling & Readings  
 Individuals • Classes • Workshops  
 Call for Class or Individual Session Information In the Capital District



Contact: Joe Giannini (518)256-5746 or e-mail: [biofield@juno.com](mailto:biofield@juno.com)  
 Reiki Master/Teacher • Certified Hypnotherapist • Metaphysical Practitioner

## For the Hot Months of Summer

Because the Glacéau line of waters now all contain sugar, we are replacing them with **O2Go Oxygenated Bottled Water**. Available unflavored or with Orange Tangerine, Cranberry, Lemon Lime or Peach natural flavors, this product is “real purity” guaranteed, with “no minerals or salts, and no aftertaste.” **Iceland Spring** non-carbonated water “has one of the naturally lowest mineral contents of any water and a neutral pH close to that of our body.” **Sanfaustino Natural Mineral Water** from Italy distinguishes itself as “a good source of calcium”: Eight glasses of Sanfaustino provide about 80% of the adult calcium RDA. Finally, **Kagome 100% Juice with Added Natural Ingredients** (a product of

Japan) offers three new flavors: Purple Roots & Fruits (a “richly balanced combination of vegetables and fruits such as purple carrots, wild blueberries, beets, and black grapes”), Autumn Reds (“a vibrant and intriguing combination [with] tomatoes, apples, sweet bell peppers, and red grapes”), and Carrot Ginger Zest (“with a fresh light twist of ginger”).

### **Amazon Rainforest Fruit**

*Smoothie Packs* are made with Sambazon Pure Açai, which is pure, unsweetened, organic palmberry pulp. “A power house of nutrients, Açai is considered to be one of the healthiest fruits on the planet,” with antioxidants, essential omegas, amino acids and dietary fiber. We are now carrying both the sweetened and unsweetened *Smoothie Packs*, each of which features four recipes.

**Palapa Azul Frozen Fruit Bars** (in Mango, Strawberry, Pineapple and Mexican Papaya) “are unique for their intense and original flavors, high quality, and fruit content. They recreate and improve upon the recipes and sensations long enjoyed and cherished by the people of

# New on the Shelf

by C. Morse

México.” **Soy Dream’s Rocket Bar** is a non-dairy frozen dessert bar made with organic soybeans; it’s good old-fashioned vanilla coated with chocolate.

Another frozen treat is a new flavor of ice cream — *Javalanche* — from **Stonyfield Farms**.

## Also New in Grocery

**Onesto** offers *Wild Fennel Paté, Marinated Artichokes, and Nocellara Olives, Onions and Capers Caponata*. These delicacies (produced and packed in Italy) contain no additives or preservatives. The **Maggie Beer** company adds *Fig Paste* to

its line of spreads, with an elegantly simple suggestion that “fig paste with parmigiano, cheddar or goat’s cheese adds so much to your cheese plate.”

**Racconti del Sapore Italian Flatbread (Ciappine) with Rosemary** is free of GMOs, additives and preservatives. *Organic Extra Virgin Olive Oil* from **Olivico** is ecologically harvested and kosher certified. This product from Peru was recently featured in the *New York Times* food section in an article about olive oils from non-traditional places.

A new choice in “energy bars” comes from **KIND**, a division of PeaceWorks Inc. It’s available

in Almond & Apricot, Banana & Oatbran, Sesame & Peanuts (with chocolate), and Nut Delight. Among the product’s attributes is that it is low in carbohydrates, low in sodium and free of sulphur dioxide.

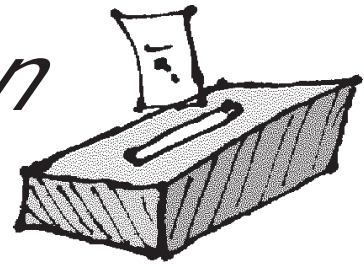
Returning to our shelves is the **Little Bear** baked snack food *Crunchitos*, which claim to have one-third less fat than the leading brands.

Vegans might want to note some new **Wildwood** refrigerated products: soy yogurt, soy sour cream, baked tofu, smoked tofu and tofu burgers.

## Cheeses

**Fanny Mason Boggy Meadow Farm** brings us *Farmstead Baby Swiss* and *Smoked Baby Swiss*. Gustav says that the *Baby Swiss* makes the best grilled cheese. **Mt. Vikos Fetiri** was recently chosen by *Fine Cooking* magazine as one of the six best feta cheeses, along with two other brands that we carry (**Valbreso** and **Organic Valley**). *Fetiri* is a milder feta that contains Greek herbs.

# Suggestion Box



Q. Please carry Hain's eggless mayonnaise in inventory. Thanks.

A. We'll look into it.

Q. Once again: We need 1/2-price stickers, preferably in orange or bright lime green, for products. It's too easy to miss the magic marker.

A. Thank you for the great idea. We have already been discussing it and will implement it shortly.

Q. Gift baskets are a very good idea! For example: fancy cheese, samples and crackers, and HaBA stuff and candles!

A. If a customer brings in a basket we will be happy to consult with them for their gifting needs. We hope to offer these seasonally for holidays.

Q. Delicious wheat-free scones! Please make them more often!

A. O.K.

Q. Please order Earth Friendly Ultra Dishwashing Liquid, grapefruit scent.

A. You can pre-order a bottle, if you want.

Q. Can you carry frozen Tuno? I've found that it is vastly superior in taste to the canned version that we carry.

A. We are interested in carrying it. It does not appear in our catalogues. Do you have an empty package you could bring in?

Q. Please put the fat free, small jar of Nasoya Mayonnaise on sale. I'd appreciate it.

A. We have it for sale. We have not had any sales offered to us.

Q. Hire more cashiers like Jesse. She's GREAT!

A. We agree. We like Jesse's cashiering style. She sets a high standard.

Q. Member workers on Wednesday night are often the worst about shopping late and holding cashiers over.

A. This is a problem every night with certain shoppers. We encourage all

shoppers (workers and nonmembers) to complete their shopping and bring their purchases to the cashier before closing time.

Q. Please, please, please open a second store in the suburbs.

A. We have been considering this option, and it is still under consideration.

Q. Benecol Bars? Can we carry them?

A. Can you tell us the manufacturer? Or better yet, can you bring in a wrapper?

Q. Am I crazy, or is that coffee grinder the slowest thing EVER?!

A. Breathe. Enjoy the scenery. If it ground faster the beans may be burned, and you may not like them anymore.

---

# Eco-labels . . .

## Part 2:

### Some Not-So-Meaningful Food Labels

#### Free-Range

Found on beef, poultry and eggs, the “free-range” label has no standard definition and is unregulated for beef and eggs, while the standard definition for poultry is questionable. In particular, while the wording of this label implies that chickens have been free to roam outdoors, in reality this may not be the case. Chickens, for example, need only be given access to the outdoors for “an undetermined period each day,” which could be as little as five minutes. And if the chickens don’t choose to go out, even everyday, they can still qualify as “free-range.”

#### Environmentally Friendly

Among the most popular labels, “environmentally friendly” claims are found on everything from cleaning and paper products to personal hygiene products. While the label implies that the product or packaging is

## *What’s in a name?*

by Kristi Wiedemann

somehow environmentally sound, there is in fact no standard government or official definition for this term, nor any third party verifying the claim. Therefore, the manufacturing company displaying this claim has the liberty to use it on products without the need for evidence that it’s actually meaningful or that it’s independently verified, unless otherwise specified. Sometimes a manufacturer will cite why their product has earned this label, which is suggested by the Federal Trade Commission, while others do not.

#### Natural

Another very popular label is “natural.” While this term suggests that the product

contains nothing artificial, it is actually only defined by the USDA for use on fresh meat and poultry. Otherwise there is no standard or official definition, nor an independent organization verifying use of the claim. When used on meat and poultry, the product cannot contain any chemical preservatives, synthetic or artificial ingredients, including flavors and colors and can only be minimally processed. For all other products, the producer or manufacturer can choose when to use this claim and may use it for its own self-interest.

#### Cruelty-Free

The “cruelty-free” label is one of the most popular and potentially misleading eco-labels found on a wide array of products including household cleaners, personal and feminine hygiene products, cosmetics, and fragrances. It implies that no animal testing was done on the product or its ingredients; but there is no government or official definition, nor an independent organization verifying that the claim has any truth. Thus, unrestricted use of this phrase is possible.

You will find many products at the Coop bearing these and other eco-labels. It’s important to note that labels deemed “Not Meaningful” may in fact be quite meaningful if the producer is responsible in their use of the term and their purpose in using it can be clearly defined. In the case of small farms, many farmers allow people to visit and see for themselves how the operation is run. In other cases, since these labels mean whatever the manufacturers want them to mean, consumers should contact the manufacturer directly to learn more about claims being used on specific products. To find even more information about other eco-labels, including those that fall into a grey area — such as “biodegradable” and “phosphate free,” which are considered “somewhat meaningful” — visit the Consumers Union Eco-Labels site at [www.eco-labels.org](http://www.eco-labels.org).

## Reiki with Raven

*Sundays from 1 to 6 pm in the Coop Community Room*

*HWFC'S HEALTH & WELLNESS SERIES*

All workshops are free unless noted.

## Chair Massage

*With Jack Allison. Mondays from 4 to 6 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. Tuesdays, July 5 & August 2 from 5 to 7 pm in the Coop Community Room*

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

## Intuitive Consultations

*With Victoria Rosen and Kat Katsanis. Sundays in July from 10:30 am to 12:30 pm*

15-minute personalized sessions in clarifying one's life intentions are offered by intuitive healers. Sign up at the Coop. Kat Katsanis, a life-long student of yoga, meditation and the arts, uses Doreen Virtue's angel card deck combined with dowsing. Victoria Rosen, who practices in the Albany and New York City areas, is a Reiki practitioner, holistic healer and intuitive consultant.

## Reiki with Har

*With Harry Carter. Wednesdays in July & August (except 7/20 & 8/24) from 3 to 7 pm*

15-minute sessions. Sign up at the Coop. Harry Carter has been sharing Reiki since 1998.

## Holistic Psychic: Medical Intuitive Readings

*With Katherine Turner. Fridays, July 8, 15 & 22 from 4 to 7 pm in the Coop Community Room*

15-minute sessions on a first-come basis. For more info, call 482-2667. (Check Coop bulletin board for August dates.)

*continued on  
page 12*

# stevia

*Focus on Herbs*

by Lynne Latella

## How Sweet It Is

Discovered by an Italian botanist who accidentally stumbled upon the herb, stevia has been used as a flavor enhancer, sweetener and herbal remedy for centuries. It is in the chrysanthemum family and also goes by other names, such as honey leaf, candy leaf or sweet herb. Native to Paraguay, stevia was used by South American Indians, not only to sweeten maté and medicines, but also as a heart tonic and remedy for diabetes, high blood pressure, youthful skin, obesity and heartburn.

### Skin Smoother

Moisten stevia tea bags and place over the eyes for a few minutes to tighten, soften and smooth the skin.

### Lemonade

Mix 1 cup fresh lemon juice with 4 cups water and 1 tsp liquid stevia. Add ice if desired, and garnish each glass with a lemon slice and a sprig of mint.

### Vanilla Ice Cream

Scald 1 cup milk, then dissolve ½ tsp stevia concentrated powder in it. Remove from heat and add a dash of salt, 1 cup half-and-half, 2 cups heavy cream and 1½ tsp vanilla. Chill until cold, then freeze.

Stevia — 10 to 15 times sweeter than table sugar — is the only known species with the ability to sweeten without taste alteration or calories. Korea, China and Japan consume 90% of the world's supply in all kinds of products, from toothpaste to gum and food preparations. In the 1980s, it was also used in the U.S. as a natural sweetener in a variety of products. However, it was soon seized and banned by the FDA. Coincidentally, aspartame was being positioned as the sweetener of choice because companies could make huge profits from it. Stevia, as a natural sweetener, would have been a big competitor because of its safety and low cost. However, since it cannot be patented because it is a natural substance, it would have been significantly less profitable for manufacturers. Capitalism won out; eventually, the FDA did lift the ban on stevia, but with restrictions. It cannot to be called "sweet" or a "sweetener."

Stevia contains over 100 phytochemicals. Its leaves are comprised of protein, fiber, carbohydrates, vitamins and minerals. Research has shown that stevia inhibits bacteria and fungi, thus lowering the incidence of colds and flu. It improves digestion, reduces cavities, soothes an upset stomach and, as a tonic, regulates blood sugar and promotes quicker recovery after an illness. In liquid form, it is used topically for skin

problems, such as dermatitis, seborrhea and eczema. Applied to blemishes, it has remarkable healing properties and can be used for cuts and scratches. A few drops promote quicker healing without scarring.

Stevia has been successfully used in weight loss programs. It reduces cravings for sweets and fatty foods; and when 10 to 20 drops are taken before meals, it can lessen hunger.

Since high temperatures don't affect its sweetening ability, stevia can be used in cooking. In fact, its sweet properties are more quickly released in hot liquid. Ground stevia can be lightly sprinkled over most foods to enhance flavor and nutritional value. It takes only a small amount of stevia to sweeten or enhance the flavor of almost any food. Generally, ¼-teaspoon of ground stevia is equivalent to 1 teaspoon of table sugar. Unfortunately, it cannot always be substituted for sugar— in baked goods, for example. It lacks the ability to feed yeast, brown or caramelize, and add texture and softness to batter.

Although this herb is considered safe with no side effects, it's always best to check with a physician before using it. Stevia is available at the Coop in liquid, powder, and ground and cut leaf forms, each with a specific use.

## Synchronicity

### Jogging Our Mystical Memories

**With Linda Lavin. Monday, July 18 from 7 to 8:30 pm in the Coop Community Room**

Explore serendipitous happenings, and their purpose and meaning in our lives. Learn how to co-create and utilize them creatively to enhance your growth. Session will be informative and experiential. And be sure to bring your stories! For more info, call 482-2667. (Check Coop bulletin board for August date.)

Linda Lavin, a nationally certified counselor, teaches psychology at Marist College and practices in Niskayuna and Beacon.

## Property Management: Who Can Do It?

**With Jonathan Cassidy. Tuesday, August 2 from 7 to 8 pm in the Coop Community Room**

How the real estate market works, MLS listed, for-sale-by-owner properties, individual needs assessment, and other topics. For more info, call 482-2667.

Jonathan Cassidy is a broker specializing in urban real estate sales, rental construction and management.

## Knitting Group

**With Elaine Larsen. Thursdays from 7 to 8:30 pm in the Coop Café**

All skill levels! Bring a project and/or questions. Other handwork welcome: crochet, quilting, needlepoint, etc. No sign-up necessary.

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.