

**SAVE THE DATE**

# ZEROWASTE

SUNDAY, MAY 15

**WEAVERS WAY CO-OP  
SPRING GENERAL  
MEMBERSHIP MEETING**

SUNDAY, MAY 15 AT 5 P.M.  
SCHUYLKILL CENTER  
8480 HAGY'S MILL ROAD  
GREET, EAT, LEARN  
AND NO TRASH AT ALL!



# The Shuttle

March 2016 Vol. 44 No. 3

Community-Owned, Open to Everyone

## Introducing Our Own Weavers Way Body Care Line — Smooth!

by Crystal Pang, Weavers Way Marketing Director

WE'RE EXCITED TO ANNOUNCE THE LAUNCH OF OUR OWN Weavers Way line of body-care products, debuting this month at our wellness stores, Weavers Way Across the Way in Mt. Airy and Weavers Way Next Door in Chestnut Hill.

We are proud to be partnering with a small Florida company, Deluvia, to produce all of these items. As a family-owned business, Deluvia has a high commitment to quality and sourcing while finding the right balance with cost.

"These products first caught my eye because of the quality of the ingredients," said Weavers Way Next Door Manager Amira Shell. "When we tested them, I could tell that the formulas were very well thought out. A lot of care was put into creating them."

And Deluvia has a lot of control over what goes into making their products, with only four employees producing all of the products in their own facility.

All products in the new Weavers Way body-care line are:

- Cruelty-free.
- All-natural, with mostly organic ingredients.
- Paraben-free.
- Sourced from the United States (except for the Dead Sea mud and minerals).
- Free of artificial fragrance, with only essential oils used for scents.
- Free of fillers and preservatives.

Deluvia makes great choices when it comes to sourcing and combining its high-quality plant ingredients, including the aromatics featured in cleansing bars, lotions and body washes.



Members save 5 percent on Weavers Way-brand cleansing bars and our other new body-care specialties.

**Sage & Mint** is refreshing, and works on blemishes and dark spots; **Peppermint** is also invigorating and refreshing, while **Lavender** has antiseptic properties and the **Lemongrass & Rosemary** is said to stimulate cell renewal.

Of more than 2,000 different kinds of aloe, Deluvia uses Barbadosis, sourced from Hawaii and the highest grade of organic aloe vera available in the world.

Also featured are Dead Sea minerals, much sought-after for healing properties.

The new Weavers Way line also addresses some specific issues for our customers. Many natural soaps are Shea-based; Weavers Way's soaps are not, because Shea can be a problem for people with nut allergies. And our Hydrating Aloe Cream is not only

deeply moisturizing, but also contains arnica, which many Co-op customers find helpful for pain and inflammation.

The body-care products are the newest addition to our lineup of Weavers Way-branded items, which also include vitamins, nuts and pickles. Members get 5 percent off Weavers Way-branded items, as well as Weavers Way-grown produce, every day.

We'll be doing demonstrations of all the new Weavers Way body-care products this month at Next Door, 8426 Germantown Ave., and Across the Way, 610 Carpenter Lane.

Come on in, try them out and let us know what you think!

[cpang@weaversway.coop](mailto:cpang@weaversway.coop)

## Get In On The Revived Food Justice Committee

by Sue Wasserkrug and Nathea Lee, Weavers Way Food Justice Committee

THE CO-OP FOOD JUSTICE COMMITTEE IS back!

In case you missed it, the committee was created about three years ago and has been instrumental in promoting food justice in our community.

Here's our official description: "The Food Justice Committee works to alleviate hunger in Northwest Philadelphia and advocates for fair food-production and food-distribution systems throughout the city. This group studies how food insecurity directly affects our neighborhoods and examines ways to promote equal access to whole, natural foods."

Early on, we sponsored a discussion series on the topic of food justice, from which we adopted a working definition of food justice: Ensuring that everyone in society shares in the risks and benefits of the production, distribution and consumption of food.

For one of our first projects, we formed a team that walked in the Hunger Coalition's Walk Against Hunger, raising money for the SHARE food program, a local nonprofit that "promotes healthy living by providing affordable wholesome food to those willing to contribute through volunteerism" ([www.sharefoodprogram.org](http://www.sharefoodprogram.org)).

From the beginning, committee members were troubled by the high cost of healthy, ethically produced food. So we gave Weavers Way

(Continued on Page 20)

**BODY CARE  
PRODUCT LINEUP**

- Cleansing Bars, Lotions and Body Washes in: Sage & Mint, Lavender, Lemongrass & Rosemary; and Invigorating Peppermint.
- Dead Sea Exfoliating Mud Mask
- Dead Sea Mineral Lotion
- Hydrating Aloe Cream
- Shea Body Butter

**Food Justice  
Committee**

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CHANGE SERVICE REQUESTED

In case of inclement weather, check  
[www.weaversway.coop](http://www.weaversway.coop), Facebook or Twitter  
to check if the Co-op is open. Or just give us a call!

## Editor's Note

by Mary Sweeten, Editor,  
Weavers Way Shuttle



LAST MONTH, WE OFFERED TO REPLACE your old reusable grocery bags from Trader Joe's and Whole Foods, and even your not-so-old reusable bags from Fresh Market, with brand-new Shop the Co-op bags, the ones with the chicken.

Boy, has that been working out.

We now have hundreds — possibly thousands, I'm not going down there to count — of traded-in shopping bags in various states of repair.

Of course, we do have an ulterior motive. We'd much rather people were carrying around bags that say Shop the Co-op than some other grocery store's name. Which is why we can't just donate this haul of mostly still-usable bags to a good cause or something that would just put them back out on the street! Nor can we just toss them in the landfill, because, well, that's not who we are.

But we have a plan.

We're looking for one cooperator (or more) who has the skills — and the equipment — to stitch these bags into tarps we can use at Co-op events. Nothing fancy — just something that, combined with some industrial-strength clips and some PVC pipe, we can use to keep the sun off. Sound like your cuppa Co-op hours? Contact the Membership Department ([member@weaversway.coop](mailto:member@weaversway.coop) or 215-843-2350, ext. 119).

Finally, a couple other things:

- I happen to think that our ad last month and on the website, with the Co-op chicken in the James Brown toupée and the "I feel good" thought balloon, is one of the funniest things our art director, Annette Aloe, has ever designed. There. I said it.
- Speaking of chickens, a few members of the new flock in City Council are making noise about possibly considering whether maybe a few chickens in the backyard isn't the WORST idea in the world. Stay tuned.
- Speaking of the city, Norman Weiss muses this month in his Suggestions column about what's in the water. Actually, the Water Department is pretty good — reassuring, even — on the subject: [www.phila.gov/water](http://www.phila.gov/water).

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The Shuttle is published by Weavers Way Cooperative Association.

### Statement of Policy

The purpose of the Shuttle is to provide information about co-ops, healthy food and other matters of interest to Weavers Way members as consumers and citizens.

Weavers Way members are welcome to submit articles or Letters to the Editor. Editorial copy is due the 10th of the month before publication, e.g. Dec. 10 for January. Articles should be 500 words or less; letters should be 200 words or less. Articles express the views of the writers and not those of the Co-op or its Board, unless identified as such. No anonymous material will be published, and all submissions must include an email or phone number for verification. The Shuttle retains the right to edit or refuse any article or Letter to the Editor. Submit to [editor@weaversway.coop](mailto:editor@weaversway.coop).

### Advertising

Advertising for each issue is due the 1st of the preceding month, e.g. Dec. 1 for January. Ad rates are available at our stores, online at [www.weaversway.coop/shuttle](http://www.weaversway.coop/shuttle), via email at [advertising@weaversway.coop](mailto:advertising@weaversway.coop) or by calling 215-843-2350, ext. 314. Advertised products or services may not be construed as endorsed by Weavers Way Co-op.

The Shuttle is printed on 100% recycled paper.



## What's in Store at Weavers Way

# 5 THINGS

Five Things is a service of Weavers Way.

Because there's nothing that can't be improved by something you bought at the Co-op!

### Five Things...to Make the Most of March Madness

Selection Sunday is March 13, but it's really College Hoops Heaven all month long. Here are Co-op items you'll want nearby while you watch your bracket get busted.



1

**The Salami Slam!** — Claudio's from South Philly. Trois Petit Cochons from Brooklyn. Olli's from Mechanicsville, VA. And a meatless version from Lightlife. Top your pizza or slice 'n' snack.



2

**Mixed Nuts** — Roasted, salted and unsalted, in Bulk. Or maple and Cajun flavored from Tierra Farm. For crunch time, of course. And for pinging enemy coaches, players and refs when they show up on screen.



3

**Kong Sport Balls** — So your pup doesn't go straight for the nuts you threw at the TV. The three-pack includes a baseball, a basketball and an 8-ball. Your squad's guard may have muffed the inbounds pass, but not so your furry MVP.



4

**High Point Baked Treats** — Macaroons, brownies and Berry Berry Oat Bars. All gluten-free and made by our buds at the bakery in Mt. Airy. For when your team makes the Sweet Sixteen.



5

**Pretzels, Soft and Hard** — The classic Philly soft version from Greenberg's in Oreland. And the crunchy Pennsylvania Dutch variety from Uncle Jerry's in Lancaster. Pick up some mustard and ... dunk.

## Dreaming of Spring? Avocados Are Green, Too

by Jean MacKenzie, Weavers Way Mt. Airy Produce Manager

IT'S MARCH, AND WE'RE DAYDREAMING about spring and the garden that this year we're going to plant, by gosh. Here's the lowdown on some produce items we won't be growing — except tomatoes — in that big and diverse garden. Plus there's a good argument for growing those tomatoes organically. As if we needed to be convinced.

### Garlic: Chop, Then Stop

Researchers at the American Institute for Cancer Research suggest a standing period between chopping garlic and cooking it. Garlic has cancer-fighting enzymes that are released when the garlic is chopped or crushed but are deactivated by cooking. The research found that letting chopped or crushed garlic sit at room temperature for 10 minutes allows most of the enzymes to activate and become resistant to heat.

So: Chop or crush your garlic, then do something else for 10 minutes before heating it. You'll enjoy the garlic's flavor and reap the health benefits.

### Do Organic Tomatoes Have More Flavonoids?

Maybe. Researchers at the University of California, Davis, found that organic tomatoes contain high levels of flavonoids, known to fight high blood pressure, thus lowering the risk of heart disease. Two flavonoids, quercetin and kaempferol, were tested in tomatoes for over 10 years. The result? Flavonoid levels were 79 percent and 97 percent higher, respectively, in organic tomatoes than



A dose of watercress microgreens will keep the doctor away — plus, they're delicious.

their conventional counterparts. The researchers attributed the increase to the absence of chemical fertilizers in the organic fields.

### Watercress and Wheatgrass

Crunchy, peppery watercress is perfect for soups, salads, stir-fries and sandwiches. Its nutritional benefits aren't bad either: By weight, watercress has more calcium than milk, more vitamin C than an orange, more absorbable iron than spinach, more folic acid and Vitamin K than broccoli and boatloads of potassium. We're carrying it as a microgreen.

Wheatgrass is apparently such a superfood that herbivorous animals like cows and sheep can live indefinitely on a diet of only wheatgrass. It contains A, B complex, C and E vitamins, plus calcium, iron, magnesium, potassium and other minerals. The list of conditions it aids includes arthritis, asthma, constipation, diabetes, glaucoma, burns, migraines, obesity and ulcers. It can even be applied topically, and used as an eyewash or mouthwash. Unless you are an herbivore, and thus can metabolize cellulose, you should consume wheatgrass in juice form and in small doses.

### Your Friend, the Avocado

Did you cut out avocados because you're watching calories? You may want to reconsider. Avocados contain antioxidants in the form of Vitamin E and glu-

tathione. They also contain beta-sitosterol, which helps lower cholesterol, and the nutrient lutein. Research suggests lutein can help prevent prostate cancer and eye disease. Avocados are cholesterol-free, and while they do contain fat, it is mono-unsaturated, which is good for the heart. They also are high in fiber, thiamin, riboflavin, niacin, and folate. So go ahead and knock back that half-pint of guacamole with chopped garlic and organic tomatoes — it's a health food. And here's a recipe to help you on your way:

### Easy Guacamole

- 3 ripe avocados, pitted and peeled
- 1 lime, juiced
- 1 tsp. salt
- 1/2 cup diced onion
- 3 tbs. chopped fresh cilantro
- 2 plum tomatoes, diced
- 1 tsp. minced garlic
- 1 pinch ground cayenne pepper (optional)

In a medium bowl, mash together the avocados, lime juice and salt. Mix in onion, cilantro, tomatoes and garlic. Stir in cayenne pepper. Refrigerate for an hour for best flavor. You can make this guacamole smooth or chunky.

Now go out and tackle that garden.

[mackenzie@weaversway.coop](mailto:mackenzie@weaversway.coop)

## What's in Store at Weavers Way

### New on the Shelves

by Karen Plourde, Weavers Way Chestnut Hill Grocery Staff



#### Goings on in Grocery

**There's a sale on olive oil from California and a buzz about Sweet Bee granola bars.**

Attention shoppers: Time to get excited. California Olive Ranch Arbosana and Arbequina extra-virgin olive oils are grown and made around Chico in the northern Sacramento Valley. While supplies last in the Hill, you can get the 16.9-ounce bottle for \$10.99, a savings of \$4 off the regular price. The Arbosana is complex and nutty, with hints of fresh tomato and almonds. The Arbequina is fresh and tropically fruity, with a note of artichoke.

In the crowded bar-on-the-go field, the latest entry hails from Maplewood, NJ. Sweet Bee granola bars are gluten-free and sweetened with honey and dates. Both stores carry them in three flavors.



#### Bulk & Beyond

**Belgian chocolate is here for your pleasure. Pair it with a Guatemalan coffee from GreenStreet.**

Fans of quality chocolate (so almost everybody) will be pleased to know that bags of Belgian baking chocolate are now available at The Incredible Bulk in Mt. Airy. Belgian chocolate is rich and smooth, and it would be delicious in a mousse or cake. But I'd be fine with grabbing a chunk to go with my wine after dinner.



Co-op coffee explorers (not everybody, but a growing contingent) will be interested in GreenStreet's Guatemalan Finca La Pastoria, now occupying a gravity bin on the second floor. This medium roast from our sustainably minded allies in South Philadelphia has notes of caramel and citrus, along with a bit of spice. Bag some on your next shopping trip.



#### Picks in Produce

**Hats off to the humble leek, star of soups and more.**

Leeks are sweeter than onions, yet can be substituted for them in any culinary creation. The ones at the Co-op are big as baseball bats right now; just be sure to give them a thorough washing, because they do hide the dirt.

Beyond the leek-accented soup you turn out every now and then, there are recipes for dips, savory pancakes and pies on the Web. And don't forget colcannon, the Irish specialty that also employs potatoes and cabbage. After all, St. Paddy's Day is around the corner.

#### Finds for the Furry & Feathered

**A candle for pet-loving homes, and doggie coats that'll make yours look shabby.**

Where there are pets, there are accidents — and odors. To keep your crib smelling respectable, the pet store Across the Way now carries One Fur All Pet House Candles in a variety of scents and two sizes. They're made out of all-natural soy wax with an odor neutralizer and contain no paraffin.



March promises to have its share of cold days, so there's still time to get your puppy something warm for walkies. Canada Pooch of Toronto offers a line of parkas, hoodies and rain gear that'll rival anything on your coat rack. There's even one with a built-in harness. He's the star, anyway; might as well dress him up like one.



*kplourde@weaversway.coop*

## The PASAbilities of Farming in a Changing Climate

by Matt Budenstein, Weavers Way Chestnut Hill Deli Manager

“WHO WILL FIGHT TO SAVE OUR food, our farmers and our future?” asked organic farmer Tom Beddard, founder of Lady Moon Farms in Franklin County, at last month's Pennsylvania Association for Sustainable Agriculture conference. The 2016 iteration of the annual Farming for the Future gathering, titled “Farming in a Changing Climate,” brought farmers, cheesemakers, equipment manufacturers, authors and food enthusiasts to State College to help determine the future of agriculture in our region. It was the first time I had the pleasure to attend the conference and learn from experts and participants in the field of sustainable food sources.

What does “sustainable food” really mean? Eating and shopping sustainably

means buying locally sourced products not only to limit the impacts of shipping, but also to keep our dollars close to home, creating an economic loop that benefits everybody involved. It also means buying food from producers who take care of the environment while producing their goods. This requires limiting chemicals, using compost, rotating crops to protect soil quality and pasturing farm animals. Further, sustainability emphasizes the concept of raising animals humanely and in a manner free of any additives that harm the consumer, the environment or the animals.

This sustainable food system, said Lloyd Traven of Peace Tree Farm in Bucks County, “is the only thing that will save us from the abyss of our food shortage.” The conference emphasized that as the climate continues to change, regardless of whether these changes are man-made, we will need

to adapt our methods rapidly to compensate.

One of the more interesting lectures I heard emphasized that growing your own food, no matter how much or little space you have, is the best way for you to get in touch with the food that you eat and understand where it comes from. In addition, this same session about seed saving made the point that growing heirloom and native varieties of plants enhances biodiversity in your area and maintains the native flora of our region. Similarly, a seminar on composting emphasized how important it is in our changing climate to conserve whatever resources we have available to us.

I was reminded of a statement from activist organic farmer (and former PASA keynoter) Joel Salatin: “You, as a food buyer, have the distinct privilege of proactively participating in shaping the world that your children will inherit.”

What are we doing at the Co-op to support a sustainable system? We sell hundreds of local and regional products (some of them made by PASA presenters, including Birchrun Hills Farm cheese, Tait Family Farm condiments and Lady Moon Farm produce). To learn more about local products, just ask any associate in any department — or look for the “I'm local” sticker. In addition, our own Weavers Way Farms adheres to these sustainable principals and also educates the public about what it means to operate a sustainable farm. Lastly, we actively recycle, reuse, donate or compost at all of our locations — including the warehouse! This creates a full-circle sustainable food system that I am proud to be a part of.

What I and my fellow PASA conference attendees took home with us is that we need to make a conscious and concerted effort to adapt to our changing climate. We need to recycle and compost whatever we can. We must use as few chemicals and additives as possible. And at the very least, we must pay attention and make educated decisions about what type of food we are putting on the table. So, who will fight to save the future of our food? I say that we will, as members of Weavers Way Co-op.

We're featuring some local Cheeses of the Month for March: All cheddars from Conebella Farm and Fat Cat from Birchrun Hills Farm, both Chester County; and Buttercup Brie from Cherry Grove Farm in Mercer County, NJ, are \$2 off per pound. Give them a try and sustain our neighbors!

*mbudenstein@weaversway.coop*

i'm local

## Cheeses of the Month

\$2 off/lb



All cheddars from Conebella Farm and Fat Cat from Birchrun Hills Farm, both Chester County



Buttercup Brie from Cherry Grove Farm in Mercer County, NJ

# Weavers Way Community Programs

## Why I Give

by Joann Hyle

ANTICIPATING RETIRING FROM PRACTICING LAW, I SPOT-  
ted a notice from Weavers Way Community Programs seeking volunteers to help raise money for the salaries of its farm educators. I had only a vague notion of what WWCP was, the programs it ran and how all of that related to the Co-op, but as someone who loves gardening, I thought it would be fun to find out more. I was right! As they say in the movies, WWCP's farm educators "had me at hello."

The young, fun and enthusiastic WWCP staff working at Henry Got Crops at Saul High School, Stenton Family Manor, the Children's Garden at Awbury Arboretum and Martin Luther King High School bring energy and passion to the unique challenges of farm and nutrition education in the city. They embrace farming small urban plots and using them to introduce students of all ages to the wonders of freshly grown herbs and vegetables. One of the most appealing aspects of WWCP's programs is that they allow me to get in touch with the rhythm of farming, which is tied to the seasons and the weather, physical realities that are largely irrelevant to those of us who spend most of our days in climate-controlled offices. At "ground" level, the staff ponders how to convince city kids that weeding is fun, that those tiny seeds really will produce something they can eat, that this food is better than what local grocery stores offer.



I cannot control the weather, drive away the pests or offer a magic potion to entice city kids out to weed in the hot sun, but I can and do support WWCP's efforts in several ways. First and foremost, I make an annual financial contribution. Second, as a member of WWCP's Development Committee, I have drafted proposals, made fundraising plans and hosted a garden party to introduce my friends to WWCP. Finally, and most rewardingly, I have been a "cheerleader" at farm events where students showcase their successful efforts. I invite you to do the same, both by getting to know the WWCP staff, students and programs and by helping WWCP with a donation so they can continue teaching Philadelphia's children about food, farming, and fun.

## WWCP Wish List

SPRING IS JUST AROUND THE CORNER! Here are some things we could use to help make 2016 our best growing season yet. Contact Jackie Schrauger at [jschrauger@weaversway.coop](mailto:jschrauger@weaversway.coop) to arrange a donation.

### For Garden Club:

- Small metal shovels
- Small watering cans
- Dry-erase easel
- George Forman grill
- New (or like new) art supplies

### For Hope Kitchen:

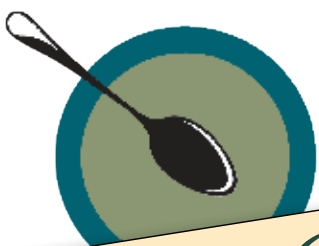
- Air popcorn popper
- Salad spinner

### For farm and garden:

- Tiller
- Chipper/chipper-shredder
- Folding tables



Look for "Why I Give" each month in the Shuttle to get an inside look at volunteer experiences and what inspires people to donate their time, money and skills to WWCP. Feeling inspired? Contact Jackie Schrauger at [jschrauger@weaversway.coop](mailto:jschrauger@weaversway.coop).



Food for Thought  
**Living Kitchens at Cliveden**

### Kitchen Conversations

Friday, March 11, 7:00pm

"The Food Axis: Cooking, Eating, and 1950s Domestic Architecture"

Elizabeth Cromley, Ph.D., Emeritus  
Professor, Northeastern University



Cromley's book, "The Food Axis: Cooking, Eating, and the Architecture of American Houses," examines how

houses were shaped by the need to store, preserve, cook, and serve foods from the 1700s to the present.

Professor Cromley will illustrate how changes in eating patterns, inventions in cooking and food preparation, and new tastes during the 1950s all contributed to a sense of modernity.

Includes light meal of dipwiches and soft drinks prepared by Chef Valerie Erwin

Suggested Donation: \$15 Reservations REQUIRED.

To reserve, go to: [elizabethcromleykitchenconversation.eventbrite.com](http://elizabethcromleykitchenconversation.eventbrite.com) or call 215-848-1777, X 223

Living Kitchens at Cliveden is supported by The Pew Center for Arts & Heritage.



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# Weavers Way Community Programs

## Student Spotlight: Jerome Mack

One of the best things about the work we do at WWCP is the people we get to work with. This month, we're excited to feature Jerome Mack, a student at Saul High School and one of our most active program participants.



Tara Campbell photo

MY NAME IS ISAAC JEROME MACK (though I always go by my middle name, Jerome), and I am currently in my junior year at Walter Biddle Saul High School. Getting to school takes me anywhere between an hour and 30 minutes to two hours each day, but the trip is worth it — I love working on the Weavers Way farm, helping Tara Campbell of WWCP throughout the growing season. Plus, harvest always yields the chance to bring home a few organic treats. If had to pick a favorite, it would probably be

arugula with its faint, spicy mustard kick that's not too hot but not too bland, either!

After working on farm for a little while now, I've found that working with people who are passionate about the work they do — and the philosophy behind said work — is one of the major things I enjoy about farming. Exploring each farmer's and gardener's personality as I work alongside them is a pleasure unto itself. The atmosphere that is created when

For Saul junior Jerome Mack, the lessons he's learning while farming go well beyond the fields.

I work with these people has a rejuvenating effect on me.

Another factor that keeps me coming back to farm is knowing the service I offer will help to secure long-term stability and prosperity. The food that I help grow will be sold to eager customers, and when the customers taste the quality of the locally grown food, the possible benefits of expanding the cooperative concept to other neighborhoods will spread, thereby putting the ability to access high-quality produce back into the hands of the average consumer. This synergy between customer care and coworker relationships offers me a momentary reprieve from the hectic, rapid-fire chain of my day-to-day stresses, and it's something I really look forward to.

— Jerome Mack

## Giving Twosdays!

Give \$2 to WWCP! Every 2nd Tuesday Every Month

When you shop at the Co-op on the second Tuesday of the month, please consider adding \$2 to your total bill to support WWCP programs and services. Your support enables WWCP to provide a wide range of farm education and nutrition programs to local families.

### WEAVERS WAY COMMUNITY PROGRAMS

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[www.weaversway.coop/wwcp](http://www.weaversway.coop/wwcp)

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## Mark Your Calendar!

WWCP is excited to announce our 2016 event series. Tickets aren't on sale yet — follow us on Facebook to be the first to know! — but save these dates so you can join us for a great time dancing, eating, drinking and touring urban farms, all in support of farm and nutrition education for some of Philadelphia's most vulnerable residents. It's a good time for a good cause!

- **Hoedown**, Weavers Way Farm at Awbury, **June 25**.
- **Urban Farm Bike Ride**, Saturday, **Sept. 10**.
- **Farm to Table Dinner**, Weavers Way Farm at Awbury, Thursday, **Sept. 29**.

## SUMMIT PRESBYTERIAN CHURCH

Join Us for  
Holy Week  
Observances and  
Easter Celebration



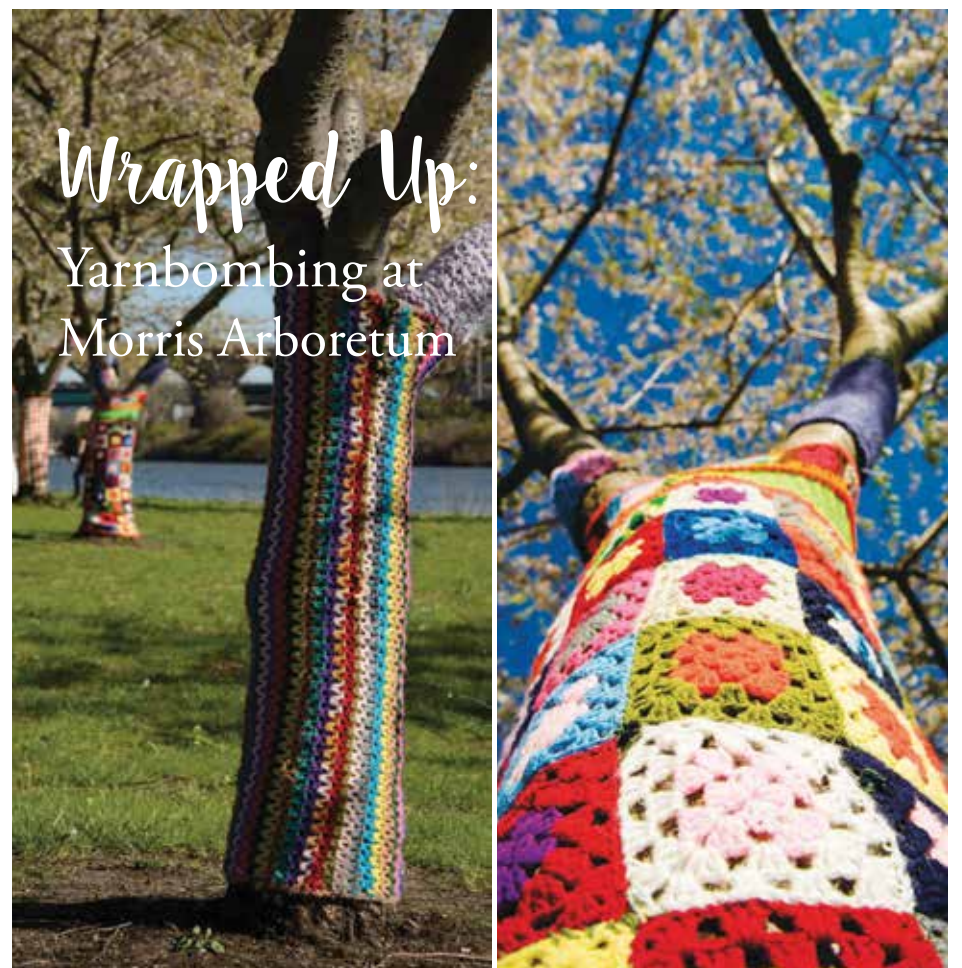
Sunday March 20th, 10:00 a.m. ~ Festival of Palms

Thursday March 24th, 7:00 p.m. ~ Tenebrae Service:  
Readings of the Passion & Holy Communion

Sunday March 27th, 10:00 a.m. ~ Easter Celebration of  
the Resurrection. Children's Easter Egg Hunt after service.

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L·E·T·T·E·R

**Start Talking About Living Will ASAP. Then Don't Stop.**

I RECENTLY GAVE A TALK ABOUT LIVING WILLS AND Medical Power of Attorney to Weavers Way members. One of the questions that came up was "Where can I find Living Will forms?"

A good place to start is [www.state.pa.us](http://www.state.pa.us) or [www.aging.state.pa.us](http://www.aging.state.pa.us). Another resource that was mentioned is an AARP booklet "The Other Talk."

Once you start reading Living Will forms, continue asking questions of your health-care provider. Talking about Power of Attorney, Living Wills, etc. is not a one-and-done conversation, but an ongoing dialogue about what matters most in the last years of a person's life.

A person is never too young to start this conversation, but it is talk that should be revisited from time to time.

These conversations are never easy and most families are grateful the conversation has started.

*Martha From*

**SHUTTLE LETTERS POLICY**

The Shuttle welcomes letters of interest to the Weavers Way community. Include your name and email address or phone number so we can contact you for verification; no anonymous letters will be published. Letters should be 200 words or less and may be edited. The Shuttle may decline to publish any letter for any reason. The deadline is the 10th of the month prior to publication. Send to [editor@weaversway.coop](mailto:editor@weaversway.coop).

**Ditch the Credit Card; It's the Right Thing to Do**

by Josh Mitteldorf, for the Shuttle

CREDIT CARDS PROVIDE A CONVENIENCE, AND AS long as it's free (or better than free), we're happy to accept it. But would we pay full freight for that convenience if we were free to choose?

It is the shifting of costs that has turned the U.S. economy from the world's leader to the world's greatest Ponzi scheme. And of all the questionable "services" provided by our service economy, credit cards are the greatest scam, and the biggest drain on productivity. America's families carry nearly \$1 trillion in credit card debt, concentrated in the poorest households, with crippling interest that keeps workers shackled.

According to an analysis by German economist Margrit Kennedy, 40 percent of every dollar we spend goes for bank interest in one way or another.

There are lots of reasons we might want to steer our spending away from the banks.

- Bankers make organized crime possible. Do you remember when Wachovia (now Wells Fargo) was caught laundering \$378 billion in Mexican drug sales?
- Banks make huge political contributions. In the 2012 election cycle, financial companies contributed \$200 million to presidential campaigns, divided \$2 to Republicans for each \$1 to Democrats.
- War profiteering is a venerable banking tradition. Bankers have worked behind the scenes, promoting every war from the American Revolution to the chimerical "War on Terror."
- Wall Street bankers worked hand-in-hand with your friendly home mortgage industry to create the real estate bubble of 2008. The human cost of the crash is beyond imagining. The financial cost to every

American family was in the neighborhood of one year's spending.

Here's the business model of the credit-card industry: Make credit cards attractive and free for consumers. For the low-income sector, get them hooked on consumer debt by offering zero-interest loss-leaders. For the high-income sector, offer gifts and rebates to make sure credit cards are not only more convenient but cheaper than cash.

Then force retailers, small and large, to pay 3 percent "handling charges" by the same trick that the Brave Little Tailor used to make two giants kill each other: Each store owner fears that if he doesn't take credit cards, he will lose business to the store that does. Card fees are added to the prices, and paid even by those who pay in cash.

Through a Talmudic legal distinction, it is forbidden for a retailer to charge more for swiping a credit card. But it is OK to offer discounts for cash — and this is our point of leverage, where Weavers Way can fight back.

We love the Co-op because it takes business profits and returns them to us, the members, and to our community. We now have an opportunity to extend that practice from groceries to banking. Celebrate that we can stash our cash with EasyPay, and receive a better return than the measly interest we get from the multinational banks on Germantown Avenue.

*Josh Mitteldorf has lived in Mt. Airy and been a member of Weavers Way since 1982. His advice on aging and health is at [AgingAdvice.org](http://AgingAdvice.org) and his poetic and scientific musings are at [Daily-Inspiration.org](http://Daily-Inspiration.org).*

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GM'S CORNER

## With 'EasyPay Pays You,' Deposit \$100, Spend \$102

by Jon Roesser, Weavers Way General Manager

I LOVE LIVING IN THE 21ST CENTURY. Smart phones, pop-up beer gardens, electric cars. Heck, living in the 21st century means I'm just about as close to my friend who now lives in Germany as I was when he lived down the street.

No, you won't find me pining away for the good old days of fuzzy television screens, gas guzzling cars, and phones attached to the wall.

Even banking's better in the 21st century. Direct deposit, online bill paying, and digital check deposits make a trip to the bank, a weekly ritual in the last century, completely unnecessary today.

Plus, thanks to debit cards I rarely have to fumble around for cash, even for the smallest of purchases.

And there's where the problems start.

As our fellow Weavers Way member Josh Mitteldorf points out in this month's Shuttle, the banks have succeeded in getting nearly all of us dependent on credit and debit cards for nearly all our purchases. (And as he explains, he doesn't think that's a good idea at all.) Retailers, including the Co-op, have little choice but to play along.

A full 90 percent of the transactions at our cash registers involve credit or debit cards, and that percentage rises each year. Each time a customer swipes a card, depending on the kind of card it is, the Co-op pays 2 to 3.5 percent of the transaction total to the bank.

So far this fiscal year, the Co-op has paid \$188,600 in fees for credit and debit card transactions (that's July 1-Jan. 31). The banks are making a killing on this 21st-century convenience.

What to do? We could stop accepting credit and debit cards. But that's a kamikaze mission; we'd be out of business by summer. Some folks have suggested the Co-op bring back our old practice of charging customers for the privilege of using credit or debit cards. In my opinion that's not a particularly good business practice, but anyway, it would violate the terms of the agreements we and every other retailer has signed with the card companies.

Or we could offer an incentive to get more Co-op members to use EasyPay.

All member-owners, whether you know it or not, have an EasyPay house account — it's attached to your member number. Members can add cash to EasyPay at the register whenever they wish, funding it by cash, check or, yes, even credit or debit card. They then can use EasyPay to make purchases, drawing down the balance as they go.

It works really great — I use mine all the time. Trouble is, most of our EasyPay accounts are funded by credit and debit cards (I am as guilty as anyone) and so the Co-op winds up paying fees to the banks anyway.

So effective this month, we're launching a new incentive, the "EasyPay Pays You" program.

Every time you put \$100 or more into EasyPay with cash or a check, we'll credit you with 2 percent cash back.

Bring us five crisp 20s and your EasyPay account will go up by \$102. Write a check for \$1,000, you'll have \$1,020. You get the idea.

It's a simple concept: We're paying more than 2 percent to the banks for the privilege of accepting debit and credit cards. We'd rather pay that 2 percent to our members. And besides, it's money that will get cycled back into the store through member purchases.

Simultaneously, we're working on an enhancement where members will receive an email when their EasyPay account is used. So you'll be able to monitor purchases on your account and flag any charges made in error. Look for this to be rolled out in April.

EasyPay Pays You is one more way we can work cooperatively to stanch economic leakage from our community. Every dime we spend on credit-card fees flows outward from the local economy. By giving that 2 percent to members, we keep that money around here.

Now that's a very 21st century idea!

A sincere thanks to Josh Mitteldorf for bringing me his proposal, which led to the development of EasyPay Pays You.

See you around the Co-op.

*jroesser@weaversway.coop*

It's a simple concept:  
We're paying more than 2 percent to the banks for the privilege of accepting debit and credit cards.  
We'd rather pay that 2 percent to our members.

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# Good Start for FY2016

by Nancy Pontone,  
Weavers Way Controller

**W**EAVERS WAY SALES INCREASED 7 percent in the first six months of fiscal year 2016 (July-December 2015) compared to the prior fiscal year. Nationally, Co-op sales are increasing about 3 percent annually, so these are great results.

Four weeks in the first half of fiscal 2016 topped the record sales week in FY2015. The Co-op's highest sales week on record is \$491,758 for the week ending Dec. 26, 2015, \$40,000 greater than the highest week in fiscal 2015.

Gross profit increased 6.2 percent over the prior year and was 7 percent better than budget. Net income is above prior year by \$195,973 and above budget by \$378,616. The budget was conservatively planned to show a loss of about \$100,000 in December 2015 and break even by year-end. But with these strong results for the first six months, the Co-op is positioned for a positive year end.

Cash and inventory have increased as a result of sales growth. Liabilities are down in part because of prepayments on long-term loans. Meanwhile, member equity is up due to increasing membership and patronage rebates. Increased equity puts the Co-op in a better position to

improve product offerings and store facilities. Senior Discount Tuesdays have helped boost sales and also helped many of our members, and Co-op Deals on many standard products are driving sales and helping all of our shoppers save.

Thanks to all of you for supporting the Co-op. Keep on shopping!

[npontone@weaversway.coop](mailto:npontone@weaversway.coop)

## Weavers Way Co-op Financial Summary FY2015, FY2016

	12/31/14 Actual		12/31/15 Actual		Current to Prior Year Change	12/31/15 Budget		Actual to Budget Change
	6 Months Ending \$	% of Sales	6 Months Ending \$	% of Sales		6 Months Ending \$	% of Sales	
<b>Income Statement</b>								
Sales	10,195,856	100.0%	10,913,173	100.0%	7.0%	10,224,515	100.0%	6.7%
Cost of Goods Sold	6,423,132	63.0%	6,907,070	63.3%	7.5%	6,481,527	63.4%	6.6%
Gross Profit Margin	<u>3,772,724</u>	37.0%	<u>4,006,103</u>	36.7%	6.2%	<u>3,742,988</u>	36.6%	7.0%
<b>Expenses</b>								
Personnel	2,627,032	25.8%	2,715,998	24.9%	3.4%	2,882,840	28.2%	-5.8%
Other Operating Expense	1,009,071	9.9%	994,584	9.1%	-1.4%	986,320	9.6%	0.8%
Operating Profit	136,621	1.3%	295,521	2.7%	116.3%	(126,172)	-1.2%	334.2%
Other Income/(Expense)	(23,713)	-0.2%	37,648	0.3%	258.8%	39,414	0.4%	4.5%
Income Before Taxes	112,908	1.1%	333,169	3.1%	195.1%	(86,758)	-0.8%	
Income Taxes	31,491	0.3%	55,779	0.5%	77.1%	14,468	0.1%	
Net Income	<u>81,417</u>	0.8%	<u>277,390</u>	2.5%	240.7%	<u>(101,226)</u>	-1.0%	374.0%
<b>Balance Sheet</b>								
	As of 12/31/14 \$	As of 12/31/15	Current to Prior Year \$ Change	Current to Prior Year % Change				
<b>Assets</b>								
Cash	1,133,625	1,551,657	418,032	36.9%				
Inventory	667,817	702,385	34,568	5.2%				
Other Current Assets	137,002	51,164	(85,838)	-62.7%				
Fixed Assets	6,194,254	5,842,397	(351,857)	-5.7%				
Other Assets	450,349	440,904	(9,445)	-2.1%				
Total Assets	<u>8,583,047</u>	<u>8,588,507</u>	5,460	0.1%				
<b>Liabilities &amp; Equity</b>								
Accounts Payable	423,456	479,735	56,279	13.3%				
Other Current Liabilities	1,328,095	1,298,948	(29,146)	-2.2%				
Long Term Liabilities	3,590,517	3,110,467	(480,049)	-13.4%				
Total Liabilities	<u>5,342,067</u>	<u>4,889,150</u>	<u>(452,917)</u>	<u>-8.5%</u>				
Member Equity	1,807,008	2,056,796	249,788	13.8%				
Retained Earnings	1,434,828	1,642,561	207,733	14.5%				
Total Equity	<u>3,241,836</u>	<u>3,699,357</u>	<u>457,521</u>	<u>14.1%</u>				
Total Liabilities & Equity	<u>8,583,903</u>	<u>8,588,507</u>	4,604	0.1%				

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# 10 Tips for Staying Well in the Spring

by Rachel Kriger, for the Shuttle

**F**IVE ELEMENT STYLE IS A BRANCH OF acupuncture founded on the laws of nature and the energy of each season. By keeping the elements in harmony, the practitioner helps clients find peace and ease year-round.

The energy of springtime moves up and out, and it corresponds to the color green, the emotion of anger, the bitter taste, the sense of vision and the gifts of planning, creativity and birth. Here are 10 lifestyle tips to help you stay in balance this spring.

**Use your power** stored up from winter to declare what you want to see happen in your life. Generate feelings of joy and confidence as you see your visions manifest!

**Practice making** short- and long-term plans, using discipline and flexibility. In other words, make time for your task and, if circumstances change, be willing to make another plan.

**Exercise your eyes** by focusing as wide as you can, as far as you can and as close as you can. Then close your eyes and focus inward.

**Prune your doubts.** Let go of what is no longer necessary (things, thoughts, etc.). This will make room for new creativity and growth.

**Spring is a time** for dreams and visions. Pay attention to your dreams and see how they can guide you in your life plans.

**Have a daily routine/rhythm** for sleep, eating and exercise. Go to bed early and wake up early. Eat leafy green vegetables and incorporate peppery and bitter tastes. Create an attitude of gratitude while preparing and eating meals. Regular exercise will help keep your qi (energy) moving smoothly.



## Health & Wellness Committee

**Wear a scarf** (even if it is warm out) to protect your neck from the wind. Be prepared for fickle, indecisive weather outside and in your way of being. Release judgments about yourself when you change course.

**-- If you feel frustrated** or angry, it is best to do this away from other people. You can shout into a pillow, punch the air, scream in the car with the windows closed. Wait and breathe. Then let it go, or be creative and take effective action.

**When you notice yourself** in opposition to a person or situation, see the challenge as an opportunity for growth. Be flexible, benevolent and willing to see beyond your expectations.

**As in all times of the year,** follow these suggestions to the degree that they are helpful for you, and pay attention to your unique body. In springtime, focus on your liver, which stores emotions, and your tendons and ligaments, which can enhance flexibility.

*Acupuncturist Rachel Kriger, M.Ac., L.Ac. treats infants, children, teens, adults and elders to help them feel more ease physically, mentally, emotionally and spiritually. Contact her at thatsthepoint@gmail.com or visit her website at www.pointsofreturnacupuncture.com*

*Views expressed here are those of the author, not necessarily the Health & Wellness Committee, and are not meant to be a substitute for consulting your doctor.*

# Healthcare Documentary 'Fix It'

**W**EAVERS WAY OUTREACH, NEIGHBORHOOD NETWORKS AND Healthcare for All Philadelphia are bringing the movie "Fix It: Healthcare at the Tipping Point," to Northwest residents in March.

This documentary takes an in-depth look at how our health-care system is damaging our economy, suffocating our businesses, discouraging physicians and negatively affecting the nation's health, while remaining unaffordable for a third of our citizens.

Dr. Walter Tsou, former Philadelphia health commissioner and past president of the American Public Health Association, will lead the discussion at both showings. Tsou, an advocate for single-payer health care, is featured in the film. He currently teaches at the University of Pennsylvania.

"Fix It" is the brainchild of Richard Masters, a Lehigh Valley businessman. Masters is determined to alert the nation's business leaders to the wasteful profiteering of the health-care industry by illustrating how businesses around the world are thriving under Medicare-style, health-care-for-all systems. The filmmakers interviewed business leaders in Canada, Japan and Taiwan who are often amazed that their American counterparts do not recognize the competitive advantages provided by a single-payer system. The movie also addresses the health-care industry's exploitation of the complexities of the Affordable Care Act, which did nothing to build in price restraints while managing to build in huge taxpayer subsidies.

In a radio interview last fall, consumer activist Ralph Nader asked Master about his inspiration to awaken his fellow business leaders. Master responded by telling him about a family trip to Santiago, Chile, where his adult son needed to refill a prescription for an asthma medication. He paid \$15 for the same inhaler that cost \$120 to \$140 back home in Easton, PA. On the same trip, Master refilled his \$40 blood-pressure prescription for \$3. It was then he decided that something had to be done to address these huge disparities.

"Fix It" will be shown on two Wednesday evenings: March 9, 6 p.m., at the Joseph E. Coleman Northwest Regional Library, 68 W. Cheltenham Ave., and March 16, 7 p.m., at the Chestnut Hill Library, 8711 Germantown Ave.

To learn more about the movie, visit [fixithehealthcare.com](http://fixithehealthcare.com).



- March 9, 6 p.m., Coleman Northwest Regional Library, 68 W. Cheltenham Ave
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# At Vinylux, Reusing and Reimagining

by Susan Ciccantelli, for the Shuttle

VINYL HAS BEEN BACK FOR A WHILE now, but it's getting trendier by the minute. It's shiny, slippery, reflective. Oh, and the sound of music can be magically emitted from under a miniscule diamond needle placed upon the grooves of a disk, otherwise known as a "record." How cool is that? Vinyl even has a new TV drama named after it. But did you know that vinyl is happening in a majorly green sort of way right in our own back yard?

Vinylux began as a student project at the Rhode Island School of Design, when Jeff Davis was getting his graduate degree in industrial design. Davis was experimenting with reshaping plastic, but the plastic he'd been using was pricey. In a "eureka" moment, he realized he might be able to work with vinyl records instead of purchasing the pricey stuff. From there evolved a design studio and business founded upon the principles of sustainability that has steadily gained momentum over the years.

In business since 2002 — just as Internet commerce was really taking off — Davis moved his manufacturing operation several times, in New York City and Philadelphia, before landing in his current location on a friendly block of Cosgrove Street in Germantown. Why Germantown? In addition to lower overhead and

## ECO TIP

### New Playing Time for Old Vinyl

by Marsha Low, Weavers Way Environment Committee

Maybe you've been cleaning out your attic or basement and have come upon some old vinyl records you no longer want. Turns out you can donate them to a Germantown-based business called Vinylux that transforms old LP and 45-rpm records into useful items like coasters, magnets, clocks, bookends, bowls, mirrors and the like. Nothing is thrown away: Vinyl scrap is sent to record-pressing plants and turned back into new records, and album covers are converted into sketchbooks and note cards. Every year, Vinylux reuses about 150,000 records. They've been in business about 10 years and in that time have recycled over a million records. For more information, go to [vinylux.net](http://vinylux.net).



more beautiful spaces suited to his operation, Davis was drawn by the history.

In the years following the Civil War, when Philadelphia was known as "The World's Greatest Workshop," Germantown was chock full of every category of manufacturing and crafts. Many of the original buildings that housed this industry still remain, and the current location of Vinylux is one of them. It all fit together.

Clean, fastidiously organized and

filled with light, the space had always been occupied by cabinet makers or machine shops. Vinylux products are neatly stacked throughout several rooms on spare but solid shelves and work tables. Coasters — the Vinylux "cash cow" — wall clocks, mirrors, key chains, photo frames, sketchbooks, even a portable, battery-operated guitar amp. All priced retail from \$5.50 for a keychain or \$20 for a set of coasters to \$170 for the fanciest mirror. (In Philadelphia, find them at

the AIA Bookstore at 1218 Arch St.)

The company is making money and employing local residents. Davis' most recent goal is to increase the "business-to-business" side. The latest example of this is a commission with Delaware's Dogfish Head Brewery for 50 "jockey box" stands to house beer taps for special events. The boxes — outsourced by Davis to a local carpenter — are lined on the outside with custom-laminated vinyl discs, all beautifully evocative of Dogfish Head's latest branding meme: "Analog Beer for the Digital Age."

You might be thinking, how does an art student's "eureka" evolve into a business-school case study in entrepreneurship?

I saw firsthand that Davis is on top of the numbers — hundreds of thousands of records recycled per year, prices for tonnage of vinyl, industrial recyclers' minimums. Then there's the diligence and attention to detail. But Davis falls back on a time-tested formula: "Ask a lot of questions and dare to ask questions that you may think are dumb." So. There you go.

Visit the website at [vinylux.net](http://vinylux.net).



Susan Ciccantelli photo

Vinylux founder Jeff Davis with a recent commission for Dogfish Head Brewery.

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# Recycling Event Shockingly Successful

WHILE VOLUNTEERS FROM WEAVERS Way Co-op Environment Committee and members of GRinCH (Green in Chestnut Hill) were prepared to stand out in freezing weather to help collect electronics for recycling on Jan. 16, they were lucky. The big snowstorm didn't arrive until the next weekend.

Through our joint effort, we recycled 570 pounds of batteries and 19,827 pounds of TVs, printers and other electronic household waste. This means over 20,000 pounds of potentially toxic waste did not enter our landfills or were not sent to developing countries, where children are often employed in dumps where toxic precious metals are extracted.

And after fees to eForce Compliance, our recycler, as well as payment for TVs and batteries, both groups made a profit for their grant programs.

eForce, located in Philadelphia's Gray's Ferry neighborhood, is only the seventh electronic recycling firm nationwide to achieve the R2, e-Stewards certification. They "demanufacture" the electronics, meaning they safely separate materials to recover raw materials for use in domestic manufacturing, which reduces the mining of raw materials. They seek the "highest reasonable reuse value for all materials" they collect. They strive toward a zero landfill policy. And they create sustainable local jobs here in Philadelphia.

Electronic recycling is the major fundraiser for the Environment Committee's grant program. Last year, we awarded a total of \$3,631 to community groups, including Waterview Recreation Center



**Environment Committee**

**LAST CHANCE TO APPLY FOR GREEN GRANTS!**

Weavers Way Environment Committee invites groups from Mt. Airy, Germantown, East Falls, Roxborough and Chestnut Hill to submit proposals for \$100-\$400 grants to make tangible improvements in the community. Grants may be used for such projects as planting trees and gardens, purchasing garden equipment or environmentally based educational programs.

Deadline for proposals is March 8, 2016. Decisions will be announced by early April. Download a form and guidelines at [www.weaversway.coop/community-grants](http://www.weaversway.coop/community-grants), or pick up from the Environment Committee mailbox upstairs at Weavers Way Mt. Airy or along the front wall at Weavers Way Chestnut Hill.

and Face to Face Germantown. GRinCH uses its money to support its Green Warrior Student Grant program. (Visit [www.weaversway.coop/community-grants](http://www.weaversway.coop/community-grants) for info on this year's grant program. The deadline to apply is March 8.)

We are thankful to the community for being so receptive in supporting our event and protecting the environment. We hope to have another event in June, so please save any electronics you might accumulate for our next event.

[environment@weaversway.coop](mailto:environment@weaversway.coop)

# Join PaIPL in the Dark for Earth Hour

by Greg Williams, for the Shuttle

AS THE WORLD TURNS, ON SATURDAY, March 19, from 8:30 to 9:30 p.m. Eastern time, electricity will be turned off and buildings darkened in thousands of cities around our fragile planet as part of World Wildlife Fund's Ninth Annual Earth Hour.

Iconic landmarks including the Eiffel Tower, the Great Wall of China, Buckingham Palace and Times Square, and locally the Ritz Carlton in Center City and the Keswick Theater in Glenside, have in past years turned out their lights for this hour to support efforts against our common challenge, climate change.

This year we can add to the list the Chestnut Hill Friends Meetinghouse, home of the James Turrell Skyspace installation. The lights, inside and out, will go dark at 8:30, but inside, there will be a party going on! The Philadelphia chapter of Pennsylvania Interfaith Power & Light (PaIPL) will be hosting its own Earth Hour to celebrate the earth, to recognize the moral and spiritual challenge at the heart of climate change and to raise funds in support of their work.

Philadelphia PaIPL is a consortium representing over 20 congregations in the Philadelphia area who are working together to:

- Educate our communities.
- Advocate a transition away from fossil fuel-based sources of energy.
- Assist the transition in our congregations, homes and communities to alternative energy sources.
- Prayerfully move toward a fully sustainable and just use of precious resources.



The evening will begin at 7 p.m. with a 50-minute opening of the Skyspace. At sunset, weather permitting, the roof of the meetinghouse will slice open for

a "Greet the Light" experience. Attendees will revel in the wonder of light — both natural and human-sourced — and be invited to meditate and pray. If the weather is a factor, an alternative light show, without the assist of dusk, will be presented.

At 8 p.m., the party will move into the meetinghouse Social Room, for an evening of socializing, desserts and great music from the alternative folk group Acoustic Blender. We'll count down at 8:30 and enjoy the darkened meetinghouse by solar-powered lanterns and other creative light for the next hour as well as learn how to support, expand and sustain the work of PaIPL.

Suggested donation is \$25. For more info and to RSVP, contact Greg Williams at 215-242-0854 or [wacmbook@aol.com](mailto:wacmbook@aol.com).



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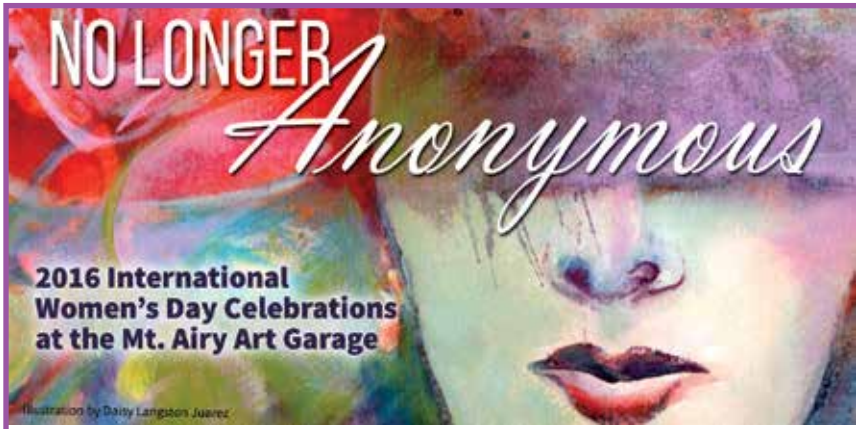
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## Celebrate, Support Women Artists

**I**N OBSERVANCE OF WOMEN'S HISTORY MONTH IN MARCH, THE MT. Airy Art Garage, a creative center for emerging and professional artists, will present "No Longer Anonymous," a series of exhibitions, panel discussions, writing circles and a live concert in partnership with the Philadelphia Folk Song Society. The exhibition will highlight the work of leading fiber artists including Sara Allen, Natalie Alleyne, Cindy Friedman, Heather Ujiie, Karoline Wallace and Carol Whisker. "No Longer Anonymous" has its opening reception Friday, March 4, at 6 p.m., and runs through May 1. Admission is free for both the opening and the exhibition.

Building on the exhibition and celebrating International Women's Day on Sunday, March 6, MAAG will host a panel titled, "It's Not Over Yet! Women Artists Fighting for Our Rights." The 3 p.m. discussion features artists and educators from throughout Philadelphia, including Valerie Gay (Art Sanctuary), Rocio Cabello (Imperfect Gallery), Miriam Davidson (Anna Crusis Choir) and Tieshka Smith. Panelists will tell their stories and examine ways to overcome stereotypes while inspiring empowerment. Admission is \$10.

Crowning the week's activities, MAAG is partnering with the Philadelphia Folk Song Society to host "Women Who Love Women Who Make Music," 7-10 p.m. Saturday, March 12. Performers include Anna Crusis Women's Choir, No Good Sister, Ashley Phillips, Sarah and The Arrows, and Silverton. You can bet this will be a night to remember. Admission is \$15.

All events are at the Mt. Airy Art Garage, 11 W. Mt. Airy Ave. For more info, visit [www.mtairyartgarage.org](http://www.mtairyartgarage.org) or call 215-242-5074.

## Yarnbombing at Morris Arboretum

**M**ORRIS ARBORETUM WELCOMES FIBER Artist Melissa Maddonni Haims this spring with an exhibit, "Wrapped Up: Yarn-bombing at Morris Arboretum," opening on the first day of spring, March 20.

The Germantown-based Haims creates yarn graffiti, soft sculpture and large-scale crocheted installations. She works primarily with recycled and upcycled materials, mostly mill ends (the seconds) from carpet and yarn mills. Even her structured pieces have an armature of rescued waste such as paint buckets.

Raised in the Philadelphia area, Haims graduated from the University of Rhode Island. Her career in the arts began in New York City in the 1990s, but she returned to Philadelphia in 2004, where she now lives with her husband and teenage daughter.

Her focus on textiles came about in response to loss. After her mother's death Haims found herself in possession of two contractor bags filled to the brim with yarn for projects her mother had not finished, and she found her herself using the yarn to work through her grief. The result was "Heaven and Hell," her first large-scale installation. With huge pieces hanging from the ceiling to represent heaven and soft sculpture stalagmites depicting hell, this piece helped launch Haims' career as a fiber artist.

Since 2010, Haims has exhibited at contemporary art fairs in Philadelphia, Miami and Chicago. Her work has been shown in galleries, museums and is held in private collections throughout the United States. She



Morris Arboretum photo

Crocheted to the sky.

was recently featured on an A&E program about artists who make work out of unusual materials. Her covered chairs, the mainstay of her business, are exhibited and sold at high end craft shows such as the Philadelphia Invitational Furniture Show.

Haims will weave her magic on some of the arboretum's trees and iconic structures (like the Love Temple, John and Lydia's statues and Seven Arches). Two of the Arboretum's wooden bridges will be covered in yarn: one will be assembled with squares crocheted or knit by Arboretum community members at a Yarn Along event in early March.

Morris Arboretum is excited to have Haims' work on display this spring through fall (or until it succumbs to the elements). Meet her at the opening reception Saturday, March 26, from 1 to 3 p.m.

Morris Arboretum is at 100 E. Northwestern Ave. in Chestnut Hill. For more info, visit [www.morrisarboretum.org](http://www.morrisarboretum.org).

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## 'Seafarer' Is 500th For Old Academy

OLD ACADEMY PLAYERS PRESENTS ITS 500TH production, "The Seafarer," the Tony and Olivier award-nominated play by contemporary Irish playwright Conor McPherson. This chilling black comedy about the sea, Ireland and a mysterious stranger opens March 4 and runs weekends through March. 20.

"The Seafarer" takes place in a rundown suburb of Dublin on Christmas Eve. Sharkey, who has been fired from his chauffeur job, has returned to care for his recently blinded older brother, Richard. The brothers are joined by Ivan and Nicky, who is now dating Sharkey's ex-girlfriend, and a smooth talking, mysterious stranger introduced as Mr. Lockhart. Quarrels, reconciliations and drinking follow until a poker game is decided on. The stakes of the game are far higher than money as Mr. Lockhart's identity becomes clear. (Strong language — not suitable for children.)

Showtimes are Fridays and Saturdays, March 4-5, 11-12 and 18-19, at 8 p.m. and Sundays, March 13 and 20, at 2 p.m. Tickets are \$15, with discounts available for groups.



Featured in "The Seafarer": Ben Kendall, top, Phil Czekner, Vail Guiltieri, Michael Monroe.

Old Academy Players is a non-profit community theater at 3544 Indian Queen Lane in East Falls. Built in 1819, the Old

Academy building has been the OAP home since 1932.

For information and reservations, call 215-843-1109 or visit the theater's website at [www.oldacademyplayers.org](http://www.oldacademyplayers.org).



A view downstream: Forbidding cars since 1920.

## Forbidden Drive: The Heart of the Wissahickon

by Erin Mooney, for the Shuttle

FORBIDDEN DRIVE LOOKS MUCH THE SAME AS IT DID 100 years ago. Walking down the wide gravel path, it's hard not to be reminded of the history of the Wissahickon Valley and to think of the tens of thousands of people who have walked here before, looking down at the Wissahickon Creek, watching nature play out in the waters below.

What is now Forbidden Drive was a turnpike with three toll booths when it was completed in 1853. It became Wissahickon Drive in 1874 when the Fairmount Park Commission bought the surrounding land. When cars came along, their drivers wanted to use it, but in 1920, the Philadelphia Riders and Drivers (of carriages) won and the drive became forbidden to motorized vehicles.

Over a million people visit Wissahickon Valley Park each year. Many of those park users experience the Wissahickon through Forbidden Drive — it's where they walk, run, or ride bikes with their families, or take their horses. The main artery of the park, it follows the Wissahickon Creek from Lincoln Drive to Northwestern Avenue at the city boundary.

But Forbidden Drive needs our help. Decades of drainage flowing down the gorge into the creek has caused erosion in many spots along the drive. In several sections, there are dangerous spots where the bank has washed into the creek. Several of these areas are in such disrepair that they are fenced off for the protection of park users.

Friends of the Wissahickon is working to repair these sites and will embark on a project in 2016 to address several key areas of erosion in the park. As stewards of the park, we are committed to restoring the park so that future generations can enjoy it as we do. It's an expensive undertaking — the cost is estimated at \$1 million and the project will take over a year.

For now, join us on Saturday, March 19, from 9 a.m. to 1 p.m. at Blue Bell Hill, where we will continue our invasive plant removal efforts. We'll focus on Devil's Walking Stick (*Aralia elata*), bittersweet vine (*Celastrus orbiculatus*), vine and bush honeysuckle (*L. japonica* and *L. maackii*), and wineberry (*Rubus phoenicolasius*). Come out to lend a hand and brush up on your Latin! For more info, contact Volunteer Coordinator John Holback at [holback@fow.org](mailto:holback@fow.org) or 215-247-0417, ext.107.

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# To Gather Ye Rosebuds, Follow These Tips

by Ron Kushner, for the Shuttle

**M**ARCH IS THE TIME TO CARE FOR your existing rosebushes and to plant new ones. The sun is getting stronger and the days are getting longer. The plants are starting to show signs of breaking dormancy. Buds are beginning to swell and some may even be showing their first leaves. Even though we can still get some snow this month, it is not going to do much damage. Start pruning!

If you're going to plant a new rose, it's best to dig a very deep hole, at least 2 feet deep. Fill it with well-aged manure or compost and top it off with 4 inches of amended soil. This will tend to get the roots to grow deeper. Soak bare-root roses for a couple of hours before planting. Once planted, water deeply and do not let the soil dry out completely until the plants become well established. This means most of the growing season. Water twice a week if it hasn't rained. Too little water can cause sunburned canes and defoliation. Too much can cause root disease and nutritional deficiencies. Avoid wetting the foliage whenever possible, as wet leaves are prone to fungal diseases. Consider drip irrigation or soaker hoses to get the water directly to the roots. If you use a sprinkler, water as early in the day as possible to give the leaves a chance to dry thoroughly during the day. Mulch with 2 inches of shredded leaves or shredded hardwood. For existing rosebushes, cover with mushroom compost or aged manure.



Don't lose your nerve: Prune roses back to 2 feet, and be sure to look out for diseased and broken canes.

Prune existing roses early in the month, as the buds begin to swell. Cut off all discolored or dead canes, and thin out to about four healthy ones. Don't be afraid to cut them back to about two feet; they will fill out nicely as the weather warms. When pruning, always cut the canes on an angle with the dormant bud at the top of the angle. Pruning now will also stop stored nutrients from going to small and weak buds.

Look closely as you prune for signs of pests and disease. Look for lesions or discoloration on the canes, and prune them off. Fungal diseases are spread by

spores that move in water from plant to plant, so clean your tools with an alcohol wipe after pruning each plant. Also avoid pruning while the plants are wet.

Be on the lookout for borers, which leave what looks like a hole drilled down the center of a cane. This is a tunnel left by the larval form of the insect. Cut these canes down to the point where there is no more tunnel. If you find any small white worms, destroy them.

And while you're at it, remove any weeds growing nearby. Remove diseased leaves, shoots and flowers regularly and place in the trash. Good sanitary practices will help reduce pests and disease.

Check your roses often to correct problems before they become severe. Your roses will be healthier if you include a diversity of plants in the garden. Consider annuals, herbs and even some vegetables nearby. Many rose lovers swear by planting garlic and other alliums nearby.

Plant roses in full sun with fertile soil and steady air circulation. It is best to get a laboratory soil test to determine not only the soil pH but also exactly what nutrients should be added. Ideal pH is 5.6 to 6.6. If fertilizer is required, make sure you water both before and after fertilizing so you don't end up with fertilizer burn. Organic slow-release fertilizers are best.

If the weather is terrible, don't worry. All this work can be performed in April as well!

*ron@primexgardencenter.com*

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## Weavers Way Farms Report

# The Best Season Ever (Until the Next)

by Nancy Anderson, Weavers Way Farms Record Keeper

SUMMER 2015 WAS DRY AND WE ENCOUNTERED increases in pest pressure as well as new plant diseases. But our diverse plantings and good management practices kept yields high, making 2015 our best year on the farm yet.

This was the second season of our restructured farming system, which manages our two sites as one and has proven an efficient way to organize our farms. The main change we made to our farm structure in 2015 was an increase in labor, which produced improvements in productivity, safety and employee satisfaction. From 2014 to 2015, we increased staff labor hours 18 percent, our harvest 31 percent and our income — including vegetable and compost sales and fundraising — 21 percent. Our total produce sales were \$158,282, compared to \$132,756 in 2014.

Other highlights from 2015:

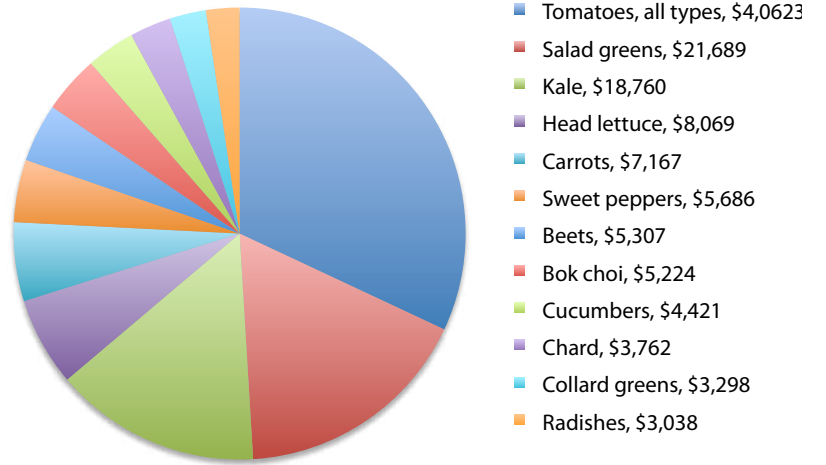
- We grew 65 annual crops plus 30 to 40 perennial herb, flower and fruit crops.
- We hired a full-time year-round field manager for the Awbury farm.
- An orchard waterline was installed, with the

generous support of Saul High School.

- We saw continued growth in sales at our farm markets at Saul High School and at Headhouse Market.
- Fundraising continued to be successful, including donations from the Kitchen Garden Series, created by CSA shareholder Heidi Barr, which gives 12 percent of sales to the farm; and the Harvest on Henry Farm Festival at Saul in October, which netted nearly \$6,500.

*nanderson@weaversway.coop*

## Top 12 Produce Items by Sales in 2015



### Spotlight on ... Tomatoes!



We keep detailed records of our yields to monitor productivity. Here is a snapshot of one particular crop, the tomato, which did especially well in 2015.

The bounty began in earnest in mid-July and in one week alone we harvested 2,540 pounds. Production continued quite strong a few weeks longer than usual, another testament to the healthier conditions created by good management practices.

Tomatoes stand out both for the great effort they require and the pleasure we

have in sharing, eating and preserving them. Our tomato production and sales numbers skyrocketed; we harvested 77% more tomatoes in 2015 compared to 2014 even though we had almost the same number of plants!

	2014	2015
Bed feet	2,410	2,510
Harvest in lbs.	7,688	13,608
Sales total	\$18,065	\$40,929
Sales per bed ft.	\$7.50	\$16.30



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MEMBER BENEFIT



# EASYPAY PAYS YOU



# New to the Farms? Let Us Introduce You!

**W**EAVERS WAY FARMS IS A DEPARTMENT within Weavers Way Co-op. We operate as one farm at two sites in the city limits, a few miles from each other and from the Co-op stores. Henry Got Crops Farm is at W.B. Saul High School in Roxborough and Mort Brooks Memorial Farm is at Awbury Arboretum in Germantown. With our combined fields of more than 6 acres, nearly half of that in production, we are the largest vegetable farm in the city.

Our history goes back to early volunteer efforts in 2000; we hired our first paid farmer at Awbury in 2007 and started to farm at Saul in 2009. We practice sustainable, organic farming methods, although we are not certified organic. We have multiple outlets for the crops we grow: the Henry Got Crops CSA, the Headhouse Farmers Market, local restaurants, our seasonal farm market at Saul and the produce departments at the Co-op. You can also find our produce occasionally in Weavers Way's prepared foods!

Farm Manager Nina Berryman oversees the whole operation. Brendan Stiteler is the field manager at Awbury and Emma Dosch is the field manager at Saul. In summer 2016, Heidi Ochsenreither will return to Saul as field assistant and a

new field assistant, Renae Cairns, is coming to Awbury. Two longtime friends of the farm, Josh Croston and Chelsea Mackie, will help with field work this year, and we also have a part-time record keeper, Nancy Anderson.

In addition, shareholders of our Community Supported Agriculture program work with us at the farms, developing skills and know-how that we count on throughout the season.

Finally, we are the product of many partnerships: with Saul, one of the nation's few public agricultural high schools; with Weavers Way Community Programs, a nonprofit that provides farming and nutrition education programs to underserved children and adults; the nonprofit Awbury Arboretum; Philadelphia's Parks and Recreation Department; the Pennsylvania Horticultural Society; the Philadelphia Orchard Project; Penn State Extension; and Bennett Compost, among others.

Co-op members are encouraged to visit the farms, look for our labels and attend special events and volunteer days. Look for information in the Shuttle, eNews and on the Weavers Way website.

— Nancy Anderson



## coop deals

### Great Monthly Savings.

Each month, the Co-op Advantage helps participating co-ops like Weavers Way offer their members tremendous savings on dozens of items. Most food co-ops were formed by people who realized that by pooling their resources, they could save money and have greater control over their purchases. A few years ago, the co-ops of the National Cooperative Grocers Association formed the Co-op Advantage Program, or CAP, now called "Co-op Deals."

When co-ops combine their buying power to get volume discounts, their members save money!

**NOV 4 - NOV 17, 2015**

- 2/\$4 CASABIAN FARM Organic Protein Vegetables
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- \$3.99 FRONTIER Organic Ground Chicken
- 2/\$3 FARMER'S MARKET Organic Pumpkin

**Featured Inside:**

- Try a colorful, seasonal apple-cranberry spiced recipe for the holidays.
- All the fall flavors in a convenient, ready-to-go format.
- Lightened, sweet cream, cultured? Give us some butter please in this sauce.
- Nothing better in a house with great ingredients from your local food co-op!

## coop basics

### Good Deals Every Day.

You don't have to empty your wallet for the good stuff when company's coming. With Co-op Basics, you can take advantage of everyday low prices on plenty of high-quality organic and natural food — grocery, dairy, produce, freezer and deli.

We're adding more products all the time to the Co-op Basics roster, and making more room on the shelves for more value-priced items.

One way to save money without making compromises is to look for the Field Day label. Field Day sources the best ingredients to create products you and your family will love. And 91% are Certified Organic and 94% are Non-GMO Project Verified. Taste and compare for yourself.

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# Suggestions

by Norman Weiss, Weavers Way Purchasing Manager

GREETINGS AND THANKS FOR WRITING. As usual, suggestions and responses may have been edited for brevity, clarity and/or comedy. In addition, no idea, concept, issue, remark, phrase, description of event, word or word string should be taken seriously. This also applies to the previous sentence.

Last issue, I made a sarcastic comment about the minerals in the water in Flint, MI, thinking I was being creatively clever and funny. A reader emailed me, saying he thought it was offensive and in poor taste and called for an apology. And in fact, after I wrote it, I did wonder about it being inappropriate, but my desire to quip trumped good taste, not to mention good sense, so I let it go. I am aware lead poisoning in children can lead to tragic things like developmental delays, learning difficulties and behavior and physical problems. Therefore, not a joking matter. I apologize.

Apparently, Flint water issues have other municipalities taking a look at their water systems, including Philadelphia. From a philly.com article about lead in Philadelphia water:

*"If you want to panic, there are things to panic about, and it's not this," said Gary Burlingame, director of the Water Department's Bureau of Laboratory Services.*

Unfortunately, or maybe fortunately, Burlingame did not elaborate on what we should be panicked about regarding our water supply. Maybe it's that sources are the Schuylkill and Delaware rivers? Our rivers have major issues, two of which



are effluent and agricultural chemical runoff. I don't know how much we can do about the effluent, we being a city of 1.5 million people, most of whom regularly practice the habit of eating and drinking, and as a direct, if delayed result, create personal effluent that ends up where? After being treated by the Water Department, in the Schuylkill and Delaware rivers. Related to this, and Weavers Way being a food co-op and all, there is evidence that sustainably practiced agriculture, using soil-health techniques such as reduced tillage, cover cropping, crop rotation, natural fertilizers like animal and "green" (crop waste) manure, makes for healthier rivers, as measured by things like bacteria and pathogens.

Speaking of water, of course this brings up our latest controversy, the company people love to hate, Nestlé. Longer-term members may remember the days when the Co-op's membership actively boycotted things. Our members voted at membership meetings to boycott non-United Farm Workers grapes to protest farmworker treatment by growers, and also boycotted Nestlé products due to the way Nestlé marketed powdered baby formula to women who didn't need it, couldn't afford it and didn't have enough clean water

to use formula properly anyway.

The UFW boycotts, or at least the publicity around them, did result in California farmworkers obtaining rights to organize and bargain with growers that they previously did not have, and eventually resulted in higher pay and better working conditions, which included less toxic pesticide exposure. The international Nestlé boycott officially ended in 1984, when Nestlé adopted a World Health Assembly code forbidding companies to promote infant formula as a substitute for breast milk. The boycott was re-launched in 1989 when Nestlé and similar companies again started promoting their formulas.

There is much to read about this online (start here: [wikipedia.org/wiki/Nestlé\\_boycott](http://wikipedia.org/wiki/Nestlé_boycott)) as well as other accusations that Nestlé is a bad corporate actor worldwide — water issues, labor issues (slavery in chocolate and the seafood supply chain), price fixing, pollution, mislabeling. Plus Ethiopia's debt. Like many modern large companies, Nestlé has some things on the plus side of the ledger — the company gets high marks as a good European employer, gives to worthy foundations, sponsors sustainable projects and builds LEED-certified buildings, just to start.

The question for Weavers Way shoppers, members, leadership and, especially, Weavers Way staff, is figuring out the best way to handle these kinds of issues. You may have seen in last month's Shuttle and on the website where Mt. Airy Grocery Manager Kathryn Worley, at the request of the Weavers Way Environment Committee, has been exploring alternatives and asking for feedback on San Pellegrino sparkling beverages. (San Pellegrino is one of Nestlé's 2,000 brands.) We have members calling for a boycott, members asking for education, members who want staff to vet all our products and

Speaking of water, of course this brings up our latest controversy, the company people love to hate, Nestlé.

filter out anything not in line with our stated values, members who want free choice so they can decide for themselves and members who want us to go back and boycott Eden Products, too.

Also factoring into this balancing act is sales and margin. We do have to stock products that sell well enough and generate enough margin so we can keep our doors open. The fact that a mature, 43-year-old consumer organization, with members who can be described as relatively progressive and well informed, is trying to figure this out is an indication of how difficult — not to mention slippery — these issues can be.

**suggestions and responses:**

**s:** "Beyond Meat (Beyond Chicken, Beyond Beef) and Treeline cheeses. TY!"

**r:** (Kathryn MA) Thanks for the Beyond Meat suggestion! We'll add these to our wish list. (Shawn MA) Will try Treeline

(Continued on Next Page)



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(Continued from Preceding Page)

again, as I think fermented nut cheese has gotten more popular. (We had tried it before and it didn't sell well enough to keep.)

**s:** "Stumbled upon Chilly Philly's new flavor (Chocolate) in Chestnut Hill the other day. Finished the pint, walked to Mt. Airy planning to buy more. Sadly, no chocolate Chilly Philly! Please make space for the local ice cream."

**r:** (Kathryn MA) We will, very soon! Thanks for the suggestion!

**s:** "We used to carry instant cup of soup miso, etc. Could we get some back?"

**r:** (Kathryn MA) Thanks for the suggestion. I've been thinking about this too. I did bring in some rice bowls: They are near the soups and ramen noodles. If I find anything that looks reasonably healthy, we may try a few. Thanks again! (Norman) We do have some powdered broths and onion-soup mix in the bulk spice section.

**s:** "Parrano cheese (from Holland)."

**r:** (Shawn MA) Prima Donna is very close. If you would like to taste it, please ask at the deli. If you are still not convinced, I'll consider giving Parrano a try. It has not moved in the past, while Prima Donna is very popular.

**s:** "I have canned soup past the best-buy date. Can I donate it to a food bank and not get sued?"

**r:** (Norman) We are not here to dispense legal advice so we can't advise on that. However, the subject of expiration dates on products has come up at Weavers Way recently.

We won't sell products past their expiration date. But here is the fun fact — with the exception of infant formula, the FDA has no regulations governing food dates. They are not required, and basically manufacturers, wholesalers and re-

tailers can do whatever they want when it comes to dating. Stamp a date on it, don't stamp a date, stamp a coded date, call it "expiration date" or "use by" or "sell by" or "best by," basically anything goes. Some states have regulations, as do some cities, so it's a bit of a mish-mosh.

The FDA requires food to be wholesome and fit for consumption, and everyone in the supply chain could be liable if a consumer suffers from a foodborne illness, so it is in everyone's financial interest to keep food safe. Manufacturers use dating as a quality control, unrelated to food safety. This quality control is a bit made up; a manufacturer might decide that after nine months, their pickles lose a bit of crispness but are still acceptable to most people, but after 12 months the crispness decline is not acceptable, so will use that for the best-by date. Similarly for cereal, dressings and other foods that might go rancid, manufacturers simply decide when the degree of rancidity is not acceptable and will use that for a use-by date.

The dating issue has been partially blamed for all the wasted food in this country, as people routinely toss perfectly edible food thinking, erroneously, that it's not safe. Most experts say the best way to decide if food is good to eat is to use your senses — eyes, nose and feel (as in meat that feels slimy).

In an effort to ease confusion at Weavers Way, we've asked all our suppliers to embed RFID tags on all food packages that will sense when the contents are close to spoiled and send a signal to your cell phone alerting you to impending doom. So far, all suppliers have agreed to look into it except Nestlé, which won't comply because they think we're too mean.

*normanb@weaverway.coop*



Rendering shows extension on the south side of the current building

## Lovett Library Closing Set for April 1

by Penelope Myers, for the Shuttle

**O**N FEB. 9, OVER 50 LOVETT LIBRARY lovers came to a meeting in which officials from the Free Library provided more details about the closing of the building and plans to continue neighborhood library activities while it is closed.

As of April 1, the library will be closed for 18 months of renovation. The first few weeks after that will be spent emptying out the contents of the building. Physical construction should begin sometime during the summer.

Lovett is one of a half-dozen library sites citywide being renovated as part of the multi-million dollar 21st Century Libraries Initiative funded by the William Penn Foundation. The plans at Lovett include a building extension and an enlarged tech center. (The website for the entire project, [www.21stcenturylibraries.org](http://www.21stcenturylibraries.org), has some renderings of the plans.)

While Lovett is closed, we are encouraged to patronize the other branches in the Free Library's "Northwest Cluster"

— Chestnut Hill, Wadsworth, Northwest Regional and West Oak Lane. Staff from these libraries will carry out such activities as the summer reading program and school visits, and will continue their outreach to local schools, day-care centers and summer camps. These staff members will also be attending community meetings to keep us informed of the progress of the renovation.

The Free Library also hopes to have the Techmobile come to our area once a week. This will provide public computer use as well as technical support. All you need is your library card.

As so many Lovett Library users will be using Chestnut Hill Library, the plan is for their hours to be expanded at least to be open on Fridays, with the ultimate goal of being open 7 days a week.

We can keep in touch with what is going on by signing onto the Lovett Memorial Library Facebook page or by sending an email to [libraryconstruction@freelibrary.org](mailto:libraryconstruction@freelibrary.org).

*Reach Weavers Way member Penelope Myers at [sandterns@gmail.com](mailto:sandterns@gmail.com).*



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**The days are getting longer, the spring flowers will soon peek out from the frozen ground and the temperatures are getting warmer. Now is a good time to assess if there's any winter damage to your home and make plans for spring home improvement projects.**

**Here's a Tip for You: Replacing broken window panes is inexpensive and goes a long way to making your home more attractive and energy efficient. Take a walk around your house and visually inspect all of your windows. While you're at it take a look at the window sills and trim for any signs of water damage or deterioration. Painting or replacing damaged window trim is another home improvement project that yields big results.**

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GLENSIDE

**CHEF'S CORNER**

# Thanks for Your Patronage, and We're Worth It

by **Bonnie Shuman,**  
Weavers Way Executive Chef

I WANT TO THANK YOU ALL FOR THE KIND WORDS you have emailed, texted or spoken to me in person regarding my last Shuttle article about competition from other grocery stores (called the Supernaturals). Of course, the timing of my article happened to be perfect with the opening of the Fresh Market, and lo, that day has come and gone.

What impressed me most about the feedback I've received is the acknowledgement from you all of the differences that make Weavers Way stand out. And the one theme that kept coming up was our commitment to each other as a community and the relationships we have built along the way.

As we explore opening up a commissary kitchen that would provide prepared foods to both stores (and an eventual third store), I am aware that working at an off-site commissary would mean less contact for me with shoppers. And that is the only misgiving I have

about a commissary, but it is a HUGE one.

The feedback you share about our food, our service and other things in the store is an invaluable gauge of how we are doing and how we can continue to serve you best.

I want to quote a line from an interview that Lynne Rossetto Kasper, from NPR's "The Splendid Table," did with Steve Jenkins. Jenkins is the famous cheesemonger, author of "Cheese Primer" and vice president of Fairway Markets in New York City. The title of the segment was "How to Select a Supermarket that is Worthy of You."

He asks: "Are there people behind the counter who are not so bored that I might as well be talking to a robot? That's as important as how the deli offerings look. Unless I have that bond, I am not going to rave about this store. I may do business there, but I'm never going to feel like 'Oh boy, these guys have really got it together.' . . . The best way to make that happen is to ferret out somebody behind the counter who has a light on behind his or her eyeballs, who cares about what you're

going to serve tonight."

That really struck a chord with me because I have tried to instill that sense of integrity and passion in the wonderful employees of our kitchen and deli. We really care about the product we are selling and the customers we are selling to.

Many of you asked me if we are worried about the competition, and my response has been this: We take it seriously, and what we do with that concern will make us shine. And what we do is throw every ounce of excellence into what we do. We make the connection with you, our customers and our friends. We speak with generosity and authenticity. We show a passion for service that goes beyond carrying your bags to your car and we work with a light behind our eyeballs that says, "I am Weavers Way and I will make it my mission to prove to you that we are more than a supermarket, and that we are more than worthy of your patronage."

*bonnie@weaversway.coop*

## Committee

(Continued from Page 1)

management a proposal to help make shopping at the Co-op more affordable for lower-income members. This proposal led to the creation of the Food For All program for Weavers Way members on public assistance, as well as the Senior Discount Tuesday program.

Along the way, we have regularly contributed articles on a wide range of food justice topics to the Shuttle. One of our first articles, in November 2014, explored the unethical practices of Nestlé Corp., which makes beverages that can

be found on the shelves of Weavers Way. Just last month, we learned in these pages that the Co-op is seeking to stop stocking San Pellegrino sodas, a Nestlé-owned line.

But other than the occasional Shuttle article, the committee went on hiatus for most of 2015, after one of us took a job out of town and the other had a medical issue that consumed the better part of several months.

But now, thanks to recent interest from some new Co-op members, the com-



mittee is resurgent, meeting recently and discussing some projects for the coming year. Among other things, we want to promote Food For All to the larger community. And we're hoping to put together a Food Justice Day, possibly on Food Day in October.

Of course we'd also like to provide members with as much information as possible, not just about our committee, but more importantly about food-justice issues, so we'll continue with our Shuttle articles. If you're concerned about a

food-justice issue that you'd like to share with the members, you could write an article, too!

For more information about the Food Justice Committee, please contact Weavers Way Outreach Coordinator Bettina de Caumette at outreach@weaversway.coop or 215-843-2350, ext. 118. Our meetings are held at 6 p.m. on the first Wednesday of the month in the Community Room, 555 Carpenter Lane, adjacent to the Mt. Airy store. Our next meetings are scheduled for March 2 and April 6; check the online calendar at www.weaversway.coop/events to double-check.

*wasserkrug@gmail.com*

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**Kaiser on a Roll**

# Solving Customer Conundrums, One Ham Sandwich at a Time

by Chris Kaiser, Weavers Way Chestnut Hill Prepared Foods

**W**EAVERS WAY CUSTOMERS ARE intelligent and well-informed, but that doesn't stop them from asking staff for suggestions — nor does it hinder them from graciously receiving unsolicited recommendations.

The sandwich station in Chestnut Hill is a prime example. There was a day when a regular customer was sorting through the prepared mini-sandwiches in the grab-and-go section. His face wore a quizzical expression and he paced back and forth between the sandwich station and the hot bar.

"You having a tough time deciding what to eat?" I asked. He answered affirmatively, again picking up and putting down a sandwich or two. I noticed he was carrying a small container of soup, so I asked what kind it was.

"Creamy tomato basil," he answered.

"Well, then," I said, "you want to have a ham sandwich with that."

A smile creased his face. He reached down one last time into the grab-and-go cooler and surfaced with a ham, swiss, lettuce and dijonaise. The next time I saw him, he told me the pairing was perfect.

Bob Phibbs, who calls himself The Retail Doctor, has a list of 50 things retail employees should never do. Number 31

applies here: "Don't just stand there like a dead fish if customers are having trouble making a decision. Help out by giving them a choice."

One of the most common scenes at Weavers Way is customers engaged in conversation with staff. Matt Budenstein, the deli manager at Chestnut Hill, says about half of his customers ask for some type of recommendation. When it comes to deli meats, customers quiz the staff about additives, particularly nitrates, and seek information about locally sourced products. But with cheese, it's a different story.

"People shopping for cheese seem to want to be left alone. They tend to know what they want," Matt said.

**Supercharged suggestions**

One of the most popular sandwiches at Chestnut Hill is the Magic Carpet — hummus, feta, olives, cucumbers, roasted peppers and spinach served on warmed naan. One day when a regular customer ordered this vegetarian delight, I remembered that he had once asked for hot peppers with his Lucia Italian hoagie. So I asked if he'd like hot peppers with his Magic Carpet. He agreed, and now hot peppers are standard fare on his "Carpet."

I offered the same suggestion, along with the addition of bean sprouts, to another customer. His enjoyment of the concoction led him to christen it the "Supercharged" Magic Carpet.



Chris Kaiser photo

Pining for the perfect pairing? Just ask.

"The best kind of suggestive selling is that which is based on the knowledge of the customer's likes and dislikes," Lora Arduser and Douglas Robert Brown say in their training handbook for food service employees.

Josh Magnitzky, who staffs the Chestnut Hill produce department, noted how much customers enjoy learning about different food prep techniques. He recounted the time he explained to a customer how cauliflower can be used to make a meatless chicken wing. "She had no idea such a thing existed and was very excited to know of its possibility," Josh said.

I've been working at the Chestnut Hill store for nearly a year. One thing I've noticed is that the organization attracts an interesting and eclectic group of employees — singers, musicians, poets, writers, painters and home brewers; fashion designers, graphic artists, videographers, teachers and yogis. These left-brain pursuits call for passion and commitment, a passion and commitment that Co-op staffers can't help but display in their interactions with customers.

So my suggestion is to tap into this special energy as often as possible — and try pickles on your tuna hoagie.

*chris.newassignment@gmail.com*

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## Renewal Just Got a Lot Easier

by Kirsten Bernal, Weavers Way Membership Manager

THIS MONTH, WEAVERS WAY'S MEMBERSHIP RENEWAL process received a long-overdue upgrade. Yes, that means the, um . . . "time-honored" canary-yellow renewal notices are no more.

The fact that these snail-mailed letters lasted so long beyond the old paper ledger cards speaks to that all-too-human inclination to do things the way we have always done things, despite so much progress in systems and processes. While that 14-by-11 golden sheet of paper, plastered with oodles of useful information, will live in our hearts forever, we honor its service — and welcome its retirement.

Now you may be wondering, "How will I know it is time to renew?" That is a great question! The renewal process has gone paperless. You've already been receiving e-mail communications regarding some aspects of your membership. We have simply revised and arranged a series of e-mails that will keep you up to date throughout your membership cycle. (This is not to suggest that we intend to bombard you with these emails. If you are a non-working member, you may receive up to three notifications a year, depending on when you make your equity investment. Working members will receive more email correspondence than that, but only during the membership cycle.)

In addition, we have begun a more concerted effort to collect equity investments at the registers. While the practice has been in place for less than one month, I am confident this will prove to be the most effective part of the renewal upgrade. In the initial week of implementation, we broke records. During the first six days, there were 259 equity investments at the register, an average of 43 per day. Before, we averaged 10 a day!

This benefits us all. In the old renewal process, we sent the notice and waited; members had a five-month window to invest before becoming inactive. Anyone could lose track of something in five months! Inactive members would then have to reactivate, possibly missing some of their benefits. With the new approach, equity is being collected much faster, members are missing less time and it's less administrative work!

There are other advantages as well, few better than the almost 6,000 sheets of canary-yellow paper that we will no longer use. We'll also save 6,000 mailing labels and \$2,800 in postage per year. We will, of course, be saving labor hours, too. I know how many of you have spent your member hours folding, stapling and labeling. I honor your commitment! No worries — there still are many other cooperator tasks to accomplish.

The one true casualty is Fred Flintstone, our Riso machine. Printing renewal notices was his one remaining responsibility. Now Fred is officially out of a job.

Now is a great time to ensure that we have the most up-to-date info for your household. Check in to see that we have the best e-mail contact on file. (If you do not have an e-mail address on file for the primary cooperator in your household, you will continue to receive a paper renewal notice in the mail.) So contact Membership and update your info today: [member@weaversway.coop](mailto:member@weaversway.coop) or 215-843-2350, ext. 119.

*kirsten@weaversway.coop*

weavers way coop  
**we APPRECIATE OUR MEMBERS.**

## A Good Time, And 5% Off, Had by All

Member Appreciation Week was Jan. 31-Feb. 6, and in addition to 5 percent off store(s)-wide, there was sampling, vendor visits, live music (including Steve Rice, above, on accordion) and, of course, cake (well managed at right by chief pastry-server Jon Roesser). New members — we signed up 95 households! — appreciated special New Member Goodie Bags, and three of them get our special appreciation because they contributed their full \$400 equity investment on the spot!

Photos by Larry Goldfarb



BOARD CORNER

## Review Proposed Bylaws Change

by Emmalee MacDonald, Treasurer, and Stu Katz, Director, Weavers Way Board

IN THE 2016 SPRING ELECTION, COMING UP IN April, Weavers Way members will be asked to vote on a proposed change to the Weavers Way Bylaws. The Board has voted unanimously to accept the change; now it's the members' turn.

What is the proposed change? We propose that the following sentence in Section 7.6 be changed, from:

Patronage dividends shall be based on the Coop's **pretax net income** attributable to member sales.

to:

Patronage dividends shall be based on the Coop's **taxable net income** attributable to member sales.

(You can review the bylaws in their entirety by visiting the Weavers Way website at [www.weaversway.coop/about](http://www.weaversway.coop/about) and choosing the bylaws link, or by logging in to the Online Member Center and clicking on Key Documents.)

Why the proposed change?

The Co-op is permitted under the Internal Revenue Code to pay a maximum patronage dividend equal to its taxable income attributable to member sales. This dividend may be computed based upon pretax book income (i.e., that shown on the financial statements) or taxable net income (i.e., that shown on the tax return). There are various reasons that taxable income may be different from book income in any given year. Basing the dividend on taxable income allows us to determine the exact amount that needs to be paid in order for patronage income to be zeroed out. Paying out the entire dividend ensures that Weavers Way pays no federal income tax on income attributable to member sales. This allows the Co-op to preserve tax credits and other attributes that can be used to offset tax attributable to non-member sales.

Bottom line: This change would allow Weavers Way to ensure that it pays the least amount of federal income tax on income attributable to member sales.

Need more information? We're happy to answer questions or provide an in-depth mathematical example of how this works. Feel free to contact Emmalee at [emmalee.macdonald@gmail.com](mailto:emmalee.macdonald@gmail.com).

## Cooperators of the Month



### Fran & Toni Sharp

**Joined Weavers Way:** Originally signed on in early 1973, then left in the late '80s. Rejoined in the early '90s.

**Live in:** East Mt. Airy.

**Former jobs:** Fran was an executive search consultant, mostly in health care. Toni taught elementary grades at Friends Central for 35 years. They also served in the Peace Corps in the Philippines from 1964 to 1966 and in 1968, when Fran worked as a Peace

Corps administrator.

**Co-op flashback:** Toni: "It was small and crowded. Not well labeled, not well organized. . . It was Jules [Timerman] in all his personality."

**Why they're still working members:**

**Toni:** "We're doing our share. It takes a community, it takes a village, and if everybody chose not to participate, it wouldn't be a village."

**Co-op job history:** A lot of bulk packing in the evening. Fran's also done painting and handyman work.

Recently, he's done shifts at both farms.

**Favorite Co-op products:** Toni is gluten-free, and gets those items here. They're also fans of The Incredible Bulk and the cheeses.

**A little Co-op love:** Toni: "You're treated like family. I don't know if the newcomers have that sense, but I like walking in and seeing Steve [Hebden] and Norm [Weiss] . . . and thinking that you're just part of the group and they treat you [like that]."

# Mt. Airy Cook Caught Co-op Vibe Early, Now Makes Time to Help Homeless Youth

by Karen Plourde, Weavers Way Chestnut Hill Grocery Staff

**A**DAM DARER, A COOK IN PREPARED FOODS AT Weavers Way Mt. Airy, didn't grow up in a co-op, but he helped run one in college. And the lessons he learned stuck with him and shaped how he sees his place in the world.

Adam, 26, hails from Chestnut Ridge, NY, in the Hudson Valley. At age 5, he helped his "nana," Evelyn Darer, plant cherry tomato plants in his backyard, and from then on, growing food fascinated him. By the time he was in middle school, he was maintaining a small garden plot of his own.

In 2008, Adam graduated from high school and went to Oberlin College in Ohio, where he dual-majored in chemistry and environmental studies. While there, he became part of the Oberlin Student Cooperative Association, an alternative to the school's meal plan. The students pooled their money, purchased food from local farms and bulk distributors, and put together three meals a day for each other. So Adam learned how to cook, and how to work within a co-op.

"The co-ops operated by consensus voting, which . . . with a bunch of college students, can be at times very trying," he recalled. "But when it works, it's astounding that you realize there's no 'adult' in the room. It's all us fully being in charge."

After graduating, Adam headed to San Diego to work at the Scripps Institution of Oceanography as a research technician. After a year there as a research technician, he came back East to Avondale, Chester

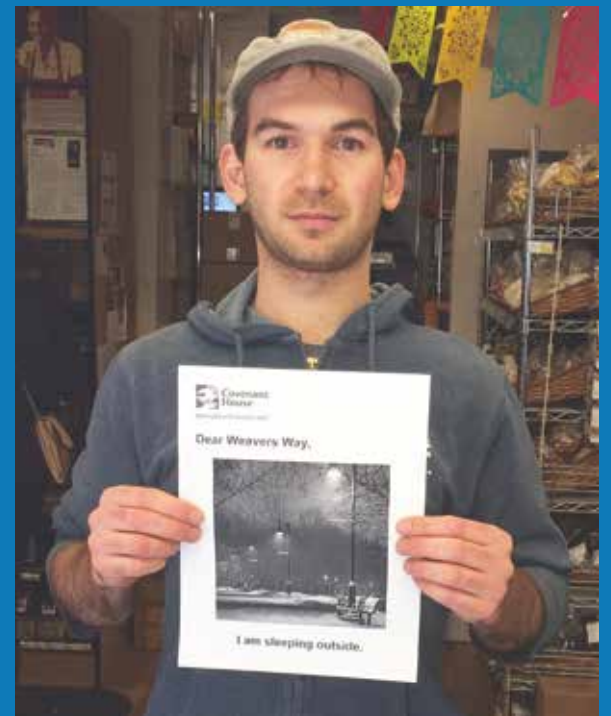
County, to do freshwater analysis at the Stroud Water Research Center.

Until then, Adam had always intended to go to graduate school, but instead decided to take a pause. He signed on as an apprentice at the Kimberberton CSA, a 10-acre farm in Chester County, for a full season. By November 2014, work at the farm had slowed, but Adam wasn't ready to go back to school. He saw a Craigslist posting for a cook at Weavers Way Mt. Airy, and was hired soon after.

Adam had about seven months under his belt at the Co-op when he learned that his dad needed a kidney transplant. Luckily, Adam was a match. He took a month off and then worked half days for a few weeks after the surgery.

Another opportunity for Adam to give of himself came by way of a phone call from Covenant House PA to Prepared Foods about a year ago. The provider of services to homeless youth runs a shelter in Germantown, and was looking for the Co-op to donate a sandwich platter. Although Adam lives in Germantown, he'd never heard of Covenant House. He checked them out online and found out about Sleep Out, in which volunteers sleep outside for a night and raise money through sponsors. He signed on for this year's event, which takes place at Covenant House March 18-19. On March 12, he and some other area musicians will put on a family-friendly concert and silent auction to raise additional funds at Summit Church, 6757 Green St., from 7 to 10 p.m. There's a sliding admission of \$5-\$10 at the door.

## Staff Celebrity Spotlight: Adam Darer



Karen Plourde photo

Adam Darer and other musicians are staging a concert March 12 at Summit Church to benefit Covenant House. He's also seeking sponsors for Covenant's Sleep Out fundraiser March 18-19. For info, contact him at adam.i.darer@gmail.com/845-323-3698 or visit his web page: bit.ly/1QAIP1v.

Adam is grateful to Weavers Way for helping him find out about Covenant House and tap into different experiences. "I feel like the people here really care about each other and about the organization," he said. "I love reaching out and finding all these little niches of ways I can be involved in the Co-op, too."

kplourde@weaversway.coop

## What's What & Who's Who at Weavers Way

### Weavers Way Board

The Weavers Way Board of Directors represents member-owners' interests in the operation of the stores and the broader vision of the Co-op.

**The March Weavers Way Board meeting is 7 p.m. Tuesday, March 1, upstairs at the Chestnut Hill Community Center, 8419 Germantown Ave. The April meeting is 7 p.m. Tuesday, April 5; check website for location.**

For more information about board governance and policies, visit [www.weaversway.coop/board](http://www.weaversway.coop/board). Board members' email addresses are at [www.weaversway.coop/board-directors](http://www.weaversway.coop/board-directors), or contact the Board administrator at [boardadmin@weaversway.coop](mailto:boardadmin@weaversway.coop) or 215-843-2350, ext. 118.

**2014-2015 Weavers Way Board**  
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**Vice President:** Joshua Bloom  
**Treasurer:** Emmalee MacDonald  
**Secretary:** Laura Morris Siena  
**At large:** Megan Seitz Clinton, Larry Daniels, Lisa Hogan, Stu Katz, Joyce Miller, Linda Shein, David Woo

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### OPEN EVERY DAY

[www.weaversway.coop](http://www.weaversway.coop)

**Mt. Airy main number:** 215-843-2350

[contact@weaversway.coop](mailto:contact@weaversway.coop)

**Chestnut Hill main number:** 215-866-9150

#### Mt. Airy

8 a.m.-8 p.m.  
 559 Carpenter Lane

#### Chestnut Hill

Monday-Saturday  
 7 a.m.-9 p.m.  
 Sunday, 8 a.m.-9 p.m.  
 8424 Germantown Ave.

#### Across the Way

8 a.m.-8 p.m.  
 610 Carpenter Lane  
 215-843-2350, ext. 276

#### Next Door

9 a.m.-8 p.m.  
 8426 Germantown Ave.  
 215-866-9150, ext. 221/222

### HOW TO REACH US

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**Floral Buyer**  
 Ginger Arthur, ext. 317  
[floral@weaversway.coop](mailto:floral@weaversway.coop)

### Weavers Way Welcome Meetings

We encourage new members to attend one orientation meeting. Learn all about our cooperative market, the benefits of buying in, the resources that become available to you and how co-ops contribute to local communities around the world. Meet staff and other member-owners and share in some refreshments and conversation. Bring your questions, your curiosity or your experience with other co-ops. Working members will receive two hours of credit for attending. We look forward to meeting you!

*Attend a Weavers Way Welcome Meeting, Get Two Hours Work Credit!*

Meetings start at 6:30 p.m., either in Mt. Airy or Chestnut Hill. RSVP to:

[outreach@weaversway.coop](mailto:outreach@weaversway.coop) or  
 215-843-2350, ext. 118.

**NEXT MEETING: Wednesday, March 9**

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# Easter Menu

## PRE-ORDER HOLIDAY SPECIALTIES

Easter is Sunday, March 27

Whole Side Braised Salmon with Cucumber Dill Sauce	\$20.99 lb
Whole Boneless Herb-Roasted Turkey Breast	\$14.99 lb
Braised Lamb Shank with Moroccan-Spiced Sauce	\$10.99 lb
Mashed Sweet Potatoes	\$5.99 lb
Mashed Potatoes	\$5.99 lb
Brussels Sprouts with Shiitake Mushrooms and Leeks	\$10.99 lb
Green Beans with Toasted Almonds	\$12.99 lb
Glazed Carrots with Apples	\$7.99 lb
Citrus-Roasted Asparagus	\$12.99 lb

Don't forget to check our catering menus for additional options!

[www.weaversway.coop/catering](http://www.weaversway.coop/catering)

Call 215-866-9150, ext. 209, for Chestnut Hill Prepared Foods.  
 Call 215-843-2350, ext.102, for Mt. Airy Prepared Foods.

We are happy to accommodate special requests with advance notice. We prefer a week's notice on holiday pre-orders, but will fill last-minute orders whenever possible.

## MEAT & SEAFOOD SPECIALS

Boneless Leg of Lamb	\$8.99 lb
Esposito Boneless Bacon-Wrapped Lamb Roast	\$12.65 lb
Garret Valley Spiral-Cut Ham	\$6.29 lb
Black Pearl Scottish Farm-Raised Salmon (antibiotic-free, sustainable)	\$13.99 lb

Pre-order from our butchers at either store:

Chestnut Hill, 215-866-9150, ext. 205; Mt. Airy, 215-843-2350, ext.104

Ask about house-cut roasts!



**Chestnut Hill**  
 8424 Germantown Ave.

**Mt. Airy**  
 559 Carpenter Lane



# REBIRTH OF THE LIBRARY

*The Pulse* team hit the books to find out what the next chapter holds for libraries. From pages to pixels, through stories in the stacks, listen to the entire collection online at [WHYY.org/libraryscience](http://WHYY.org/libraryscience).



STORIES AT THE HEART OF HEALTH, SCIENCE AND INNOVATION



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