

Weavers Way stores will be

OPEN LABOR DAY

from 9 a.m. to 3 p.m.



The Shuttle

September 2016 Vol. 44 No.9

Community-Owned, Open to Everyone



The Backyard IS BACK!

You minded the dust, and the mud and the machines and noise. Now enjoy our better Chestnut Hill Backyard!

With a speakers corner, built-in benches and native plantings to cool things down, it's a perfect place to meet friends, take in an event or just munch your lunch. (See more construction pictures on Pages 12-13.)



It's Easier Than Ever to Manage EasyPay

Now you can track your EasyPay balance and spending in the Online Member Center.

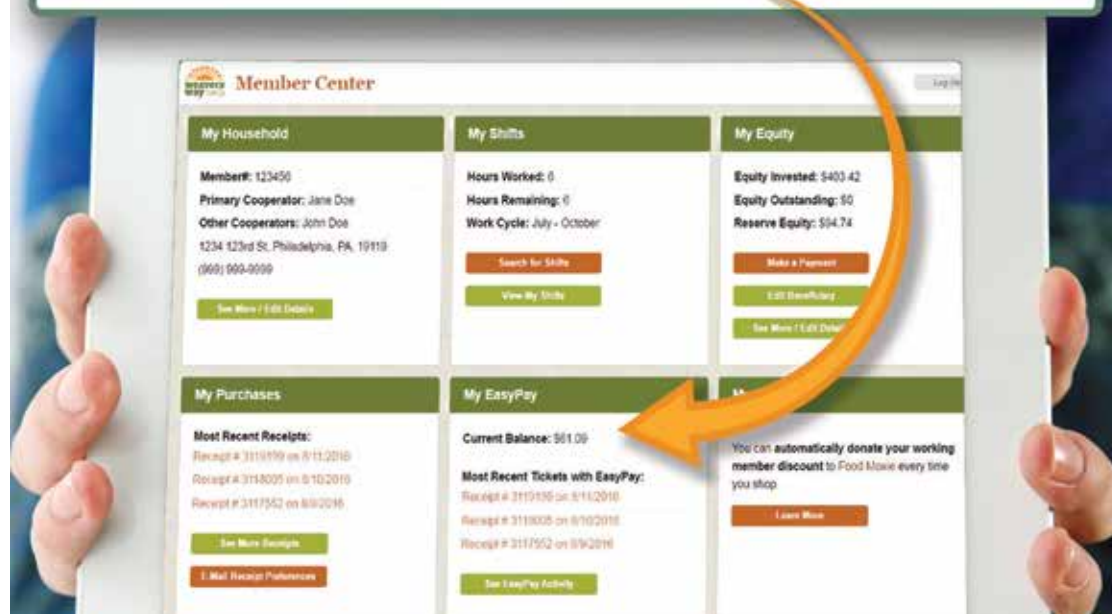
- ▶ See your EasyPay balance.
- ▶ View receipts for all EasyPay transactions.
- ▶ Track all your EasyPay activity including deposits, redemptions and your "EasyPay Pays You" 2% bonus when you deposit \$100 or more in cash or by check!

Convenient EasyPay house accounts are a Weavers Way member benefit. EasyPay acts like a gift card — but you don't need a card. You can add money over and over at the cash register in any store; the balance is attached to your member account, so anyone in your household can tap it. Just show a picture ID or membership card to the cashier.

And coming soon: Online cash transfers into your EasyPay account! How easy is that? Watch for details.

It's... EASY! Just log in. You'll see the new **My EasyPay** "card" right on the Member Center home page.

If you've never used EasyPay, there's no better time to start.



FARM TO TABLE



THURSDAY, SEPTEMBER 29
AN EVENING OF FINE DINING
AT AWBURY ARBORETUM
SOCIAL HOUR 5:30 - 7PM
SEATED DINNER 7 - 9PM

FOODMOXIE.ORG/FARMTOTABLE



Weavers Way Cooperative Association
559 Carpenter Lane, Philadelphia, PA 19119
www.weaversway.coop
CHANGE SERVICE REQUESTED

WANT TO VOTE?

YOU HAVE TO BE REGISTERED!

The Weavers Way Education Committee reminds members that Election Day is Tuesday, Nov 8, 2016. Here are two easy ways to register:

Register online. Go to www.pavoterservices.state.pa.us/pages/VoterRegistrationApplication.aspx. **You must be registered by Oct. 11, 2016, to be able to vote on Nov. 8.**

Fill out and mail a paper registration form. There are forms at the registers in the main stores — take one, fill it out and mail it, or give it to a cashier and we will mail it for you. Again, **you must be registered by Oct. 11, 2016, to be able to vote on Nov. 8**, so if you are mailing in the form, be sure to allow plenty of time.

Editor's Note

by Mary Sweeten, Editor,
Weavers Way Shuttle



I WAS WAITING ALL SUMMER FOR GM Jon Roesser to get around to the dog problem. Seems some folks don't think they should have to deal with dogs tied up outside the Mt. Airy stores. Please see his column on Page 7, which isn't just about dogs, but also about the myriad other ways having Weavers Way for a neighbor might be vexing — for which we are truly sorry.

I'm all about the dogs:

Yo, dog people: I love dogs. I love smelly dogs, drooling dogs, begging dogs, barking dogs. If I see a sleeping dog, I wake it up. In case you don't know me, I'm the woman who walks around saying, "Can I pet your dog?" Mt. Airy is dog heaven, and every kid in Mt. Airy better know how to deal with dogs, even if they're tied up outside the Co-op.

Which brings me to my point: Please don't leave your dog tied up outside the Co-op. Your dog hates it. He's pining for you to come back, and meanwhile, weird people are trying to pet him.

I never leave my dog outside while I go in anywhere. What if someone tries to steal her? Poison her? Gives her cheese that makes her fart for days?

Also, it's illegal. Dogs in Philadelphia are supposed to be on a 6-foot leash, with a human attached to the other end. (It's right there in §10-104, "Animals Running at Large and Vicious Animals," and don't get me started on the cat exception.) Weavers Way, as Jon notes, isn't getting into code enforcement, but that doesn't mean someone else might not call you on it. (And then maybe the authorities will also notice that your dog doesn't have a license, hmm? That's 300 bucks.)

Yo, non-dog people: I get it. I hate hate it when people let their dogs run off-leash in the woods. And the last thing the guy said before his dog bit me was, "He doesn't bite."

So really, the problem isn't dogs. The problem is, well, people.

So, yo, dog people: Please don't leave your dog tied up outside the Co-op. Do it for your dog.

msweeten@weaversway.coop

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 (approximately 500 words) and letters to the editor (200 words) on subjects of interest to the Co-op community. Editorial copy is due the 10th of the month before publication, e.g. Dec. 10 for January.

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.

Articles and letters express the views of the writers and not those of the Co-op or its Board, unless identified as such.

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, via email at 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

Check It Out!

by Karen Plourde, Weavers Way Communications Staff



Meat & Fish Market

Martin's sausages are just the thing for football Sundays.

The Eagles will give us much to chew on this season. But the ups and downs of the Birds might be more palatable with some Martin's sausages on the grill. Martin's, originally of the Italian Market and now in Mickleton, NJ, has been making sausage for three generations. They expanded a while back from a pork-only operation to include turkey and chicken sausages with ingredients like broccoli rabe, sun-dried tomato and Granny Smith apple. Through Sept. 20, all Martin's varieties are \$1 off per pound. So stock up on your faves or get out of your comfort zone and try something new.

Goings On in Grocery

Sambar Kitchen sauces make dinner easy. And Steve's PaleoGoods are back.

This time of year, amped-up schedules can make dinner at home close to

impossible. That's where Reading's **Sambar Kitchen** cooking sauces come to the rescue. Just make some rice (you can do that the night before), sauté your protein of choice and veggies you'd like to add, and pour on one of their Indian-inspired sauces, available at both stores. Done and delicious. Want to go even easier? Try their heat and eat meals: madras lentils with eggplant and okra, channa masala, and paneer jalfrezi. All three are on the shelves in Mt. Airy, with just the first two in the Hill.

In the Hill, customers have been asking for paleo-friendly products, and so **Steve's PaleoGoods** have returned.

Steve's, based in Pennsauken, NJ, offers nutrient-dense bars, dried fruit, cereals and snacks that are free of gluten, refined sugars and preservatives. They'll have their own little paleo home in the store; ask a staff person if you need help finding it.



Finds for the Furry & Feathered

Rad Cat raw food keeps it wild for Puss' sake.

Given the choice, your kitty would rather munch on that rodent, bird or bug from the other day than anything you put in its bowl — and would digest it better

too. **Rad Cat** raw diet food could be an improvement for everyone. New in the freezer Across the Way, Rad Cat is grain- and vegetable-free, and the meat is certified organic, free-range or pasture-raised. Choose from three flavors.



Bulk & Beyond

We've got more natural remedies, in (almost) their natural state.

Pills are still king in many places, even in the natural world. But if you'd rather go straight-up herbal with your wellness, look no further than **The Incredible Bulk** in Mt. Airy. Eleven jars on the top row of the spice section now hold everything from vitamin C to bentonite clay to slippery elm, all from **Frontier Co-op** of Norway, IA. Stop by or call to find out if we have what you need.

Sprouts aren't medicine per se, but they are packed with nutrients. So it makes sense that **Handy Pantry** alfalfa sprouting seed has earned a spot along that top row of herbals. Home sprouters, we've got what you need right here. And can you spare some for my sandwich?



kplourde@weaversway.coop

Local Vendor Spotlight

Abuela Anita Went Home, but She Left Her Guacamole Recipe

by Jacqueline Boulden, for the Shuttle

ABOUT A DOZEN YEARS AGO, MAURICIO MENDEZ'S GRANDMOTHER began making guacamole and selling it at farmers markets in South Florida. Mauricio helped out, learned his grandmother's recipe for guacamole, and developed his own mango salsa and pico de gallo. The business school graduate had known from a young age that he wanted to be an entrepreneur, and when his grandmother decided to return to her native Colombia, Mauricio got his chance.

"Then about six years ago I moved the business to Philadelphia," he said from his rented kitchen space in Frankford. "I had visited a couple of times and liked the city, plus it is in an ideal location, geographically."

He began by selling at farmers markets in Pennsylvania and New Jersey, while also making the rounds at area specialty stores. It took time. After Di Bruno's became the first large specialty store to stock Anita's, other stores took note. One of those was Weavers Way Co-op.

"I visited Weavers Way several times over the course of about a year," Mauricio said. "I just kept coming back with samples and asking them to carry Anita's until they finally said yes."

One major factor helping Anita's products land at Weavers Way and other stores is Mauricio's pitch, which is unusual among specialty products. "I sell Anita's on consignment," Mauricio explains. "That way, the stores are not taking the risk if the shelf life on the package expires before it is sold. I'm taking the risk instead."



Jacqueline Boulden photo

Anita's at the Saturday farmers market in Chestnut Hill.

So he is perhaps a bit more conservative stocking his product to make sure it's always fresh. If stock is running low, he'll deliver more. For the stores selling it and for their customers, it's a winning proposition.

Mauricio's business knowledge is paying off in other ways, such as keeping up with the latest technology. There's a thin plastic cover under the lid of Anita's containers; underneath that little piece of plastic is nitrogen, inserted during the packaging process. "It extends the shelf life," Mauricio says. "The products used to have a shelf life of 10 to 12 days; now they keep up to three weeks."

Anita's now supplies more than 50 stores with guacamole and salsa. With a staff of about 20 people and a kitchen working eight hours a day, seven days a week, Anita's also sells at farmers markets from West Cape May to Colts Neck, NJ, and Newark, DE, to Ardmore. Business is good and Mauricio couldn't be happier.

"I'm happy to make something that speaks for itself — it's the real thing. And I like providing something good for people."

Jacqueline Boulden (jb@bouldenmultimedia.com)

is a Weavers Way member.

Visit Anita's website at anitaguacamole.com.

Company's coming

Check in the stores and online at www.weaversway.coop/catering for our menu of **Rosh Hashanah** specialties and other good stuff to put on your holiday table.



What's in Store at Weavers Way

The High Price of Free School Lunches

by Erin Cassar, for the Shuttle

IN 2013, ACCORDING TO THE NEW YORK TIMES, 51 percent of children in public schools in the United States qualified for free or reduced-price school lunches due to income levels near the poverty line, up from 38 percent in 2000. Hunger is prevalent among these students, exacerbated by the fact that many live in “food deserts,” where stores don’t carry fresh foods, and getting to a supermarket that does is difficult on public transportation. Some homes lack working refrigerators or stoves, or even electricity. As a result, many of these families rely on prepared, processed food at home out of necessity.

And far too many children simply do not have enough to eat at all.

As a doctoral candidate studying school food, I’ve heard from many children that they cannot fully focus on their studies because of hun-

ger pangs, stomachaches and headaches — even after lunch. In my research comparing two types of lunch programs — one “regular” program that offers reheated, mostly processed lunches, and another “whole foods” program that offers a freshly prepared meal of mostly whole foods — I have also found that hunger and undernourishment not only impact students’ ability to learn, but affect the school community as a whole. The good news is that students are excited about and interested in eating fresh, whole foods that taste good, prepared by people who care about them. In interviews, they have described how much better and ready to learn they feel when they eat fresh, whole foods, prepared on-site, compared to pre-packaged processed lunches, which they say leave them still feeling hungry and less energetic. Teachers have also told me that students are more alert, happier and calmer after eating the freshly prepared lunches, which contributes to a more positive school culture overall.

Since many food-insecure children eat the majority of their meals at school, schools have an enormous opportunity to alleviate the effects of poverty and hunger through their own food programs. “Backpack” feeding programs are an effective way to meet the nutritional needs of students and their families suffering food insecurity. These are programs that provide healthier nonperishable items donated by local stores and organizations, like peanut butter, instant oatmeal, granola bars or canned goods, to students to take home on weekends or longer breaks, when school meals are not available. Some schools plant gardens and incorporate the produce into their food programs; others are finding creative ways to incorporate fresh, whole foods into school meals.

Education practitioners, reformers, and researchers have long overlooked the issue of food insecurity in schools, having assumed that the National School Lunch Program has that covered. While free lunch is a great start, it is not enough. We must reassess our school food programs and address our children’s basic human needs, so all students can thrive in their schools and beyond. Join the Food Justice Committee to discuss what the Weavers Way community can do to address childhood hunger in schools.

Erin Cassar is a Weavers Way member who expects to complete her doctorate in Urban Education at Temple University in 2017. Reach her at erin.cassar@temple.edu.

5 THINGS

Five Things is a service of Weavers Way.

To Get You and Yours Out the Door

Aaaand we’re back — back to school, back to the daily grind. You swear you have this all worked out. But just in case, here are some hurry-up morning options.



1

Local individual yogurts — from Pequea Valley Farm in Lancaster County and Wholesome Dairy in Berks County. Worth a linger during your morning commute.



2

Merrymeade chocolate milk — Worcester’s finest in a pint-sized plastic bottle. Those must be some contented cows.



3

Equal Exchange coffees — Fairly traded masterpieces from small-farmer co-ops worldwide, now an even better deal as part of the Co-op Basics price program. Because grownups need a giddyup, too. (Make sure you wash out your travel mug the night before.)



4

Slow Rise Four Seed Cookies — Another standout from Lancaster County. Each 4-oz. cookie is packed with sunflower, flax, pumpkin and sesame seeds.



5

Laura’s Wholesome Junk Food Bitelets — Yummy, whole-grain chunks (not junk!) that use dates as the prime sweetener. Four varieties, only in Chestnut Hill.

It’s Not a Lie if They Eat Their Vegetables

by Jean MacKenzie, Weavers Way Mt. Airy Produce Manager

IT’S THAT TIME OF YEAR AGAIN. ANYONE WHO EVER went to school, especially elementary school, in the United States gets a kind of thrill in late August — A new year! A fresh start! New clothes! The wonderful smell of new books, new crayons! Recycled produce columns! I say the same thing every year about this time, so if you’re one of my faithful readers (either of you), you can skip this column and re-read Norman’s Suggestion column.

If we all ate the recommended 8-10 servings of fresh produce every day, we’d be a lot healthier (and I’d be a lot busier). But how do you get yourself and your family to eat fresh? Here are the best ideas I’ve collected so far, mostly in an effort to find painless ways to get more fresh fruit and vegetables into my own family’s diet.

When they’re hungry, they will eat. Duh. Present your kids — or yourself — with fresh snacks right after school, when they’ll eat anything you give them. My kids and their friends gobbled up cut carrots and grape tomatoes and more each day when school let out. Have a big salad ready 10 minutes before dinner is ready.

When they’re watching TV, they will eat. Just give them — or yourself — a plate of fruit and veggies.

I don’t know about your kids, but mine would have eaten cardboard if I gave it to them with some ranch dip or hummus. Carrots, of course, but also red or yellow bell peppers, jicama (very high in Vitamin C, and won’t turn brown), kohlrabi, celery and lightly steamed broccoli, cauliflower or green beans. Watermelon radish — more of an adult taste — is great with blue-cheese dip.

If it’s sliced, crispy or frozen, they will eat. Research shows that we’ll eat lots more of almost anything, but especially apples, if it’s sliced into bite-sized pieces. A lunchbox favorite for my kids was a kiwi, sliced in quarters and packed in a small container to prevent smashing. Added bonus: A kiwi has more Vitamin C than an orange. And what is it about salty-crunchy that is so satisfying? Instead of chips, try roasting green beans, asparagus,

broccoli, cauliflower, beets, rutabaga, carrots, sweet potatoes and, of course, potatoes with some olive oil, maybe a dash of vinegar, and whatever seasonings you like.

My daughter used to immediately freeze all the grapes, then snack on them like candy. Berries work, too. Freeze grapes and berries individually on a cookie sheet before storing in an airtight bag, so they won’t stick together.

If you pour it out of a blender, they will eat. Freeze overripe bananas. Our family’s favorite smoothie: apple juice, frozen banana for sweetness and iciness, some other fruit — usually a berry — for flavor and color. I used to add some protein powder or calcium supplement, because my then-still-growing-teens never got enough in their diets. If you use enough frozen banana, it’s more like a sorbet than a smoothie.

If it looks like dessert, they will eat. A favorite in our house is vanilla yogurt (Pequea or Seven Stars) layered with berries, sprinkled with toasted wheat germ. It can make you forget ice cream.

Finally, there are these two nearly no-fail options:

Trick them or lie to them. I used to buy a few varieties of something — apples, citrus, different vegetables — put them on plates with numbers, and ask my kids and their friends to test and compare. Which is sweetest? Juiciest? Yummiest alone? Yummiest with dip? Actually, in my line of work, this was not a trick. But when I was a kid, my mom told us that carrot sticks helped prevent carsickness. I don’t know whether she believed this, but we sure did. Twenty miles into one of our endless family treks to Minnesota, we’d be begging for carrot sticks. And we never got carsick.

These are my best ideas for increasing the fruit and vegetable intake of your families and yourselves. All of them were tested on my kids and their friends. Do you have some methods of your own? Send them along to me, and I’ll be sure to include them in NEXT September’s column.

mackenzie@weaversway.coop

SAVE THE DATE

HARVEST ON HENRY
6th Annual Farm Festival
SATURDAY, OCT. 15, NOON TO 4 PM



FAMILY FUN

Harvest on Henry Is Coming — And You Can Help

by Stephanie Kane, Weavers Way Local Purchasing Coordinator

HARVEST ON HENRY IS RIGHT around the corner! Weavers Way Farms' biggest event of the year, Saturday, Oct. 15, from noon to 4 p.m., showcases the Henry Got Crops CSA farm at Saul High School. At the festival, you'll enjoy hayrides and kids' games, student-made ice cream and apple-cider donuts, pumpkin painting, pumpkin golf and pumpkin bowling and great food, including burgers and tacos from the Weavers Way kitchen. And don't forget the Pie Baking Contest!

We've been working all year to get ready, but Harvest on Henry is really made possible by countless volunteers. If you have Co-op hours to fill, consider coming out for a couple hours and



Volunteers are needed for lots of activities, including pumpkin-painting and apple-cider pressing . . .

working alongside the Saul students and teachers who also are an integral part of our farm. Or help in the kitchen, or join a committee and take care of your whole household's requirement! All volunteers will also receive 8 free tickets to be used for festival activities.

Go to the Online Work Calendar in the Member Center (members.weaversway.coop) to sign up for shifts on Oct.

15, or contact Stephanie Kane at skane@weaversway.coop if you've got a particular skill to contribute.

Here are some of the volunteer jobs on the day of the festival:

- Face Painting: Templates are provided to volunteer face-painters. This is a really popular activity, so we need lots of painters!

(Continued on Next Page)

weavers way coop

HOMESTEADING WORKSHOPS & EVENTS AT THE FARMS

SEPTEMBER

SATURDAY, SEPT. 3 9AM-1PM
Volunteer Day at Henry Got Crops**

TUESDAY, SEPT. 13 6:30PM
Homestead Herbs Series**
"Preparing for Fall." \$15. Register: www.weaversway.coop/homesteading.

FRIDAY, SEPT. 23 7PM
Movie Night on the Farm **
"The Wizard of Oz." Film rolls at sunset. Free — bring a picnic!

OCTOBER

SATURDAY, OCT. 1 9AM-1PM
Volunteer Day at Awbury*

SATURDAY, OCT. 15 NOON-4PM
Harvest on Henry Farm Festival**
For info on participating, contact Stephanie Kane at skane@weaversway.coop

* Weavers Way Farm at Awbury Arboretum, 1011 E. Washington Lane
** Henry Got Crops Farm at Saul High School, 7095 Henry Ave.
Visit www.weaversway.coop/homesteading for more info.

HENRY GOT CROPS

FARM MARKET

FEATURING FRESH PRODUCE AND LOCAL PRODUCTS

HOURS:

TUESDAY, NOON-7 P.M.

FRIDAY, NOON-6 P.M.

7095 HENRY AVE. (AT SAUL HIGH SCHOOL)

MAY THROUGH OCTOBER

AN AGRICULTURAL PARTNERSHIP: Weavers Way Co-op, Food Moxie, W.B. Saul Agricultural High School and Philadelphia Parks and Recreation.

New items now available at everyday low prices.

Your dollars go even further with more than 300 items in the Co-op Basics Program.





... not to mention face-painting and, of course, selling blocks for famous Cow Plop Bingo.

(Continued from Preceding Page)

- Kids' Games & Pumpkin Painting: Take tickets, stock supplies.
- Farm Market and Cafe: Sell apples, cider, coffee, tea, apple-cider doughnuts.
- Pie Committee: Cut, package and sell donated pies.
- Ticket Sales: Work the booth selling

tickets and T-shirts, and answering questions.

- Weavers Way Kitchen: Take tickets, help with serving, stock supplies.

There are also plenty of tasks to be done before the festival, including handing out fliers and painting.

If you'd like to serve on a Harvest on Henry committee, expect to attend a cou-

ple of meetings prior to HOH, and keep in touch with event coordinators in between. On the day of the festival, you'll take more of a coordinator role, orienting student and adult volunteers to their tasks. Can't make the scene on Oct. 15? There's plenty of committee work to do just getting ready.

Pie Contest & Sales: Help organize the Pie Baking Contest and pie donations, and

promote the pie contest to the public, including Co-op and CSA members and the surrounding community, and working with students to sell pie during the festival.

Kids' Activities: Help get supplies for kid's activities, including soliciting donations from businesses and setting up games the day before. Coordinate volunteers running the games and activities.

Face Painting: We will need help getting supplies, including soliciting donations for materials. You don't need to be an artist to help with face painting! You just need to show volunteer painters how to use our templates for painting, and keep them supplied with materials.

Cow Plop Bingo: Our bingo board goes around to community events before HOH, allowing people to buy blocks in advance.

Vendors: Help find and register non-profits, local businesses and craftspeople to sell and exhibit in our vendor area. At the festival, help vendors unload, set up at their tables and find parking.

We hope to see you at the farm!

skane@weaversway.coop

*We're famous for our buns,
but just wait until you try our meat.*

NOW OFFERING CATERING BY CHEF CARL DRAKE!

The NIGHT KITCHEN
BAKERY & CAFE

Our divine baked goods & delectable catering: one-stop shopping for your next event.
7725 Germantown Ave ★ 215.248.9235 ★ NightKitchenBakery.com

weavers way

Coffee OF THE Month

BULK BEANS

Organic Breakfast Blend Coffee	 EQUAL EXCHANGE FAIRLY TRADED
Sale \$8.99 reg \$11.99	
Organic Dark Breakfast Blend Coffee	
Sale \$8.99 reg \$11.99	
Organic Decaf Breakfast Blend Coffee	August 3 - 30
Sale \$11.99 reg \$14.49	

AMAZING SELECTION - FRIENDLY SERVICE - GREAT PRICES

Free Beer Tastings
Every Sat 3-5 PM

Craft Beers
Belgians
Imports
Ciders
Lambics
Organics
Sorghums
Gluten-Frees

BREWERS OUTLET
EST. 1976
CHESTNUT HILL
MT. AIRY

One-Stop Shopping For All
Your Beverage Needs

Sport Drinks
Seltzers
Juices
Teas
Water
Sodas
Organics
Ginger Beers

Over 8,000 sq ft of Liquid Pleasure! Best of Northwest Philadelphia '08!

Cases - Kegs - Ice - Snacks - Cigars - PA Lottery - Open 7 Days - Free Parking - We Deliver
7401 Germantown Ave, Phila, PA 19119, 215.242.3110, www.mybrewersoutlet.com

New to Co-op Basics!

**ALAFFIA
EVERYDAY SHEA AND
EVERYDAY COCONUT**

4 COFFEES

**ORGANIC
EQUAL EXCHANGE COFFEE**
4 different varieties
\$8.99/lb
\$11.99/lb decaf

And many more!

Anrico "Rico" Stevenson

1976 - 2016

The Weavers Way community was shocked and saddened by the passing of Anrico Stevenson, a meat cutter in the Chestnut Hill store, and his wife, Tyronda, on July 22.

Rico, 40, worked in the meat room for three years. Dean Stefano, Chestnut Hill store manager, called Rico "a great guy to work with. ...It seemed like he was going in a great direction, and he's going to be greatly missed." Ron Moore, meat/poultry/seafood manager in Chestnut Hill, considered Rico to be his best friend of the last 10 years. "Rico was always there for me, on and off the job," Ron said. "I can't replace [him]. Friendship is hard to replace."



Rico was from Teachey, NC, a small town in the southeastern part of the state. He and Tyronda leave behind four sons, ranging in age from 19 to 5. The Co-op is setting up a memorial fund to help support MarQuel, Anrico, Dymere and Logan. For information on how to donate, email memorialdonations@weaversway.coop. — Karen Plourde



SHUTTLE LETTERS POLICY

The Shuttle welcomes letters of interest to the Weavers Way community. Send to editor@weaversway.coop. The deadline is the 10th of the month prior to publication. Include a name and

email address or phone number so we can contact you for verification; no anonymous letters will be published. Letters may be edited and the Shuttle may decline to run any letter.

L·E·T·T·E·R·S

Support Animal Welfare, Not Just Animal Agriculture

IN LAST MONTH'S SHUTTLE'S COVERAGE of Petapalooza, I noticed that the Manatawna-Saul 4-H Club was mentioned in the same context as animal rescue and advocacy groups. This was confusing to me, and I imagine to many readers as well, since 4-H is nothing of the sort. Rather, 4-H clubs are animal agricultural advocacy organizations that teach children how to raise animals for slaughter. To put it bluntly, after Co-op members and their families are done marveling at and cuddling 4-H animals, those animals are sent to livestock auctions and once again put on display — only before a different audience, one trying to buy them and turn them into meat for America's dinner tables.

Since Petapalooza is intended to raise awareness and funds for animal rescues and advocacy groups, and to promote our Co-op's pet store, we should more carefully consider whom we invite to the event. Instead of 4-H, why not bring in farm animal sanctuaries from our area? Off the top of my head, I can think of several who are well-deserving of our admiration and support: Indraloka Animal Sanctuary, the Pig Placement Network, the Goats of Anarchy and Rancho Relaxo.

While we should not forget that petting zoos are far from enjoyable for animals (they suffer the stress of transport, crowds, handling by strangers, interrupted feeding schedules, inclement weather and

the general stress of an unfamiliar environment), if we must have animals within reach to remind us they need to be loved and cared for, let them at least come from and return to happy, safe places which properly reflect the spirit of Petapalooza.

Nell McBride

Nell McBride is the assistant grocery manager at Weavers Way Mt. Airy

I'll Pay for Fair Wages

INDEED, WEAVERS WAY PRICES ARE not rock bottom. I remember a time when they were. Eventually, it came to light that the bookkeeper was shuffling numbers for various reasons, including prices — so it was too good to be true. Other reasons for rock-bottom prices usually involve lower store overhead, often related to employees' wages and benefits. That Weavers Way tries to pay a fair wage and include benefits is the No. 1 reason that Weavers Way will always be my primary grocery store. I also love Weavers Way's commitment to the community and to responsible food production. I take advantage of every available discount. I get quality food at a reasonable cost.

There are members of the community who feel they're barely getting by, and who can blame them for shopping where they get the very best prices? That's not Weavers Way's fault. Huge chains can charge less partly because they pay less per item, since they buy huge quantities. Smaller stores cannot compete.

Joan Leiby

Settlement Music School Germantown Branch

Now enrolling for music and dance programs!

EARLY CHILDHOOD
CHILDREN
TEENS
ADULTS
ARTS THERAPY

Private Lessons, Group Classes, and Ensembles for ALL Ages, Musical Interests, and Skill Levels!



Join us for a free **Family Open House**

**Saturday, September 10
10 AM to Noon**

Drop In Classes & Activities in Music and Dance for Kids Ages 6 Months to 10 Years!

Jazz & Rock Bands!

Children & High School Choirs!



FINANCIAL AID AVAILABLE!!



GM'S
CORNER

Seems Like It's Getting a Little Crowded Around Here

by Jon Roesser, Weavers Way General Manager

EARLIER THIS SUMMER, BEFORE the excessive heat ruined everyone's mood, I found myself standing outside the Mt. Airy store. It was one of those glorious Philadelphia June days, as warm as it can get without feeling hot, and all of Mt. Airy Village was bustling.

There must have been 30 people outside. Pairs of neighbors standing on the sidewalk, engaged in conversation. Groups having lunch at the tables outside the Co-op. A crowd spilling out onto the sidewalk at the High Point. People scurrying in and out of Big Blue Marble and the Nesting Place. Kids, dogs, bicyclists and joggers all playing their supporting roles in the street theater.

Just another day in Mt. Airy Village. A man I had never seen before came up to me with an incredulous look on his face. He was from another part of town and had never been here before. Shaking his head and gesturing to the corner, he asked me, "What is this place?"

There are more than 21,000 intersections in Philadelphia. Arguably Carpenter and Greene is like no other. And on a beautiful afternoon in June, from the perspective of someone visiting for the first time, the effect was simply enchanting.

Yes, Mt. Airy Village is just about perfect. Except when it isn't.

For not a small number of people, living at Carpenter and Greene is a drag. People around here aren't known for being shy, so over the years Weavers Way has taken our fair share of complaints. Some of them, you might be surprised to learn, have been pretty angry. (I know, I was shocked too!)

To hear some of our neighbors talk, you'd think they'd rather live down the street from a meth lab than the Co-op — at least the neighborhood meth cooks don't preach about how they're the heart and soul of the community while taking all the parking spaces.

Fortunately, most of our Mt. Airy Village neighbors are pretty happy living near the Co-op, and even when they do have a gripe, they raise it respectfully and understand the inherent challenges associated with running a busy grocery store.

For starters, there's the constant in-and-out of delivery trucks, often arriving while folks are still in bed. You have no idea how loud a truck lift gate can be until you've heard one at 6:30 a.m.

Trash trucks visit us six days a week, snarling traffic when they do, but without their regularity our dumpsters would become even more fragrant. Shoppers — about 7,000 in a typical week — start arriving before the doors open at 8 in the morning and when the weather's nice tend to still be around long after we close at 8 at night.

And then there's the dogs.

Trash trucks and early morning deliveries. Tables, chairs, bike racks, dogs, flower cans, newspaper boxes. There's only so much we can do to relieve the hurly-burly at Carpenter and Greene. But we're always working on it.

Mt. Airy's baby boom may have overshadowed our doggy boom, but our four-legged friends are everywhere around here, of every size and every disposition.

In Philadelphia, it is illegal to leave one's dog unattended, but it is a long-standing practice around here to leave dogs tied up outside while shopping at the Co-op or grabbing a cup inside the High Point Cafe.

Most of the dogs are pretty easy-going, so they just sit there patiently,

taking in the scene like everybody else. But some are jumpy or, much worse, aggressive, forcing people to give them a wide berth. And even the easygoing ones more than occasionally will sprawl out onto the sidewalk, blocking ingress, egress and progress.

The dogs are just one more obstacle on sidewalks already crammed with tables, chairs, bike racks, trash cans, flower containers and newspaper boxes. The French call this stuff mobilier urbain, and they say it adds to the urbaneness of the city. Maybe so, but it also clutters up the sidewalk.

In recent months we've taken a few steps towards making the sidewalks more passable. We've posted signs to discourage shoppers from leaving their dogs outside — though we're not getting into the code-enforcement business. We've moved some of our street furniture around to give pedestrians more elbow room.

But short of moving to bigger digs elsewhere, there's only so much we can do to relieve the hurly-burly at Carpenter and Greene. And most of our neighbors recognize there's an overall net gain to living near Mt. Airy Village. I want everyone to know that Weavers Way understands that there's a downside too and that we're constantly thinking of ways to be the best neighbor possible.

See you around the Co-op.

jroesser@weaversway.coop



Cake Shop

Cakes, Cookies & Sweet Treats

www.frostedfoxcakeshop.com | 267-900-5453

6511 Germantown Avenue, Philadelphia, PA 19119



Complete your summer party with custom cakes, pies or other sweet treats!

2016-2017 CONCERT SERIES

Rediscovered masterworks and baroque favorites, including Vivaldi's iconic *The Four Seasons*

Concerts in Chestnut Hill and Center City

15th ANNIVERSARY TEMPESTA di MARE

PHILADELPHIA BAROQUE ORCHESTRA
Gwyn Roberts & Richard Stone, Directors • Emlyn Ngai, Concertmaster



“Tempesta di Mare is the model of a top-notch period orchestra, presenting unusual repertoire in first rate performances.”
— Miami Herald

OCT FALL: A CHILL IN THE AIR
22 & 23 ORCHESTRA WITH SOPRANO MARGUERITE KRULL
Autumn from *The Four Seasons* plus Lully, dall'Abaco & Clérambault (Medée)

DEC WINTER: A COZY NOEL
9 & 10 CHAMBER PLAYERS
Winter from *The Four Seasons* plus Guido, Simpson, Corrette, Corelli (*Christmas Concerto*) & Janitsch

JAN SARA & HER SISTERS
21 & 22 CHAMBER PLAYERS
Music by Mozart and the Bachs from the collections of three Jewish patronesses from 18th-century Berlin and Vienna.

MAR SPRING: REVIVAL & REDISCOVERY
11 THE ORCHESTRA'S 15TH ANNIVERSARY BASH
NANCY AND DICK EALES SERIES AT THE KIMMEL CENTER
Spring from *The Four Seasons* plus Rameau, Kusser & Fasch

MAY SUMMER: A BOHEMIAN RHAPSODY
20 & 21 CHAMBER PLAYERS
Summer from *The Four Seasons* plus Zelenka, Stamitz & other Czech composers

PLUS 3-CONCERT ARTIST RECITAL SERIES



PAUL M. ANGELL
FAMILY FOUNDATION

THE PRESSER FOUNDATION
Over 75 Years of Music Philanthropy



tempestadimare.org | 215-755-8776

'Angel Street' Thriller Opens Stagecrafters



THE STAGECRAFTERS THEATER in Chestnut Hill begins its 88th season with the classic thriller "Angel Street," by Patrick Hamilton. Set in Victorian London, the play centers on a very frightened woman and her suave and manipulative husband. Frail-nerved Mrs. Manningham is certain that the gaslights on the walls get dimmer every time Mr. Mannington goes out into the night. Or ... is it all in her head?

Hamilton (1904-1962) was one of the most successful novelists and playwrights of his time. Under the title "Gaslight," the play premiered in London's West End in 1938, then opened in 1941 on Broadway as "Angel Street," featuring Vincent Price as Mr. Manningham, and ran for three years and nearly 1,300 performances. The 1944 George Cukor-directed film version, "Gaslight," won Ingrid Bergman the Oscar for Best Actress. Generations of critics have attested to the continuing power of the play, which gave us the psychological term "gaslighting."

Opening night is Thursday, Sept. 15, with performances Thursday-Sunday through Oct. 1. Visit www.thestagecrafters.org or call 215-247-8881 for times and ticket info (discounts available for groups and students). A "Meet the Cast and Director" Q&A session will be held following the performance on Friday, Sept. 23.

Subscriptions are still available for the entire Stagecrafters season. The theater is located in the heart of Chestnut Hill at 8130 Germantown Ave.

Quintessence Launches with 'Mother Courage'

MT. AIRY'S QUINTESSENCE THEATRE launches its seventh season of progressive, classic theater Wednesday, Oct. 12 with Bertolt Brecht's "Mother Courage and Her Children."

Considered one of the greatest plays of the 20th century, "Mother Courage" is an epic retelling of the 30 Years War as experienced through the trials of a cunning canteen operator determined to profit from the war. Performances run Wednesday-Saturday, with some Sunday matinees, through Nov. 6.

Quintessence continues its season in keeping with its tradition of presenting holiday classics for the entire family. "Wilde Tales," a world premiere

adaptation of Oscar Wilde's children's tales, runs Dec. 7-31.

Next, Quintessence presents a "Love and Longing" repertory with Shakespeare's "Love's Labour's Lost" (March 15-April 21, 2017) and John Ford's "The Broken Heart" (March 29 -April 23). The season ends with Anton Chekhov's "Uncle Vanya" (May 31-June 18, 2017).

All performances are at the Sedgwick Theater, 7137 Germantown Avenue. Check www.quintessencetheatre.org or call 215-987-4450 for times and ticket info. Subscription packages are also available for every budget, and feature ticket exchange and date flexibility.

Old Academy Presents 'Outside Mullingar'

OLD ACADEMY PLAYERS PROUDLY PRESENTS American playwright and screenwriter John Patrick Shanley's "Outside Mullingar." The 2014 Tony Award nominated play opens Sept. 16 and runs weekends through Oct. 2 at the historic East Falls theater.

Full of dark humor and poetic prose from the author of the play "Doubt," and screenwriter of "Moonstruck," "Outside Mullingar" is a romantic comedy set in rural Ireland. Anthony and Rosemary are lovelorn farmers. These hopeless singletons will have to overcome a bitter land feud,

familial rivalries and their own romantic fears to find happiness.

Showtimes are Fridays and Saturdays at 8 p.m. and Sundays at 2. For more information and reservations, call 215-843-1109 or visit www.oldacademyplayers.org. Group discounts are available and parking is free.

Old Academy is a nonprofit community theater at 3544 Indian Queen Lane in East Falls. Old Academy Players has provided continuous community theater since 1923 and featured the acting debuts of both Grace Kelly and Robert Prosky.

Alternative Healthcare
for Women

Holistic Gynecology
Natural Menopause Counseling
Fertility/Pregnancy Consultations

Energy/Sound Healing Arts
Therapeutic Touch
Tibetan Bowls
Shamanic Drums and Journeying

Iris S. Wolfson, CNM, CRNP
133 W. Phil-Ellena Street
Philadelphia, PA 19119
(215) 842-1657
iriswolfson.com

MUSIC IS IN OUR BLOOD. HELPING IS IN OUR DNA.

The NF Awareness Benefit Concert: An evening of music greats doing good.

Join Grammy Award winning musicians: Eugene Friesen (cello), Howard Levy (harmonica and piano), Glen Velez (percussionist), and other special guests in support of The Children's Tumor Foundation.

"Eugene, Howard, and Glen are magnificent together. Together they have a fresh new sound and offer a unique vision of the world music." Dave Brubeck

TICKETS \$40 | CHURCH OF ST. MARTIN IN THE FIELDS | 4PM 9.11.16

GET TICKETS: JOIN.CTF.ORG/BENEFITCONCERT.2016

Dental Arts of Chestnut Hill, LLC

8625 Germantown Ave. Tel. 215-242-6630
Philadelphia, PA 19118 Fax 215-242-6633

Axel Ramke, D.M.D., D.D.S., Ph.D.
General Dentistry

www.DentalArtsOfChestnutHill.com

Avenue Art & Framing

Your neighborhood shop for quality custom framing

Open Tuesday through Friday 10 to 5:30
and Saturday from 10 to 4.

6837 Germantown Ave.
Philadelphia, PA, 19119
215.848.4420

CHESTNUT HILL
Computer Spa

PC & Mac Repair,
iPhone Screen Replacement!

Joanne Davis
215-939-2534

COMPLETE COMPUTER SERVICES AND TRAINING

215-939-2534 CHComputerSpa@gmail.com

coop basics

Good Deals
Every Day.

Look for the tag!

Computer Service and Repair

Call Ed "The Tech Guy"

FOR ALL WINDOWS
PC COMPUTER SERVICES
IN-HOME OR REMOTE ASSISTANCE

LOW RATES
cell 719-964-9538
www.edttg.com

New Concert Series Brings Varied Styles to Chestnut Hill

ROLLING OUT THIS FALL: A NEW CONCERT SERIES FEATURING a range of music, including gypsy jazz, Americana, '20s and '30s swing, maybe even klezmer! The Chestnut Hill Community Concert Series is the brainchild of local musician and Co-op member Barry Wahrhaftig, founder and lead guitarist of the Hot Club of Philadelphia, the popular local gypsy jazz band. Most shows will take place at the Venetian Social Club, at 8030 Germantown Ave., and the series is partially sponsored by Weavers Way.

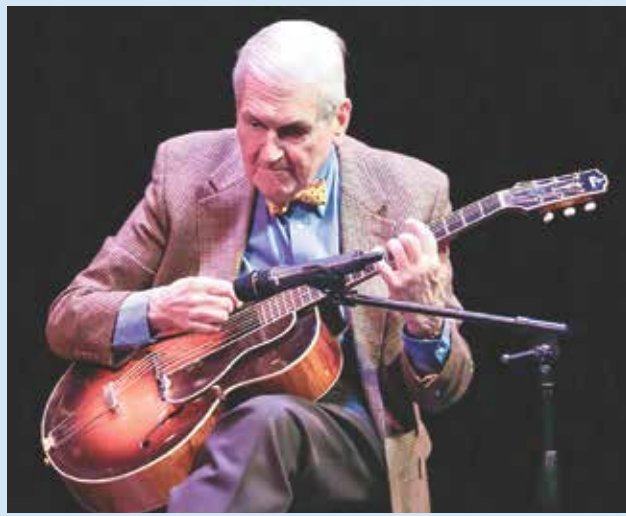
The first concert in the series on July 30 showcased French guitarist/composer Stephane Wrembel, a gypsy jazz virtuoso whose music has been featured in Woody Allen films such as "Midnight In Paris" and "Vicky Christina Barcelona." Before the SRO show, Wrembel and his band presented a program on the history of gypsy jazz and its founder, Django Reinhardt.

Wahrhaftig conceived of the series after booking shows at the Venetian for artists like German virtuoso Joscho Stephan, New York-based seven-string jazz guitarist Howard Alden and the Boston-based Rhythm Future Quartet.

"I figured since the music was non-corporate and organic, I'd ask Weavers Way to sponsor us," said Wahrhaftig. "Many of my band's fans are workers or members of the Co-op, so it made sense." A portion of the proceeds from each concert in the series goes to Food Moxie, Weavers Way's affiliated nonprofit.

"Gypsy jazz" is a term used to describe the style of music created by the original Hot Club of France, founded in the '30s by violinist Stephane Grappelli and Reinhardt. The sound was based on the idea of playing the jazz coming from the United States at the time, but using acoustic guitars, bass and violin, without drums and horns.

The series will continue for 10 months to a year, with shows about every six weeks, Wahrhaftig said. The next show, on Sunday, Sept. 25, features singer-guitarist Marty Grosz and his band,



www.martygrosz.com

Chestnut Hill Community Concert Series

Coming up:

Marty Grosz
(pictured above), Sept. 25

Rhythm Future Quartet,
Oct. 16

Most shows are at the Venetian Club, 8030 Germantown Ave. Proceeds benefit Food Moxie (www.foodmoxie.org). More info: HotClubPhilly.com.



who specialize in swinging '20s and '30s jazz. Grosz, whose humorous stories are legendary, has appeared on "A Prairie Home Companion" and at Carnegie Hall.

The Rhythm Future Quartet returns on Oct 16. "They are sort of the prog-rock band of gypsy jazz," Wahrhaftig said

For tickets and showtimes, visit www.HotClubPhilly.com.

CHCE Has Programs For '50 and Better'

THE CHESTNUT HILL CENTER FOR Enrichment offers free classes, activities and resources to promote wellness, community integration, lifelong learning and independent living for adults "50 and better." For more info, visit www.chestnuthillenrichment.org.

Here are two upcoming programs:

Balancing Preservation and Growth in Chestnut Hill. Sept. 28, 7 p.m., Chestnut Hill Hotel, 8229 Germantown Ave. Pre-registration appreciated: 215-248-0180 or chce@verizon.net. The Chestnut Hill Historical Society has worked for nearly 50 years to document, share and advocate for the preservation of Chestnut Hill's remarkable character. CHHS Executive Director Lori Salganicoff gives a snapshot of the many collaborative efforts currently under way.

Senior Crime Prevention University. Oct. 4, 1-2:30 p.m., Presbyterian Church of Chestnut Hill, 8855 Germantown Ave. Register before Sept. 30 at 215-247-4654 or 215-248-0180. Pennsylvania has close to 2 million residents over 65. Because con artists specifically target this generation, the state attorney general's office has created Senior Crime Prevention University to educate older adults. CHCE and Center on the Hill have joined forces to host AG educator and outreach specialist Ameer Blackmon. Come with your questions — this session is only for seniors and those who love them!

Start your day with *Morning Edition*, the most widely heard radio news program in the U.S.



STEVE INSKEEP

DAVID GREENE

RENEE MONTAGNE



JENNIFER LYNN



WHYY FM 90.9
morning edition
Weekdays from 6 - 9 a.m.

Wissahickon Dance Academy

38 E. School House Lane • Philadelphia PA 19144 • 215-849-7950
www.wissahickondance.com

For the Best in Dance Training
Children ages 3 to Adult...

- Ballet
- Tap
- Jazz
- Modern
- Hip Hop
- Yoga

FREE TRIAL CLASS
for New Students



FALL REGISTRATION-
Thursday, September 8, 5-7 PM
Fall classes begin
Saturday, September 10

Performance Opportunities
with *The Donetsk Ballet*

Nutcracker Audition
Sunday, September 18

Sponsored by
INTERNATIONAL
BALLET EXCHANGE

L. Browning Photography

FOOD MOXIE

We dig what we eat.

An offshoot of Weavers Way Co-op

608 Carpenter Lane

215-843-8289

foodmoxie.org

Executive Director

JILL FINK jill@foodmoxie.org

Program Director

JACKIE SCHRAUGER jackie@foodmoxie.org

Development & Communications Manager

RACHEL REYNOLDS rachel@foodmoxie.org

Development & Operations Associate

ANGELA FARANDA af@foodmoxie.org

Youth Education Coordinator

TARA CAMPBELL tara@foodmoxie.org

Farm Educator

MELISSA POWELL melissa@foodmoxie.org

Nutrition Educator

MERCELYNE LATORTUE mercelyne@foodmoxie.org

Farm Manager

ANDREW TURNER andrew@foodmoxie.org

GIVING TWOSDAYS!

Give \$2 to Food Moxie!
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 the programs and services of the newly renamed Food Moxie! Your support enables us to provide a wide range of farm education and nutrition programs to local families.

An offshoot of Weavers Way Co-op

Why We Give



Equal Exchange Co-op 2016 staff retreat.



by Frankie Pondolph

For the second year in a row, Equal Exchange is a sponsor of the Urban Farm Bike Ride, which raises money to support Food Moxie's farm, nutrition and culinary education programs. We are so glad to join the event again this year!

At Equal Exchange, we are celebrating 30 years of creating a vibrant worker-owned cooperative that has remained true to a mission of building mutually beneficial and sustainable relationships with small-scale farmers worldwide. Food Moxie and Equal Exchange are both advocates at the intersection of food, people and place, so collaboration between our organizations is natural. Plus, it's when we come together that we can make the biggest impact. Encouraging people to use their voices as tools for their own empowerment, and to take action to create the future they want to see both locally and globally, is a model for true solidarity and investment in real change.

We love participating in the Urban Farm Bike Ride, supporting Food Moxie and their work as well as local Philadelphia farmers. If you take in this year's ride, we hope you love the Equal Exchange cold brew coffee and trail mix!

Frankie Pondolph (fpondolph@equalexchange.coop) is the Equal Exchange sales rep for Pennsylvania. For more info about Equal Exchange, visit www.equalexchange.coop

Haverterns Student Spotlight

Food Moxie was thrilled to host two interns from Haverford College this summer. Isabella Gross and Amanda Friedman helped at our farm and garden sites, and also plugged into programs, working with younger kids and teens alike, and joining us at Gather for Good. Thanks for everything, Isabella and Amanda!



Amanda Friedman

I first became interested in food justice during a summer program in high school. Since then, I've sought out more food-related experiences, like farming at a boarding school in North Carolina and working on the Real Food Challenge campaign at Haverford. So as a rising junior, I decided to intern at Food Moxie this past summer. I enjoyed helping out with Garden Club and teaching kids how to make healthy snacks with vegetables from the farm.



Isabella Gross

I was interested in Food Moxie for my internship because I have been eager to learn about the connection urban farms have to their surrounding urban areas. This internship gave me the opportunity to discover firsthand the ins and outs of an urban farm and how it can positively impact its community. The interactions I had with the communities Food Moxie works in, specifically with the children and students, were highlights of the experience for me. Being able to use the farm, not only as a source for high-quality organic produce, but also as a tool for education and job-training, was a tremendous experience..

SAINT PAUL'S EPISCOPAL CHURCH

22 EAST CHESTNUT HILL AVENUE, PHILADELPHIA



antiques, women's, men's and children's clothing, housewares, furniture, jewelry, movies, plants, books, electronics, toys, linens, CDs, decorations, & everything else you can imagine!

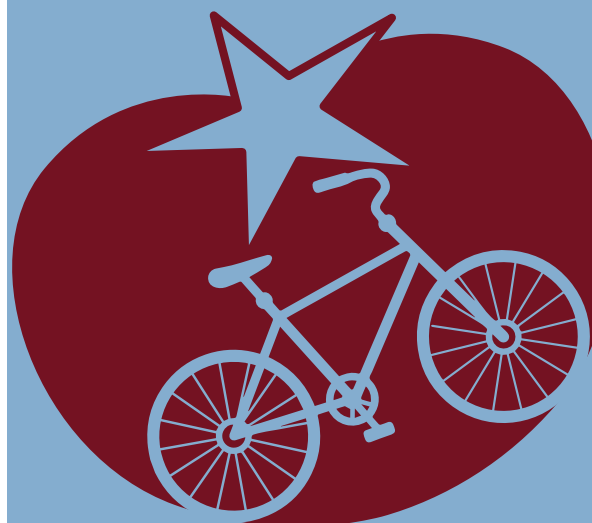
Saturday, Sept. 10
9am-3pm

PRE-SALE: Friday, Sept. 9
6pm-9pm

Pre-Sale admission is \$10
(includes food, beverages, & complimentary re-admission to the sale on Saturday!)

Help Us End Hunger and Homelessness!

WEAVERS WAY'S 11TH ANNUAL URBAN FARM BIKE RIDE



THANKS TO OUR SPONSORS:



FOOD MOXIE

We dig what we

Teens Gather for Good (and a Good Time) at Awbury

by Jackie Schrauger, Food Moxie Program Director

ON AUG. 3, FOOD MOXIE HOSTED its first Gather for Good, a conference planned by and for teens focusing on environmental and food justice and urban agriculture. More than 60 young people attended from youth and urban agricultural organizations all around Philadelphia.

The conference took place at the Food Moxie, Weavers Way and Teen Leadership Corps farms at Awbury Arboretum in Germantown. When we say it was organized by and for teens, we mean it: Members of our after-school club at Saul High School helped plan the conference, and our summer interns through the Philadelphia Youth Network WorkReady program executed the details of their vision.

With teens taking the lead, it's no surprise the day was jam-packed. After registration, everyone came together for a warm welcome from Scott Sheely, special assistant for workforce development at the Pennsylvania Department of Agriculture, who spoke about his own career and possible career paths in agriculture for young people today.

The teens then divided into groups and headed off to rotate through a series of workshops on topics such as soil safety and vacant land usage, pickling, access to clean water and the importance of watersheds, and container gardening. They went home with folders packed with resources about food access, community gardens, teen health resources, the Attic's LGBTQ youth center and more, in addition to mini container gardens and jars of pickles they made themselves. Lunchtime activities included making bottle bricks, riding Greener Partners' blender bike to whip up smoothies and, of course, selfies.

Everyone came back together for guest speakers in the afternoon. Highlights included Greg Wright from the Food Trust's Get HYPE Initiative and Kirtrina Baxter from Public Interest Law Center of Philadelphia.

Greg spoke about the power of youth movements and student voices, giving examples of times when adult voices weren't as effective as students'. He even highlighted the efforts of one of our conference participants, who helped get hydration stations installed in all Philadelphia public



schools — sorely needed since many of the water fountains are in disrepair.

Kirtrina focused on food and land justice in relation to community power, encouraging teens to speak up this fall at City Council urban agriculture hearings. She introduced the term “food apartheid,” pointing out that “food desert” implies that the lack of resources in low-income neighborhoods is somehow natural, while “food apartheid” conveys that these circumstances are created through disinvestment.

The speakers were extremely powerful, and we are so grateful that they shared their expertise and inspiring words with our teens!

While the after-school club students from Saul and PYN interns did an incredible job, Food Moxie still couldn't put on Gather for Good alone! Also working on planning and execution were Awbury Arboretum's TLC teens, who also cooked the delicious lunch and made incredible zucchini brownies as a snack. Weavers Way was a fantastic partner, loaning us chairs and a truck to make the logistics of the day smoother. Generous funding came from the Food Trust's Youth Leadership Council.

All told, Gather for Good was a huge success. We learned a lot — from speakers and workshops, and about how to run a conference — and we can't wait for next year! In the meantime, be sure to check our Facebook page (@FOODMOXIE) and Instagram feed (@foodmoxie) for more pictures!

jackie@foodmoxie.org

Gather for Good participants making bottle bricks during lunch, above, and drilling down on a workshop activity, below.





FARM TO TABLE

THURSDAY, SEPTEMBER 29

WINE & HORS D'OEUVRES

5:30-7:00PM

AT THE WEAVERS WAY FARM
AT AWBURY ARBORETUM

SEATED DINNER

7:00-9:00PM

AT THE COPE HOUSE

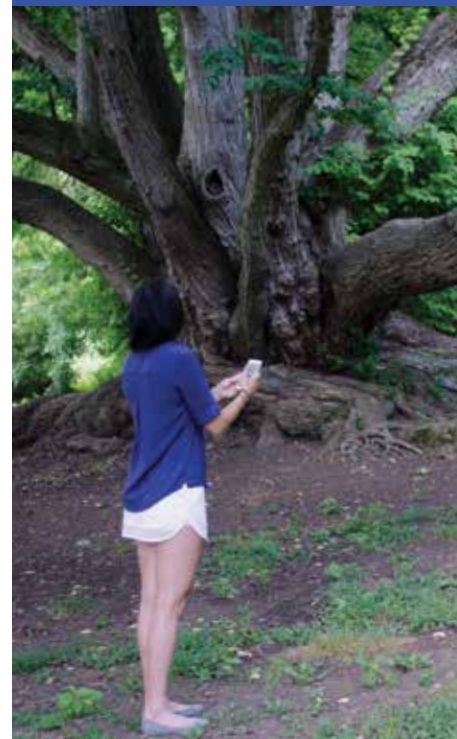
FOR MORE DETAILS, VISIT

FOODMOXIE.ORG/FARMTOTABLE




Awaken Your Senses at Morris Arboretum

New Online Tours Now Available!



Visitors of all ages can now enhance their garden experience by accessing new online tours and interactive features on their mobile devices. Newly installed wifi spots throughout the garden make it easy to connect. Try one on your next visit!

Visit morrisarboretum.org for more information.


Morris Arboretum
 UNIVERSITY OF PENNSYLVANIA

Supported by: 

100 E NORTHWESTERN AVE, PHILADELPHIA 19118 • (215) 247-5777

WEAVERS WAY'S 11TH ANNUAL URBAN FARM BIKE RIDE

Saturday, September 10 • 8AM - 4PM

presented by Lindy Communities

LIMITED SPOTS AVAILABLE! REGISTER TODAY!

Regularly priced tickets are \$47 until 9/10
or \$50 the day of the ride.

FOR DETAILS AND TICKETS:

www.foodmoxie.org/bikeride

LIFE DO GROW FARM 🍓 EPRA - STRAWBERRY MANSION COMMUNITY GARDEN
 SUNDAY BREAKFAST FARM 🍓 COMMUNITY GARDEN AT RALPH BROOKS PARK
 GLENWOOD GREEN ACRES 🍓 GROWING TOGETHER GARDEN
 GROW PHILLY FARM/NOVICK FAMILY URBAN FARM 🍓 LA FINQUITA



MADE IN THE SHADE

Some stone benches here, upgraded stairs, native plantings and a stage area there, and voila — our improved Backyard at the Chestnut Hill store is ready to rock! Work started June 22 and was substantially completed by Aug. 13. Still to come: more seating and tables for the upper area. A mighty committee (of course) of Weavers Way staff worked with contractor Think Green to develop the project. (About those plants: See the list at www.weaversway.coop/Backyard-Plants.)



Lindy Communities
The Art of Living



SEDGWICK GARDENS APARTMENTS

440 W. Sedgwick Street
(1 ½ BLOCKS FROM WEAVERS WAY CO-OP)

- Central Air Conditioning & Heat
- Solar-Powered Hot Water
- Fitness Center
- Hardwood Floors
- Pet Friendly
- Stainless Steel Appliances
- Close To Septa Bus & Regional Rail

All new residents
receive a
1 year membership to
Weaver's Way Co-Op!



215.606.9485
COMEHOMETOLINDY.COM



Rev★lutionary Germantown Festival

SATURDAY OCTOBER 1, 2016 ★ 10 AM ~ 4 PM

Cliveden Grounds 6401 Germantown Ave.

★ Battle Reenactments 12 PM & 3 PM ★

★ Children's Activities, Beer Garden, Food ★

For a full schedule visit www.revolutionarygermantown.org



Sponsorships, advertising, and vending opportunities available.
Visit: www.cliveden.org/rgf-2016

Local Cash for Northwest Philadelphia?

by Paul Glover, for the Shuttle

DOES YOUR NEIGHBORHOOD NEED MORE money?

Many of us in Northwest Philadelphia need more, and all of us would benefit when everybody has enough. Were there enough money, widely distributed, everybody could afford organic food, the best health care, weekly massages, solar panels, insulation, music lessons, art lessons, and tutors.

Perhaps it's time to start printing our own cash.

With enough community currency circulating in enough hands, new neighborhood businesses could start. Everyone could afford to shop locally. Loans could be made interest-free and grants could help our nonprofits. More money means more jobs, which means less crime, too.

Thousands of area residents have talents that are not rewarded by the formal economy. We can build a trading network which uses its own local paper money. This would be real money because it would be backed by real people, real goods, and real skills.

So some of us have begun talking about issuing Northwest HOURS for Mt. Airy, Germantown and Chestnut Hill.

We don't intend to replace dollars, but to replace lack of dollars.

Money is any token that a group of people agree to accept in trade. And local money is money with a boundary around it. Our HOURS might be worth one hour of basic labor per HOUR or \$20 per HOUR. This would provide a measure of monetary value as steady as the clock. An HOUR would remind residents that we are all fellow workers, ready to help one another.

Many cities worldwide are shopping without dollars. Ithaca, NY, began to gain control of the social and environmental effects of commerce by issuing over \$110,000 of their own local paper money in 1991. Thousands of purchases and many new friendships have been made with this cash, and several million dollars worth of local trading has been added to the GNP (Grassroots National Product). More than 500 businesses participated.

Baltimore spends B-Notes, Great Barrington, MA, has Berkshares. They're legal as

long as they don't look like Federal Reserve notes. Not content with Swiss francs, the Swiss trade \$2 billion "WIR" yearly. Hundreds of communities nationwide, including Chestnut Hill/Mt. Airy, have used e-credits called Time Dollars.

Such credits foster neither heartless capitalism nor bleeding-heart socialism, but mutual enterprise. Neighborhoods print their own money because they see dollars come to town, shake a few hands, then leave to buy rainforest lumber and fight wars. Local money, by contrast, stays here to help us hire each other. While dollars make us increasingly dependent on transnational corporations and bankers, HOURS expand commerce that is more accountable to our concerns for ecology and social justice.

An HOURLY minimum wage lifts up the lowest-paid without knocking down higher wages.

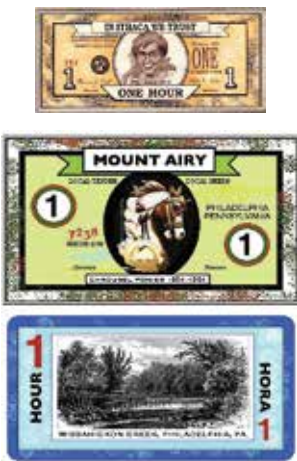
Local currencies broaden rather than isolate the local economy. Philadelphia's 200,000 poor are already isolated. They can hardly afford food, rent, healing and travel. The rest of us struggle to subsidize, regulate and police them. Our middle class will benefit by converting the poor into powerful taxpayers.

So how does this start? Starting a community currency is like starting a co-op or credit union. We begin with those ready to begin. We'll need seed money for staff, office, printing and Web. Regional money networks must employ energetic networkers. Just as dollars have armies of brokers promoting and troubleshooting circulation, local money needs staff to catalog community capability, then promote balanced spending.

Northwest Philadelphia will lead the city by pioneering neighborhood currency. We are the treasury, and the treasure.

For more information: metroeco@gmail.com, 215-805-8330 or paulglover.org/hours. And visit our HOUR table the Mt. Airy Village Fair on Sept 11!

Paul Glover is the author of "Hometown Money: How to Enrich Your Community with Local Currency" (www.paulglover.org/currencybook). The founder of Ithaca HOURS and other organizations, he taught urban studies at Temple University.



Waste Not at the Village Fair

by Alexis Lieberman, Alisa Shargorodsky and Jessica Baskin Taylor, for the Shuttle

I'LL BE BRINGING MY PLATE, and a cloth napkin, too," declared Ilene Burak of West Mt. Airy. She is getting ready to attend the 2016 Mt. Airy Village Fair, which has a "zero-waste" theme this year. Attendees will be able to use reusable cutlery and dishes donated by community members for use at the Fair. Or you can bring your own! All food vendors (High Point Café, the Co-op and food trucks) will also be adhering to the zero-waste theme.

Some may ask, "Why should we do this? Waste is inevitable, and every living organism produces waste."

This is true. But we need to consider the impact of all this waste on our biosphere. Our waste

was produced from precious resources that we all know are not infinite. It's important that we care for our environment responsibly, and take deliberate actions to nurture this miracle of a planet.

With the community's help, we hope to have plenty of supplies on hand. From now up until the Fair date, Sept. 11, we will be collecting food-service supplies at 555 Carpenter Lane during the Co-op's normal operating hours:

- Plates
- Forks, knives, spoons
- Mugs
- Reusable plastic cups
- Cloth napkins
- Tablecloths

We also will need your help on Fair day! There will be many jobs posted on the Weavers Way work calendar, including, but not limited to...

(Continued on Next Page)

phillywaldorf.com

Find the beauty of the every day.
Hand in hand with your child.

nourish: ed

Join the Parent-Child Program, and gather weekly to learn, grow and create. Together.

THE waldorf
SCHOOL OF PHILADELPHIA

It's not what to think.
It's how to think.

Empowering Children
One Project at a Time

Apply Now!

Call 215-438-3623 to
Schedule a Tour!

www.projectlearnschool.org

PROJECT LEARN SCHOOL
A Cooperative School Community

Mt. Airy USA Introduces Wednesday Supper Sessions on the Avenue

by Brad Maule, for the Shuttle

WHEN NIGHT MARKET CAME TO MT. AIRY IN 2011, its level of success surprised even those well-versed in the neighborhood's penchant for supporting all things local and outdoors. After an encore Night Market the following year, Mt. Airy USA reprised the annual event as Street Fare. Last year alone, an estimated 15,000 people came from all over the city and region to hear live music and sample selections from 50 food trucks.

However, conversations with members of the Business Association of Mt. Airy suggested that Street Fare was not creating the expected positive impact for local businesses. So Mt. Airy USA started exploring other options that would bring the community out for a real taste of Mt. Airy. Turns out a pretty good solution has been happening a mere 20 miles away. Now in its ninth year, Media's Dining Under the Stars has provided the Delaware County seat with a much-anticipated weekly event every Wednesday from May through September.

Mt. Airy USA and BAM tip our hats to Media as we reimagine Street Fare as Supper Sessions on the Avenue, with the spotlight turned around on our existing assets.

The 7100 block of historic Germantown Avenue alone is home to 11 restaurants and bars. They'll all bring their tables and chairs out onto the Belgian blocks, with the Route 23 trolley tracks providing a natural pedestrian walkway for pedestrians. Look for McMenamin's, Earth Bread + Brewery, Trattoria Moma, Cresheim Valley Grain Exchange and more.

To move away from the successful and popular Street Fare Mt. Airy was not an easy decision. But celebrating local restaurants while maintaining the outdoor tradition makes perfect sense.

The music will remain, as well. Instead of dueling, amplified stages, think acoustic singer-songwriters, string quartets, accordions more in line with a European alfresco dining experience. Other businesses that took a hit during Street Fare will also enjoy a greater visibility with extended hours to accommodate

visitors: Amir Lyles painting in his gallery at S.O.N. A.R.T, a fall fashion preview at Blacqskirt, seasonal blooms at 108-year-old Rothe Florist.

All of it will happen on one block in downtown Mt. Airy, from 5 to 11 p.m. every Wednesday in September. Two different SEPTA regional rail lines are within three blocks; the 23 bus, which normally travels this block, will reroute only a block away. And while Supper Sessions will temporarily close the municipal parking lot on the block, the one behind the Sedgwick Theater (entrance on Chew Avenue) will serve in its stead as will additional parking lots down the street.

Add in popup events for kids and adults alike — a crafting session by Handcraft Workshop, a painting party with Mt. Airy Art Garage and performances by Quintessence Theatre — and you've got the makings of a new Mt. Airy tradition!

Brad Maule is the communications associate at Mt. Airy USA. Reach him at bmaule@mtairyusa.org. For more info about MAUSA programs, visit mtairyusa.com

(Continued from Preceding Page)

ed to, positions for eco-ambassadors and zero-waste managers. This is a wonderful opportunity to earn Co-op working member hours while taking action on the environment.

Food, "Boothies" and More

There will be plenty to eat at the fair, with two primary public eating/seating areas for attendees to enjoy: a beer-garden-style seating area at The Garage at 542 Carpenter Lane, and a large outdoor seating area at High Point Cafe.

The many interactive booths have

also signed on to the zero-waste theme. The Henry School PTA will teach how to pack a zero-waste lunch bag, and the Yes! And... camp will be making a large, group papier-mache sculpture using recycled materials. Each booth will offer an interactive activity, which is one of the unique things about the Mt. Airy Village Fair. Activities will include postcard art, "clicker" dog training, 10-minute guitar lessons, DIY paper jewelry and many more family-friendly activities.

Look for the slow ice-cream eating contest at 1:45 p.m., and the ever-popular organic pie-eating contest at 2:45.

Music and other performances will be ongoing all day on the three stages.

The pet parade will happen as always — line up with your pets at 12:45 p.m. Everyone already knows to bring their waste baggies, but the pet parade will also have a zero-waste theme: "Reduce, Reuse, Recycle." Pets can be dressed up in appropriate costumes, or are welcome without costumes. "I would love to see greater involvement and a wider assortment of pets. Last year was all dogs," said long-time emcee Karen Heller. Any zero-waste parrots or iguanas out there?

VILLAGE FAIR FACTS

The festivities are slated for **9/11**, a fitting day to focus on coming together as a community. Hours are **11 a.m.-4 p.m.** centered at the intersection of **Carpenter Lane and Greene Street**. Carpenter will be closed between McCallum and Sherman, Greene Street from Westview to Sedgwick.

For more Village Fair info, see www.mtairyvillage.com, or visit us on Facebook.

See you at the Fair!



Rothe Florists
Est. 1908

~ Your family-owned Mt. Airy Florist since 1908 ~

When you need flowers, think Rothe's!

215-247-0832 • www.rotheflorists.com

7148 Germantown Ave., Mt. Airy (next to FitLife)

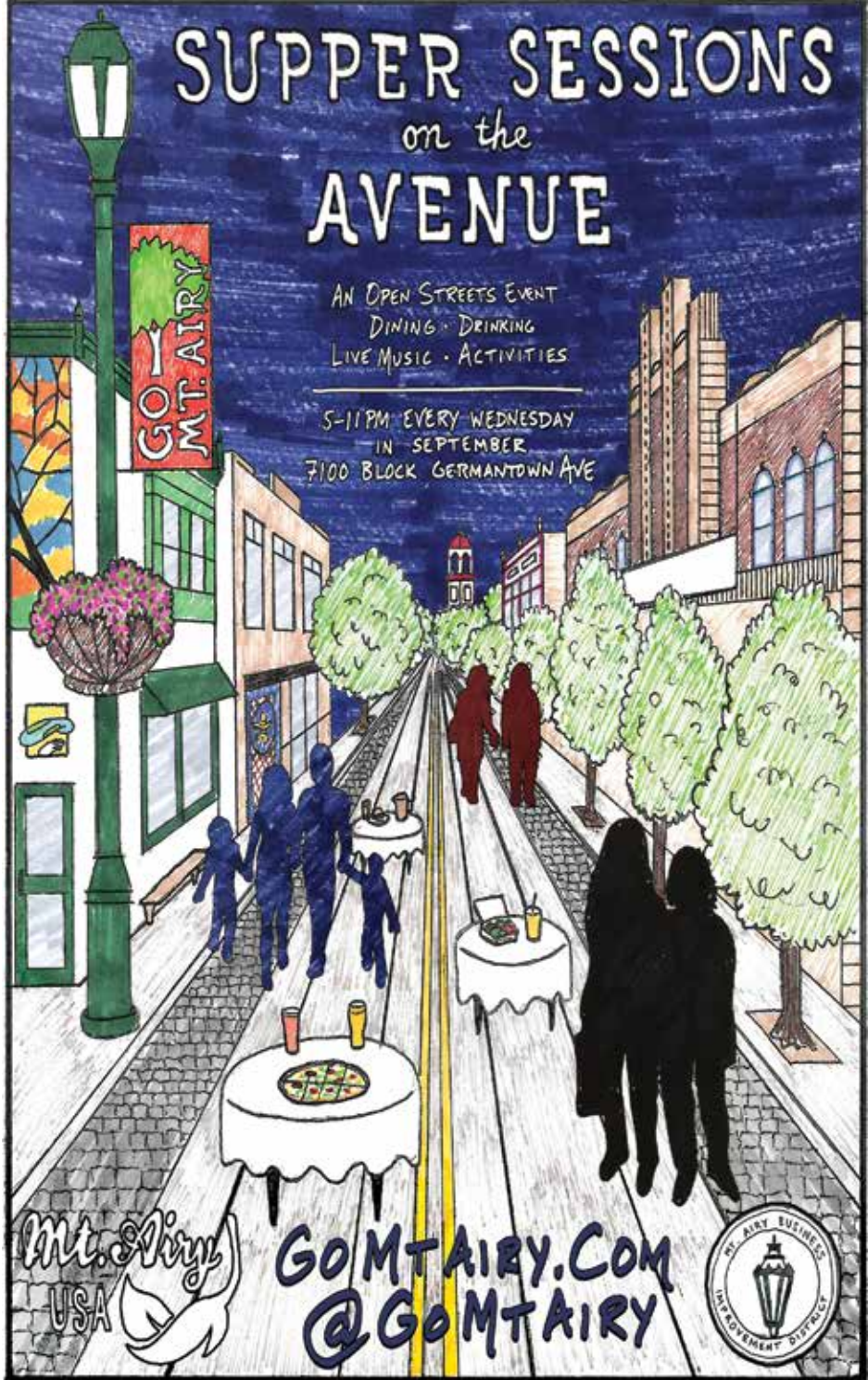
across the way

SIDEWALK SALE

SATURDAY, SEPT. 10, 9AM TO 2PM

Vitamins and body care * Pet food and supplies
Other treasures.

We need the room so we're moving them outside
and pricing them to MOVE!



SUPPER SESSIONS
on the
AVENUE

AN OPEN STREETS EVENT
DINING · DRINKING
LIVE MUSIC · ACTIVITIES

5-11 PM EVERY WEDNESDAY
IN SEPTEMBER
7100 BLOCK GERMANTOWN AVE

GO MT AIRY

GO MT AIRY.COM @GO MT AIRY

MT. AIRY BUSINESS DEVELOPMENT DISTRICT

Mt. Airy Learning Tree Celebrates Founder, 35 Years

WHEN BARBARA BLOOM FOUNDED Mt. Airy Learning Tree in her neighborhood in 1981, the community education program offered just 17 courses and enrolled 125 students.

These days, MALT classes number in the hundreds and MALT participants in the thousands. The 2016 spring catalog was 75 pages long and offered 240 classes in 158 zip codes in and around northwest Philadelphia.

Bloom, who now lives in Chestnut Hill, says the name came from the autobiographical novel "The Learning Tree" by photographer, composer and filmmaker Gordon Parks.

MALT was intended to create affordable community education that would bring diverse residents together through common interests. "We had the idea that we all could learn from each other, and in doing that, our community would benefit," Bloom said. "The Mt. Airy Learning Tree has long surpassed that goal."



Barbara Bloom

Among the first class offerings were "Introduction to Personal Computing," "Electronic Games," "Railroads and Mt. Airy" and "Women as Super-Heroes in the Comics." This fall, the range of classes isn't that different: "How to Fix Your Toilet," "Make Your Own Hard Cider" and "Buddhist Philosophy and Ethics."

MALT classes have changed many lives over the years.

Marianne Roche, 67, of Oreland, was looking to expand her interests as she approached retirement after working with people with disabilities. Through MALT, she began to explore holistic practices. She has since become certified in acupressure, reiki and reflexology and has been able to use her new skills with her current clients. "MALT has changed my life and I am forever grateful," Roche said.

Allyson Bennett of Elkins Park took MALT's rowing class on the Schuylkill River many years ago and conquered her fear of the open water. Since then, she has

completed 17 triathlons in rivers, bays and oceans. "Taking the rowing class at MALT led me to places I never would have imagined," Bennett said.

"MALT is an organization that brings together all that is positive in life," said Executive Director Judy Weinstein. "Teachers that are eager to share their skills and students are excited about learning new things. As our world becomes more divided, MALT brings diverse people together around common interests. . . . In 35 years, the Mt. Airy Learning Tree has helped 100,000 people expand their understanding of hundreds of topics. We're proud to have been the conduit for learning for so many in the community."

This month, MALT will mark its 35th anniversary by honoring its founder in a celebration Sunday, Sept. 25, from 2 to 5 p.m. at the Chestnut Hill Meeting House, 20 E. Mermaid Lane. There will be live entertainment, raffles, balloon sculpting, birthday cake, a photo booth and more. All are welcome; the cost is \$5 per person.

For a list of fall classes or to learn more about the 35th anniversary celebration, go to www.mtairylearningtree.org.

International Co-op Principles

- 1 Voluntary and Open Membership
- 2 Democratic Member-Owner Control
- 3 Member-Owner Economic Participation
- 4 Autonomy and Independence
- 5 Education, Training and Information
- 6 Cooperation Among Cooperatives
- 7 Concern for Community

come see the difference

Visit our Open House on Saturday, October 22

Call or visit us online to register, to learn about our tuition assistance program or to schedule a visit.

AFS offers a bus shuttle service for our students coming from Northwest Philadelphia.
www.abingtonfriends.net | 575 Washington Lane, Jenkintown, PA 19046 | 215-886-4350
 Abington Friends School is an independent co-ed Quaker college preparatory school for students age 3 through grade 12

GFS GERMANTOWN FRIENDS SCHOOL

K
through
LIFE

OPEN HOUSES
OCTOBER 15 & NOVEMBER 11

31 WEST COULTER STREET, PHILADELPHIA, PA 19144
215.951.2345 GERMANTOWNFRIENDS.ORG

The woods are calling

The Miquon School

miquon.org/visit

SPRINGSIDE CHESTNUT HILL ACADEMY

BE INSPIRED

Whatever your dream, SCH will help you get there.
 Come visit us to learn more about our passion-based Pre-K-12 curriculum.
 Contact our Admissions Office at 215-247-7007 or SCH.ORG/Admissions.

Wissahickon Charter Students Immersed in Awbury Pond Restoration

by Alexandria Evenson,
for the Shuttle

YOU MAY BE FAMILIAR WITH THE DEFINITION OF “catalyst” from chemistry class. This word is also applied to leaders, innovators and entrepreneurs to describe their snowball effect on the world around them. It is not very often that a group of fourth graders can claim this title, but what if they were given the opportunity to do so?

Liz Biagioli, Wissahickon Charter School’s environmental educator, saw a golden opportunity for her fourth grade students to be catalysts at Awbury Arboretum next door. Using the Arboretum’s overgrown pond as a case study, students could participate in a hands-on service learning project that would teach them more about watersheds, native species and their neighborhood’s history than a textbook ever could. But their work also had the potential to promote — catalyze — a larger rehabilitation effort.

At WCS, a public charter school with an environmental mission, students study a different environmental theme every year and complete a related action project with their class. One year, first graders studying waste introduced composting to the school’s cafeteria. Second-graders focus on agriculture every year, and care for the school garden. “We’re committed to helping to raise the next generation of environmental stewards,” said CEO Kristi Littell, who was the school’s environmental educator when WCS opened in 2002.

The location of Wissahickon’s second campus, at Chew Avenue and Washington Lane, was selected for its proximity to outdoor spaces like Awbury Arboretum and Weavers Way’s Mort Brooks Memorial Farm.

In addition to the Arboretum, WCS was able to partner with another like-minded organization to make this project a reality: The Captain Planet Foundation (captainplanetfoundation.org), which has funded more than 2,000 hands-on environmental education projects across



WCS photo

Last year’s fourth-graders put their waders to good use battling phragmites at the Awbury pond.

the world. With a grant from CPF, WCS was able to purchase materials students would need to monitor and rehabilitate the pond: water-quality kits, collecting containers and knee-high waders!

When it comes to service-learning projects, the priority is, of course, the learning. But it was Biagioli’s hope that the students’ work would benefit the Arboretum and

set the stage for further rehabilitation work. Karen Flick of Awbury Arboretum Landscapes, the for-profit landscaping firm affiliated with the arboretum, worked closely with the students. “As part of the program [students] pulled invasive plants and tagged natives with pink ribbon,” Flick said. “So when other volunteers come, I can point out the pink tags are good plants.”

Students also removed invasive phragmites reeds, cleared trash and created public-service announcements. They have educated other students, staff and families about how every individual can improve water quality. Commented one fourth grader: “I am so glad we learned about these issues because I always thought a storm drain was a trash can.”

These students’ learning, inquiry, and service has also influenced the Arboretum to begin a larger restoration project of the pond.

Returning to school as fifth graders this month, these students will spend the year studying local habitats and learning more about what it takes to be stewards of the environment. They will be the first WCS Awbury class to go on an overnight trip to the Outdoor School in Horsham. They will take many trips next door to Awbury Arboretum, along with hundreds of other K-8 WCS students and thousands of other school and community groups that visit the grounds every year.

“Awbury is green space meant for the community,” Flick said. “We really need to put the energy forward, like the children, and take these spaces on as vital parts of our community.”

Alexandria Evenson is the former development associate at Wissahickon Charter. For more info about Wissahickon Charter, contact Development Associate Allie DiTucci (a.ditucci@wissahickoncharter.org) or visit www.wissahickoncharter.org. To learn more about the free-and-open-to-the public Awbury Arboretum, visit www.awbury.org.

Now registering for the 2016-2017 Season



Offering classes for ages 12 months-adult

Ballet, Modern, Jazz, Tap, Hip Hop,

Acrobatics, Tumbling, Fitness & more!

6757 Greene St. Philadelphia, Pa 19119

215-621-7683

www.freetobedanceacademy.com

HOUSE
AT
POOH CORNER

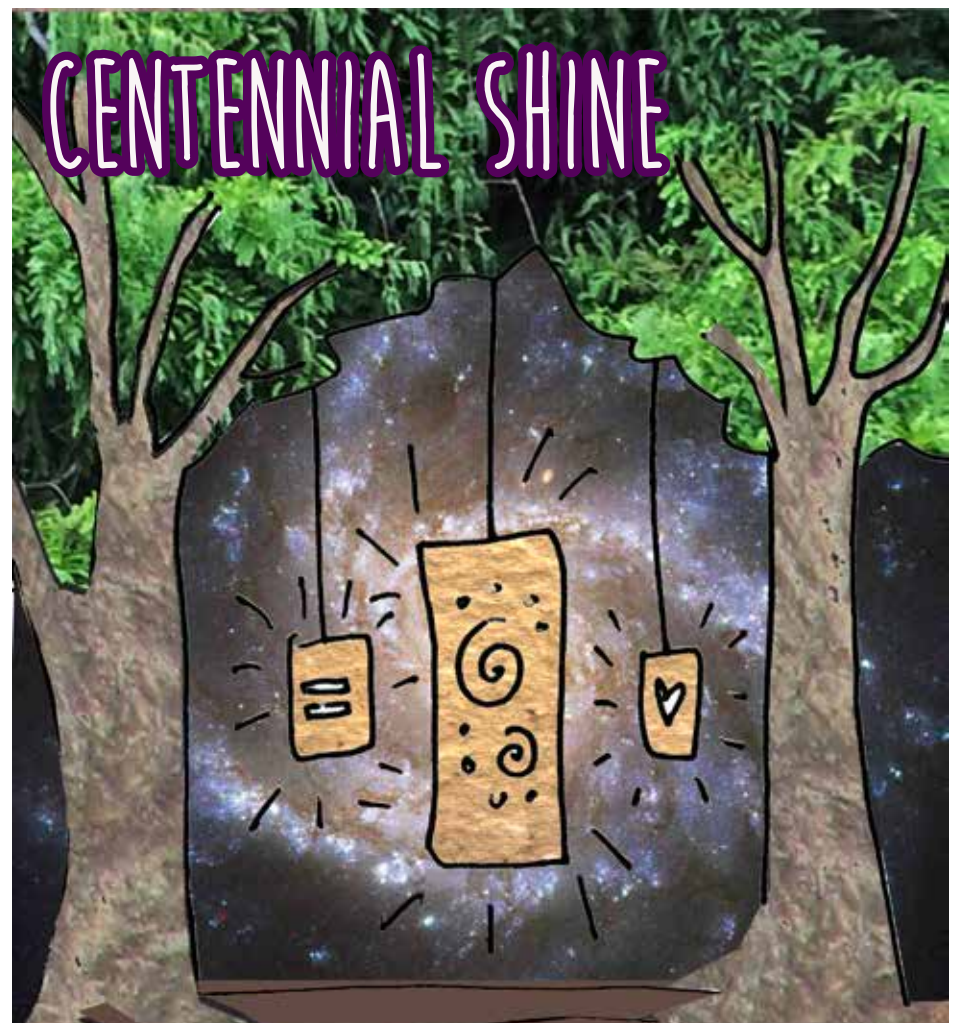
where learning comes naturally
Teri DiCesare, M.Ed.

INFANTS • TODDLERS • PRE-K

Over 30 years
of quality care
215-843-0815

Visit our website www.houseatpoothcornerdaycare.com

CENTENNIAL SHINE



A FREE COMMUNITY WORKSHOP SERIES

CREATE HANDMADE LANTERNS TO BE DISPLAYED AT THE ARBORETUM

PRESENTED BY
NORTHWEST PHILLY ARTISTS: THECONTINUOUSFIELD.ORG

WORKSHOPS: 9/11, 9/18, 9/25
CELEBRATION: SEPTEMBER 30TH

ALL ARE WELCOME
VISIT AWBURY.ORG FOR INFO & REGISTRATION



Before the Convention, There Was the March For Climate Change

by Sandra Folzer, Weavers Way Environment Committee

ON SUNDAY, JULY 24, THE DAY BEFORE THE DEMOCRATIC NATIONAL CONVENTION kicked off in Philadelphia, 10,000 people marched down Market St. to display their concern about climate change. The weather cooperated, not to make the marchers more comfortable, but to make a point. It was 100 degrees, a sign of what we might expect in the future. Weavers Way's Environment Committee was well represented with half a dozen of us plus three family members. It felt good to know that so many people cared enough to walk in the sun on a very hot day to let the world know climate change is real. We hoped some of the world was listening. The next day, there was a photo in the New York Times, but no story.

The march was preceded by a rally City Hall Courtyard. The first speaker was City Councilwoman Helen Gym, who declared, "Our cities and our elected officials can no longer continue to sleepwalk their way through a climate crisis of gargantuan proportions that threatens not only our future, but our current way of life."

Wenonah Hauter, executive director of Food & Water Watch, also spoke, noting that when the organization first called for a ban on fracking, "it was viewed as a really marginal issue, but our movement has expanded dramatically and has become mainstream. . . . Today, more Americans oppose fracking than support it." The



Kylee Kimmel photos



final speaker at City Hall was Laura Zuniga Cáceres, the daughter of murdered Honduran activist Berta Cáceres. Sharing a quote from her mother, Cáceres exhorted in Spanish, "Wake up, humanity! Time is running out!"

The marchers then slowly made their way toward Independence Hall, armed with colorful and dramatic

signs, banners and costumes. Food & Water Watch provided large containers of water at two locations. A small group of police on bicycles were riding next to us. I asked each officer if he or she needed water. Each smiled and declined but seemed appreciative.

The march paused in front of the Marriott Hotel, probably to catch the attention of DNC delegates who might be staying there. We wanted our presence known.

Most of the signs referred to climate change, banning fracking and promoting sustainable energy. Attention was drawn to the impact of fossil-fuel extraction on

(Continued on Next Page)

Does A Hearing Challenge Shut You Out?

Have you ever skipped an event because you were fearful you wouldn't be able to follow the conversations? This can impact both your health and brain health.

WIDEX UNIQUE hearing aids capture, process and clean the sounds that you have been missing. Let's get you back into those conversations!

CALL NOW for a complete hearing evaluation by our hearing instrument specialist. Plus, ask about our free trial run.

THE Hearing Garden
www.HearingGarden.com
Where Communication Grows

215-482-1900 | 6009 RIDGE AVE. (in Roxborough)

Chris Hill Media

www.chrishillmedia.com
chris@chrishillmedia.com
215-843-5704

- ▣ vibrant wordpress sites
- ▣ Web solutions for all needs and budgets
- ▣ websites optimized for desktop, tablet AND phone
- ▣ sites you manage yourself
- ▣ inexpensive, easy-to-manage online stores
- ▣ Great low-cost online tools
dynamic calendars, galleries, slideshows, searchable databases, blogs, social media integration, easy-to-use e-newsletter management tools, member-driven content, great SEO tools ... and more

web and print services for businesses and organizations driven by sustainable values

eco tip

by Marsha Lowe, Weavers Way Environment Committee

September Reminders

Don't Trash Those Electronics: Bring all your broken, out-of-date, unloved and unwanted electronics to Weavers Way Environment Committee and GRinCH's electronics recycling event on Saturday, Sept. 24, 9 a.m. to noon, at Norwood-Fontbonne Academy, 8891 Germantown Ave. Our recycler, eForce, will handle your discards responsibly and locally, and we'll raise money for worthy community grants. Details are on the flier next to this eco tip.

Brita+TerraCycle — Perfect Together: If you use Brita filters and pitchers, good news: You can take any Brita product, whether metal or plastic, to the TerraCycle collection boxes in Weavers Way Next Door in Chestnut Hill or Weavers Way Across the Way in Mt. Airy. This is the one exception to TerraCycle's "no metal" rule. All other containers and products must be plastic. More information on the TerraCycle program can be found in the July Shuttle's eco tip.

(Continued from Preceding Page)

rural and poorer communities. A group of indigenous people walked together and sprinkled the crowd with healing herbs, and at Independence Hall, members of the Ramapo Lenape Nation from North Jersey, who have battled Ford Motors over the toxic Ringwood Mines landfill, led a prayer.

Activist and Cornell biology professor Sandra Steingraber was another speaker at Independence Hall. She is the

author of "Living Downstream," about toxins in her community in Illinois and her resulting cancer, and "Raising Elijah: Protecting Children in an Age of Environmental Crisis." I highly recommend both books.

Afterward, those of us from the Environment Committee walked back to the train station to return home. None of us drove to the march, of course!

environment@weaversway.coop

Wissahickon Landmarks Join Moon in Favorite Bedtime Story

by Erin Mooney, for the Shuttle

CEDARS HOUSE, VALLEY GREEN Inn, the Thomas Mill covered bridge and even the statue of Tedyuscung are characters in "Good Night Wissahickon Valley Park," a children's book created by Friends of the Wissahickon.

The book, published by Good Night Books (goodnightbooks.com), tells the tale of a family of four who begin their visit in the morning at the north end of the park and stop at several beloved landmarks as they make their way south. By the end of the book, night is falling as the family says, "Good night, Wissahickon."

Friends of the Wissahickon was meticulous about making sure the illustrations and content were accurate.

"We want to develop a sense of wonder and exploration for everyone who visits the Wissahickon," said Maura McCarthy, Friends of the Wissahickon executive director. "This book helps educate children about the park and brings the park to life."

"Good Night Wissahickon Park" goes on sale officially at a Saturday, Sept. 10, event at the Wissahickon Environmental Center, from 10 a.m. to noon. There will be live readings by community leaders, special Wissahickon animal visi-

tors, face-painting and hikes for children. The book costs \$9.95, and proceeds go to Friends of the Wissahickon.

"Good Night Wissahickon Valley Park" will become a favorite for children throughout the area — for kids who already know the park and for those who have never visited the park before," McCarthy said.

Over 1 million visitors come to the park each year.

For more than 90 years, Friends of the Wissahickon has protected and preserved Philadelphia's Wissahickon Valley Park. This 1,800-acre urban wilderness has more than 50 miles of trails winding through the spectacular wooded gorge formed by the Wissahickon Creek, which provides drinking water to one in three Philadelphians. FOW and its volunteers make the Wissahickon cleaner and more enjoyable, and help maintain its wild beauty and delicate ecosystem. Proceeds from the sale of "Good Night Wissahickon Valley Park" will help support these efforts to protect this public resource for current and future generations.

To RSVP for the Sept. 10 event, or to order the book for retail or bulk sales, contact Giulia Morrone at morrone@fow.org.

Erin Mooney is the publicist for Friends of the Wissahickon. To learn more about FOW, visit www.fow.org.



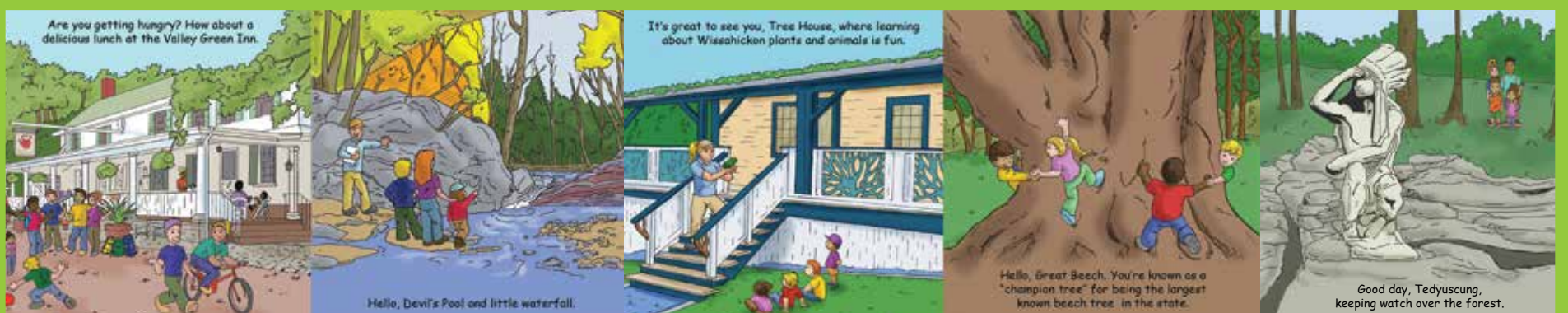
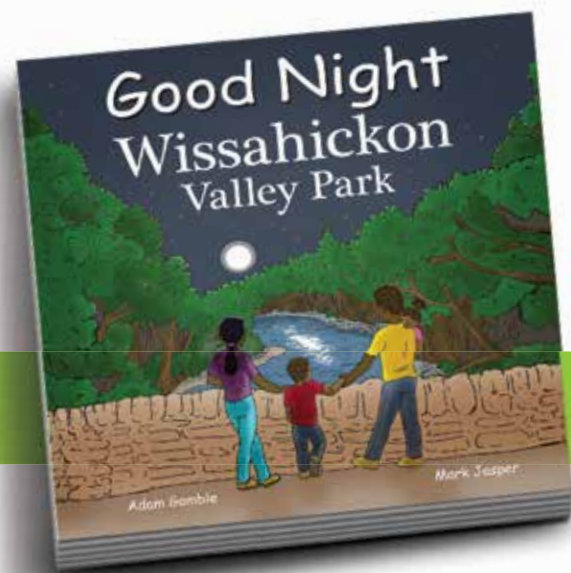
Join us for the GOOD NIGHT WISSAHICKON VALLEY PARK BOOK LAUNCH PARTY!

#GoodNightWiss

SATURDAY, SEPT. 10, 2016 10am to 12pm
at the Wissahickon Environmental Center

- Be the first to get your copy of Good Night Wissahickon
- Hear live readings of the book
- Nature hikes, scavenger hunt, and more!
- Light refreshments
- Face painting

Good Night Wissahickon Valley Park is a children's book sure to delight pre-schoolers and their parents. This brightly colored picture book takes children on a hike through Philadelphia's Wissahickon Valley Park. This book is sure to become your child's favorite bedtime story!



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.

Co-op managers go to lots of meetings. Recently I was at a meeting regarding our proposed expansion to Ambler: Six people around a table looking at documents that reflect a financially and legally complex project with millions of dollars in play, not to mention the future of Weavers Way. As I looked around, what



struck me was even though most participants had their cell phones out (primarily using calculator apps), and one person was using a laptop, everyone was making handwritten notes on the papers in front of them. Despite all the tech available to most of us, handwriting on paper is still one of our go-to technologies.

Paper appears to have been invented

in 105 AD in China. Handwriting and paper and writing implements and written language comprise what I would consider a pretty sustainable form of communications technology, second only to our voices and ears. The production of paper was (and is) a pretty big deal, and it's interesting that the Shuttle as print media is still going strong when other print newspapers have faded. Perhaps it's because of the Co-op's proximity to Rittenhousetown, the first paper mill in British North America, started around 1690 by William Rittenhouse. (Interesting that "Rittenhouse" is pronounced same as "written.") Paper is still a high-use commodity; you might have thought that with all the emails and texts and Web pages flying around, paper use would have declined, but I read paper use has increased over 100 percent in the last 20 years. Also interesting is a statistic I found that 45 percent of paper printed in offices is trashed by the end of the day it

was printed. And most of it still ends up in landfill.

Fortunately, we know the Shuttle never ends up in landfill, as most Weavers Way members keep their own personal permanent collections of the Shuttle which are then passed on to future generations as valuable family heirlooms, adding to the clutter in basements and attics all through the Northwest. Plus the extras go to the compost factory at Henry Got Crops Farm at Saul High School. Thus the Shuttle has a sustainable presence.

Unrelated to the Shuttle, but still related to sustainability, is that the broker for Blue Diamond Almond Milk recently emailed this statement regarding a class-action lawsuit claiming Blue Diamond Almond Milk only contained about 2 percent almonds by weight, which the plaintiffs found deceptive:

(Continued on Next Page)



When you need a little help at home...
RALSTON MY WAY
 A Nonprofit Licensed Homecare Agency

Home care and a whole lot more for people 55+

- Affordable home care, transportation, repairs, snow removal and more – ask us
- A place to call when you are not sure who can provide the help you need
- Employees are background checked, supervised and evaluated by our members

For services, call us today at 215-525-5470
info@ralstonmyway.org | 7051 Germantown Avenue, Philadelphia, PA 19119



Hansell Contractors, Inc.

Builders - Historical Restoration - Fine Carpentry
 Energy Conservation - Architectural Design Services

HansellContractors.com

Office: 215-277-1540 Fax: 215-277-1390
 Lic.# PA022176 EPA Lead Certified

Now accepting all major credit cards.

Gerard A. Plourde
 Attorney at Law

Wills ■ Estate Administration ■ Real Estate Transactions
 Veterans Matters ■ Individual Income Tax
 Misdemeanor Criminal Matters ■ Small Claims Court

Kgplourde@gmail.com Phone (215) 843-8203
Consultations at your location Mobile (215) 901-7222

Grant Fox Contracting

Custom Renovations • Fine Cabinetry
 Old House Renovations and Repairs
 Kitchens • Baths • Additions
 Over 25 Years of Experience
 Co-op Member



Grant@GrantFox.biz 215-771-2713

We've gone GREEN...
 Now using environmentally-friendly Waterborne paint!



MACLENS

Collision Repair Professionals Since 1945
 Family Owned & Operated

20 W. Allens Lane Tel (215) 247-3906
 Philadelphia, PA 19119 Fax (215) 247-9506

John Sutton Masonry

- Chimney Repair
- Brick and Stone Repointed & Repaired
- Concrete Sidewalks
- Basement Walls
- Stucco
- Flagstone

Contact John for a free estimate:
 masonrytradesman@gmail.com
215.510.6724

License #39705

BASEMENT PLUS CO.

...Plus We Waterproof

- Get your basement dry and odor-free.
- Repair old crumbling walls
- Sump pumps & French drains
- New windows, doors & locks
- Clean, paint & seal pipes and flooring



As Seen on DIY TV

www.basementplus.com
 Insured & Licensed **215.233.4598** Free Estimates

...Plus We Renovate

- Redesign your basement
- Drywall, drop ceilings, closets
- New bathroom, shower, toilet & sink in one week
- We handle all plumbing & electrical in basement

(Continued from Preceding Page)

“At Blue Diamond, we’re proud to deliver Almond Breeze to a very loyal and growing base of customers seeking alternatives to dairy and soy milk. Almond Breeze is made from an average of 50 almonds per half gallon. The balance of our recipe is water and other quality ingredients. (Specifics regarding our formulation and processing techniques are proprietary but we list all our ingredients and nutritional information on our product label.) Water is the most common and highest volume ingredient in nearly all popular beverages including coffee, tea, soda, juice and sports drinks. Cow’s milk is 85 percent to 95 percent water and the same can be said for most soy and almond milks which is why our brand is not alone in responding to recent lawsuit claims.”

Without getting into the pros and cons of almond-milk manufacture and

consumption, the sentence about nearly all beverages being mostly water tells a much larger story about our unhealthy food system. In addition to all the bottled water being produced, packaged and transported, the reality is, most beverages sold in stores are mostly water. In addition, most beverages are sold in glass

or plastic bottles or aluminum cans or a some kind of laminated or coated paper carton. All of these present sustainability issues. Glass is heavy to ship and the market for recycled glass is vanishing. Plastic, although light, is also questionably recyclable and is a petroleum product. Aluminum is light and very recyclable

“**The reality is, most beverages sold in stores are mostly water. In addition, most beverages are sold in glass or plastic bottles or aluminum cans or a some kind of laminated or coated paper carton. All of these present sustainability issues.**”

ble but initial production is extremely resource-intensive. Paper cartons may be the winner here, as they are light, made from a renewable resource (although papermaking is also resource-intensive) and are fairly recyclable.

The main point, though, as Blue Diamond points out, is that all of these resources are being spent on products that are mostly water, which is already available in our homes for under one cent a gallon. As we all know, many municipal water systems are in trouble — aging pipes and lack of maintenance result in costly repairs and, in places like Flint, MI, a poisoned populace. Seems like a misappropriation of resources to spend so much on packaged water while letting our municipal water systems crumble.

Good thing we all live near the Wisahickon and Monoshone and the other

(Continued on Next Page)



Are you ready for that beautiful new deck or porch? Summer is here and what a great time to sit outside and enjoy the sun. Call us NOW for your FREE estimate

www.MacIntoshConstruction.com

Kitchens - - Bathrooms - - Decks - - Windows - - Porches
Doors - - Additions - - and more

215-843-2090
MacintoshConstruction@verizon.net

Fully Insured
PA License # PA018646

Proudly serving Chestnut Hill, Mt. Airy, Germantown and surrounding areas for over 20 years



The sun is shining! The temps are warm! And that beautiful sun is shining hard on your roof! Have you had your free roof inspection? Make sure that your roof is in tip-top condition! Call us today!

Remember... It all starts at the top!

Call 215-843-1970
Email: AppleRoofing@verizon.net

Proudly serving Germantown, Chestnut Hill, Mt. Airy, and surrounding areas

www.AppleRoofingCo.com

Complete Roofing Services
Residential & Commercial
Prompt, Reliable, Quality Work

Please call us for your **FREE** Roof Inspection



Please Patronize *Our* Advertisers

* **COMPUTER HELP!!** *
* Having trouble getting your computer, printer, scanner, CD/DVD/Blu-Ray, digital camera, or system software working properly? *
* Would you like to set up a home wired or wireless network to share your files, multiplayer games, and Internet access between all of your computers? *
* Need help removing **VIRUSES**, **SPYWARE**, or other malware which may have invaded your system? *
* Need help finding, designing, repairing, or upgrading a PC and setting up software which best meets **YOUR** needs? *
* For expert, reasonably-priced **service, instruction, and assistance** in your own home or office... *
* call *
* **Lauren Royce Emery** *
* Phone: (215) 844-5570 *
* E-mail: LREmary@fast.net *
* 24 hours, 7 days *

COMPLETE MASONRY SERVICE
Flagstone, Brick & Stone Pointing
JAMES G. CARDAMONE

- Concrete Work
- Chimney Repairs
- Stucco
- Basement Wall
- Walkways & Patios
- Glass Block Windows
- Plastering & Waterproofing
- Retaining Walls
- Ceramic Tile

jamescardamonemasonry.com
Over 25 Years Experience • Clean Work Area • Fully Insured & Free Estimates

PA# 060401 All Calls Returned **215-887-9323** **GLENSIDE**



across the way
SIDEWALK SALE
SATURDAY, SEPT. 10, 9AM TO 2PM

Vitamins and body care * Pet food and supplies
Other treasures.

We need the room so we're moving them outside
and pricing them to MOVE!

H
HANSON SERVICES
Small Projects for the Home

Interior/Exterior Carpentry
Custom Cabinetry
Door & Window Installation/Repair
Structural Work, Roofing
Porch Repair, Deck Construction
Hardwood Flooring
Energy Efficiency Consultation
Drywall/Plaster Work
Painting, Masonry & Stucco
Fire Protection
Electrical & Plumbing

214 KALOS STREET, PHILADELPHIA
Tel 215 483 8338 ~ HGCINC.BIZ

Suggestions

(Continued from Preceding Page)

creeks in Philly. Might have to drink out of them one day. Bring your own canteen.

suggestions and responses:

s: "I hope we get back the ginger flavored Green & Black's chocolate bars! They're the best!"

r: (Kathryn MA) We still have them! They may have been out of stock. Sorry they weren't available when you came in.

s: "Love the Uncle Jerry's Whole Wheat pretzels, but lately they look — and taste — like they have some mold on them, especially around the sesame seeds on the low-salt ones. Maybe they should not be kept by window? Just a thought."

r: (Kathryn) Thanks for letting us know. I hope you returned them for a refund. It may take us a while to discover the extent and source of the problem, so please let me know if it happens again (worley@weaversway.coop).

s: "Regarding your reply about non-stimulant coffee- or chocolate-containing Coconut Bliss flavors. They do make a cara-

mel gingersnap and a mixed berry swirl."

r: (Kathryn MA) Thanks for the suggestion! I don't have enough space to add flavors right now, but I'll keep these in mind.

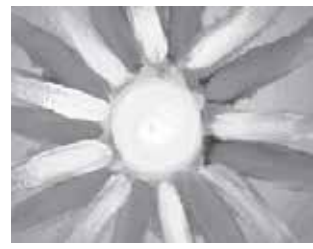
s: "Can you carry Edensoy Original Unsweetened in either Mt. Airy or Chestnut Hill? None of the other Edensoy varieties in the store are unsweetened."

r: (Kathryn MA) Thanks for the suggestion. Lots of shoppers prefer unsweetened items, so it is an oversight on our part that we don't carry it yet. I'll bring it into the Mt. Airy store soon.

s: "I'm trying to gain weight but my diet consists of mostly cucumbers because I crave the juiciness and the crunch. Is there a GMO cucumber that has more calories and maybe some more protein?"

r: You are in luck, Monsanto has created a cucumber that includes the genes that make oil in olives and the protein in whey, called the Oi'Whay Cuke, (short for "oy, what you'll weigh") and we'll be growing them on our farms as soon as we sign the contract with Monsanto, specifying Monsanto has ownership interest in all new parts of our body created by the the consumption of protein and calories in their Oi'Whay cucumbers.

normanb@weaversway.coop



Mt. Airy Psychotherapy & Wellness

BRINGING HOLISTIC HEALTH TO THE NORTHWEST COMMUNITY

Psychotherapy

Genie Ravital, LCSW
Lauren Kahn, LSW, LMFT
Lenore Jefford, LPC
Eda Kauffman, LSW
Althea Stinson, MSW
Willie Knight, MA
Jennifer Ellis, MEd, LPC

Homeopathy

Ameet Ravital, PhD, DiHom

Massage & Yoga

Lisa Kaye, LMT

Acupuncture

Anna Beale, LAC

7127 Germantown Ave • Philadelphia, PA 19119

215-242-5004

www.MtAiryPsychotherapy.org

SOUND/ ENERGY HEALING STUDIO

GONGS ✦ SINGING BOWLS ✦ TUNING FORKS

DEEP HEALING

INDIVIDUAL SESSIONS

DEEP PEACE

SOUND BATHS

IN ERDENHEIM www.Katrynlavanture.com 267-738-9501

Don't miss out on breaking news!

Sign Up Online at

WWW.WEAVERSWAY.COOP



"it takes courage to grow up and turn out to be who you really are."

Coop Member Discount
215-843-8258
www.mollykellogg.com



Molly Kellogg, RD, LCSW
Psychotherapist and Nutritionist



100 East Sedgwick St.
Mt. Airy

135 South 19th Street
Center City

Janet Ames



FIVE STAR
REAL ESTATE AGENT
2016

2013 • 2014 • 2015 • 2016
Janet Ames of RE/MAX Executive Realty wins 2016 Five Star Real Estate award! realtorjanetames@gmail.com • 610 520 4102

Member of **RE/MAX EXECUTIVE REALTY'S Green Group**

As seen in **Philadelphia Magazine**

Five Star Professional surveyed Philadelphia area residents who purchased a home priced at more than \$150,000 within an 8-month period. The final list of 2016 Five Star Real Estate Agents is a select group, representing less than 7% of real estate agents in the area.

5043 Pulaski Ave Phila PA 19144

5 BD / 2 BA -- MLS # 6778182

SOLD FOR 94% OF ASKING PRICE

Let me achieve great results for you too!
Call me at 610-308-0802.

Put my skills and experience to work for you!



610 Old Lancaster Rd.
Bryn Mawr, PA 19010
realtorjanetames@gmail.com
www.realtorjanetames.com

Also visit me at:
www.facebook.com/realtorjanetames
www.linkedin.com/in/realtorjanetames

Commercial Space & Residential Units Available Located Near Dining and Transportation In The Vibrant West Oak Lane Area

Contact 215-927-5440



for health, balance, manifestation

LEO MCELROY

215-843-9718

Shiatsu Bodywork

Shamanic Healing Practices

Cresheim Healing Arts 138-A West Gorgas Lane

www.ShiatsuLight.com

Back to School

weavers way
across the way
next door

DON'T GET SAD — GET NEW STUFF
Check in Across the Way and Next Door to see what's cool for school.



Eye-poppin' Crocodile Creek backpacks & lunch boxes, 20% off.



New Wave Enviro Litter-Free Lunch Kits & other reusable containers, 20% off.



Decomposition Books, recycled, soy-inked, chlorine-free and really cool, 10% off.

www.y2bfit.com

Now OPEN!

7101 Emlen Street
Philadelphia, PA 19119

Y2BFIT
YOGA & BARRE

first class
FREE
with this ad!



Bereavement • Hypnotherapy • Sexuality • Trauma • Anxiety • Happiness
Women's Support Group

*My heart split open & a flower sprang up...
Serving with love and creativity.*



Elanah D. Naftali, DrPH, LMFT
Licensed Marriage & Family Therapist
BLUE CROSS PLANS ACCEPTED

215.498.6360
Elanah.Naftali@gmail.com

Claudia Apfelbaum, MSS, LCSW





Compassionate, Insightful and Transformative Therapy

Individuals - Couples - Families - Groups

"Listening for the Essence"

215-317-8855 claudialistens@gmail.com www.ClaudiaListens.me

Sage Integrative Health Center

Wendy Romig
MS, CNS, LDN
Clinical Nutritionist / Herbalist

***Now selling bulk medicinal herbs
and single herb extracts.***
By appointment only. Call for details.

An integrative approach to addressing acute and chronic conditions. Schedule a clinical consultation and assessment.

538 Carpenter Lane, Phila. PA 215-839-3950 (P/F/SMS)
www.SageIntegrativeHealth.com

Helen Feinberg, JD, MSW
Professional Coach
helen@feinberg.net
267-253-7409

What's Next For You?
Coaching for Life's Changes
www.feinbergcoaching.com

coop basics

Good Deals Every Day.
Look for the tag!

Rev. Dr. Nadine Rosechild Sullivan
Spiritual Counseling & Hypnotherapy



215-704-4264
drsullivan@rosechild.org
www.rosechild.org

LGBTQ-Affirming

Are You Riding the Blood-Sugar Roller-Coaster?

by Dana Barron, Co-Chair, Weavers Way Health & Wellness Committee

DOES YOUR ENERGY VARY A LOT OVER THE COURSE OF A DAY? DO YOU tend to crash mid-morning or mid-afternoon? Do you drink coffee or tea to perk you up? Do you regularly wake up in the middle of the night? Do you feel shaky, irritable or anxious if you go too long without eating? These are signs of unstable blood-sugar levels, which have an enormous impact on health and well-being.

Unstable blood sugar is one of the most common causes of fatigue, mood swings, hormone disruption, food cravings, weight gain, adrenal fatigue and sleep disturbances. It contributes to inflammation, heart disease, Type 2 diabetes, many cancers and even dementia.

And it's quite easy to prevent. If you are going to do ONE thing to improve how you feel, stabilizing your blood sugar should be it.

Here's how it works: When you eat any form of sugar or simple carbohydrate such as fruit juice — especially if not accompanied by protein, fat or fiber — it is digested and absorbed very fast, causing blood sugar to spike. The body then releases insulin to process the blood sugar. But often it will drive the blood sugar level down too far. Then you produce cortisol — the body's main stress hormone — to drive your blood sugar back up. You also crave sugar and carbs, starting the cycle all over again. This is the blood-sugar roller-coaster.

The modern Western diet, heavy in simple carbohydrates, causes constant spikes and drops in blood sugar, making the body work hard to maintain homeostasis. This effort is a stress on the body and like other stressors — pathogens, toxins, mental and emotional stressors — it contributes to virtually all forms of disease.

Here's how to avoid this damaging cycle and maintain steady energy throughout the day:

Minimize all forms of sugar — glucose, sucrose, fructose, corn syrup, agave, honey, pure maple syrup, fruit juice. Read ingredients and nutrition facts! Sugars are found in over 80 percent of all foods sold in supermarkets, including sauces, condiments, salad dressings and salty snack foods.

Minimize simple and processed carbohydrates. Think "white food." Choose whole grains like brown rice, 100 percent whole wheat, whole oats and quinoa. Read labels carefully.

Minimize caffeine, which can also trigger the blood-sugar roller-coaster by increasing adrenaline, which in turn pulls sugar from the cells into the bloodstream.

Balance your sugars and carbs with fat, protein and fiber eaten at the same time — This slows absorption of sugar into the blood

Eat a protein-rich and low-carb breakfast.. Do NOT skip breakfast!

Include protein, fat and fiber with every meal or snack (the "PFF rule").

Eat more healthy fats — omega-3 fats, nuts, coconut oil, avocados and fat from grass-fed or free-range animals.

Limit unhealthy fats — vegetable oils such as canola, sunflower, corn, soybean oil and fat from animals fed with feed.

Skeptical? Try it for 30 days and chart how you feel!

Dana Barron, PhD, FDN is a certified health coach and functional diagnostic nutritionist, and a health care advocate. Contact her at healingpathcoaching@yahoo.com or 215-688-5108.

Views expressed in this article are those of the author, not necessarily the Health & Wellness Committee, and are not meant to be a substitute for talking to your doctor



Health & Wellness Committee

Back to School

SUMMER'S OVER — GET OVER IT
Back in the groove, back in the groove.





Take a vitamin:
Smarty Pants selected varieties, 20% off.

Lunches, easy:
Applegate presliced deli & cheese, buy 2 get 1 free.

Give Fido something to chew on:
Earth Animal no-hide dog chew treat, 20% off.

weavers way
across the way next door

ELECTRONICS RECYCLING

WEIRD WASTE DAY

Saturday, September 24
9am to Noon
Norwood-Fontbonne Academy
(circular driveway)
8891 Germantown Avenue



You may recycle anything that has a plug.



Batteries Accepted for \$1 a pound.

Suggested donations \$10 to \$20.
TVs and monitors are \$30. Air conditioners, microwaves and dehumidifiers are \$10.





For a Complete List of Acceptable Items visit:
<http://tinyurl.com/zyqta9m>

Weavers Way Environment Committee is joining with GRINCH, Green in Chestnut Hill, for this event to benefit the Environment Committee's grant program and GRINCH's Green Warrior Student Grant program.

WEST LAUREL HILL

West Laurel Hill is the only funeral home/cemetery combination in the Mid-Atlantic region to offer both green burials and funeral services.

By choosing Nature's Sanctuary, you leave a perpetual lasting legacy in this magnificent and permanently preserved land.



CEMETERY • CREMATORY • FUNERAL HOME • MONUMENTS
 SERVICES & RECEPTION AREAS • EVENTS • GREEN & JEWISH BURIALS/FUNERALS



610.668.9900

www.westlaurelhill.com

225 Belmont Avenue • Bala Cynwyd, PA

William A. Sichel, F.D., Supervisor, R.R. Bringham & Co., Inc.

Funds Sought To Preserve Garden In Germantown

by Ellen Wert, for the Shuttle

GARDENERS AT THE OLD TENNIS Court Farm in Germantown, shut down since October 2015, are facing an October deadline for trying to raise funds to purchase the property.

The 50-plot community garden at 5407 Wissahickon Ave., formerly Germantown Friends School's tennis courts, was a thriving operation for six years, after its founding by members of the Germantown Monthly Meeting and other community members. Adjacent to Cloverly Park at the corner of Wissahickon and School House Lane (and, like the park, once part of the Edward White Clark estate), OTCF featured a solar-powered water pump and eight plots we dedicated for community service. It provided thousands of pounds of produce for local food-security programs such as Whosoever Gospel Mission, as well as neighbors in need.

But in 2015, liability concerns prompted GFS to sell the land. Although initially daunted by the price, \$277,000 with closing and other related costs, the gardeners, along with members of the Friends of Cloverly Park, were inspired by an article by a January 2016 Shuttle article ("Safeguarding Urban Agriculture," by William Hengst). A series of conversations and calls with Philadel-



Sunflowers at Old Tennis Court Farm..

Want to Help?

For details or to donate, visit:

www.germantownunitedcdc.org

www.friendsofclloverlypark.org

phia Parks and Recreation's FarmPhilly and Neighborhood Gardens Trust, featured in the article, led the OTCF gardeners to contact Natural Lands Trust, which agreed to help the group try to purchase the land and turn it over to the community as productive green space.

With formal go-ahead from GFS in mid-June, the community has until Oct. 31 to raise the purchase price. Natural Lands Trust is pursuing public funding for part of the money, and the gardeners, partnering with the Friends of Cloverly Park, are trying to raise the rest.

Those who would like to support the Old Tennis Court Farm Protection Project can make a tax-deductible donation through Germantown United CDC, which is serving as the project's fiscal sponsor.



Nicole Hehn VMD
Scott Gellman VMD

215-247-9560
8220 Germantown Avenue
www.chestnuthillcatclinic.com

Taking care of cats and their people for over for over 25 years.

All new clients—
\$25 off first pet visit.



Wissahickon Tree & Landscape Services, LLC

Brian Ames
Certified Arborist

CUSTOM PRUNING
 DESIGN & INSTALLATION
 ORGANIC & NON-CHEMICAL SOLUTIONS
 GARDEN STRUCTURES

215-681-2436

www.wissatree.com

No gettin' ticked off!



Across the Way has lots of natural and conventional products to keep your furbabies flea-free year round!

across the way

Pet Supplies • 610 Carpenter Lane

K.K. Lawn Service
Free Estimates

Kevin Kitt
President & C.E.O.

Grass Grooming
Hedge Trimming
Planting Flowers & Hedges

(215) 432-4069
beareu72@yahoo.com

Enjoy the outdoors!

with natural products from...





The Passionate Gardener

Lovely Labels & September Stuff to Do

by Ron Kushner, for the Shuttle

LABELING PLANTS IN YOUR GARDEN CAN BE CONTROVERSIAL, mainly regarding the size of the plants in relation to the size of the labels. Vegetables, perennials, shrubs or trees can be labeled in an inconspicuous manner, but in rock gardens and areas full of low-growing plants, labels are always very visible.

Some feel that labels spoil the natural look of the garden setting. Others complain that the labels themselves create a “congested” landscape, in some ways resembling a tiny cemetery.

My entire garden is labeled and I would have it no other way. As a matter of fact, when I visit a public garden without labels I feel cheated.

Whenever a plant or seedling goes in the ground, my initial label is planted at the same time. I have tried all types of labels of various materials, such as wood, plastic and metal. For my purposes, two-part metal labels, readily available in garden centers, work best. I use an indelible pen with black ink, slide the horizontal label onto the two-prong stake and install the label somewhere in front of the plant.

I called this labeling “initial” because it is not intended to be the permanent label. Once a plant makes it through an entire winter and summer season satisfactorily, it gets a professionally engraved plastic arboretum-style label. (I get mine from Gardenmarkers.com.) These labels are horizontal, approximately 1 inch deep by 3 inches

wide, with the plant name showing white against the label’s black background. The label is attached to the metal stake that is pushed into the soil so that label is just a bit higher than the top of the mulch. It looks nice, is not obtrusive and lasts, if not forever, certainly longer than the gardener installing it.

Some gardeners who use metal labels use a No. 2 pencil rather than an indelible black pen. The writing does not seem to fade away as the indelible pen will do in time. My problem with the pencil is that I can’t read it from any distance and I need to crawl almost on top of the label to make it out. And since I replace my metal labels after a year, I have not found the fading of the black ink to be much of a problem. To reuse metal labels, the “indelible” ink can be removed by rubbing the label with your fingers and a bit of machine oil such as WD40.

Some gardeners get engraved metal labels, which are extremely long-lasting but which I find equally hard to read. Plus I find them annoying in the garden environment, where they remind me of military dog tags.

The benefit of a label “program” is that it allows the gardener to be reminded at a glance where specific plants were originally planted and how they have spread. It also clearly shows which plants are thriving. The benefit to visitors, both horticulturally and educationally, goes without saying.

Finally, there is the simple memory function: Gardeners sometimes forget what they planted where. Many times, early spring shoots cannot readily be confirmed as



Reusable two-part metal labels like these are just the beginning; spring for permanent labels only for plants that have proven, well, permanent.

plant or weed. Finally, there could always be a question if a current bare spot was ever actually planted at all.

September reminders

- Don’t fertilize at this time; wait until later in the fall.
- This is the best time for lawn work.
- Time to give your amaryllis a rest; water less and less and allow foliage to die down. Then don’t water at all for six weeks; after the rest period, remove brown foliage, repot bulb in fresh soil and resume watering.
- No pruning yet; wait until very late fall or early winter.
- Plant shrubs and trees.
- Lime your tree peonies.
- Plant pansies from Labor Day until mid-October.

For questions or comments: ronprimexgardencenter.com

ORGANIC GARDENING SUPPLIES • VEGETABLES • FRUITS • HERBS • TREES • SHRUBS • PERENNIALS
 COMPOST • HEIRLOOM & ORGANIC SEEDS & KITS • GROW LIGHTS • SOIL AMENDMENTS MULCH
 & SOIL DELIVERIES • BACKYARD CHICKEN SUPPLIES • TERRARIUMS • GIFTS & MORE

THE GARDENERS RESOURCE SINCE 1943
 435 W. GLENSIDE AVE • Glenside, PA 19038
 PRIMEXGARDENCENTER.COM • 215-887-7500
WEAVER’S WAY MEMBERS RECEIVE 5% OFF!
*Must Present Card (Some exceptions apply)

Primex
Garden Center

redbud native plant nursery

904 N. Providence Rd.
 Media, PA 19063
 610-892-2833
 redbudnativeplantnursery.com

native plants
 trees, shrubs, wildflowers, vines, ferns and grasses

open mid-march through november
 tuesday through saturday 9 to 5

JB STOCOVAZ
 Professional Landscape Gardener

knowledgeable
 careful
 gardeners

maintenance • design • installation
 215.248.0649

Fall is for Learning
 at Morris Arboretum

GROWING MINDS
CULINARY ADVENTURES
HORTICULTURE & DESIGN
BEHIND THE SCENES
CREATIVE EXPRESSIONS
TRIPS

More than 85 Classes for Adults and Children!

Morris Arboretum
 UNIVERSITY of PENNSYLVANIA

LEARN MORE AND REGISTER:
 bit.ly/MAClasses
 (215) 247-5777 ext. 125

100 E NORTHWESTERN AVE, PHILADELPHIA • WWW.MORRISARBORETUM.ORG

Don’t miss a thing!
 All the deals every week.

SIGN UP: WWW.WEAVERSWAY.COOP

MEMBERSHIP
CORNER

Our Members Know a Good Deal

by Kirsten Bernal, Weavers Way
Membership Manager

IF YOU WERE LUCKY ENOUGH TO SPEND SOME time away this summer, you may have missed the launch of Together We Grow, our newest member equity campaign.

Initial results suggest that members like this deal! In July alone, when we kicked it off, 75 new and existing members took part in Together We Grow, making a \$400 investment in equity and getting a \$100 credit in EasyPay to spend at the Co-op.

A little simple math tells us that we have added \$30,000 in equity so far. The majority of these investments came from existing members. In fact, 71 of the campaign participants already belonged to the Co-op and many of those had already reached the equity cap.

This outpouring of support has truly moved me. Sure, Together We Grow is a great deal, but people don't just part with \$400 unless it really means something to them. Yes, members instantly get \$100 to spend in the store, and their equity is an investment that they can get back someday, but there is something more to it. We believe in our Co-op. Despite the individual incentive, this campaign is still about the collective. We invest in our Co-op because it matters to us, because we own it and, together, we grow it.

Fortunately, Together We Grow is not going away! We will continue to offer this great opportunity to members new and old. Together We Grow is

an excellent way to strengthen your Co-op.

Your investment is money in the bank for the Co-op and provides us with financial flexibility. More money in the bank means that we can pay down debt and cover the costs of operation. Remaining financially sound ensures that Weavers Way can keep doing what we do so well — serving our members and our community.

Whether you are joining for the first time, have been a member for a few years and have some equity in the Co-op, or are a fully vested long-time member, you are welcome to take advantage of this campaign.

I want to extend the most sincere thanks to everyone who has already taken part in Together We Grow, and an enthusiastic invitation to those who have not. As we go forward, we will continue to offer the incentive and make greater efforts to spread the word to potential members. If you have questions about the equity campaign, please contact me at member@weaversway.coop or 215-843-2350, ext. 119. If

you are ready to contribute today, stop by any of our stores and make the investment at the register. Cashiers are ready to assist you and your \$100 EasyPay credit will be available immediately. Alternatively, you can make the investment online, through the Online Member Center (members.weaversway.coop), and your EasyPay credit will be available to you the following day.

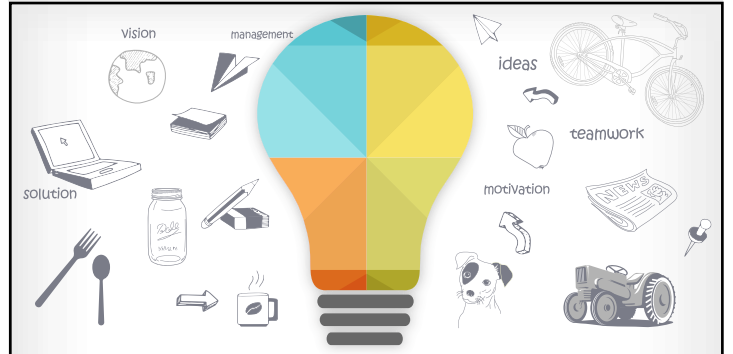
As we say; You own it! Why not grow it?

kirsten@weaversway.coop

TOGETHER WE GROW

Contribute \$400 to your Weavers Way equity account, get \$100 to spend at the Co-op — and help Weavers Way grow! It's easy:

- Log in to the Member Center and make a payment under My Equity.
- Or just contact the Membership Department at member@weaversway.coop or 215-843-2350, ext. 119.



WORKSHOP THURSDAYS

Topics are as varied and far-reaching as the interests of our members.

Member-led workshops are FREE (some charge a materials fee) and open to the public. Check the online events calendar for details and updates: www.weaversway.coop/events.

Or why not give a workshop yourself?

Weavers Way members who lead workshops receive three hours of household credit. For more info or to propose a topic, contact Membership at

outreach@weaversway.coop or 215-843-2350, ext. 118.

NEW! Eventbrite Reservations

Visit www.eventbrite.com and search Weavers Way.

Or RSVP the old fashioned way:

outreach@weaversway.coop or 215-843-2350, ext. 118.

COMING UP IN SEPTEMBER:

Intro to Active Hope with Lynne Iser & Mordechai Leibling

Sept. 8, 7-9 p.m., The Garage, 542 Carpenter

Three workshops focusing on Joanna Macy, scholar of Buddhism, systems thinking and deep ecology and a respected voice in movements for peace, justice and ecology. Macy, 84, has created a ground-breaking theoretical framework for personal and social change, as well as a powerful workshop methodology for applying it. Led by scholars, activists and Co-op members Lynne Iser and Mordechai Leibling, this first session features the 26-minute documentary, "Joanna Macy & The Great Turning." Sessions 2 & 3, on Sept. 29 and Oct. 13, delve into the book "Active Hope," by Macy and Chris Johnstone, using experiential exercises to more fully explore Macy's "Work that Reconnects."

A SEPTA Plant in Our Backyard?

Sept. 15, 7-8:30 p.m., The Garage, 542 Carpenter

Learn more about SEPTA's proposed gas-fired electric generation plant in Nicetown. Weavers Way Co-op member, clean energy advocate and 350 Philly volunteer Karen Melton, will present information SEPTA has made available as well as opposition arguments from community and environmental groups.

Health & Wellness Workshop:

Nutrition & Stress

Sept. 15, 7-8:30 p.m. 538 Carpenter (Sage Integrative Health Center)

Chronic psychological stress increases levels of inflammation, leading to a higher risk of chronic disease, and certain foods can also either prevent or trigger inflammation. Learn how to strengthen your body's defenses and maintain balance during stressful times at this workshop and cooking demo led by Nutritionists and Weavers Way members Jennifer Hall and Wendy Romig.

Intro to Active Hope with Lynne Iser & Mordechai Leibling

Sept. 29, 7-9 p.m., The Garage, 542 Carpenter

Second of three sessions focusing on activist Joanna Macy's framework for personal and social change. See description of Sept. 8 event above. The third session is Thursday, Oct. 13.

Wanted: 5,000 Caps!

Want to help with ART?? We're looking for solid-color threaded plastic or metal bottle caps (no writing, logos, or embossed caps, please) to be used for a mosaic for the keyhole garden FoodMoxie is installing at Hope Farm at MLK High School in Germantown.

Bring caps to Weavers Way Across the Way in Mt. Airy. There's a collection container at the rear of the store, near the refrigerator.

Questions? Contact Betsy Teutsch: Betsy@BetsyTeutsch.com.



eNews | eShopper | Coupons | Patronage rebates | Co-op info

Missing Something?

Every time we send out an email, we get bounces from folks we KNOW are active members. Do we have your correct email? Do we have your email at all? If not, you're missing out on important information and valuable offers and even, in the case of patronage rebates, actual money.

You can update your preferred email yourself by logging into the online member center at member.weaversway.coop. Or just check in directly with Membership Manager Kirsten Bernal at member@weaversway.coop or 215-843-2350, ext. 119, and get yourself right with the Co-op!



A Lifetime of Co-op Knowledge Makes Her A Natural to Coordinate Customer Service

by Karen Plourde, Weavers Way Communications Staff

AFTER MORE THAN FIVE YEARS AS A CASHIER AND manager on duty at Weavers Way Chestnut Hill, Gabrielle Anderson knows all about Co-op shoppers and their needs. So her transition from “front end” to customer-service coordinator for the store last fall went down as smoothly as, well, a spoonful of your favorite yogurt.

Gaby, 26, now spends most of her days performing a mishmash of essential tasks — everything from helping with refunds and responding to customer comments to putting out shelf tags and jumping on the register as needed.

Her history with Weavers Way goes back to her childhood in Mt. Airy, when she and her mom would work together to complete the family’s working member hours. Gaby, who was adopted as an infant by Dave and Bernadette Anderson, has fond memories of spending weekend mornings in the basement at Carpenter Lane store, wrapping chicken or doing bulk packing.

“I would look forward to those days,” she said. “Seeing behind the scenes, to me as a young kid, it was cool. . . . being able to say ‘I did that. I packed that.’” When it came time to pick a high school, Saul was Gaby’s only choice, mainly because she was an animal lover who had already spent many an afternoon petting the horses at the school’s pastures on Henry Avenue. To switch things up, though, she concentrated on plant studies.

During Gaby’s sophomore year at Saul, her mom’s breast cancer, which had been in remission for several years, reemerged as pancreatic cancer. Bernadette battled the disease for a year before she died in June 2007. Gaby found that she had to take the lead in making sure her and her dad’s basic needs were met.

“It was rough,” she said. “I basically had to become an adult way faster than I should have. . . . I had to put a foot up and like, ‘OK, I have to do my own stuff. I have to take care of myself, and I have to take care of my dad.’”

Gaby went on to the University of Delaware to study animal science. She got through three semesters before a major tuition increase forced her to drop out. She attended community college for a while, but then ran out of money.

Her need for a job coincided with the planned opening of Weavers Way Chestnut Hill in 2010. “I don’t know if it had anything to do with it, but I just put little marks on [the application] like ‘Hey, I’ve been a longtime member, I know Miss Stephanie, I know Rick,’” she recalled, name-checking cashier Stephanie Johnson and Mt. Airy store manager Rick Spalek.

In her current job, Gaby, who got her own place in East Mt. Airy just over a year ago, enjoys the freedom to get away from the register and have more of a management role. But her time at Weavers Way has only cemented her sense of attachment to the place.

Staff Celebrity Spotlight: Gaby Anderson



Karen Plourde photo

Gaby has good memories of helping her mom do hours in the Mt. Airy basement; she’s since moved up to Chestnut Hill.

“When you grow up with something, it becomes a part of you,” she said. “It was just ingrained in me that the mission was good, the quality of the food was better than a lot of places. . . . I just love the community.”

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 Board meets at 7 p.m. on the first Tuesday of the month. Because of the holiday, the September meeting is scheduled for Tuesday, Sept. 13. October’s meeting is Tuesday, Oct. 4.

For more information about board governance and policies, visit www.weaversway.coop/board. Board members’ email addresses are at www.weaversway.coop/board-directors, or contact the Board administrator at boardadmin@weaversway.coop or 215-843-2350, ext. 118.

2015-2016 Weavers Way Board

President: Chris Hill
Vice President: Joshua Bloom
Treasurer: Emmalee MacDonald
Secretary: Lisa Hogan
At-Large: Megan Seitz Clinton, Larry Daniels, Joyce Miller, Joan Patton, Linda Shein, Laura Morris Siena, David Woo.

The Shuttle

Editor
Mary Sweeten, 215-843-2350, ext. 135
editor@weaversway.coop

Art Director
Annette Aloe, 215-843-2350, ext. 130
annette@weaversway.coop

Advertising Coordinator
Karen Plourde, 215-843-2350, ext. 314
advertising@weaversway.coop

Proofreaders this issue: Laura Flandreau, Andrea Moselle, Barbara Sheehan, Kara Tennis.

Contributors this issue: Dana Barron, Jessica Baskin, Kirsten Bernal, Jacqueline Boulden, Erin Cassar, Alexandria Evenson, Sandra Folzer, Paul Glover, Stephanie Kane, Ron Kushner, Alexis Lieberman, Marsha Low, Kean Mackenzie, Brad Maule, Erin Mooney, Karen Plourde, Jon Roesser, Jackie Schrauger, Alisa Shargorodsky, Norman Weiss, Ellen Wert.

OPEN EVERY DAY

www.weaversway.coop

Mt. Airy main number: 215-843-2350

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

General Manager
Jon Roesser, ext. 131
jroesser@weaversway.coop

Controller
Nancy Pontone, ext. 116
npontone@weaversway.coop

Purchasing Manager
Norman Weiss, ext. 133
normanb@weaversway.coop

Marketing Director
Crystal Pang, ext. 121
cpang@weaversway.coop

HR Coordinator
Danielle Swain, ext. 132
hr@weaversway.coop

Facilities Manager
Steve Hebden, ext. 128
steve@weaversway.coop

Membership Manager
Kirsten Bernal, ext. 119
member@weaversway.coop

Outreach Coordinator
Bettina de Caumette, ext. 118
outreach@weaversway.coop

Mt. Airy Store Manager
Rick Spalek, ext. 101
rick@weaversway.coop

Chestnut Hill Store Manager
Dean Stefano, ext. 212
dstefano@weaversway.coop

Executive Chef
Bonnie Shuman, ext. 218
bonnie@weaversway.coop

Farm Manager
Nina Berryman, ext. 325
nberryman@weaversway.coop

Next Door Manager
Amira Shell, ext. 220
ashell@weaversway.coop

Mt. Airy Wellness Manager
Lisa Whitlock, ext. 114
apedrick@weaversway.coop

Pet Department Manager
Anton Goldschneider, ext. 276
petstore@weaversway.coop

Grocery
(MA) Kathryn Worley, ext. 140
worley@weaversway.coop
(CH) James Mitchell, ext. 217
jmitchell@weaversway.coop

Prepared Food
(MA) Dave Ballentine, ext. 102
dballentine@weaversway.coop

Deli
(MA) Shawn O’Connell, ext. 109
soconnell@weaversway.coop
(CH) Matt Budenstein, ext. 209
mbudenstein@weaversway.coop

Meat, Poultry & Seafood
(MA) Dale Kinley, ext. 104
dale@weaversway.coop
(CH) Ron Moore, ext. 205
rmoore@weaversway.coop

Produce
(MA) Jean MacKenzie, ext. 107
mackenzie@weaversway.coop
(CH) Mike Herbst, ext. 211
mherbst@weaversway.coop

Floral Buyer
Ginger Arthur, ext. 317
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., in Mt. Airy or Chestnut Hill.
RSVP to:

outreach@weaversway.coop or
215-843-2350, ext. 118.

NEXT MEETING: Wednesday, Sept. 14
Community Room, 555 Carpenter Lane
(adjacent to the Mt. Airy store)

weavers way coop



Connect to the network **WW_PUBLIC**
Use the password **weaversway**

Follow us!

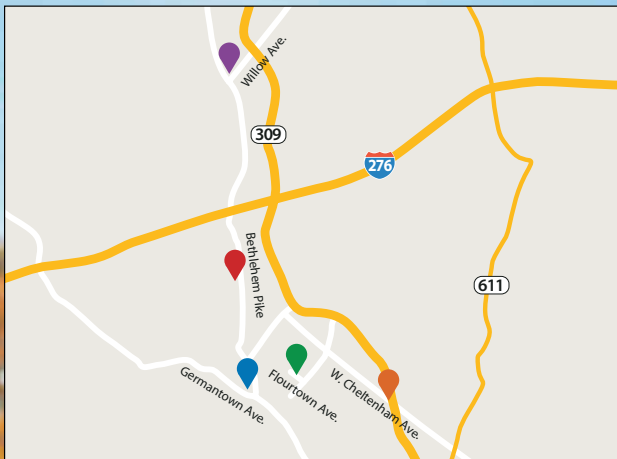


Advertise in the Shuttle
advertising@weaversway.coop

215-753-2000

One number. Five primary care offices.

If you're looking for convenient, accessible healthcare for your whole family, you'll find it with us. With same- and next-day appointments often available, there's no long wait to see a doctor. Also, ask about preventive care services your health insurance may cover at no cost to you, including flu shots, immunizations, annual checkups, and colon and breast cancer screenings.



5 convenient locations. 1 phone number. Visit MyChestnutHillDoc.com for more information.

- Chestnut Hill Family Care Associates – Ambler**
500 Willow Avenue, Ambler
- Chestnut Hill Family Practice**
8815 Germantown Avenue, Philadelphia
- Chestnut Hill Family Care Associates – Wyncote**
2827 W. Cheltenham Avenue, Wyncote
- Springfield Medical Associates**
Flourtown Commons, 1811 Bethlehem Pike, Flourtown
- Northwest Internal Medicine**
8200 Flourtown Avenue, Suite 2, Wyndmoor



September Member Specials

Valid from August 31 - October 4

For more member savings, visit www.weaversway.coop



KOYO
SOBA RAMEN
2.1 OZ
\$.75 REG \$1.15



MISO MASTER
MELLOW WHITE
MISO 16 OZ
\$7.39 REG \$9.49



MT. VIKOS
KALAMATA SPREAD
7.6 OZ
\$3.69 REG \$5.59



LIVING HARVEST FOODS
ORIGINAL HEMP
MILK 32 OZ
\$3.39 REG \$3.99



LILY OF THE DESERT
ALOE VERA GEL
12 FL OZ
\$6.99 REG \$7.39



NUBIAN HERITAGE
EVOO MORINGA
DEEP CONDITIONING
CREAM 12 OZ
\$9.99 REG \$11.75



UNCLE MATT'S
ORGANIC W/PULP
ORANGE JUICE
59 OZ
\$6.99 REG \$7.19



LILY OF THE DESERT
WHOLE LEAF ALOE
VERA JUICE 16 FL OZ
\$4.99 REG \$5.95



NUBIAN HERITAGE
COCONUT & PAPAYA
BAR SOAP 5 OZ
\$3.39 REG \$3.89