

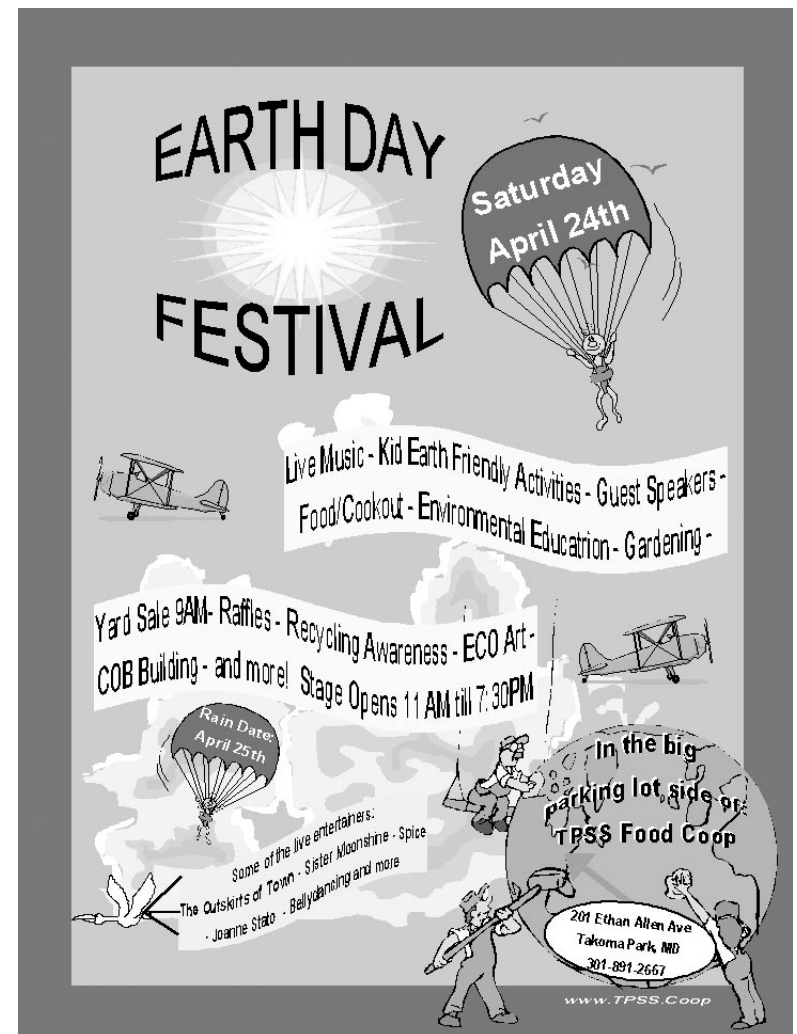


EARTH DAY FESTIVAL 2004

Entertainment of Events Line-up

(as of March 31)

- **9AM-2PM**
Yard sale. Set up time is 8AM
- **11AM-11:45PM**
Start-up announcements/Acoustic set with Children and environmental songs- Rick and Audrey
- **11:50AM-Noon**
Julie and Friends with flute
- **Noon-12:40 PM**
Spice - acoustic
- **12:40PM-1PM**
Speakers/raffles/more announcements
- **1:00PM-2:00PM**
Band TBA
- **2:00PM-2:30PM**
Raffles/Speaker/Announcements
- **2:30PM-3:30PM**
Sister Moonshine from Baltimore. All girl blues/rock/swing band
www.sistermoonshine.com
- **3:30PM-4:30PM**
Speakers/ Raffles/ Announcements/ Drummer Workshop by Rhythm Workers Union.
- **4:30PM-5:30PM**
The Outskirts of Town. All Female Party show band
www.outskirtsoftown.com
- **5:30PM-5:50PM**
Joanne Stato. Singer Songwriter with The Outskirts of Town.
www.joannestato.com
- **5:50PM-6:00PM**
Belly Dancer Maya Taahira will be sitting in with The Outskirts of Town
- **6:00PM-6:15PM**
Outskirts break.... More Belly Danc-ing
- **6:15PM-6:30 PM**
Joan Schaffner Speaks about Constitu-tional Amend and gay marriage as Outskirts break.
- **6:30PM-7:30PM**
The biggest raffle! Blow out the Party with The Outskirts of Town
- **MC: Pauline Anson-Dross of The Silver Spring Coop and The Outskirts of Town**

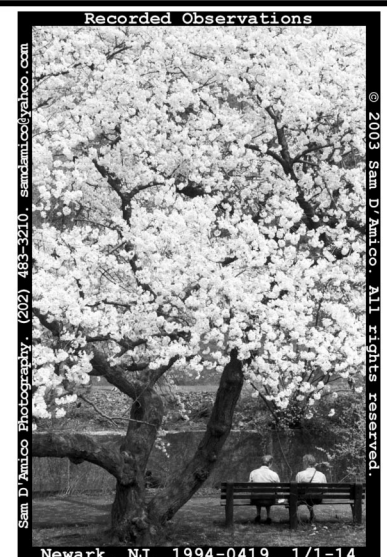


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- 4 What Kara Ate on the Appalachian Trail
- 6 Health Concerns
- 7 Featured Employees
- 8 Health Corner



Break open a cherry tree and there are no flowers, but the spring breeze brings forth myriad blossoms.
Ikkyu Sojun

Earth Day at the Takoma Park/Silver Spring Co-op

By Lisa Ripkin

Spring is here, and so is the time for us to start thinking about our Fifth Annual Earth Day Celebration at the TPSS Co-op. The Co-op is celebrating Earth Day on April 24th. The day will start with our annual Parking Lot Yard Sale between 8:30 and 9:00 am. Clean up and clearing starts at 2:00pm. The Informational Tabling and other Earth Day Activities will begin at 11:00 and come to a close around sundown.

Arts and crafts will entertain your creative side, while many local, state and national organizations working for environmental and social justice will be on hand to grab your hearts and your intellect.

Other entertainment will include musical guests The Outskirts of Town, Spice, The Rhythm Workers Union, Jawbone, and Sister Moonshine; Organic Gardening, and special guest speakers.

Vegetarian food vending by Olive Tree and the Co-op will include barbecued Organic Burgers, hot dogs, and Not Dogs.

Our Earth Day celebration will host environmental groups from around the globe. The Soku Gakkai International (SGI) Takoma Chapter brings the Earth Charter to our Earth Day event. This charter reminds us that we all have a personal responsibility to the earth and to each other. Many other organizations will also be represented at the event (*see sidebar*).

Admission at all events is free. Food will be available at vendor's prices. If you would like to rent a table for the event or participate in the yard sale, the costs are:

Table rentals: \$10 each

Chair rentals: \$2 each

Yard sale space: \$15 members, \$18 non-members

Groups or individuals who are interested in participating should contact me by April 18 at libarip@yahoo.com or phone me at (301) 891-1050.

The TPSS Co-op Earth Day celebration gets better every year with support from our community and the active involvement of hardworking folks like yourselves. We thank you in advance for your support and participation.

Spring: A Time of Renewal

Though it has been windy and chilly, once green buds begin showing on the trees and crocuses start popping up in the ground, we can let thoughts of Springtime and Earth Day be planted back into our heads. It is a reawakening time, the end of our hibernation. Is it any wonder that more ancient celebrations of Earth centered on the vernal equinox? Or that the early celebrations of nature and earth in more modern times such as Arbor Day (1901) and Bird Day (1894) originated in the early days of Spring as well? Earth Day has its roots and its branches. The trunk is the love for the Earth itself, holding strong through all weather and time. Our Earth Day, as most of us think of as on April 22nd, chimes after many bells have been ringing simultaneously all over the world to bring in the Spring.

Ancient civilizations celebrated the Spring Equinox, when the sun travels through the sky giving everyone in the world a 12-hour day, as the beginning of the year. Years ago, March was the first month on the calendar. And for some Asiatic nations surrounding the Caspian Sea, it remains so. The prefixes for the four months: Sept, Oct, Nov, and Dec (meaning 7, 8, 9, and 10), leave March as the first month of the year. Julius Caesar added January and February (11 and 12) later.

The importance of Spring has not faded in the modern era. The blending of peace and earth was the primary mission of John McConnell, a man personally dedicated to peace, religion, and the care of the environment. He designed the Earth flag in 1969. Later he presented the idea of an Earth Day at a United Nations Educational, Scientific, and Cultural Organization (UNESCO) conference on Man and the Environment. McConnell envisioned Earth Day as a "global holiday for the whole planet." The mayor of San Francisco adopted the Earth Day Proclamation written by McConnell, and established March 21, 1970 as Earth Day for the city of San Francisco. In the spirit of the Earth Day Proclamation, he called for an hour of silence where each person could reflect upon their impact and responsibility for the earth. Secretary General U Thant of the United Nations signed the Earth Day

Proclamation and on March 21, 1972 the Peace bell donated by Japan, rang to sound in the Spring and Peace.

This tree grew other branches in the early 1960's bringing about our modern Earth Day on April 22, filled with activism and environmental education. In 1963, Senator Gaylord Nelson persuaded President John F. Kennedy to go on a conservation tour aiming to bring environmental issues to the forefront. Nelson followed this five-day tour of 11 states by spreading the message of environmental concern to twenty-five states all across the country.

Convincing the people was not the tough work; it was the politicians who made things difficult. Nelson got the idea of calling for an Earth Day at a 1969 conference on the environment. Senator Nelson helped to mobilize campus groups and grassroots organizations that were protesting the Vietnam War to turn that energy towards environmental action, education, and awareness. The 20 million people who participated in Earth Day 1970 celebration spread the seeds of the idea to 200 million people worldwide by Earth Day 1990. The Clean Water and Clean Air acts are believed to have been inspired by environmental "teach-ins" held during Earth Days.

Tolling of the Peace Bells

The UN continues to ring the Peace Bell every year at the time of the Spring Equinox. Other nations and some US cities ring a bell in spirit with the Peace Bell rung at the UN. This year in the US, peace bells were rung in San Francisco, Los Angeles, Honolulu, Chicago, Kentucky, and New York. Kentucky has the largest bell, cast in 1998, that weighs 66,000 pounds. The peace bell in New York weighs 256 pounds. "Spring Day" is celebrated in Europe today with peace bells being rung in many countries on or near the Spring Equinox. Six thousand schools in the European Union participated on Spring Day in 2003, making peace bells out of paper. The theme over in Europe for 2004 is hopeful, including thoughts of a more peaceful world with the addition of 10 more countries to the new Europe Commission.

Now lets give the Earth a hand! ●



TPSS Co-operative Effort News is published bimonthly by the Takoma Park Silver Spring Co-op

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TPSS Co-op, Inc., is a not-for-profit cooperative natural food store. Submissions to the newsletter and letters-to-the-editor are welcome. Please provide your name and contact information, and note that submissions may be copyedited or reduced for space purposes. Classified ads (up to 50 words) are free for TPSS owners and \$10 for non-owners. Email all copy and ads to Paul Lagasse at editor@tpss.coop (for hard copy delivery of copy and ads, please email the editor for mailing information).

The content of this newsletter represents the views of individual writers and does not necessarily reflect the opinions of TPSS Co-op, Inc.

Next Issue:

June/July, 2004

Editorial Deadline: May 7, 2004

Address Changes:

Lisa Ripkin, (301) 891-2667
libarip@yahoo.com

Earth Day 2004 Participating Organizations

The following social and environmental organizations are scheduled to participate in the TPSS Co-op's Earth Day 2004 festivities:

The Jane Goodall Institute / Soku Gakkai International / Center for a New American Dream / Climate Action Network / Amazon Herbs / Center for Food Safety / Washington Peace Center / Veterans for Peace / Montgomery County Peace Action / The Bio-Diesel Collective / Three Parks Bicycle Collective / Alley Cat Rescue / Compassion Over Killing

WANTED:

A dedicated volunteer who is:

- Detail-oriented
- A stickler for grammar
- Able to meet deadlines

You can earn a **20% everyday discount** as the Editor of the TPSS Co-Operative Effort News!

The *News* is published every two months, and requires about 10 hours of work a month. Through news, feature stories, and photos, the *News* helps connect the Co-op and its members.

Contact Editor Paul Lagasse at editor@tpss.coop or call him at (410) 534-6662.

Remember:

Members must present their **membership cards** or provide their **membership numbers** when making purchases.

Please remember to bring your card or remember your membership number when shopping at the Co-op!!

Idling Our Planet Away

By Bob Atwood, General Manager

I love walking my dog every day, rain or shine. But it is really depressing for me, as I walk by, to see—and smell—so many people idling the hell out of their cars. We may brush it off as a small luxury, an inconsequential act of self-kindness. But in reality, it is a selfish act of destruction of the environment we all share. As this year's Earth Day approaches, we should pause to examine some of the disproportionate consequences of this seemingly innocent action.

Here's a statistic to think about: Idling a car for 10 minutes a day burns an average of 26.4 gallons per year – at least two full tanks! Would you let your car burn through a full tank of gas while sitting in the driveway (much less two)? Think of the smell, the noise, and the effect on your car's engine if you did that. That's essentially what you're doing when you let your car idle. And in my experience, most people idle their car 15 to 20 minutes. If it is really cold, say around 32 degrees, the idling can go on for maybe 30 to 45 minutes. You do the math.

According to the US Environmental Protection Agency (EPA), car exhaust is responsible for up to 70% of the smog in cities. Smog happens when sunlight chemically transforms the hydrocarbons and nitrogen oxides in exhaust into ground-level ozone. In the summer, smog causes health problems for not only the elderly and the very young, but also the more than 750,000 people who suffer from heart and lung ailments. A Canadian study found that cars generate 86.5% of cancer-causing benzene in the air. Each gallon of gas burned creates about 8 pounds of carbon dioxide!

“But It's Cold Outside!”

The most common excuse for idling is to help the engine and passenger compartment to warm up on a cold day. Problem is, idling on a cold day creates even *more* air pollution. Engines burn gas by vaporizing it. However, a lot of the gas consumed in a cold engine is still in liquid form. That means it comes out of the exhaust pipe in an unburned state, which combines readily with nitrogen to create ozone.

Cold-weather idling is bad for your engine too. Unburned fuel leaves residue on the inside of the engine, fouls the spark plug, and contaminates motor oil. Besides, the rest of the moving parts, which are just as important –

the wheel bearings, the transmission, and even the tires – can only be warmed up when the car is moving. The simple fact is that cars warm up faster when they're being driven.

When it's cold, I see people walk out of their house, start their car, and go back into the house. They don't even scrape the windows. I used to live in Alaska for nine years. There, I would dress for the weather, start the car, get the snow or ice off, jump in the car and away I go – all within five minutes. (And no, my car was not plugged in, for those people who know what that means). In reality, it takes about 3 minutes of idling in extremely cold weather to get oil circulating through an engine.

Shattering the Myths About Idling

According to the EPA, “Contrary to popular belief, turning off and starting an engine uses less gasoline than letting the engine idle for 30 seconds.” The EPA recommends stopping your engine when you are waiting at drive-up windows or stuck in traffic jams.

Idling does not save fuel and money, despite popular opinion. Even though modern cars emit fewer harmful products than they used to, carbon dioxide is still emitted by every vehicle. Carbon dioxide is the principal greenhouse gas. The problem is not just a cold-weather one.

And as for the myth that constant restarting puts unnecessary wear on the starter and battery, studies have found that it has negligible effect. Modern vehicles are designed ruggedly, and stopping and starting are part of their normal life. You're not hastening a trip to the garage simply by stopping your car at a long light. In fact, excessive idling does the damage to your car, not the stopping and restarting.

The Local Impact of Idling

After flying out your car's tailpipe, engine emissions come to rest on the ground, where they contaminate soil and seep into the groundwater. In this area, the other big receptacle for emissions is the Chesapeake Bay and the surrounding watershed. Contaminants move up the food chain and back into us – we end up eating our gasoline one way or another (see “Health Concerns: We're All Ticking Time Bombs” elsewhere in this issue). There are nearly 4 million registered

vehicles in Maryland alone. Studies indicate that nearly one-third of the nitrogen in the Chesapeake Bay comes from airborne sources.

City and State governments should be setting an example for the rest of us, but often they are guilty too. I have often seen State Park vehicles idling with no one in them. Last winter, on the City lot by the Co-op where the volunteer firemen were selling Christmas trees, a truck with an extended cab was idling away with a little dog sitting on the front seat. Also this last winter, I saw on the City lot two salt/pall trucks idling for hours waiting for snow that never came. Since the drivers of State vehicles don't pay for their own gas, the temptation is for them to simply let their vehicles run.

Global Answers

Around the world, cities and nations are taking steps to limit the harmful effects of car idling. In some large Indian cities, street lights now feature timers that show, in seconds, how long until the next light change. That way, people can stop their cars at red lights and start them in time for the green light. American cities could install similar devices; already in nearby Alexandria such timers are used on pedestrian crosswalks.

A recent Canadian study found that in a typical day, people in that country idle their cars more than 1.25 *million* hours – which equals untold thousands of cubic feet of exhaust released into the environment just in *one day* (now think about how many more vehicles there are in Canada's auto-crazed neighbor to the south; did you know that SUVs—less fuel-efficient than cars to begin with—emit at least three times the pollution of an average new car?). To help counter this, Toronto recently put in place a law that imposes a fine (up to \$5,000) on drivers who idle their cars for more than three minutes. Cities in the United States could consider enacting similar laws.

Remember, most cars do not require warming up-idling. As a rule of thumb, if your car will be idling more than a minute, turn it off. According to Kiplinger, in the US over 5 *billion* gallons of gas are used each year just on idling. Help save the planet—wear more clothes if needed, stop idling so much, and tell a friend. ●

TPSS Board Report

By Larry Haller, President of the Board of Representatives

TTPSS has a new Board of Representatives. We began our service in January, following the election held last November and December. Many of the board's seven members were previously on the board; two (Janiece and Nessa) are newly elected. We are all eager to continue to move the Co-op ahead in the coming year.

The new board began its year in January by receiving training in board responsibilities and policy governance from Michael Healy, a board trainer affiliated with Cooperative Development Services. Policy governance is a way for a board to govern a business or organization that clearly delineates the roles of the board and the staff. Under policy governance, the board's role is to set the Co-op's goals (policies) and the staff's role is to determine what it feels is the best way to achieve those goals. The board communicates its goals solely to the general

manager (the board's only employee). The GM is responsible to work with the staff to formulate plans that will reach the goals. Policy governance provides ways of specifying how the board should communicate its priorities to the general manager—by setting Ends (goals)—and lets the GM come up with appropriate ways to reach them. Instead of telling the GM how to reach the goals, the board specifies only the ways that it feels are not appropriate—by setting Limitations. An example of a limitation is that the board requires the GM to pay all bills on time. Finally, the board checks to see that the Co-op's goals are being met and the limitations it has established are being followed through monitoring reports.

The board has also established an annual calendar that guides our work for the coming year. It allows us to systematically focus and act each month on one aspect of the Co-op and the business, rather than merely

reacting to events as they unfold. By laying out our year's work in a comprehensive fashion, it is easier for us to see what we need to direct our efforts to.

One decision that the board has made in response to ideas we discussed at our training session is to cut back or eliminate most of our standing board committees. If a matter is important enough to receive the attention of some board members, then all board members should be equally informed. Conversely, if a matter is not important enough for all board members to pay attention to, then the matter is not worth the board's time. That doesn't mean that there won't be times when only a small number of board members will work on an item. Some things, like taking care of planning the Co-op's membership meetings, can and will be done by a small number of members.

As I said earlier, there are now seven people on our board. The bylaws allow us to

have as many as nine board members. If you are interested in helping to run your Co-op or are interested in finding out more, please contact me or anyone else on the board. We'll be happy to tell you what's involved. ●

Larry Haller

The 2004 TPSS Board of Representatives are:

- Elizabeth Barnes, *Treasurer*
- Adam Frank, *Secretary*
- Larry Haller, *President*
- Janiece Kennedy
- Joseph Klockner, *Vice president*
- Nessa Richman
- Rima Shaffer

Tell the Post Office: We Want Our Newsletter On Time!

Many of you received the last issue of the *TPSS Co-operative Effort News* weeks late. As a result, you missed the timely and important story explaining the decision to carry meat at the Takoma Park store.

We apologize for this major annoyance. The delay was caused by the Silver Spring Post Office. Basically, we've been told that the newsletter is delivered whenever the mail carrier feels like carrying them!

When did “Neither Rain, nor Snow, nor Dark of Night...” become “Whenever We Feel Like It?”

Please take a minute to **call the Silver Spring Post Office** at (301) 608-1300 and insist on getting your *TPSS Co-operative Effort News* **ON TIME!**

In the meantime, you can always find the latest issue online, as soon as it goes to press, at the TPSS Co-op website at: <http://www.tpss.coop>.

please see a
TPSS040

attached file
4p5-6.pdf

Earth Day Thoughts: On Buying a Greener (and Affordable) Car

By Michael Tabor

One of the things that impressed me about former Maryland Congresswoman Connie Morella (although I voted for her opponent) is that she drove a gas/electric hybrid Toyota Prius. It's nice when you meet a politician who "puts her money where her mouth is." So, when my wife's Toyota Echo was destroyed in a rear-ended accident (she was stopped at a red light at Sligo Ave and Piney Branch), we followed through on a personal commitment and ordered a Prius. There were, however, problems.

Toyota production has not been able to keep up with the demand. And so, the wait is long (3-8 months) and you're not able to get the options package you want. We wanted, for instance, side airbags. Well, in order to get this option, you have to order a larger, more expensive package, adding \$3,000 to the already high \$20,000 cost, not including shipping, etc. In addition, we both like the experience of driving a stick shift vehicle – the Prius only comes as an automatic. Plus, I personally didn't care for the visibility out the rear window. And, despite a \$2,000 tax exemption from Maryland State taxes and a \$1,500 federal tax deduction, the total cost still exceeds \$20,000, a bit hefty for many of us.

This led me to explore options. The first is a used Prius, which you can buy for as low as \$13,000. Another is the other gas hybrid, the ultra-low gas-consuming 2-seat Honda Insight, or the Honda Civic. The Civic is being discounted down to \$17,900 by some dealers – so with the various rebates, etc. it comes down to a net of \$15,000 and change. But, we didn't like the Civic – the

sub-compact feel and the humdrum style. Too conservative for us. The Insight 2-seater is impractical for a family.

There are some other options my research uncovered. Thanks to California, and other states that require low emissions, there are a whole slew of cars classified as gas-powered PZEV (Partial Zero Emission Vehicles) and ULEVS (Ultra Low Emission Vehicles) that come close to echoing the super low emissions of the hybrids as well as those powered by natural gas, ethanol, biodiesel and electricity.

They include the locally available Ford Focus with a 2.3-liter engine. As well as VW Jetta's with the 2.0 liter, a Toyota Camry with the 2.4-liter, a mid-range Honda Accord with the 2.4 liter and the Nissan Sentra with the 1.8 liter engine. Also, a Hyundai Elantra 2.0-liter engine. For those of you with a luxury-oriented mindset, there's also the Volvo S60 and V70 with its 2.4 liter engines and the BMW25ci.

Pricewise, some are very affordable, starting with the subcompact Nissan Sentra 1.8 liter. The 5-speed model was listed at \$12,200 (plus \$540 shipping) and a package which includes anti-lock brakes and side airbags was very affordable at an additional \$600. So, the total priced out at \$13,340 plus there's currently a \$2,000 rebate, which takes you down to \$11,000 and change and some wiggle room for bargaining. (I spoke to a salesman named Joe at Tischer Nissan who was very cooperative and suggested readers check out the Nissan.com website for more information). In fact, Darcars frequently runs an ad listing the 1.8-liter Sentra automatic for just under \$10,000.

I, personally, enjoyed driving the zippy and sporty 4-door Ford Focus Hatchback ZX5, which priced out (with a \$2,000

rebate) at about \$15,000 with a sunroof, side airbags, ABS brakes, 16" wheels, etc. Once again, there's quibble room and loss-leader advertised specials – just be sure you're looking at the one with their 2.3-liter PZEV engine. There's an added bonus of it being on the AFL-CIO domestic, union-made list. The salesman I met was Mike Engelman at Sheehy Ford in Gaithersburg, (301) 258-1015 (I mention him by name because I was impressed with his straightforward, intellectual, no nonsense approach).

In comparison, the new car manager at Ourisman VW/Honda in Laurel hung up on me when I told him I was writing about low emission vehicles. But, the salesperson at Koon's VW in Marlow Heights let me know that their standard VW 2.0 liter Jetta priced out at about \$18,000 with side airbags and standard ABS brakes. There's currently a \$500 VW owner rebate and a little flexibility. No rebates. But once again, if you follow the newspaper ads, lowball specials are advertised at under \$16,000.

In the mid-range category, Andy Moore at Beltway Toyota ((301) 899-6000) priced out a 2.4-liter standard drive Camry at about \$20,000 with a side airbags, ABS tires, sun roof package. Andy is friendly, but the "best personality, good ol' boy salesman award" has to go to Smitty at Herson's Honda ((301) 517-8305). His mid-range Accord with the 2.4-liter engine priced out at \$20,000, about the same as the Camry. It features the almost mythical claim that in a 55 mph front-end crash, the engine drops and you're protected by an accordion effect and a 2-stage airbag. I do know that consumer publications give the Honda top crash test ratings. Worth checking out if you're ultra-concerned with collisions!

In the luxury-range, I couldn't get myself motivated to look at the BMW 325i, 2.5 liter. It's a PZEV but... On the other hand, for those of you who swear by Volvo, you might want to look at their S60 and V70 2.4 liter models. Don Beyer Volvo priced a basic standard model equipped with side airbags and ABS brakes and front wheel drive at about \$25,000 (when you counted in all their incentives and rebates). That's not bad for a Volvo station wagon!

We ended up buying a Ford Focus ZTS 4-door sedan. *Consumer Reports* gave it a top rating this year. Plus we figured if we really wanted to support American-made products, labor unions and the fact that a mostly American vehicle finally got it right, then Ford deserved our business. The 100,000-mile powertrain warranty made us feel Ford had real confidence in their product. The basic package with side airbags and moonroof came out to \$14,600 plus taxes and tags.

So, there's really no excuse! Those of you who rail against wasteful, behemoth SUV's but who still want an affordable, low polluting car; can't wait for a hydrogen fuel cell vehicle, or afford a Prius can now shell out a reasonable \$11,000 or less and drive with a relatively clear conscience.

Note: There's a magazine, *Green Car Journal* (www.greencar.com) that focuses on trends in this area. Well worth reading.

Michael writes a regular column for the Takoma Voice and Silver Spring Voice. He is also an organic farmer, who writes a regular column for the TPSS Co-operative Effort News.

UPDATE – Main Street USA

By the time of April, the Old Takoma Business Association (OTBA) should hear the results of its application to Maryland's highly competitive "Main Street USA" program (see "Community Participation Can Balance Chain, Local Stores" by Chrissy Wigginton, *TPSS Co-operative Effort News*, December 2003/January 2004). The application was submitted on March 1 to the Maryland Department of Housing and Community Development (DCHD), which administers the Maryland Main Street program. Maryland program officials told OTBA that they did "an outstanding job" with their application.

OTBA will also be submitting an application to the District of Columbia government for a Main Street Designation for the part of Old Takoma that falls within DC.

The Main Street USA program is a nationwide public-private collaboration designed to help communities revitalize historic commercial areas. To obtain funding as part of the Main Street USA program, a city has to prove that their business district is historical; that they have the support of local businesses, the community, and the city; and can raise \$25,000 in matching funds over three years.

Congratulations, OTBA, and Good Luck!

Save a Tree the Easy Way!

Get the *TPSS Co-operative Effort News* ELECTRONICALLY!

Each issue of the *TPSS Co-operative Effort News* is available in PDF (Portable Document Format) on the Co-op's Website at <http://www.tpss.coop>. In addition, selected features from each new issue are also posted on the Website for easy reading online.

By choosing the electronic option, you will be helping the Co-op save valuable \$\$\$ on printing and mailing. Contact Lisa Rip-

kin (libarip@yahoo.com) or Bob Atwood (bobatwood@tpss.coop), or call the Takoma Park store at (301) 891-2667, to exempt your address from mailed newsletter copies.

Suggestions and comments for improving the newsletter's online services are always welcome! Contact Editor Paul Lagasse at editor@tpss.coop.

STATE-WIDE SOCIAL JUSTICE GROUP TO MEET IN TAKOMA PARK

On May 1st, Takoma Park Presbyterian Church will host the Nineteenth Annual Peace, Justice and Environmental Conference from 8:00am to 4:00pm. Jonathan Schell, The Nation's peace and disarmament correspondent is the keynote speaker. Many workshops on issues ranging from homeland security to global warming. Cost is \$20 (by April 15th). For more information locally, contact Tony at 301 390-9684.

Comment Corner

By Bob Atwood, General Manager

Judging by the budding trees and flowers, Spring is slowly making its appearance as I write this—though you'd never know it from the cold and windy weather we've had recently. Once again I'd like to take the opportunity to address some of the many suggestions, questions, and comments we receive from members and shoppers. Thank you for taking the time to write in and share your thoughts and concerns!

The customer comment boxes, located in the front of both stores, is an effective way for members and shoppers to make their voices heard. We regularly sort the comment cards that we receive and distribute them to the appropriate managers, and they write their responses to each of them. Then the managers file the cards, with their responses, in the customer comment logs in the front of both stores. These logs are always available for your review. They are an effective way for you to monitor how well we are addressing your needs.

Please feel free to contact me, or any department manager, at the Takoma Park store at 301-891-2667 (COOP) or at the Silver Spring store at 240-247-2667 (COOP), if you need more information or if you are seeking a more detailed answer to your questions. Or you can always e-mail me directly at bobatwood@tpss.coop. Remember, if you want a direct response to your concerns, please include contact information (name, phone number, e-mail address, etc.) on your comment cards.

We receive many customer comments at

each of our stores. We always enjoy hearing from our members and shoppers, and we try to answer everyone's comments in a timely manner. I try to address a cross-section of customer comments in each issue of the *TPSS Co-operative Effort News*. I encourage you to take a moment the next time you are in the store to read some of the questions and comments, as well as their responses.

—“You went from refunds for bringing one's own bags, to chips to give to charity, to only getting the chips if one asks for them. What gives?”

Thanks for mentioning this. I'll be sure to reinforce this with our cashiers. They should be mentioning this to customers who bring their own bags. Basically, the lapses have been due to staff turnover. As new cashiers have been trained, we've either been forgetting to mention the chips program to them, or else we haven't been emphasizing the need to mention the program to customers. In the meantime, the next time a cashier fails to offer you chips, feel free to point out that they should be doing so. It would be a help to them and to us!

—“Today is Customer Appreciation Day, 5% off. Great idea. I wasn't aware of this policy. How about putting up a banner outside the store? I bet you would increase sales significantly.”

We try to advertise the Membership Appreciation Day as much as we can. We hang a banner over the registers and we also advertise upcoming dates in the *TPSS Co-operative Effort News*. We'll certainly look

into the possibility of making a banner for the outside of the store, too. If anyone has other suggestions for ways to spread the word about Membership Appreciation Day, please feel free to call me at the Takoma Park store at (301) 891-COOP, or e-mail me at bobatwood@tpss.coop.

—“The last four times I've come in, there have been very few fresh bagels and no 'everything' bagels. Do you need to make more of them? Or fill the bins more often?”

Sherri orders bagels every day; usually she orders three-dozen plain bagels per weekday and 4-1/2 dozen on the weekends. However, the number of plain and “everything” bagels varies depending on previous sales. In order for Sherri to cut down on the number of bagels she has to throw out, she adjusts the order based on sales of the previous two days. So, for example, if a lot of bagels end up being thrown out on Tuesday and Wednesday, Sherri will order fewer for Thursday. When the sales pick up, so do the numbers. This saves the Co-op a lot of money by cutting down on wasted food.

In other bread news, Sherri reports that the Takoma Park store now stocks millet bread, which many of you have been asking for. It's on the bottom shelf of the small refrigerator that's located in the baked goods aisle.

—“ABC Cookies [have been] sparsely present over past few weeks. Those evil competitors, whose name we will not utter, appear to have NO problems keeping them in stock... what's up?”

Well, we can't speak for our competitors—evil or otherwise—but we're still ordering the same number of ABC cookies as always. They've just been moved to a different shelf. You can now find the baskets next to the Blue Sky Bread. As of this writing both baskets are full, so now's the time to get them, before something unutterable happens to them!

—“Over the past several weeks you all stopped carrying fresh mozzarella with vegetable rennet (two small slabs in plastic container w/water). I really miss this particular product. Any chance it can be stocked again (maybe in smaller quantities)?”

You aren't the only one who's missed this popular product – it was practically flying off the shelves. Unfortunately, the company that made it went out of business. We're looking very hard to find another vendor, but we have yet to find someone who adds vegetable rennet to their mozzarella. If an readers know of a vendor who makes this product, please let Arlia know!

—“The Co-op should consider an outer entry way that would minimize the influx of cold air in winter and warm air in summer. We should strive to set an example for energy efficiency.”

We install air curtains in front of the entrance on the coldest and hottest days. These help prevent a lot of the energy loss that we would otherwise experience. We certainly are trying our best to be as energy-efficient as possible! It would be a waste of the members' money for us to do otherwise. ●

FEATURED FACES

In honor of Earth Day 2004, this feature pays tribute to the organizers of this year's TPSS Co-op Earth Day event—Let's hear it for *Pauline Anson-Dross and Lisa Ripkin!*

LISA RIPKIN



Lisa hasn't been seen around the Takoma Park store lately, but her friends need not worry; she's still connected to the Co-op. First Lisa went on maternity leave from being Front End Manager to take care of her newborn son Elijah – who at eight months is already learning to walk and is exploring his world with great curiosity! But then, unfortunately, Lisa fell and broke her hip, and while she recovers from that she's been working from home as the Co-op's membership manager. It's been a wild roller coaster ride of joy and pain – but through it all Lisa has been determined to stay connected to the Co-op and the customers whom she cares about so much.

Lisa's job includes planning Co-op events

like the Earth Day celebration. Just as in years past she has helped to make this year's event a reality (read her article, “Earth Day at the Takoma Park/Silver Spring Co-op,” in this issue). “I've always enjoyed reaching out to the community by doing events. I did it because it was fun. Now I have to do it,” she says with a laugh, “but I still like it! It feels pretty natural for me to do.”

Lisa joined the Co-op ten years ago through an appropriately quirky twist of fate. One day, her car broke down in front of the store on Sligo Avenue! “I walked in and met Alice Richardson, and I knew I had to be there,” she recalls. She began by volunteering Wednesday nights. “Alice played some pretty wild music back then,” says Lisa. “I loved working at the other store. It was laid out like a puzzle!”

Before coming to the Co-op, Lisa lived in Montana for three years. There she did a lot of hiking, biking, and canoeing. “Montana was my hobby,” she says. She took a backpacking trip a

couple years ago and looks forward to more of the same with Elijah and her partner, Ryan Neher. As she recovers from her injury, Lisa has been reading a lot lately, mostly fiction. Lisa says, “I forgot how wonderful it can be to get immersed in a book.”

And she's also busy volunteering with the Co-op too. Her accident has helped her understand better the needs of people who experience physical limitations, especially older people. “I miss being there,” she says. “But it's helped me with my perspective. I am healing the right way. I'm very thankful – it could have been worse.” Now she is completely networked into the store via a computer, so she can work from home. “I got used to working late at the Co-op,” she says. “Now I get to work day hours!” Lisa remembers how Earth Day at the TPSS Co-op started as a yard sale but, through word of mouth, quickly expanded to include music and food, arts, music, speakers, and tables with information and fun stuff. “People have fun meeting each

other and they're excited to be there,” she says. “It's a community building event.” Lisa has found that Co-op events can bring the community together during hard times. She has helped to arrange outdoor movies at the Co-op for the past two summers. But in the wake of September 11 and the sniper attacks, these events became a way for people to find strength and break the grip of fear by the simple act of coming together. “For me, that's what the Co-op is about – knitting the community together,” she says. “I feel good that we're doing it, and it feels like it's doing some good.”

Lisa stresses the importance of finding balance between the needs of businesses and the needs of the communities they serve. “You can fuse the two – the heart and the business – together,” says Lisa. Her membership work happens “at a human and personal level. When we take the time with people, then they want to join and support this place.”

PAULINE ANSON-DROSS

Pauline expresses her love of life through selling food and making music! Pauline is the Produce Manager at the Silver Spring Co-op, as well as lead vocalist, lead guitar, and harmonica for



The Outskirts of Town, “greater DC's own 100% all girl kick-ass party band.” At this year's TPSS Earth Day celebration, just like last year, you'll be able to hear Pauline perform with the rest of the 'Skirts. “I love both jobs, I love life,” says

Pauline. “Service with food and music have always been some of my strongest passions!”

Pauline began working for the Co-op part-time in 1992, at the Sligo Avenue store. At the time, she was running her own entertainment business, DJ'ing for clubs and private parties. But within two weeks, she became a full-time employee of the Co-op, eventually becoming the produce buyer when Sue took over HBA. “I was big into team building and it was a lot of fun,” she says. “I used to create DJ'ing cassette tapes about the staff and Produce! I always wanted to make it like a fun place to work and to come shop.” Pauline became Retail Manager around the time of the move to the current location. “I was honored to get the job and I did the

best I could to get TPSS moved and in place,” she remembers. After “a year and a half of blood, sweat and tears,” Pauline switched to part-time so she could pursue more of the music side of her life, and when the Silver Spring store opened, she says, “I decided to get involved with my original love, Produce, once again. There are a lot of challenges to Produce and it's a juggling act!”

When Pauline talks about work, she's also talking about her interest and her passions. She lives for the challenge and the possibilities that her work entails. “Produce in all three locations is like comparing apples and oranges – no pun intended!” she says. “I love the art of designing Produce!” And along with her love of Produce is

her love of music. The Outskirts perform on weekends all over the area for a variety of occasions. Her official bio on the Outskirts website says she's “a rocker with presence” – as anyone who has met her would agree, she definitely has a presence!

She started singing and playing drums when she was seven years old and was performing in front audiences when she was twelve. She quickly discovered that, because she is ambidextrous, she could play a right-handed guitar left-handed (“upside down”). She describes her style of music as a mix of slapstick and soul. Pauline looks forward to a lot more Produce and lots more music. As she says, “I plan to continue to serve and entertain for a very long time!”

Divine Guidance: The Importance of Following Our Intuition

By Robin Anderson

It has been a great honor and privilege to express myself through the written word and have it printed and shared with you. This will be my last article for the Health Corner of the *TPSS Co-operative Effort News*. I have been accepted to the University of Maryland, College Park, graduate program to study community health education. I will be starting this summer. This is a dream come true for me. I am excited, scared and humbled.

Each Health Corner article I have written has allowed me to be as authentic as I possibly could be. I wanted to share and describe to you what I thought were 13 pearls for healthy living. Each article that I have written described one of these pearls. However, I do not envision that these pearls are separate and distinct from one another but rather intrinsically bonded together. Each pearl has the innate ability to spontaneously activate another pearl and thus the desire to reach a state of grace which requires incorporating all of these pearls into our lives.

The thirteen pearls for living a healthy more balanced life are:

- 1 Acknowledge and apply the fact that you are what you eat.
- 2 Get one hour of physical activity every day that produces sweat.
- 3 Drink at least 2 liters of fresh water every day.
- 4 Meditate for one hour every day.
- 5 Obtain more than enough rest.
- 6 Detoxify the body every season.
- 7 Acknowledge your responsibility in hurtful situations. Own your stuff.
- 8 Closely examine debilitating emotions, thoughts and feelings that you are holding on to. Become a spiritual warrior in order to obtain the courage to let them go.
- 9 Develop a relationship with your High Power.
- 10 Become in alignment with your gifts and purpose for being on earth. Express these gifts in all areas of your life.
- 11 Establish supportive, loving nurturing relationships. Let all negative relationships go.
- 12 Set up healthy boundaries with everyone in your life.
- 13 Live life large and loud.

I want to provide some examples of the interrelationships between these pearls:

If one is exercising to a point that sweat is induced (pearl 2), then one will automatically crave water (pearl 3).

If one meditates on a regular basis (pearl 4) then one is automatically developing a relationship with their Higher Power (pearl 9).

If one is in the process of detoxifying the body (pearl 6), then one will consume at least 2 liters of water a day during detoxification (pearl 3) and automatically want to rest more as the body cleanses and heals itself (pearl 5). Also, if one consumes either processed, high fat, sugary foods or caffeine, then detoxifying the body can be as difficult and is akin to withdrawing from heroin. It is therefore, easy to see when detoxifying the body that you are what you eat (pearl 1).

If we were to closely examine debilitating emotions, thoughts and feelings that we are holding on to and became spiritual warriors in order to obtain the courage to let them go (pearl 8), then we automatically move closer to acknowledging our responsibilities in hurtful situations and owning our stuff (pearl 7).

Establishing supportive, loving nurturing relationships and letting all negative relation-

ships go (pearl 11) requires setting up healthy boundaries with everyone in our lives.

And finally, when we become aligned with our gifts and true purposes for being on earth and we express these gifts in all areas of our lives (pearl 10) our hearts begin to sing and we blossom like flowers in the sun. Our spirits are energized as if they have fallen in love. Everyday is a beautiful day whether it is raining, snowing, dreary, or cold. We smile at strangers and we talk... a lot about our passion to any soul that will listen. We daydream about our creative goals and interest and we heartily pursue them. We seem to find extra energy to pursue our goals and we just feel good. In other words, we begin to live large and loud (pearl 13).

In these examples, every pearl was used. I could go on and on and provide additional examples of how these 13 pearls behave spontaneously to activate another pearl. The point is that we must never feel overwhelmed when trying to move towards a healthier lifestyle. It will naturally happen for us if we are willing to take the initial steps towards improving our lifestyles. A spontaneous reaction will occur and we will automatically have the desire to want to make other changes in our lives. So don't be discouraged if all 13 pearls have not been incorporated in your life. The beauty of life is the journey of life and watching it unfold.

I want to share a story about the importance of becoming in alignment with your true gifts and purposes for being on earth. I read somewhere that our gifts and talents are revealed to us as early as the age of five. And that if they are not detected by our parents, nurtured and allowed to blossom they become dormant within us. We then grow up and discover what niche we can pursue in order to survive. This produces a deep sadness and questioning for being on earth. One begins to feel and express statements like: (1) Why am I here? (2) Is this all there is? (3) I am bored. (4) I am just not happy. (5) What is the point of living?

If we are expressing these types of sentiments, then we know that we are not on our Divine path. We have missed our own special boat somewhere in life and now we are wading through an ocean with no destination and no purpose. This is an absolute lonely, hollow place of existence. The small seed of hope within all of us that is longing to be nurtured and allowed to grow begins to fester and ooze all sorts of diseases. This is our Divine slap in our face... a wake-up call, so to speak. Someone, somewhere, Divine intelligence perhaps, is shouting, "Hey! You are not here to do this. You know full well why you are here. Stop wasting precious time and just do it! If you are afraid, I will hold your hand if it will make it easier for you." Blessed are the people who in mid-life hears this voice and begin to make these radical changes in their lives. Our society says they are going through a mid-life crisis. Are they? Or have they found the courage to truly express their authenticity and gifts to the world?

When I was a little girl, I loved to play nurse and bookkeeper. I remember being given a play thermometer at Christmas and taking my family's temperature with it. Nobody wanted me to take their temperature because they swore I had not properly cleaned the thermometer between temperature takings. I promised everyone that I had rinsed it in hot water between temperature takings, but only my dad and grandmother would oblige me,

not wanting to burst the bubble of a 5 year old.

As I grew up, my interests were in math and science. My father was so very pleased that I loved math so much. He was an engineer and this made him very proud. During my senior year in college, my mother had a hysterectomy. I can remember going to visit her in the hospital and saying to a nurse that I wanted to go to college and study nursing. My dad overheard this and said that this would not be a good idea. Nurses work long hours and are not properly compensated. I remember feeling deflated. I know today that my father was simply expressing his view of the world and that he was merely trying to protect his daughter.

I spent the next three months taking care of my mother as she recuperated from her operation. I would prepare meals for her and bring them to her bedside. I would change her linen and simply sit by her side. It was a great feeling for me to watch her health improve. I felt spiritually connected to her healing. In general, it always made my heart sing to nurture a wounded plant or to put a band-aid on a child's scratch. It felt as if a part of me was being healed as they healed.

It became time for me to decide what I would major in and where I would go to school. I knew that nursing was out because in my dad's opinion it was a thankless profession. So in deciding a major, I simply chose one that would make my family proud and would allow me to take care of myself right out of college. I chose electrical engineer, my dad's profession. I cannot express to you how bored I was in my engineering classes. I felt miserable and thus became quite chatty as the professor droned on and on about the importance of good wiring for goodness sakes!

But there was a part of me that was proud to be in engineering. Everyone told me that this discipline was very hard and that I must be very smart for studying engineering. I can remember being on my first summer internship at an engineering firm and being invited to attend an upper management meeting. I was told to introduce myself and express why I was majoring in engineering. My response was that my dad lives a comfortable life and I want a comfortable life as well. Everyone in the room gasped as if I had just sacrificed my first-born in that room. This taught me to express a false statement about why I was majoring in engineering: "I find engineering principles intriguing and fascinating."

I became so closed to my own gifts and potential contributions to society that I remember pitying the people at my college that were majoring in nursing. I thought they were going to be very unhappy later in life. After obtaining a BS and a MS degree in electrical engineering, I found a great job and moved into my very own apartment. I was able to buy a car and basically live "That Girl's" life (Back in the 70s, Mary Tyler Moore had a show called *That Girl*. She was a young, single, professional woman, who lived an independent life in a metropolitan city. Every little girl like myself wanted to be "That Girl".)

Looking back over my life, a series of events occurred to bring me to the point of being accepted to the University Maryland to study community health education. Were they merely coincidences or Divine events designed to align me with my unique spiritual gifts to share in this life? In a nutshell, these events were:

- Unhappy in electrical engineering job and current intimate relationship;
- Left both and joined the Peace Corps and

moved to Southern Africa for two years;

- Came back to the US and obtained a job as an engineer scientist with the US EPA;
- Ended another relationship and began to feel frustrated with life;
- Developed a fibroid tumor in my uterus;
- Sought alternative medicine for healing the tumor;
- Studied alternative medicine and became a holistic practitioner;
- Obtained several internships as a community health educator;
- Became a community health educator with the US EPA;
- Studied Reiki and became a Reiki practitioner
- Got accepted to the University of Maryland graduate school to study community health education.

Do you see in this series of events how I naturally gravitated back to the healing arts? I never left that little five-year-old girl who wanted to stick thermometers in people's mouths. I never left my desire to participate in someone's healing because I feel Divinely connected to all beings and thus when one heals, I heal as well. This seed never left me. It never gave up on me. Instead it guided me right back to my passion and what I feel is my Divine reason for existing. How do I know this? Well, in this moment, I feel utter joy. In this moment, I feel free. I laugh and smile more. Life has become brighter and it makes more sense to me now. I have no idea where I will be in 5 or 10 years. Perhaps, my seed within will continue to guide me through life. Perhaps this is a rest stop to watch a beautiful sunrise and then to jump back in the car and keep driving. I don't now or even care. I now am able to trust myself more and the choices that I make for myself based on Divine guidance and intuition. We all have it. A knowing that either this situation is right for us or simply wrong. The lesson is whether we choose to listen to that five-year-old within and express our gifts or to continue to sleep walk.

Ask yourself this question: In the work that I do, am I making it a better more peaceful place to live? I believe that this is all our soul's purpose. The trick is to listen to the immediate response. Not the defensive fear response that will creep up but the immediate reaction to this question will provide your answer. Imagine a world where people lived their true authenticity. Imagine a place where peace, love and harmonic co-existence among all races, color, age and sex were cherished. Capitalism and even democracy would cease to be. There would be no need for it. We all would be in the natural flow and rhythm of life. I believe that is the purpose of our individual small child within. That is the reason for being... to guide us to the natural flow and rhythm of life.

So I say to you dare to live large and loud like Mother Teresa, Ghandi, Buddha, Jesus, Mohammed, Martin Luther King, the lady who has the beautiful garden across the street from me, all singers and artists who have made it their lives' work, owners of all health food stores, the lady who takes care of my dog when I am away and cries when I come to pick him up, the lady who quit her successful job to open up a salon because she loves to work with hair so much, the man who wrote the lovely poem that I recite to myself everyday before bedtime, all organic farmers, and of course all five-year-old adults. ●