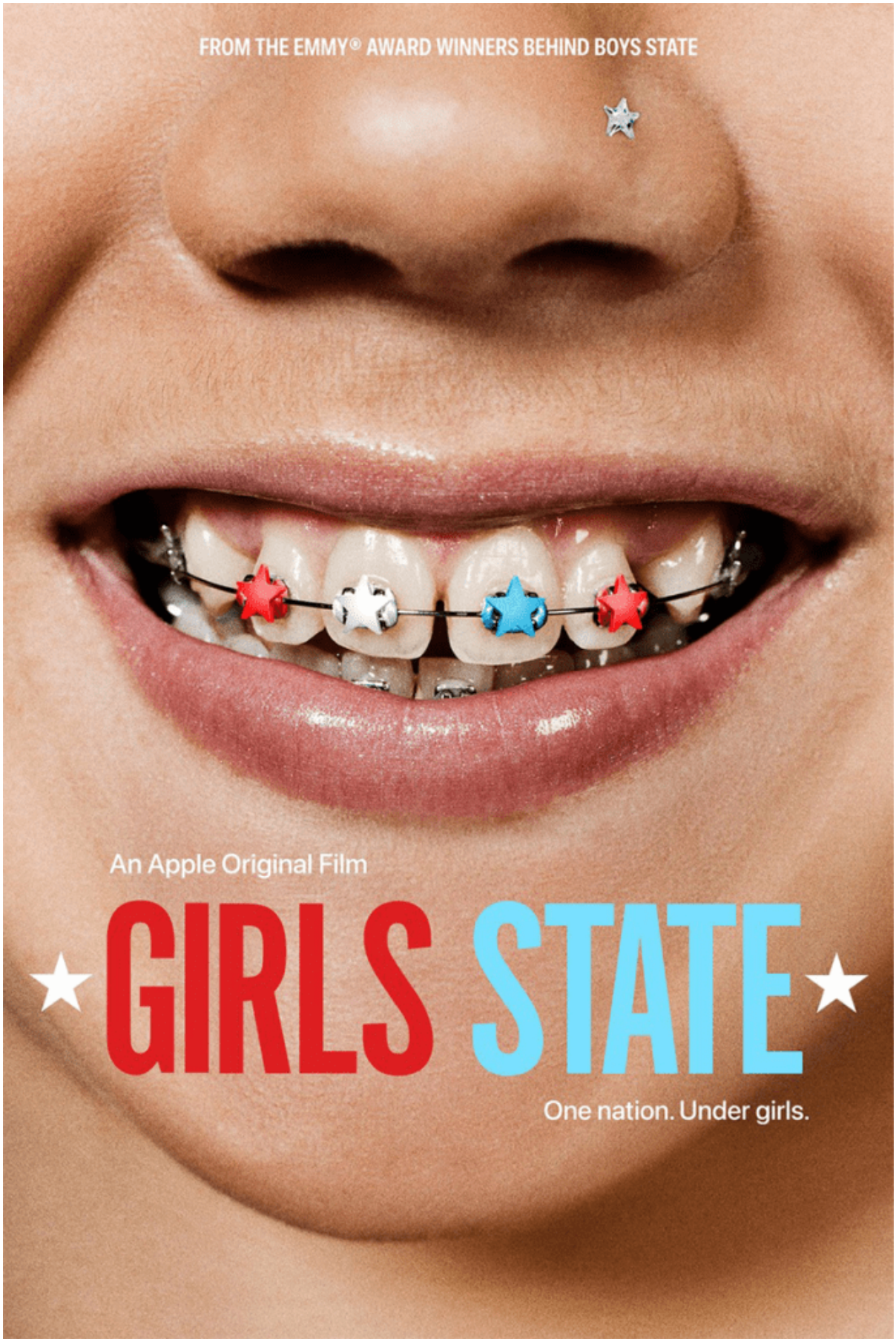
FILM NIGHT: GIRLS STATE

October 15, 2024



By Jennifer Miller and Gabriel Rhodes

October 15, 2024



Girls State follows 500 adolescent girls from all across Missouri as they come together

for a week-long immersion in a sophisticated democratic laboratory, where they organize a Supreme Court to consider the most contentious issues of the day. The film won Best Directing and Best Cinematography at this year's Emmy Awards.

Amy Foote is an Emmy Award–winning documentary editor based in Brooklyn. Some of her editing credits include Laura Poitras's most recent film *All the Beauty and the Bloodshed* (Neon/HBO), Golden Lion Venice Film Festival; *Father Soldier Son* (Netflix/New York Times, Tribeca Film Festival Jury Award for Best Editing, News and Documentary Emmy for Best Editing, Edward R. Murrow Award for Excellence in Sound); *Hail Satan?* (Magnolia); *The Work* (Grierson Awards for Best Single Documentary and Best International Documentary, Grand Jury Prize SXSW 2017, Gotham Award nominated for Best Documentary); Peabody award–winning *Mavis!* (HBO); Fauci (Nat Geo/Disney Plus); the Emmy-nominated and James Beard Award–winning film, *A Matter of Taste: Serving Up Paul Liebrandt* (HBO, BBC); *For Once in My Life*, (PBS Independent Lens, SXSW Audience Award 2010, IDA Best Music Documentary); and the Emmy-nominated film, *Finishing Heaven* (HBO). She lives in Sunset Park with her wife and daughter and has been a coop member for nearly 23 years!

Peter Bowman is a documentary editor from North Carolina. He was an additional editor on *Girls State* and has worked on features and series for Netflix, PBS, and Facebook Watch. He joined the Coop last year.

This documentary will be screened by Zoom on **Thursday, October 24th at 7pm.**
https://us02web.zoom.us/j/82073135562
Meeting ID: 82073135562

Editor Amy Foote will be present for a Q+A after the screening.

To be added to our email listserv for future screening announcements, please send a request to jlymiller@me.com

Jennifer Miller and Gabriel Rhodes live in Brooklyn and have been coop members for

20 years plus.

OCTOBER 15, 2024

October 15, 2024



ILLUSTRATION BY GABRIEL WILLOW

October 15, 2024

PACKAGED BREAD

Dear Editor,

The last two times I shopped at the Coop there wasn't much available in the packaged bread section. No organic breads of either Arnold or Dave's.

I have noticed that shortages in this section have been a problem for some time. Once I asked the delivery person why the organics are often not available. He said that he only delivers that bread once a week.

I asked the front desk person about the lack of bread, and she called a buyer on the second floor who said that the distributor sets the delivery schedule.

I don't work as a buyer nor do I know the industry. I am not criticizing the staff on this. But I would suggest that the Coop explore other options — perhaps UNFI carries bread or we have some unused clout due to our membership in a National Coop buying organization.

Having bare shelves in packaged bread is a sign that something's wrong. I hope a fix can be found.

Perhaps a Coop staff will reply in the Gazette.

In Cooperation,
Stewart Pravda

RESPONSE FROM RECEIVING COORDINATOR LISA HIDEM:

Hi Stewart,

As the bread buyer, I was asked to respond to your letter.

There are several things at play here regarding the stocking of the breads in aisle 2. The first is that these breads are brought by drivers who own the route. This means that I don't actually place an order for them from a distributor. We are supposed to be on their route 2 or 3 times a week, usually for Monday, Thursday, and Saturday deliveries. Since I don't actually place an order with them, they deliver whatever quantities of the breads they have available. Despite the fact that we sell not insignificant quantities of these breads, because we are a single store as opposed to a chain store (like Key Foods) we're considered lower on the totem pole regarding what we get (and get higher pricing to boot!).

The drivers also seem to short us when we most need it—like the beginning of September. They apparently had emergencies and couldn't deliver, hence the shelves were bare. I've told them on numerous occasions that our shelf space is too valuable to be sitting empty. Unfortunately, we have no space to be storing stacks of bread trays so that more is available, and no space to be storing empty bread trays until the next delivery.

I did check to see if our biggest supplier, UNFI, carries any of the breads and it seems that they only carry about three SKUs of the Dave's Killer bread line, and it's frozen. If we were to sell it stacked out, this would mean that technically we should put a sell-by date on it (which in all honesty, probably wouldn't happen and the bread wouldn't get rotated and you'd end up with moldy bread on the shelf). Currently the drivers take an inventory of their shelves, pull and give us credit for short-dated product still on the shelf, and stock the shelves themselves—all of which is tremendously helpful.

I know it's not the same thing, but all of the Bread Alone bread is organic and made just a few hours away in the Hudson Valley.

Hopefully this gives you a little more perspective on the bread in aisle 2, and be assured that I find it equally frustrating when I see those shelves bare for days. I will try

to turn the screws tighter on these drivers and try to get them to deliver more often, but I could only threaten them with discontinuing their lines altogether, which I don't think is what you want.

Regards,
Lisa

IN DEFENSE OF OPEN STREETS

Dear Editor,

On 9/24/24, the *Gazette* published an article from a member titled "Open Streets Not for All," decrying the open street on Vanderbilt Avenue in Prospect Heights, and claiming that it has had a deleterious impact on local businesses.

More than 64% of residents in Prospect Heights do not own a car, according to some sources. Studies show that repurposing city streets for bike lanes and other uses actually improve sales for local businesses. In NYC in general, more than 90% of street space is devoted to the movement or free public storage of ecologically catastrophic death machines, despite the fact that we are in a global environmental crisis, and the emissions of both global warming gasses and microplastics (which mostly come from car tires) mean we need to drastically shift toward more sustainable means of transportation. In the meantime, Gov. Hochul's "pause" on congestion pricing has resulted in a loss to the MTA of more than $240 million in revenues, so far, that could have been used to improve public transit in our region, as well as estimates of more than 3 million hours in traffic delays.

We don't need fewer open streets, we need more. We don't need fewer bike lanes, we need more—and indeed an integrated protected network for cyclists to support the shift away from motor vehicles. In general, we need to repurpose our streets to

support people, rather than cars.

Regards,
Greg Costikyan

IN SUPPORT OF HYBRID MEETINGS

Dear fellow members,

As a member of the Coop since 2020, I've never felt so optimistic about the future of Coop democracy as I did during the September GM's discussion of a proposal to institute hybrid meetings. The presenters, CJ and Morgan, began by stating what we often hear at GMs: "participating in the GMs is the best way to have your voice heard." Solely in-person GMs limit participation from members who may be: immunocompromised or disabled, parents or caregivers, working too late to make a 7 p.m. meeting, or living far away from the Picnic House. Given that the GM is where we make major Coop decisions, we must work to ensure that these common situations do not block members' participation in discussion or voting.

The presence of a hybrid meeting does not take away from the in-person component that we love, it merely increases the amount of seats at the table. The Picnic House holds 255 people at max capacity, but think about who else, at our Coop of over 16,000 members, could have a voice on an online platform! A concern voiced by some in the GM discussion is the potential security risk a virtual meeting holds. However, multiple members of the Chair Committee mentioned that during peak-Covid, these issues were solved through individualized voting links, watermarked Zoom screens, and email registration. As one CC member said: "I'm confident that we can solve any technical challenges."

In the year 2024, we should be fearless in embracing the hybrid nature of our world,

which has changed radically since the 20th century, when our bylaws were written. As the presenters noted, “If even one extra person who is normally not able to attend GMs can participate, vote, and make their voice heard, we’re working towards a more inclusive and democratic Coop.”

Alexandra Gaynor

BOYCOTT NEXT STEPS: A MODEST PROPOSAL

Dear fellow members,

I’d like to propose a simple, hopefully modest proposal as we look to individually express our views on a boycott of Israeli goods—in short, let us all vote with our wallets as we see fit.

To those that support a boycott: Create a list of all products that you believe should not be purchased, publicize that list in a central location (perhaps on a social media page dedicated to the effort), and encourage those that agree with you to not buy those products.

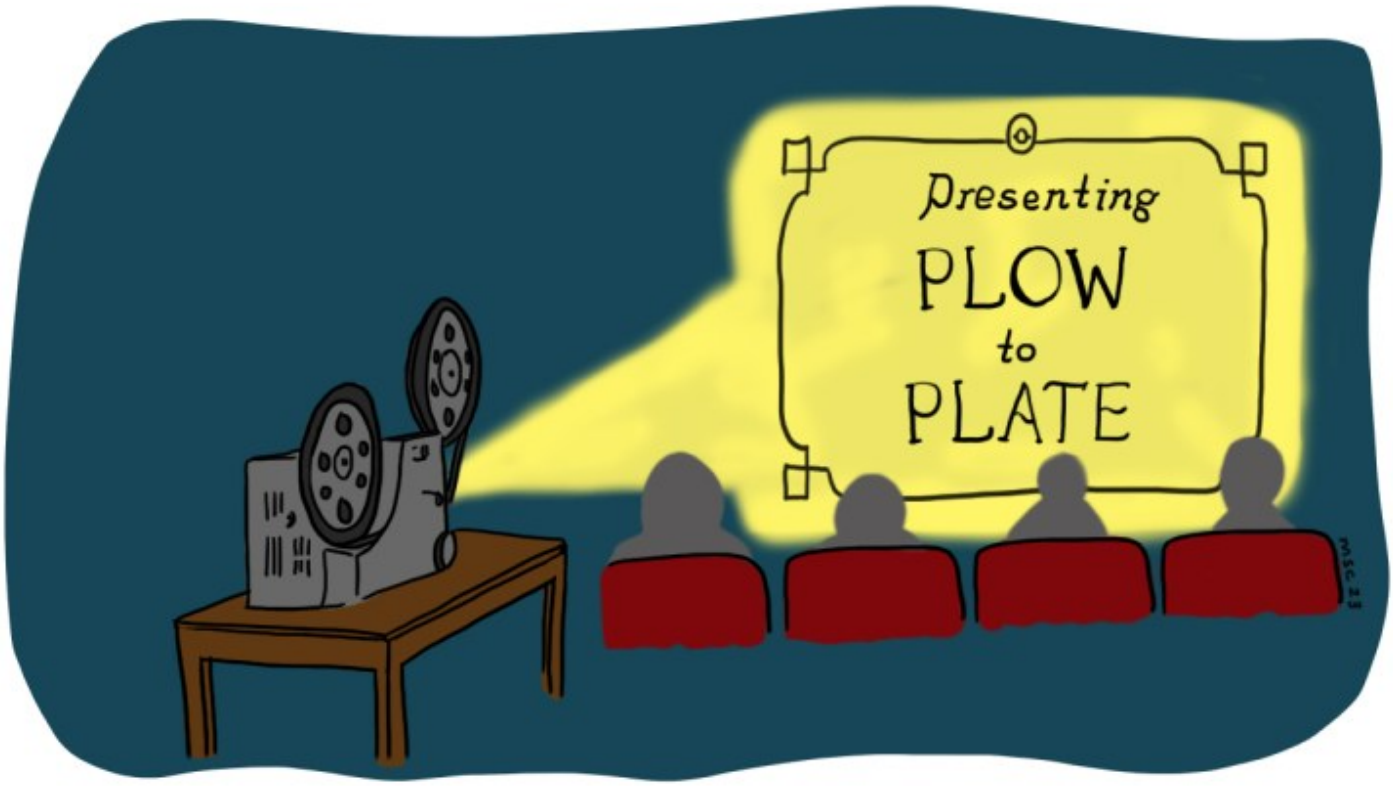
Others that do not support the boycott can continue to purchase products as they see fit.

There is rarely a one-size-fits-all solution to complex issues, especially those as nuanced and emotionally charged as this, and pushing for an entire community to adopt a set of principles is divisive and unnecessary. Let us all be informed and take individual action that aligns with our own personal outlook.

In cooperation, even when we disagree,
Paul Blachar

PLOW TO PLATE FILM SERIES: THE INVISIBLE EXTINCTION

October 15, 2024



By Adam Rabiner

October 15, 2024

The Invisible Extinction is a documentary about the germs that live inside us, the tiny organic microbes, bacteria, viruses and fungi that constitute our microbiome. Though germs have a bad reputation due to their association with disease, a more recent "scientific revolution" has discovered that most of this stew is crucial to bodily functions such as digestion, metabolism, vitamin production, the immune system, response to pain and mood.

However, in recent years up to 50% of our internal biodiversity has disappeared. And though this change is little known and unheralded, some believe it is as dire as the ongoing climate disaster. In the 2014 book, *Missing Microbes: How the Overuse of Antibi-*

otics Is Fueling Our Modern Plagues, microbiologist Martin Blaser sounds the alarm by associating the overuse of antibiotics with rising levels of obesity, asthma, diabetes, food allergies, celiac, autism and other conditions.

While there may be other reasons for the rise of these conditions than increased use of penicillin, antibiotics and other medicines—including increased hygiene, chlorinated water, processed foods, environmental chemicals, pasteurization, medical treatments such as chemotherapy and even the increased use of cesarean sections which eliminate the need for newborns to pass through the vaginal canal—diminished internal biodiversity has caught researchers' attention.

Other scientists featured in this film have built upon Blaser's hypothesis with their own research and clinical studies. Most prominently featured is Blaser's wife, Maria Gloria Dominguez-Bello. Dominguez-Bello, who was born and raised in Caracas, Venezuela, returns to the Amazon to collect stool samples from the inhabitants of jungle villages, such as Kanarakuni, whose traditional lifestyles and lack of exposure to the modern destroyers of our internal ecology has blessed them with rich biomes teeming with microbial diversity as well as extremely low incidence of chronic disease. For many years, Dominguez-Bello was single-handedly responsible for the storage and preservation of these stool samples containing trillions of microbes. However, as the scientific community came to realize the precarious situation of her priceless collection and prize its value, she received funding to permanently store her samples in a microbiota vault (more informally known as the "poop vault"), a repository for the future health of humanity, modeled on seed vaults.

Just as seed vaults preserve and protect plant biodiversity that can enhance food production as climate conditions change, the hope is that these rich stool samples may someday provide remedies to chronic diseases. In fact, stool-based medical procedures have already begun. Fecal Microbiota Transplantation (FMT), for example, is a treatment by which a healthy person's feces are injected into the colon of a sick patient suffering from the drug-resistant gut pathogen *Clostridioides difficile (C. diff)* in order to restore gut balance.

IN RECENT YEARS UP TO 50% OF OUR INTERNAL BIODIVERSITY HAS DISAPPEARED.

An Israeli study led by a pair of researchers, Eran Segal and Eran Elinav, investigated whether fecal capsules could pinpoint the actual microbiome bacteria and combination of foods that contribute to weight loss and normalize blood sugar levels. This work seeks to develop the next generation of targeted probiotics and has led to personalized diets for diabetics and an app used by two of Israel's largest HMOs. Groundbreaking research is also taking place in China, where Dr. You Xin is treating autistic children with a combination of diet, fecal pills and FMT, to promising results. Meanwhile back in New York City, Dominguez-Bello is conducting a study to determine if swathing newborn babies delivered by caesarian sections with maternal birth canal microbes leads to healthier biomes; elsewhere in the United States, doctors are attempting to discover if fecal capsules can combat obesity.

All this research has led to improvements in how and when to use antibiotics and new microbe therapies for Alzheimer's, bacterial vaginosis, kidney stones, Parkinson's, MS, cancer and even Covid. It has also led to a resurgence in popularity of certain probiotic foods and beverages, such as naturally fermented sauerkraut, kimchi, pickles, yogurt, kombucha, cheese and dietary supplements (many whose effectiveness has not been verified).

It is safe to say that Blaser's best-selling book, resulting podcasts and films like this have put a spotlight on the lowly microbes. Hopefully, this greater understanding and appreciation for the complex worlds within our bodies has helped shed their invisibility, halt their extinction, and even restore them to their prior glories.

The Invisible Extinction was screened on October 8. Click here for more information.

To be added to our mailing list for future screening announcements, please email a re-

quest to plowtoplate@gmail.com.

Adam Rabiner lives in Ditmas Park with his wife, Dina, and child, Ana.

MEMBER SUBMISSION: BDS DOES NOT BELONG IN OUR COOP

October 15, 2024



By Barbara Mazor

October 15, 2024

Members 4 Palestine (M4P) is a group of members who want the Coop to "enact a targeted boycott of Israeli products as called for by the Palestinian-led Boycott, Divest-

ment, Sanctions (BDS) movement." As written on their website FAQ page, they want the Coop to commit to and endorse BDS. "The BDS framework offers us clarity around the particularities of our boycott demands, and connects us to a global movement."

The BDS demand is for the elimination of Israel. It is endorsed by a consortium of terrorist organizations. It is part of the "Free Palestine" movement responsible for the numerous occurrences of vandalism and violence accompanying the demonstrations in North America and Europe since October 7, 2023 when thousands of Hamas terrorists burst into Israel in a spree of rape, mutilation and murder, massacring 1,200 people and kidnapping 250. These acts of cruelty surpassing ISIS were dubbed "heroic" by the BDS Movement.

M4P promotes support for BDS by attempting to vilify Israel and its supporters. They make false accusations, systematically subverting the definitions of legal terms.

For example, in January, the International Court of Justice (ICJ) issued a ruling in the case brought by South Africa against Israel. The purpose of the ruling was to declare that South Africa had a right to bring its case against Israel and that Palestinians had "plausible rights to protection from genocide." The court did *not* say the claim of genocide is plausible.

In the March 19 *Gazette*, Jan Clausen wrote the court found "a credible case that Israel is committing genocide" and M.J. Williams claimed the court "held [Israel] is plausibly committing genocide." Both statements are untrue.

The legal definition of genocide is "a crime committed with the intent to destroy a national, ethnic, racial or religious group, in whole or in part." The key word is "intent." The intemperate statements made during the days following the October 7 atrocities by non-decision makers and mistranslations of statements referring to Hamas, not Gazans, do not qualify as intent. There is no equivalence between the intentional and gruesome murders of non-combatants, and the inadvertent deaths of civilians during lawful military operations in a defensive war. It is morally reprehensible to character-

ize Israel's war to rescue the hostages and ensure an October 7 is never repeated as a "genocide." Yet, at least 12 times the *Gazette* has published letters by M4P supporters making this false characterization.

I could go on, but *Gazette* submissions have a word limit.

The BDS Movement is not pro peace. It is not pro co-existence. It is not pro universal human rights and dignity. It is not pro democratic values and development of civil society. Its purpose is to provide political support and moral cover for the actions of genocidal terrorist organizations, like Hamas, and to further their maximalist, eliminationist goals. The BDS Movement does not belong in our Coop.

MEMBER RECIPE: LENTIL STEW

October 15, 2024



By Greg Costikyan

October 15, 2024



This is kind of a staple in my household, partly because it’s easy to vary, cheap and pretty easy to cook. It can also be totally vegan or served with additions that make it less so—the hot dog version works with the kids, but I’ve often cooked it for myself as a vegan dish. The recipe below is for four, but you can easily reduce or increase the ingredients if cooking for more or fewer people.

INGREDIENTS

• 1 carrot, diced
• 1 celery rib, diced
• a cup of diced onion
• a garlic clove, chopped
• 1 tbsp oil
• 1 cup lentils
• 2 cups vegetable broth or water (the broth does add some flavor)
• salt to taste
• pinch of red pepper flakes
• ½ tsp oregano
• a ripe tomato (large if cooking for 4, a Roma is enough for 2), diced

DIRECTIONS

1. Cut up the vegetables, then fry them (except for the tomato) in a medium saucepan with the oil, stirring occasionally, until the onion is translucent and the other vegetables have softened a bit (about 5 minutes).

2. Add all the other ingredients except the tomato, bring it to a boil, reduce to a simmer, cover, and cook for 35 minutes.

3. Test to see if you need to add more salt—don’t give it too much at start, but make sure it’s tasty.

4. Stir in the tomato.

Variations

Tex-Mex Version: Add 1 tsp of cumin and ½ tsp of chili powder to the oregano. Op-

tionally, delete the pepper flakes, and add a jalapeno to the vegetables when frying (cut up, seeds removed).

Indian Version: Replace the oregano and red pepper flakes with 1 tsp of garam masala or curry and ¼ tsp of cayenne pepper.

Provencal Version: Replace the oregano with tarragon, and add in a quarter cup of black olives and a tsp of capers.

In general: Almost any spice mixture can be used. I vary them so it's not always the same-old, same-old. Also, replacing the tomato with corn or peas is good.

Non-Vegan Options

1. Use butter instead of oil.

2. Use chicken stock instead of vegetable stock.

3. Roast (at 400 degrees for 20 minutes, turning half way through) or fry four hot dogs or other sausages until nicely crispy, then slice them into rounds, and stir in at the end with the tomatoes. My kids always sigh when I say, "Tonight we're eating vegetarian," but eat up this version with gusto.

What Kind of Lentils Should I Use?

Normally, standard green lentils. You could also use split peas. Lentils de puy (which the Coop labels as French Indigo lentils) are also good, but could use another 5 minutes cooking time. I do not recommend red lentils for this recipe because they turn to mush—if you do use them, reduce cooking time to 20 minutes.

Sides

This is a meal in its own right, but a side salad or a bit of bread and cheese is nice. If going for vegan, here’s a bonus recipe for a bread dipping sauce:

Vegan Dip for Bread

- ¼ cup olive oil
- 1 chopped garlic clove
- ¼ tsp rosemary
- Salt and pepper to taste

Mix it all up and serve on the side.

Greg Costikyan has been a Coop member since 2009 and is a member of the Men-shemsaqa Angaza. He has designed more than 30 commercially published games, and has written four sf/f novels.

HALLOWEEN AT THE COOP: THE TRICK OF TREAT

October 15, 2024



By Kim Velsey

October 15, 2024

Every Halloween, the Coop sets aside small apples donated by Hepworth Farms to give out to trick-or-treaters, a tradition that reflects the Coop's commitment to healthy, fresh, seasonal foods. The holiday is generally a low-key affair at the store, but members enjoy celebrating it—it's common for staff and shift workers to show up in costume that day—and the Coop carries a number of seasonal items for decorating, eating and giving out to trick-or-treaters.

"We bring pumpkins in for the three weeks before Halloween, starting around October 7," says Cecelia Rembert, a receiving coordinator and one of the Coop's produce buyers. "We don't want to get them too soon because they get kind of gross. And we try

not to have any left over. Turns out no one wants them on November 1.” Last year, the Coop sold nine bins (or 5,850 pounds) of carving pumpkins, mostly from Hepworth Farms, one of the Coop’s oldest produce suppliers. There are also pie pumpkins, which many people like to paint for Halloween, and a variety of gourds to decorate. You can find turnips and potatoes in the produce department as well, the root vegetables that were traditionally carved at Halloween. Pumpkins, a new world vegetable, didn’t make their way to Europe until the 1500s, and it was several centuries after that that they became associated with Halloween.

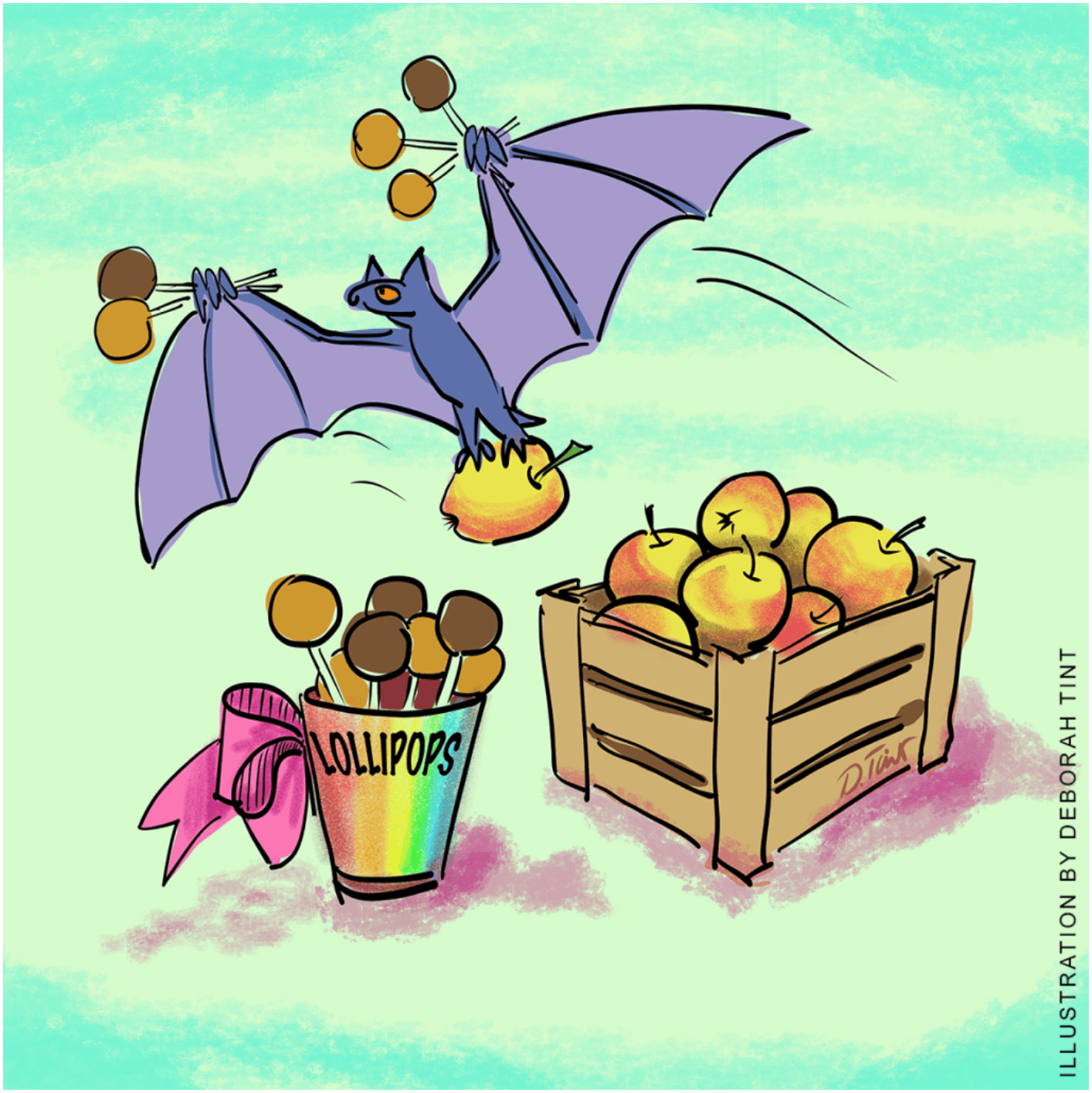


ILLUSTRATION BY DEBORAH TINT

There is also, of course, candy. Although this year, there may be fewer options than in years past. Gillian Chi, a receiving coordinator and buyer who handles the Halloween candy, says that many of the pre-orders she put in early this summer for Halloween-themed products from member favorites like YumEarth, Ocho and Tony Chocolonely have been canceled because those products are out of stock. It's not clear why the distributor, UNFI, one of the Coop's largest suppliers, hasn't been able to fulfill the orders (requests for a comment from YumEarth, UNFI and Ocho were not re-

turned), but it’s been a problem during the past few years. Chi says she’s had luck in years past reaching out directly to contacts at those companies, but that hasn’t yielded any success so far this year.

> CANDY PRICES HAVE SHOT UP SINCE THE PANDEMIC, INCREASING 27.5% FROM 2021 TO 2023, ACCORDING TO THE BUREAU OF LABOR STATISTICS.

When Chi first started working as a buyer, she focused on increasing the organic candy offerings: She could see there was a need for organic Halloween candy and it sold well. Popular items in the past have included the YumEarth lollipops in Halloween wrappers—they also made an organic candy corn, the first on the market, but since discontinued—and individual bags of gummy bats and spiders. Tony Chocolonely’s individually-wrapped Halloween chocolates were a hit as well. Apparently, anything in a Halloween shape or with a Halloween wrapper sells well. Hard candy does not. “For the last eight years or so, I’ve tried to have Halloween candy take over the entire end cap,” says Chi. “But for the last few years it’s been so hard to get stuff [that] it’s just been a couple of shelves.”



ILLUSTRATION BY MAGGIE CARSON

So what can shoppers expect to see on those shelves soon? Snyder's pretzels in Halloween pouches, Endangered Species Not So Spooky milk chocolate mix, Pirate Booty trick-or-treat puffs, Good Crisp Creepy Crisps and Torie & Howard Halloween lollipops. It's also possible that the gourmet candy buyer may score some Halloween-themed items, if they are buying for themselves (or really trying to impress the neighborhood kids). But stocking up on even the non-gourmet products will be pricey. Candy prices have shot up since the pandemic, increasing 27.5% from 2021 to 2023, according to the Bureau of Labor Statistics. Cacao and sugar prices both went up after disappointing harvests brought on by bad weather, which have continued to be an issue (while there were early fears this might lead to candy shortages, in the end candy just became a lot more expensive). A seven ounce bag of individually wrapped YumEarth gummy candies cost $3.90 in 2019; last year it cost $7.64. This year, the Coop hasn't been able to stock it at all.



ILLUSTRATION BY MAGGIE CARSON

If shoppers are disappointed in this year's candy selection, however, they can always follow the Coop's example and stock up on a few cases of apples to hand out. After a late frost last May devastated upstate apple orchards, farmers are reporting a bumper crop this season.

Happy Halloween, shoppers!

Kim Velsey has been a Coop member since 2020. When she's not writing for the Line-

waiters' Gazette, *she's a staff writer at* New York Magazine.