Sevananda continually evaluates its product selection policy to determine what products we should offer to the community including our member-owners. The following article examines Sevananda’s values (embedded in its Mission Statement, Ends Policies, and Cooperative Principles) to continue this dialogue.

Our Mission statement reads:
Sevananda is a consumer cooperative created to empower the community to improve its health and well-being. We accomplish this mission through:

• Facilitating the democratic participation of our membership;
• Providing natural and organic foods, and other environmentally sound products, to the Atlanta area and beyond;
• Providing education on cooperative principles, personal health, environmental conservation and consumer issues;
• Establishing beneficial relationships with the local community and the global cooperative movement.

Empower means to:
1. Give authority to somebody
2. Make more confident or assertive (to give somebody a greater sense of confidence or self-esteem -- synonyms include: authorize, allow, sanction, give power to, and make powerful)

How can we empower people to make decisions regarding what’s best for their personal health and then limit their access to all of the healthy options available to them? “We empower you to take total control of your health, so long as you stay within this little box,” could be one interpretation of what we are telling shoppers.

Further along in the mission statement is the line on “providing education on cooperative principles, personal health, environmental conservation and consumer issues,” and again we only provide that education along a narrow, strict definition of how you may achieve a healthy state of being.

Environmental conservation could be interpreted by an organic farmer to mean that in order for their farm to be a “closed loop” where livestock on the farm eat what grows there, generate manure as fertilizer to grow more, and use that to grow more food for humans and livestock. Animals can also be fed scraps left over from vegetable and fruit production and convert it into useful fertilizer.

Of course, the other side of that coin is that livestock are one continued on page 14
Recently we lost our dear friend and long-time Working Member, Jay Lynn McDonald. Jay Lynn came here in May of 2003 from California. She joined Sevananda just about as soon as she arrived here and has been a Working Member since September of that year. She worked in the Deli, becoming great friends and even family to many of the staff there, as well as other departments in the store. She could always be counted on to help with events and loved everyone here, staff and customers alike.

To pull from the interview I did with Jay Lynn last fall, here are some of her own words about her experiences here:

“As far as being a working member, I love being in the kitchen, and I love serving the food. And one of the reasons is because of the multicultural aspect. Because when you become friends with all the wonderful staff and clientele, you realize the oneness of all humanity. And you can experience it. That oneness of all humanity.”

She passed away unexpectedly, and many of the staff here took the news hard. However, we came to realize that she wanted us to celebrate her life, not mourn her death.

We hosted a life-celebration on May 30th that was attended by current and former staff, friends and even members of Jay Lynn’s wonderful family. We all wore a purple latex-free glove, the kind she always wore (and thanks to Steve for getting them). We also shared food using some of her recipes and some silly stories and thoughts on how much she meant to us as both a friend and a fellow employee.

In 2004, Jay Lynn, Linda Cross, and I attended a Chastain Park show. It was like having two moms. When she talked to me, she really listened to me, not just waiting so she could speak. I will miss being able to call her and share good news.

When I decided to do this article, I went to people here in the store to get a few words about our friend. Here is some of what was said:

“Words cannot explain how much she will be missed. Her positive attitude, welcoming smile and warm hugs. She had a joy for life, which will live on, in all of the good deeds that she did. Rest in peace, my friend.” – Susie

“Jay Lynn understood the co-op concept. I remember when I first started here that even though she was in the kitchen and I was at Customer Services, she was showing me around and telling me about the different departments!” – Mondez

“She had a beautiful shining spirit.” – Lamarr

“Jay Lynn understood the co-op concept. I remember when I first started here that even though she was in the kitchen and I was at Customer Services, she was showing me around and telling me about the different departments!” – Mondez

“She was a breath of fresh air... a beautiful spirit. Always bubbly. You could never tell if anything was wrong, so it must have been okay.” – John

“I think she came here, for the short time on this planet, to remind us to be happy.” – Rahn

“She was a perfect person. Every minute with her was wonderful, quality time. She strove for enlightenment, spirituality. And was very strong, centered and grounded. She was perfect.” – Warren

“I didn’t know her. But I wish I had from the remarks I keep hearing. It is my loss.” – Tony

“I think she was a bubbly little whirlwind... and when she shopped, her cart was bubbling over!” - Kijai

By Holly Blain  ▶ Membership & Promotions Coordinator
Microwave Cooking: Is It Safe?

By Yahimba Uhuru

I have a microwave oven in my home, and it is brand new. I refuse to use it. Even when my regular oven broke, I still refused to use it. It is just something about the way it "cooks" food that bothers me. I wrote about microwave ovens several years ago, and I think it is time again to alert you to the facts.

Microwaves emit radiation and they change the cellular structure of food. The FDA or the government have not proven that a microwave is dangerous to food or health, but independent studies have. Because it changes the cellular structure and the nutrients in food, you have no idea what you are eating. When human blood samples are studied from people who eat microwaved foods, changes appear. When food is microwaved, it converts substances cooked in it into dangerous organotoxic and carcinogenic products. All microwaves leak some electromagnetic radiation. Electromagnetic field experts recommend staying several feet away from it. If you use plastic containers or plastic wrap, the heat from the oven will drive molecules from the plastic directly into your food, and plastic contains harmful substances.

Never microwave baby's milk because an amino acid is converted and has been proven to be toxic to the nervous system and poisonous to the kidneys. Microwaved fats and proteins become more difficult to assimilate. A study done in Switzerland revealed that microwaved foods compromised the human immune system. However, the population studied was too small to be significant. Large samples are necessary in order to avoid anomalous results. There is, however, one health risk that has been studied and eradicated—the problem of exposure of microwaves that escape the oven and create health risks to persons wearing pacemakers. Since the 70s, leakage has been largely eliminated, but be wary of old models. And Uhuru is correct on one count. Microwaves are poor substitute for preparing many foods and destroy both taste and texture.

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By Rex Batson

Yahimba Uhuru’s article makes a number of claims decrying the effects of microwave ovens on foods and consequent ill-health associated from eating those foods. Initially, I was skeptical of her position. But after research, I believe that neither of us has adequate information to evaluate the safety of microwave ovens.

Current studies demonstrate that cooking, regardless of the method, alters the composition of foods, but this isn’t necessarily bad. Broccoli, for instance, loses much of its flavonoid content when boiling or “nuking,” although its Vitamin C content remains relatively stable. Boiling destroys nutrition integrity more than any method because it leaches vitamins and minerals.

In terms of the affects of the microwave upon our health, even the FDA notes that there have been no long-range, comprehensive studies. And few writers in scholarly or popular press have amassed smaller studies. The Internet is filled with sites claiming positions on either side. The authors typically select those studies that affirm their positions on the subject, and they disregard those studies that challenge their positions.

Even the Swiss study that Uhuru cites is problematic. In the late 1990s, two Swiss scientists, Blanc and Hertel, concluded that microwaved foods compromised the human immune system. However, the population studied was too small to be significant. Large samples are necessary in order to avoid anomalous results.

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Even if use of the microwave is safe, I prefer to cook rather than zap my food.

Microwave ovens may or may not destroy the nutritional value of foods and increase chances of ill-health, but we need information to decide. State and federal government, educational institutions, and industries should commit money to finding out the truth.

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Reducing After-meal Elevations in Blood Sugar

One of the first goals in the dietary treatment of type 2 diabetes and the promotion of ideal body weight is to reduce after meal elevations in blood sugar. Simple carbohydrates, or sugars, are naturally found in sugars in fruits and vegetables, but most of the simple sugars consumed in North America are in the form of refined sugar like sucrose (white sugar). When high sugar foods are eaten blood sugar levels rise quickly, producing a strain on sugar levels after a meal can cause serious problems.

PGX - A Revolutionary Fiber Complex

Fiber supplements have been shown to enhance blood sugar control, decrease insulin levels, and reduce the number of calories absorbed by the body. The best fiber sources for reducing postprandial (after meal) blood sugar levels, lowering cholesterol levels, and promoting weight loss are those that are rich in water-soluble fibers such as glucomannan (from konjac root), psyllium, guar gum, defatted fenugreek seed powder or fiber, seaweed fibers (alginate and carrageenan) and pectin. When taken with water before meals, these fiber sources bind to the water in the stomach and small intestine to form a gelatinous, viscous mass which slows digestion, coats nutrients, and prevents nutrients from being absorbed.

In people with diabetes, elevations of blood glucose levels after a meal can cause serious problems.

PGX also results in less gastrointestinal side effects than other viscous dietary fibers. Because PGX can be given at much smaller quantities than other viscous dietary fibers to achieve comparable health benefits, it is a much more practical recommendation, especially when taken in capsule form.

This enhanced viscosity is paramount to its effects, as the viscosity of soluble fiber is directly related to its physiological effects and ultimately its overall health benefits in humans. Because PGX can be given at much smaller quantities than other viscous dietary fibers to achieve comparable health benefits, it is a much more practical recommendation, especially when taken in capsule form.

Michael T. Murray, N.D., is widely regarded as one of the world’s leading physicians. He use all supplements carefully and only upon the direct advice of a licensed physician.

Michael T. Murray, N.D., is widely regarded as one of the world’s leading authorities on natural medicine. He is a graduate, faculty member, and serves on the Board of Trustees of Bastyr University in Seattle, Washington. Dr. Murray is Director of Product Development and Education for Natural Factors Nutritional Products. His latest book, coauthored with Michael Lyon, M.D., is How to Prevent and Treat Diabetes with Natural Medicine.

Continued on page 5
Growing food organically is labor-intensive. And to get that food from the garden to your plate requires skills that have little with growing produce.

Destiny Produce is fulfilling that need and is a leading organic food distributor. Destiny Produce plays a vital role in ensuring a steady supply of local, sustainable, and organic produce.

Providing Sales, Marketing and Delivery to Local Farmers

In order to increase the local food supply, it is essential that we support local farmers. Small farmers need outlets to sell their produce, and marketing support to make people aware of what they have to offer. What’s more, farming is a time-intensive business, requiring huge inputs of labor. Long hours in the field, tending and harvesting crops, leaves little time for sales, marketing and delivery. For local farming to be a viable business, help on the sales end is often required.

Providing this help is the role of a regional distributor. And maintaining great farmer relationships sets Destiny apart from other distributors. Destiny Produce has built relationships with organic farmers based on shared concern for environmental stewardship, health and wellness. Many farmers also understand that they need the sales and marketing support. Destiny produce fills this need, providing customers, expertise, marketing materials and website.

Transportation and rising fuel costs make it more efficient for a regional distributor to move produce from the farm to the stores. Destiny has trucks that go to the farmers, package the produce, and then deliver it to the stores. Even in these activities, Destiny attempts to be eco-friendly by using bio-diesel fuel in its delivery and pick-up routes to make transportation as efficient as possible.

Helping Georgia Farmers

Destiny works with organic farms throughout Georgia, Alabama, Tennessee, North and South Carolina and Florida. Destiny Produce pays fair market value for the crops, markets the produce, and gives the farmers needed recognition for their efforts. Securing and growing the food supply involves nurturing the growers. Destiny Produce proudly supports local and regional farmers such as Walker Farms in Sylvania, Georgia; Sparkman’s Cream Valley in Moultrie, Georgia; Miles Berry Farm in Baxley, Georgia; Pebble Hill Grove in South Georgia; and many others.

Providing valuable sales, marketing and delivery services allows farmers to concentrate on what they do best—grow delicious food.

Alkalinity

Continued from page 4

This situation creates the onset of malnutrition, which means that all of the cells in our bodies are starved of life-giving nutrients. The body’s attempt to rectify this condition involves cravings for those ill-absorbed nutrients, and our response is to eat more food.

Another problem that comes from the undigested food is that it sits in the intestines longer than it should. The mucoid lining not only prevents a regular flow of nutrients out of the intestines, but creates a toxic environment due to the rotting of the undigested food. This putrification feeds the harmful bacteria (e.coli, etc.) and parasites that now house and protect themselves in the mucoid linings. These are the beginnings and perpetuation of constipation. The waste moves slowly through us because the mucoid layers harden and prevent full peristalsis, which is the way food is moved along the intestinal tract by rhythmic contractions of the muscles within the intestinal walls.

The continual rotting of the waste sends more and more toxins into our blood streams and further tips the scales of the pH balance to acidity. This condition is called auto-intoxication or self poisoning. This not only affects our physical being, but our emotional, mental and spiritual states as well.

If nothing is done to reverse this condition, our bodies take measures to reestablish alkalinity and purity by attempting to rid the toxins from the blood stream through the skin simply means that normally functional systems have been worn down by the corrosion of acid to the point where the body’s natural defenses are ineffective. The name of the “dis-ease” is dependent upon where the poisons predominate in the body.

It is mentioned in texts (Bible, Buddhist scriptures, and various channelings) that our bodies were designed to last from 600-800 years. That may seem like a myth to some, but only because of our frame of reference. If our bodies are polluted then our minds and imaginations are as well and we cut ourselves off from the realm of possibility and potential.

How to Establish Alkalinity and Reverse Disease

Most naturopaths and allopathic doctors that have researched the reality of the dangerous relationship between mucus, acidity, toxins and disease agree that the condition can be reversed and optimal health maintained through cleansing away the toxic conditions. This can be achieved with alkaline, organic foods (80% of diet); purified, alkaline water; deep breathing; regular exercise; the development of an uplifting, positive frame of mind; and a conscious effort to clean the intestines through the use of various herbs, juices and water.

We create the environment that supports the existence of disease. Cutting out the diseased areas does not address the reason that disease exists. Change the environment and change the condition. As George Clinton said “Free your mind and your [butt] will follow.” And Bob Marley in “Redemption Song” said “emancipate yourselves from mental slavery -- none but ourselves can free our minds!”
Greetings Fellow Co-op-ers!

Once again I get the opportunity to impress upon you the sheer necessity and vital importance of COOPERATIVES as a valid alternative economic system that ensures the recycling of consumer services for the human right to live a life of self-determination.

Not to evoke in you a gut reaction to my assessment that capitalism’s “feed the need of greed” motto has failed and that the other social, political, and economic systems that we’ve been taught (which are monsters and enemies to democracy) should be our alternative focus -- maybe or maybe not. The sad commentary to this is that we can see (and financially feel) all the signs of this failed system of disproportionate distribution of wealth, goods, and services.

Capitalism has offered us a failed system of disproportionate distribution of wealth, goods, and services.

According to Carl Steidtmann, chief economist and director, Consumer Business, Deloitte Research: In 1980, the top 1% wealthiest people in the US made 3.8 times what the bottom 20% made. In 2000, the share of the wealthiest 1% grew to 11 times the bottom 20%. This corrupted form of democracy that has allowed the criminal-minded and the selfish intended to lavish gain and those who lack the dog-eat-dog competitiveness to feel inadequate and seek to discover the “secret” so they too could be akin to what George W. Bush calls the “haves and the have mores.”

We are finding instead that the best recourse one can have is the onethat simply galvanizes people of good will to come together and COOPERATE. If people of citizenship thought to come together and pool their resources and produce their own consumer needs and establish fair-trade among themselves, they would discover the wonderful world of cooperatives. Enough of my ranting commentary: Let’s take you to the simple definitions, again, of what cooperatives are and what they mean for humanity, particularly in “times like these.” You’ll be astonished to know that cooperatives are more than an idea of surviving but actually they work within an equitable system that facilitates thriving around the world -- a simple Google search might grant you such factual information of the history such.

Cooperatives operate in a system of economic action and business enterprise characterized by the absence of the profit motive and involving, as a primary function, the distribution of goods and services. Traditionally, they have been a movement of consumers who unite on the basis of their mutual interest in reducing living expenses and benefiting from the ownership and control of production facilities and of accommodations shared by all.

Co-ops represent more than 5% of the world’s population, as represented by membership in the International Cooperative Alliance.

Some cooperatives, however, serve the interests of people functioning as producers, not as consumers. Producers’ cooperatives include associations of workers who cooperatively own and operate factories or farms. Producers also form associations for the purposes of economically purchasing supplies and of profitably marketing their produce. Such associations have been important elements of the cooperative movement in the U.S., especially among farmers. Should social changes result from the operation of consumer or producer cooperatives, they are usually regarded as by-products of an economic motivation.

Producers’ cooperatives have been formed within the fishing industry for purposes of marketing, purchasing marine gear, providing miscellaneous services (dock maintenance, unloading), and bargaining collectively. In the retail food industry, consumer-goods societies provide goods and services for more than half a million members. Grouped around a core of supermarkets, in many areas, are substantial furniture, pharmacy, hardware, optical, and service-station operations. Most of the local consumer-goods cooperatives obtain their supplies from full-line cooperative grocery wholesale warehouses. These warehouses, in turn, buy from a central purchasing, manufacturing, and merchandising service owned by and operated for the wholesale cooperative associations throughout the United States, Canada, and Puerto Rico.

5% of the world’s population

World membership in the International Cooperative Alliance (ICA), which was formed in 1895, gives some idea of the size of the cooperative movement today. In the mid-1980s the ICA recorded a membership of about 355 million individuals, or about 5% of the world population. Affiliated organizations existed in some 70 countries, comprising societies of various types, including consumer, agricultural, fishery, productive and artisanal, building and housing, and credit cooperatives.

The greatest concentration of membership was in Europe; next in rank was Asia. Through the alliance, mutual trading and financial relations are facilitated between cooperative

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My name is Tasha Tavaras, cultivator of all things book and General Merchandise related, and also the Editor of the Book Reviews for Co-Options. Our book section is located in the Wellness section of Sevananda, between the coolers and the Wellness desk. We will usually feature two book reviews a month, written by staff, working members and members. If you have read a book that we carry here in the store and would like to write a review for future publication, please contact me via e-mail at tashat@gmail.com. Thanks and enjoy the column!

**A Midwife’s Story**

by Penny Armstrong and Sheryl Feldman

Book Review by Shannon Lawless

In this moving and informative book, Penny Armstrong and Sheryl Feldman eloquently tell Armstrong’s story of becoming a nurse-midwife. From her student days in Scotland, to her work in modern hospitals and finally to her practice among the Amish in the Pennsylvania countryside, Armstrong discovers the many ways that women give birth in the modern world, and the surprising politics that come with birth.

This book is really at its best when describing Armstrong’s personal journey from a woman who did not believe in home births to one who does them exclusively. She discovers that in modern America, hospitals and the doctors do not always respect a woman’s choices concerning the birth of her child. Birth is now seen as “a potential disease,” rather than a natural part of life. Doctors are, perhaps, too quick to recommend surgical intervention and too concerned with sterility, and not with the well-being of mother and child. In this new world of scheduled c-sections, Armstrong finds that we have gone too far away from the natural process of birth that women have experienced since humans lived in caves. Among the Amish, she finds a simpler approach to everything in life, including birth. Women are active until and during labor. They eat, they talk. Their other children are allowed to be in the room when their new sibling is born. To the Amish, birth is a routine part of life, but it is also sacred and should be treated with respect.

From her loving description of the Amish people she grows to love and respect to joyous tales of many births, this book is a fascinating read for anyone interested in that most basic of human events. Armstrong shows that there are myriad ways to welcome a child into this world and that every woman should have a choice in how she celebrates new life.

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**Free Ralph** by Stephen Wing

Book Review by Todd Coleman *Wellness*

We rely on fiction to take us away from the mundane and ordinary and to bring a new spin to the way we see things, and sometimes an extraordinary work of fiction goes above and beyond that -- it changes the way we live our lives. *Free Ralph*, by local author Stephen Wing, is just such a book.

Wing has provided the reader with a fresh look at our effects on nature. In the book, our questions about evolution and creation are answered by a surprising source, the chimpanzee. Through the eyes of a circus chimp named Ralph, and the family in Africa that misses him, the reader sees what no human can see: the affects of tampering with the natural order through its victim’s eyes. However, it’s through the perspective of those who labor in the service of Nature that we begin to understand where we, as humans, fit into the picture. If, after that, we don’t understand it clearly, there is enough chimpanzee philosophy tucked into the chapters to give us a better picture.

Stephen Wing has a witty way of saying things that are difficult to hear. No doubt, his many years of writing have kept this bard’s tongue sharp. *Free Ralph* is filled with fresh writing that is easy to enjoy and is perfect for summer reading. So check it out and spread the good word. Free Ralph!
The Summerfest days of 95 degrees were so hot the cars were melting. But the Sevananda team was as cool as the other side of the pillow. We derive this from our joy of service, and the 150 fresh, cool, organic, and locally grown watermelon samples we were serving...keeping us and the crowd cool and hydrated.

The Summerfest festival, held the weekend of June 6th to 8th, and officially hosted by the Virginia Highlands Civic Association, is now in its 25th year. It has been called “the best neighborhood festival” by some of our local papers. Summerfest celebrates the coming of summer with diverse artists markets, live music, and great food.

It brings people from all over metro Atlanta and far beyond.

The festival gave Sevananda the opportunity to renew interest in, and introduce people to, the benefits and pleasure of natural foods. Our mission of education and availability of healthy dining was well received. Festival goers said repeatedly that they want to shop for food without fear of what’s in it or where it came from. Our message and products resonated.

All in all, we found ourselves reminding former customers that we were bigger and better than ever, but still Sevananda. We found a lot of former customers of long ago had a renewed interest in health and in us. We were also able to introduce many festival goers to healthy and safe foods for the first time. Based on new interest and renewed interest, Sevananda could be staffing lots of fairs and festival tents in the future. Interest in Sevananda was high!

According to Cheryl Wilson of Destiny Produce (who donated all of the produce that we gave away!), we handed out the following during the festival:

- 120 11-pound organic, seedless watermelons (local, Fla.)
- 150 organic cantaloupe (local, Fla.)
- 48 pints of organic cherry and grape tomatoes (local, Fla.)
- 48 pounds of organic baby yellow carrots
- 40 pounds of organic bananas
- 96 heads of organic red and green leaf lettuce (local, N.C.)

Many people from out of town told us how they wished they had access to a place like Sevananda. We are indeed fortunate to have Sevananda here and to be a part of it.

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“Get Outdoors!” This was the theme for family fun and holistic health awareness for “Funfest 2008” on June 14. Arranged throughout the lovely grounds of the Frazer Center’s Cator Woolford Gardens were exhibits and activities that focused on mind, body, and spirit. Funfest, sponsored by the Children’s Wellness Network of Georgia, directly benefitted two very deserving organizations that promote healthy living, Georgia Organics and Two Angry Moms. Funfest also served as the kick-off for the Children’s Wellness Network summer camp program at Panola State Park.

Sevananda was proud to be one of the many participants at this lively event, offering thirst-quenching watermelon from Destiny Produce and make-your-own nutritious salads from Georgia Organics as well as samplings of delicious, healthy snacks and baby foods. Kids could choose from a vast variety of herb and flower seeds to bring home to start their very own gardens.

Families enjoyed locally grown nuts and berries, a variety of teas and refreshing iced coffee from Equal Exchange, mouth-watering biscuits from The Flying Biscuit (including a chance to mix up their own batch of sweet potato biscuits), cold drinks from Fuze, and samplings of Ice Supreme frozen confection. Those who joined in with yoga and belly dancing learned that exercise can be both good for you and fun! The Braves “air batting” cage gave kids a chance to try their skills at swinging a bat.

The opportunity to learn about a variety of health and environmental issues -- from recycling to air quality to personal health -- were plentiful thanks to the Georgia Conservancy, Natural Awakenings, and Wellcare. The wonderful raptors and skunk “show and tell” programs by Earthquest Inc. and the Panola Mountain State Park were spellbinding. Kids got to meet Captain Planet, who reinforced the message that kids can do their part to help the environment. Children could make their own puppets at the Center for Puppetry Arts booth, paint on a mural, watch and learn about tree climbing, get tattoos, and have their faces painted!

Amy Kolafa and Susan Rubin are “two angry moms” who together campaigned to bring healthier lunch programs to schools. Their documentary film, part expose and part “how-to,” was a fitting finale to the event, where attendees could meet and talk to Amy. Thanks to all the wonderful exhibitors and participants who made Funfest 2008 the first of what is sure to be an exciting annual event!

Learn more about the Children’s Wellness Network and its sponsors by visiting www.childrenswellnessnetwork.com/funfest.
Rachael M. Spiewak, MSW ▶
Executive Director, Sopo Bikes

“You mean to tell me there’s a bicycle shop where I can fix up a bike, and there are people there who will help me, and if I don’t have any money, that’s okay? That sounds too good to be true,” said Sopo Bicycle Cooperative’s Youth Mentor Jonathan Gaerlan when he first heard about the shop. It is true. In fact, we’ve been at it for the last three and a half years, and the organization grows stronger everyday.

What Is Sopo Bicycle Cooperative?
Sopo Bicycle Cooperative, your non-profit community bicycle repair shop, began humbly as an idea percolating among a loose community of friends and cyclists who wanted to share bicycle repair tools and knowledge. We wanted to be able to afford to keep our bikes in working condition, and we figured, if we shared tools and knowledge, we could do it ourselves. We met on a cold night in December 2004 to chat about how we could help ourselves. We were amazed to find that we shared a bigger vision of making a real community bike shop that anyone could use.

Ten months of hard work later, we moved into our current shop space located in the East Atlanta Village. Our shop is open on Tuesday, Wednesday, and Thursday nights from 7 to 10 p.m., and on Saturday and Sunday afternoon from 2 to 6 p.m. (also known as Open Shop Hours). At our shop, you can fix your bicycle, build a bicycle from donated parts, help others with their repair projects, donate bicycles and tools, meet new people, and get tips on how to cycle safely around Atlanta.

Our original motive was to make an affordable, environmentally responsible form of transportation even more affordable. We thought, if we can make riding bikes as cheap as possible, then more people could and would ride. We knew that doing the work yourself can make anything cheaper, and we soon learned how empowering that can be. To get the most out of sharing bike repair, we committed ourselves to using a compassionate teaching model and maintaining the shop as a safe space. After all, what is economic and environmental responsibility without social responsibility?

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Our mission remains to create equitable access to cycling by providing affordable bicycle maintenance, services, and education. In other words, if you need a bicycle repair tool, come to the shop and use one. If you need a part, look through our buckets. We’ll help you with either or both. If you want to contribute, whatever you have to offer is exactly what we need.

Special Programs
In addition to our Open Shop Hours, we provide a few special programs. Our Youth Program operates during the summer on Saturdays, Sundays, and Tuesdays during regular Open Shop Hours. Jonathan, our Youth Mentor, supervises kids 15 and younger as they work collaboratively to repair bicycles. (Youths must bring adult supervision on Wednesdays and Thursdays.) We also install bicycle parking racks for the cost of materials plus a small donation to the organization.

Finally, we are developing a bicycle repair shop at Taskforce for the Homeless, and supporting community bike repair projects in Clarkston, Doraville, Savannah, and Columbia, S.C.

Get Involved
You can get involved with Sopo! We are always looking for new volunteers, and no prior experience is necessary. We offer a monthly volunteer orientation that teaches you how the shop works, how to help people the Sopo way, and how to get the most out of pitching in. You’ll begin to learn about bike repair as you jump into volunteering. For example, you can strip a bike for parts without knowing anything at all, but by the time you finish, you’ll know all about bike parts and tools!

Like Jonathan was before, are you in disbelief? Can a people’s bicycle repair shop really exist in Atlanta? Yes, and we need you to join our community and help us keep it going. See you in the shop!

Sopo Bikes
Location:
465-C Flat Shoals Ave
(behind shops and restaurants)
East Atlanta Village

Hours:
Tues, Wed & Thurs
7 –10 p.m.
Saturday & Sunday
2–6 p.m.

Contact:
(404) 425-9989
info@sopobikes.org
www.sopobikes.org
Compassionate Kids (CK) is a 501(c)3 non-profit organization dedicated to helping teach children compassion toward the Earth, people, and animals. With international chapters in Canada and Nepal and U.S. chapters in 15 states, Compassionate Kids reaches out to children every year to teach them about the interconnectedness of human beings, animals, and the planet.

CK remains dedicated to the local communities it serves, including the Atlanta metro area. Compassionate Kids is run by a volunteer board of directors and receives no funding from local, state, or federal governments. We rely on the generosity of community members, grant programs, and the support of organizations and businesses such as Sevananda.

The Beginnings

Compassionate Kids was founded in 2004 by Kelly Palmatier, a local vegan foster/adoptive mom. “As a homeschooling family, we were already teaching our own children compassion,” says Palmatier, “and I realized I was ready to share these lessons with the world.” From this idea, the Georgia chapter of Compassionate Kids was born.

The mission of Compassionate Kids is to teach children to have compassion toward the earth, people, and animals. Compassion is defined as “deep awareness of the suffering of another coupled with the wish to relieve it.” Compassion is an attitude, a philosophy, and a way of life. With this basic philosophy, the volunteers of CK seek to teach children about the inter-connectedness that we all share.

Teaching Compassion

Since its inception, Compassionate Kids has grown exponentially and touched the lives of children through compassion-oriented field trips, service learning, and free printable children’s activities for parents and teachers. Membership in CK is free and open to all, regardless of age, gender, race, religion, or lifestyle orientation. Compassionate Kids, Inc. strongly encourages diversity in both membership and leadership. We always looking to welcome new members into our compassionate family, so consider joining today at CompassionateKids.com!

CK reaches out to families in the community to provide them with resources to teach children compassion. As a support to parents, teachers, and home educators, there are a variety of educational resources such as book recommendations, magazine articles, video recommendations, and downloadable activities available on the Compassionate Kids Web site. Want to volunteer or engage in activism with your children? Just visit the CK Web site to read how!

In addition, local chapters have compassion-oriented field trips and community-service-related events. A field trip to an organic farm can teach about helping the earth. A canned-food drive benefits people. A visit to an animal sanctuary teaches about the value of all living creatures.

Some of the recent field trips and activities of the local Georgia chapter have included:

- A fieldtrip to Noah’s Ark Animal Rehabilitation Center
- A bookmaking campaign for The Memory Project, benefiting the children of Uganda
- A field trip to Civil Rights Day at the Atlanta History Museum
- A visit to the “Down to Earth Day” kids festival
- A tour of an Earthcraft home

Into the Future

Compassionate Kids continues to grow, and we welcome the participation of new members. Through all of our activities, Compassionate Kids seeks out the involvement and support of the community. If you would like to volunteer with CK or make a donation, we would welcome your time and contributions. With field trips, volunteer activities, and a wide variety of Web activities that are free and accessible to all, CK hopes to spread the message of compassion toward the earth, people, and animals. Thanks, for your support!

Care About the Earth

The earth is vitally important to the survival of our species. As a silent recipient to all the abuse inflicted upon her soil, air, and water, the earth simply shifts in response to conditions, even to those that bring about irreparable harm. It is up to us to take action to protect the planet. We must recognize the necessity of instilling this urgency upon our children, the next generation of our planet’s protectors. Compassionate Kids will learn about recycling, saving energy, and choosing earth-friendly products.

Care About People

Compassionate Kids learn about different cultures and all different types of people. They show respect and acceptance and learn how to stand up for what’s right in the face of discrimination.

Care About Animals

Compassionate Kids learn about respect for all living creatures; that all living beings exist for their own reasons, not for the benefit of humans. They learn the proper care of animals, including steps to help endangered animals, as well as animals in entertainment, laboratories, and factory farms.

Location:
P.O. Box 329
Sunny Side, Georgia
30284-0329

Contact:
info@compassionatekids.com
(478) 447-4269
IN FOOD I TRUST
By India NKiru-Ame Front End Assistant Manager

Too often I mindlessly eat without acknowledging all the nourishment the food is giving me. Food sustains us at the most basic and intimate level. How can I eat something without feeling and conveying my gratitude? And yet I do it all the time, breaking open a coconut 30 minutes before work or eating dinner while watching a film or reading a book so that I hardly notice what I’m really consuming.

I always felt awkward about thanking a separate God for food, but thanking the food itself makes more sense to me, and helps me to focus on the divinity of all things. But thanking the food itself makes thanking a separate God for food, I always felt awkward about consuming.

And just like people, food comes in so many marvelous varieties! Just like us, food creates itself over time with the nourishment it extracts from the Earth. And when we eat, we are choosing to make that food a part of ourselves to further create what we are. I know that may seem obvious, but it’s a really beautiful thing when you think about it.

Given all that, not only does not thanking my food feel selfish, but more so, it feels like I’m cheating myself of the joy in seeing the gifts food provides. No big ceremony needed; save the red carpet folks. Just a moment’s pause. Focused attention. Just “Thank you, food.”

Ways to Save

A new column introduced by Rex Batson

Just as the summer heat started, I had the urge for a pot of pinto beans and a pot of collards. To conserve on energy used to cook and avoid added heat to our home, I used what has become known as a haybox cooker.

Soak your beans overnight and season to your preference. For this method, I urge you to avoid animal products. The next morning, bring the beans to a boil for about 10 minutes. Line the bottom of a cardboard box that is slightly larger than your pot with cotton rags. Place the pot in the box, and then stuff cotton rags on the side and top, and then securely cover.

Set the box outside, preferably in the sun. Eight hours later, I swear, slow-cooked beans. You’ll have to experiment, but here are some great Web sites to check out: www.lostvalley.org/hayboxci.html and www.selfsufficientish.com/hayboxcooker.html

Serving You...Locally

Would advertising in “Serving You...Locally” help your business?

Thanks to my Classified Ads, at Sevananda, I have been able to reach many great people and customers over the past 4 years. My business has grown and I’ve made many lasting relationships along the way. Thanks Sevananda.

Bashaar Abdullah-Muhammad, Co-Options advertiser

The Sevananda Classifieds are real great return on investment. I invested $60 for 3 months and know I got $600 or $700 in new business. It’s like putting my shingle out. I just have to keep my name out there.

- Sharon Davis, Co-options advertiser

Editor’s Note: Sharon and Bashaar did not receive any compensation for saying these nice things about “Serving You...Locally!”

SERVICES

Music For All Occasions
Weddings, house parties, social gatherings, R & B, Hip Hop, Jazz & Blues, Reggae, Atlanta’s Finest DJ B. Rent-A-Man, Inc. BNR Recordings. Call 404-245-9227, 678-945-0825 or email bashaaramuhhammad@yahoo.com. All Sevananda Customers 10% Discount

Reupholstering
Start the new year off fresh. Make old chairs and sofas look new again!!!! Your fabric or ours. Free pick up and delivery. Call Sharon for free estimate 404.297.9127. Finishing Touches Upholstery & Drapes

Rent-A-Man
Home Improvements-

Remodeling, Painting, Plumbing, Flooring, Carpentry, Electrical Work, Wallpapering, Basements, Kitchens and more. Free estimates. Call 404-245-9227, 678-945-0825 or email bashaaramuhhammad@yahoo.com. Licensed and Insured. Quality Improvements for 15 Yrs. 10% discounts to Sevananda Members!

Home Remodeling
& Repairs. 35 years, specializing in older homes. Carpentry, Decks, Plumbing (repairs, HWH, rebates on toilets), Supreme Painting and surface repair, Roofing, Locks. Also, handyman services. Guaranteed! References and pictures! Discount for Sevananda members. 404-371-0700.

Insurance
Need affordable individual or family insurance that covers expenses incurred after an injury or accident? Our benefits pay directly to you. For more information, contact your local representative at: 404-408-8551.

Real Estate Agent
I am an Agent with Global Brokers and assisting you with your Real Estate needs is what we do best. From buying & selling to home repairs and improvements, I welcome the opportunity to answer all questions you may have concerning the Real Estate Market. Thank you for the opportunity to serve you. Call 404-245-9227, 678-945-0825 or email bashaaramuhhammad@yahoo.com

HELP WANTED

House Cleaning
If your idea of fun is cleaning houses, let’s talk some dirt! 15P are $8.00-$15.00/hr.) Car, Phone, References required. Dependable, Trustworthy, Detail-oriented. Day hours (Mon.-Fri.) Call 404-688-3766 office / 404-455-0505 cell.

Massage
AID Atlanta needs licensed massage therapists for its massage therapy program for people living with HIV/AIDS. Please email michael.seabolt@aidatlanta.org.

Earn a $10 gift certificate!

Sewananda Natural Foods Market invites readers to share how they save in both little and big ways. Send submissions to rexbatson@bellsouth.net. Selected ideas will receive a $10 gift certificate redeemable at Sevananda.
This month’s deli staffer is our own Andrew Nicholson. Andrew is currently a student at The Art Institute of Atlanta, studying digital film and video production. But, in his ‘spare’ time of being a full-time student, he assumes the title of “Breakfast Tsar” in the Sevananda kitchen.

What brought you to school schedule weekdays depending on my Tsar. And other miscellaneous I retain my title of Breakfast weekend mornings. This is how here weekend mornings…always working here?

When can folks find you here? -- Usually I am here weekend mornings and a half so far.

What did you do before coming here? -- I was trainer and delivery driver for Zifty.com, a store supervisor at Smoothie King, and kitchen manager and head cook at Mittie’s Tea Room in Roswell.

So how long have you been here? -- I’ve been here about a year and a half so far.

When can folks find you working here? -- Usually I am here weekend mornings...always weekend mornings. This is how I retain my title of Breakfast Tsar. And other miscellaneous weekdays depending on my school schedule.

What brought you to Sevananda? -- Um...well...I had cleared my schedule to make more time for my girlfriend. And then she broke up with me. So I had all this time cleared out, and I wanted to get back into cooking. I thought it would be the place to —

I can also make pomegranate pancakes. Vegan Philly cheese steaks as well.

What would you like to see happen in your department? -- What I want to see may not happen. I’d like to see a sandwich bar. A hot vegan sandwich bar. Maybe a taco-day. Some do-it-yourself options. But it would be a huge undertaking for the deli staff to make that happen.

What do you get out of this store as an employee? -- I like that I am not slaving away for a corporation. Everyone gets along really easily. It’s not laid-back, but everyone’s comfortable with each other. And the customers are comfortable with us as well. I can start a conversation with anyone in the store.

What do you like about working here? -- I like that if Susie’s letting me be in a creative mood, I have an entire kitchen at my disposal to create new dishes. My kitchen at home is tiny!

What are a few of the dishes you enjoy making and why? -- Breakfast. Because it’s the most important meal of the day.

What do you like about working here? -- I like that if Susie’s letting me be in a creative mood, I have an entire kitchen at my disposal to create new dishes. My kitchen at home is tiny!

What are a few of the dishes you enjoy making and why? -- Breakfast. Because it’s the most important meal of the day.

Customer Suggestions

Hello everyone!

New items this month include Vegan Pound Cake and Artichoke & Fennel Salad. We have also started adding new sandwiches here and there, so please let us know what you think.

Can you please make the sandwiches on spelt bread?

Unfortunately, The Bread Garden (where we get our delicious sandwich bread) doesn’t make fresh spelt bread. Do you have a favorite store brand that you suggest we use?

Can you please make a sandwich without Vegenaise?

Sure. We have brought back the hummus wrap and we are trying to have the riblet sandwich available weekly. Is there a sandwich that you would like us to make?

Thanks for your support!

Susie Arnold, Deli Department Manager

Cosmically Creamy Pasta Salad

10 red potatoes
7 c. dried artichoke pasta
5 c. chopped broccoli
2 ½ c. Vegenaise
1 c. soy milk
⅓ c. olive oil
⅓ c. curry powder
6 T. vegan Parmesan cheese
1 t. paprika
1 t. white wine vinegar
1 t. sea salt

Directions:
1. Boil potatoes until very soft
2. Mash potatoes and mix with soymilk, Vegenaise, olive oil, spices and cheese
3. Boil artichoke pasta and blanche the broccoli with pasta when almost done (eight minutes for the pasta, then two minutes w/the broccoli)
4. Drain pasta/broccoli and combine cream sauce, pasta, and broccoli -- adjust seasoning to taste

ENJOY!

Deli Hot Bar Menu

Here are the new hot bar menu theme days:

Monday Asian
Tuesday Italian
Wednesday Tex Mex
Thursday African
Friday Barbeque
Saturday/Sunday a.m. Breakfast
Saturday/Sunday p.m. Country Dinner

Hours
Monday through Friday 11:30 a.m.–6:00 p.m.
Sat/Sun breakfast 10:00 a.m.–2:00 p.m.
Sat/Sun dinner 2:30 p.m.–8:00 p.m.
The Products We Carry at Sevananda

continued from page 1

of the primary contributors to methane off-gassing and that type of pollution could be destroying the ozone. Also, the amount of feed necessary to feed livestock could feed many more humans. Grass fed beef and pork is much more sustainable and earth-friendly than factory farmed livestock kept inside and fed large amounts of corn and other grains. Higher levels of essential fatty acids exist in grass fed meats.

Free-roaming chickens and their eggs are healthier and more nutritious.

Ends Policies

We are also responsible for meeting the following “Ends Policies”, created by our Board of Directors:

Sevananda exists such that the
commonwealth is sustained.

Commonwealth is a community characterized by:
• A culture of service
• Knowledgeable members
• A network of local, viable services
• An environment that is sustainable and nourishing
• Local, regional, and global cooperation
• Relationships which are fair, inclusive, interactive and empowering
• An economy that is thriving and self-reliant, mutually beneficial for all involved

Cooperative Principles

All co-ops must abide by the following principles in order to call themselves a cooperative. Cooperative Principles:
1. Voluntary/open membership
2. Democratic member control
3. Member economic participation
4. Autonomy and independence
5. Education, training, and information
6. Cooperation among cooperatives
7. Concern for Community

Sales to member-owners as a percentage of total sales are less than 25%, much lower than all other co-ops in U.S.A. In other words, more than 75% of our sales are to people who are not member-owners of Sevananda. Sevananda serves the neighboring community to a large degree. There is nothing in our Mission statement, by-laws, Articles of Incorporation, or Ends statements about not selling animal products. Could our founders have been trying to tell us something?

Sevananda was created over 30 years ago by an Eastern spiritual organization according to the principles of Ahimsa, which means “not harming living things.” (Hindu, Buddhist, Jain philosophy of revering all life and refraining from harm to any living thing.) We separated our relationship with that group and went on to become a cooperative business owned by the consumers who shopped here.

Another part of the Mission statement reads: “Establishing beneficial relationships with the local community and the global cooperative movement.” I have heard from others in the community that our product policy leads to an elitist mindset that if you’re not a vegetarian, then you are somehow less than that choice. We should be open and inviting to all who come through our doors, and not force our opinions and beliefs on them.

Many healthy-living advocates believe that some people are meant to eat meat, fish, and poultry. Athletes and laborers may need the protein to build healthy muscle. The Blood-type Diet breaks it down by blood type.

Current Product Policy is narrow and strict:
• No artificial chemicals or genetically engineered or irradiated foods
• No refined sugars, other than fructose in sodas
• No animal flesh or animal by-products for which the animal must be slaughtered, including beef, fowl or fish (human product line)
• No products developed using cruel and abusive animal lab tests

Such a strict policy has led to the following exceptions.

• Refined sugars: Soda; Lifeway Kefir; Masada Bagels
• Gluten-free baking mixes
• Organic sugar (confectioners, brown...)

• Animal by-products: Butter in cheese; Tallow in soaps; Gelatin capsules for supplements; Glandulars; Homeopathics (Oscillococcinum made from goose liver; Enzymes (papain, ox bile); Fish Oils; Vitamins; Pet foods for dogs and cats (not for human consumption); Hydrogenated oils in Margarine and Candies

So, in effect, we are not truly a wholly vegetarian market anyway.

We know that it is nice to have a place where you can go and not be around meat. We also understand that vegetarians are often ridiculed for their dietary choices. We know that it’s like to go home for Thanksgiving dinner and not have your family know what to serve you and the brothers-in-law who make comments like “Vegetables are not food. Vegetables are what food eats.” In effect, we are not truly a wholly vegetarian market.

Possible Guidelines

If we could craft Purchasing Guidelines that listed our priorities and established benchmarks of quality and methods of production that were in harmony with our Mission, Ends, and Cooperative Principles and values, what might that look like? The Board asked me to do just that a year ago, and this is what we came up with:

Purchasing Guiding Principles: In our purchasing and programs, we will give preference to products which are:
• Nourishing
• Sustainably produced
• Locally grown or produced
• Organically grown
• Humanely raised
• Minimally processed whole foods
• Reflect fair-trade practices
• Produced by a cooperative
• Research-driven dietary supplements with a proven track record
• Grass fed (beef, pork, poultry)
• Sold in bulk, minimally packaged or in recycled/ recyclable packaging
• Meet Monterey Bay Aquarium standards for safe seafood
• Free of:
• Artificial preservatives, colors, flavors, sweeteners, and hydrogenated fats
• Refined sugars
• Artificial sweeteners
• Bleached and/or bromated flours
• Antibiotics or growth hormones

We know this would be a dramatic shift for our cooperative, and we want to ensure that everyone is a part of the process. There are options for how we approach the decision and as a co-op, it’s important that the process be open, transparent, inclusive, and fair to all.

It could be that we offer meats, poultry and seafood in the frozen foods section, or Cryo-vac sealed packages in the back cooler. We could establish a special order process where you would come in and pick up your order. We could create a relationship with another local co-op to make these products available for home delivery or pick-up at another location. We might decide to not make any changes for now, or ever.

Beer or Wine

Also, please note that there is no policy prohibiting us from selling beer or wine. We have just chosen not to do that so far. Many member-owners and customers ask us when we are going to start carrying local, micro-brewed and organic beers and wines or perhaps some of those gluten-free beers you’ve been hearing about.

Continue the Dialogue

We want to continue our dialogue with you, our member-owners, and the community we serve. To that end, we will continue to host dialogue sessions throughout the coming months in our Education Room. Stay tuned for dates and times.

Steve Cooke, General Manager, Sevananda Natural Foods Market
Cooperative Spirit Lives in Sevananda’s Outreach

Ahzjah Simons ▶ Member Services and Marketing Mgr.

One of the things that makes Sevananda Natural Foods Market so special is the people. The cooperative spirit lives in the heart of Sevananda Natural Foods Market, the staff, member-owners and working members who shop, work and play there. Our Outreach efforts are a key component in living our mission of empowering the community to improve their health and well-being. Sevananda sponsored four events in June which allowed us to sustain vibrant community relations. Thanks to our wonderful working members, staff, partners and devoted distributors, we were able to reach out in a big way!

It all kicked off with the Virginia Highland Neighborhood Association’s Summerfest (June 6–8). We were exposed to literally thousands of people through a cooperative partnership with Destiny Produce who sponsored our presence at Summerfest. And one of Summerfest’s main sponsors, Dave FM, made sure that their listeners knew we have been providing quality products to our community for over 30 years, and where to find us.

Walk for the Water (May 31–June 10) promoted the importance of reconnecting, respecting, and living in cooperative relationship with nature and most of all with the basic foundation of life, water. Internationally known scientist and author Dr. Emoto made a presentation about the fact that water has memory. Let’s dwell on that thought.

At the Children’s Wellness Network’s Kids’ FUNFEST (June 14), Sevananda and Destiny teamed up again to provide, fresh, local, organic produce; cranberry cookies fresh from our bakery; cooking demos for kids by wellness partner, Life Chef Asata; and more. This event promoted children’s health through cooperative relationship of mind, body, spirit, and nature.

Our working member-owners and staff were so amazing in helping us to organize, execute, and continue to empower our community through our outreach efforts. They live the cooperative spirit and we’re thankful that they are a living example of such an important part of Sevananda.

The cooperative spirit is more fun to experience than to talk about. We invite you to join us by learning more about the cooperative business model, by joining the working member-owner program, by shopping here, or by attending one of our classes or events. Join in!
Lifelong Weight Control!
• Tame your appetite
• Curb out of control food cravings
• Lower the glycemic index of meals
• Get off the blood sugar roller coaster
Transform your habits, transform your life!

New Book
by Dr. Murray & Dr. Lyon!
visit www.pgx.com or call
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Perfect Food®
• More greens per serving than other leading green food formulas
• Fermented, whole food ingredients, including 46 phytonutrient-dense superfoods and 13 sprouted ingredients
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• Made with cereal grass juice powder
• All active ingredients - no fillers
• Available in both powder and caplets

25% off
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Free Book
with any purchase of PGX!

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