

The Organic Press

The Newsletter of the
Hendersonville Community Co-op

Volume 10 * Issue 5
September/October 2011



Let's Compost
HCC Board Elections
Co-op Kids - Co-op Month



Editor: Damian Tody

Contributing Writers: Gretchen Cummins, Robert Jones, Arrion Kitchen, James Ends, Jordan Randall, Joan Kennedy, June Ellen Bradley, Steve Breckheimer, Christopher Fielden

We are the Hendersonville Community Co-op, a member-owned natural and organic food market and deli. We have been serving Hendersonville and the surrounding community since 1978 when 15 families joined together to purchase quality food at better prices. We offer the best in certified organic produce, groceries, herbs, bulk foods, vitamins and supplements, cruelty-free beauty aids, wine and beer, and items for special dietary needs. The Blue Mountain Deli offers a delicious variety of fresh soups, salads & more.

The co-op is open to the public and ownership is not required to make purchases.

Everyone can shop and anyone can join.

Opinions expressed in The Organic Press are strictly those of the writers and do not necessarily represent an endorsement of any product or service by the Hendersonville Community Co-op, board, management or staff, unless specifically identified as such. The same is true for advertisers.

Interested in advertising in The Organic Press? Over 1,500 copies of the newsletter are mailed to our owners monthly & an additional 600 more distributed within our store and the community. Space is limited and rates are reasonable.

Call 693-8557 to reserve your space today.

Submission Deadline

All submissions, including articles and advertisements, must be received at the co-op by the 7th of the month preceding the issue.



100% Recycled Paper

Table of Contents

GM Musings	3
Damian Tody	
Boards Eye View	4
Let's Compost	5
Christopher Fielden	
Co-op Month	6
News and Views	9
Gretchen Cummins	
Co-op Calendar	10
Healthy Lifestyle Q and A	11
Joan Kennedy	
Department News	14
Mr. Charles Thomas	16
Gretchen Schott-Cummins	
HCC Board Elections	18
Co-op Connections	20
Co-op Kids	22
The Habitual Herbalist	23
June Ellen Bradley	

GM Musings

As we move into September we start to see the end of summer. The heat is almost behind us and so is our fiscal year. It has been another fun year here at the co-op. We have had a great time bringing you the products and events that you love. I hope you have had the chance to take advantage of some of the classes that were available this year. There were some great opportunities to learn about gardening and growing food from garlic to mushrooms. There are a couple of opportunities still to be had as well. We will be offering our garlic growing class again at the end of September and our co-op picnic is also coming up. For those of you who were not able to join us last year at Camp Pinnacle, this will be a great time to come out and join us for great food and fun. Camp Pinnacle has everything you need for a fun afternoon. Hiking, games of all kinds, water for swimming as well as boating are all available at Camp Pinnacle. We all had a great time last year and hope that you will be able to join us this year.

October will also be very busy month for us. October has been designated Co-op Month and Non-GMO Month (among a few other titles). GMO food is a very hot topic these days and there is a lot of information out there that speaks to the possible effects of these types of crops on the health or our food system and the health of our population. There are a lot of companies that have stepped up and are working to certify their ingredient sourcing to minimize the effects of GMO in our food supply. The Non-GMO Project is working very diligently to provide producers and suppliers with a third party verification seal so that consumers will know what is in their food. I hope you will join us in supporting the Non-GMO project in October. We will be providing you with multiple ways to learn more about the project and GMOs in the food supply.

October at the Hendersonville Community Co-op also brings us a great chance to show our support for the cooperative movement and our co-op by participating in our right and responsibility to vote for the leadership of the co-op. In this issue of the Organic Press you will find the bios for the current nominees for the board of directors. This year we have four candidates for three seats. Please look over the information and vote for your representatives. A ballot is also included in this mailing. If you did not receive a ballot you can pick one up at the kiosk in the store. We will be

accepting ballots through the annual meeting on November 12th.

In Cooperation,
Damian



OAD

Don't forget to
come to Owner
Appreciation Days!

Owners, save 5% on one shopping trip
of your choice the second weekend of the month!!!!

September 8th through September 11th.
and
October 6th through October 9th.

Just pick which day you want to shop and let your
cashier know you would like to use your discount.

Save the Date
**The Annual
Summer
Potluck Picnic**

Sunday~ September 18th

at Camp Pinnacle~ 3-7 p.m.

A Board's Eye View

Dreaming Big

While the HCC Board is continuing to study and plan for possible expansion, we are also looking further down the road to investigate other ways we can help our community and support the development local agriculture. We already carry as much local organic produce as we can, sponsor workshops for home gardeners, support community and school gardens, profile the local farmers who supply us with everything from honey to apples to mushrooms, and much more. In past years, we have sponsored a tailgate market in the parking lot and are open to doing so again. What else can we do to support and promote local food production?

Transition Hendersonville is part of an international movement that seeks local solutions to address the end of cheap oil, climate change and economic uncertainty. The premise behind the movement is that we have used up about half of the oil that is on our planet and that has mainly been the easy-to-get-to, light weight oil that is near the surface. The second half oil will be harder to access and refine-think deeper, farther away, thicker and more expensive to produce. This coupled with continued increases in consumption by the US and added demand for oil by developing nations such as China and India will result in increased oil prices with gasoline topping \$10 or more a gallon. Since oil is so ubiquitous in our society, (plastics, clothing, house paint, fertilizer, ink, medicines, cleaning products, etc.), any increases in the price of oil will affect every aspect of our society.

Agriculture is one of the affected areas that our community can do something about. We have adequate rainfall, a long growing season and good farmland. The demand for fresh, local foods has continued to increase and more and more

farmers markets and Community Supported Agriculture (CSA's) are popping up in every community along with many new home gardens. In Western North Carolina, farmers raise lots of food, but 95 percent of it is shipped out to other communities and states in the commercial food system. Surveys done between 2003 and 2007 show that less than one percent of all food consumed in WNC is grown locally. With increased costs for transportation, importing crops such as lettuce and fruits from California or Chile is not going to be economically viable in the future. Instead, we can and should grow more of our own food and keep the food we grow here instead of shipping it away.

How can HCC help in this local food renaissance? Cooperatives across the country are contracting with farmers to grow crops that the coop needs, thus giving the farmer a consistent local market and giving the coop a consistent supply of quality, fresh produce. Some coops have leased or bought farmland to grow produce as part of their business. Others have partnered with local land trusts, landowners, and new farmers to help preserve unused farmland for food production instead of it being sold for housing developments. So let's continue to dream big, work with other community organizations, and investigate the possibilities for our community.

With a strong spirit of cooperation,
Steve



All aBoard!

2011 Board Meeting Dates

Meetings are held at 6:00 p.m. on the fourth Tuesday of the month. The next meetings will be on September 27th and October 25th. All owners and staff members are welcome to attend the meetings. If you have a concern or topic for the board to discuss, Contact Tony at board@hendersonville.coop or at 694-1083. Written information may also be sent to the Board of Directors of HCC, 715 S. Grove St. Hendersonville, NC 28792. Please include your name and contact information. You can access board meeting agendas and approved minutes on our website.



Tony Womack
President
2010-13
694-1083



Beth Beasley
Vice President
2009-12
329-7991



Carolyn Widener
Secretary
2008-11
329-4826



Steve Breckheimer
Treasurer
2010-13
749-9104



Ron
Angermuller
2008-11
692-3519



Susan
O'Brien
2009-12
693-5553



Laura
Miklowitz
2009-12
693-6261



Thomas
Beckett
2010-13
713-1668

Let's Compost!

Christopher Fielden of Red Wing Farm

Compost happens. It happens as part of the life cycle in nature as plants, animals and all life produce waste and then die and decompose. If you're a gardener, it's essential that you mimic this natural process as much as possible in your garden. This is the way soil is naturally enriched and fed. Adding organic matter (compost) solves many garden problems – it breaks up clayey soils, helps sandy soil better retain moisture, provides nourishment for the soil food web, and makes plants healthier and more able to resist pests and disease. Plants get their food and nutrients from the soil in the form of organic matter. Soil structure, critical for healthy plants, is greatly improved by organic matter. The healthier your soil, the healthier and more nutritious your plants will be. Composting is one of the most important things you can do to build healthy soil in your garden.

Home composting is easy and gratifying. It is turning your kitchen scraps and garden "waste" into beautiful rich dark organic matter. It is ecologically more responsible than disposing of your food scraps in the landfill. In the natural world, there is no such thing as waste. Everything is used, reused, recycled and reborn into something else. Healthy soil and healthy compost are alive and full of microorganisms that play an essential role in the life cycle of your garden.

Composted animal manures are also tremendous sources of nutrients and organic material for enriching garden soil. This includes manure from horses, cows, chickens, ducks, goats, sheep, and rabbits. It is important that animal manures are fully composted before putting them on your garden beds, unless you apply it to your garden when you're putting it to bed for the winter and it has a chance to fully compost before you plant in the spring. Home composting of cat and dog manure is not recommended as these carnivorous animals can carry pathogens that may not be killed at normal compost pile temperatures.

To create a compost pile, you can simply make a heap on the ground or you can build a compost bin with wood, pallets, or some other material. Compost bins can be humble and simple or elaborate and beautiful. You can also buy ready-



made composters, including models that require spinning and others that don't. Some commercially-available composters do not allow enough airflow, so if you are buying a composter make sure there is sufficient ventilation. The bin or container doesn't really matter as long as you have a good carbon to nitrogen ratio and the pile has good exposure to the air and good air circulation.

In order for the composting process to happen, what is required are "green" nitrogen-rich materials, "brown" carbon-rich materials, oxygen and moisture. Kitchen scraps and fresh plant materials (weeds you just pulled from the garden) are nitrogen-rich. Straw and leaves are examples of carbon-rich materials. Cardboard and newspaper are also high-carbon materials, and can be used in a pinch to remedy too much nitrogen in a pile. Our favorite carbon source for the compost pile is straw--wheat, oat or barley. We don't use woodchips or sawdust in our compost piles because they rob nitrogen as they decompose. We don't use leaves in our kitchen compost pile because they tend to become matted and create an anaerobic environment. Good aeration and air flow are essential for a healthy compost pile to heat up to cause good decomposition, and straw supports that kind of environment.

It is important that the carbon to nitrogen ratio is somewhere around

30 parts carbon to 1 part nitrogen. If the carbon-nitrogen ratio is too low, your pile will be smelly. If the ratio is too high, the decomposition process will slow down. Don't worry about making it perfect. Just use your judgment and your senses and you'll do just fine. If the pile smells bad, add carbon. If the pile is not heating up or breaking down, add nitrogen. Getting it close to the ideal carbon-nitrogen ratio will allow your pile to really heat up and decompose in a timely fashion.

We put all our kitchen scraps into the compost bucket, including meat and other animal products. Some folks don't recommend putting meat into compost piles because it can attract dogs, rats and other "pests", but we haven't had a problem with it.

Our kitchen compost pile has wooden pallets on three sides and we add boards across the front as the pile gets bigger. We start off the pile with a thick layer of straw on the ground. Every time we empty the compost bucket onto the pile, we use a rake to spread out the materials to create a thin even layer over top of the straw and then cover it with a thin layer of more straw, enough so that we can't see or smell the kitchen scraps. It's better to apply a thin layer than to dump it in a mound in order to allow good air flow and speed up the process. When the bin fills up we "put the pile to bed" by putting a thick layer of straw on top letting it sit for 3-6 months. Then we start the new pile. We have two kitchen compost piles going at all times – one that's "active" or in use at the moment, and another that's composting or ready for use in the garden.

Some people turn their compost pile by forking the contents from one bin into another. This introduces more oxygen into the mix and causes the pile to heat up and decompose faster. Turning the pile is optional. It's more work, but it allows you to have finished compost faster. If you are trying to heat the pile up to a certain temperature to kill weed seeds and pathogens, turning is recommended to increase the rate of decomposition, which increases the temperature in the pile.

We recommend composting garden waste and weeds too, either in a separate pile or in combination with kitchen scraps, and we even compost blighted tomato plants and other diseased or pest-ridden plants. This goes against the commonly-repeated advice not to compost pest-infested and diseased plants. But according to the [Organic Gardener's Handbook of Natural Insect and Disease Control](#), "the biological activity and heat in a compost pile work together to kill off disease organisms and insects." Most common garden diseases and pests cannot survive a good, hot compost pile. If you want to be absolutely sure, you can check the heat of the pile with a compost thermometer, making sure that the temperature reaches between 110 and 160 degrees at its peak, which will kill most common disease-causing organisms and pests. You don't have to *keep* the pile that hot, but it's good to get it up to that peak temperature with occasional turning and then let it cool back down and let the worms and beneficial bacteria and other organisms establish themselves before you apply it. Compost is full of beneficial bacteria that help prevent disease in the garden.

You'll know your compost is done and ready to go on the garden when it's rich dark brown, moist, and smells earthy instead of rotten. Pile it on your garden beds for the ultimate soil amendment. Typically we will apply compost or composted animal manure to our beds once a year, an inch or two thick, and work it into the top couple of inches of soil.

The plants we grow in our gardens extract nutrients from the soil. As vegetable gardeners, we are extracting nutrients in the form of food. If we want to continue growing healthy plants and eating healthy food from our gardens, we have to return nutrients to the soil. The best way to do this is with compost. Viva la compost!

Christopher Fielden from Red Wing Farm~ our gardening gurus~ will be offering the *Growing Great Garlic* class again this fall on September 24, 2011 at 1- 3 p.m. Sign up in the store or email: gretchen@hendersonville.coop
More details on our website: www.hendersonville.coop





Large segments of the population are members of co-operatives

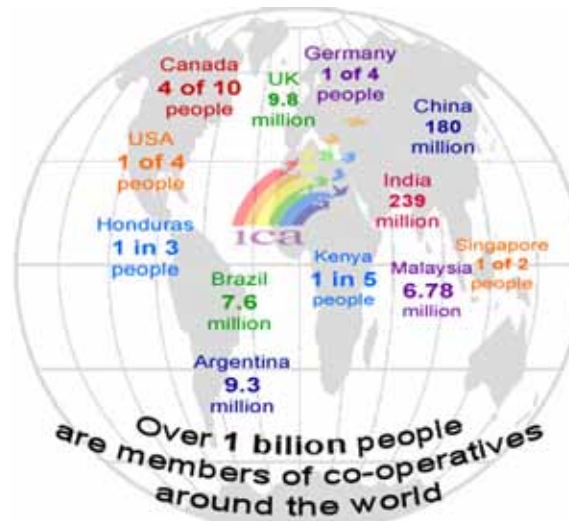
- In Asia 45.3 million people are members of a credit union. (Source: Association of Asian Confederation of Credit Unions, Annual Report 2007/2008)
- In Argentina, there are 12,670 co-operative societies with over 9.3 million members - approximately 23.5% of the population. (Source: "Las Cooperativas y las Mutuales en la República Argentina", Instituto Nacional de Asociativismo y Economía Social (INAES), 30 June 2008)
- In Canada, four of every ten Canadians are members of at least one co-operative. In Quebec, approximately 70% of the population are co-op members, while in Saskatchewan 56% are members. Source: Co-operative Secretariat, Government of Canada.
- In Germany, there are 20 million people who are members of co-operatives, 1 out of 4 people.
- In Japan, 1 out of every 3 families is a member of a co-operatives.
- in Kenya 1 in 5 is a member of a co-operative or 5.9 million and and 20 million Kenyans directly or indirectly derive their livelihood from the Co-operative Movement.
- In Spain, in 2008 15% of the population or 6.7 million people are members of a co-operative. (Source: CIRIEC, Las grandes cifras de la economía social)
- In the United States, more than 29,000 co-operatives operate in every sector of the economy and in every congressional district; Americans hold over 350 million co-operative memberships. (Source: National Co-operative Business Association www.ncba.coop/ncba/about-co-ops/research-economic-impact)

Co-operatives are significant economic actors in national economies

- In Belgium, co-operative pharmacies have a market share of 19.5%.
- Canadian maple sugar co-operatives produce 35% of the world's maple sugar production.
- In Côte d'Ivoire co-operatives invested USD 26 million for setting up schools, building rural roads and establishing maternal clinics.
- In France, the co-operative movement has a turnover of 181

billion Euros. Co-operatives handle 60% of retail banking, 40% of food and agricultural production, and 25% of retail sales. (Source: Top 100 des Entreprises Coopératives et panorama sectoriel, 2010)

- Hungary, consumer co-operatives members of Co-op Hungary are responsible for 14.4% of the national food and general retail sales in 2004. (Source: Co-op Hungary, Statistical Data 2004)
- In the UK, the largest independent travel agency is a co-operative.
- 30,000 co-operatives in the United States that operate 73,000 places of business throughout the U.S. own more than USD 3 trillion in assets, and generate over USD 500 billion in revenue and USD 25 billion in wages. (Source: National Co-operative Business Association www.ncba.coop/ncba/about-co-ops/research-economic-impact)
- In the United States more than 900 rural electric co-operatives deliver electricity to more than 42 million people in 47 states. This makes up 42% of the US electric distribution lines and covers 75% of the US land mass. (Source: National Rural Electric Cooperative Association: cwww.nreca.org/AboutUs/Co-op101/CooperativeFacts.htm)



Co-operatives create and maintain employment

- Co-operatives provide over 100 million jobs around the world, 20% more than multinational enterprises.
- In Canada, co-operatives and credit unions employ over 155,000 people. The Desjardins movement (savings and credit co-operatives) is the largest employer in the province of Québec.
- In the United States, 30,000 co-operatives provide more than 2 million jobs (Source: National Co-operative Business Association www.ncba.coop/ncba/about-co-ops/research-economic-impact)

The information provided here has been collected from a variety of sources including ICA's statistical questionnaire, information published by co-operative organisations, presentations made by co-operatives, and government statistical offices.

For more information on cooperatives and their impact worldwide go to www.ica.coop.



Join Us in Celebrating Your Right To Choose Non-GMO!

With concerns on the rise about the health and environmental impacts of genetically engineered foods (GMOs), Hendersonville Community Co-op will take some time during October's Coop Month celebrations to highlight another nationwide event: Non-GMO Month.

In the spirit of the 5th and 7th Coop principles, "Education, Training, and Information," and "Concern for Community," cooperative grocers across North America will host programs designed to raise consumer awareness, empower shoppers to confidently make Non-GMO choices, and protect the long-term availability of food and products that have not been genetically engineered.

The Non GMO project will be one of the Bring Your Own Bag Program choices for the next few months as well. While we offer education and information about GE foods, you will be able to contribute to the project and reduce waste at the same time.

Unfortunately, misinformation about GMOs is common. Though plantings of GMO Crops reached all-time highs last year, with 93% of soybeans, 86% of corn, and 93% of the cotton planted in the

United States genetically modified, the public knows little about them, their prevalence in our food, or how to avoid them. Further, the biotech companies who control this new technology have effectively prevented researchers from publishing studies on the potential risks of GMO consumption.

Even without any science showing GMOs to be safe, genetically modified foods do not need to be labeled in North America. And it is estimated that over eighty percent of conventional processed food contains genetically modified ingredients. Presented with these concerns, a group of conscientious retailers put their heads together to create the Non-GMO Project.

The Non-GMO Project believes that you have a right to know what's in your food, and a right to choose Non-GMO. To this end, they maintain North America's only third-party standard for GMO avoidance. Since the Project's inception, thousands of products have been verified to this rigorous standard, and many of your favorite foods may already bear the Non-GMO Project Verification Mark on their packaging.

This seal indicates that the ingredients and practices used in making your food have met a strict

standard focused on traceability, segregation, and testing of high-GMO-risk ingredients (e.g. corn, soy, canola, sugar, etc.) Keep an eye out for this trustworthy label while you shop for dinner, or your favorite snack.

GMO=Genetically Modified Organism (alternately, GE or genetically engineered). GMOs have been created in laboratories, using gene-splicing biotechnology. This process allows scientists to create combinations of plant, animal, bacterial and viral genes that do not occur in nature or through traditional cross-breeding. The process is somewhat unpredictable, and can lead to unintended and uncontrolled changes in the organism's DNA.

The vast majority of GMOs on the market are bred for herbicide tolerance and insecticide production. Despite biotech industry messages to the contrary, there are NO GMOs available designed for increased yield, improved drought tolerance, or nutritional superiority or any other consumer benefits. At the same time, there is a growing body of peer-reviewed research linking GMO consumption with decreased fertility, allergies, abnormalities in organs and immune response, and more.

In the EU, all products containing more than 0.9% GMO are required by law to be labeled as such. With no similar consumer protections in place in North America, the Non-GMO Project was created to fill the information gap. If you are concerned about GMOs and would prefer not to feed them to yourself or your family, choose "Non-GMO Project Verified" products. Find out more at www.nongmoproject.org.



Chakra Revitalization Retreat

Learn How Chakras Impact Wellness –
and Experience It!

You will leave feeling renewed & revitalized!

Saturday, November 12th, 1-4:30pm

Hendersonville: *Directions Upon Registration*

\$55 - Limited Seating - RSVP Required!

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Health Screening at Hendersonville Co-op

Complete Blood Profile..(\$185 value).....23+ tests:.....\$40
Ideal if taking statins, niacin, red yeast, fungus or arthritis meds.
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OmegaTrak(23 rbc fatty acids) \$75 OFF omegaquant.com.... \$125
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Saturday, October 29, 2011 9am-11am

See Flyer at Customer Service, Sign up in store. Cash or check.

Medical Screening Services 800-758-2387



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October 15th ~ 2011

Please join us here at the Hendersonville Community Co-op
for a delicious celebration of the season.

We will offer a bountiful buffet of seasonal foods
from our local producers on a lovely fall evening!

HARVEST DINNER CELEBRATION

Jordan and the Blue Mountain Deli Crew will prepare a variety of dishes
~vegetarian, vegan and meat~
that are sure to delight and inspire. Dessert and Apple Cider included

\$22 for owners and \$25 for non-owners

Tickets available in advance at the register.
Questions: ask Gretchen 693-8557 ext 102
or gretchen@hendersonville.coop

News and Views

from Outreach

No more lazy days of Summer....
September and October are really hoppin' around here, as you likely know already. You have so many choices for things to do~ I hope that you will choose to spend a little extra time with us here at the Co-op. It's almost too much to take in all at once, so get out your calendar and write this down:

Firstly, our **2nd Annual Late Summer Potluck Picnic** will be held at Camp Pinnacle again this year on September 18th. Enjoy a late summer afternoon by the lake with friendly folks, take a dip, go boating, or hike the lovely grounds. You will be glad you came by~ there is always great food, always pasta salad, and the Co-op will be cookin' up the burgers and tempeh again this year thanks to Jordan and the gang from the Blue Mountain Deli.

Then in October, to honor the great bounty of our region, we will throw a big **Harvest Dinner Celebration** with all the trimmings on Saturday, the 15th of October. We will source almost all the ingredients locally, and serve it up with style. Put in a good word with Ma Nature as we plan to have this event outside. (Maybe we'll get a tent!) Stay tuned for details. See page 17.

Meanwhile, we gratefully welcomed more than 50 new owners in the last month. The ever helpful, and always friendly staff here deserves kudos for signing up our new owners and strengthening HCC, nearly double the number of new owners we usually sign up. (See page 10 for the complete list). We are stronger together, and our efforts as a cooperative of people who participate in a business that we believe in, can truly be contagious.

And, October is Co-op Month, Non GMO month and Fair Trade month ~ all good reasons to shop the Co-op.

As always,

Thanks for cooperating,

Gretchen



PS I am looking for some do-gooder volunteers to help pack the mountain of #5's that is taking over our warehouse. See calendar for details: Sept. 24th 11 am. Call first.



YOU'RE INVITED...

to the **Second Annual Summer Potluck Picnic**

When: Sunday, September 18, 2011 3:00 'til 7:00 p.m.

Where: Camp Pinnacle

for directions: <http://www.campinnacle.com/directions.html>
4080 Little River Rd. Hendersonville, NC 28739

Why: To celebrate the summer and all the Hendersonville Community Co-op Owners

The Co-op Staff will provide a grill with hot coals, local burgers and grilled local tempeh.

What you bring: Bring your plates, utensils, cups and napkins. Bring a salad, or cool summer dish to share with a list of ingredients, and your name on the serving container.

There's a big, beautiful lake!

Bring your swim suit, towel, flotation device, kayak, lawn games, frisbee, picnic blanket, lawn chairs, umbrella, whatever you need to enjoy a late summer afternoon.

What not to bring: Please *don't* bring your pet, or alcoholic beverages. The Camp does not allow these things on property. Camp policy also states that no smoking or fire arms are allowed.



Potluck Picnic attendees are welcome to play in the lake as long as the lifeguards are on duty between 3:00 and 6:00 pm. If you wish to boat, you must be wearing a pfd. There are plenty of shelters where one can escape either the sun or the rain, so don't let the weather keep you home that day.



Co-op Calendar

September

Sunday, September 4th (Apple Festival Weekend) ~ You won't want to miss the **Organic Market** in the Historic Seventh Ave District on Maple Street from 11 – 4. Come down for freshly grown products to buy and take home. Familiar faces and delicious local food. The Deli will be there with some healthy food and refreshing beverages.

Thursday, September 8th Lunch Time Free Talk-noon – 1:30 p.m. in the annex. Are you protecting your spiritual body? Betty Murray, B.S., LMBT NC#4096, Sensitive, Empath, Intuitive Energy Healer, and Body worker. www.etherealescences.com

Thursday – Sunday, September 8th- 11th Owner Appreciation Days. Owners come in and take advantage of the 5 % discount off your groceries any ONE of these 4 OAD's.

Join us for a special evening on **Friday, September 9th** for a WINE TASTING, 5:30-7:30 p.m.

Sunday, September 18th Watch for details, but plan to attend.....
YOU'RE INVITED

What: Annual Summer Potluck Picnic

When: Sunday, September 18, 2011~ 3:00 to 7:00 p.m.

Where: CAMP PINNACLE

for directions: <http://www.camppinnacle.com/directions.html>
4080 Little River Rd. Hendersonville, NC 28739

Saturday, September 24th 11:00 am til noon

Come to the MOUNTAIN! ...the mountain of #5 plastics that has grown over the past year ~ We are currently seeking do-gooder volunteers to come pack #5's with me in the warehouse. Call or email me

for details. Refreshments will be served. Call: 693-8557 Ext 102
gretchen@hendersonville.coop

Saturday, September 24th 1:00 to 3:00 p.m. **Growing Great Garlic!**
A class all about growing garlic \$15 for co-op owners, \$20 for non-owners Contact Gretchen: 693-8557 ext 102

October

Please join us all month long to celebrate CO-OP MONTH- through October we will offer weekly raffle drawings to our owners.

October is also a month devoted to Non- GMO Education and Fair Trade Month. (Think of Fair Trade Chocolates during Halloween)

Thursday, Oct 6th from 8-11 am WOW Van to do cholesterol, blood pressure and BMI screenings. Must be fasting for these tests for accurate results.

Thursday – Sunday, October 6th – 9th Owner Appreciation Days. Owners come in and take advantage of the 5 % discount off your groceries any ONE of these 4 OAD's.

Saturday, October 15th starting in the afternoon and going on through the evening, please join us for our **Harvest Dinner**. We will invite and celebrate our local growers and producers. Jordan and crew from the Blue Mountain Deli will create seasonal dishes. (Weather providing, this will take place in our parking lot. In the event of bad weather, we will postpone.)

Saturday, October 29th 9:00 – 11:00 am Ray Fritsch with Medical Screening Services. Please sign up for an appointment time on the clipboard in the store. Questions: Call Ray at 1-800-758-2387.

For more information on any of these classes or to see class fees go to upcoming events at www.hendersonville.coop
For pre-registration or more information on any of the events email gretchen@hendersonville.coop or call 693-8557

WELCOME NEW OWNERS

Erin & Eric Capell, Susan & Elizabeth Bryon, Robert L Whitaker, Victoria & Bruce Sprinkle, Evelyn Rose, Lorna Loveless, Minnie Mendosa, Dorothea Everett & Jody Tomberlin, Terese Caballero, Elizabeth Edwards, Anita & Mark Funston, Tommy Cantrell, Nola T Goodchild, Philip & Kristie Ortiz, Virginia Faust & Roger Briggs, Jean & Glenn Cutchens, Jennifer Lannigan, Tami & Michael Hammond, Susan & Richard Bendel, Dianne & Gary Paogue, Cherry Wilson & Frankie Fisher, Philip Cohen & Beth Gamburg, Phyllis & Mckinley Keener, Meg Campbell, Helen & Dan Stroud, Judith Hasenauer & Norse Blazzard, Elizabeth & Thomas Galleher, Nancy & Steve Miner, Karen & Timothy Badders, Natalie & Joel Callahan, Elizabeth Ann Bruning & S Peshkin, Earl Snedegar, Bruce Tredinnick & Dawn Knapp, Sandy Leroy & Roger Ness, Jennifer Wren & Cory Secosan, Edith Bond, Judith Eleam, Marybeth Seligmann, Margaret Claypool, Amy & Lyman Jones, Lola & Albert D Jones, Patricia Anne Ginn-Griffeth, Karen Vizinna, Melissa & Larry Campbell, Lucy Holman, Olson Katheryn & James, Julie Scott, Candace A & Robert L Jameson, Teresa Lynch, James Mananski, Colette & Johnnie Featherstone, Dianne & Warren Davenport, Jane Asher, Paula B Dart, Maria Lund & Brian Grimm, Cynthia Vondrasek & Charles Jordan, Lisa & Joshua Greguska, Sherida & Jason Buchanan



Healthy Lifestyle Q and A

with Joan Kennedy of StayWell, Inc.

QUESTION: Every form of media today is discussing the dire concern about our natural resources and about becoming more resilient. I understand things I can do to save fuel and other natural resources, but what can I do to be more health resilient? While I am quite healthy now, I have about 10 pounds I need to lose. My son has asthma and we are trying to avoid medications for him as long as possible. And, my parents, in their late 70s, while still very active and independent have the standard variety of chronic health problems. Between the two of them they take some form of medication for hypertension, hyperlipidemia, arthritis, recurrent gastritis and mild Diabetes Mellitus, Type II. What is your guidance on health resiliency?

ANSWER: Thank for you asking that very important question. Many, but not all, of us must make significant changes in how we approach our health. Especially in America we have become quite complacent about our health in that we wait until a health problem occurs and then seek help from a physician or other health care provider. For more than 50 years the tendency has been to give the responsibility for our health to medical professionals. That approach is neither sustainable nor resilient. Waiting for some medical and/or surgical problem to occur and then seeking help will not work in the future for a variety of reasons.

1. It is becoming more difficult to get appointments with primary care health providers, especially in a timely manner. With our large aging population there simply are not enough primary care providers to meet the needs of those with chronic health problems.
2. Rather than becoming more cost efficient, health care costs are sky-rocking.
3. Insurances and Medicare are paying less and less for health care.
4. Letting health problems develop makes us much less resilient.
5. Medication costs are continuing to climb.
6. We cannot rely on our government to provide adequate health care for us, especially not preventative care.
7. Such an interventional approach is costly in time, money and resources as well as being inefficient. Instead, we must actively and intentionally do everything we can to stay well. We must take responsibility for protecting and nurturing our bodies, minds and souls.

I am in no way suggesting that we abandon use of our medical professionals. That would be foolish. Instead I am suggesting that we the public take an active role in managing our own health and in molding how we want our health care to look in the future. We must become our own health care managers and put our focus on dis-ease prevention and safety. We know more about our bodies than any medical professional. Of course; we live in your body 24/7! And yet, if a health problem or accident occurs, we are forced to rely on the medical profession to get access to the care we need. On the other hand, if we listen to our body's talk, we can correct states of imbalance before they become health problems that need medical intervention. The behaviors we need to institute to prevent environmental chaos and energy depletion are exactly what we must do to maintain health. Just

a few examples of those behaviors are growing our own food, walking and biking whenever possible instead of driving, creating a clean and energy efficient environment in our homes and fostering a "neighbors-helping-neighbors" life style.

Let me pause here to say that I feel I am talking to the "choir" as most of us who are owners and others who shop at the co-op have been health promotion oriented--having already instituted dis-ease prevention behavior-- long before it became a national focus. It is refreshing to be amongst such savvy people since many of those I see for health care are neither as well informed nor as motivated.

I know I have discussed the concept of homeostasis in several previous articles, but I want to show how it pertains to this particular issue of living a sustainable lifestyle. The human body is designed to "run well," be efficient and prevent disease if treated responsibly. That means it will function well for many years without dependence on unsustainable resources.

A similar example is the automobile. It is designed and manufactured to run well, with all of its intricate internal and external parts, and will do so for years, if driven properly and given preventative maintenance. The lights, brakes and engine all work well, but with careless driving and poor maintenance it begins to need repairs or new parts. The human body is much more complex than an automobile, but the same principle applies. Unlike an automobile, however, we have the thinking ability to sense our own imbalances without needing input from expensive diagnostic equipment to determine what is wrong. How often have you gone to a medical provider to diagnose and treat a health concern when, if you took the time to closely "listen to your body talk" and evaluate your lifestyle, you could determine and correct the dis-ease on your own? I encourage you to read [Making People Sick in the Pursuit of Health](#) by Dr. H. Gilbert Welch from the Dartmouth Institute of Health or go to his web site for more information about his contention that we are over diagnosing physical variants.

For our species to be sustainable we must educate our children from the time of conception to live in ways that promote health and prevent disease. Children must be taught how the body works and how to maintain health through eating fresh, whole foods, living an active lifestyle, getting adequate sleep and managing external stress. They must be taught personal safety to prevent accidents that are leading causes of disability and death, how to respond to minor health problems that develop before they become chronic and what symptoms alert them to something being amiss in their bodies. If you have not realized it already, promoting health sustainability requires close parental education, guidance and mentoring much of which is done best through role modeling. Children learn best by watching what important adults in their lives do. They watch what we eat, how we respond to stress, how we spend our time and how we prevent accidents. Involving children early to home gardening and avoiding exposure to food high in sugar and salt are adult responsibilities. To foster a resilient future we cannot shirk such responsibilities.

It is obvious, for example, that breast milk is not only healthier for infants, but is essentially cost free and



Growing Great Garlic!

A class all about growing garlic



Saturday, September 24, 1-3pm
Hendersonville Community Co-op
\$15 for co-op owners, \$20 for non-owners

Garlic is an ancient medicinal, edible, nourishing food that you can grow for yourself in your home garden! Growing garlic is easy and gratifying.

Autumn is the time to plant garlic! In this class we will cover all the basics of growing garlic, including choosing varieties, preparing beds, planting, mulching, overwintering, harvesting and curing, and saving your own seed garlic.

Presented by Christopher Fielden of Red Wing Farm (www.redwingfarm.net)



To register, email gretchen@hendersonville.coop or call 693-8557 ext. 102, or stop by the store and sign up on the clipboard. You can pay in advance at the cash register. Space is limited.

"The Organic Gardening Basics classes with Beth and Christopher were inspiring. A great team, they were organized, each lesson well planned to give us smart, easy-to-follow directions to a healthy garden—as well as a few lively stories from personal experience. Using beautifully designed graphics, they also provided notes after each class, and valuable info on local suppliers. I'm a beginner gardener and I felt the more experienced folks were getting just as much out of it as I was. It is abundantly clear that Beth and Christopher love what they do and that they have a sincere respect for the earth and their chosen field. And that made us all just want to dig in!" ~ Tarleton

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The Organic Press is distributed to more than 1500 families in the WNC area. It can also be found at the Visitor's Center, the Henderson County Public Library, and more.

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Small \$40 /issue

Medium ads \$60/issue

large ads \$110 /issue

For nonowners

Small ads \$50

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large ads \$120

There is a 10% discount for three issues and greater reservations.

To reserve your ad space, contact Damian Tody at mail@hendersonville.coop or at (828)693-8557.

The deadline for ad submissions or changes is the 7th of the month prior to the month being published.

Staff Picks

Our knowledgeable staff have highlighted some of their favorite products on our shelves, why not give them a try. They're highly recommended!

- Robert** Brown Bean Coffee Morning Glory - Best coffee in the store, and locally roasted too!
- Christine** Alba aloe and green tea face moisturizer - Feels light on my face and still moisturizes
- Arrion** Auromere ayurvedic mint-free toothpaste - An authentic ayurvedic formula
- Mary** Julie's Maple Pecan Crunch - It's yummy and nutritious!
- James** Shelton Vineyard Wines - Locally made with NC grapes Tastes Great!
- Ben** Taste Nirvana Thai Coffee - Great for coffee drinkers in hot weather
- Gretchen** Heirloom Tomatoes - Need I say more!
- Brittany** Deli Juices - Soooo many combinations! Build your own!
- Laura C** Miso Master Miso Paste - Traditionally made right in Asheville, NC Nourishing and so delicious
- Patrick** Yogi Bars - The perfect breakfast
- Brian** Samuel Smiths Lager - Inexpensive and delicious!
- Theresa** Deli Crab Cakes! - Best crab cakes and so easy to prepare!
- Alicia** Julie's Sour Cream Coffee Cake - When I come home from the co-op the first question my son asks is "did you bring some coffee cake?"
- Megan** Greens+ Organics Organic Superfood

Co-op Classified Ads

Have Pain? Healing Touch Energy Sessions provide relief. Used in Hospitals. Also, Qigong /Feng Shui Consultations. Call Linda Gardner. Cell 388.2036. ACU-NA Wellness Center 828.692.2440

EDITH DZIORNEY, LNMT, #836 Licensed Neuromuscular Therapist @ Fountain of Youth Day Spa, 516 Kanuga Street, H'ville. 698-2954 \$15 off your first session.

Pyradym Sound Healing by Ann Weeks @ the Acu-Na Wellness Center, 330 E. 1st Avenue, Hendersonville. If you've never experience the amazing Pyradym sound healing session now is the time! It induces a deeply meditative state that promotes deep tension relief, lessens pain, boosts the immune system and promotes emotional and spiritual healing and growth. Call Ann Weeks now at (828) 329-8883 or the AWC at 692-2440

Nutritional and personal health consultations offered by Jean Snipes at the Acu Na Wellness Center, 330 E. 1st Ave., Hendersonville, 828-692-2440. Please visit our website @ www.acu-na.com for further information.

Personal financial assistant available to provide support to individuals and small businesses. CPA since 2007. Call Elizabeth of Elizabeth C. Smolski CPA, PLLC at 674-1438.

Looking for part time work in the evenings. Maintenance, janitorial, factory, convenience store preferred. 891-5418

Granite Chinese Lantern for yard, with light sensor automatically comes on and off dawn. 3' tall x 18" large &* heavy - \$375.00

JOIN US AT The Annual Owners Meeting/Party



Dinner & Dance

Saturday, November 12th from 5-8 PM
at The Opportunity House, 1411 Asheville Hwy
Arrive by 5. Vote by 5:45. Eat at 6!

Bring your dancing shoes.

Final votes are cast and tallied & year-end results are reviewed.

**BRING A HEALTHY DISH TO SHARE, A SERVING UTENSIL
& A LIST OF INGREDIENTS.**

For more info, call Laura Miklowitz at 693-6261 or Steve Breckheimer at 749-9104.

Department News

What's In Store For You?

Deli ~

Greeting from the Blue Mountain Deli! Now that we are through the heat of summer we can relax and look towards our fall equinox. There are several new items to look out for in the deli along with some festivals and new product lines that we are currently featuring.

We are currently sourcing a plethora of awesome local veggies, meats and dairy from the community and state. I am especially pleased with our new line of all natural chicken from Winston Salem, NC. We are also working on bringing in the Poulet Rouge line of chicken for lunch specials. This is a traditional French strain of chicken that was common place before genetic alterations took hold of the chicken industry. It generally takes the chicken twice as long to grow to market size and is much different in appearance to our domesticated chicken. Look for these in the deli or special order them for your home if you would like to see and taste the difference in these NC birds.

New in the deli this month we will be offering a North African Couscous Salad and a Kale Salad sponsored by the NCGA. The North African Couscous salad will be composed of carrots, apricots, ginger, lemon, orange, saffron, toasted cumin, cinnamon, roasted bell peppers, green peas, kalamata olives, toasted pine nuts and currants. The Kale Salad will be composed of massaged locally grown kale, julienne carrots and beets, broccoli, cabbage and tossed with a ginger-lemon-miso dressing. We will also offer other seasonal salads as we are inspired by the local selection of fresh produce.

Remember that we serve lunch Monday through Saturday, from 11:30 am until 2:30 pm. We also have made to order spelt biscuits around the clock while they last. Hope to see y'all soon in the deli!

~ Jordan

Grocery ~

What is Better Than Fresh Local Bread?

The first job I had was working as a dishwasher for a small organic bakery next to an agriculture school where my dad was working at the time. It started out as a typical first job for a 14 year old. Coming in at two o'clock in the afternoon just as all the bakers were leaving; left to clean up their dirty work. Scrubbing bread pans and chipping crusted air dried dough out of prep buckets. But one fateful day when they were running behind I came in and they threw me an apron asking me would I like learn how to throw some dough. From then on I came in as early as I could enthralled with the process, precision and joy that they put into their work.

It translates now for me with the local breads that we carry here at the co-op and reminds me of the smell and taste of fresh baked bread right out of the oven. I can feel the softness and the warmth from the oven as I stock Wildflour Bakery's bread to the shelves early on Monday morning. And every Thursday I get a pack of fresh whole wheat croissants from the Bracken Mountain Bakery and some eggs salad from the deli for my lunch. It makes my day. All the bakeries have shown me the willingness to accommodate fellow customers with special diets sending low sodium/salt free breads and spelt for the wheat free.

I ask you "What is better than fresh local bread?"

Wildflour Bakery delivers Monday and Fridays'

Bracken Mountain Bakery delivers Tuesday and Thursdays'

Annie's Bakery Delivers Saturdays'

*NEW Beneficial Foods Delivers Mondays'

-James

Wellness ~

WARHORSE

Soap from Tawana Weiker of Be Kind Solutions

...It was fun to meet lots of people who are mindfully evaluating products and their lifestyle. The Co-op has a friendly atmosphere and the deli... best pimiento cheese I've ever eaten!

Tawana Weiker's WARHORSE soap is our newest local product in Wellness. She credits the conception of her soap business to an epiphany from her work as an English teacher at Polk County High School. "It's an awesome job. I learn about my students' interests, which often become mine as well: P90X, Kcb' Mo', author Daniel Quinn, new hairstyles, Droid phones, and biodiesel."

WARHORSE soap was a happy accident, a result of her homemade biodiesel. It was during a convincing presentation from one of her students that she realized how biodiesel could help her family be much kinder to the environment while dramatically increasing self-reliance. Soap from biodiesel? Yes, and it's a question she gets often. During the trial and errors of initial fuel production, she quickly discovered that she was going to have to find a way to use all that leftover glycerin. In her words, "The biodiesel transesterification process leaves behind two products, methyl esters (the chemical name for biodiesel) and glycerin (a valuable byproduct usually sold to be used in soaps and other products)." Her solution was to find a soap recipe and make her own soap, too. That was almost four years ago, and she's simply been giving away those soaps in the community ever since, serendipitously creating brand loyalty before she had a brand, and all the while receiving rave reviews from neighbors who were using it for just about everything—even to rejuvenate leather saddles and old riding boots. WARHORSE liquid soap is available in unscented, mint, and orange. Check out her blog to see the impressive before and after photos of those saddles! bekindsolutions.blogspot.com. ~Arrion

"I believe the co-op is a good match because my company is about sustainable, non-toxic, glycerin-rich soap products as well as promoting sustainability education in our classrooms and communities."

Produce ~

Many of us enjoy apples on a regular basis without fully realizing just how good for you they actually are. Research shows that the benefits of apples covers a wide spectrum of health concerns. You may not be aware of a few of these health benefits.

Researchers in Europe have found that a flavanoid found only in apples called phloridzin helps protect post menopausal women from osteoporosis and may even increase bone density. A study at Cornell University found that quercetin found in apples may help protect from the kind of free radical damage that may lead to Alzheimer's disease. The pectin in apples lowers "bad cholesterol." Studies show that people who eat two apples per day may lower their cholesterol by as much as 15%. Apples have been shown to help reduce the risk of cancer including lung, breast, colon, and liver cancers. They can help in diabetes management. The pectin in apples supplies galactronic acid to the body which lowers the body's need for insulin. It has even been suggested that apples help control asthma. A recent study has found that children who drink apple juice on a daily basis have less wheezing than children who drink it once a month or less. It has also found that pregnant women who eat lots of apples during pregnancy have a lower rate of asthmatic children.

The list of the apples health benefits go on and on. How can the apple help you?

~ Robert





International Cooperative Principles

- Voluntary and Open Membership
- Democratic Member Control
- Member Economic Participation
- Autonomy and Independence
- Education, Training and Information
- Cooperation Among Cooperatives
- Concern for Sustainable Communities

Bring Your Own Bag

Reduce, Recycle, Reuse, Donate!

Bring your own bag - canvas, paper, plastic, etc. and receive a 10 cent chip to deposit in the donation box of your choice.

At the end of the collection period HCC will donate the collected funds to the chosen charities.

We are Currently BYO-bagging for:



The Free Clinics (TFC) enhances the Henderson County healthcare system to ensure the accessibility of quality healthcare for uninsured, low-income clients. TFC works with volunteers and partnering healthcare providers to provide healthcare, prevention, education, medication access, and case management services, including specialty referrals.

With concerns on the rise about the health and environmental impacts of genetically engineered foods (GMOs), we hope you'll join us in support of the Non- GMO Project as we host programs designed to raise consumer awareness, empower shoppers to confidently make Non-GMO choices, and protect the long-term availability of food and products that haven't been genetically engineered. The Non-GMO Project believes that you have a right to know what's in your food, and a right to choose Non-GMO.



Serving the Elderly of Henderson County Since 1969
The Council on Aging acknowledges our senior citizens with respect and dignity – while honoring their need for independence.
Meals on Wheels ~ Partnership for Independent Living ~
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Make a Difference Every Time You Shop! **BYO-Bag!**

It's a great way to reduce waste, recycle bags, and donate to worthy non-profits.

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Co-op Classified Ads

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PRODUCER PROFILE



Chicken Scratch
By Gretchen Schott Cummins

"I believe when their combs turn a bright red, they are ready to lay (eggs)"
Mr. Charles Thomas

Scratch the surface of any chicken egg operation, and there's always a story. Dig a little deeper, and there is often a complex series of events that lead to that egg. It may be just an egg to you- albeit a fabulously local, free range egg. Still, the more I investigate chicken and egg stories, the more I learn about our local history and about human nature. I am now on a mission to know what motivates these accidental farmers: I believe the making of an egg farmer requires the perfect formula of innovation, entrepreneurial spirit and pure dumb luck. I can't say as a single one of the egg farmers I've interviewed woke up one day with the express intention to raise a bunch of laying hens and strike it rich selling to them the Co-op.

It was difficult at first, to determine the real story behind the eggs from Mr. Charles Thomas of Mills River. At first, I thought his raising the Golden Comets was just job security for a truly distinguished young border collie, appropriately named "Troubles". After all, why have a farming dog like this boisterous, brilliant herding animal, unless there's something to herd. Well, as you may have figured



out already, she does in fact herd the chickens- but her real job is keeping Mr. Thomas in line. And though she is the apple of his eye, and spoiled like a beloved child, "Troubles" is not the whole story behind the story of the eggs.

Upon closer inspection, the story in fact might be about

sheer economics: In the case of Mr. Thomas, it began back in 1970 when he came across a seemingly useless 12 acre piece of paradise in the beautiful Mills River valley. It was an over grown tangle of weeds and trees that he bought for \$7,500.00. At the time, he had just finished his time in military service, and was employed as a line supervisor with Ball Glass. When he wasn't working, he was clearing land and pruning, building a house, and a barn (by himself) and raising a family. He had leased some adjacent property and began to raise cattle. This is what brought him to the auction house and ultimately started him on chickens.

So most folks get a few chickens in order to have eggs and poultry for themselves and extended family. But Mr. Thomas found himself faced with a real bargain: Someone was selling laying hens at a "really good price" and for all his intentions to only come home with 12 - he ended up with over 60 chickens. The numbers grew from there, reaching astronomical numbers with about 27 different breeds. But that was a while back. He's been out of the cattle business for awhile now and the neatly kept farmstead is home to just 125 Golden Comets, a few game hen, two horses and of course, "Troubles". There



is a splendid vegetable garden that sustains them (with plenty more for the church and the neighbors) plus an ample supply of scraps for the chickens to graze on along with the lovely green grass.

Mr. Thomas smiled wryly through his mustache as we peered out over the chicken "pasture" and said, "Are those free range or what?" What seemed like a gazillion Golden Comets suddenly went hither and thither as "Troubles" came tearing out of the woods, circling them. They stopped just as abruptly as they started and began to peck at the ground - un-impressed with the dog. Then he laughed quietly to himself, admiring his keep and with a twinkle in his eye, told me about his friend Gene. Gene has aptly observed that "any critter that ends up living on the Thomas' place has *got it made*." But I don't think this egg story is about a bargain on chickens at the auction house either.

Finally, there are the day lilies: the whole place explodes with color and great leaning double and triple blossoms in June. Mr. Charles Thomas veritably swells with joy and pride when he describes how each and every one came to take up residence on his property, adorning the front of his home where he and his wife of 42 years have lived happily ever after for the last 34 years. While I listened to Charles tell about the land and how this homestead evolved over time, I finally realized what the real story is behind the eggs. It is a love story. Just like any one of us, the motivation behind our everyday efforts is the driving force that keeps us going and our very human need to feed ourselves, but mostly to make sure that we provide for each other. That is what sustains and causes us to search out the eggs every day, gently wash them and carefully put them in the cooler until it's time to sell them at market.



Healthy Lifestyle Q and A cont. from pg 11

consumes no natural resources. If every woman who was able, breast fed her children until they were old enough to drink from a cup, think of the money and resources that would be saved. There would be no need for bottles and nipples, water and heat to keep them clean, formula and materials for packaging and refrigeration, shipping and supplementary vitamins to mention just a few of the costs. Studies over decades have shown breast feeding to be healthier not only for the babies, but also the mothers. So why aren't more mothers doing it today? It just is not as convenient for the busy lifestyles that young parents have today. I believe, though, breast feeding needs to become common place for young family to be health resilient.

Below are just a few reasons why we must change our approaches to food intake starting at infancy.

1. Food supplies are going to be diminished as population grows.
2. Many studies show that low calorie eating can prolong life and prevent many diseases.
3. A great majority of grocery store foods are poor quality, high calorie and laden with chemicals.
4. Many Americans just don't know what healthy portion sizes are.,
5. We must make a collaborative effort to fight the mass media and marketing that puts food in front of us everywhere and all the time.

We must start feeding our children food that the human body is designed to digest properly and that will be available as food supplies diminish. Wheat, for example, in small quantities and unprocessed, is good, but the human gut is not designed to digest and utilize the large quantities that appear in the average American diet. That is born out in the increasing numbers of people who have become gluten-sensitive in America.

Enough about eating. There are many other ways we can live healthier and more sustainable lifestyles. One is a balance of activity and rest. Muscles require exercise to metabolize protein that feeds them, but they also need rest to facilitate the circulation of oxygen and the release of lactic acid. All of the body's tissues and organs require exercise to keep blood flowing to them and rest to allow the oxygen and other nutrients to be used by the vital parts of our bodies. Physical and emotional stress interrupts the balance of rest, rejuvenation and stimulation. To be sustainable, we must live a balance between inactivity and too much activity. Just like the automobile example again, it is not good to let a car sit unused for long periods of time, but neither is it good to drive it in high gear consistently.

Our bodies are designed to function well when having regular times to rest and "re-group." Without regular sleep the body's automatic rejuvenation mechanisms are depleted. Naturally built into the body's automatic survival mechanisms is Melatonin.—a chemical whose function it is to promote sleep when it is dark and wakefulness during daylight. However, it requires regular periods of sleep during darkness for adequate production. This chemical production represents just another example of how the body stays healthy if its owner treats it with respect and care.

Our unique bodies produce other hormones and chemicals whose jobs are to automatically protect us from "dis-ease." Cortisol, produced by the adrenal glands, if over-stimulated by chronic stress, can lead to chronic fatigue, poor healing and other chronic diseases. For example, it's over productions effects the release of thyroid hormone, insulin and gastric acid and contributes to arterial constriction and resultant hypertension. Laughter and socialization, on the other hand stimulate endorphins, chemicals that have healing qualities.

Obesity, a common health concern today, leads to multiple additional and severe illness such as heart disease, stroke, hyperlipidemia, joint deterioration and sleep disorders to mention just a few. All of these conditions are treated with medications on which we cannot rely in the future. We must take an active role in preventing such chronic health problems. Accidents and the resultant traumas are one of the major health problems that lead to less resilient lifestyles. Simply being aware of safety in our environment and how we drive our cars would decrease many of the most common accidents.

I encourage each of us to perform a health inventory, note where we are not practicing resilient healthy lifestyles and improve those areas. The future does not look bright for leaving that job to the medical profession or counting on insurance to pay our medical bills. I believe if each of us takes the time to "listen to our body talk to us" and respond to what we hear, a healthier, more resilient lifestyle is not only possible, but likely.

StayWell, Joan, FNP-BC, MN

I highly recommend and urge you to read *One Second After*, a novel by Wm. R. Forstchen, which is set in Black Mountain. It is a real eye-opener.

Co-op Classified Ads

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bathrooms plus office space. On
demand hot water, W/D, Jenn Air
Gas Stove, woodstove fireplace, (plus
furnace for year round living) two
porches, extra storage shed, private
spring fed stream through rhododendron
thicket. .80 acre Convenient to
Holmes Educational Forest, Dupont
Forest, and Pisgah Forest. Asking
\$138,500. 674-5398

FOR SALE: Perelandra Products
Nature Program Essences – nine 1/2 oz
bottles & guide – never used, Soul Ray
Essences – eight 1/2 oz bottles & guide
– few drops used, Rose and Garden
Essences – thirty-two 1/8 oz bottle &
guide – never used, Soil Balancing Kit
– eight 1 oz bottles & guide – never
used, Microbal Balancing Program
Manual, Machaelle Small Wright
Garden Workbook, Second Edition,
Machaelle Small Wright
Contact phoebe.miller@gmail.com



HCC Board Elections 2011

As Co-op owners, it's our right- and responsibility- to vote for the Board Directors who represent us and shape our future. Participation is essential in contributing to the vision and strength of HCC.

For 2011, there are three traditional 3-year openings. Please take the time to review each candidate's information and perspective. Each has the experience, commitment and passion for long-term leadership. Please vote- and encourage other owners to vote.

VOTING PROCEDURE: Return your completed ballot in person to the Co-op through Friday, November 11th. A staff member will check off your name and assist you. Or, you can vote at the Annual Meeting Party on Nov. 12th by 5:45pm at the Opportunity House. In accordance with By-law Section 3.7: Each owner household shall submit one and only one ballot and voting by proxy shall not be permitted. Blank ballots will be on hand.

*In Cooperation,
The Board of Directors*

Michael Reim
Hendersonville, NC
Co-op owner since 2006
Retired



Why would you like to serve on the HCC board of directors?

I'd like to give some of my time, energy and skills back to the community. I see my working in this group as a way of doing that. I see it also as a way of networking more with the community, and promoting the Co-op.

What experience or involvement have you had with HCC and our community?

I'm a Co-op member; I'm involved with Transition Hendersonville. I've helped organize Transition work/play groups.

What have you done in the past that demonstrates the qualities or skills you think would benefit the board?

I was a project manager for a software development company. I've volunteered at Meals on Wheels, various political groups.

What is your vision for the future of our cooperative?

I see our Co-op as a vital source of healthy food and healthy life style education. I see the store as a fun place to go to shop, meet neighbors, and learn about local community activities. The Co-op should be the first place our local food producers go to sell their products.

Roger Stark
Hendersonville, NC
Co-op owner since 2010
Retired/Consultant



Why would you like to serve on the HCC board of directors?

To help grow and expand the retail and food service operations of the coop to the greater surrounding community, by making use of my 40 years experience in the food, beverage and organic food industries.

What experience or involvement have you had with HCC and our community?

I first was a customer, then became a member/owner thru my wifes sign-up. Second I have helped found a congregation and serve on certain political boards here in Hendersonville and Asheville.

What have you done in the past that demonstrates the qualities or skills you think would benefit the board?

Past owner of a chain of health food stores in NYC. Specialized in private label nutritional supplements under the "Land of Plenty" label. Previous restaurant owner in Atlanta [Table for Two] Health Guard Certified, and federally certified in HAACP for food manufacturing and restaurant prep. Educated in diet and nutrition, food chemistry, and flavor chemistry. Chef educated in TQM Modalities of Demming Kaizen, ISO-9000-9003, and served on numerous boards of private and 3 public companies.

What is your vision for the future of our cooperative?

For the co-op to grow in double figures in a stagnant economy, whereby competition for certain producers are non found in the grocery supermarket aisles. To be recognized as the quality leader in WNC for its offerings of healthful and organic products, along with its prepared foods and snacks. To also become a resource to the community, and learning center, for health, nutrition, and healing by making use of the products offered at the Hendersonville coop.

Carolyn Widener
Hendersonville, NC
Co-op Owner since 2005
Manager of Super Sod in Mills River



Why would you like to serve on the HCC Board of Directors?

I would like to continue serving on the HCC Board because I believe that our Co-op is becoming increasingly important, not just in our local community, but in Western North Carolina and upstate South Carolina. Grocery and food co ops are springing up all over the region and nation and in so doing, create communities of people who care about real, whole food. I believe that food creates a wonderful platform for all different kinds of people to come together and solve other issues that they may be dealing with in other parts of their lives. I believe that the cohesiveness of community relationships and the strength of "Main Street" economics are vital to the health and safety of our families and world, and I want to be a part of

this by remaining on the Board of HCC.

What experience or involvement have you had with HCC and our community?

I've been an owner of the Co-op since 2006 and have served on the Board for the last 3 years. I currently am the Secretary and have served on the Executive Committee for the past 2 years. I am also active in the Community through Transition US, a local and international movement to curtail, if not end, dependence on fossil fuels.

What have you done in the past that demonstrates the qualities or skills you think would benefit the board?

I have many skills and qualities that have and will continue to benefit the Board. I currently work for a sod farm in Henderson County and worked for a vineyard owner in Sonoma County, CA during the late 90's. Consequently, I am involved in issues that concern the health and use of the land and of people who work and/or own the (farm) land. I also worked as a local realtor for 9 years and helped people who dreamt of making Western North Carolina their home have their wishes come true. One of my desires in life is to be a bridge builder for (groups of) people; their communication and ideals. I have chosen work to help me hone those skills and better understand the various issues that people are concerned about. I want to continue my "bridge-building" by being a conduit for the HCC owners to manifest their dreams for our store during this period of examining growth and expansion and the increasing requirements of our community.

What is your vision for the future of our cooperative?

I see the cooperative economic model as a preferred method of growth and sustainability that will ensure the health and wealth of our families and friends. My vision for HCC is that it remains vital and continues to grow and respond to the needs and requirements of our local community. I see our store as a hub for our community that ensures the creation of social and business networks that support each other in personal and group endeavors. I also see our store as a provider for "benchmark" education for the health and wellness for our bodies and minds and our land that we live upon.

Laura Smith Williams

Saluda, NC

Co-op owner since 2008

Owner, Sundog Savory Cuisine. In-home cooking services and Grower.

Why would you like to serve on the HCC board of directors?

Throughout my life I have known many individuals who have inspired me by giving above and beyond the status quo to make a difference in the world today and in the future. As a result, I volunteer with a variety of worthy causes to do my part in making a difference in the quality life of the present and the future.

What experience or involvement have you had with HCC and our community?

I have been a loyal customer and member since 2008. I have participated in a few educational sessions offered through the Co-op's outreach and education program. And I have been an active volunteer with several local non-profit organizations in this regional area.

What have you done in the past that demonstrates the qualities or skills you think would benefit the board?

Throughout my professional career, I have held a number of management positions in finance and fundraising capacities. In addition to my professional experience, I have held leadership roles with a variety of non-profit organizations. I enjoy team building and practice written and oral communications on a regular basis.

What is your vision for the future of our cooperative?

My experience with the cooperative has been enjoyable and educational. I feel the cooperative can only continue to thrive as more people are becoming more knowledgeable and responsible about the food available locally. The cooperative must continue to set an example of being a good steward of our land, people and vital resources.



All aBoard!



Co-op Classified Ads

"Hendersonville Seniors Network" - Repairs, maintenance, carpentry and other help as needed. (We are semi-retired seniors.) Insured. Licensed and bonded. Non-profit Organization. Charging \$15.00/ hour 699-3993

Cottage with a yard in a quiet neighborhood For Rent: One bedroom, one bathroom, plus parlor, washer/dryer, dishwasher, air. Will consider lease or month to month, pets negotiable, good location. \$700.00 mo plus utilities. 674-5398

Classified ads are free to all HCC members. Non-members pay a 25 cent charge per word. We accept typed or clearly written ads only. 25 words max. No ads will be accepted by phone. Submit ads to the suggestion box in HCC or by email at mail@hendersonville.coop 828-693-8557 We reserve the right to refuse or edit ads. The deadline for classifieds is the 7th of the month prior to the month being published. We may remove ads after two months if not notified of an end date.

Co-op Connections

A Co-op Owner Advantage

Alternative Health

Hendersonville Acupuncture Center: Amanda Stierwalt. 828 Fleming St., Hendersonville, NC. 828-692-9090, 20% discount.

Saluda Healing Center: Bonnie L. Williamson, DC. Chiropractic, ChiroYoga, acupuncture, neuromuscular re-education, colonics, detoxification, psychotherapy, regression therapy and neurofeedback. 43 Pearson Falls Rd., Saluda, NC. 828-749-3875. 10% off initial visit for co-op owners.

Henderson Chiropractic: Joseph Silva 1630B Spartanburg Hwy, Hendersonville. 828-696-2455. 20% discount on all services. Regular fees for individual services range from \$18 up to \$250.

StayWell: Joan Kennedy. 418 Village Greenway, Flat Rock 28731. 692-7282, www.saluda/staywell.com. 10% off any self-pay service.

Center for Natural Healing, 1185 Ecusta Road, Brevard. Kevin Richard and Sierra Lamanna 862-8806. 10% off first consultation. Consultations \$70/hr

Healing Therapies, Inc, BEYOND SURGERY: Judy Lynne Ray offers Guided Imagery + Healing Touch sessions for pre and post surgical clients. 828 553 -8146. \$70 fee includes book and tape. 10% discount on initial session.

WNC Functional Health, Frank Trombetta D.Sc. Rowan Farrell Trombetta, NMT. Integrative Health Care for all conditions with 25 years experience in private practice. Complete holistic services for chronic illness as well as Hakomi Therapy and Homeopathics. For Co-op Members: 50% off first Detox Therapy; 25% off first Microcurrent and Laser Therapies; 25% off first Cranial Sacral Therapy. www.wncfunctionalhealth.com

Trinity Healing Arts - Sierra Lamanna. BioEnergetic (how the biology is affected by energy) Intuitive. Specializing in matching supplements to your specific energy, therefore addressing core imbalances. Also specializing in streamlining your current supplement program, allowing it to be more affective. Work over the phone or in person. 828-862-8806 www.trinityhealingarts.com. Free 20 minute consultation to co-op members.

Living Points Community Acupuncture Clinic - sliding scale acupuncture \$20-\$40 per treatment w/ \$15 one-time first treatment paperwork fee - 5 Allen Ave, Suite B South Asheville, NC 28803 828-687-8747 www.livingpoints.net We will waive the first treatment paperwork fee for co-op members - \$15 savings

Acu-Na Wellness Center, 330 E. 1st Avenue (1st Ave. & Grove), Downtown Hendersonville. (828) 692-2440. Mary Houge, L.Ac., LMBT. Using a new ground breaking system we help women with menopause symptoms naturally. We help you feel better— without drugs. We also offer acupuncture, massage, facial rejuvenation, lymphatic treatments, Chinese herbal remedies, and natural supplements... www.Acu-Na.com. 15% discount on Co-op members first visit.

Iridology - special offer - Do you want to discover the underlying cause of imbalances and deal with them naturally. Prevention and balancing your body will save you money & suffering using aggressive therapies that suppress symptoms & create a cycle of disease. Your eyes are the WINDOWS TO YOUR BODY, MIND & SOUL. Save 50% on an Iris Analysis, i.e. \$40 an hour To take charge of your health. Call Kashmyra for an appointment (828) 891 1602

EFT - Emotional Freedom Technique is like acupuncture for the mind only without the needles. Works when almost nothing else will. Freedom from fears, sadness, grief, uncontrollable cravings, low self esteem & more. 2 hour session \$20.00 off to Coop members. Carol S. Rios BCH MH EFT-Crt. 828-698-4936 www.EFTmiracles.com

Healing Path with Alice McCall - Transformational Energy Healer, Counselor, and Author of 'Wellness Wisdom' inspired by her journey with cancer. Alice works at the cellular level to source and heal the root cause of your health issues, disease, unwanted patterns. 25% discount off first session and 15% off ongoing to Coop Owners. www.healingpath.info Cell 850-585-5496 / 828-692-5423.

Max Lowd - Vibrational Energy Work, Utilizing state of the art 'Life System' technology. Feel the difference that vibrational release can bring to you and your body. Call 850-375-0296 (cell); 828-692-5423; email tudmax@gmail.com. 50% off first session; 20% off ongoing sessions to Coop Owners.

Ethereal Essences, Betty Murray, B.S., LMBT, NC#4096, Sensitive, Empath, Intuitive Energy Healer, and Body Worker. Ethereal Essences announces another dimension in healing inspired by God and channeled by Archangel Gabriel. Our metaphysical based spiritual oils will clear, repair and balance your etheric body and the physical body. Co-op owners 20% off. Call 828-699-4081 for your consultation or visit www.etherealesences.com

Counseling Services

Conscious Choices: Roberta A. Moore, Psychotherapy Services, Downtown 828-329-0431. 15% discount on 1st five sessions.

Janice Mewborne, ACSW: Private Psychotherapy Services. 714 Oakland St. 828-692-0029, 10% off private pay

Joseph Howard, MSW: Personal Growth Coaching & Emotional Release. (828) 651-8646 25% off first session

Lella Holland, LPC: Psychotherapy, regression therapy and neurofeedback. 43 Pearson Falls Rd., Saluda, NC. 749-3875. 10% off initial visit for co-op owners.

Terri Morgan, LPC, LCAS; Psychotherapy & Substance Abuse Services, Downtown 828-458-1188. 25% off first session / 10% off ongoing sessions.

Confidential Counseling: Shirley M. Nicholson, Psychotherapy & Hypnotherapy Services. Downtown office. 828-242-7806. 15% discount for co-op owners.

Joan King, BCH, NGH Board Certified Clinical and Sports Hypnotherapist, NLP Performance expert. Since 1992 training amateur and professional athletes how to access their peak performances, Flat Rock, 828-696-2547, www.pmi4.com. For co-op owners 25% discount on first session, 10% discount for ongoing sessions.

Asheville Nutrition Therapy, your food and nutrition experts! Carol Shimberg, MHS, RD, LDN. Individualized nutritional counseling with registered dietitians and licensed nutritionists. Office located in South Asheville. Blue Cross BlueShield covers 6 visits per year for members, no co-pay or deductible! Disease management, weight management, diabetes, weight loss, healthy cooking, healthy lifestyle coaching. Call Carol Shimberg at 828-329-3855 or email at cshimberg@gmail.com. 20% discount to all coop members.

Coy Newton, MDiv, LPC: Integrating Christian Faith with Psychology, 431 N. Main St. H'ville (828) 697-7768 www.coynewton.com 15% off private pay for Co-op owners

Victoria Flanagan, LFMT, Flat Rock 606-5020 remarriage, stress, caregiving, families in transition, 20% discount on 4 group sessions for co-op owners

Fitness & Spiritual Well-being

The Yoga Studio at Highland Lake Inn: Fred Brown, Highland Lake, Flat Rock. 828-891-4313. www.highlandlakeyoga.com. 10% off to co-op owners

Brightwater Yoga: 506 1/2 N. Main Street, Hendersonville. (828) 698-5557, www.brightwateryoga.com 10% off Yoga classes.

Kashmyra Asnani, C.P., C.Y., C.M.T., offers 20 minutes private postural, alignment & gait instruction free with purchase of 1 session of yoga or Pilates. Or 40 minutes private body sculpting free with purchase of 1 session of both yoga & Pilates. Call (828) 891-1602.

Kathleen Wallace - offers private and small group Yoga classes in a studio set in a peaceful, wooded area of historic Flat Rock. Certified in Integrative Yoga Therapy with special interest in arthritis and aging. Registered with Yoga Alliance. She also teaches at Brightwater and the Kenmure Fitness Center. Call for information: 696-0808. First group class free and one time discount of \$25.00 for a private lesson for Co-op members.

Graceful Hearts Physical Therapy offers Turbo Sonic Whole Body Vibration Training. Using the Science of Sound to benefit all types of conditions from Asthma to Fibromy-



algia, Autism to Parkinsons. Antiaging and fat/cellulite reduction programs also available. Call Grace for more information (828) 545-2948. *\$5 off each session for co-op owners.*

Steve Westin, DC, gentle adjustments, nutritional counseling, no x-rays req.d. 828-551-8012 *\$25/visit for co-op owners, \$35/visit for non-owners.*

Spiritus Studio, yoga and wellness center: Arlene Riley, 720 Spartanburg Highway, Hendersonville. (828) 551-8545, www.spiritusstudio.com. *10% discount given to co-op owners for yoga classes.*

Joan King, BCH, NGH Board Certified Clinical and Sports Hypnotherapist, NLP Performance expert. Since 1992 specializing in mind-body-spirit training for golfers & others to move into "the zone" for peak performances, Flat Rock, 828-696-2547, www.pmi4.com. *For co-op owners 25% discount on first session, 10% discount for ongoing sessions.*

Massage & Bodywork

David Henry:Nationally Board Certified Reflexologist , Certified Quantum Energy Practitioner, Comprehensive Reflexology Inc. 580 Upward Road, Suite 1, Flat Rock 828-778-9985.Email: david_henry@bellsouth.net *\$10 off first session* http://davehenry.reflexology-usa.org

Fountain of Youth Day Spa Hot stone massage, Swedish massage, reiki., neuromuscular massage. 516 Kanuga St. Hendersonville. 698-2954. *10% off for co-op owners on each & every visit*

Polarity Therapy -- Energy Healing: Joseph Howard, MSW; Certified Polarity Practitioner. Hendersonville. (828) 651-8646 *25% off first session*

Judy Lynne Ray, LMBT, CHTP/I: Massage Therapy & Bodywork plus Healing Touch, Energy Healing, Aromatherapy, Raindrop Therapy Technique. 828-553-8146. *10% discount on initial session.*

Jennifer Smith LMBT#1232 massage therapist specializing in pain management using cranio-sacral, lymphatic drainage and deep tissue techniques. H'ville office 243-4942. *25% off first visit.*

Angel's Touch Spa Duncan Hill Commerce Center Suite 211 Duncan Hill Rd, Hendersonville, NC 28792 A private, serene, tranquil & comforting atmosphere dedicated to your well-being. By Aptmnt Only

Deborah Angel, LMBT/Nail Tech

non-surgical face lift, ear candling, en vogue gel nails. 828-698-6634 *\$10 off one hour massage for first time clients.*

Karen Toledo, Detox Diva LMBT/nail Tech, hydrotherapist, detoxification, weight loss. 828-215-6565 *10% off initial service for co-op owners.*

All three offer 10% off spa manicures and psdicures for co-op owners always.

Stoney Mountain Healing Center: Meg Reim, Hendersonville. Home-828-274-0429. Cell- 757-274-1240 or e-mail at mreim@rocketmail.com. Wonderful healing sessions in a octagonal dome-like structure. 25 years of experience in medicine and alternative health. Sliding scale fees, love donations, bartering, etc.

Jill Johnson, LMBT, NMT NC#4924, #56162 Therapeutic Swedish Massage, Certified Neuromuscular Therapist. 10 years experience combining various modalities for a unique healing experience. *\$5 off for Co-Op owners-ALWAYS.* 244 Fifth Ave. W. #103 828-553-4605

Grace Shen, PT offers Total Motion Release, Craniosacral Therapy, deep tissue/fascia work, and Holographic Memory Release. Offices in Fletcher and now at Asheville Healing Arts. (828) 545-2948 by appointment. *10% off initial visit*

Peace at Hand 1531 Haywood Rd (Hwy 191) Hendersonville, 828-243-3139 692-3003, *\$10.00 off first therapeutic massage for co-op owners by appointment only*

BodyHarmony Massage - Karen Cash LMBT I am 20 years experienced and trained in a multitude of Therapeutic Techniques. I have also studied holistic nutrition and inner awareness health. I most frequently work integrating Swedish, Neuromuscular Therapy, Trigger Point Therapy, Craniosacral Therapy, and Matrix Energetics; but it's great to have the ability to integrate other techniques to help meet your needs. Whether it's stress relief, pain management, or wellness maintenance, my goal is for you to receive the best bodywork for your ultimate health. *25% off your first Session for coop members.* 828-890-5996 or 828-329-4858 BodyHarmony@bellsouth.net Karen-

Cash.com

Margaret Ellis:Licensed Aesthetician specializing in Holistic Skin Care, Body Detox therapies, Natural Nail Care, Reflexology and the benefits of drinking Kangen Water. ACU-NA Wellness Center, 330 E. 1st Ave., Hendersonville. 828-692-2440

Harmonic Acupuncture: Françoise Hesselink LAC uses sound vibration and Oriental medicine to balance body, mind and spirit. Gentle yet effective; no needles. 30 years experience; now in Hendersonville on Thursdays. (828) 255-0896 www.harmonicacupuncture.com *10% discount for co-op members.*

Skin Care Traditions-Deborah Tomchuk, Licensed Esthetician, Registered Nurse; Facials, Back Treatments, Skin Treatments, Herbal Green Peel by Dr. Schrammek, for natural plant based skin care as well as other treatments, www.skincaretraditions.com, 828-890-9018, 3754 Brevard Rd., The Plaza at Horse Shoe. *10% off 1st treatment for coop members*

Retail

Crystal Visions: 5426 Asheville Hwy. (Hwy 25), Naples. 828-6871193, metaphysical & spiritual books, gifts, classes and events, www.crystalvisionsbooks.com. *15% off regularly priced jewelry.*

The Red Arbor - Holistic Family Hair Care Clipper cuts, women and children's styles, peaceful atmosphere, Organic products used, Reiki sessions by appt. 551 Israel St. off Kanuga Rd.(behind Blue Water Seafood) *\$1.00 off any service to Co-op members.* Call: 828-329-8921 for hours

Eco-Conscious, one-of-a-kind, hand sculpted sweaters! Shop at MONA! Eclectic Artwear For You and Your Home. 308 Davis Street, Hendersonville. 828-693-1611 www.monapaints.com *10% discount with your Co-op Owners card.*

Advanced Thermal Solutions: Skip Skeele and Michelle Skeele, 519 3rd Avenue West, HVL, 28739. 828-693-3334. Over 10 years experience with solar hot water & electricity, daylighting, and solar attic fans to help with cooling. Radiant heat, in-floor or with radiators, for comfortable dust free heat. *5% off any installed system for Co-op owners.*

Services & Classes

Juicy Art Classes of Costanza Knight, Studio Artist. All media plus art history lessons. Ages 6-High School. Taught at The Starving Artist Arts Supply Store, 814 Kanuga Rd. www.costanzaknight.com, 828-243-0084. *10% off monthly fee for four classes for Co-op owners.*

Compassionate Home Care, Inc., licensed thru N.C. bonded, insured, (C.N.A., LPN, RN) 696-0946, 877-5906 or www.compassionatehc.com *\$1.00 off per hour for co-op owners.*

Earth School -- Nature Awareness & Self Reliance. Lovetheearth.com. Richard Cleveland. (828) 507-1920 *15% discount to co-op owners.*

MAC 2 YOU, specializing in computer help for beginners, women, and seniors. Mac only. Call Elizabeth Shore @ 828-290-7723 or visit Mac2You.biz for more info. *10% discount to co-op owners.*

All Seasons Errand Service LLC Grocery and personal shopping, pet and house sitting, meal pick-up and delivery.M.C. Gaylord 699-8418 and Tammie Bogin 699-6007 www.AllSeasonsErrandService.com *10% off for Co-op Owners.*

Persimmons Design Home Redesign, Restoration and Repair. Green Alternatives and Consultation. 828.697.8713 Co-op owners receive 15% discount.

WEGO-4U, Errands and Business Services Bonded, Insured and Registered in Henderson County Please visit www.wego-4u.com for complete list of services. Gary and Linda Prichard 674-9940 or 674-9943 *\$5 OFF 1st service for Co-op members.*

1Site1Day Website Design- 864-335-8672 - www.1Site1Day.com Custom web design for your small business or organization. See site for details. *\$50 off package for Coop members.*

Carol Shimberg, MHS, RD, LDN, registered dietitian, licensed nutritionist available for nutritional counseling. for disease management, weight loss and healthy lifestyle coaching. Blue Cross Blue Shield insurance accepted. Call Carol at 828-329-3855 or email at cshimberg@aol.com *10% off to all Coop members.*

Discount offers are subject to change without notice.



Co-op Kids



An Apple A Day



Apple Facts:

At the Co-op we do our best to bring you local, organic apples from our region.

Impress your teachers and classmates with these fun apple facts. After all, we do live in Henderson County which produces about 65% of the state's apples and is North Carolina's number one apple producer with 26 apple farms and direct markets where you can buy orchard-fresh NC apples beginning in August through November.

Did You Know?

- ❖ An average of 65 apples per person are consumed in America each year.
- ❖ A peck of apples is 1/4 of a bushel and weighs approximately 10.5 pounds.
- ❖ A bushel weighs 42 pounds.
- ❖ A bushel of apples can produce 20-24 quarts of applesauce.
- ❖ The science of growing apples is pomology and the French word for apple is "pomme."
- ❖ In the United States, a hearty 2,500 varieties can be found; though only 100 are grown for commercial purposes. The only apple native to North America is the Crabapple.
- ❖ The apple is related to the rose family.

Curious about "An apple a day, keeps the doctor away"? The credit goes to Wales (though it's known as an English adage). The original proverb, printed in 1866, goes:

"Eat an apple on going to bed,
And you'll keep the doctor from earning his bread."



What's a Co-op?

October is National Co-op Month, maybe there is more you can learn about Cooperatives in our country:

- Cooperatives are businesses.
- Whether the businesses involve food, housing, electricity, financial services or agriculture, they exist to benefit the people who work, live, or shop in them. All profits from these cooperative businesses don't go to a single owner or stock holders but are reinvested in the community they came from to serve the co-op members economically, socially and educationally.
- Cooperatives are community builders.
- People often shop at, live in, or work for cooperatives because co-ops make a special effort to be active participants in improving the lives of neighborhood families.
- Cooperatives are democracies.
- All co-op members have a voice in making decisions about what direction the organization takes. In this way, members can make sure that they get the goods and services they need and can afford - now and in the future.

WORD SEARCH

Apple Pomme Bushel Orchard
Henderson Crabapple Rose Pie Applesauce

Q	C	R	A	B	A	P	P	L	E	O	P
I	O	U	C	G	Y	T	E	N	I	K	S
S	D	G	M	K	O	H	S	H	J	K	B
P	D	J	E	C	Y	E	I	P	E	R	U
M	W	E	R	T	U	N	C	D	A	H	S
L	K	J	H	G	F	D	Y	H	P	M	H
R	E	A	P	P	L	E	T	N	N	E	E
T	W	P	W	F	H	R	H	J	U	O	L
Y	Q	N	D	M	R	S	I	M	T	C	W
U	A	I	R	I	A	O	J	K	E	U	G
U	P	Y	A	O	S	N	S	O	S	A	C
J	L	T	H	L	W	A	H	E	U	S	I
F	M	F	C	K	E	P	L	Z	J	E	M
X	Z	B	R	H	P	B	Y	Y	M	L	E
C	P	P	O	M	M	E	V	H	D	P	R
A	W	E	R	F	D	K	L	O	J	P	T
A	N	T	D	B	C	S	W	I	J	A	E

The Habitual Herbalist

with June Ellen Bradley

Plants, Aesthetic Unity and Healing

This is a true tale from my travels to Ecuador when we were in a remote village in the jungle, where two cultures respectfully sought communication in the year 2000. The lush verdant green rainforest still held a magical life force, you could feel it.

The majestic old growth trees hundreds of feet high, home to monkeys and countless plants and critters, emitted a captivating presence bordering on a mystical experience as we absorbed the vital energy. The jungle was as immense and sacred as any cathedral I have visited in Europe or the US.

The jungle people, the Huaorani (pronounced wa-rahni) back then were just being introduced to other cultures such as ours. In their culture, there is a totally different way of perception and of thought, just as intricate as our own, yet focused on joining in relationship and working with the complexity of inclusion. In that place, all of one's life is experienced outdoors, requiring a heightened and multi-faceted awareness in an ever-changing environment. There was no sense that Nature was other or that any part of it was separate, nor were the people themselves participating in the notion of separation. 'Indoors' was just a place for sleeping and oftentimes open to the fresh air. There was one roofed pole structure that covered a fire pit that was used for cooking or gatherings in rainy or overly sunny periods during the day.

Our group could see how close the people were by the fact that they were always in physical contact with each other. Adults would lean on each other. Some of the 5 yr olds had infants strapped to their backs and played together with other children ever mindful of their little buddies. People touching each other when talking conveyed deep meaning. These are people who know deep intimacy within themselves, their village and with Nature. They embodied the sense of aesthetic unity which is unique to indigenous people. They resonated great flexibility, respect and wonder through the structures they had defined to support life in the jungle.

We had come to learn about rainforest plants for a few weeks with a group. Pago, the medicine man, led us on deeper into the jungle to show us how to make Curare, a potent neurotoxin that they dip the blowgun darts into for hunting monkeys. When the monkeys are hit with a dart, they become immediately paralyzed by Curare and fall out of the tree. The Curare is neutralized during the cooking process.

As we were on our way out of the village, someone came up to the medicine man and asked him to help their uncle's acute condition. Pago said he would get a specific plant on our way back and help him upon our return. We journeyed out and made our potion. On the way back we looked for the plant and to our dismay, it wasn't there where he had seen it last.

The way we would notice a chair moved in the living room is the way forest people notice any new development in the forest, whether it is a new jaguar track, a particularly deadly snake on a limb, or the presence or absence of a plant. You learn to develop a sixth sense for living things there if you are open to it.

So Pago, walks around a bit and comes upon another plant. He sits down with it and goes into a long monologue complete with gestures filled with emotion. This lasts perhaps 3-5 minutes. Then Pago stands up, makes an offering and goes a few paces over to collect a similar plant.

He is so happy, delighted even, smiling like a kid at Christmas as he goes back to the village with his prize.

We get back, and we go to the uncle's hut and Pago does his thing. This could be another entire article to describe! He never mentions that this is a different plant. Later the uncle is well.

We asked our interpreter some questions about aspects of the plant gathering, he went and talked with Pago, and this is what he told us.

To answer the question about how a different plant would be used, we were given a metaphor; Plants have special relationships with different people...just like we have different relationships with different people. Now say you needed someone to help you on a task...say, to balance your checkbook, "Sally" always helped you in the past and she is very good at it. You call and she is out of town this week and you need it done before she returns. You know that "Claire" has order and organization so you ask her. She tells you that checkbooks really aren't her thing. You let her know how much it means to you to have this job done soon and since she is moved by your plea, she agrees. The checkbook gets balanced and you offer her some lunch. Your relationship grows. This is how it works with plants too.

Pago couldn't find what he wanted so he had a 'talk' with another plant that had the potential to do the same thing, until it agreed to help. He told us that the plant actually changes its chemical balance to help the person he 'pictures' in the mind. It isn't the words plants respond to, it is the energy, the tone of the voice, the emotion and the picture Pago holds in his mind of the uncle and his illness. All these factors combine to communicate with the plant.

The cool thing about that once you learn how to do this, is that if you are in Italy, you can talk to plants without learning Italian!!! It takes a highly developed feeling sense to do this, deep respect and purity of intent. If you look at Pago you can see and feel incredible sweetness and strength in him.

Someone asked why he went to a different plant than the one he met with for harvesting and was answered in a metaphor similar to a suitor asking the father to marry his daughter. You ask the parent out of respect for his wisdom. In herbal circles, we have a protocol of harvesting plants. You never harvest the eldest plants, they provide the genes for the younger ones, and can be 70-80 years old in some cases. You ask permission and make an offering to the "grandparents" and make sure there are enough plants in the patch to be sustainable. This added a new dimension to it.

To take the old ones weakens the whole species because elders have survived the hardships of all those years, and that information of how to survive is passed along. Over time the population will become less hardy if the old ones get taken.

Nature has a grand plan and has been operating way before humans entered the picture. It is wise of us to work with it, understanding that we are not in charge- in the bigger picture.

Pago's best advice to us was to "listen inside." "We must get our heart and our mind together. The heart is in charge. The heart never acts alone. It knows no separation. When our hearts and minds work as one, will feel our connection with 'Pachamama' and walk the path of light."





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Congratulations to our WINNERS!

Our suppliers have generously offered prizes to our shoppers this summer to help everyone enjoy the season of outdoor fun and outdoor cooking. We raffled off a great bike from Honest Tea and a Weber Grill from Woodstock Farms.

Woodstock Farms Grill Winner
Terrence Schultz



Honest Tea Bike winner
The Freeman Family

Melissa Wooten is a Hendersonville native who has been painting for over ten years. She attended after-school art classes in her teens and rekindled her love of the arts this past year by taking an oil painting class at Blue Ridge Community College. Her subject matter varies widely, as does her style. Oscillating from abstract art to semi-realism, she works primarily in acrylics and oils to capture flowers, people, animals, fruits, architecture and any thing else she finds intriguing. She is available for commissions.

