

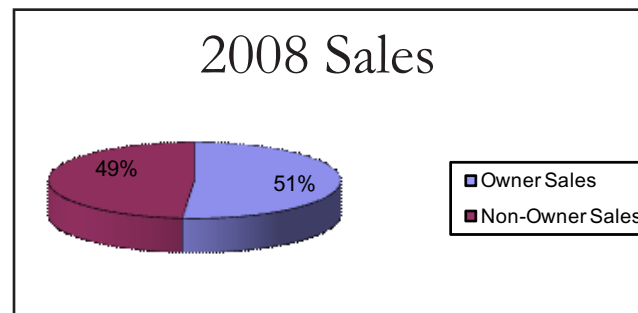
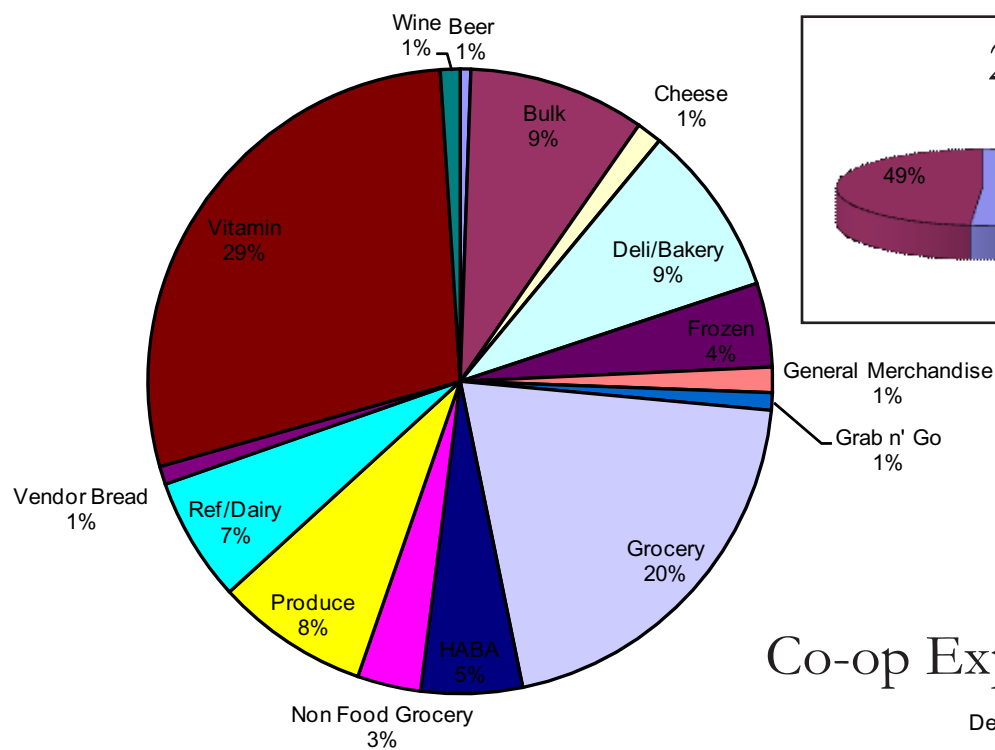
The Organic Press

Monthly Newsletter of the Hendersonville Community Co-op
Cooperatively Owned Natural Foods Market & Deli

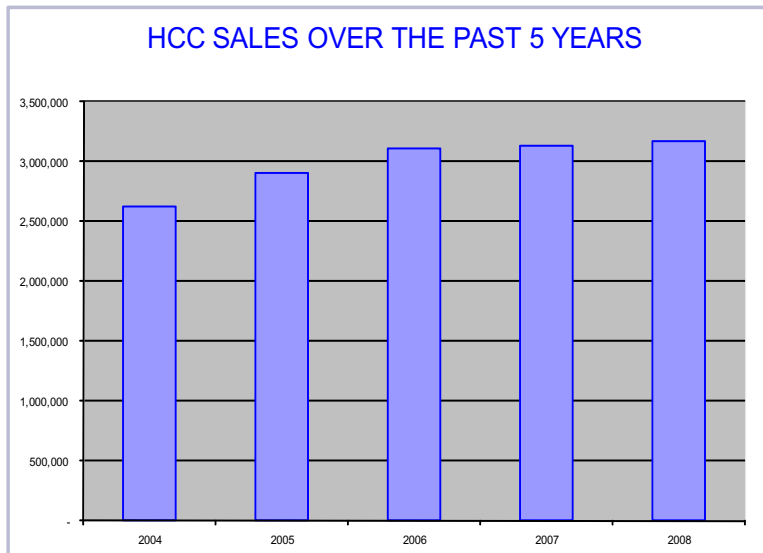
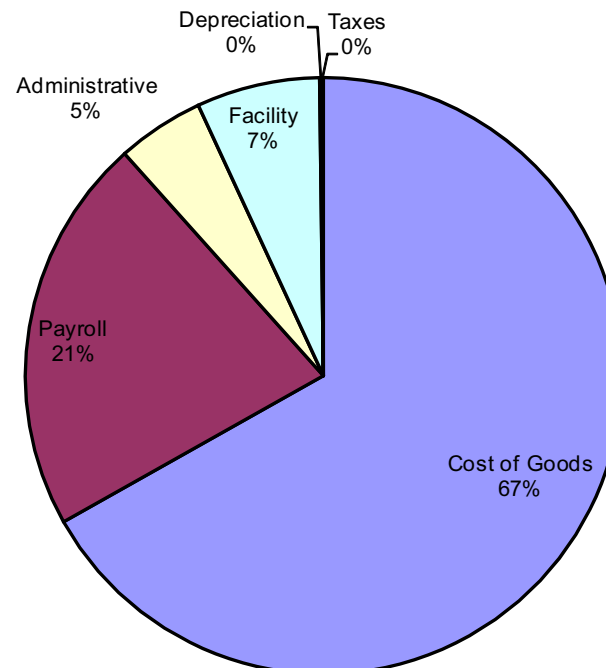
Volume 8 * Issue 2
Feb 2009

Hendersonville Community Co-op Annual Report FY 2007 - 2008

Sales by Department 2007 - 2008



Co-op Expenses 2007 - 2008



In this Issue

Annual Report Cont.	2
Board's Eye View	3
Share the co-op	4
Outreach News	5
The Green List	6
Cleansing Body (and mind)	7
Monthly Owner Sales	8-9
Healthy Q and A	10
Staff Picks	11
Politics and Food	12
Staff Spotlight	13
Department News	14
Classified	15



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Editor

Damian Tody

Contributing Writers:

Gretchen Cummins, Robert Jones, Arrion Kitchen, Marisa Cohn, Jordan Randall, Steve Breckheimer, June Ellen Bradley, Joan Kennedy, Jane Murphy

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.

Submission Deadline

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

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.

Operations and Financial reports for FY 2007 - 2008

2008 was a good year for operations. It was a transition year and a learning year, but it was a good year. It was my first year as GM, Robert Jones' first year as produce manager, Marisa Cohn's first year as grocery manager and Gretchen Cummins' first year as Outreach Coordinator. We were able to hire two department heads from internal candidates which is a sign that we are able to hire, train and retain qualified staff. We also implemented a new training program for new hires. This program incorporates the development of natural foods knowledge with a focus on customer service and a whole store training model that does not just focus on one department. This allows us to expedite the learning process and avoid the lag in developing knowledgeable staff when we have turn over.

The 2008 fiscal year was our second profitable year in a row and we will again be issuing a patronage rebate. This was a big accomplishment as the economy was beginning to slow and our sale growth was not where we would like to have been. As we move forward remaining profitable will be even more important as we try to maintain the health of the business while planning for the future and examining other possibilities in our community.

Through outreach we were able to develop several new programs. We started to offer a variety of educational classes including Organic Growing and various health lectures. We were also able to start a very successful Ko-op kids program that offers a variety of opportunities every month from recycled crafts to organic gardening. Through outreach we were able to donate over \$3100.00 to various groups including those that benefited from our BYOB program.

Our year culminated with the full store reset. We wanted to create a better flow in the store, increase product selection where possible and realign product categories, and make sure that we were making the best use of our space that we could. Overall the reset was a success and it took a lot of hard work from everyone on staff. We also had a lot of help from the NCGA, French Broad Co-op, Roanoke Natural Foods Co-op and Deep Roots Co-op in Greensboro, NC. They were all very generous in their knowledge and time. Overall the last year has been challenging and fun. We owe a lot of thanks to all that are on staff here at the co-op. They work extremely hard every day and make the store what it is.

In Cooperation,

Damian Tody, GM

Financial Overview of fiscal year 2007-2008

2007-8 was a calm and productive year. Sales managed to slightly increase by 1.3 % over the previous year and about 16k more than projected.

Fortunately, most of our equipment managed to stay in working order, with the exception of the ovens in the deli. This kept many of our expenses under budget. In fact, all 3 major areas of expense, Payroll, Administrative, and Facilities, ended the year under budget.

During the past few months, we have all watched the news reports of Government bailouts and loans. Many businesses, small and large alike, struggle with loans they cannot repay. The Co-op, today, maintains a healthy debt to equity ratio. There is no outstanding long-term debt. The POS system was finally paid in full this past summer!

Accounts payable remain within terms, and cash flow continues to remain steady. We've even managed to tuck away a small nest egg of about 100k for emergencies and/or future developments.

Net ordinary income for the year was 55.8k, before taxes and owner discounts.

As owners' contribution to gross sales was 50.75% of total gross sales, the Board of Directors declared a 20k rebate, with 25% to be distributed and 75% retained. The finance office has begun the process of calculations for distribution. IRS regulations require us to issue rebate checks within 9 months of the end of the fiscal year. We have set ourselves an optimistic goal to achieve this by March 1st, and no later than the end of April.

This past fiscal year increased owner equity by 30.8k through renewals (20.5k) and new owners (10.2k). Owners saved 17.7k in discounts over non-owners.

As a co-operative, you, the owner, truly decide the durability and success of the entity.

The Co-op can reach goals as high as its ownership determines through its continued support and patronage.

Please feel free to contact me with any questions, concerns or thoughts.

Jane Bagby, Finance Manager

Co-op Calendar

Thursday, February 5th,

Owners save 5% at HCC

Owners, come on in to save 5% on your purchases and sample some of the wonderful treats that our co-op has to offer. Shop it like you own it -- you do!

Saturday, February 7th,

Ko-op Kids at HCC

10:30 AM - 12:00 PM

Paper making for Valentine's day with Stephanie
Please sign up at the kiosk and bring \$1 for supplies

Saturday, February 7th,

Miso Magic at HCC

1:00 PM to 3:00 PM

Join John and Jan Belleme for their talk about miso.

Saturday, February 14th,

Organic Growing Classes at HCC

1:00 PM to 2:30 PM

Join Hal Oliver of Oliver Organics as he teaches this class on Sprays

Saturday, February 21st,

Bowling for Big Brothers Big Sisters at Tarbeel Lanes

Join HCC for our bowling team to support a great cause

Saturday, February 28th,

Organic Growing Classes at HCC

1:00 PM to 2:30 PM

Join Hal Oliver of Oliver Organics as he teaches this class on Irrigation, water catchment

A Board's Eye View -- February News

Market Study

HCC recently had a market study completed to help evaluate our present performance and assist with the study of a possible future expansion. The results of the study were quite interesting and revealing. At the present time HCC operates a 3700 square ft. store with annual sales of 3.125 million dollars. For every square foot, we sell \$845 worth of food each year, which is below the \$1229 per square foot for the average of 100 Co-op stores in the national comparison database. Please note that this study looks at our 2007 sales numbers before our most recent store reset.

The study documents that the store is currently located on a secondary road that lacks "significant beneficial retail synergy." In other words, our location is not where customers and potential customers normally go to shop. The store is not easy to find, and is on a road that many people do not take (even before the road closings for construction). Our trade area, where 96% of our customers come from, is relatively large geographically (extending between 17 and 23 miles from our present location) and contains about 167,000 people. This means that we have potential for a larger customer base.

Analysis of the sales data shows that 38% of our sales come from individuals who live in the southwestern portion of the trade area. This includes Flat Rock, Green River, Tuxedo and Kanuga. 26% of sales come from areas west of town such as Laurel Park, Horse Shoe and Etowah. Thirteen percent of sales are from people living north and east of HCC in communities such as Edneyville, Chimney Rock and Fletcher. Customers east and south of the store account for 19% of sales (think Dana, Saluda and Columbus.)

The competitive environment within our trade area is rated as moderate. There is one other natural / organic food store in our immediate area (Feelin'Great) and two other natural food stores in Brevard. Most of

the conventional supermarkets in Henderson County carry a limited variety of organic produce and other organic products. According to this study, the Fresh Market "sells some natural/organic food, but is considered to be more of an upscale/gourmet food store." An Earth Fare store located in south of Asheville provides direct competition for organic/ natural foods, especially in the northern end of the trade area.

So what does this all mean for the Co-op? The results indicate that there is significantly more sales potential for HCC. Some of the barriers to increasing sales include our small size and poor location. Sales forecasts from the study predict that if we were to increase the size of our store to 8-10,000 square feet and move to a more prominent location, our sales could double within 2-3 years. These projections are based on a number of assumptions including no additional direct competition, an improving economy, excellent employees and customer service, adequate sales promotion and advertising, and experienced and knowledgeable store management.

The market study is just one step in our evaluation of possibility expansion. In the next few months, we will be carefully examining other topics such as financing and expansion policies, strengthening our membership base, and building a shared vision of our future.

Please take time to review the annual report documents in this issue including the financial reports and the Store Operations report. The list of HCC Board accomplishments was published in the December issue of OP.

With a spirit of peace and cooperation,

Steve



2009 Board Meeting Dates

Meetings are normally held at 6:00 p.m. on the fourth Tuesday of the month in the Annex office. The next meeting will be on February 24th and all owners and staff members are welcome to attend the meeting. If you have a concern or topic for the board to discuss, contact Steve at sbreckheimer@gmail.com or 749-9104. Written information may also be sent to the Board of Directors of HCC, 715 Old Spartanburg Hwy, Hendersonville, NC 28792. Please include your name and contact information



Steve Breckheimer
749-9104/2008-11
President



Tony Womack
694-1083/2007-10
Vice President



Roger Hull
697-0116/2007-10
Treasurer



Beth Beasley
329-7991/2006-09
Secretary



Ron Angermuller
692-3519/2008-11



David Weintraub
693-9491/2008-09



Joan Kennedy
692-7282/2006-09



Laura Miklowitz
693-6261/2006-09



Carolyn Widener
329-4826/2008-11



The Board of Directors meets a minimum of 12 times per year. The board is elected by Hendersonville Community Co-op owners to represent them in supervising the operations of the co-op, as well as setting policy. If you would like to get in touch with the board, please feel free to contact any of the directors. Phone numbers are listed. You may also send e-mail messages to sbreckheimer@gmail.com

SHARE THE CO-OP

Would you like to share your Co-op with your colleagues, friends, homeowners association, book club, or bowling buddies?

The strength of the store relies entirely on the shoppers and owner/members of the cooperative. If you would like to see the store grow, and you're tired of hauling around your own soap-box, we would be happy to make a brief presentation on the benefits of ownership, and the cooperative principles and goals. We could come to you or hold an open house at the store, complete with soap-box, samples, plenty of literature, (we could even show movies if you'd like.) To reward your loyalty, we'd like to offer you a free purple Co-op shopping bag for bringing on a new owner/member. (Make sure they mention your name when they sign up.)



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(OR CALL TO REQUEST A MAILED REGISTRATION FORM)

www.organicgrowersschool.org
828.450.2026

News and Views From Outreach

BYOBag Donations for the 4th Quarter 2008

Making a difference every time you shop!

To the Community Partnership for Pets, Inc. (CPPI) the Co-op donated \$294.40. You may have seen the recent article in the Times News Weekly about the newly formed partnerships in Henderson County with the Blue Ridge Humane Society, the Henderson County Animal Services Center and CPPI, strengthening animal control and advocacy in our community. The Co-op continues to be a collection site for dog and cat food, so keep donating. In the past 3 ½ years, CPPI has accomplished the following:

Spayed/neutered 2,199 animals at a cost of \$87,912. We have distributed 79,901 lbs. of free pet food to low income families. We have spent \$26,668 toward vet care for pets belonging to low-income families.

To the Carolina Mountain Land Conservancy, the Co-op donated \$274.30. CMLC helps landowners protect local land and water resources vital to our natural heritage and quality of life. As a local nonprofit organization dedicated to saving the places you love, CMLC is helping to create a regional network of protected farm, forest, park and natural lands

CMLC's farmland project work in need of support "CMLC is currently working with a family in Transylvania County that consists of second and third generation farmers. The family has agreed to conserve the 78-acre farm on the French Broad River in order to ensure that its productive fields will always be available for farming. We have received a grant from the NC Agricultural Development and Farmland Preservation Trust Fund to assist with the costs and to purchase, at a reduced value, the development rights. However, the grant will not cover all the costs and the family will have to make up the difference.

In addition, we have begun working with

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billyhaynes1@aol.com

Billy Haynes
Owner

a dairy farmer in Mills River who, after renting land for years, is seeking to purchase a permanent home for his dairy operation. His long-term plans include a bottling operation for local distribution. Because land prices are so high we hope to purchase a conservation easement on a farm that can then be sold to the dairyman at its agricultural value. This project will likely require CMLC and/or the dairyman to incur expenses up front to determine the feasibility of options.

The support of Hendersonville Co-op shoppers will allow CMLC to continue protecting these and other special places in our mountain region."

Congratulations Co-op shoppers and owner/members, for worthwhile efforts.

The Blue Ridge Community Health Services is one of the BYOBag recipients this quarter and there is still a box in the store for collecting blankets and coats. It is nearing the middle of winter, and there is still a need for donations. Perhaps you will be doing a little early "spring cleaning" and you can bring some warmth to the donation box. Thanks for cooperating!



Gretchen

Attention HCC Owners!

5% on the 5th

come in on Thursday,
February 5th to save on
your groceries!

Dust off your bowling shoes, and join us on Team Co-op for this fundraising event. Please contact me if you would like to be on the team. gretchen@hendersonville.coop or if you can pledge on behalf of our team, go to www.bbbs.org and follow the link to Bowling for Kids Sake. You will find our team listed under my name, Gretchen Cummins, and you can easily pledge on-line. Bowl for Kids' Sake has been Big Brothers Big Sisters of WNC's major fundraiser for over 20 years. Last year, the event raised \$107,000 across eight WNC Counties.

When: All day Saturday, February 21, 2009

Where: Bowlers designating support for BBBS of Henderson County will bowl at Tarheel Lanes in Hendersonville, along with teams supporting BBBS of Polk County, creating a festive atmosphere for this fundraising event.

Who it Benefits: Big Brothers Big Sisters served over 620 young people across eight Western North Carolina counties last year. We match youth from single-parent families—or other situations where the youth needs additional adult support—with caring adult mentors in the following counties: Buncombe, Burke, Haywood, Henderson, Jackson, Macon, Polk, and Swain. Youth matched with a mentor demonstrate increased self-confidence, improved academic performance, and improved decision-making skills.



Big Brothers Big Sisters
of Western North Carolina

The Green List Co-op Owner Advantage Discount offers are subject to change without notice.

Alternative Health

Asheville Integrative Medicine Now at the new location in Etowah: 6071 Brevard Road Etowah, NC 29729 (828) 891-6545 Discount as a Green Provider for Hendersonville Co-op Owners This agreement is valid for visits with John Paul McNeil, PA in the Etowah office only: *25% discount given for first provider consultation, 10% discount given for future office visits, 10% discount on I.V., 10% discount Nutrients Etc.*

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, 1353 Ecusta Rd, 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.*

Isle of Sky Chiropractic, 1534 Haywood Rd. Hendersonville, NC 28791. 828-693-3319. Dr. Jennifer Harris, D.C. We are a family wellness center offering the Insight Millennium Infrared organ scan, nutritional counseling, kids playroom, special pediatric and prenatal adjustments, and care for all ages. *Complimentary initial consultation.*

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

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. 828-749-3875. *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.*

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 yoga classes at Brightwater Yoga,

506 1/2 N. Main Street, Hendersonville: Yoga 101 on Mondays, 6:45-8:15 p.m., and Wednesdays, 9:30-11:00 a.m.; She offers a special class for Teachers (current and retired) on Tuesdays, 4:30-6:00 p.m. 828-577-0721. *10% off for co-op owners*

The Lebed Method of Exercise and Movement: Kathleen Wallace is certified in Lebed and available to teach classes in Hendersonville. Call 828-577-0721 for special group sessions. *10% off for co-op members when possible*

Graceful Hearts Physical Therapy offers TurboSonic Whole Body Vibration Training. Using the Science of Sound to benefit all types of conditions from Asthma to Fibromyalgia, 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.*

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: 828 553-8146. Massage Therapy & Bodywork plus Healing Touch, Energy Healing, Aromatherapy, Raindrop Therapy Technique. 828-553-8146. *10% discount on initial session.*

Sylvia Huntsman, ARCB Certified Reflexologist/Nail Tech 828-698-6634 Ext. 4 Discount on 5 sessions of Reflexology. Call for information or appt. *10% off Spa Manicures & Pedicures for co-op owners, ALWAYS! Special rate for Seniors.*

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 Road, Hendersonville, NC 28792 A private, serene, tranquil & comforting atmosphere dedicated to your well-being. By Appointment 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.*

Claire Collins, Esthetician/Nail Tech 828-674-2339 www.purelysensationalskincare@yahoo.com Luxury European Facial 1st Time Clients \$45 Facials, Back Facials, & Waxing,

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 pedicures for co-op owners always.

Emily McCulley, R.N. I will come to you for healing and balance work. Healing touch, Reiki, accupressure. Transpo fee may apply. H:694-1538 C:489-9126 45"- \$50. 90"- \$100. *20% off first session.*

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. No-one should be denied healing! Everyone with intent to heal will be considered. 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*

Retail

Crystal Visions: 5426 Asheville Hwy. (Hwy 25), Naples. 828-6871193, www.crystalvisionsbooks.com. *15% off regularly priced jewelry.*

The Red Door - 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. Winter hours Thursday, Friday, Saturday 11:00-5pm. 828-693-1611 www.monapaints.com *10% discount with your Co-op Owners card.*

Zen, etc!, 351 Main St., Hendersonville. 828-692-2191. A tranquil haven featuring books, music and gifts to enhance serenity. *10% discount on books and music with your co-op owners card.*

Services & Classes

Connie Knight, Studio Artist: The Arts Council, 538-A No. Main St., Hendersonville. 828-243-0084, *10% off monthly fee for four "Juicy Art" art classes - ages 6-HighSchool.*

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. *10 % off for Co-op Owners.*

M.C. Gaylord 699-8418 and Tammie Bogin 699-6007 www.AllSeasonsErrandService.com

Persimmons Design

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

Everything is vibration. NATURE ESSENCES help remove blockages from your energetic (vibrational) field. This can facilitate the balancing of your body, mind & spirit. Diana Hawkins makes nature essences & can make a personal remedy just for you. 10% off your first personal remedy to co-op owners. 828-808-9013 www.oneheartpeacecenter.org

PRAYER BEADS, Hand made with love and creativity. I use flower petals, herbs, nature essences etc in my mix. A great gift for yourself or someone else. 10% off first order to co-op owners 828-808-9013 www.oneheartpeacecenter.org

Cleansing body (and mind)

with June Ellen Bradley



One of my friends issued the challenge to undertake a 21 day cleanse. It took me a few days to respond. I found that I had some work to do in my mind before I could even do the practice for my body. A cleanse can be just as rigorous for both parts of us! We have many issues tied up with food...many justifications to continue eating how we eat and lots of reasons to postpone this exercise of will. I'll share some of my process with you and give you an idea of how to do the cleanse for yourself.

To discipline yourself during your cleanse eating whole unprocessed foods, eliminating caffeine, meat, sugar and alcohol requires more than sticking to the proper foods. It requires the right attitude as well. We really claim our space during a cleanse.

Coming as I do from Catholic Italian descent on my Dad's side, I would get the "What, we aren't "good enough for you?" guilt trip just because I have made a personal choice about how I want to receive nourishment. On that side of my family (the heart attack, diabetes side) food IS intimacy...case closed. The attitude that 'you don't like my food, you don't like me' is one that I have had to work on for myself. I did consider becoming a recluse for the dietary period, though that would only be empowering fear. I chose to empower acceptance instead.

Luckily, I have a multitude of friends willing to cleanse in synergy! So at last count, there are 25 of us who have, for the sake of the larger picture of Health, decided to cleanse. We are sharing in the fun of storytelling over the 21 days of our personal journey. We come up with plans and recipes, strategies and tricks. Sometimes we have to empower honesty and acceptance by admitting we were powerless over a brownie on a particularly bad day.

Last year when we did this, someone felt bad about only going 18 days...I say "SO WHAT?" Even two weeks of eating purely resets the body for better performance and gives us a whole lot of inner work to sort through. It is astounding how many layers of "stuff" we have regarding food.

I have noticed a giant increase in fear and lack in the past year. We can choose not to engage that negative consciousness in seemingly insignificant acts. A friend of mine who would NEVER send back a plate when eating out overcame her fear for the good of the whole and did it. That lessens her fear and the amount of fear on the planet. We have a tremendous opportunity to make the intention of our own growth increase the overall healing of our collective consciousness. Let's do it. Use the act of cleansing in this manner if you choose.

If you are thinking about giving your digestive system an "oil change" consider a simple cleanse. This is how ya do it. Eat whole

grains –available in plenty at the Coop. You can cook up a weeks worth at a time and keep them in the fridge. Be sure to have at least three servings of organic fruit a day. Fresh organic vegetables and greens are best steamed or lightly sautéed. I love the produce section at the Coop. Sometimes I like to go and just look at it. It is beautiful, abundant and vital. Beans, lentils and chickpeas are great with the greens and grains. I like to mix them together with sautéed mushroom and onions. Root vegetables such as sweet potatoes, parsnips and carrots are great too.

For snacks, you can have dried fruit, nuts & seeds. I like to combine superfoods like gogi berries, cocoa nibs, kelp and sunflower seeds for a high energy trail mix. Gentlemen, pumpkin seeds are one of the best medicines for you...a handful a day boosts reproductive health. Herbal teas are a great boost when you need "something" Try Egyptian licorice by yogi teas –it will satisfy that sweet tooth. You'll want to stay away from black or green tea, or yerba mate.

We want to avoid all meat except fish. Even so we only want to have the fish 3x a week. The mostly vegetarian diet is a tremendous relief to our overburdened digestive systems...if you are already a vegetarian, you'll be ahead of the mind warp for meat eaters in this case.

Things to avoid are dairy products (almond milk and rice milk are ok), breads, pasta, crackers, chips, processed foods –anything that comes from a box! Sugar, things that contain sugar except fruit, meat, caffeine and alcohol.

The original plan for our food intake is to bring in the life force...nutrients aside, the life force is what we're after when we eat. The closer to the earth we eat, the better. If you can't identify what you are about to eat as something you can get from the ground or sea, choose something else. This regimen will open your eyes in many different ways. If you have any questions or wish to share your experience, feel free to e-mail me at studiobug7@yahoo.com. I will be glad to hear about your experience!

I hope you will be happy enough with the cleanse to make it a part of your yearly regimen. You can even decide to do a spring and fall cleanse to help your body adjust to seasonal changes. Remember the intention behind the act of eating...it isn't just gas for our physical vehicle...it can also be medicine and healing. Our intention to receive the nourishment of the life force in gratitude and appreciation can transform our world. This is why we eat. Blessings at your table this winter!



Owner Basics

These products are offered at a special price for our owners. Prices will start on February 1st and last until the 28th.



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Good From: 02/01/2009 Thru: 02/28/2009



Deboles Artichoke Spaghetti 8 OZ **\$1⁹⁹**



Do-Goodie Walnut Fudge Brownies 3 OZ **\$1⁷⁹**



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A unique combination of apples, savory Yukon Gold potatoes, rubbed sage and ginger.



Miltens Multigrain Crackers 10 OZ **\$2⁹⁹**
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HCC OWNER BASICS SALES



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Zinke



PRODUCE Baby Carrots **\$1⁴⁹ ea**
Reg \$1.69



PRODUCE Red Potatoes **99¢ lb**
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HCC reminds you to



Sales for February



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Eat Red for Valentines Day!

See "Red" on Valentines Day and throughout the year. Red fruits and vegetables contain many health-promoting phytochemicals including lycopene and anthocyanins. This color group may help promote:

- * A lower risk of some cancers
- * A healthy heart
- * Memory health
- * Urinary tract health

Red fruits and vegetables include: Tomatoes, spaghetti sauce, pizza sauce, tomato juice, red peppers, red onions, beets, red cabbage, kidney beans, apples, pink grapefruit, red grapes, strawberries, cherries, watermelon, raspberries, cranberries and pomegranates.

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Delivers a healthy infusion of plant-based protein, along with other essential nutrients.

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CHILDREN**
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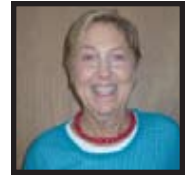
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Chondroitin
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10 Healthy Lifestyle Q and A

With Joan Kennedy of StayWell, Inc.



The following are a few questions patients have asked me recently. See how many you can answer.

1. **Question:** My mom, who is 83 and very healthy, encourages me to eat a banana, an apple slice, some pineapple and chocolate everyday. Why would she suggest those foods?

Answer: Bananas have potassium which helps support healthy blood vessel walls; a small amount of apple provides regular fiber important for good bowel functioning; pineapple is one of the best source of bromelain, which has super anti-inflammatory properties and cocoa is an excellent anti-oxidant. Anti-oxidants destroy free radicals that are so harmful to our bodies.

2. **Question:** If I have high cholesterol in my family, what are the best things I should do to prevent developing it also?

Answer: Minimize carbohydrate intake especially simple sugars and starchy ones such as pasta, bread, all flour products, white potatoes and corn; eat and/or take omega 3 fatty acids every day; aim for at least 20 grams of fiber/day; have a regular cardiovascular exercise routine; take Coenzyme Q10 and develop healthy ways to react to the stress that WILL be a part of your daily life. Each of these actions and all in combination decrease generalized inflammation in the body which is the biggest contributing cause of hyperlipidemia other than genetics. I recommend asking your health provider to check your C-reactive protein value when you have your lipids checked. (C-reactive protein is a blood value that indicates the general level of inflammation in your body.) Hopefully it will be within the normal limits. If it is high, I suggest you look more closely at your lifestyle to see what might be contributing to inflammation. Think of inflammation as a fire inside your body, burning healthy organs, blood vessels, muscles, bones and nerves.

3. **Question:** I am a teacher. How can I most effectively prevent getting the “flu.”

Answer: Get at least 7 hours of sleep most nights; eat foods high in Vitamin C and consider taking 3000 mg of this vitamin if you are exposed to someone with the flu or develop flu-like symptoms; wash your hands often, but do not use anti-bacterial soap; eat many fruits and veggies that are high in the vitamins and herbs that are anti-bacterial and boost your body’s own immune system; drink 8 8 -ounce glasses of water/herbal tea each day; avoid group meetings if at all possible; exercise outdoors whenever weather permits; dispose of used Kleenex in a bag that is sealed and thrown in garbage; intentionally take 10 deep breaths at least 4X/day to increase oxygen to your lungs; avoid OTC flu medications; (Let your body’s own immune system protect you.) Take extra probiotics to boost your immune system; teach your students infection protection behaviors.

4. **Question:** I have chronic sinus congestion almost all the time. Why, and is there a way I can get rid of it?

Answer: Some people seem more prone to developing sinusitis than others. (I can not go into the “why” of that in this article.) However, once developed, there are some things you can do to get rid of it, thereby reducing the risk of recurrence. Our sinuses are cavities behind the bones in the frontal and maxillary sections of our face. (If you are unsure of where those two areas are, look them up online under body anatomy, face.) When a person develops sinusitis, mucus can get trapped in those cavities. If mucus is thick and copious, it may not be removed simply by blowing your nose. If that happens it remains

in those facial cavities, even though you may not still have symptoms of acute sinusitis (nasal congestion and a runny nose. There are several things you can do to minimize trapped mucus in those cavities:

a. Use normal saline nasal sprays frequently, even after the acute sinusitis symptoms are gone. When you spray the normal saline, close one nostril with your index finger and firmly inhale the spray into the other nostril. Then do the same for the other side. By doing this you more successfully get the moisture of the saline spray beyond the nasal passages and further back into the cavities. That moisture thins the trapped mucus and makes it easier to blow it out of those cavities. An alternative is to use a netty pot which are available in our coop.

b. Inhale warm steam into your nostrils. This warm fine mist of moisture can get back into the sinus cavities. Adding eucalyptus or peppermint oil to the water when heating it, stimulates better release of trapped mucus because they are both stimulants.

c. Do not use anti-histamines. The only time in sinusitis that they have any benefit is in the extremely runny nose stage. Even then, they only make you more comfortable. They do not shorten the length of the infection. In chronic sinusitis they dry out mucus and make it very difficult to get out any mucus that remains trapped in the sinus cavities. Instead increase your water intake. Warm stimulant herbal teas are particularly helpful in liquefying trapped mucus.

One last comment before I complete this article. With all of the dire financial news, I am taking this opportunity to praise and acknowledge the great financial and environmental conservation actions coop owners and friends already take, including:

1. Bringing you own cloth bag when shopping at coop and other stores.
2. Buying in bulk,
3. Eating simply,
4. Shopping and buying local,
5. Minimizing your home utility use,
6. Taking actions to make your home more energy efficient,
7. Biking or walking whenever possible instead of driving,
8. Recycling,
9. Donating unused items to others who could use them,
10. Fill in the blanks _____, _____, _____
etc, etc.

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Staff Picks for February

11

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

Brittany:Crunchitos! Crunchy Cheesy goodness!!

Melana: Liz Lovely cow girl cookies. It's like eating cookie dough its so yummy.

Madison:Preserve toothbrushes...oooooh clean awesomeness.

Brandon:Anderson Valley's Oatmeal Stout Brew

Mary: The Deli's chicken noodle soup. Best in the world especially during this season!!!

Zack: Wildroot, High Country. Jus look out!!

Maren: Sunspire carob chips, better than chocolate.

Jordan: Grateful Harvest thick cut bacon.

Dylan: Kiss My Face Sugar and Spice Lip Gloss. Spicy and Sweet. Just my style.

Britney: SoDelicious Coconut milk "plain" yogurt. Everything tastes better with coconut.

Arrion: Tea's Tea Green Hoji.

Veronica:Julie's hip Hemp Bars.

Kelsey: Dagoba Hot Chocolate....mmm that's some good stuff!!

Devan: A nice and warm fresh made sandwich or wrap from the deli will satisfy that winter sensation.

Julie: Greens+ Chia seeds - high in omega3 and protien - provides lots of energy - check it out in my Super Omega Bread w/ Hemp and Chia.

Please Recycle



The Organic Press



This quarter we are BYO-bagging for:

Blue Ridge Community Health Services

Community Health Centers are local and non-profit. They improve access to healthcare for all residents, regardless of insurance status, and provide reduced-cost care based on ability to pay. In addition to healthcare services, Community Health Centers tailor services to fit the special needs of their communities, providing services such as translation, medication assistance programs, and health education. Blue Ridge Community Health Services offers four sites in the Hendersonville area, ensuring medical and dental services in particular to residents who are low income, uninsured, underinsured, and Spanish-speaking. Most health insurance plans, Medicaid, Medicare, NC Health Choice also accepted at our health center locations.

HCC Community & School Gardens Project

The community and school gardens project will organize folks from diverse sectors of our community who are interested in creating a program of community gardens and gardens in the schools. These gardens will not only serve to better educate people about food and it's origins and health and nutritional benefits of fresh food-- they will also bring folks together like no other activity can.

What is our BYO-Bag program? When you shop bring in any bag-canvas, paper, plastic, etc. Use it to carry out your groceries and you will receive a 10 cent chip to donate toward one of two chosen charities for the quarter. At the end of the quarter we donate the money and pick two new charities. It's a great way to reduce waste, recycle bags, and donate to worthy non-profits.

EVERYONE WINS!

Multiple 2008 Studies Confirm Genetically Modified Crops Damage Human Health and the Environment

Although genetically modified (GM) corn is banned in most of the world, it has been approved as “safe” for human consumption in the U.S. for 12 years and is now likely unknowingly consumed, in one form or another, by more than 90% of Americans on a regular basis. But a recent series of peer-reviewed studies were published in 2008 confirming previous studies indicating potentially severe health and environmental problems associated with the biotech crops. Recent alarming scientific research includes:

1) A new long term study by the Austrian government confirms previous findings that consumption of GM corn, for as little as 20 weeks, can damage the reproductive system, lower fertility rates and increase illness and death rates in offspring.

2) Researchers in Mexico reported in December that some popular varieties of GM corn negatively affect the learning response of bees. Scientists say this may be an indicator of the cause of Colony Collapse Disorder, a recent catastrophic and mysterious die-off of as much as 30% of the world’s honey bee population in the past couple of years.

3) In Italy, scientists published a study that put the biotech industry in a public relations tailspin. In the study, laboratory tests showed a direct connection between consumption of GM corn and a damaged immune system.

How to Avoid Genetically Modified Ingredients

In the U.S., food products that contain genetically modified organisms (GMOs) do not have to be labeled as such. This is a big problem, considering more than 90% of surveyed consumers say they would avoid products with these ingredients and since most packaged foods on grocery store shelves already contain hidden GMOs. Although Obama stated publicly in his campaign that he supports mandatory labeling for genetically engineered foods, OCA believes we will have to keep the pressure on if he is to fulfill this promise. In the meantime, here are some quick tips to help you avoid GMO ingredients and “Frankenfoods.”

1) Look for products that voluntarily label themselves as GMO or GE-free.

2) Buy Organic: Products certified as “Organic” are not allowed to contain genetically modified ingredients.

3) Avoid non-organic products that contain the most common genetically engineered ingredients: corn (corn syrup, corn meal, corn oil, etc.), fructose, dextrose, glucose, modified food starch, ingredients including the word “soy” (soy flour, soy lecithin, etc.), vegetable oil, vegetable protein, canola oil (also called rapeseed oil), cottonseed oil.

Sign Petition to Repower, Refuel and Rebuild America

After eight years of failed energy policy, we finally have the opportunity to make a clean break with dirty energy. But to make it happen, president-elect Obama must take the lead in his first 100 days. That’s why the League of Conservation Voters is partnering with other environmental groups to send him the strong message that now is the time to move to 100% clean electricity, create 5 million new clean energy jobs, cut our oil dependence in half, and cut global warming pollution. America has a fresh start. This is our chance to turn things around. Sign the petition and help Repower, Refuel, and Rebuild America. Follow the links at www.organicconsumers.org to find the petition.

Fountain of Youth Day Spa



February Specials!!

Massage therapy \$45

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STAFF SPOTLIGHT

Marie Lemmond

Position: Deli, Produce and Cashier



In the fall of 2007, Marie moved here from Charleston. She is originally from Charlotte, NC. But while living in Charleston, she came to visit friends and decided the mountains were the place to be. (Though it took a year or so for her to get used to the cold, she says.) It's close to friends and family.

Q: What brought you to the Co-op?

A: Well I came here to help a friend sell Fair Trade products at one of the tailgate markets in the parking lot. When I first got here, I thought this would be a cool place to work. But no positions were available. So I applied again awhile later, and here I am.

Q: What is the best part of your job?

A: Honestly, that there are no late hours, and the employee discount. I also feel good about working here:

good about the idea of a co-op, good about the products and practices. I can feel good about working here.

Q: What has changed about you as a result of working at the Co-op?

A: Nothing.

Q: Tell us something others might not know about you.

A: Pretty much everything I do is working toward a goal of sustainability, and ecologically conscious living. I am grateful for the opportunity to live in a sustainable homestead and reduce my ecological footprint.

Q: What do you do outside of work?

A: House painting, "green" house painting. I would like to do more murals and finishes. I have a number of art hobbies and I work on the homestead, and take care of the mountain top.

Q: What music do you listen to?

A: A lot of everything. Bluegrass, reggae, jazz, folk.

Q: What is your favorite product in the store?

A: Anything you can buy in bulk or produce. I guess those are whole departments, not just products, but I like things that don't waste containers or food, so those are my favorites.



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Our Vision

Community

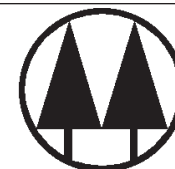
To serve as a resource to nurture and promote community, unity & diversity.

Sustainability

To champion the principles of sustainability in all our endeavors.

Transformation

To be a catalyst for transformation in the fields of personal health, well-being, community & business.



International Cooperative Principles

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

Welcome New Owners!

George Collman,
Heather Hayes,
John Flinchum,
Madeleine Kay,
Melany Cortez,
Nakeisha Miller,
Nancy Fish,
Pamela Rawls,
Phyllis English,
Richard Woody,
Romella Hart-O'Keefe,
Sue Janowiak,
Tammy Swain

What's in Store For You? Department News

Produce News~

Spring is almost here and its time to start thinking about your vegetable and flower gardens. Look for a variety of organic seeds from High Mowing Seed Co. this month. Start some plants inside to ensure a successful garden.

Perhaps the most common of all vegetables is the carrot. Known for its color and versatility in the kitchen, its is also very nutritious. Best eaten raw, the carrot can be prepared in many ways. It is good steamed, boiled, baked, in stews and soups, sauces, and even in cakes and desserts. The carrots color comes from B-carotene, which turns into vitamin A that is necessary for good vision, including night vision, and vision a be restored by adding vitamin A back into the diet. Carrots are also rich in dietary fiber, antioxidants, and minerals.

Happy Valentines Day!

~Robert

Grocery News~

This month, the company that I would like to highlight is Kopali Organics. They are a mission-driven company dedicated to bringing you nourishing and healthy food that is produced in the most fair, compassionate, and sustainable ways possible. Their dried fruit is organically grown in Costa Rica on their off-grid permaculture farm and by local small farmers. The farmers are supported and paid a fair wage to produce organic food and farm the land sustainably. Their products include dried mango, pineapple, golden berries, chocolate covered bananas, and chocolate covered goji berries. The flavor of these snacks is amazing. The fruits taste so fresh because they are hand-harvested and dried when they are at their peak. This also is when the nutrient content is the highest, so it is such a delicious and healthful snack. The chocolate covered fruits are dairy-free and low in sugar. This would be a great snack or Valentine's treat that you will feel great about buying and eating!

In our pet section, we have expanded the Evanger's brand of pet food. There is now a larger selection of canned food and some dry food for dogs too. The ingredients are all natural and free of chemicals, pesticides, preservatives or by-products. Some of the

food is organic and all is human-grade level. It's so important to give our pets safe, good quality food that they enjoy and Evanger's is a great choice.

Also, there have been some customer requests for chewing gum sweetened with Xylitol. So, now we have B Fresh gum for sale. It is diabetic safe, vegan, and gluten free. It also contains 300% of the RDI of Vitamin B12 which is involved in fatty acid synthesis and energy production and many other functions in the body. B-Fresh claims to have the longest lasting flavor of any sugar free products on the market today without any chemical aftertaste.

Happy Valentine's Day from the Grocery Department!

~Marisa

Wellness News~

The Acai berry supplement is still popular and will continue to dominate the media for some time, but prepare to hear more and more about the oil from Sea Buckthorn (*Hippophae rhamnoides*) in the coming months.

Sea Buckthorn is the next supplement superstar because it is a rare, rich source of the restorative and soothing fatty acid that has recently been dubbed "Omega 7". Sea Buckthorn extracts, available in softgels and external delivery systems like lotions and creams, are earning a reputation for an array of beneficial applications for our skin, our mucous membranes and digestive systems.

The identification of this specific fatty acid might be fairly new, but use of the bright yellow and orange Sea Buckthorn fruit by folk herbalists isn't. For about 12 centuries, it has been used in traditional Tibetan and Chinese medicine to assist the healing processes of those especially sensitive tissues—like those tender linings in our mouths and stomachs. Sea Buckthorn oil, applied topically, has been increasingly used to fight wrinkles and to diminish scars, too.

New Chapter makes a Sea Buckthorn extract under the product name "Omega 7", and we now carry a new Sea Buckthorn skin care line from Weleda.

Enjoy 15% off on both through February.

~ Arrion

Deli News ~

Happy new year to all we haven't seen since the holidays. We are offering several new items in the deli, grab and go, and bakery. In the deli we are now offering stuffed chicken with goat cheese, fresh basil and sun-dried tomato. Some of our newer salads include the "Power Salad" composed of steamed sweet potatoes, granny smith apples, toasted pecans and currants. Some favorites that have been brought back are the raw hemp salad, curried lentils and spinach, and the roasted squash and pineapple. We aim to add new wraps within the month to accompany our new "Club Wrap". Also in the grab and go we would like to offer you the choice of organic bacon. In the way of cheese we are now offering the "Mount Sterling" raw goat milk cheddar and feta cheeses. There have been many request for the Heine's cheeses and we are in the process of bringing those in. Also, we would like to announce a new way for you to order bread from Julie, the best baker in Hendersonville. Located near her bread racks in the deli there will be a clip board posted for you to fill in your request so she can process those or contact you when that particular bread will be produced. Your call in orders will be handled in the same way to avoid any confusion in the future. Remember that we serve hot lunch from 11-2:30pm daily, Monday through Saturday. We look forward to serving you.

~ Jordan

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GO GREEN and Save \$\$\$ now An energy management system that legally slows down your electric meter, reduces EMF & protects your whole house from surges. Call 828-685-8460 for details and free gift

MOSAIC CLASSES - Beginner's mosaic classes are being offered at Tessera. The 1/2 day class is \$58.00, including supplies. Call 828-808-0279 for more info.

2003 VW Jetta TDi - Get 46-50 MPG & run Bio-Diesell! Dark grey with grey cloth, 4-door sedan, 5-speed manual, one owner, non-smoker, all maint. up-to-date, exc. cond., 143,000 miles (low for a diesel), \$8700, call 828-697-2590

HP Officejet J5780 All-In-One - Printer, Scanner, Copier, Fax. Works great, no problems, small or home office document printer, \$150 new 1 yr. ago, asking \$75 o.b.o. Call 828-697-2590

Wanted: woman for housework, 4hrs. per Saturday 856-979-6052 or 828-697-0620

Needed: Housing arrangement. Young family with two moms and two children seeks creative housing arrangement. Having trouble finding a home within our budget in Henderson County. Let's get innovative. Will care take or estate sit to help defray cost of a healthy living situation. Call 828-275-1229.

36” RCA Color TV (tube, not flat screen). 9 years old. Perfect working condition. Large screen with excellent picture. \$150 or best offer. Hendersonville. Call Chris at 698-2311.

Fully furnished two bedroom one bath cottage available for long or short term rental. Quiet neighborhood within walking distance to downtown ammenities. \$725/ month rent includes utilities, lawn maintenance. Pets welcome! Call 828-625-9080

ECO-CONSCIOUS, one-of-a-kind, hand sculpted sweaters! Shop at MONA! Eclectic Artwear For You and Your Home. 308 Davis Street, Hendersonville. Winter hours Thursday, Friday, Saturday 11:00-5pm. 828-693-1611 www.monapaints.com 10% discount with your Co-op Owners card.

For Sale: 36” solid oak door with oval cut glass window, brass hardware, jamb with oak threshold, asking \$200. Pair of black vinyl exterior shutters, 14 1/2” by 38 5/8”, asking \$25. Electric chandelier on brass chain, 6 antique brass candles, domed cut glass shade (matches oak door glass window), asking \$95. White cotton lace cafe curtains, 2 panels 65” by 37”, 3 valances 64” by 12”, 1 valance 58 1/2” by 12”, like new, asking \$75. 828-696-0808 or 828-577-0721.

Wanted: Used Canon i860 desktop photo printer. (The waste ink tank in mine is getting full). 828-697-1915 Leave message.

Want to plant a garden? Need help getting started? I can help with planning, preparation, digging, tilling, hauling supplies, whatever you need. Call Mike at 808-2966.

Wanted: Small to mid-size color TV (not-flat screen) with VCR/DVD hookup. Call Beth at 828-329-7991.

Interested in participating in a local CSA? Contact Blackbird Farms and Enterprises. Full and half shares available. Located in Hendersonville. 828-693-4664 billyhaynes1@aol.com

For Sale: 7'x12' Atlas enclosed cargo trailer, 7000#

capacity, dual axle, electric brakes, double rear barn-style doors & single side door - mint condition - \$3,100. 828-595-3526

FREE MOVING SUPPLIES - boxes, bubble wrap, tissue, peanuts. Call 828-595-3526, pick up in Flat Rock area.

Feeling fear or off balance with all the changes? In times of crisis, the Nature Spirits offer their healing energies to return us to balance. Healing Vibrational Essences co-created by Spirit & RainbowVisionBear: Shasta Daisy, for releasing personal & planetary fear, Wild Clematis, for claiming our true perfection and others, \$10 per remedy. Personal Formulas also available \$15. Look for upcoming workshops at the coop in March. rainbowvisionbear@gmail.com 828-702-4425.

Animal Spirit Essences, co-created by Spirit & RainbowVisionBear. When the time is right the teacher will appear. The animals are coming forward now to help us in our growth & new awarenesses. The lessons they share with us are very important to our healing. I create vibrational essences that contain the characteristics and powers of each animal. These may be taken internally or used externally. \$15 for an essence we have available. \$25 to create a new animal essence. rainbowvisionbear@gmail.com 828-702-4425.

Dance of Life Celebration, April 4 & 5, at the Sanctuary in the Pines, Flat Rock, NC, Remembering and celebrating our oneness thru story, song, dance and celebration. We will create our personal shield and dance the sacred Grouse Dance. Facilitated by RainbowVisionBear & others 828-702-4425 rainbowvisionbear@gmail.com

Spiritual Consultations by Shaman, Rainbow Vision Bear, She helps bring clarity to your life for healing and balance. This allows you to identify and go forward with your purpose. The animal spirits, nature spirits and angels guide her in promoting your growth. If there is a health issue, she is often guided which herbs, essences or other remedies are appropriate. Call today to start your new life! 828-702-4425 rainbowvisionbear@gmail.com

Hand painted china, 1930's. Setting for 5; teapot, creamer, sugar bowl, covered dish. Family heirloom, \$200. OBO. Call Edward @ 828.272.0550.

Double Gate Leg Table, brown mahogany, ca. 1950. Extends 35x92” + leaf. Recently repaired and refinished. \$250. OBO. Call Wagner: 272.0550.



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Steven Mattingly was born in Leonardtown, Maryland on November 29, 1989. He moved to Hendersonville, NC about two years ago. His Mother and her family are natives of this area. Steven started drawing when he was a sophomore in high school. His drawing evolved since then and has become more surrealistic and visionary. He exhibited at the Hendersonville Art League last year and also attended a workshop at the Omega Institute with Alex Grey, the visionary artist from New York City. All of Steven's work is done in black and colored pencil.



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 quarter HCC will donate the collected funds to the chosen charities for the quarter.

This quarter we are byo-bagging for (more information on Page 11)

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