



The Organic Press



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

Volume 8 * Issue 1
Jan 2009

A Heart-Healthy Diet: Preventative Care at its Best

Hardly a day goes by that we don't hear of the high risks of heart disease. And for good reason. According to the American Heart Association, one in three American adults has cardiovascular disease, which accounts for more deaths annually than any other cause.

Fortunately, there's plenty you can do to cut your risks and keep your ticker ticking. By making smart choices in the kitchen—like those that will reduce the buildup in your arteries of the fatty substance known as plaque—you can help lower your risk of heart disease, including heart attack and stroke. (A heart attack occurs when plaque narrows and hardens the arteries, blocking the flow of oxygen-rich blood to the heart. A stroke occurs when plaque blocks a blood vessel that brings blood to the brain.)

Plaque, high blood pressure, and obesity (which can tax the heart) are built and reinforced by a diet high in calories, cholesterol, salt and saturated fats. You'll want to maintain a healthful weight and choose a diet that contains a variety of foods that are high in complex carbohydrates, fiber, vitamins, and minerals. Good choices include a variety of whole grains, fruits, vegetables, low-fat or non-fat dairy products, fish, legumes, poultry and lean meats.

Go with Whole Grain. Eat six or more servings of grains each day, and make sure at least half of these are whole grains, such as whole wheat, whole oats, whole grain corn, brown rice, wild rice, whole rye, buckwheat, bulgur, millet, quinoa, and whole grain barley.

Stock up on Produce. Include five or more servings of whole fruits and vegetables in your diet each day. Mix it up, and be sure to include plenty of "powerhouse" produce, those that are dark green, orange, and yellow.

Know the Skinny on Fats. There's no need to banish all fats from your diet. In fact, some fat is necessary—even beneficial—for a healthy heart. In the course of a day, shoot for 30 percent or less of your total calories from fat. But not just any fat; you'll need to distinguish between the "good" fats (polyunsaturated

and monounsaturated fats) and the "bad" fats (saturated and trans fats).

Less than 7 percent of your total calories each day should be from saturated fat. Saturated fat is found in butter, lard, fatty cuts of meat, whole dairy products, many sweets, coconut oil and palm oil. In addition, eat as little trans fats as possible. Trans fats are found in processed foods like cakes and cookies, pies, crackers, chips, and stick margarine. If you use margarine, choose those labeled "trans fat free." ("Partially hydrogenated" on a label indicates that the food contains some trans fat.)

Omega-3 fatty acids are a type of monounsaturated fat that has been shown to lower the risk of heart disease by lowering blood fats called triglycerides. Omega-3s are found in fish and shellfish, canola oil, soybean oil, walnuts, ground flaxseed and flaxseed oil. The fish with the highest omega-3 counts are those with more oil, like mackerel, anchovies, sardines, herring, salmon, and trout. (Lean fish like cod, haddock, and catfish are not as high in omega-3s.) Shoot for at least two servings of fish (which also has less total fat, saturated fat and cholesterol than meat and poultry) each week.

Easy substitutions can make a big difference: choose unsaturated vegetable oils—like canola, olive, and corn oils—when cooking, for example. Use plain, low-fat yogurt in place of sour cream (atop that baked potato, for example), and use fruit spreads in place of butter on bread.

Focus on Low-Fat Proteins. Consume less than 300 milligrams each day of dietary cholesterol in your diet. (Cut that to 200 milligrams if you already have high cholesterol or take medicine to lower your cholesterol.) Read labels, and keep in mind that all animal products contain cholesterol. This includes meat, poultry, fish, eggs, and dairy products. Especially high in cholesterol are organ meats, like liver, and some shellfish, like shrimp and lobster.

Cont. pg 4

In this Issue

Co-op Calendar	2
Board's Eye View	3
Board Entertains	4
Outreach News	5
The Green List	6
Smell the Moment	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

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

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.

Organic Gardening Classes with Hal Oliver of Oliver Organics

We will once again be offering classes by Hal Oliver. If you are interested growing organically this is a great opportunity to learn in a small setting. Sign up in the store for our series of classes that start in January. All classes will be held at the co-op on Saturdays from 1:00 pm - 2:30 pm.

Jan 17th	Fertility-soil test, amendments
Jan 31st	Seeding
Feb 14th	Sprays
Feb 28th	Irrigation-water catchment systems
March 14th	Greenhouse construction-season extension

\$10 Owners/\$15 Non-Owners per class
\$40 Owners/\$60 up front for the whole series

Hello All: I would like to thank the co-op community for making a successful year for Oliver Organics. Buying local has been and is so very important. My plants are grown seven miles and a majority of the produce is barely two miles away from the Co-Op!!!!

I have been part of the co-op community as a member and business "partner" going on TEN years!! So when you see "The Commander" coming through the co-op like I am driving on the Autobahn, it is for you guys and gals. I guess it is a "Definite Purpose" sort of thing.

Everyone should seek out their "Purpose" and take that course-No matter what. I have worked for large corporations but for over twenty-five years have been driven for Organic Sustainable cultivation and life. But Hey, I am "preaching to the choir."

People wonder what I do in the "off-season"? Well, there really is no vacation, just no positive cash flow! Ha Ha. Servicing over ten pieces of equipment, seed etc. inventory and ordering (I grow over 150 items), re-plastic and repair greenhouse, new projects-chicken house. Planting starts at the end of January with "round the clock" surveillance to insure that I can recreate the "Magic". Even though I have been commercially growing for over sixteen years, The new season is always scary as there is only one chance to be successful. Thank God Love is not that way!!

Have a great Year and let Love come into all our Hearts!

Sustainably Yours

Hal Oliver-Supreme Commander-Oliver Organics

101 Winsome Trail

Hendersonville NC 28739

olivorg@bellsouth.net

"Walking Lightly on the Earth"
"Green with a Vengeance"

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.

Co-op Calendar

Monday, January 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, January 17th,

Organic Growing Classes at HCC

1:00 PM to 2:30 PM

Join Hal Oliver of Oliver Organics as he teaches this class on Soil Fertility

Saturday, January 31st,

Organic Growing Classes at HCC

1:00 PM to 2:30 PM

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

A Board's Eye View -- January News

Annual Meeting and Plans for 2009

There was a good turnout for the 25th Anniversary Celebration and Annual Meeting with over 100 participants. If you were able to attend I want to thank you for taking time to participate in one of our most important yearly events. If you were not there, I am sorry because, I think you missed a great time. The facility at BRCC was fabulous with a big stage for the entertainment and a state of the art projection system that allowed us to play music and show slides from HCC events from past years. The food was, of course, a highlight with a wonderful variety of salads, casseroles, and deserts. A special thanks goes to the Deli crew for fixing delicious appetizers and the 25th Anniversary cakes. David Weintraub, Ron Angermuller and Steve Breckheimer were re-elected to the Board of Directors along with new comer, Carolyn Widener. Jane Murphy and DamianTody reported on store operations and financial condition of HCC.

It looks like HCC will make a small profit for FY 2008. The exact numbers are not yet finalized, but the HCC Board has decided that it is to our advantage tax wise to return a portion of that profit to the owners in the form of a patronage refund as we

did for FY 2007. Be looking for more information about the patronage refund and a complete financial report for FY 2008 in the February issue of the OP.

The HCC Board of Directors is formalizing a Board-Ownership Linkage Plan to provide a detailed outline of how we will be interacting with the owners and gathering information on owner wants and needs. The plan may include a spring/summer picnic event, wine and beer tastings, a town hall meeting and owner survey questions. Please look for opportunities to actively participate in HCC events in 2009.

With a spirit of peace,

Steve



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

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 January 27th 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.

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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

The Board Entertains at the 25th Anniversary Celebration

Each year, the HCC Board of Directors performs a musical parody honoring the Co-op. For our 25th Anniversary wing ding, we went back to our roots, with The Beverly Hillbillies as our inspiration.

The Beverly Hillbillies and HCC have more in common than you might reckon. They refused to conform, relied on common sense, rewarded loyalty, looked out for critters, protected the land, were strong and capable and welcomed everyone. “Ed-ja-macation” was an important part of their lives. They grew their own food, and Granny had herbal remedies for near ‘bout everything. So, set back a spell and enjoy. And HAPPY 25th!



The Hooterville Hillbillies
The Ballad of HCC

Come and listen to a story about HCC
Our Co-op has been around a quarter century
Catering to locals who wanted wholesome food
A place where alternatives were clearly understood.

Organics that is. Black cohosh, Herbal tea

Well the first place we landed was the old depot
Townfolk said “Now Pro’s the place to go”
Then, “round the corner is where we oughta be”
So we loaded all our grub to location number 3.

Old Spartanburg Highway, that is.
Bulk bins, Granola bars

Well, now its time to honor all you owners old and
new
And all the boards and managers and all of the
work crews
Hats off to our future... and to our history
A healthy heapin’ helpin’ of our owner equity.

Community, that is. Solidarity. Conviviality. Longevity

Y’all keep cooperatin’ now, y’hear?

In song, celebration and cooperation,
Laura

Heart Healthy Diet Cont. from pg 1

Choose low-fat versions of your protein sources, like skim or low-fat dairy products, fish, skinless poultry, and lean meats in place of proteins that are high in fat and cholesterol.

Enrich your diet with legumes (beans, peas and lentils) and soy products (like soy burgers, tofu, and tempeh), which are good protein sources and contain no cholesterol.

Some foods actually work to lower your low-density lipoprotein (LDL or “bad” cholesterol). These include foods with soluble fiber, like oatmeal, kidney beans, apples, pears, psyllium (similar to oats and wheat), barley and prunes. Walnuts and almonds have also been shown to lower blood cholesterol. And olive oil, high in antioxidants, lowers “bad” cholesterol while leaving your “good” (HDL) cholesterol unchanged. Use it as a base for salad dressings and marinades, and as cooking oil.

Shake the Salt Habit. Too much sodium (salt) can contribute to hypertension, or high blood pressure, and this can increase the risk of heart disease and stroke. Limit your daily sodium to 2400 milligrams a day, keeping in mind that most of the salt you eat may come from processed foods rather than your saltshaker. (Make that 1,500 milligrams if you have, or are at risk for, hypertension.) Once you start scanning labels for sodium content, you may find that you have little or no leeway for salting food at the table. Substitute spices for salt when cooking and try a no-salt seasoning in the saltshaker.

Eating food rich in potassium can cut the harmful effects of sodium on blood pressure. Foods rich in potassium (aim for 4,700 milligrams a day) include tomato products, orange and grapefruit juices, raisins, bananas, dates, prunes, white and sweet potatoes, lettuce, and papayas.

Curb your Sweet Tooth. Eating too many sweet treats adds calories without nutrition. Lots of added sugars can also contribute to Type 2 diabetes, which may increase the risk of heart disease and stroke. Scour labels for added sugars like: corn syrup, corn sweetener, fructose, glucose, sucrose, dextrose, lactose, maltose, honey, molasses, raw sugar, invert sugar, malt syrup, syrup, caramel, and fruit juice concentrates.

When you do want to indulge, consider dark chocolate, a valuable antioxidant that has been shown to help lower blood pressure. For maximum benefits, avoid eating it with milk, which can interfere with the absorption of the antioxidants, and don’t overdo it.

Hold your Liquor. Too much alcohol can raise your blood pressure and damage your heart. But a small amount—one drink (for women) or two (for men) a day is fine. In fact, some research shows that those who drink moderately are less likely to develop heart disease than those who drink too much or not at all. Red wine, in particular, contains flavonoids that can prevent the buildup of plaque. Flavonoids are also found in red grapes, berries, apples, and broccoli.

Look it Up. Routine label reading is mandatory for heart-healthy shopping. For foods that don’t contain a label, the U.S. Department of Agriculture’s (USDA) National Nutrient Database (<http://www.nal.usda.gov/fnic/foodcomp/search/index.html>) is a valuable tool to learn about the nutritional content of various foods.

In addition to eating well and maintaining a healthy weight, to keep your heart healthy you’ll want to exercise (30 minutes a day most days is ideal), stop smoking if you smoke, and regularly have your cholesterol and blood pressure levels checked.

Implementing a heart-healthy diet and lifestyle can not only help prevent the risk of heart disease but can also contribute to your overall health and keeping you feeling your best!

from NCGA News Service

News and Views From Outreach

Happy 2009!

Many thanks to those of you who brought in blankets to donate to the Blue Ridge Community Health Services. As you will see this organization is one of our BYOBag recipients this quarter. Consider the amazing contribution these people make to our community, and bring your bags when you shop.

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.

Also, the Hendersonville Community Co-op is starting the year off with a campaign for “seed money” to start a Community & School Gardens Project. You will find that this is one of the BYOBag choices this quarter. If you’ve talked to me in the last few months, you know that this project is near and dear to my heart. Judging from many wonderful conversations and brainstorming sessions, many of you are passionate about this idea, too. The basic scope of the plan is to organize folks from many and 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 its origins and health and nutritional benefits of fresh food-- they will also bring folks together like no other activity can. I know I am speaking to a subject that is familiar to many of you. And I imagine it rings a bell for those of you who have noticed the recent resurgence of community gardens and found it reminiscent of the famous Victory gardens of bygone days.

I grabbed this off of Wikipedia:

“Victory Gardens, also called war gardens or food gardens for defense, were vegetable, fruit and herb gardens were planted at private residences in the United States, Canada, United Kingdom and Australia during World War I and World War II to reduce the pressure on the public food supply brought on by the war effort. In addition to indirectly aiding the war effort these gardens were also considered a civil “morale booster” — in that gardeners could feel empowered by their contribution of labor and rewarded by the produce grown.

Since the turn of the century there has existed a growing interest in Victory Gardens. A grassroots campaign promoting such gardens has recently sprung up in the form of new Victory Gardens in public spaces, Victory Garden websites and blogs, as well as petitions to both renew a national campaign for the Victory Garden and to encourage the re-establishment of a Victory Garden on the White House lawn.”

We may not have quite the same urgency to our call for community gardens as was the case in WWI and WW II, however, our need to feel “empowered” these days is just as important as ever. As a culture, we are at risk of losing sight of some of the most important basic nutritional qualities that sustain us and our planet. A bit of a revolutionary gardening could only bring about good.

Please join us in this endeavor. The Co-op is a great place to find the community of talent and passion for wholesome living, and a sustainable environment, and economy. The gardens would serve our young and old; it

could tap multitudes of resources, and teach us all a thing or two about cooperation. There are plots of ground tilled up and planted all over our country in cities and schools that are thriving and feeding not only the stomachs, but the hearts and minds of so many folks. Mind you, this is the idea stage the planning. If you wish to investigate further, check out some near by neighbors who are nurturing these kinds of programs along:

<http://growing-minds.org/> the seniors program called Project EMMA www.asapconnections.org/special/2007/seniors.html

with the Appalachian Sustainable Agriculture Project and www.goforhealthandeducation.org/ in Greenville, SC. Check out their “Grow Healthy Kids Garden Program” as well as the Community Gardens. Another favorite website is: www.edibleschoolyard.org/homepage.html

I know you know what I’m talking about so I won’t drive the point any further. I have a some meeting dates in mind for an organizational conversation to start our garden projects. Let me know which one might work for you, and we’ll hone it down to the one that works best. Friday January 9th at lunchtime, or Saturday January 24th anytime. If neither of these works, suggest something. We’ll figure it out. gretchen@hendersonville.coop

It’s a new year and whether your brimming with enthusiasm for the “newness” of it all or not, I believe we all need something to look forward to. I am looking forward to getting to know more of you and sharing more of your ideas. And I’m looking forward to gardening.

Thanks for Cooperating.
Gretchen

**Attention
HCC
Owners!**

**5% on
the 5th**

come in on Monday,
January 5th to save on
your groceries!



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 Homeopaths. 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 Refl exology. 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/NailTech 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 psdicures 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.*

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

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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

Smell The Moment

with June Ellen Bradley



What if we were to become more conscious of the aromas in our environment? So often, we notice those scents permeating our nasal awareness by chance. We realize then how powerful the sense of smell can be...whether it is pleasant or horrific, scents get our attention. This January, let's resolve to expand our senses starting with the sense of smell. What does this moment smell like?

Since the beginning of time, our noses have delighted, protected and comforted us...sometimes even repelled us! We smell those containers in the fridge to be sure that we can eat what's in there. We remember grandma when the scents of the bakery entice us. Scent is powerful. Remember the whole pheromone thing? Natural scents actually heal, while synthetics can be toxic. How can we enrich our aromatic environment in a natural safe way?

One of my favorite simple projects is making a custom blended aromatherapy spritzer. Head to the essential oil counter and spend a few moments sniffing the delightful vials of natural scents. Choose two or three that you'd like to blend. I like to combine earthy scents –like Vetiver, with florals –like Ylang Ylang, for a sensual well balanced formula. When oils blend they synergize and become more than they were individually. Once you choose your favorites, see how they work together. In one of my herbal classes, a student ended up blending an oil he originally distained because it worked so well with his favorite. The resulting blend was fabulous!

So first we get a spritzer bottle; I prefer glass, some distilled water -which we fill almost to the top of the bottle, then go ahead and add 8-10 drops of your oils in any combination you find pleasing. Maybe one drop of something will make the blend rich. Experiment, it isn't difficult at all. Next you shake up the bottle vigorously to blend it all up, then spritz away! You can make a pleasant antibacterial formula with Lemon, Cedar and Rosemary. Lemongrass, Orange and Lavender help dispel cooking odors.

You can make spritzers for just about any mood. Scent and emotion are closely linked and there is a whole field of study on healing emotionally through aromatherapy. I have a friend who spritzes her car picking up 5 kids for carpool and she loves how they settle down perceptibly during the ride home.

Sometimes, I will dash a few drops of rosemary essential oil on throw rugs around the house to awaken and refresh mental forces. You can also use cotton balls with a few drops on it and hide them around a room –a truly pure essential oil will not leave an oily residue, so be sure you use pure. I like the company Floracopeia because they work with the people in third world countries to teach sustainable growing and harvesting practices and provide livelihoods for villagers. Their product is top quality.

Be aware that essential oils are highly concentrated plant oils... it takes 200 pounds of rose petals to make one ounce of oil. So use your oils with gratitude and respect. Some are caustic to the skin at full strength, like oregano –a great healer of colds, so be sure to dilute with a carrier oil like almond or grape seed, if you want to use it on your skin.

A great way to scent your home is to put a pot of water on the stove, add a handful of whole cloves and bring to a boil then reduce the heat and simmer. You can even drink the tea for a major soothing effect. I wonder if part of our seasonal melancholy is due to the decrease in color and scent as well as light. I find that if I intentionally create wonderful scents in my space, I feel more vibrant and alert. Try it and see if it works for you.

In a National Geographic study, it was found that women are able to distinguish the subtleties of scent to a higher degree than men. No wonder the perfume industry caters so heavily to women. I just love scenting the closets and drawers in my room. Recently, at Cooper Riis in Mill Spring, we made some Oranges studded with cloves for closet refreshing and visual appeal. A good tip here is to pierce the orange first with an awl or nail because unless you have burly fingertips, it is intense to try pushing the cloves in without help! Tie a nice ribbon around it or you can put two or three into a bowl for holiday festivities.

So this January remember your nose...it does so much for you, why not treat it to daily delight as well as healing for yourself. Remember to choose pure natural essential oils and herbs –all of which you can find here at the Coop. Intentionally scent your world to lift your Spirit with your senses and give thanks to you nose and for being in your body. May you breathe easily and happily as the New Year unfolds!

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Owner Basics

These products are offered at a special price for our owners. Prices will start on January 1st and last until the 31st.

HCC reminds you to



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715 Old Spartanburg Hwy. Hendersonville, N.C., 28792 828-693-8557 www.hendersonville.coop



Good From: 01/01/2009 Thru: 01/31/2009



Blake's All Natural Organic Chicken Pot Pie 8 OZ \$4⁴⁹

100% organic and has a flavor and quality that will take you back in time.



Henry & Lisa Natural Seafood Wild Alaska Salmon Burgers 12.9 OZ \$5²⁹

Henry & Lisa's products are the best quality seafood the world's oceans have to offer - period.



A taste treat of aged cheddar this crunchy baked snack.



Barbara's Bakery Oatmeal Snackimals Wheat Free 7.5 OZ \$2⁹⁹



Mizu Miso Organic Traditional Red Miso 16 OZ \$5⁹⁹

A naturally aged miso under pressure for two years using only certified organic whole beans and grains.



Naturally softens and cleans laundry.

HCC OWNER BASICS SALES



Blake's All Natural Organic Shepherd's Pie 8 OZ \$4⁴⁹

Just wait until you taste what organic ingredients can do for the flavor of this New England favorite.



King Arthur White Whole Wheat Flour Multipurpose 5 lb \$5⁹⁹

It has the strength to make high-rising bread dough, yet is mellow enough for tender, flaky piecrusts, moist brownies, and perfect scones.



PRODUCE 1 lb Bag Carrots 99¢ ea



PRODUCE Russet Potatoes 99¢ lb



PRODUCE Babybella Mushroom



Sales for January



**le
nity**
P
ganic Deli

Barbours Bakery
Cheese Puff Bakes
Original
8.5 OZ
\$1.99
Orange and blue cheeses burst from

Ecover
Fabric Softener
32 OZ
\$3.99
It freshens your

Likewise
Pure Pomegranate Juice
32 OZ
\$7.69

\$3.29 ea



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**Hendersonville
Community
CO-OP**
Natural Foods Market & Organic Deli



How Does Your Skin Weather Winter

When skin becomes dry and irritated, eczema can flare. Here are some tips to help skin feel more comfortable during winter or anytime the air is dry:

1. Use a humidifier. With the heat on and the windows closed, the air inside can become very dry. Use a humidifier to place moisture in the air. This can keep skin from drying and becoming cracked and itchy.
- 2 Switch to an oil-based moisturizer and moisturize frequently. The more oil a moisturizer contains the more effectively it protects against moisture loss. This water-in-oil emulsion forms a protective layer on the skin and makes it more "moisturizing" than creams and lotions.
- 3 Before Going Outside in winter apply a heavy layer of moisturizing broad-spectrum sunscreen with an SPF of 15 or higher. This will act as a barrier to help protect against the harsh elements.
- 4 Dress in layers. The most common triggers of the scratch/itch cycle are sweating and overheating. Be sure to wear loose-fitting cotton fabrics next to your skin.

WELLNESS ITEMS 15% OFF!

Boiron Arnica Gel
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For relief of muscle aches and stiffness. Reduces pain, swelling and discoloration from bruises. Arnica Gel is a non-greasy, non-sticky gel quickly absorbed by the skin.

Avalon Peppermint Bath & Shower Gel
12 OZ

Nature's Gate Creme de Mint Herbal Toothpaste
6 OZ

Nature's Plus Spiru-Tein®
Natural Vanilla
0.82 lbs.

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

Country Life CAL-MAG CAPS TARGET MINS
180 wraps

Calcium optimizes peak bone mass. Magnesium acts as a catalyst in the utilization of calcium and is required to help maintain healthy bones and teeth.

Boiron OSCILLO FOR CHILDREN
6 DOSE

Kyolic Aged Garlic Extract
Formula 300
100 TAB

Supports healthy cholesterol levels, circulation, immune function, liver function, and nerves and assists in fighting stress and fatigue.

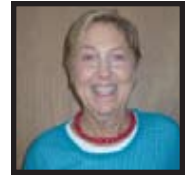
Nature's Plus Glucosamine Chondroitin Rx-Joint®
60 TABLETS

Formulated with a proprietary extended-delivery system, allows natural, gradual absorption for maximum nutritional support.



10 Healthy Lifestyle Q and A

With Joan Kennedy of StayWell, Inc.



QUESTION: I heard on the news recently that North Carolina has one of the highest incidences of “the flu” in the US. I am normally healthy, eat mainly organic and exercise several times a week. What is your advice on keeping me and my children healthy? We have not given our children flu shots though the school encourages it.

ANSWER: I have some general philosophies and approaches to boosting a person’s immune system. If you want specific guidance for you and your family, please call me at 329-8897.

1. In general I am not a big advocate of an annual “flu shot” UNLESS you
 - a. Are elderly and live in an environment where many live and eat together and are cared for by shared care providers;
 - b. Have a specific immune deficiency condition;
 - c. Work in a common space with others--especially if those others refuse to stay home IF they have flu symptoms;
 - d. Are not willing or able to create a lifestyle that allows for regular restful sleep of at least 7 hours and healthy eating;
 - e. Have a pre-existing respiratory conditions such as asthma, emphysema and/or smoking that puts you at higher risk for pneumonia;
 - f. Have received the flu shots on a regular basis in the past; (Once you start getting flu shots on a regular basis, I believe it is likely best to continue.)
 - g. Have anemic or some other chronic illness that could either worsen with the flu or further weaken your immune system;
 - h. Are a health professional who works closely with patients who frequently have upper respiratory infections;
 - i. Work in day cares or elementary schools;
 - j. Work or travel on an airplane on a regular basis and are not in excellent health. (For single or infrequent air travel flu risks can be handled in more pro-active ways than a yearly flu shot.) And finally;
 - k. For the protection of others, if you are a person who simply refuses to stay home if you get an upper respiratory infection or refuses to use proper hand washing techniques.

I have heard CDC experts endlessly debate the pros and cons of yearly flu vaccination. Today most health professionals support the flu shots because many Americans have compromised immune systems from our culture of overactive, stressful lifestyles. Until our society begins to “redefine and change the accepted norm” flu shots and vaccinations will continue to be recommended as a regular part of infection prevention.

2. There are a variety of ways to help boost the immune system.
 - a. Vitamin C in high doses has been debated and researched by authorities since the days of Linus Pauling. Personally, I believe 2-3 grams/day during the flu season has no known disadvantages and likely has some benefit. At the first sign of a cold or flu (a sore or scratchy throat is often the first sign). Others can include: fever, fatigue, watery eyes and/or a runny nose. I encourage taking 3-4 grams per day until

- b. symptoms resolve.
- b. Zinc is also known to boost the immune system. Take zinc as a lozenge, nasal or throat spray or mouth wash for most benefit for an upper respiratory infection so the zinc is absorbed directly into the involved tissues.
- c. Beta 1, 3 Glucan, a component of the Reishi mushroom, has been shown in many studies to provide helpful immune boosting abilities. You can buy the product alone or in combination with other natural herbs. (Beta 1, 6 Glucan has immune boosting qualities more specific to cancer prevention).
- d. In the past 5 years, Vitamin D has received considerable research attention, first in relation to osteoporosis. Most recently, studies show that it improves the immune systems, thereby contributing to a decrease in various forms of cancer. I encourage people who fit into one of the categories I listed above to take 1,000 IU of Vitamin D3 everyday during the winter months, not only for osteoporosis but for flu protection.
- e. Allicin, the active component in garlic, has anti-viral, bacterial and fungal properties. I recommend you take Allicin as a supplement, as much of the immune boosting qualities of garlic are lost in cooking and roasting.
- f. I have seen very often how taking OTC cold preparations, especially those that contain anti-histamines, actually increases the length of the flu and can lead to complications more easily than if they are avoided. Drying out the body secretions that our body automatically produces to rid virus from our sinuses, throat and lungs makes it harder for the body to heal itself on its own. Decongestants alone can help the body clear mucus from the upper respiratory tract so they don’t stay there where bacteria can take up residence and lead to bacterial infections that can be difficult to kill.
- g. A variety of other herbs, such as Echinacea, Astragalus, Elderberry, Goldenseal, Larch Tree, have reported immune boosting qualities that are less well documented. If you have used them in the past with success and are not taking prescription medicines or have a chronic health condition, then I see no reason not to use them. Be cautious though if you are taking prescription medications by checking with your pharmacist or looking in one of the great books that list drug-herb-vitamin interactions.

My best wishes for a happy, healthy winter. Get your daily 7 hours of sleep, eat lots of veggie soup and get up from those comfy couches. Finally, I do not believe the old tale that you get sick by going out in cold weather. If you get wet, overly cold and also have a weakened immune system, you may increase your vulnerability. Your most common source of the flu is another individual. So enjoy some safe, outdoor activity regularly.

Advertise in the Organic Press!

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

Rates

For HCC Owners	For nonowners
Business card size ads \$30 per issue	Business card size ads \$40
Medium sized ads \$50 per issue	Medium sized ads \$60
2 column large ads \$100 per issue	2 column large ads \$110

Business Card Size: 3.5" x 2", Medium Size: 4" x 6", 2 Column Large: 10" x 7"

There is a 10% discount for six months and greater reservations.

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

Staff Picks for January

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:Virgils Black Cherry Cream Soda!
Chicka Yeah!

Madison:Inko's White Tea (Honey Dew)!!
Chicka What?

Robert: Peanut Butter Paw Print Treats
and Green and Blacks Chocolate -
great together or separate

Marisa: Ark Naturals Brush less Toothpaste
for dogs

Laura D: Mt. Sterling Raw Goat Cheddar
Brandon:Nag Champa- makes my house
smell great

Graham:Stoneyfield Farms Gotta Have
Java Frozen yogurt

Patrick:Nature's Path Flax Plus Granola -
new in the bulk department

Mary: Shrimp and Tuna Burgers in the
deli! Yummy!!

Laura C:Amy's frozen burritos

Marie: Carrot Cake by Laura in the Blue
Mountain Deli!

Zack: Arrogant Bastard Ale 22oz

Maren: Coconut Date Rolls in bulk!

Olivia: Nana's Double Chocolate Cookie -
Good and Good!

Jordan: Power salad in the deli!

Dylan: Oregon Chai - s'good

Britney: Turkey and Tabouli Sandwich

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!

Politics & Food

from National Organic Consumers Association

FDA Finally Admits Mercury Fillings May Damage Your Health

After years of pressure from scientists, citizen groups and health advocates, the FDA has posted a statement to its website that is nothing less than a watershed event in oral hygiene history (it's actually quite a bit more exciting than that may sound). Although the FDA has previously adamantly denied any and all scientific evidence pointing to negative health impacts from mercury fillings, the FDA has now posted the following to its website: "Dental amalgams contain mercury, which may have neurotoxic effects on the nervous systems of developing children and fetuses...Pregnant women and persons who may have a health condition that makes them more sensitive to mercury exposure, including individuals with existing high levels of mercury bioburden, should not avoid seeking dental care, but should discuss options with their health practitioner."

Recent Workers' Stand-off Not Seen Since 1930s

In an inspiring scene of solidarity, the likes of which hasn't been seen since the 1930s, more than 200 workers at a Chicago plant have refused to leave work after being unexpectedly laid off. Executives at the company, Republic Windows and Doors, announced massive layoffs after banks informed the company of credit cutbacks. Although Bank of America received a \$25 billion taxpayer funded bailout, the financial behemoth continues to constrict credit, including cutting off operating credit to Republic Windows and Doors. In response to the layoffs, members of United Electrical Workers Local 1110 called for a sit-in at the factory. Worker backlash of this kind hasn't been seen in the U.S. since the Great Depression. Protesting workers wear signs reading, "You got bailed out, we got sold out."

Tell USDA to Close All Loopholes Allowing Organic Dairy CAFOs

The OCA alerted consumers on October 29th about a proposed rule that represents the broadest rewrite of federal organic regulations in history. OCA welcomes the new proposed rules in terms of closing loopholes relating to pasture and forage requirements that had previously allowed dairy companies like Aurora and Horizon to source their milk from giant industrial feedlots. Unfortunately, the new proposed rules also include a number of new cumbersome regulations that would cause tremendous hardship, or even put the majority of organic livestock farmers out of business. OCA also objects to the part of the proposed regulations that would allow non-organic cattle to be brought onto a certified organic dairy farm and then be considered organic. The OCA has joined together with the Cornucopia Institute and a number of the nation's leading organic certifiers to encourage the USDA to revise its proposed rule to crack down

on factory farm abuses, and uphold organic integrity, without making it impossible for existing organic farms to operate and thrive.

Tell the Department of Agriculture: No Biotech, No Biofuels!

The U.S. Agriculture Department is looking to fast-track the deregulation of Genetically Engineered (GE) corn for ethanol production, despite growing evidence that GE crops are dangerous for human health and the environment. GE crops have been forced on consumers without mandatory labeling or adequate assessment of negative human health and environmental impacts. A recent study by the Austrian government even demonstrated how a type of GE corn cause infertility in lab rats. The current industrialized processes of creating biofuels, like ethanol, are inherently unsustainable and actually cause more total greenhouse gases and use more petroleum than gasoline. You can take action through www.organicconsumers.org.

Fountain of Youth Day Spa



New Year's Resolution Specials!!

Massage therapy \$45

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Reiki \$30

20% off Jane Iredale Mineral Makeup

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Massage-skin care-hair-nails-body waxing

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www.fountainofyouthdayspa.com

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Offers good through the end of January

Not to be used in conjunction with other coupons or gift certificates

STAFF SPOTLIGHT

Jordan Randall

Position: Deli Manager



Jordan Randall has been at the Co-op for about a year and a half. Though a native to Charlotte, he moved to this area about 8 years ago to attend culinary school at AB Tech. He graduated in '02. Now we are the lucky ones to have his talents on board.

When I asked Jordan what brought him to the Co-op for a job, he said that he had heard this was a good place to work. In fact, he says this is the best employment he has ever had and he feels employees are treated better here than most places he's been.

Q: What's the best part of your job?

A: I get to learn about and cook a lot of different kinds of food. I work with ingredients that I've never worked with before; organics, vegan, and vegetarian. And the people who come in are into being healthy and well, they are choosing a healthy lifestyle. Also, I like the flexibility of this job.

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

A: I have a better sense of community and a feel for working together. In a restaurant your on your own. But here, everybody takes their share of the work.

I like the communication and interactions with the customers, too.

Q: What do you want to be when you grow up or where do you see yourself in 10-20 years?

A: Not retired, just slavin' away. But seriously, I see myself continuing to grow with the Co-op, and expand what I know. And be out-a debt.

Q: Tell us something about you other might not know?

A: I pretty much just tell everybody anything they want to know. (So I asked about all the Alabama hats....he says he has an uncle who sent hats to him from Alabama ever since he was little and he got sucked in).

Q: What do you do outside work?

A: Ski at Banner Elk or wherever there's snow. Trout fishing too, white water rafting. I might pick up kayaking. A lot of reading.

Q: What music do you like?

A: Anything but country.

Q: What is your favorite product in the store?

A: Deli food! Our stuff is the best. Oh and Blue Sky Sodas.



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

Welcome New Owners!

Tonya Barrow-Boggan

Audry Blocker

Leslie Anne Bythewood

Debbie Ducote

Pamela Easley

Diana Hawkins

Carl Johnson

Fair Johnson

Joan Morris

Sarah Reeves

Chris Roland

Mayumi Sakai

Helen Struve

John Victor

Christine Vogel

Bobby Wright

Produce News~

Burrrr!! Winters here and I'm cold. This is the time of year for staying inside and relaxing, and what's more relaxing than eating the comfort foods of winter. Foods like sweet potatoes and winter squash. Readily available here at your co-op is a variety of both these yummy cool weather vegetables.

Sweet potatoes are a nutritionally superior food, high in dietary fiber, beta carotene, vitamin C, B6, iron and calcium, making them one of the best foods to eat and despite the name sweet, studies have shown they are good for diabetics helping to stabilize blood sugar and to reduce insulin resistance. So take Oprah's advice and eat sweet potatoes for your health and for your comfort.

Winter squash comes in a wide variety of types, all with different flavors and nutritional values. Such as the acorn squash with its green skin and orange flesh, is amongst the easiest to prepare, just cut in half, seed, and bake flesh side down in about ½ inch of water until the skin can be easily pierced. Or the butternut squash high in vitamin A with its tan skin and sweet orange flesh can be prepared in a variety of ways including baking, mashing (my favorite way) or in soups. Season it with warm herbs like clove or cinnamon, or as I like to do it, with maple syrup. Mmm! Ask me about the squash available in our store and I'll be more than happy to help you with cooking suggestions and with what ones are good for what you want.

Have a great new year! Keep warm and toasty and don't forget your resolutions!

~Robert

Grocery News~

It's January, the month of fresh beginnings! It's a new year with new flavors awaiting us. Steaz has brought us a new offering of Fair Trade Organic iced tea in convenient single serve cans. The teas are in exciting flavors like Black Tea with Lemon, Green Tea with Peach, White Tea with Lime and Pomegranate, and Green Tea with Blueberry Pomegranate Acai. They are full of great flavor and low in sugar so that you can enjoy them often. Look for them in our drink cooler near the deli.

Looking for something quick, healthy, and delicious to warm your belly on cold January days? Blake's Chicken Pot Pie and Shepherd's Pie are in our freezer section now. They are all Organic and the crusts and gravy are made

from scratch. Their recipe is 36 years old and has a flavor and quality that will take you back in time.

Stahlbush frozen fruits and vegetables are on sale this month! It's a great way to fulfill your daily requirements of fruits and veggies. They are certified Sustainable by the Food Alliance which is different than Certified Organic, but equally as desirable. This means that they practice sustainable farming methods for preserving the nutrition of the soil, conserving natural resources like water, and preserving wildlife. Fair and safe labor practices are required, no GMO's are accepted, and it is a requirement to improve with continuous education. Their products are tested for over 20 chemical residues, and they use minimal amounts of approved organic pesticides and herbicides as necessary. Stahlbush's farm is also constantly working to find new mechanical means of pest control. I am very impressed with Stahlbush's integrity and their brown paper packaging is recyclable too!

Wishing you a happy year to come filled with vibrant health from the Grocery Department at HCC!

~Marisa

Wellness News~

Last year we told you about the work of Vitamin Angels—a non-profit organization with programs that provide maternal health care, vital nutrition and disaster relief to families worldwide.

To help Vitamin Angels, we promoted companies that promised to give money to this life-saving work by offering those brands generous space on our Wellness shelves and discounts to shoppers so that more people could afford to help.

For example, when Irwin Naturals launched a nationwide campaign on behalf of Vitamin Angels last spring, we sold Irwin at 25% off for the rest of the year. Irwin, like other supplement companies, chose to contribute specifically to "Operation 20/20", a program with a mission to eradicate Vitamin A Deficiency (VAD) on a global scale. VAD, a condition caused by long term malnutrition, often leads to blindness. It is common in places where people do not have enough clean, fresh food to eat, especially the colorful green, red and yellow fruits and vegetables.

According to Vitamin Angels Web site, VAD has contributed to the deaths of as many as one in four children worldwide, but it only takes two high-dose capsules of

vitamin A a year for four years to keep a child from going blind. (And that dose costs only 25 cents!)

In addition to Irwin's help last year, several other companies we supported sent money to Operation 20/20 as well. Through "Vitamin Angel" monthly promotions, companies like Garden of Life, New Chapter, Nordic Naturals and Michaels pitched in, as well as our major distributor—United Natural Foods (UNFI).

...investments in micronutrients have higher returns than those from investments in trade liberalization, in malaria, or in water and sanitation... No other technology offers as large an opportunity to improve lives at such low cost and in such a short time"

—Repositioning Nutrition as Central to Development: A Strategy for Large-Scale Action. Washington, DC: The International Bank for Reconstruction and Development
The World Bank, 2006.

Companies that didn't sell vitamins still found ways to contribute, like "Aisle 7", the company that provided us with the latest supplement and recipe information in our computer kiosk near the Wellness section. This company helped Vitamin Angels almost every month in the second half of the year. But instead of offering consumer promotions, the employees at Aisle 7 consistently gave to Vitamin Angels straight from their paychecks.

We'd like to start 2009 with an expression of gratitude for your help, and with a show of support for the companies that partnered with Vitamin Angels. This year, we're going to keep you updated about how we're going to continue to support this essential work around the globe.

~ Arrion

Classified

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 in person at the kiosk in HCC or by email at mail@hendersonville.coop. 828-693-8557 We reserve the right to refuse or edit ads.

Organic Farm manager for 2 acre market garden farm in Polk County. Full time year round position. Call: 828-817-3727.

Acme Juicer-\$125, Citrus Attachment
828-894-3754

For Sale: Jazzy 1113 Electric Wheelchair. 5 years old but like new. 15 mile range on rechargeable batteries. Call 697-1442.

Forming intentional community. Live sustainably with compassion. Grow most of what we need and leave gentle footsteps on this fragile earth. Join core group. Call 828-289-7180.

Brand New baby bassinet- never been used- rocks, mobile, bottom storage, sheet and skirt included. \$35.00 Laura Duprey 808-1931

Looking for a unique, organic, holistic minded hair-stylist to rent extra room in a recently opened salon that features a peaceful atmosphere, organic products and a holistic lifestyle. Contact: Dawn Culverwell at 828-329-8921 or come by for a visit. The Red Door Holistic Family Hair Care in Hendersonville. 828-329-8921

For Sale: Mid 1800's Concord Doctor's Carriage. Restored between 2000 and 2002. Steel rims around all wood wheels. Body is black. Wheels, springs and horse shaft were painted red. Excellent condition. Asking \$3500.00. Call 828-288-8658. Ask for Glenn

HOLISTIC FITNESS ADVENTURE - San Juan del Sur, Nicaragua, March 15-21, 2009.

Nia, yoga & eco-adventure. Comfortable yoga resort. Ethical Traveler rates Nicaragua in Top 10. www.niawave.blogspot.com. (828) 891-3224.

Hula Hooping for fun and fitness! ashevillehoops.com offers handmade, custom crafted fitness hoops of all colors and sizes! Great fun for kids and an excellent workout for adults. Contact Melanie at melmcpink@hotmail.com, or call 828-215-7358 for info on hoops, classes, workshops and hoopdance performances.

'03 Wildcat/Prowler Travel Trailer – 25' with slide-out extension, 2-30lb tanks, large bathroom with shower stall, good cond., \$10,500, (828) 779-6627.

'95 Harley Davidson Dyna Low Rider – Custom pearl white w/eagle detail on tank, new tires, forward controls, detachable windshield, motorcycle jack, Fat Boy tanks, & much more, 31,000 miles, exc. cond., \$9,500, 828-779-6649.

Large '05 Kenmore refrig. (top)/freezer (bottom) – white, like new, \$250, (828) 779-6627.

Full size truck tool box, alum. treadplate, \$100, 828-779-6627.

7 bicycle helmets, \$5 ea.; 28 DOT approved helmets (16 white, 12 black), \$10 ea.; 828-779-6627.

Horse Tack Box – sliding drawer inside, 20" high X 18" deep X 32" long, \$65: Birdcage – 33in high, like new \$35, 828-779-6627.

House for Rent: modern, unfurnished, near Saluda, 2 BR/2 BA, loft, private wooded setting, full basement/ garage, pond with dock, 2 decks, all appliances, washer and dryer, gas fireplace, 1 year lease, no pets, no smoking, \$950 per month+ deposit and utilities. Call Steve or Katie 749-9104.

VOLUNTEERS needed to field test new state-of-the-art air & surface purification system includes free air quality test and free gift. 828-685-8460

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.

Equipment for Sale:

DR Powerwagon (motorized 750 lb. cap. wheelbarrow) with manual dump. \$450.00

14" Parnter cut-off power saw \$400.00

2007 Mitsubishi Cab-Over FE-180

18,000 GVW with contractors dump, removable sides, and electric tarp. 12 K miles 300K mi. warranty Asking \$31,000 (\$44,800 new)

Must Sell! Call 693-4330

For Sale: Champion Juicer \$75.00 Grain Mill (Back to Basics) Model #555 \$45.00 828-685-0322

1 Bedroom, 1 Bath Apartment. Main St. Downtown Hendersonville in the Skyland Arts building. \$550.00 Monthly/Deposit. Non-smoking environment. Includes Water. 606-1916

2003 VW Jetta TDi - Get 46-50 MPG & run Bio-Diesel! 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), \$9900, 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.



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Return Service Requested

Art by Costanza Knight's Students at the Arts Council of Henderson County will be exhibited during the month of January. This is a traveling show that began at the Western North Carolina State Fair in Sept. '08. Costanza's teaches ages 6 thru High School/Adult. She can be reached at 243-0084.



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)

Make a Difference
Every Time
You Shop!

BYO-Bag!

