

The Organic Press

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

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July 2009

Eat Local—Anywhere!

How to eat local during your travels

Eating locally makes good sense. Whether you're a dedicated locavore (only eating food grown or harvested within a certain radius, say 50, 100, or 150 miles) or simply appreciate locally grown fare, choosing local foods supports small farmers and your community as well as the environment. Not that it's a sacrifice: because local food is biodiverse and grown for taste rather than shipping or industrial harvesting, it delivers premium flavor, too.

But what happens when you're not local? At home you may have joined your food co-op and identified key restaurants that serve local fare. You know when and where to catch the farmers market, and maybe you've even established relationships with a local farmer or two. But on the road, in a new town?

Actually, not only is it easy to eat locally while traveling, it can enrich your trip. For one thing, you can learn a great deal about a place through the food grown and served there, for example. Do the residents of the area eat spicy foods? Which spices do they enjoy? Do they drink wine or beer from a local brewery or vineyard? Is seafood a mainstay? Is the area well known for a particular dish or food or for special preparation techniques? Are there local delicacies? What grows best in the climate? What's in season right now? What shows up in abundance at the farmers market?

Purchasing local fare (food and crafts items, too) helps support the community you're visiting. At the same time, you'll likely enjoy the most healthful, delicious food available—rather than the least healthful and tasty, which is often the case when on the road and eating food that has more miles on it than you've traveled.

What to look for in your new locale:

Co-ops. Not only is the neighborhood co-op a sure bet for local produce, baked goods, and other health-

ful local fare, it's also a great first stop once you reach your destination. Patrons and staff are apt to know where the best food in town can be found (besides the co-op, of course!). Check the flyers and bulletin boards, too, for events in the area.

While you're at the co-op, stock up on snacks (fresh fruits, bars, veggies, nuts, beverages), and purchase the ingredients for any fix-it-yourself meals. Be sure to check out the deli counter in lieu of a fast food restaurant. You're also likely to find a good wine to tuck in that picnic basket next to the freshly baked bread and local cheese. (Remember to stop by the co-op before you leave town, too, to stock up for the next leg of your trip.)

Local farms. Tour a local farm, and/or harvest your own fruit at a U-Pick farm. This is a great way to spend half a day of your trip. You'll get to know a local farmer, experience the environment, and harvest your own produce—most often berries or other fruits that you can pick and purchase by the pint or bushel. Taste a half dozen varieties of apples or pears (or whatever's in season) before you go home.

Community Supported Agriculture (CSAs). While membership in a CSA usually involves purchasing a share for a season, you may be able to buy leftovers or share in the harvest with willing local residents who are members. Visiting a CSA farm offers a fun one-day outing opportunity.

Farmers markets and farm stands. Discover the community's bounty, including produce, baked goods, canned goods, and even craft items. Markets and stands are often lively social gatherings too, where you can meet interesting people from the community you're traveling through.

Wineries and breweries. Some local producers offer tours of their facilities, complete with taste testing. Seek local bakers, cheesemakers, and other food artisans while you're in the area, too. Cont. on pg 12

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Editor

Damian Tody

Contributing Writers:

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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.

GM Musings:

When last fall came around the co-op ran into the same economic problems that has hurt everyone else in the nation. Starting in September or so, we really started to see the effects of the economy, in continued rising prices and lower sales. Then on top of that the city decided to do some construction on Old Spartanburg Hwy. By doing this they closed our access to downtown Hendersonville. This magnified the effects that we had already been experiencing and slowed our sales even more.

Well, here we are seven months later. It is good to see that our sales have been slowly climbing back up. We are again starting to see positive sales growth from week to week and month to month. There has also been a lot of increased customer traffic which is helping to keep the positive atmosphere in the store.

I think this is a good illustration of what some of the benefits are of being part of a cooperative. When other stores are laying off employees and losing sales, or even closing their doors, the co-op is able to persevere and come through stronger than before. This is because of the support that comes from being a community run organization. We all benefit when the co-op succeeds. There are many people that increased their support of the co-op as times became tougher. I want to thank everyone for their continued support. I also want to thank

the staff for all of their hard work in helping to keep the co-op running efficiently and smoothly as we continue to navigate through our current economic climate.

I hope that everyone has had the opportunity to check out the new tailgate market. It is great to see all of the activity on Monday afternoons in the parking lot. If you have not had a chance to check it out, this is another great way to show your support for our local community and it's producers. There is a great variety of vegetables, fresh from the fields, available to be taken home and cooked up. They are sure to be the tastiest veggies available. See you there.

In Cooperation,
Damian



Join the HCC Board of Directors and work with a dynamic team of people focused on our future. Study how the Co-op can be a catalyst for positive change in our community and learn a new way of directing and overseeing our cooperative venture.

Interested members can send an email to Steve Breckheimer at sbreckheimer@gmail.com or call 749-9104.

Candidate packets will be available August 1st and must be turned in by August 31.

Co-op Calendar

caring for your pet: acupuncture, nutrition, homeopathic remedies, and herbal treatment.

No charge. Please pre-register, as space is limited: Gretchen@hendersonville.coop

Every Monday 3pm - 6pm

Tailgate Market @ HCC

Come see what your community has to offer!!

Sunday, July 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, July 18th, 2:00 p.m.

An Introduction to Holistic Veterinary Care at the Co-op

With Ann D. Holsbouser, DVM

Dr. Holshouse from River Song veterinary Clinic in Brevard, will introduce and explain the many facets of the holistic medicine, with an integrative approach to

A Board's Eye View -- July News

In Defense of Food?

In May, Beth Beasley wrote about Local Sustainable Agriculture. This month, I want to continue in that vein by sharing with you the basic premises in Michael Pollan's 2008 book entitled "In Defense of Food: An Eater's Manifesto." If you are not familiar with Pollan's writing, he is a great storyteller who provides detailed research about plants, food and diets and shares the information in an understandable and entertaining way. His previous book, "The Omnivore's Dilemma" covers the ecological and ethical dimensions of our eating choices using the nutritional history of four meals: one made from his local healthy market, one from McDonalds, one from a sustainable farm and one in which he hunts and gathers most of the ingredients.

In the present book, Pollan reviews the recent history of our food system and the research on nutrition, and makes recommendations on what and how we, as thinking human beings, should eat to be healthy. Right up front (in fact on the cover), he tells us exactly what he is going to recommend: eat food, not too much, mostly plants." Now this may seem like a simplistic formula for healthy eating, but when you have finished reading the background and the details of these few words, you feel empowered and have a need to share his wisdom with others.

Pollan reviews the recent history of our food production highlighting the change from food being produced on small local or regional farms to the agribusinesses that now dominate. Agribusiness requires larger and larger amounts of chemical fertilizers and pesticides in an effort to produce more and more food at a lower cost. Until recently, if you wanted to eat produce without chemicals, you had to grow the food yourself or belong to a food co-op. The current resurgence of small farms and farmer's markets, gives us increased accessibility to quality food with a smaller carbon footprint. The food choices we make have huge consequences for our health, the health of the land and our food culture.

Pollan contends that most of what Americans consume today is not really food, but "food-like substances" that have been stripped of their fat and nutritional value only to be put back together with the "right" vitamins and minerals to make us healthy. Problem is that the research on nutrition is so bad that we cannot, for certain, know what substances or combination of substances in food make for a healthy diet. The government, nutritional researchers and the food industry all have a part in creating the incredible paradox of most Americans being overweight and undernourished. Given that four of the top ten cause of death today are diseases with a strong link to diet there is considerable risk and cost in continuing on this path. Pollan's rule of thumb is to avoid products with ingredients that are unpronounceable, unfamiliar or are more than five in number. Just because a product is advertised as healthy, doesn't mean it is good for you. He also, of course recommends that you

stay away from anything with high-fructose corn syrup.

How much should you eat? One of the many downsides of an agricultural system that produces more food than we can eat is surplus food. Now we could send this food overseas to countries that have starving people and little food, but instead, in the case of corn, we feed it to cows. Problem is a cow's digestive system is designed to process grass, not corn, so the corn makes them sick which then requires factories to inject them with medications to keep them from dying. Not a good situation for the cows or us. Another way of getting rid of excess food is to get people to eat more. Well just look around at your neighbors and you can see how successful that is. With mega burgers, supersizing and all-you-can-eat buffet troughs, we have made overeating easy and cheap.

The "French Paradox" comes into play here because it speaks not only to what we eat, but also to how we eat. The French have a different relationship with food than we have. They seldom snack, eat most of their meals with others, eat small portions and take more time to eat. So even though they eat food with lots of saturated fats and drink copious amounts of wine, most French men and women are slimmer and healthier than Americans. They consume fewer calories than we do and enjoy them much more. Pollan goes on to compare other "traditional" diets in other parts of the world with similar results. Quality trumps quantity.

Eating less is not easy, especially since we have all this food and it is everywhere and it is packaged so we can eat it virtually anywhere. So what to do? Use smaller plates, serve smaller portions, eat with friends, eat slowly, savor each bite, give your brain enough time to catch up with your stomach? You decide.

Eat mostly plants, especially the leaves. This recommendation comes again from the idea of eating real food, not processed food. The nutritional and health benefits of eating plants are well documented. Just one quick example: in countries where people eat a pound of fresh fruits and vegetables a day, the cancer rate is half that of the U.S. The recommendation from the most recent food pyramid to eat more fruits and vegetables (i.e., five a day) would seem to apply here too, especially if you get hungry between meals. Eating meat, from a nutrition standpoint is ok in Pollan's view; he just thinks that it should be relegated to an occasional side dish rather than the main source of calories at every meal.

For me, Pollan's writings reinforce many of the ideals that I have tried to follow in my effort to have a healthy diet. I hope you have found this information interesting, will read Pollan's book to get more of the research and details, and will share this information with friends and loved ones.

With a strong spirit of cooperation,
Steve



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Carolyn Widener
329-4826/2008-11



The Board of Directors meets a minimum of 12 times per year. The board is elected by Hendersonville 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 board@hendersonville.coop

2009 Board Meeting Dates

Meetings are held at 6:00 p.m. on the fourth Tuesday of the month. The next meeting will be on July 28th. All owners and staff members are welcome to attend the meetings. If you have a concern or topic for the board to discuss, Contact Steve at board@hendersonville.coop or a 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.

The Community School and Gardens Project Comes Together



Four beds were installed at Bruce Drysdale Elementary School. If you would like to be a part of this project in the future email Gretchen at gretchen@hendersonville.coop or contact the store.

News and Views From Outreach

Bruce Drysdale Elementary School Garden Building

Back in January, a group of us optimists got together and had a meeting. It was the beginning of the HCC Community and School Garden Project. Since that fateful day, the accomplishments have been astounding. I'd like to recognize the following people for their vision, diligence and hard work: Amy Hamilton, Liz and Jim Curtis, Kelly and Chip Laughton, Lissa Juedemann, Ronnie W. Pepper, Susan O'Brien, Chandler Cummins, Damian Tody, Tricia Stauffer, Zack Walker and the support of Janet Gardener, James McKinley, Beth Beasley, and Carolyn Widener. We are grateful for the willingness, good faith and educational support from the teachers, Jennifer Pacifici and Lauren Jones, and Principle Kelly Walker at Bruce Drysdale Elementary. A huge THANK YOU to these fine people and their fabulous attitude. I am honored to know these folks, and to work with them.

You may have noticed an article in the Times-News recently that actually featured the students planting their garden. (Wednesday, June 10th) <http://www.blueridgenow.com/article/20090610/NEWS/906099921>

From gathering materials, and digging up that first shovel full of dirt, to the finishing touches, we enjoyed the hard work of making these 4 raised beds happen. The oak lumber was generously sold to us at a very low price from a local mill: Woodpecker Sawmill in Mills River. It was cut to order, and untreated.

Hendersonville Home Depot Store # 3637, 401 Linda Vista Dr. ,Matthew - Store Manager and Carolina Ace Hardware, Greenville Hwy. Hendersonville, NC Gregory Paul – Owner, both donated tools, hoses, weed barrier, watering cans, and seeds. ASAP donated seeds and a gift card to Lowe's, too! The Co-op raised enough money to buy the soil and the gravel. Tricia Stauffer at Henderson County Health Department helped to secure money for printing up the booklet

that each child will receive with educational information, and a daily log about the garden.

It is magical to see that what began as a mission statement, could become a reality through the efforts of the many who participated:

The purpose and mission of the HCC Community and School Gardens Project Group is to create organic gardens in the schools and/or community that are supported by community (maintained and on-going). The gardens will serve to create intergenerational and multi-cultural cooperation, forging environmental and sustainable awareness, social awareness, education about nutrition, and to promote personal and community empowerment.

We are dreaming of another garden. There seems to be room at a few of the Head Start Programs, and we've been talking to Dana Elementary. Our goal is to create not only "A Garden in Every School" (AGES), but also to create community gardens in areas that will inspire inter-generational, and inter-cultural cooperation. We will be filing for our non-profit status and starting more fund-raising soon, too. Let me know if you want to help!

Thanks for cooperating,
Gretchen Schott Cummins
Community Outreach Coordinator



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Attention HCC Owners!

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

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

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

Blessings Wellness Center - Health care with a Christ-centered approach. Asyra total body assessment and balancing remedies, Wellness Pro pain management, Allergy profile, Therapeutic Essential oils. Nancy Chase, ND, CNHP 413 Kanuga Road (828) 712-5518 *Co-op members receive first Wellness Pro session free.*

Peace at Hand 1531 Haywood Rd (Hwy 191) Hendersonville, 828-692-3139 Far Infrared Sauna *free 20 min. sauna visit w/ first 1 hr therapeutic massage session for Co-op owners by appointment only.*

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

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.*

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

Fitness & Spiritual Well-being

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

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

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

Kathleen Wallace offers 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 Turbo Sonic 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.*

Due to an ever expanding list of participants and limited space we will be rotating the categories of The Green List every month. The entire list is available on our website - www.hendersonville.coop

Terrific Trees

with June Ellen Bradley



As July brings us the heat of summer, let's pause a minute and give thanks for the coolness of trees. Trees are cool both literally and figuratively. When we sit under a tree we feel lots cooler than when we are out in the summer sun. Trees give off water vapor as well as shade and oxygen making their surroundings cool. Trees are cool because they give us just about everything we need. I remember reading a quote about all the time and energy that goes into making a book, from the origins of written language, the focus of the author and the "total commitment" of the tree.

Trees are medicine, food, shelter, furniture, paper, musical instruments, baskets, jewelry, art, sculpture, first aid (tongue depressors, splints...) bowls, utensils, boats, the list goes on and on. It makes me really sad when someone looks at a forest and sees only timber. Trees are also living beings. They generously give their lives -often solely because they can't run away.

Trees also give us clean air and rain. This region 40 years ago was a temperate rainforest. As we cut down more and more trees, the rains have diminished. We forget the magnitude of the job trees hold for the planet; supplying oxygen and contributing to the cycle of water transfer for the Earth and all her creatures. I read somewhere that it takes 120 saplings to replace the oxygen exchange of a single mature oak tree. WOW.

If you haven't been to Joyce Kilmer Forest to see the old growth trees, put that on your list of field trips for the summer. The magic surrounding all those ancient ones is palpable. It's the kind of forest that you leave, and it never leaves you. One really can't adequately describe the feeling of standing in an old growth forest when you really connect to the beingness of it all. It is enchanting, awesriking (new word!) and will change you in intangible positive ways.

Let's celebrate the majesty and wonder of trees this month! We will look at a few favorites and talk about their many contributions. We also can remember that simply sitting with a tree can alter one's chemistry...for example, sitting against a White Pine for 20 min. was a Native cure for mild depression. You can survive off of Pine bark (the inner layer) and Pine needle tea in a pinch. Pine nuts are also a good food...our area has scrawny nuts, however, they're there.

We have Sassafras trees growing all around us. Herbalists over the centuries have used the root tea to cleanse the blood after the winter. You can boil one root up to 10 times and have wonderful tea. The powdered dried leaves are the thickener in gumbo and can be used in all kinds of soups and stews. The polymorphic leaves are a mystery that kids can marvel about as they learn to look closer to the details of the plants and trees around them.

It is so important to impart the awareness of diversity the trees represent to our youth. If you look closely, you too

will discover that things are way more complicated than you'd think at first glance. In our fast paced world, it is a good practice to slow down and really learn to see. This is another gift of the trees.

We have Witch-hazel trees growing in our region. They're one of the late fall bloomers and have an exotic yellow flower. We know that the extract is a great astringent and toner for the skin.

Peach trees have the gift of the leaf tea which helps one cope with trauma...in the old days, when someone called you to talk about something and served you Peach leaf tea, you knew that bad news was coming. It is quite tasty and would probably be good for these times of uncertainty.

Dogwood trees have been used in firemaking -the kind we did before matches. I also witnessed first hand the alleviation of migraines from the twig inner bark. It must be freshly brewed.

Tulip tree is great for making bark baskets. Its dried bark is great for making cordage and used for tinder bundles in primitive fire making. The inner bark is reported to be anti-malarial. Also beneficial in chronic rheumatism, gastric complaints and night sweats.

Oak trees have a high concentration of tannins which are helpful in sore throat, regular rinsings help stop bleeding gums, and the tea, while having a high "pucker" factor will stop diarrhea. Oak tannins also sooth the sting in insects and cleanse the skin of oils.

So let's celebrate the trees of our country this July. We can't survive without them. They pass along gentle breezes and host a variety of critters. The most generous of all Earths living beings; willing to listen (Go tell it to the trees -a Native practice of emotional release,) they provide all kinds of utilitarian objects for people, they make the air pure for all.

Worthy of our admiration and respect, let's keep our hearts tuned into the beauty they offer us on a daily basis. Trees provide us with free entertainment -when was the last time you climbed a tree? If you aren't the climbing sort, you can still enjoy the trees bounty and experience gratitude for their generosity every day. Thank you terrific trees!

Ann D. Holshouser, DVM
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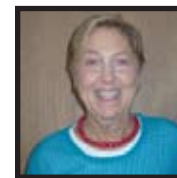
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10 Healthy Lifestyle Q and A

With Joan Kennedy of StayWell, Inc.



QUESTION: My husband and I do not have any health insurance. Our children are covered through the state, but neither of us have jobs that offer health insurance. We live a healthy lifestyle, but recently I developed symptoms that feel like hypothyroidism: fatigue, dry skin, hair coming out in my comb and constipation.

ANSWER: Unfortunately, many Americans find themselves in a similar situation to the one you relate. There are a variety of options though none may be ideal.

1. We are fortunate here in Hendersonville to have excellent Urgent Care. Sometimes if you go there, the wait is long (> 1 hour) but the physicians will see you for these types of problems. You will receive a bill and be expected to make reasonable, regular payments, but they will see you. If you choose to go there, ask that they do only the basic work-up necessary to diagnose and treat you, as diagnostic procedures are what increase the bill quickly. In your case, for example, ask that they do only the basic thyroid test to establish a diagnosis. Additional ones can be done later only IF they are needed. If it is determined that you have hypothyroidism be sure they write a prescription for an inexpensive thyroid medication. Most generic medications are safe and effective. You will need to have regular follow-ups if you start a thyroid medication so ask them for providers who will accept patients and bill on "the ability to pay."
 2. You can also call a hospital and ask for the physicians' referral service and ask the same questions regarding what providers accept payment based on ability to pay (a sliding scale.)
 3. Pharmacies often have special coupons from the drug companies that they can give you to help with the cost of some medications. Be sure to ask the pharmacist. They are excellent resources regarding issues relating to medications.
 4. Depending upon your income you may qualify for Medicaid. Though many physicians don't accept Medicaid, it will pay for your medication usually for only a \$3.00 co-pay.
 5. Also, in lieu of insurance many people are creating their own health insurance savings. Putting a certain amount of money into a savings account delegated specifically for health needs. It may not pay for brain surgery, but could be the money you use if you develop a medical issue.
 6. Regarding your hypothyroidism, once you have a diagnosis, there are many things you can do on your own to help your hypothyroidism.
- Avoid large amounts as soy can cause or aggravate hypothyroidism,
 - In general eat healthy: little sugar, regular meals, abundant fresh vegetables, for example. Controversy still exists regarding whether we get more food value from raw or cooked. I believe in most cases, it is easier for our bodies to digest lightly cooked foods as the cooking makes the nutrients more readily available for digestion by our stomachs.
 - Get adequate rest: 7-8 hours/day,
 - Get regular exercise such as walking,
 - Be sure you take your thyroid medication first thing EVERY morning before meals and before supplements. Any food or supplement that contains

minerals such as calcium can interfere with good absorption of the thyroid hormone. This happens because they decrease the amount of gastric acid produced and gastric acid is essential for thorough breakdown of thyroid.

In summary, become an educated, assertive consumer. Learn facts about your health problem and ask courteously for what you need and the amount you can afford. In today's economy and with diminishing health insurance, most providers are willing (and often happy) to care for a person paying cash as long as he/she makes reasonable payments. It is often easier and less costly for them than billing insurance companies. Be health responsible. In other words, do your part to stay healthy and to alleviate dis-ease by changes in lifestyle. Many health problems today can either be prevented or minimized by responsible living. There is an excellent article in the June 1, 2009 edition of The New Yorker, written by a surgeon, looking at the cost of health care in America. He found that higher health care costs often do not mean better care. In fact he found just the opposite. Lower total health care costs, and thus the fewer procedures done, usually results in better outcomes and fewer complications or additional problems. I highly recommend reading this article which is available online at The New Yorker.com.

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FREE Thai Appetizers will be served.
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by appointment only

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 sizeds ads \$50 per issue	Medium sizeds 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. The deadline for ad submissions or changes is the 7th of the month prior to the month being published.

Staff Picks for July

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: Fischer's Amber Ale, It rules!!!
Madison: Organic Fresh Watermelon!!
Delicious.
Brandon: Charlie Soaps. Local and works the best on my delicates.
Patrick: Amy's California Veggie Burgers
Robert: Dried Pineapple. My favorite dessert!
Arrion: Year of Birth Birthday Cards!! As soon as I know someone who turns 89 I am all over that card!
Kelsey: Organic Valley Chocolate Milk. So Delicious!
Maren: Devan says, "Quorn chicken nuggets are great for kids on the go!" I'll take his word for it.
Devan: R.W. Knudsen Spritzers.
Dylan: Golden Valley Buffalo Jerky!! Great on the go!
Graham: Adina Coffee energy drink.
Ailsa: Newman-O's Hint O' Mint cookies.
James: Liz Lovely Cookies.
Marisa: Lucini Fig and Walnut Dressing and La Bonne Vie Garlic Herb goat Cheese - awesome together on a salad!
Beth: Bulk Herbs! They're a great way to make your own aromatic and healthful teas.

Please Recycle



The Organic Press



This quarter we are BYO-bagging for:

Helping Hand Developmenter Center Inc.

Is a private, non-profit, 5-star rated preschool program which provides services for children 2-5 years of age who have an extensive range of special physical, health and emotional needs. Mission: To provide quality child development services to all children in Henderson County with a unique commitment to serve those who are physically, emotionally, and educationally challenged to that they may realize their potential.

Latino Advocacy Coalition

The mission of the Latino Advocacy Coalition is to cultivate the dawn of a new day by enriching relationships, empowering people and promoting a just community for all.

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!

12 Eat Local - Anywhere! Cont. from page 1

Restaurants serving local fare. Eating at a generic restaurant you can find elsewhere (everywhere, for that matter) is easy, but not necessarily much fun. Seek out restaurants that serve “authentic” food that’s been grown, harvested, and cooked by local folks.

Eating locally includes the fun of asking around when you get there and the serendipity of running across roadside farm stands and side-street cafes serving up local cuisine. But it’s also a good idea to arrive with some solid possibilities in hand for local foods. Here are some groups that can help you identify great sources. Investigate when you’re in the planning stages, or get online at your destination.

- Eat Well Guide. Simply type in your zip code (or state) and this site will tell you the farms, bakeries, creameries, farmers markets, restaurants that serve local foods, food co-ops, CSAs, U-pick farms and farm stands in the area. A traveling locavore can even plan a trip by entering starting and ending locations. <http://www.eatwellguide.org/i.php?pd=Home>
- The USDA lists farmers markets online. And it’s more likely than ever that you’ll be able to visit one in your travels. In 1994, the USDA tallied 1,755 farmers markets operating in the US; in 2008 they totaled 4,685. Search according to city and state, and the site will provide locations and hours. <http://apps.ams.usda.gov/FarmersMarkets/>
- Local Harvest also provides a listing of Farmers Markets, as well as CSAs, restaurants serving “real food,” and co-ops. You can search for local sources by state or zip code. <http://www.localharvest.org/farmers-markets/>

Good, authentic food—local food—enriches most any experience, travel included. And think of the vacation memories you’ll create—like your cherry stained fingers from the day you picked your own dessert and your first taste of prizewinning huckleberry pie. You may even forge some new friendships at the local co-op or farm stand.



Fountain of Youth Day Spa Say “I do” Wedding Services

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Dermalogica
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brow wax with purchase)
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Now Open Tuesday and Thursday evenings

(Located behind Fresh Market on Israel St)

www.fountainofyouthdayspa.com

828-698-2954

Congratulations to our Graduating Seniors: Maren McGlashan, Kelsey Wines and Olivia Stuller



Our three High School Seniors are all headed for college in the fall. But we’ve been fortunate to have them with us before they go, and maybe they will come back and work while on breaks from college. We hope so.

Kelsey Wines will be going to UNCA. She graduated elementary school from Mountain Community, then attended Hendersonville High for two years, and now she will be graduating from West with the class of ‘09.

She says the process of juggling school work while working and preparing for college has been challenging... “all the College applications, and constant paperwork can be overwhelming.”

Still the happiest thing about going to college, she says, is leaving and going onto something new.

Though Kelsey has not decided for certain her course of study, she is interested in biochemistry and physics. When asked what she wants to be when she grows up, she replied, “Do I have to pick one?! Anything from a geneticist to an astronomer.”

I asked, what does she look forward to most about college life: “Being on my own!” she said with a huge smile.

Maren McGlashan will also be headed for UNCA. Graduating with the class of ‘09 from Hendersonville High School. She attended Flat Rock Middle and Atkinson Elementary. Maren says the hardest thing about being a senior on her way to college is all the “getting ready... staying in touch with everything in school and preparing for college is getting pretty chaotic.”

“The best thing about all this though,” she says, “is the thought that I am changing my surroundings entirely and getting to do something new next year.”

Maren would like to do a double major with Education and English or Political Science. She would like to be teacher of English in higher education, like a college professor. I asked Maren what she looks forward to most. She replied that she is excited about the opportunity for independence and being able to exercise her own mind about things. “At first I think it will be really nerve-racking. But when I get used to it, I know it will be amazing.”

Olivia Stuller is headed out of state to Columbia College in Chicago. She too is a graduate of Hendersonville High ‘09, Flat Rock Middle and Atkinson Elementary. When I asked her about being a High School senior right now she said she is “full of apathy! And laziness.. .” But she has gotten to know her fellow classmates really well in the process of doing the Senior Play this year.

Looking forward to a “totally different environment”, Olivia is excited about meeting new people in college. she plans to continue with drama, pursuing a course of study in theatre and journalism. What does she want to be when she grows up? “The ultimate dream,” she says, “would be to act everyday and get paid for it!”

We wish these vibrant young scholars all the luck with college and beyond. And congratulations, we’ll miss you.

PRODUCER PROFILE



Fields of Gold
W. Lisa Black
fieldsofgold@mindspring.com

As we progress through the summer, we will be getting to know our farmers here at the HCC Tailgate Market. There is already a great sense of camaraderie out in that hot ol' parking lot each Monday afternoon. When you come to buy your fresh, local produce, take time to stop and visit with these folks. They each have a unique story about how they came to be growers; and they're just plain nice folks. I asked Lisa Black about Fields of Gold, beyond organic, biodynamic Farm and when it all started for her.

For Lisa, the original concept began 10 years ago when she began to look closely at the food we eat as a nation. As folks seemed to be suffering from chronic illnesses, she started to look at the correlation between health and nutrition and hence, the quality of our food supply. So much of the good stuff had been depleted from the soil in conventional farming; she felt something had to be done. Thus began her personal journey to find out what it would take to grow optimal food; a way to address all the aspects of the plant. "We have to get our nutrients from our food supply", says Black.

Having grown up on a 40-acre farm here in our area, (an apple orchard), she remembers her Dad spraying the trees, and recalls having an intuition,

even as a child, that it just wasn't the answer.

While Black has enjoyed eating organic, she still felt that the satisfaction in eating wasn't quite there. "When you eat," she says, "you should feel whole." This is when she began to learn about biodynamic farming. The leading teacher on biodynamics at the time was Dr Arden Anderson BSc. Ag. Sc.Ph.D. BioPhysics D.O. F.S., an internationally known physician of alternative medicine, and agricultural consultant. He teaches the concepts and practices of growing food beyond organic. Lisa explained to me that "there is an actual certification to the term "biodynamic" that tells the consumer that the food has complete nutrient density. The high-brix test will indicate that vitality and vibrancy of the produce with the use of a refractometer. Basically, the method of biodynamic farming will take into account the full spectrum of all the nutrients in the soil, all the little microbes that create interactions in the soil. The soil will be balanced and the food grown in that soil will have complete nutrients. This method requires diligence and attention to the factors of time, amendments and the preparation of energetic." (To learn more about biodynamic farming methods and terms, please see the June 2009 issue of the Organic Press page 12 or go to www.biodynamics.com).

Lisa is visibly passionate about farming biodynamically. She is well versed in her understanding of the process; friendly and willing to answer any questions. This venture is fairly new, but already Fields of Gold has a 40 family CSA on farm program. The Co-op is fortunate to have them selling here at the HCC Monday Tailgate Market as we are currently the only tailgate market where you can find their produce. (We also carry in our store.) For now, there are "on-farm" sales at the farm on Wednesdays. As I write this, the web site was not yet functioning, but keep an eye out for it at: www.fieldsofgoldfarm.com



Our Vision

Community

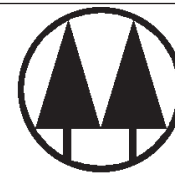
To serve as a resource to nurture and promote community, unity & diversity.

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!

Jennifer Gilbert,
Laura Williams,
Barbara Davenport,
James Jean,
Frank McGlashan,
Brian Crisp,
Vickie Miller,
Nathan Marshall,
Gail Ozmina,
Stephen Fosberg,
Lisa Soenen,
Nancy Coleman, Priscilla McLain Brackett,
Eric Huranna,
Kerry Hillmeyer,
Robert Griffin,
Marguerite Moinet,
Jeff Wells,

Lydia Juenger,
Fran Kohankie,
Vicki Carpenter,
K.M. Grijalva,
Mae Harter,
Vicki Beilharz,
Alisa Bennett,
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Marianne Hall,
Linda Grup,
Linda Goller,
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What's in Store For You? Department News

Produce News~

One of my favorite herbs to use in the kitchen is basil. Warming with a pungent aroma it can be used in many ethnic dishes from Indonesian to Italian cooking, it takes well with tomato dishes, fish, meats, and beans. It is most commonly found as the main ingredient in pesto. But do you know of the many health benefits of basil? Basil helps cure lung and stomach problems, it is used for mild depression, headache, and menstrual pain. It calms the nerves, aids digestion, treats fevers, whooping cough, constipation, nausea, insomnia, fatigue, and treats colds and flu. Truly basil is good for whatever ails you.

Happy Independence Day! ~Robert

Grocery News~

July is here! The dog days of summer are possibly upon us. It's national grilling month with Independence Day and just enjoying summer evenings outside. We have plenty of great foods to have at cook-outs. Rudi's buns, Woodstock pickles, and Lakewood Organic Lemonade are just some of the terrific specials to look for this month!

Also, I want to introduce you to a new product that has arrived on our shelves at the Co-op. It's the Parr Barr made locally in Boone, NC. Parr Bars are an all natural whole food energy bar that are handmade by a student-owned business. They are sweetened with local honey and have no added sugar, refined ingredients, or preservatives. They would be really good to take along on a hike or any adventure. And, if you try them, you are supporting a local business!

Here's a recipe from Coombs Family Farms Maple Syrup
for homemade Baked Beans...

Maple Baked Beans

2 cups navy beans	4 cups water
8 oz thick slab bacon	1 cup chopped yellow onion
2 tsp sea salt	1/2 tsp freshly ground black pepper
2/3 cup Coombs Family Farms 100% pure organic maple syrup	1 tsp dry mustard

Rinse and soak beans overnight in two inches of water in ovenproof 3 quart shallow pot. Preheat oven to 300 F. Drain beans and add 4 cups of fresh water. Bring to boil on stove top at high heat. Remove from heat, add all other ingredients and mix well. Then cover tightly and transfer to oven. Cook until just tender, or about 2 hours. Uncover and cook another 1 to 1.5 hours until top is bubbling with crispy edges. Have a happy Fourth of July! ~Marisa

Deli News ~

Greetings from the Blue Mountain Deli staff. It is getting hotter outside and hotter in the kitchen as well. We hope that everybody is gearing up for July 4th celebrations. I would like to remind everyone that you can place special orders through the deli for your backyard barbecue parties. Some items may include cases of hotdogs, American Kobe beef, chicken breast, chicken legs, etc. There have been several request for chilled soups with the temperature climbing. Look for chilled gazpacho or honeydew-midori soups on the hottest days. New in the deli this month we will be offering tangy balsamic bbq chicken wings from the deli case. We will also be making a start on packaged salad options for those

in a hurry. We will start with simple garden vegetable salads and hopefully make more additions soon. Remember that we serve hot lunch from 11:30 pm to 2:30 pm Monday through Saturday. Have a safe and happy July 4th. ~Jordan

Wellness News~

We're pleased to offer a new greeting card line called Positively Green by Compendium, cards people choose for their distinctive style, fun and memorable illustrations and thoughtful quotations. This line has grown so popular so fast that that one of the cards was just named "Card of the Year" by the Greeting Card Industry Association.

Positively Green has earned its business by producing cards that give back to our environment. At least 10 percent of profits from the sale of each card goes to two prominent environmental organizations—Climate Solutions and Conservation International.

At the end of 2008, Positively Green cards, a company with only 18 employees, was able to donate more than \$40,000 to each organization.

Positively Green goes a step further to reduce the environmental impact of its business by packaging all cards in a biodegradable, cellophane bag made from a corn, and by providing stores with a metal card display spinner made from recycled scrap metal.

With the sale of each card, the company hopes to encourage environmental awareness by publishing a "green tip" on the back. Most cards use just three of four sides—(with the back being little more than the marker to identify the artist and the publisher) but Positively Green uses this space to provide helpful tips such as:

- Tip #31: Flying across country produces almost a ton of CO2 emissions per passenger. Instead of flying to your next meeting, participate by teleconference or e-mail
- Tip #67: The average American discards 68 lbs. of clothing and textiles a year. Give cast-offs a second life by donating (or buying) used clothing

Kobi Yamada, Compendium CEO, said, "We feel like a greeting card can do more than just connect people with one another, but also connect them with information about their environmental footprint, and provide them an avenue to make a difference while they are choosing a product they already need to purchase.

That we are doing more with a greeting card isn't just good business sense, it truly is plain common sense."

~ Arrion



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• • • • •

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Ponds
Riparian Repair
Woodland Mgmt.
Grassland Mgmt.
HOA Snow Removal

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 to the suggestion box in HCC or by email at mail@hendersonville.coop. 828-693-8557 We reserve the right to refuse or edit ads. The deadline for classifieds is the 7th of the month prior to the month being published. We may remove ads after two months if not notified of an end date.

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

Local Green Man, Eric Monteith, P.E., Consulting Engineer, available to develop your property; grading, roads, sediment control, etc. Professional, affordable, honest. Will consider creative barter. 828 329.2888.

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

7 bicycle helmets, \$5 ea.; 24 DOT approved helmets (14 white, 10 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. Metal fence 4 ft high, approximately 24ft x 12ft, \$165, 828 779-6649.

2 - 6ft gates, 1 - 4ft gate, 6 - 8ft sections, 2 - 6ft sections, hardware, will deliver.

1948 Dodge – 5 windows, 9ft bed, has eng. & trans., needs restoring, \$1500, 828 779-6649.

Interdimensional healing, past lives, soul contract clearings. Release and start 2009 fresh and in alignment with divine self. Ginger 828 288 7061 (private phone sessions)

Beautifully furnished room in Flat Rock for rent \$300./mo. Laundry available. Ref. required 808-5959.

Full size organic wool topper by Surround Ewe. Used only two months. Paid \$399, asking \$150. For details go to web site -surroundewe.com. Pristine non-smoking environment. 828-696-9633.

Tempurpedic pillow. Size medium. Used one night only. Bought wrong size and could not return it. Paid \$110. asking \$50. Pristine non smoking environment. 828-696-9633.

BCS 8 horse power walk behind tractor w/ bush hog rototiller and cart. Older model, good shape. Hal Oliver says it is worthy at \$2000.00 696-9969

Outbuilding/workshop, new, all heavy gauge steel metal building kit. 20' x 20' w/ arched roof, 14' high. \$4,000 includes construction assistance. Call Delyn or Leila 698-6060

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

Furnished 1-Bdrm Apt in private home. \$750/mo includes all utilities. Very well kept. 2 miles west of city. Also Available for short term \$900/mo. References required. Call 692-3311

Musical Fitness - The music will lift your mood & energize your body for a rejuvenating experience & you will welcome a super-easy way to stay in shape and have fun!! Instructor: Denise Alexander-Cost: \$3.00 Where: Sammy Williams Center When: Wed. Time: 9:00 TO 9:45 A.M. Info: 692-3320

There's a new business in town to help you with all your pet and errand needs. We can help you with grocery shopping (at the Coop, of course!), appointments, airport pickup & delivery, dog walking, pet & house sitting, etc. Flat Rock Furry Friends & More, Laura Frohling, 828-489-8009

KANGEN WATER is now available in H'vill. For your free jugs of KANGEN WATER and to learn more about the benefits of drinking KANGEN WATER Call 828-698-7642

COLONICS with Helen Davis, certified colon hydro-therapist, I-ACT, NBCHT, specializing in the cleansing of the large colon. Closed system. For appt. call 828-698-7642

Two wireless routers for sale. Never been used. Linksys Wireless G and D-link Wireless G. Call 693-8557

Ages 5 - 8: Grow Giant Pumpkins at the Bullington Center - one-hour classes. May 30 - Sept. 19. Cost: \$15. Call 697-4891 or visit henderson.ces.ncsu.edu/4-H.

Ages 9 - 18: Mini-Gardening - grow your own vegetables at home. Garden judges teach and visit to offer advice. Call 697-4891 or visit henderson.ces.ncsu.edu/4-H.

Energetic, hard working mother and mature teenage daughter are looking for a creative, mutually agreeable, living situation. Works well with all life forms; plants, animals and humans. If interested, let's talk. Call Jenny at 828 808.7430.

House cleaning, elderly care (bathing, etc.) Vegetarian/Vegan cooking. Specialty. Mexican food. Come home to a clean house & delicious meal! Ref. available. Esther Sanabria (828) 808-0894

For Sale: Blender- Vita MX 4000 commercial with action dome- Excellent condition. Just reduce to \$150, Blender- Vita MX 3600 with action dome- excellent condition \$125 828-685-3080

National Geographics- 1977 thru 2000 Take all for \$20 828-685-3080

Cranberry La-Z-Boy 3-seat sofa (excellent cond.) \$300. Larger sturdy sofa table \$35. Smaller coffee tables \$40 + \$30. Late model Kenmore Wash/Dry (avail mid-June) \$400. 2 reconditioned IBM Selectric Type, I \$60, II \$70. 696-2187

For Sale: 100 plus new 2 oz cylindrical round clear plastic bottles with dispensing, screw on caps. \$15.00

For Sale: Nikken Kenko Magnetic Pad for twin bed. \$45.00

For Sale: Slim Spurling Light Life Rings (1/2 cubit - \$8, 1 cubit - \$12, and 3 cubits - \$18), AcuVac Coils \$20, and Harmonizer 2x2" \$50. Check website www.slimspurling.com for information on geobiology and application of Light Life Tools

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GE Uniden 2.4 GHZ's caller ID cordless phones. Total of 4 phones in all, Like new in the box. Paid \$300.00 asking \$150.00, headset capable - 483-4088, ext 2

New QMS Toner cartridges for Minolta 3100 printer, Yellow, Magenta & Cyan New in box. Paid \$190.00 each. Sell all 3 for \$235. Huge savings of \$335.00! - 483-4088, ext 2

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Song of the South, Snow White, Lion King, Aladdin, Pinocchio, buy 1 or all - 483-4088, ext 2

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Washer/gas Dryer, Maytag front loading Neptune pair, Like New Condition. 5 yrs new, used by 2 person family. \$450 Call 692-3311

Omega Juicer 8003. Sold on Dr. Mercola's website for \$235.00. Used for one month until I decided juicing was not for me. Available for \$95.00 828-287-8815

Henderson County 4-H invites you to celebrate 100 years of 4-H at the Do-Tell Storyfest in Downtown Hendersonville, Saturday, July 11: <http://dotellfestival.org/>

feed a man a fish, he eats one dinner, teach a man to fish, he eats the rest of his life. learn to manage your own health. medical qi-gong seminar, august 8&9, hendersonville. www.medicalqigongcenter.org. 698-6595.

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

Make a Difference
Every Time
You Shop! BYO-Bag!

