

The Organic Press

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

Volume 8 * Issue 10
October 2009

2009/2010 Board of Directors Election

As an owner in our wonderful cooperative business, you have the opportunity and responsibility to help shape our future by participating in the annual Board of Directors Election. This year, we have three traditional 3-year positions and one 1-year slot to fill. As you read over the nominee information in this issue, you will find an exceptional field of candidates from which to choose. All possess the kind of energy and enthusiasm, commitment and experience that is essential for consistent, long-term leadership on the Board. Please take time to read the nominee information, talk to candidates, cast your vote, and encourage other owners to do the same.

This year we are celebrating the 26th year of our incorporation and we plan on having an exciting, informative Annual Meeting Celebration including delicious food, entertainment and an opportunity to join with other owners and friends in celebration. Please take the time right now to put this important event on your calendar.

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JOIN US FOR THE 26th ANNUAL OWNER'S

MEETING
CELEBRATION

Dinner + Entertainment for the Whole Family



Sunday, November 8th from 1-5 PM
at the NEW Chamber of Commerce, 204 Kanuga Rd at Church St.

Arrive by 1pm... Eat at 2... Vote by 3

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



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Editor

Damian Tody

Contributing Writers:

Gretchen Cummins, Robert Jones, Arrion Kitchen, Marisa Cohn, Jordan Randall, 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.

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 7th 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:

October marks the beginning of a new year for us. Or fiscal year starts again and we get to see how we performed for the last year. It was definitely an interesting year with the road being closed on us twice and the economy adding a bit of a roller coaster effect to it all. Although it was a challenging year it was also a fun year. There were a few firsts that added to the atmosphere here at the co-op. We started our tailgate market for the first time this year. We had a great turn out from both vendors and shoppers. We have really enjoyed bringing you new shopping experiences that includes a direct interaction with those that are making local sustainable agriculture happen for us in Henderson County and WNC. I would like to thank Gretchen for her hard work in making this a reality for us. We have tried for a couple of years now to make this happen and it was fun to see it take off. Gretchen also worked with the Community and School Gardens Project to install garden beds at some of our local elementary schools. The group was able to install four beds at Bruce Drysdale Elementary School and three each at Dana and Upward Elementary. This program will enable our children to learn about sustainable agriculture and really get a feel for where our food comes from.

With the new fiscal year comes an opportunity for all of our owners to be involved with the future of your co-op. In this issue of the Organic Press you will find your ballot for the Board of Directors. You

will also find the candidate bios and information on voting in this year's election. This is a very important part of being an active owner at the Hendersonville Community Co-op. It is not only the right of owners to be able to decide who guides us into the future, but is our duty. There are many highly qualified candidates for this year's open seats on the board. So please take the time to get to know your candidates and be sure and bring your votes by the store. We will be collecting votes until the annual meeting, so there is plenty of time to participate. We look forward to your vote and seeing you in the store for another great year.

In Cooperation,
Damian



Co-op Calendar

Monday, October 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!

Thursday, Oct 8, 12:30 to 1:30 p.m.

Lunchtime Information Session about the Nia Technique. Come join Denise

Medved learn about Nia fitness for life...for all ages and abilities! A way to stay fit and healthy and have FUN at the same time!

Tuesday, October 13th, 6 p.m.

Master Sommelier tasting: Join Richard McKinney from Tryon Dist. and learn how to train your pallet to taste good wine \$10 owners/ \$13 non-owners. Fee includes delicious hors d'oeuvres.

Monday, October 26th

Harvest Festival @ HCC

Another 5% off day for owners and Harvest Festival with Arts & Crafts with a Special Kids Craft Area

Saturday, October 31st,

9:00 a.m. til 11:00 a.m.

Health Screening with Ray Fritsch

Monday, October 5th and 19th,

4:30-5:30 p.m.

Guest Local Chef at the HCC Tailgate Market

Come and learn about whats fresh at the market that day. A rotating local chef will be performing cooking demonstrations and talking about the current market items. Come learn how to prepare and taste what is available that week!

Every Monday 3pm - 6pm Through October 26th

Tailgate Market @ HCC

Come see what your community has to offer!!

A Board's Eye View -- October News

Is HCC Still a Cooperative?

At the HCC picnic in June, I had an interesting discussion with a young man about the Co-op. He asked why we no longer used volunteers in the store and questioned whether or not we were still a cooperative. That last question has been weaving its way into my consciousness periodically over the last several months. A cooperative is defined as "an enterprise or organization owned by and operated for the benefit of those using its service" (Merriam-Webster On-line). As many of you know, our co-op has its roots in a buying club formed in the 1970's by local residents and people drawn to the area from around the country by the back to the land movement and the Mother Earth News Magazine. Individuals contributed money and labor to order and share basic goods such as whole-wheat flour and rolled oats bought in bulk. Orders were sent to Tree of Life once a month and when the order was delivered the following week, everyone met and divided up the food order, sometimes from 25 or 50 lb. bags. Sue McMasters, one of the founding members states, "It was a great way to meet like-minded people." Right from the beginning, there was that combination of quality food and interesting social networking.

Gradually, it was clear that there was a growing need for many healthy food products, not just grains. The orders grew to include nuts, peanut butter, cheese, honey, maple syrup, dried fruit and unpasteurized, unfiltered apple juice. As more people became involved, the goods available for order expanded and sometimes all the food was not distributed at once. Some of it was stored in clean metal cans for sale later in the month. An old refrigerator was obtained and someone donated a huge, heavy chest freezer. The location of the buying club moved between Main Street and Seventh Avenue in various basements, backrooms, and warehouses. Eventually the group incorporated as the Hendersonville Food Cooperative and made a real store in the Train Depot on Seventh Avenue. In those days, we had volunteers to help with the work, but also hired a part time manager to coordinate everything. After several years in the Depot, we moved to a nicer store behind Pro's Pizza.

All along the way, we expanded our food product line and tried to meet owners' needs by carrying new things

they suggested. Since owners wanted to be able to shop more hours during the week and we did not have enough people volunteering, we hired additional workers to run the store and stock the shelves. After we moved to our current location, there was a demand for more prepared foods and the Blue Mountain Café (now Deli) was born. A couple years ago, the Department of Labor fined other co-operatives with violating the minimum wage laws by using volunteer labor for jobs that could be done by employees. We had to change the volunteer system to be in compliance with the law.

The main point I want to make here is that our co-op has a long history of adapting to our changing world and community and in order to survive we need to continue to evolve. We are not just a great food store. Providing healthy food is not enough; we need to educate the younger generation and older individuals that have started to pay more attention to their health. We must encourage and support local sustainable agriculture. We can serve as a model for how to run an organization in a way that is respectful to each other and our environment. To keep our organization strong, we must continue to develop a sense of pride and belonging in what we do, recruit more owners to strengthen our base, and be a catalyst for positive change in our community.

So, are we still a cooperative? I think so, just not the same one we were 30 years ago.

With a strong spirit of cooperation,

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



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 October 20th. 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.

2009 Board of Directors Nominees



Name: Beth Beasley
Co-op Member since: 2000
Occupation: writer

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

I would be honored to continue to serve the owners of the coop for another three-year term. It's been a great experience, so far!

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

I have worked as part of the HCC staff for two years (front end service) and as Board Secretary since 2006. I am a freelance writer who also volunteers in the Big Brothers Big Sisters in-school mentoring program.

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

I have learned the ins and outs of Policy Governance leadership, attended the CCMA conference (for staff and board members of cooperatives) and have served on a Board of Directors in the past (Pacific Center for Book Arts, San Francisco.) I have also enjoyed writing for the Organic Press, as needed.

What is your vision for the future of our cooperative?

The Coop is certainly a 'hub' for my own life—I envision HCC becoming more and more of a visible community feature through expansion/relocation, educational activities, fun events, outreach programs, etc.



Name: Eric Monteith
Co-op Member since: 2007, also a member in the 1990's
Occupation: Engineer

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

Good people, great ideals, feels like home with all the good food.

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

Vice President of the HCC Board back in the 90's, Organic Gardener, Beekeeper, Student of Permaculture

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

Served on church boards, teams, designed commercial, restaurants, worked retail, construction trades, quasi-hippie in the day.

What is your vision for the future of our cooperative?

Self-owning, sustainable building (physical plant) with surrounding or additional self-sustaining fresh agriculture. More member involvement, return to volunteerism and participation from members.



Name: Kristin Harkey
Co-op member since: 2008
Occupation: Director of Development for Carolina Mountain Land Conservancy (CMLC).

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

To the extent possible, I choose to live a life that is supportive of:

1. Local business and agriculture: Hungry for real food, health and authenticity, people are re-awakening to the local. This, I believe, is one of the most exciting things happening in America today. Quantitatively I realize how important local retail is toward strengthening local economies. Qualitatively I realize how important local food retail, in particular, is towards nurturing a sense of

community, identity and pride.

2. Community health: The word 'health', for me, has always been a source of fascination. The HCC expresses and develops very broad and holistic healthy lifestyles, encourages healthy decisions / habits and has the potential to profoundly enhance Hendersonville's vibrancy as a community. With the economy the way it is and the longtime traditional response of mountain people to come together when times get tough—the HCC has an excellent opportunity to play a leadership role in this new & green economy.

Continued on Pg 10



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Grassland Mgmt.
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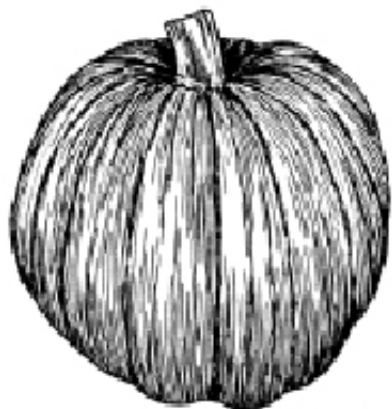
Insured & References
BS Agriculture ~ M Ag Plant Health
NC Reg. Landscape Contractor #1147
Certified Arborist



Dan Chapman
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Construction
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News and Views From Outreach



Celebrate National Co-op Month in October!

Win a raffle prize of a \$100 shopping spree to the Co-op
(2nd prize \$75 and third prize \$25)

*** See below for details***

Samples throughout the store every Friday.

Extra 5% off your groceries (owners only) on October 26th.

Harvest Festival and

Tailgate Market (the last one of the season)

Monday Afternoon October 26th 1:00 til 6:00 pm.

***To enter the raffle for a shopping spree, become a new owner/member or pay \$25 on your existing equity, or if you are fully vested, request that you wish to participate~ we'll enter your name in the box. Drawing will be at the end of the month.

Winners will be notified the first week of Nov.***

Chef at Market

Monday October 5th 4:30 p.m.

A very special guest from the Highland Lake Inn: **Executive Chef Peter Fassbender** will join us at the Monday Afternoon Tailgate Market.

Join us for a demonstration of a simple dish using seasonal ingredients found at the market that day. It's sure to inspire you to cook, or at least eat!!!



Attention HCC Owners!

5% on the 5th and the 26th

come in on Monday,
October 5th and 26th to
save on your groceries!



Health Screening at Hendersonville Community Co-op

SAVE \$100 w/ HeartTrak Special! *plus* ADDITIONAL \$20 OFF ON 4+ TESTS!!

Complete Blood Profile..(\$185 value).....\$35 Includes 23+ tests: Full cholesterol panel(HDL, LDL), electrolytes, proteins, glucose, etc.	Syndrome X Profile..(\$280 value).....\$95 A.K.A. metabolic syndrome or insulin resistance. Complete Blood Profile, Insulin, hglobin-Alc.
Executive Profile... (\$290 value) 30+ tests\$55 All above plus CBC(reds, whites, h-globin, crit) & thyroid(TSH). Add FREE T4 for only \$10.	Candida Profile IgG, IgM, IgA....\$155 H-Pylori Stomach bug linked to ulcers.....\$40 Also to migraines, skin, auto-immune & heart disease.
Prostate Specific Antigen (PSA).....\$30	MaleTrakex...8-test male hormone panel.....\$215
Homocysteine Linked to Alzheimer's and CHD... \$50	FemTrakex..8-test post-menopause hrms.....\$215
C-Reactive Protein (Inflammation)\$40	Adrenal Stress Index™ ...8 test panel.....\$220 Add Fem/MaleTrakex for only \$100! Save \$115!
Mercury.....Seafood is major source\$60	ALCAT 200 foods...\$150 OFF alcat.com!.....\$450
VAP (17 tests)... See TheVapTest.com.....\$85	OsteoTrak...measures bone loss products\$80
HeartTrak Special...\$100 OFF reg. price . \$220 Includes: VAP, CRP, H-cyst., ferritin, fibrinogen, Vit. D	Hair Analysissee TraceElements.com...\$125 30 minerals & 8 heavy metals, written eval and book.
Vitamin D....key for bone and immune system.....\$65	

Saturday OCTOBER 31st

Please sign-up in the store on Oct. 1st.

Most results will be available in the store in one week. Cash or Check.

MEDICAL SCREENING SERVICES SINCE 1988 800-758-2387

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

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.

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*

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

Retail

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

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

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

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

Peace at Hand 1531 Haywood Rd (Hwy 191) Hendersonville, 828-692-3139 100% soy candles, relaxation cd's, gems and minerals, NAtural Bath and Body Products, Wind chimes and more. *10% discount with Co-op owner card on any regular priced item.*

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

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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.oneheart-peacecenter.org

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

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

Healing Oils Class teaches: How essential oils work, Which oils you should have on hand for emergencies, How processing affects the therapeutic quality, Why you should care about therapeutic oils, Which oils are best for you 2nd Monday of every month at Straight Way / Beginnings Bookstore, 2560 Chimney Rock Road, Suite D (Next to Farm Bureau) Call Nancy for info 828-712-5518 *Classes are free*

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

Charge yourself up for winter... last chance!

with June Ellen Bradley



7

The days are getting shorter now and the time of the long nights is at hand. What better time to consciously center ourselves and collect more than the harvest from the earth? It's quite simple really. Wonder what it is? It's good energy!

We can collect energy from the earth to supplement the waning sunlight during the upcoming winter. Did you know that being close to the earth gives us energy? Being barefoot, sitting on the ground or even better, lying on the grass with palms up are remarkable rechargers. Check it out sometime. It's free medicine.

The chiggers were out of hand this year and lucky for us, with the cooling of the days they disappear. Now is the time to store up some good grounding 'earthmama' energy to keep us healthy during the winter months. Begin the day breathing fresh outside air for a few minutes. While you're at it, add a thought of thanksgiving for the day, it will help increase your energy too.

Here is a little ceremony that can help 're-boot' yourself before or after a stressful day...it starts by spending a few minutes in direct contact with the ground. You can put a plush blanket down and lie on the ground or stand, barefoot. With intention, release back to the earth all the troubles of your day knowing transformation will take place. Push these concerns deep into the center of the earth and feel them drain out of your body...visualize that these dark energies burn up in the Earth's molten lava core.

Consciously let go of anything that keeps you from your true radiance. Go within and ask yourself what it is that keeps you from being who you envision yourself to be? Wait for the answer - if one is not forthcoming, keep asking -even if it takes months. You will find your answer if the question and your intention is sincere.

Sometimes we distract ourselves doing 10,000 things or participating in all kinds of drama or addictions...so we don't hafta look in the dark cave of our fears. It is, however, the key to our actual freedom... a discussion for another time.

Once you have emptied yourself and let go, feel yourself soaking up all the loving nurturing essence of this amazing planet. Feel yourself as the love that makes all things grow and flourish. Be held in absolute acceptance. Draw in the life force of the earth and let it merge with the light force of your spirit. Feel yourself swell with light and love.

What you are gathering is known as the life force, the Chinese call it Chi, The Japanese call it Ki, our indigenous ancestors called it "the spirit that moves in and through all things" -though it was condensed into a simple word - it is the force which accompanies your breath, so breathe deeply, slowly and fully during this exercise. The earth can re-energize you as you breathe

deeply, consciously and with purpose. Fill yourself to bursting with wildness. "In wildness is the preservation of the world," as Thoreau once wrote.

Our ancestors did this, and anyone you know that spends most of their time outdoors has a hardiness about them that is obvious. I believe that there are valuable things "primitive" cultures had to teach us that we can rekindle to blend with our lives today for connection and enrichment. Here are a few ideas.

Spend time out in the sun and connect with the stars at night. It doesn't have to be for long, if you only have 5 min. that is great. You are connecting with ancient wisdom. Do this often enough and you will find yourself knowing things you didn't know you knew. You may even find that the plants growing around your yard start to magnetize your attention. You may find that a particular plant is good for something that you specifically need. How did that plant come to grow right there where you need it? Nature remains always mysterious. Explore the mystery!

This practice is always available to you. You'll find yourself feeling more buoyant and part of something way bigger and somehow all connected. Our current generations are the first to be so far removed from actual land connection. These days, there are people who go through their day and their feet never touch the bare earth and that is unfortunate for them. Children are discovered who have difficulty connecting with the world around them and it is a bona fide disorder called "Nature deficit disorder" Look it up. The multifaceted learning that takes place outdoors cannot be reproduced inside and we as a species are suffering because of it. This is something we can change easily.

Let yourself answer the call of the wild. You may find that you laugh right through the winter without so much as a sniffle. Once the earth removes her green cloak, many of us suffer the winter blues... (shouldn't it be called the greys!?) Anyhow, see if a more regular contact with Nature doesn't help to lift your spirits. I know it does for me.

So don't believe me, try it out and see for yourself. There is nothing to lose. It is absolutely free, open for all ages and people regardless of race, creed or hair color!

All you have to do is remember your connection. We are all part of the earth and will all return there someday.

You can summon this energy when

you are indoors and you need a burst of strength... just keep renewing that connection with the elements. It's like a bank account -don't let the balance go below what you need for vibrant health. We are earth, air, fire and water after all. We are energy. It is our job to keep the flow going. I invite you to join in and celebrate the amazing power of our planet.

Salamander

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Raise your spirit • Enliven your home

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Charlotte McGinnis

Life Success Consultant, Spiritual Educator,
Weddings, Memorials And Zen Golf
"Your Partner In Attaining Your Highest Potential!"

Upcoming Events At
The Lakehouse Lodge And Spa, Flat Rock

October 9th - Friday Night Lights - 7 - 9pm \$10 per person
Charlotte will present "Find Your Miracle"
Wine, Appetizers, Fellowship & Inspiration

October 25th - 11am Interfaith Sunday Celebration

October 28th - 5:30m- 9:30pm - An interactive seminar
"Transform Your Beliefs... Manifest Your Dreams!"
The Law of Attraction DOES WORK!
Henderson County Chamber of Commerce

New Think and Grow Rich MasterMind Group forming in October
Contact Charlotte for more details.

www.charlottemcginnis.com
828-808-1885

3. Service & Outreach: To be a long-lasting community asset, the HCC must secure the support and confidence of our general public. Successful Co-ops are pursuant to ethics and improved public health—a task that requires service and dedication.

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

In addition to my patronage, I encourage the staff at my office to frequent the Co-op and in the various meetings and volunteer committees we always seem to naturally promote the Co-op as the lunch destination of choice. I bet we also have some considerable cross-over in terms of membership / owner rosters. CMLC has collaborated with HCC staff on some fundraisers...and yet I sense that there are many other meaningful partnerships to explore.

Allow me to briefly describe CMLC as it may share, in spirit, many of the same values as the HVL Co-op. CMLC partners with local landowners to protect land, farm and water resources vital to our natural heritage and quality of life. Inherently CMLC's efforts align with the HCC as we promote community health and recreation, protect green space, farmlands and the river basins that provide Hendersonville's drinking water. Land trusts and fresh food Co-ops connect people to nature in ways both simple and profound. CMLC has recently relocated to a green and passive solar office building. In the short year and half I've been with CMLC, we have become more firmly established within the Hendersonville community and have taken bold steps towards being a "community institution" from our grass roots.

In addition to the Co-op being of personal interest, it is incumbent that I reach out to other like-minded, environmentally minded organizations. I believe that one very effective way to stop sprawl is to make our towns and cities more livable. The best way to reduce obesity is to give people access to healthy foods and plenty of opportunities to

be outdoors. I consider myself very fortunate that I am able to both professionally and personally pursue quality standards of living in our mountain home.

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

To me action expresses priority. After nine years of working with a couple of different non-profit boards, I feel I have a strong grasp of different leadership styles and make no mistake, I am very results oriented. To this end, I have fairly high expectations for myself and from other board members, but I suspect that I have also learned how to motivate and encourage my peers to reach doable dreams. I am currently enrolled in the Blue Ridge Community College's VISION program for Henderson County and a friend of the library. I likely know others too, that could strengthen the HCC board.

What is your vision for the future of our cooperative?

I'm going to answer this question with a question. How can we deepen and strengthen our ability as a cooperative to celebrate the local, serve our communities better, and better situate ourselves in a changing economy?

My vision for the Co-op includes the creation of a limited indivisible reserve. While I have much to learn about the operations, I believe a cost savings-posture and asset improvement is prudent right now. I would also take seriously my role as it contributes to the future expansion of goods and services. By the end of my three-year term I hope to see a measurable and sustained increase in ownership—a rate of growth that carefully justifies expansion.

In terms of the look and feel of the Co-op, I'd like to see a better mix of customers in terms of purchasing capacity and background. My impression is that mostly affluent, established, mobile, older adults frequent the Co-op, whereas we could be doing more to encourage access from diverse ethnic and/or lower income groups.



Name: Laura Miklowitz
Co-op Member since: 1984
Occupation: Creative Services Director for Planet Zeus Media

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

I've enthusiastically served on the HCC Board for the past eight years (without ever missing a meeting!), four as Board President and two as VP. It's been a pleasure working and learning with diverse, community-minded, passionate people. I hope to continue the important work of the board: long-term visioning, setting policy, linking with owners and making a difference in the world. And I'd like to be actively involved in our eventual expansion.

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

In addition to serving three terms on the HCC board, I volunteer on non-profit fundraising committees and perform with The Atomic Sisterhood at fundraisers and community events. As Creative Director for Bold Life and VERVE magazines, I stay rooted in local interests and incentives.

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

I've utilized skills from my past life in the corporate world to aid in meeting planning, board job descriptions, organization and training. Attending national Co-op conferences and regional training seminars has provided powerful knowledge and long-lasting contacts.

What is your vision for the future of our cooperative?

Part of "progress" is looking to the past and to core values like strong community, nourishment, healthy alternatives and the importance of public service. Our board goal is to make HCC the hub of the community and a source of local pride. In the not so distant future, expansion will allow us to increase not just our space, but new opportunities for gathering, educating, listening and inspiring.

Continued on Pg 12

Point The Way
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Unit 1
Flat Rock, NC USA 28731

Tel: 828-696-3531
Fax: 828-696-0952

Trisha Miller, PhD
Clinical Psychologist

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Nutritional Consultant

Dr. Steve A. Westin

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Hendersonville, NC 28793

828-696-9081
828-551-8012-C
barefoothealth_2000@yahoo.com

Advertise in the Organic Press!

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

Rates

For HCC Owners

Business card size ads \$30 per issue

Medium size ads \$50 per issue

2 column large ads \$100 per issue

For nonowners

Business card size ads \$40

Medium sized ads \$60

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.

Customer Picks for October ¹¹

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

Ondine: Dr. Kracker's Flatbreads - no sugar, OG grains, good protein/carb ratio!

Judy: Laura's Lemon Chicken Soup

Brittany: Clif Mojo dipped peanut butter and jelly - it's like being five again without he sandwich!

Al: Joyuva Sesame Crunch in bulk - great snack on long bike rides

Laura: Almond Julie Bar - The best chocolate treat ever

Pat: Co-op's own homemade soups - Better than any canned soup - yummm!

Ann: Soy Yougurt - best ion town!

Christie: Julie's Cinnamon raisin Bread - sooo yummy! Especially made into French Toast!

Kat: Quorn Chicken - juicy and tender - delicious!!

Ondine-y: Julie's spelt pizza crusts - great price, great taste and healthy!

Dina: Salmon Guy wild alaskan frozen salmon - delicious and healthy

Ann: OG dried Nectarines - not too sweet, just right

Please Recycle



The Organic Press



This quarter we are BYO-bagging for:

The Healing Place is a sexual assault response and resource center and the child advocacy center of Henderson County. We serve all victims of sexual assault and child abuse regardless of age, sex, race, socioeconomic level. Our Mission is - "To provide crisis intervention, support, and counseling to victims of sexual assault and child abuse, and to increase awareness and prevention through community education." Our Vision is - "We envision a community without sexual assault or child abuse or the fear of sexual assault or child abuse; Education and the meeting of emotional and psychological needs will result in all people being treated with dignity and respect."

Hope for Horses - Our Mission

To find secure, permanent homes for horses of any type, including the elderly and lame as well as those who are strong and sound through the adoption process

To provide quality of life and the best care to neglected and abused horses during rehabilitation time until adoption

To continue to build strong relationships with WNC County Animal Control groups and build trust in surrounding communities

To educate the public about the importance of responsible horse ownership and to increase public awareness about the amount of neglect and abuse of horses in WNC

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!



Name: Marilyn Burke Jackson
 Co-op Member since: Fall, 2008
 Occupation: R.N. – Director Behavioral Health Services at Park Ridge Hospital

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

I have a devout passion for holistic health. I have made a personal commitment to assist others in becoming as healthy as they can possibly be. HCC provides so many wonderful products, educational events, and services that promote health for the body, mind and spirit; and this is done in a way that collectively

improves not only the individual, but the entire community. I believe that together, we make a difference. I want to be a part of that!

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

I shop often at HCC! I have gotten to know some of the staff and enjoy their courteous natures. I also know two board members and have discussed elements of HCC with them on several occasions. I would like to become more involved with the community itself.

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

I am an accomplished leader and have creative abilities that allow me to envision processes “outside of the box”. I have been involved in directing and managing nursing staff in the field of psychiatric medicine for over 27 years; and have a record of increasing responsibility with each new assignment I have accepted. My expertise lies in working to assist each individual in identifying and expanding his/her unique talents and

abilities. I am known for the ability to trouble shoot problem areas, facilitate workable solutions, and follow through to resolution. I serve on the Board of Directors for Sixth Avenue Rehabilitation Partners, Inc. in Hendersonville, which serves the indigent mental health community. I also have worked with veterans suffering from Post Traumatic Stress Disorder, and served on the Board of Directors for DEROS Foundation in Dallas, TX. for several years.

My motto is always “Together We Shine!”. I enjoy being part of an organization that is helpful to others and strives to ensure optimal health in every aspect of its operation.

What is your vision for the future of our cooperative?

I can foresee the need for expansion of both space and services offered within HCC. Our location is the only one available in the Hendersonville area that offers organic foods and supplements that continue to grow in daily use of more and more families in our community. I believe that expansion will also assist our local sustainable agriculture, and provide optimal opportunity for the community to achieve greater health as a whole, while improving and supporting the economy. I believe that together we can “Be the Change We Want to See in the World” (Gandhi).



Name: Susan O'Brien
 Co-op Member since: October 2008
 Occupation: On-Line Admin support

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

I have been an owner since I moved to Hendersonville. I have enjoyed shopping at the co-op and all the programs the co-op makes available. I have met some wonderful people through the co-op. If there is a need and I can support the co-op I would like the opportunity.

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

I have been involved with the garden project. I am also involved with Angel Ministries since January and I am part of the Feed the Kids. I am the new treasurer of the Home Owners Association where I live.

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

I was on the board of directors of my local ARC, it was many years ago, but I like to think I made a difference. For many years I was the business manger and then Regional Manager for a large retail chain. I have ran the day-to-day operations of many stores, all aspects. I have built stores, hired the employees and trained them. I successfully transitioned the small company I was the business manager for to a larger company when we were purchased. I feel these skills show my ability to handle projects, work with many people, recruit and mentor people. I understand the challenges facing a GM and what it takes to make a business grow. I am able to work through projects keeping in mind the goal and how best to complete the project.

What is your vision for the future of our cooperative?

I want to see the Co-op grow its' community presence. I want to see the Co-op grow through expansion, when we are ready, and community education on the benefits of the Co-op. I would like to see the Co-op as a successful model that other Co-ops use as an example for “How to become successful.”


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PRODUCER PROFILE



Shepherd's Flock Farm: Lisa Laughter
(shown here with her daughter Anna)
By Gretchen Schott Cummins

Lisa Laughter is one of those fine people who seem to have more hours in the day than the rest of us. Just to talk to her for a few minutes about all the things she does- from farming and canning to home schooling and teaching Sunday school- can make the likes of me feel exhausted. Yet, she shows up each week to sell her goods, chipper and friendly as ever.

There are the usual suspects you would expect to find when shopping homemade preserves, jams and jellies: Strawberry Rhubarb, Peach Preserves, Pear Preserves, Blackberry Jam, and hot Jalapeño Jelly. Then there is the truly unique to Lisa Laughter selection: Pickled Garden Mix, Pickled Green Tomatoes, her own Chow Chow, Strawberry Basil jam, and Strawberry Jalapeño jam. (The latter two are apparently delicious on meat dishes like chicken or pork loin.) All made from scratch. Shepherd's Flock Farms, where the Laughter family

has been farming for 28 years. Lisa is the brilliance behind all the preserved produce she "puts up" every season. The recipes have either been passed down from Grandmother, or she has developed them on her own to perfection. "The old fashioned way," she says, "is to cook it out forever! Very few of my recipes actually use fruit pectin. And the organic sugar is so good, you don't have to use as much."

She grows 99% of what she "puts up" on the farm, all by means of organic farming methods: apples, peaches, pears, raspberry and blackberry bushes and a huge garden full of tomatoes, and beans, squash and so much more. Her husband, Gary, does all the work to take care of the bees. The result is the most delicious raw honey. According to Lisa, you absolutely have to have bees if you have an orchard. Which is how it all began, of course, primarily as an orchard.

The story of the Laughter Family Farm is wrought with ups and downs, as is the case for many old family Appalachian farms and orchards. For generations, it had been a functioning twelve hundred acres, but when the depression hit, it meant that parts of the land had to be sold off, piece by piece until alas there were only 20 acres left.

When her father-in-law died of cancer about 20 years ago, and the Laughters decided to take a closer look at their farming practices. Not trusting the pesticides used like parathine, and finding issues with chemical allergies in their daughter Anna, they took to more natural and organic practices. It was 8 years before their soil tests were clear of chemicals. The Laughters realize that these practices can be more expensive, but as Lisa says, "It's worth it to get the word out that organic is so much better for you."

You will find Lisa and one or both of her lovely daughters, Anna or Jennifer, at our Monday Afternoon Tailgate Market 3-6 p.m. and at the Thursday Afternoon Tailgate Market in Flat Rock. She is warm, friendly and welcoming, and happy to give out a sample of anything you'd like to try—and a story to go with it at no extra charge.

Our Vision

Community

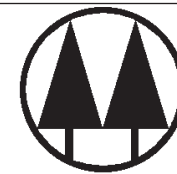
To serve as a resource to nurture and promote community, unity & diversity.

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!

Steve Lambert	Jason Timmons
Phyllis & Mike Best	Teri & Norman Mathison
Brenda & Michael Magouirk-Nelson	Pamela Donovan & Charles Corbitt
Alison Bell	Kathleen & John Kirkwood
Paul Cullen	Tim Wander
Sherry Wilson	Janae & Ben Seneker
Laura & Clint Shuford	Amena & Jake Reess
Maureen Scott & Todd Cohen	William & Susan Parana
Linda & John Viselli	James P & Jean Harvey
Gillian & Erwin Waters	Darlene & James Lumsden
Louise Vaughn	
John & Emily Guth	
Ben O'kelley	



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What's in Store For You? Department News

Grocery News~

This month is National Co-op and Fair Trade month as well as Halloween. Equal Exchange coffee, tea, chocolate and nuts are highlighted on our front display as you come in the front door. All of their products are Fair Trade and organic. Other companies that provide Fair Trade products are Green & Black, Rapunzel, Alter Eco, Singing Dog, Steaz, Wholesome Sweeteners, Café Altura, Dagoba, Numi, Honest Tea, Guyaki, and many others.

We value supporting local businesses also, and are now selling hand crafted artisan chocolate from Black Mountain, NC. This chocolate is from a single origin bean to preserve the unique flavor of the chocolate. It is produced in small batches to ensure careful handling and quality control. Black Mountain Chocolate has equitable long-term relationships with the growers and grower co-ops of the cacao beans. The three varieties are from Venezuela, The Dominican Republic, and Nicaragua. Each possesses its own unique flavor much like wines from different regions. These chocolates are disk-like drops in a tin and one or two are surprisingly satisfying due to the high cocoa content and lack of additional additives. For those people that are true chocolate connoisseurs or looking for a unique gift, you should try Black Mountain Chocolate.

~Marisa

Wellness News~

The Importance of Healthy Bones By Jordan Rubin



RESTRICTIONS APPLY

Garden of Life is 15% off for all shoppers through November

Why is maintaining healthy bones so important? I'm figuring that most of you would correctly say that building strong bones is important primarily to prevent osteoporosis, which can lead to fractures. What you are probably unaware of, however, is that maintaining healthy bones means far more than just preventing osteoporosis.

Let's start with the basic functions of bones that most of us know about. First off, our bones are the frame that our bodies are built around. While this seems obvious, think about one of the signs of aging that is readily visible to the human eye. If you've ever seen an elderly woman who is hunched over as she walks down the street, you can see that her lack of bone strength and bone density are not allowing her skeleton to support her body properly. We need strong

bones to help us stand up straight and keep us from falling when we bend over.

We also need bones for protection. Like any father and son, my young son Joshua and I love to roughhouse. That wouldn't be possible if his bones didn't protect the vital organs throughout his body. Additionally, many of those muscles that we use when we're playing together are connected to various bones. That's why I love the study of biomechanics, which is devoted to uncovering the ways that bone and muscle partner together to allow us to perform everyday tasks like reaching into the refrigerator, or in the case of a superstar pitcher, throwing a baseball 95 miles per hour.

So far everything we've talked about relates to bone and its structural or mechanical significance. Think of it this way: Just about anytime you can see bone in action (try wiggling your fingers) or feel bone moving (rotate your shoulder), you are witnessing the structural or mechanical function of bone.

Beyond Bone Strength

Where we go next will reveal some benefits of healthy bones that probably aren't on the top of your mind, mainly because you may not necessarily see or directly feel these benefits.

For starters, many of the bones in the body contain a substance known as bone marrow. Red bone marrow is responsible for the production of red blood cells. In turn, red blood cells are responsible for delivering oxygen all throughout the body. It would be hard to understate the importance of that particular function of the bones, as much of the body relies on the life-giving presence of oxygen.

Red bone marrow is also a key part of your immune system. Most white blood cells, which are responsible for defending the body against foreign invaders, are created in red bone marrow. There is another type of marrow present in long bones within the body, and this type is called yellow bone marrow. At birth, the body contains only red bone marrow, but as you gradually age, some of that red marrow is replaced with yellow marrow. The primary function of yellow marrow is to become a storage place for excess fat. If your body nears starvation, one of the last survival steps is to pull fat from yellow bone marrow. Interestingly, if your body is lacking red bone marrow for whatever reason, your body can convert yellow marrow back into red marrow.

There are a few other pretty amazing functions of bone. Whenever the body becomes too acidic, due to poor diet or other factors, bone can lend alkalizing minerals to the bloodstream in order to retain pH balance. Of course, I would prefer that you eat a balanced diet that includes naturally alkalizing foods such as green

leafy vegetables, but your body often has several mechanisms to combat the harm you might inflict upon it.

As you can see, bone health means a lot more than simply preventing osteoporosis. Because osteoporosis is often the first sign of degenerating bone health—often in the form of a fracture due to weak bone—I consider good bone health to be one of the most overlooked components of extraordinary health.

~ Arrion

Produce News~

The fall is my favorite season of the year. It's full of good memories, comfortable weather, and most importantly - good food. And with all the candy that comes with Halloween it's important to see our children eat something good. Fruits and veggies are always an important part of any-one's diet. Good thing the fall harvest of local & organic produce is here, just in time! This fall we have a wide variety of organic produce grown right here in North Carolina, everything from winter squash and pumpkins to fresh greens and herbs. Come see what's fresh in our produce department.

~ Robert

Deli News~

Greetings from the Blue Mountain Deli. We are looking forward to the transition of seasons and are trying to show it with several new items. Laura will be preparing pumpkin pie with local Hendersonville pumpkins while they last. New in the deli case this month we will bring back the "Roasted Squash and Pineapple" dish composed of local roasted butternut squash, roasted red peppers, pineapple, papaya, scallions, cilantro, and curry seasonings. Also appearing new this month will be a Vietnamese Green Papaya Salad composed of papaya, granny smith apple, tomato, garlic, chili, red onion, roasted peanuts, cilantro, and fish sauce. In addition to the new salads, we will be working on offering "take-and-bake" spelt pizzas from our grab and go. We will offer a vegetarian and meat option and rotate the selections of the pizza to include different flavors. Look for these to be available sometime around October to November. I would like to respond to several owners commenting on not being able to find their favorite salad(s) when shopping the deli. We have such an expansive recipe index that we are rotating salads in our production to continue carrying many customer favorites that will not all fit at once in to our display. If you have a favorite in mind that you would like us to make then feel free to call us and we will work it in to our production at the earliest possible convenience. Remember that we serve hot lunch Monday through Saturday, 11:30am to 2:30pm, and biscuits served around the clock.

~ Jordan

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.

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.

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

"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

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 hydrotherapist, I-ACT, NBCHT, specializing in the cleansing of the large colon. Closed system. For appt. call 828-698-7642

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: 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.slim-spurling.com for information on geobiology and application of Light Life Tools. Contact phoebe.miller@gmail.com for more information about products for sale.

Fabulous recession proof business w/debt free, BBB approved Green Company. Consistent residual income, easily duplicatable. Details call 808-0689 or 483-4088, ext 2, Claire

GE Uniden 2.4 GHZ's caller ID cordless phones. Total 4 phones, Like new in the box. Paid \$300.00 asking \$150.00, headset capable - 808-0689 or 483-4088, ext 2

Minolta 3100 printer, NEW, QMS Toner cartridges: Yellow, Magenta & Cyan. Paid \$190.00 Each. Sell all 3 for \$235. WOW, save \$335.00 ! Call 808-0689 or 483-4088, ext 2

Beautiful RIHA andante solid oak organ, medium size, 2 keyboards, 40 accompaniment sounds, & floor pedals, with music: \$300 Negotiable - 808-0689 or 483-4088, ext. 2

Classic VHS Disney Movies, New & Used "Original" Song of the South, Snow White, Lion King, Aladdin, Pinocchio, buy 1 or all - 808-0689 or 483-4088, ext 2

Collectible Tom Clark Gnome, Henson 87 signed, Like new \$40.00 - 808-0689 or 483-4088, ext. 2

Beautiful Golden Coral necklace & earrings from Indonesia w/ appraisal papers of authenticity, \$750.00 - 808-0689 or 483-4088, ext 2

Classical guitar Giannini with music in guitar case - \$100.00, 808-0689 or 483-4088, ext 2

Farm City Day
Saturday, October 3, 10:00 - 4:00, in Jackson Park
A day of family fun, food, crafts, tractors and more!

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.

Massage and Pain Relief Therapy, Reduce stress & anxiety, Increase energy & flexibility, Enhance immunity & circulatory systems, Balance hormones & detox, Relax muscles & improve posture, Also: Facial & Scalp Massage, Reflexology: Hands and feet, For these overall health benefits, call for an appointment: 828-696-6105

ORGANIC Liquid Marine Fish Fertilizer Available below retail prices. Buy thru local farm co-op, 1-55 gallons and up. Call 828-625-1180

For sale: Champion Juicer Model #G5-NG-853-S - Off white. Excellent condition. Includes: juicer, tamper, screen, blank, sliding screen or blank holder, instructions for use booklet with recipes. \$85. 828-697-5635 or cckemper@bellsouth.net.

CIRCLES FAMILY CHILD CARE HOME for Ages 1 thru 12: Mountain Home location; Licensed Facility; CPR, First Aid Certified; Whole Child Approach; Phone 828-696-6720.

Anyone doing the raw diet? Call Joanie 685-0322

SAT preparation. Learn strategies to score higher. Individual, semi-private, or class rates offered. Certified public school teacher with 10 years SAT experience. Polly Crabtree 891-4073.

Dynamic Self-Governance workshop at the Lake House Lodge and Spa, Highland Lake, Flat Rock, NC September 18, 19, 20. \$200, call 800-870-2092 or contact@governancealive.com

ADMINISTRATOR WHO IS A PASSIONATE ENVIRONMENTALIST WANTED A local environmental organization is looking for a part-time Administrative Assistant who is both passionate about the environment and has excellent office, computer and interpersonal skills with marketing and community outreach experience. This is primarily an administrative job. Interested applicants should fax or email their resume to: (828) 693-0942 or eco@eco-wnc.org.

Lily Ann, BSN, LMBT #04913. 512 N. Grove St., 696-6017. Therapeutic Massage, Certified Matrix Practitioner. \$10. off first Therapeutic Massage for COOP owners. By appointment only.

Large room with private bath available in quiet, Laurel Park neighborhood, close to town. \$450 includes utilities. Share healthy, progressive home with a mother and her two children. Work/trade possible. Call 828 329 7991 for more information.

Mobile Home For Sale: 2001 23 x 56 in Oak Crest Retirement Community, 3 bedroom, 2 bath w garden tub. 8 x 10 workshop, 6 x 20 front deck with NEW 9 x 16 screen porch, heavy duty 2-car carport. Wooded area in the back yard, private, very pretty back yard. \$60,000 FIRM. 489-9294 or 808-3957 for showing. Serious buyers only.

SEEKING TO BE OF SERVICE: Healthy, Responsible, Compassionate, Mature Woman is available for Respite Care, Companion, Housesitting and ALL OPPORTUNITIES THAT ARE FOR THE HIGHEST GOOD OF ALL. ..Carol @ (808) 280-6072



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Return Service Requested

Deli Art Exhibit

For the month of October, the deli walls will feature art by our very own HCC personnel. Come in and take the time to check out the works by this creative co-op staff.

Photo Courtesy of Brittany Lawson



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!

