

# The Organic Press

The Newsletter of the  
Hendersonville Community Co-op

Volume 9 \* Issue 5  
September/October 2010

**Board of Directors Elections**

**You Can Grow Great Garlic**

**Kay Farm: Repurposing a family  
farm on Kay Road in Hendersonville**



Editor: Damian Tody

Contributing Writers: Gretchen Cummins, Robert Jones, Arrion Kitchen, Marisa Cohn, Jordan Randall, Joan Kennedy, Laura Miklowitz, June Ellen Bradley, Christopher Fielden

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

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

Everyone can shop and anyone can join.

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

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

Call 693-8557 to reserve your space today.

**Submission Deadline**

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



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# GM Musings

I would like to thank everyone that has been able to come out and take advantage of our Owner Appreciation days. We hope that this new format has allowed everyone a little more freedom in using their owner discounts. It has been fun to feel all of the energy in the store as we have a very busy second weekend of the month now.

Starting in September our sales flyer will take on a new look as well. You may have already noticed some of the CAP materials changing in look as we transition from the CAP program to the Co-op Deals program.

Our sales promotions come to us by way of the NCGA. This is a Co-op made up of consumer owned food co-ops from around the country. By coming together with other co-ops we gain a lot of purchasing power, and this gives us the ability to offer all of the great deals that we see every month in the sales flyers.

With the co-op deals program you will see all of the same great deals that you did with the CAP program, however, there are a couple of differences you will notice. The new program is marked by a green logo and is called the Co-op Deals program. You will no longer see the red CAP logo anywhere. This new look is being integrated into all of the materials that are a part of NCGA programs. Other areas where you will see this change are up at the front of the store on some of the food brochures and around the store on all of the sale tags.

The new program will also change over twice a month instead of just at the end of the month. This will allow us to offer you more specials than ever before. The more frequent change over will have an effect on how special orders will be handled in the grocery department. Please make sure that you check with the grocery department before making special orders to find out exactly what the order deadlines will be. As the sales flyers change over quicker, so will the time to special order those products. Overall the new sales program will bring you more products that you love at a better price each month. We hope that you will enjoy this new sales program.

As the summer comes to a close, it means that the growing and tailgate market seasons are coming close to conclusion as well. That means that you only have about six more weeks to enjoy interacting with our local produc-

ers and buying the freshest local goods available. I would like to remind everyone that the tailgate market is still going on in the parking lot every Monday from 3pm to 6pm. I would also like to invite you all out to our Annual Summer Picnic. We will be out at Camp Pinnacle this year on Saturday, September 18th from noon to 4 pm. There will be plenty of activities for all ages. So come on out and bring a dish to share. We look forward to seeing you either at one of our events or in the store!

In Cooperation,  
Damian



## OAD

Don't forget to  
come to Owner  
Appreciation Days!

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

September 9th through September 12th.  
and  
October 7th through October 10th.

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

# A Board's Eye View



Tony Womack  
President  
2007-10  
694-1083



Beth Beasley  
Vice President  
2009-12  
329-7991



Roger Hull  
Treasurer  
2007-10  
697-0116



Carolyn Widener  
Secretary  
2008-11  
329-4826



Ron  
Angermuller  
2008-11  
692-3519



Kristin  
Harkey  
2009-10  
628-2568



Susan  
O'Brien  
2009-12  
693-5553



Marilyn  
Jackson  
2009-10  
817-3457



Laura  
Miklowitz  
2009-12  
693-6261



## All aBoard!

JOIN US FOR THE 27<sup>th</sup> ANNUAL  
OWNER'S

MEETING  
CELEBRATION

Dinner + Entertainment for the Whole Family



Saturday, November 6<sup>th</sup> from 5-8 PM  
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Arrive by 5pm... Vote by 5:45... Eat at 6

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

### 2010 Board Meeting Dates

Meetings are held at 6:00 p.m. on the fourth Tuesday of the month. The next meetings will be on September 28th and October 26th. All owners and staff members are welcome to attend the meetings. If you have a concern or topic for the board to discuss, Contact Tony at [board@hendersonville.coop](mailto:board@hendersonville.coop) or at 694-1083. Written information may also be sent to the Board of Directors of HCC, 715 S. Grove St. Hendersonville, NC 28792. Please include your name and contact information. You can access board meeting agendas and approved minutes on our website.

# You Can Grow Great Garlic

Christopher Fielden

Growing garlic is easy and gratifying. If you've never grown garlic before, it's easy to start small and give it a try. There are hundreds of varieties of garlic, but don't worry too much about choosing a variety to grow. If you know and trust a local farmer who is growing garlic you like to eat, ask her if you can buy some seed garlic, or just plant what you buy from her at the tailgate market. You can even plant garlic that you buy in the produce section at the co-op or another grocery store, as long as it is organic. Non-organic garlic at the supermarket is usually sprayed with an anti-sprouting chemical that prevents it from sprouting.

Seed garlic is nothing more than the biggest and best bulbs of garlic a farmer grows and it is usually more expensive than garlic you buy to eat. The garlic sold at market for eating is probably a little smaller, but it should grow just fine in your garden. You can also buy seed garlic from garlic seed companies. I recommend Filaree Farm (<http://www.filareefarm.com/>) and Sow True Seeds (<http://sowtrue.com/>).



To plant, simply take the bulb of garlic and gently break it apart into individual cloves. Plant each clove a couple of inches deep with the basal plate down (that's the flat end where the roots grow out the bottom of the bulb). The bigger the clove, the bigger the bulb it will grow. Space the cloves about 6" apart. Give them a good watering and top with 6-12" of fluffy straw mulch. Wait about 8 months and voila, each clove has become a new head of garlic!

Garlic is planted in the fall, overwinters in the ground, and is harvested in early summer. The best time to plant garlic here in our bioregion is in early October. Some varieties will start growing before winter starts and you'll see their short green leaves poke up above the straw in the late fall. With other varieties, it will be March or so before you start to see their leaves. Garlic puts on most of its leaf growth and bulb growth in the spring.

Garlic likes a site with full sun, although it will also grow in partial shade. Garlic needs soil with good drainage. Soil quality is important, as it is with growing any plant, but garlic is pretty forgiving and can grow in less than ideal soil. Adding some compost and/or composted animal manure to your garden soil will help your garlic to grow healthy.

In April or May, hardneck varieties of garlic will send up a

flower stalk called a scape. When the scape grows several inches and curls up, cut the scape so that the plant will put its energy into the bulb. As a bonus, garlic scapes are a delicacy that you can cut up and sautee with butter and eat with eggs or pasta. Yum! The other type of garlic, softneck varieties, do not send up scapes.

The time to harvest garlic is in late June or early July. Starting in about May or June, the tips of the leaves start turning yellow. It's time to harvest when the plants have three to five green leaves left. Each green leaf represents one layer of skin around the bulb. The more layers of skin around the bulb, the longer the garlic will store.

When you dig the garlic out of the ground, take care not to bruise or damage the bulbs. You also want the roots and leaves of the garlic intact. After harvest, garlic needs time to cure in a dry, well-ventilated shady or dark place, like a barn or the underside of a porch roof. Tie the garlic up in bundles of ten or less and let it hang for about three weeks until fully dry. Take down the garlic and cut off the leaves and roots. Store in a cool, dry place.

One of the great things about garlic is that the more you grow it, the more you learn, and the better you get. Different varieties of garlic grow differently on different sites, so it's good to experiment and try out different varieties. Garlic is one of the easiest crops to save your own seed from. If you save a few heads of garlic for next year's seed every year, the variety will gradually become better and better adapted to your particular site.

Growing garlic is a great way to get started in the garden – it's a fun garden activity for children, a satisfying and easy garden endeavor for adults, and produces a delicious, nutritious, and medicinal crop that stores well, spicing up your life for months to come. Give it a try!



*Christopher Fielden is a gardener and gardening teacher. He and his partner, Beth Trigg, live and work at Red Wing Farm, a small diverse, four-season market garden in Swannanoa, NC. They grow heirloom vegetables, herbs and flowers using biointensive, ecologically responsible and sustainable growing practices. You can find them at [www.redwingfarm.net](http://www.redwingfarm.net) or on facebook at <http://www.facebook.com/pages/Swannanoa-NC/Red-Wing-Farm/140559981581?ref=ts>*

Growing Great Garlic, Saturday, September 25 1-3pm

Growing garlic is easy and gratifying. In this class we will cover all the basics of growing garlic, including choosing varieties, preparing beds, planting, overwintering, harvesting and curing, as well as saving your own seed garlic.



# HCC BOARD ELECTIONS 2010

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

**For 2010, there are three traditional 3-year openings plus a one-year term. Please take the time to review each candidate's information and perspective. Each has the experience, commitment and passion for long-term leadership. Please vote- and encourage other owners to vote.**

**VOTING PROCEDURE: Return your completed ballot in person to the Co-op through Friday, November 5th. A staff member will check off your name and assist you. Or, you can vote at the Annual Meeting Party on Nov. 6th by 5:45pm at the Opportunity House. In accordance with By-law Section 3.7: Each owner household shall submit one and only one ballot and voting by proxy shall not be permitted. Blank ballots will be on hand.**

In Cooperation,  
The Board of Directors

## HCC BOARD CANDIDATES 2010

### THOMAS BECKETT

Attorney  
Hendersonville  
Owner since 2005



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

The chance to take a constructive leadership role in Hendersonville appeals to me. I believe that our cooperative can become a force for greater good and economic improvement in the community in the coming decade. I would like to see us take advantage of the opportunities that the changing economy and a growing local food system offer.

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

I have been a member of HCC since moving to Hendersonville with my family. I regularly enjoy shopping in our store and talking with our employees and fellow owners. It's such a friendly place. I currently serve on the Board of the Appalachian Sustainable Agriculture Project and have been engaged with the Slow Food Movement. My law practice frequently allows me to work with farmers and makers of food products. I also work closely with Mountain BizWorks helping small businesses get started in Hendersonville and Asheville.

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

I have been an attorney for twenty years and have an MBA degree. My professional life is devoted to helping small businesses start and grow. I view my work as changing the world, one business at a time. Helping people exert greater control of their economic circumstances is quite rewarding to me. The cooperative business offers a similar proposition on a larger scale. I have served as an attorney for a few small cooperative businesses locally and study the legal and social aspects of cooperatives. I have served on the board of the Appalachian Sustainable Agriculture Project and a number of other "startup" nonprofits in Western North Carolina. I have been a member of various food cooperatives since college.

#### **What is your vision for the future of our cooperative?**

Hendersonville Community Coop started out as a consumer buying club in 1983 but has long outgrown that simple role. We are now in a position to offer greater value to owners and our community. We should be ready – after prudent consideration – consider a larger location and enter other lines of business. Also, we should recognize that our employees, including our General Manager, are one of the greatest assets of our cooperative. They know our business better than any one of us do. I would like to see the Coop approach our relationship with greater equity and tap into the well of creativity and energy that our workers offer. I would also like to see working for our Coop as a longer-term career option, one that pays enough to allow a worker to raise their own family and remain part of the larger Coop family.

### STEVE BRECKHEIMER

Retired  
Saluda  
Co-op Owner since 1979



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

I would like to serve on the Board to help HCC to move forward on the relocation and expansion of our cooperative venture and to broaden and strengthen the Co-op's place in our community.

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

My wife, Katie and I joined the Co-op just before it moved to the train depot. Katie was soon engaged as a volunteer and for a while worked as a part-time manager. After retirement, I became more involved and joined the HCC Board in 2003, serving as board president from 2006-09. The helpful and friendly staff, the wonderful soups, sandwiches and prepared food in the Deli, and the variety of healthy and earth friendly products available in the store are a joy. I am proud to be an owner of the Co-op. I have been a volunteer mediator at the Dispute Settlement Center for the past 18 years. Recently I joined the Transition Hendersonville movement, which is seeking to inspire and strengthen our community's self-reliance and resilience in the face of rising energy costs, climate change and economic uncertainty.

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

I like to work with others to solve problems and learn new ways of doing things. I am fairly organized and keep up with changes in our community and society. I have gained knowledge of how to provide leadership and direction to cooperative organizations. My background in business, psychology and mediation has also been useful. I recently took a three-month, cross-country trip and stopped at several other food co-ops to shop, take pictures, and talk with

managers and staff about their experiences in expansion and relocation efforts.

### What is your vision for the future of our cooperative?

- A thriving business that promotes local agriculture for all
- A voice for healthy living in our community
- A gathering place for learning, music, poetry, networking, and fabulous food.

### ROGER HULL

Realtor and developer  
Hendersonville  
Co-op Owner since 1982



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

The Hendersonville Community Cooperative provides a wonderful alternative for owners and welcome visitors to learn more about healthy living by being a catalyst for healers, organic farmers, teachers and for selling health products and food.

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

I've been on the Board of Directors for several years and have been Treasurer for most of that time. Working with other Board Members has been a pleasure and the excellent staff of HCC continue to impress me with their professionalism and service to the community. I am very involved in fund raising for the Red Cross, Rotary International projects the Cancer Walk and in helping with HCC as a member of the Board.

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

Understanding the world of cooperatives and the ideology practiced is a wonderful blend of business, marketing, and cooperating with others to achieve common goals. I have been fortunate to have been associated with the Hendersonville Board over the years and have seen a steady pattern of growth and expertise by our General Manager and his staff that will lead to the expansion of HCC.

### What is your vision for the future of our cooperative?

To watch and participate in the growth of the Cooperative and its steady impact on the community.

### MARILYN JACKSON

Registered Nurse - Director  
Saluda  
Co-op Owner since 2009



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

HCC has proven to be a catalyst for promoting organic, whole foods, holistic wellness and community education that I want to be a part of. I have a de-

vout passion for creating wellness, and HCC's goals and ends support that profoundly in our community.

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

I have been involved as a Board Member for HCC since 2009, and have learned much about Co-Op policies and guidelines that I value greatly. I enjoy the staff and their professional, caring customer service. I also serve on the Board of Directors for Sixth Avenue (Psychiatric Rehabilitation Services).

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

I am a leader who envisions processes and solutions "outside of the box". My experience in the medical field had taught me the value of creating a healthy body and lifestyle that I want to impart to others through being involved in HCC.

### TONY M. WOMACK

Vice President  
of Link Medical, Inc.  
Finance & Corporate  
Compliance Officer  
Flat Rock  
Co-op Owner since 2002



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

I want to promote healthy life styles in our community through supporting local sources for high quality, nutritious food and nutritional supplements; promote community environmental improvement efforts; and to learn more about the world of food cooperatives

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

I've lived in the community since 2002; worked in the HCC store as a volunteer for over 2 years; continuously served on the HCC board of directors since 2006, served as vice-president for one year and as president for one year, and I've chaired various board committees. Also, I am a member and volunteer of the Friends of DuPont.

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

In my prior career as a public agency administrator, I've had over 30 years of experience serving a board of directors and serving on various local boards. I was first elected to the HCC board in 2006 and then re-elected in 2007 for a three-year term. Also the HCC Board supported my attendance at several local food cooperative seminars and national conferences to give me a chance to learn more about food cooperatives.

### What is your vision for the future of our cooperative?

Promoting healthy food choices among children and sustaining a healthy and active population of senior citizens. Also increasing social and ecological partnerships with sister organizations. Also, as the HCC continues to grow and be successful, I feel we must plan for that growth to successfully meet our owner/shopper needs and expectations.



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**Celebrating National Yoga Awareness Month in September!**



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**The Organic Press**

# News and Views

## from Outreach



## Gratitude for our Youth

Over the past few months, we have enjoyed the company of an industrious group of young people from the Project Challenge Program here in Henderson County. One day, I had the great fortune to meet a fellow named John Avery, who is a Program Coordinator with Project Challenge NC. It wasn't long into our conversation that we discovered that we each had a predicament and that we could help each other out.

There was an enormous mountain of #5 recyclables growing in our warehouse. As you all have been diligently dropping off the #5 plastic containers to our store, we have been schlepping them over to the only place we could find to put them, until we would have enough time to pack them up for shipping. As you may know, we pack and ship these #5's to Preserve in New York State, at our own expense both in cost and labor. Finding the right time to stand in a warehouse sorting through yogurt containers, and such, is challenging in a business dedicated to stocking up shelves and maintaining good customer service. So in our conversation, John Avery told me about the Project Challenge program and especially, the part about community service:



"It is the mission of Project Challenge to help youth become confident productive members of their community through the offering of their time and talents and through challenging recreational activities.

We are a juvenile community service and restitution program that came about due to a lack of alternative programming for adjudicated youth.

We are dedicated to helping young men and women see, touch, and feel how wonderful it is to serve their community in a positive way!"

Before long, we were scheduling time in the warehouse for his group of kids to come help pack those #5's and get them ready for shipping. The Co-op provided some healthy snacks for them while they were here. They learned about some nutrition and tasted some foods that surprised even them. And we had a chance to educate about the cooperative business model, and different ways to contribute to a sustainable community, both environmentally and economically.

This is a great big Thank you! to: Chris, Robert, David, Faith, Alex, David, Tuesday, Jessie, Kevin and of course, John Avery who really made it all happen. I know that everyone will be back in school by now, but we hope to see their shining faces in our warehouse again soon. A bright and curious group of kids, whose humor and good nature made the process go quickly and almost painlessly. After



all was said and done, over the course of several weeks time, these kids had packed and shipped over 400 lbs of #5 plastics.

Oh and about that... Please, if and when you do bring #5's.... we ask you again to make sure they are completely clean and that they are, in fact, #5's. It may mean looking closely at the container or lid. (Some lids are not #5 even though the container is.) Also, please feel free to drop your spare change in the box by the #5 collection bin. Your donations will help to make it possible for us to continue this program.

Thanks for cooperating!

Gretchen



Please join us for our late summer celebration at the Annual Summer Potluck Picnic on September 18th.

See details on page 23. If you are on facebook, you can join the event on our facebook page and rsvp that you are coming!

# Co-op Calendar

## September

**Sunday, September 5th,** Join us at the First Annual Seventh Avenue Organic Market on the Sunday of Apple Festival Weekend. The Historic Seventh Ave District is hosting this special event for local organic growers and vendors to showcase their goods. HCC is a major sponsor of this event and the Blue Mountain Deli will be offering delightful, organic food and refreshments.

**OAD's Sept 9th, 10th, 11th, 12th Thursday – Sunday,** Owner Appreciation Days Enjoy the use of your 5% discount conveniently on one of 4 days~ Just remember, the second full weekend of the month.

**Saturday, September 18th,** Annual Summer Potluck Picnic Noon til 4 pm at the Camp Pinnacle~ A late summer celebration for our cooperative community. Join fellow owners of the Hendersonville Community Co-op for a day of fun in the outdoors. See page 13 for details.

**Saturday, September 25th,** Garlic Workshop with the folks from Red Wing Farms: Christopher Fielden will once again share his gardening wisdom about growing garlic. 1-3 pm, \$15 for Co-op owner, \$20 for non-owners. Growing Great Garlic: Growing garlic is easy and gratifying. In this class we will cover all the basics of growing garlic, including choosing varieties, preparing beds, planting, overwintering, harvesting and curing, as well as saving your own seed garlic.



## October

**October is “Co-op Month” We will have an owner drive all month long. Encourage your friends, family and neighbors to become owners at HCC. The time is now!**

**Saturday, October 2nd,** Litter Sweep Help us clean South Grove from 10:00 am til noon. We'll meet in the Co-op Deli area and launch out to pick up trash and recyclables all along South Grove Street.

**OAD's October 7th, 8th, 9th, 10th Thursday- Sunday,** Owner Appreciation Days ~Enjoy the use of your 5% discount conveniently on one of these 4 days~

**Thursday, October 7th,** 12:30 – 1:30 p.m. Free Lunch Hour Information Talk with Manny Menendez “Solar Options for Your Home” Learn about solar solutions to heating and cooling your home. Sign up on the clip board in the store. For more information: [www.gotsun.com](http://www.gotsun.com)

**Monday, October 18th,** Join us for a Harvest Celebration for the last Monday Afternoon Tailgate Market. 3-6 p.m. Watch for Chef at Market and special vendors today in our parking lot. Let's eat!

**Saturday, October 23rd,** Kids Ko-op will plan an act of service in our community for Nat'l Make a Difference Day. Stay tuned for details.

**Saturday Oct 30th 9-11 am** Ray Fritsch with Medical Screening Services will be back. Please sign up for an appointment time on the clip board inside the store. Any questions, please call: 1-800-758-2387

**Sunday, Oct. 31st** Did you buy Fair Trade chocolate for trick or treat?

For more information on any of these classes or to see class fees go to upcoming events at [www.hendersonville.coop](http://www.hendersonville.coop)  
For pre-registration or more information on any of the events email [gretchen@hendersonville.coop](mailto:gretchen@hendersonville.coop) or call 693-0505

## WELCOME NEW OWNERS

Carin & John Rupp, Martha Deshazo, Betsy Comstock, William Mack Thomas & Kelley, Michelle Eyster, Elizabeth Mixner, Ingrid Traugher, Marian & Paul Tenhoopen, Roxanne & James Swiech, Sim Bryant, Crystal Messerole & Courtni Morgan, Barbara & Marshall, Mcwhirter, Karen Schinke, Pat Whiteside, Tammy & Jim Hannen, Valerie Welbourn & Tom Melise, Deana, Anthony & Robert Jones, Sharon Stokes, Glenna & Alfred J Hastings, Daniel M & Kathie Fredrick, Carol Birnberg, Mark Waldbart, Sarah & Todd Richardson, Sylvia & GEorge Tennille, Sue Ballard Gilliam, Christine & James Hume, Jill Alexander, Martha & Lauren Chale, Martin Anderson, Jill Henry, Heather & Joanne & Ed Baber, Patricia Murphy & Kathleen Terlau, Nancy & Jim Metz, Susan & Toni Steenstra, Rebecca Reid & Joseph, Robustelli, Jenny & Will Buckner, Wendy Paulsen, Susan Pfeiffer, Amy Armaw, Rebekah Robinson, Jessica & Joseph Cave, Ashley & Phil Brittain, Julianne Johnson & Justin West, Carolyn & Frederick W Sherwood, Sylvia & Willard Coates, Darla Scott & Kathryn Bryan

# Healthy Lifestyle Q and A

with Joan Kennedy of StayWell, Inc.

## QUESTION:

My 8 YEAR OLD son has had a very active summer. We have a pool membership and he swims a couple hours many days of the week. He was at an outdoor adventure camp and had a wonderful opportunity to spend several weeks on a busy farm. Now he is back in school and having much difficulty adjusting. After only a few weeks back in school his teacher called me saying he is acting out in the classroom and disturbing other children. She is suggesting that I take him to his pediatrician to see if he has ADHD. He has always been a very active boy and seems to change frequently from one activity to another. Before I take him to a doctor, are there other approaches I can take to help him be able to concentrate better in school.

## ANSWER:

Thank you for this question. It is very important and timely one. I have summer pool membership also and swim many days a week. In August, I began wondering how school age children were going to be able to sit in a classroom many hours a day. They were jumping into the pool over and over, playing "Simon-says", diving for toys at the pool bottom and generally being noisy and active. The following is a review what I know from my reading and experience both in Western medicine and natural health.

1. The prevalence of children diagnosed w ADHD is between 3-7% of school age children w boys being diagnosed 3 times more often than girls. The incidence of ADHD has increased 3% per year over the last ten years.
2. The incidence of ADHD has increased 3% per year over the last ten years.
3. ADHD is more common in families where parents have a high school diploma or less.
4. It is less prevalent in Hispanic children; highly prevalent in low income black children.
5. Colorado is the state with least number of children with ADHD (5%). Alabama, the most (11.1%).
6. The southeastern states have a considerably higher prevalence of ADHD than the western states with the highest number of children diagnosed with ADHA being in West Virginia, Kentucky, Alabama and Louisiana.
7. A literature review showed that the prevalence in the United States is not greater than in other countries. (This surprised me.)
8. There is no specific diagnostic test for ADHD though on brain scans there does seem to be less brain activity and a slightly small brain size in children with that diagnosis, but the difference is not significantly relevant. Some research supports that differences exist in brain cell membranes, neurochemicals and blood flow. That is why drugs that stimulate dopamine and norepinephrine and stimulating drugs such as Ritalin can be helpful. It is also why many nutrients from food and supplements can also be beneficial.

For me there are several trends that stand out in this data.

1. The states with the highest incidence of ADHD are also the ones with the highest incidence of obesity.
2. The states with the lowest incidence are the ones which tend to have more active lifestyles.
3. A positive diagnosis correlates with well- educated white Americans who are also the ones most likely have health insurance.

My studies and experience support these trends and lead to several recommendations to try before you go for a medical evaluation.

1. Acknowledge his teacher's concern and tell her you are taking it seriously. Tell her you are making some changes in your son's lifestyle before you take him to his pediatrician and elicit her support.
2. Talk with your son about his teacher's concern and ask him how he feels about it. He may realize he is being disruptive and not know how to stop it. If he does not seem concerned, try to elicit his cooperation for another reason. Once he begins to make the appropriate changes, he will feel better in general.
3. If he eats many starchy and sugary foods, eliminate them. You likely already know that sugar is a stimulant. Starchy foods convert to sugar in the gut. Have him participate in selecting other healthy foods. Particularly check his lunches. If he eats school lunches, unfortunately many include large amount of starch. It is a good idea to determine if he has lactose or gluten intolerance by eliminating foods containing each separately for 2 weeks to see if his hyperactivity decreases.
4. Organize a way he can get some vigorous exercise after school. Maybe your family can join the YMCA. If you work and he stays at an after-school program, ask them to have him involved in something active. Maybe his teacher at school can work out a way he can run around the school playground during lunch or see if other teachers might participate in organizing a lunchtime kick-ball game. Be active yourself. Buy a Wii. Make being active a priority for your entire family. Take family walks, runs ore bike rides. Organized sports can be helpful up to a point, but if there is too much competitiveness, much of the value for children with ADHD is lost.
5. Establish a regular bedtime and enforce it. School age children need 8 hours of sleep every night to be healthy. (Seven hours is a less healthy minimum.)
6. Limit computer, video and TV time. Many of these activities can be stimulating.
7. You could try the following supplements in conjunction with these other changes. Omega three fatty acids would be the first I would recommend. Recent nutritional research shows that these important fats can actually enlarge the brain—somewhat like moisture can give skin more fullness. They may also smooth irritated nerve endings. And they are very safe. Magnesium is a mineral that has a calming and sleep promoting effect. Ginseng, ginkgo biloba and ginger have been used by Chinese practitioners for years for their stimulating effects

continued on pg. 23



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- Anti-Aging ●
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- Hydrating ●



**Kangen Water® Health and Wellness**  
**Demo and Lecture: Fairfield Inn Asheville Airport**  
 31 Airport Pk Rd, Fletcher NC 28732 Ext 40 off I-26  
 Thursday's 6:45pm.....Guest free....Distributors \$10  
 Margaret Ellis 828.698.7642  
[www.health2others.biz](http://www.health2others.biz) | [www.enagic.com](http://www.enagic.com)

# OAD

Don't forget to  
 come to Owner  
 Appreciation Days!

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

**September 9th through September 12th.**  
**and**  
**October 7th through October 10th.**

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

Large Half Page Ad  
 7.25" x 4.75"  
 \$120  
 \$110 for Co-op Owners

Small Ad  
 3.5" x 2.25"  
 \$50  
 \$40 for Co-op Owners

Medium Ad  
 3.5" x 4.75"  
 \$70  
 \$60 for Co-op Owners

## 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

|                        |                      |
|------------------------|----------------------|
| <u>For HCC Owners</u>  | <u>For nonowners</u> |
| Small \$40 /issue      | Small ads \$50       |
| Medium ads \$60/issue  | Medium ads \$70      |
| large ads \$110 /issue | large ads \$120      |

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

\*\*\*\*\*

To reserve your ad space, contact Damian Tody  
 at [mail@hendersonville.coop](mailto: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.**



# YOU'RE INVITED...

## TO THE ANNUAL SUMMER POTLUCK PICNIC

**When:** SATURDAY, SEPTEMBER 18, 2010  
12:00 A.M. TIL 4:00 P.M.



**Where:** CAMP PINNACLE  
4080 LITTLE RIVER RD. HENDERSONVILLE, NC 28739  
<http://www.camppinnacle.com/directions.html> for directions

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




The Co-op Staff will provide a grill with hot coals, local angus burgers (compliments of Three Arrows Cattle Co) and grilled local tempeh (compliments of Viable Cultures).



### What you bring:

-  Bring your plates, utensils, cups and napkins. Bring a salad, or cool summer dish to share with a list of ingredients, and your name on the serving container.
-  Bring your swim suit, towel, flotation device, kayak, lawn games, frisbee, picnic blanket, lawn chairs, umbrella, whatever you need to enjoy a late summer afternoon.

### What *NOT* to bring:

-  Please don't bring your pet, or alcoholic beverages. The Camp does not allow these things on property. Camp policy also states that no smoking or fire arms are allowed.
-  Potluck Picnic attendees are welcome to play in the lake as long as the lifeguards are on duty between noon and 4:00 pm. If you wish to boat, you must be wearing a pfd. There are plenty of shelters where one can escape either the sun or the rain, so don't let the weather keep you home that day.
-  The folks at Camp Pinnacle have been gracious enough to make our picnic possible at a reduced rate this year. We want to show them our appreciation. Please abide by the policies.

### Co-op Classified Ads

**Intentional Community.** We seek individuals and families who are committed to living in community. The Core Group is now being expanded to help organize and manifest the concept of sustainable living. We will organically grow most of our food, spawn micro businesses, and lead a healthy lifestyle through preventive health care. Please call Brecharr 828-288-2699 or Grace 828-545-2948

Acu-Na Wellness Center offers Massage, Acupuncture, Facial Rejuvenation, energy work, qi-gong, pyradym sound healing sessions and so much more. Please visit our website at [www.Acu-Na.com](http://www.Acu-Na.com) for full list of services. Holiday Gift Certificates available at a 15% Discount (Nov./Dec). Discounts cannot be combined. Call (828) 692-2440.

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

EDITH DZIORNEY, LNMT, #836  
Licensed Neuromuscular Therapist  
@ Fountain of Youth Day Spa, 516  
Kanuga Street, H'ville. 698-2954 \$15  
off your first session.  
Sears Fireplace Insert - 34" wide by  
29" tall, good condition \$250.00 891-  
5418

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

Set of blue Shiatsu/Massage body  
cushions including face cradle for use  
on floor or table, \$32. Call 696-9081.

# Department News

## What's In Store For You?

Deli ~

Greetings from the Blue Mountain Deli staff as we start to wind down summer. We hope to see all of you at the Apple Festival this year as we make our first appearance in the Organic Growers Market section on 7th avenue. We are still bringing in all of the available local produce that we can get our hands on and will continue to do so throughout fall. I would like to remind everyone that we do publish weekly menus to our web site that will list our soup, daily specials, muffins, and scones for the entire week to help you with planning your selections.

There will be several new items in the deli case this month that we are excited about being able to offer to you. Provided by the National Co-operative Grocers Association we will be offering quinoa polenta corn cakes. These will be composed of red and white quinoa, corn, roasted peppers, sweet corn, polenta and herbs. They are baked golden brown and will be offered in the deli display case. In addition to the polenta corn cakes, we will also be offering a Middle Eastern fattoush salad composed of romaine lettuces, tomato, cucumber, mint, red onion, lemon, parsley and toasted bread. Also keep an eye out for some other seasonal recipes that we have offered in the past that you may already be familiar with including the autumn roasted roots, raw "rice" salad and the roasted squash and pineapple. We will periodically rotate these others into our daily production.

We look forward to serving you as we head toward fall and we start having some cooler days and nights. Remember that we serve lunch Monday through Saturday, from 11:30am until 2:30pm. We will prepare orders made over the phone, but only in the order that we receive them. We also serve biscuits around the clock while they last.

~ Jordan

Wellness ~

Maintaining Healthy Stress Levels by Keri Marshall, MS, ND

...I think one of the most difficult components of feeling stressed and fatigued is that the conventional medical model has very little to offer with regard to diagnosis and treatment.

Typically, if you go to your doctor with these complaints, she may or may not order lab tests, which will likely come back normal. You will then be told either that you are fine, or that it is all in your head. If you are really lucky, you may be handed a prescription for an antidepressant or anxiolytic, just to "take the edge off." Maybe even something to help you sleep.

The good news is that integrative and botanical medicine does have solutions. Adaptogenic botanicals provide a gentle, sustainable source of nutrition for the adrenal glands, enabling the body to adapt to stress in a healthy way. These botanicals not only nourish the adrenal glands, but also support the inflammatory, immune, and nervous systems, which can be directly impacted by chronic stress.

Rhodiola rosea, also known as golden root, has a rich history in European countries, where it is commonly known as brain root. It also has a traditional folk history of being able to increase physical performance and longevity, and reduce fatigue. Holy Basil has long been used in Ayurvedic medicine to support a healthy response to stress, nourish the mind, and elevate the spirit. Ashwagandha, often referred to as Indian Ginseng, also supports mental endurance, promotes metabolic efficiency and immune support, and encourages an overall sense of well-being. These botanicals not only work when taken alone, but also provide a unique synergy when used together.

Dr. Keri Marshall is a licensed Naturopathic Doctor who specializes in pediatrics, women's medicine, and chronic disease management. Dr. Marshall has served as a scientific adviser to Citizens for Health, a clinical adviser to Nordic Naturals, a nutrition adviser to the United States Sugar Association, and as a nutrition expert in her local public school district. Dr. Marshall received her naturopathic medical degree from the National College of Naturopathic Medicine in Portland, Oregon, her master's in epidemiology from SUNY at Buffalo.

~Arrion

Grocery ~

As summer turns into fall there are also changes happening at the Co-op. We have a new look and name for one of our sales flyers; Co-op Advantage is now Co+op Deals. It's part of a national program through the National Cooperative Grocers Association: over a hundred co-ops working together and leveraging our purchasing power to get great prices for our customers.

You will see new sales twice a month---plus our other store promotions (Owner Basics and Manager's Specials). For special ordering products that are on sale, please give us a weeks notice before the sale ends so that we can receive your order in at the sale price. Co+op Deals offers better deals on products that shoppers love.

~ Marisa



Produce ~

It's important to know where your food comes from. The longer food travels the more likely it is that it has lost nutritional value and quality. This is especially true when it comes to produce and fresh foods. That's why when I'm buying produce for our store I put the place of origin as the main focus of my order. Local comes first. This for us is within 100 miles from our store. Some of the other stores in our area call within 600 miles or more local! If you can't comfortably drive to the farm and back in one day, then it's not local.

If I can't get a produce item locally then I will source it from someplace else with the idea that the closer to home the better. This means that peppers from Georgia will take precedence over peppers from California, and domestic comes before import. And nothing comes from China or places where organic standards are questionable. This is why every place of origin is listed on our produce signs. The law says we have to put the country of origin on all produce. We take it a step further and put the state, so you can shop and know how far your food has traveled. After all, once you take a plant out of the ground it starts dying and losing nutritional value and quality.

There is a lot to think about when you are doing your grocery shopping. Buying local organics is one way to see that you're getting the best food you can eat. It also makes a positive impact on our health and our community. Now that's one less thing we need to think about.

~ Robert





### National Survey Shows Consumers Trust, Prefer Co-ops

October is National Cooperative Month, and as cooperatives across the country celebrate their contributions to our nation's economy, America's consumer-owned co-ops have something new to trumpet.

A recent national survey of 2,031 adult Americans, released during press conference on October 1, found that two-thirds of consumers believe businesses that are owned and governed by their customers (as co-ops are) and have consumers on their boards of directors (as co-ops do) are more trustworthy than other types of businesses. A majority also said companies that are locally owned and controlled and allow customers to democratically elect the board of directors are more trustworthy.

The survey was conducted during a time of rising public distrust of corporate America. In response to high-profile accounting scandals, many publicly traded corporations are being required to implement new accountability practices that address lax governance processes. And the Securities and Exchange Commission also is considering requiring corporations to give shareholders a greater voice in board elections.

Meanwhile, consumers express a greater preference for the significantly more democratic governance practices of cooperatives. Consumer co-ops include credit unions, childcare co-ops, rural and urban electric and telephone co-ops, retail food co-ops, mutual insurance companies, housing cooperatives, and many others. Like the Hendersonville Community Co-op, all consumer co-ops are owned by their members—the people who use their services or buy their goods.

It's clear that consumers want to do business with companies that they can trust. Co-op's have known for a long time that member ownership and control is the most accountable business structure. Case in point, the Hendersonville Community Co-op, is committed to it's owners, to the community, and to the co-op principles- the most important of which is member ownership and control.

### Consumers Rate Co-ops Higher than Publicly Traded Corporations

Survey respondents were given nine positive business attributes and asked if they agreed or disagreed whether each attribute described co-ops and investor-owned corporations.

More than two-thirds of Americans agreed that consumer-owned co-ops are ethically governed,  
continued on pg. 23

### Co-op Classified Ads

Migun bed for sale. Like new. Original cost \$3500.00. On sale for \$2800.00. Please contact Nina Mills at 693-4160 or email: ninamae9@earthlink.net

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

Quantum Bio-feedback - energetic cellular stress identification of your physical, mental, emotional and spiritual bodies. Intro offering \$50.00 contact Bill 693-5497 or toyourhealth@ma-driver.com

If you have pain, stiffness or poor circulation --you MUST experience ZERO POINT ENERGY!! Call Bill at 693-5497 for free demo !!

INVERSION TABLE by Health ark. LIKE NEW. . . \$125. Please call Ginny @ 891-4115

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

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

Garage Sale: Stereo and Home Recording/Entertainment Equip. Shelving, misc. 891-5418

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

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

# The Habitual Herbalist

with June Ellen Bradley

## Slippery Elm Soothing

Imagine having something available to soothe an upset stomach, sore throats, help recover from intestinal surgery, remove toxins from the body, provide nutritional support and it taste good too. All that and more is why Slippery Elm bark is one of the most soothing yet powerful herbs to have in your home repertoire. Let's give celebratory thanks to the amazing Elm! Slippery Elm is becoming rare, and is a short lived tree so we want to make sure the source of our bark powder is sustainable as a way of honoring this magnificent helper plant.

Some ways to use Slippery Elm –I like to simply add about a cup of hot water to a tablespoon of the powder and mix it into a gruel that is tasty and nutritious, sometimes I add cinnamon or nutmeg. Some folks like to mix it in a glass with juice or water. You can add it to your oatmeal or smoothie too. It absorbs quite a bit of liquid...absorbing is one thing it does well. It is useful to absorb and remove toxins in the body and is included in cold formulas for the purpose of removing dead and dying pathogens, as well as to soothe mucous membranes. Make sure you get the powder and not the cut and sifted bark for these applications...it is impossible to grind it –it fluffs. You can use the cut and sifted in Tea blends.

I also put Slippery Elm powder into power bars. I have had testimonials that the bars are not only a nutritious aid when travelling, they also help keep things moving smooth, if you get my drift. I make the bars by getting out my giant mixing bowl and mixing; a jar of peanut butter, one of tahini, (you can use almond butter or cashew butter too) next, throw in some seeds by the handful –like sesame, chia, flax, or sunflower, and dried fruit –like cranberries, blueberries or raisins... then come the tasties – Honey 1 qt, chocolate chips, cocoa powder, cinnamon, ginger, coconut...you can be creative with the entire recipe here, make it taste how you like it. Then add a cup or more of Slippery Elm powder and mix thoroughly to a doughy consistency such that you need to use hands instead of the mixing spoon. You can roll them into balls or make bars. I found that baking them in bars at 325 for 25 min is yummy and keeps the oils from getting everywhere. Otherwise you'll need a napkin and ziplock storage! You can dehydrate them too, to preserve the rawness. It will last weeks as honey is a natural preservative.. It tastes so good one can hardly believe it is so good for you. An excellent kids lunchbox treat, this recipe makes a generous amount! It would be a great party snack.

When making any kind of concoctions, slippery elm will bind the ingredients together and helps you achieve a doughy consistency –especially helpful if you make medicine balls. A simple medicine ball for sore throats would be to mix honey, licorice powder and slippery elm powder. You mix it till you can roll it into dime sized balls and let them dry. You can dehydrate them if you want. They are tasty and oh so soothing. I flatten the balls to achieve a lozenge type shape.

For pets, you can put the powder into their food or feed them lozenges. My dog, Wolfie, had an accident and ended up swallowing gravel and pine needles when rolled over by a car. He had severe intestinal troubles for a period after that. He was completely healed with Slippery Elm. He would practically beg for his treats. I mixed a little beef juice with Slippery Elm powder, ginger powder and honey then rolled those into a good golf ball sized ball that I then flattened...ok, I also made little dents on the ends to make it look like a bone too, I admit it. You may as well enjoy the process!

For colitis, intestinal troubles, heartburn, ulcers or after surgery of the intestinal tract, Slippery Elm can speed the healing process wonderfully. You can take 4 – 5 doses of the powder a day for acute situations. When taking herbs for long term medicinal purposes like this, I like to recommend that you take one day off of the regimen per week. This practice gives the body a rest.

If stools are too loose or you have the other problem, Slippery Elm will come to the rescue. It is such a simple remedy and so powerful in it's healing. It is a great balancer. A friend who was stricken with Chrohn's disease had stressful runny eliminations and found that this was the only way she could get relief from the confining condition.

Nutritionally, Slippery Elm is full of amino acids and essential minerals...after all, it is the cambium layer that brings all those nutrients up and down the tree. It is often the only thing that will stay down in weakened individuals or those suffering from nausea and vomiting. It is a vital food for the elderly and debilitated. Slippery elm supports the building of healthy tissues. It nurtures and strengthens the body's systems as well. Think soothing, nutritious and building.

You can also use the Slippery Elm as a poultice. Make a paste by adding a little water...if you add too much, add more powder. It is very forgiving. Apply to the rash, bug bite, or burn on a person or the hot spot on your pet. Leave in place an hour or two and change it out. When using it with animals, they'll lick it off and gain the internal benefits as well so just keep putting it on or cover with a bandage.

Slippery Elm is absolutely safe and beneficial for all ages. It is an essential ingredient in my first aid kit. I hope you will learn and use this amazing healing bark and become more aware of the Elm tree family. It is important for us to realize that all our trees have multiple healing properties...even the common trees. I have been doing plenty of research on trees and healing properties lately and am finding that even the trees we consider invasive and undesirable have medicinal attributes. We have forgotten this richness of life, we can re-connect to the ancient knowledge and traditions, blending them with science to restore wholeness in our life experience. Let's start with the super soother Slippery Elm!





## International Cooperative Principles

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

## Bring Your Own Bag

Reduce, Recycle, Reuse, Donate!

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

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

### We are Currently BYO-bagging for:



**Feed The Kids Coalition** is a community exercising our faith by sharing healthy food with the children of our community.

The Co-op will be collecting chips for the new "Healthy Snacks Program" aimed at providing snacks to the children when they get off the bus in the afternoon at the Boys & Girls Club in Hendersonville.

**Animal Compassion Network (ACN)** is Western North Carolina's largest non-profit, safe-for-life animal welfare organization. ACN partners with the community to ensure the humane treatment of companion animals and to promote responsible pet guardianship, regardless of geographic boundaries.



**Project Challenge:** our mission is to help youth become confident productive members of their community through the offering of their time and talents and through challenging recreational activities. First, through community service activities, the purpose of these activities is to instill in our participants the giving of self to others and to help them understand that their time and talents are a much needed resource in the lives of those around them. The second component is a three day two night outward bound style wilderness adventure trip. Trips take place in a wilderness environment where the group is faced with being entirely self-sufficient. <http://www.projectchallengenc.org/AboutUs.aspx>

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

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

## Co-op Classified Ads

Elegant Antique Cherrywood game table w/custom made cover, Must see to appreciate. - \$450

15th Century Antique dark wood desk brass knob handles on drawers- \$500.00

Beautiful 18th century Antique vanity with 7 rounded brass pulls on 7 drawers, - \$275.00

Queen Sofa Sleeper, , Green, Beige & Gold striped – excellent condition - very comfortable - \$300.00

AIWA 3 disc, digital audio system, with dual tape deck & AM/FM, karaoke, 2 speakers, \$50.00

Wood Floor Screen 5' tall - Attractive portable room divider — paid \$200, asking \$100.00

Black Mesh Office chair with rollers & designer arms - \$40.00

Riha Adante Medium sized organ, beautiful oak, with 2 keyboards, 40 accompaniment sounds & floor pedals. \$200.00

Invacare, 4 wheel walker, hand loop brakes, sturdy seat, folds down easily - Like New – Paid \$250, asking \$100.00  
Call 808-0689 or 390-0106

Wheel Chair NEW top of the line- seat: 16" wide, 15 1/2 " deep, height 18" seat to floor \$200 Call 693-1552

FOR SALE: 1987 -VW Camper- 139,000 miles, new clutch and front brakes, air, 6x CD \$450.00 Bill Brooks 692-6921

FOR SALE: 1996 Ford Extended Van, 104,000 miles, 54,000 on 6 cylinder OD \$2500.00 Bill Brooks 692-6921

Home repairs, and energy saving renovations by general contractor, 30 years experience - Bill Brooks 692-6921

PIANO FOR SALE! Wurlitzer Spinnet. Mahogany/matching bench. Good condition. Tuned to A 440. \$700.00. Call 6925471.

## PRODUCER PROFILE



### Kay Farm: Repurposing a family farm on Kay Road in Hendersonville

By Gretchen Schott Cummins

It was finally raining when I sat down in the cafe to talk with Bill Hunt, proprietor of Kay Farm. “I just hope we’re getting some of this rain over at my place,” he said, gazing out the window at the warm drops of rain soaking the hot pavement of parking lot.

The HCC Tailgate Market has been fortunate to have Bill and his family arrive with their wonderful produce every single week this season, come rain or shine. It seems the rain has been illusive on his property and the shine has been, well – unrelenting. So today, the rain came while our tailgate vendors endured the deluge under their tents, and Bill seemed pleased that his fields might be getting a little much needed moisture. It was hot that day- and I imagine everyone was a little bit grateful for the relief- soggy as it may be.

Bill recalls being a youngster and growing up helping his grandfather on the old 40 acre farm. His grandfather had been farming the place since 1935, mostly growing traditional crops: beans and tomatoes and raising beef cattle. Bill has some powerful memories and learning experiences from his childhood: he remembers how word would get out around town that someone needed help - and how everyone in the community stepped up, showed up to help. The importance of the community, and how it sustained them all, was clear to Bill even at a young age. “There was no question as to whether someone

would be there to help, you just did.” Bill tells me. His grandfather always nurtured relationships with the customer just by showing up, being there and being available~ a surprising element that folks have to work at these days under the prevailing fashion of doing business. When it comes to his showing up every week at the tailgate markets, Bill says, “That relationship with the community is important. That’s one reason why I’m here every week.”

Bill and his family bought the farm from his mother in the 90’s. They had been living in Greenville, fixing up an old house downtown, and working the urban life- the rat race of sorts. With a graduate degree in advertising and marketing, Bill worked hard, only to come up to the mountains to enjoy the Hendersonville farm with his family on weekends. Until one day, as Bill puts it, “I just couldn’t take it anymore.” He had always dreamed of being involved in agriculture; since the days of helping his grandfather on the farm as a kid. So in 2008, Kay Farm was back in production. And the whole family seemed to benefit from this move to the smaller town, rural community. They are still adjusting to the agricultural lifestyle. Bill is candid about that fact: “It’s fair to say that I thought I could do this, but there’s a lot I wasn’t prepared for. Not surprisingly, I am now surrounded by the best people I’ve ever met.” He explains how much he appreciates the support being fostered by the local food movement, to the point of him beginning to write about it. There may even be a book or a blog in the making. I am struck by how thoroughly Bill and family are embracing all aspects of the small farm lifestyle: In addition to sowing and harvesting, and marketing the crops, they do all the deliveries themselves and also vend weekly at three different tailgate markets. Besides the Monday Afternoon Market here at the Co-op, they are at the Wednesday Afternoon Asheville City Market South in Biltmore Park and on Saturday, Asheville City Market on South Charlotte Street.

Bill has put that graduate degree to good use in this new venture by knowing how to strike a balance between the wholesale market to restaurants and stores, and direct sales at the tailgate markets. He finds agricultural work to be a good combination of physical and intellectual effort. He spent plenty of time researching the crops, finding the product that would

**Kay**  
**farm**  
1935



grow well, but would be unique in the marketplace (like edamame, for example) and then sifting through to see what performs well. Mostly, however, he has been able to let the products speak for themselves. Romaine, for one thing, has been a boon because it so good fresh, though seasonal.

And it is typical of a locally grown product that doesn't travel well from far away.

Of course the ever important business model always pays attentions to customer service~ and Bill does not take for granted how essential it is to

get to know his customers. "It's great to stop and talk to Robert, for example (HCC produce manager), to find out what he needs," says Bill. Kay Farm romaine did really well in the Co-op earlier this summer, and will return in the fall. Robert knew that was what his customers wanted. Bill is also supplying fresh produce to several area restaurants. Square One on South Main St. is one he applauds for serving up local, even while other businesses were claiming token amounts of local, just to jump on the bandwagon. "There are some whose use of local foods is not just idle talk. They are the ones with whom I want to align myself."

As for the growing competition in the tailgate marketplace, (because face it, it seems there is a new tailgate market popping every day), I asked Bill how he felt about setting up next to someone selling the same thing he grows. I enjoyed Bill's response and his take on the tailgate market scenario as a perfect example of macro-economics. He is not fazed by the competition, in fact he explained to me that this is the perfect example of the "economy of conglomeration" wherein like businesses tend to clump together to create a healthier market place for all. Bill says, it just doesn't compare to the dog-eat-dog culture he came from in the big city. He really enjoys his counterparts. "And," he adds, "I just look for other ways of selling my stuff."



Even aside from farming, Bill maintains active participation in local food and agriculture through ASAP (Appalachian Sustainable Agriculture Project) as a member of the Oversight Committee for the Asheville City Markets. So I asked for advise on our little

Monday Afternoon Market: "Keep on keepin on," he said to me. "Work on getting more variety into the market, maybe charge a small fee to farmers to pay for extra advertising. And moving to a more visible location."

Bill Hunt, his wife Cheryl and their daughter, J.K. and son, Sawyer, and sometimes

daughter, Ashley, have all discovered a lifestyle by choice that not only suits them, but also addresses a greater concern for a sustainable world. I found his parting words quite inspiring; words I suppose we could all stand to abide by to help make our world and our lives better:

"Live simply," he said, "and close to the earth."



## Co-op Classified Ads

2008 Dodge Caravan mini camper for sale. Includes: bench back seat, bed, refrigerator/freezer, CD/DVD/TV, sink, tent, screens, awning, table and seats, AC/DC/inverter, bike and luggage rack, more. Great for couple or small family. 42,000 miles, auto, ac, 22 mpg, excellent condition, \$16,500. call Steve 828-749-9104

Spiritus Studio, a new yoga and wellness center located at 720 Spartanburg Highway will be celebrating the 9th Annual National Women's Health and Fitness Day. Local guest speakers, door prizes, and refreshments will be featured. Pre-registration is required as space is limited. Please call to register and/or visit the website for more information: 551-8545 or arlene@spiritusstudio.com. SEPTEMBER 29 12 NOON TO 5PM

Sparks of Life Therapeutic Massage  
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Swedish, Deep Tissue, Touch for Health, Energy Healing, Reflexology, Infant Massage Instructor,  
Integrated techniques for injury rehab.  
828-243-6173, Flat Rock, NC

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Professional, experienced, responsible.  
Also available for errands, dr. appts.  
Joanne 828-696-0808 / 828-243-6173

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](mailto:mail@hendersonville.coop). 828-693-8557 We reserve the right to refuse or edit ads. The deadline for classifieds is the 7th of the month prior to the month being published. We may remove ads after two months if not notified of an end date.

# Co-op Connections

## A Co-op Owner Advantage

Formerly the Green List - Where Co-op owners can save money in the local community.

### Alternative Health

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

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

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

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

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

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

**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

**Peace at Hand** 1531 Haywood Rd (Hwy 191) Hendersonville, 828-692-3003 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.

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

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

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

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

### Counseling Services

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

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

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

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

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

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

### 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. First class at all locations is free. 10% off on the first purchase of a class card of 10 classes at my home studio. 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.



**Steve Westin, DC**, gentle adjustments, nutritional counseling, no x-rays req.d.

828-551-8012 \$25/visit for co-op owners, \$35/visit for non-owners.

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

## Massage & Bodywork

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

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

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

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

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

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

**Deborah Angel, LMBT/Nail Tech**

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

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

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

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

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

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

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

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

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

**Harmonic Acupuncture**: Françoise Hesselink LAC uses sound vibration and Oriental medicine to balance body, mind and spirit. Gentle yet effective; no

needles. 30 years experience; now in Hendersonville on Thursdays. (828) 255-0896 www.harmonicacupuncture.com 10% discount for co-op members.

## Retail

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

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

**Eco-Conscious**, one-of-a-kind, hand sculpted sweaters! Shop at MONA! Eclectic Artwear For You and Your Home. 308 Davis Street, Hendersonville. 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, 828-692-3003 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.

**Advanced Thermal Solutions**: Skip Skeele and Tomas Koenig, 1630-C Spartanburg Hwy, Hendersonville, NC 28792. 828-693-3334. Over 10 years experience with solar hot water & electricity, daylighting, and solar attic fans to help with cooling. Radiant heat, in-floor or with radiators, for comfortable dust free heat. 5% off any installed system for Co-op owners.

## Services & Classes

**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](http://www.compassionatehc.com) \$1.00 off per hour for co-op owners.

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

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

**All Seasons Errand Service LLC**

Grocery and personal shopping, pet and house sitting, meal pick-up and delivery. M.C. Gaylord 699-8418 and Tammie Bogin 699-6007 [www.AllSeasonsErrandService.com](http://www.AllSeasonsErrandService.com) 10% off for Co-op Owners.

**Persimmons Design**

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

**WEGO-4U**, Errands and Business Services Bonded, Insured and Registered in Henderson County Please visit [www.wego-4u.com](http://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](http://www.1Site1Day.com) Custom web design for your small business or organization. See site for details. \$50 off package for Coop members.

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

Discount offers are subject to change without notice.



# Politics & Food

## The History of Fair Trade

### Max Havelaar: The Certification Pioneer

In 1988, world coffee prices began a sharp descent, triggering the birth of the first Fair Trade certification initiative. It was branded “Max Havelaar,” after a fictional Dutch character who opposed the exploitation of coffee pickers in Dutch colonies. The Netherlands’ Max Havelaar label offered mainstream coffee industry players the opportunity to adopt a standardized system of Fair Trade criteria.

In 1997, FLO, the international umbrella organization for Fair Trade labeling, brought Max Havelaar together with its counterparts in other countries. Today, TransFair USA is a member of FLO, which now has representation in 19 countries across Europe, North America, and Japan. Alternative trade organizations: Roots of Fair Trade

The roots of Fair Trade can be traced back to projects initiated by churches in North America and Europe in the late 1940s. Their goal was to provide relief to refugees and other poverty stricken communities by selling their handicrafts to Northern markets. Compared to conventional trading structures, these Alternative Trade Organizations (ATOs) offered higher returns to producers in the developing world through direct trade and fair prices. In the US, ATOs such as Ten Thousand Villages and SERRV have followed this model with Fair Trade handicrafts, and in 1986, Equal Exchange was formed to import Fair Trade coffee to the US market.

### TransFair brings certification to the US

Fair Trade Certified coffee is now the fastest-growing segment of the US specialty coffee market. Building on the success of Max Havelaar and ATOs, TransFair USA opened its doors in late 1998 and began certifying Fair Trade coffee in 1999. In addition to coffee, TransFair has introduced Fair Trade Certified tea and cocoa to the US market. In Europe, Fair Trade products include tea, chocolate, bananas, sugar, honey and orange juice. In six years, TransFair has leveraged limited resources to certify 74 million pounds of Fair Trade coffee. This has generated US\$60 million of additional

income for farmers, providing lasting benefits for their families and the earth.

Testimonials

“Fair Trade supports some of the most bio-diverse farming systems in the world. When you visit a Fair Trade coffee grower’s fields, with the forest canopy overhead and the sound of migratory songbirds in the air, it feels like you’re standing in the rainforest.”

— Professor Miguel Altieri, Leading expert and author on agroecology

“The fair price is a solution. It has given us the chance to pay a good price to our farmers. Those who are not in Fair Trade want to participate. For us it is a great opportunity. It gives us hope.”

— Benjamin Cholutio

A bite of fair Trade chocolate means a lot to farmers in the South. It opens the doors to development and gives children access to healthcare, education, and a decent standard of living.

— K. Ohemeng-Tinyase, Managing Director of Kuapa Kokoo cocoa cooperative, Ghana

Thanks to the Fair Trade market, our standard of living has substantially increased. With your support, we look forward to a more promising future.

— Miguel Trigoso, Marketing Manager, APARM coffee cooperative, Peru

The worker at Ambootia [tea garden] is visualized as an involved contributor rather than a mere input. We strive to bring about a cohesive system where opinions from all quarters are solicited, entertained and put to good use. The idea is suffused with vigor by the funds made available by those who believe in us.

— Member, Ambootia Tea Garden, India

With Fair Trade we have an incentive to invest in social programs that benefit producers and the community. We also receive higher incomes to sustain ourselves. If it weren’t for Fair Trade, we wouldn’t exist as banana producers since the amount we receive for a box of conventional bananas does not cover our expenses.

— Edinson Cabana Zapata, co-op member, ASOPROBAN banana cooperative, Colombia



## Healthy Lifestyle Q and A cont. from pg 11

because they increase the blood flow to the brain. Herbs such as passion flower and lemon balm are calming. Used in combination under the guidance of a knowledgeable natural health provider they can help control over activity during the day and promote sleep at night. Herbs can be very powerful though, so please consult a natural health professional before giving any herbs to your son. Acetyl-L-carnation, choline and B vitamins all work similarly to the stimulant drugs used to treat ADHD. Again seek guidance on usage and dosage of these supplements. Like many things, too much can have an adverse effect.

In review, though I often feel we are too focused on medical diagnoses and not enough on lifestyle improvements, we do know that the brains of those with ADHD are slightly different than those without this problem. So if your son's attention span remains shorter than expected or if his behavior is consistently disruptive to your family, his friends and his school, please seek evaluation by a team of qualified practitioners including a medical provider, psychologist and educator. This multi-faceted problem warrants a multifaceted approach. One last comment. All of these lifestyle and nutritional recommendations are appropriate for any child, especially those who have difficulty going to sleep, seem to have difficulty keeping their attention focus and have less energy than you think is healthy.

I can be reached at 692-7282.

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## Co-op Month cont. from pg 15

while just 45 percent said the same of publicly traded corporations. More than 75 percent agreed that these co-ops run their businesses in a trustworthy manner compared to just 53 percent for publicly traded firms.

Asked whether consumer co-ops have the best interests of consumers in mind when conducting business, 77 percent of Americans agreed they did. Fewer than half said the same of investor-owned counterparts. Co-ops also outscored publicly traded corporations by wide margins on questions of value, quality, price, and commitment to their communities.

### Co-op Awareness Needs to be Raised

“Regardless of how you measure it—in terms of cost savings, value or satisfaction—consumers can get more for their money at cooperatives,” said Paul Hazen, National Cooperative Business Association President and CEO, who joined other national co-op association leaders and the Consumer Federation of America in releasing the survey results during the October 1 press conference.

“The challenge is in raising consumer awareness of and access

to cooperatives,” Hazen said. He and the coalition of cooperative organizations urged state and federal consumer bureaus to include information about cooperatives on their consumer-targeted web sites and pushed federal and state governments to make more resources available to help develop new cooperatives.

According to the Credit Union National Association (CUNA), the average credit union household saves \$149 per year by belonging to a credit union rather than a bank or a thrift. In housing, University of Minnesota research found that owners of cooperative housing save \$16 per unit per month in operating costs compared to a similar rental unit. And retail consumer co-op members receive savings through member discounts at the register or through end-of-year dividends. Members of other cooperatives also receive end-of-year dividends, sometimes called patronage refunds.

### Consumer Preference for Cooperatives

Asked whether they would be more or less likely to buy products or services from a business if they knew it to be a cooperative:

- 73% were more likely to buy products from a food cooperative
- 71% were more likely to use a credit union
- 69% were more likely to patronize independent, local businesses that belonged to a buying co-op
- 69% were more likely to purchase food produced by a farmer-owned cooperative
- 67% were more likely to buy electricity and telecommunications from a local utility co-op
- 56% were more likely to use day care services provided by a parent-owned co-op
- 55% were more likely to prefer health care services offered by a consumer-owned provider
- 51% were more likely to hold policies with a mutual insurance company

### Methodology/Sponsorship

The survey was conducted by Opinion Research Corporation, a Princeton, N.J. polling company, during July 24-28, 2003. At a 95 percent confidence level, the maximum expected error is plus or minus two percent. The survey was sponsored by a coalition including CUNA, the National Assn. of Federal Credit Unions, the National Cooperative Bank, the National Cooperative Business Assn., the National Milk Producers Assn., the National Rural Electric Cooperative Assn., and the National Rural Telecommunications Cooperative, the National Rural Utilities Cooperative Finance Corporation, and the National Telecommunications Cooperative Assn.





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Hendersonville, NC 28792

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#### the art of bob davis

I spend my summers in the western North Carolina mountains and the the remainder of the year on the island of Grenada, West Indies. My art reflects my world. it is based on my day to day experiences and the strange workings inside my head. My palette is filled with pure and brilliant hues as i paint animals, landscapes and familiar strangers.

If you have questions, remarks, would like to purchase a painting, or would like to commission a painting, feel free to contact me.

lostdogbob@gmail.com (473)439-6608

