

# CO-OP TIONS



January 2017

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**SEVANANDA**  
NATURAL FOODS MARKET



467 Moreland Avenue NE Atlanta Georgia 30307 [www.sevananda.coop](http://www.sevananda.coop) 404-681-2831

# HAPPY HEALTHY NEW YEAR!

## Sevananda Natural Foods Market

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## Store Hours

Monday-Sunday  
 8am - 10pm

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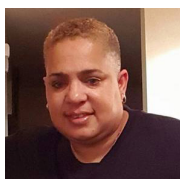
## Sevananda Board of Directors

Wanique Shabazz (President)  
 Ntianu Alghanee (Vice President)  
 Chi Ma'at (Secretary)  
 Jessica McMorris (Asst. Secretary)  
 James (Jim) Williamson (Treasurer)  
 Debra Bonaparte  
 Jed Davis  
 Adama Alaji  
 Rajnikant Mehta

**SEVANANDA**  
 NATURAL FOODS MARKET



## WORDS FROM THE EDITOR



As we begin a new year, we do so with confidence, being optimistic and refreshed. This year like years past, will have obstacles and opportunities. However, each challenge brings us together and each accomplishment makes us stronger. Our employees and management staff are mighty and our optimism boundless. Our customers look to us as an example and we never hesitate to step up with good customer service.

We can indeed achieve anything that we put our minds to as we work together to lift our Co-op to ever greater heights. I say to never forget the past because the past is what shaped our present, and is going to continue to shape our future. As I think about the achievements, the goals and the future plans of Sevananda. I smile!

2016 was a very challenging year, however Sevananda still stands. The IGM Team worked very hard to keep the Co-op going with the help of the Employees and Management Staff! There were trials and tribulations, and we overcame every obstacle that was put before us. We didn't know what we were capable of until we became really stretched and challenged. That made new challenges worth looking forward to, so that we could learn more about ourselves in the process, gain wisdom, and most importantly, start to get to a point where we begin to absolutely admire our own strength and abilities. Our plan was to make sure we took as much as we could off the back or should I say off the load of our new General Manager coming in for the New Year, and that we did.

I proudly state, "There are challenging times ahead, but I believe from the bottom of my heart, that with all our strength, resources, capabilities, and by working together, using our intelligence, wisdom and experience, we will not just overcome these challenges, but we will, indeed, thrive!" We open our arms to our new GM, (Mrs. Ahzjiah Simons) who will continue to take us higher as a Co-op, and we will have THE BEST YEAR EVER!

Happy New Year!

Sharlise Lowe  
 Editor/Marketing/ Member Services Manager



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# Message from the Board of Directors

**Wanique Shabazz**



Board President

**Ntianu Alghanee**



Vice-President

**Chi-Ma'at**



Secretary

**Jessica McMorris**



Asst. Secretary

**Jim Williamson**



Treasurer

**Debra Bonaparte**



Board Member

**Jed Davis**



Board Member

**Adama Alaji**



Board Member

**Rajnikant Mehta**



Board Member

Welcome everyone to the new frequency and vibration of 2017! This will be the 43rd anniversary of the founding of Sevananda as a consumer owned cooperative, and though it seems that time is flying, be ever mindful of always dwelling in the reality of the Eternal Now! In this now moment, we are each and all, so absolutely blessed to be alive, with access to so much love, light, wisdom and truth. We are indeed the beneficiaries of the realizations, revelations, epiphanies, gifts, labor, skills, talents, service, creativity, vision and intelligence of so many, whose names we may never be able to call. In thanksgiving and mindfulness of all who have come before us, laid the foundations, solidified the structure, facilitated, counseled, contributed, worked for and served the greater good and greater growth of Sevananda, we are here to insure the "CommonHealth" characterized by:

- A culture of service
- Knowledgeable members
- A network of local, viable service
- An environment that is sustainable and nourishing
- Local, regional, global connectedness
- Relationships which are fair, inclusive, interactive and empowering
- An economy that is thriving, autonomous, and mutually beneficial for all involved



As we are also concerned about the actual common ill-health of our community, we embrace our responsibility to set a directive for Sevananda to be even more proactive and effective as a vehicle for facilitating the wholistic healing and progression of our community; thereby strengthening the integrity of commitment to providing leverage over the capitalistic and commercial initiatives that undermine our health and collective power in securing the quality of foods, herbs, products, and information that will ensure our wholistic well-being.

We are thankful to have ended the year with a full board of nine members; we welcome Ms. Jessica McMorris as our ninth director. We have elected new officers and accepted committee responsibilities. Our full board consists of:

**Wanique Shabazz** - President, Chair of Policy Committee

**Ntianu Alghanee** - Vice-President, GM Hiring Committee (ad hoc)

**Adrienne "Chi Ma'at" Dilworth** - Secretary, GM Hiring Committee

**Jessica McMorris** - Assistant to the Secretary, Elections Committee (ad hoc)

**James (Jim) Williamson**, Treasurer - Chair of Finance & Elections Committee

**Debra Bonaparte** - Former President, Chair of Training Committee (ad hoc)

**Jed Davis** - Chair of Product Policy Committee

**Adama Alaji** - Chair of Member Linkage Committee

**Rajnikant Mehta**

The GM Selection process officially began in June 2016, implemented by the GM Search Committee; consisting of Lead, Ntianu Alghanee, Adrienne "Chi Ma'at" Dilworth, Greta Thomas, Rahn Stevens and Carolyn Renee Morris, HR manager, who later resigned in September and then assisted in completing background checks on the final candidates once selected. We thank Ms. Carolee Colter who provided personal support in the interview process, but who also provided a step by step detailed process and guide from her GM Hiring Toolkit.

We applaud the extensive efforts and consistent due diligence over 6 months of process of the GM Search Committee and are happy to announce our collective decision, sincere congratulations and thanks to Ahzjah Simons as the new General Manager of Sevananda Natural Foods Coop!! We will make available for review the report of the research and selection process submitted to the full board by the GM Search Committee.

Ahzjah is no stranger to Sevananda, she has served in various capacities, i.e., Working Member Services, Member Services/Marketing Mgr., IGM Team Member, Co-op101 Executive Leadership Training, and President of the Board of Directors; she clearly brings a wealth of experience and knowledge of the Cooperative model, leadership ability, dedication to service, successful ability to build rapport along with successful outreach with member/owners as well as extensive accounting and computer literacy.

We are extremely grateful to and applaud the works our IGM team, Sharlise Lowe- Lead, Ano Dennis, Brian Jackson, Sylvia Yorke as well as Carolyn Renee Morris-HR Mgr, Elizabeth Tsegay - Senior Accountant and all of our managers and staff who have navigated through the challenges over the past nine months, giving Sevananda a much more secure footing in the midst of establishing a new Board of Directors and finally a new General Manager. You all have done an amazing job!!! Thank You!!!

We give thanks to and celebrate all of our member/owners, who not only continued to shop, but those who actually voted in our most recent Board Election process. Of over 3,000 members, there were fewer than 10% who participated in the election process. We have three seats opening up as of this spring, with actual elections taking place in April. If you are a member/owner and interested in participating on the Election committee or would like to be a candidate for the Board, visit the Customer Service Desk to make sure your contact information is current so that you will receive relevant information as to how to proceed.

Sevananda is the largest Natural Foods Co-op in the Southeast, with the potential for exponential growth and expansion, not just in our financials, but in our capacity to facilitate the growth and expansion in the consciousness and conscientiousness of our communities at large. This is the time to invest, not just money, but the wealth of yourselves, your care, love, concern, ideas, skills, talents, ingenuity and vision.

We are excited about our future! We are excited about who we are and the dynamic of us working together! We strive towards personal as well as collective and cooperative integrity in wholeness, healing, creative unfoldment and fulfillment of purpose, in honoring and exalting the true gifts and blessings in Being!

Yours in Service,  
Sevananda Board of Directors 2016

# THE VORTEX OF POSITIVE ENERGETIC FLOW

One thing that is unique to any co-op is its people. The general attitude, or tone if you will, of Sevananda Co-op is set by the owners, leaders (board and managers), and employees who carry out its mission, vision and values. This collective energy transmits through a vibrational state to the larger community. The overall vibration becomes dynamic and magnetizes to attract like-hearted, minded, and spirited individuals. The energetic flow of Sevananda is so positive and powerful. This flow starts with the people! Of course we offer incredible products too, but most who come to Sevananda to shop lose themselves in the vibration of the Co-op.

The energetic vibration that permeates Sevananda is service. This is because of the power behind the word Sevananda. The vibrational tone of "Seva" is divine service, and "Ananda" is bliss and joy. As we thrive in this positive energetic flow we are able to attract employees who appreciate working at the co-op. We are also able to send this frequency into the community, and in turn attract owners and shoppers into our positive flow.

We have a staff that makes positive contributions which are reflective of cooperative values. Therefore, the vibration that engulfs the new staff member, owner and/or shopper is a unique part of the cooperative spirit.

Cooperatives organize around the energy of the communities in which they are founded, but have in common the same principles, values and ethics about how they function. Cooperative values include Self-Help, Self-Responsibility, Democracy, Equality, Equity (Fairness), and Solidarity. Retaining the spirit of the founders, co-operatives hold true to the following ethical values of Honesty, Openness, Social Responsibility and Caring for others.

It is not uncommon to hear Sevananda referred to as a vortex. The image this conjures in one's mind is a mass of whirling energy. It's no wonder you will hear a shopper say, "I came in for one thing, and have been here for more than an hour!" An employee will say, "I can't seem to get out of here!", and new employees will often express how much they genuinely love working at Sevananda.

Whether shopping or working at Sevananda Co-op, most of us find it hard to get out the door to go home. It's the vortex of positive energy. While we cannot bottle the vibrational tone of service and the beautiful values that define who we are, we can and we will continue to live true to who we are - "Seva" is divine service and "Ananda" is bliss and joy.



**Rena Grooms,**  
Front End



**Jessica Oliver**  
Night Supervisor



**Shyria Coleman**  
Wellness

welcome to our  
**NEW  
HIRES**



## Vegan & Vegetarian

**Come in and try our  
Salad Bar & Hot Bar  
for Breakfast, Lunch  
or Dinner !!**

Breakfast M-F 8:30am - 11:30 am  
Sat. & Sun. 8:00 am - 2:00 pm  
Lunch M-F 11:30am - 9:00pm  
Sat. & Sun. 2:00pm - 9:00pm

### New Food Items added to the Menu



# ASTROLOGICAL CYCLES FOR 2017

By Cathy H. Burroughs



We ended the year 2016 in something of a collective societal shock resulting from a startling election. Look to the stars and planets and major planetary cycles to give us some guidance on how to make the best of our circumstances for spiritual, emotional and physical well-being.

We enter the New Year in a retrograding Mercury period which means the year may be slow to kick start and we may still be processing the confusing and unexpected developments from 2016. The cycles of New Year's Eve can sometimes give us a preview of coming attractions and this New Year's is notable in that Mars and Neptune come together in Pisces. The positives of this dynamic is a visionary initiative that is for the highest good, but the shadow side of this dynamic is an atmosphere of confusion, deception, misdirection and illusion. The best way to deal with these energies are through meditation, spiritual practice, dream analysis, escapes and getaways. This is truly a transcendental start to a new cycle where we need to be attuned to the higher spiritual functions of the time rather than the harsher realities of day to day life.

There seems to be a considerable number of retrograding or backward moving planets this year, including Mercury planet of communication (until January 8th and again April 9th, August 12th and December 3rd for about 3 weeks each). These indicate periods of re-evaluation and uncertainty.

Venus the planet of love and harmony also goes retrograde March 4th again asking us to re-evaluate our values and may bring love from the past back to be re-considered. Other retrogrades include Jupiter (values, economy, good fortune) on February 6th and Saturn (lessons, conservatives, restrictions) on April 6th. So the overall trends for this year are a back and forth energy where we are trying to ascertain whether the changes we've made are in fact of benefit or for the highest good.

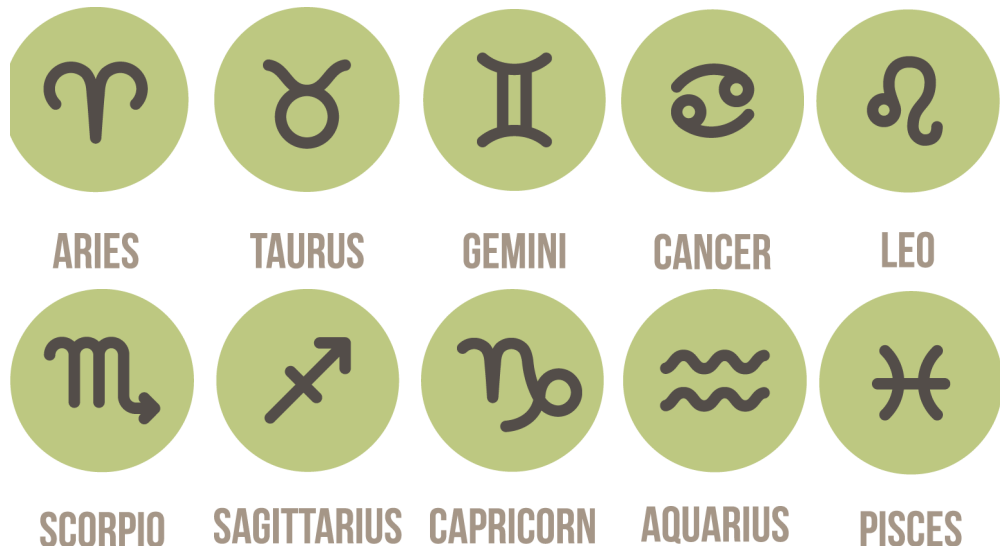
Personally the best way to deal with all these backward moving energies is with spiritual practice, travel, much sleep, care and feeding of the spirit and body through massage, retreat, regeneration, spa treatments and in general, seeking kinder, gentler introspective approach to life and our own well-being.

The furious battle between the old guard and the new guard, the force of change and conservative restriction continue their life and death struggle as Uranus the planet of revolution continues in Aries the warrior and squares or forms a difficult aspect to Pluto, the powerful one and bringer of life, death and regeneration. Pluto continues in the sign of Capricorn symbolic of the old ways and tradition. Saturn continues in the sign of Sagittarius which is evoking deep-seated fears in all things different: all different cultures, all different religions - the dark side of this is a resurgence of racism. Personally this is a great time to get really serious about your spiritual practice as it is one of the best means of working with these energies most positively.

The good news is that Jupiter the planet of good fortune and harmony is in the sign of peace and relationship hopefully overriding or softening the more harsh energies being expressed elsewhere. This is an ideal time to turn to family and intimate partnerships as a place of solace and safety.

Gifted psychic/astrologer Cathy Burroughs has an international clientele and attracted more than 1,000 callers due to the accuracy of her predictions on Q-100's The Bert Show. Formerly Vice President of Metro Atlanta Astrological Society (MAAS), she sees clients privately as well as teaching nationally, regionally and locally on topics such as psychic development, tarot, healing/clearing, medical intuition and all levels of astrology. Her articles appear in The Aquarius, NCGR Geocosmic Journal, NCGR member letter. Oracle 2020, and others. Her company Psychic Solutions Entertainment also provides world class entertainment for all occasions. Look for her articles and reviews on theater, travel and the metaphysics in Aquarius Magazine each month, and elsewhere. Cathy is available for private readings, teaches Psychic Development, or for party bookings.

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## YOU COULD REALLY USE A VACATION FROM COOKED FOOD

### DETOXIFY WHILE FEASTING WITH A RAW FOOD MENU!

The other day, someone asked me if I detox before I went raw. My response was that eating an all raw food diet is detoxing! Don't get me wrong, I do periodically juice fast for five to ten days to sweep out my colon and give my system an even deeper cleanse. However a raw food diet or a "cooked food vacation" is a more gentle and, I think, easier way to give the body a chance to clean house. When you eat cooked food your body responds with a reaction called leukocytosis. This is an increase of white blood cells in the system to defend against an invasion of foreign substances. Living food, on the other hand, does not produce such a response.

So while you're eating an all raw food diet for let's say one month, your system has plenty of time to begin to reset what is probably a severely overworked living machine. What kind of fuel could be more optimal for your sacred vessel of life than living food? It's simple really! Start your day with some good filtered water and break your fast with your favorite whole fresh fruit or homemade raw vegan smoothie. You may want to have a bag of nuts or seeds or a couple of avocados to snack on throughout the day, although an ideal diet (long term) would consist of only about 20% fat. Most importantly, make sure you consume plenty of greens whether it's giant salads that you prefer or green smoothies. It's actually better to have both before the day is done. You always want to get some

sun for Vitamin D and during this time you should be vigilant about Vitamin B-12 supplementation – make sure it's the methylcobalamin type for the best rate of absorption.

And, finally, from time to time or as often as you can afford, treat yourself to raw gourmet meals prepared by the loving and experienced hands of a Chef such as myself...

Which brings me to announce that this month on Sunday, January 22nd, Sevananda will be hosting a Detox Day for Wellness from 12pm to 5pm with special guests including yours truly to assist you in going clean and green for 2017! Consider this your invitation and please come get with the program.

Chef Akil Amen is the Head Chef of Oat Crew Cuisine here in Atlanta. For three years, he prepared and demonstrated recipes at Sevananda Natural Foods Market for Meatless Monday.

Contact: Oat Crew Cuisine on Instagram and Facebook

**By Chef Akil Amen**



## MORE TOUCH EQUATES A GREATER WELL-BEING



**By Versandra Kennebrew**

Touch is essential to communication, bonding and health. Without it, adults can experience anger, depression, isolation, low self-esteem and violent behavior. However, infants can literally die from touch deprivation aka touch hunger. So how can you begin the

New Year feeling all the compassion and love you not only desire, but are wired to experience?

Scientists who study human behavior as well as those who study disease and mortality have questioned the affects of touch and the lack thereof. What they discovered regarding touch receptors and how they message the brain is astounding. However even beyond the elaborate messaging exchange that takes place which causes humans to respond in a myriad of ways; new research has uncovered how mental health and recovery from sickness is impacted by touch.

Humans need to connect with one another in order to live

optimally. Adults are soon likely to start dropping like weeds from touch hunger; but it is clear that we don't show up fully in relationships or in social setting when we are touch deprived. In the United States, this is especially true. A well documented study in the 1960's by psychologist Sidney Jourard observed that friends having casual conversations in a café in England or the United States touched 0 to 2 times in an hour. In France and Puerto Rico, one hour of casual conversation with friends produced 110 to 180 touches. Subjects in France and Puerto Rico appeared to be more happy and healthy.

You don't have to be a scientist to know about the healing power of touch. Simply go without it for a while and you will find yourself seeking substitutes from blankets to pets. We need touch. We crave touch and will do crazy things to get it. Here are three ways to easily add more touch and well-being in your life in the New Year.

1. Include massage into your daily self-care practice. When applying oils or lotions to your body, take the time to set an intention for healing and well-being for

yourself as you massage your scalp and work your way down to your feet.

2. Become active in a spiritual community where you can experience hugs and compassionate touch in a safe space with like minded people.

3. Seek out live classes, workshops, seminars and retreats that focus on personal development and holistic health. The participants are usually healthy lifestyle enthusiasts who honor loving, nurturing touch for life.

Author and Certified Holistic Health Coach Versandra Kennebrew teaches The Art of Touch, an eclectic range of human activities in which the artist creates from his or her imagination and four simple movements, sensory masterpieces intended to be appreciated for their emotional power and beauty. She is the resident holistic health and life coach on Night Watch Expressions WRFG 89.3 FM Atlanta where she brings a weekly Health & Healing Chronicles moment that empowers listeners on their journey to optimal health and healing. To learn more, or to register for upcoming classes or workshops visit [www.vki.eventbrite.com](http://www.vki.eventbrite.com)

# ALIGN YOURSELF, GET WHAT YOU WANT AND THRIVE IN 2017

By: Christmas Miller



Most people want stability, freedom and happiness. They also desire to have the ability to grow, flourish and prosper. This is a Universal Dream and with 2016 gone, it's fitting to start defining how you want your New Year.

As you ponder your thoughts, consider integrating one major important step – the alignment process. If you do, then you are setting yourself up for success. In other words, set the clear intention to do just that – align with your goals and thrive in 2017. If you create the infrastructure to support your desired manifestation, which must include the alignment process, then you will thrive!

If you are not aligned, you cannot thrive, let alone reach your goals or obtain what you want. What you do is create inconsistency or it simply won't happen.

## How to Know You're Not Aligned

For many, there is lack of clarity about what to do and how

to do it. For others, they may feel disconnected, like something's missing. For a few, they feel there's a higher calling or bigger purpose for them.



Sometimes there is an inner pull towards specific things, but out of fear, many choose to ignore it. These are just a few common examples. The good news is that you can become clear and aligned. You can begin this process of change that promotes your ability to thrive in life. But you must be convicted and determined.

To be aligned, you must first be crystal clear of what you want, in agreement (mind, body and spirit) and action oriented towards your desires. Three reasons that most people are delayed or blocked from ever obtaining what they want is because:

1. Their belief system is not aligned with what they want.
2. They lack clarity about what they want.
3. They don't take the right actions that support them getting what they want.

Now, get raw and honest about what you believe and how you really feel about your ability to manifest what you want. Once you get clear on these things and bring them into alignment, you are then ready to

move forward.

## Manifesting Wellbeing and Thriving

Your ability to manifest anything regardless of whether it's positive or negative is based on your belief system, feelings, thoughts and actions. All which work in tandem to bring about physical and emotional influences and ultimately change.

Therefore, it is critical that your mental and emotional intelligence be positively aligned towards prosperity and growth.

Find the positives and focus on them without letting the negatives influence your beliefs, actions or cause you to give up. Master this challenge and you win!



If you'd like to learn more, subscribe to my newsletter and receive my free audio gift *Manifesting on the Fast Track: 5 Ways to Foolproof Your Success!* For more information, please visit: <https://christasmiller.com/home>



## WHAT ARE UTERINE FIBROIDS?

By Dr. Amun Neb



Uterine fibroids are an incredibly common diagnosis for women. In fact, out of every four women in America, three of them usually have fibroids during their lifetime. Only one in three women usually experiences

symptoms, so it can easily go undiagnosed. Aboriginal Medical Association's, "Got Fibroids? The Fibroid Elimination Bible", can help you totally eliminate your uterine fibroids. Uterine fibroids are benign growths that form in the uterus' smooth muscle layers. These growths are also known as myomas.

## Types of Uterine Fibroid Tumors

**There are four basic types of uterine fibroids, including the following:**

**Subserosal Fibroids** — these types of fibroid tumors grow outward, as they form on the outer wall of the uterus. Because subserosal fibroids tumors cause pressure to be applied to surrounding organs, women who have them may suffer from pressure and pain in the pelvic

area. These kinds of fibroids generally do not affect a woman's usual menstruation patterns, considering the location of the growth.

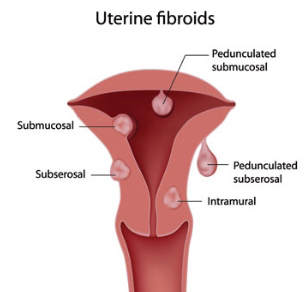
**Intramural Fibroids** — these are the most common types of uterine fibroids. They form inside the uterine wall and can cause the uterus to feel enlarged once they expand. A woman's menstruation cycle can be impacted from an intramural fibroid tumor. For example, her menstruation cycles may last longer, and her menstruation flow may become excessive. She may also experience pelvic pain and the need to urinate more often.

**Submucosal Fibroids** — of all the different types of uterine fibroid tumors, submucosal fibroids are the least common. These tumors form below the uterine cavity's lining, which can cause the fallopian tubes to be blocked. Because of that blockage, women who have these tumors may deal with fertility problems. There are also many other symptoms, such as heavier and longer menstruation.

**Pedunculated Fibroids** — when a uterine tumor grows on a stalk and extends away from the uterine wall (either inside the uterus or outside the uterus),

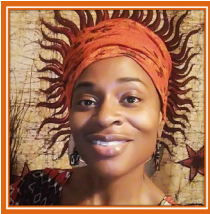
it is referred to as a pedunculated fibroid tumor. These types of fibroids tend to result in symptoms, which may include pressure and pain — especially when the tumor becomes twisted on the stalk.

Besides causing pain and discomfort, uterine fibroids can become dangerous in the event they cause other medical conditions such as anemia. They can also affect fertility by changing the shape of the uterus or causing damage to it. It is not uncommon for women to have numerous fibroid tumors that are located in various parts of the uterus. In order to fully understand how they are affecting you, you can consult with an Aboriginal Medical Association (AMA) fibroid specialist.



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# RENEW AND DETOX YOUR LIFE ~ BODY AND SOUL



**By Kimberly Purefoy**  
**Sevananda's Wellness Dept. Manager**

As we turn the page to create new chapters in our lives, particularly at this time of the year, most of us are seeking more effective methods to improve our health naturally and to evolve wholistically in more meaningful ways. We find ourselves committing to renew and become better, often both outwardly and inwardly. . . body and soul. Some are focusing on building a stronger immune system to protect against the "flu season." Some are seeking solutions for "hereditary" or "age-related" issues. Many are looking to shed weight or shed mental and emotional baggage, and a lot of people are re-committing to "detox" and get rid of all types of toxins that we know junk up everything from our digestive tract to our aura field. Whatever it is that weighs us down or holds us back from being "all that" all the time, we know it's now time to get busy on reaching our goals.

One popular goal relates to the issue of age, and staying or becoming younger, or protecting against and improving conditions labeled as age-related. And given what we now know, this is actually a reasonable goal. Along that line, it has been said that we get a new body and it regenerates itself every 7-10 years because we always get new cells. After factoring in details that adjust this notion down to which cells renew in only a few days and which cells may never be replaced, we can still consider the concept that we can rebuild and become younger if we feed our body the needed nutrients- living foods and quality supplements. These essential nutrients create healthy cells to literally rebuild a "new you."

The goal of building a stronger immune system also relates to the issue of feeding our body essential nutrients to create healthy cells. Many of the conditions we address daily at Sevananda- from chronic fatigue and colds, to hair loss, hormonal, sexual, or even more serious issues- are greatly impacted by nutritional deficiencies. A lack of minerals, vitamins, essential fats and amino acids are often a key factor. Therefore, it is our goal to provide a wide selection of quality Super Foods and nutrients. A nutrient dense Super Food such as Moringa, Sea Moss, Kelp, or essential nutrients such as Omega 3's and qual-

ity multivitamins, can make a world of difference to our health and longevity. By feeding our body what it truly needs, we can even flip it and transform the "flu season" into a "Dynamic You Season". . . as this can be a nutrient deficiency season more than anything .

When it comes to the popular topic of detoxing, it is indeed an important goal to eliminate toxins from our temples. If we take out the garbage weekly at home, then we surely want to rid our body temples of it regularly as well. Even when it comes to weight loss, it is often WASTE that is the core issue seen bulging from our waists, moreso than "weight" oftentimes. So we also encourage focusing on detoxing other systems beyond the colon, including the liver and the blood, and killing parasites. Therefore, Sevananda carries effective herbal formulas to assist with these goals. These herbs and products can help with new year's goals, but are also available to help us detox on a regular basis as well- weekly, monthly, seasonally.

It is a personal choice and journey regarding which route we take as we renew and care for both our outer and inner beings. There are many routes we can take. Our Co-op is a progressive resource that offers aromatherapy, books, candles, and many mystical tools for various forms of self-care, meditation and spiritual rituals. All of these resources are available to help us evolve and improve. We invite you to come visit us again during this time of evolving and new beginnings. Our Sevananda "Wellness Warrior" team considers it an honor to serve you and our community, as we remain committed to providing our best in quality products and services to help you work toward your goals for a renewed You.



## THE DIRTY DOZEN AND THE CLEAN 15

**By Cheranna Dottin**  
**Member Services/Marketing Asst.**



### Dirty Dozen:

- Apples
  - Celery
  - Tomatoes
  - Cucumbers
  - Grapes
  - Nectarines
  - Peaches
  - Potatoes
  - Spinach
  - Strawberries
  - Blueberries
  - Sweet Bell Peppers
- Also green beans and kale are moving up on the most sprayed list as well.

Eating fresh produce is the best way to obtain the nutrients that support optimum health, but the pesticides used on many crops remain a huge health concern. Pesticides are toxic and have been linked to a variety of health problems such as cancer, birth and fetal defects, leukemia, disruptions in the normal functioning of the nervous and endocrine system. Many people find it challenging to switch to an organic diet because eating organic tends to be more expensive than buying non-organic foods. However, non-organic foods have a hidden cost. These include abstract factors like the cost of demanding more from the earth than it can produce and the long-term health costs associated with ingesting chemicals.

"Pay for quality food now or you'll pay a doctor to fix you later". There are ways to offset the increased out-of-pocket expenses incurred from prioritizing organic foods, this is where the "Dirty Dozen" and "Clean fifteen" come into play. The Dirty Dozen and the Clean 15 refers to the fruits and vegetables that are the most and least contaminated by pesticide use. According to the Environmental Working Group the Dirty Dozen is a list of fruits and vegetables that you should always buy organic. The Clean 15 is a list of fruits and vegetables that are least likely to be contaminated with pesticides, therefore you don't have to buy them organic. Making informed choices in the produce aisle will help you minimize pesticide consumption while keeping the budget in check!

### Clean 15:

- Onions
- Avocado
- Sweet Corn (watch for GMO)
- Pineapple
- Mango
- Sweet Peas
- Eggplant
- Cauliflower
- Asparagus
- Kiwi
- Cabbage
- Watermelon
- Grapefruit
- Sweet Potatoes
- Honeydew Melon





## STAYING GROUNDED WITH ROOT VEGETABLES

Mysterious in nature, our gemstones of food, root vegetable are the Creator's gift to the World, bringing us back into alignment and curing us from a plethora of diseases, anxiety and helping us rest peacefully. When all the juicy and vibrant spring and summer vegetables go on vacation during the cold season, our root veggies are here to keep us grounded with their soothing flavors and beautiful earthy hues.

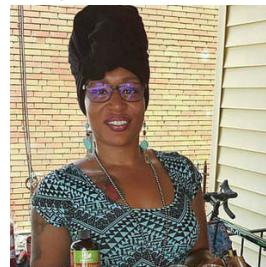
Root vegetables grow underground, away from the sun, soaking up the nutrients directly from the soil it nestles in. My attraction for them started a couple years ago after coming down with a pesky, lingering cold. After doing some extensive research I discovered that root vegetables were POWER PACKED with a great deal of vitamins, minerals and antioxidants so I began experimenting with several root veggie concoctions that eventually brought me back to a healthy state.

Here are some root vegetables and a few of their medicinal benefits; backed by scientific studies:

- Ginger is the most widely used root vegetable. It's benefits range from nausea relief, digestive support, the healing of ulcers, pain reduction, cancer fighting, aiding in weight loss and reducing inflammation.
- Garlic is a powerful root and acts as an antibiotic, a common cold eliminator, a preventer of preterm (premature delivery), a heart protector and aids in lowering blood pressure.
- Onions are among the most flavorful of the roots and comes in a variety of shapes and sizes. Studies show that onions are packed with vitamins, minerals and antioxidants. Onions also lower the risk of prostate cancer, colon cancer, and helps lower depression.
- Turmeric, identified as the main ingredient in curry, is very effective in curing and preventing a wide range of diseases. It works as an anti-depressant, anti-inflammatory and also helps manage arthritis and cholesterol.
- Celery Root is an excellent source of calcium, potassium and vitamin C. One can also use celery root if they are suffering from gastritis, indigestion or lack of appetite.
- Rutabaga is high in vitamin C and helps to prevent premature aging and clotting. Additionally, rutabaga lowers the risk of cardiovascular diseases, helps improve eyesight and improves bone health and osteoporosis.

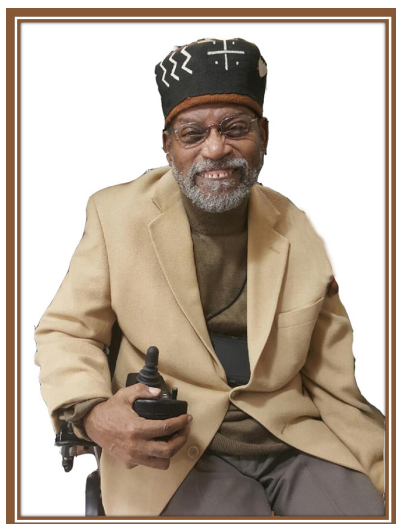


By Kumani Auset



**Root vegetables are most potent when consumed raw and paired together.**

## Sevananda is a Place Of Hope



By Rev. Calvin Peterson

I have been confined to a wheelchair since birth and joined Sevananda Co-op during its inception decades ago. As a wheelchair user I've frequented the co-op for years, basically because it's differently-ABLED friendly. As a member, I enjoy the spirit of Sevananda. From the time that I enter the store, and throughout my entire experience until I check out, I am touched by the uplifting, cooperative energy and support expressed by the Sevananda team. Even the building, and Sevananda's special style represent the spirit of inclusion, which touches and embraces us all in the community.

Sevananda is one of the most accessible places for me to visit. For me and others with challenges, accessibility is not just about the physical construction. Our focus is on how we are treated. I'm a 68 year old Spiritual and Social Activist from the most excluded segment of our society – the poor and the disabled. I have served a lifetime changing and improving the lives of the deliberately overlooked segment of society. I've lived a full and complete life. Yet, at this stage in

life, I'm prepared to embark on another challenge. That is to serve with Sevananda in their ongoing efforts to build even greater alliances with the community, particularly the differently-abled. As founder, over 30 years ago, of Disabled In Action Atlanta, I am honored to support Sevananda as it continues to serve the community. I am a minister and I solicit your prayers as we go forward in this quest for Equity for all God's children.

I encourage you to visit our website, [www.disabledinactionatlanta.org](http://www.disabledinactionatlanta.org). Also, please watch our monthly television broadcast, "The Voice of the Voiceless" each first Wednesday of each month on [www.peopletv.org](http://www.peopletv.org).



# NEW YEAR. NEW YOU. HOW TO MAKE 2017 YOUR BEST YEAR EVER!



By Jaye Crawford

It's a brand new year, full of excitement and opportunity! For some, the dawning of a new year represents time to declare personal change. If you partake in this resolution ritual, the New Year offers renewed spirit and energy to focus on things we desire in life. If you're ready to put your health on the high-priority list, having key strategies in place will help you find your groove and stay on track.

**Plan for Success:** Everything begins with a plan. This year, plan to embrace a healthy, fitness lifestyle. Plan your workouts. Plan to purchase, cook, and eat healthy foods. Plan to overcome individual challenges and unwise behaviors. Plan solutions. While you're at it, don't forget to plan some down time.

**Set S.M.A.R.T. Goals:** Specific. Measurable. Attainable. Realistic. Time-bound. What are your goals? State them. Write them down, in detail. Set a time frame, such as every day, weekly or three months from now. Classify goals as short term or long term.

**Get Moving:** Whether you want to tone up the physique, build strength or cardio endurance, exercise is your ticket to improved health. When you engage in frequent physical activity, your body naturally adapts in wonderful ways! Soon enough, you're seeing results and increasing your personal level of health and fitness!

**Buddy-Up:** Exercising with a friend is fun and boosts moral support. Make a fitness date once a week, and don't back-out.

**Plan Menus & Makeovers:** Take a look inside your pantry and refrigerator. See any junk? The path to better health begins with a clearing of all unhealthy ingredients and GMOs. Pledge to shop for foods that are nutrient-dense, disease-fighting, longevity-producing, fat-burning, and ultra-health producing. Make your kitchen a "Food Is Medicine" safe haven.

**Break Up With GMOs:** Our food supply has been hijacked by big corporations. It is estimated that at least 85% of soybeans, sugar beets, corn, cotton seed, and canola USA-grown crops are grown from GMO seeds. 50% of all zucchini, yellow squash, and papaya crops are GMO. Genetically Modified Organisms, otherwise known as GMOs, are seeds created in a lab by extracting DNA from one species and injecting it into another. The vast majority of these seeds come from the Monsanto Corporation. Crops from GMO seeds have been designed to tolerate heavy spraying of Monsanto's poisonous herbicide, Roundup. There have been no health studies tracking the long-term effects of GMOs humans. Researchers fear that the health risks may include: exposure to allergens, antibiotic resistance, endocrine disruption, reproductive disorders, and accelerated aging. What's the simplest ways to avoid GMOs? Buy USDA certified foods, and foods verified by the Non-GMO Project. The USDA certifies that organic foods are not bio-engineered in any way.

**Avoid The Dirty Dozen. Eat The Clean 15:** Commercially-grown fruits and vegetables are often sprayed with toxic chemicals. According to a 2009 CDC study, by eating five foods from the Dirty Dozen list, you consume an average of fourteen pesticides per day. By eating five foods from the Clean 15 list, you consume fewer than two pesticides per day, reducing the volume of pesticides per day by 92%. For the complete lists, visit [www.ewg.org](http://www.ewg.org).

**Bean Power:** Once referred to as "poor man's protein", beans are more like "rich man's gold". Beans are load with lean muscle-building protein, fiber, folate, zinc,

potassium, B6, and offer a rich source of antioxidants. Beans lower the risk of heart attack, stroke, heart disease, diabetes, cancer, and help sweep cholesterol out of the blood. They are low in saturated fat and contain no cholesterol. Available in at least seventy varieties, beans are considered one of the most versatile, healthful, and economical foods.

**Spice It Up:** Eating spicy foods provides amazing health benefits. A compound found in peppers called capsaicin has a thermogenic effect, heating the body, which speeds up metabolism. This results in higher calorie and fat burn. Foods with spices, such as hot cayenne pepper, and even mild spice like turmeric, boost the immune system, increase blood flow, lower risk of cancer, arthritis, diabetes, heart attack, and stroke. Spicy foods increase production of the feel-good hormone serotonin, warding off anxiety and depression.

Jaye Crawford is the president of Fun Fitness, Inc. She is a C.H.E.K. Institute Holistic Lifestyle Coach specializing in 1-on-1 & group personal training, meal planning, and personal grocery shopping. Affordable options for any budget. Registration is open for the "How To Shop Non-GMO" Store Tour, Saturday, January 14th at Sevananda. Space limit: Ten (10) students. For more info, or to schedule a complimentary fitness consultation, visit [www.funfitnessonline.com](http://www.funfitnessonline.com) or contact 404.610.7878.



## LIFE AS A VEGAN

Peace and love family. I am one half of the Urban House Music Duo, "The Spacesuit Junkies". Vegan Life has been an amazing journey thus far, not only for health purposes, but also my expansion into spirituality. I'm a hippie of sorts. Over the past 3½ I have grown more than in my previous 20 plus years of existence. But let's go back to how it all started.

I first stumbled upon this lifestyle when I decided the check out the documentary, "Forks over Knives". I'd always been health conscious (5-6 days in the gym, decent diet, and limited alcohol intake) or at least I thought. The documentary was brought to my attention during a conversation I had with a friend, she began talking about how amazing the film was and the way they reversed diseases like diabetes. Being that my family has a history of high blood pressure and blood sugar I felt obligated to check it out.

There are a few other documentaries that sparked my attention but what really made me take the dive was stumbling upon the work of Dr. Sebi and Dr. Laila Afrika. Watching these men continue to thrive in their later

years of life did it for me. Hearing Sebi speak about having children in his 80's had me like, "Whhhhaaaatttt!!!!!!?"

Being vegan in Atlanta has allowed me to meet amazing people. The restaurant scene here is dope! I'm a regular at Tassili's Raw Reality (at least twice a week). I also hit up Soul Vegetarian occasionally and just got hip to Healthful Essence. What I enjoy most is walking into a restaurant like Tassili's and striking up a conversation with a complete stranger only to realize that we have a lot of things in common. I had a real good conversation with Jermaine Dupri last time I was at Viva La Vegan, his words resonated with me. He said traveling nonstop while not eating the right things can take its toll on you. Since I'm a musician, his words reassured me that I'm on the right path. The Universe has different ways of communicating with you that allow the message to stick. This was my message!

People always ask me how I am able to maintain this lifestyle. Most of my friends are carnivores and say they can't get down with it. The truth is, it's not hard at all, there are an abundance of Vegan/Vegetarian restaurants

By Stevie Zenith



out here and Sevananda is a full-fledged Vegan/Vegetarian grocery store. Sevananda allows me to get my fix on local organic produce and the hot bar is off the hook! There is no place in the city like it.

If there is one thing you take from this article, let it be this: A vegan diet is not difficult, if you are on the fence give it a shot, not only will it benefit your health, but also give you clarity and purpose. "Atlanta vegan life is lit!"



# MORE THAN PERSPECTIVE



*From the Desk and Heart of Adama Minister on behalf of the Cosmic Communities for Conscious Cosmic Citizenship  
Producer & Host of "The Meeting of the Inner Circle" Talk Radio Show  
Thursdays 89.3FM WRFG Atlanta Midnight-3am  
Inspirational Life Style Change and Wholistic Wellness Consultant  
The "Voice" of Resurrection and Heraldess of the Eternal  
www.adamaspeaks.com adamaspeaks@gmail.com 678-760-9299*

We live upon this planet Earth that is 80% water, in floatation and rotation around a Sun that is radiant without ceasing; surrounded by planets, stars, galaxies, worlds, realms and universes that are All in motion; created, upheld, maintained and sustained within and by an Absolute Cosmic Supreme Intelligence that is beginningless, endless, infinite and Eternal. It is the fullness of All the Substance and Intelligence that is manifested and the infinitude that is formless and yet unmanifested.

The continents have emerged from the depths of the waters beneath them and we, who dwell upon them, have come, through the wombs of our mothers, sparked by the divine and sacred fluid that emanated from our fathers; representing lineages whose names we may never be able to call, but whose honor and glory we are here to uphold.

We are companioned by and dwell in the midst of all innumerable manners of beings and intelligences that have their being within the waters; others that burrow, creep, crawl within and upon the earth and others that climb, fly and soar to, through and beyond the heights of tree tops, hills, cliffs and mountains are most comfortable within the skies and heavens of the Earth. Though we dwell upon the planet, dressed in suits of flesh, also 80% water, suitable for our earth residency we are immersed in the reality of unseen realms within which reside ancient spirits, beings and intelligences that provide support for our sojourn within the realm of physicality and mortality into the realms of spirit and immortality.



The challenge before us in this now moment of Eternity is to regain our balance, footing, stature, composure, perspective and right alignment with the truth of Existence; There Is LAW that governs ALL of Existence upon and beyond the planet. In order for humanity and/or humankind to avoid a cataclysmic ride with demise, a tragic date with fate, circumvent the devastation that is scheduled as karmic debt for the legislation, perpetuation, facilitation, creation, maintenance and sustenance of sickness, illness, dis-ease, despair, degradation, humiliation, stupefaction, inebriation, intoxication, violation, entrapment, massive incarceration, genocide and complete forfeiture of a gloriously rising destiny and continuance in existence; we must be Committed to LIFE!

Living LAWFULLY, Lovingly, exalting a full life's urge, doing nothing that undermines oneself or anyone else. Commitment to honoring the intent of the Intelligence of Existence and the design of our body temples, to exalt and magnify the divinity of All Being with each and every breath, every beat of our hearts and caring to succeed in becoming our true selves; cleansed, renewed, rebirthed, regenerated, rejuvenated, revitalized, revived and resurrected on behalf of the Whole of Existence!



## INSIGHTS IN GROCERY

**Q. When choosing a new product for the grocery department what exactly do you look for?**

A. I look for the best quality products. I examine the nutritional facts, and most importantly the ingredients, and make sure they're in alliance with our product policy.

**Q. What sets Sevananda grocery department apart from the grocery department at your average grocery store?**

A. The commitment to servicing health. We carry a lot of non-GMO, Gluten Free, and USDA Certified Organic Products.

**Q. What is your favorite product in the grocery department? Why?**

A. Essentia Water; it is ionized for smooth taste, increased alkalinity and better rehydration.

**Q. What are two of the best sellers in your department?**

A. CHA Water and Braggs Apple Cider Vinegar.

**Q. Which is one of our most unique products that you can find at Sevananda?**

A. A unique product would be our Raw Wraps. It's made from all raw ingredients.

**Q. How important is it to you to have local vendors in your store?**

A. Very, very important. I believe local vendors keep the community tight with the Co-Op and it also gives small business owners a chance to do business with the community.

**Q. What are some sales programs offered in grocery for the Member-Owners?**

A. We offer a program called Member Advantage. Member Advantage is a program that the NCG designed that lowers the price on select items for Co-Op members only.

**Q. Are there any other sale programs that Sevananda offers?**

A. We also offer Co-Op Deal Specials which are yellow shelf tags, Co-Op Deal and Co-Op basics which are the purple and white shelf tags. All of these programs are offered to ALL shoppers and were designed by the NCG to be competitive on specific products each month.

**Q. What are some things shoppers can look forward to in 2017?**

A. Look out for a new brand of Kale Chips by a local company named Valarie, and a new Pecan milk from Pecan Milk Co-Operative. New holiday displays and end caps but most importantly, new LOCAL vendors.

**By Brian Jackson  
Sevananda Grocery  
Manager**



Well, we also offer Co-Op Deal Specials which are yellow shelf tags, Co-Op Deal, and Co-Op basics which are the purple and white shelf tags. All of these programs were designed by the NCG to be competitive price wise on specific products each month.





# BE THE CHANGE 2017



**“Be the Change you want to see in the world” by using your spare change (or more) to make a difference next time you shop at Sevananda Natural Foods Market!**

Wondering what you can do about the awful conditions of the world? Sevananda’s Be The Change Program is our way of improving the world. Each time you go through the register, you have the opportunity to contribute to a local nonprofit by either donating a specific dollar amount or rounding your purchase to the nearest dollar. By donating, you are contributing to a better world. Often we hear that people are overwhelmed by the negative things going on in the world. This is a chance to do something about it! Originally launched in 1997 as the “Community Change” program, it’s now entering the 20th year and has supported over 200 different community-transforming nonprofit organizations. “Be The Change” is named from Mahatma Ghandi’s quote, “We must be the change we wish to see in the world.”

Sevananda is proud to announce our Be The Change partners for 2017! It’s always a hard choice because we receive applications from a variety of powerful nonprofit organizations. The Marketing Team votes on the ones felt to be the best fit for Sevananda’s mission. This year we have organizations that promote animal rights, the reduction of violence, performing arts, academic achievement and assisting former inmates and more. This variety of causes is what makes our program a viable entity.



**by Ifini Sheppard  
Outreach/Marketing Asst.**

Each nonprofit organization is featured in a particular month of the year and will receive:

- \* A feature article with photos in Sevananda’s Co-Options magazine.
- \* Extensive exposure to the member/owner and shopper base of Sevananda through weekly tabling.
- \* Donations from Sevananda shoppers during their designated month.

Sevananda has raised a lot of money, as well as community support for the Be The Change partners. As Sevananda’s previous Member Services and Outreach Manager, Jane Walsh noted in the November 1996 Co-Options article introducing the original “Community Change” donation program, “If only 10% of shoppers each day contributed 50¢, we could raise over \$1,300 per month [for each organization]. Think what we could do if 20% of each day’s shoppers gave \$1!”

Donate at Sevananda’s Cash Registers  
Keep Jane’s thoughts in mind—about donating just \$1—as you pass through the cash register, and let our cashiers know you want to make a donation to the partner of the month. Tell them to round up your cash register total to the next dollar or donate any figure you choose! Some member/owners use the nonprofit partner as their monthly charity and give substantial donations!

Whether you donate change, a dollar or even more, please engage with our Be The Change partner when they are tabling, and pass along information about these nonprofits to your friends. You can do your part to Be The Change you wish to see in the world!

## BE THE CHANGE 2017 PARTNERS & WEBSITES

**JANUARY** - Leap Year  
[www.theleapyear.org](http://www.theleapyear.org)

**FEBRUARY** - GARP (Georgia Animal Rights & Protection)  
[www.garpga.org](http://www.garpga.org)

**MARCH** - Street Smart Youth Project  
[www.streetsmartyouthproject.org](http://www.streetsmartyouthproject.org)

**APRIL** - The Chainges Fund, Inc.  
[www.chaingesinc.org](http://www.chaingesinc.org)

**MAY** - Afrikan Djeli Cultural Institute, Inc.  
[www.djeliculturalarts.com](http://www.djeliculturalarts.com)

**JUNE** - Resources for Residents & Communities  
[www.rrc-atl.org](http://www.rrc-atl.org)

**JULY** - Gateway Performance Productions  
[www.masktheatre.org](http://www.masktheatre.org)

**AUGUST** - Ezekiel’s Valley Restoration & Regeneration Recovery  
[www.ezekielsvalley.com](http://www.ezekielsvalley.com)

**SEPTEMBER** - Georgia WAND  
[www.gawand.org](http://www.gawand.org)

**OCTOBER** - Reconciliation House, Inc.  
[www.reconciliationhouse.org](http://www.reconciliationhouse.org)

**NOVEMBER** - Recovery Eco Agriculture Project (REAP)  
[www.tierrasonrisagarden.com](http://www.tierrasonrisagarden.com)

**DECEMBER** - Here’s To Life, Inc  
[www.heresitolifeatl.org](http://www.heresitolifeatl.org)



# JANUARY PARTNER: LEAP YEAR

Leap Year provides a paid, service learning gap year for high risk, low income high school graduates to help them get into and succeed in college, and return home to transform their communities. We achieve this through a unique program that focuses on Development, Empowerment, and Service. We provide intensive academic tutoring, ACT prep, and college application assistance to ensure that they are not only accepted into college, but are ready to thrive there. We empower the Fellows with extensive confidence building programming so they can better overcome the challenges they will face. In their paid AmeriCorps service projects, each Fellow gains training in design thinking to address social justice issues, cementing their commitment to working to help improve their community for future generations. Lastly, we will keep strong relationships with alumni, convening past Fellows for continued learning on how to create change throughout their college and professional careers.

Only Leap Year provides talented high risk students a real chance to succeed by giving them a full year to solely concentrate on preparing for college. During gap years, an opportunity often afforded to privileged children, students gain valuable maturity and life experience which, studies show, result in increased enrollment, motivation, and academic success. This additional prep time, combined with our comprehensive service learning curriculum, ensures that our students are prepared to succeed

in college and in their future careers. While we are proud of our work getting students into and through college, perhaps the most innovative part of our model is the ripple effect of impact we create. Central to Leap Year is the importance of giving back to improve their communities for future generations. Our Fellows leave our program committed to community service and social justice, ensuring that they invest in improving their communities just as we invested in them.

We are excited about the impact we are making in our Fellows' lives. Take I. Martinez (IM), the first to be accepted as a Leap Year Fellow (LYF). In high school he was a loner. Once a teacher suggested he take an AP class, but his fear of failure kept him back. He waited too long to see the college counselor and missed registering for the ACT exam. In his LYF application, he spoke about regret, problems he desired to fix in his neighborhood, and wanting a 2nd chance to make his parents proud and become the first in his family to go to college. Since becoming a LYF, IM has flourished! He is confident, outspoken, on track to start college in January, and eager to return to his neighborhood to serve as a mentor. LYFs are the talented students who, without this unique chance to prepare for college and service, may fall into the 90% of low income kids stuck in the poverty cycle. Our impact on the lives of our LYFs, like IM, is significant and extends well beyond them, through their commitment to community service, causing a ripple effect of positive impact.



**Organization Name:** Leap Year

**Mission:** To prepare students to reach their academic and leadership potential by attending college and breaking the cycle of poverty.

**Contact:** Amber Scott,  
Executive Director

**Address:** 644 Memorial Drive SE  
Atlanta, GA 30308

**Website:** [www.theleapyear.org](http://www.theleapyear.org)



# GARP

Georgia Animal Rights & Protection

## FEBRUARY PARTNER: Georgia Animal Rights and Protection

Georgia Animal Rights and Protection (GARP) focuses on educating the public about the abuse and cruelty that is inherent in the use of animals for food, entertainment, research, hunting, and fashion. GARP is the largest animal rights organization in Georgia. The group is run completely by a volunteer board that works diligently to develop successful events, programming, and awareness in the community on how to make compassionate choices.

GARP was originally founded in 2003. In 2007 the group's board disbanded and a new board took over. Since 2007, GARP has continued to grow its membership and focus on positive outreach. Through the use of social media, GARP has been able to reach thousands instantly to mobilize support for important issues facing animals. GARP utilizes Facebook, Twitter, Meetup, website, and a dynamic opt-in email database to communicate to subscribers. Currently, GARP has more than 6,000 followers on Facebook alone.

GARP regularly works with national groups to promote animal rights campaigns and events that are happening on a global or local scale. Recently, GARP assisted with the worldwide effort to successfully defeat the Georgia Aquarium's attempt to import 18 wild-caught beluga whales from Russia. GARP organized demonstrations that attracted media attention and participants from surrounding states, executed social media promotions and sent direct emails to subscribers to keep them informed on how to submit their comments to NOAA. Recently GARP exposed abuse of a beluga whale at the Georgia Aquarium and provided photo and video documentation to a national animal rights group that was able to file a complaint with the United State Department of Agriculture.

An area that has moved to the forefront of focus for GARP over the last decade has been a focus on the legislative process. Sadly, many of the laws that are introduced each year in the Georgia legislature have a negative impact on animals. Some of the most notable areas that GARP has worked on recently has been: helping defeat legislation to make horse racing in Georgia legal, helping defeat legislation that would make it legal for hunters

to use live raccoons as bait to train their dogs, developing a campaigning against the cruelty of using leg-hold traps which received substantial and widespread media coverage, and helping pass legislation to make the shelter dog Georgia's official state dog. Through social media and outreach, GARP was able to mobilize the subscriber base to execute successful calling, email, Twitter, and Facebook campaigns.

GARP is dedicated to building a more compassionate world for animals. We believe that by widening the circle of compassion, non-humans, humans, and the environment will benefit. Our mission to promote compassion is based on the belief that everyone deserves to be treated with kindness and respect and that through education we can empower our community to make more compassionate choices. GARP promotes a diet that is free from animal products as one of the first steps in living a more compassionate and healthy life.



**Organization Name:** Georgia Animal Rights and Protection (GARP)

**Mission:** Georgia Animal Rights and Protection (GARP) is dedicated to the abolition of animal exploitation and suffering and focuses on educating the public about the abuse and cruelty that is inherent in the use of animals for food, entertainment, research and fashion through outreach, advocacy and legislation.

**Contact:** Melody Paris  
President

**Address:** P.O. Box 5956  
Atlanta, GA 31107

**Website:** [www.garpga.org](http://www.garpga.org)

# MARCH PARTNER: Street Smart Youth Project



Founded in 2003 as a community drop-in center, offering evidenced-based curricula promoting HIV and substance abuse prevention. In 2008, Street Smart Youth Project was restructured and incorporated as an community-based 501(c)(3) to include a wider offering of programming inclusive of young adult education, mentoring, community outreach and evidenced-based curricula targeting youth ages 10 - 18.

Our mission is to actively engage minority youth in structured, community-based programs in order to involve, prepare and empower them for growth and healthy living as adults. We emphasize prevention regarding delinquency, substance abuse and HIV. Street Smart Youth Project targets underserved communities where youth have too few resources. Programming is designed to help youth transition to healthy adulthood through exposure to alternatives to at-risk behaviors. Additionally, we provide environmental strategies which endeavor to address the issues which negatively impact the health and wellness of the community.

Street Smart provides prevention education in school and small community-based settings. This programming is focused on reducing risky behaviors in adolescents and young adults. Topics

include STD/HIV, pregnancy, alcohol and substance abuse prevention. Through these outreach efforts, we are able to educate youth about major health concerns which impact them greatly. After program completion youth are able to state accurate information about best practices in health behaviors, clarify their own values about sexual decisions and pressures, and demonstrate skills in assertive communication, refusal and problem solving.

Many Street Smart youth have not experienced life outside of their neighborhood. Annually, we host a retreat which allows youth to explore life outside of Atlanta. Throughout the past five years we have explored Lake Lanier and the mountains of Tennessee and Georgia. Each year, we facilitate Becoming A Responsible Teen (BART), an evidence-based risk reduction program, which covers topics on health education, teen pregnancy prevention, assertive communication, and problem solving. Overwhelming positive feedback makes this annual trip a staple of our programming. We believe that positive change happens through exposure.

Street Smart Youth Project actively works to empower, build, and strengthen communities to change social norms regarding underage drinking and substance use and abuse. We do this through strategic policy development and environmental campaigns.

As a youth-focused and youth-driven organization, we incorporate youth voice in all aspects of our initiatives. Street Smart youth speak at city council meetings and local town hall meetings in effort to raise awareness and inform key community stakeholders. Additionally, youth created a "Be Different" campaign encouraging youth to abstain from risky behaviors. Our youth developed PSAs and travelled throughout metro Atlanta middle and high schools, educating their peers about the consequences of underage drinking. The campaign garnered more than 200 signatures from students who pledged to "Be Different."

Realizing that youth need alternatives as well as prevention methods, Street Smart has held annual "dry" parties, which celebrate youth culture by promoting having fun in a safe and positive environment. Each year, our dry parties increase in size and youth take ownership of their ability to have fun responsibly.



**Organization Name:** Street Smart Youth Project

**Mission:** To engage minority youth in structured, community based programs that allow participants to transform, transcend and take flight.

**Contact:** Monique Terrell,  
Executive Director

**Address:** 781 Wheeler Street, Suite 15  
Atlanta, GA 30318

**Website:** [www.streetsmartyouthproject.org](http://www.streetsmartyouthproject.org)



Wellness Seva-bration

# SEVANANDA

NATURAL FOODS MARKET

## Wellness Seva-bration

PRESENTS

# "The Divas of Detox"

## SUNDAY

January 22, 2017

12 noon - 5pm



"Jumpstart Your New Year with a day of Health Education, focusing on how to Detox Responsibly"

4 Diva Detox Experts and a Raw Vegan Chef



Dr. Tawainna Houston, ND



Dr. Eshe Faizah



Adama Alaji



Sonia Nilsen



Mr. Akil Amen

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