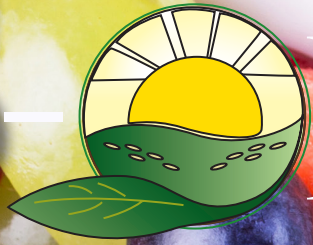


CO-OP TIONS



SEVANANDA
NATURAL FOODS MARKET

July/Aug./Sept. 2018

Vol. XIX Issue 3





FIRST WORD
*General Manager
 Cooperative Director*

Hello again Sevananda Family! Our cooperative is becoming stronger as we adopt the mindsets and practice of applying the cooperative values and principles. By utilizing one of my favorite practices, “The Golden Rule”, I can see the fruits of our labor. We are promoting from within, we are empowering and delegating more jobs to our very talented and intelligent staff. Setting our sights on growth vs. surviving, it really feels good to have arrived at this place in our development.

Stepping more into the role of Cooperative Director, rather than General Manager, allows me to look beyond our present “day to day” activities. I can see a long-term vision of where Sevananda could be, where we are going, and “what if” – that place where imagination gets to soar. I’ve been doing a lot of traveling this year, learning more about how to maximize the cooperative model, networking and finding out how other cooperatives run better stores, raise funds, and a host of the topics specific to running this baby. But, most of all, spreading the great news of Sevananda’s return to a strong and thriving position. We are engaging additional partners and resources to sustain this beautiful gift, Sevananda, that is making a positive contribution to our community every day. It’s been really fun, exciting, and inspiring!! However, I’m happy to be home – back in the comfort of my very own community and with the people I serve. They are quite amazing!!

It’s already Summer and before we know it – it will be Fall. We want to invite you to make it a “Sevananda Summer”!! We’ve decided to cook up lots of activities and initiatives to make it so! Sevananda is poppin’ – from our Herb ‘N Food Hub Club, and Su-persevvies Children’s Club to the continuation of Co-op Connect, Wellness Seva-bra-tion, and our new Herb ‘N Zen Wellness Webinars and Healthy Happy Hour!! Be sure to check our website at sev.coop, our social media channels, and in-store event boards to stay up on the latest scheduled activities. You don’t wanna miss out – it’s gonna be amazing – enlightening and life changing!

You’ll also begin to see things changing a bit inside the store as we get ready for the Fall when we tend to ramp up even more. We’ve reset the Grocery Department to showcase more variety and manage stock better. We apologize for the delay, maps are now available for those who wish to find things easier. The Wellness Department is also in the process of being rearranged sometime in July. Produce is not far behind, with significant changes scheduled for the month of August. We’ll close it out with added registers for the front end. That will enable us to process transactions faster, making our customer experience more efficient and enjoyable. Next year, we are planning on even more changes with the Deli and some facility upgrades as well. YEA!!

We’re working on creating more benefits for our member-owners and customer shopping experience. We intend to create more convenience and better service for all. We’re training our staff in a variety of store operations, customer service, and personal development. Sevananda is learning how to improve the management of this strong and iconic retail operation. Thank you for your patience as we grow through these transitions. Please also continue to fill out the comment cards and turn them in so we

can stay on top of improvements we need to make. Let us know your comments on both immediate items, and, also improvements to keep in mind for our long-term planning. Our elections have been completed!! Be sure to check the Board webpage to stay connected with your Board members and all the upcoming projects, committees, and activities that are happening. “Breakfast with the Board” and the “Board Walk ‘N Talk” are just a few of the upcoming events that we invite you to become involved with your Sevananda Coop Family.

I’ll have much more to share in the coming months. But I can easily be reached at either contact above, if you would like to get more details or have any questions. In the meantime, enjoy the front porch, sun, fun, and our amazing water selection, beverages, hot bar, salad bar, smoothies, desserts, herbs, produce, and more!

Make it a “Sevananda Summer”!!

n Joyful Service,
 Ahzjah
 cdgm@sevananda.coop
 Ext 404.681.2831 Ext.117



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Message from the Board of Directors

President



Wanique Shabazz

Secretary



Chi-Ma'at

Board Member



Adama Alaji

Board Member



Tracy Dornelly

Board Member



Pearletta Graves

Board Member



Mason West

Hi member-owners! My name is Tracy Dornelly; I'm the chair of the Sevananda Board election committee. As many of you are aware, the elections were in full effect for the past 3 months. Learning the nuances of the election process has been a very enlightening and invigorating experience for me as a recently elected board member.

There are three available board seats. Six candidates qualified to vie for a seat, two of which are current board members, Jessica McMorris and Jim Williamson. Information about each of the candidates is available on www.sevananda.coop. You can also view videos provided by the candidates. The final day of voting was June 13th, 2018.

I'm happy and excited to announce that the results are in! We'd like to welcome Jasmine Simone, Jessica McMorris and Jerilyn Bell to the Sevananda Board. The results will also be posted on www.sevananda.coop.

On behalf of the election committee I would like to extend a special thanks to all member-owners who attended our "Meet & Greet" and took the valuable time to vote. Your engagement and commitment to helping Sevananda move forward and grow as a coop is appreciated. We have great prospects for our vision to enact the Cooperative principles in a very integrative way. Member/Owner engagement is increasing and the excitement is building for our beloved Co-op.

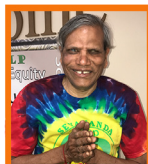
Although the elections have ended, there are other opportunities to get involved. We have many committees that are eager to welcome fresh faces and those with the passion for this coop. If you're interested in learning more about the committees, you can contact Tracy via email: tracy@sevananda.coop.

You're also welcomed to attend any the board meetings held on the 3rd Tuesday of each month.

Tracy Dornelly,
Board Chair of Election Committee



We celebrate the contributions and service of two outgoing Directors; **Rajnikant Mehta and Jim Williamson**. Jessica McMorris was re-elected for another term as the third seat. We thank each of them for their passionate and committed service to the vision of Sevananda Natural Foods Co-operative. We look forward to them serving in the coming years in equally important ways in the community, as we also look forward to our next phase of work with our new directors on board!



Rajnikant Mehta



Jim Williamson



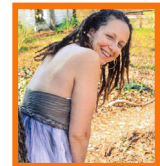
Jessica McMorris



Jasmine Simone
106 Votes



Jerilyn Bell
88 Votes



Jessica McMorris
84 Votes

Marcia Ridley - 47 Votes
Sha'ron Anderson - 36 Votes
Jim Williamson - 33 Votes



1. VOLUNTARY AND OPEN MEMBERSHIP
2. DEMOCRATIC MEMBER CONTROL
3. MEMBERS' ECONOMIC PARTICIPATION
4. AUTONOMY AND INDEPENDENCE

5. EDUCATION, TRAINING AND INFORMATION
6. COOPERATION AMONG COOPERATIVES
7. CONCERN FOR COMMUNITY

Sevananda Love + Kale by Award-Winning Chef Debra Mazer



Oh Sevananda, let me count the ways I love you!

And real talk: When I first moved to Atlanta 16 years ago, (by the way, I am a white Jewish woman) the only health food co-ops I had been to in the Northeast were patronized and staffed by mostly white people.

I walked into Sevananda + it was like walking into a magical world, full of racial diversity, everyone working and shopping together. It was so delightful and amazing! This was the world I dreamed of, a slice of the Beloved Community, right here in Atlanta!

Sevananda is also the place to get the best hugs, to run into friends and community. And I have always loved the community bulletin board!

I've been a working member, and back in the day bought my Vitamix with the working member discount. That was the best!!! I worked in the spice section, refilling (+ smelling) delicious spices and teas, and learning while I worked!

Back in the day, I was a 100% raw foodist, but lately I have been getting into the hot bar! It is delicious! Whenever I'm visiting Atlanta, Sevananda is a must-stop, and mostly for the shea butter selection! You just do not get an aisle full of shea butter blends in health food stores in California! It is just not the same!

Reminiscing aside, I wanted to share with you a recipe today from my new book, Retreat Recipes for Yoga Lovers: 100+ Vegetarian, Vegan, and Raw Recipes from Around the World! You can purchase your book on DebraMazer.com.

Since Atlanta has a love affair with kale, I thought I would share my raw vegan "Kale Salad Classic" recipe with you.

Love, Debra.



Kale Salad Classic Recipe

Serves: 3
Time: 15 minutes

This recipe is one my claims to fame, appearing in a front-page article in the Atlanta Journal-Constitution over seven years ago! It is one of the easiest, simplest recipes to make, while still being hearty + filling. I like to wrap this in a raw nori sheet + take it on the go!

1 bunch Kale, chopped into bite-size pieces
1 T olive oil

1/2 Avocado, cut into "chunks"
1/2 tsp sea salt

1 T fresh-squeezed lemon juice
1 clove garlic, minced/ pressed

- 1) Break/ chop kale lovingly into bite-size bits.
- 2) Massage ingredients with hands in a big bowl until wilted + marinated. (Personally, I like to wait + massage everything except avocado, then add that last, to maintain "chunk" texture. ;))
- 3) Remember your healing reiki hands.

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



The 2018 "I Can Dig It" Earth Day Festival Was a Success



The 2018 "I Can Dig It" Earth Day Festival

On the weekend of April 21st- 22nd, Sevananda launched a powerful partnership with our neighbors at the International Montessori Academy and held our 1st Community Earth Day Celebration!

It was a very successful occasion that focused on family-friendly, outdoor activities like

gardening, kemetica yoga, dance and even a Capoeira Angola roda (Brazilian martial art and dance).

Due to the incredible excitement that this event stimulated, we are looking to have regular seasonal collaborations with the intent to further institute more cultural support for our Sevananda community. The next one on the calendar is the Summer SOULstice Community Celebration on Sat, June 23rd. Come get some sun and fun with us!!!

Sevananda Forevahhhhhh!!!!

Sacred



Wellness Seva-bration

Wellness
Seva-bration
Sunday
July 8, 2018
12pm - 4:30pm

SEVANANDA
NATURAL FOODS MARKET



Seva-bration

Attend our Wellness Sevabration with dynamic presenters sharing powerful information to help you further own your health

Everyone is Welcome to Attend

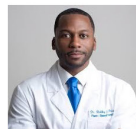
"FREE EVENT"

"Speaking downstairs in Community Room"



Chef Adele
Food Demo
Creole Vegan Quest

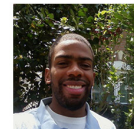
Dr. Bobby Price



Dr. Jean Bonhomme M.D



Curtis Duncan



Tom Wolf



From The Desk of Adama

Minister of Conscious Cosmic Citizenship, Heraldess of the Eternal, Voice of Resurrection,
Inspirational Wholistic Wellness Consultant, Producer & Host of the Meeting of the Inner Circle 89.3FM WRFG Atlanta www.wrfg.org Thursdays Midnight



I pray you are breathing in the awesomeness of Being while consciously dwelling in the Presence of the Absolute, being careful to choose that which enhances, facilitates, uplifts, inspires, enriches, nourishes, regenerates, rejuvenates and promotes greater well-being; spiritually, mentally, emotionally and physically.

The disregard, disrespect and ignorance of the Laws of Existence particularly as regards our body temples is foundation for all the ills, problems, challenges, situations and circumstances that are of our own making by virtue of our thoughts, words and actions; yet offer us opportunity to open our hearts, minds and lift our voices unto the All for answers and solutions. Prayerfully, our whole-hearted desire for truth creates the spirit of discernment to recognize our blessings, angels and guidance as they show up and we will have the depth of care to be obedient in following the directives.

ness, dis-ease, despair, discontent, dysfunction, degradation, violation, incarceration, rape, molestation and abuse.

Those of us who aspire towards love, light, wisdom and truth must care enough to dig deeper to reach higher in becoming ever more effective, impactful, inspirational, motivational, disciplined and vivid in self-actualization, self-realization, self-reflection, self-expression and harmonized with the purposes in Existence, in acceptance of our responsibility to stand and live on behalf of the divinity of life in reverence for all Being.

We are so blessed to have access to everything that is required in order to reverse any issues that may have accumulated in our tissues. My concern is that you truly care to walk in the integrity of your greatness, by centering in the Presence as a point of that presence, taking time and making time to embrace the timelessness of Existence as we are literally spinning in space; travelers through the Cosmic immersed in the reality of Eternity!!

It is a true tragedy and travesty that those who take responsibility to influence masses of people in this country as well as around the world have not the love, light, wisdom or care to influence them towards the greater good for the whole and towards wholeness. It is an even greater tragedy that those who have been blessed to have been loved, nurtured, educated and given some semblance of themselves through their parents, grandparents and families still feel entitled to not exalt a full life's urge by undermining themselves with flesh, dairy, eggs, chicken and fish in light of all that is the evidence that there is something "wrong" in the world due to all of the sickness, ill-

To live doing nothing to harm oneself or one's cells is foundational in knowing and living Love as the harmony of Truth. Knowing and living the Truth of the oneness of existence and reality that we each are living, loving, intelligent, potent and immortal points of the Absolute is the Peace that opens the way for true leadership and the infinity of possibilities.

In the Light & Love of the Gift of Life!

Adama

READS TO "OWNING YOUR HEALTH"

By: Jamal Smith



Owning your health is all about taking in your hands the mental, physical, spiritual and emotional health of your life. One way is by educating thyself. For many years Sevananda has provided a variety of books on many topics from Health and Lifestyle, Spiritual, and Food preparation and recipes to even Self-empowerment.

sharing the many years of practice and hands on studies of natural medicine and herbal remedies. Planetary Herbology is one of his most sought-after titles. Dealing with the practice of herbology, this book is great for beginners or practitioners as it covers more than 400 medicinal herbs and how to apply them, dosages, properties and actions. Become one with Mother Nature again and receive the great healing power of the plants.

One of my favorite books that helped me to own my personal health and even help my close friends and family members is by Dr. Vasant Lad, titled Ayurveda: The Science of Self-Healing. Dr. Vasant Lad native of India holds a Bachelors of Ayurvedic medicine and surgery. Dr. Lad started his practice in the healing arts in 1979. Practicing and teaching throughout the U.S. The book teaches the foundational components of life such as how we are made of the 5 elements and when these elements or doshas (which is the personal constitution) are out of balance that's when the individual's health starts to slip and illness and disease arises. There are many ways to get out of balance whether it's the way we think and feel about ourselves to the way we eat and even our environment. Also in the book you'll find diets, exercise, yoga and breathing techniques to bring the body back into proper alignment. This was a very enlightening book for me. I think you'll find this to be a good read.

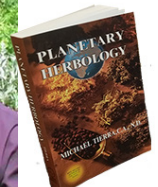
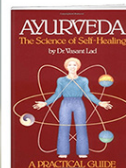
A newcomer to Sevananda's library, but certainly not new to the community, is Dr. Bobby J. Price's powerful book, "Vegucation over Medication". Nutritionist and trained exercise physiologist, Dr. Price shares the importance of being educated about your body and what its need are. Very informative for the individual starting out on their quest for health and wellness. It provides recipes, starter kits, and 10 chapters packed with the importance information regarding H2O, digestive health, toxin overload, GMO's and more. Check it out!



Dr. Bobby Price

Another of my favorite books is by Michael Tierra. Founder of the American Herbal Guild, he is one of the forerunners in natural medicine in the West. Pioneering in the traditional systems of Chinese and Ayurvedic medicines, he studied in China and India. Dr. Michael Tierra has published as many as 8 titles

Dr. Vasant Lad



Micahael Tierra

LEADING WITH PURPOSE



By Carolyn R. Morris,
HR Manager & Trainer

At Sevananda Natural Foods Market, we are lucky to have a General Manager who leads with purpose. As a creative leader, General Manger Ahzjah Simons challenged team members at her very first all staff meeting back in 2016 to embrace change. She encouraged Sevananda team members to be self-expressed through their service to others and by expressing their truth. At that very first team meeting she raised the following question to

Sevananda employees, "Where are you going, and how can Sevananda help you get there?"

I don't know too many businesses that want to know where employees are headed, and how they can assist them on that journey. This is leading with purpose! I believe in most coops this is an important question to be pondered. It is a question that aligns with cooperative principles, and one that governs the cooperative business model. When owners and shoppers enter Sevananda's doors they are embraced by the warmth of employees. The joy that greets them emanates from the cooperative spirit, and the spirit that is born out of

the cooperative principles. Just as I don't know of too many businesses concerned with employee's personal mission statements, I also don't know of many that allow the self-expression we see at Sevananda. Seevies or Sevanuats as we like to refer to Sevananda employees, enjoy their piercings, tattoos, artistic and healing expressions. Ironically, this is the very same self-expression we see emerging from the lives of member-owners and shoppers.



Principle number four of the cooperative principles is "autonomy and independence". This principle speaks to cooperatives being self-help organizations controlled by their owners, and how together we are all autonomous. Many Sevananda employees are also owners, and as such contribute to the beauty of the coop by adding their individuality. Some team members, like member-owners teach classes

to the community through use of Sevananda's Community Education Room. Some sell their art through the Artists Alliance program, and others offer their talent, skills and abilities to the growth of Sevananda by sharing creative ideas for growth and expansion.

We take a great deal of pride in being an employer and business that extends love and fellowship by being true to what makes us unique – the cooperative principles. We show concern for community, another cooperative principle, by employing a diverse workforce. Some of our employees live near the coop. These same individuals are super talented and create opportunities for community fellowship. For example, one employee has created a weekly Monday night Vegan Hotspot Community Pot Luck and Dance Party at the Lake Claire Community Land Trust from 5:30pm until 8:00pm. You can visit Sevananda's website at www.sevananda.coop to learn about this offering and all the other great ways the cooperative principles are expressed. We thank you for your involvement, and if you haven't gotten involved yet, we invite you to join us as we continue to lead your coop with purpose!

Daijraane McCloud
Deli/Kitchen

Emily Brabeck
Wellness

Jodie Ramirez
Deli/Kitchen

Juanisha Jones
Deli/Kitchen

Kennya Simms
Produce

Mollie Beavers
Wellness

Josephine Blythe Coleman
Wellness

Mitchell Harris
Deli/Kitchen

Nai Gray
Grocery

Jai Antrum
Front End

Jessica Tiggs
Deli/Kitchen

WELCOME NEW HIRES



MAKE IT A

Make Us Your New Social Media Hotspot

This Summer 2018, Sevananda is making a shift and taking our commitment to community development and involvement to a whole new level. After a number of successful beta testing events and initiatives, we are soft-launching a myriad of innovative and exciting efforts for the entire family to enjoy! Whether you're looking for wholesome and educational children's events or grown and healthy adult fun, we've got something that's SURE to ring your bell!

Here are just a few of the things to look forward to this Summer

Herb N' Zen Wellness (Weekly Webinars) Every Wednesday

Tune in to our weekly edutainment series to explore the exciting world of Wellness. Every week, Conscious Living OmniMedia is hosting a webinar to share holistic health modalities with our community. To benefit from this innovative program, simply call (404) 566-9964 at 11am and be inspired!

Backpack Drive

All summer long, Sevananda will be collecting Backpacks to donate to children for the upcoming 2018/2019 School Year. Please bring them and we will have a drop in the foyer.

Summer SOULstice Celebration

In conjunction with our AWESOME neighbors, the International Montessori Academy, Sevananda will be hosting an outdoor Summer Solstice Celebration where we will enjoy the fruits of the Summer Harvest together and learn more about the splendor of the season.

Grown & Healthy Happy Hour

Wed, Aug 15th 6-8pm (Hosted by the GM, Ahzjah Simons)

This Summer, Conscious Living Sevananda Grown and Healthy Community is coming together to socialize and make special Summer memories together. Come join us as we enjoy music, network and fellowship together with healthy organic vittles. Great fun and no guilt!

Vegan Ice Cream Sundays (Sundaes)

Sunday, July 22nd 12-2pm

I Scream! You Scream! We ALL Scream for Ice Cream!

Sevananda is going to help you stay cool with our Vegan Ice Cream Sundays Promotions. Children under a certain height will receive free ice cream samples and we'll have all of the flavors and toppings for you to make a SUPERSundae!

Dogs Days of Summer Vegan BBQ

August 26

We'll be closing out the summer with an ode to our FAVORITE 4-legged friends coupled with BEST darn Vegan BBQ in town!

Come out for discounts on all of your pet products and also pick up Veggie Burgers, Carrot Dogs, Veggie Dogs and a full hot dog toppings bar. And if that is not enough, we'll top the menu off with tantalizing grilled accompaniments and summer salads. You don't want to miss this!

So, again, Sevananda is the Social Summer HOTspot...

For more information, to volunteer or make a contribution, please contact Sacred, our Community and Events office at sacred@sevananda.coop.

For more information, to volunteer or make a contribution, please contact Sacred, our Community and Events office at sacred@sevananda.coop.

SEVANANDA SUMMER!

SEVANANDA
NATURAL FOODS MARKET



SuperSevvies Childrens' Club

Parents! We want you to know that we have heard your prayers!

Keep a look out for our soft roll out of the SuperSevvies Children's Club that we designed intentionally to support our families.

To begin, we will be magically transforming regular Saturdays into SuperSevvies SuperSATS! EACH AND EVERY SATURDAY, healthy snacks and special prizes will be distributed to all children at the door. We will also have Children's activities in the Community Room and special discounts on selected products.

SuperSevvies Teen Club

We will work with our Teens to provide lots of areas for them to express themselves creatively and powerfully. After assessing each teen's personal goals, needs, skills and level of training, we will involve them in various educational and social projects and activities including gardening, co-op training, employment training, mentorship and apprenticeship.

SEVANANDA COMMUNITY EVENT CALENDAR

Herb 'N' Zen Wellness Weekly Webinars Begin Wed, July 11th 11am EVERY WED afterwards

Vegan Hotspot ATL Community Potluck Party- Every Monday (5:30-8pm) during the summer

Summer Backpack Drive for school children Begins- Friday June 22nd

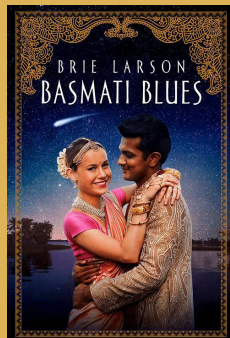
Summer Solstice Community Celebration - Sat. June 23rd

SuperSevvies Children's Club/ Co-op Explorers Soft Roll out Begins

SuperSevvies Teen Social Club

Grown & Healthy Happy Hour- Sponsored by Conscious Living Wed. Aug 15th 6pm - 8pm

Summer Family Movie- Basmati Blues Launch Date: Friday, July 20th



A young scientist is sent to India to sell genetically modified rice, but has a change of heart when she discovers that the project will destroy the farmers she was supposedly sent to help. Instead, she teams up with a local farmer and together they try to sabotage the project and save the day.

Release date: February 9, 2018 (USA)

Director: Dan Baron

Box office: 15,651 USD

Music composed by: Steven Argila

Languages: English, Hindi

"KEEP YOUR HYDRATION AND ELECTROLYTES UP THIS SUMMER!"



By Kim Purefoy
Wellness Manager

How many times have we heard the summertime warning to not stay in the heat too long, or to not over-exert yourself for fear of having a heat stroke? Or how often do we tell ourselves and others to be sure to stay hydrated and drink 'enough' water, particularly during the Summer? The fact is that we have heard these precautionary reminders all our lives. Most of us are also very familiar with the standard routine of hospitals administering IV fluids to most patients who are admitted for any number of reasons. So what is at the core of these common realities and concerns, and what are some of the causes and solutions?

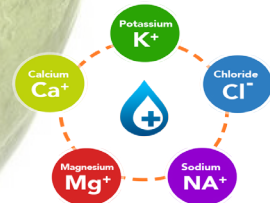
Knowing that our body is over 70% water, it's important to understand that mild dehydration could be triggered if we lose even 1.5% of that water. Not only could this affect mood, energy levels and cognitive function, according to research, it can also create conditions such as constipation... and impact vital bodily functions. And while many of us know the obvious causes that can create dehydration (not drinking enough, heat exposure, exercise etc.), other triggers are less obvious. Some of those triggers could be stress; conditions such as diabetes, diarrhea or irritable bowel syndrome; heavy menstrual cycles; pregnancy and breastfeeding, effects of aging, medications (especially diuretics), etc. Also, the effects of natural diuretics such as parsley and dandelion could be a factor as well.

When we think about hydration solutions, we've seen that when medical intervention is involved for almost any situation, one of the standard hospital practices is to administer IV fluids. But what is basically the primary purpose of those standard IV fluids? It is to get electrolytes into the body as quickly as possible to ultimately ward off the chances of the heart, kidneys or other critical bodily functions failing. We can't have that. It is a good idea to focus on what those electrolytes consist of and how to get them, and adequate hydration, in our system on an ongoing basis – to stay in prevention mode... as we enjoy the Summer, and every other season of our divine lives.

The obvious plan is to get enough water and electrolytes daily, and one popular water rule of thumb is to take in half your body weight in ounces, spread evenly throughout the day. More than that is needed during pregnancy, breastfeeding and increased physical exertion. Some signs of insufficient water intake are headaches, chapped lips, bad breath, and dark urine. The other important factor to keep in mind is taking in adequate electrolytes, which are basically MINERALS: potassium, sodium, magnesium etc. Minerals are critical to prevent issues such as muscle cramps or even heart failure. And while IV fluids usually consist of sodium/saline, there are many options to get your needed minerals/electrolytes naturally, while covering more nutrient bases.

Fruits and veggies are an excellent source of water and vitamins and minerals as well. Watermelon consists of 92% water and is high in L-arginine, which helps with blood flow. Cucumbers are 96% water and are rich in Vitamin C; Kiwi is high in potassium and vitamin C; and green leafy veggies are high in magnesium. And coconut water has emerged as a popular hydration drink that is particularly high in potassium and other minerals. Also keep in mind that minerals in supplement form

can be another efficient and effective way to take in important electrolytes. The Concentrace liquid mineral supplement by Trace Minerals, and Buried Treasures' "Colloidal Minerals", are popular products carried in our Wellness Department. Also, pick up your fruits and vegetables and quality water options from our Produce and Grocery Departments. Either way, Sevananda is here to help meet your hydration and nutrient needs as you enjoy your Summer.



How to Treat Electrolyte Imbalances

- Increase intake of certain foods, such as potatoes and bananas for potassium, and vegetables for sodium and magnesium.
- After an extended workout, drink sports drinks with at least 85 grams of potassium and 45 grams of sodium.



The Veggie Taste™



By: Nyemay Aye

In 2011, I realized there was a void for people that were transitioning into vegan and plant-based nutritional lifestyles. I thought, "There is a Taste of Chicago and a Taste of Atlanta for meat

eaters... we need a Taste for those of us that have a healthy-eating lifestyle." I held the first Vegan/Vegetarian Taste of ATL in 2011 as a part of the mini shopping expos I hosted called Bazaar Noir. On September 20, 2014, I rebirthed the concept as its own event and renamed it The Veggie Taste.

Back then Vegan and Plant Based were not household names like they are today. We are so excited to see how much the whole Metro Atlanta area is transitioning into healthier eating habits. That was our intention years ago, and to watch it come into existence is a beautiful picture to see.

We'd love to hear more about your business.

The Veggie Taste is an annual outdoor food and wellness expo open to the public. Guests purchase tickets to sample different types of vegan and plant-based foods, smoothies, and drinks from restaurants in the metro Atlanta area. Chefs and wellness experts provide health education workshops throughout the day, a DJ and MC keep everyone entertained, and there are fun activities for children. It's definitely a family-friendly event that continues to grow every year.

We also host smaller events like The Vegan Holiday Dinner – Tapas Style and a juicing workshop with Barbie Jones, a raw juice chef based in Atlanta. We are planning more events before this year's Veggie Taste on September 15, 2018.

We are 8 years strong with The Veggie Taste – Vegan/Plant-Based Tasting Event. Our brand is growing and expanding into other areas.

Food Directory:

We are proud to announce VeganvilleATL1.com, an online resource that lists vegan and vegetarian restaurants and local farms located throughout the Metro Atlanta Area. Additionally, the site includes a list of vegan bakers and chefs that provide meal prep or catering.

If you are a Vegan/Plant-Based Restaurant, Chef, Baker, or Farm and would like to be listed on the site, contact us at www.veganvilleatl1.com or veganvilleatl@gmail.com

Talk Show:

We are excited to announce The Veggie Taste Talk Show coming soon. The show will host a variety of Vegan/Plant-Based Chefs, include interviews with holistic practitioners, and highlight Vegan/Plant-Based outings with a twist. Everything we do is to assist with an easy transition into a Vegan/Plant-Based Lifestyle.

Product Line:

We have plans for an extensive product line offering dishes to apparel coming soon.

The Veggie Taste is very successful in the Atlanta area and we are looking to host events in other cities in the near future. Another one of our future goals is to sponsor Vegan/Plant-Based grocery store shopping sprees for single parents and those who are seeking assistance. These shopping excursions will be an educational experience and help recipients on their journey to learning how to "Eat To Live."

We look forward to continuing the Vegan/Plant-Based evolution that has been growing since we started, and we will keep supporting people's transition to healthy living through nutrition. We hope to see you this September 15, 2018 from 12 noon to 6pm at Kipp Strive Academy, 1444 Lucile Avenue, SW Atlanta, GA 30310.

Voyage ATL

<http://voyageatl.com/interview/meet-veggie-taste-westview/>



WE ARE SO EXCITED TO
ANNOUNCE
SEVANANDA
NATURAL FOODS MARKET
AS OUR LEAD SPONSOR FOR
OUR 8TH ANNUAL
THE VEGGIE TASTE

Whats Your Favorite Product at Sevananda?

By: Cheranna Dottin

Brandi S.



The organic salad bar is a hit. It makes it easy to be healthy and convenient.

Zeron T.



When shopping for a refreshing beverage I can never choose between Alo Vera Juice and R.W. Knudsen organic juice. I always end up grabbing them both.

Arata P.



Natural Beauty Organic Hair Product line is my favorite. It's an all-natural local hair care product that's you can trust.

Greg S.



Grapes are my favorite fruit. Sevananda's fresh organic local grapes are always top quality.

Pieter V.



Equal exchange coffee is fair trade, that's a big deal to me

Michelle L.



This product is convenient to carry and has the same clearing qualities as dried Sage and Palo Santo Wood. When it's not convenient to burn things I use this spray.

BE THE CHANGE JULY PARTNER

WEST ATLANTA WATERSHED ALLIANCE



The West Atlanta Watershed Alliance (WAWA), a community-based organization of residents of the Proctor, Utoy, and Sandy Creek Watersheds who are overburdened with environmental stressors and pollution, but are often underrepresented at environmental decision-making tables. WAWA was established as a result of community efforts to halt discriminatory wastewater treatment practices in West Atlanta, and the organization has grown to become an impactful force in community-centered sustainable development.

WAWA has been working in partnership with members of the West Atlanta community since 1995 to protect greenspace and water quality in West Atlanta while educating residents about important environmental challenges that affect NW and SW Atlanta neighborhoods. WAWA has worked with West Atlanta residents to change the course of wastewater policy in the City of Atlanta; having a direct impact on the closure of a former combined sewer overflow facility in Northwest Atlanta. This victory has improved water quality and quality of life in the Proctor Creek Watershed.

As an all-volunteer organization, WAWA spearheaded efforts to save over 400 acres of greenspace in Southwest Atlanta and raised over \$2.5 million to do so before becoming a 501c(3) organization. Through a MOU with the City of Atlanta Bureau of Parks, Recreation, and Cultural Affairs, WAWA operates and is revitalizing an former nearly defunct greenspace, the Outdoor Activity Center (OAC), a 26-acre urban forest preserve and nature center. The OAC is WAWA's home base where the organization provides youth and adult focused environmental education and training programs. These programs reach the immediate underserved community as well as schools, youth groups, community organizations, nature enthusiasts, environmental activists, and citizens from around the Atlanta Metropolitan area, state of Georgia, and the United States.

In addition to the OAC, WAWA is also the official steward of the nearby 135-acre Cascade Springs Nature Preserve and the 200-acre Lionel Hampton Beecher Hills Preserve; all in Southwest Atlanta. In 2012, WAWA established, with the USDA Forest Service, the Atlanta Children's Forest Network (ACFN) on these three properties totaling 355+ acres of urban forest land. Through the ACFN, WAWA provides environmental education, hands-on land and water stewardship, and programs that promote physical activity in the outdoors to underserved communities on these publicly owned greenspaces in Southwest Atlanta. Family-oriented programs like the Annual Urban Forest Festival and Great American Campout draw hundreds of kids and families from across Metro Atlanta to enjoy the wonders of the urban forest and outdoor recreation.

WAWA is currently leading community-based efforts to clean up, protect, and restore Northwest Atlanta's Proctor Creek Watershed for its residents and downstream neighbors. The Proctor Creek Watershed is one of the most impaired waterways in Metro Atlanta and is plagued by numerous social, economic, and health disparities. In part because of WAWA's persistent advocacy and community engagement efforts, Proctor Creek was named as one 19 Urban Waters Federal Partnership sites in 2013.



As an organization that believes that a healthy environment equals a healthy community, WAWA's overall efforts are focused on achieving a cleaner, greener, healthier, and more sustainable West Atlanta.



Organization Name: West Atlanta Watershed Alliance

Mission: WAWA's mission is to improve the quality of life in the West Atlanta Watershed by protecting, preserving and restoring our community's natural's resources.

Contact: Na'Taki O. Jelks, Board Chair

Address: 1442 Richland Rd. SW ~ Atlanta 30310

Website: www.wawa-online.org

AUGUST PARTNER

Dancers Unite Against Cancer

Nancy Falco
FUND

**Dancers Unite
Against Cancer**

PRESENTS ITS ANNUAL FUNDRAISER...

Dancers Unite Against Cancer is an annual event that unites Atlanta and its affected cancer communities while fundraising for the Nancy Falco Fund. Proceeds from the event are donated to a local recipient that is currently battling cancer to aide with the financial strains it brings emotionally, physically and financially.

Founded in 2009, Dancers Unite Against Cancer features professional dance performances, a dance party with a local DJ, live music, dinner and an "Opportunity to Make a Difference" for the Nancy Falco Fund.

Nancy Falco was diagnosed with pancreatic cancer in March 2009 and passed away on May 25, 2009. Although Nancy passed away two weeks before the event held in her honor, this initiative gave her a renewed sense of love and hope in her final days.

As Nancy's daughter, Joline Falco, explains "The Nancy Falco Fund was created as a way of keeping Mom's legacy alive. Dancers Unite Against Cancer was created in her honor as a positive way for our family to get through the anniversary of her death. Our hope is that it will give someone facing a cancer diagnosis a way to feel like a star for the day. Mom was so touched by our efforts; she fought so hard to make it to the event. Cancer is not selective; it can happen to anyone. How we get through it is the real challenge. We at the Nancy Falco Fund and Dancers Unite Against Cancer strive to be a positive part of that journey."

The Nancy Falco Fund Limited (NFF) is a 501(c)(3) non-profit organization devoted to providing financial aid, love and hope to cancer patients. Each year the NFF donates 100% of the profits from Dancers Unite Against Cancer ticket sales and donations to a Georgia resident currently experiencing the financial hardship associated with a cancer diagnosis.

The family is selected based on the following criteria and application.

- Applicant must be a current Georgia resident.
- They must have a current cancer diagnosis; may be undergoing treatment or recently completed chemotherapy and/or radiation.
- Application requirements must be completed by the applicant or an immediate family member.
- Applicant must submit completed application along with supporting documentation. A letter from my Doctor stating diagnosis, medical opinion, and treatment plan. Provide a list of current expenses that need payment assistance.
- Finalist is required (or representative of the family) to attend the Dancers Unite Against Cancer event. If you cannot attend due to medical treatments, you can send a representative (relative or friend) on your behalf.
- Applicant must currently be living to qualify. However, if the fund winner passes prior to the Dancers Unite event, then all funds will be awarded to the Power of Attorney.



The Nancy Falco Fund's Board of Directors and staff is comprised of 100% volunteers. Our devoted team of volunteers is committed to carrying on Nancy's legacy with dignity and compassion.

Past recipients have been a huge part of the event. In addition to sharing their stories they come back to support the current recipient providing support and encouragement. Together the Board of Directors, volunteers and past recipients create a support system financially and emotionally. And while we are at it... we have lots of fun.



Organization Name: Dancers United Against Cancer

Mission: Devoted to providing financial aid, love & hope to cancer patients. Donating 100% of profits to a Georgia resident currently experiencing the financial hardship associated with a cancer diagnosis.

Contact: Joline Falco, Executive Director

Address: 1579 Monroe Dr. NE, #F-146, Atlanta 30324

Website: www.dancersunite.com

SEPTEMBER PARTNER

NEW EDUCATIONAL MODEL IS BORN NAMED ON THE SPOT EDUTAINMENT



In order to meet the domestic and global challenges needed in the 21st century. As a husband/wife team of writers and producers of documentary films and stage plays, On The

Spot Edutainment Corporation (c), (OTSE), have created an educational model that combines the fields of education and the entertainment arts to address current social and cultural issues in our local community and our nation. OTSE is a Georgia State Certified non-profit Corporation as well as a federally IRS designated 501c3 non-profit Public Charitable Corporation. All donations are fully tax deductible.

We must train and educate our future generations to be prepared to lead in every field of human endeavor; with special emphasis on science, technology, mathematics, engineering and culture. The public school system is overwhelmed and has not produced the quality of students needed to meet the domestic and global needs of a highly technologically and industrially advanced world. We have found an increasing need for alternative models to traditional educational methods. Therefore, we created "On The Spot Edutainment." OTSE can help.

This newly developed educational model can be an effective tool for students because the arts speak a "universal language." If an educator, parent, teacher, guardian, social worker, or counselor can get their student's attention, they can educate them by drawing out of them their inherent "innate genius," which is a love and motivation to learn, and for many of them, eventually, to teach, and educate their peers.

Currently OTSE have produced a documentary film; "Bullying: A Shameful Dilemma," which addresses "bullying" as a social disease. She and her husband (MJ) Abdullah, also co-wrote, co-produced, and directed a stage play entitled; "Come Alive Human Family." The play profiles many of those freedom fighters of who made sacrifices in



defense of human rights, civil rights and voter's rights. Many of those profiled on stage gave their lives to defend inalienable rights, as well as the constitutional rights of people of color, when it was extremely difficult and unpopular during the height of the civil rights and waning slavery era.

OTSE's stage production appeared in 2016 in Atlanta, Georgia at The Beam Theater for three nights. The Abdullahs and their cast of eight actors and actresses were invited a week later, (all expenses paid), to perform at The Annual Reenactment of The Edmund Pettus Bridge Crossing's 51st Jubilee weekend entertainment event, in the historic Selma High School auditorium in Selma, Alabama, where they and the cast were accommodated in The Saint James Hotel, overlooking the bridge. We are grateful for such an honor.

From time to time OTSE's leadership, Board members, support staff, corporate sponsors, volunteers, and partnering social and cultural agencies, may organize, participate in and conduct (upon request), ongoing public discussions, forums and conferences to encourage public input and to offer practical action plans and other remedies, as well as to share best practices and strategies to address these concerns.



Organization Name: On the Spot Edutainment

Mission: To bring uncomfortable topics to the forefront using theater, music, spoken word and various other art forms to impact the community to move one from a bystander to service-hood.

Contact: Loretta B. Burt, Executive Director

Address: 1579 Monroe Dr. NE, #F-146, Atlanta 30324

Website: www.onthespotedutainment.com

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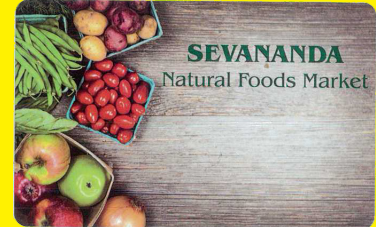
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full color

All prices are quarterly

Number of Ads	1x	2x	3x	4x
Full Page	\$850	\$825	\$775	\$700
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