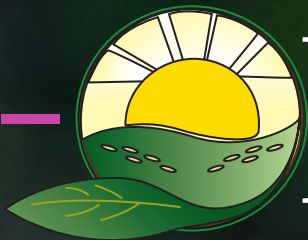


C-OPTIONS



April/May/June 2018

SEVANANDA
NATURAL FOODS MARKET

Vol. XIX Issue 2



Blossom Into Wellness!



FIRST WORD
*General Manager
 Cooperative Director*

THE INSIDE SCOOP: SCO-OP-SEVOLUTION



Evolution of owning your health and owning your wealth.
 What's your ripple?

This was one of the first questions I found myself asking staff at the first all staff meeting

I attended upon coming aboard last year (January 4, 2017). What's your ripple? Why are you here? Why are you in this particular role, at this particular co-op, at this particular time? And last but not least, what have you come to do in this life? If you don't know, it's a pretty good question to ponder at some point. Why not now?

I went on to ask "What are you on your way to and how can your time at Sevananda support that path and support Sevananda at the same time?" How can we create partnerships with you to our mutual benefit? I wasn't looking to create the traditional employer/worker relationship that says you do some work and we pay you, but rather the partnership that says "What's your vision for your life? What's our vision for Sevananda? And how do we marry them and elevate both as we move forward on our collective paths?" After all this is the meaning of true blissful service. It isn't given for money although money is a natural exchange or byproduct of true joy while serving. It is given more so because it's part of what drives you, inspires you, and feeds you mentally, spiritually, and emotionally. It's like the air we breathe.

Most of us are here because we get to feed our mind, hearts, or souls. Perhaps because we desired a change or a break from the traditional world systems, expectations, and obligations. We wanted more meaning, freedom, and light while we serve. And we want to serve because it makes us happy, not because we have to or are only trying to survive. Although survival mode is real for many of us and no doubt we need a paycheck. If we don't have to compromise on what makes us happy while serving, we can be "fed" mentally, emotionally, spiritually or in some other way while living, surviving, or thriving. Whichever state we are in, that's when we achieve blissful service and it just makes things a lot more pleasant. And that ripple is the one we're after; individually and collectively and as a cooperative business. A ripple that changes lives for the better for those who serve here as well as for those who are customers and owners.

Some couldn't wait to share their thoughts, some looked at me like I was crazy, some totally understood and began exploring the answer to these questions, and some just really didn't care about the answer at this time. All fine, because we're each in our own state of evolution. At this point in my life and understanding, each of us has our own unique path to walk and we have a say in what it looks like. It can be as simple as keeping peace in your home, community, or relationships, or providing a listening ear to family, friends, and co-workers, or as big as climbing the highest mountain top. But I trust that we each have a role to play as individuals, as groups, or as businesses; a role that completes the whole and ripples out into the world. What is yours? What is Sevananda's?

We can repeat the same steps, patterns, and ambitions which serves a purpose in fulfilling our lives. And then there comes a time when we must step into the unknown. Either because the old ways no longer work or because we're simply inspired to make a change. I call it evolution. Each time it comes knocking you have the opportunity to open the door and step through or deny that it has come all.

Stepping into the unknown can be a scary thing, however it can also be very exciting. Coming to Sevananda in this GM role was one of those scary moments for me. Although, previously I had served here in different roles, this GM role was quite another thing with a unique set of responsibility, accountability, and purpose in my life. I held onto the passion driven excitement that rises within me when my heart desires something, welcomed fear as the friend that continuously pushes me forward, and said yes to evolution! I stepped into the unknown! What a ride! I wish this for myself, my family, co-workers, and for Sevananda, I wish for each human, a life of purpose and passion in our service and life path.

And while we are here, I wish for the triple bottom line. Our staff experiencing a safe and inspiring environment with relationships that are fair and empowering, and a fair livable wage achieved for all. I stepped into the unknown this past week and sat on a panel for the Domestic Fair Trade Association Conference. So much great work going on in our community, regionally, and globally. It was an honor to be invited, present, and participate in the efforts to support workers, and a sustainable food system for our community. Many cooperatives across the

country struggle with this. But I have found within our cooperative community we are discovering new ways to achieve our goal of supporting livable wages for our workers. When asked about this at the conference, I was able to at least mention that. I also mentioned that we do quite a bit to appreciate our staff in absence of the high pay scales we are working towards. But it isn't enough. In 2018, we'll be looking at a template that has been developed to assist us in overcoming that hurdle and even surpassing the wage calculation standards set by external establishments.

Finding the balance that works best for us and our staff, it is my wish that as our individual ripples and collective Sevananda ripple grows, that it becomes a positive and prosperous one. And as we grow we have the means to pay our staff beyond a livable wage, into a wage they can thrive on, sooner rather than later! Until then, we'll keep focused on creating the best ripples we can. In customer service, in triple bottom line, in cooperative principles, in healthy food. We will make mistakes that come with stepping into the unknown and mastering a unique business model. But we will stay on course and in our lane – a great start. If you would like to become a part of the Sevananda family, own an equity share in the largest cooperative in the southeast, and support our continued growth, please join us!

In Joyful Service,
 Ahzjah

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Message from the Board of Directors



We celebrate the true “New Year” with the beginning of the season of Spring! As the grass is greening, buds are flowering, and everything comes to life, let us each spring forward with renewed commitment to our greater CommonHealth and Commonwealth. The Board of Directors of Sevananda consist of nine Full Share Member Owners elected by Member Owners to serve in creating the vision forward, while maintaining, sustaining, securing and insuring that we are facilitating a culture of service, knowledgeable membership, connecting to a network of local viable services featuring natural, organic and local foods, a full spectrum of household and wellness products that serve our greater wholeness; acting locally with regional and global impact and connectedness sustaining and nourishing our environment, creating relationships which are fair, inclusive, interactive and empowering. The result is a Cooperative that is creating an economy that is thriving, self-reliant and mutually beneficial for all involved.

We have three Board Seats opening and are amid our Election process to fill those seats. Due to challenges to meet the quorum in previous year elections, the Board Bylaws have been amended. “Section IV: Member Meetings, Decisions and Voting 4.6 Quorum: For any vote of the members, a quorum necessary for decision-making shall be ten percent (10%) of the first 100 members plus five percent (5%) of additional members not to exceed 200 members.”

Now as amended: Bylaw 4.6 Quorum: For any vote of the members, a quorum necessary for decision making shall be 3% of the member/owners with no restriction on maximum number of votes counted.”

For confidentiality and conflict of interest purposes the Board amended Policy 2-1 “Section II: Officers and Board of Directors: Any member may be elected a Director but no more than three (3) Board seats may

be occupied by staff members. Any Director who changes categories may remain on the Board of Directors if such change does not upset this balance between staff persons and general membership persons. If such category does upset this balance the member will be automatically removed from the Board of Directors.”

Now as amended: “Any member who is not a current employee of the Co-op is eligible to be elected as a Director. Any Director who becomes employed with the Co-op consequently is ineligible and therefore must immediately resign from the Board of Directors.”

Any staff person that is a member owner and interested in activity with the Board of Directors may do so by joining a Board Committee. The Board is in favor of a Staff Liaison to the Board, which will be explored with our General Manager.

During our current Election process, expect to see some of us tabling in the foyer of the store to engage and encourage our customers to become member owners and our member owners to consider greater participation by;

- Activating membership with payment of next \$20 installment towards \$120 Full Share;
- Joining one of the Board Committees (listed on website... application is there also);
- Attending the Meet & Greet Mixers;
- Voting in Board elections; and
- Attend the Annual Member Meeting (date to be announced).

The Meet & Greet/Member Mixers will give member owners an opportunity to share some food, mix and mingle and be introduced to the Candidates vying for election to the Board. The dates of upcoming events as well as notices will be posted in the foyer and on the bulletin boards.

Please go to our website at www.sevananda.coop and fill out the email capture form that pops up so that you will

always be included in our email blasts. This will keep you in the loop of classes, in-store product sales and other co-operative communications. We anticipate the first Meet & Greet to take place on Thursday, April 12, 2018 at 6:30pm downstairs in the Education room and the second Meet & Greet Mixer to be held on Thursday, May 11, 2018 6:30pm. Voting will take place from April 16, 2018 – May 14th. Ballots will be picked up at Customer Service, make sure your name, address member number are correct, after making your selections the ballots must be mailed to Sevananda’s accountant’s office for tallying.

If you are interested in sharing your thoughts, opinions, visions or comments, but perhaps not ready to commit to consistent Board Committee activity, then please put your ideas etc., in writing and drop them in the Suggestion Box at Customer Service.

In the meantime, and in between time, know that we are the beneficiaries of the gifts, talents, realizations, revelations, epiphanies, labor, light, service, commitments, wealth and Intelligence of all those who have come before us, those we’ve come through and those with whom we share stewardship on the planet. We have access to all we require to walk in the divinity of our Being as servants of light and love, ensuring the progression of our global humanity!

In the light and joy of service and on behalf of the Board

Adama,
Board Chair of Owner Linkage Committee



It’s almost that time again where we will need all of our members to place your vote for the candidate of your choice to serve on our Board of Directors !



Check our website at www.sev.coop for updates on voting timeline!!

Natural Products & Green Living Event



Live Health Lectures
 Vitamins & Supplements
 Natural Beauty Products
 Natural & Organic Foods
 Alternative Medicine
 Eco Friendly Products
 Healthy Cooking
 Yoga & Pilates
 Buy Your Favorite Products
 at a Discount
 Kids Activities
 Product Samples
 Gluten Free Products
 Relaxation And Massage
 And Much More!

General Admission
FREE 1 DAY PASS
 with this original Coupon only!

facebook.com/AliveExpo
 twitter.com/Alive_Expo

14th Annual Alive! Expo Atlanta
 Cobb Galleria Centre, Hall A

Alive! EXPO

April 21 & 22, 2018
 Saturday 10am to 6pm
 Sunday 11am to 6pm



www.AliveExpo.com

Sponsors: Exhibitor Space Available Call 770-806-7492



This year celebrate Earth Day Weekend at Atlanta's Premier Green Living Event! This April 21st and 22nd the Alive! Expo will celebrate its 14th year in Atlanta, promoting all things Natural, Organic and Green. If you have never been, it's definitely one event to add to your calendar!

Alive! Expo is a two day "Green Living, Organic & Natural Products Health & Wellness Event" for the entire family! Every year the show promoter brings together companies that specialize in natural, organic, green & eco products. They showcase their products and services and help to decipher which products are best for each individual so that YOU can better know how to lead a green, clean and healthy lifestyle.

You will find companies, products and services that encompass the overall Natural Products Industry. Products that are natural, organic, eco-friendly. Products that are good for YOU, your entire family and the EARTH! At Alive! Expo you'll not only find the answers to health & wellness questions, be able to sample healthy, organic and natural products, you will also have the opportunity to listen to live health lectures, enjoy healthy cooking demonstrations plus sample and buy products. You will go home with a wealth of information and FREE product samples!

Alive! Expo's owner, Patrycja Siewert Towns, who has been in the natural products industry for over 20 years made a promise a long time ago - to keep the eco education Alive! To achieve that, each and every year, she makes sure that all sponsors and exhibitors participating in the show are true to the Natural Products Industry mission. Health & wellness services with clean, natural, organic and eco products that YOU can enjoy each and every day. Knowing that what you put into and on your body will not harm you or the environment! You will find wellness and health companies and services as well, but not any big pharma companies! We hope to see you there this year!!



WATER UPDATES

If you haven't heard, Sevananda now has Purafresh self-serv water in both filtered and (new) Alkaline water.

available in 1 gallon, 3 gallon, and 5 gallon in between the bulk and freezer sections.

Due to supplier constraints and growth challenges, as of May 1st CHA water may be only available in 1 gallon vs. 5 gallons. We will continue to work with our current supplier as well as potential new supplies to ensure 5 gallon supply as long as we can. In the event we are unsuccessful, we will have CHA water available in 1 gallon containers only. However, special discounts and case deals will be offered to keep it affordable and available for you. We'll be sure to keep you posted with updates!

Purafresh
Alkaline Water
On Tap at Sevananda



SEVANANDA

NATURAL FOODS MARKET

SPRING

2018 MIXER!!

Meet & Greet New Board Candidates

Take this opportunity to meet board candidates running for Sevananda's Board of Directors. Find out if they're a good fit to represent your interest as a member-owner of Sevananda. Individuals selected to the board will serve a three-year term.

Wednesday, April 11th ~ 6-8pm

Location: Sev Community Room

We Need at least 25 people to RSVP to have the event

Enjoy food - music- and the company of fellow owners

FREE ADMISSION FOR OWNERS WITH CURRENT/VALID SEVANANDA CARD
\$5 ADMISSION FOR FRIENDS, FAMILY & GENERAL PUBLIC

PLEASE RSVP at
sevananda@sevananda.coop

SEVANANDA

Earth DAY



INTERNATIONAL MONTESSORI ACADEMY proudly presents

THE 2018 I CAN DIG IT! EARTH DAY FESTIVAL

SAT @ Montessori - April 21st 8 am - 6 pm

SAT/SUN, @ Sevananda April 21st&22nd 8am-6pm



DJ Buddyfolks on the 1's and 2's!!!



Due to the shortage of parking spaces available for Sevananda shoppers, we ask that attendees of Earthday on Sunday at Sevananda, to please park on adjacent streets or at nearby lots for a small fee. Thank you!

Sevananda Vegan & Vegetarian Food To Go!



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

Breakfast M-F 8:00 am - 11:30 am
Sat. & Sun. 8:00 am - 2:00 pm
Lunch M-F 11:30 am - 9:00 pm
Sat. & Sun. 2:0 pm - 9:00 pm



From The Desk of Adama

Minister on Behalf of the Cosmic Communities for Conscious Cosmic Citizenship
Heraldess of the Eternal and the "Voice" of Resurrection" Inspirational Life Style Change & Wholistic Wellness Consultant
Producer & Host of the Meeting of the Inner Circle 89.3FM www.wrfg.org Thursdays Midnight-6am
www.adamaspeaks.com, www.bbsradio.com/adamaspeaks, www.youtube.com/adamaspeaks

Spring brings wonderful opportunities to us provided we are committed to the process of our own renewal and rebirth. 2018 vibrates to an 11 frequency, which brings with it the responsibility we have as a global humanity to exalt the Light, that which serves the greatest good on behalf of the wholeness of All. The "Light" is the only sovereignty possible over all the isms, schisms, schemes, plots and agendas that support the illusion of separation and superiority.

The "Light" requires us to respect and reverence the Order and Law in Existence as Intelligences of Existence exalting a full life's urge, acknowledging the oneness and harmony of Existence and taking responsibility to acknowledge that there is truly only one I (eye) that truly sees and it sees through every eye, it is the Eye of the Creator, the Absolute and Supreme Intelligence that has gifted Itself to absolutely everyone and everything. We dwell in Its Presence as points of Its presence and the divinity of Being, Life and the reality of Eternity is our mutual blessing and gift that requires our conscious appreciation, grati-

tude, respect, obedience, and conscious participation in harmonizing our lives, will, desires and intentions with the Will of Existence towards our consistent and continuous progressive unfoldment, growth and expanding consciousness as Cosmic Citizens, living, loving and standing in the virtues of character, high ethic and morality that allows us to be true vehicles and vessels of the light and love which is fulfillment of the Law.

Though we dwell in the reality of the Light of Supreme Intelligence that is Existence Itself, the light is blocked and obstructed where the cells, tissues, glands and organs of our body-temples are permeated and penetrated with the residues, chemicals, gases, mucus, acidity, toxicity, dehydration, insufficient oxygenation, viruses and bacteria that prevent and inhibit optimum cellular functioning and regeneration leading to the plethora of sickness, illness and disease that has become the common health and lack thereof of our global humanity.

Being plagued with any condition from AIDS to Zits, requires internal cellular cleansing that must be facilitated

consistently over time just as we brush our teeth and bathe the outside of our bodies. Begin each day with the conscious intention to be clearer, cleaner vehicles and vessels of Light; facilitate cleansing (instead of feeding) with Internal Cleansing Clay, enemas, skin brushing, hot baths, sweating, herbal teas for cellular nutrition and cleansing, exercise or deep breathing for oxygenation and fresh fruit or fresh fruit juices for breakfast following up with a high frequency, nutrient dense, mucusless, green intensive, plant-based nutritional protocol will insure the cleansing that creates healing facilitating our greater wellbeing and the wellbeing of the whole planet.

In the Light & Love of the Gift of Life!

Adama



SEA MOSS

By: Sistah Karlene

Sea Moss is a plant also known as "Irish moss" and "Mash" in Jamaica. BUSH DOCTAH is proud to present the real wild crafted Jamaican Sea Moss. Jamaica's land mass was formed from an under the sea volcano eruption. The island's soil is extremely rich in minerals from the volcanic ash. All these minerals on land are constantly being deposited in the sea and in turn nature gathers it in the form of edible sea plants. Sea Moss belongs in the sea vegetable family. Dulse, Wakame, Hijiki, Nori (sushi), and Kelp are some other sea vegetables. These sea vegetables are often called seaweed and are found in most Health Food Stores and Asian Markets. Japanese, Korean, and Vietnamese cultures use seaweeds daily. Sea Moss grows naturally in the sea, and plants that grow naturally in the sea, or on land, are called wild foods. They are not cultivated by man. Sea Moss is now labelled as the new vegan collagen and gelatin. News FLASH it has been used for thousands of years throughout many cultures especially those that live by the sea.

Sea Moss is a highly nutritive tonic and convalescence supplement. Sea vegetables are high in Omega 3. This is where fish, hence fish oil, obtains its Omega 3. So why not go to the source? Sea Moss is well endowed with zinc, calcium, and vitamins A and B complex. Sea Moss soothes the GI tract and is active as an expectorant. It is a demulcent, anti-inflammatory and a mild laxative. In cases of malnourishment, ulcers, and lung ailments, Sea Moss coats, soothes and strengthens

the body internally. Sea Moss is used in cosmetic care as a skin nourisher, softener, and moisturizer and it prevents premature wrinkling. Burns to the skin are healed completely, sometimes without leaving any scars. It's a good source of natural iodine and sodium. Sea Moss has a high Zinc content making it a very potent Aphrodisiac. Zinc is constantly being depleted from the male and female during intercourse and orgasmic ejaculations. Plants high in mucilage like Sea Moss are Aloe, Tuna, (Nopales, Mexican Cactus,) and Okra, and they are beneficial to the body. Mucilage is very good for all areas of reproduction: copulation, pregnancy and child birth. Mucilage brings new meaning to the term "slippery when wet".

Sea Vegetable is the proper name instead of Sea Moss, Sea Weeds and Algae. Sea Moss is a naturally occurring Sea Vegetable. Dulse is sea lettuce and goes great in salads. Kombu and Kelp are great in soups and most vegetable dishes. Sea Weeds are really very potent food and medicine that are high in trace minerals. They help in removing heavy metal, radiation and heavy metals from the body. Sea Moss is divided into three groups Green, Brown and Red Algae. Sea Moss belongs to the "Red Algae" which is the largest group of the three. Red Algae is found at depths from 650 to 1970 feet, where the water is calm and clean. Sea Plants are very different from Land Plants in their structure. Land Plants have roots and stems and leaves while Sea Plants appear to be a gigantic leaf. The most important feature of plants in general is to convert the sun's energy into food, as well as to absorb minerals from the earth. In the case of Sea Plants, they absorb their minerals from the rocks. Sea

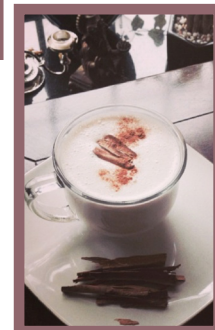
Vegetables are very porous and absorb water, sunlight and minerals directly therefore, it's not mandatory to have roots or stems.

BUSH DOCTAH gets Sea Moss directly from Jamaican Divers, and is prized by many. It is a new experience for many people, especially those that do not live close to the sea. However, this is a perfect way to feel the nurturing effects of the sea without being there. Just embrace yourself and get ready for a wonderful taste, as well as a revitalizing experience. Sea Moss will allow you to "SEA" Life's Abundance!!

Sistah Karlene will be offering classes on how to prepare Sea Moss.

For info: islandalite@yahoo.com

(404)519-3318



INTERNATIONAL PLANT-STRONG & GLUTEN FREE COOKING CLASS WITH VEGAN LIFESTYLE COACH SONALI SADEQUEE

Sonali Sadequee was born in Dhaka, Bangladesh and lived there until she was 8 years old. Her family then immigrated to Atlanta. She learned from her mother to cook with vegetables, using various powdered spices, and also fresh spices like fresh ginger and garlic paste, cilantro, mint, limes, and bay leaves. Her mother integrated Ayurvedic principles of healing foods, cooking simple dishes with potatoes and greens, yet tasting very flavorful. Sonali's parents took the family to Japan and Saudi Arabia. She recalls relishing the meals, and is grateful to her mother for inspiring her to cook naturally with healing properties infused in the food.

In college, Sonali suffered from a runny nose and a cough, unlike other "cold" episodes she had experienced. Going to the free health clinic at school, the doctor told her she had allergies. Sonali said, "That's impossible because I have never had allergies and I possibly can't have it now." The doctor responded that people can develop allergies well into their adulthood, especially if you live in Georgia. She prescribed an anti-histamine saying that within 2-3 days, all the excessive mucous symptoms would go away.

Sonali took a course, "Pharmacokinetics and Pharmacology". This class taught her the relationship pharmaceuticals play in the brain to control how the body responds. She learned that anti-histamines just manipulate the histamine receptors in the brain to signal the body to stop over producing mucous. However, it did nothing to address WHY the mucous was over producing. When she learned this and similar manipulative dynamics about various pharmaceuticals, she understood that most pharmaceuticals are not addressing the root cause of bodily issues. They are simply silencing signals/symptoms that the body is offering rather than fix the underlying issue of why the body is sending these signals.

The following spring, Sonali came across a local wellness magazine's article, "Suffer from Allergies? ~ Try Eliminating Dairy". She experimented to see the results and that year and the following spring, she was completely dairy free. She was thrilled when pollen season came and she didn't get the sniffles. She was in awe and angry, wondering why she was taught to have dairy and why people who suffer from allergies are not advised by their doctors to stop dairy. She wondered, if removing dairy can cure her seasonal allergies, what else can she fix with food and nutrition? Hungry for more nutritional knowledge, Sonali began to study nutrition. This path taught her all kinds of nutritional

wisdom and practical methods, allowing her to be the master of her own health. It has been over fifteen years and she has not been sick, nor had seasonal allergies. It also cleared up PMS, rebuilt her digestive system from years of gluten damage, cleared acne, and balanced her mood and emotions. All with high quality nutritious foods and completely natural.



So they can feel whole, empowered, resilient, and self-determined, Sonali offers educational support to stressed out people and people dealing with trauma. She focuses on practical methods that anyone can do from home. She supports wholeness, prevention, anti-inflammation, and soulful. Prevention

of illness and dis-ease is taught through her Conscious Cooking classes. Prevention of discord, damage, and stress to relationships is taught through Conscious Communication classes that teach you how to be authentic, empowered, kind, and empathetic in your exchanges and building with people in your life through deep listening and effective speaking skills. Prevention of body aches and pains are taught weekly at her home-studio through alignment based-soul inspired yoga classes. Prevention of burnout and trauma symptoms are taught through replenishing the whole person through active meditations based on accessing and communing with the divine healing light energy.

Sonali is now offering a series of international cooking classes at Sevananda (see ad).

For more information on Sonali's classes visit: www.sustainable-wellness.com.

Want to make delicious & healthy international meals but don't know where to get started or what spices to use? Enjoy exquisite healthy international dishes in your own kitchen. Using spices, herbs, and techniques from around the world, classes with Vegan Coach, Sonali Sadequee, will teach you how to cook yummy, plant-strong, and gluten-free meals.

Class Topics:

- Healthy ethnic meals that are easy, efficient, and inexpensive;
- Incorporate more plant-based meals for loved ones; and
- Learn about the many health benefits and science behind spices/herbs/healing foods.

\$25 Advance Purchase
(Customer Service or Paypal @ www.sev.coop)
\$30 Day of Class

SUNDAY, APRIL 29th ~ 11am to 1pm:
Thai Vegan and Gluten - Free Cooking Class

SUNDAY, MAY 20th ~ 11am to 1pm:
Italian Vegan and Gluten - Free Cooking Class

SUNDAY, JUNE 24th ~ 11am to 1pm:
Brazilian Vegan & Gluten - Free Cooking Class

SUNDAY, JULY 22nd ~ 11am to 1pm:
Mexican Vegan & Gluten - Free Cooking Class



Join Integrative Nutrition Coach
Sonali Sadequee CHHC, RYT 500

I BELIEVE WE CAN BE THE MASTER OF OUR
HEALTH WITH AN
ANTI-INFLAMMATORY LIFESTYLE.

CALL/TEXT TO LEARN THE PROCESS
678 396-1888
@sonaliwellness

COOPERATIVE MOVEMENT GROWS COMMUNITY



By Carolyn R. Morris,
HR Manager & Trainer

As I wrote in my morning journal pages today, I realized that I have been a part of the Cooperative (Co-op) Movement for 23 years. I began contributing to this movement in 1995 when I lived in Jackson, Mississippi. I served on the Board of Directors for Rainbow Cooperative, and also did community organizing to bring local performing artists to the Co-op. Fast-forward to 2018, I have worked in service to Sevananda Natural Food Co-op for the past eight years.

It excites me to be able to support the management team in hiring new workers. These individuals get connected to a powerful movement, which can be life changing. When I connected to the Co-op, it was as a dishwasher. I had been diagnosed with a health challenge and through research learned that changing my diet could change my health. I met with the General Manager of Rainbow and asked her if I could wash dishes in exchange for healthy food. This was my strategy to regain my health. Little did I know the Co-op would become such an important part of my life, and that I in turn would become part of the Cooperative Movement?

Upon moving to Atlanta, Georgia more than a decade ago, high on my priority list was connecting with the local Co-op. For more than a decade I have been a member of Sevananda Co-op. I count it an honor to also be part of the Sevananda staff. In my role as Human Resources Manager, I am able to support the management team in bringing talented individuals on-board. What excites me even more is that every new employee gets to become a part of a growing movement where community connections reign supreme.

Moving into the spring equinox where the days are longer, and the Co-op grows stronger; I'm thrilled to introduce to Sevananda Owners and Shoppers the newest members of the Sevananda Team. It is my hope that the next time you visit the Co-op, you will make deep community connections with these new team members.

~ Warmly,

welcome to our NEW HIRES



Words From The Editor Co-options Marketing/Member Services Manager

Growing, Growing and more Growing is what we are doing here at Sevananda!! Sitting in the seat of Marketing/Member Services Manager since 2014 has given me the opportunity to see continuous growth. Since 2014 we have not skipped a beat – climbing in sales, members, customers, and friends.

Our Marketing/Member Services Scope is still in place:

- Educating our customers on why they should become owner/members;
- Promoting consumer awareness of food and health issues through educational classes via our "Journey of Wellness" program;
- Expanding our partnerships with local artists through our "Artist Alliance" program;
- Networking with other organizations that have the same beliefs as Sevananda;
- A continuous partnership with community activists through our "Be the Change" program; and
- Ongoing Social Media, i.e., Facebook, Twitter, Instagram, and Snap Chat.

The high standards and integrity of our store continues to be successfully transformed to the internet... Remember we are on Social Media via Facebook,

Instagram, Twitter, and our Website www.sev.coop. Please like us, follow us and engage with our sites! We are proud of our growing Social Media stats and want you to be proud too.

They are as follows:



11 K Followers
www.facebook.com/Sevananda.ATL



8 K Followers
[@sevananda_atl](https://www.linkedin.com/company/sevananda_atl)



2 K Followers
[@Sevananda](https://twitter.com/Sevananda)

DDaily we post pictures of new products coming from vendors, as well as what delicious food we are serving at the Hot Bar. There's nothing like being able to see what is here, as opposed to just reading about it.

Also, if you are one of our Social Media followers you can see firsthand events that are taking place at Sevananda or out in the community where our Outreach representatives are present.

With your support, we at Sevananda will continue to grow with "Love and Purpose"! We want you to know that Sevananda is a unique experience for maintaining great health and we want to be your home away from home and an important component of your family's overall wellness.



Sharlise Lowe
Editor-Marketing /
Member Service Manager

Co-options needs writers!
Sevananda needs articles with pictures for our magazine. If you are interested in contributing, please email me at sharlise@sevananda.coop



SPRING FORTH HAIR GROWTH...BUT HOW?

One of the most common issues that is often presented to us in the Wellness Department is the issue of hair loss. Or if hair loss is not the issue, many people simply want to grow more hair... thicker, healthier hair. Yes, we've heard that "long hair don't care" and even "short hair don't care." And one of the latest fashion forward trends is even to shave your hair into a fly fade, buzz cut, or completely bald if you desire... and to simply love the lock-less beautiful you. But it's a different story, and we do 'care'- a lot, when we start to lose hair unexpectedly. When that happens, it can have a different effect on our self-image, and can feel like we're turning the page to a chapter that we're not quite ready to embrace. When that happens we're often trying to figure out a way to hold onto what we have, and re-grow what has slipped away. And during that process some try fashionable, creative options to camouflage it, while some just go with the flow of what's happening and adjust to their new hairline. And, of course, some simply shave it off, and keep it moving. But regardless of how we style around the issue, it's good to know what caused the change, and what we can do about it. So yes, let's deal with the literal and proverbial 'root' of the issue, as the condition of the hair can be an indicator of the state of our health in certain ways as well.

Many people come into the department who have noticed that their hair has started to thin, either all over or in certain areas. This can be frustrating and stressful because it can feel like it is happening beyond our control, and it changes our look. And one of the most requested supplements many have heard will help with this is Biotin. While it is an important B-vitamin that can be effective, biotin itself is often not the only element that is needed to grow the hair back or make it thicker and healthier. The fact is that a whole ar-

ray of vitamins, minerals, proteins and essential fats are critical for healthy hair, just as they are essential for overall health and proper functioning of all of the body's systems.

Make sure that you are consistently getting in your Omega 3's, Vitamin C's to help produce collagen, all of the B vitamins, Sulphur, Silica, Selenium, Magnesium, etc. And in getting those same nutrients consistently, you will also be protecting your heart, brain, joints, etc. from declining as well. Of course a healthy diet with lots of colorful vegetables, healthy proteins, superfoods like Moringa, good



fats like flaxseed or hemp and black seed oil, and plenty of clean water will help. Some may need to supplement the diet with quality multivitamins and minerals to cover their bases to intake the 90 essential nutrients on a regular basis. Sevananda carries a wide selection of these quality options.

At the same time, another factor that's very important to consider is healthy circulation. We have seen that many people have experienced thinning hair as a result of circulation issues, in short – clogged arteries. This is an issue that is happening at younger ages. Addressing this issue can not only help grow the hair back, but it could also help

to save someone from a heart attack or stroke by helping to clear blockages from the blood vessels. Curcuflow and Kyolic's Circulation Formula could be helpful with this issue, and customers have reported positive feedback after including one of them in their regimen.



By Kim Purefoy
Wellness Manager

But aside from circulation, another very common cause of hair loss and thinning is often hormonal issues, usually related to aging. This is often the root issue when the hair loss pattern is at the top of the head and at the temples. However, even though this pattern of balding is very common (in both men and women), that does not mean that the issue can't be addressed and possibly even turned around to some degree. But it is necessary to actually address the enzymes that are being produced as we age, because these enzymes are making it so that hair will not grow in those areas, no matter how much Biotin, horsetail or Jamaican black castor oil one may use. In those cases it may be necessary to use products that contain DHT Blockers, so that the hair follicles in the affected areas will be able to grow hair again. We carry products that have proven to be helpful for this issue. Those include Emerald's Collagen, Skin, Hair and Nails and Country Life' Maxi-Hair.

Other possible issues that may be the root cause of hair loss, or having less than enviable hair, could be thyroid issues, stress, medications, and strain on the hair from braids or weaves, or even fungus or yeast issues. And in those cases, it is necessary to address those direct causes. Sevananda also carries a selection of herbal hair growth oils and herbs that support the quest for healthy hair. But whatever approach you take, we carry many products and elements to help to support you along your hair care journey of many.



Peace and Love,



The Sevananda-International Montessori Academy Partnership

Sevananda Natural Foods Market and our esteemed neighbor, the International Montessori Academy are launching a new powerful partnership in the interest of community development and education.



On Thursday, March 9th, there was a successful exploratory meeting between the following representatives:

- Ahzjah Simmons - General Manager, Sevananda
- Zaki Swaray-Rowe - Owner/Founder of the Int. Montessori Academy
- Ifini Sheppard - Community Relations/Education Liaison, Sevananda
- Kelsey Spaulding - Communications Coordinator, Int. Montessori Academy
- Sacred Ashemu - Community Development/Events, Sevananda

At this meeting, the commitment and goals of both institutions were discussed. It was discovered that we shared the same community values, thus making our partnership a very natural and synergistic one.

Although Sevananda had a number of successful events over the years, there was the challenge of limited space, both inside and outside the store. Whenever there is an activity that attracts a lot of people, it congests the parking lot and store, ultimately compromising the basic functions of our business. Likewise, the International Montessori Academy has its own unique challenges in its community outreach efforts, mostly around manpower and visibility.

By joining forces, both organizations will be able to offset their limitations and reach out to more people effectively. Sevananda will offer programs on the gorgeous Montessori school campus, while the International Montessori Academy will have access to Sevananda's vast network to gain visibility and support. The shared vision is to establish clubs, events, workshops and activities for community members to use as a resource, ultimately raising our collective community health standards.

One of the first collaborations that our community can look forward to being involved in will be the upcoming 2018 I CAN DIG IT! Earth Day Festival on Saturday, April



21st and Sunday, April 22nd. During this event, both institutions will have a number of intergenerational educational attractions regarding taking care of our planet. Throughout the day, one can participate in a community ceremony, gardening projects, up-cycling crafts, composting workshops, yoga classes, capoeira exhibitions, dance, movie showings and much more!

A major highlight of the two day Earth Day Celebration is the launching of the groundbreaking Gardening Green STEM Program at the International Montessori Academy! In this program, the school will teach their students how to be excellent stewards of the land by training them in gardening and raising animals. The entire Sevananda community is encouraged and welcomed to be involved in the planting projects that will take place at the festival.

Both Sevananda Natural Foods Market and the International Montessori Academy are committed to a higher vision of community health and development. We are very inspired and encouraged about the possibilities, as there is no doubt that this alliance will have a tremendous ripple effect on the community-at-large. There are wonderful plans on the horizon for both a Children's Club and a Farmers' Market, to name just a few. All other community members and organizations that are interested in joining our efforts and would like more details, please contact Sacred. at sacred@sevananda.coop.



Surviving the Pharma-Induced Flu Hysteria aka "Outbreak"



By: Curtis Duncan

The flu season is upon us and according to new published reports, it may extend until the late spring. The flu is said to have caused a tremendous amount of deaths

and hospitalizations this year. News reports come out daily with reports of little children dying from the flu. Scared yet? Well you should not be. Whenever mainstream media starts fear mongering about a relatively harmless virus and a disease outbreak, you should ask some simple questions.

Does The Flu Really Kill 36,000 a Year?

First and foremost, are people really dying from the flu? According to government's data, there are 36,000 flu deaths annually. However, most of these deaths are "flu-related" deaths which is not the same thing as an actual flu death. What public health officials do is lump any death they think may be caused by the flu and then call it a "flu death". This fabricated number includes respiratory, circulatory, cardiac, and pulmonary deaths which have absolutely nothing to do with the flu. These fraudulent statistics are complete lies which are designed to sell more flu vaccines. In reality, the true amount of people who die from the flu annually is closer to 500 people which is a far cry from the mythical 36,000.

Is The Flu Vaccine Really Effective?

Secondly, the flu shot is a completely ineffective solution to prevent the flu. The flu shot only protects

you against a few strains of the flu when there are several strains that may cause the flu. Flu shots often target the wrong strain too. The flu vaccine this year is only about 10 percent effective which means it is 90% percent ineffective. Flu vaccines have a long history, going back for decades, of being woefully inadequate. The over-usage of the flu vaccine in our society actually leads to more virulent and deadly mutations of flu strains which again create more demand for flu vaccines which again offer virtually no protection.

How to Naturally Protect Yourself Against the Flu

The best thing you can do to protect yourself against the flu is reduce sugar intake. Sugar suppresses the immune system and it was shown in the early 1900s that polio outbreaks directly correlated to increased sugar intake. You should also eat more anti-inflammatory foods like organic fruits and vegetables particularly green leafy vegetables and less pro-inflammatory foods like grains, wheat, dairy, commercial meats, and processed vegetable oils. Vitamin D, which can be obtained naturally from the sun during the summer months, is the most critical component to having a strong immune system. Vitamin D supplements are beneficial for the flu but I recommend getting your Vitamin D levels checked first before supplementing with Vitamin D3. Your levels should be between 60 to 80 ng/ml. Vitamin C from fruits like berries, grapefruit, and vegetables like broccoli are also great immune enhancers. The most beneficial herbs to take to prevent the flu and stimulate the immune system are astragalus, elderberry, olive leaf, turmeric, goldenseal, reishi mushroom, and echinacea. Oil of oregano and aged garlic extract are also great natural remedies for the flu.

A weakened immune system is often due to stress too. Thereby it is important to walk in nature, meditate, and practice yoga. People who are often people pleasers and

who have weak boundaries often have weakened immune systems according to groundbreaking research from Dr. Gabor Mate. Learn to say "no" and to seek your own approval and validation.

Curtis Duncan is a holistic health researcher who has studied this topic almost a decade. He can be reached at:

www.drcurtisduncan.com or via email at curtisholistichealth@gmail.com

Twitter: <https://twitter.com/curtislduncan>

Instagram: <https://instagram.com/curtisholistichealth>

Facebook: <https://www.facebook.com/curtis.duncan.94>



VEGAN RECIPE

Serves 4

INGREDIENTS:

Lime Chili Cream Sauce
1 Cup Cashews
1 small Yellow Potato, peeled and diced
1 Lime, zested
1/2 of a Lime, juiced
1/4 teaspoon Chipotle Powder
1 Tablespoon pickled Jalapeno Peppers
1 Tablespoon Yellow Miso
1/4 cup Plant Milk
2 Tablespoons Nutritional Yeast

Sweet potato Filling

2 Sweet Potatoes, peeled & cut into strips
1/4 teaspoon Ground Oregano
1 Tablespoon Granulated Garlic

Tofu

2 Tablespoons Smoke Paprika
1 teaspoon Granulated Garlic
1/2 teaspoon Ground Oregano
1 pack Firm Tofu (approx. 16 oz.)
2 Tablespoons Grape seed Oil
2 teaspoons Maple Syrup
1 Tablespoon Apple Cider Vinegar
Salt (to taste)
8 Corn Tortillas
1 Can refried beans
Shredded Lettuce
1 Tomato, Diced

SWEET POTATO & TOFU TACO



DIRECTIONS:

For the Cream Sauce: add Cashews and the Potato to a pot and cover with water. Bring to a low boil until the Potatoes are soft but not overcooked. Drain and place in High Speed blender for best results. Add the rest of the ingredients and blend until smooth and creamy. Sauce is good for about 1 week in refrigerator. Preheat oven to 350. Sweet Potato Filling: Peel and cut Sweet Potatoes into strips. In a large bowl, toss Oregano & Garlic then place on a foil or parchment lined baking sheet and roast until tender- about 20- 25 minutes. You should check them after 15 minutes to turn over. Tofu Filling: In a saute pan add Oil, Paprika, Garlic & Oregano. Allow the spices to roast until you can smell their aroma. Add the Tofu. Use a potato masher to break the tofu into a crumble. Add Maple Syrup, Apple Cider Vinegar and salt to taste. Allow to cook until warmed thoroughly. Heat up the beans and warm the tortillais. Assemble tacos with your favorite toppings.

Recipe and Photo by Stefen Janke/Plant Punk Kitchen

KEEPING OUR MEMBERS/CUSTOMERS IN THE KNOW !



To: Retailer and Supplier Partners
Date: January 30, 2018
Subject: Fill Rate

Keeping our customers' shelves healthy and performing is a primary goal of UNFI, however, the current landscape continues to be a challenge. Broad based consumer demand for "better for you" products is unprecedented and is pressuring our supply chain in ways we have not seen. UNFI's Top 500 suppliers' inbound fill rates to our DC network are 3.00% lower than last year with only modest improvement forecasted. Lower inbound fill rates make it very, very difficult for UNFI to deliver the high quality results our customers depend on and count on us to deliver.

Challenges

- Sustained retail demand is outpacing our supplier and manufacturer partners' ability to create capacity and keep production levels on par with demand resulting in low inbound fill rates.
- Suppliers have had significant challenges sourcing organic ingredients and inputs into production causing long term supplier out of stocks.
- The transportation dynamics have changed drastically with new regulatory electronic log requirements constraining available carrier capacity. These constraints add longer lead times to much needed inventory and the percentage of on-time inbound appointments at our DCs has seen significant declines. The ratio of one truck available for every twelve loads of inventory needed to ship impacts service level nationwide and way beyond our industry.
- Weather continues to be a challenge. Many Retailers and Suppliers are just beginning to recover from the crippling hurricane season, all while winter weather has caused havoc across the Midwest and North and South East.

What Can You Expect In the Coming Weeks?

Fill rates to our customers will continue to be impacted due to the challenges outlined above. As an organization, we have put critical steps in place to help alleviate and mitigate the challenges as quickly and effectively as possible. We have:

- Published new projected In Transit Days, or lead times, to ensure the expectation of "on time" is properly set with our suppliers.
- Onboarded new 3PL carrier partners to increase transportation market capacity.
- Increased DC level of safety stock in grocery and frozen to provide for greater ability to absorb inventory disruptions.
- Increased DC receiving to 120% of maximum capacity to fully leverage labor and offset inbound appointment "no shows".
- Adjusted our forecasting in all SKU stratification in both planned demand and turn inventory layers.
- Scheduled ongoing meetings with suppliers experiencing significant service level challenges to assist in reducing further service level disruptions.

UNFI cares about your business and we appreciate your patience during this difficult time of change. Rest assured we are doing everything we can to get us back to customary service levels. Should you have any questions or concerns, do not hesitate to reach out to your Account Manager or Supplier Manager.

Sean Griffin
COO UNFI

A handwritten signature in blue ink, appearing to read "S. Griffin", is written over the printed name and title.

313 Iron Horse Way, Providence, RI 02908 | 1.401.528.8634 | www.unfi.com

BE THE CHANGE

APRIL PARTNER

THE ART OF ESTEEM



When I was a child, I suffered a lot. I went through a lot of my childhood insecure, not sure of myself, with low self-esteem. I didn't really appreciate myself. I went as far as, even, physically hurting myself. When I became an adult, I started to find ways to ease this discordance within myself. But, I also started to notice that I wasn't alone. Many of the people around me, including the adults and the children that I would come to work with, were experiencing exactly what I was experiencing. I just wanted to help. I went to school as a psychology major. When I started learning how important the community was on the individual psyche, I decided to switch over into the Sociology and Anthropology department.



I finished my degree in 2013. While at university, I volunteered at a local afterschool programming, as well as national ones, like the Boys and Girls Club. My job was to observe the behavior of the students and create programs to make changes in their behavior for the better. I was not surprised to find out that a lot of these children were experiencing what I had experienced. When I knew that I was going to take this work to my heart, it was because of an article that I read about the rise of suicide rates in this nation. Specifically, in the black community. I thought, "I know what that's like. I've been there before." I wanted to implement the things that I've learned to ease the tension within myself with these children and I did. I created programs like, "The kings and queens program" at the Boys and Girls Club. The children learned about precolonial history for an entire semester. We watched how that

information changed their behavior in a positive manner. And an etiquette program where children learn basic manners and how to see the best in others and how to use their words in a positive way. This program gave us positive results as well.

When I graduated, I decided there's no way that this could be the last year that I do this work. I gathered the best of all those programs that I did while I was in the University and compiled them into a program called, "The Art of Esteem." Locally we service over 120 students in Atlanta. Although it's not about the quantity, rather the quality of our service. Still, our goal is to be nationally recognized and eventually have our own school with children who are nurtured consistently within the program from ages 3 to 17. Currently we also have programs on the continent of Africa and in the Caribbean. It makes proud to be able to partner with an organization that truly cares for the well-being of the community, as we do.

When it comes to The Art of Esteem, we know that children don't understand how to control their thoughts or how powerful they are. Children who attempt suicide or live with low self-esteem can benefit greatly from this program because it teaches life skills. Life skills such as creative visualization, positive discourse, precolonial history and art can transform the mind of the student! I know this through personal experience and also through observing student behavior. It warms my heart when I see a former student and they greet me with The Art of Esteem Mantra, "I Am Strong and I Am Worthy!" We want to build on this legacy with YOU.



Organization Name: The Art of Esteem

Mission: To uplift students by teaching life & wellness skills: creative visualization/meditation, positive discourse, community organization & history through art.

Contact: Amber Williams, Founder

Address: 1719 Detroit Court NW Atlanta 30314

Website: www.theartofesteem.org

MAY PARTNER

The National Black Men's Health Network



The National Black Men's Health Network (NBMHN) was founded in June 1987 by a group of community-conscious individuals to raise public awareness about excessive and preventable morbidity and mortality rates in the African-American community in general and among African-American males in particular. African-Americans are known to suffer extremely high rates of heart disease, cancer, homicide, alcoholism, drug abuse, HIV disease, injuries, and other major causes of disability and death. While maintaining a specific focus on the compelling and often-neglected health concerns of African-American men and boys, the organization also advocates, participates in and supports attention to the health needs of women and children, believing that the overall health of any community depends upon a positive balance between the genders.

The National Black Men's Health Network has considerable experience in providing effective, culturally sensitive and linguistically appropriate preventive health education for minority youth in addition to the homeless, through African-American schools, community health centers, churches and homeless shelters. Other areas of service include AIDS prevention education, the handicapped and veterans, involved fathers, nonviolent conflict resolution, prostate cancer, youth entrepreneurship in the African-American community, and substance abuse (including tobacco prevention and cessation.) The National Black Men's Health Network has developed effective educational materials specifically targeting low literacy populations, minority youth, and other community service organizations.

NBMHN's philosophy is that high rates of morbidity and mortality in minority communities are neither preordained nor inevitable. Specific public health outreach programs specifically tailored to and targeting communities in need would have a favorable impact on health outcomes for both present and future generations.

The National Black Men's Health Network (NBMHN) has extensive experience in providing effective, culturally sensitive and linguistically appropriate preventive health education for minority youth in addition to the homeless, through African-American schools, community health centers, churches and homeless shelters. Other areas of service include AIDS prevention education, group therapy for the handicapped and veterans, promoting involved fathers, nonviolent conflict resolution, prostate cancer diagnosis and treatment, youth entrepreneurship in the African-American community, and substance abuse education, referral and treatment (including tobacco prevention and cessation.) The National Black Men's Health Network has developed effective health educational materials such as brochures specifically targeting low literacy populations, minority youth, and Christian organizations.

NBMHN has provided health education and disease prevention services to disadvantaged minorities in the metropolitan Atlanta area without

interruption since soon after its inception in 1988, beginning with a grant from the Georgia Department of Human Resources to provide AIDS prevention education the homeless. A mechanism by which the NBMHN has maximized cost effectiveness is by striving to provide services in settings where people are normally gathered in the course of their day-to-day activities. This enables the organization to maximize attendance and eliminates expenses such as rental space, advertising for the event, and transportation for attendees.

Past sources of funding for the organization's programs have also included Centers for Disease Control, Fulton County Human Services, The United Way, Morehouse School of Medicine and others. The organization has lectured on health maintenance and disease prevention issues in diverse locales including Honolulu, Naples Florida, New York, Detroit, Baltimore, Indianapolis, San Francisco, New Orleans, Cleveland, Boston, and Vienna, Austria.



Organization Name: National Black Men's Health Network

Mission: To disseminate preventive health education in minority & disadvantaged communities, including nutrition information, to promote access to affordable health care, & to empower communities to determine their own health outcomes.

Contact: Jean Bonhomme, President

Address: 250 Georgia Avenue SE, Suite 321 ~ Atlanta, GA 30312

Website: www.nbmhn.org

JUNE PARTNER

THE MALCOLM OMARI SCHOLARSHIP FUND INC.



The Malcolm Omari Hill Scholarship Fund Inc., was established due to the tragic loss of our youngest son, Omari, in a fatal car accident on October 16, 2010. He was only 23 years old and life was just beginning for him. Another young man was also fatally injured in this car accident.

In the midst of our pain and despair, we discovered how many young people were involved in fatal car accidents. As a result, we began to partner with defensive driving schools in the metro Atlanta area. To date, we continue to sponsor free instructional safe driving classes.

This is our sixth year of sponsoring classes for teens and young adults. Our mission is to continue to organize and provide safe driving classes free of charge to the student, while pro-actively educating teens and young adults of the dangers of distracted driving. We have currently partnered with the National Safety Council, to fulfill our mission. It is our intention to continue collaboration with organizations such as Sevananda to educate young adults and teens of their responsibilities while driving.



- May 22, 2012: \$1000 awarded to Boys Football and Basketball team at Brown Middle School to purchase uniforms. Omari volunteered to coach both teams while working.

- Three Safe Driving Classes sponsored in 2013

- May 24, 2013: A donation of \$500.00 was awarded to Brown Middle School, Atlanta, GA, for the girls' basketball team uniforms.

- September 28, 2013: Safe Driving Class held at the Hands on Atlanta Office.

- November 16, 2013: Safe Driving Class at the Shrine of the Black Madonna Church, Atlanta, GA.

- February 22, 2014: Safe Driving Class at the 3M-I Defensive Driving School, Hampton, GA.

- March 29, 2014: Safe Driving Class at the Five Star Defensive Driving School, Lithonia, GA.

- May 10, 2014: Four Safe Driving Classes held at various Defensive Driving Schools- Atlanta

- Sept. 13, 2014: Safe Driving Class, #1-3M Defensive Driving School, Hampton, GA.

- October 25, 2014: Five Star Defensive Driving School, Lithonia, GA.

- March 2015: Safe Driving Class at a local Defensive Driving School, Atlanta, GA.

- May 2015: Safe Driving class at 1-3M Defensive Driving School, Hampton, GA.

Here is a list of our accomplishments:

- December 2010 & 2011: Donated Christmas gifts to children and families who needed support at Brown Middle School and a local church community.

- December 2011: Safe Driving class at the Paulding County Boys and Girls Club in Dallas, GA. This class was also facilitated by AARP.

- May 2011-Ten \$100 scholarships awarded to eighth grade students at Brown Middle School who improved academically and personally.

- October 2011: Two free Safe Driving Classes were held. One was facilitated by the AARP and the other by the Five Star Defensive Driving School in Lithonia, GA. Students attended from local high schools in the metro Atlanta area, and received a certificate of completion.

- Three Classes in 2012: One in February, September and November.



Organization Name: Malcolm Omari Hill Scholarship Fund

Mission: To organize & provide free safe driving classes, proactively educating teens/young adults to safe driving behaviors; preventing tragedies resulting from distracted driving.

Contact: Toni Abasi Hill, President

Address: 250 Georgia Avenue SE , Suite 321, Atlanta, GA 30312

Website: www.omari-scholarship.org



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Opinions expressed in this newsletter are the writers' own and do not necessarily reflect the opinions of Sevananda Natural Foods Market. Permission to reprint any article must be obtained from the Editor.

Submissions from the general public are accepted, but there is no guarantee of publication.

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COMMUNITY EVENTS

Free Yoga & Meditation Class

Every Monday 6pm to 8pm ~ SEV Education Room

Chef Sonali teaches International Plant-Strong & Gluten Free Cooking Classes @ SEV ~

Monthly Sundays, April 29th/May 20th/June 24th/July 22nd ~ 11am to 1pm
\$25 Advance / \$30 Day of Class ~ You may pay advance only online @ www.sevananda.coop or at Sevananda Customer Service (Advance & Day of Class)

Science of Spirituality Free Meditation Sessions ~

2nd & 4th Thursdays ~ 7pm to 8pm
April 12th & 26th / May 10th & 24th / June 14th & 28th ~ SEV Education Room ~ Info: www.sos.org

Alive Expo ~ Saturday, April 21 10am to 6pm &

Sunday, April 22 11am to 6pm
@ The Cobb Galleria Centre / Info: www.aliveexpo.com

West End Health & Wellness Festival ~ Saturday,

April 28th ~ 11am to 3pm
Gordon White Park ~ 1354 Abernathy Blvd., Atlanta 30310

Inman Park Festival ~

Saturday, April 28th & Sunday, April 29th ~ Inman Park
Info: www.inmanparkfestival.org

Live Fresh Cascade Festival

Saturday, May 19th ~ 10am to 6pm
@ Benjamin Mays Drive & Beecher Road SW

March Against Monsanto

Saturday, May 19th ~ 11am to 1pm
Starts @ Sevananda and marches to Freedom Farmers Marker (Carter Center)

Atlanta Fermentation Fest

Sunday, May 20th ~ 12pm to 6pm
1038 White Street SW, Atlanta 30310

The Wonderful Wizards of Raw Food Extravaganza Saturday, June 2nd ~ 1pm to 7pm

@ Tassili's Raw Reality / Info: www.tassilisraw.com

Juneteenth Atlanta

Friday, June 15th thru Sunday, June 17th
@ Morris Brown College
643 Martin Luther King Jr. Blvd, Atlanta, 30314
Info: www.juneteenthatl.com / Phone: 404-753-4555

16th Annual Organic Fest

Saturday, June 30th ~ 12pm to 8pm
@ Omenala Griot Museum
337 Dargan Place SW, Atlanta 30310
Info: www.habeshainc.org / Phone: 678-760-1252



**Ifini Sheppard
Community Relations &
Education Liaison**



Share the gift of health
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