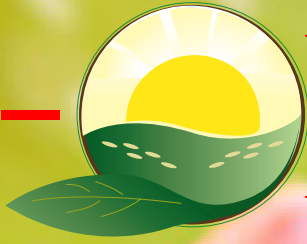


C-OPTIONS



SEVANANDA
NATURAL FOODS MARKET

SPRING ON EARTH ISSUE 2015

Vol. XVI Issue 2

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MARKETING/OWNER-MEMBER SERVICES



Sevananda Natural Foods Market

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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. Due date for submissions is the 10th of each month.

Sevananda Board of Directors

Ahzhah Netjer Simons (President)
 Jed Davis (Vice President)
 Chi Ma'at (Secretary)
 Brian Sherman (Treasurer)
 Ntianu Alghanee
 Debra Bonaparte
 Sharon Mack
 Rajnikant Mehta
 Quandra Stroud



Marketing is one of the fastest growing departments here at Sevananda and we have gotten off to a great start!! I am very pleased to hear how people like the way we are now keeping our Facebook, Twitter, and Instagram pages updated daily.

In Marketing we all know that Social Media has become very important and the best way to reach everyone. We are doing our best at to pictures of what we have to offer, and what we have on our breakfast, lunch, and dinner hot bar. Nothing like being able to see what is here as opposed to just reading what is here. Also we want everyone to know that we have started a new Outreach Page on Facebook. This page shows what we do in the community, the different events we attend, and the classes that are given for educational knowledge here in our education room. Please visit our new page on facebook at www.facebook.com/sevanandaoutreach.

We are also pleased to let everyone know that we have signed up over 200 new Member/Owners since the first of the year. Everyone at Sevananda is taking the time to let our customers know that

By Sharlise Lowe, Co-Options Editor

we have a membership here and how much it would benefit them to join. As we all know, it is very important that we get more people involved in ownership because Sevananda is owned by our members and it is the members/customers who allow us to be able to keep our doors open. Just think, if all of our customers became members how much of a benefit that would be for Sevananda. With that said, we are now going into the colleges to reach more of the younger generation and encourage them to become more conscious of the way they eat and live. It seems that eating healthy has now become the "IN THING" amongst our younger generation. We are also going into the elementary and high schools to educate the little ones on how important eating healthy foods such as carrots, broccoli, cauliflower, and more can benefit them in sports, having a clear mind, and a healthy body for their future.

We also have coming soon to keep everyone in the know – information about Sevananda via Radio and Video. Check our website soon for upcoming videos we will soon post for your view. Sevananda has great things coming, and we all appreciate everyone for your continued support to help us make Sevananda your home away from home.



We are looking for volunteers to come out and help us re-plant our Flower Beds on Saturday April 18, 2015 in observance of "Earth Day"



EARTH DAY

APRIL 18TH, 2015



It's Back !!
10%
Owner-Member Monthly Discount

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 - 8:00pm
 Sat. & Sun. 2:00pm - 8:00pm



SEVANANDA GENERAL MANAGER SPEAKS

Greetings ALL:

I feel very fortunate to participant in the co-op as General Manager. What an awesome time to be a part of Sevananda! Things are looking good at the store. The shelves are fully stocked for your household needs and we have expanded many selections throughout the store. We always appreciate it when you, as an educated consumer, suggest new or better products that we should carry. This has helped us expand our selections to better fit your needs. And remember, if you don't see something on the shelf that you need, you can always special order it. If we can get it for you, we will. The last three years have brought many ups and downs within the store. But the one thing that remains constant is the devoted staff, board, members, customers, and volunteers. Without any one of these groups, the co-op would not survive.

It's gratifying that we are achieving progress toward the goal of making our great co-op a lasting and viable presence in the community for years to come. A strong focus this year has been weaving through our past successes and procedures into establishing new systems of support and accountability for management. We are also striving to increase membership, sales and visibility while streamlining in-store operations. Yet, as wholesale food costs and operational costs continue to rise, it is important for all of us to understand that



fair wages to valued employees, and building or equipment maintenance are equally as important as the cost of our products to shoppers. Finding and holding the right balance is essential to any successful business community and the world at large.

Thank you for all of the support and loyalty throughout the many changes and hurdles that we have overcome. And remember, the co-op is in a state of constant change and adaptation as we strive to stay in existence and continue to offer a place where you can trust each product on the shelves and find real value for your family.

SEVANANDA COOPERATIVE BOARD NEWS



								
PRESIDENT	VICE-PREIDENT	SECRETARY	TREASURER	BOARD MEMBER	BOARD MEMBER	BOARD MEMBER	BOARD MEMBER	BOARD MEMBER

Your Board of Directors would like to request your participation with upcoming events and activities. The Board is in the process of recruiting participants for Board Committees as well as candidates for the Board election this spring. We've got a lot to do before our first year of service completes at the end of April. We're excited about our upcoming Owner Meeting, Board gatherings, and forum discussions regarding Sevananda's future. We will also have surveys for you to complete to assist us in gathering feedback for considerations of our business, partnerships, visioning the future, and creating next steps.

If you have any questions in the interim you can reach us at onboard@sevananda.coop or by leaving a message at Sevananda's Customer Service desk. As always we appreciate your continued support.

Owner Meeting Invitation
-Join us for our annual Owner Meeting on Sunday, April 26, 2015. This is an opportunity to meet newly seated Board members and for owners and Board members to gather, share information, get updates on the cooperative from the General Manager. We will also have discussions on a variety of topics relevant to Sevananda as well as a brainstorming & visioning session for our future. We will also have a special guest speaker, vendors, and exhibitors.

Board Chat Upcoming Events Listing
-Meet & Greet every 2nd Saturday
-Upcoming Board Gatherings
-Breakfast with the Board
-Board Walk and Talk
-Co-op Café Conversations
-Board Partners & Stakeholders Brainstorm/
Visioning

Board/Owner Calls to Action – Coming Soon!
-Visioning the Future Survey (members, shoppers, staff)
Join us as we vision the future together. Share your ideas and vision for Sevananda's future by taking our "visioning survey". Information will be used to assist the Board and General Manager in considerations for creating a more sustainable future for Sevananda. Surveys will be available at www.sevananda.coop. Specific dates and topics will be emailed or on Board webpage under co-op info. We'll keep you posted! Thanks for your continued support of your local community coop!

EXPANDING SEVA CAPACITY WITH A DYNAMIC TEAM



By Carolyn Morris, HR Manager

Sevananda Natural Foods is part of a larger cooperative movement, one where 9.3 jobs are created annually (Yes! Magazine 2013). We take great pride in knowing that in addition to contributing positively to jobs for the local community, our name affords us the opportunity to express appreciation through the service we provide member-owners, shoppers and the community. Sevananda is a Sanskrit word. “Seva” in the name “Sevananda” means service (work offered to God in East Indian religions) and “Nanda” is joy or bliss. So in essence Sevananda means the joy or bliss of service!

This being the case, our ability to identify capable team members who are committed to not only co-op values, but to delivering outstanding service is critical to our sustainability. To help us cultivate the talent we have on our team, we are equally committed to providing educational workshops through Sevananda’s Human Resources. These workshops will empower each team member to deliver exceptional service.

For the past 24 months we have been fine tuning our processes, and diving deeper into the ten Co-op Values and seven Co-op Principles that makes the co-op experience a unique one. As we prepare to welcome the spring, it is with honor that we introduce you to the newest members of Sevananda’s team. Rest assured that having talented and capable individuals who are equally committed to “Seva” and the co-op’s values and principles, will enable Sevananda to shine even more brightly. This is what will continue to set us apart from other grocery stores. Please meet the newest members of the team!



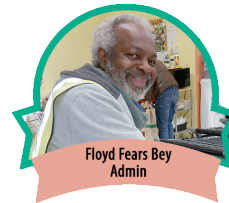
Emily Euchner
Front End



Jamal Smith
Grocery



Charles Collins Jr
Grocery



Floyd Fears Bey
Admin



Dimitri Lefever
Grocery (Rehire)



SEVANANDA NATURAL FOODS MARKET NEW HIRES



Michael Dorsey
Front End



Renee Royster
Grocery



Jerome Kendrick, Jr.
Front End



Kimberly Purefoy
Wellness



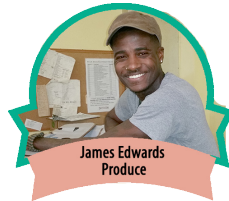
Dana Chandler
Deli/Kitchen



Jazmyn Armstrong
Wellness



Mercedes Carr
Accounting



James Edwards
Produce



Eva Stong
Wellness



Angela Edwards
Deli/Kitchen



Cheranna Dottin
Grocery/Marketing



Shan Smiley
Front End



Lester Bradley
Grocery (Rehire)



Autumn Duquesne
Front End



Geneva Moore
Member Services/Marketing



STRESS

By Dr. Chris Alberts, DC
Sevananda Wellness Partner



It's what you don't know, that ruins quality of life and is killing Americans – silently.

It is estimated that over 90% of all doctors' visits are due to stress. In fact, more and more research is showing that stress is behind the majority of diseases that are plaguing and killing us – silently. A better understanding suggests that although it leads to sickness, disease and even early death, we also can't live without this six lettered word. No amount of medication will change this, in fact just the opposite; it may actually worsen the effects of stress. So, how can you stop it from affecting you and your family? It all starts with understanding exactly what stress truly is, and although I can pull out a dictionary, I will offer a more workable definition... stress is ANYTHING that elicits a physiological response.

For instance, as I drink this water sitting in front of me, I am eliciting a physiological response from my body as it works to utilize the hydration. Another example, the mere thought of a painful experience (physical or emotional) or fear, creates a shift in my physiology as I feel my gut get wrenched, or my heart ache – however, I am not experiencing the event, but rather my perception or memory of the event.

What this definition tells us is that stress can be harmful or beneficial. The late Hans Selye, the father of stress, defined it as the "nonspecific response to any demand." He termed the negative (harmful) stress, distress; while the positive (beneficial) would be termed eu-stress. Selye also went on to categorize the different stages of stress, as follows:

- 1) Alarm reaction. (The initial reaction to the stressor.)
- 2) Stage of adaptation. (The responses following the initial reaction.)
- 3) Stage of exhaustion. (When the limits of adaptation are exceeded, and the individual can no longer appropriately respond.)

These stages are true of both distress and eustress, however distress, leads to a sympathetic (specific autonomic nerve system function) stress response, better known as "Fight or Flight." If while you're sitting reading this article, a tiger was to jump out in front of you, and then stare incessantly while licking its chops, your body would go into survival mode and throw you into "fight or flight". Meaning

either you are going to prepare to fight your way out of this predicament, or you are going to run as fast as you can, away from the tiger – either or, but both in hopes of survival. Now when this large, hungry, feline jumped out in front of you, your body would respond in the following ways...

Increases in:

- heart rate
- blood pressure
- cortisol
- epine/norep (adren/noradren)
- blood lipids (cholesterol)
- blood sugar
- pain sensitivity

Decreases in:

- immune function
- reproductive function
- digestive function
- ability to concentrate/memory recall
- serotonin
- dopamine



All of these physiological shifts would occur out of the need for survival, and then once the tiger decided that for today he would go for some shoots instead of a "leg of man," the stress response would be shut down and we would have a great campfire story to share. In our modern era, although we are not having tigers jump in front of us every day (or hopefully not at all), however, as I stated at the top of this article – over 90% of all doctors' visits are due to stress related problems. The barrage of daily stressors comes in three forms: physical, mental/emotional, and chemical. Research is also suggesting a fourth – electromagnetic. We are literally stressing ourselves to death.

When the stress response is not shut down, but rather occurs continuously day in and day out, the survival response has a deleterious and dangerous effect on the body. Because of the continued (tonic) stress response there will be a chronic

increase of the stress hormones. Chronic increased stress hormones are linked through numerous studies directly to a host of diseases, including but not limited to cancer, glaucoma, bi-polar disorder, type I & type II diabetes, rheumatoid arthritis, autoimmune disease, osteoarthritis, excessive body weight, hypertension, asthma, immune system function. ("Autonomic and Autocoid Pharmacology" 2009) As for our children, well they are not immune to any of this. We are seeing children as young as 10 years old being placed on cholesterol medications, and even younger getting placed on psychotropic medications. Stress is hindering the development and health potential of our children. As developmental biologist, Bruce Lipton, PhD pointed out, the body can defend itself ("Fight or Flight") or focus on growth/repair (Heal) but it cannot do both at the same time.

The list unfortunately goes on, however hopefully you see the point that stress, how we perceive and respond to it, can either help us grow or lead to suffering, sickness and early death. The continued stress response creates interference in our body's ability to do two things: self-regulate and self-heal. Do you see how this can radically affect your health?

What if you could undo the chronic stress response, so that your body could once again resume a more balanced function, as opposed to reacting to stress? How would that benefit you? How would that benefit those around you – family, friends, and co-workers? How would it affect your performance at work?

There are solutions that can help us better adapt to stress and our environment, and in so doing strengthen our internal resistance and immune function.



THE SOUL OF AGRICULTURE

By Uriah Yisreal

In 2008, I was directly affected by the Recession. For months I survived off of severance pay, unemployment benefits, and government assistance, the months became years and all hope and money faded. I then remembered a sharecropper's words "everyone needs something to eat". This sharecropper escaped the Jim Crow south and moved to the city of Boston, Massachusetts, where he continued to grow his beloved crops in a vacant lot next to his home. With no news coverage, grant money, nor nonprofit status, while simultaneously working three jobs with a family to feed, he fostered an abandoned trash filled lot into the envy of the neighborhood. Today he continues to feed his family, neighbors, and strangers from this inner-city plot in the hood. This sharecropper was the first urban farmer I ever met, this sharecropper is my father.

Like many African Americans, who fled the south in the 40s, 50s, and 60s, my parents worked the soil. We were the cheap but skilled labor force brought to these shores to till the land, plant and harvest crops for 350 years without reward or pay day. Nonetheless just like my father, the love of agriculture runs in the DNA. When African Americans migrated to Cleveland, Los Angeles, Chicago, Detroit, New York and Boston, urban farms and gardens sprang up. We are wired for agriculture.

As a child my father explained how my grandmother magically canned and preserved their future with the sweet fruit that fell from the tree. He demonstrated how they would look after the elderly and sick, tightly knitting community in the valley of the shadow of death and the hells of North America. He talked of chickens, cows, cotton and collards that they grew and cherished. He talked of churning, spinning and sharing what seemed like scarce resources but would feed a family of 15. He explained how they prepared, survived and thrived during hard times.

Unfortunately, the filmmakers and writers fail to mention, seek to ignore and willfully hide the agricultural accomplishments, history and innovations of African Americans. And even worse we are traumatized regarding agriculture due to the work involved and its bitter memories in America. It is unfortunate because these are the true American success stories. Today it is time to remember the role of these dynamic individuals.

It is time to return to the legacy of George Washington Carver, Booker T. Washington and our parents who when the "money failed in Egypt" they did not starve nor wait for help but fostered solutions based upon community and the ever bountiful earth. Today it is

time to reconnect and realign to the earth and regain the trade, skills and handicrafts that walk hand in hand with agriculture. It is time to remember that our parents survived the Great Depression because they had knowledge of agriculture, agronomy and community not because of Franklin Delano Roosevelt's New Deal or Barack Obama's promised changes. It is time to return to agriculture to honor the blood, sweat and tears of our fathers who labored under whip and oppression. It is time to understand the majesty of the endless bounty of creation. It is time to regain the ability to provide good food for our people, our nation and our planet. Today is the day to return as the dressers and keepers of the garden.

Uriah Yisrael is the author of "Let's Grow!" Let's Grow! is a fun book that assists parents, teachers and students in the cultivation of the seeds of industry while introducing them to agriculture which is the source of all wealth and civilization!



By Kay Rosenblum

as they used to be? When you start to slow down, and small regular things that you do every day like cooking or even brushing your teeth take great effort. When people around you that you're confiding in/complaining to, tell you to get some rest, get a diagnosis, or see someone who can help; it may be time to run up the flag of defeat..

Wait... how can you be sick now? Your commitments, your job, your life is still going on... you can't be sick!!! How is this owning your health? Huh? How? OK. Here's how: You are owning your health when you recognize the state of your health. Deciding, finally, that you've got to do something about that tooth, or foot, or ear

OWN YOUR HEALTH - WHEN YOU DON'T THINK YOU DO

Own your health. Sure. That's easy when you're feeling well. Easy. But what about when you're not feeling well? When all of a sudden (or maybe gradually) things are not



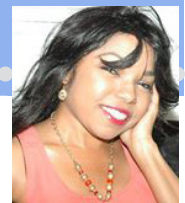
infection. That is owning your health. Whether you use natural products or go to a hospital or chant, you've owned up that something's not right and you've got to take steps to fix it. Of course, we all hope we make the right choices in how we go about "fixing" ourselves. Find the wisest sources of information, the best healers, the right cure. Find help. Be kind to yourself. Focus on getting better. Make it your priority. Give it attention.

Own your health even when you're sick by getting the help you need and also by being grateful for whatever part of you is not sick. If you can think, read, watch TV, experience someone caring for you, sleep, and/or you're breathing, you've got a part of your health.

Perfect health is illusive. Maybe nonexistent. Bruce Lee said, "Perfection is a direction." Own the state of your health and seek the best health possible. Sevananda is here to serve you in that search.



NATURAL INSOMNIA RELIEF FOR BETTER BEAUTY SLEEP



By Ms Toi, Beauty Watch

The spring season brings a welcome relief from the bitter cold weather. However, with the onset of spring also comes Daylight Savings Time. For many, losing an hour of sleep can be a difficult adjustment and can trigger insomnia. There are as many causes of insomnia as there are possible remedies for it. It can sometimes take a bit of experimentation to find a remedy that gets you back into a normal sleep pattern. Shift work schedules, stress, and certain medications are just a few of things that can cause insomnia.

Insomnia is a sign that your circadian rhythm may need regulating. Your circadian rhythm is like your body's own internal clock. It determines biological processes such as your eating and sleeping

patterns. The body does most of its cellular repair and regeneration when asleep. Therefore, sleep deprivation can lead to a wide range of health and beauty issues. If you are having trouble sleeping, try incorporating these natural remedies to your evening routine to help you restore a healthy sleep schedule. Also, visit the Sevananda Natural Foods Market wellness department for natural remedies to relive insomnia.

TIPS TO RELIEVE INSOMNIA

•BAN YOUR CELL PHONE, LAPTOP, & TABLETS FROM THE BED
The LED light emitted from electronic devices can disrupt your circadian rhythm. It also prompts you to remain in work mode preventing complete relaxation.

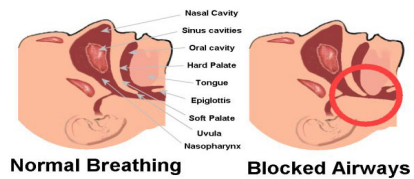
•TURN OFF THE TV & BLOCK ALL ARTIFICIAL LIGHTS IN BEDROOM
Lights keep the brain stimulated in wake mode.

•AROMATHERAPY
Studies have shown that some essential oils such as chamomile, frankincense, and lavender are effective at relieving mild insomnia. For an all-natural linen spray recipe using lavender essential oil, be sure to watch my video tutorial, Natural Insomnia Relief For Better Beauty Sleep at www.youtube.com/lilikoilooks. Mist pillows with the linen spray before bedtime for the calming effect.

•DRINK A HEALTHY NIGHTCAP
A mug of warm organic milk or warm organic almond milk before bed can induce a good night's sleep.

Both are high in calcium which promotes the release of melatonin, the sleep hormone.

YOU'VE READ IT, NOW WATCH IT! VISIT MY YOUTUBE CHANNEL FOR HEALTHY BEAUTY VIDEOS AT www.youtube.com/lilikoilooks



Organically Grown... Cooperatively Owned!

- Worker Owned
- Solar-Powered Bakery
- No GMO Ingredients

We are a worker-owned co-op bakery, and our employees share in the vision of our company.

We bake truly nutritious and delicious Breads and Bagels made with Organic Sprouted Whole Wheat.

We do not use any GMO ingredients in any of our products.

Thanks for trying our bread!

www.alvaradostreetbakery.com



• Please look for our Sprouted Wheat Breads at Sevananda Natural Foods Market •

A HUB OF GOOD HEALTH: SEVANANDA WELLNESS DEPARTMENT



by Kimberly Purefoy

Walking into the Wellness Department at Sevananda can feel like taking a field trip to a “candy store” of goodness, but with a twist. While the co-op has become a colorful and credible flagship in the community over the past

40 years since it began, the Wellness Department itself is often the bustling hub of the Sevananda experience. Whether you are a person newly exploring a commitment to become healthier, a seasoned health aficionado or a professional, or the neighborhood “medicine man” (or woman), the Wellness Department is the place to come.

The wave of awareness and interest in natural health has become more popular in recent years, and more consumer options have emerged around town. But Sevananda’s Wellness Department has long been one of the original and few places to go to have access to these natural options, particularly in a place that embodies the spirit

of service and exposure to natural options. This access also include a bulk herb section, which offers over 300 jars of herbs and spices that creates a non-traditional shopping experience. Yet, many people feel that what truly sets Sevananda’s Wellness Department apart and keeps them coming back is the warm energy and helpful, friendly service offered by the Wellness team. The caring and knowledgeable staff is one of the department’s and the store’s greatest strengths. Each member of the Wellness team does the work as an honor and a personal passion to serve and to empower each customer, seeking to understand what customers need and do their best to answer questions about the products.

Over the years many customers had their first experience with alternative health products through Sevananda’s Wellness Department. This special place has a well-deserved reputation as a source of quality health products, as well as exposure to health information. Natural health professionals and community partners are often invited to set up demonstration tables to share their knowledge and samples of products, deepening the “Sevananda

Wellness Experience”. You can also often find a friendly “community” gathering of sorts happening amongst the customers, usually taking place in the back of the department in the beloved bulk herbs section, as they share helpful tips and testimonies about how these wonderful herbal gems and natural products have helped them and their families over the years.

A trip to this beloved place may be fueled by a need to simply escape and pamper yourself and explore the extensive assortment of natural soaps, lotions, essential oils and hair and beauty products, incense or candles. Or the motivation may be to seek effective natural products to address health concerns that run the gamut from digestive issues relief or stress and fatigue release, to support for peak sexual performance, a visit to Sevananda’s Wellness Department is a must on your to-do list. Or even if it’s simply been a little while (most are drawn to come back as often as possible), you are invited to stop again and again and see for yourself what this special corner of the world, that is truly a community and Atlanta icon, has to offer.

SHAMAN HANDS

by Shawn “Stilts” Goldman

Shawn “Stilts” Goldman aka “Shaman Hands” is a certified natural healer, computer scientist, former high school teacher, registered metaphysician and lifetime member of the World Metaphysical Association. During college his journey switched from a focus on the engineering of programming languages, communicating with computers and designing software programs to a focus on holistic methods of healing. This exploration into the realm of “alternative” healing began due to his own health challenges.

Stilts experienced the beginning of a harsh series of kidney stone episodes in 2001 at the tender age of 19, classifying him as a “medical anomaly” in the eyes of doctors and nurses across the state of North Carolina. This was a mystery that conventional “western” medicine was unable to solve. Initially, medications were prescribed with the expectation of life-long intake. However, unable to afford this particular treatment long-term, the journey for Stilts became interesting very quickly to say the least. Eventually in 2008, a strict recommendation to immediately undergo surgery was given to Stilts by a medical doctor due to disability, and the extreme instability of his condition.

Unwilling to pursue invasive methods, Stilts refused the surgery and went to visit his friend Artis Henson, a local Greensboro, NC herbalist, elder in the community and owner of Body Ecology Life Sciences Attunement Center. Artis was able to provide a non-invasive, drug-free remedy that resulted in the removal of ALL THREE kidney stones that had been stuck halfway between the

kidney and bladder areas. For Stilts, this spearheaded his interest into all aspects of the healing arts even further, with an acute interest in Energy Healing because of the pain relief it brings, the straightforward science involved, the profound potential it has to quicken global health and wellness, and its unprecedented and documented influence even in modern society.

For several years Stilts had been researching holistic tools and solutions, and found a variety of successful non-invasive methods to use on himself. However, Energy Healing was shown by far to be the most effective at instant pain reduction, pain elimination, and accelerated healing. Attuned by his Master Teacher in 2011, Stilts was initiated into Reiki through the traditional teachings of Mikao Usui and the Usui System of Natural Healing.

He has come across many different forms of Energy Healing and has combined his knowledge of all of them with his knowledge of software engineering, understanding that our body is a computer itself – complete with its own version of software. He now engineers this “software body” by deprogramming and reprogramming the energetic organs and their systems.

This results in accelerated healing by addressing the actual “source code” that determines the very condition of the physical body, and is thus responsible for any and all harmony or disharmony that can exist within it! His independent research includes the fields



of quantum physics, holistic healing, bioenergetics, and the energetic organ systems, including the meridian system, chakra system, and auric field to name a few.

With a heart for music and a mind for metaphysics, Stilts is a true mystic amongst his peers, his students and his teachers. Many of his gifts, including the ability to facilitate healing while thousands of miles away from his clients, has helped him earn the right to call himself a shaman in the eyes of some of the most respected elders in metaphysical community worldwide!

Stilts finally found a way to pursue his dream of relocating to Atlanta in the Spring of 2014 and joined the Sevananda team where he fit right in. Offering joyful service to the Atlanta community that stole his heart almost a decade ago, you can find him in the Wellness department 5 days out of the week. To learn more about his work, log on to ShamanHands.com today! Check the online store and browse the different Energy Healing services Stilts has to offer (Vibrational Healing products are on their way to the store this Summer!), stay tuned for the return of the Shaman Hands Blog in the Spring and remember to check out the ‘Testimonials’ page!



APRIL PARTNER: Ahimsa House

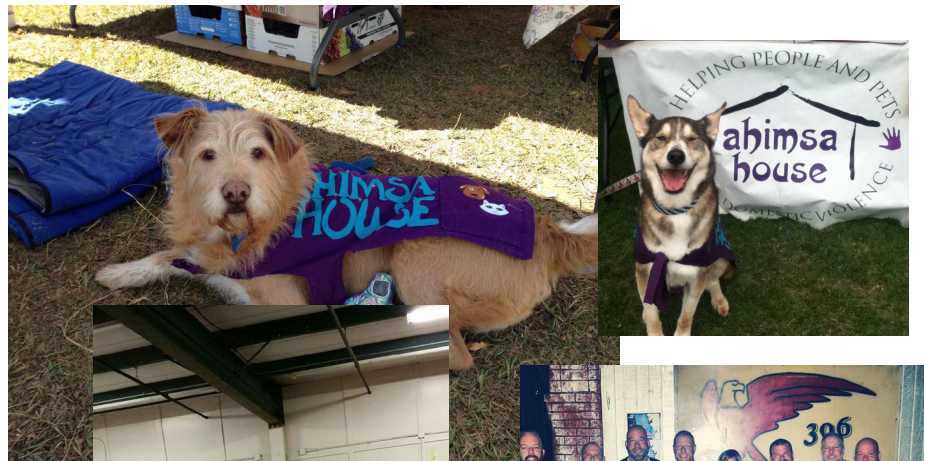


Ahimsa House, which is pronounced “uh-HIM-sah” and means “nonviolence” in Sanskrit, was founded in 2004 by Emily Christie after she lost a pet to domestic violence. Ahimsa House became Georgia’s first and only organization dedicated to helping the human and animal victims of domestic violence reach safety together. Originally, Ahimsa House maintained a central shelter for animals at a secret location in metro Atlanta. In Fall 2006, we recognized the need to change our program model in an effort to operate more cost-effectively and to better serve victims statewide. In March 2007, Ahimsa House launched our redesigned direct services program, which houses animals via a network of foster homes and boarding facilities across the state. To date, Ahimsa House has provided over 41,000 nights of safe, confidential shelter for pets in need. Over the past three years, calls to our 24-hour crisis line have more than tripled.

It costs us approximately \$240 to care for one pet, though most cases involve more than one pet. Often, our cost is much higher when victims have multiple animals, when we receive exotic or unusual species such as horses, and/or when animals require extensive veterinary treatment due to injury or neglect. We have only four staff members; everyone else is a volunteer. Ahimsa House relies heavily on individual donations, grants, and corporate sponsorships. We are run almost entirely on volunteer labor and receive many in-kind donations of goods and services, making us highly cost-effective.

Ahimsa House services are available anywhere in Georgia and all services are completely free of charge. We offer:

- A 24-hour statewide crisis line offering crisis intervention and guidance to victims and their representatives concerned about pets in domestic violence;
- Emergency shelter for animals of any kind in confidential foster homes or boarding facilities;
- Veterinary care for pets with injuries and other health conditions due to the abuse, as well as preventive veterinary care and spay/neuter;
- Forensic veterinary examinations to document abuse and assist in prosecuting abusers;
- Assistance in transporting pets to accompany their owners to safety (both within GA and across the country);
- Pet food and supplies, payment of pet deposits, and other assistance victims may need in order to move forward with their lives together with their pets after reaching safety;
- Assistance in including pets in safety planning;
- Legal advocacy to assist victims in listing their pets on temporary protective orders and in establishing proof of ownership of their pets;
- Training and cross-training for a wide range of human services and animal protection agencies on the links between animal abuse and domestic violence;
- Direct outreach to the public to raise awareness about this issue, including speaking at meetings of civic organizations, setting up information booths at community festivals and workplace health fairs, and placing information brochures and posters in veterinary clinics and other strategic locations across the state; and
- Consultation to prosecutors on cases involving co-occurring animal cruelty and domestic violence, including expert witness services.



Organization Name: AHIMSA House (AHIMSA)

Mission: To remove barriers to victim safety & well-being, & increase victims’ access to the domestic violence service system by addressing the service gap surrounding victims with pets.

Contact: Shannon Oxford
Program Services Coordinator

Address: P.O. Box 8181
Atlanta 31106

Website:
[www.http://ahimsahouse.org](http://ahimsahouse.org)



MAY PARTNER: WRFG



WRFG 89.3 FM: A listener supported, progressive, non-commercial, local, nonprofit, 100,000 watt, community radio station. Yup, that's us!

WRFG has been broadcasting its diverse music and public affairs programming for 41 years. We have a 100 mile radius that reaches the entire Atlanta metro area. WRFG broadcasts 24 hours per day, 7 days per week. Community radio remains one of the most accessible and free forms of media.

Our music and public affairs programming reflects the diversity the metro area and is unmatched in the region and quite possibly the country. Music programs span the cultural heritage and contemporary art forms of America and especially the South – Blues, Jazz, Zydeco, Cajun, African, Caribbean, Latin, Celtic, Hip-Hop, Bluegrass, Country, Folk, Indian, Gospel, Doo-Wop, House and R&B.

While many of the artists that come through WRFG are well-known, national or regional acts, WRFG plays a very important role in highlighting emerging, local artists. Commercial media usually sticks to playing the artists signed with big record labels. This does not necessarily mean that they are the most talented. Our airwaves are reserved for artists that are positive and talented. Local musicians and community activists have always found a voice through WRFG.

Our public affairs programming gives news, information on issues of health and nutrition, the environment, the arts as a tool for positive

social change, peace and justice, gender issues, the economy and the workplace, animal rights, women's health, poverty and anything else not dealt with by corporate media. We do it all from a progressive perspective which hasn't always been easy in the state of Georgia.



WRFG has a policy that no one gets paid to be on our air-waves. Everyone who has a program is a volunteer. Some have been broadcasting since we initially went on air 41 years ago. There are some who have been with us for a year, but most fall in between. When people volunteer their services, they are doing it strictly out of dedication and love of what they are doing. Our volunteers are truly the lifeblood of WRFG.

Each volunteer is able to produce quality programs that not only plays great music, but is able to give the listeners some history and information about the artist and genre of music. Many listeners have called or written to us to express their appreciation of our programming and because it is so diverse, they have learned to appreciate other forms of music that they had not been familiar with.

In addition to our on-air broadcast,

WRFG has music and community events. WRFG has continued to partner with Centennial Parks' Wednesday Wind Down Concert Series. We host the first Wednesday of every month between April and September and choose the line-up from local bands. We also have our annual events such as the April Peachblossom Bluegrass Festival, Labor Day Blues Barbeque and our July Birthday Block Party. In between these events are lots of others that highlight a particular

music genre or hosts community forums on pertinent issues facing people locally or nationally.



WRFG plans on being around and continuing to serve the community for another 41 years. We could not do it without our listeners, volunteers and the community. Much LOVE to all.



WRFG DINNER & MOVIE FUNDRAISER

Saturday, May 23
In the Sevananda
Community Room
6pm – 9pm

Organization Name:
WRFG 89.3FM (Radio Free Georgia)

Mission: Provides a voice for those who have been denied access to the broadcast media.

Contact: Joan Baptist,
Station Manager

Address: 1083 Austin Avenue NE
Atlanta 30307

Website: <http://www.wrfg.org>

JUNE PARTNER: Urban Perform



Urban Perform improves the health of families in underserved communities.

Atlanta Magazine Healthcare Champions – July 2014
Laura Pritchard and English Avenue residents team up to get fit

On this stretch of Joseph E. Boone Boulevard just west of the Georgia Dome, from the road the old gas station didn't stand out much from its neighbors, a boarded-up brick two-story building and a green bodega. But now, a bright new mural with a crouching pink tiger hints that something powerful is going on inside. The space is home to Urban Perform, a non-profit that since January of 2012 has brought exercise classes and equipment to the English Avenue, Vine City, and Washington Park neighborhoods. This is an area with few city parks and only one other fitness facility within walking distance.

Just as Atlanta is home to many food deserts

– poor areas more than a mile from the nearest supermarket – the city also lacks fitness facilities in some of its most economically disadvantaged neighborhoods. “There are ‘gym deserts’ too,” says Laura Pritchard, the 27 year old fitness trainer who founded Urban Perform. “When you’re looking at combating obesity in kids and adults, food and fitness go hand in hand. You can’t have one without the other and expect to succeed.”

Pritchard first got involved with the neighborhood when volunteering with the faith-based Mission Year program. The pastor at New Life Covenant Church on English Avenue invited her to start a permanent program in the church’s warehouse. When she consulted nearby neighbors, she found that, first and foremost, they wanted a safe place for their kids to play and be healthy. So Urban Perform began by focusing on youth fitness with an after-school program. Last August the gym partnered with Odyssey Villas Apartments, permanent housing for formerly homeless families, to provide an after-school exercise and nutrition program for the kids in the housing complex.

Now, in that old gas station, Urban Perform has

treadmills, elliptical machines, free weights, bands, balls, and other fitness equipment. There’s also a full schedule of exercise classes for adults, including indoor cycling, Zumba, yoga, circuit-training, kickboxing, and Pilates. The instructors teach their classes for no pay. At this gym, there’s no binding contract and no need to prove residency. The first visit to Urban Perform is free, and then it’s \$2 to drop in or as little as \$15 for a month. Pritchard’s goal is to get 400 people through the door this year. In the first month, she got more than eighty.

There’s no plan to turn this operation into a for-profit venture; the gym is primarily funded by a three-year, \$90,000 grant from the Atlanta Falcons Youth Foundation and individual gifts. The goal is to raise enough money to move from the cramped gas station to a bigger nearby location that can accommodate not just the gym but also a childcare space.

“We’re seeing people get excited, and viewing this as something the neighborhood values and enjoys,” Pritchard says. “They’re making exercise a part of their routine, and that’s success.”



Organization Name: Urban Perform (UP)

Mission: To improve the health of families in underserved communities by promoting quality nutrition & active lifestyles.

Contact: Laura Pritchard-Compton, Founder/Executive Director

Address: P.O. Box 92392
Atlanta 30314

Website: <http://urbanperform.org>



UPCOMING OUTREACH EVENTS AND CLASSES @ SEVANANDA



Ifini Sheppard
Outreach Assist

DOGWOOD FESTIVAL

Friday, April 10 – Sunday, April 12
Location: Piedmont Park ~
Sevananda will outreach in the Eco-Village!!
FRIDAY: Noon - 9 pm
SATURDAY: 10 am - 11 pm
SUNDAY: 10 am - 6 pm

INMAN PARK FESTIVAL

Friday, April 24 – Sunday, April 26
Location: Inman Park ~
Festival opens daily at 11am and the parade
occurs on Saturday at 2:00 pm

DR. CHRIS WORKSHOP

Saturday, April 25 ~ 12pm to 1:30pm
Location: Sevananda Community Room

SEVANANDA SPRING MEMBER MEETING

Sunday, April 26, 2015
Location: TBA - Check Website
Time: 1:00pm - 3:00pm

SWEET AUBURN SPRING FESTIVAL Mothers' Day Weekend

Friday May 8 – Sunday, May 10
Historic Auburn Avenue District, Downtown
Atlanta
Friday 5pm - 9pm / Saturday 11am - 9pm /
Sunday 2pm - 8pm

SEVANANDA MEMBER MIXER IS BACK!!

Thursday, May 14
In the Sevananda Community Room from 6pm – 8pm

WONDERFUL WIZARDS OF RAW FOOD EXTRAVAGANZA

Saturday, June 6 ~ 12pm – 7pm
Location: Tassili's Raw Reality Café
1059 Abernathy Blvd. Historic West End Atlanta 30310

ORGANIC FEST 13

Saturday, June 27 ~ 12pm – 8pm
Location: Omenala Griot Museum
337 Dargan Place SW ~ Atlanta 30312

Dr. Hernandez Hands-On Vegan Cooking Classes at Sevananda

- Each class is \$25 in advance and \$75 at door
- Bring a cutting board, apron & sharp knife ~ Food is provided
- Call 404-401-7448 for info

Sunday, April 12 ~ 12pm to 2pm

Vegan Rib Wraps, Sweet n Sour Cole Slaw, Yellow Mangarrots

Sunday, April 26 ~ 2pm to 4pm

Beetloaf, Caulimash, Purple Green Beans

Sunday, May 3 ~ 2pm to 4pm

A Taste of Italy featuring Butternut Chard Lasagna, Baked Tomato Oregano,

Pasta e Fagioli soup

Sunday, May 17 ~ 2pm to 4pm

Spicy Carrot Tuna Tacos, Chopped Suey, Plantain Pie

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