

C-OPTIONS

Jan/Feb/March 2018

SEVANANDA
NATURAL FOODS MARKET

Vol. XIX Issue 1



**A New Year is like a
New Healthy Life!**

Happy NEW YEAR

THE INSIDE SCOOP: JOYFUL SERVICE

FIRST WORD
*General Manager
Cooperative Director*



By the time this article is published in the January Co-Options, it will have been a full year since I rejoined the Sevananda family on our journey of joyful service. As I always say, "What a ride"!! Our amazing staff make their contributions here each day, week, month, and year. My wish is that they are truly able to find joy in their service and sustain passionate, healthy and happy lives. My joy comes from knowing that our vendors and distributors find joy in distributing their products here, that our customers find joy in shopping here, that our owners find joy in seeing their business thrive, and that our Board is joyfully inspired and proud of the vision they helped to forge with the owners they represent! My joy comes from knowing that all of what we are all doing and the ways that we are contributing, bring joy to our community and extended community. My joy comes from knowing that we are creating a ripple of joy that extends beyond our immediate view. My joy comes from knowing that more joy exists in this world because we are here and we're paving the way to continue our mission.

Despite competition, buyouts, takeovers, and game changers, our retail operation is strong and getting stronger every day. We won't be complacent, but we know we've got something special in this thing called our local community co-op. It's driven by the passion, purpose, and commitment of our unique difference that can't be duplicated or replicated. Our competitive edge is home grown, slowly cultivated, built on relationship after relationship, one by one, and sprinkled with love, and rooted in the fact that we care about our community and about each other. Not just a little more, but a lot more than our traditional retail counterparts.

As a foundation of change operationally, we've added more staff and a store support department to offer additional service to customers, reduce stress in each department, and maintain stronger operational support for our facility, we've begun more staff/management training, and customer service training this year. We'll begin maximizing our point of sale system to track shopping patterns, create customer loyalty programs, monitor inventory, and add another check stand for quicker checkouts. We've begun to update our equipment and will continue to upgrade facility appearance this year. We'll add and delete menu items in our

grab and go and international flavors to our recipes and offer more hot/cold bar options for most popular items. We'll add a triage approach to our wellness department with wellness coaching and consults to accommodate the increase of incoming customers in chronic states, intermediate level and general info and health education demands. We'll be adding more concentrated and a variety of cooking/food prep and co-op education to our educational offerings to educate on this model and teach communities how to replicate this model in their neighborhoods. We've begun Co-op Connect bringing together farmers, local vendors and our customers and owners to create new local foods systems. We'll begin to add more local options in our produce department and revolutionize how produce departments are done in the coming years. We'll be hosting more events and activities to engage new customers and owners, and we'll be launching the HerbNFood Club to offer extended benefits of membership and expand our reach to existing and new owners, customers, partners, and the general community. We'll be collaborating with more community partners, educators, and holistic health industry partners to create healthier staff and community and we'll be launching our non-profit to begin farming projects, cooperative incubation projects, daycare projects, and wellness education. If we continue on the same path as 2017 and sales continue to rise and we can keep costs down, we'll be profitable and in a position for the Board to vote on issuing patronage refunds later this year. There have been and are challenges, but we overcome them one by one and our potential and capacity for greatness continues to grow.

Our mission is to empower the community to improve its health and well-being. Our ends statement declares that we are cultivating a culture of service, with knowledgeable members, creating a network of local viable services, in an environment which is sustainable and nourishing, provides local, regional, global connectedness, relationships which are fair, inclusive, interactive, empowering, and cultivates an economy which is thriving, autonomous and beneficial for all involved.

Our triple bottom line commits us to relational, environmental, and economic wealth. We work toward that every day and we work to master this cooperative model. After 43 years of practice we're ready to do just that! Master it! After this past year of listening, observing, imagining, visioning, restructuring, strategizing, and planning, embracing personal growth and organizational evolution, we're ready to create another level of joyful service. It's our own unique brand of service, our genuine love of humanity, and passion that drives sales, relationships, fuels our cooperative spirit and everything else! Join us as we continue to thrive! Onward...

In Joyful Service,
Ahzjah

WANT TO BECOME A SEVANANDA VOLUNTEER?

Active participation of members is the foundation of any cooperative. Sevananda Natural Foods Market Co-op owner/members who diligently supported the operations of the Co-op.

We are now asking for our owner/members to volunteer their time to help us. volunteer members help make Sevananda successful.

VOLUNTEER TODAY !! Please Ask Us How !!

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Message from the Board of Directors



Welcome to 2018!

COOPERATIVES are a valid alternative economic system. They recycle consumer dollars into the community that has a vested interest in sustainable and obtainable products and services for the human right to live a life of self-determination.

Capitalism's "feed the need of greed" motto has failed. The other social, political, and economic systems that we've been taught, often touted as monsters and enemies to democracy, are not necessarily the viable alternative. We see, and financially feel, all the signs of this failed system of disproportionate distribution of wealth, goods, and services. The corrupted form of democracy has allowed the criminal-minded and selfishly-intended to lavishly gain while those who lack the "dog-eat-dog" competitiveness feel inadequate and seek to discover the "secret" so they too could be akin to what George W. Bush 43 calls, the "haves and the have mores."

The fierceness that Mother Nature is displaying on ALL parts of the planet whether human-directed ala HAARP (High Frequency Active Auroral Research Program), Global Warming or Mother Nature just plain taking her "course", mandates that our best recourse is the one that simply galvanizes people of good will to come together and COOPERATE.

Cooperatives operate in a system of economic action and business enterprise characterized by the absence of the profit motive and involving, as a primary function, the distribution of goods and services. Traditionally, they have been a movement of consumers who unite based on their mutual interest in reducing living expenses and benefiting from the ownership and control of production facilities and of accommodations shared by all.

Some cooperatives, however, serve the interests of people functioning as producers, not as consumers. Producers' cooperatives include associations of workers who cooperatively own and operate factories or farms. Producers also form associations for the purposes of economically purchasing supplies and of profitably marketing their produce; such associations have been essential elements of the cooperative movement in the U.S., especially among farmers. Social changes resulting from the operation of consumer or producer cooperatives are usually regarded as by-products of an economic motivation.

The successful example of cooperative business provided by the Rochdale Society, which established between 1850 and 1855 a flour mill, a shoe factory, and a textile plant, was quickly emulated throughout the country. More than 400 British cooperative associations, modeled after the Rochdale Society, were in operation by 1863. The English movement became the model for similar movements worldwide. By the mid-20th century, it comprised almost 2400 associations of all types. The Co-operative Wholesale Society is the largest distributive agency in England.

Producers' cooperatives have been formed within the fishing industry for purposes of marketing, purchasing marine gear, providing dock maintenance, unloading, and bargaining collectively. In the retail food industry, consumer-goods societies provide goods and services for more than half a million members. Grouped around a core of supermarkets, in many areas, are substantial furniture, pharmacy, hardware, optical, and service-station operations. Most of the local consumer-goods cooperatives obtain their supplies from full-line cooperative grocery wholesale warehouses. These warehouses, in turn, buy from a central purchasing, manufacturing, and merchandising service owned by and operated for the wholesale cooperative associations throughout the United States, Canada, and Puerto Rico.

Consumer cooperation received early popular support in France, Germany, Belgium, Austria, Italy, Denmark, Finland, Norway, and Sweden. The Swedish movement, which

became remarkably successful in both the distributive and manufacturing fields, is a significant force in the Swedish economy, often called "the middle way" indicating its position between individual enterprise and socialism.

Following the establishment of fascist dictatorships in Italy and Germany, the cooperative movements of these countries were systematically destroyed. The same fate befell the movements in countries occupied by Italy and Germany before and during World War II. Considerable progress has been made in rehabilitating cooperatives since the end of the war, and they have become an important part of the economic life of countries in Eastern Europe, Africa, Asia, Australia, and the Americas.

The International Cooperative Alliance (ICA) was formed in 1895. In the mid-1980s the ICA recorded a membership of about 355 million individuals. Affiliated organizations existed in some 70 countries, including consumer, agricultural, fishery, productive and artisanal, building and housing, and credit cooperatives. The greatest concentration of membership was in Europe; next in rank was Asia. Through the ICA, mutual trading and financial relations are facilitated between cooperative organizations in various countries engaged in wholesaling, marketing, production, banking and insurance.

The ICA links the cooperative movements of various countries so that they form one expanding economic system to create a world environment favorable to cooperation by removing causes of economic strife and obstacles to mutual understanding and permanent peace. The ICA is the largest nongovernmental organization with a voice in the United Nations.

If you are not a member of Sevananda Natural Foods Coop ~ Join Us! If you are, get more involved!

Yours in Service,
Wanique Shabazz, President

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



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

The Endangered Male Sexual Health

Sexual performance is probably the most common concern of both young and aging men as it relates to their health and relationships. The average man's sexual peak usually occurs around the age of 18. However, due to poor diet and the stresses of modern living and unhealthy lifestyles, significant declines in sexual performances can occur as early as 26 years of age. When men reach the age of 35 they sometime begin to notice a longer time needed to be aroused and to achieve a full erection. These problems can range from a less than firm erection, lower libido, decrease in sexual stamina and lower volume of ejaculation during orgasm.

As men age, there is usually a drop in the production of hormones such as DHEA, testosterone and other related androgens or sex hormones. When the average male reaches the age of 40 both testosterone and nitric oxide level can decrease by 1% for each following year. Research clearly shows that about 20% of men in their 60's, and 50% of men in their 70's, have significantly reduced testosterone levels.

Fifty to one hundred years ago, the average male testosterone level was around 1200 ng/dl. During that period, men were more driven, ambitious, aggressive, confident, courageous and pioneering. Today sexologist can see a drastic drop in T levels of men which can have various effects. Over time as T levels dropped, estrogen levels rose thus creating a vicious downward spiral for the would-be "sexual warrior". Based on new research, the average testosterone level for average athletic males is now 700 ng/dl. Non-athletic males' levels range, as of 2017, are about 400 ng/dl. Most medical doctors view a testosterone level of 300 ng/dl as normal and healthy by today's medical standards. A total testosterone level of 300 usually renders a male feeling less than virile, depressed, and angry, with a low libido and wavering interest in the opposite sex.

More than ever in history, men are experiencing many effects of female-oriented hormones. The main culprit is xenoestrogen exposure in our air, water and food chain. Xenoestrogens are chemicals that mimics natural estrogen while wreaking havoc on our reproductive system. They are indeed endocrine disruptors causing male breasts (gynecomastia), obesity, cancer, infertility, depression, and low testosterone levels for both men and women. Everyone needs to be more aware of the various sources of xenoestrogen and become more proactive



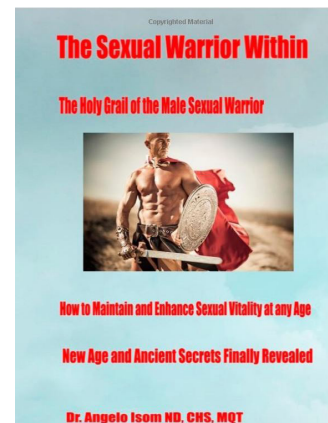
in avoiding exposure. The problem of xenoestrogens is so pervasive in our modern society and yet hidden to most people in our food, air and water. External or exogenous estrogen should be avoided at all cost. The best place to start is in your own home. Xenoestrogen can be found in plastics, hair spray, perfumes, detergents, meat, medications, pesticide sprayed foods and industrialize chemicals.

Are xenoestrogens unsafe for women? The answer is always yes. Xenoestrogens stimulate estrogen-sensitive tissues excessively, leading to diseases like breast fibrocystic disease, endometriosis, heavy menses with breakthrough bleeding, uterine fibroids, PMS, breast and uterine cancer. The paradigm of sexual health in the future will be based on mind, body, energy flow integration rather than the mere use of pharmaceuticals, hormone replacement or steroidal compounds. Many of the sexual esoteric guarded secrets from the past about sex were

kept away from the mainstream population and privileged to only a few.

This information is now available in my new book, "The Sexual Warrior Within." Within the content of this book is presented both theory and practice of male sexuality in addition to holistic approaches and solutions. Sexual issues such as impotence, low libido, erectile dysfunction etc. are fully explored in detail. The Sexual Warrior Within encompasses both the physics and anatomy of male sexuality in addition to providing a comprehensive examination of the more compelling sexual issues that need to be addressed. Many non-invasive holistic solutions are presented and carefully explained to enable almost anyone the needed resources to reconcile and restore sexual potency. This book should be treated as an arsenal for the survival of the endangered male sexual health.

Dr. Angelo Isom N.D. CHS, MQT, author, lecturer, male holistic health adviser, researcher, healer, qigong master, martial arts lineage holder and director of Life is Healing Institute. Contact information: lifeishealing.com, harmoniazngfist.com



CREATING VISION



by: Cheranna Dottin
Marketing/Member
Service Asst.

The year 2017 has come and gone leaving us with many heartfelt memories. From the introduction of a new Board of Directors to the welcoming of the new general manager, staff members, shoppers and Member Owners, this has been a challenging yet inspiring year. If it's one thing this year has thought us is that there is always room for positive growth and constructive change. We would like to thank our Owners, both old and new, for believing in the vision and making us your health and wellness forefront. We could not have done this without you all!

Sevananda is unique in many ways. Our business model continues to inspire and empower each person who enters our doors. As we move into a brand new year, many visions run through our heads as to how we can take Sevananda to the next level. We are a Cooperative, therefore we take value in ensuring great service to anyone we encounter, whether it's instore or outreach.

For 2018 we would like to launch the "Own Your Health" campaign. We are tasking all of our Member Owners to get more involved! Join a Board Committee to assist us with expanding the vision. Attend a Board meeting and update your email on your account so that you can stay in touch with what's going on around the Co-op. Become a Volunteer Owner to assist us with educating the community about the fact that Sevananda is here and ready to heal the world.

Our amazing staff has been working diligently to bring awareness of the Co-op and the many healing entities we offer. We cannot do it without our Owners. ATTENTION SHOPPERS!! We are tasking you with "owning your health" by becoming an Owner of the Co-op and "walking the Co-operative talk". Give us feedback in areas that you believe we can improve so that Sevananda can elevate during this New Year! We are the major outlet in the Atlanta area for sustainably-produced, vegan/vegetarian, organic and local products. 2018 is the year that we will continue to heal Atlanta because – "Our Health is Our Wealth".

Shay Latte Serves Up a Cup of Coffee, Creativity and Culture



What makes a good cup of coffee, well... good? Is it the aroma or the smooth taste? Is it the way it gives an energy boost throughout the day? Is it its strength and potency? Is it the creams and sugars that make it extra sweet? Or is it the entire experience that makes a cup of coffee so undeniably delicious? For Shayla, visionary of Shay Latte Coffee – an Atlanta-based coffee company – it is the entire process, from the seed to the cup. The company's holistic approach and philosophy leads and inspires the culture of Shay Latte Coffee.

Shay Latte Coffee is Atlanta's finest, nutrient-rich beverage that delivers a refreshing taste and sustained energy. Created by Shayla, former NFL Atlanta Falcons' Cheerleader and Creativepreneur, Shay Latte Coffee introduces a healthier, premium coffee experience for ATLians. Produced locally in Atlanta, Shay Latte Coffee has low acid content, is stomach friendly, rich in antioxidants and is a boldly flavored drink. Unlike other coffee options on the market that tout high sugars, artificial flavors, and additives, Shay Latte Coffee's proprietary blend and roasting techniques ensure a refreshing taste without the caffeine crashing side effects. And coffee has its benefits. Recent studies from the Mayo

Clinic suggest that coffee decreases the risk of depression and Type 2 diabetes, while reducing the risk of stroke by 22 percent. The Shay Latte Coffee unsweetened cold brew bottles is the company's bestseller as it provides customers instant energy plus a smooth taste without the additional sweeteners, thus enhancing its health benefits. The Shay Latte Coffee brand stands for more than just fair trade: they work hand-in-hand by investing in and empowering family coffee partners with improved resources. With coffee beans grown on a family-owned and –operated farm in West Africa, on nutrient-rich soil that has been cultivated for generations, Shay Latte Coffee is sustainable, economically supports growers, and promotes lifestyle wellness. "Women are the start of life; we birth winning ideas," Shayla said. "We have the capability to caress the world with nurturing energy to ignite one's passion and create impactful contributions. I do this through coffee."

Shayla understands firsthand the importance of providing artists with a beverage that fuels and feels good. The brand nurtures the creatives, entrepreneurs, innovators, forward-thinkers, and artists, yet is available to be enjoyed by all. During her 5-year reign as a NFL Cheerleader, Shayla's coach Chato whispered to her that she had a special touch and would contribute world-class ideas. Years later, after struggles, career changes, and confusion on what was to come next for her, she finally understood what Chato whispered and decided to take action towards her contributions to society. Shayla has a love for arts and human excellence, and her passion is to award scholarships

to artists to empower their creative expressions. For the past two years, Shayla has invested funds to elevate artists' development. She envisions Shay Latte Coffee as a brand that will inspire health, creativity, and cultural connections. The brand will further provide coffee growers with mutually beneficial trade practices and increase artists' awareness through collaborations on product packaging, marketing initiatives and the like.

Shay Latte Coffee is available in cold brew coffee bottles at Sevananda. The aromatic flavors captivate the senses leaving the coffee lover to enjoy a euphoric level of tasteful bliss. "I am my ancestor's wildest dream and I honor my business and philanthropic platform," Shayla said. "I intimately feel in the belly of my soul that Shay Latte Coffee brand will be a monumental platform with the right people in position to help us soar. I want to continue to create miracles for people. Giving is an art that I love so much and Shay Latte Coffee is one of the

Contributing Writer: DeAnna L. Carpenter, @shewhobuilds



SEVANANDA'S FRONT END



by: Sylvia Yorke
Front End &
Customer Service Manager

Greetings Sevananda Family!

I have been employed at Sevananda since 2006. Starting out as a Cashier, I was promoted to Customer Service Supervisor and now I am the Front End Manager. As the Front End Manager, my team and I believe in providing the utmost quality customer service year round. With the many changes throughout the store, as well as the faces that came and left, it is our duty to inform our member/owners and customers on our co-op updates.

I believe in treating others as you wish to be treated, and I always want our customers to feel appreciated. My way of showing our appreciation was the creation of Wind Down Wednesday. This is when we have selected discounted items and it is EVERY Wednesday. Can you believe that?! Our employees and our customers mean a lot to me. Each and every day, the Front End makes sure our member/owners and customers leave with a smile, because they are a part of our family. Own your health!

SEV GROCERY NEWS

On our way to a brand new year, Sevananda's Grocery Department will be bringing a much awaited new line of products for our member/ owners and customers. We want you to try out these new products and hope that you will fall in love with them. Also, Grocery will have more local vendors on the shelf with some brand new items that are coming into retail for the first time. Sevananda is a creative outlet for the community that shines for the world to see. See some of our new items below and thank you for being a part of the Sevananda Family!!

Happy New Year!!
Brian Jackson
Grocery Manager





SEVANANDA LINKAGE

ADAMA CHAIR OF THE OWNER LINKAGE COMMITTEE

We continue our celebration of 43 years of commitment to the CommonHealth of our local community as the largest Natural Foods Market Cooperative in the South-east. Sevananda has made great strides over the past couple of years in our financial and fiscal health, but now must re-energize our cooperative efforts in visioning our way forward as the needs of our community have changed over four decades. The Board of Directors is elected by active membership to lead the way in creating the vision for Sevananda and we entrust our General Manager and staff to put it all in motion.

As we are amid an upsurge in food security awareness and concern; increased conscientiousness of the efficacy of natural and wholistic remedies over pharmaceutical, surgical and invasive medical practices; as well as more Corporate initiatives in the wholistic and natural foods market; we must create more dynamic engagement and participation with our member-owners who remain our greatest untapped resource.

We strive to live in the awareness of the laws that govern our progression and know that growth, expansion and MORE is the natural order of the Universe and we seek to link with those who are caring to exalt life, re-

spect life and re-align our lives with the forces of life who are our customers, member-owners, vendors, suppliers to create an environment that exudes health & wellness. There are several opportunities you have in securing the CommonHealth that is the Common Wealth of our Coop, ourselves as well as our local and global community.

- Become a Member-Owner by investing \$120 for a full share & lifetime membership
- Make the initial \$20 investment towards your full Share of \$120 in 6 easy payments
- Re-activate your Membership by paying towards your full share
- Attend the Coop 101 Class 2nd Tuesday of the Month
- Participate with our upcoming Board of Director Elections to seat three Directors
- Become a Candidate for Board of Director Elections
- Vote during the Board of Director Election
- Join one of the Board of Director Committees by completing and submitting an application from Customer Service. (Go to www.sevananda.coop for the list of Committees)
- Attend the Board of Directors Monthly Meeting 3rd Tuesday of every month 6:30pm
- Attend our Member Mixers

- Attend our Annual Member Owner Meeting
- Attend the Coop Connect Visioning Sessions between Owners, Customers, Farmers, Suppliers
- Participate as a Coop Volunteer (Get more information from Member Services)
- Make sure we have your email address so that you are kept abreast of Sevananda events
- Put your suggestions and ideas for Sevananda's in writing and submit to Customer Service with your name and contact information.

We live in an auspicious time of change, progression and the fulfillment of karmic debt at every level. It is my prayer that we each are on the right side of the equation of justice, truth using the keys of love, light and always seeking wisdom and balance. The tremendous opportunity for growth and expansion becomes our actuality when we are truly committed to and successful in doing that which is in our own best interest consistently over time; where we share this daily effort and practice, we compound our successes and victories. Bless you and Thank you for Being the one you are and joining us in our collective effort to increase the Common Health and Wealth of our local and global community!



*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.wrfq.org Thursdays Midnight-6am
www.adamaspeaks.com, www.bbsradio.com/adamaspeaks, www.youtube.com/adamaspeaks*

Our perspective and perception are extremely important as foundation for how we react or respond in and to situations and circumstances. Influenced by culture, society, religion, education, business, socio-economics, popular opinion and what has been heard consistently over time; perspective and perception can reflect a mindset or set mind that is the result of programming instead of true thought, contemplation, meditation or desire to know truth. Faced with challenges to our spiritual, mental, emotional, physical and material well-being, we must re-examine the way we are thinking, perceiving and allowing others to shape our perspective, particularly where we become depressed, pessimistic, faithless, hopeless and/or fatalistic.

We've heard, "Be ye renewed through the renewal of your mind", the renewal of the mind is best done through the cleansing and renewal of the bloodstream. The spirit is charged upon the blood, the condition of the blood lays foundation for the quality of the thought, which influences our choices and lays foundation for the substance and quality of our character influencing the substance and quality of our Spirit or the lack thereof.

We are Spirits dwelling in these temples (our bodies) where we have opportunity to commune with the Intelligence of Existence that is beginningless, endless, infinite and eternal. We have come to the planet through the wombs of our mothers, sparked by the divine sacred fluid from our fathers. We dwell on a planet that is spinning in space in perfect harmony with the Sun, Moon and other planets that are as big as periods at the end of sentences within this miraculous Universe traveling with and through our galaxy which is one of an infinitude of galaxies and universes within the Cosmic. The divinity of Existence Itself and the miracle of our being and All Being is ordered, lawful and divine. We were designed perfectly with and by the perfection of The Intelligence of Existence for the expressed purpose of harmonizing with It for our self-realization, self-actualization and evolutionary Soul unfoldment as Cosmic Citizens and conscious immortals.

The conditions that we acknowledge as sickness, illness, disease, depression, despair, dissatisfaction, discontent, distortion, dysfunction and death are the manifestation of systems of oppression through the perpetuation of devitalizing, acidifying, mucus producing, intoxicating and generating non-food stuffs sanctioned by government,

religion, mis-education, socialization and capitalism; none of which, however are as powerful or as permanent as absolute love, light, wisdom and truth!

We live in such an auspicious time, in that, we have access to the brilliance of the love, light, wisdom and truth of the Intelligence of Existence as it has gifted Itself to so many who have gifted their realizations, revelations, epiphanies to those who knock, seek, ask and care to be attuned to the Absolute.



ZERO WASTE AT SEVANANDA

RECYCLING
 COMMUNITY ECOLOGY RESOURCE
 GOAL GARBAGE SAVE LIFESTYLE
 TRASH MANAGEMENT
 REUSE ZERO WASTE REDUCE
 REFUSE EARTH PLANNING
 HOUSE ENVIRONMENT HEALTH
 NATURE

by Ree Shreeves
 Earth Advocate, Fort Negrita

Since its conception in the the early 70's, Sevananda Natural Foods Market has always been a place for providing fresh healthy foods and herbs, advocating for marginalized groups of people and promoting actions to restore and protect the planet. These ideologies have continued to make Sevananda the most zero waste friendly business in Atlanta.

Zero waste is the act of transforming wasteful habits to trash-free alternatives to eliminate the landfill industry. The average American throws away four pounds of trash a day; one pound of trash a year. One of the greatest ways to start the zero waste lifestyle is while shopping for groceries. By refusing to buy items in disposable packaging, you decrease waste production including virgin materials, fossil fuel extraction and landfill space.

When I decided to go zero waste two years ago, I knew the lifestyle would be possible because of Sevananda. The store's infrastructure makes it easy for anyone to minimize their trash footprint. Here's a list of ways you can navigate the co-op without creating waste.

1. Bring your own packaging: The best way to avoid packaging while shopping is to bring your own, and did you know that packaging makes up about 15% of the cost of most items. Before leaving home make a habit to pack reusable grocery bags, canvas produce bags, glass jars and containers.
2. Visit Customer Service for Tare Weights: Take your reusable jars, bottles and containers to customer service for the tare weight. Tare weight is the weight of an empty container and this will be deducted from the cost of your bulk goods.
3. Shop in the Bulk Section: The buzzing back corner of Sevananda is the holy grail of zero waste greatness. From dry grains to olive oils, there are many pantry essentials you can buy without packaging.

4. Buy bulk herbs and spices: After grabbing many of your grocery items from the bulk section, head over to the Wellness Department, and check the spices and herbs. There are spices, teas and herbs available to purchase with your reusable ware, there's even sage and incense in bulk!
5. Choose package-free soaps: Sevananda has several options for soaps that are unpackaged. There are bar soap options for bathing and liquid castle soap, which can be used for cleaning bathrooms, washing clothes and skin care.
6. Grab food from the hot bar: Bring your own container to the hot bar section for a meal to go without the packaging. The staff member will capture the tare weight of your containers and then fill it with yummy vegetarian food options.
7. Give some cents: Sevananda has monthly "Be The Change" partners, where shoppers can donate to Non-profit organizations at the register. Many of the organizations are environmentally driven, where your funds can support urban agriculture, tree plantings and preserving greenspaces.
8. Ask and you shall receive: With Sevananda being a small grocery store, it's easy to get to know the department managers. I have made small requests including grabbing mushrooms from the back before they were packaged in plastic clamshells. Your request can prompt big changes!

Words 2 Know
 Zero Waste - the practice of producing no trash, making no contributions to landfills and increasing efficiency.
 Bulk – Self-service bins of dry goods including nuts, grains, pastas and beans.

Reusable Ware - Environmentally friendly alternatives to disposable food ware such as plastic bags, plastic bottles and containers, aluminum cans, etc.



A YEAR LIKE NO OTHER!



by Carolyn R. Morris,
HR Manager & Trainer

In January 2018, we are stepping onto the stage of the new year focused on talent development. The term human resources or HR points to the individuals or employees within an organization. HR also relates to issues or functions that impact the same individuals, like on-boarding, termination, performance, as well as development and training. When all is said and done, we must recognize that each employee (human being) is unique and has his/her own mission and purpose for showing up on the planet. At the same time, these employees also bring gifts that fuel an organization's mission. At Sevananda Natural Foods Co-op, we count it as our responsibility as an employer to play to the strengths of each person's uniqueness.

While the field of HR can be broken down into a myriad of disciplines such as benefits, employee recruitment and retention, and training and development, at Sevananda we know that in order to sustain the business we must grow and nurture the talent of each unique individual on our team. By fueling the knowledge that each of them embody, we will support economic growth.

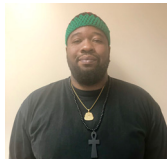
As we raise the curtain on talent development in 2018, we do so knowing that the service you the owners and customers receive, both internally and externally, is what will keep you satisfied and coming back to your community cooperative. We also rest in the comfort of knowing that we are making each of our team members more powerful in their truth and planetary purpose.

In October 2017, we turned 43 years old, and like most our age, we have gained a little more insight. With this wisdom, we are going to make 2018 a year like no other! We believe with age you get better; and we look forward to your basking in the knowledge that your local community cooperative, Sevananda Natural Foods Co-op is committed to the power of our people. And, that our people are committed to the joy of serving you.

~Warmly,



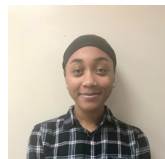
Amanuel Befecadu



Daniel Osbie



Kia Waire



Lyric Batemon

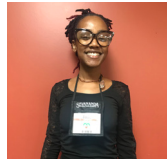
welcome to our
NEW HIRES



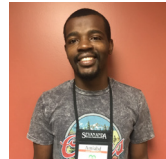
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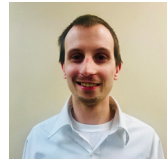
Cody Norris



Jade Cleveland



Eddie Lewis



Matthew Baron



Jeffery Williams



Esta Pate

Words From The Editor Co-Options, Marketing/Member Services

Happy New Year! Now that all of the events, festivities, and movements are over for 2017, we now gather our minds, bodies, and souls to start new beginnings for another new year, 2018. Whether you are making new resolutions, starting a new diet or even exercising more, it's still a new beginning for a "New Year". Just know that Sevananda is also making new beginnings, for another prosperous year, and I am happy to be in the mix! We closed out 2017 with many changes in our store, making new friends from all over the world who come to shop with us, new outreach and event relationships and the list goes on.

As Marketing/Member Services Manager, I am excited about the coming year. On the member/owner side, we are very enthusiastic about the linkage between Sevananda member/owners and their Board of Directors, and the future growth of our Co-op. I look forward to more engagement with our present members, as well as our incoming new members. We have started our member/owner engagement process again, and look forward to connecting. We truly value the knowledge that you share with us. The

ideas and visions of the future that you have will enhance our ability to create a dynamic community center here at the food cooperative.

On the marketing side, we plan to engage more in the community by having signage that keeps you informed about events, classes, and anything going on at Sevananda or with our community partners. We are designing new brochures, flyers, and marketing tools that – "GETS THE WORD OUT".

And here are my final words for 2017 as Editor of the Co-Options:

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

Sevananda is looking forward to engaging with everyone for a "GREAT YEAR"!!



Sharlise Lowe
Editor-Marketing /Member Service Manager

**HAPPY NEW YEAR
2018**

THE HEALING POWER OF RELEASE!

We have all heard of the sayings and concepts that “we are what we eat” (and drink), what we breathe in and put on our skin, and what we actually do on a regular basis. But just as importantly, we have heard that we are also what we truly believe and speak into existence. So with that awareness, we here in Sevananda’s Wellness Department affirm and wish you “Peace, Love and Power” to achieve deeper healing and a greater state of wellbeing- as we graduate and evolve to higher levels in 2018.

Of course many of us will be re-committing to targeted health goals to cleanse and detox our physical systems. Therefore, Sevananda will continue to be a solid source for providing you with the herbs, tonics and supplements to support you on that journey. Also, in addition to resources to cleanse the colon, we have many other quality elements and products to assist with cleansing the blood, the liver, kidneys, and to kill parasites and worms as well. Most people think to cleanse the colon, but may not consider the process to also cleanse these other systems.

Along with the goal to cleanse, of course there is always an ongoing popular interest in losing weight during this time of the year. But we also encourage you to consider the intention of losing waste as a foremost priority when cleansing as well. And that waste may take on many forms- from the “gunk” that junks

up our colon and makes up much of that extra waistline, to toxins in the blood, to the heavy energetic and emotional baggage that we may also carry with us... for years.

The concept of “The Healing Law of Release” is discussed in the book “The Dynamic Laws of Healing,” by Catherine Ponder. It discusses how disturbances or “misdirection” of the emotions strongly affects your health. Accordingly, some of us have heard the term “Issues get in the tissues,” and how many have had profound healing experiences through the process of release and emotional healing. Therefore, our Wellness Department continues to be a source of helpful books and inspirational tools to assist with wholistic wellbeing in all of these forms. We also remain committed in 2018 to partnering with local vendors and holistic practitioners to present educational presentations for the community- to impact our health from all angles. So stay tuned.

Also, with January being the month to focus on the awareness of Thyroid, Women’s Cervical Health and Glaucoma, our Wellness Department is highlighting the quality items that we carry to support all of those areas. Of course iodine is key to thyroid health, and we have several sources of it, including the popular seaweeds kelp and bladderwrack, plus other quality iodine sources. We also have an exciting new yoni (vaginal) herbal steam product, a popular Women’s Womb Detox tonic, plus a recipe book

and upcoming event to support the elimination of Fibroids...highlighting cervical health month. Likewise, we have herbs such as Bilberry and eyebright, Omega 3’s and other excellent products for vision health- to support Glaucoma Awareness Month as well.



By Kim Purefoy
Wellness Manager

So whatever your focus or health goal or concern may be, Sevananda stands committed with you in releasing what no longer serves you...and in believing, speaking and doing what does serve you to heal and grow to the next level in 2018.



Magnesite (nickel-rich) from Kurnalpi, Western Australia, Australia

“HEALTH REGENERATION MANAGEMENT”



Doctor Bombay is a Healer born in India. His ancestry informs him to work with Fruits, Dates, Herbs and Oils to make Human Beings “WHOLE”.

“The process of Healing dates back thousands of years. It is recorded in Books known as “Ayurveda” or “The Book Of Life” - the oldest known Medical System recorded in India.”

~ Doctor Bombay

Dr Bombay will be giving a presentation on Health “the Seven Stages Of Digestion” at Sevananda Food Coop January 14th 2017 event 12pm to 2pm..... FREE EVENT



THE ULTIMATE DIABETES PACKAGE

Complete instructions for recommended usage of all components of THE ULTIMATE DIABETES PACKAGE will be available at Sevananda.



Justice ~ Redemption ~ Truth ~ Love ~ Peace ~ Forgiveness ~ Non-Violence

TYPICAL SYMPTOMS OF DIABETES:

1. Urinating often
2. Feeling very thirsty
3. Feeling very hungry, even though you are eating
4. Extreme fatigue
5. Blurry vision
6. Cuts/bruises that are slow to heal
7. Weight loss, even though you are eating more (Type 1 Diabetes)
8. Tingling, pain, or numbness in the hands/feet (Type 2 Diabetes)

The symptoms (above) are typical of Diabetes. However, some people with Type 2 Diabetes have symptoms so mild that they go unnoticed.

THE ULTIMATE DIABETES PACKAGE is designed to heal:

- ARTHRITIS
- CATARACTS
- CONSTIPATION
- DIABETES
- DIGESTION & CIRCULATION
- GLAUCOMA
- HIGH BLOOD PRESSURE
- LACK OF ENERGY & MENTAL CLARITY
- OBESITY
- NEUROPATHY
- RETINOPATHY
- SWEET TOOTH SYNDROME

DISCLAIMER:

- The statements, above, have not been evaluated by the Food and Drug Administration.
- These products are not intended to diagnose, treat, cure or prevent any disease.
- Pregnant women and people with Organ Transplants should not use this product.



Your Vegan Vegetaria

SEVANANDA
NATURAL FOODS MARKET



INFINITE UNIVERSE

by Jed Davis
Produce Manager



THIS UNIVERSE IS INFINITE
AND STAR LIT
THE RISING SUN GIVES
SO THE EARTH LIVES
THE MOUNTAIN RAINS
DRAIN THROUGH VALLEYS AND PLAINS
WHERE WE GROW VEGETABLES AND GRAINS
THAT SUSTAIN OUR BODIES AND BRAINS
SO THE SPIRIT OF CREATION
MAINTAINS ROTATION

**Don't Forget
Your Sevananda
Gift Card**

Share the gift of health
by purchasing a Sevananda Gift Card
Our gift cards are made from
100% post-industrial recycled PVC



n Co-op Headquarters



ATLANTA DAD AND DAUGHTERS TAKE ON SNACK INDUSTRY WITH SYMPHONY CHIPS

FAMILY RUNS ONE OF THE FEW BLACK-OWNED POTATO CHIP COMPANIES IN THE WORLD

Dondre Anderson is the master chef of his household. But if you ask his daughters, Amina and Amari Anderson, to name his specialty dish, they'll have trouble choosing just one.

"Definitely the Italian beef. That's good. That is the best," Amari said with confidence.

"Yea, but my favorite is the teriyaki chicken with rice. It was inside of a pineapple. It was awesome," Amina declared.

Dondre has his own pick. "I have my famous mac and cheese," he argued. "It's something real."

The mere mention of the delicacy caused the teenage girls to perk up in their chairs and release a collective, "Ohh yea!" But despite their differences, there's one food they agree will always have a special place in their kitchen — Symphony Chips.

It's a brand of gluten-free, MSG-free and all-natural gourmet potato chips, and it's their newest family business. Currently offering one Original flavor, with plans to release the Smoked, Au Jus, and Bouillon flavors later, the entrepreneurs are causing quite a stir among snack-lovers and beyond.

In fact, they've already marked their place in history as one of the few black-owned potato chip companies in the world.

"I thought, 'Wow! That's cool.' I did some research and found out there were only two others," Dondre explained. "It's one thing to be recognized for having a good product. It's another thing to be recognized for doing something positive as a black family. That feels really good."

Dondre never had an issue persuading his girls to join the business. They've been a part of the process since the family successfully launched a line of seasonings called All A Spices in 2010.

It's the dishes and the laundry he has a hard time convincing them to complete.

"The business is set. You get orders, and you know what you need to do to get them done," he said. "When it comes to the chores, that's a different story."

The girls' immediate laughter seemed to affirm their dad's sentiment.

Their love for food, however, is a sure thing. Symphony Chips was a bit of an accident, though.

When they were testing the spices, they sprinkled the signature Symphony one on some homemade potato chips during a demo at Sevananda Natural Foods Market in Atlanta in 2015.

Pretty soon, there were no more chips to hand out and no more seasonings to sell because customers had completely wiped the shelves clean.



"It happened every time we sampled the seasonings on the chips. People would say, 'Oh my god! I want a whole bag of chips.' That's when we kind of knew we had something," said Dondre, who works as a full-time software engineer.

The trio received even more confirmation when they landed a deal later in 2015 with an Ohio-based potato chip manufacturer that would help package and distribute their goods.

With an agreement in place, they rebranded the product, giving it a new look. They also relaunched the website and created social media accounts on Facebook, Twitter and Instagram, with one on Snapchat coming soon.

But they didn't change the name. Symphony just stuck.

"My dad, who worked in a Nevada steakhouse as an executive chef for years, always had this saying — 'Food should be an experience.' It should take you on some kind of journey. If it doesn't, don't eat it," he said. "That's why we named it Symphony, because everything should be harmonious. It should all come together."

The growing success is like music to their ears. The chips are now available in four locations in Atlanta, including the Atlanta Symphony's concession stand and Sevananda Natural Foods Market, and have been sold in 41 states across America, including Hawaii. The treats are available online (symphonychips.com) for wholesale and retail orders, too. Now, they have their eyes on international buyers.

As young businesswomen, the North Atlanta high schoolers have front-row seats to the world of entrepreneurship. Amina, a sophomore, and Amari, a freshman, are soaking up as much knowledge as possible, and the booming business is even influencing their career choices.

"I don't know what college I want to go to yet. I want to major in business, because this entrepreneurship is cool. I know you get brownie points if you start a business before 18, because people always love the cute little faces," joked Amina, who also plays tennis.

And Amari, a bass player, is already cooking up the family's next product.

"I'm still working on the name and the right mixture, but I'm trying to make gluten-free chocolate bread," Amari said.

"Now that the chips are out, I'm going to follow them with more spices, which Amina is working on. When the spices begin to take off, I'm going to follow that with Amari's mix," Dondre added.

It's safe to say the Andersons are in it for the long run, so there's no doubt the girls are learning the importance of responsibility and family. As for the chores, they're still working to master that lesson.

"It's the folding and putting the clothes in the closet that's a lot," Amina giggled. "There should be a machine that does all of that."

by Najja Parker - The Atlanta Journal-Constitution

GET YOUR BAG OF CHIPS AT SEVANANDA



BE THE CHANGE

Celebrating Community Change Makers! By Ifini Sheppard

2018



2018

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

Every day we are inundated with horrific happenings in the world. Have you wondered what you personally can do about it? Sevananda's Be The Change Program is the way we are conquering these awful conditions. From the environment, to poverty, homelessness, hungry and the arts, this is our way of contributing to a healthier world. Each time you go through the register at Sevananda, you have the opportunity to assist a local nonprofit in making changes for the betterment of society. Either by donating a specific dollar amount or rounding your purchase to the nearest dollar. All of your donations are contributing to a better world. We know that people are overwhelmed by the negativity in the world. This is a great opportunity to be a blessing and do something about it!

Attention! Attention! Sevananda Natural Foods Market is proud to announce our Be The Change partners for 2018! Locally based 501(c)(3) non-profit organizations are the recipients of this thriving program at Sevananda. It is always a hard choice because we receive applications from a variety of powerful nonprofit organizations. The Sevananda Be The Change Selection Committee read each application and vote on the ones felt to be the best fit for Sevananda's vision of what the Atlanta community needs. This year we have organizations that promote the performing arts, automobile safety for young people, the continuance of ancestral rituals, eradicating hungry, clean water and the environment and more. This variety of issues and the attempt to find solutions for these problems is what makes this program a real gem for

the community.

Be The Change helps support Sevananda's vision to promote the "common health of the community." The program was renamed "Be The Change" in 2008, and is so-named after the quote from Mahatma Gandhi: "We must be the change we wish to see in the world."

The selected 2018 nonprofit organizations will each be featured in a particular month of the year. These organizations will receive:

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

Originally launched in 1997 as the "Community Change" program, it's now entering the 21st year and has supported over 200 different community-transforming nonprofit organizations. Since the name change, Sevananda Natural Foods Market has raised a lot of money, as well as community support for the Be The Change Program. As Sevananda's previous Member Services and Outreach Manager, Jane Walsh noted in the November 1996 Co-Options article introducing the original "Community Change" donation program, "If only 10% of shoppers each day contributed 50¢, we could

raise over \$1,300 per month [for each organization]. Think what we could do if 20% of each day's shoppers gave \$1!"

Donate at Sevananda's Cash Registers

Keep Jane's thoughts in mind—about donating just \$1—as you pass through the cash register, and let our cashiers know if you would like to make a donation to the partner of the month. You can tell them to round up your cash register total to the next dollar or donate anywhere from \$1 to \$5 to \$10 to \$20 or more! Some member/owners actually use the nonprofit partner as their monthly charity and give substantial amounts to the round up! And believe me, these funds are put to good use.

Keep an eye out for the "partner of the month" as they will be tabling weekly in the store during their month. We also recognize the nonprofit partner during their designated month, and each partner is featured on the bulletin board in front of the cash registers and on signs at the registers.

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





FEBRUARY PARTNER

Indigo School of Light, Inc.

The Indigo School of Light is a series of ancient wisdom programs for adults and for children. We are living in a time of divine spiritual shift and upgrades. Many people are finding themselves feeling more drawn towards healing arts and alchemy. Because of this shift, much advanced spiritual work is needed to help raise the vibration and consciousness of our inner selves first, in order to shift our outer world, secondary. ALL change starts from within first. The challenge of today is to take back that power, because we have been taught in reverse, to fix the outer first.

ISL programs are designed to do just that! We are filling in the gaps with ancient spiritual knowledge to awaken the higher self. We are now realizing that our current school system and society is very individualistic, left brained, and lacking in true metaphysical and spiritual consciousness and sub-conscious training. Understanding all four of your body systems; emotional, mental, physical, and spiritual is very important and necessary to gain the proper inner- understanding of self and our evolving planetary upgrades. The Universal Source is very smart in that unique schools like this is set up to ensure that there are outlets for those who seek and feel the call to come and gain what was lost but is now awakened and being reintroduced.

Welcome back to your pure untainted loving self! The Indigo School of Light was established January 2017 and then became a 501(c) (3) in August 2017. We kicked off the program with an 8 week Metaphysical Rites of Passage Program for Nubian girl's aged 7-16 yrs. old. For our first year we are happy to report that we had an amazing 33 girls enrolled into our program that we successfully graduated! We had such a response that we actually had to turn girl's away based on the limited space and already have an over

flow list for our spring March/April 2018 program and plenty of inquires still coming in.

The program covers such subjects as matriarchal history, female/male archetypes, astrology, spiritual aspects of the female body/anatomy, basic herbs, essential oils, yoga, African dance, pendulum usage, meditation, natural cooking, cultural goddess etiquette training, jewelry making, sacred birth/womb cycles, color therapy, reiki training certification, sound therapy, crystal therapy, self-defense, natural hair care, and the power of sound and words to create by utilizing invocations and affirmations. The response to the program was so amazing that the parents of the children wanted classes too! So, in July 2017 we expanded, offering adult classes which includes meditation, tai chi, cooking classes, reiki certification, and trauma release workshops. The adult programs have also been a success!

We are currently operating out of the Historic APEX Museum in Atlanta, Georgia which is a grassroots African American museum in operation for 39 years and counting, nestled on Sweet Auburn Avenue which was once called one the richest African American communities in the whole world. We look to offer more classes, workshops, and programs moving into 2018 and beyond.



Organization Name: Indigo School of Light, Inc.

Mission: To share ancient knowledge of healing that has re-emerged for those who seek it and want to align.

Contact: Zema Love Fire

Address: 135 Auburn Avenue NE ~ Atlanta, GA 30303

Website: www.theindigoschooloflight.com

MARCH PARTNER BEAST ROB

BeastRob was founded in November 2015 to raise Colorectal Cancer Awareness. Living a fit and healthy lifestyle are the most crucial factors to preventing this devastating disease. Our mission is to incorporate fit and social events, in the communities at large, to promote awareness. Limiting the amount of red meat and increasing your daily intake of fruits and vegetables can also have a positive impact in fighting Colorectal Cancer. Colorectal Cancer is cancer that forms in the tissues of the rectum; more specifically, it forms in the last 5-6 inches of the large intestine closest to the anus. Colon and rectal cancers (colorectal cancer) are preventable cancers. Knowing the signs and symptoms of colon cancer or rectal cancer and understanding the risk may stop this cancer from happening.

Beginning at age 50, all adults need to undergo routine screening for Colorectal Cancer. African Americans face a slightly higher risk and need to be screened beginning at age 45. Individuals with a family history of colorectal cancer should be screened earlier than age 50. BeastRob was created in honor of the ultimate Beast, Robert "Beast" Vinson, our co-founder's father. He fought courageously against Colorectal Cancer until he lost his battle in November 2008. He was diagnosed with stage IV Colorectal Cancer at the age of 48, and died at age 50. His health declined rapidly, after being diagnosed he underwent surgery and received several rounds of chemo therapy, but that still was not enough. He continued to work during his treatments and kept a positive attitude. Although he was in pain he never complained and always

had hope that he would be cured.

The agony of watching an individual suffer through this preventable disease is heart wrenching. A single colonoscopy screening can save a life. A colonoscopy is an outpatient procedure that requires a bit a prep. There are precise instructions that are easy to follow and the hardest part of the entire process is the 24 hours of fasting. Since the loss of Robert "Beast" Vinson our Co-Founders have dedicated their lives to raising Colorectal Cancer Awareness. Hosting monthly fitness events and being socially active in the community is the only way that individuals will know the power of this disease.

Colorectal Cancer, if detected early, is 100% preventable. Any chance that we get, whether it be standing in line at a grocery store or having a casual conversation at a park, we will spread the word about importance of getting screened. We at BeastRob know, with the support of our community, that we will beat this disease! We will shout it from the rooftop and do whatever it takes to ensure that EVERYONE knows that getting a colonoscopy can save a life. No one should have to witness a love one dying or suffering due to a preventable disease. We will monetarily assist with colonoscopy procedures, help individual's workout and live a healthier lifestyle to lessen the risk of Colorectal Cancer. We are strong. We are powerful. We are BEASTS!



BEASTROB



Organization Name: BeastRob, Inc.

Mission: To create awareness, provide resources, and empower those impacted by Colorectal Cancer by coordinating fun, social and fitness-focused events.

Contact: Andrea Williams, Co-Founder

Address: 3534 Henderson Reserve, Atlanta, GA 30341

Website: www.beastrob.org



Sevananda Natural Foods Market
 467 Moreland Avenue NE
 Atlanta, GA 30307
 404-681-2831
 fax 404 577-3940
 www.sevananda.coop
 email: info@sevananda.coop

Store Hours
 Monday-Sunday
 8am - 10pm

Co-Options Staff
 Sharlise Lowe (Editor/Layout/Graphics)
 Ifini Sheppard (Proofing/Editing)
 Cheranna Dottin (Proofing/Team)

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.

Sevananda Board of Directors
 Wanique Shabazz (President)
 Chi Ma'at (Secretary)
 Jessica McMorris (Asst. Secretary)
 James (Jim) Williamson (Treasurer)
 Adama Alaji
 Rajnikant Mehta
 Tracy Dornelly
 Perletta Graves
 Mason West

COMMUNITY EVENTS

Free Yoga & Meditation Class
 Every Monday 6pm to 8pm ~ SEV Education Room

Imani Kwanzaa RAWx the New Year
 1pm to 6pm @ The Rush Center – 1530 DeKalb Avenue NE, #A, Atlanta 30307 ~ RSVP Eventbrite: www.kwanzaa1118.eventbrite.com

Dr. Bombay Workshop
 Sunday, January 14th ~ 12pm to 3pm ~ SEV Education Room
 Dr. Bombay Energy Sessions ~ Monday, January 15th ~ 4pm to 7pm ~ SEV Education Room
 ??? PRICE & CONTACT INFO

Dr. Angelo Isom Book Signing
 Friday, January 26th ~ 12pm to 2pm ~ SEV Wellness Dept.
 Dr. Angelo Isom Workshop ~ "Male Sexual Health ~ Issues & Solutions" ~ Saturday, February 10th from 1pm to 3pm ~ SEV Education Room * \$10 Advance / \$15 Door * Pay at Sevananda Customer Service Desk

Zelma Chamberlain S.O.S. Meditation
 Free Lecture * Thursday, January 25th ~ 7pm to 9pm
 SEV Education Room ~ Info: www.sos.org
 Science of Spirituality Free Meditation Sessions ~ 2nd & 4th Thursdays ~ 7pm to 8pm
 February 8th & 22nd / March 8th & 22nd ~ SEV Education Room ~ Info: www.sos.org

Tassili's Raw Alchemy Class
 Detox for the New Year" ~ Saturday, January 20th ~ 12pm to 3pm @ I AM Ascension Temple (above Tassili's Raw Reality) RSVP: events@tassilisraw.com



Ifini Sheppard
 Community Relations & Education Liason

Atlanta Technical College Health Fair
 Thursday, February 22nd ~ 10am to 2pm @ Atlanta Technical College, 1560 Metropolitan Parkway SW ~ Atlanta 30310

Raw Food Nutrition Science, Health Educator, Raw Culinary Chef Certificate - Spring 2018 Session / Graff Academy of Health Science / Sunday, March 4, 2018 at 7:00 PM - Saturday, March 24, 2018 at 5:00 PM / Roswell, GA



Share the gift of health by purchasing a Sevananda Gift Card
 Our gift cards are made from 100% post-industrial recycled PVC

MEATOUT: VEGETARIAN FOOD AND WHOLISTIC HEALTH FAIR
 Sunday, March 18, 2018 from 2pm to 7pm
 Hosted by: Black Vegetarian Society of Georgia
 www.BVSGA.org



SEVANANDA
 NATURAL FOODS MARKET

WE INVITE YOU TO LEARN MORE ABOUT YOUR CO-OP
 for Owner/Members
 TUESDAY, March 13, 2018 @ 6:30pm
 Sevananda Education Room
R.S.V.P. Your participation A.S.A.P
 to carolynr@sevananda.coop

CO-OP 101

Exactly what does it mean to be a Consumer Cooperative? What is Ownership? How does it work? Co-op 101 is designed to provide a basic overview of the answers to each of these questions. This class gives Sevananda employees and owners alike an in-depth look into the history of cooperatives and what makes them unique.
HOPE TO SEE YOU IN CLASS !!!

#COOPCONNECT
 PART TWO: Labels, labels, and more LABELS!

What does all of this REALLY mean?

USDA ORGANIC

200th ANNUAL ORGANIC FARMS

SEVANANDA

DIRTY 12

CLEAN 15

Saturday, Jan. 27, 2018
Sevananda's Community Room
4 p.m. to 6 p.m.
Free and Open To The Public

www.sevananda.coop
www.sev.coop



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