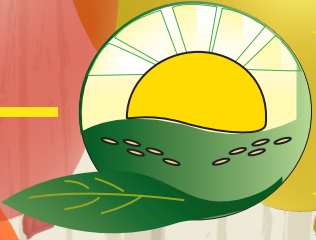


CO-OP TIONS



Oct/Nov./Dec 2019

Vol. XX Issue 4

October Co-op Month



Celebrating

Atlanta
45
1974
2019

Years of Blissful Service



Little
Five
Points

467 Moreland Avenue NE Atlanta Georgia 30307 www.sevananda.coop 404-681-2831

The Inside Scoop

by Ahzjah Simons

CELEBRATE
Co-op
MONTH

HAPPY COOPERATIVE MONTH



General Manager
Cooperative Director

Its cooperation month! I can hardly believe it's here again. That means we celebrate our business model and all the ways that cooperatives are impacting our community and our world! It's also time to host our annual member meeting. And this year it means we get to celebrate 45 years of blissful service to Atlanta

and surrounding communities!

With the highs and lows and our phoenix rising from the ashes journey we've experienced in our history, we have a lot to celebrate! Coming out of our recent refrigeration bumps, was a scary one! With an amazing staff that enhance and empower lives every day and a phenomenal Board of Directors with inspired vision and dedication to elevate our co-op and community, we've got lots to celebrate! With 4500 plus members strong of people power, we've got lots to celebrate! With a multitude of educational and nonprofit Be the Change partners significantly impacting our community in truly meaningful ways, we've got lots to celebrate! There's plenty more, but there wouldn't be enough pages to write it all down!

As humans we often spend large amounts of time focused on all that isn't going our way. I find that practicing the celebration of all that is going well and appreciating the incremental successes is far more satisfying and a much better use of time. I often forget to do that in the midst of an exceptionally challenging day or while mustering up the energy to create the momentum to move mountains in some cases, in areas we are striving to correct, improve, and do better. But forward is the only direction to see it through and bring from the imagination stage into our reality.

My time at Sevananda is something that has brought much meaning to my life both the first time I served (2005-2014) and this latest service period (2017-present). It continues to do so after all these years

and each corner turned reveals a new adventure and/or opportunity for evolution or higher ground. In some areas we rise. In some areas not so much, but we find the contrast we need to fine tune our efforts and try again. That's why I'm so very proud to be a part of Sevananda and so very proud of our staff.

Because of them, Sevananda is here for our shoppers and owners 7 days a week from 8am-10pm, Because of them we get to keep doing what we love and are passionate about. Because of them we have continued to be a cornerstone and icon in the community. Because of them we general sales of almost \$10M/year and impact thousands of lives for the better. And because of them we will reach higher and strive to create a more elevated version of ourselves. After 45 years of service, its time. Time to embrace evolutionary change and reimagine our new era co-op in a different way.

I'll be sure to keep you posted on that as things materialize, but to name a few: I see a Capital Campaign on the horizon for redevelopment, remodeling, and new equipment.
Front Facelift

- Parking Lot upgrades
- New Street Sign
- Technology overhaul
- New dairy cooler cases
- New floor
- Remodel indoor cafe
- Complete our lower level unused space

In the interim, we'll be working to restore our healthy sales growth pattern by:
Creating additional promotional campaigns internally
Utilizing customer loyalty tools to extend additional savings to shoppers/member-owners
added value convenience mechanisms
Launching a great PR campaign
Investing in staff service training

Once we restore our sales growth capacity, we'll move forward with what will be a game changer for us and that's to make the jump to livable wage for our staff! We've already done the research and created the plan. Its just a matter of timing and execution now. Lastly due to recent refrigeration bumps, we won't be in a position to offer patronage refunds this year, but if all goes well with sales growth despite the retail competition surrounding us, 2020 may be the year!

After my first two years back at Sevananda and focusing my work here, I've been taking more time to get out into the world and cooperate, collaborate, and create new relationships to support Sevananda's growth as well as my personal growth. I have had the opportunity to be a part of some exciting conversations in the co-op world in my recent travels, after the CCMA conference we were invited to, in June of this year.

Here are some highlights:

As Board Treasurer for the Little Five Alliance, a collective of CPNO and IPNO residents, property owners, as well as Little Five Points Business owners sharing resources, and creating mutual collaborations and collective growth opportunities, I've been a part of exciting conversations related to improvements in the neighborhood as well as the relationship between all stakeholders in the alliance. For the first time we're actually seeing other community organizations utilizing cooperative principles and values to bring about meaningful change and impact for the community. There will be lots of information to share about the new goings on in our very own back yard and lots of family-friendly, child-friendly, pet-friendly events and activities to engage the community before, during and after the Little Five Points CID Findley Plaza upgrade and the GDOT Signaled crosswalk construction (that will remove our middle driveway), happening early winter this year. For more information visit L5pa.com

Little Five Points Business Association
Website here

As VP for the Georgia Cooperative Development Co-op, I've witnessed first-hand the growth in demand for information regarding startup cooperative businesses. Cooperative businesses of all kinds in all sectors of Georgia, and offering more access and services to those traditionally denied access. DEI work is a driving component of that work. Its a really inspiring time. For more information visit georgiacoopdc.org

I am also completing a term as an appointee on the NCG(National Cooperative Grocer's) Board. They too, are at a point of reinventing, innovation, and evolution with respect to how they will continue to do their work and stay relevant within the changing landscape of food coops and the food industry as a whole. NCG and Member co-ops such as Sevananda along with 145 other member co-ops will be joining forces to create stronger partnerships and collective work that strengthen our resources, purchasing power, and people power. DEI is also at the forefront of their work in creating a new way forward for food co-ops. For more information visit NCG.coop

Thanks for your continued support of your local community co-op
Stay tuned... There's much more to come... See ya round the co-op!

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SEVANANDA LINKAGE

ADAMA CHAIR OF THE OWNER LINKAGE COMMITTEE

Sevananda's Board of Directors are member-owners elected to serve on behalf of all member-owners, to ensure the implementation of their concerns, vision and desires for charting a prospering and profiting direction for our Cooperative. Linkage is the process by which we come to know what those concerns, ideals, ideas, vision and desires are, and to create the path of engagement and participation so that we are doing more than selling healthier food and products.

In light of the socio-political-economic and global realities that are challenging our faith and confidence in humanity's security, it is in our best interest to apply ourselves wholeheartedly and wholistically in securing our individual, collective and Cooperative well-being as we are ever more conscious that there is truly a divine interconnect-edness with all Beings on the planet and with the planet. Our responsibility is to act locally while thinking globally.

The pandemic of spiritual, mental, emotional, physical, material and financial dis-ease, imbalances and illness demands that we intensify our efforts to cultivate healthy relationships with

ourselves, family and community, as such, it is in the interest of the more that is necessary as a Cooperative to provide greater service in facilitating greater wholeness. We are interested in who our active member-owners actually are as well as engaging customers to become member-owners.

We encourage you to attend our Member-Owner Annual Meeting on Sunday October 20th from 10:30am – 2:30pm at OXWORK 1342 Glenwood Ave. S.E. Atlanta, GA 30315 to hear of the State of the CoOp, share in the celebration of our individual and cooperative victories and triumphs, meet and interact with the Board of Directors, voice your concerns and explore some of the potentialities that can spur us forward in the direction that will give each of us greater pride, appreciation and participation in our individual, collective and cooperative efforts in triumphing over the initiatives of oppression that has created multi-trillion dollar economy in undermining life.

The restoration, realignment and resurrection of a fallen humanity is the work that we each participate in when we exercise our options to drink good water, eat fresh fruit and vegetables, use natural soaps and personal hygiene products, take herbs and natural

supplements to cleanse the cells and balance our systems in movement towards wholistic healing, right livelihood, ethical, responsible and more humane treatment of animals.

Sevananda has benefit of vast resources as is evidenced by all the individual, families, companies, coops and associations who provide all that we sell so that we all are more whole. We share in the social and cultural fulfillment of needs and aspirations through a jointly owned democratically controlled enterprise. We would like to see the numbers who are actively engaged increase as well as an increase in active engagement; this is where we start. It doesn't require a vast number of people, but those who are clear about the value of Sevananda to them personally and the clarity as to what they care to contribute.

We look forward to seeing you on Sunday October 20th . . . at the Oxwork. In the meantime and between time continue to delight and rejoice in the blessedness of Being . . . being the Blessing you are!

adama@sevananda.coop 678-760-9299

Sevananda Board of Directors

President



Wanique Shabazz

Interim Vice Pres



Tracy Dornelly

Interim Secretary



Jerilyn Bell

Treasurer



Jessica McMorris

Board Member



Adama Alaji

Board Member



Mason West

Board Member



Pearlletta Graves

Board Member



Jasmine Simon

Board Member



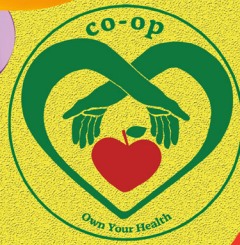
Melissa Fortune



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



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



SEVANANDA
NATURAL FOODS MARKET

Celebrating
45
Years of Blissful Service

1974
2019

Fun House
for the Children



Food
Vendors & More

Bring This Coupon to the
45th Celebration and receive
a FREE Sevananda 16oz water



Good for Event Only!

Come out and help us celebrate
45 years of service to the community.
October 27th, 3:00pm - 7:00pm

International Montessori Academy
1240 Euclid Ave NE, Atlanta, GA 30307



Free Food Inside for Member-Owners with current/valid Sevananda Card
\$5 Admission for Friends, Family & General Public

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



By Kay Rosenblum

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 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 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.

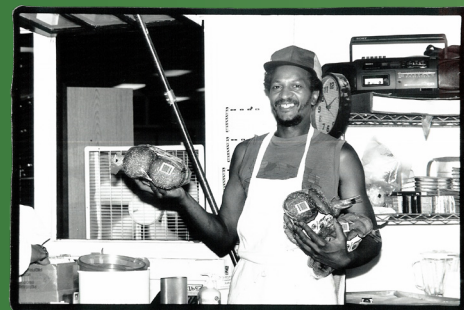
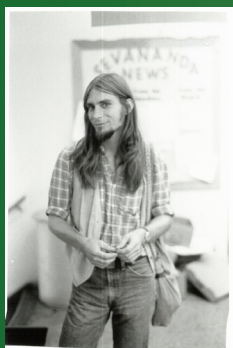


Happy 45th Anni



Seva
Through

THEN



Sevananda's 45th Anniversary

Sevananda
45 Years



NOW





WHAT IS SPRING FOREST QIGONG (SFQ)?

Originating in China, qigong dates back more than 5,000 years. Qi/Chi means energy and gong means work. Simply put, Qigong is the practice of moving the body's energy to bring about optimal health and healing. The practice integrates physical postures, breathing, meditation, and focused intentions. It is a mind-body practice as well as an energetic form of movement done to enhance the flow of qi (energy) in the body. Spring Forest Qigong (SFQ) represents a total system of energy work and personal development. This is a simple, effective, and efficient form of qigong that was developed by Master Chunyi Lin more than 25 years ago, who has made the practice accessible to anyone.

The great appeal for developing a SFQ practice is that everyone can benefit, regardless of ability, age, and belief system or life circumstances. This practice can be done anywhere and anytime. It can be performed while sitting, standing, or lying down. This gentle, slow moving rhythmic meditation reduce stress and blood pressure, lessens pain, builds stamina, increases vitality, and enhances the immune system. It has also been found to improve cardiovascular, respiratory, circulatory, lymphatic and digestive functions. SFQ is excellent for prevention of illness, coping with chronic illness, improves health and slows down aging process, to increase longevity.

Today our more sedentary lifestyles do not help to balance energy in the body. Two simple qigong exercises that will help balance energy in your body is raising your hands above your head and bouncing. These exercises help stimulate the triple heaters; a very important energy system that helps transform energy in the body. The triple heaters are relevant to what are now called the glandular (endocrine) system and the lymph (lymphatic) system. Both systems contribute to improved immune system function. Many problems are caused when these two systems are not working correctly: arthritis, internal organ problems, cancers, mental issues, eating disorders, sleep disorders, etc.

The goal of SFQ is to enhance the quality of your life by teaching you ways to open up your energy channels and maintain balance. SFQ practice can help you remove the energy blockages in your body, restore your natural balance, and keep your energy flowing smoothly. The practice of SFQ is transformational – it creates a life style shift by altering the way you perceive yourself and the world. SFQ can bring more harmony and joy into your life. SFQ helps you heal yourself more quickly when sick, prevent illnesses, and feel more peace and tranquility in every area of your life.

In this class participants will learn the history and the principles of Qigong, the major energy channels, Qigong movements and meditation, the six causes of energy blockage and sword fingers healing techniques. All participants will receive a certificate of completion for Level I SFQ.

Masters Gloria Elder and Jennie Trotter have been active Qigong practitioners for 20 years and they were decreed Master SFQ Healers by International Master Chunyi Lin in 2015.



Master Chunyi Lin

Head to Toe Healing



Gloria Elder
SFQ Qigong Master



Jennie-Trotter
SFQ Qigong Master



SPRING FOREST QIGONG

FROM THE AND DESK OF ADAMA



*Minister on Behalf of the Cosmic Communities for Conscious Cosmic Citizenship
Heraldess of the Eternal and the "Voice" of Resurrection"
Inspirational Lifestyle Change & Wholistic Wellness Consultant
Producer & Host of the Meeting of the Inner Circle 89.3FM www.wrfg.org Thursdays Midnight-6am
Integrity Global Enterprises, Inc. dba Mother Earths' Blessing Wholistic Life Center
1830 Cheshire Bridge Rd. Atlanta, GA 30324
www.adamaspeaks.com, www.bbsradio.com/adamaspeaks, www.youtube.com/adamaspeaks*

In the midst of all that is happening in the world, with ourselves, those we love and the realms in which we work and serve, it is our blessing to know that we dwell in the Presence, by the Presence and as points of Presence of the Absolute and Supreme Reality and Cosmic Supreme Intelligence that breathes us, beats our hearts, has divinely designed us and constitutes the All that Is as Existence Itself!! Though, dwelling in the mindfulness and conscientiousness of the perfection of Existence amongst the muck, mire and mayhem requires serious focus, commitment and practice that may not be easy, it is necessary, i.e. being "in" the world but not of it. Humankind seems to be hell bent on continuing along the path of adulteration, violation, subjugation and usurpation without remorse, repentance, humility or courage to admit their progression of errors. The challenges of living in consistent discomfort, pain, suffering, disease or grief from the untimely deaths of loved ones is the call to reclaim our lives and align ourselves through exalting a full life's urge to be

whole, healed and empowered to reach for life. All the issues of dis-regard, disobedience, disconnect, dissatisfaction, disenfranchisement, disrepair, dissipation, dis-ease, despair, de-population, global warming, warring and the planets' warnings is the evidence that everyone could use some serious support in remembering how blessed we actually are with each and every breath and every beat of our hearts and to know that we must determine for ourselves the substance and quality of Beings we care to Be. We continue to count our blessings as the conscientiousness and consciousness of humanity is expanding daily as more people all over the world are sharing their struggles, victories, triumphs, realizations, revelations and epiphanies. To respect, honor, reverence and advocate for all orders of Existence is rising to the task of standing up, speaking up, showing up and taking personal responsibility for greater caring, daring, loving and commitment to harmo-

nizing our lives with the Intelligence of Existence that is so absolutely and unfathomably intelligent that there is no way to truly thwart the progression of Its Wheel (Will). As the wheels of capitalism are rolling to keep millions of dollars of market share from those who are making healthier choices; the emergence of the Impossible and Beyond burgers and the plant based replicas of chicken, shrimp, crab, lobsters, cheeses (which may still have casein) and other such products are not going to facilitate the cleansing of the body temple from decades of decadence, provide the cells with the mineralization, oxygenation, hydration or open the channels of elimination that facilitates the dis-ease reversal or substance of consciousness to walk in the light of all that we are as conscious immortals.

*In the Light and Love of Liberation,
Adama*

Whats New at Sevananda?



Spicy Kimchi Sriracha



From the Ground Up CAULIFLOWER tortilla chips



Siete Cashew -Cheese & Bean Dip



Gluten Free Goodie Girl Cookies™



Califia Farms Cold Brew (Pumpkin Spice Latte) Almond Milk Creamer



BLACK VEGETARIAN SOCIETY OF GEORGIA CELEBRATES MEAT OUT FALL EDITION: EAT TO LIVE

Escherichia coli, salmonella and other pathogens, which thrive primarily on meat, eggs and dairy products are the primary culprits in infectious dis-eases which afflict 9 million Americans annually.

The Meatout will take place Saturday, October 19th from 2-6pm on Atlanta Metropolitan State College campus.
For more information, visit meatoutatl.com

5 to 9 Is Not the Early Shift at Work

Has your conscious been eating at you to make some changes in your diet? Or are you stressed and depressed at the very thought of dis-ease? If so, consider participating in Meatout, it may be the energy boost you need.

The Black Vegetarian Society of Georgia will ask participants to pledge to "kick the meat habit" (at least for a day) and explore a wholesome, eating plan of fruits, vegetables and whole grains.

Recent dietary trends support the need to jump on the meat-free bandwagon:

According to the Surgeon General, obesity has reached epidemic proportions, surpassing smoking as the top public health hazard.

Twenty-five percent of children ages 5 to 10 have high cholesterol, hypertension, and early warning signs of diabetes all of which are associated with animal-based foods. More than 35% eat no fruit and 20% eat no vegetables on a daily basis.

As many as 30,000 children have Type II diabetes, once limited largely to adults.

Vegetarian eating has also become more acceptable and assessible with major supermarkets offering more meat and dairy alternatives. McDonald's has down-sized their super-sized menu with health-conscious salads and leaner cuisine and Burger King has debuted the Impossible Whopper nationally.

"I have seen people's lives change when they realize the positive impact plant-based eating has on both the health of their bodies and spirits, Traci Thomas offers. "I encourage families to chose a meatless meal (for one day). The Bible says to let fruit, vegetables and herbs be our medicine and when we do that our whole sense of connectness with all that increases. Once our elected officials choose meat-free eating plans we will see more sound and peaceful governing," she adds.

A wholistic health fair, marketplace, vegan food court with guest chefs, i.e. Stephanie Sunshine, Mr. Anderson and Chef Beee, an opening activity by Double Dutch Aerobics and swag bags to the first 300 attendees. Minister of Wellness & author of The Remedy, SupaNova Slom will comprise the event. SupaNova Slom is the son of renowned healer (queen afua) a hip hop wellness advocate, vegan body builder, filmmaker and co-owner of supplement line Supa Mega Greens.

Meatout offers the opportunity to incorporate the 5-9 fruits and vegetables into your eating plan giving you a glimpse of the positive effects of this widely accepted approach to eating. Enjoy seasonal fruits like fiber-fabulous apples (granny smiths are diabetic-friendly); vitamin C packed oranges and potassium-rich bananas and a complex-carbohydrate rich meal combining green-leafy vegetables (which offer a calcium absorption rate double that of dairy products); legumes (garbanzo, kidney, black beans and peas) grains such as brown rice, bulgar and quinoa. These foods supply essential nutrients, antioxidants and phytonutrients all of which reduce the risk of heart dis-ease and cancer.

Cows Really Do Have Something To Be Mad About

Beef cattle are typically enclosed in feedlots with no protection from rain or heat while dairy cows are kept perpetually pregnant with calves deprived of natural food and fresh air. At 16 weeks they are slaughtered often without anesthesia. Mad Cow dis-ease which has surfaced in America, has virtually devastated the beef industry. Heavy consumption of beef has been associated with excessive body hair in women and overly aggressive behavior.

Eating Chicken and Turkey May Have You Crying Fowl

Over 9 billion chickens and 300 million turkeys are slaughtered for human consumption annually. All meat and poultry products are required to carry warning labels due to the USDA's inability to vouch for their safety. Many meat products contain antibiotic residues which render antibiotic-based medical treatments less effective.

Mercury Rises when you Eat Fish

Due the high mercury content, the FDA and EPA advise women of childbearing age to limit their consumption of tuna and other fish to no more than 12 ozs. per week since even the smallest amount can damage the brain of a fetus causing mild to severe learning disabilities. Over 60,000 babies are born with neurological damage caused by this exposure. Consider adding flax seed, evening primrose or other cold-pressed oils to replace the much-needed omega-3 oil found in fish.

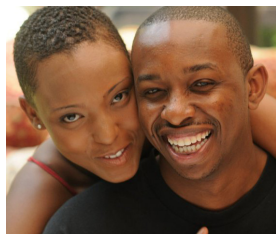
The Choice is Up To You

Consuming a wholesome plant-based eating plan (for one day) will allow you to help yourself while helping the environment and others.

Judy M. Willis is a health journalist and Black Vegetarian Society of Georgia member.



*SupaNova Slom is the Keynote speaker
Minister of Wellness &
Author of The Remedy*



*Michelle & Sean Clark
Double Dutch Aerobics V*



*Mr. Anderson
Vegan Chef*



*Stephanie Sunshine
Vegan Chef*



*Chef Beee
Vegan Chef,*

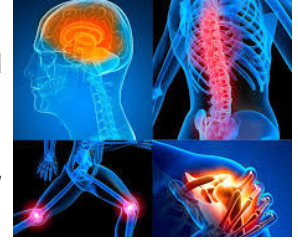
INFLAMMATION IS YOUR FRIEND!

We all have experienced it. And it is one of the most common health issues in our society.

The swelling and discomfort can begin in many ways, from food sensitivity, to arthritis, to cramps and abdominal pain experienced during the menstrual cycle.

What is inflammation? According to WebMD:

Inflammation is your body's way of protecting itself from infection, illness, or injury. As part of the inflammatory response, your body increases its production of white blood cells, immune cells, and substances called cytokines that help fight infection. Dec. 13, 2018



So, inflammation is your signal that something is wrong and needs your immediate attention. And your body's immune system is going into overdrive to fight it, whatever the reason and all the signals of pain are created by our own bodies to protect us and help our bodies to heal. Inflammation is your friend.

Menses Inflammation - "STOP CRAMPS NOW" product newly on shelves in wellness dept

Special attention should be paid to inflammation that occurs to women because of our menstrual cycle.

8 of 10 Women have some type of womb issue including menstrual heat and cramps which are the most common issue signs that the womb is inflamed. Cramps are debilitating for many women and thousands miss days of work, school and are unavailable to their Life until the cramps subside. Food style is key in relieving menses & womb inflammation. What women put in their body throughout the month, shows up in their cycle... Eat poorly and experience a pain filled cycle. Eat well, nourishing the body and womb with food that is beneficial and the cycle will be pain free. The lack of pain/ discomfort is actually normal though many women are not aware of this fact. I suggest eating foods throughout the month that are loaded with Magnesium, a mineral that relaxes the muscles and has been known to support healthy circulation.

The 6 clues that your body is experiencing an inflammatory response:

1. Pain
2. Heat
3. Swelling
4. Redness
5. Soreness
6. Loss of function

Most of us will try to ignore our bodies alert system believing that whatever it is will go away on its' own, but let's go over some simple steps to understanding and relieving inflammation.

1. Are you being exposed to a: 2. perfume/chemical, 3. bad air 4. Food that your body doesn't like (Allergies) 5. infection
6. injury or other irritant that is causing your body to be inflamed?
7. Always look to your family when inflammation is an issue, do you have family members with inflammatory responses that they live with like arthritis, gout, asthma?

What are some solutions to inflammation?

1. Water- Most of us have been told by our parents to drink water for every complaint and of course, it turns out, as always, they were right. Flushing the system is just what the Mother Nature requires. I personally like Essentia, because most of the things that cause inflammation are also acidic and when your body is more Alkaline, you have less issues.

Essentia is an 9.5 alkaline water that helps to balance the acidic nature of our SAD (Standard American Diet) on our body. Tastes good too.

2. Green foods- They are coolants and detoxifiers to the system and they also help to increase circulation and move out waste. Spinach, Kale, Collards, Turnips, Alfalfa Sprouts, Wheat grass,

3. Omega 3-6-9 – These good fats help to lubricate your joints, balance your hormones, and reduce swelling, plus, it feeds your nerves & brain, which relieves stress. That's always good because stress can create a loop of pain and you want to break the loop. Walnuts, Almonds, are some good EFA's (essential fatty acids) and of course, what many of us grew up on Cod Liver Oil. Fatty fish like Salmon is excellent for EFA's and relieving inflammation.

4. Foods that Soothe – Some of the foods that can help, Oatmeal and other whole grains, coffee, apples, bananas, strawberries, blueberries, lemons, limes, tart cherries, onions. Longer list below..

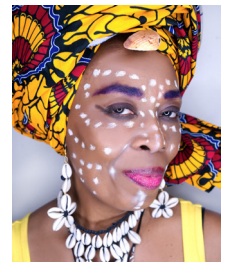
5. Exercise – Exercise works to help everything in our bodies by increasing circulation, relieving stress and releasing hormones that change our mood. 20 to 30 minutes a day of vigorous walking, dancing or swimming is exactly what the body craves.

6. Herbs- Green Tea is good for so many issues in our body, including inflammation. Ginger long known for relieving inflammation. Devil's Claw superior herb for inflammation. Rosemary, Catnip, Horsetail are good magnesium and inflammation relief herbs. In the world, of herbs, there is a philosophy called "Doctrine of Signature" and it simply means that herbs and foods look like the part of the body that they help. So, the Doctrine of Signature of a "Devils Claw" and the way it looks like a closed or cramped hand, means it helps hands. . .



References: Anti-aging Manuel, Joseph B. Marion, 3rd Edition, Information Pioneers

By: Dr. Eshe Faizah,
aka Dr. HerbSistah herbsistah.com





SEVANANDA
NATURAL FOODS MARKET

Vegan/Vegetarian Holiday Menu

Orders
Will be taken
November 01 - November 10

Dinner For 2
1 Entree
2 Sides
1/2 pt. Cranberry Relish
1/2 pt. Rosemary Gravy
4 Dinner Roles
1 Dessert
\$49.99

Dinner For 4
2 Entrees
4 Sides
1 pt. Cranberry Relish
1 pt. Rosemary Gravy
8 Dinner Roles
1 Dessert
\$69.99

Dinner For 8
3 Entrees
6 Sides
2 pts. Cranberry Relish
2 pts. Rosemary Gravy
12 Dinner Roles
2 Desserts
\$119.99



Individual Pricing

Entrees

Tofurky Roast \$12.99
Tofurky Ham Style Roast w/ Brown Sugar Glaze \$10.99
Field Roast \$9.99
Lentil Walnut Loaf \$14.99

Desserts

Vegan Gluten Free
Cake 8" \$16.99
Chocolate Cake
Vanilla Cake
Strawberry Cake
Pies 8" \$14.99
Sweet Potato Pie
Pecan Pie
Apple Crumb Pie

Sides

\$6.99 pt. each
Cornbread Dressing
Garlic Green Beans
Rosemary Gravy
Cranberry Relish
(4) Dinner Rolls \$2.99
Vegan Macaroni & Cheese
Sweet Potato Casserole
Collard Greens
Garlic Smashed Potatoes
Broccoli Casserole

Happy
Tofurkey
Day!



Creamed Spinach

Ingredients

- 4 tablespoons unsalted butter, plus more for pan
- 1/2 red onion, chopped
- Kosher salt and freshly ground black pepper
- 2 cloves garlic, minced
- 2 teaspoons red chili flakes
- 1 3/4 cups heavy cream
- 1 cup shredded Parmesan
- 1 teaspoon ground nutmeg
- 1/2 cup sour cream
- 2 (10-ounce) packages frozen chopped spinach, thawed and squeezed dry
- 1/2 cup packaged fried onions (recommended: French's)

Preheat the oven to 375 degrees F. Butter an 8 by 8-inch baking dish. Melt the butter in a large skillet over medium-high heat. Add the onion and a pinch of salt. Saute for 3 minutes, then add the garlic and red chili flakes and saute for 2 more minutes. Add the heavy cream, Parmesan, and nutmeg. Heat until the cream is just beginning to bubble, stirring often. Turn the burner off and stir in sour cream and spinach. Adjust the seasoning with salt and pepper, to taste. Pour into the prepared baking dish and sprinkle the top evenly with fried onions. Bake until golden and bubbly, 15 to 20 minutes.



Sweet Potato Casserole

Ingredients

- 2 1/2 pounds sweet potatoes (about 3 large), scrubbed
- 2 large eggs, lightly beaten
- 3 tablespoons unsalted butter, melted, plus more for the preparing the pan
- 2 tablespoons packed dark brown sugar
- 1 teaspoon kosher salt
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- Pinch freshly grated nutmeg
- Freshly ground black pepper
- 1/4 cup coarsely chopped pecans

Preheat the oven to 400 degrees F. Put the sweet potatoes on a baking sheet and pierce each one 2 or 3 times with a fork. Bake for 45 to 50 minutes or until tender. Set aside to cool.

Turn the oven down to 350 degrees F. Scoop the sweet potato out of their skins and into a medium bowl. Discard the skins. Mash the potatoes until smooth. Add the eggs, butter, brown sugar, salt, cinnamon, ginger, nutmeg, and the pepper to taste. Whisk the mixture until smooth.

Butter an 8-by-8-inch casserole. Pour the sweet potato mixture into the pan and sprinkle the top with the pecans. Bake until puffed, about 30 minutes. Serve immediately.

BE THE CHANGE

SEVANANDA

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BE THE CHANGE

November Partner "Women Healing Women, Inc."



The first Women Healing Women meeting was held in the living room of the founder, Imani Evans-Baskin, in December of 2004. It was abundantly clear from the support and turn out of subsequent meetings that we were filling a critical.

In April of 2005 we received an invitation from Unity Fellowship Church of Atlanta to hold our meetings at the church location. We delightfully accepted and have been partners with Unity since that time. Now we have our own office space for programs and services, located in Decatur, GA. We wholeheartedly believe in collaboration to reach our goal of eliminating violence against women and girls.

a monthly discussion group for long-term survivors of sexual assault, weekly mindful meditation, and the Love Doesn't Hurt program for women who have experienced domestic abuse. We also conduct various community discussions to educate individuals and families on the ways in which violence impacts us all. Most of us have experienced the effects of violence and no one is exempt.

According to the national statistics 1 in 3 women will be sexually assaulted in her lifetime. Young women age 20 to 24 also experience the highest rates of rape and sexual assault; and nearly 1 in 4 women in the United States reports experiencing violence by an intimate partner at some point in her life. Unfortunately we also know that the statistics don't tell the whole story, because there are many women who have never reported abuse to anyone. Women Healing Women, Inc., wants women to know that they are not alone.

We want them to know that we will hold the hope for recovery for them, until they can hold again for themselves. More importantly, we know that facts can change when we are brave enough to lift each other up in peace. It simply takes education, willingness and determination.



As a survivor herself the founder of Women Healing Women wanted to start an organization that truly empowers women. An organization that not only supports victims of violence, but really shows women that violence is an experience not an identity. We wanted to empower women to understand that even surviving is only part of the healing journey, and that thriving is the true destination. Dr. Maya Angelou says it best, "Surviving is necessary, but thriving is elegant." We believe and practice this concept in the design and implementation of all programs and services. We further believe that violence is an attack of the mind, body, and soul. Therefore programs that seek to help women heal must address each area to be sustaining and authentic. This is the support we provide.

Imani speaks on these issues and, more importantly, the solutions across the east coast. She uses her creativity as a spoken word performer, dynamic speaker and longstanding activist to reach communities with a message of self-love and non-violence. She states, "We must understand the ways in which we have normalized violence in our culture and further understand that change will come with even small steps toward peace." Imani is passionately driven by a dogmatic belief that women and girls deserve to live free of violence... without exception.



We offer monthly support groups, resources & referrals, community education, and one on one support. Our services are focused on women who are otherwise marginalized, such as women of color and same-gender loving women. Our ongoing programs include

Organization Name: Women Healing Women, Inc.

Mission: Women Healing Women is a non-profit 501 (c) 3 organization committed to the wholistic healing of women survivors of sexual & domestic violence, and the subsequent secondary trauma, via support, education, advocacy, and counseling. We are particularly focused on long-term survivor issues and providing services to marginalized communities.

Contact: Imani Evans-Baskin President & CEO

Address: 4151 Memorial Drive, SUITE 115-D Decatur, GA 30032

Website: www.surviving2thriving.org



BE THE CHANGE

December Partner "African American Mutual Support Association"



In the summer of 1993, Dr. Narvie Puls began to actualize her vision of a place where people could come to see, hear, and learn about the true story of African American history. Teaching a cookie-cutter version of African American history given to her by the curriculum of the local school system, Dr. Puls had had enough. Thirty-six years of teaching in the school system, not being allowed to tell the "true story" of African American people moved Dr. Puls along with her husband Dr. Richard "Baba Ojiji" Puls and son Kevin Williams to open the Omenala Griot Afrocentric Museum.

Undaunted by the lack of funding, Dr. Puls moved toward making her vision a reality by purchasing an old house in the west end area of Atlanta. Dr. Puls put her husband, son, daughter, and any volunteers that were willing and able to work transforming the interior and exterior into a bright and colorful display space. The building began to take shape and as the vision became clearer, Dr. Puls decided to make the space a non-profit under the corporate name "African American Mutual Support Association."

Working with Mama Njere Alghanee and other African cultural community leaders, Dr. Puls used the Nigerian term "Omenala" meaning culture, coupled with the word "Griot" meaning teacher. Her vision was now truly coming to fruition by opening the Omenala- Griot Afrocentric Museum. In this ancestral space, Dr. Puls wanted everywhere you looked to be a reminder of Africa from Kemit to modern day.

The beautiful and colorful space was adorned with many of the African artifacts that Dr. Puls and her husband Baba Ojiji acquired from their many trips to the mother land. The floor is adorned with a black and white checkered pattern that is of African origin. A quilt like tapestry made of all 54 countries in Africa was suspended from the ceiling of the new wing that was added and dedicated to Dr. Puls' mother Dovie

Hill. A ten foot "buck board" wagon with two accompanying six foot solid wooded horses was featured in the new wing as a historical depiction of how we used to travel.

Exhibits from the Florida Museum of Natural History depicting the history of Fort Mose, America's legally sanctioned free black community in 1738, as well as a permanent mural depicting the kidnapping and enslavement of our ancestors from our homeland, brought to a strange land, and how we flourished in every aspect of this strange new land.

Dr. Narvie Danise Hill Williams Puls transitioned in 2009, yet her legacy and her spirit lives on. The Omenala Griot Museum and Event Center now under the watchful curatorship of her son Kevin Hill Williams keeps a watch eye on all of the events that are held there. Mr. Williams or Baba Kevin as he is often called, is vehement about keeping the events, lectures, community discussions, classes, weddings, festivals, and African spiritual ceremonies in line with Dr. Puls' original vision, to teach us and immerse all in this pool of African and African American culture. Dr. Puls is quoted to have said " Now I can pass on the values of the past in a hands-on way. People can see our history being told, that's where our name comes from, Omenala Griot the teaching of the true story." The Omenala Griot Afrocentric Museum and Event Space is truly where history meets legacy.



Organization Name: African American Mutual Support Association

Mission: To provide a teaching and research facility, designed to uplift and inculcate African American history and culture through diasporic artifacts, artwork, and historical literature, as well as interactive group and community discussions and events.

Contact: Kevin Williams, Director

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