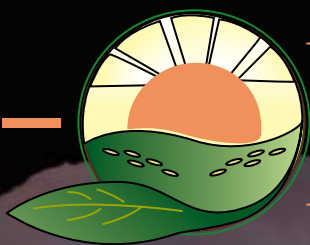


CO-OPTIONS



SEVANANDA
NATURAL FOODS MARKET

Summer ISSUE 2016

Vol. XVII Issue 3

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SEVANANDA IGM TEAM UPDATES



Sevananda Natural Foods Market

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

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

Sevananda Board of Directors

Quandra Stroud (President)
Debra Bonaparte (Vice President)
Chi Ma'at (Secretary)
Ntianu Alghanee
Jed Davis
Rajnikant Mehta



By Sharlise Lowe Editor/IGM Team Lead



It's been six months that we, the Interim General Management Team, has been in place. As the Lead Member of the IGM Team, these past six months have been very challenging. However, we continue to move forward, overcoming obstacles and challenges that come our way. Not only has the interim team been handling the duties of the General Manager, we have also been juggling our regular management positions. These positions are: Sylvia Yorke (Front End Manager); Brian Jackson (Grocery Manager); Ano Dennis (Scan/System Support Manager); and Sharlise Lowe (Marketing/Member Services Manager).

We have grown strong as a team, and continue to stay positive and be available for the employees. We have grown even stronger as a Sevananda Family Team. The IGM Team believes that work should be meaningful, and employees should be treated fairly and that we are all important. By working together, we will continue to succeed. We all have a destiny and coming from the pressures of the changes in January we continue to stand with a renewed sense of purpose. With the continual loyalty, courage and kindness we give to one another and our customers, we will prevail.

Some of our goals have been met. The IGM Team has renovated our men's and women's store bathrooms and also made improvements in the kitchen by purchasing a much needed four pod sink and tables for food preparation. Future improvements will be extensive which includes a full store reset. Such a makeover is drastically needed!!

We have also revived employee training and now hold weekly training sessions spearheaded by our Human Resources Manager, Ms. Carolyn Renee'. We firmly believe that in order to continue to have a prosperous business, we owe it to our employees (and our customers) to give them proper training. Knowledge is crucial in order to have a thriving Co-op. Soon, we will also offer classes to our Owner/Members to give them a thorough base of what the word Sevananda means, its mission, and how Ownership is important to not only our Co-op, but our Community.

Until a new General Manager is in place, the Interim Management Team will continue to thank everyone who gives us your support and trust. We will strive to continue to make the right decisions for our beloved Sevananda.

Store Upgrades



Show love for your Community Co-op by purchasing a T-shirt at Customer Service

\$10.00
for Members/Owners

\$12.00
for Non-Members/Owners



COOPERATIVE EDUCATION: OPENING DOORS

In order to continue meeting the needs of Sevananda owners and shoppers, we have to expand the knowledge-base of our employees. This opportunity to learn is extended to owners as well. Being a co-op business, we realize the importance of developing the talent of our workforce and creating opportunities for the community to learn more about what it means to be a cooperative. By creating such opportunities, we are also able to create unique learning experiences for each individual associated with the co-op. Sharpening the knowledge, skills and abilities of everyone gives us a competitive advantage.

In the past, Sevananda focused a great deal of its resources on training every employee. We also created a School of Commonhealth to educate owners and shoppers. However, because of the economic downturn and other factors impacting the co-op, we had to turn our attention to keeping the doors open. Now that we are in a place of stability and sales are growing, we can once again focus on talent development and learning opportunities. What is talent development? Glad you asked! This is a transformative process whereby the co-op, its employees, owners and even vendors use



By Carolyn Renee' HR Manager

planned and unplanned learning in order to achieve and maintain that competitive edge every business desires.

We are super excited to offer Sevananda employees, and soon co-op owners, a vast array of learning opportunities. As a cooperative business we are unique in many ways, and in order to truly reflect this uniqueness and the core values of the cooperative business model, we are committed to doing the "inner work". The inner work is a journey that begins with the exploration of the Seven Cooperative Principles and Ten Cooperative Values. Developing the knowledge-base of

all those connected to Sevananda will expand the wave of commitment.

The summer solstice is our springboard to learning! During the summer months we will lay the foundation to once again become a learning organization. Learning organizations work as a collective to enhance their efficiency and create results they really care about. We have Peter Senge to thank for the concept of "Learning Organizations". He popularized this concept in his book, "The Fifth Discipline". By doing so we will not only gain a competitive advantage, but we will live the true creed of what it means to be a cooperative.

In order to transform Sevananda into a dynamic cooperative business model, we each must be committed to continuously learning and sharing this knowledge. This is a central key to becoming a learning organization and repositioning Sevananda Cooperative as a leader in the natural food industry



Co-operative Values

- Self-Help
- Self-responsibility
- Democracy
- Equality
- Equity
- Solidarity
- Honesty
- Openness
- Social responsibility
- Caring for others

- 1 • Voluntary and Open Membership
- 2 • Democratic Member Control
- 3 • Member Economic Participation
- 4 • Autonomy and Independence
- 5 • Education, Training and Information
- 6 • Cooperation Among Cooperatives
- 7 • Concern for Community

NEW HIRES

<p>Malaika Hill</p>  <p>Kitchen</p>	<p>Delon Hooks</p>  <p>Facilities & Maint.</p>	<p>Ismail Ali is Back to Sevananda as Kitchen Manger</p> 	<p>Tynesha Wells</p>  <p>Front End</p>
<p>Roderick Olive</p>  <p>Kitchen</p>			<p>Tevin Lynn</p>  <p>Grocery</p>
			<p>Adam Absullah</p>  <p>Kitchen</p>

SEVANANDA

NATURAL FOODS MARKET



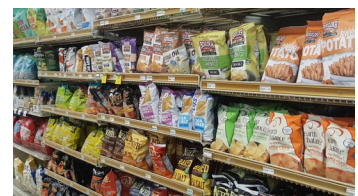
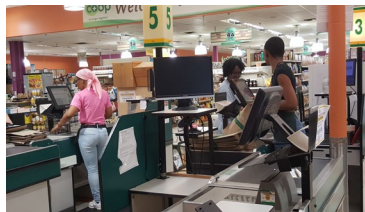
Vegan & Vegetarian

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

Every Tuesday is "RAW DAY"

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

New Food Items added to the Menu



SEVANANDA COOPERATIVE BOARD NEWS



Debra Bonaparte



Board Vice-President

Chi Ma'at



Board Secretary

Ntianu Alghanee



Board Member

Jed Davis



Board Member

Rajnikanth Mehta



Board Member

Quanda Stroud



Board President

Greetings Sevananda Family!

Sevananda is stronger and we take pride in being able to celebrate that with our community and shoppers. Whether it's a friendly hello welcoming you to the store or socializing at the Annual Member Meeting, Sevananda thrives on healthy dialog. We will continue to appreciate you and your families. We are located in the Little Five Points neighborhood, known for its eclectic atmosphere and diverse cultures. Sevananda takes on a huge responsibility to provide resources and education to assist our community. Sevananda's Board of Directors is busy working to make this concept live.

One of our governing policies states that the board is charged with promoting transparency and education. The board has several committees that spotlights the actions of the board as it pertains to by-laws and policies that govern our cooperative model. While the Board of Directors have the sole task of observing and practicing these cooperative laws, we need input and guidance of our member owners to make them work. Sevananda has over 3200 member owners with various backgrounds and talents that would be of great benefit. We are calling out to our shopping community to join a committee and to encourage conversations that will help Sevananda grow. Listed below are a few updates and descriptions of some of the active committees. Please Join Us!

The General Manager Hiring Committee has started the process of seeking qualified candidates to fill the General Manager position. The committee considers several factors in deciding the right candidate. One factor is the guidance from the National Cooperative Grocers Association. The committee follows a Hiring Toolkit provided by NCG consultant, Carolee Coltler. This toolkit will make sure the hiring process is smooth and accurate. In previous searches using this toolkit, the GM Hiring Committee has been very effective. The toolkit helps to establish a budget, create a "Good Look Profile" for potential candidates, and develops interview questions.

Another factor in the hiring process is staff input. It's very important to consider the needs and concerns of the employees. Information gathered from a staff survey will help the committee determine specific attributes to look for in the new General Manager. Lastly, the GM Committee assess the needs of the cooperative to conclude the process. The committee has updated the General Manager Job Description and job announcement to attract the best possible candidate. The GM Hiring Committee is very committed to making sure this process is carried out with integrity.

The Linkage Committee connects the Board of Directors with our shopping community. This committee is focused on building and retaining lasting relationships with existing and potential member owners. As a collective, we plan social events, like the Annual Member Meeting, member enrollment drives, and other events to help promote healthy engagement between our member owners and, potential member owners, and the community. Committee members regularly engage with customers with in-store tabling. Tabling is a great way to converse with our shoppers about the benefits of co-op ownership, educational classes, and in-store events.

The Training Committee works toward providing education to the Directors on policies and procedures of Cooperative Board practices. There are several training opportunities presented to help the Directors understand their individual and collective roles. For example, Cooperative 101 is a series of classes given by the National Cooperative Grocers. The series gives an in-depth look into how a cooperative market operates. The classes are taught by highly successful co-op managers and consultants.

The Elections Committee has proceeded with the 2016 Board of Directors Elections. The Election Committee is charged with all aspects of running a smooth Board member transition. The committee has created strategies to assure the process commits to transparency and uniformity.

Other active committees are Policy, Finance, Product Policy, and Sustainability. COME ON EVERYONE ~ JOIN THE COMMITTEES!! Sevananda continually supports our diverse community of shoppers. We need your input to make this bond stronger. Please stop by our customer service desk and ask about our membership package or visit www.sevananda.coop to get more info. Thank you for your valued contribution to our wonderful cooperative market.

VOLUNTEER OWNERS PROGRAM

Volunteer Owner Program !!

Are you a member owner who would like to be more involved in the Coop?

Our Volunteering-Owner Program is a great way to learn more about The Coop and provide a meaningful service to your co-op and community.

- We're looking for volunteers for:
- Outreach Events.
 - In-Store Events.
 - Greeters.

Stop by customer service to fill out an application TODAY!



GROW WHERE YOU ARE



By Eugene Cook

How do we participate in commerce in a world in need of our healing attention? As conscious-consumers, many of us are keenly aware of how our shopping selections affect our planet. It is now confirmed

that large-scale industrial agriculture and factory farming are the largest contributors to global climate instability through their massive release of toxic pollution. What is our power as we spend in health food coops? What role does local food production have in this equation?

If you grow 20% of your food at home or in a community garden or mini-farm, you are having a tremendous impact on your life and the life force of this planet that gave us our bodies. If we view ourselves as earth stewards, good parents or people working for social justice then clean local food production must be at the center of our activism. Who should grow our food? How should the growers be compensated? Do we want to continue purchasing our food from a system that enslaves farm workers and devastates our soil? We all face these same questions. Grow Where You Are demonstrates some aspects for moving toward solutions.

Grow Where You Are is a social enterprise based in Atlanta inspiring food justice work globally. We are a collective committed to utilizing food produc-

tion as the catalyst for a diverse flow of products and services. As urban farmers we grow in South West Atlanta and Lithonia utilizing veganic agroecological techniques free of animal inputs and minimal machine labor. Our food is grown by hand in rich soil that we continue to build with veganic, plant based composting. Our core team are growers who stand in solidarity with La Via Campesina movement world-wide to place growers in leadership for food sovereignty locally.

In Atlanta we produce food in partnership with Providence Missionary Baptist Church on a mini farm on Herring Rd; this produce supplements the residents who are living in a financial apartheid which is common to African American neighborhoods in Metro Atlanta. With support from A Well Fed World we are working to share the benefits of veganic eating while supplying restaurants with superior produce full of flavor and nutrition. At this time with our limited production we supply food to a number of local restaurants and at the Freedom Farmers Market. Support from the local chefs allows us to continue to do our work in the community.

Grow Where You Are is currently working with Emory University's Urban Health Initiative introduc-



ing young students in the Bankhead neighborhood to healthy eating and local food production as possible goals for self sufficiency. As these youth move through our educational programs we are focused on increasing local production of fresh food for the growing demand in local markets such as Sevananda. It is our mission to inspire more people to grow their own food for their personal wellness as well as an enterprise that can stimulate the community economy and public safety. Please visit our website www.growwhereyouare.farm for more information. At this critical time in our planet's evolution we humans have created tools to share information and develop skills quickly. These skills when applied toward personal transformation and service to others just may have the potential to improve life for us all.



- **Why veganic?** Although organic farming avoids synthetic fertilizers & pesticides, it still uses slaughterhouse byproducts for fertilizer, including bonemeal and bloodmeal.

- **Veganic farming does not use any animal products** to grow crops, not even manure from farm animals.

- This is because farming animals is a top contributor of **greenhouse gases**, and the leading cause of species extinction, ocean dead zones, water pollution, and habitat destruction.

- **Grow Where You Are** creates healthy living soil and fertilizer from organic plant matter grown on the farm, and plant food scraps collected from local vendors, which **reduces food waste**.

- **GWYA's** veganic growing sites **build community**, improve nutrition and food security, and restore ecosystems.

- **GWYA's Veganic CSA** provides Atlanta members with monthly supplies of fresh organic produce grown locally, sustainably, and compassionately. Sign up at: growwhereyouare.farm



HOMESCHOOLING: A VIABLE SOLUTION ON THE RISE

With a growing disappointment in the public school system for many reasons such as poor quality education, bullying and increased violence, chronic underachievement and low graduation rates, as well as numerous other concerns; Parents have been diligently searching for a breath of fresh air and have finally seemed to find a solution of great promise that is producing phenomenal results in the educational success of children across the country. This awesome solution is homeschooling.

Homeschooling has become one of the fastest growing alternatives in education and is proving itself to be a mainstay. In just a short time span, the number of homeschoolers has grown exponentially and has even skyrocketed to over 220,000 in the Black community, where this option of education used to be more of a rarity. Parents are taking this option so seriously because of the positive transformation that is occurring amongst so many youth. It allows for the fostering of academic excellence with a spiritual foundation, high levels of discipline, a clear identity, morals, and values.

There is also something very fortifying about having an intimate direct involvement and being fully in the driver's seat to assist in guiding each child's education, ensuring a safe and nurturing environment, and aligning with like-minded social influences.

Yet even with the many triumphs of homeschooling, there are also many critical decisions that parents must make, such as finding curriculum resources that are suitable, developing teaching techniques, organizing homeschool structure and schedule, deciding if you will go it alone or incorporate homeschool group activities and/or extracurricular programs, financing your child's education, and socialization just to name a few.

Even still, there is a magnetic mystery that still surrounds this educational road less traveled peaking interest and curiosity from those who may have never in the past considered it. And the bumps in the road are worth enduring for the remarkable results.

New avenues and creative ways of homeschooling are always emerging to meet the multitude of life schedules and learning styles. Where homeschool may have been initially touted as a nonsocial sit-at-home-with-mom activity, it has now blossomed into a full blown movement with homeschool coops, where parents come together and share in the educational duties, homeschool collectives where families get together for classes, field trips, etc., and even online homeschool institutions which provide children with study options they might not find in their immediate area.

by Queen Taese

In closing, homeschooling is here to stay. The world is our classroom. If we are to rear our children to be truly liberated in an environment that seems to present more and more obstacles against the positive development of our children, then we must open our minds to infinite possibilities of success.

About the Author: Queen Taese is a mother of 7 and Homeschool Educator for over 20 years. She is a Public Speaker and Consultant, as well as Founder of Roots to Fruits Homeschool and The Annual Liberated Minds Black Homeschool and Education Expo taking place on July 15-17, 2016 in Atlanta, Georgia. For more information, feel free to visit www.LiberatedMindsExpo.com or call at 678.368.8593.

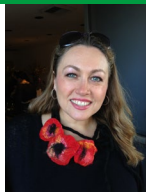


PROJECT GREEN

By Patrycja Towns

Project Green is a new Atlanta based 501(c)3 non-profit launched in 2012 by co-founders Patrycja Siewert-Towns and Kim Kreiss in partnership with Alive! Expo and Alive! Expo Green Pavilion whose mission is to invest in "A Green Tomorrow". Project Green will invest in and will protect green space in the South East and will expand into other parts in the country in the future - protecting it from any future development or demolition.

Project Green will develop and launch annual "Back to Basics" Summer Camps for kids and teens. Back to Basics summer camps will teach these kids how to interact with one another, play and co-exist, and will help build the self-esteem of our future generation. The camp will concentrate on awareness of the environment by incorporating challenging and fun activities, and teaching the attending campers the importance of greening our earth. Back to Basics summer camps will be open to kids of all backgrounds with no prejudice of



background or cultural status and will carry varied costs based on parental income with complimentary attendance for under-served children and teens and kids from the foster care system. The eco-summer camps will be designed as one-week away camps. Project Green plans on a total five to six week sessions each summer. Currently Project Green is in the fundraising stage and hopes to raise enough capital to launch these eco educational summer camps in the very near future.

To date Project Green has been earning much needed promotions and donations, plus respect and recognition through the Alive! Expo Green Pavilion celebrity events including the annual Sundance Film Festival in Park City, Utah and via Eco Educational Lounges during the annual Oscar-week and Emmy-week events in Los Angeles, California. Project Green has additionally been raising funds through its partnership with the annual Alive! Expo and the Alive! Festival consumer events by driving donations through the admission ticket sales and sales of donated items.

Due to the difficulty of annual fundraising by corporate and individual donations, once Project Green raises its

initial capital necessary, Project Green plans on launching annual benefit concerts, starting with one concert in Atlanta, Georgia for the first two years, then adding a benefit concert in Los Angeles, New York and Miami in future years. The benefit concerts, through ticket sales, sponsorships including onsite and off-site vendor promotions, and novelty sales, will drive financial support for Project Green needed to launch and continue to run the "Back to Basics" summer camps.

For more information or to donate please visit their site at www.project-greenusa.org

PROJECT GREEN

PROTECTING GREEN SPACE
FOR FUTURE GENERATIONS



VEGAN RECIPES

Ingredients

- 2 cups all-purpose flour
- 3 tablespoons sugar
- 1 tablespoon baking powder
- Fine salt
- 1 1/2 cups unsweetened plain soy milk
- 1/3 cup virgin coconut oil, melted
- 1 teaspoon pure vanilla extract
- 4 teaspoons vegetable oil
- Maple syrup, nut butter or jam, for serving

Directions

Preheat the oven to 250 degrees F. Whisk together the flour, sugar, baking powder and 1 teaspoon salt in a medium bowl. Whisk together the soy milk, coconut oil and vanilla in a second medium bowl (don't worry if the coconut oil clumps). Add the soy milk mixture to the flour mixture and gently fold until just combined (it's OK if there are lumps).

Heat a nonstick griddle or large nonstick skillet over medium-low heat. Add 1 teaspoon of the vegetable oil. Once the pan is hot, add three 1/4-cup mounds of batter, evenly spaced, and cook until the pancakes begin to bubble and are golden brown, 4 to 5 minutes. Carefully flip the pancakes and cook until the underside is golden brown and the pancakes are cooked through, 3 to 4 minutes (adjust the heat as necessary for consistent browning). Repeat with the remaining vegetable oil and batter. Transfer the cooked pancakes to the oven to keep warm. Serve 2 per person with maple syrup, nut butter, jam or your favorite topping.

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Vegan Pancakes

Total Time:
45min

Prep:10 min
Cook:35 min

You don't need eggs and dairy for super-fluffy pancakes-the extra baking powder in this recipe helps with that. We love the flavor and tenderness



Ingredients

- One 14-ounce package firm tofu, drained and cut into 1/2-inch cubes
- 1/2 teaspoon ground turmeric
- Kosher salt and freshly ground black pepper
- 1/8 teaspoon ground cayenne pepper, optional
- 2 tablespoons extra-virgin olive oil
- 3 scallions, thinly sliced, green and white parts separated
- 5 ounces fresh spinach, chopped (about 5 packed cups)
- 1 to 2 teaspoons fresh lemon juice
- 1 cup grape tomatoes, halved
- 1/2 cup fresh basil, roughly chopped

Directions

Combine the tofu, turmeric, 1/2 teaspoon black pepper, 1/4 teaspoon salt and cayenne if using in a medium bowl. Toss well to combine and set aside. Heat the oil in a large nonstick skillet over medium-high heat. Add the scallion whites and cook, stirring, until soft, about 1 minute. Add the tofu mixture and cook, stirring occasionally, until the tofu is lightly browned and resembles scrambled eggs, about 5 minutes. Add the spinach, lemon juice and 1/2 teaspoon salt and stir until the spinach is wilted, about 1 minute. Add the tomatoes and scallion greens and stir until the tomatoes are just heated through and begin to soften, about 1 minute. Remove from the heat, add the basil and stir to combine. Season with salt and pepper.

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Vegan Tofu and Spinach Scramble

Total Time:
25min

Prep:15 min
Cook:10 min

This low-calorie breakfast scramble is high in fiber and protein. The lemon juice adds a little brightness. Serve with whole-wheat toast



Ingredients

- 4 large cloves garlic, peeled
- 3 teaspoons extra-virgin olive oil
- 2 pounds Yukon gold potatoes, unpeeled, cut into 3/4-inch cubes (about 4 potatoes)
- 1 cup plain unsweetened almond or other plant-based milk, warm, plus more if needed
- Kosher salt
- 2 tablespoons minced chives (about 1/4 a small bunch), plus more for garnish

Directions

Preheat the oven to 350 degrees F. Place the garlic on a piece of foil, drizzle with 1 teaspoon of the oil, wrap and roast until very tender, about 20 minutes. Meanwhile, put the potatoes in a large saucepan, cover by 1 inch with cold water and bring to a boil. Reduce the heat to a simmer and cook until the potatoes are very tender, about 20 minutes. Strain and return the potatoes to the saucepan. Add the roasted garlic with any juice that has collected, almond milk, remaining 2 teaspoons of oil and 1 1/4 teaspoons salt to the potatoes. Mash with a potato masher until smooth or to the desired consistency, adding additional almond milk if necessary. Stir in the chives and add salt to taste. Transfer the potatoes to a serving bowl, garnish with additional chives and serve.

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Vegan Roasted-Garlic Mashed Potatoes

Total Time:
1 hr 5min

Prep:15 min
Cook:50 min

This low-calorie breakfast scramble is high in fiber and protein. The lemon juice adds a little brightness. Serve with whole-wheat toast



Integrity

By **Tanisha Nicholson**

Summer Solstice is a time of creativity, gathering, celebration, and regeneration. When, then, is it a more auspicious time to lessen our attention to the tugs of technology - and other unbalancing forces we face daily - and to tune into wholeness, or integrity?



Integrity is a characteristic not fully understood or a topic not generally commanding the consideration it deserves. "Fertile Ground Developments" seeks to change that. The mission of "Fertile Ground Developments" is to provide unconditional loving support to the community through awareness of the honoring of self, each other and our planet. We focus on sustainable lifestyles that include creating a healthy home environment, health and nutrition regimen, community stakeholder development, gratifying economics and earth accountability. How do we approach this?

First and foremost, by asking questions to influence our own behaviors: How can we better express integrity in our lives? How can we be more inclusive in those efforts? One of our mottos is "Ubuntu," which is Zulu meaning "I recognize the humanity in me by seeing it reflected in you." Alarming, what we see reflected in our community work in Mozley Park is a cause for intervention. Streets littered with empty chip bags, soda bottles, candy wrappers and fast food containers, not to mention drug paraphernalia, make it all too clear that our humanity is under threat from junk.

Changing mindsets to recognize and adhere to life-promoting nutrition -exercising food integrity, in other words - is only part of the battle. Until families, neighborhoods, cities, states and beyond begin to see each other and recognize ourselves as ONE, the world will not fully heal from a collective lack of integrity deteriorating our humanity. But hope is still very much alive on trash-strewn streets.

As we desire to be the change we want to see in our world, we have realized that we must first do the work

that changes ourselves. We acknowledge there is work in progress for ALL of humanity. Our world is not waiting for us to "get it together" or gain experience so that we may teach each other. If we are open, there is intrinsic learning through teaching. There is space for everyone to be a brilliant facet on this gem we call Earth. If you have hope for a healthier, integrity-filled future, ask hopeful questions to influence your behavior and shine a light from within and in a healthier way - let us return to the fertile ground we reign from. Ubuntu!!



A Note for Today's Woman

Hello Lady Love,

At the start of the year, you may have taken on wellness and self-care goals that you were really excited about. Now that we are a little over halfway through the year, the reality may be that you are no more healthy, happy or balanced today than you were on January 1st.

If this is the case, trust me you are not alone. In fact, if you operate in the way that "today's woman" does, it makes complete sense how self-care easily gets put on the back burner. The truth is this:

Today's woman is a multidimensional woman.

She is one who works hard to excel in her career/business while also tending to her family life, spirituality, health and wellness, and social life. She loves her family get-togethers, networking events, festivals and fairs, birthday parties and more.

She also loves her down/quiet time and she knows she needs more of it but she struggles to fit that piece in. By nature she is a giver and because of this she is known to give tirelessly to everything and everyone, often times at the expense of her own well-being.

She frequently says yes, when she really means NO. She sometimes sacrifices her true desires for her family and is hard on herself if she can't adhere to the superpower expectations that her circle and the world has placed on her. Her loving nature and desire to "fix" things sometimes causes her to fall into family/friend drama and her soft heart sometimes prevents her from speaking her mind when she knows she should.

Instead of operating from her TRUE nature of being Whole and Free, she moves to the beat of the demands that others have placed on her. This all causes her to become over-worked, over-stressed, over-weight, under-expressed and oftentimes leaves her broken, sad, frustrated, depleted, and even depressed.

Lady love, if your reality is similar to what I outlined above, I want to ask you to grab a piece of paper and take down these writing prompts:

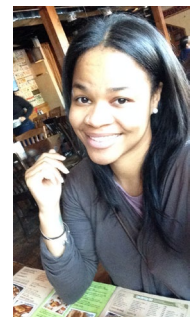
- I can do _____ to invite in more balance
- I can create more freedom in my life by letting go of _____
- I can heal my heart by _____
- I can make myself happy by _____
- I am neglecting my truth every time I _____
- I diminish my worth every time I _____
- I set myself up for a chaotic day when I don't _____
- My past _____ has made me _____
- I need _____ to take a step toward _____

I encourage you to schedule some time this evening (or your next available evening) and search your heart for the true answers to these prompts.

As you are spending time completing the prompts, do so from the mindset that: "It is not only the 'eating our veggies' that lead to wellness, but our deep nurturing, love and care for SELF".

As you continue to develop a very intimate and personal relationship with yourself and body, know that it becomes easier to make decisions that are aligned with health, wholeness, and wellness - whether that's taking a 5 minute break, saying no when you really mean no, or choosing a nourishing meal.

In light and love,
Precious



By **Precious Frazier**



MISUNDERSTOOD AND MISSED OPPORTUNITIES...

By Toni RhinehartStong



A recent study was done by Vanderbilt Hospital to test the effectiveness of essential oils. They consistently diffused certain oils in their Emergency Room for a year, and the results showed that not only did they find that the staff felt "better emotionally in their extremely stressful environment," but the staff "strongly agreed" that the use of the oils "created a better work environment!"*

Does this surprise you? And what if I told you that essential oils are also used for protection? For example, in the Eastern and Midwestern US during times of dry spells, particularly during the late summer and early fall, when no wind is blowing, an individual can easily see a light haze over the forests and valleys.

This "haze," "fog," or "smoke" is actually essential oil molecules! These oils are emitted by the trees to "blanket the forest and reduce evaporation to preserve moisture!" And this protective phenomenon is exactly how "the Great Smoky Mountains got their name - not from smoke, but from essential oils."**

Essential oils have so much potential and benefit for supporting a person's health, but most individuals either don't understand the possibilities or don't know how to begin using them in their daily lives! Wouldn't it be wonderful to understand how to use essential oils to provide immune system support, support the body during seasonal threats and digestive struggles, or give a helping hand with supporting the thyroid, stress, and sleep?

And this is just the tip of the iceberg! If you are interested in learning more, please attend the upcoming Essential Oil Classes, downstairs in the Sevananda Community Room. Check the Community Outreach Calendar where you will learn how to implement therapeutic grade essential oils into your everyday life, how essential oils can support the body, the science behind it all, and much more!

Toni Rhinehart, Wellness Advocate of Uniquely Rooted Wellness understands the importance of getting to the root cause in dealing with health concerns. She also recognizes that each individual is unique with specific needs, but through a nutrient-dense diet, supporting detox therapies, and therapeutic grade essential oils, she has not only seen lives transformed, but has also personally experienced amazing restoration in her own health.



JYOTI MEDITATION AND PEACEFUL LIVING

By Toni RhinehartStong



Sant Rajinder Singh Ji Maharaj is a Perfect Master of Sant Mat or Surat Shabd Yoga. He teaches meditation on the Inner Light and Sound that leads to reunion of the soul with the Creator. That Light is the Creative Power that was in the beginning. That Light leads from

the Source to each of us, it is the Power that enlivens every living being. It is the soul's connection to the Creator. The Creator is omnipresent, omnipotent, and omniscient. The soul is fearless, loving, peaceful and nonviolent. Through meditation on this Light within us, we experience fearlessness and peace. Immediately we recognize that this Light and all of its qualities are inherent in us and all humans. Meditation on the Inner Light therefore helps us become peaceful. As we practice meditation daily we grow from experiencing peace to a state of happiness that grows into bliss then into intoxication.

As a Silver Star, Purple Heart Vietnam Veteran I am happy to pass on to others what I have learned after thirty eight years of practicing meditation on the Inner Light. My meditation teacher, Sant Rajinder Singh Ji Maharaj in his pamphlet, "Healing Ourselves and Healing Our World" describes the Jyoti Meditation technique in three short paragraphs. He says:

Meditation is simple. It is not something that we need to go off into a jungle or cave to do. We do not have to perform any difficult physical postures. Instead, we can

meditate in the comfort of our own home. We can take any comfortable pose in which we can sit for the longest possible time. We can sit on a chair, we can sit on a sofa, or we can sit on the floor. If we wish, we can even meditate lying down, but that is not recommended because that position is conducive to falling asleep.

After taking a pose, we close our eyes. With eyes closed, we may see a field of darkness. We gaze into the middle of that field. We should not think about the world outside or the body for the duration of the meditation period. We should just gaze lovingly into the middle of whatever we see. To help keep our mind from distracting our gaze by thoughts, we can repeat the Name of God.

People meditating for the first time can repeat any name of God that they feel comfortable with. The repetition should go on mentally, with the tongue of thought. The repetition should not disturb our inner gaze. This meditation should bring us into a state of peace and calm.

Science of Spirituality and Sevanada have cooperated on three Jyoti Meditation seminars that I have been blessed to facilitate. The atmosphere is always peaceful and loving. Those who attend the Sevanada-based Jyoti Meditation seminars experience the simplicity of the Jyoti Meditation practice. They see the Inner Light and experience a calm, loving peace. They are able to replicate the meditation experience at home or anywhere. So far every participant agrees: Jyoti Meditation is an awesome invaluable tool. The seminars are all free to the public.

We commend Sevanada for its role in being a Center for Peace where the community can learn to practice Jyoti Meditation. The more people practice Jyoti Meditation the more peace will spread from individuals to families to the community and to the city of Atlanta. Sign up by emailing local SOS Coordinator, Cindy Kyker at cindy-kyker@gmail.com. We look forward to seeing you at the next seminar in August.

Love and peace, Malik Hodari





By Aqua Samone

Health & Wellness During Pregnancy

What an honor and gift it is to create life! To manifest an innocent soul through your body is a great responsibility. During pregnancy, the significance of your physical, emotional and spiritual wellness is amplified. It is no longer just one's self that you have to be mindful of. The baby (or babies) you are carrying are depending on you for optimal health. With that being said, the foods you put into your temple matters.



There are four vital nutrients during pregnancy: protein, iron, calcium and folic acid. Be sure to look up the sources of these nutrients so that they fit your dietary lifestyle and you can receive these fabulous nutrients. I am a vegetarian, so plenty of dark leafy greens, beans, nuts, fruits, avocados, seaweed, nut milks, etc. is what fuels me and my little one. Be sure to buy organic whenever possible! There are foods you want to avoid, for example soft cheeses, raw milk, fish, chips, pretzels, fried foods, caffeine, sausage, bacon, lunch meat, soda, processed and instant foods and sugar substitutes. Disregard the myth that

you are eating for two (or more). Trust the fact that your precious one(s) will get their nutrients from you ~ however they need to – your bones, brain, muscles, blood, etc. You must eat nutritionally dense foods to replenish yourself from the nutrients that are getting drained. Maintaining that mindset will prevent using pregnancy as an excuse for excessive eating.

Replenishment and supplementation in pregnancy is vital. Make sure you get additional vitamins and minerals such as vitamin D3, DHA/Omega 3s, and calcium magnesium that you do not get from daily meals. Be sure to choose a good quality prenatal multi-vitamin. I use Emerald Laboratories, however, Sevananda's wonderful wellness staff can recommend many reputable choices. Consume healthy, organic plant source iron; which will be easier for your body to assimilate and not cause nausea or constipation like synthetic iron. Sources such as, liquid/powdered chlorophyll, nettle or beet root are excellent ways to consume your plant source iron. Red raspberry leaf is very beneficial during pregnancy. It is high in magnesium, feeds the reproductive system, tones the uterus in preparation for childbirth and known to help prevent miscarriage. It also helps postpartum, too. High mineral intake is also relevant. Alfalfa, dandelion and kelp are some nutritive herbs which are very high in minerals. They will give you more energy, and make you look

and feel better. Pregnancy can take a huge toll on you, so it's important that your energy levels are top notch! Please do your research or consult with your doctor/midwife/doula on which herbs to avoid.

Remember, that not only your nutritional wellness is important, your spiritual and physical wellness are as well. Be sure to exercise, whether it is walking, swimming or even prenatal yoga. Get that blood and oxygen flowing. Posture and body mechanics are also relevant and affect baby's positioning before birth. So, I recommend massage therapy or even chiropractic work as often as you can. Meditate on a peaceful and painless birth. You own every right to be fully in control of your labor. Peace and Light!



THE LIMITS NO LONGER APPLY

Growing up I always excelled!! I always had great grades, and always had a lot of achievements, but one thing I always struggled with was my weight. Going back to school, it was never easy buying clothes. Year by year, I was buying clothes that were bigger and bigger. Within the past year and a half, I decided to seriously take control of my health. My first step was drinking more water. Approximately four years ago, I developed type 2 diabetes. It's been an uphill battle and part of the reason was my intense craving of sugary drinks, not sodas, but fruit juices and nectars. The fact that I was drinking water more than juice was insane!

Then, I took this healthier lifestyle even further after noticing my weight begin to drop after becoming a vegetarian. In September of 2015 I decided to stop eating meat. The main factor in me making this decision was because my girlfriend was not eating meat. I chose to relinquish eating meat as a sort of "testament" to my love and commitment for her and I've got to say it was the best decision I ever made. The weight literally melted off my body! I was unrecognizable within two months and July makes it ten months since I made this big change.

For anyone who thinks you cannot do this, trust me,

there was a time when I believed that my weight would define who I was for my entire life. However, this is my life, this is my story, and I'm writing the book from now on, and so can you! I hope I was able to inspire and influence at least one person with my words because life is too beautiful to be shackled by your own body. In fact my weight loss was able to inspire me to create my own clothing line ~ ILLIMITE (ih-lih-mih-tay).

ILLIMITE, while being French for "no limit" and pronounced (ee-lee-meet), is inspired by the German highway system known as the Autobahn, which may be one of the most unique places to drive a car. On the Autobahn there are special signs which are called "Ende aller Streckenverbote" (the limits no longer apply). Once you pass one of these signs you have the ability to drive as fast as you please with no restrictions whatsoever. I fashioned my logo after this unique design and voila, ILLIMITE was born! The entire purpose of is to let people know that whenever they see my logo it's an opportunity for them to remember that the limits no longer apply to them either - even when you feel like your life is limited. Limits are a creation of our mind, and they can always be extinguished, trust me, "You can accomplish anything in this world!"

by Handel Henri



ADRENAL SUPPORT



By: Tori Hudson, N.D.; Professor, National College of Naturopathic Medicine and Bastyr University; Medical Director, A Woman's Time; Director of Research and Development, Vitonica

Adrenal gland function and its production of hormones are vital performance tasks in our response to stress and our larger responses known as the general adaptation syndrome. Our initial response to stress, the alarm reaction, causes our adrenal glands to secrete adrenaline and other stress-related hormones. The next phase, the resistance reaction, allows the body to continue to deal with stress over a longer period and hormones such as cortisol and other corticosteroids are secreted by the adrenal cortex. If the physical or emotional stressors continue and the resistance reaction is prolonged, then we are faced with the possible exhaustion of our general adaptation syndrome. An abnormal adrenal response, whether it is deficient or excessive hormone release, can be in large part addressed with key nutrients such as pantothenic acid, B6, zinc, magnesium and vitamin C. These nutrients play a critical role in the optimal function of the adrenal gland and in the manufacture of adrenal hormones.

Siberian (*Eleutherococcus senticosus*) and Panax ginsengs are referred to as adaptogens. Both ginsengs restore vitality in individuals who are chronically fatigued or who have decreased mental and physical performance and/or stamina. These ginseng species have been shown to act as tonics and anti-stress agents, enhancing the ability to cope with both physical and emotional stressors. , , Individuals who take ginseng often report an increase in vitality, wellbeing, increased mood, competence at work, mental and physical performance and reduced feelings of stress and anxiety. Rhodiola is well known amongst the Eastern Europeans and appears to increase the chemicals that provide energy to the muscle of the heart and to prevent the depletion of adrenal hormones induced by acute stress.

Ashwagandha is also a significant adaptogen providing adrenal and immune support, for increasing resistance to environmental stressors and as a general tonic. The important active constituents include withanolides. Its mechanisms of action include pain relief, antioxidant effects, reducing inflammation, stimulating thyroid function, as well as

respiratory and immune function. Some researchers have claimed an anti-stressor effect. It appears that it may suppress stress induced increases in dopamine receptors in the brain.

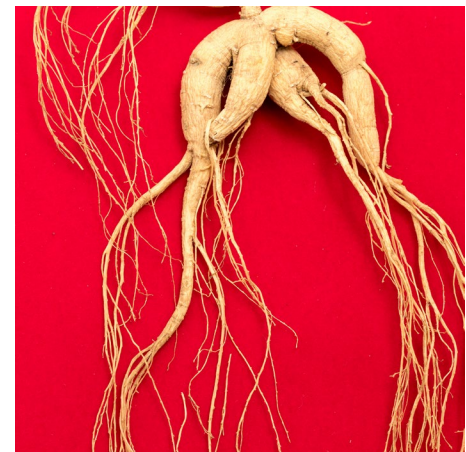
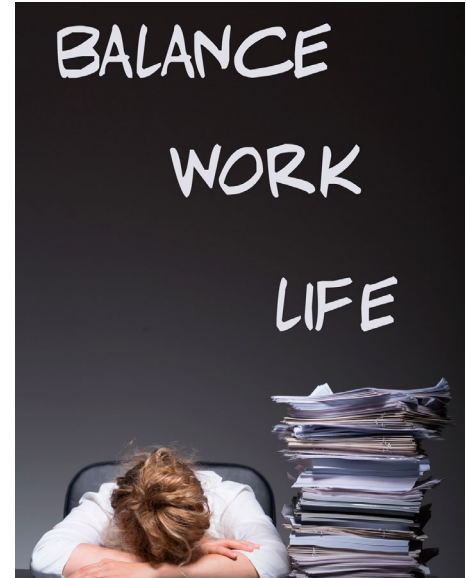
Astragalus has been used historically for strengthening and regulating the immune system, as a tonic, antioxidant, anti-inflammatory, antibacterial, antiviral and to protect the liver. A lengthy list for sure. Astragalus extracts seem to be able to restore or improve immune function in immune deficient cases.

A relative of common basil, **Holy Basil**, has many medicinal properties. It is a rich source of vitamin C, calcium, magnesium, potassium and iron. Holy basil has been gaining some attention due to experimental studies in humans on blood glucose. Elevated glucose levels were lowered by 21mg/dl; lowering glucose after a meal was also a positive effect of the basil. Many individuals with adrenal dysfunction have increased glucose levels due to the increased cortisol as a result of stress.

In traditional Chinese medicine, Schisandra is used for many common problems, including physical fatigue. Schisandra is used for improving immune function, recovery after surgery, increasing physical performance and endurance, and for increasing resistance to disease and stress.

Maca, or Peruvian Ginseng, traditionally has been used for chronic fatigue syndrome, enhancing energy, stamina and overall energy. In the female reproductive system, its use for enhancing fertility, regulating the menstrual cycle, treating common menopause symptoms and to increase libido has been familiar to the traditional peoples of Peru and elsewhere for many a generation.

Naturopathic Principles: Eat a whole foods diet and address individual food sensitivities if needed. Some individuals will need more protein in their diet. Determine the cause of fatigue, including an evaluation with a clinician, and after other causes have been considered, then the potential for adrenal issues can be addressed. Avoid alcohol, nicotine, environmental toxins. Practice stress management.



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BE THE CHANGE

July PARTNER:
HABESHA, INC.



The mission of HABESHA, Inc. is to provide leadership opportunities to youth and their families through practical experiences in cultural education, sustainable agriculture, entrepreneurship, technology and holistic health. Founded in 2002, HABESHA Inc. provides a variety of activities to individuals of all ages. This includes three specific programs: Sustainable Seeds, HABESHA Works, and Black To Our Roots. Each of these programs are offered on an ongoing basis, along with a variety of seasonal outreach events.

“Sustainable Seeds” exposes youth to interactive learning of mathematics, science, nutrition, and environmental sustainability through the design and maintenance of an urban organic garden. It is a learning model created to increase academic achievement, while also exposing youth in the urban environment to agriculture and healthy living practices. Through activities centered on the maintenance of the garden, youth are taught about the process of food cultivation. Through hands-on indoor and outdoor activities, students learn the process by which scientific experiments are designed and conducted, and recognize the importance of the scientific methodology in the exploration of topics such as pollination, water and soil quality, vegetation type, land use, and composting. Sustainable Seeds has served over 1,000 youth since its inception in 2004.

“HABESHA Works”, began in 2011, and is a green jobs training initiative that teaches basic skills in urban organic agriculture and agro-business development. HABESHA Works promotes sustainable agriculture as a tool for economic development within communities lacking adequate job resources and those experiencing barriers to healthy, fresh, high quality foods. The components of HABESHA Works focus on three primary objectives. They are:

- Providing new skills and professional development training and education in sustainable agriculture to young adults.
- Developing a community-based approach to health disparities by training individuals to produce and distribute organically grown vegetables in the local urban environment.
- Establishing an economic development model that creates social entrepreneurship

opportunities for participants to continue utilizing their training.

“Black To Our Roots” is year-round youth leadership and rites of passage program that promotes African cultural values through media production, community service, and fundraising. This program was specifically designed to reduce the negative impacts of poor education and community apathy that exists in so many urban environments. It is a year-long program that provides youth with the tools to become active participants in the unity and development of their local communities and the global African community. Black To Our Roots culminates in a 4-week travel study to Ethiopia and Ghana where students apply their learning to community service projects, while exchanging ideas with African youth. Annually, for the past 10 years, HABESHA has facilitated the Black To Our Roots program, assisting over 100 youth and adults in making this journey of self-discovery. They raise \$4,000 for their travel to Africa through creative business exercises that teach entrepreneurship and organization, connect with the earth through gardening and camping, which teaches basic survival skills and sustainable living practices and study the achievements and history of African communities around the world, fostering cultural awareness.



Organization Name: Habesha, Inc.
Mission: To cultivate leadership in youth through practical experiences in cultural education, sustainable agriculture, entrepreneurship, holistic health & technology.
Contact: Cashawn Myers, Executive Director
Address: P.O. Box 1291 Atlanta 30074
Website: www.habeshainc.org

AUGUST PARTNER: BALLETHNIC DANCE



Ballethnic \bal-eth-nik\ Dance Company, Inc. is a classically trained professional dance company that blends ballet with modern, jazz and other ethnic dance forms. The organization was founded as a non-profit on January 15, 1990 by husband and wife team Waverly T. Lucas, II and Nena Gilreath. Both are former dancers with Dance Theater of Harlem and the Atlanta Ballet. With a goal of increasing artistic opportunities and outlets for the community, Ballethnic is enhancing cultural diversity through two main components.

The professional touring company of artists offer a variety of partial and full performance concerts, and has been critically acclaimed locally and nationally. Waverly has choreographed over 50 ballets. The Academy of Dance is the official school of Ballethnic, and provides professional training for children and adults. Their mission is to involve the community, especially youth and those who are financially disadvantaged, in an appreciation of their unique art form.

Ballethnic is a multigenerational organization that develops the total education of students by collaborating with senior citizens, former educators and administrators. These supports serve as valuable resources to afterschool programs that improve students' abilities to create/manage projects and productions; thus preparing them for a career in the dance industry. Through programming Ballethnic instills in children an interest in the culture of dance and offers them new outlets for expression and enjoyment. This includes opportunities to perform alongside professional artists in their popular major performance productions, Urban Nutcracker, The Leopard Tale (their signature ballet, Epiphany, Jazy Sleeping Beauty which was first produced by Ballet

Tech in Cincinnati Ohio and his latest full-length ballet Flyin' West, an adaptation of Pearl Cleage's play, "Flyin' West".

The opportunities are also extended to many well trained professionals, often overlooked in the majority of ballet companies. Ballethnic has earned numerous awards and recognitions for their artistic and community contributions. But their proudest accomplishment, is the actual fruit of their mission. They have nurtured and produced thousands of skilled dance students who became successful high school and college graduates, now pursuing dance and other professional degrees and careers. Their modest East Point studio remains a "family" hub where former students often return to Ballethnic as mentors, teachers, office volunteers, alumni performers, and aspiring dance professionals.



Organization Name: Ballethnic Dance Company, Inc.
Mission: To classically train culturally diverse youth & adults by providing education, performances & community programs thru performing ballet blended with modern, jazz, African & other ethnic forms
Contact: Tamara Willis, Assistant Academy Administrator
Address: 2587 Cheney Street East Point 30344
Website: www.ballethnic.org



SEPTEMBER PARTNER:

Sole Jumpers Double Dutch Jump Rope Program

Sole Jumpers Double Dutch, Inc. is a non-profit organization determined to help reverse the alarming childhood obesity rate in Georgia by encouraging children to increase physical activity and health through the sport of Double Dutch jump roping.

Sole Jumpers Double Dutch jump rope program for boys and girls ages 6-17, was started in September 2008 as a YMCA program. Since its inception, the program has been based at The Andrew and Walter Young Family YMCA in Atlanta, Georgia. Our program has directly impacted more than 1000 children, who have been exposed to the unique sport of Double Dutch and its health benefits. Approximately 20% of these children, which also included foster children, were from low economic areas in Metropolitan Atlanta. We have focused our efforts on helping to expand the reach of this impactful, low-cost sport (i.e., Double Dutch) while giving children a chance to engage in a fun, healthy sport that was once a daily pastime, particularly in the African-American communities.

The co-founders, Nandi Gilkey and Tonya Conn have been steadily active serving as lead coaches. The two have successfully worked together to create an effective Double Dutch all around program. They have acquired capabilities needed to create, sponsor and host

their own Sole Jumpers Double Dutch Camp as well as administer Double Dutch summer/spring programs for five community organizations (one to eight weeks).

Jump roping is the single most comprehensive, beneficial exercise that children of all ages can do. Most importantly, it's fun and can burn up to 1000 calories per hour, making it one of the most efficient workouts possible. It tones muscles in the entire body, developing long, lean muscles in all major muscle groups, both upper and lower. Jumping rope optimizes cardiovascular conditioning and maximizes athletic skills.

Sole Jumpers has offered cost efficient and effective fitness programming as well as health education to metro-Atlanta youth for the past six years. This program continues to be the cornerstone for the organization's fight to help reduce childhood obesity. Georgia has the 2nd highest childhood obesity rate in the U.S. with nearly 40% of Georgia's children overweight or obese – that means that nearly 1 million youth in Georgia are facing a really serious problem. These statistics has caused many – from First Lady Michelle Obama to community organizations like Sole Jumpers – to pay attention and take action!

The program's vision is to offer the right tools and education to at least 50% of the metro-Atlanta

youth population to help reduce the number of obese, unhealthy children through Double Dutch. What does success look like? Success will be evident as more children are seen with jump ropes in afterschool, Physical Education courses, recreation centers, YMCAs, Boys and Girls Clubs. The key factor overtime will be the decrease in obesity in Georgia's children – one day at a time.



Organization Name: Sole Jumpers Inc.
Mission: To help reverse the alarming childhood obesity rate in GA by encouraging children to increase physical activity & health thru the sport of Double Dutch jump roping.
Contact: Nandi Gilkey, CEO
Address: P.O. Box 42561 Atlanta 30312
Website: www.solejumpers.com

UPCOMING OUTREACH EVENTS

ESSENTIAL OIL CLASSES @ SEVANANDA

Classes on various healing oils with Toni Rhinehart
Essential Oils for Stress, Sleep, and Digestion
Wednesday, July 13th - 6:30pm to 7:30pm
30 Practical Ways to Use Essential Oils
Wednesday, August 17th - 6:30pm to 7:30pm
Essential Oils for Thyroid Support
Wednesday, September 28th - 6:30pm to 7:30pm

FOOD PREPARATION & ESSENTIAL OILS 101

Thursday, July 14th from 6pm to 8pm
Sevananda Community Room
Fee: \$35
Info: (404)734-1268 ~ Chef Beee

THE LIBERATED MINDS BLACK HOMESHOO & EDUCATION EXPO

Friday, July 15th thru Sunday, July 17th
For info: www.liberatedmindsexpo.com

MULBERRY FIELDS GONE WYLDE

Wylde Center-Mulberry Fields
Saturday, July 16th from 5:30pm to 9:30pm
For info: www.wyldecenter.org



Ifni Sheppard
Outreach Assistant

WEIGHT LOSS & YOUR THYROID & ADRENALS

Lecture with Bob Taylor ~ Free event!
Wednesday, July 20th from 7pm
Sevananda Community Room

BACK TO SCHOOL COMMUNITY HEALTH FAIR

Saturday, July 30th from 10:00am to
12:30pm
FULTON COUNTY DFCS
515 Fairburn Road SW
Atlanta 30331

FULL CIRCLE FARM SANCTUARY OPEN HOUSE

Saturday, July 30th from 4pm to 8pm
For info: www.fullcirclefarmsanctuary.org

AGNES SCOTT COLLEGE HEALTH FAIR

Thursday, August 18th from 11am to 4pm
141 East College Avenue
Decatur 30030

BLACKSTONE ACADEMY 5K FOR EDUCATION

Monday, September 5th at 7am
2888 Sullivan Road
Atlanta 30337
For info: (404)684-0379

FREEDOM FARMERS MARKET

(Sevananda will have a table!)
Saturday, September 24th from 9am to
1pm
The Carter Center
453 Freedom Parkway
Atlanta 30307

COTTAGES ON MOUNTAIN CREEK HEALTH FAIR

Sunday, September 11th from 1pm to 5pm
270 Carpenter Drive
Sandy Springs 30328

www.sevananda.coop



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